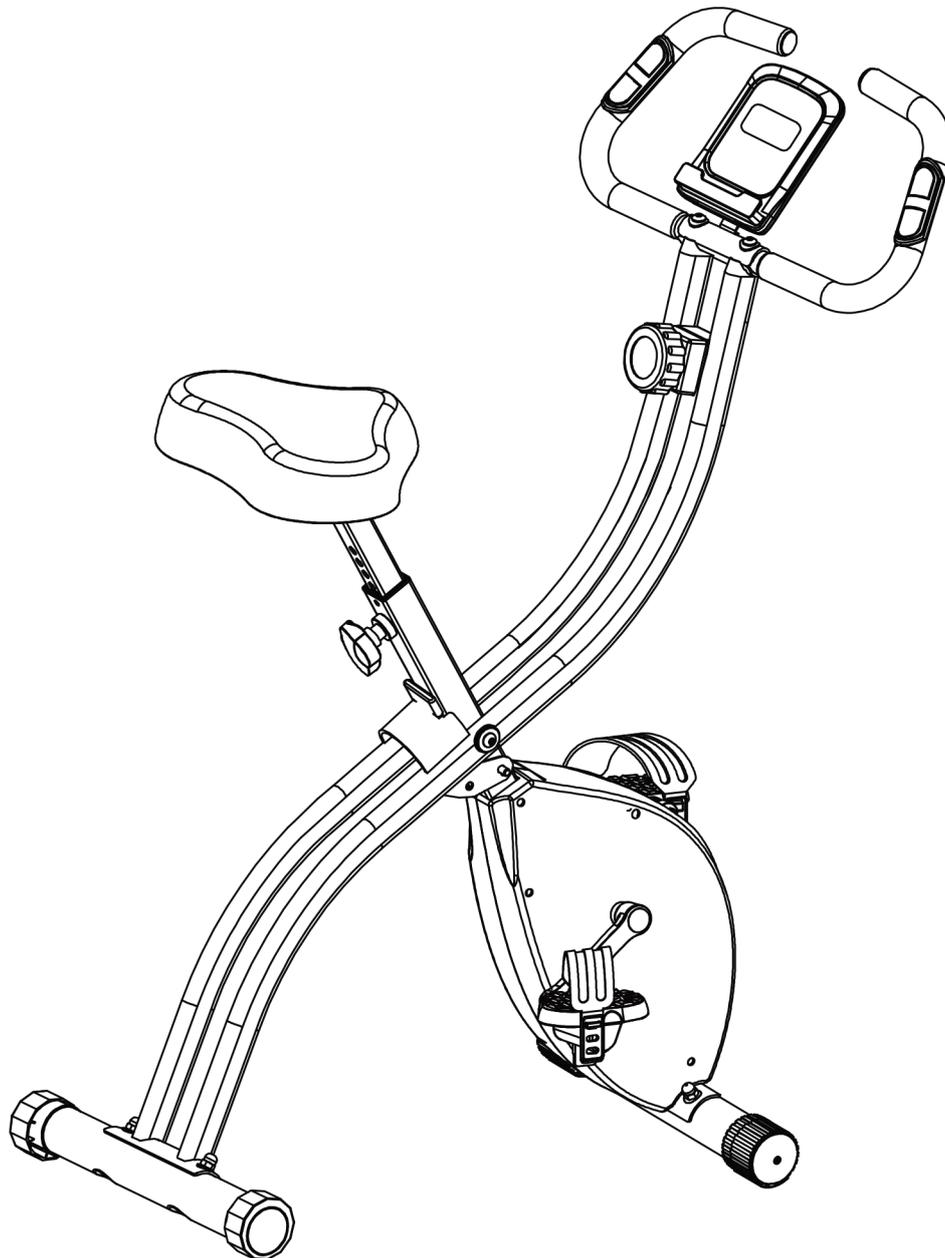


Folding Exercise Bike

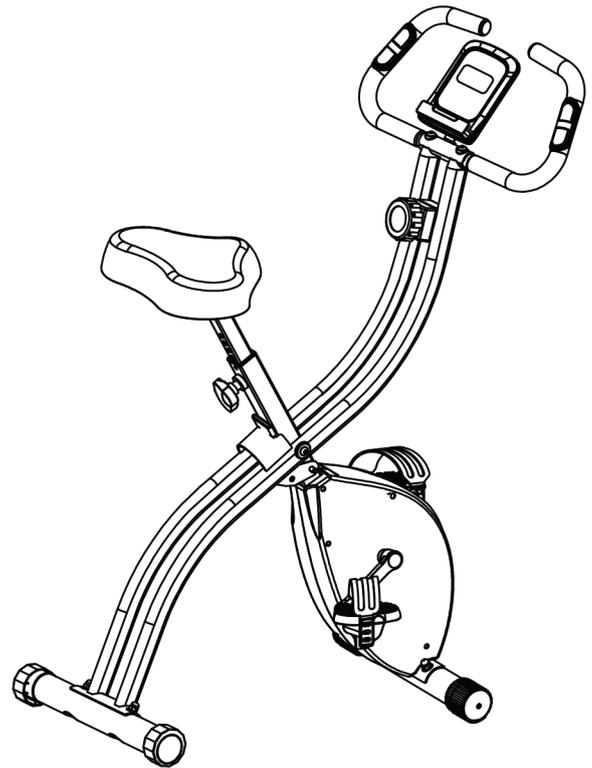


Important – Please read these instructions fully before assembly or using

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

Contents

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Components - Parts	3
Components - Fixings	4
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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 Magnetic 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.

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

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.
- The max user weight is 120kg/265 lbs .
- 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).

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.



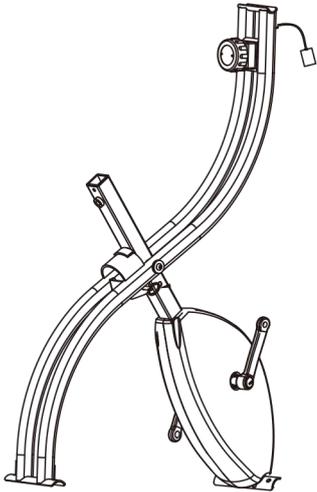
Warning: Before beginning any exercise program, consult your Doctor. This is especially important for persons over the age of 35 or persons with pre-existing health problems. You **MUST** read all instructions before using any fitness equipment. **We** assumes no responsibility for personal injury or 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

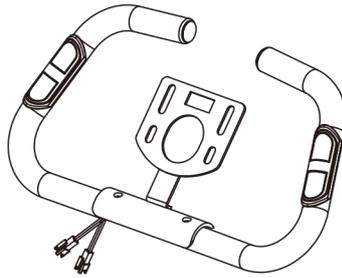
Please check you have all the parts listed below

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

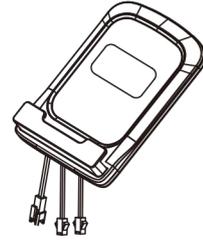
Total mass of the product is 14.5 kg / 32.0 lb. Foot print of the product is 82 x 49 cm / 32.3 x 19.3 inch.



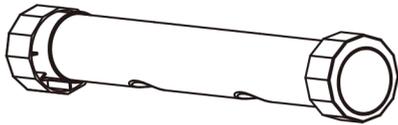
5. Main frame x 1



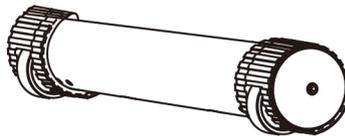
73. Handle Bar x 1



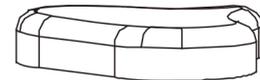
72. Exercise Monitor x 1



1. Back Stabiliser x 1



41. Front Stabiliser x 1



14. Saddle x 1



52. Pedal x 2

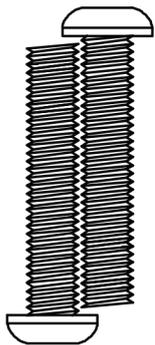


15. Saddle Stem Insert x 1

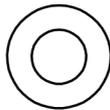
Components - Fixings

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 SunFitter regarding any missing fixings.



M8 x 40 mm / 1.6 inch
Screw (17) - 2



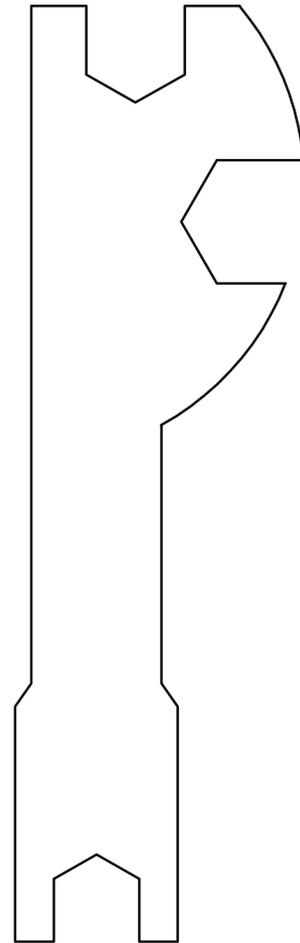
M8 Curved Washer (3) - 2



M8 Split Washer
(36)



#Allen wrench (L5)



#Allen wrench S13 S15 S19

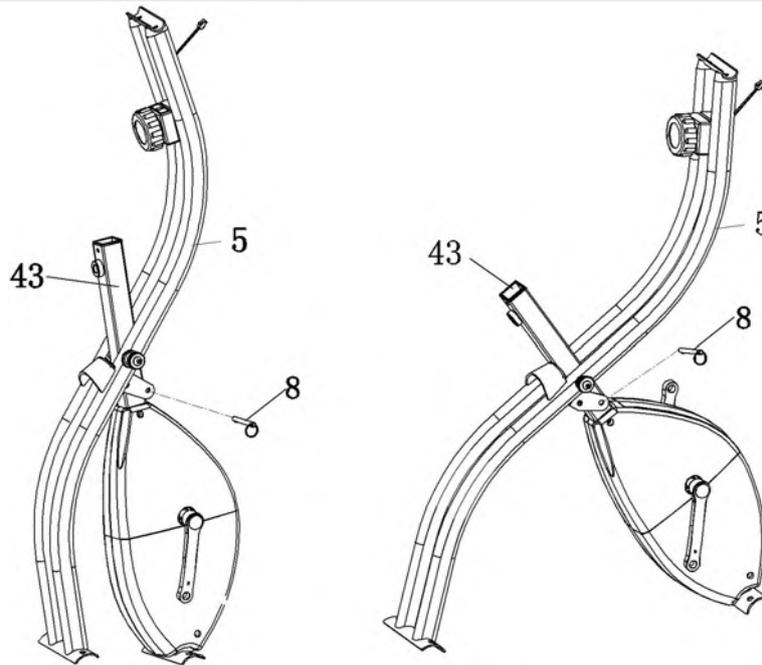
Assembly Instructions

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.

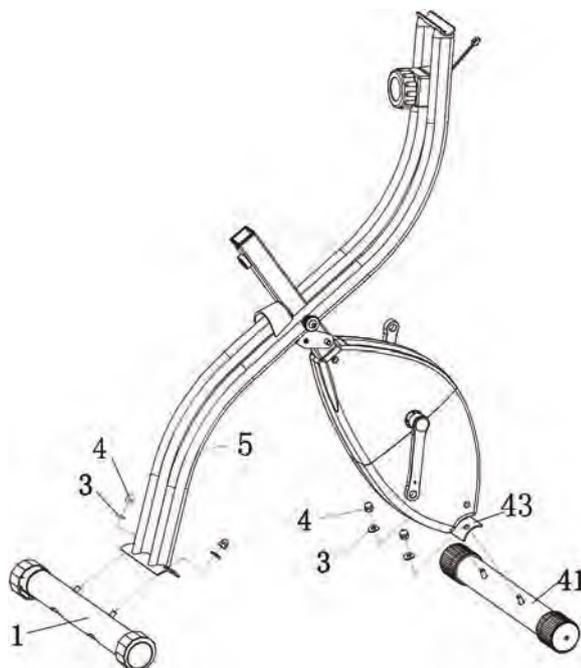
Step 1

Pull out pin (8) from front support frame (43), unfold main frame, fix the pin according to the hole (8) as below.



Step 2

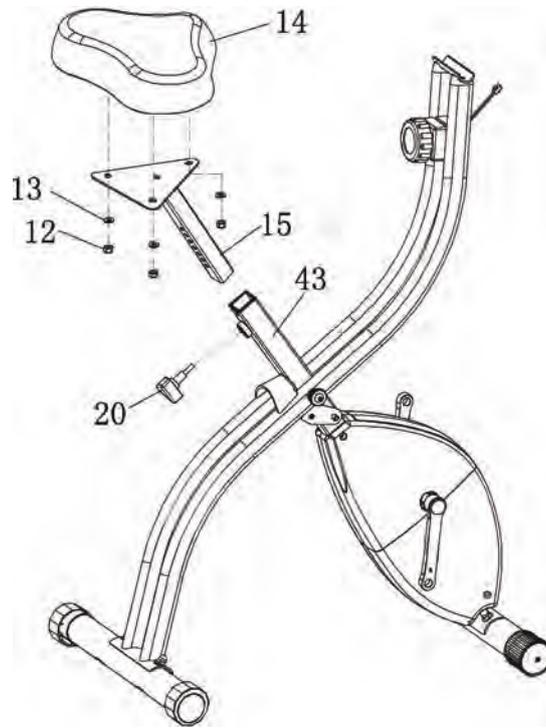
Secure rear bottom tube (1) front bottom tube (41) and front support frame (43) to main frame (5) with nut (4), curved washer (3)



Assembly Instructions

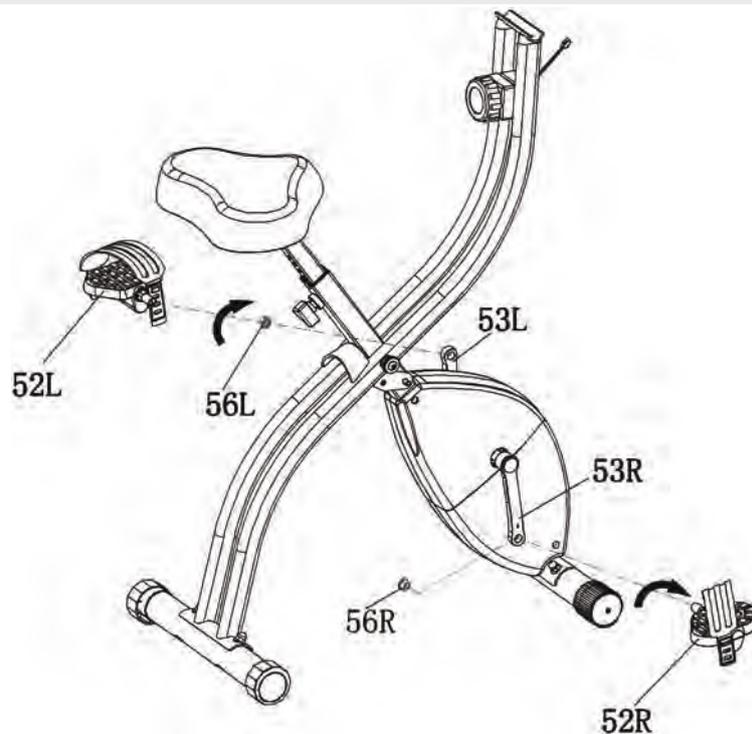
Step 3

Secure seat (14) to seat tube (15) with washer (13), nylon nut (12) and lock the knob (20) to seat tube (15) to front support frame (13).



Step 4

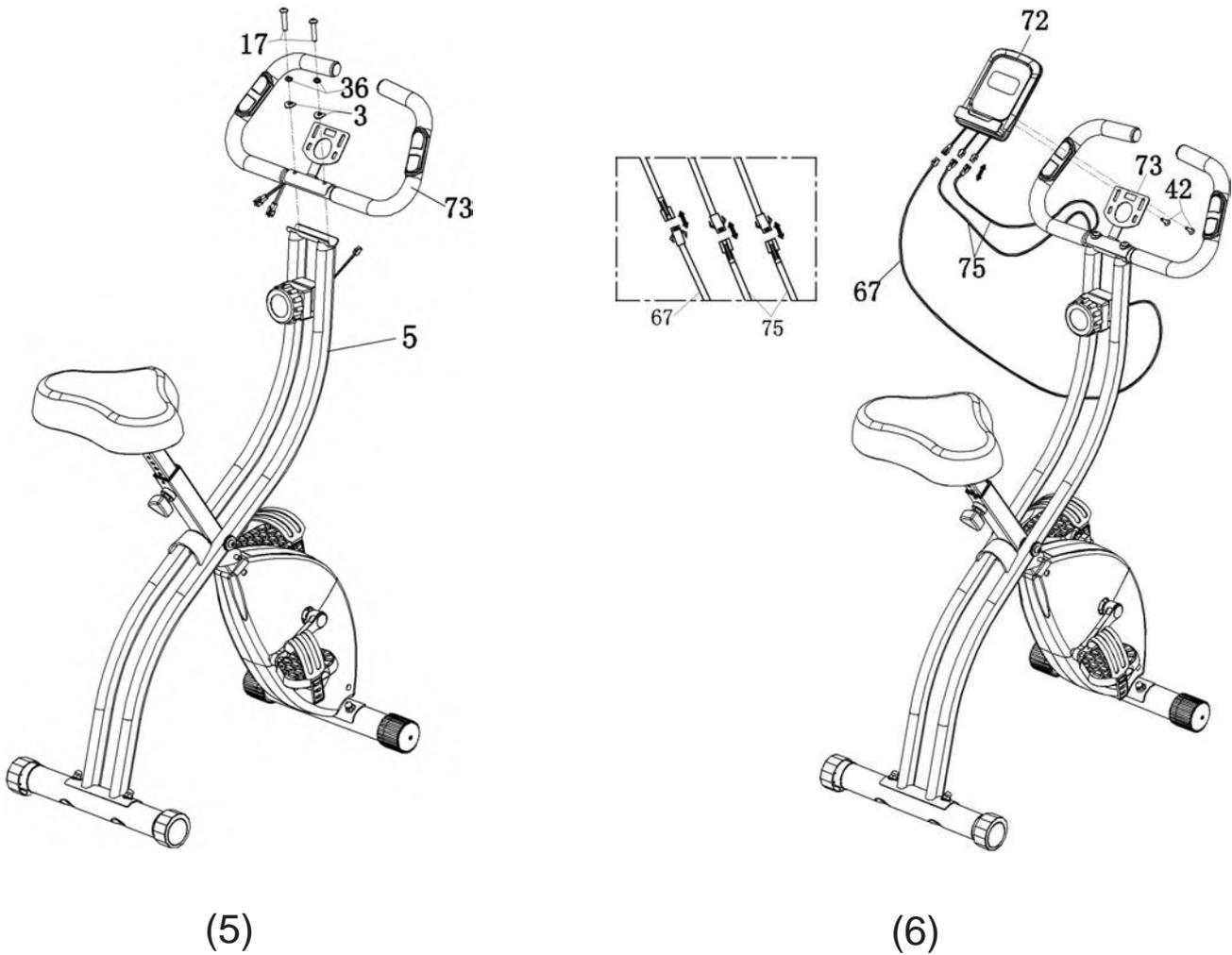
Secure L&R pedals (52L), (52R) to L&R crank (53L), (53R) and lock L&R nylon nut (56L)(56R)
Attention: lock the R pedal (52R) with clockwise, lock L pedal (52L) with anticlockwise. Lock (52L), (52R) when you exercise, or it will damage (52L), (52R) screw thread.



Assembly Instructions

Step 5

Secure the handlebar (73) to main frame (5) with hole position alignment, then lock screw (17) with washer (36) 、 curved washer (3)



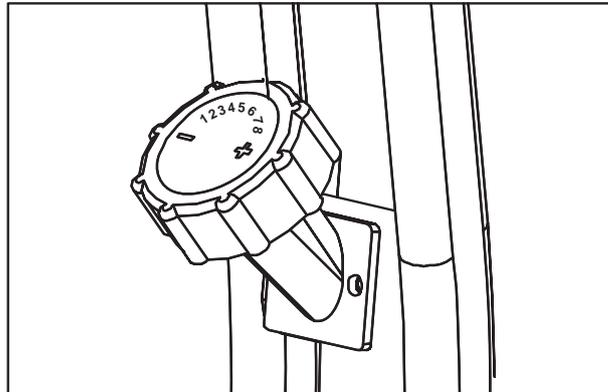
Step 6

Connect monitor wire (72) to sensor (67)、 handlebar wire (75) ,then lock the monitor (72) to monitor metal support (73) with screw (42)

Adjustment / Folding away

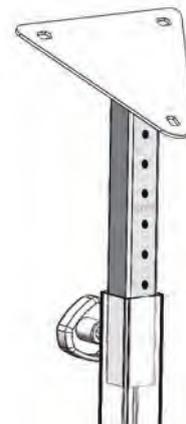
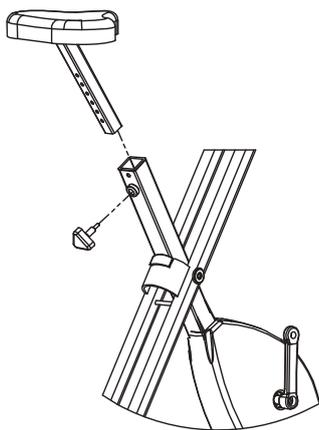
Adjustment of Resistance

Adjustment of Resistance level by turning the 8-level tension knob either to the right (increase) or left (decrease).



Adjustment of Seat Height

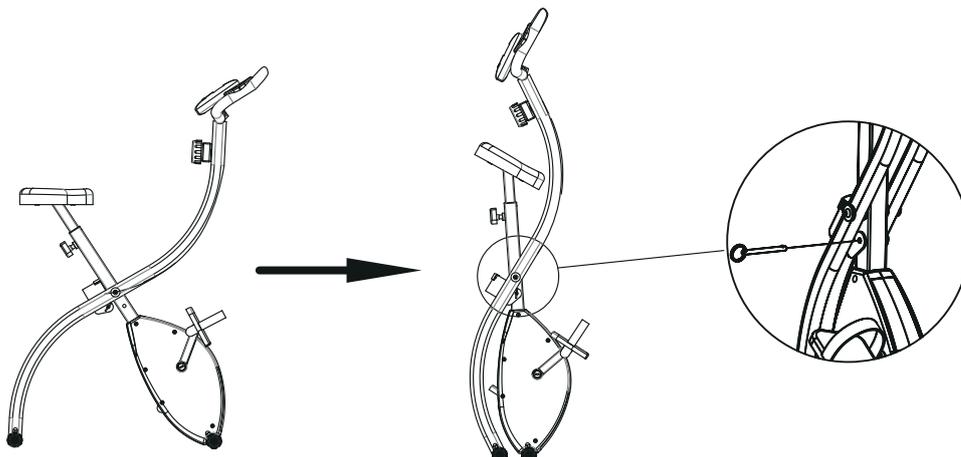
Unlock the Adjuster Knob and pull or push the Saddle Stem Insert to adjust the seat height.



Folding away your Exercise Cycle

Insert the Locking Pin (23) through the holes to lock the folding position in place as depicted in the illustration.

Folded dimension of the exercise cycle is 35 x 17 x 141(H) cm / 13.8 x 6.7 x 55.5 inch.

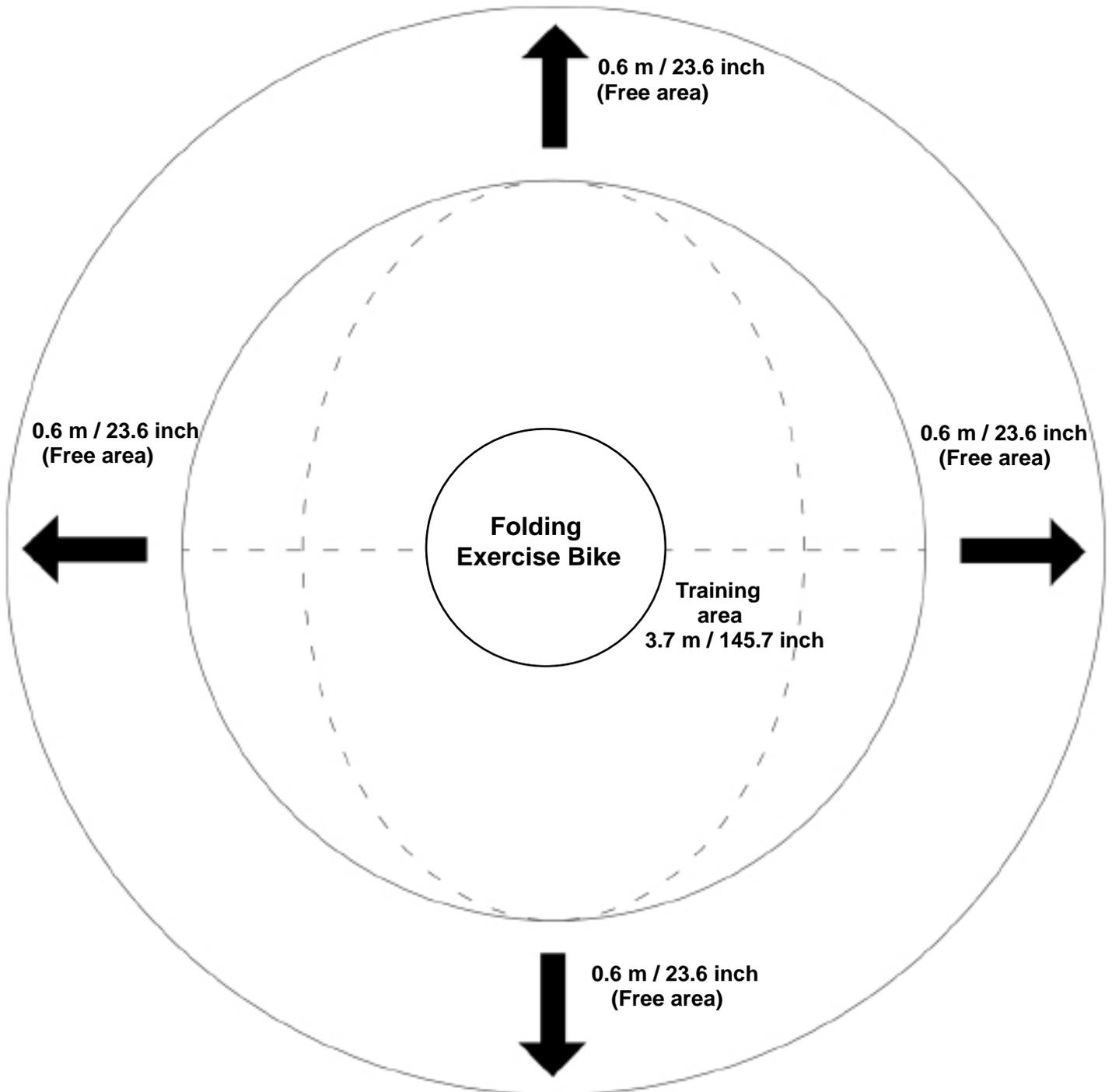


Workout Area

Free area and training area.

The free area should be no less than 0.6 m / 23.6 inch greater than the training area in the directions from which the equipment is accessed. The free area must also include the area for emergency dismount.

Where equipment is positioned adjacent to each other the value of the free area may be shared.



Computer Operation

Functions and operations



Display

Function:

Scan/Time/Speed/Distance/Odo/Calories/Pulse

Mode

MODE: This key lets you select and lock on a particular function you want. The monitor will reset by changing battery or pressing the MODE key for 3~4 seconds.

AUTO ON /OFF: The monitor will be automatically shut off if there is no signal coming in for 4 minutes. The monitor will be auto-powered when start exercise or press the key.

Functions:

SCAN: Press Mode button until the arrow points to SCAN, the display will automatically rotate between SPEED, DISTANCE, TIME, CALORIES, PULSE. Each display will be held for 6 seconds.

SPEED: Press the MODE key until pointer lock on to SPEED. Displays current speed during workout time.

DISTANCE: Press Mode button until the arrow points to DIST. The monitor will display the trip distance you have travelled.

TOTAL DISTANCE: Press Mode button until the arrow points to TOTAL DISTANCE. The monitor will display the total trip distance you have travelled.

TIME: Press the MODE key until pointer lock on to TIME. The Total working Time will be shown when starting exercise.

CALORIES: Press the MODE key until pointer lock on to CALORIE. The calorie burned will be displayed when starting exercise.

PULSE: Press Mode button until the heartbeat symbol ♥ is flickering, the monitor will display your current heartbeat per minute.

RESET: Resert value to zero in each mode.

Specifications

Function	Auto Scan	Every 6 seconds
	Speed	0.0-999.9 KM/H
	Distance	0.000-999.9 KM
	Time	0:00-99:59 (Minute: Second)
	Calories	0-9999 Kcal
	Pulse	40-240 BPM
Sensor	No-contact magnetic type	
Battery type	2 x SIZE-AAA (not included)	
Operation temperature	0°C ~ +40°C (32°K ~ 104°K)	

Moving the machine

Lift up the bike until the transportation wheels on the front stabilizer touch the ground and push the bike when you want to move it.

Transport Wheels

Makes moving and storing easily



Care and Maintenance

Using the exercise bike

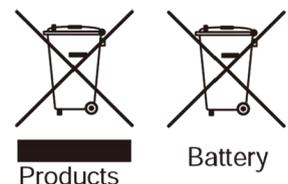
1. Examine the equipment periodically in order to detect any damage or wear which may have been produced.
2. The safety level of the equipment can be maintained only if it is examined regularly for damage and wear, e.g. connection points.
3. Lubricate moving parts with light oil periodically to prevent 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.

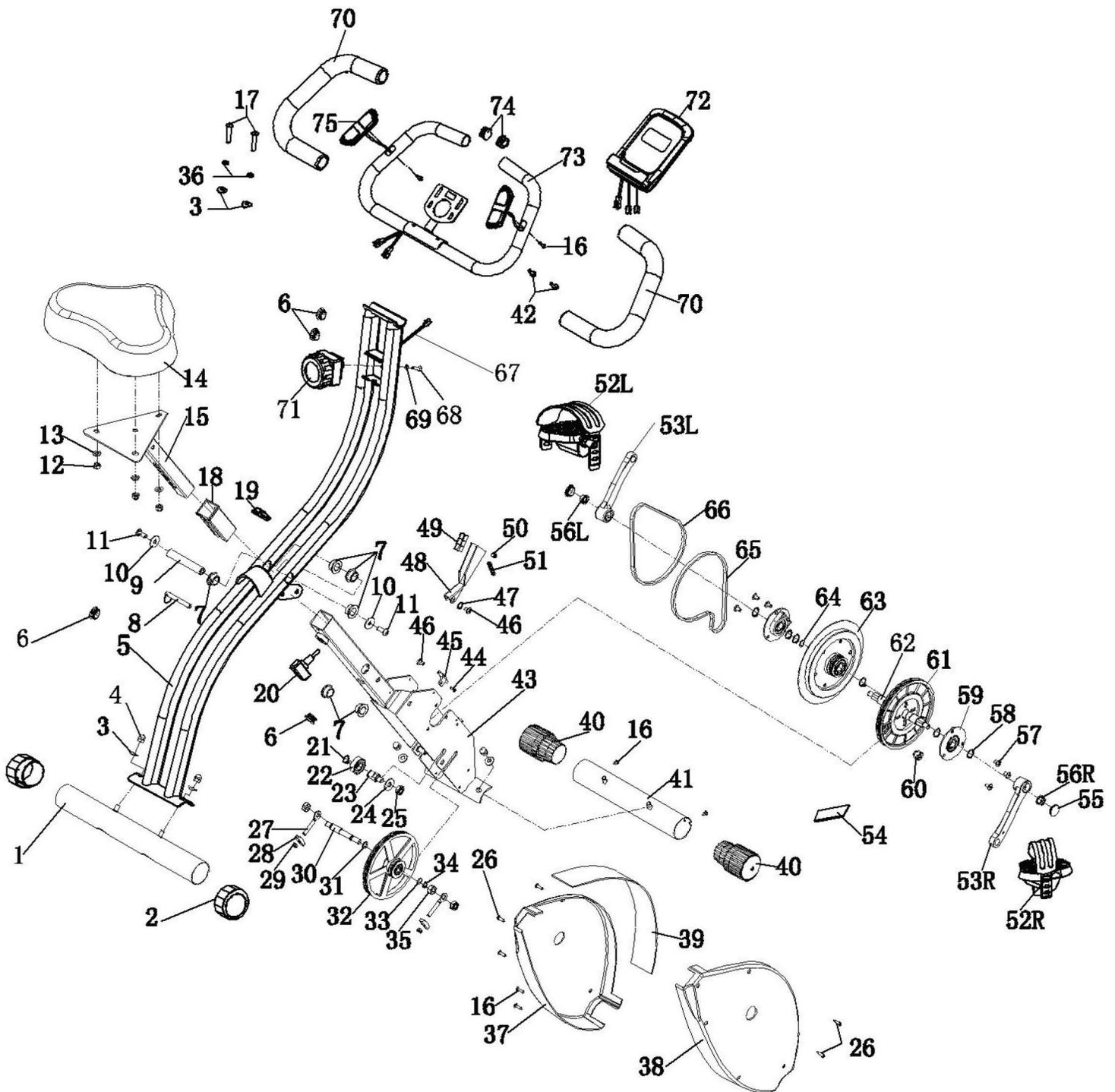
Information for Users on Disposal of old Equipment and Batteries (European Union only)

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.



Exploded Parts Diagram



Parts List

NO	Spec	QTY	No	Spec	QTY
1	Rear bottom tube	1	39	Up cover	1
2	Rear bottom tube plug	2	40	Front tube plug	2
3	Curved washer	6	41	Front tube	1
4	Nut	4	42	Screw M5×10	2
5	rear main frame	1	43	front main frame	1
6	Wire plug	4	44	Screw	1
7	Revolving shaft pushing	6	45	Sensor	1
8	Spring pin	1	46	Screw	2
9	Revolving shaft	1	47	Washerφ 6	1
10	Washerφ 8	2	48	Magnetic support	1
11	Screw M8*15	2	49	Magnetic	6
12	Nut M8	3	50	Tube plug	1
13	Washerφ 8	3	51	Spring	1
14	Cushion	1	52	L&R Pedals	2
15	Seat tube	1	53	L&R crank	2
16	Screw ST4.2*18	7	54	EV cushion	1
17	Screw M8*40	2	55	Crank cover	2
18	Tube bushing	1	56	Nut	2
19	Absorber	1	57	Screw	6
20	Knob	1	58	Snap ring	6
21	Snap ring	1	59	Nylon axis support	2
22	Axis	1	60	Magnetic	1
23	idler axis	1	61	Belt	1
24	Washerφ 10	1	62	Mid axis	1
25	Nylon nut M10	3	63	Flywheel	1
26	Screw ST42*16	4	64	Washer	1
27	Bolt	2	65	Belt	1
28	U shape metal	2	66	Belt	1
29	Nylon nut M6	2	67	Sensor	1
30	Pulley	1	68	Screw M5*20	1
31	Washer	1	69	Washerφ 5	1
32	Pulley belt	1	70	Handlebar foam	2
33	Washer	1	71	Tension control	1
34	Snap ring	1	72	Monitor	1
35	Nut M10	1	73	handlebar	1
36	Washer D8	2	74	Tube plug	2
37	L Chain cover	1	75	Handle pulse	2
38	R chain cover	1			