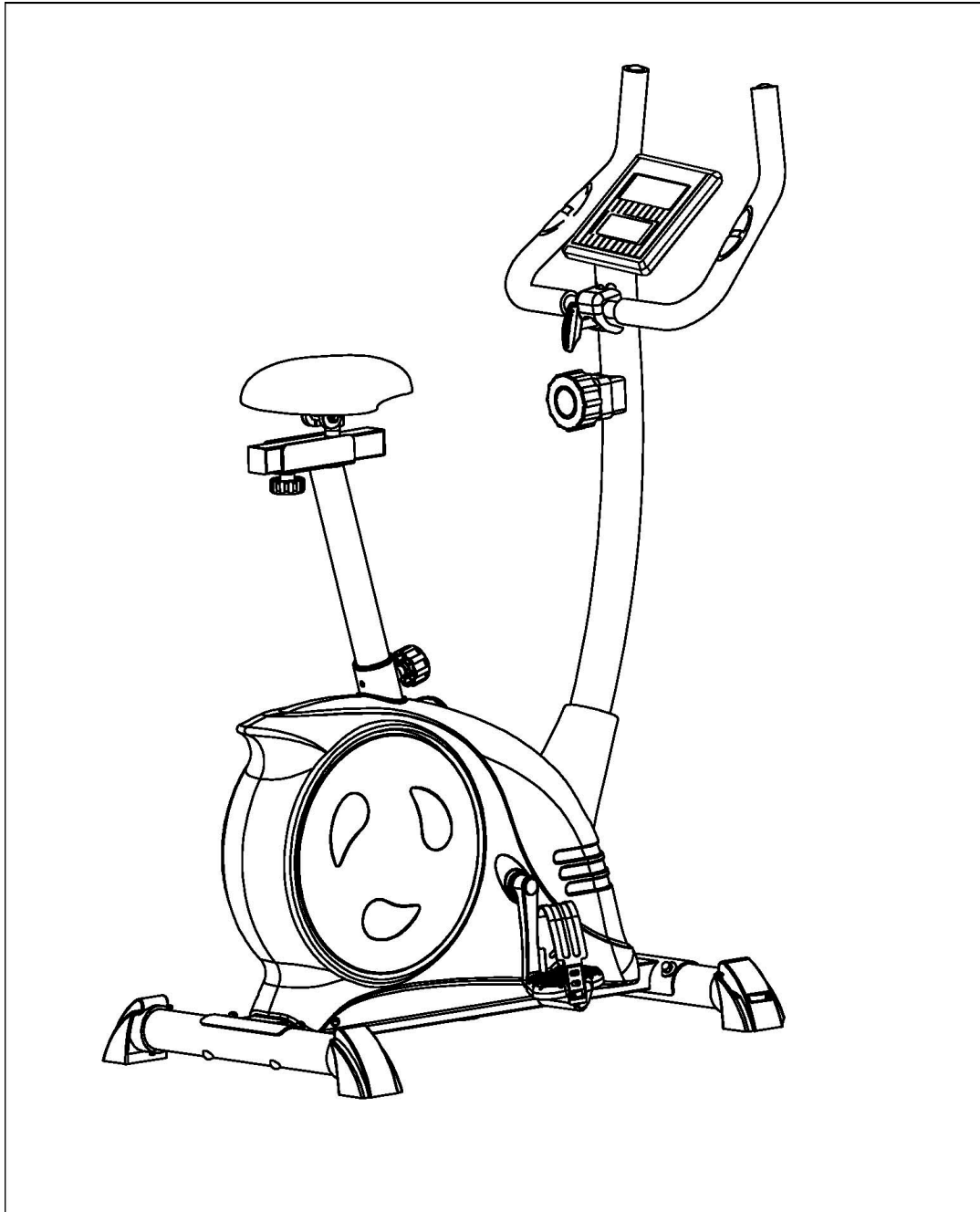


Magnetic Bike

XFIT SMOOTH

User's Manual



Please read all instructions carefully before using this product. Product specifications may differ from the photo 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.

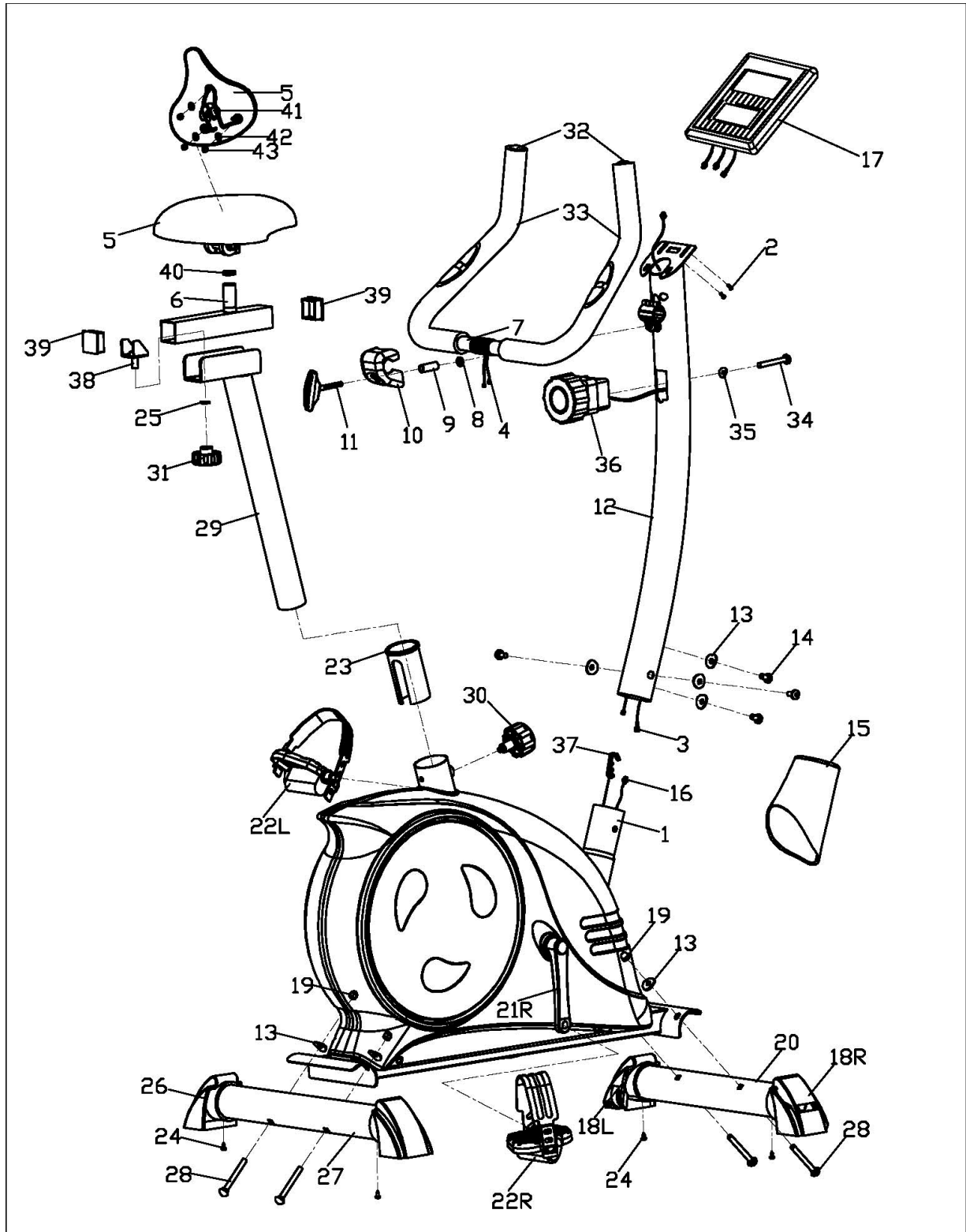
WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT.

SAVE THESE INSTRUCTIONS / Maximum user's weight: 100kg

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. Dust and fluff enter the internal mechanical parts of the machine, causing serious damage. Keep the machine free of dust and fluff.

EXPLODED DIAGRAM



ΧΑΡΑΚΤΗΡΙΣΤΙΚΑ

Disc weight: 6kg	Maximum user weight: 100kg
Resistance: Magnetic 8 επίπεδα	Machine weight: 27 kg
Saddle: Adjustable	Dimensions: Μ: 92 cm Π: 60 cm Υ: 137 cm
Heart rate measurement: On handles	Display: multi-display
Wheels: for easy tranport	(time, speed distance, calories, ambient temperature)
Bearing: SKF	

PARTS LIST

NO.	DESCRIPTION	Qty	NO.	DESCRIPTION	Qty
1	Main frame	1	23	Bushing	1
2	Screw M5x10	2	24	Screw ST4.2x18	4
3	Extension wire	1	25	Flat washer D10	1
4	Pulse connecting wire	2	26	Rear end cap	2
5	Saddle	1	27	Rear stabilizer	1
6	Saddle horizontal tube	1	28	Carriage bolt M8x74	4
7	Handlebar	1	29	Saddle tube	1
8	Flat washer D8	1	30	Spring knob M16x1.5	1
9	Spacer	1	31	Plum knob M10	1
10	Handlebar cover	1	32	End cap	2
11	Threaded rod M8x65	1	33	Foam grip	2
12	Handlebar post	1	34	Hex nut M5x55	1
13	Arc washer $\Phi 8.5 \times 1.5 \times \Phi 25 \times R30$	8	35	Arc washer D5	1
14	Bolt M8x15	4	36	Tension controller	1
15	Protective guard	1	37	Tension connecting wire	1
16	Sensor wire	1	38	U-bracket	1
17	Computer	1	39	Square end cap	2
18L/R	Front end cap	1L/R	40	Round end cap	1
19	Acorn nut M8	4	41	Saddle clip	1
20	Front stabilizer	1	42	Flat washer	3
21L/R	Crank	1L/R	43	Nylon nut	3
22L/R	Pedal	1L/R			

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 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.

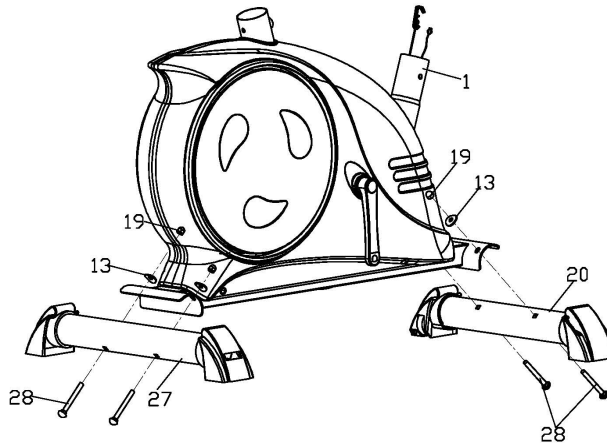
Check and tighten the screws at regular intervals, as they may loosen due to vibrations. Damage that may be caused by a lack of maintenance is not covered by the warranty.

ASSEMBLY INSTRUCTION

Note: Assembly requires 2 people.

STEP 1

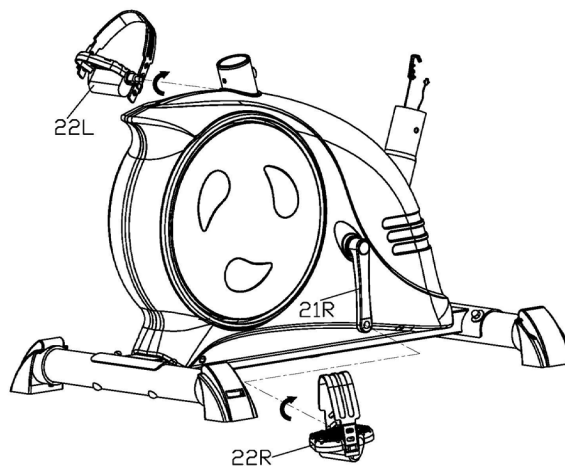
Attach the front stabilizer(20) and rear stabilizer(27) to the main frame(1) with the carriage bolts (28), arc washers (13) and Acorn nuts(19) as shown.



STEP 2

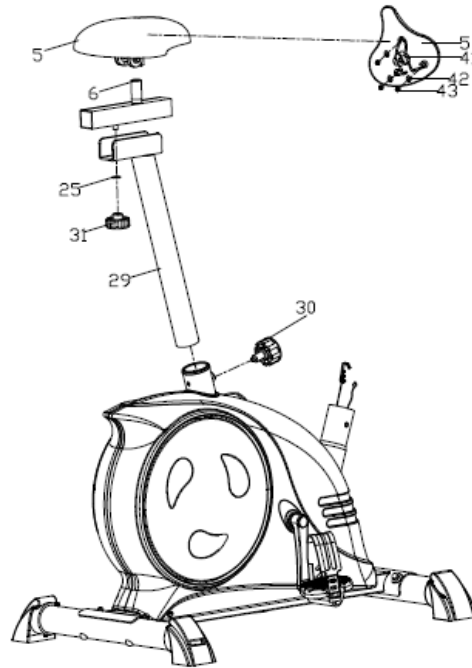
Lock the pedal(22L/R) to the crank(21L/R) with wrench.

Please note: lock the pedal(22L) in counter-clockwise and lock the pedal(22R) in clockwise as shown. And please make sure the pedal(22L/R) are locked tightly during your movement, otherwise the pedal will be broken.



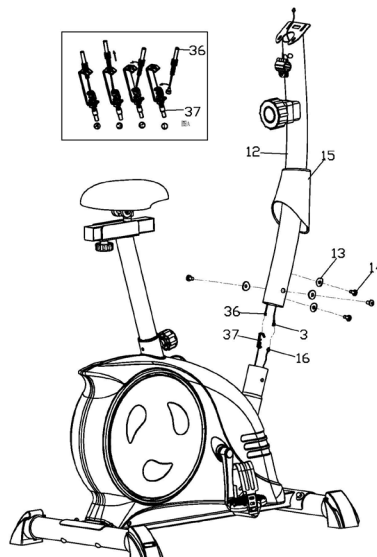
STEP 3

- A: Lock the Seat clip (41) to the threaded rod of the saddle(5) with nylon nut(43) and flat washer(42).
- B: Lock the saddle horizontal tube(6) to the saddle tube(29) tightly with plum knob(31) and flat washer(25).
- C: Insert the saddle tube(29) into the main frame(1),align the holes well, and then lock them tightly with Spring knob(30).



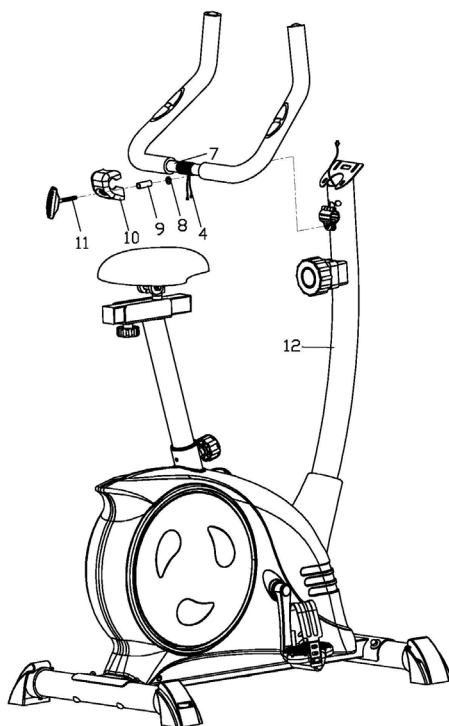
STEP 4

- A: Cover the protective guard(15) on the handlebar post(12).
- B: Connect the extension wire(3) with the sensor wire(16) together, and then connect the tension connecting wire (37) with the end of tension controller(36) together as the picture A shown. Lock the handlebar post(12) on the front tube of the main frame(1) with bolt (14) and arc washer(13) tightly. At last, cover the protective guard(15).



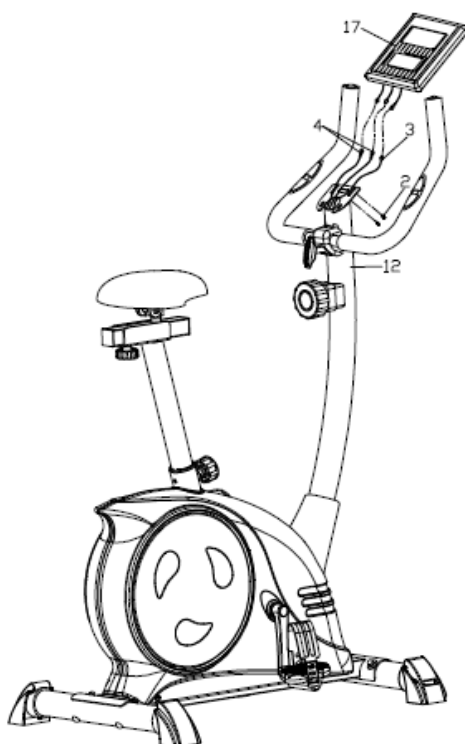
STEP 5

Pass the pulse connecting wire (4) through the handlebar post(12) and get it out of the computer bracket,then lock the handlebar(7) on the handlebar post(12) with threaded rod(11),handlebar cover(10),spacer(9) and flat washer(8).



STEP 6

Connect the pulse connecting wire(4),extension wire(3) with the wires of the computer(17) together,then lock the computer(17) on the computer bracket with screw (2).



Exercise Meter Instruction TZ-2162



FUNCTION BUTTONS

MODE

1. Press the button to select hour, minute, year, month and date for setting.
2. Press the button to select TIME, DISTANCE, CALORIES and PULSE to preset.
3. Press the button for selection function display on main LCD, or enter after setting.
4. Press the button to confirm setting value of gender, age, height and weight.
5. Press the button and hold for 2 seconds to reset all value to zero and into current data adjusting mode. (When the user replace batteries, all the values will reset to ZERO automatically.)

SET

1. To set up the hour, minute, year, month and date.
2. To set up the target value of Time, Distance, Calories and Pulse. You can hold the button to increase the value fast. (The computer has to be in stop condition.)
3. To set up the personal data of gender, age, height and weight for Body fat test.

RESET

1. Press the button to reset function value when setting.
2. Press the button and hold for 2 seconds to reset all value to zero and into current data adjusting mode. (When the user replace batteries, all the values will reset to ZERO automatically.)

MEASURE

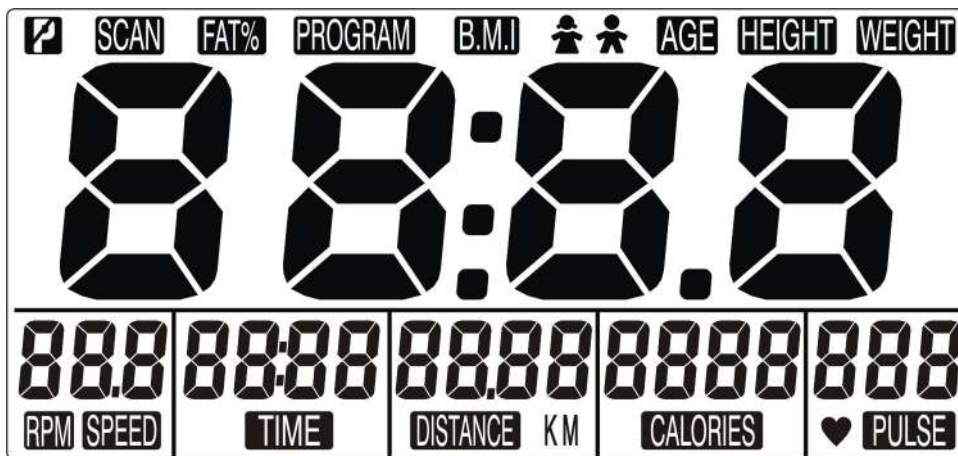
Press this button to enter Body Fat measure function, then press MODE key to enter the setting mode of your personal data of Gender, Age, Height and Weight. After finished setting, press it again to measure your Body fat ration (FAT%) and

BMI.

RECOVERY

To act the heart rate recovery function after pulse signal in. Press any button to return to the main display.

LCD full display



FUNCTIONS

- SCAN** Automatically scan through each mode in sequence every 6 seconds. The display loop is RPM – Speed – Time – Distance – Calorie - Pulse on the main screen.
- TIME** Accumulates total time from 0:00 up to 99:59. The user may preset target time by pressing SET & MODE button. Each increase is 1 minute.
- RPM** Displays the Rotation per Minute (RPM). The RPM and SPEED will switch to another display in every 6 seconds after exercise starts.
- SPEED** Displays current training speed. Maximum speed is 99.9 km/h or mile/h.
- DISTANCE** Accumulates total distance from 0.00 up to 99.99 km or mile. The user may preset target distance data by pressing SET & MODE button. Each increase setting is 0.5 km or mile.
- CALORIES** Accumulates calories consumption during training from 0 to max. 999 calories. The user may also preset the target calorie before training by press SET & MODE button. Each setting increase is 10 cal.
Note : This data is a rough guide for comparison of different exercise sessions which cannot be used in medical treatment.
- PULSE** The monitor will display the user's heart rate in beats per minute during training. You may set the target heart rate by press the SET & MODE button.
- CALENDAR** The monitor will display date, month, and year when the monitor is in sleep mode.
- CLOCK** The monitor will display current clock time when the monitor is in sleep mode.
- TEMPERATURE** Displays current room temperature from 10°C to 60°C when the monitor is in sleep mode.

OPERATION ORDER:

1. Power on –
Installs 2 pieces of 1.5V UM-3 or AA batteries. The monitor start to segment test with a long beep sound. (Whenever batteries are removed, all the functions values will be reset to zero or default value.)
2. Set current data –
Press the SET and MODE buttons to set up current clock time, year, month, and date. After the first setting till batteries be replaced next time, those preset data will be updated automatically.
3. Select and preset target value –
Get access to the setting function of Time, Distance, Calories and Target Pulse. When you are in each setting mode. For instance the Time setting, when the time value is glitter, you can press the SET button to adjust the value. Press the MODE button for confirmation and skip to next setting. The setting of Distance & Calories is the same as Time setting.
4. After entering speed signal, each function of SPEED-RPMTIME-DISTANCE-CALORIES- PULSE will skip to display in every 6 seconds.
5. You can also press the MODE button to select single function display on the main screen except RPM & SPEED. The RPM & SPEED function will switch display in 6 seconds.
6. If you have preset any function target before, the function starts to count down from the target when the training starts. Once the target is achieved, the monitor will beep and the function will count up from zero automatically if the training is still going.
7. Pulse measurement –
After you hold on two handgrip sensors in a few seconds, the monitor will show up your current heart rate in beats per minute. To ensure the heart rate readout precisely, please do not hold one hand only. You may preset target pulse before training starts. Once your current heart rate is achieved to the target, the value of pulse will beep to remind you.

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.

8. Recovery –
When the PULSE is working, you can press “RECOVERY” button to start the recovery test function. The monitor will count down from 0:60 second to 0:00 and the heart beat symbol will be glitter till counting down to “0:00”. During 60 seconds counting period, please keep heart rate sensor is attached. Then the screen will display “F1 to F6” to show your recovery status. F1 is the best, and the F6 is the worst. You may keep exercising to improve your heart rate recovery status, and check it by using Recovery function.
- 9 Body Fat -
 - 9-1.Press BODY FAT key to enter body fat measurement.
 - 9-2.Press MODE and SET buttons to input your personal data. Each personal data available setting area is described as the following:

AGE:	10 ~ 99 years
HEIGHT:	100 ~ 250 cm
WEIGHT:	10 ~ 200 kg
 - 9-3.After all personal data have been input, you can press BODY FAT button and hold on grip conductors to start the body fat testing.

9-4.It takes few seconds to test the body fat. If you did not hold on the conductor during the testing procedure, the LCD will show the error sign Err after 10 seconds period.

9-5.After the testing is finished, you will see fat advice in percentage and BMI figure (body mass Index) display on the main LCD in sequence by scan mode.

BODY FAT % : Calculate from your personal data to show the value from 5%~50%.

BMI : Calculate from your personal data to show the value from 1.0~99.99.

9-6.Press any key to return to the main display.

Note

1. Stop training for 4 minutes, the screen will show up room temperature, clock, and calendar display automatically.
2. If the computer displays abnormally, please re-install the battery and try again.
3. Battery Spec: 1.5V UM-3 or AA (2PCS).
4. The batteries must be removed from the appliance before it is scrapped and that they are disposed of safety.

Note :

1. Do not dispose of electrical appliances as unsorted municipal waste, use separate collection facilities.
2. Contact your local government for information regarding the collection systems available.
3. If electrical appliances are disposed of in landfills or dumps, hazardous substances can leak into the groundwater and get into the food chain, damaging your health and well-being.
4. When replacing old appliances with new once, the retailer is legally obligated to take back your old appliance for disposal at least for free of charge.



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

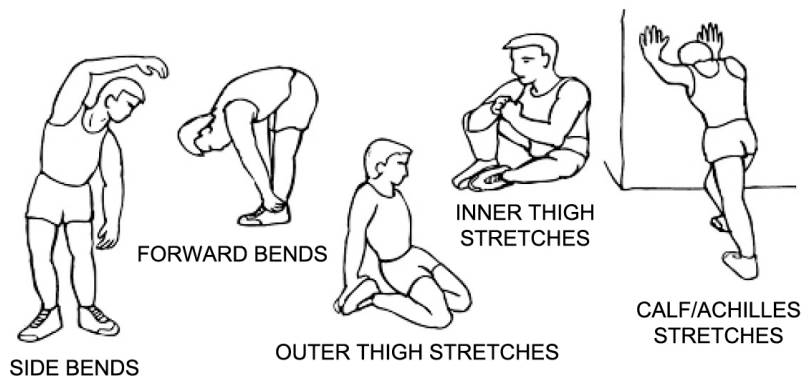
The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength-training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks,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

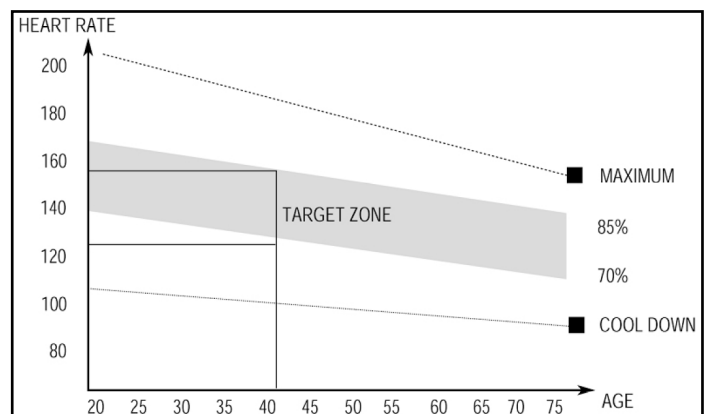
DO NOT BOUNCE.

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 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.



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