

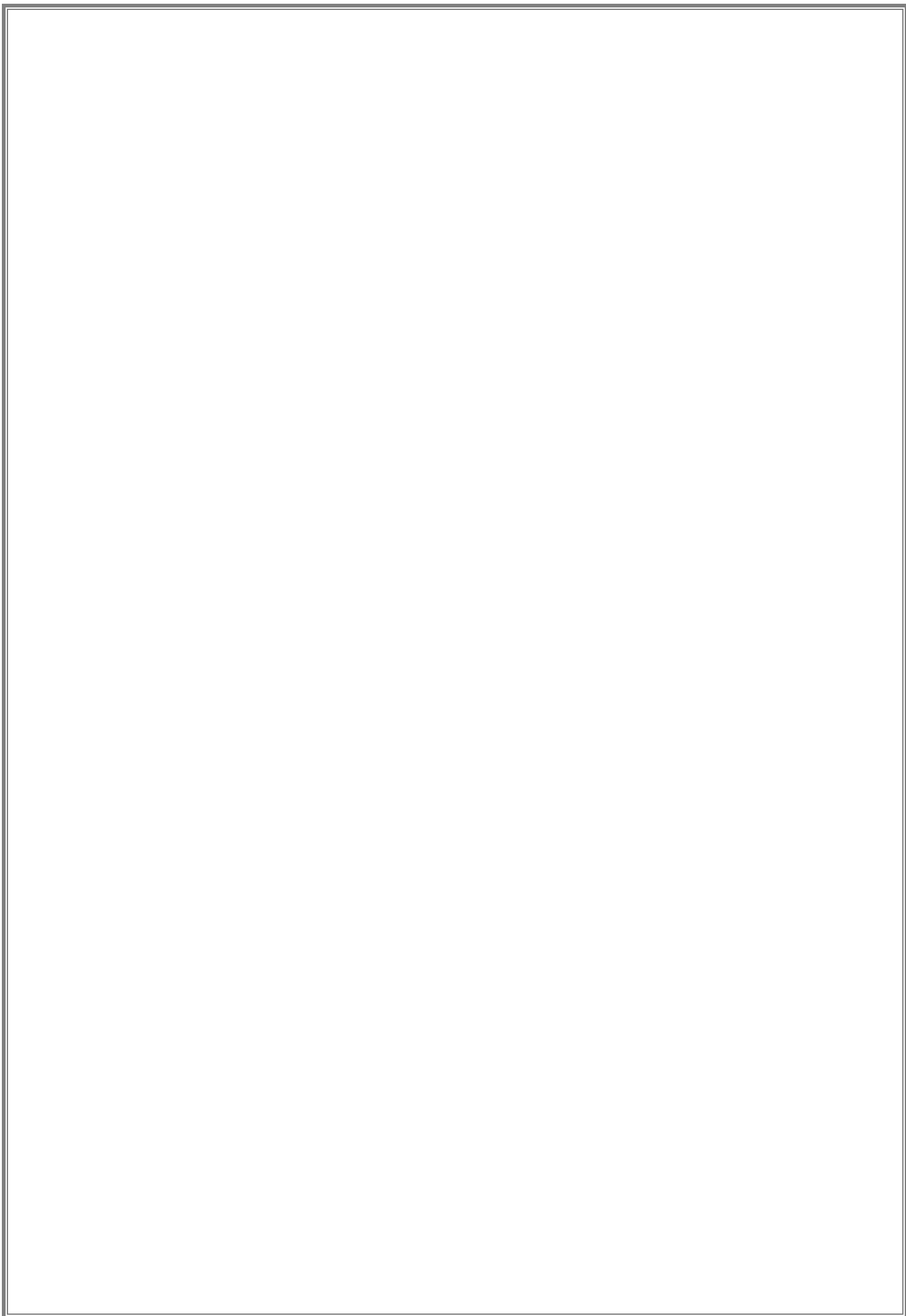
Mag Recumbent Bike

XFIT WELLNESS

User's Manual



The specifications of this product may vary slightly from the illustrations and are subject to change without notice. Retain this manual for future reference.



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:

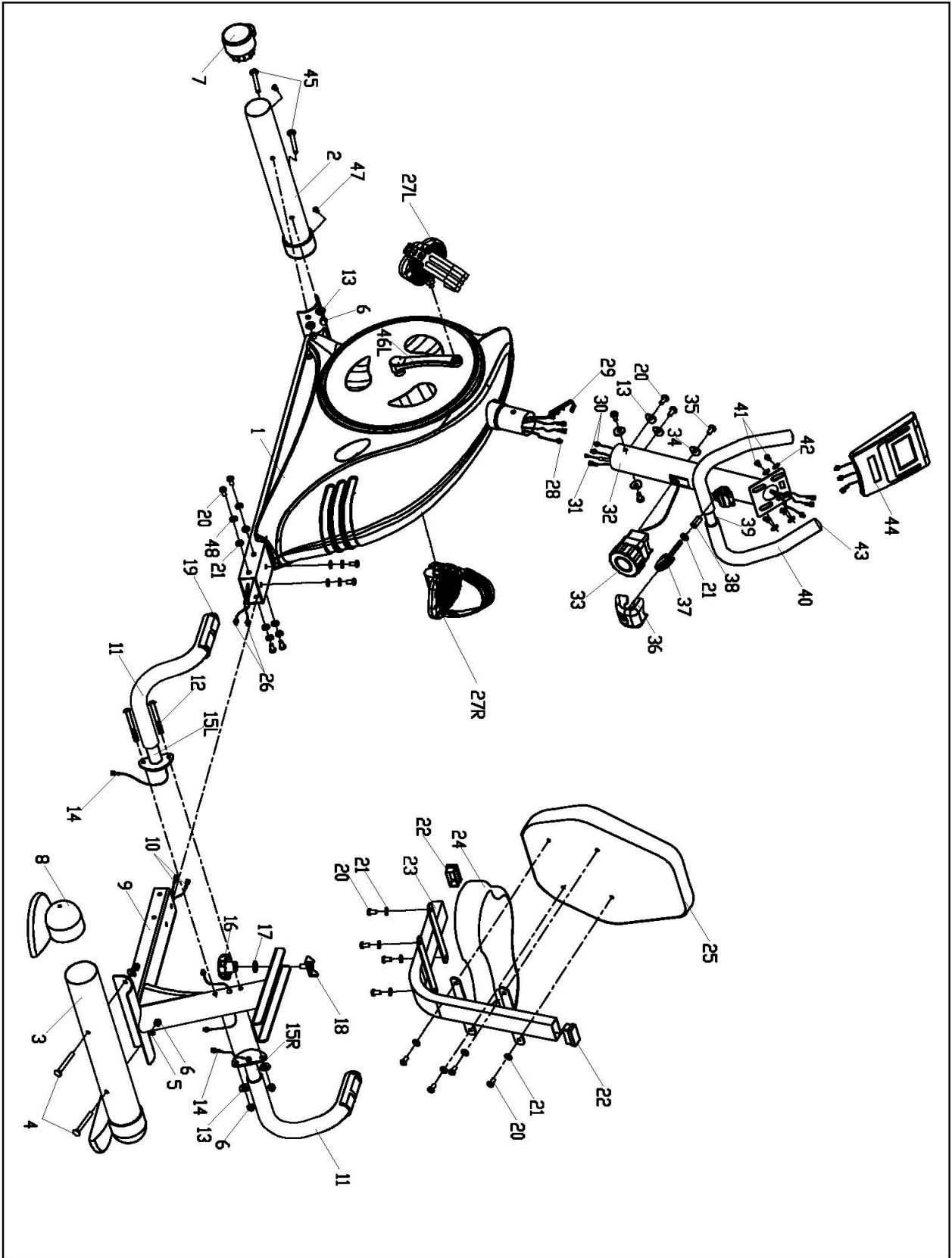
- 1、 Check all the screws, nuts and other connections before using the machine for the first time and ensure that the trainer is in the safe condition.
- 2、 Set up the machine in a dry level place and leave it away from moisture and water.
- 3、 Place a suitable base (e.g. rubber mat, wooden board etc.) 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 / Maximum user weight: 110 kg

CAUTION! During exercise, heavy sweating can cause mechanical and electrical damage to the machine. Like any other liquid substance, sweat is capable of causing 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.

EXPLODED DIAGRAM



PARTS LIST

NO.	DESCRIPTION	Qty	NO.	DESCRIPTION	Qty
1	Front main frame	1	25	Back rest	1
2	Front stabilizer	1	26	Pulse connecting wire	2
3	Rear stabilizer	1	27L/R	Pedal	1pr.
4	Carriage bolt M8×90	2	28	Sensor wire	1
5	Arc washer d8×2×Φ25×R39	2	29	Tension cable	1
6	Cap nut M8	6	30	Pulse connecting wire	2
7	Front stabilizer end cap	2	31	Upper sensor wire	1
8	Rear stabilizer end cap	2	32	Handlebar post	1
9	Rear main frame	1	33	Tension controller	1
10	Pulse connecting wire	2	34	Arc washer D5	1
11	Foam grip	2	35	Cross pan head screw M5×55	1
12	Allen pan head screw M8×80	2	36	Handlebar cover	1
13	Arc washer Φ20×d8.5×R30	8	37	knob bolt	1
14	Pulse wire	2	38	Spacer	1
15L/R	Handrail	1pr.	39	Handlebar	1
16	Knob nut	1	40	Foam	2
17	Flat washer d10	1	41	Cross pan head screw M5×10	4
18	U shape plate	1	42	Flat washer D5	4
19	Handrail cap	2	43	Handrail cap	2
20	Allen pan head screw M8×15	18	44	Computer	1
21	Flat washer d8	15	45	Carriage bolt M8×73	2
22	Square cap	2	46L/R	Crank	1pr.
23	Seat tube	1	47	Cross tapping screw ST4.2×18	2
24	Seat	1	48	Spring washer d8	6

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.

THE WARRANTY IS NOT VALID IF:

The bike 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.

ASSEMBLY INSTRUCTION

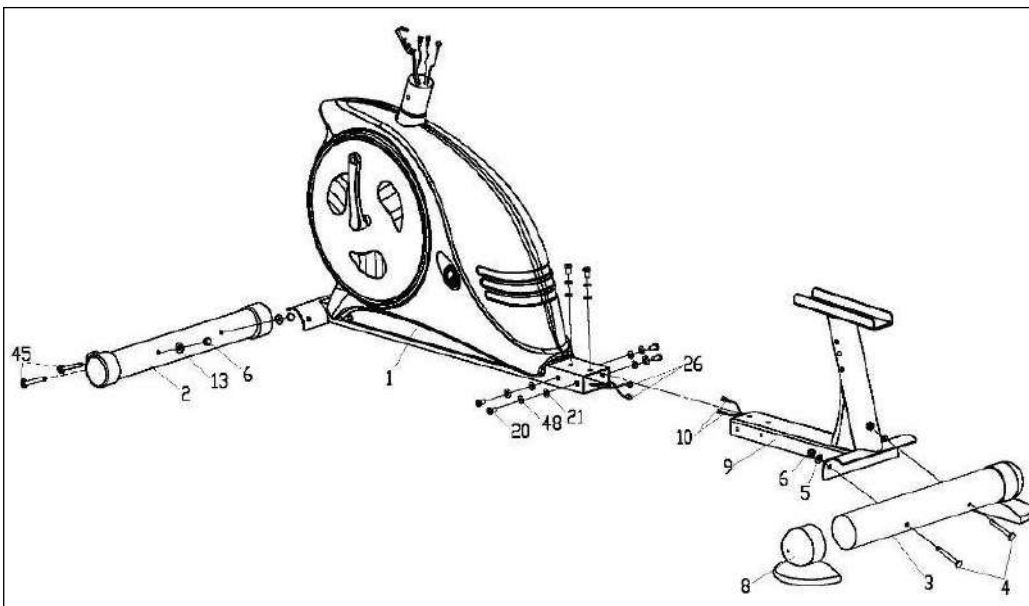
Note: Assembly requires 2 people.

STEP 1

Attach the front stabilizer (2) to the front main frame (1) with the carriage bolts (45), arc washers (13) and cap nuts (6) as shown.

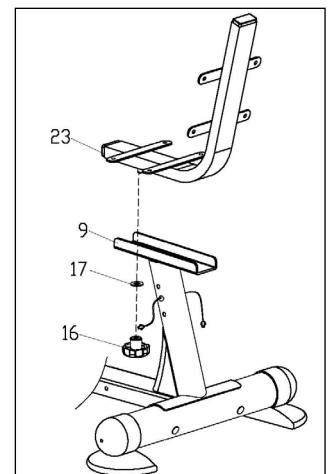
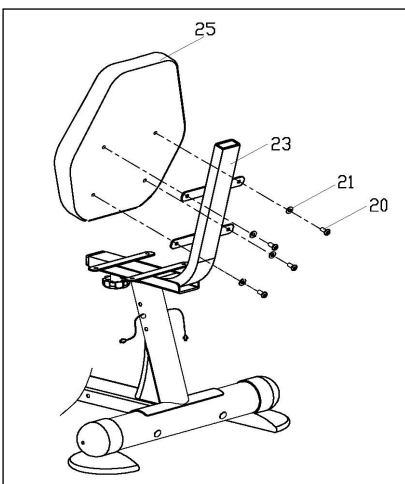
Attach the rear stabilizer (3) to the rear main frame (9) with the carriage bolts (4), arc washers (5) and cap nuts (6) as shown.

Connect the pulse connecting wire (26) with the pulse connecting wire (10), and then attach the rear main frame (9) to the front main frame (1) with Allen pan head screw (20), spring washer (48) and flat washer (21).



STEP 2

Attach the seat tube (23) to the rear stabilizer (9) with knob nut (16) and flat washer (17).

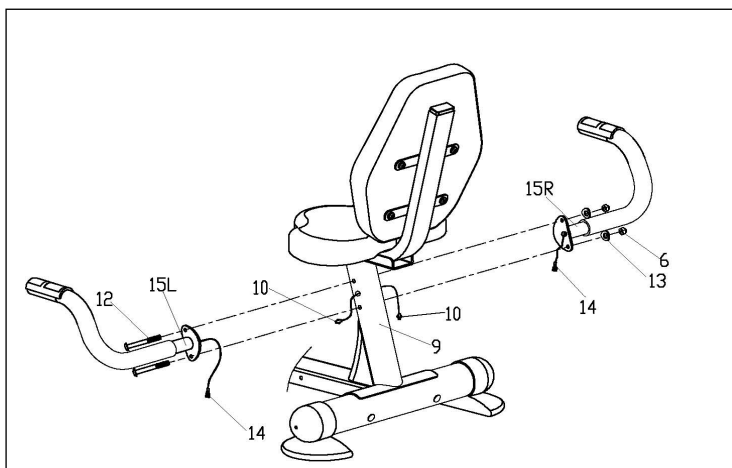
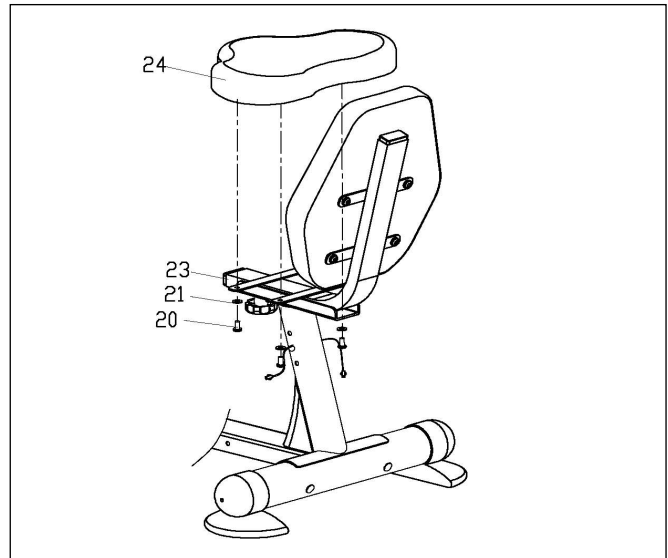


STEP 3

Attach the back rest (25) to the seat tube (23) with the Allen pan head screws (20) and flat washers (21)

STEP 4

Attach the seat (24) to the seat tube (23) with the Allen pan head screws (20) and flat washers (21).

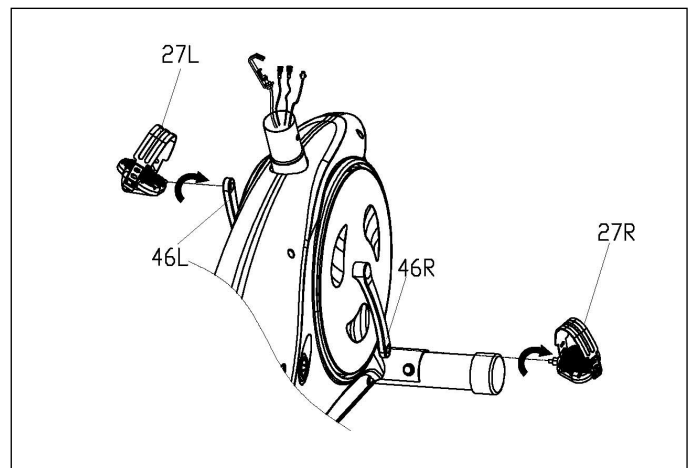


STEP 5

A: Connect the pulse wire (10) with the pulse connecting wire (14).
B: Attach the handrail (15L/R) to the rear main frame (9) with the Allen pan head screw (12), arc washer (13) and cap nuts (6) as shown.

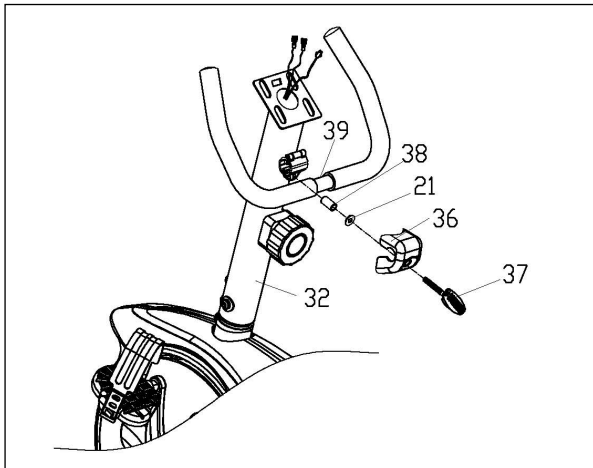
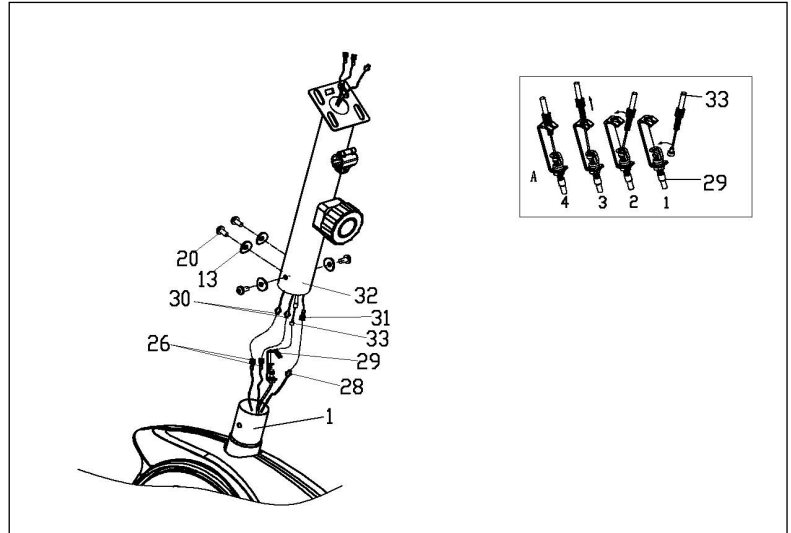
STEP 6

Attach the pedal (27L/R) to the crank (46L/R).
NOTE: To ensure that pedal marked (R) is attached to the crank (R) and it should be tightened in clockwise direction, the pedal marked (L) is attach to the crank (L) and it should be tightened in the counterclockwise direction.



STEP 7

Connect the pulse connecting wire (26) with the pulse connecting wire (30), and connect the upper sensor wire (31) with the sensor wire (28). Pull out the tension cable (29) from the hole of the handlebar post (32), and then install the tension cable (29) to tension controller (33), ensured the cable has been connected correctly as shown. Finally, attach the handlebar post (32) to the front main frame (1) with Allen pan head screw (20) and arc washer (13).

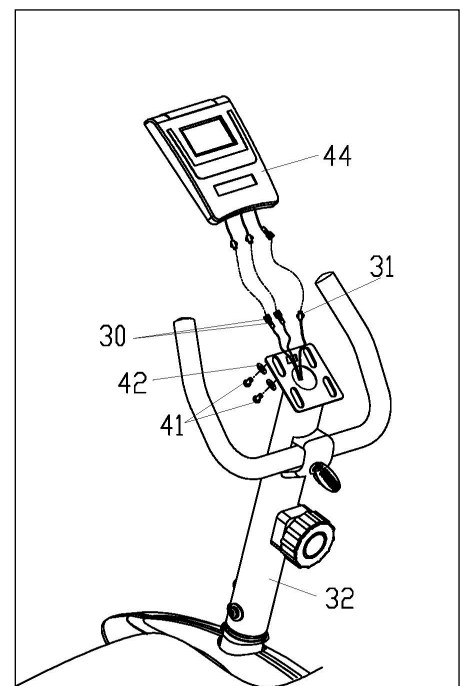


STEP 8

Attach the handlebar (39) to the handlebar post (32) with the knob bolt (37), handlebar cover (36), spacer (38) and flat washer (21), and then fix the handlebar cover (36) well.

STEP 9

Connect the wires (30 & 31) with the wires from computer (44), and then attach the computer (44) to the computer bracket of the handlebar post (32) with the cross pan head screws (41) and flat washer (42).



EXERCISE COMPUTER INSTRUCTION MANUAL

No. 00002

FUNCTIONAL BUTTONS:

MODE – Press it to select functions.

– Hold it for 3 seconds to reset time, distance and calories.

SET (IF HAVE) – To set value of time, distance and calories when not in scan mode.

RESET (IF HAVE) – Press to reset time, distance and calories.

FUNCTIONS:

1. SCAN: Press MODE button until “▼” appears at SCAN Position (or until “SCAN” appears), computer will rotate through all the 5 functions: Time, Speed, Distance, Calorie and total distance. Each display will be hold for 4 seconds.
 2. TIME: Count the total time from exercise start to end.
 3. SPEED: Display current speed.
 4. DIST : Count the distance from exercise start to end.
 5. CALORIES(CAL): Count the total calories from exercise start to the end.
 6. TOTAL DIST(ODO): Count the total distance after installing the batteries.
 7. AUTO ON/OFF & AUTO START/STOP: Without any signal for 8 minutes, the power will turn off automatically. As long as the wheel is in motion or press any button, the computer is in action.
 8. PULSE RATE (IF HAVE)
Press MODE button until “▼” appears at PULSE position(or until “♥ ”appears). Before measuring your pulse rate, please place both your palms on the contact pads and the computer will show your current heart 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 virtual pulse rate during the first 2~3 seconds, then it will return to normal level. To ensure testing accuracy, it is suggested that user test pulse during stop/pause exercise to avoid any possible influence. The measurement value can not be regarded as the basis of medical treatment.
 9. ALARM
The functions of time, distance and calorie can be set countdown, any of above value goes to zero, the computer will alarm for 15 seconds.
Press MODE to select the function, then press SET to adjust the value.
- Note:**
- The product with only “MODE” button has no No.9 function.
 - The computer can be programmed before delivery with Metric or Imperial system. If you find “M” in right side of monitor screen, it is with Imperial system and the unit will be mile.

SPECIFICATIONS

FUNCTION	Auto Scan	Every 4 seconds
	Running Time	00:00 ~ 99:59(Minute: Second)
	Current Speed	The max pick-up signal is 99.9KM/H or MILE/H (or 9999RPM)
	Trip Distance	0.0 ~ 999.9 KM or MILE
	Calories	0 ~ 999.9~ 9999 Kcal
	Total Distance	0 ~ 9999 KM or MILE
	Pulse Rate (IF HAVE)	40-240BPM
Battery Type	2 pcs of SIZE-AAor AAA	
Operating Temperature	0°C ~ +40°C(32°F~ 104°F)	
Storage Temperature	-10°C ~ +60°C(14°F~ 140°F)	

USING YOUR BIKE

Using your bike will provide you with several benefits. It will improve your physical fitness, tone your muscles and in conjunction with a calorie controlled diet, help you lose weight.

WARM-UP PHASE

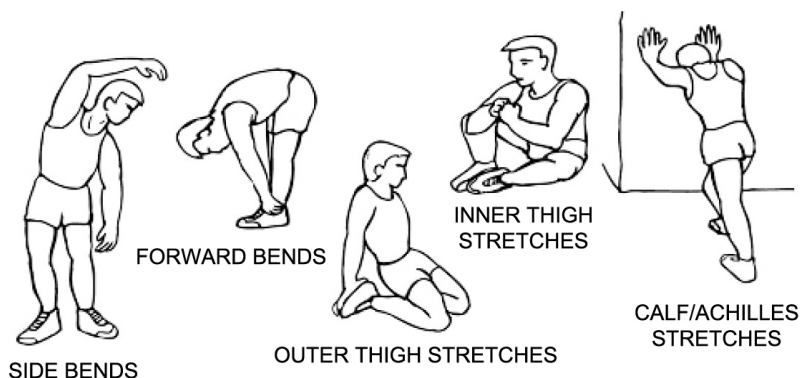
The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength-training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks,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

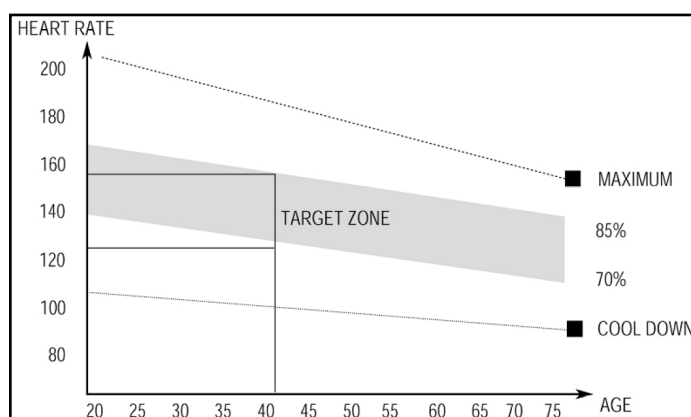
DO NOT BOUNCE.

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



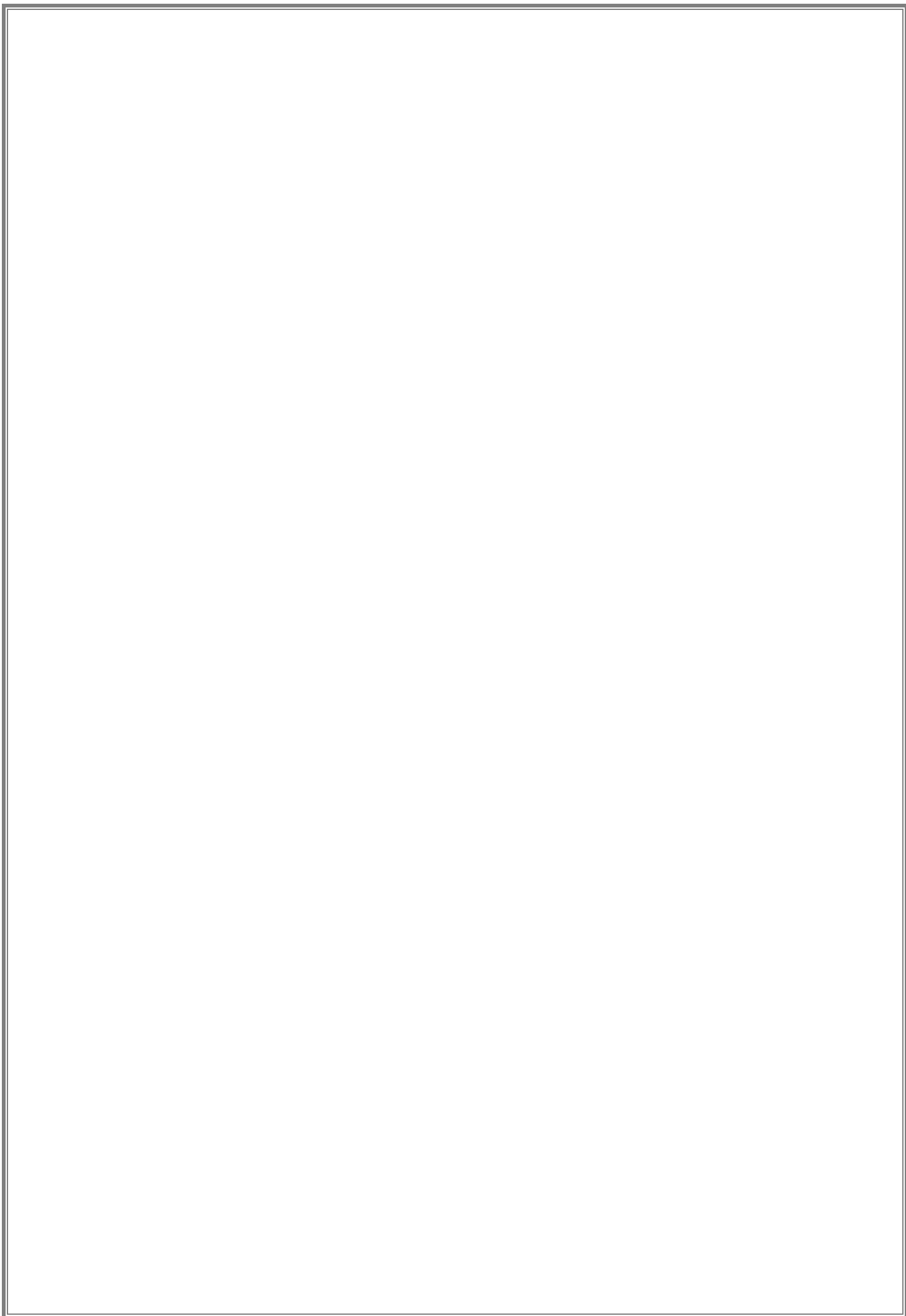
EXERCISE PHASE

This is the stage where you put the effort in. After regular use, the muscles in your legs will become more flexible. Work at your own pace and be sure to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heartbeat into the target zone shown on the graph below.



COOL-DOWN PHASE

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.





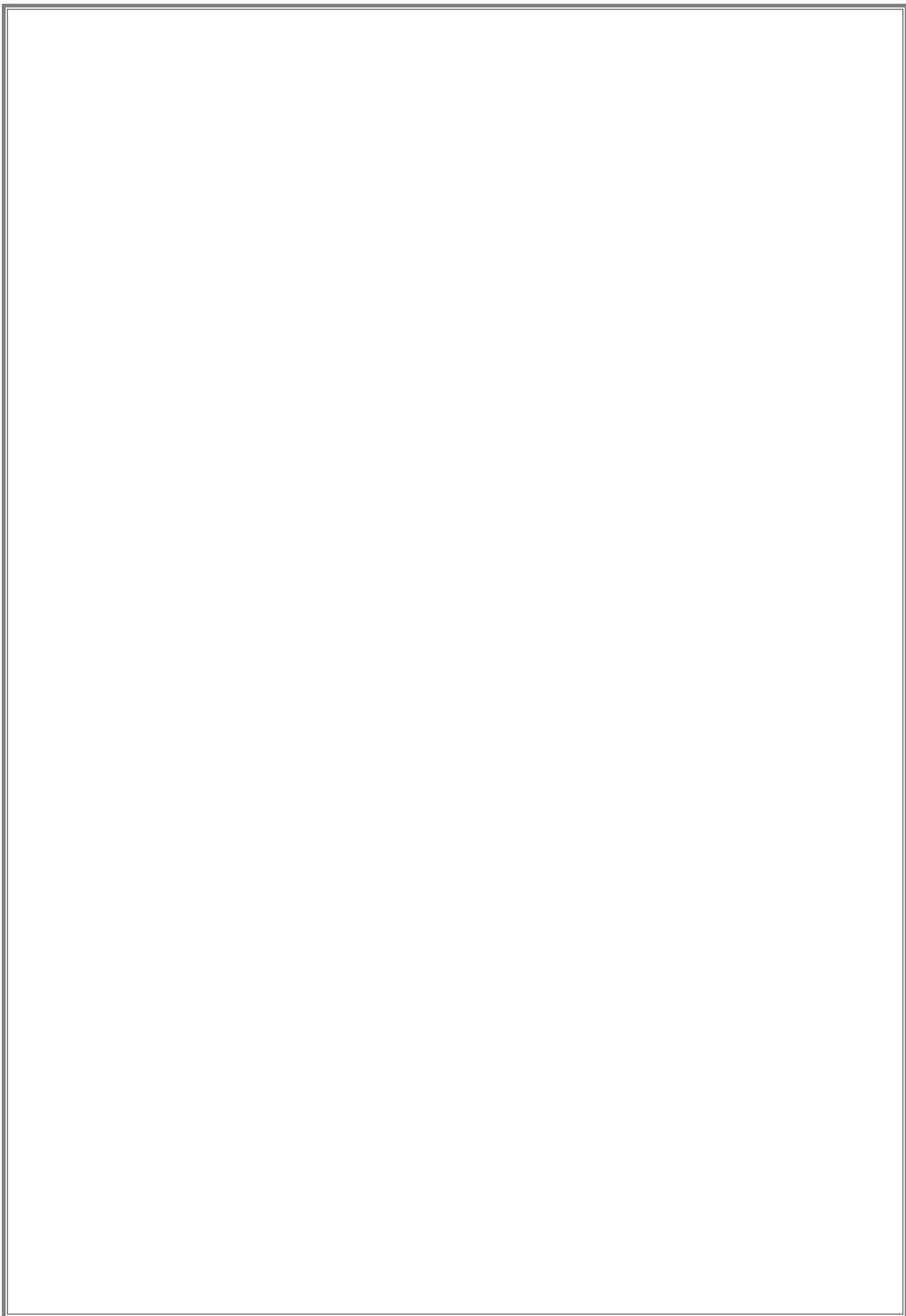
TERMS OF WARRANTY

- 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.
- 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





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](https://www.facebook.com/xtrstores) •  [@xtr.gr](https://www.instagram.com/xtr.gr)

Tel for all Greece:
801.11.15.100

www.xtr.gr