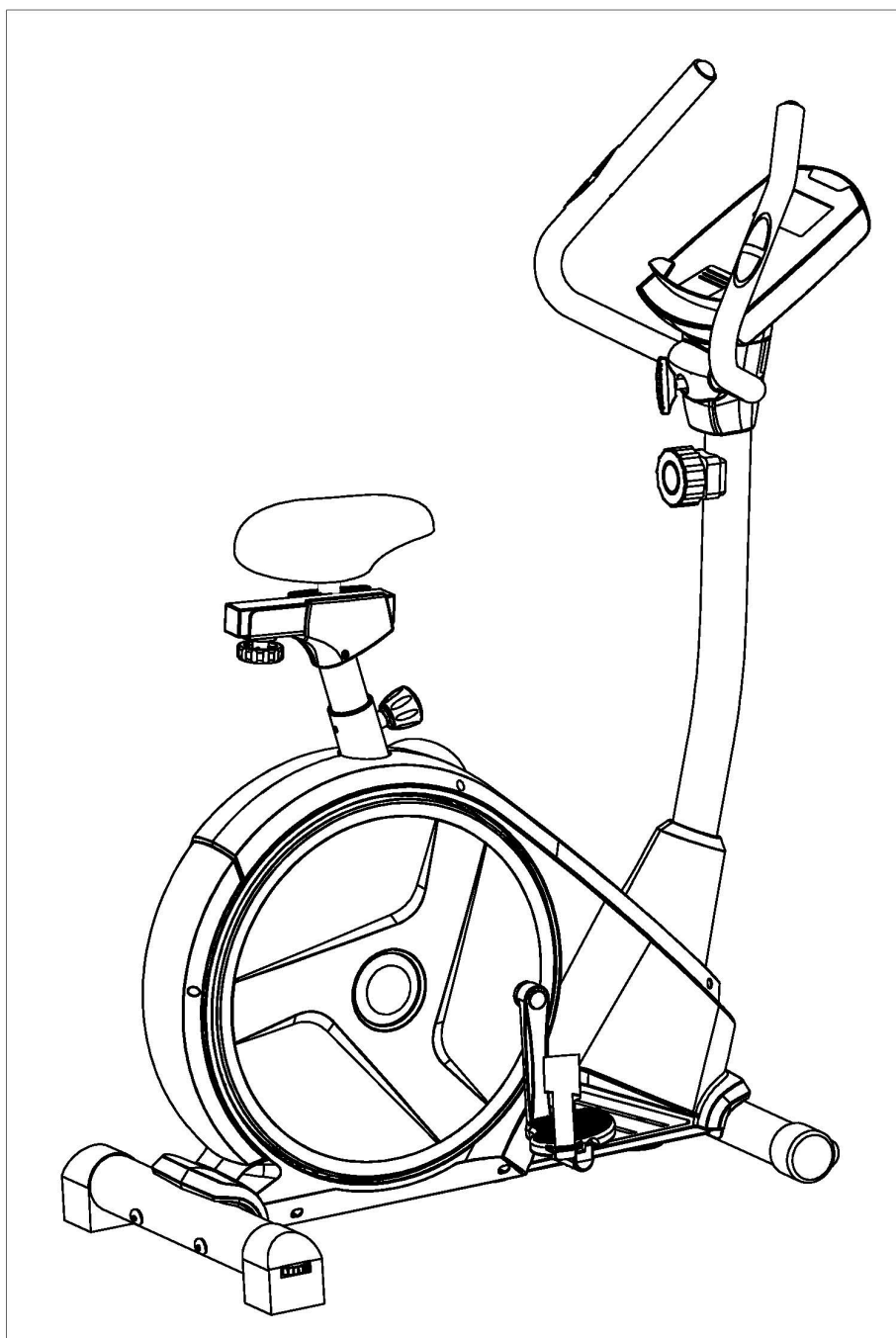


Magnetic Bike

XFIT OLYMPUS

User's Manual



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

Before You Start

Thank you for purchasing this Product! For your safety and benefit, read this manual carefully before using the machine.

Prior to assembly, remove components from the box and verify that all the listed parts were supplied. Assembly instructions are described in the following steps and illustrations.

IMPORTANT SAFETY NOTICE

PRECAUTIONS

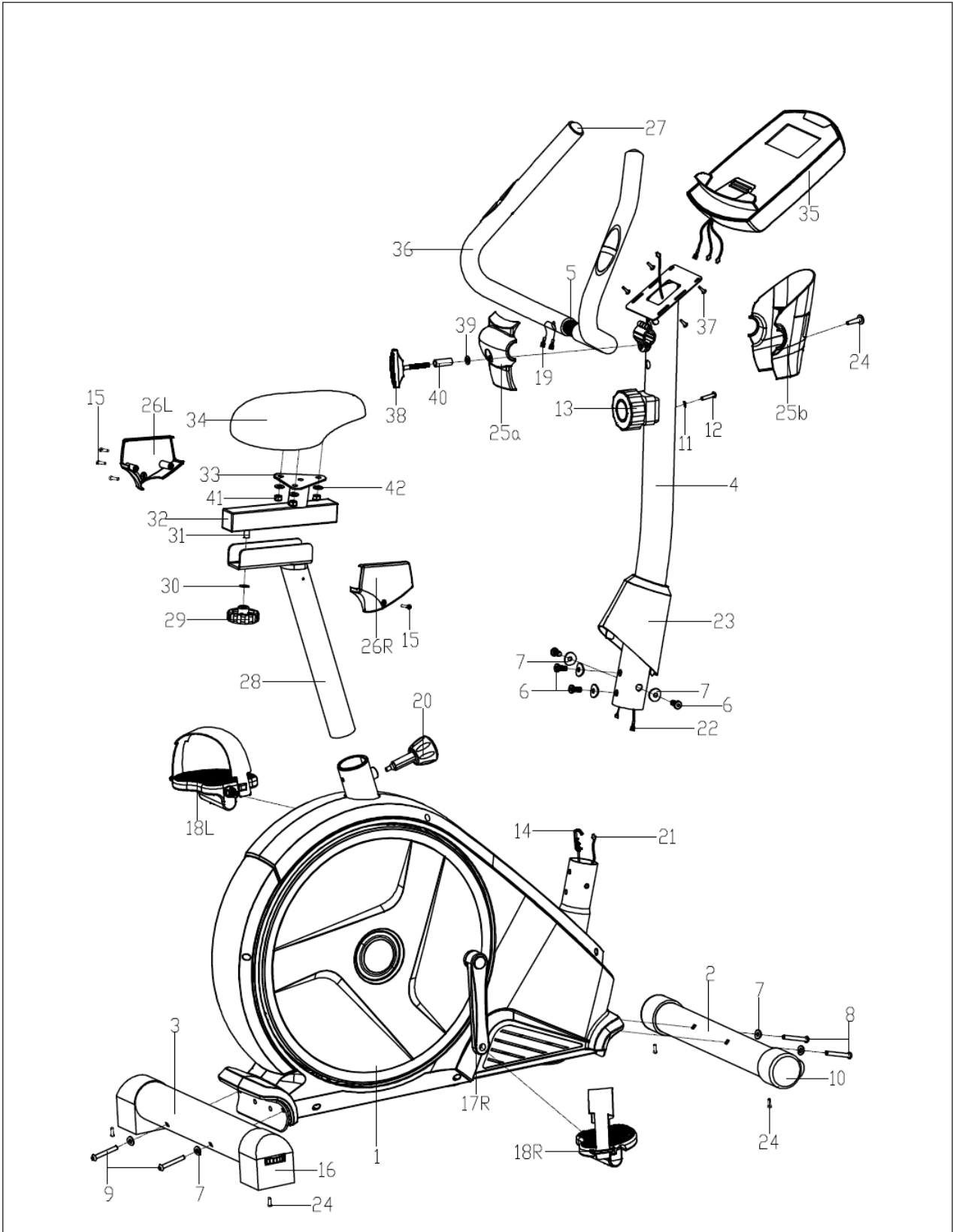
BE SURE TO READ THE ENTIRE MANUAL BEFORE YOU ASSEMBLE OR OPERATE YOUR MACHINE. IN PARTICULAR, NOTE THE FOLLOWING SAFETY PRECAUTIONS:

1. Check all the screws, nuts and other connections before using the machine for the first time and ensure that the trainer is in the safe condition.
2. Set up the machine in a dry level place and leave it away from moisture and water.
3. Place a suitable base (e.g. rubber mat, wooden board etc.) beneath the machine in the area of assembly to avoid dirt and etc.
4. Before beginning training, remove all objects within a radius of 2 meters from the machine.
5. DO NOT use aggressive cleaning articles to clean the machine. Only use the supplied tools or suitable tools of your own to assemble the machine or repair any parts of machine. Remove drops of sweat from the machine immediately after finishing training.
6. Your health can be affected by incorrect or excessive training. Consult a doctor before beginning a training program. He can define the maximum setting (Pulse. Watts. Duration of training etc) to which you may train yourself and can get precise information during training. This machine is not suitable for therapeutic purpose.
7. Only do training on the machine when it is in correct working way. Use only original spare parts for any necessary repairs.
8. This machine can be used for only one person's training at a time.
9. Wear training clothes and shoes which are suitable for fitness training with the machine. Your training shoes should be appropriate for the trainer.
10. If you have a feeling of dizziness, sickness or other abnormal symptoms, please stop training and consult a doctor asap.
11. People such as children and handicapped persons should only use the machine in the presence of another person who can give aid and advice.
12. 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 Level 1. Increase the resistance by turning the adjusting knob for the resistance setting towards Level 15.

WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT.

SAVE THESE INSTRUCTIONS / Maximum user's weight: 130kg.

EXPLODED DIAGRAM



PARTS LIST

Part No.	Description	Qty	Part No.	Description	Qty
1	Main frame	1	22	Extension sensor wire	1
2	Front bottom tube	1	23	Handlebar post cover	1
3	Rear bottom tube	1	24	Cross tapping screw ST4.2×18	5
4	Handlebar post	1	25a/b	Computer cover	1pr
5	Handlebar	1	26L/R	Protective guard for saddle post	1pr
6	Allen bolt M8×18	4	27	Round end cap	2
7	Arc washerΦ8×1.5×Φ25	8	28	Saddle post	1
8	Hex bolt M8×L72	2	29	Knob	1
9	Hex bolt M8×L90	2	30	Flat washer D10×Φ25×2	1
10	Front end cap	2	31	U-shaped slider	1
11	Arc washer	1	32	Square end cap	2
12	Cross screw	1	33	Saddle Slider	1
13	Tension controller	1	34	Saddle	1
14	Tension cable	1	35	Computer	1
15	Cross tapping screw ST4.2×12	4	36	Foam grip	2
16	Rear end cap	2	37	Cross screw	4
17L/R	Crank	1pr	38	Knob	1
18L/R	Pedal	1pr	39	Flat washer D8×Φ13×1.5	1
19	Pulse wire	2	40	BushingΦ13×2×35	1
20	Pop-pin knob	1	41	Nylon nut	3
21	Sensor wire	1	42	Flat Washer	3

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.

THE WARRANTY IS NOT VALID IF: The machine is placed outdoors or exposed to sun and dust.

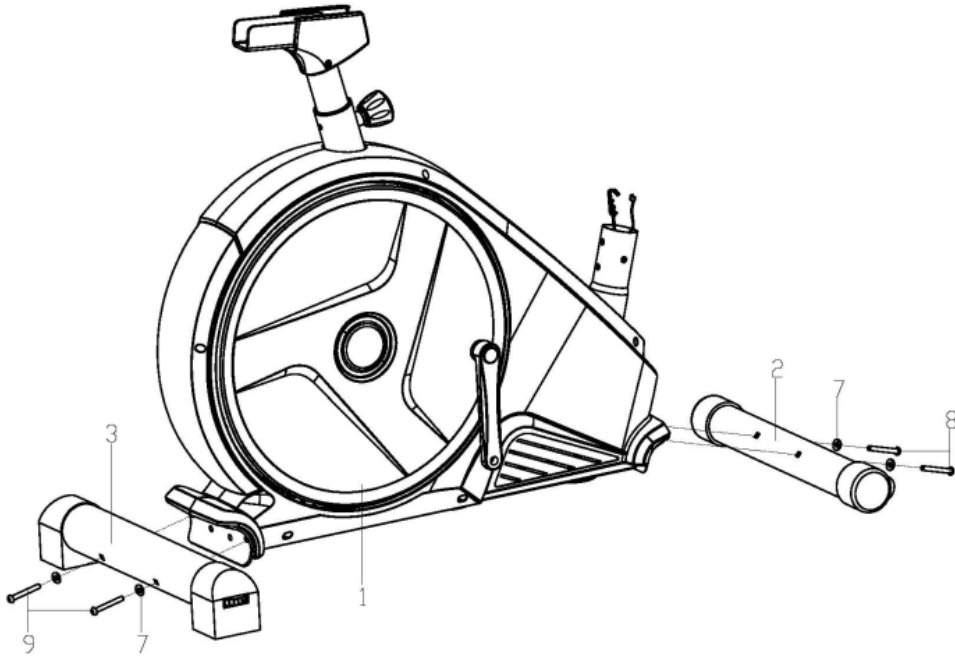
CAUTION! The company does not have no responsibility for causing damage due to misuse of the product and non-compliance with the instructions for use.

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.

ASSEMBLY INSTRUCTIONS

Step 1.

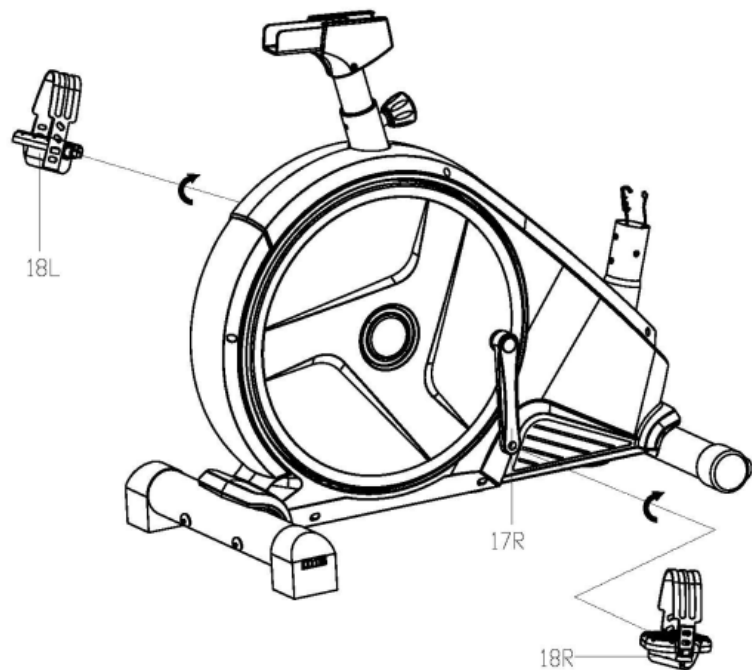
Attached Front bottom tube (2) to the Main frame (1) with Hex bolt (8) and Arc washer (7).
Attached Rear bottom tube (3) to the Main frame (1) with Hex bolt (9) and Arc washer (7).



Step 2.

Attach the Pedal (18L/R) to the Crank (17L/R) accordingly with the wrench.

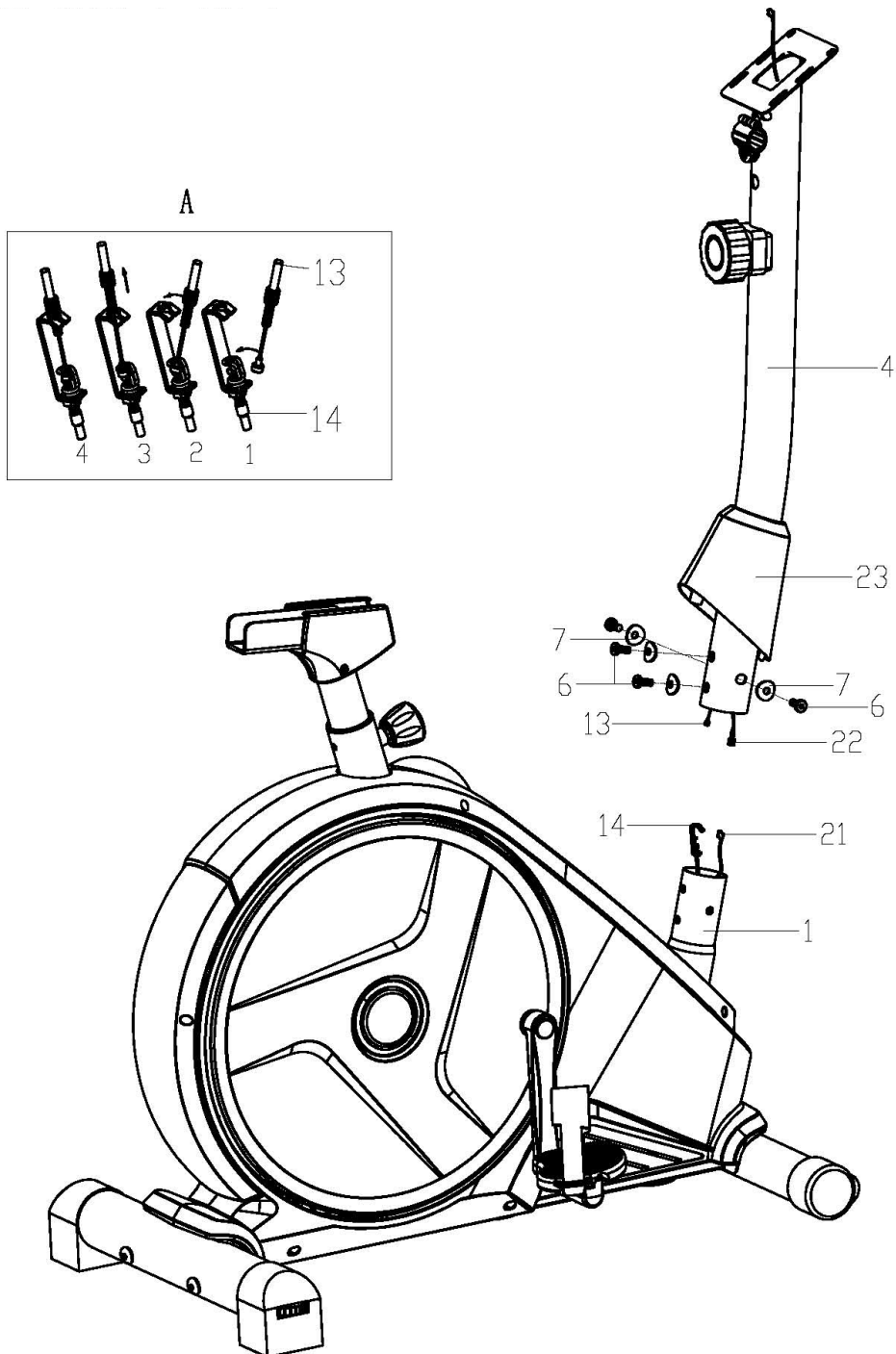
Note: secure the right pedal in a clockwise direction and secure the left pedal in a counterclockwise direction as the following picture. Then make sure the Pedal (18L/R) are tightened, otherwise, they will be broken easily.



Step 3.

Put the Handlebar post cover (23) to the Handlebar post (4). Connect the Extension Sensor wire (22) with Sensor wire (21) properly, and connect the Tension cable (14) with Tension controller (13) properly as the pic A.

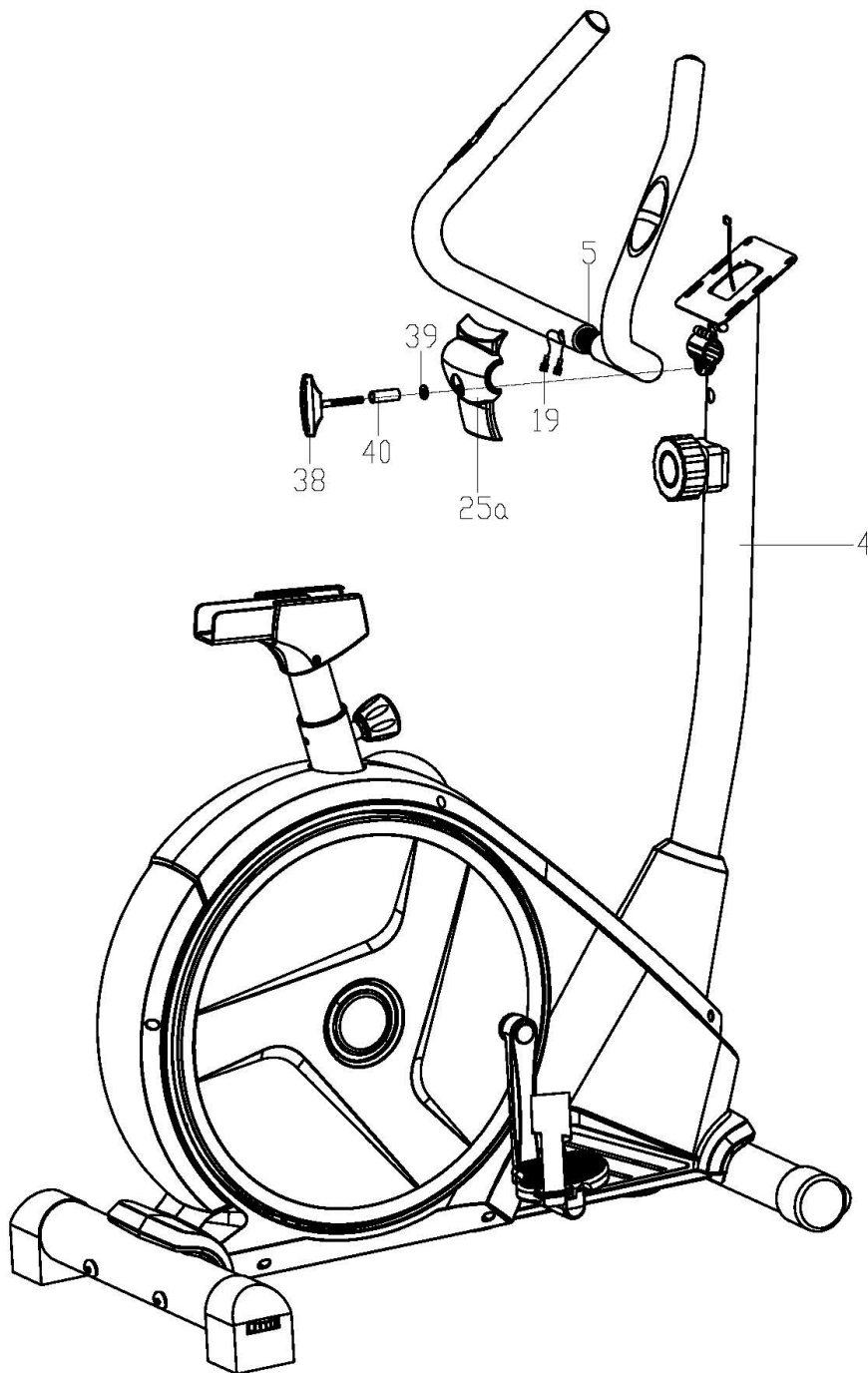
Fix the Handlebar post (4) to the main frame (1) with the Allen bolts (6) and Arc washers (7). Then slide down the Handlebar post cover (23) and fit it in place.



Step 4.

Insert the pulse wires (19) through the hole on the handlebar post (4) and pull them out from the top of the computer bracket.

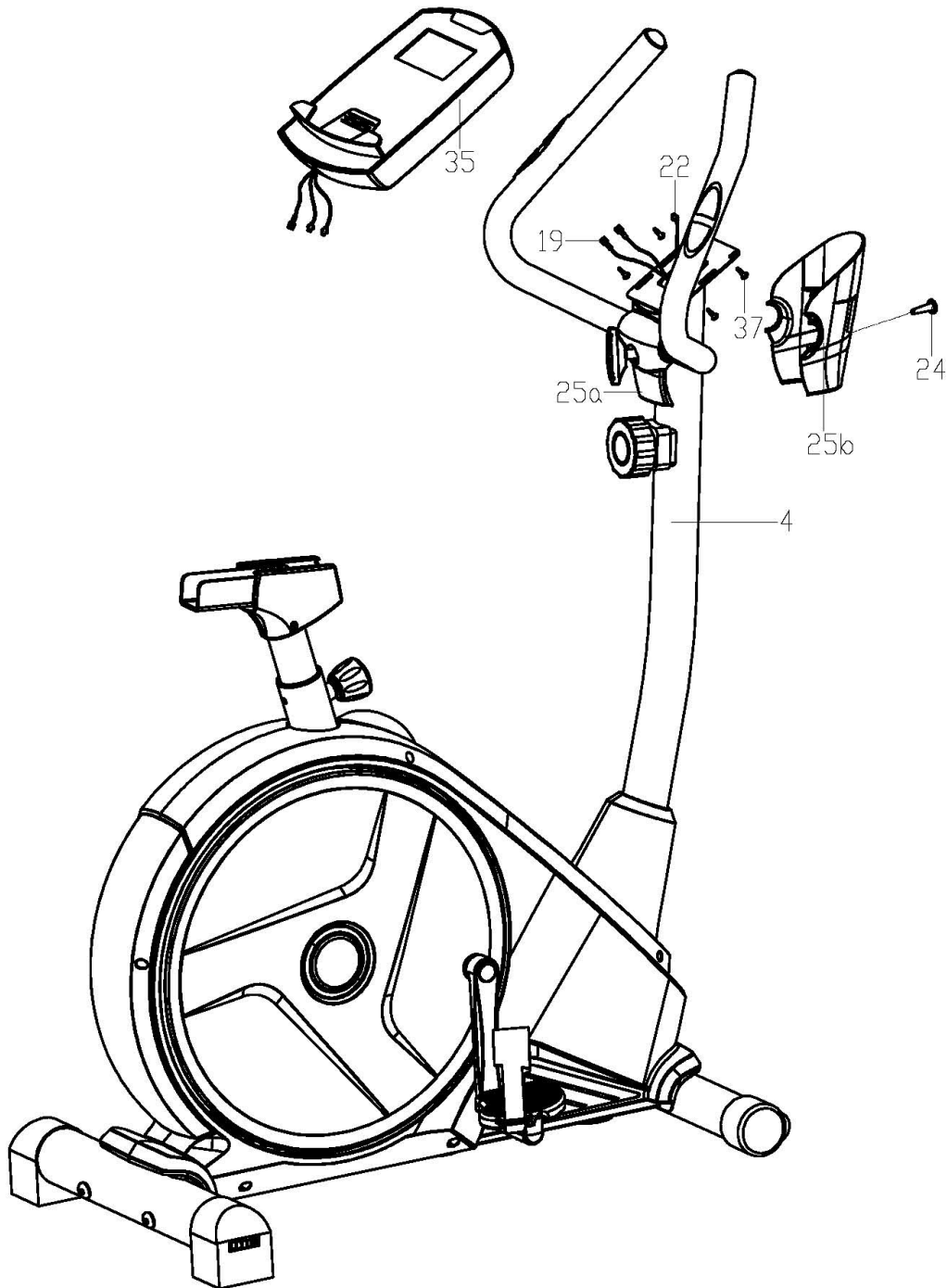
Attach the handlebar (5) to the handlebar post (4) with the Knob (38), bushing (40), Computer cover (25a) and flat washer (39).



Step 5.

Connect the Extension sensor wire (22) and Pulse wire (19) with the wires of Computer (35), then install the Computer (35) on the computer bracket of Handlebar post (4) with Cross screw (37).

Lock Computer cover (25a/b) on the Handlebar post (4) tightly with Cross tapping screw (24).

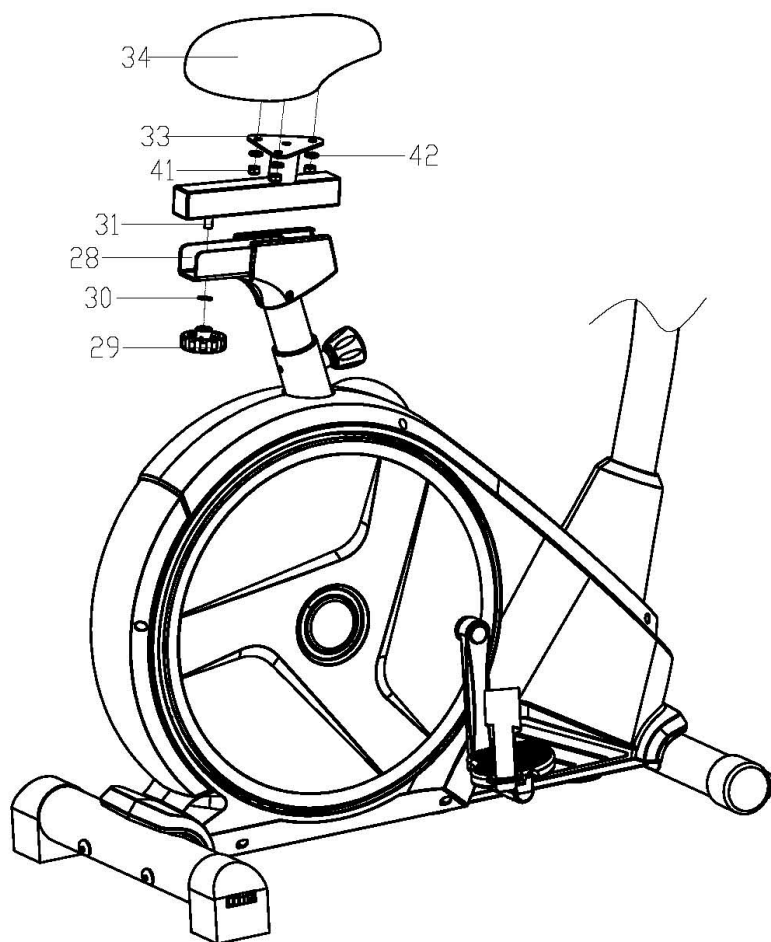


Step 6.

Fix the Saddle Slider (33) to the Saddle post (28) with Knob (29), Flat washer (30) and U-shaped slider (31).

Fix the Saddle (34) to the Saddle Slider (33) with Flat washer (42) and Nylon nuts (41).

Note: Always make sure the saddle (34) has been tightly fastened on the Saddle slider (33) before your movement.



**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.**

EXERCISE MONITOR INSTRUCTION MANUAL

SPECIFICATIONS:

N0:SMS_402

TIME.....	00:00-99:59
SPEED (SPD).....	0.0-99.9KM/H (ML/H)
DISTANCE.....	0.00-9999KM (ML)
CALORIES.....	0.0-9999KCAL
※ODOMETER(ODO).....	0.0-9999KM (ML)
※PULSE (PUL)	0, 40~240BPM

KEY FUNCTIONS:

MODE: This key lets you to select and lock on to a particular function you want.

※**SET:** Can to proceed the data establish for “TIME” “DISTANCE” “CALORIES”“PULSE”.

CLEAR(RESET): The key to reset the value to zero by pressing the key.

※**ON/OFF(START/STOP):**The key to pause the signal input by pressing the key.

OPERATION PROCEDURES:

1. AUTO ON/OFF

- ◆ The system turns on when any key is pressed or when it sensor an input from the speed sensor.
- ◆ The system turns off automatically when the speed has no signal input or no key are pressed for approximately 4 minutes.

2. RESET

The unit can be reset by either changing battery or pressing the MODE key for 3 seconds.

3. MODE

To choose the SCAN or LOCK if you do not want the scan mode, press the MODE key when the pointer on the function you want which begins blinking.

FUNCTIONS:

1. **TIME:** Press the MODE key until pointer lock on to TIME. The total working time will be shown when starting exercise.
2. **SPEED:** Press the MODE key until the pointer advance to SPEED. The current speed will be shown.
3. **DISTANCE:** Press the MODE key until the pointer advance to DISTANCE. The distance of each workout will be displayed.

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

5. **ODOMETER:** (IF HAVE): Press the MODE key until the pointer advance to ODOMETERQ: The total accumulated distance will be shown.

6. **PULSE** (IF HAVE): Press the MODE key until the pointer advance to PULSE. User 's current heart rate will be displayed in beats per minute. Place the palms of your hands on both of the contact pads (or put ear-clip to ear) and wait for 30 seconds for the most accurate reading.

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.

SCAN: Automatically display changes every 4 seconds.

BATTERY: If improper display on monitor, please reinstall the batteries to have a good result.

WARM-UP and COOL-DOWN

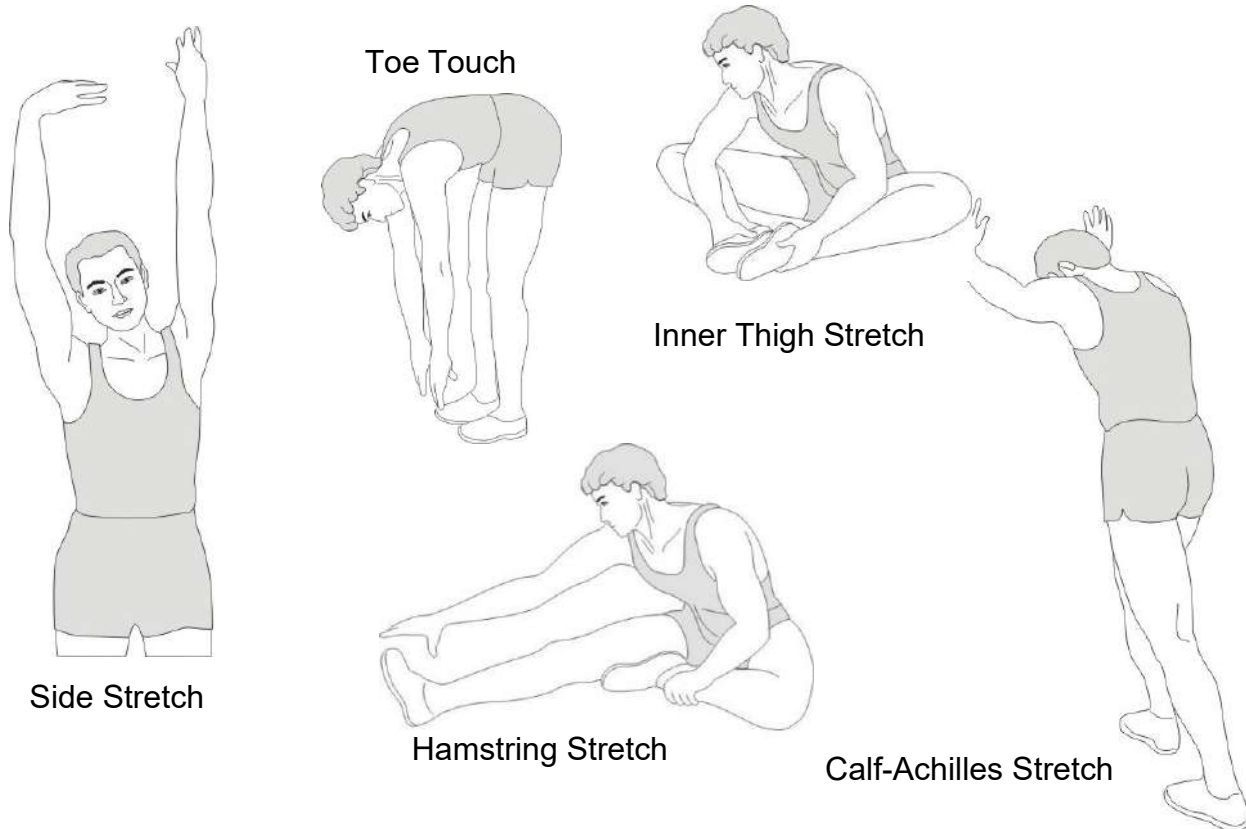
A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

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.**



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