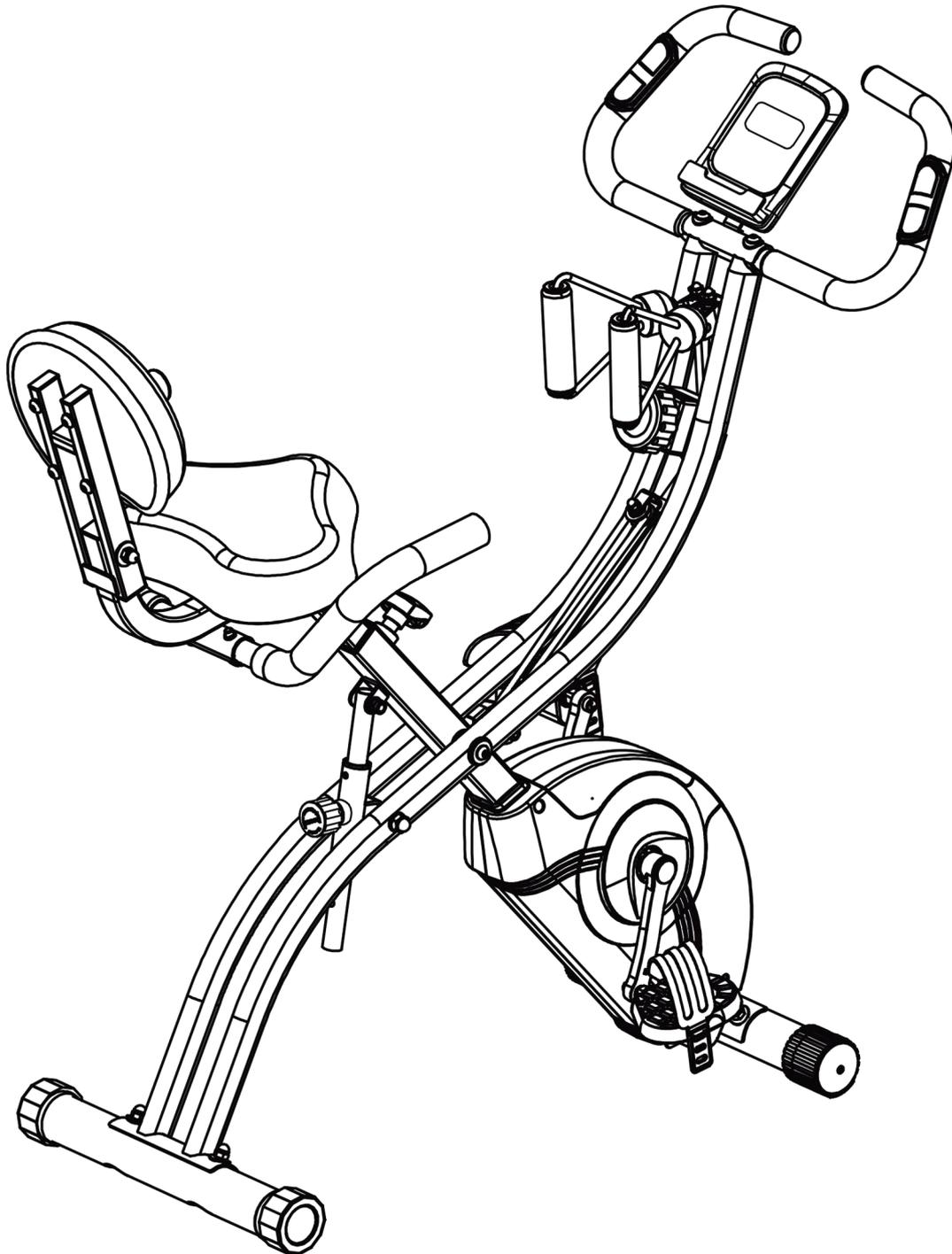


# Folding Exercise Bike 2 In 1

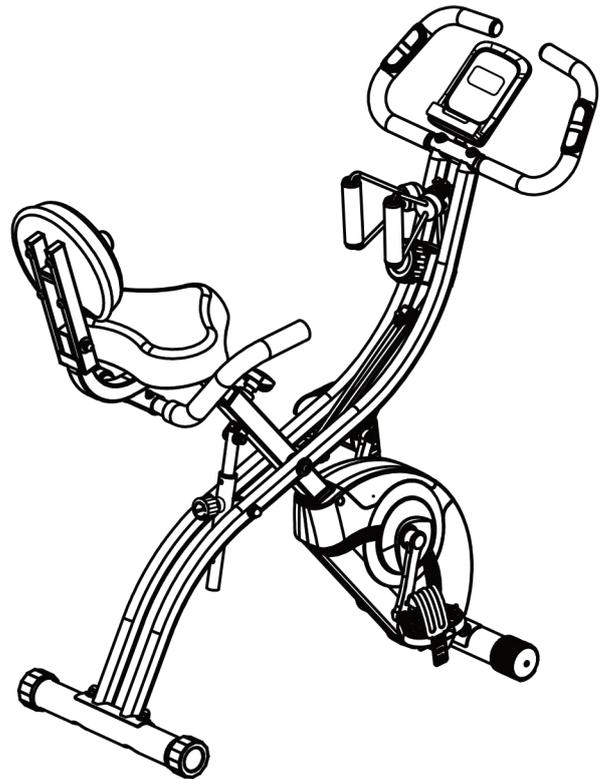


**Important – Please read these instructions fully before assembly or using**

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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# 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.

## 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 110 kg / 242.5 lb.
- 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.



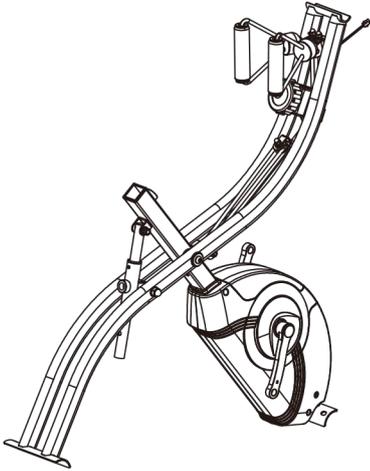
**Warning:** Before beginning any exercise program, consult your Doctor. This is especially important for persons over the age of 35 or persons with pre-existing health problems. You **MUST** read all instructions before using any fitness equipment. We assume no responsibility for personal injury or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

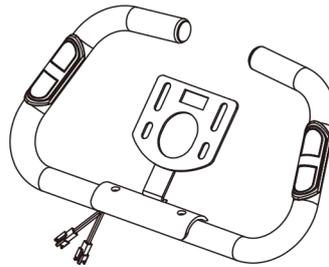
Please check you have all the parts listed below

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

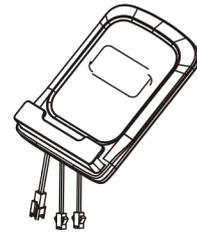
Total mass of the product is 14.5 kg / 32.0 lb. Foot print of the product is 82 x 49 cm / 32.3 x 19.3 inch.



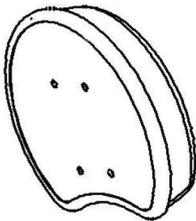
2. Main frame x 1



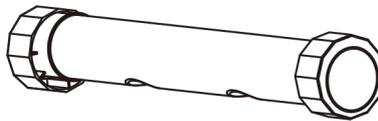
6. Handle Bar x 1



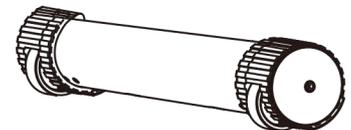
21. Exercise Monitor



40. Backpack



4. Back Stabiliser x 1



3. Front Stabiliser x 1



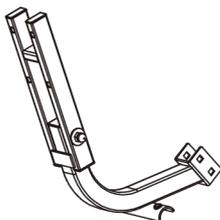
43. Pedal x 2



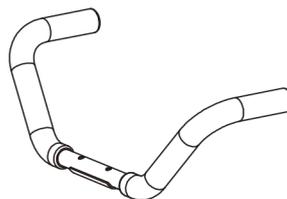
5. Saddle Stem Insert x 1



22. Saddle x 1



7. Rear adjustable tube

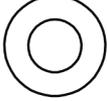
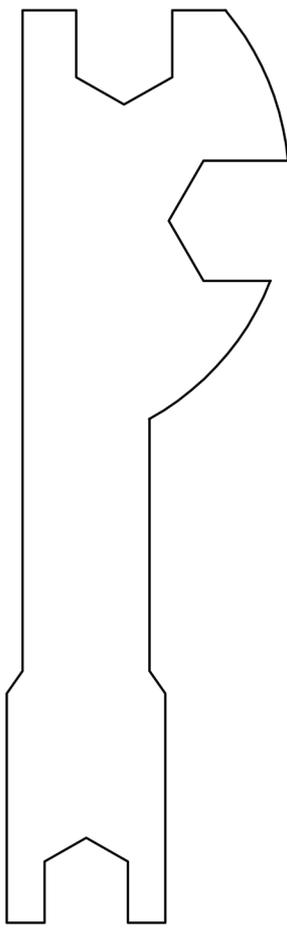


9. Rear handlebar

# 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 SunFitter regarding any missing fixings.

 <p>M8 x 40 mm / 1.6 inch Screw (45) - 2</p>  <p>M8 Curved Washer (12) - 2</p>  <p>M8 Split Washer (39)</p>	 <p>#Allen wrench S13 S15 S19</p>
 <p>#Allen wrench (L5)</p>	

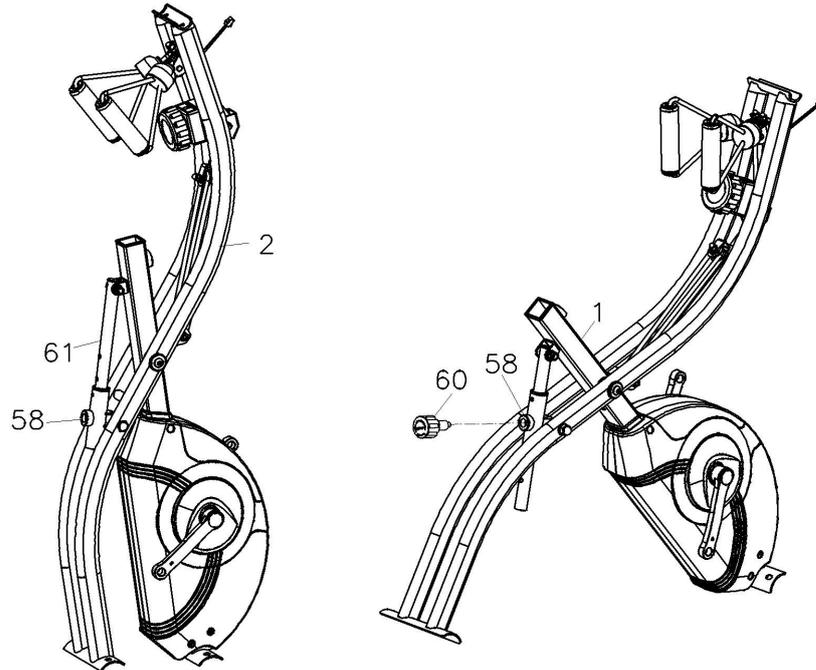
# Assembly Instructions

## 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.

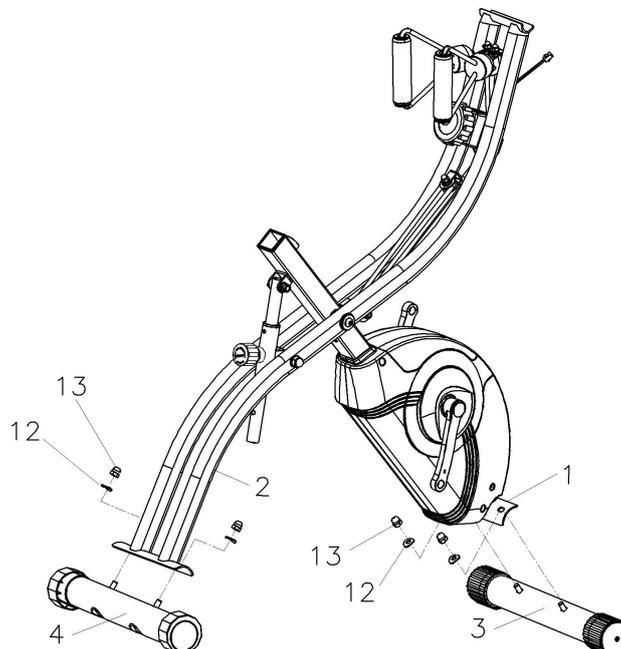
## Step 1

Separate Main frame (1) from Front Support Tube (2); Align the Inner Adjust Tube (61) and Adjust Group Weld (58) holes, then screw with Ball Pin (60).



## Step 2

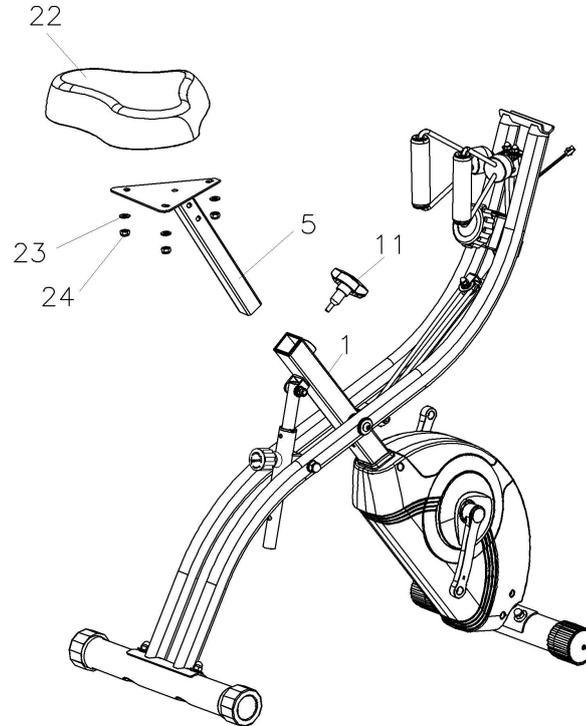
Connect Front bottom tube (3), Rear Bottom tube (4) to Main frame (1) and Front Support Tube (2) with Nut (13), Curved Washer (12).



# Assembly Instructions

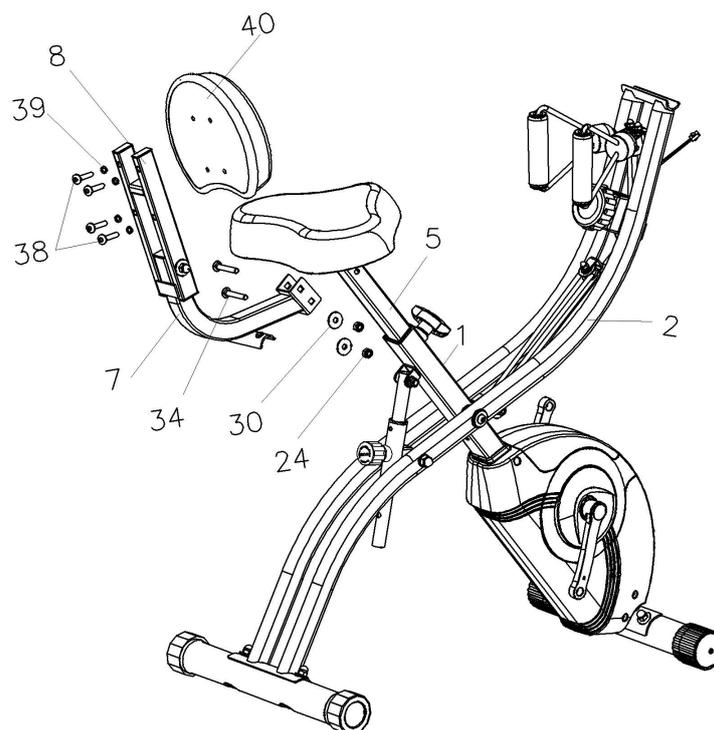
## Step 3

Connect Cushion (22) to Seat tube (5) with Washer (23),Nylon nut (24);Then Screw Seat Support tube (5) with Knob (11).



## Step 4

Connect Seat Cushion (7) to Seat tube (5) with Bolt (34),Washer (30),Nylon nut (24); Then screw Backpack (40) to Backpack frame (8) with Bolt (38) ,Spring washer (39).

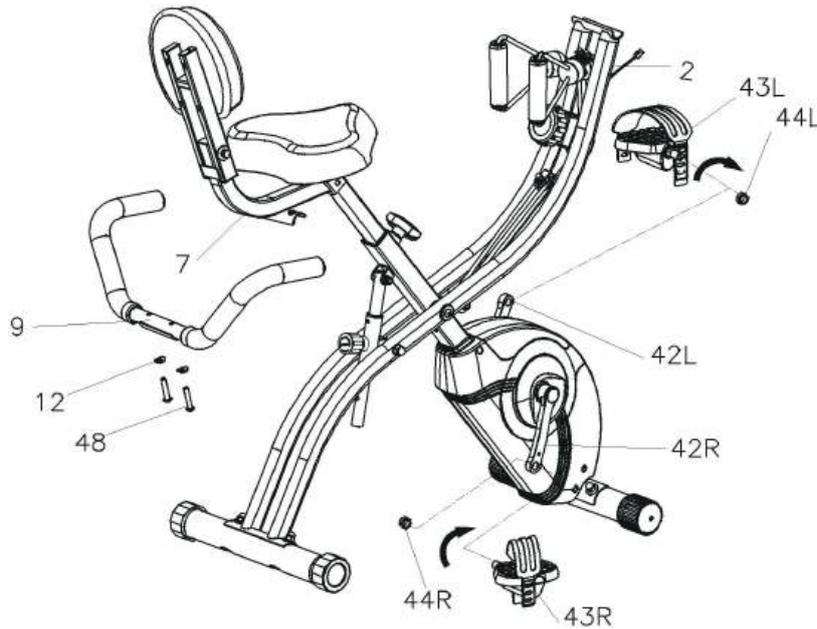


# Assembly Instructions

## Step 5

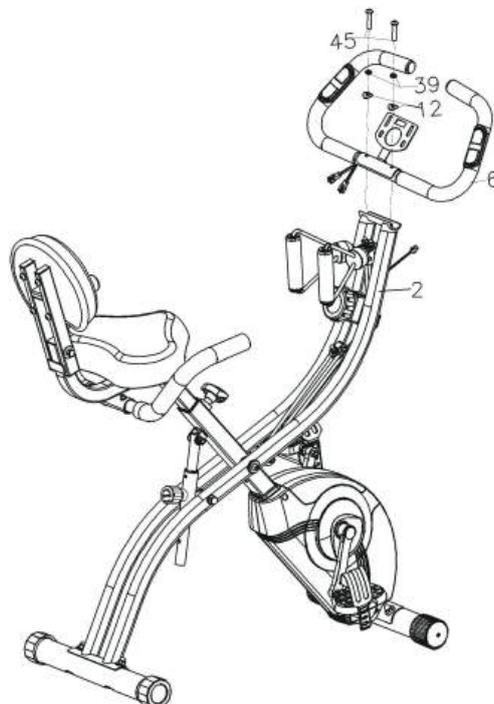
Screw Rear handlebar(9) to Seat cushion(7) with Bolt(48),Curved washer(12);Then screw the Pedal(43L) and (43R) to the Crank (42L) and (42R) respectively;Finally screw with Nylon Nut(44L),(44R).

Note: The pedal (43R) should be locked clockwise, and the Pedal (43L) should be locked counterclockwise.Keep the Pedals(43L) and (43R) in a locked state at all times during exercise. Otherwise, the Pedals (43L) and (43R) tooth will be damaged.



## Step 6

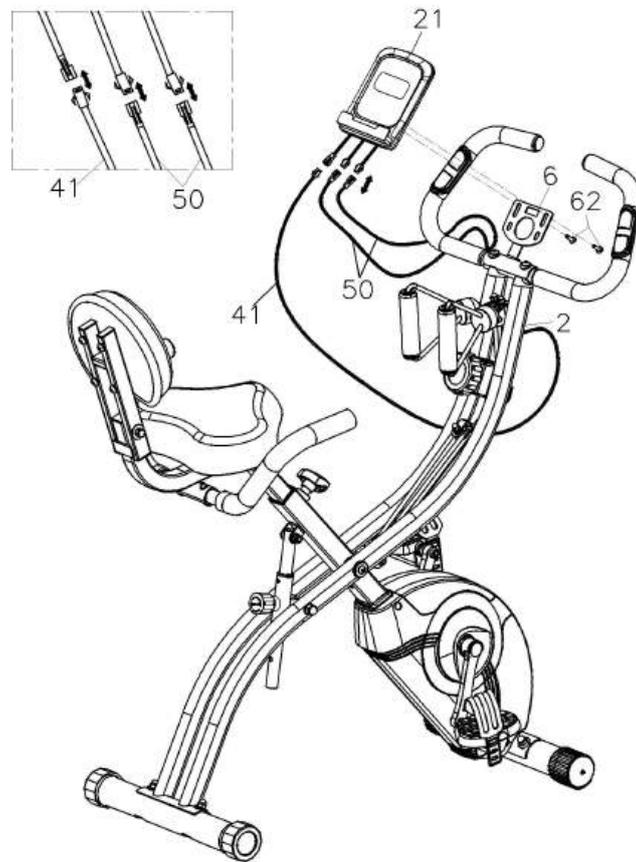
Screw Handlebar (6) to Front Support tube (2) ,align the holes, then screw with Screw (45), Spring washer (39) and Curved washer (12).



# Assembly Instructions

## Step 7

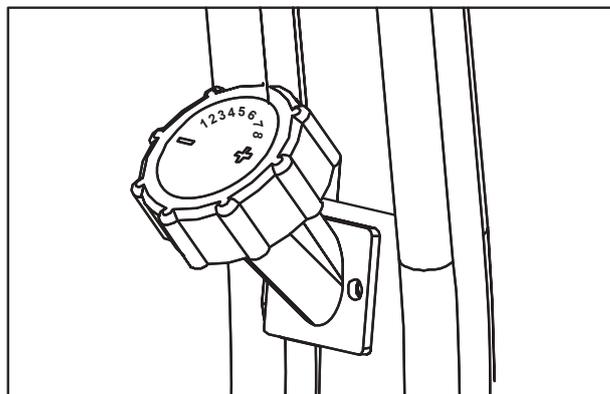
First connect Monitor wire (21) with Sensor wire (41), Handle pulse (50), then screw Monitor (21) to Handlebar (6) monitor support with Screw (62).



# Adjustment / Folding away

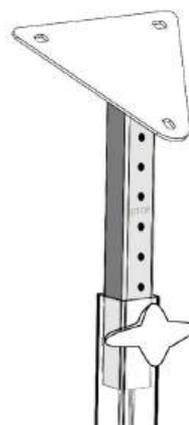
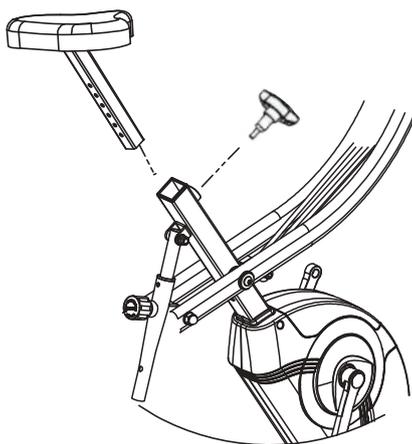
## Adjustment of Resistance

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 (8) and pull or push the Saddle Stem Insert (2) to adjust the seat height.



## Folding away your Exercise Cycle

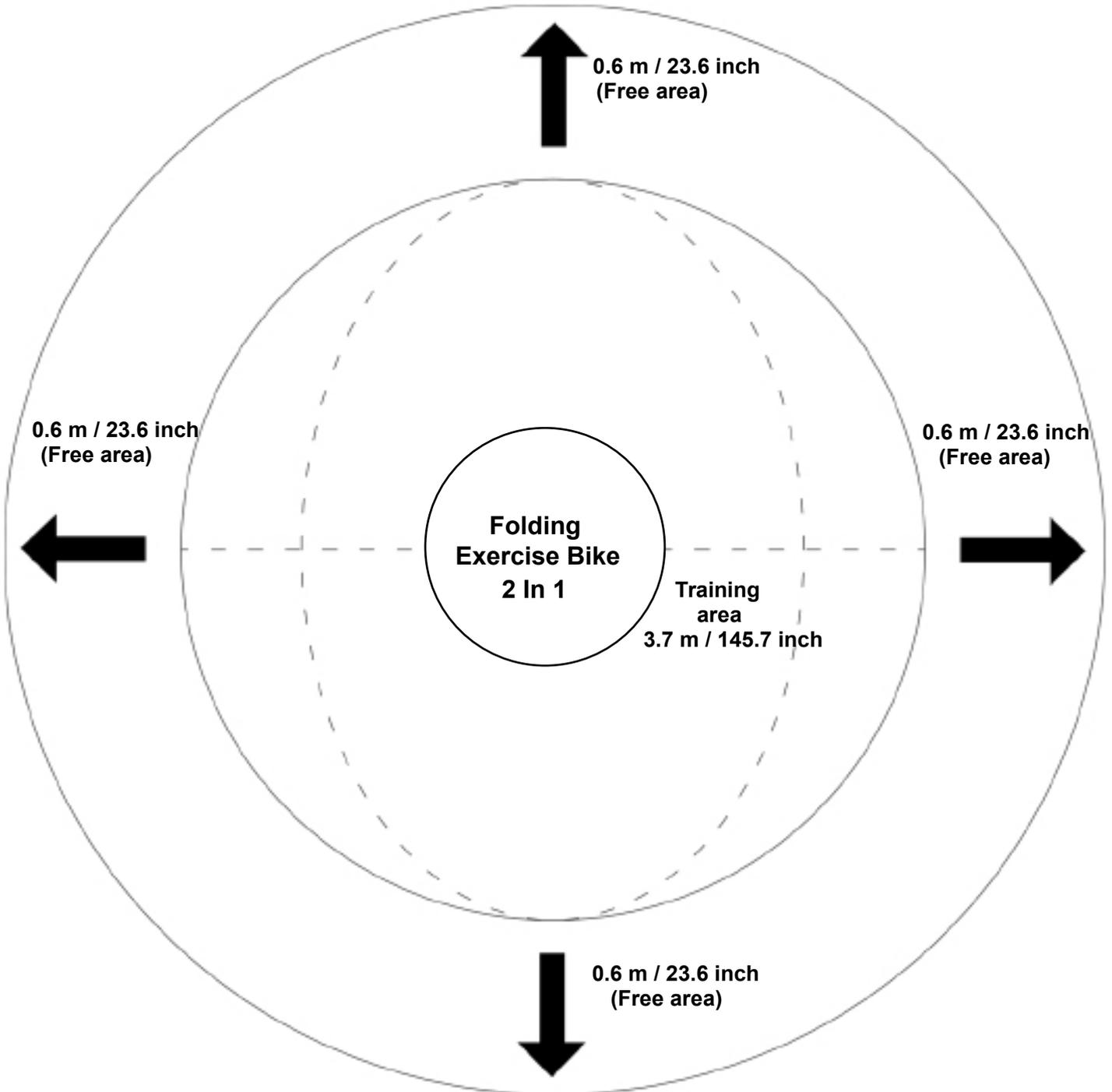
Folded dimension of the exercise cycle is 57 x 53 x 134(H) cm / 22.4 x 20.9 x 52.8 inch.

# 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 be 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.

**RESERT:** Resert value to zero in each mode.

### Specifications

<b>Function</b>	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.



## 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.

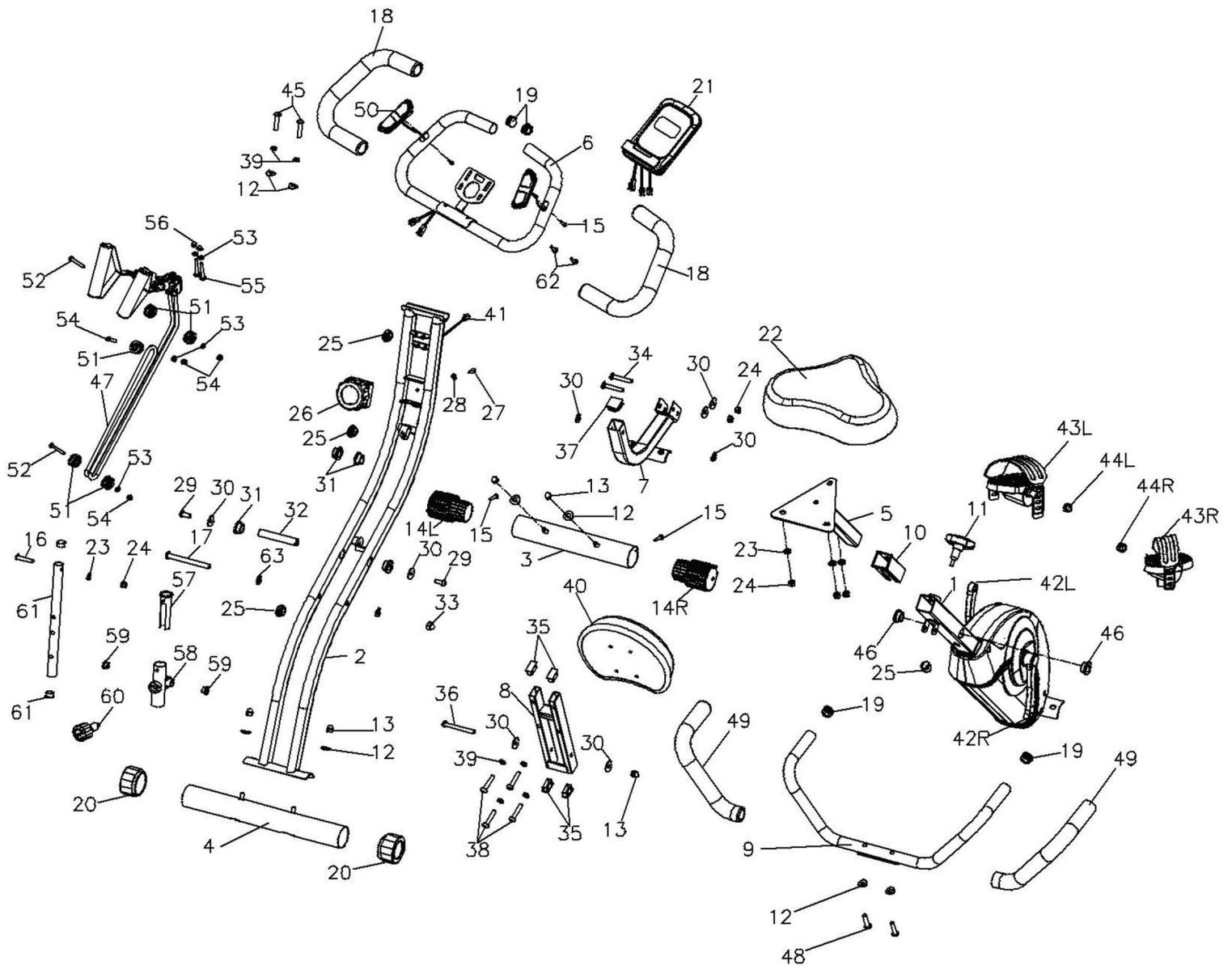


Products



Battery

# Exploded Parts Diagram



# Parts List

No	Specification	Qty	No	Specification	Qty
1	Main frame	1	33	Nut M10	1
2	Front support tube	1	34	Bolt M8 × 50	2
3	Front bottom tube	1	35	Inner Cap	4
4	Rear bottom tube	1	36	Screw M8x75	1
5	Seat tube	1	37	Inner cap	1
6	Handlebar	1	38	Bolt M8x45	4
7	Seat cushion	1	39	Spring washer D8	6
8	Backpack frame	1	40	Backpack	1
9	Rear handlebar	1	41	Sensor wire	1
10	Seat tube bushing	1	42L/R	L&R crank	2
11	Knob	1	43L/R	L&R Pedal	2
12	Curved washer D8	8	44L/R	Nylon nut	2
13	Nut M8	6	45	Screw M8 × 40	2
14L/R	Right & Left Wheel Cover	2	46	axis	2
15	Bolt ST4.2*18	4	47	Rope group	1
16	Screw M8x38	1	48	Bolt M8x40	2
17	Screw M10x105	1	49	Foam handlebar	2
18	Foam handlebar	2	50	Handle pulse	2
19	Round plug	4	51	Pulley	7
20	Rear feet cap	2	52	Screw M6x40	2
21	Monitor	1	53	Washer D6	3
22	Cushion	1	54	Nylon nut M6	1
23	Washer D8	4	55	Screw M6x45	2
24	Nylon nut M8	6	56	Nut M6	2
25	Wire plug	4	57	Tube bushing	1
26	Tension control	1	58	Adjust tube weld	1
27	Bolt M5x20	1	59	Small axis sleeve $\varphi 18 \times \varphi 10.2 \times 13$	2
28	Washer D5	1	60	Ball pin M16*18	1
29	Bolt M8x15	2	61	Inner adjust tube $\varphi 20$	1
30	Washer D8	8	62	Screw M5 × 10 $\Phi 8$	2
31	Axis sleeve	4	63	Washer D10	2
32	Revolving shaft	1			