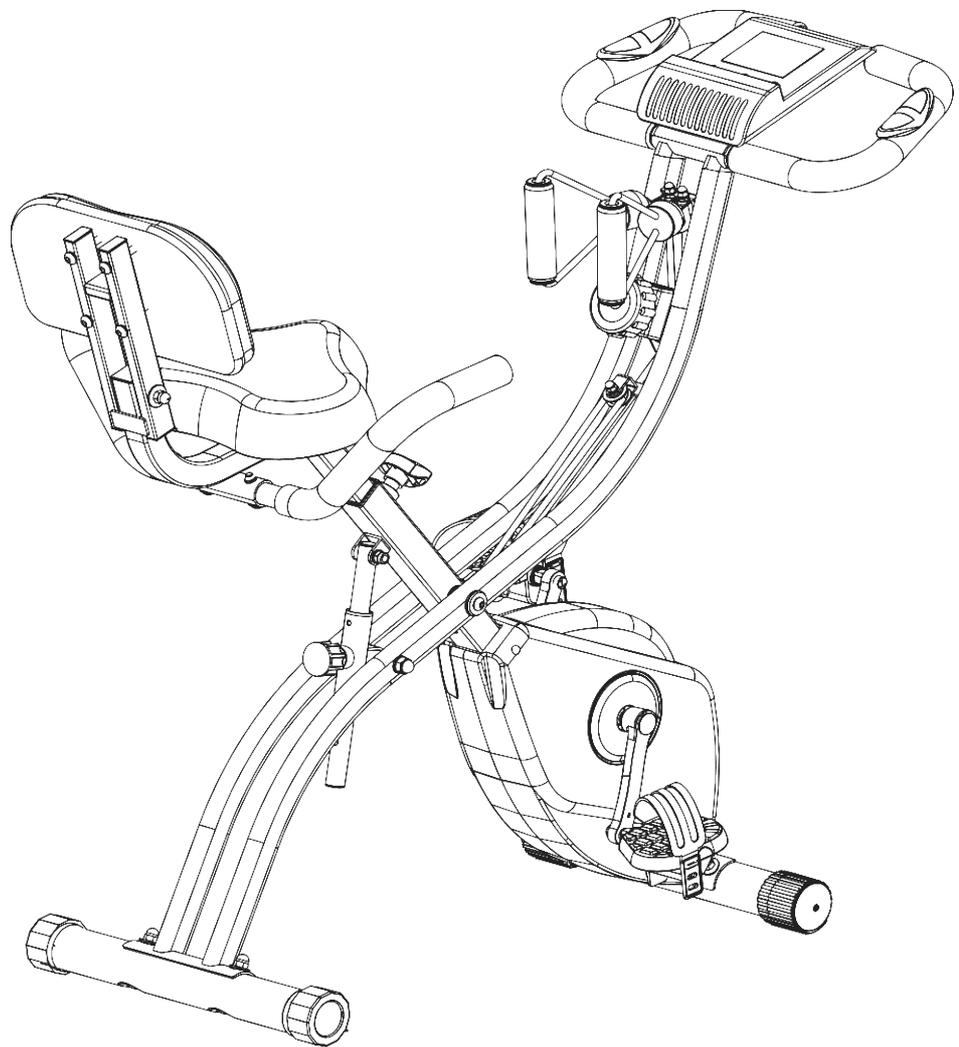


X-FIT BIKE 2 In 1

User Manual

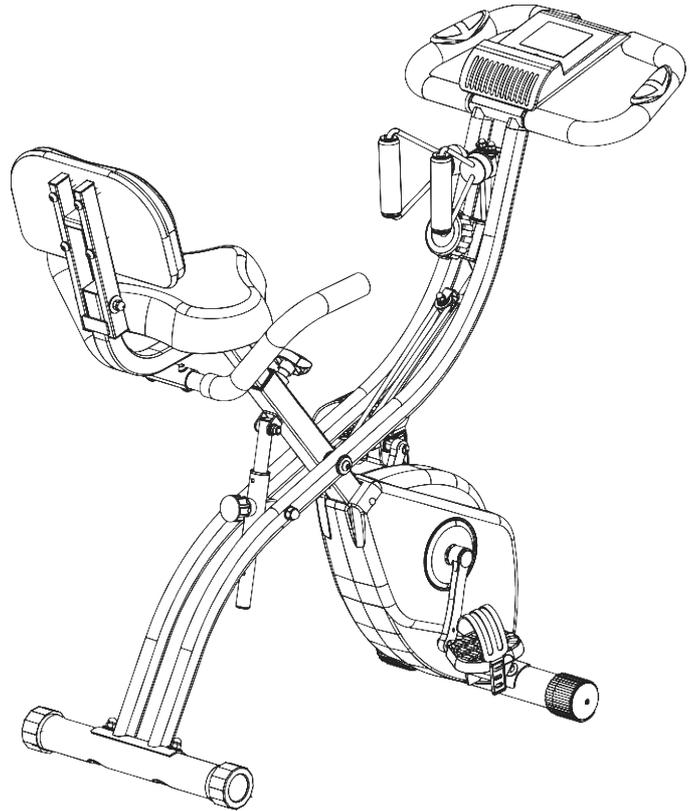


Important – Please read these instructions fully before assembly or using

These instructions contain important information which will help you get the best from your equipment and ensure safe and correct assembly, use and maintenance.

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Safety Information

Important – Please read fully before assembly or using

To reduce the risk of serious injury, read the entire manual before you assemble or operate the Folding Magentic Exercise Cycle. In particular, note the following safety precautions:

Assembly

Check you have all the components and tools listed on pages 3 and 4, bearing in mind that, for ease of assembly, some components are pre-assembled.

Keep children and animals away from the work area, small parts could choke if swallowed.

Make sure you have enough space to layout the parts before starting.

Assemble the item as close to its final position (in the same room) as possible.

Position the equipment on a clear, level surface.

Dispose of all packaging carefully and responsibly.

athletic shoes to protect your feet while exercising.

- **Do not** place any sharp objects around the equipment.
- Disabled persons should not use the equipment without a qualified person or doctor in attendance.
- Keep unsupervised children away from the equipment.
- Injuries to health may result from incorrect or excessive training. The equipment shall be installed on a stable base and properly leveled.
- The braking system is adjustable.
- This product conforms to: BS EN ISO 20957-1 and EN957-5 Class (H) - Home Use - Class (C).

Using

It is the responsibility of the owner to ensure that all users of this product are properly informed as to how to use this product safely.

This product is intended for domestic use only.

Do not use in any commercial, rental, or institutional setting.

Before using the equipment, always warm up properly.

If the user experiences dizziness, nausea, chest pain, or other abnormal symptoms **stop the workout and seek immediate medical attention.**

Only one person at a time should use the equipment.

Keep hands away from all moving parts.

Always wear appropriate workout clothing when exercising. **Do not** wear loose or baggy clothing, since it may get caught in the equipment. Wear

Battery safety

Warning: Incorrect installation of batteries may cause battery leakage and corrosion, resulting in damage to the computer.

Do not mix old and new batteries, or batteries of different types.

Do not dispose of batteries in a fire.

Do not dispose of batteries with normal household waste, take to a local recycling centre.



Warning: Before beginning any exercise program, consult your Doctor. This is especially important for persons over the age of 35 or persons with pre-existing health problems.

You **MUST** read all instructions before using any fitness equipment. we assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

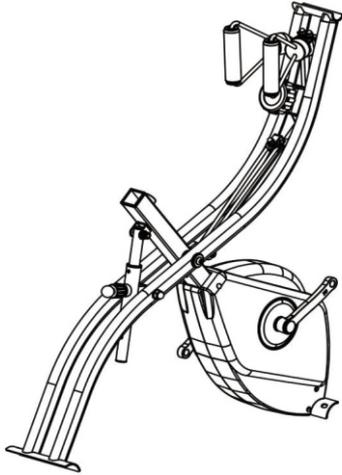
The pedal crank training equipment is not suitable for therapeutic purposes. Heart rate monitoring systems may be inaccurate. Over exercise may result in serious injury or death. If you feel faint stop exercising immediately.

Components - Parts

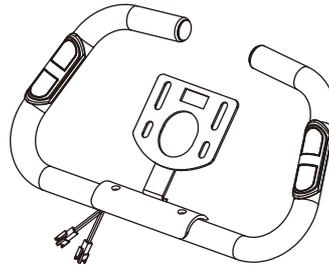
Please check you have all the parts listed below

Note: Some of the smaller components may be pre-fitted to larger components. Please check carefully before contacting Seller regarding any missing components.

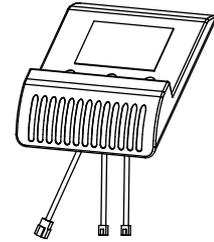
Total mass of the product is 14.5 kg / 32.0 lb. Foot print of the product is 82 x 49 cm / 32.3 x 19.3 inch.



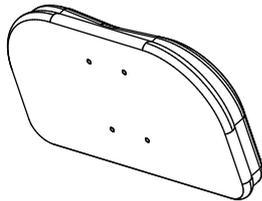
1. Main frame x 1



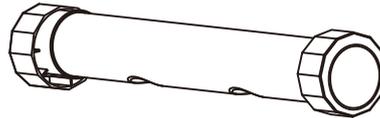
6. Handle Bar x 1



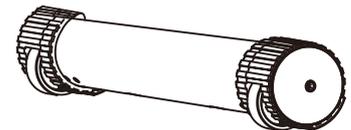
21. Exercise Monitor



40. Backpack



4. Back Stabiliser x 1



3. Front Stabiliser x 1



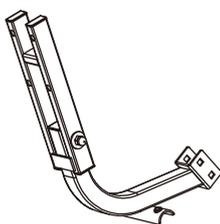
43. Pedal x 2



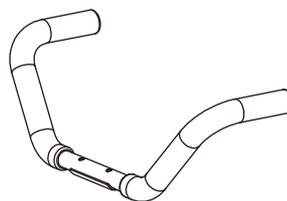
5. Saddle Stem Insert x 1



22. Saddle x 1



7. Rear adjustable tube

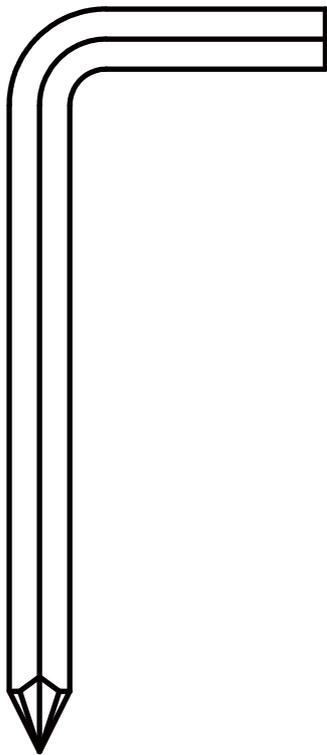


9. Rear handlebar

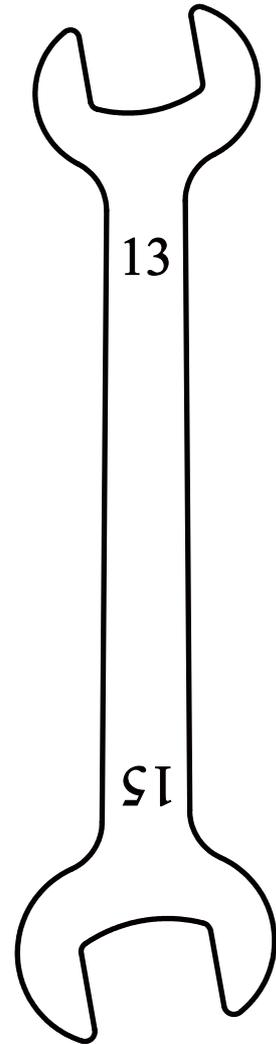
Components - Fixings

Please check you have all the fixings listed below

Note: Some of the fixings are pre-fitted to the larger components. Please check carefully before contacting Seller regarding any missing fixings.



#Allen wrench (L5)



wrench S13 S15

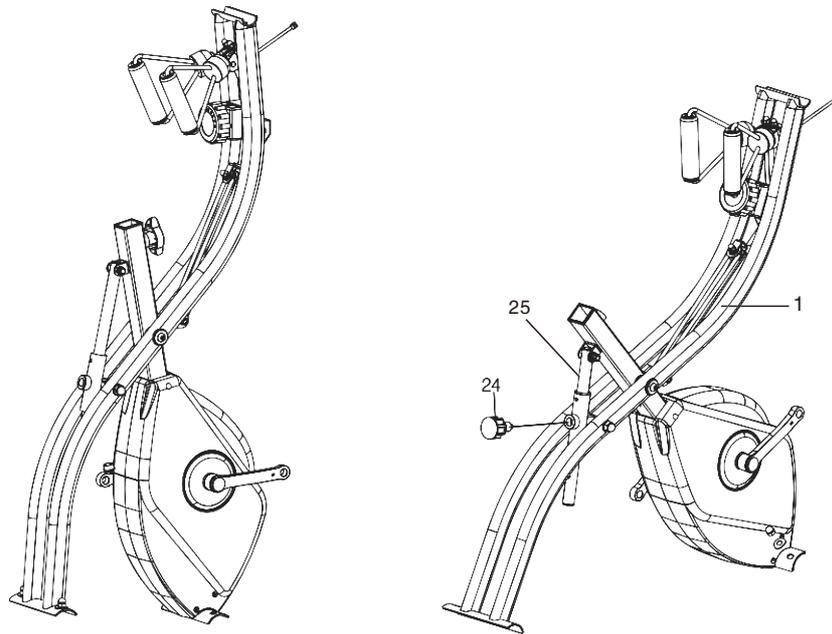
Assembly Instructions

1. NOTICE

- A. Please make sure there has enough space around the machine before assembly.
- B. Please use the provided tools or right tools by yourself.
- C. Check the parts and the hardware first.

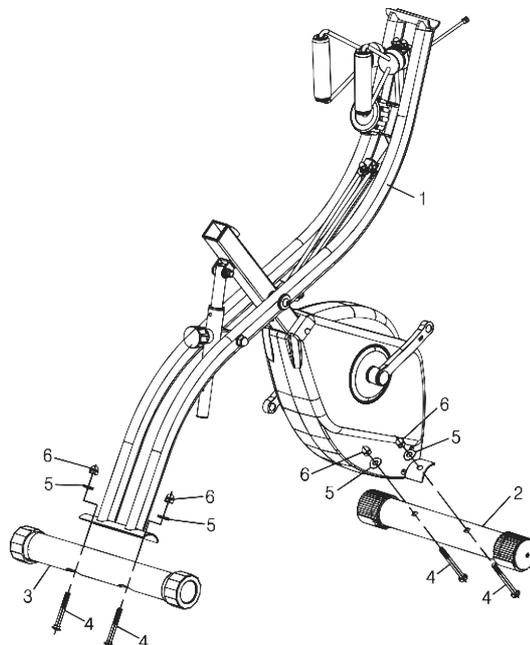
Step 1

Extracting the Main frame (1) from the carton, unfolding it and aligning the inner adjust tube (25), then screwing with the ball pin (24)



Step 2

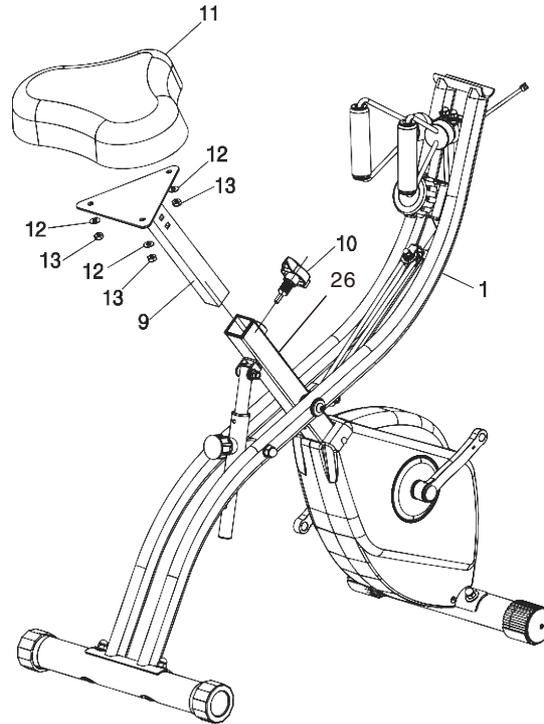
Connect Front bottom tube (2), Rear Bottom tube (3) to Main frame (1) with Nut (6), Curved Washer (5) and bolt (4).



Assembly Instructions

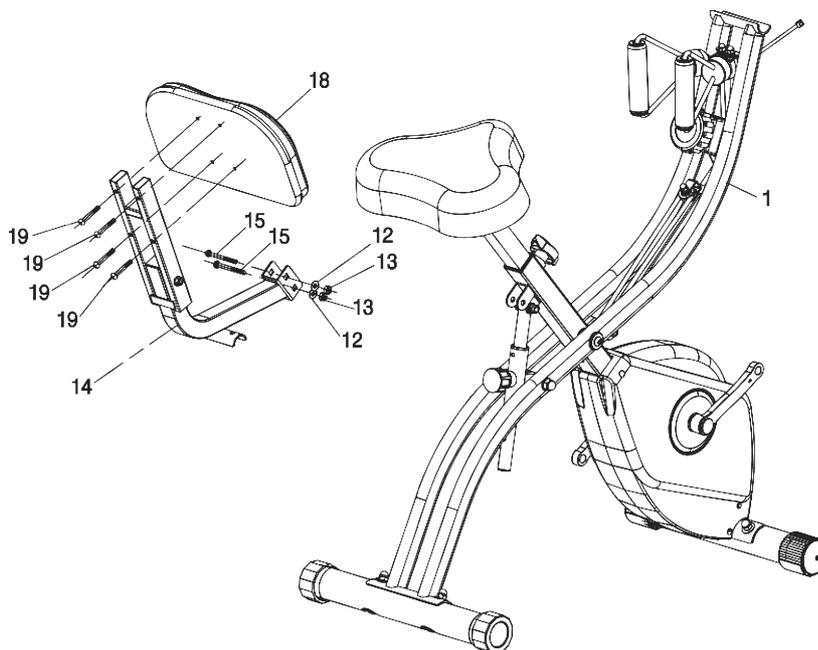
Step 3

Connect Cushion (11) to Seat tube (9) with Washer (12), Nylon nut (13); Then Screw Seat Support tube (26) with Knob (10).



Step 4

Connect backpack frame (14) to seat tube (9) with bolt (15), washer (12), Nylon nut (13); Then screw Backpack (18) to Backpack frame (14) with Bolt (19).

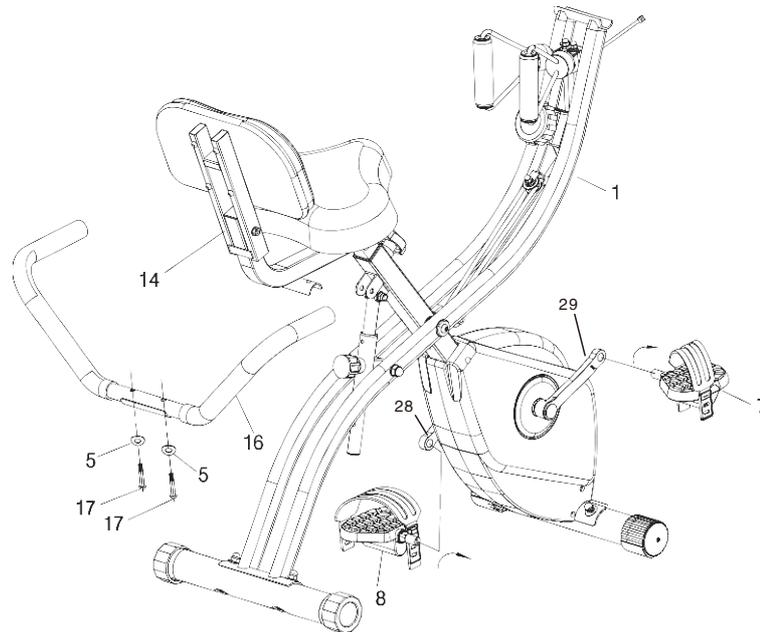


Assembly Instructions

Step 5

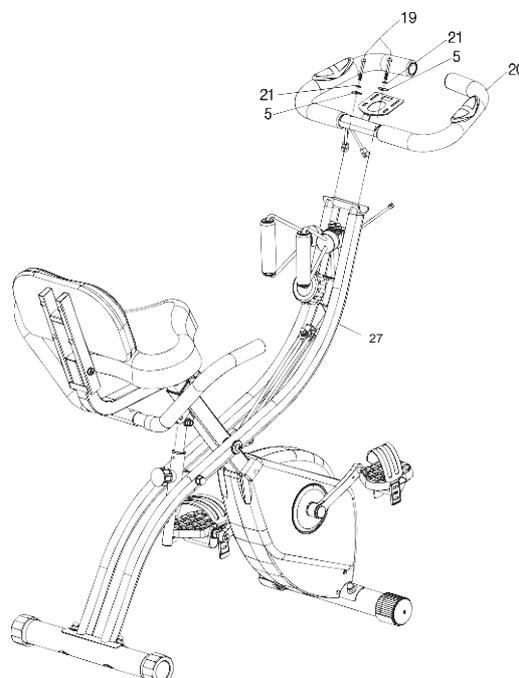
Screw Rear handlebar (16) to backpack frame(14) with Bolt(17),Curved washer(5);
Then screw the Pedal (8) and (7) to the Crank (28) and (29) respectively;

Note: The pedal (7) should be locked clockwise, and the Pedal (8) should be locked counterclockwise.Keep the Pedals(8) and (7) in a locked state at all times during exercise.
Otherwise, the Pedals (8) and (7) tooth will be damaged.



Step 6

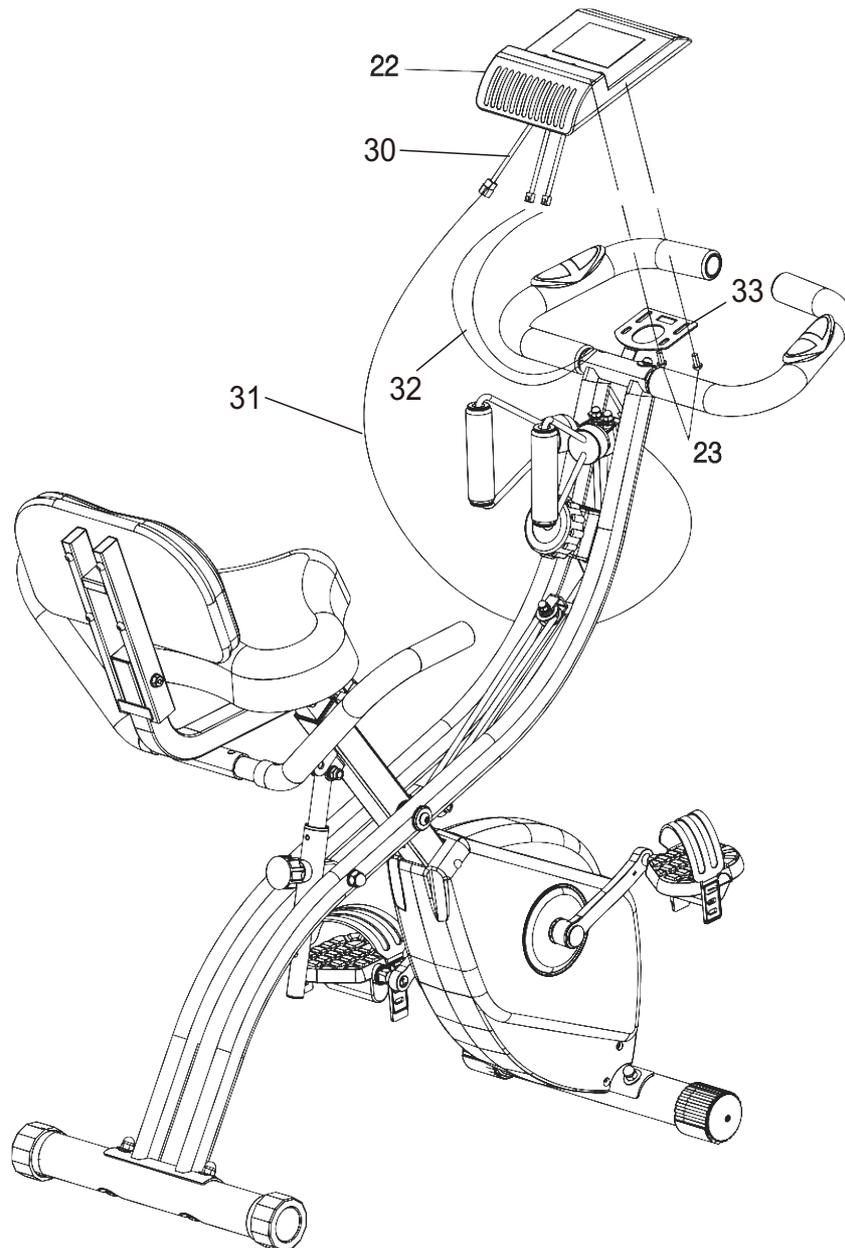
Screw Handlebar (20) to Front Support tube (27) ,align the holes, then screw with Screw (19),
Spring washer (21) and Curved washer (5).



Assembly Instructions

Step 7

First connect Monitor wire (30) with Sensor wire (31), Handle pulse wire (32), then screw Monitor (22) to monitor support (33) with Screw (23).



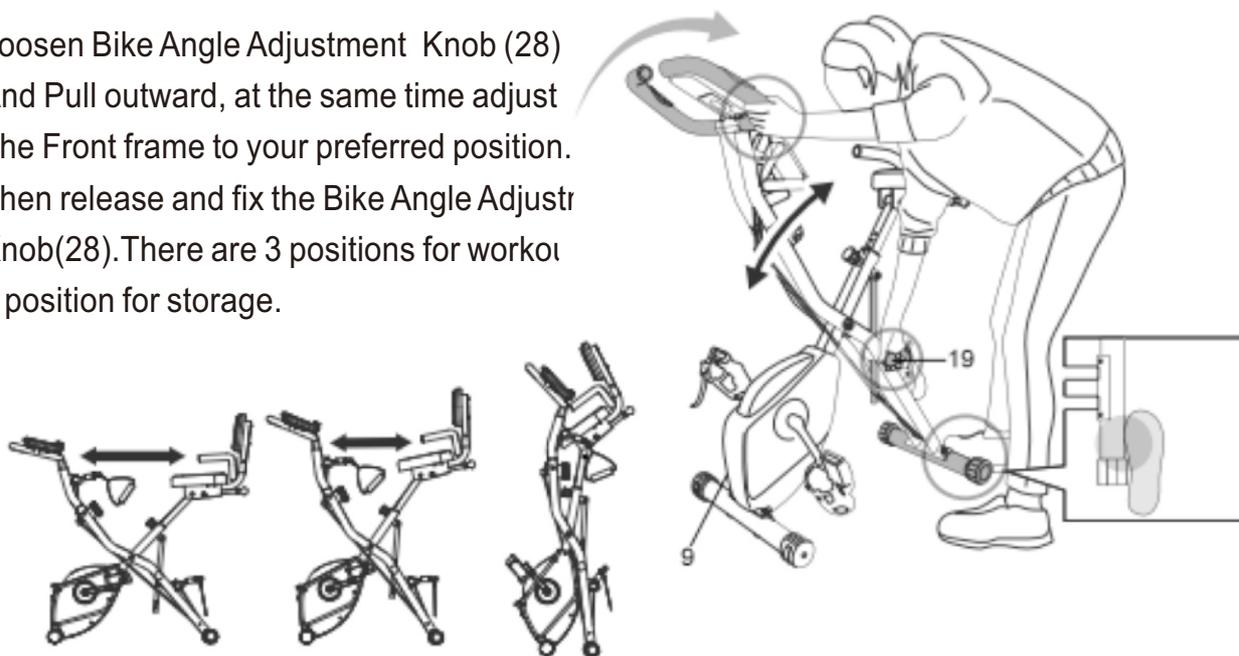
Step 8

Finally, double check each screw to make sure they're tightened enough

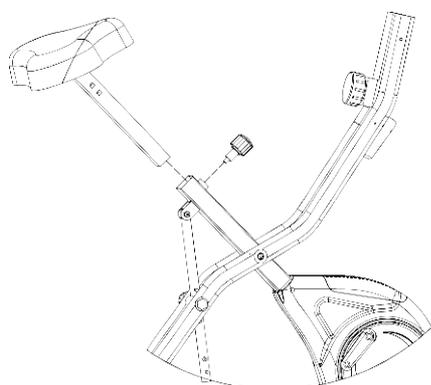
Adjustment / Folding away

ADJUSTMENT POSITION

Loosen Bike Angle Adjustment Knob (28)
And Pull outward, at the same time adjust
The Front frame to your preferred position.
Then release and fix the Bike Angle Adjustr
Knob(28). There are 3 positions for worko
1 position for storage.



ADJUSTMENT SEAT HEIGHT



Unlock the adjustable knob and pull or
push the seat to adjust seat height.

Computer Operation

Functions and operations

EXERCISE COMPUTER WITH PULSE INSTRUCTION MANUAL

FUNCTIONAL BUTTONS:

MOE-Push down for selecting functions.If the long time holds down MODE button will turn completely 0.

SET-To set the values of time、 distance pulse and calories when not in scan mode.

RESET-Push down for resetting time、 distance and calories.the current data change is 0 .

If the long time holds down RESET, besides the ODO position, the material will turn completely 0.

FUNCTION AND OPERATIONS:

1. SCAN: Press "MODE" button until "SCAN" appears,monitor will rotate through all the 5 functions

:Time、 speed、 distance、 calorie、 ODO、 and pulse、 Each display will be hold 5 seconds.

2. TIME: (1)Count the total time from exercise start to end.

(2)Press "MODE" button until "TIME" appears,press "SET" button to set exercise time.

When the "SET" is zero, the computer will alarm 10 seconds.

3. SPEED: Display current speed.

4. DIST: (1)Count the distance from exercise start to end.

(2)Press "MODE" button until "DIST" appears,Press "SET" button to set exercise distance.

When the "SET" is zero, the computer will alarm 10 seconds.

5.CALORIES: (1)Count the total calories from exercise start to end.

(2)Press "MODE" button until "CAL" appears,Press "SET" button to set exercise calories.

When the "SET" is zero, the computer will alarm 10 seconds.

6.ODO: The total distance which this function is refers to from battery capacity period runs.

7.PULSE RATE:

Press MODE button until "PULSE" appears.Before measuring your pulse rate, please place your palms of your hands on Both of your contact pads and the monitor will show your current heart beat rate in beats per minute(BPM) on the LCD after 6~7 seconds.

Remark: During the process of pulse measurement, because of the contact jamming, the measurement value may be higher than the virtual pulse rate during the first 2~3 seconds, then will return to normal level. The measurement value can not be regarded as the basis of medical treatment.

8.ALARM: The computer will "Beep" when press "MODE"、 "SET" and "RESET" buttons.

9.AUTO ON/OFF & AUTO START/STOP

Without any signal for 4 minutes,the power will turn off automatically.As long as the wheel is in motion or press any button,the monitor is in action.

SPECIFICATIONS:

FUNCTION	Auto Scan	Every 5 seconds
	Runni ng Ti ne	00: 00- 99: 59
	Current speed	0.0~999.9 (ML)KM
	Trip Distance	0.00~9999 (ML)KM
	Total distance(ODO)	0.0~9999 (ML)KM
	Calories	0.0~9999 Kcal
	Pulse Rate	40~240BPM
Battery type		2 pcs of size - AAA or UM - 4
Operating temperature		0°C~+40°C
Storage temperature		-10°C~+60°C

Exercising Information

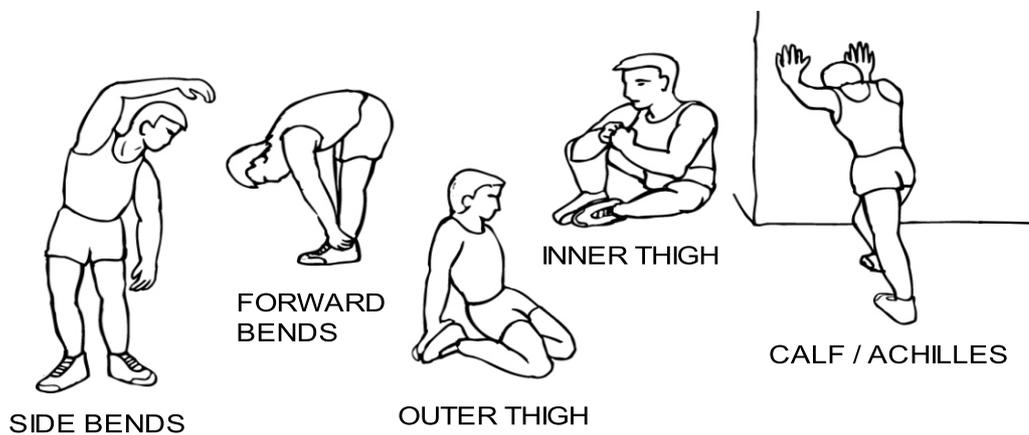
Before starting

EXERCISE INSTRUCTIONS

Using your *FOLDING BIKE* will provide you with several benefits, it will improve your physical fitness, tone muscle and in conjunction with a calorie controlled diet help you lose weight.

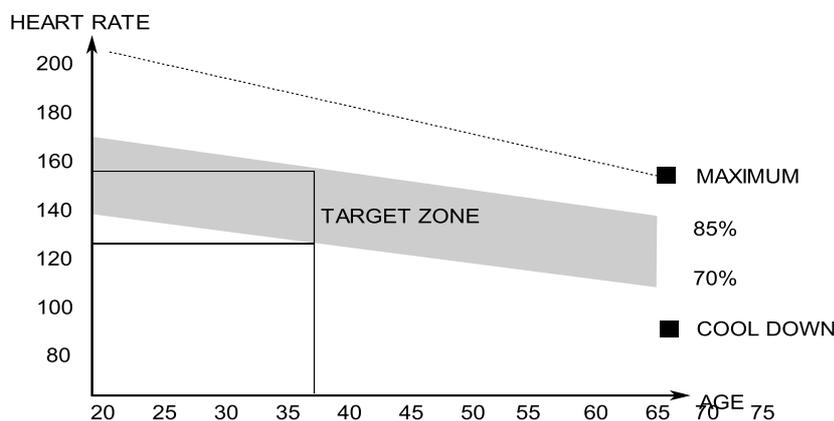
1. The Warm Up Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, STOP.



2. The Exercise Phase

This is the stage where you put the effort in. After regular use, the muscles in your legs will become more flexible. Work to your own pace but it is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heart beat into the target zone shown on the graph below.



This stage should last for a minimum of 12 minutes though most people start at about 15-20 minutes

Exercising Information

Muscle chart

3. The Cool Down Phase

This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.

As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

MUSCLE TONING

To tone muscle while on your *FOLDING BIKE* you will need to have the resistance set quite high. This will put more strain on our leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance by making your legs work harder than normal. You will have to reduce your speed to keep your heart rate in the target zone.

WEIGHT LOSS

The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

Care and Maintenance

Using the Exercise Bike

1. Examine the equipment periodically in order to detect any damage or wear which may have been produced.

2. The safety level of the equipment can be maintained only if it is examined regularly for damage and wear, e.g. connection points.

3. Lubricate moving parts with light oil periodically to prevent premature wear.

4. Inspect and tighten all parts before using the equipment, replace any defective parts immediately, and **do not** use the equipment again until it is in

perfect working order.

5. Replace defective components immediately and/or keep the equipment out of use until repair.

6. Special attention to components most susceptible to wear.

7. The equipment can be cleaned using a damp cloth and mild non-abrasive detergent. **Do not** use solvents.

8. **Do not** attempt to repair this equipment yourself. Should you have any difficulty with assembly, operation or use

of your exercise product or if you think that you may have parts missing, contact the manufacturer, their approved service agent

Guarantee:

For guarantee purposes, please retain your purchase receipt.

Information for Users on Disposal of old Equipment and Batteries (European Union only)

These symbols indicate that equipment with these symbols should not be disposed of as general household waste. If you want to dispose of the product or battery, please consider the collection systems or facilities for appropriate recycling.

Notice: The sign Pb below the symbol for batteries indicates that this battery contains lead.

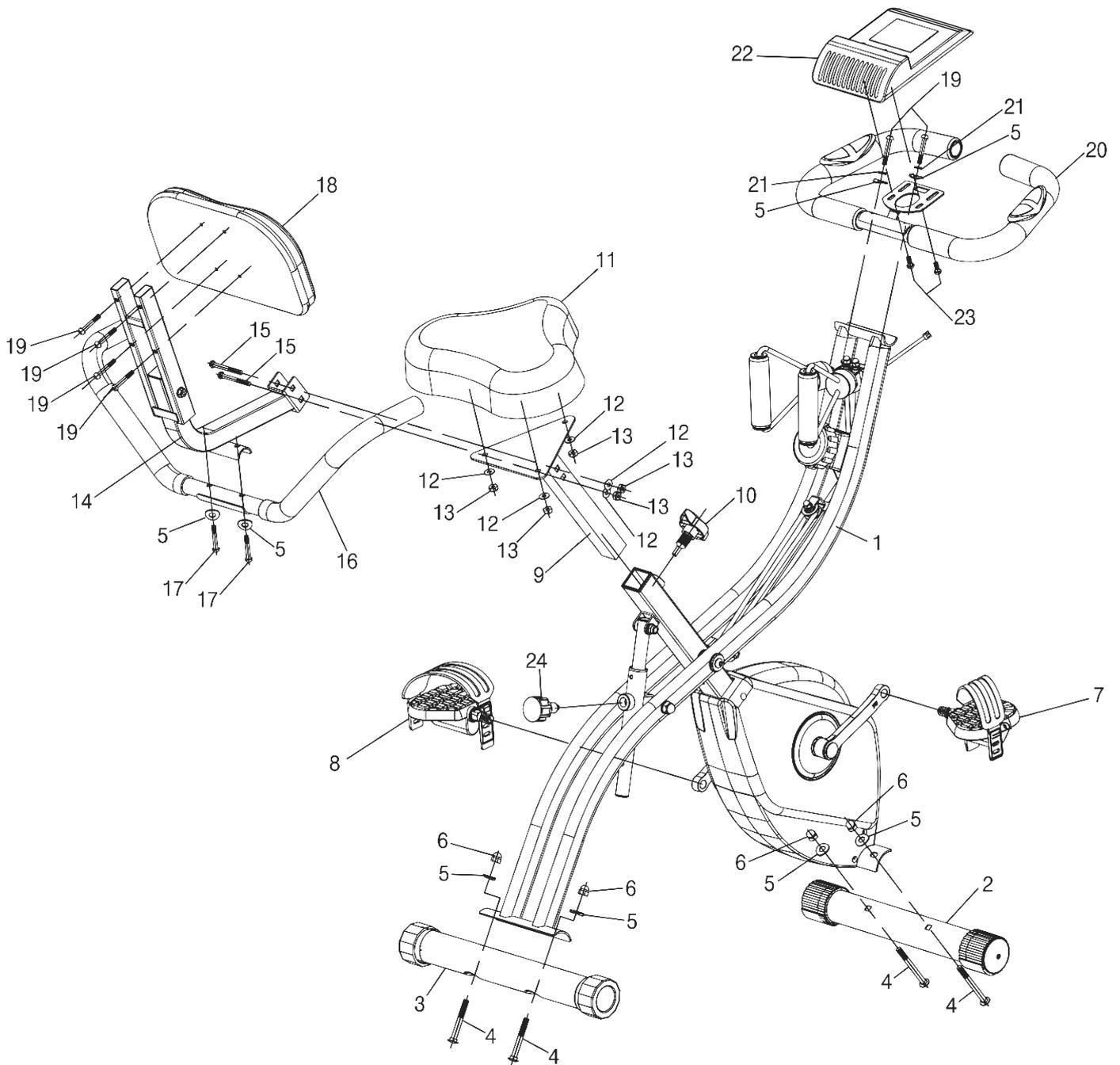


Products



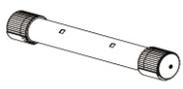
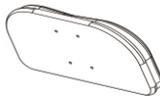
Battery

Exploded Parts Diagram



Parts List

Using the Exercise Bike

NO	Accessory drawing	Name	Qty	NO	Accessory drawing	Name	Qty
1		Main frame	1	14		Seat cushion	1
2		Front bottom tube	1	15		Screw (M8x45)	2
3		Rear bottom tube	1	16		Rear handlebar	1
4		Screw (M8x62)	4	17		Screw (M8x35)	2
5		Curved washer (M8)	8	18		Rackpack	1
6		Nut (M8x62)	4	19		Screw (M8x40)	6
7		Pedal (R)	1	20		Handlebar	1
8		Pedal (L)	1	21		Spring washer (M8)	2
9		Seat tube	1	22		Monitor	1
10		Knob	1	23		Screw (M5x10)	2
11		Cushion	1	24		Ball pin	1
12		Flat washer (M8)	5				
13		Nut (M8x62)	5				