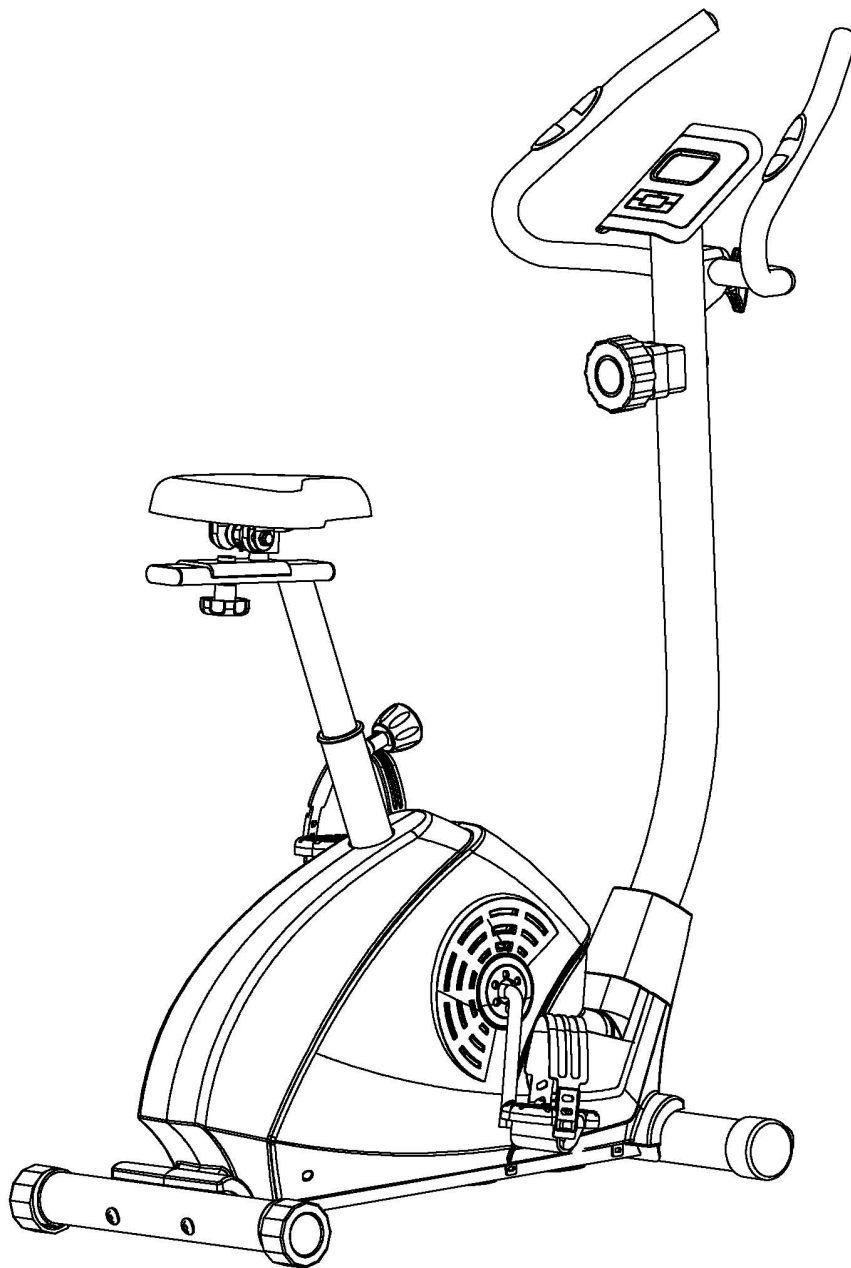


# MAGNETIC BIKE

# **XFIT** DIAMOND

## Owner's Manual



\*The specifications of this product may vary slightly from the illustrations and are subject to change without notice.



# IMPORTANT SAFETY NOTICE

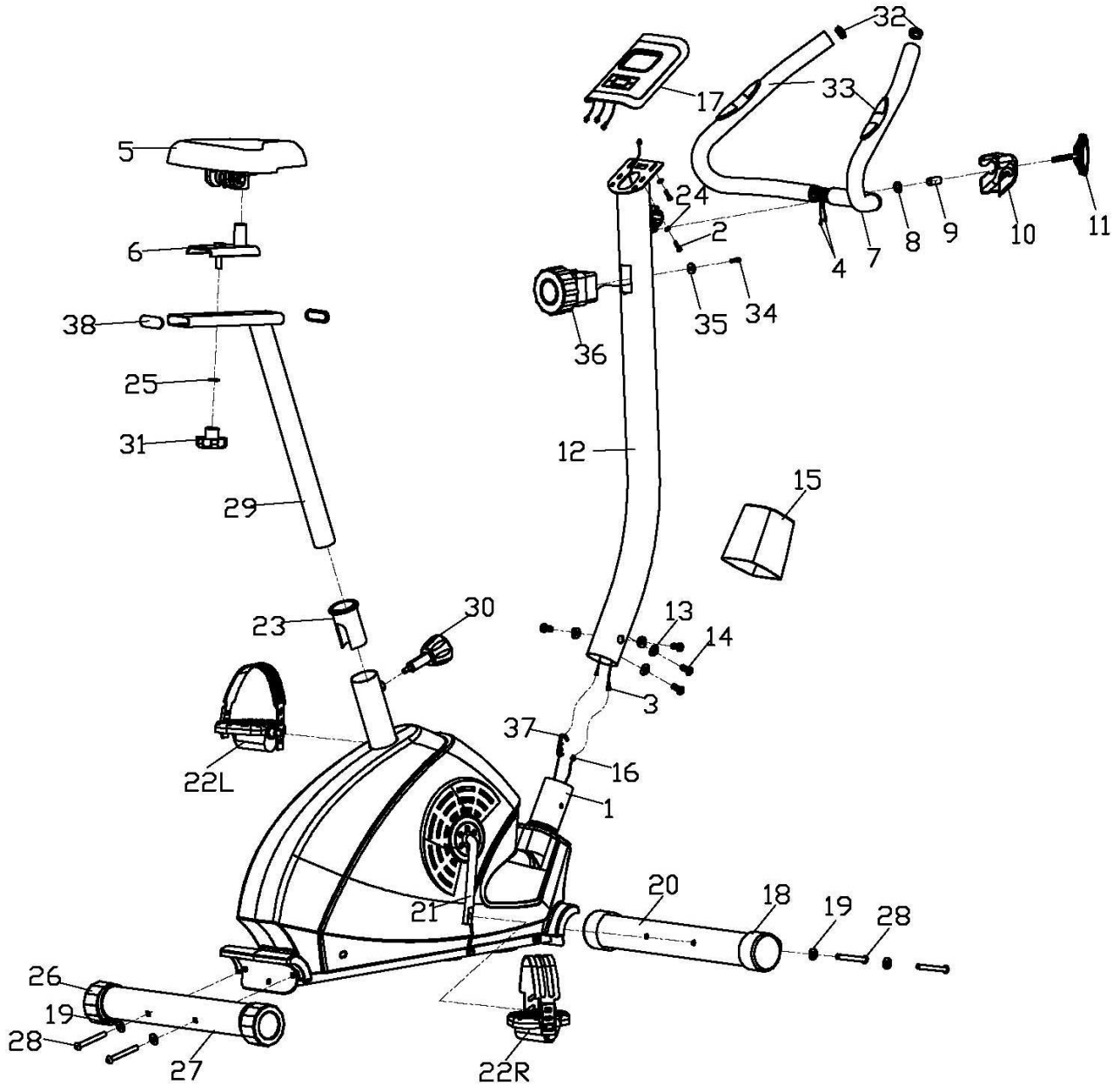
- 1) Read all the instructions in this manual and do warm up exercises before using this equipment.
- 2) This upright bike is home stationary fitness equipment, and aerobic training equipment that can help you to develop your cardiovascular function.
- 3) Please make sure all parts are not damaged and fixed well before use. The equipment should be placed on a flat surface when using. Using a carpet or other covering material on the ground is recommended.
- 4) Please wear proper clothes and shoes when using this magnetic upright bike; do not wear clothes that might catch any part of the equipment; remember to tighten the pedaling straps.
- 5) Consult your physician and make a suitable exercise schedule before exercise. This is particularly important to young people whose height is about 150CM to be strong. In order to attain the ideal exercise result, besides executing a suitable amount of exercise, it is also very important to insist on doing exercise every day.
- 6) Before exercise, in order to avoid injuring the muscle, warm-up exercise of every position of the body is necessary. Refer to Warm Up Exercises. After exercise, relaxation of the body is suggested for cool-down.
- 7) Keep children and pets away from the equipment while operating the equipment. This machine is designed for adults only. The minimum free space required for safe operation is not less than two meters.
- 8) Do not use this equipment one hour before or after dinner.
- 9) If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
- 10) The power of the machine increases with increasing the speed, and the reverse. The machine is equipped with adjustable knob which can adjust the resistance. Reduce the resistance by turning the adjusting knob for the resistance setting towards stage 1. Increase the resistance by turning the adjusting knob for the resistance setting towards stage 8.

**Warning:** It will be harmful if you disobey the above-mentioned precautions.

**CAUTION!** The company does not have no responsibility for causing damage due to misuse of the product and non-compliance with the instructions for use.

**THE WARRANTY IS NOT VALID IF:** The machine is placed outdoors or exposed to sun and dust. Dust and fluff enter the internal mechanical parts of the machine, causing serious damage. Keep the machine free of dust and fluff.

# EXPLODED DIAGRAM



## SPECIFICATIONS

<b>Maximum user weight:</b>	100 kg
<b>Machine weight:</b>	26 kg
<b>Disc weight:</b>	6 kg
<b>Dimensions:</b>	L: 102 cm x W: 47 cm x H: 131 cm
<b>Maximum user weight:</b>	On handles

## PARTS LIST

Part No.	Description	Qty	Part No.	Description	Qty
1	Main frame	1	20	Front stabilizer	1
2	Screw M5×10	2	21	Crank	1
3	Extension sensor wire	1	22L/R	Pedal	1pr.
4	Pulse sensor wire	2	23	Saddle post bushing	1
5	Saddle	1	24	Flat washer D5	2
6	Adjustable plate	1	25	Flat washer D10	1
7	Handlebar	1	26	Rear end cap	2
8	Flat washer D8	1	27	Rear stabilizer	1
9	Spacer bush	1	28	Screw M8×75	4
10	Handlebar clamp	1	29	Saddle Post	1
11	Screw M8×65	1	30	Pop-pin knob M16×1.5	1
12	Handlebar post	1	31	Knob	1
13	Arc washer $\phi$ 8.5X $\phi$ 20×R30	4	32	Round end cap	2
14	Screw M8×16	4	33	Handlebar foam grip	2
15	Protective guard	1	34	Screw M5×55	1
16	Sensor wire	1	35	Arc washer D5	1
17	Meter	1	36	Tension control	1
18	Front end cap	2	37	Tension control cable	1
19	Arc washer $\phi$ 8X $\phi$ 25×R33	4	38	Oblate end cap	2

### NOTE:

*Most of the listed assembly hardware has been packaged separately, but some hardware items have been preinstalled in the identified assembly parts. In these instances, simply remove and reinstall the hardware as assembly is required.*

*Please reference the individual assembly steps and make note of all preinstalled hardware.*

## ASSEMBLY INSTRUCTION

**PREPARATION:** Before assembling, make sure that you will have enough space around the item; Use the present tooling for assembling; before assembling, please check whether all needed parts are available.

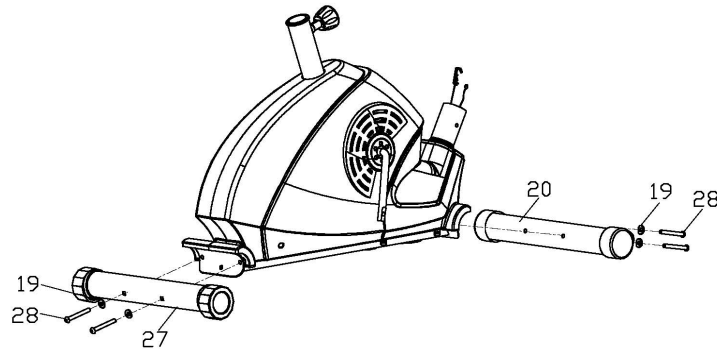
It is strongly recommended this machine to be assembled by two or more people to avoid possible injury.

### Attention:

Please follow these assembly instructions step by step to assemble this magnetic bike.

## STEP 1

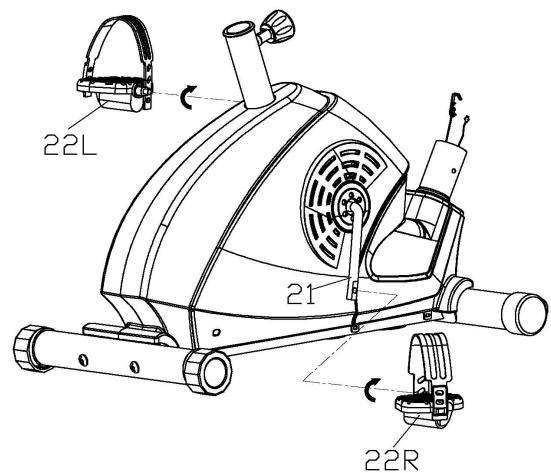
Respectively fix the Front stabilizer (20) and Rear stabilizer (27) onto the main frame (1) with the Screws (28) and Arc washers (19).



## STEP 2

Attach the pedals (22L/R) to the crank (21) respectively.

**Note:** Tighten left pedal (22L) in the COUNTERCLOCKWISE direction and right pedal (22R) in the CLOCKWISE direction.



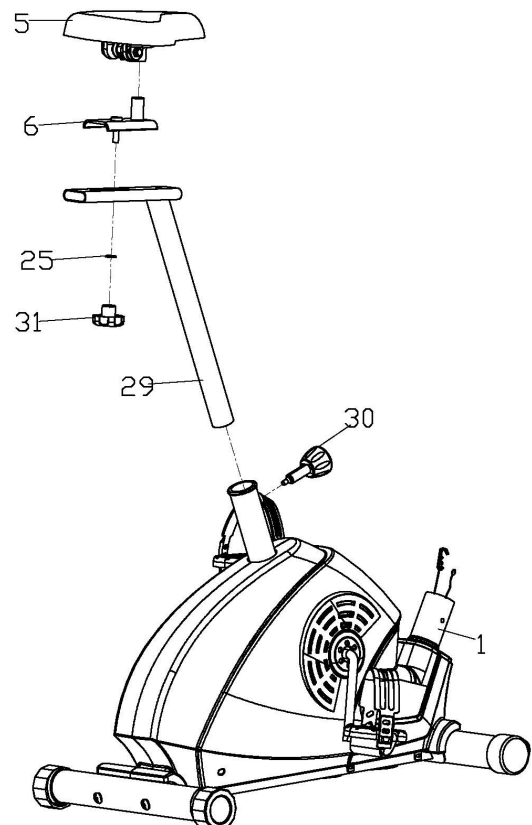
## STEP 3

1. Fix the Saddle (5) onto the upright post of Adjustable plate (6);

2. Fix the Adjustable plate (6) onto the Saddle Post (29) with Knob (31) and Flat washer (25);

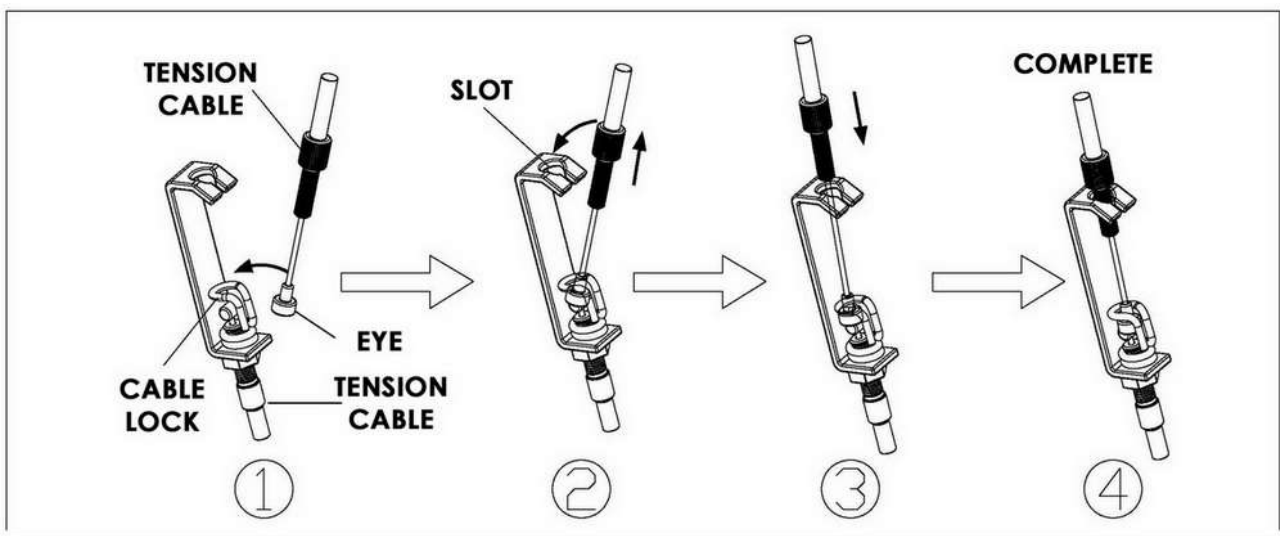
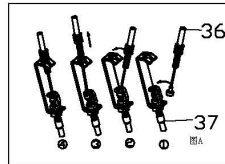
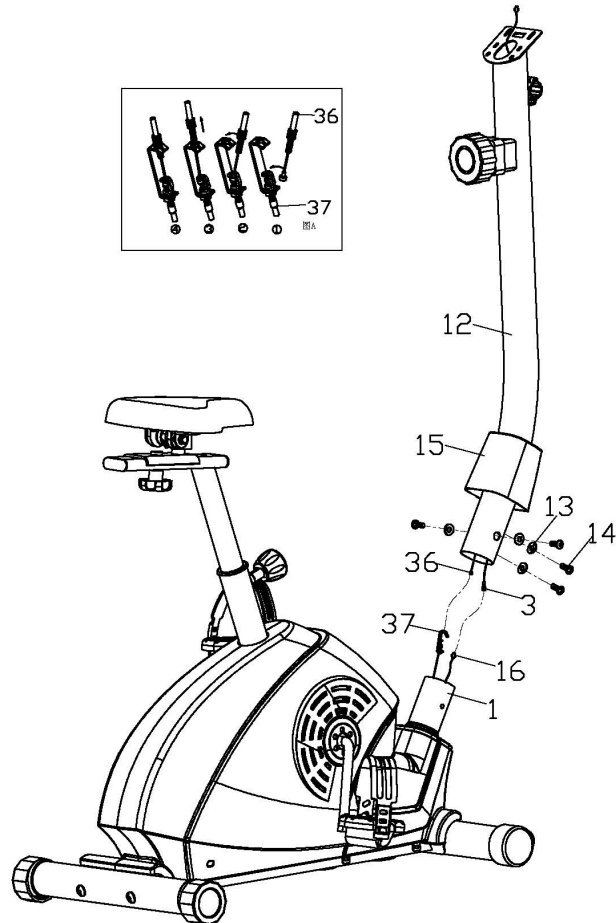
3. Insert the Saddle Post (29) into the hole of main frame (1), and fix to it with the Pop-pin knob (30) after adjusting to the height.

**Note:** Before doing sports, please make sure that you have fixed the Saddle onto the upright post of Adjustable plate.



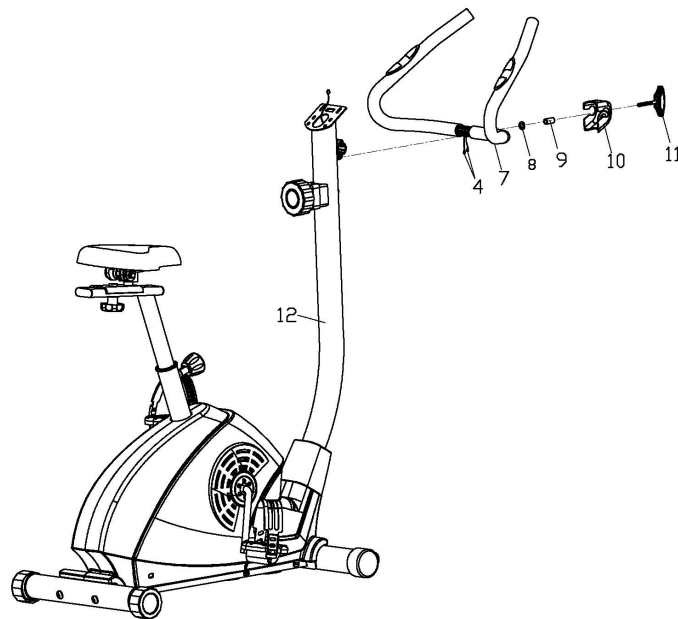
## STEP 4

1. Put the Protective guard (15) into the Handlebar post (12).
2. Connect the Extension sensor wire (3) and Sensor wire (16) well, and then connect the Tension control cable (37) and Tension control (36) as figure A shown. Finally, fix the handlebar post (12) onto the post of main frame (1) with Screw (14) and Arc washer (13).



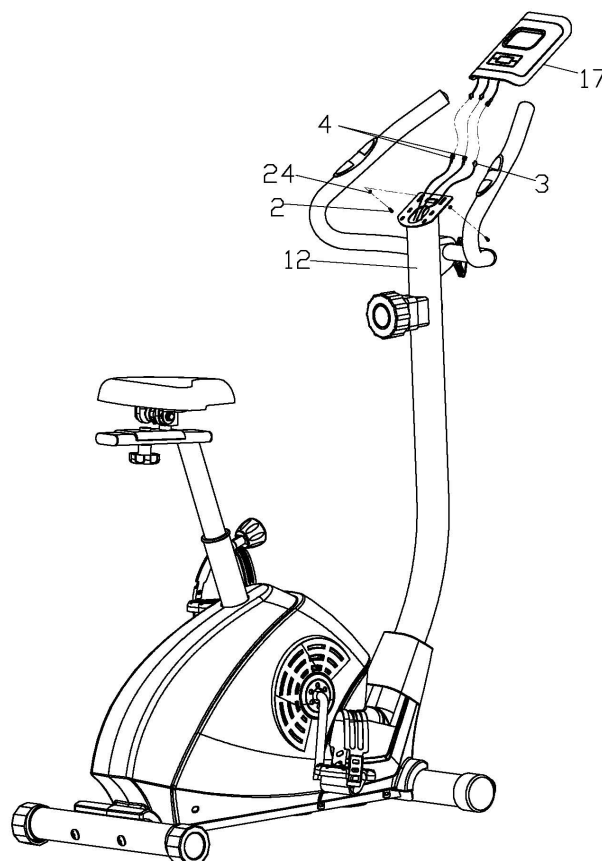
### STEP 5

Put the pulse sensor wires (4) through the handlebar post (12) and out of the computer bracket on the top. Then put Screw (11) through the Handlebar clamp (10), Spacer bush (9) and Flat washer (8) to fix the handlebar (7) onto the handlebar post (12).



### STEP 6

First, respectively connect the Extension sensor wire (3) and Pulse sensor wire (4) to the wires from the meter (17), and then install the meter (17) onto the meter bracket on the top of the handlebar post (12) with the Screw (2) and Flat washer (24).





# MAINTENANCE AND TREATMENT

1. Verify that all the bolts and nuts are locked properly, and the turning parts should be turned freely without damaged parts.
2. Clean the equipment with soap and slightly damp cloth only. Please do not use any solvent to clean the equipment.

**Check and tighten the screws at regular intervals, as they may loosen due to vibrations. Damage that may be caused by a lack of maintenance is not covered by the warranty.**

**CAUTION!** During exercise, heavy sweating can cause mechanical and electrical damage to the machine. Like any other liquid substance, sweat can cause damage mainly to the electrical parts of the machine (dial, cables, etc.). The best solution is to use a towel during exercise and wipe the machine after each use to avoid any unwanted damage.

# MONITOR INSTRUCTIONS

## WITH BODYFAT & PULSE RECOVERY INSTRUCTION

### ■ BUTTONS

#### 1. MODE

Press this button to changeover display or choose the window needs to be set.

#### 2. RECOVERY / UP

- i. In setting status, press this button to increase setting value in relevant flashing window for TIME, DIST, CAL and TEMP (°C or °F)
- ii. In non-exercise or non-setting status, press this button to enter/exit pulse recovery function.

#### 3. DOWN

In setting status, press this button to decrease setting value in relevant flashing window for TIME, DIST, CAL and TEMP (°C or °F)

#### 4. RESET/GO

- i. In setting status, press this button to reset the value in relevant flashing window for TIME, DIST and CAL.
- ii. In parameters setting status for body fat, press this button to enter body fat test.
- iii. In monitor status, hold this button for 3 seconds to reset all value to zero.

#### 5. BODYFAT

In non-exercise status, press this button to enter/exit body fat parameters set-up.

### ■ FUNCTIONS

#### 1. SPEED/BODYFAT RATIO

- i. Display instantaneous speed and the range is 0.0~99.9km/h or if the monitor showing M, the range will be 0.0~99.9MILE/H. The max. pickup signal is 1500rpm.
- ii. Display Body fat ratio.

#### 2. TIME/BMI

- i. Count the total time from exercise start to the end and the range is 0 ~ 99M59S.
- ii. Exercise time can be set in advance, when it approaches the preset time, the monitor will alarm 10 seconds. The maximum pre-set time is 99 minutes.
- iii. Display Body Mass Index (BMI).

#### 3. DISTANCE/BMR

- i. Count the total distance from exercise start to the end and the range is 0.00 ~ 9.99 ~ 99.9KM. Or, if the meter showing M, the range will be 0.00 ~ 9.99 ~ 99.9 MILE.
- ii. Exercise distance can be set in advance, when it approaches the preset distance, the monitor will alarm 10 seconds. The maximum pre-set distance is 99.9KM or MILE (if the monitor showing M).
- iii. Display Basal Metabolic Rate (BMR).

#### 4. CALORIES/TEMPERATURE

- i. Count the total calories consumed from exercise start to the end and the range is 0.0 ~ 99.9 ~ 999KCAL.
- ii. The calorie value can be set in advance, when it approaches the preset calorie, the monitor will alarm 10 seconds.
- iii. Display room temperature (TEMP).

## **5. PULSE**

- i. Hold the pulse sensor and read your heart rate per minute. The range is 40 ~ 240bpm.
- ii. It will display "P" to pause the pulse test if there is no pulse signal over 60 seconds. You can press UP or DOWN to enter the pulse test again.

## **6. WHEEL DIAMETER**

The wheel perimeter has been set according to client's requirements.

## **7. ALARM**

The monitor will "Beep" when press "MODE" "RECOVERY/UP" "DOWN", RESET/GO or "BODYFAT" buttons.

## **8. AUTO ON/OFF & AUTO START/STOP**

- i. Without any signal of exercise or operation for 8 minutes, the power will turn off automatically and all the memory will be cleared off except body fat parameters and temperature.
- ii. Once receive exercise or operation signal, the monitor will turn on automatically.

## **■ OPERATION**

### **1. SET**

Press MODE to choose the display window that needs to be pre-set, and the value in relevant window will flash. Then press UP/DOWN to increase/decrease the value to reach your want alarm time, alarm distance, or alarm calorie. Hold UP/DOWN to increase/decrease the value rapidly. Press RESET to reset value in relevant flashing window.

### **2. PULSE RATE**

Before measuring your pulse rate, press any button to change "P" into "□" in the window, then enter pulse mode. Please place both your palms on the contact pads and the monitor will show your current hear beat rate in beats per minute (BPM) on the LCD after 3~4 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 cannot be regarded as the basis of medical treatment.

### **3. PULSE RECOVERY**

In non-setting and non-exercising status, first test your pulse as above mentioned. Then press RECOVERY/UP to enter pulse recovery function. The display will show 1 minute count-down as well as your pulse rate. Hold on the pulse sensor until it counts down to zero. Then, it will pop up your pulse recovery level from F1 to F6, that is, from the fastest recovery to slowest. The fastest recovery F1 show the best. Press RECOVERY/UP again to exit pulse recovery function.

### **4. BODYFAT, BMI & BMR**

In non-exercising status, press BODYFAT to enter body fat parameters settings. You can set from the below sequence: exerciser No.( 1 ~ 8 ), weight( KG ), height( CM ), age ( YEAR ), gender. But, if the meter showing M, the weight will show "lb",while height will show "in".Press MODE to proceed to next parameter setting. Press RECOVERY/UP to increase the setting value while press DOWN to decrease.

When you finish setting, hold the pulse sensor and press RESET/GO. Then the display will show your body fat in 6 seconds.

Press BODYFAT again to exit body fat test.

Remark:

- i. During parameters setting, it will exit body fat test automatically if detects no operation signal over 10 seconds.
- ii. During body fat test, it will display Er.1 if sense no test target over 10 seconds.

## ■ BODYFAT CONTRAST

Gender/Age	Underweight	Healthy	Slightly Overweight	Overweight	Obese
Male/ ≤ 30	< 14%	14%~20%	20.1%~25%	25.1%~35%	> 35%
Male/ > 30	< 17%	17%~23%	23.1%~28%	28.1%~38%	> 38%
Female/ ≤ 30	< 17%	17%~24%	24.1%~30%	30.1%~40%	> 40%
Female/ > 30	< 20%	20%~27%	27.1%~33%	33.1%~43%	> 43%

## ■ BATTERY REPLACE

When the display becomes dim or illegible, remove the battery and replace with SIZE AA UM3 R6.

# WARM-UP and COOL-DOWN

A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

## WARM-UP

The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength-training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running in place.

## STRETCHING

Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds. **DO NOT BOUNCE.**

# WARM UP EXERCISES

## Inner Thigh Stretch

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.



## Hamstring Stretch

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.

## Head Roll

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



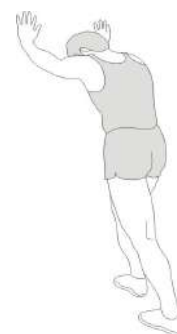
## Shoulder Lift



Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.

## Calf-Achilles Stretch

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.



## Toe Touch

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.

## Side Stretch

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.



Remember always to check with your physician before starting any exercise program.

## COOL-DOWN

The purpose of cooling down is to return the body to its normal or near normal, resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart.



## TERMS OF WARRANTY


- Warranty period is 2 years for mechanical, electrical / electronic parts and 5 years for the metal frame.
- X-TREME STORES S.A. undertakes to repair the machine free of charge in the event of damage due solely to a manufacturing fault. The warranty covers the cost of the spare parts. Replacement of spare parts or not is up to the company technicians. The customer is responsible for the control and adjustment of the machine.
- This warranty note is only valid if it is accompanied by legal proof of purchase (invoice or retail receipt). The warranty period is not extended for any reason and the transfer of it to a third party is not excluded.
- Any damage is repaired as soon as possible and any claim for damages due to lack of spare parts and delay in repairing the damage is excluded. The costs of transporting the machine to or from the dealership will be borne by the customer after 6 months of purchase.
- The warranty conditions are set by the manufacturers of machinery and are governed by European regulations.
- Upon expiry of the warranty, any replacement part is covered by a 6-month warranty.

## THE WARRANTY SHALL NOT APPLY:

- When the machine is used for any purpose other than home use (gyms, clubs, institutes, hotels, studios, etc.).
- When the fault is the result of misuse, alterations, poor connection, poor maintenance, voltage fluctuations in the PPC network.
- Components damaged by user fault such as broken plastic parts, damaged belt with improper adjustment, incorrect or incomplete lubrication, damage when moving the machine.
- Components such as side pads and cushions are considered consumables and are covered by a 6 month warranty.
- When the machine is opened or repaired by third parties.
- When the damage is caused by the buyer's negligence & the instructions for use have not been followed.
- When the machine is outdoors or exposed to sun or dust. (Dust and lint on the inside of the machine (motor roller) cause serious damage. Keep the machine clean!).
- When electronic components (console) are damaged by intense sweating or other liquid that has come into contact with or penetrated inside them.





34 koupi Avenue, Koropi  
P.C.:19441 - P.O. Box 6201  
**Tel.:** 210 66 20 921 -2 - **Fax:** 210 66 20 923  
**E-mail:** info@xtr.gr • f/xtrstores •  /@xtr.gr

**Tel. for all of Greece:**

801.11.15.100

**www.xtr.gr**