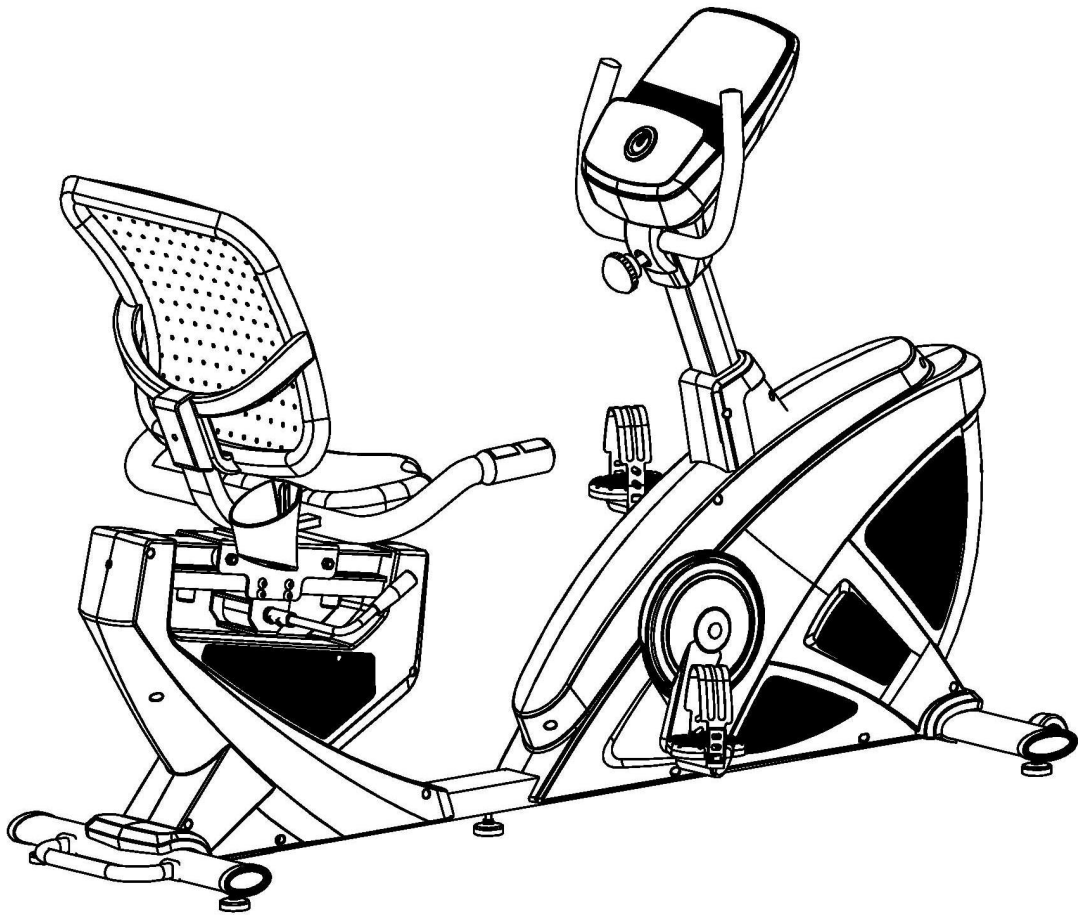


Recumbent Bike

XFIT FAMILY

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 Recumbent 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

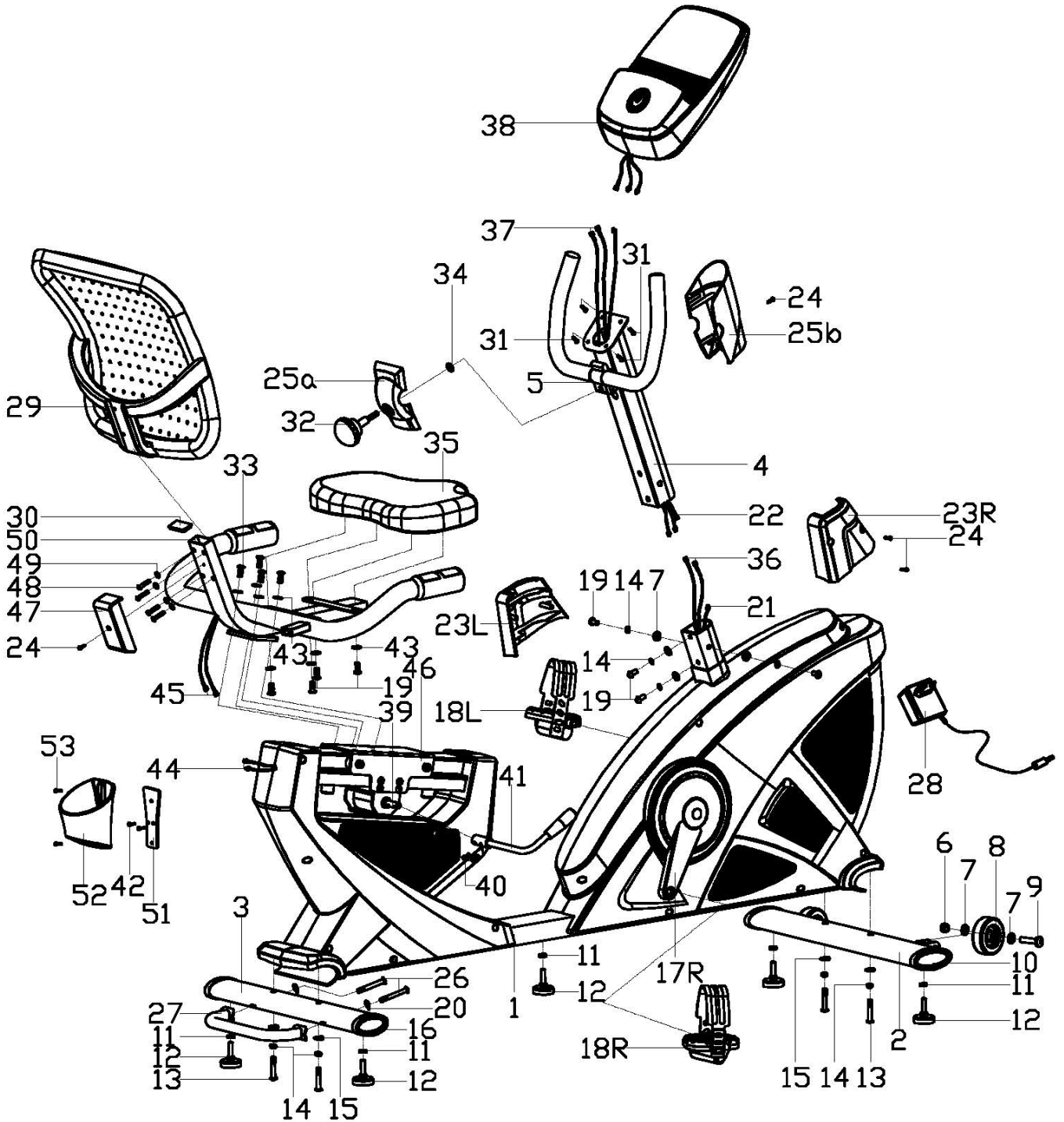
BE SURE TO READ THE ENTIRE MANUAL BEFORE YOU ASSEMBLE OR OPERATE YOUR MACHINE. IN PARTICULAR, NOTE THE FOLLOWING SAFETY PRECAUTIONS:

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.
13. To reduce the risk of electrical shock, burns, fire or other possible injuries to the user, it is important to review this manual and the precautions before operation.

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: 120 kg

EXPLODED DIAGRAM



PARTS LIST


Part No.	Description	QTY	Part No.	Description	QTY
1	Main frame	1	28	Adaptor	1
2	Front stabilizer	1	29	Backrest	1
3	Rear stabilizer	1	30	Square end cap	1
4	Handlebar post	1	31	Phillips screw	4
5	Fixed handlebar	1	32	Plastic handle knob	1
6	Nylon nut M10	2	33	Allen bolt M8×12	4
7	Flat washer D10×2	4	34	Flat washer	1
8	Roller	2	35	Seat	1
9	Allen bolt M10×50	2	36	Extension pulse wire 1	2
10	Oval end cap	2	37	Extension pulse wire 2	2
11	Hex nut M10	5	38	Console	1
12	Adjusting pad	5	39	Eccentric shaft	1
13	Allen bolt M8×L58	4	40	Allen cylindrical bolt M6×10	2
14	Spring washer D8	8	41	Level Handle	1
15	Arc washer d8×2×Φ25×R39	4	42	Phillips flat screw M4×12	2
16	Oval end cap	2	43	Flat washer D8×Φ16×1.5	8
17L/R	Crank	1pr.	44	Extension pulse wire 3	2
18L/R	Pedal	1pr.	45	Pulse wire	2
19	Allen bolt M8×15	8	46	Adjustable bracket	1
20	Arc washer d8×R20	2	47	Backrest cover	1
21	Sensor wire	1	48	Allen bolt M6×40	4
22	Extension wire	1	49	Flat washer D6×1.2×Φ16	4
23L/R	Mast cover	1pr.	50	Seat frame	1
24	Phillips tapping Screw ST4.2×18	4	51	Fixed sheet	1
25a/b	Handlebar cover	1/1	52	Holder	1
26	Allen bolt M8×90	2	53	Phillips Screw M5×7	2
27	Lifting 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.

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.

Specification	
Disc weight:	7 kg
Console:	with Bluetooth / MP3 /USB
Pedal:	With  bearings
Seat:	Adjustable
Maximum user weight:	120 Kg
Display:	with phone jack / iPad
Weight:	48,5 kg
Dimensions:	163,5 x 67 x 105,5 cm

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 roduct and non-compliance with the instructions for use.

ASSEMBLY INSTRUCTIONS

Note: Assembly requires 2 people.

PREPARATION:

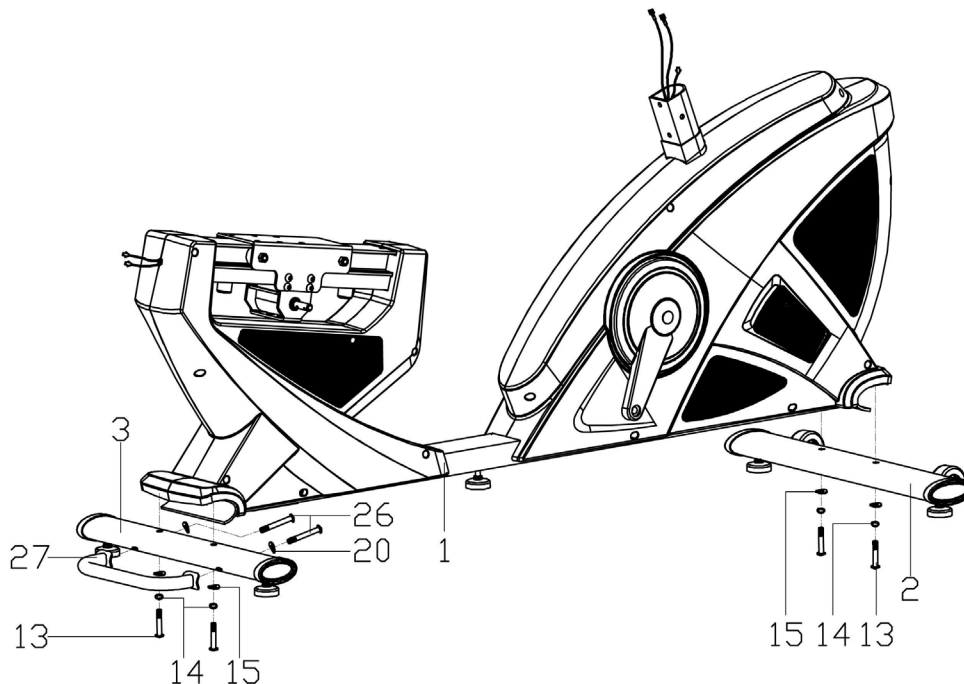
Before assembling, make sure that you will have enough space around the item; Use the present tooling for assembling; before assembling, please check whether all needed parts are available.

It is strongly recommended this machine to be assembled by two or more people to avoid possible injury.

STEP 1:

A: Lock the Lifting Handle (27) to the Rear Stabilizer (3) with the Allen Bolts (26) and the Arc Washers (20) as shown.

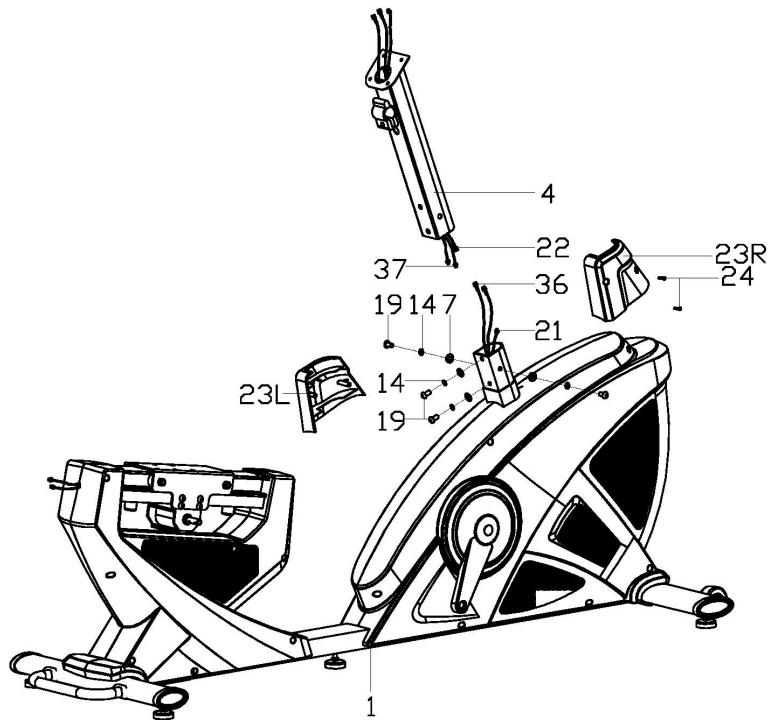
B: Lock the Front Stabilizer (2) and the Rear Stabilizer (3) to the Main Frame (1) with the Allen Bolts (13), Spring Washers (14) and Arc Washers (15).



STEP 2:

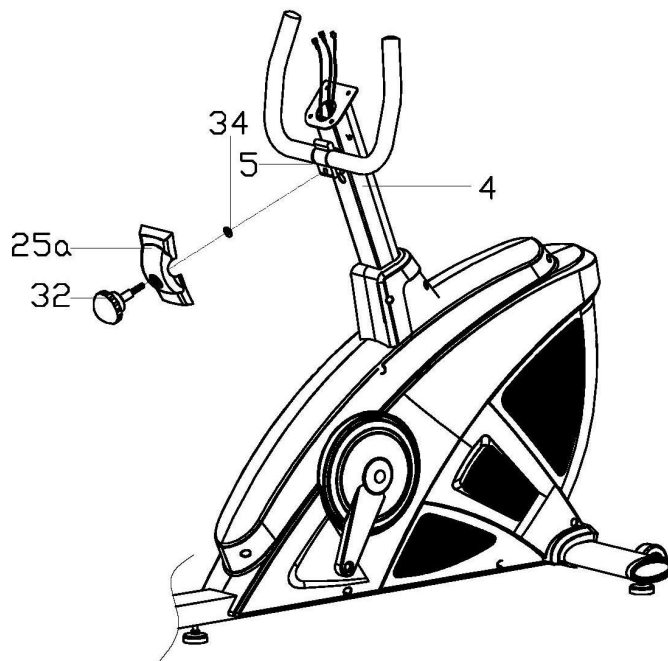
Connect the Sensor Wire (21) and Extension Pulse Wires 1(36) to the Extension Wire (22) and Extension Pulse Wires 2 (37), then lock the Handlebar Post (4) on the Main Frame (1) with the Allen Bolts (19), Spring Washers (14) and Flat Washers (7) as shown.

Attach the Mast cover (23L/R) to the Main Frame (1) with the Phillips Tapping Screws (24).



STEP 3:

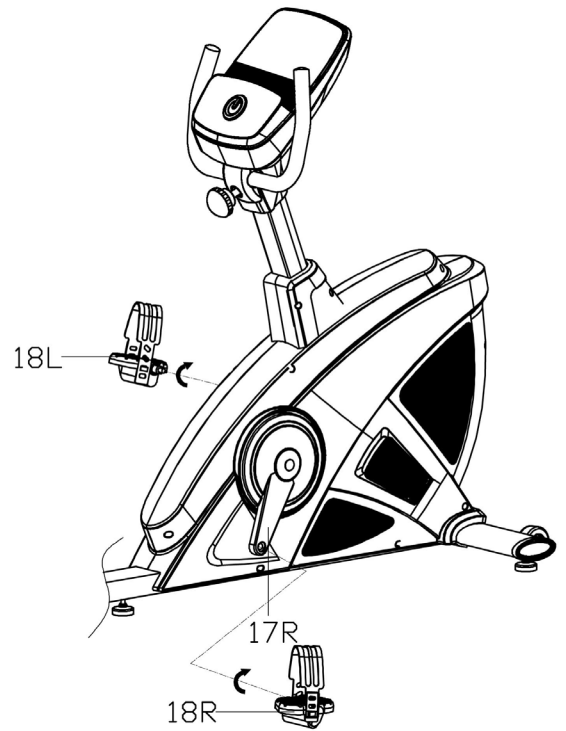
Lock the Handlebar (5) to the Handlebar Post (4) with the Plastic Handle Knob (32), Handlebar Cover (25a) and Flat Washer (34) as shown.



STEP 4:

A: Connect the Extension Pulse Wires 2 (37), Extension Wire (22) with the Wires from the Console (38), then lock the Console (38) on the computer bracket of the Handlebar Post (4) with the Phillips Screws (31).

B: Fit and lock the Handlebar Cover (25a/b) to the Handlebar Post (4) with the Phillips Tapping Screws (24).



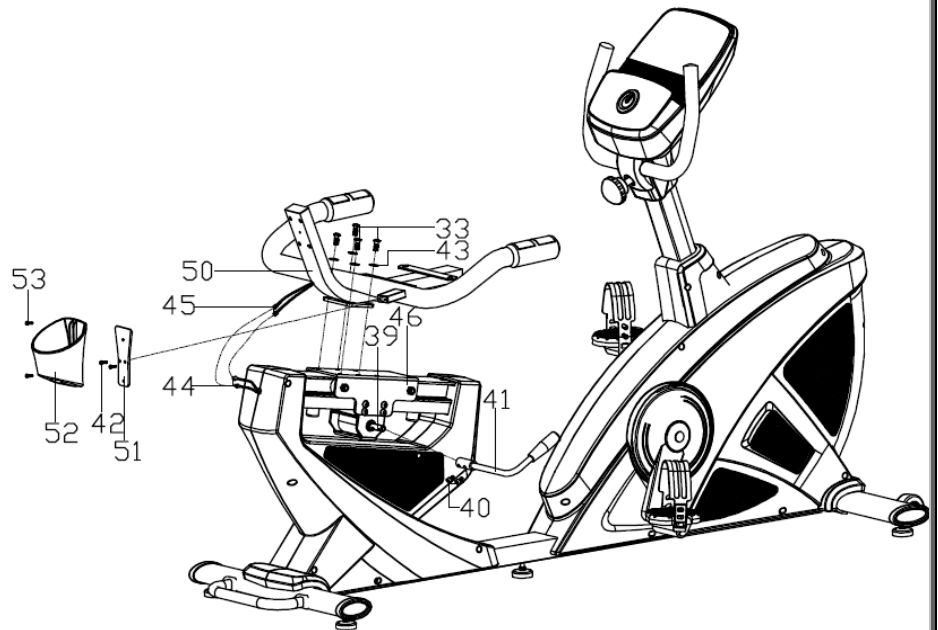
STEP 5:

Lock the Pedal (18L/R) to the Crank (17L/R) respectively with wrench.

NOTE: Both pedals are labeled L FOR LEFT and R FOR RIGHT.

To tighten turn the **Left Pedal COUNTERCLOCKWISE** and the **Right Pedal CLOCKWISE**.

And make sure the Pedal are locked tightly during your movement, otherwise the Pedal will be broken.

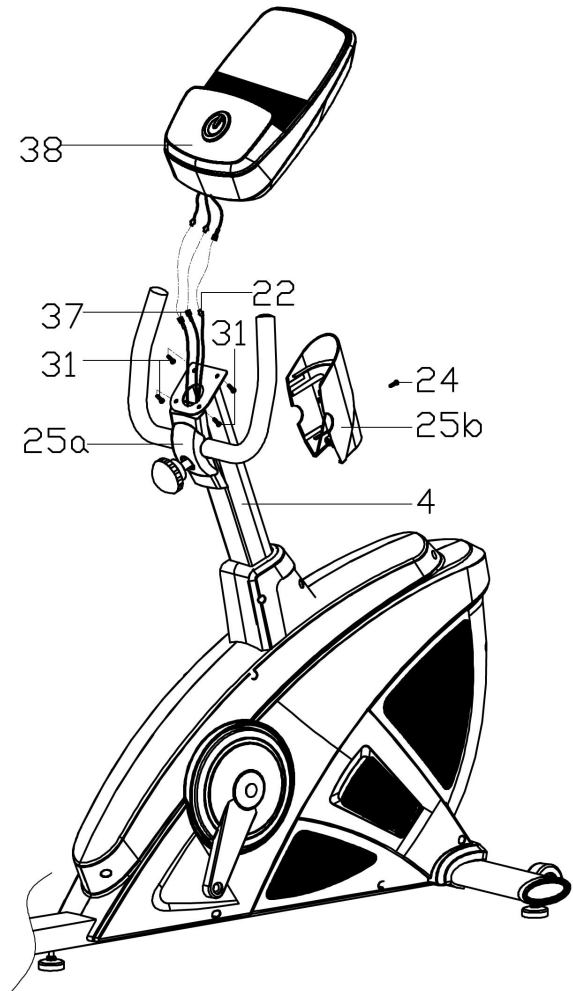


STEP 6:

A: Connect the Pulse Wires (45) with Extension Pulse Wires 3 (44) of the Main Frame (1), then lock the Seat Frame (50) on the Adjustable Bracket (46) with the Allen Bolts (33) and Flat Washers (43) as shown.

B: Lock the Level Handle (41) to the Eccentric Shaft (39) with the Allen Cylindrical Bolts (40).

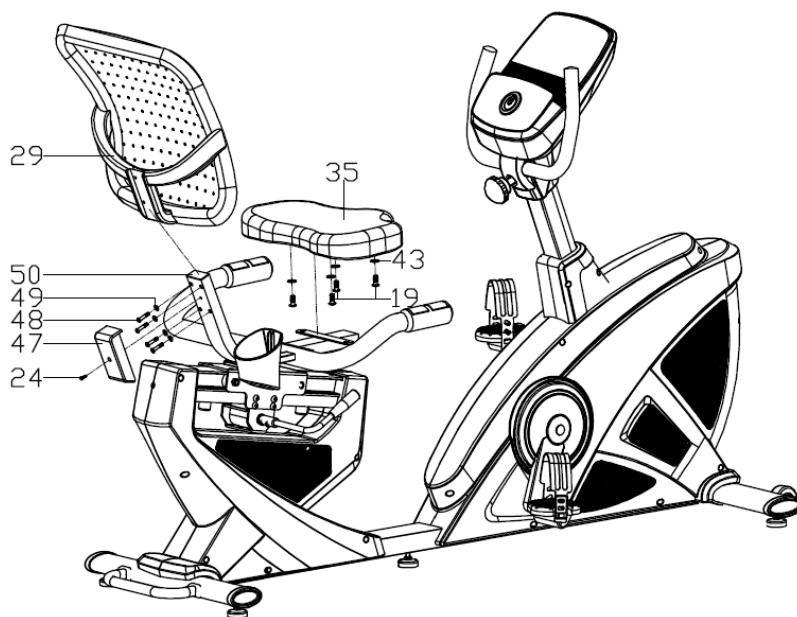
C: Lock the Fixed Sheet (51) to the Seat Frame (50) with the Phillips Flat Screws (42), and then lock the Holder (52) to the Fixed Sheet (51) with the Phillips Screws (53).



STEP 7:

A: Lock the Seat (35) on the Seat Frame (50) with the Allen Bolts (19) and Flat Washers (43).

B: Lock the Backrest (29) on the Seat Frame (50) with the Allen Bolts (48) and Flat Washers (49), and then fit the Backrest cover (47) to the Seat Frame (50) with the Phillips Tapping Screws (24).



Console Instruction SM2526-67

KEY FUNCTION:

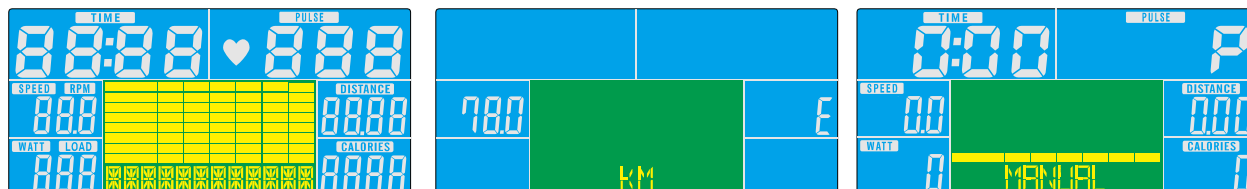
START/STOP	-Start or Stop workout.
RESET	-In STOP mode, press this key to go back to main menu; -Hold on pressing for 2 seconds, computer will reboot and start from user setting.
UP (+)	-Increase resistance level. -Setting selection.
MODE/ENTER	-In STOP mode, press it to confirm all setting or selection and enter program
DOWN (-)	-Decrease resistance level. -Setting selection.
RECOVERY	-Test heart rate recovery status.
BODY FAT	-Body Fat% measurement.

DISPLAY RANGE :

TIME	Display range 0:00 ~ 99:99 ; setting range 0:00 ~ 99:00 minutes
DISTANCE	Display range 0 ~ 99.99 ; setting range 0 ~ 99.90KM
CALORIES	Display range 0 ~ 9999 ; setting range 0 ~ 9990Cal.
PULSE	Display range P-30 ~ 230 ; setting range 0-30 ~ 230
WATT	Display range 0 ~ 999 ; setting range 10 ~ 350
SPEED	0.0~99.9KM/H
RPM	0~999 revolutions

OPERATION PROCEDURE

1. Plug in power supply (or press RESET KEY for 2S), BUZZER will sound one beep for 1 second. And LCD full display 2 seconds (Drawing 1) then display wheel diameter and KM or ML (Drawing 2). Then console come to Standby mode (Drawing 3).

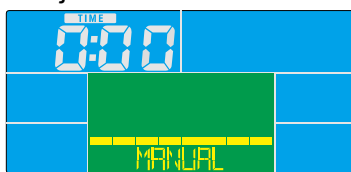


2. Select workout program in sequence: MANUAL→BEGINNER→ADVANCE→SPORTY → CARDIO → WATT.

3. If user select “MANUAL” and press MODE key, enter to TIME setting. Press UP (+) /DOWN (-) to select target time (Drawing 4) and confirm by MODE. Then set DISTANCE/CALORIES/ PULSE (Drawing 5~8). After setting, press START/STOP to start workout, Console will start to calculate values. Press UP (+) /DOWN (-) to adjust LOAD level.



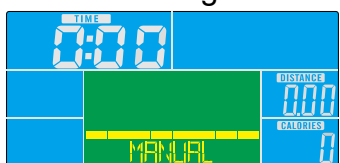
Drawing 4



Drawing 5



Drawing 6



Drawing 7



Drawing 8

4. If user want to select BEGINNER mode (Drawing 9), press START/STOP no matter in any mode, then press RESET go to main menu. When MANUAL is flashing, press UP (+) once and MODE key to enter BEGINNER mode (Drawing 10). Press UP (+) /DOWN (-) to select BEGINNER 1~4 and confirm by MODE. Set target TIME with UP (+) /DOWN (-) or start workout directly. During workout, user can press UP (+) /DOWN (-) to adjust LOAD level.

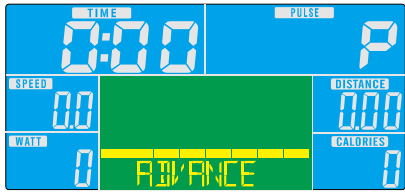


Drawing 9

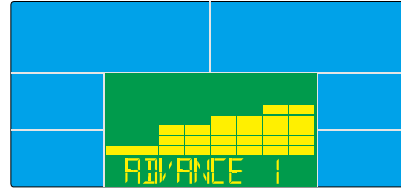


Drawing 10

5. If user want to select ADVANCE mode (Drawing11), press START/STOP no matter in any mode, then press RESET go to main menu. When MANUAL is flashing, press UP (+) twice and MODE key to enter ADVANCE mode (Drawing12). Press UP (+) /DOWN (-) to select ADVANCE 1~4 and confirm by MODE. Set target TIME with UP(+)/DOWN(-) or start workout directly. During workout, user can press UP (+) /DOWN (-) to adjust LOAD level.

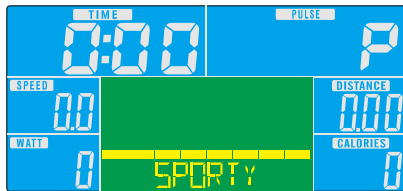


Drawing 11



Drawing 12

6. If user want to select SPORTY mode (Drawing 13), press START/STOP no matter in any mode, then press RESET go to main menu. When MANUAL is flashing, press UP (+) 3 times and MODE key to enter SPORTY mode (Drawing 14). Press UP (+) /DOWN (-) to select SPORTY 1~4 and confirm by MODE. Set target TIME with UP(+)/DOWN(-) or start workout directly. During workout, user can press UP (+) /DOWN (-) to adjust LOAD level.



Drawing 13



Drawing 14

7. If user want to select CARDIO mode (Drawing 15), press START/STOP no matter in any mode, then press RESET go to main menu. When MANUAL is flashing, press UP (+) 4 times and MODE key to enter CARDIO mode. Press UP (+) /DOWN (-) to set user AGE (Drawing 16), then press MODE to go to different CARDIO program selection. Press UP (+) /DOWN (-) to select CARDIO 55%, CARDIO 75%, CARDIO 90%, CARDIO TAG (Drawing 17). Set target TIME with UP (+) /DOWN(-) or start workout directly. If no pulse input to computer after starting workout for 6s, LCD will display "PULSE INPUT" for reminder (Drawing 18).



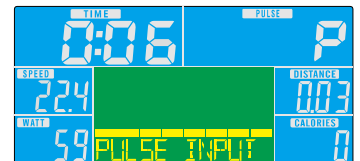
Drawing 15



Drawing 16



Drawing 17

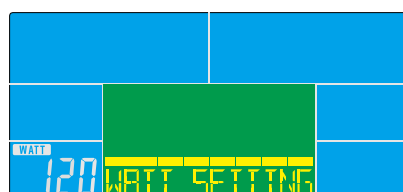


Drawing 18

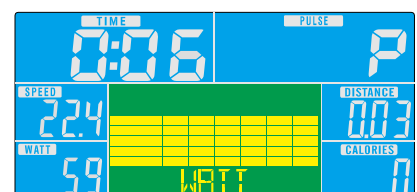
If user want to select WATT mode (Drawing 19), press START/STOP no matter in any mode, then press RESET go to main menu. When MANUAL is flashing, press UP (+) 5 times and MODE key to enter WATT mode. Press UP (+) /DOWN (-) to set target WATT with range of 10~350, preset value is 120 (Drawing 20). Then press MODE to go to TIME setting (from 1~99 minutes) or press START/STOP to start workout directly. During workout, system will adjust load level according to input value and workout status (Drawing 21). Press UP (+) /DOWN (-) to set WATT value.



Drawing 19



Drawing 20



Drawing 21

9. RECOVERY mode

After exercising for a period of time, keep holding on hand grips and press “RECOVERY” Button. All function display will stop except “TIME” starts counting down from 00:60 to 00:00 (Drawing 22). Screen will display your heart rate recovery status with the F1, F2....to F6 (Drawing 23). F1 is the best, F6 is the worst. (Press the RECOVERY button again to return the main display.) User may keep exercising to improve the heart rate recovery status.



Drawing 22



Drawing 23

10. BODY FAT measurement

In STOP mode, press the BODY FAT button to start body fat measurement. Then press UP (+) /DOWN (-) to set user profile (Drawing 24~26). After setting, system start measuring. During measuring, user have to hold both hands on the hand grip. And the LCD will display “--” “--“for 8 seconds (Drawing 27) until computer finish measuring.

When finish measuring, LCD will display BODY FAT advice symbol, BODY FAT percentage (Drawing 28), BMI (Drawing 29) for 30 seconds. During personal profile setting, user may press RESET to correct setting. Press BODY FAT button again to go back to previous workout status.

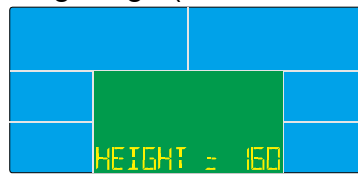
※ Error code display during measurement:

E-1--- user does not hold hand grips correctly (Drawing 30)

E-4--- Body Fat% exceed setting range (5.0%~ 50%, Drawing 31)



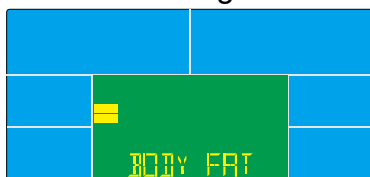
Drawing 24



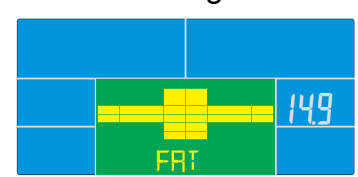
Drawing 25



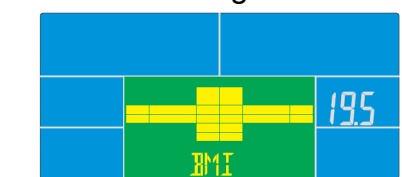
Drawing 26



Drawing 27



Drawing 28



Drawing 29



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.

System reminder:

X ※This console has the bell prompt function on button:

- ① effective operation- one short beep;
- ② ineffective operation- two short beeps;
- ③ any function value count down to 0 during workout- 2 short beeps every second
- ④ In CARDIO & WATT CONTROL mode when console is forced to stop- continuous 6 short beeps.
- ⑤ When PULSE exceed setting value- 2 short beeps every second
- ⑥ When WATT exceed setting value- 3 short beeps every second

MP3 Function:

User can connect mobile or music player to console with an audio cable for MP3 function. Then

click the player, console will play music.

(Reminder: console only has the function of power amplifier but not read memory card.)

USB power charger:

The console can provide USB charger for tablet or smart phone. User just plug the data cable into USB port for charging.

APP function:

The console has been built-in Bluetooth for APP function. Download i-Console+ APP to tablet first, then pair tablet and console thru BT.

(APP operation refer to i-Console+ Instruction Manual)

Remark: This console has function of MP3/USB charger/BT), thus consume much power. For stable workout and function stability, we suggest user to use adaptor of 9V 1.3A or above.

Connections instructions through Bluetooth with Smartphone & tablet.



Below are URLs to iConsole+Training at App store and Google Play

<https://itunes.apple.com/tw/app/ic-training/id1347028353>

<https://play.google.com/store/apps/details?id=com.changyow.icp4th>

To learn more about iConsole+Training app, please visit below URL. There are detailed description of iContole+ Training app, and we will keep developing more functions and ensure iConsole+Training stability as well as enrich the description on website.

<https://iconsole.plus/iconsoleplus/en/app/>

Or scan below QR code



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



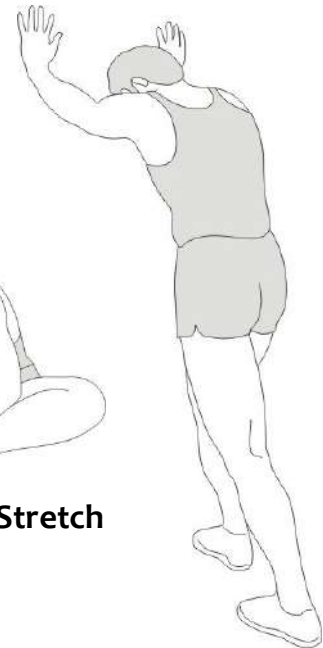
Toe Touch



Inner Thigh Stretch



Hamstring Stretch



Calf-Achilles 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.



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. (Dust and lint on the inside of the machine (motor roller) cause serious damage. Keep the machine clean!).
- 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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Tel.: 210 66 20 921 -2 - **FAX:** 210 66 20 923

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