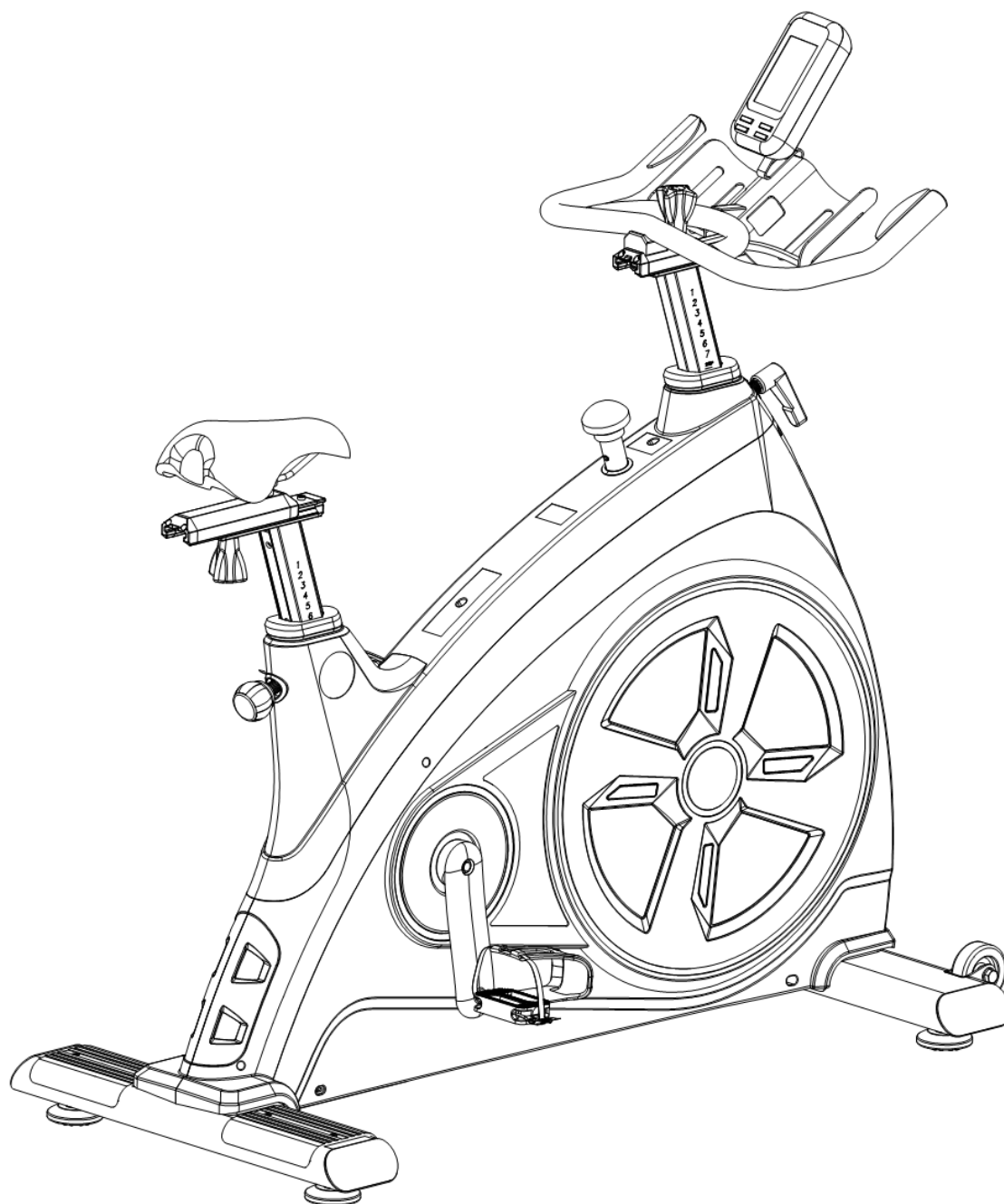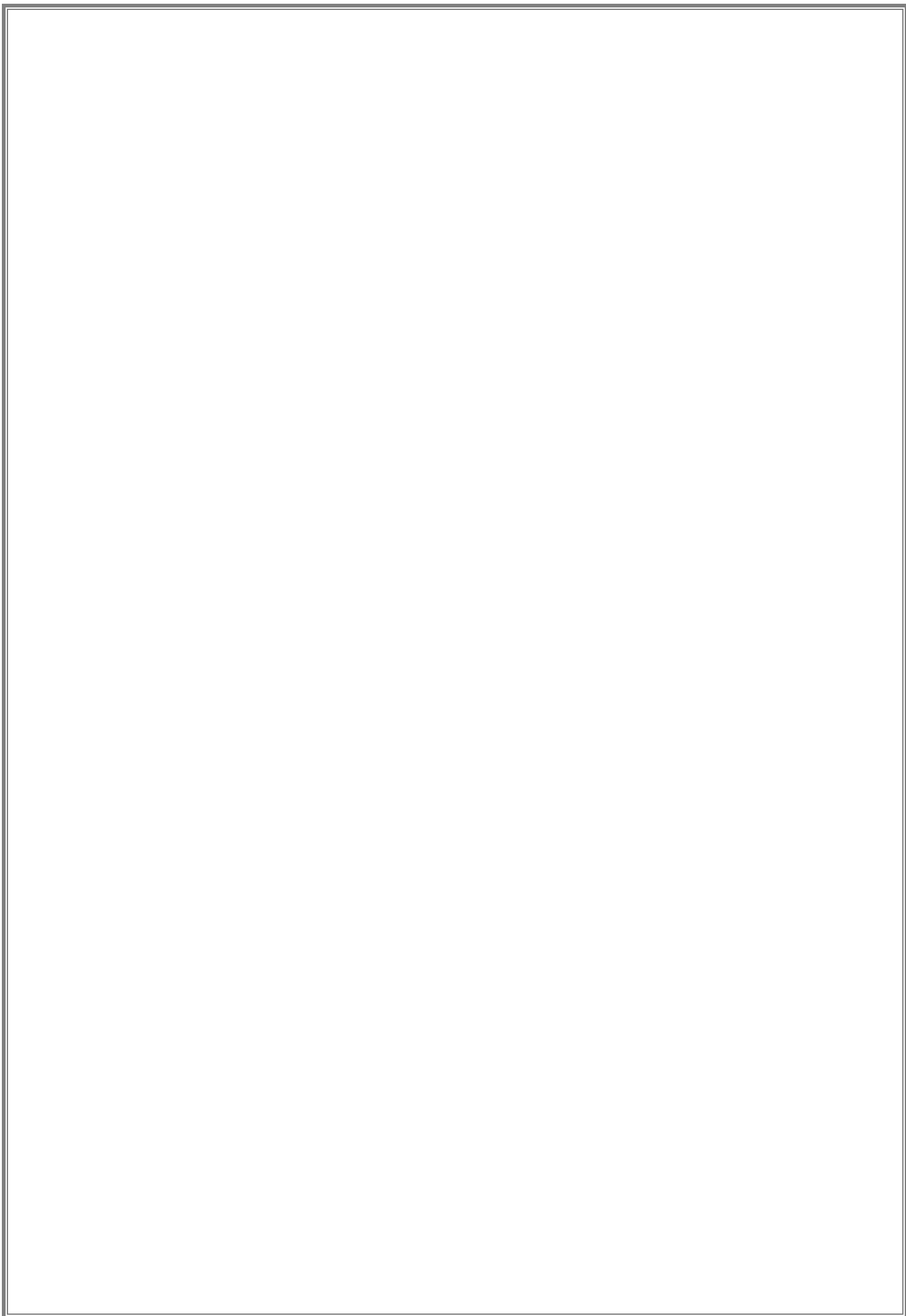# Speeding Bike

XFIT TARGET

User's Manual

* Product specifications may differ from the photo and are subject to change without notice.

SAFETY & MAINTENANCE INSTRUCTION

1. Once fully assembled, please check that all hardware parts such as bolts, nuts and washers are positioned and secured firmly.

2. Please check regularly that the safety chain guard that protects the moving parts of the machine is secured and in good order.

3. Please always check the seat post, seat slider; pedals and handlebar are secured firmly before getting on the bike.

4. To lubricate all moving parts annually is recommended.

5. Do not wear loose clothing to avoid entangling in any moving parts.

6. Do not remove feet from the pedals while they are in motion.

7. Always wear shoes when using the machine.

8. Dry the bike after each use to remove sweat and moisture. Wipe the machine with a damp cloth, water and mild soap. Do not use a petroleum-based solvent to clean the machine in order not to damage the finish.

9. Please keep children away from the bike while it is in use. Do not allow children to use the bike. This bike is designed for adults, not children.

10. Do not dismount the bike until the pedals have stopped completely.

11. Stop exercise immediately in case of nausea, shortness of breath, faint, headache, pain, tightness in your chest or any discomfort.

12. Do not place fingers or any other objects into the moving parts of the bike.

13. Prior to any exercise, consult with your physician first to establish the exercise frequency, time and intensity appropriate for your particular age and condition.

14. After exercising, please pull down the tension controller to increase resistance so that the pedals will not rotate freely and possibly hurt someone.

15. The maximum user's weight is 150kg.

SPECIFICATIONS

| Disc weight:	22 kg
Machine weight:	75 kg
Drive system:	With belt
Seat:	Aluminum, Adjustable (height & length)
Steering:	Aluminum, Adjustable (height & length)
Maximum user weight:	150 Kg
Console:	Time, Distance, Speed, Calories, Pulse
Dimensions:	L: 122cm x W: 60cm x H: 110cm
Certification:	EN957

THE WARRANTY IS NOT VALID IF:

The machine is placed outdoors or exposed to sun and dust.

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.

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! The heart rate sensor and calorie counter are not medical devices. Several factors can affect the accuracy of the indications. The heart rate sensor is only intended as an aid during exercise to monitor your heart rate in general.

EXPLODED VIEW
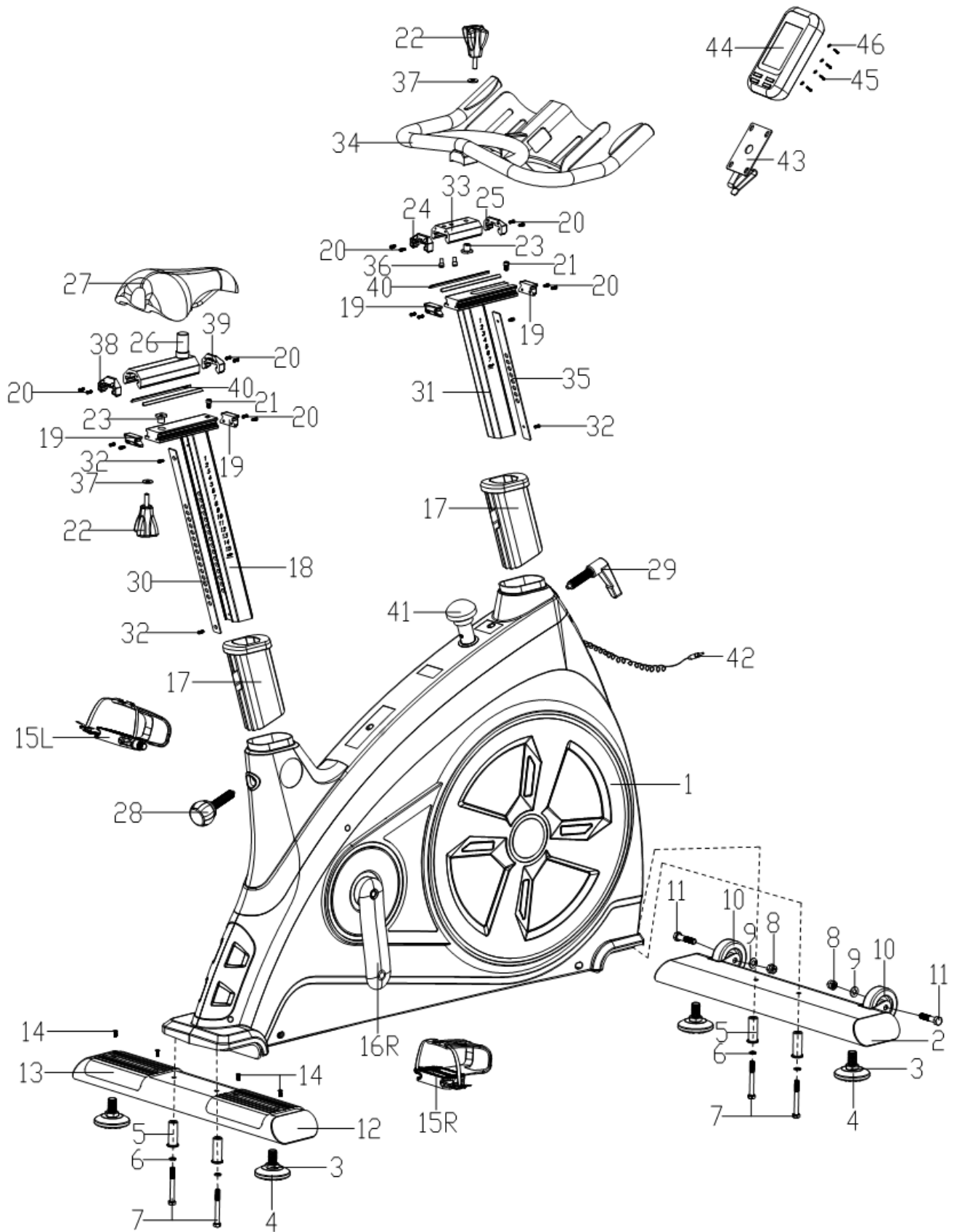
PARTS LIST

NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
1	Main frame	1	24	End cap 1	1
2	Front stabilizer	1	25	End cap 2	1
3	Hex nut $_{M16*1.5}$	4	26	Saddle slider	1
4	Adjust footpad	4	27	Saddle	1
5	Spacer	4	28	Ball knob	1
6	Spring washer $_{D8}$	4	29	L-shape knob	1
7	Hex bolt $_{M8*70}$	4	30	Saddle post strengthen board	1
8	Nylon nut $_{M10}$	2	31	Handlebar post	1
9	Flat washer $_{D10X\Phi20x2}$	2	32	Cross screw $_{M4X12}$	4
10	Roller wheel	2	33	Handlebar slider	1
11	Hex bolt $_{M10*45}$	2	34	Handlebar assembly	1
12	Rear stabilizer	1	35	Handlebar post strengthen board	1
13	Footrest plate	2	36	Screw $_{M8X15}$	2
14	Cross screw $_{M4\times12}$	4	37	Flat washer $_{D8X\Phi20x2}$	2
15L/R	Pedal (L/R)	1 pr	38	End cap B	1
16L/R	Crank(L/R)	1 pr	39	End cap F	1
17	Seat post bushing	2	40	Spacing board	4
18	Saddle post	1	41	Brake knob	1
19	End cap	4	42	Sensor wire	1
20	Cross screw $_{M4x10}$	16	43	Computer bracket	1
21	Hex bolt $_{M6X10}$	2	44	Computer	1
22	Handlebar knob	2	45	Screw	4
23	Slider nut	2	46	Flat washer	4

ASSEMBLY INSTRUCTION

Note: Assembly requires 2 people.

Step 1:

Attach the Front stabilizer (2) and Rear stabilizer (12) onto the Main frame (1) with the Hex bolt (7), Spring washer (6) and Spacer (5).
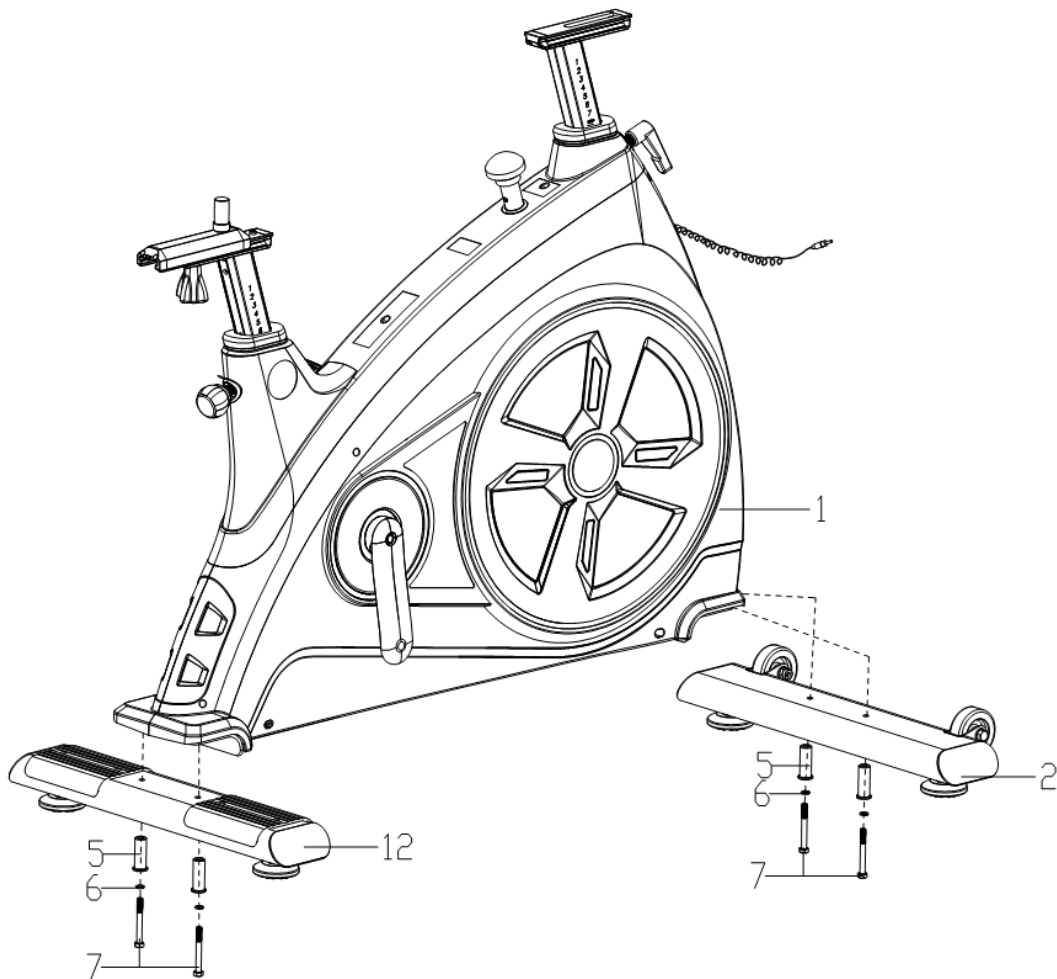
Step 2:

1.Lock the saddle (27) to the Saddle slider (26).

2.Unscrew the Cross screw (20), End cap (19) and Hex bolt (21). Then slip the Handlebar slider (33) into the Handlebar post (31) and adjust the Slider nut (23) to proper position to make it slip into the groove of Handlebar slider (33).

3.Adjust the Handlebar slider (33) to a proper position. Lock the Handlebar assembly (34) to the Handlebar post (31) tightly with Handlebar knob (22) and Flat washer (37).

4. Finally screw the Cross screw (20), End cap (19) and Hex bolt (21) to the Handlebar post (31)

NOTE: Please make sure that the saddle (27) is tightly locked to the Saddle slider (26) before exercise.
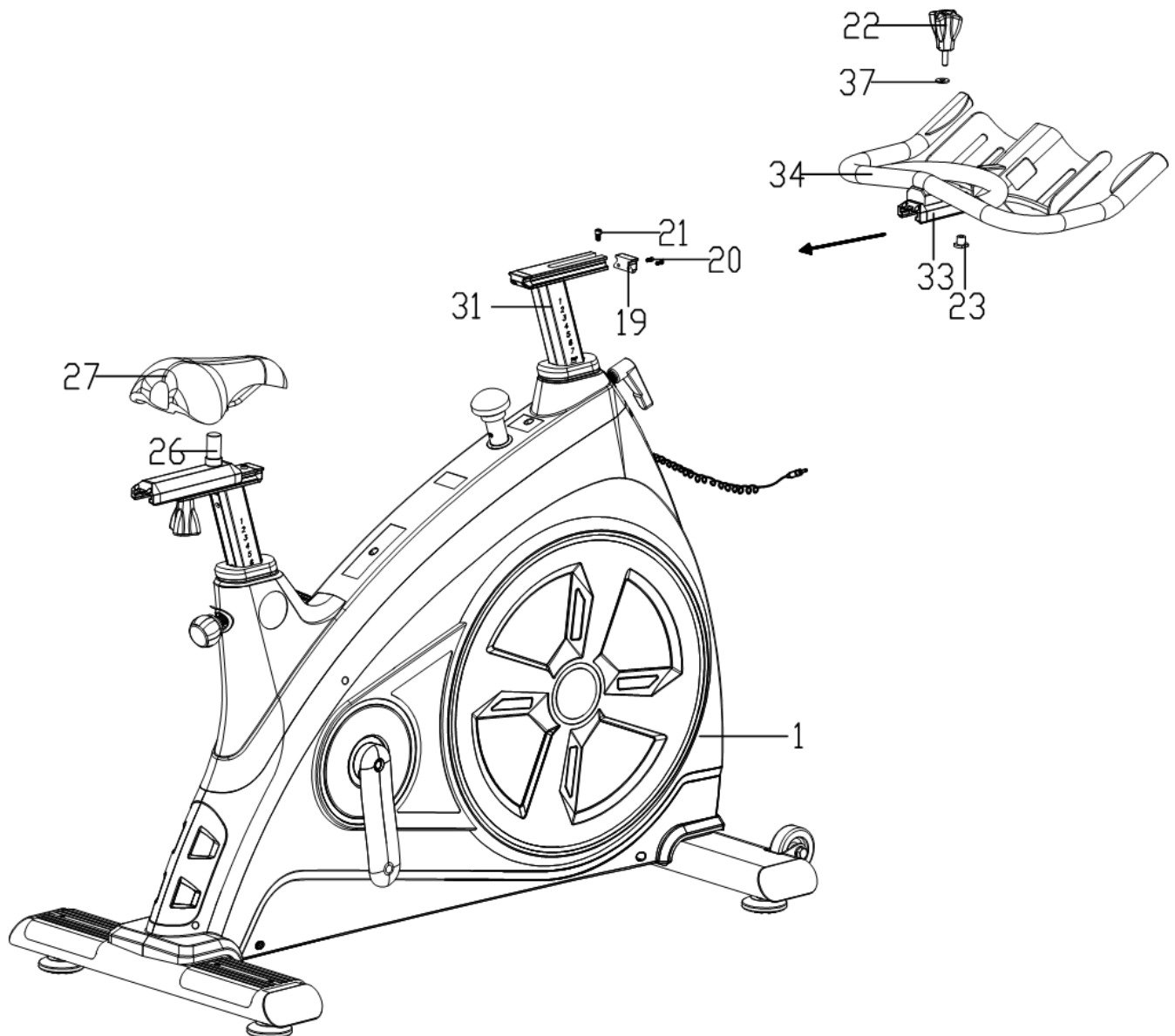
Step 3:

Attach the Pedals (15L/ R) to the cranks (16 L/ R) of the Main frame (1) respectively.

NOTE: The marks "L "and "R" on the pedal are for left and right side of the crank. The pedal (L) should be turned counterclockwise to the crank (L). On the contrary, the pedal (R) should be turned clockwise to the crank (R). Please make sure the Pedals (15L/ R) had been locked tighten on the crank (16 L/ R) before exercise.
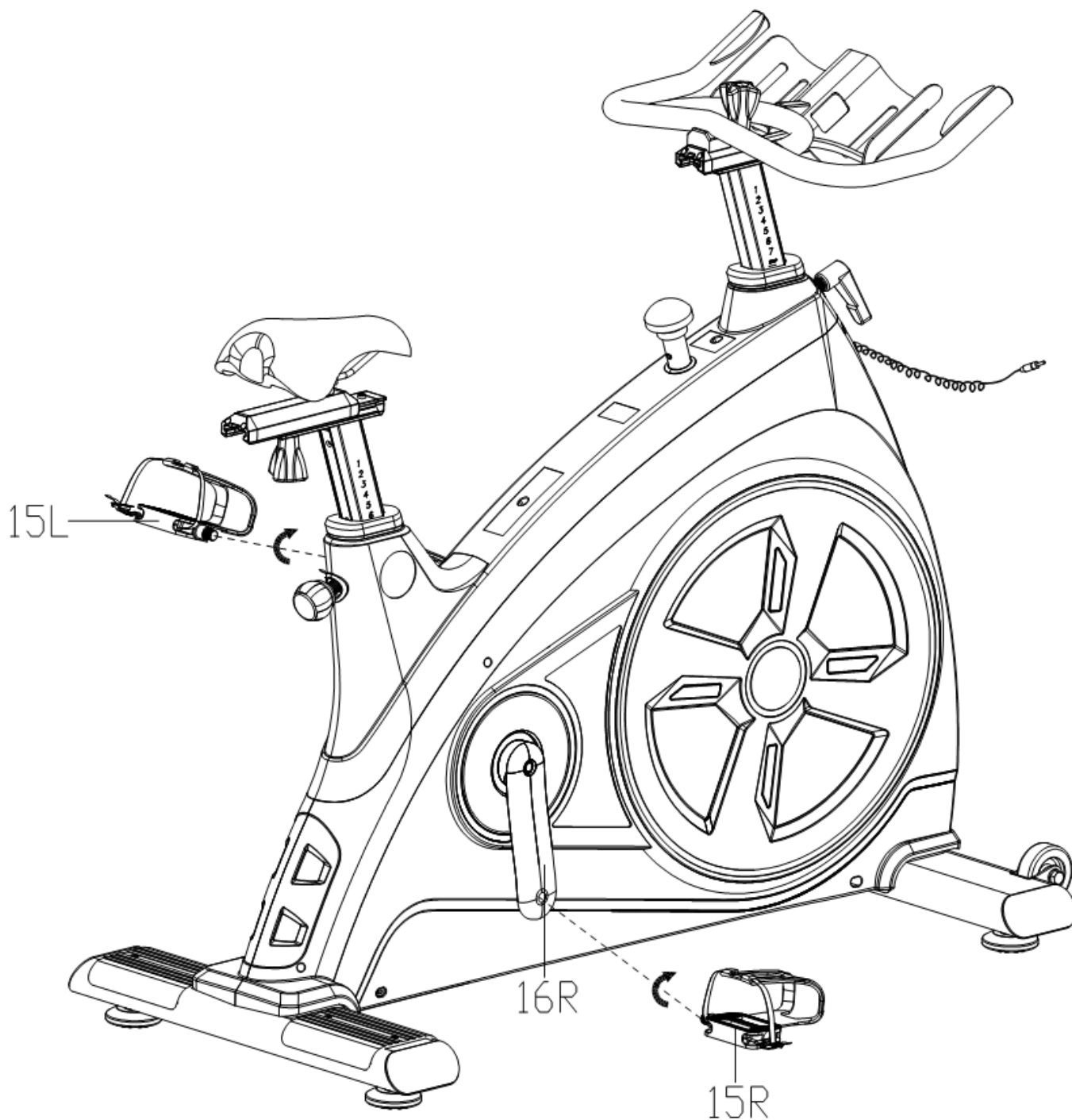
Step 4:
Attach the Computer (44) to Computer bracket (43) with Screw (45) and Flat washer (46). Then insert the computer bracket (43) into the middle of Handlebar assembly (34). Finally connect Sensor wire (42) with Computer (44).
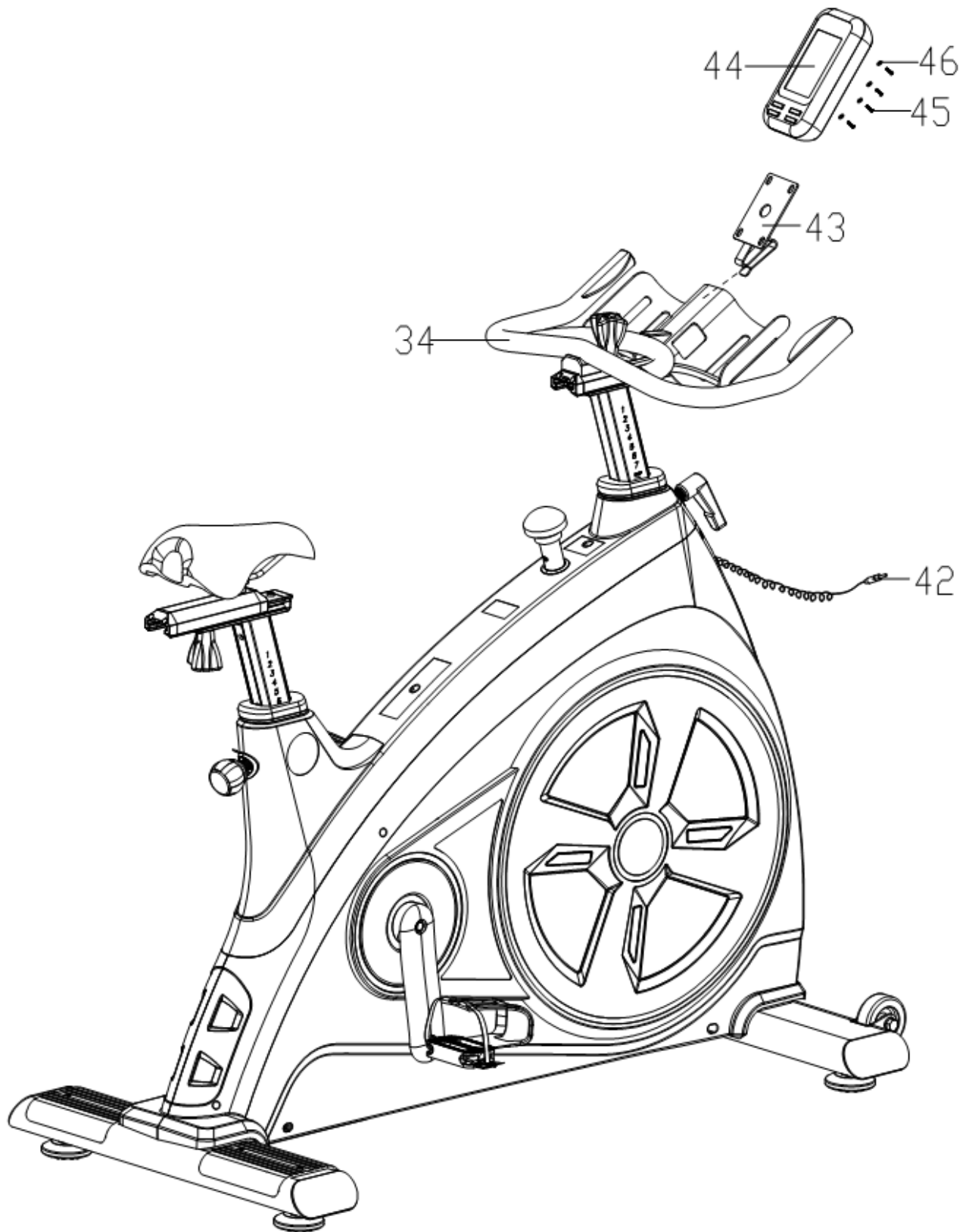
CONSOLE INSTRUCTIONS

JS-10372 EXERCISE COMPUTER INSTRUCTION MANUAL

NO.00236

■ FUNCTIONAL BUTTONS:

1.MODE
① Select the window to be set.
② When exercise (icon ⊚ display), scan (with icon ↻)or display : SPEED / AVG. SPEED / MAX SPEED, CALORIES/RPM, PULSE/AVG. PULSE/ MAX PULSE.
③ Reset: hold for 2 seconds to reset all data.

2.SET
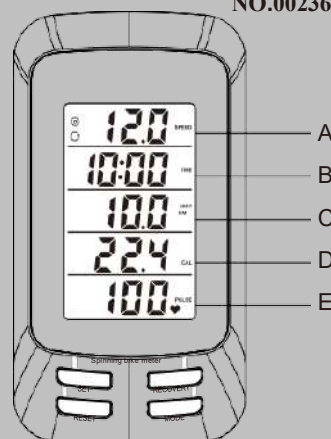① Set the values of the relevant display window, hold for quick increase.
② In other modes, scan (with icon)or display: SPEED / AVG. SPEED / MAX SPEED, CALORIES/RPM, PULSE/AVG. PULSE/ MAX PULSE.

3.RESET

During SET, reset the value of the relevant display window.

4.RECOVERY
Press it to enter/exit pulse recovery function when heart rate display

■ FUNCTION

1.SPEED / AVG. SPEED / MAX SPEED: Window A displays
The current exercise speed, and the avg. speed & max speed during exercise.
2.TIME: Window B displays

① Count the cumulative time from the exercise start to the end, and it will automatically stop timing if without exercise signal over 6 seconds.
② Exercise time can be set, MAX 99 minutes, each press to add 1 minute, countdown to zero, the TIME will flash and beep for 5 seconds.
3.DISTANCE: Window C displays
① Count the cumulative distance from the exercise start to the end, KM means metric, MI means imperial.
② Exercise distance can be set, MAX 99 KM/MI, each press add 0.1, countdown to zero, the DIST will flash and beep for 5 seconds.
4.CALORIES/RPM: Window D displays
① Count the cumulative calories consumed from exercise start to the end, and also the current RPM(or cadence).
② The calorie value can be set, MAX 999, each press add 1, countdown to zero, the CAL will flash and beep for 5 seconds.
5.PULSE/AVG. PULSE/ MAX PULSE: Window E displays
Show your current heart rate, average, and max heart rate during exercise, pulse range: 40～220BPM
6.AUTO OFF
Without any exercise signal or operation over 4 minutes, the computer will turn off automatically and memorize the current data.

■ INSTALLATION

1.Take off the computer back's battery cover, put 2pcs 1.5V AAA battery inside correctly.
2.Fix the computer on the front place of exercise bike by screw.
3.Install the magnet and speed sensor on the related place of the bike. Make sure the distance less than 10mm between the magnet and sensor.
4.Connect the speed signal cable plug and the computer back's signal plug. If with pulse, connect the hand pulse cable plug and the computer back's pulse signal plug.
5.Ride the bike, and if the speed value changes, means the installation is correct. Or else check the installation of magnet and sensor, and also the plug connections between sensor and computer.

■ OPERATION

1.RESET
In any displays, hold MODE button for 2 seconds to reset all the data.
2.SET THE TARGET PARAMETERS
When stop exercise (icon not display), press MODE to choose the window to be set or reset, the corresponding window displays SET, meanwhile, the window's digit flash, press RESET to clear the value, and press SET to set the flashing window's value. Hold the button to quick increase.
Set the value as:TIME→DIST→CAL. ⊚
2.CHECK THE EXERCISE DATA
① In non-set mode, press SET or during exercise, icon   displays, press MODE to separately check the SPEED / AVG. SPEED / MAX SPEED, CALORIES/RPM, PULSE/AVG. PULSE/ MAX PULSE.
② When icon displays, means the computer is scan the display. It will scan display the value in corresponding window every 6 seconds.
4.PULSE RECOVERY
Wear the transmitter belt properly, or hold the hand pulse place, the computer will display your current heart rate.
When the pulse window has the display, stop exercise, press RECOVERY to enter the function of pulse recovery. The display will show 1 minute countdown as well as your pulse rate, test your pulse 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 the slowest. The fastest recovery F1 shows the best, F6 means the slowest. Press RECOVERY again to exit the pulse recovery function.

■ REPLACE BATTERY

When the display color fades, or with flash when operate buttons, means the battery has no enough power. Take off the battery cover, and use 2pcs new 1.5V AAA UM-4 battery to replace the old battery.

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.**
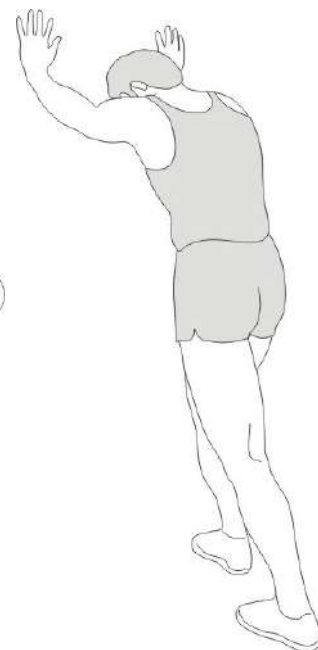
Toe
Touch

Inner
Stretch

Thigh

Side Stretch

Calf-Achilles Stretch

Hamstring Stretch

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 mechanical 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 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 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 pedals and seat 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. 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.

Tel.: 210 66 20 921 -2 – **Fax:** 210 66 20 923 –**e-mail**: service@xtr.gr

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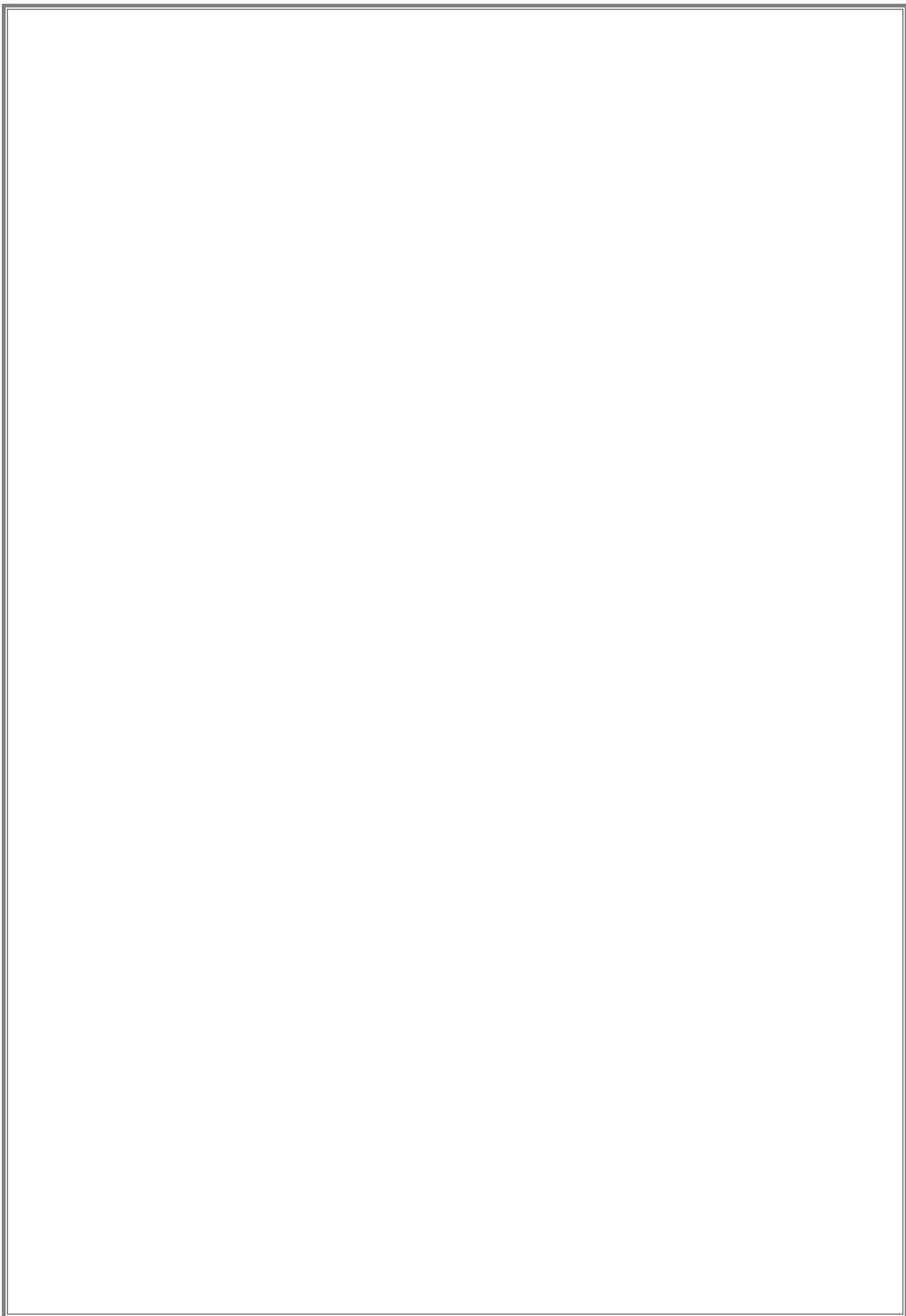
Koupi Avenue 34, Koropi P.C. 19441 P.O.Box 6201
Tel.: 210 66 20 921 -2 - **FAX:** 210 66 20 923
E-mail: info@xtr.gr • **f**/xtrstores • ⓘ /@xtr.gr

Tel for all Greece:
801.11.15.100

www.xtr.gr