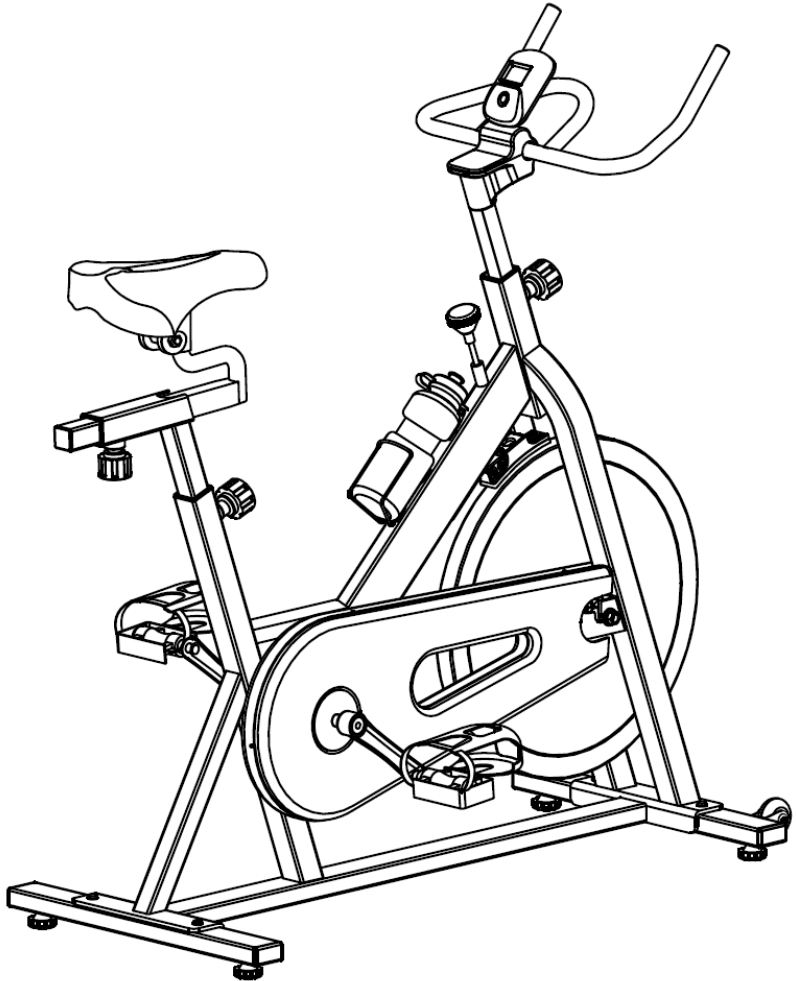


# Speeding Bike

## **XFIT** MOUNTAIN User's Manual



The specifications of this product may vary from this photo and are subject to change without notice.

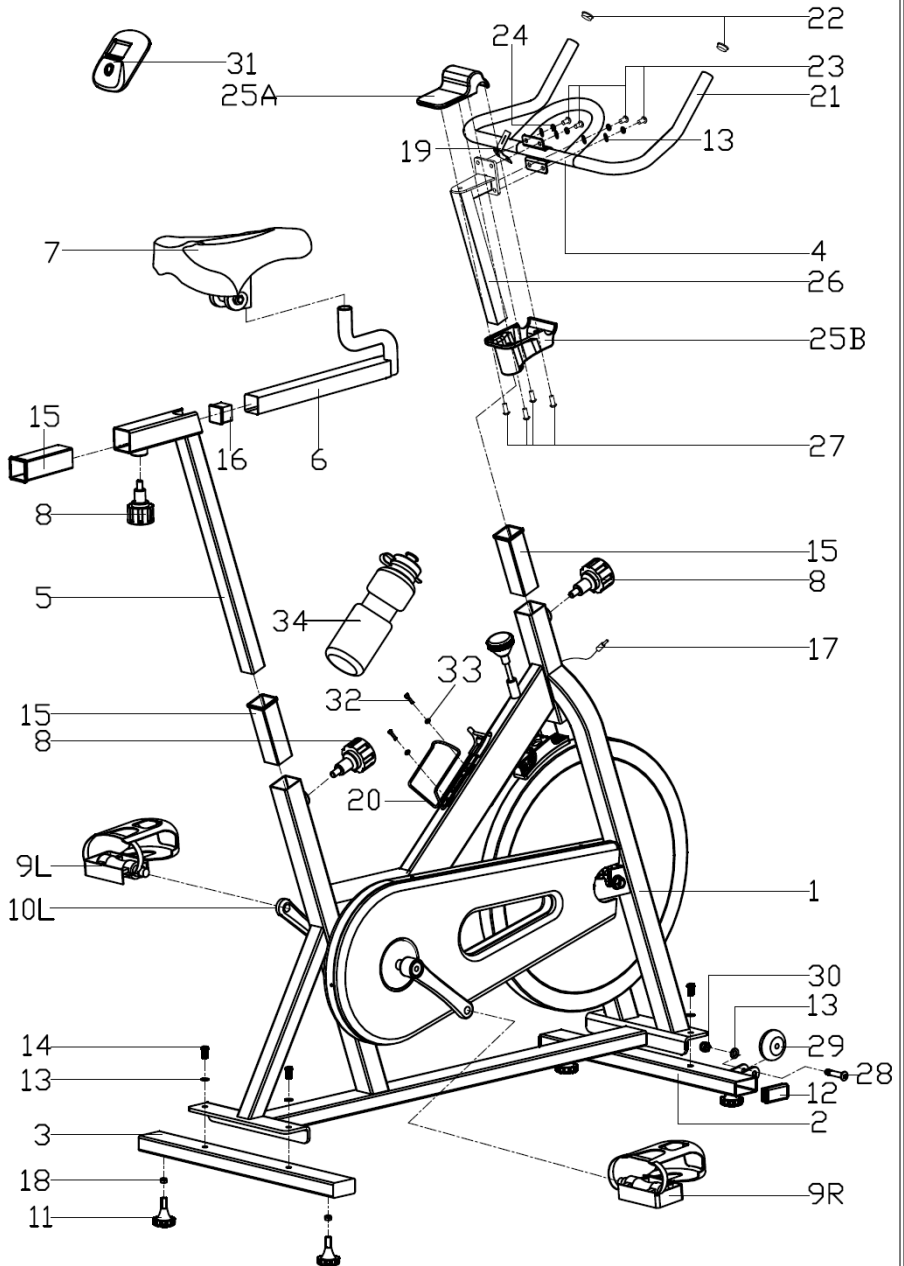


## **IMPORTANT SAFETY NOTICE**

Note the following precautions before assembling and operating the machine.

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.

# EXPLOSIVE DIAGRAM



## PARTS LIST

Part No.	Description	Qty	Part No.	Description	Qty
1	Main frame	1	18	Hex nut M10	4
2	Front stabilizer	1	19	Computer bracket	1
3	Rear stabilizer	1	20	Water bottle holder	1
4	Handlebar	1	21	Foam grip	2
5	Seat post	1	22	Cap	2
6	Seat slider	1	23	Allen bolt	4
7	Saddle	1	24	Spring washer	4
8	Pop-pin knob	3	25 A/B	Handlebar cover	1 pr
9L/R	Pedal	1pr	26	Handlebar post	1
10L/R	Crank	1pr	27	Phillips screw	4
11	Leveler feet	4	28	Allen bolt	2
12	Square cap	4	29	roller	2
13	Flat washer	10	30	Nylon nut	2
14	Allen bolt	4	31	Computer	1
15	Plastic bushing	3	32	Phillips tapping screw	2
16	Square cap	1	33	Flat washer	2
17	Sensor wire	1	34	Water bottle	1

## All Hardware is attached to the bike.

### 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.

Prior to assembly of this product, remove all components from the package and verify all the listed parts are supplied. Once certain, begin with the first assembly step

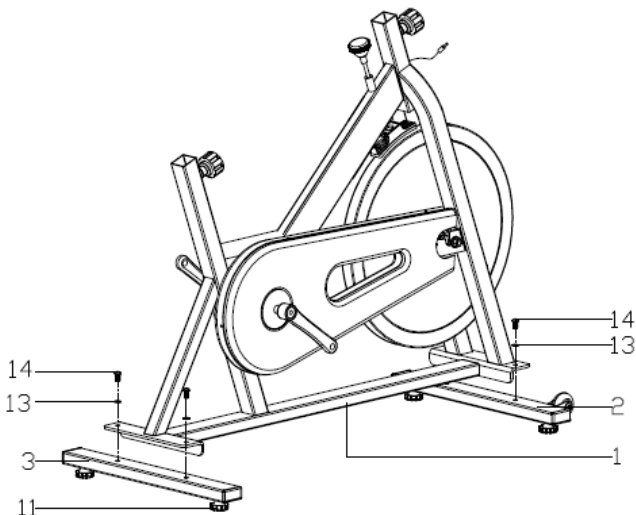
## ASSEMBLY INSTRUCTIONS

**Note: Assembly requires 2 people.**

### Step A:

Install the Front stabilizer (2) and Rear stabilizer (3) to the Main frame (1) with the Bolts (14) and Flat washers (13).

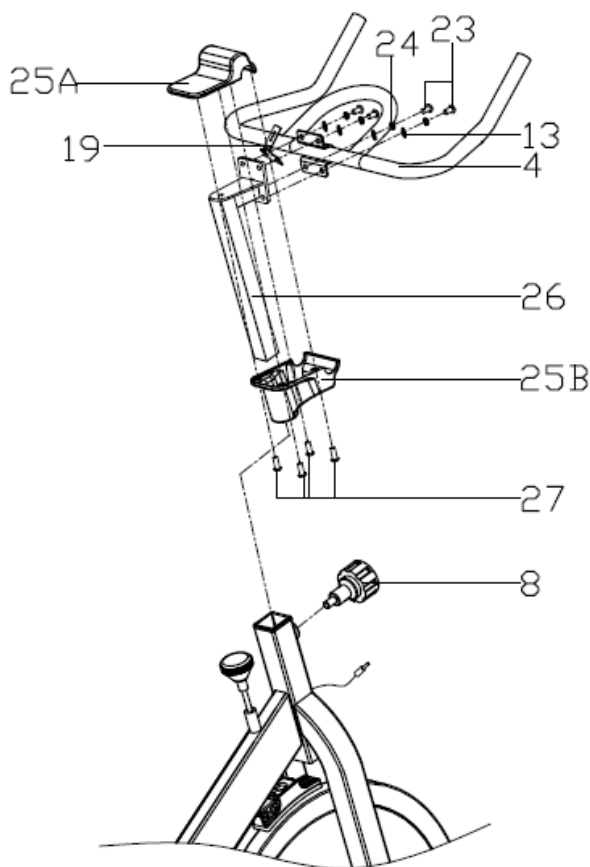
Note: The Leveler feet (11) under the stabilizers can be adjusted to keep the equipment stable.



## Step B:

Attach the Handlebar (4) to the Handlebar post (26), secured with Allen bolts (23) , Spring washers (24) ,Computer bracket (19) and Flat washer (13) .

Slide the Lower cover (25B) to the Handlebar post (26) , use Phillips screw (27) to fit the Upper cover (25A) between handlebar(4) and handlebar post(26), Turn and loosen the Knob (8), pull the pin, and then insert the handlebar post(26) into the Main frame(1) simultaneously. Make sure the pin settles into the desired hole and then secure the Knob.



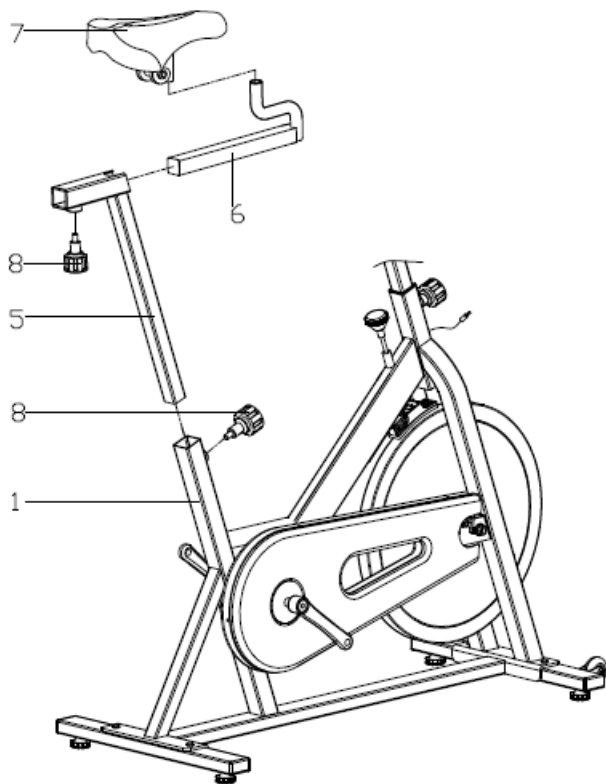
### **Step C:**

Fix Saddle (7) to Seat slider (6) with multifunctional wrench tightly .

Adjust the Seat slider (6) to a proper position and then lock it on Seat post (5) with Pop-pin knob (8).

Insert Seat post (5) to Main frame(1) in a proper high position and then tighten with Pop-pin knob (8).

Note: The position of saddle is Horizontal & Vertical adjustable by the both Knob (8).

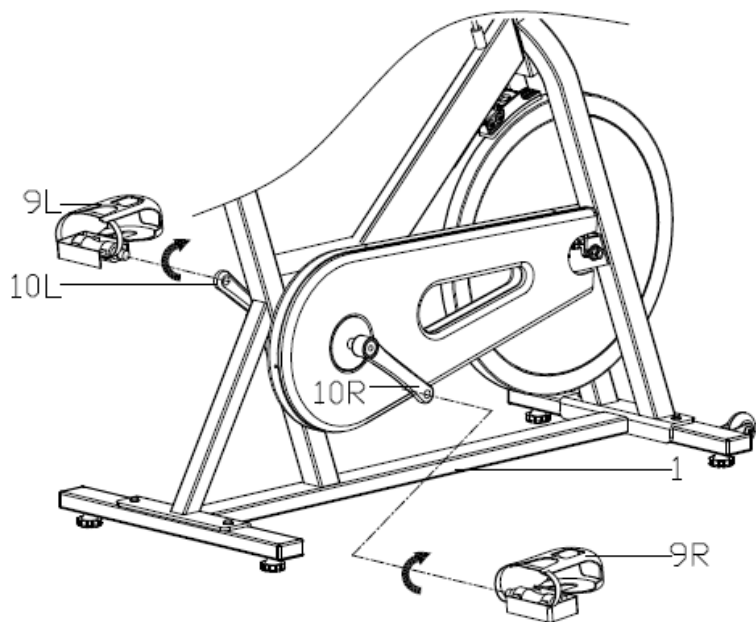




### **Step D:**

Attach the Pedals (9L/R) to the Cranks (10L/R) respectively, viewed from the rider's seated position.

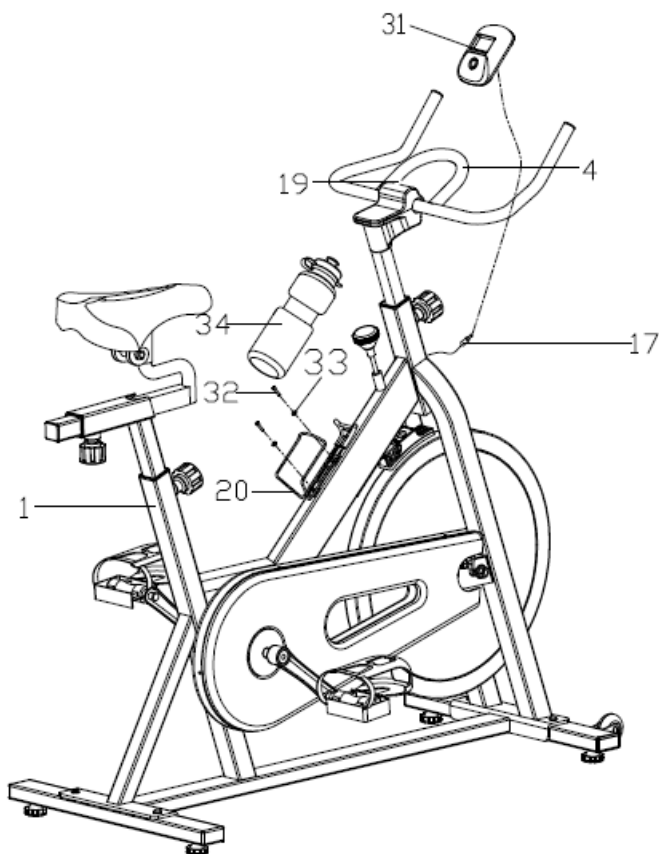
Note: Both pedals are labeled L FOR LEFT and R FOR RIGHT. Turn the left pedal COUNTERCLOCKWISE and the right pedal CLOCKWISE. Before exercising, the paddle should be tighten or the thread of paddle will be damaged easily.



### **Step E:**

Insert sensor wire (17) to Computer (31), then insert Computer (31) to computer bracket (19).

Attach the Water bottle holder (20) to the main frame(1) with the Screws (32) and Flat washer (33) and then put on t Water bottle (34).



# OPERATION

## Leveling the Bike

This bike can be leveled to compensate for uneven surfaces. To level the bike, please raise or lower four leveler feet located on the underside of the front and rear stabilizers. ( Fig. 1 ).



Fig.1

## Resistance Adjustment

Pedaling resistance is controlled by the tension control knob ( Fig. 2 ). To increase resistance, turn the tension control knob clockwise (+). To decrease resistance, turn the tension control knob counterclockwise (-). Resistance adjustment can be easily made at any time. Emergency brake is also equipped in this machines, merely pulling up the leveler , you can stop the transmission immediately. ( Fig. 2 )

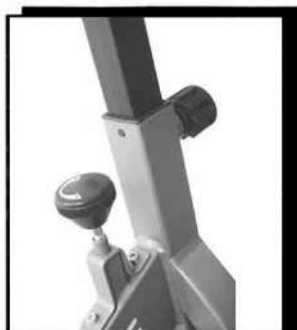


Fig.2

## Seat Adjustment

Appropriate seat height helps upgrade your exercise efficiency & reduce the risk of injury and make you feel more comfortable. Adjusting the seat forward or backward helps you work on different lower body muscle groups.

1. Place one pedal in the upward position. Place your foot in the toe clip, then get in the bike.
2. If your leg is bent too much, you should move the seat up. If your foot can not touch the pedal or your leg is too straight, you should move the seat down.
3. Dismount the bike. Loosen and pull the pop pin ( Fig. 3 ), then raise or lower the seat post to the desired position. Make sure the pop pin settles into the desired hole and then secure it firmly.
4. Loosen and pull the pop pin ( Fig. 4 ), then move the seat slider forward or backward to the desired position. When the seat slider is in the desired position, secure the pop pin firmly.



Fig.3



Fig.4

The bike is having a patented micro-adjustment seat slider, instead of those pre-set seat position holes. You can micro-adjust the seat forward or backward to more comfortable position for added enjoyment and maximum exercise efficiency.

### Handlebar Adjustment

Loosen and pull the pop pin ( Fig. 5 ), then raise or lower the handlebar to the desired position for a more efficient & comfortable ride. Make sure the pop pin settles into the desired hole and then secure it firmly.



Fig.5

### Pedal Strap Adjustment

Place the ball of each foot in the toe clip until the front of the shoe fits snugly in the toe clip cage. Rotate one foot to within arm's reach, then pull up the strap until the toe clip cage fits the shoe snugly ( Fig. 6 ). Repeat for the other foot.



Fig.6

### Workout

Once you are sitting comfortably, begin pedaling slowly, with your hands resting comfortably on the handlebar. After you feel secure, you can change seat positions, hand positions and resistance levels for added enjoyment and variety during your workout.

### Dismounting the Bike

Increase the resistance by turning the tension control knob clockwise until the flywheel stops, or pedal slower until you come to a complete stop.

#### **Warning !**

**Do not dismount the bike or remove your feet from the pedals until the pedals have completely stopped.**



Fig.7

### Moving the Bike

Carefully lift the rear stabilizer to move the bike to another location ( Fig. 7 ). Please gently move the bike as any sudden impact may affect the operation of the machine.



## 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.
- 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](mailto:service@xtr.gr)

**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

**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.

**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.**





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**