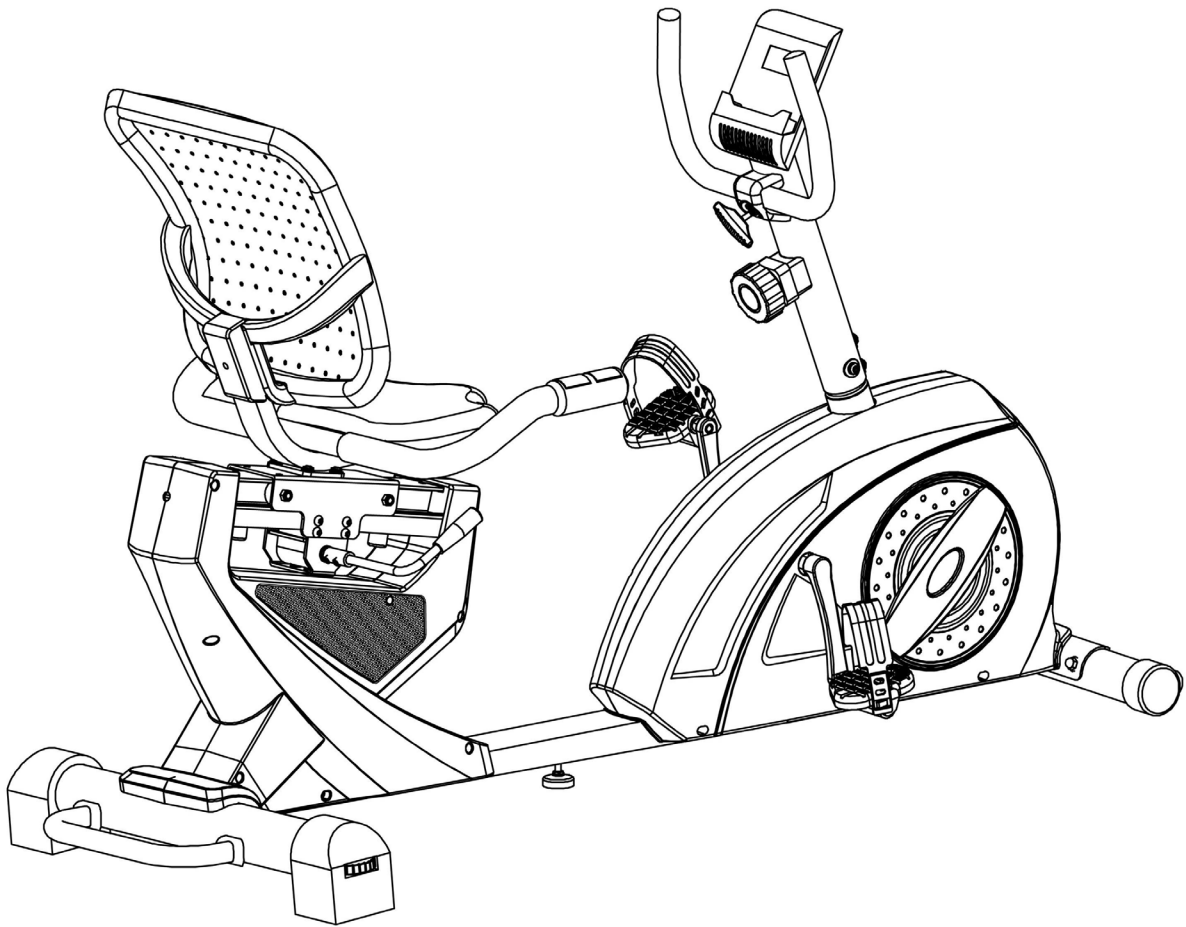


## Seated Bike

# XFIT COMFORT

## 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 Bike! 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 stage 1. Increase the resistance by turning the adjusting knob for the resistance setting towards stage 8.

**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**

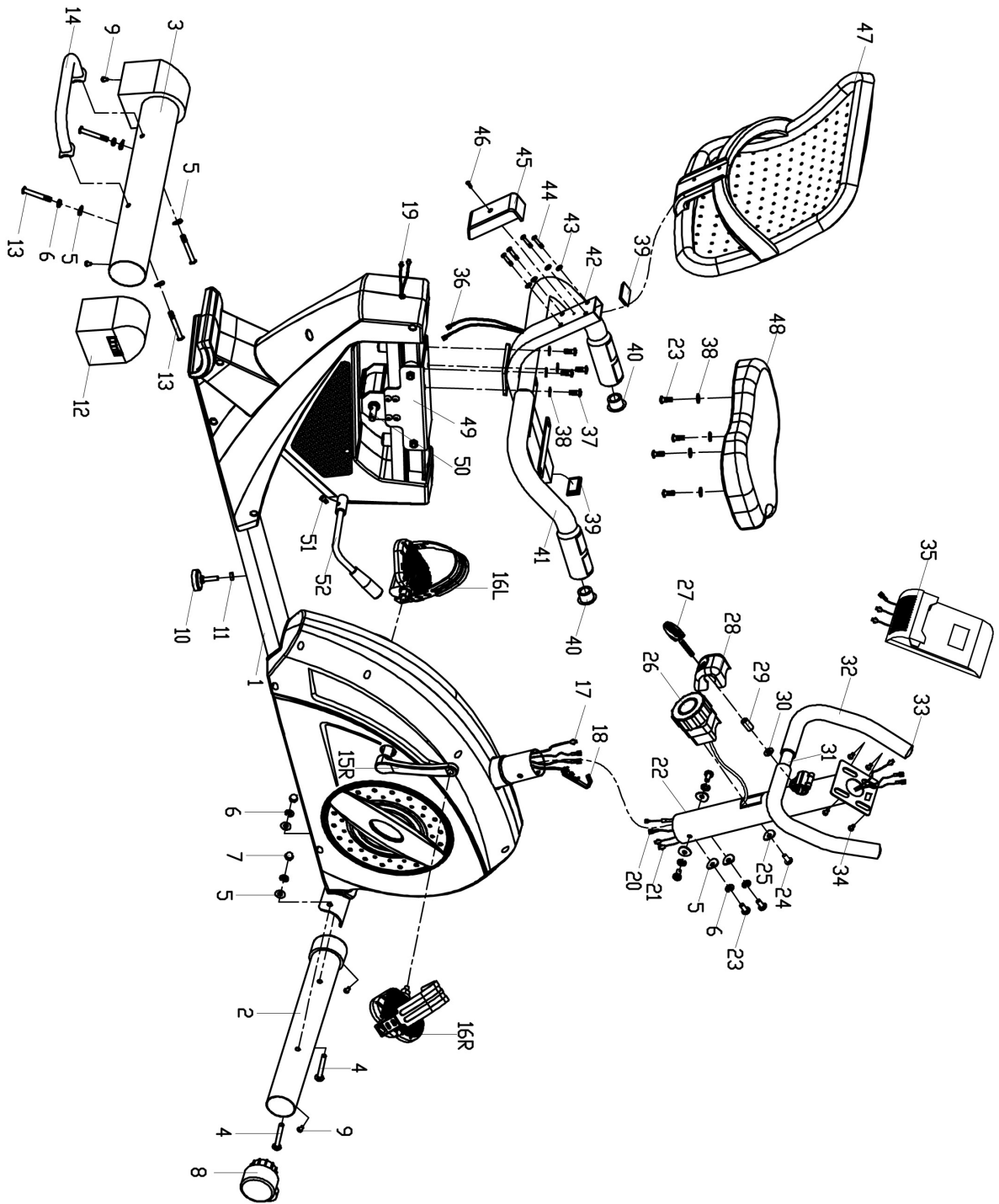
<b>Specifications</b>	
<b>Disc weight:</b>	5 Kg
<b>Resistance system:</b>	Magnetic, 8 levels
<b>Μέγιστο βάρος χρήστη:</b>	110 kg
<b>Bearings:</b>	
<b>Heart rate measurement:</b>	On handles
<b>Handlebar:</b>	Adjustable
<b>Saddle:</b>	Adjustable (front & back)
<b>Dimensions:</b>	L: 163 x W: 66 x H: 105 cm
<b>Machine weights:</b>	41 kg
<b>Display functions:</b>	Time, Speed, Distance, Calories, Heart Rate.
<b>Certification:</b>	CE-ROHS-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.

# EXPLODED DIAGRAM



## PARTS LIST

NO.	DESCRIPTION	Qty	NO.	DESCRIPTION	Qty
1	Main frame	1	27	Plastic handle knob	1
2	Front stabilizer	1	28	Handlebar cover	1
3	Rear stabilizer	1	29	Spacer	1
4	Carriage bolt M8×L76xL40	2	30	Flat washer D13xd8x1.5	1
5	Arc washer d8.5×Φ20×R30	10	31	Handlebar	1
6	Spring washer D8	8	32	Foam grip	2
7	Cap nut M8	2	33	Handrail cap1	2
8	Front stabilizer end cap	2	34	Cross pan head screw	4
9	Cross tapping screw ST3×10	4	35	Computer	1
10	Adjusting pad	1	36	Pulse wire	2
11	Outer hexagon nut M10	1	37	Allen pan head screw M8×12	4
12	Rear stabilizer end cap	2	38	Flat washerD19x d8x1.5	8
13	Allen pan head screw M8×75xL20	4	39	Square cap	2
14	Lifting handle	1	40	Handrail cap2	2
15L/R	Crank	1pr	41	Foam grip	2
16L/R	Pedal	1pr	42	Seat tube	1
17	Sensor wire	1	43	Flat washerD12x d6x1	4
18	Tension cable	1	44	Allen pan head screw M6×40	4
19	Pulse connecting wire 1	2	45	Protective guard	1
20	Upper sensor wire	1	46	Cross pan head screw ST4.2×18	1
21	Pulse connecting wire2	2	47	Backrest	1
22	Handlebar post	1	48	Saddle	1
23	Allen pan head screw M8×15	8	49	Fixed bracket	1
24	Cross pan head screw M5×55	1	50	Eccentric shaft	1
25	Arc washer D5	1	51	Hex nut M6x10	2
26	Tension controller	1	52	Handle	1

**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.

**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.

**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 INSTRUCTION

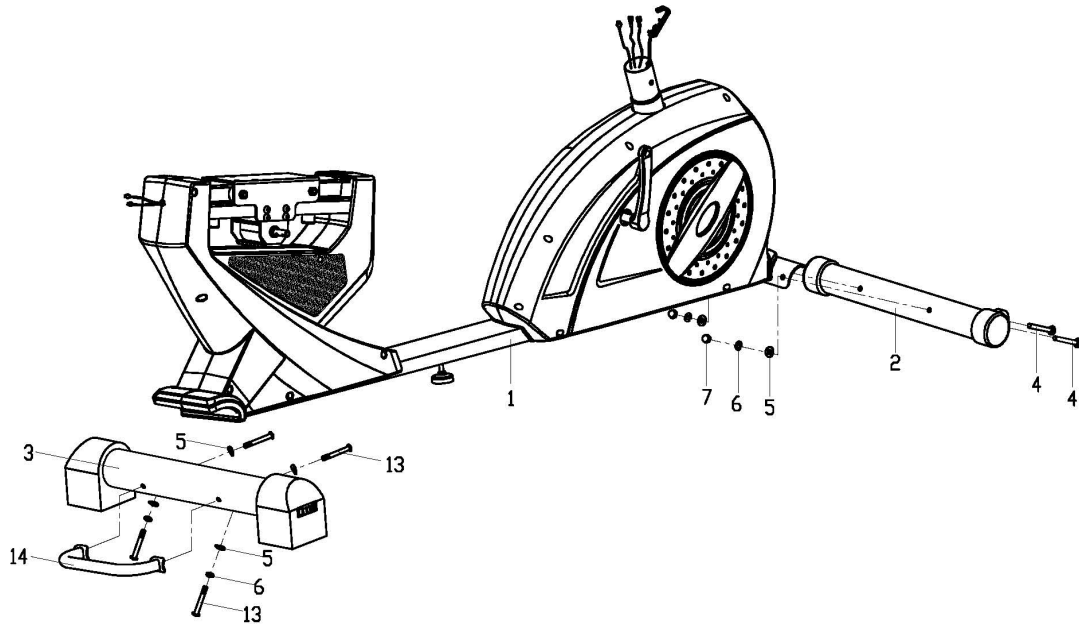
**Note: Assembly requires 2 people.**

## Step 1:

A: Lock the front stabilizer (2) to the Main frame (1) with Carriage bolt (4), Arc washer (5) 、 Spring washer (6) and Cap nut (7).

B: Lock the Lifting handle (14) to the rear stabilizer (3) with Allen pan head screw (13) and Arc washer (5).

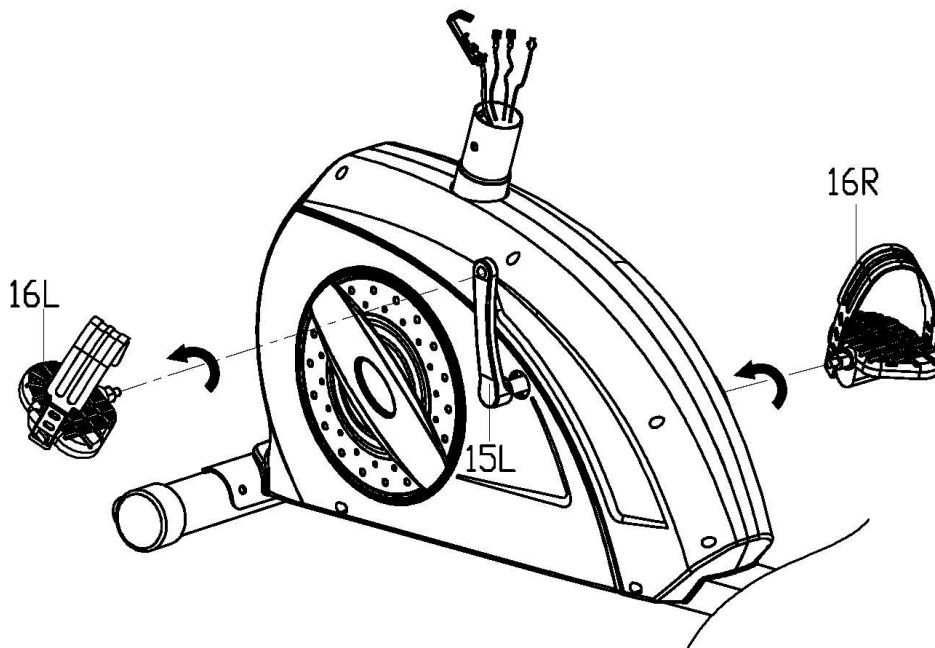
C: Lock the rear stabilizer (3) to the Main frame (1) with Allen pan head screw (13), Spring washer (6) and Arc washer (5).



## STEP 2

Lock the pedal(16L/R) to the crank (15L/R) with wrench.

Please note: lock the left pedal (16L) in counter-clockwise and lock the right pedal(16R) in clockwise as shown. And make sure the pedal(16L/R) are locked tightly during your movement, Otherwise the pedal teeth will be broken.

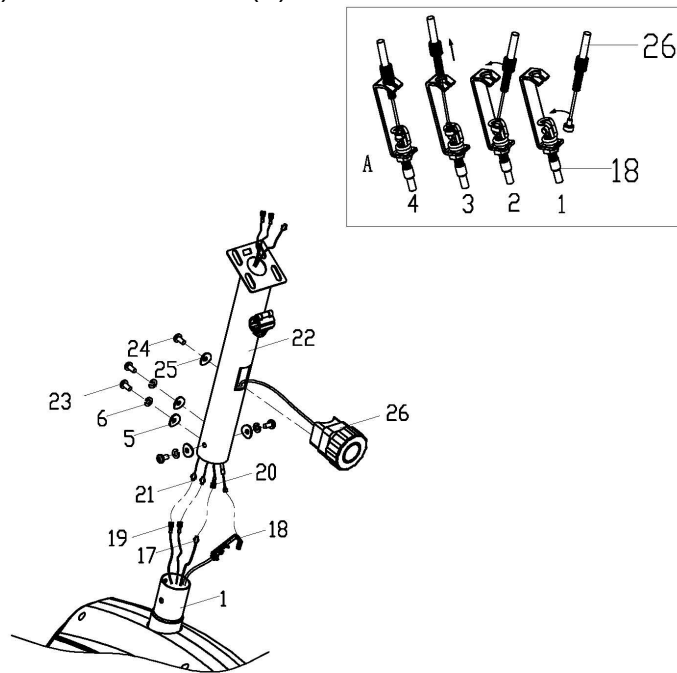


### STEP 3

A: Connect the Pulse connecting wire1 (19) with the Pulse connecting wire2 (21) and connect the Sensor wire (17) with the Upper sensor wire (20), then connect the Tension cable (18) with the tension controller(26) as the picture A shown.

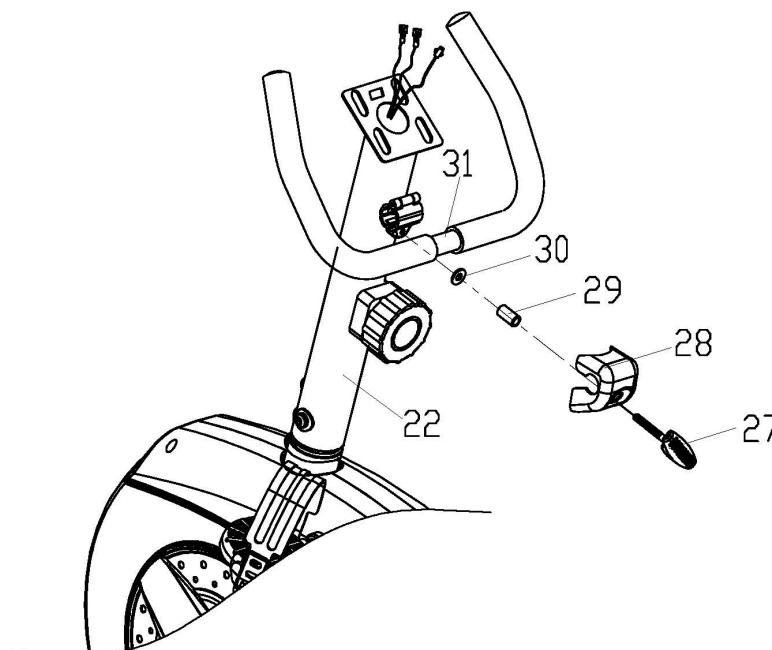
B: Lock the tension controller(26) on the handlebar post (22) with Cross pan head screw (24) and Arc washer (25).

C: Lock the handlebar post (22) on the main frame (1) with Allen pan head screw (23),spring washer(6) and Arc washer (5).



### STEP 4

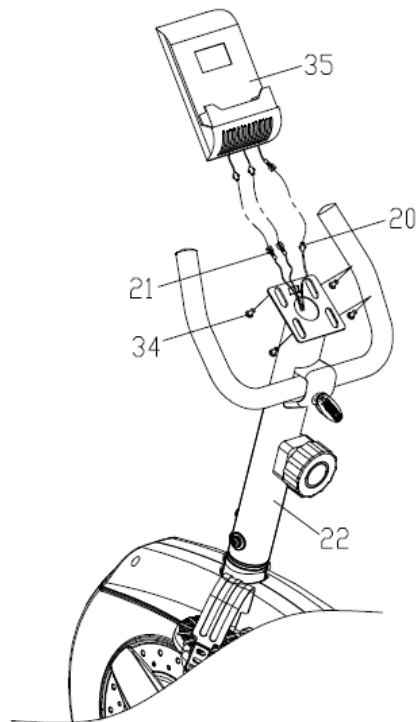
Attach the handlebar (31) to the handlebar post (22) with the Plastic handle knob (27), handlebar cover (28), spacer (29) and flat washer (30), and then fix the handlebar cover (28) well.





## STEP 5

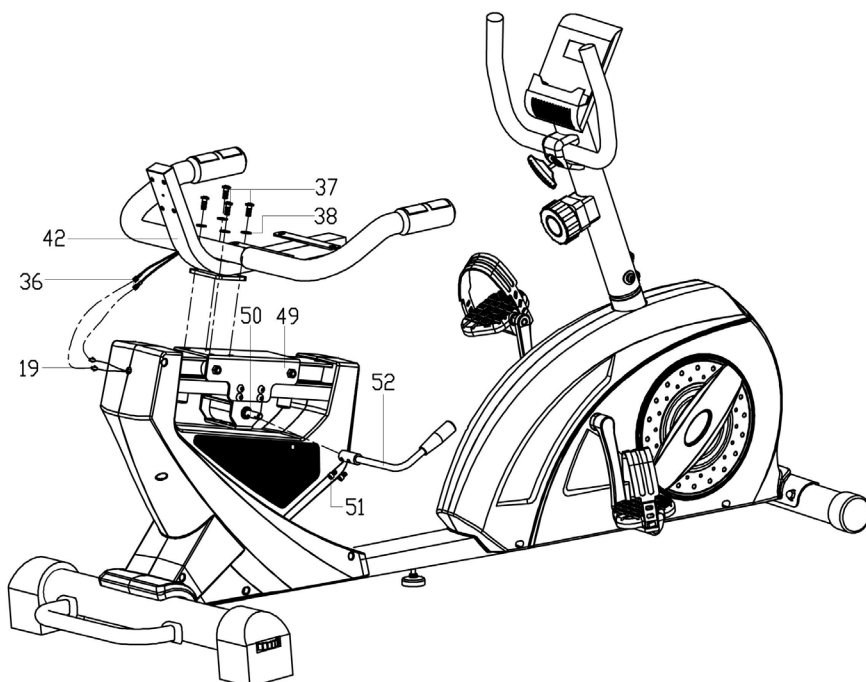
Connect the Pulse connecting wire2 (21), Upper sensor wire (20) with the right wires from computer (35), and then attach the computer (35) to the computer bracket of the handlebar post (22) with the Cross pan head screws (34).



## STEP 6

A: Lock the handle (52) to the eccentric shaft (50) with hex nuts (51).

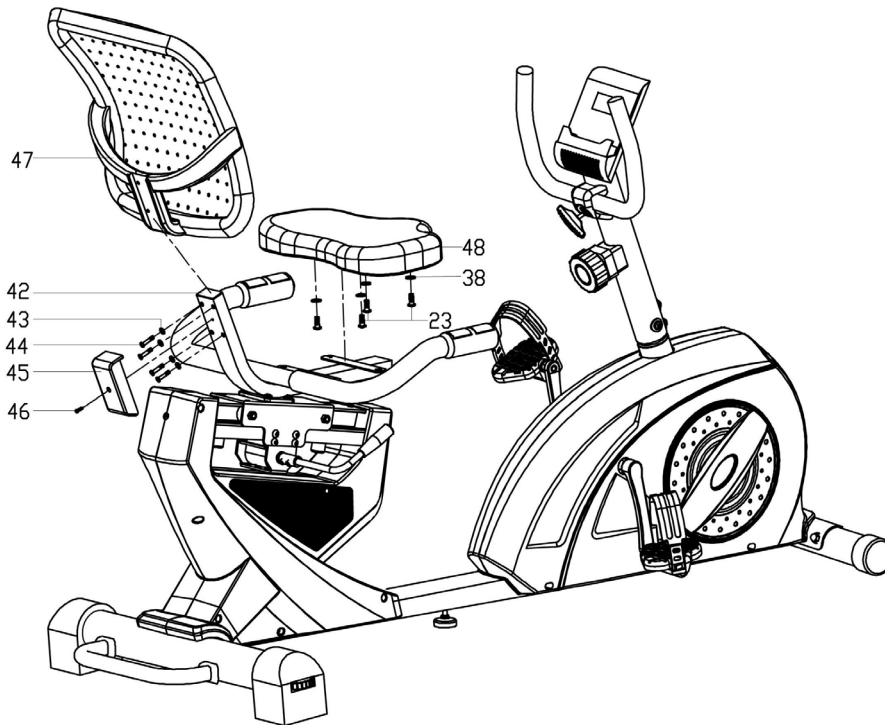
B: Connect the pulse wire (36) with the Pulse connecting wire1(19), then lock the Seat tube (42) on the fixed bracket (49) with Allen pan head screws (37) and flat washers (38).



## STEP 7

A: Lock the saddle (48) on the connecting slice of the seat tube (42) with Allen pan head screws (23) and flat washers (38).

B: Lock the backrest (47) on the seat tube (42) with Allen pan head screws (44) and flat washer (43), then lock the protective guard (45) to the seat tube (42) with the cross pan head screws (46).



**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.**

## 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

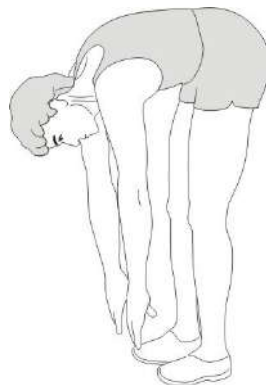
The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength-training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks,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



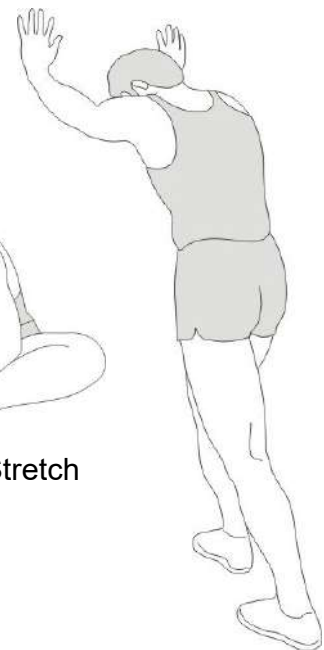
Side Stretch



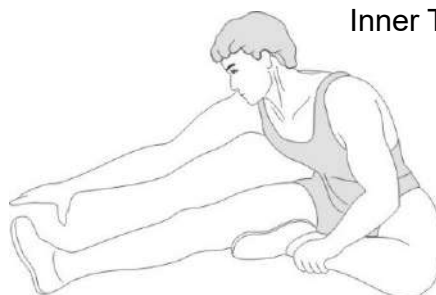
Toe Touch



Inner Thigh 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.

**NOTES**

A large rectangular area with a dotted border, intended for taking notes.

#### **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 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.
- When electronic components (console) are damaged by intense sweating or other liquid that has come into contact with or penetrated inside them.

# NOTES

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