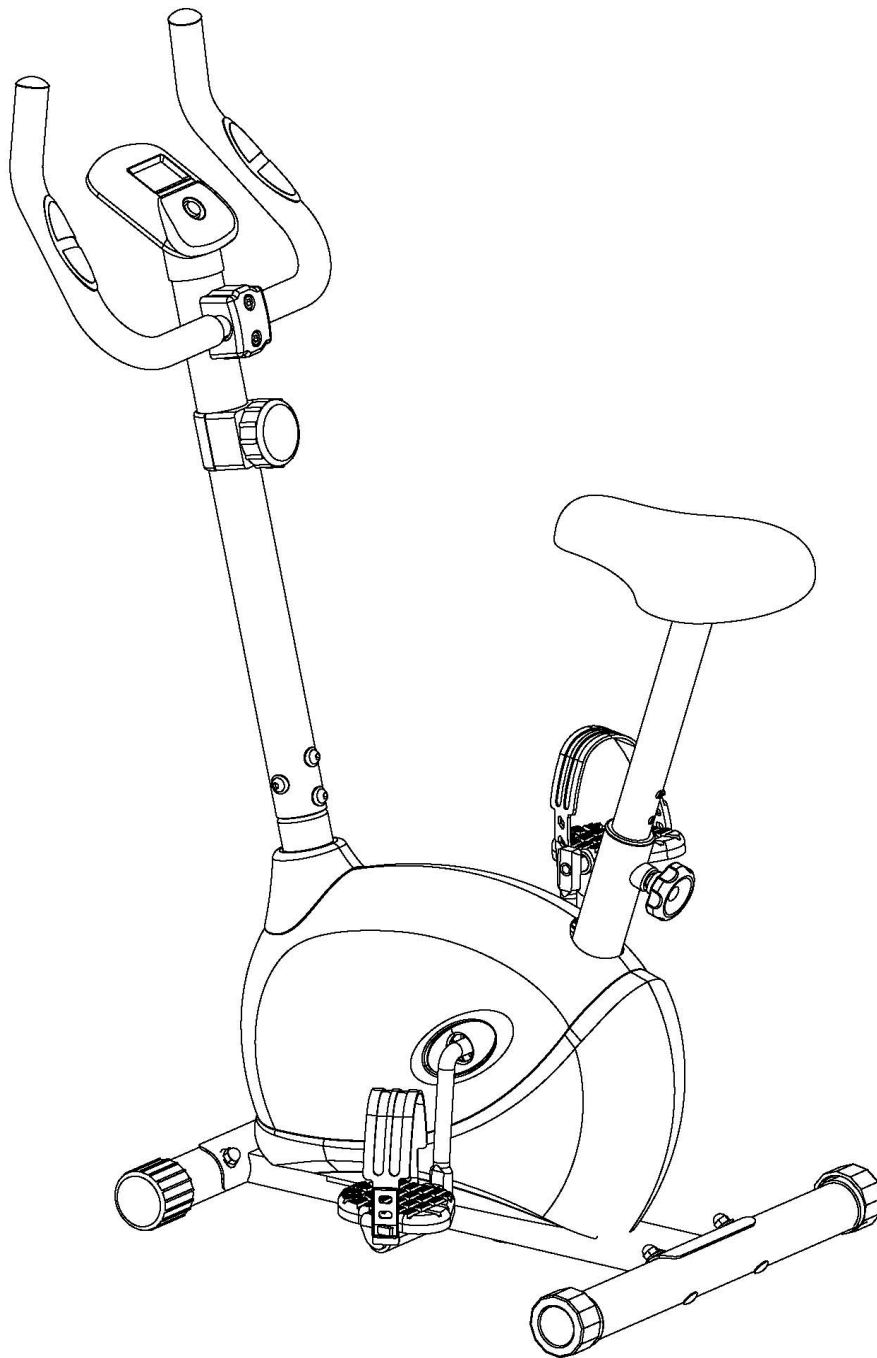


Magnetic Bike

XFIT STUDIO

User's Manual



* Product specifications may differ from the photo and are subject to change without notice.

Precautions

- 1) Read all the instructions in this manual and do warm up exercises before using this equipment.
- 2) This upright bike is home stationary fitness equipment and aerobic training equipment that can help you to develop your cardiovascular function.
- 3) Please make sure all parts are not damaged and well fixed before use. The equipment should be placed on a flat surface when using. Using a carpet or other covering material on the ground is recommended.
- 4) Please wear proper clothes and shoes when using this magnetic upright bike; do not wear clothes that might catch any part of the equipment; remember to tighten the pedaling straps.
- 5) Consult your physician and make a suitable exercise schedule before exercise. This is particularly important to people who are over 35 years old or who have prior medical history. To attain the ideal exercise result, besides executing a suitable amount of exercise, it is also very important to insist on doing exercise every day.
- 6) Before exercise, in order to avoid injuring the muscle, warm-up exercise of every position of the body is necessary. Refer to Warm Up Exercises. After exercise, relaxation of the body is suggested for cool-down.
- 7) Keep children and pets away from the equipment while operating the equipment. This machine is designed for adults only. The minimum free space required for safe operation is not less than two meters.
- 8) Do not use this equipment one hour before or after dinner.
- 9) If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
- 10) The maximum weight capacity of the user is 90 kgs.

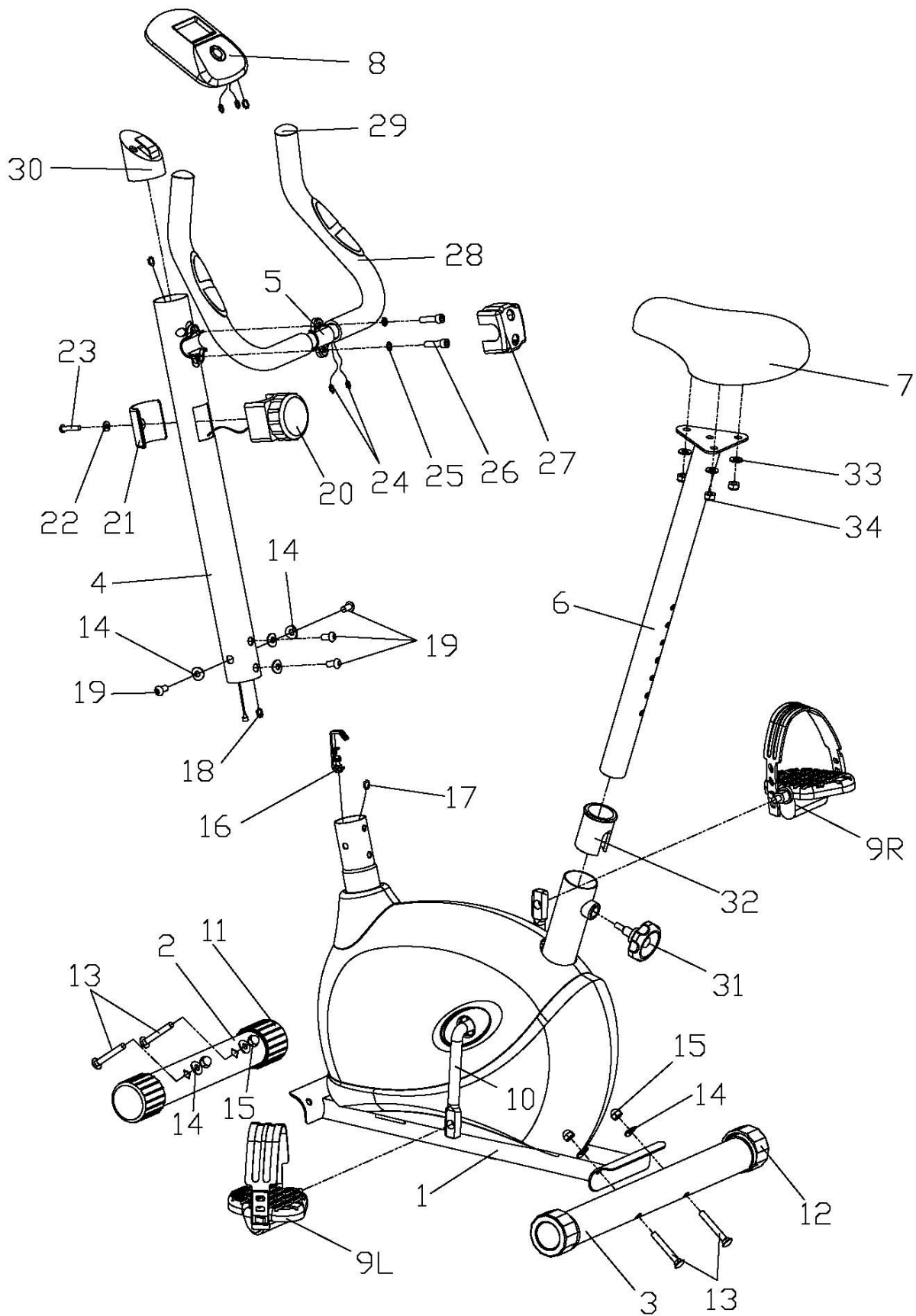
Warning: It will be harmful if you disobey the above-mentioned precautions.

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.

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.

Exploded Diagram



Parts List

No.	Description	Qty	No.	Description	Qty
1	Main frame	1	18	Connective wire	1
2	Front stabilizer	1	19	Allen bolt	4
3	Rear stabilizer	1	20	Tension control	1
4	Handlebar post	1	21	Tension control cover	1
5	Handlebar	1	22	Washer	1
6	Saddle post	1	23	Screw	1
7	Saddle	1	24	Pulse wire	2
8	Computer	1	25	Spring washer	2
9L/R	Pedal	1 each	26	Bolt	2
10	Crank	1	27	Handlebar clamp	1
11	Front stabilizer end cap	2	28	Foam grip	2
12	Rear stabilizer end cap	2	29	Cap	2
13	Carriage bolt	4	30	Computer bracket	1
14	Arc washer	8	31	Knob	1
15	Cap nut	4	32	Bushing	1
16	Tension cable	1	33	Flat washer	3
17	Sensor wire	1	34	Nylon nut	3

Assembly Instructions

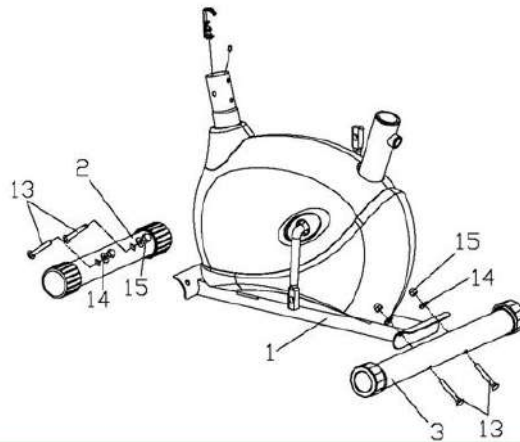
Note: Assembly requires 2 people.

Attention:

Please follow these assembly instructions step by step to assemble this upright bike.

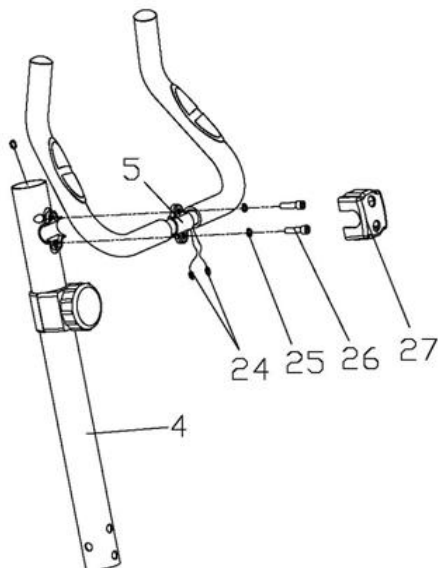
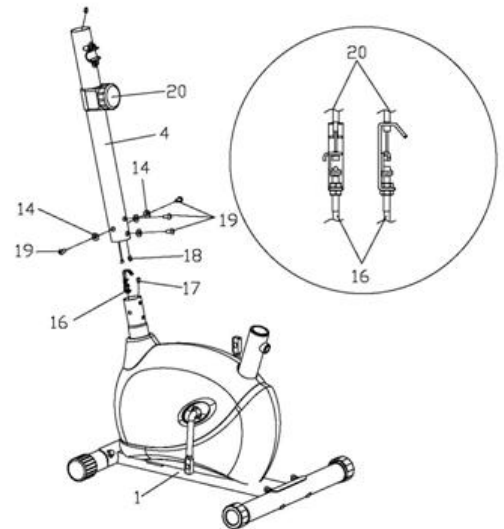
1. Install the Front and Rear Stabilizers

Fix the front stabilizer (2) and rear stabilizer (3) to the main frame (1) with the carriage bolt (13), arc washer (14) and cap nut (15).



2. Install the Handlebar Post

Connect the sensor wire (17) from the main frame (1) to the connective wire (18) from the handlebar post (4). Put the end of tension control (20) into the spring hook of tension cable (16). Pull the resistance cable of tension control (18) up and force it into the gap of metal bracket of tension cable (16). Finally, insert the handlebar post (4) to the main frame (1) and secure with the allen bolt (19) and arc washer (14).

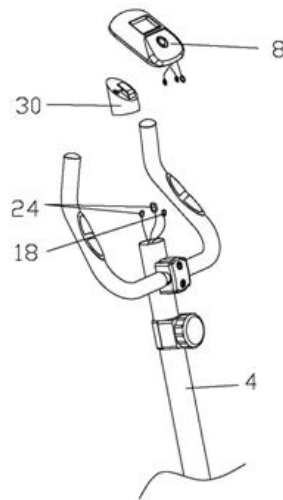


3. Install the Handlebar

Fit the pulse wires (24) through the hole of handlebar post (4), and then pull out from the top of the handlebar post (4). Fix the handlebar (5) onto the handlebar post (4) with spring washer (25) and bolt (26). Cover the handlebar clamp (27) onto the handlebar (4).

4. Install the computer

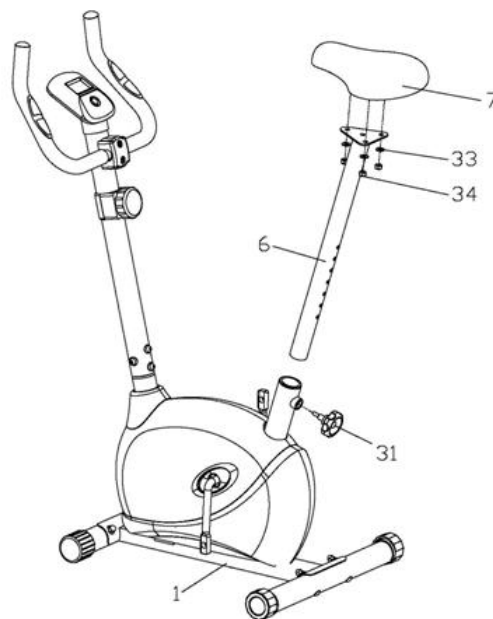
Open the battery cover and install two "AA" or "UM-3" batteries into the battery compartment on the back of Computer (8). Put the connective wire (18) and pulse wire (24) through the computer bracket (30). Connect the pulse wires (24) and connective wire (18) to the wires that come from the computer (8), and then fix the computer bracket (30) on the handlebar post (4). Insert the computer (8) onto the computer bracket (30).



5. Install the Saddle Post

Fix the saddle (7) to the saddle post (6) with Flat washer (33) and Nylon nut (34), and then insert the saddle post (6) into the main frame (1), tighten with knob (31).

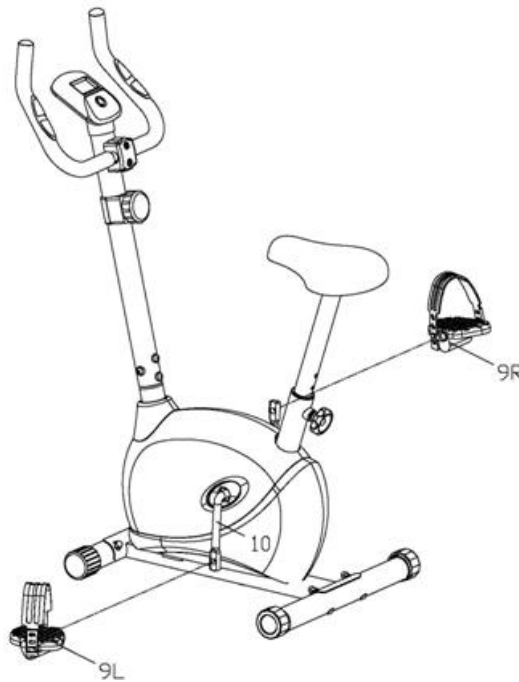
Note: when adjusting the height of saddle post, the maximum insert depth mark line cannot be higher than the edge of the tube of Main Frame section.



6. Install the Right and Left Pedals

Attach the right and left pedals (9L/R) to the crank (10) respectively. The right pedal (9R) should be threaded clockwise. The left pedal (9L) should be threaded counterclockwise.

NOTE: The right and left Pedals (9L/R) are marked “R” for right & “L” for left.



Maintenance and Treatment

1. Verify that all the bolts and nuts are locked properly, and the turning parts should be turned freely without damaged parts.
2. Clean the equipment with soap and slightly damp cloth only. Please do not use any solvent to clean the equipment.

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.

Console Instructions

FUNCTION MARK:

A: Auto Scan O: Odometer
S: Current Speed C: Calorie Consumption
D: Trip Distance ♥ : Pulse Rate
T: Elapsed Time

HOW TO REMOVE BATTERY:

1. Pull off the battery cover and place two of SIZE-AA or UM-3 or SIZE-AAA (UM-4) batteries into battery housing on back of monitor, please refer to below illustrations.
2. Ensure batteries are correctly positioned and battery springs are in proper contact with batteries.
3. Replace battery cover and insure it is tightly closed.
4. Battery life is approx. 1 year under normal usage.
5. If the display is illegible or only partial segments appear, remove batteries, and wait 15 seconds before reinstalling.
6. Removing the batteries will erase computer memory.

FUNCTIONS AND OPERATIONS:

Mode or function

Action

Auto On/Off &

Auto Start/Stop

As long as the machine is in motion, the monitor is in action. If there is no moving within 4 minutes, monitor will turn off automatically.

Auto Scan

Press the button until the ARROW points to "A", the monitor will rotate through all 5 functions Speed, Distance, Time, Odometer & Calorie. Each display will be held for 6 seconds.

Speed

Press the button until the ARROW points to "S" to display the current speed.

Trip Distance

Press the button until the ARROW points to "D" to display the trip distance you are traveling.

Elapsed Time

Press the button until the ARROW points to "T" to count the elapsed time.

Total Distance

Press the button until the ARROW points to "O" to (Odometer) display the total accumulated distance.

Calories

Press the button until the ARROW points to "C" to display the calorie consumption.

Pulse Rate

Press the button until "♥" appears to show your heart rate (Pulse) in beats per minute. Before measuring your pulse rate, please place your

palms of your hands on both of your current heartbeat rate in beats per minute (BPM) on the LCD after 4-5 seconds.

Reset

Pressing the button for more than 3 seconds will reset all functional values to zero except Odometer.

SPECIFICATIONS:

FUNCTION	Auto Scan	Every 6 seconds
	Current Speed	The maximum signal can be pick up is 1200 RPH
	Trip Distance	0.1-999.9 Miles or Kms
	Elapsed Time	0:00-99:59(Minute : Second)
	Odometer	0.1-999.9 Kms or Miles
	Calorie	0.1-999.9K.cal
	Pulse Rate	30-240 beats per minute
Controller	4 bit single chip microprocessor	
Sensor	No-contact magnetic type	
Battery type	2 PCS of SIZE-AA or UM-3	
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

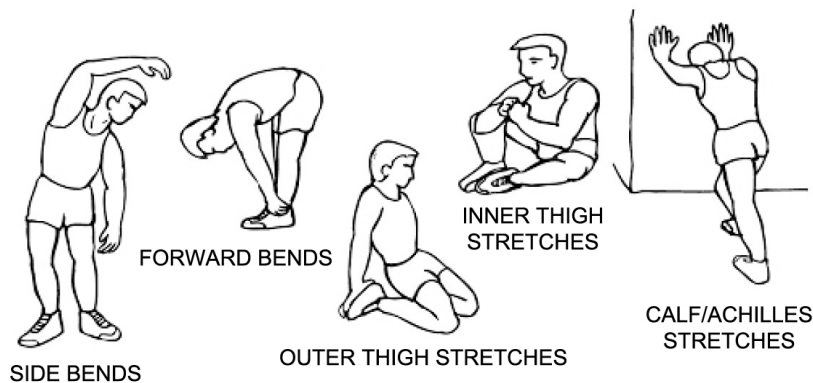
The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength-training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks,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

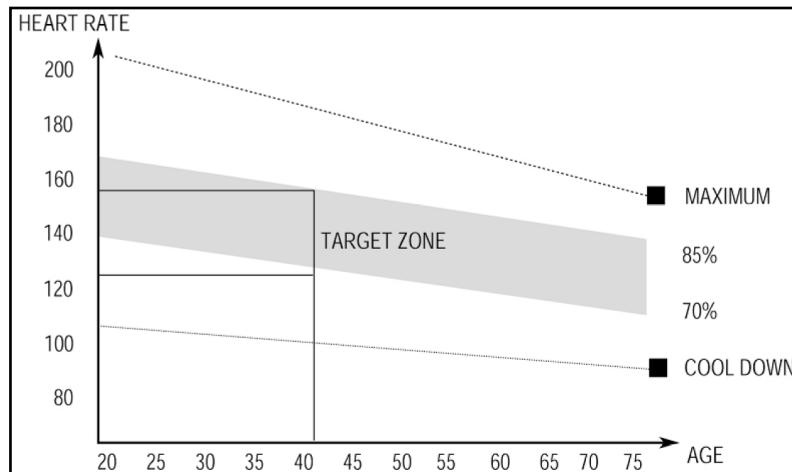
DO NOT BOUNCE.

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 1 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 and 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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NOTES

A large rectangular area with a dotted border, intended for writing notes. It contains 20 horizontal lines for text entry.



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