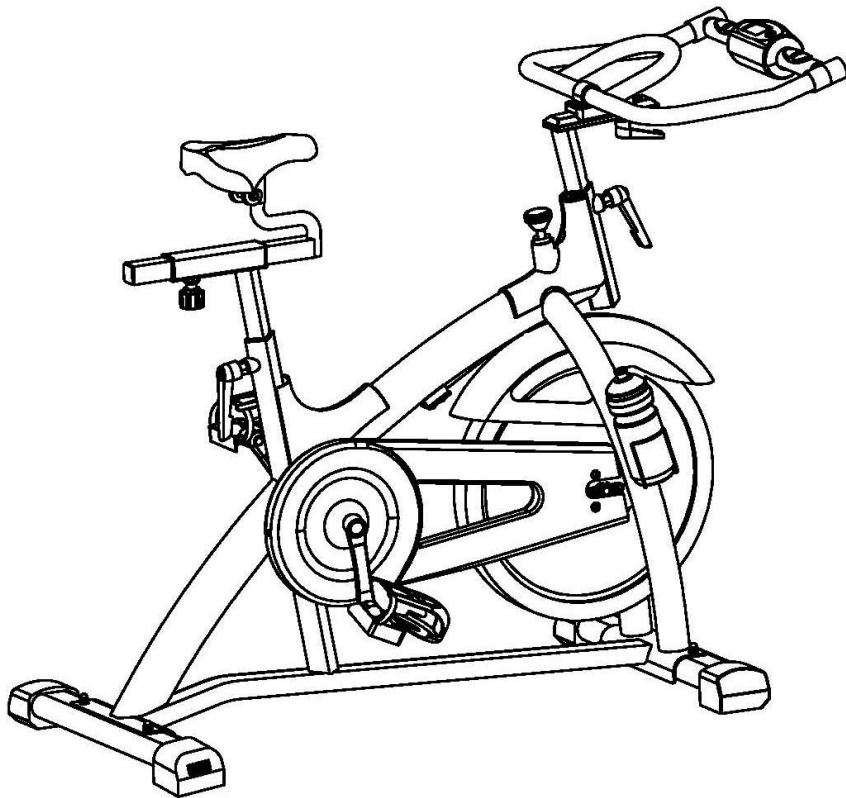


## Stationary Bike

# XFIT ROAD

## 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 Product! 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.

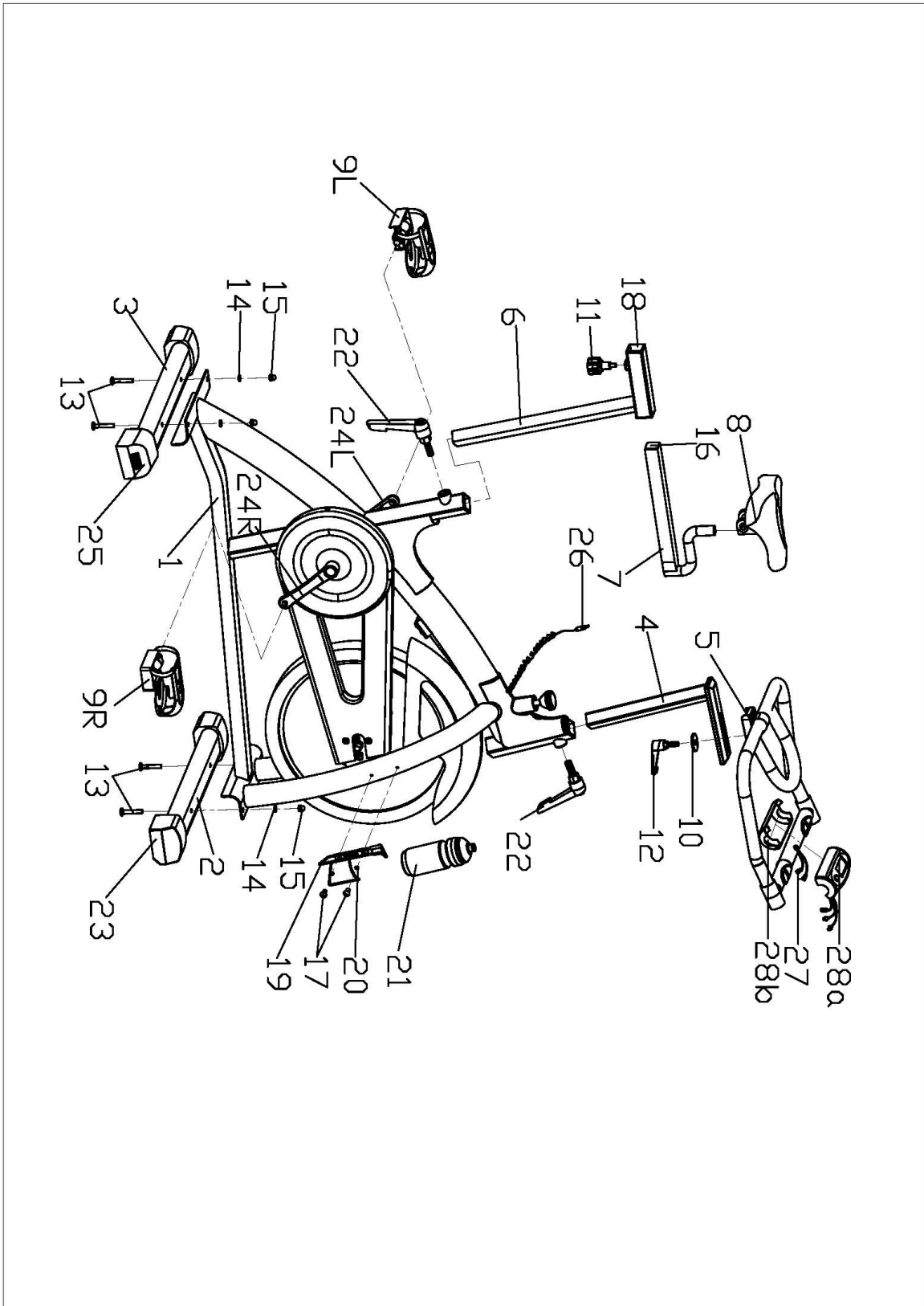
## SAFETY & MAINTENANCE INSTRUCTION

01. Once fully assembled, please check that all hardware parts such as bolts, nuts and washers are positioned and secured firmly.
02. Please check regularly that the safety chain guard that protects the moving parts of the machine is secured and in good order.
03. Please always check the seat post, seat slider; pedals and handlebar are secured firmly before getting on the bike.
04. To lubricate all moving parts annually is recommended.
05. Do not wear loose clothing to avoid entangling in any moving parts.
06. Do not remove feet from the pedals while they are in motion.
07. Always wear shoes when using the machine.
08. 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.
09. 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.

**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 product and non-compliance with the instructions for use.

# Exploded Diagram





# Parts List

No.	Description	Qty	No.	Description	Qty
1	Main Frame	1	15	Cap Nut <sub>M8</sub>	4
2	Front Stabilizer	1	16	Square End Cap	1
3	Rear Stabilizer	1	17	Screw <sub>ST4X10</sub>	2
4	Handlebar Post	1	18	Bushing	2
5	Handlebar	1	19	Bottle Bracket	1
6	Saddle Post	1	20	Flat Washer <sub>d4x1</sub>	2
7	Saddle Support Bar	1	21	Bottle	1
8	Saddle	1	22	L Adjustable Knob <sub>M16X1.5</sub>	2
9L/R	Pedal	1pr	23	Front Stabilizer Cap	2
10	Flat Washer <sub>φ40 X φ10 X4</sub>	1	24L/R	Crank	1pr
11	Pop-pin Knob <sub>M16x1.5</sub>	1	25	Rear Stabilizer Cap	2
12	L Adjustable Knob	1	26	Sensor Wire	1
13	Carriage Bolt <sub>M8x55</sub>	4	27	Hand Pulse	2
14	Flat Washer <sub>d8x 1.5xφ16</sub>	4	28a/b	Console Upper & Lower Cover	1 pr

29	Tension Knob Cover	1	53	Tension Knob	1
30	Spring	1	54	Brake Sheet	1
31	Nut <sub>M10</sub>	1	55	Brake Block	1
32	Nut <sub>M10</sub>	2	56	Screw <sub>ST3.5x 16</sub>	2
33	Cap Nut <sub>M12 x1</sub>	2	57	Saddle Post Cover	1
34	Flat Washer <sub>φ12</sub>	2	58	Crank Cover	2
35	Nut <sub>M6</sub>	2	59	Flange Nut <sub>M10x1.25</sub>	2
36	Adjustable Bolt <sub>M6X60</sub>	2	60	Cover	1
37	Bushing	1	61	Nylon Nut <sub>M20x1.5</sub>	1
38	Thin Nut <sub>M12x1</sub>	4	62	Bearing <sub>6904</sub>	2
39	Sensor	1	63L/R	Chain Cover	1 pr
40	Bearing <sub>6001Z</sub>	2	64	Screw <sub>ST4.8 X 15</sub>	2
41	Flywheel Axle	1	65	Axle	1
42	Flywheel	1	66	Belt	1
43	Spacer <sub>φ25 xφ20.5x64.5</sub>	1	67	Screw <sub>ST4 X 10</sub>	5
44	Spacer <sub>φ12.2 xφ18x6</sub>	3	68	Flat Washer <sub>φ4</sub>	5
45	Screw <sub>M5 x 10</sub>	4	69	Flat Washer <sub>φ6 X φ16 X1.2</sub>	2
46	Bushing <sub>2</sub>	2	70	Screw <sub>M6 X10</sub>	2
47	Spring Washer <sub>D5</sub>	2	71	Flat Washer	2
48	Flywheel Cover	1	72	belt Pulley	1
49	Brake Pad	1	73	Spacer <sub>φ12 x φ18 x 53.5</sub>	1
50	Brake Pad Bracket	1	74	Spacer <sub>φ12.2 x φ18 x 16</sub>	1
51	Screw <sub>M5x10</sub>	4	75	Flat Washer	1
52	Flat Washer <sub>φ5</sub>	2			

**Note:**

Some of the above accessories are pre-fitted to the master component. They may not be supplied separately.

**Prepare the Work Area**

It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and will reduce the possibility of injury during assembly.

**Work with a Friend**

You may find it quicker, safer and easier to assemble this product with the help of a friend as some of the components may be large, heavy or awkward to handle alone.


**Open the Carton**

Carefully open the carton that contains your product. Be sure to open the carton the right way up, as this will be the easiest and safest way to remove all the components.

**Unpack the Components**

Carefully unpack each component, checking against the parts list that you have all the necessary parts to complete the assembly of your product.

## Specifications

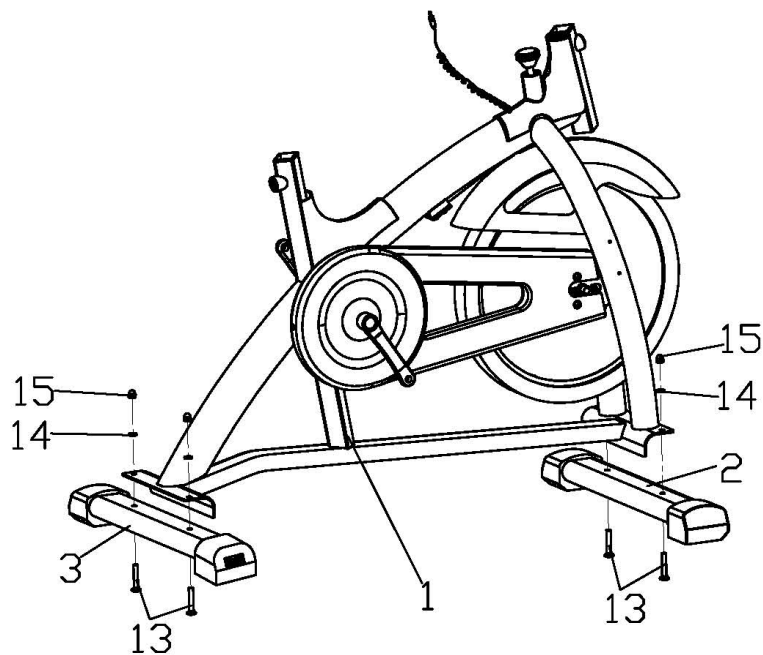
<b>Disc weight:</b>	22 kg
<b>Seat:</b>	Adjustable (in height & length).
<b>Handlebar:</b>	Adjustable (in height & length).
<b>Bearing:</b>	On the drive and on the drive shaft. 
<b>Movement system:</b>	With belt
<b>Heart rate measurement:</b>	On handles
<b>Maximum user weight:</b>	120 kg
<b>Weight:</b>	48 kg
<b>Dimensions (MxΠxY):</b>	L: 123 x W: 54 x H: 118 cm
<b>Certification:</b>	CE-ROHS-EN957

## Assembly Instructions

Σημείωση: Η συναρμολόγηση απαιτεί 2 άτομα.

### Step A:

Attach the Front Stabilizer (2) and Rear Stabilizer (3) to the Main Frame (1) with the Carriage Bolts (13), Arc washers (14) and Cap Nuts (15) as shown.



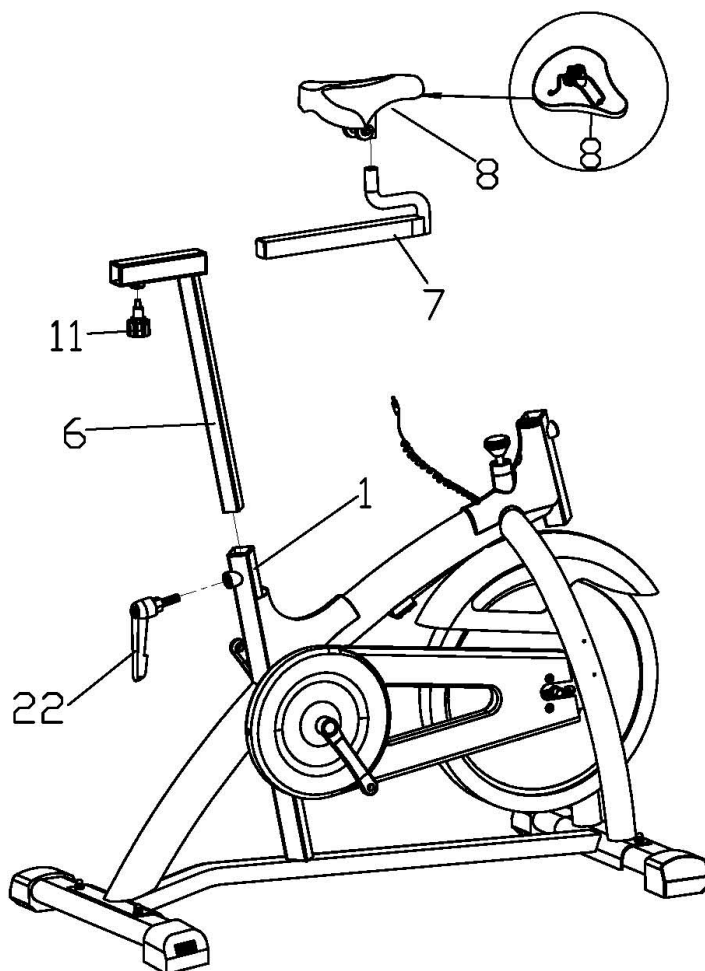


### Step B:

Fix the Saddle (8) to the Saddle Support Bar (7) and tighten the Saddle (8) to the desired position. Slide the Saddle Support Bar (7) into the Saddle Post (6), select the desired position and tighten the Pop-pin Knob (11).

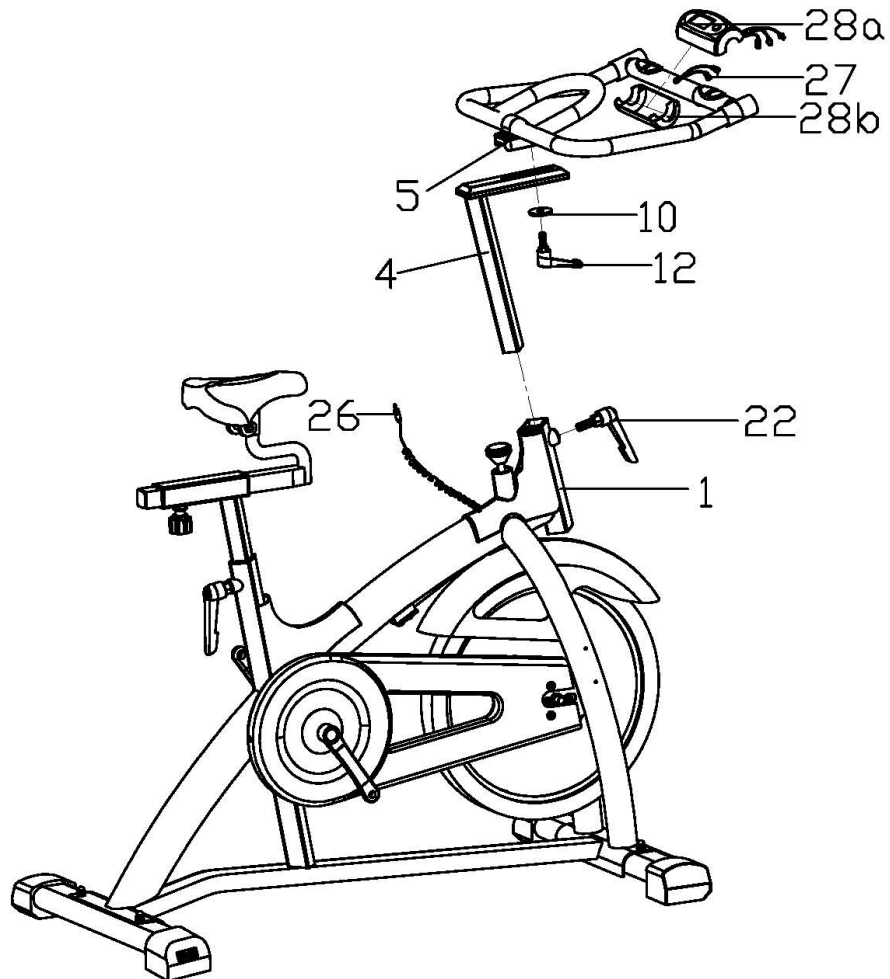
Insert the Saddle Post (6) to the Main Frame (1), select the desired height secure with the L Adjustable Knob (22).

**Note:** Before exercising, make sure the Saddle (8) is fixed tightly on the Saddle Support bar (7).



### Step C:

Insert the Handlebar Post (4) to Main frame (1), and then fix with L Adjustable Knob (22)  
Lock the Handlebar (5) to Handlebar Post (4) with Allen Bolts (12) and Flat washer (10).  
Connect Sensor Wire(26) and Hand Pulse wire (27) with the relative wire of Console Upper Cover (28a).  
Buckle Console Upper Cover (28a) and Console Lower Cover(28b) on Handlebar (5) together.



**Step D:**

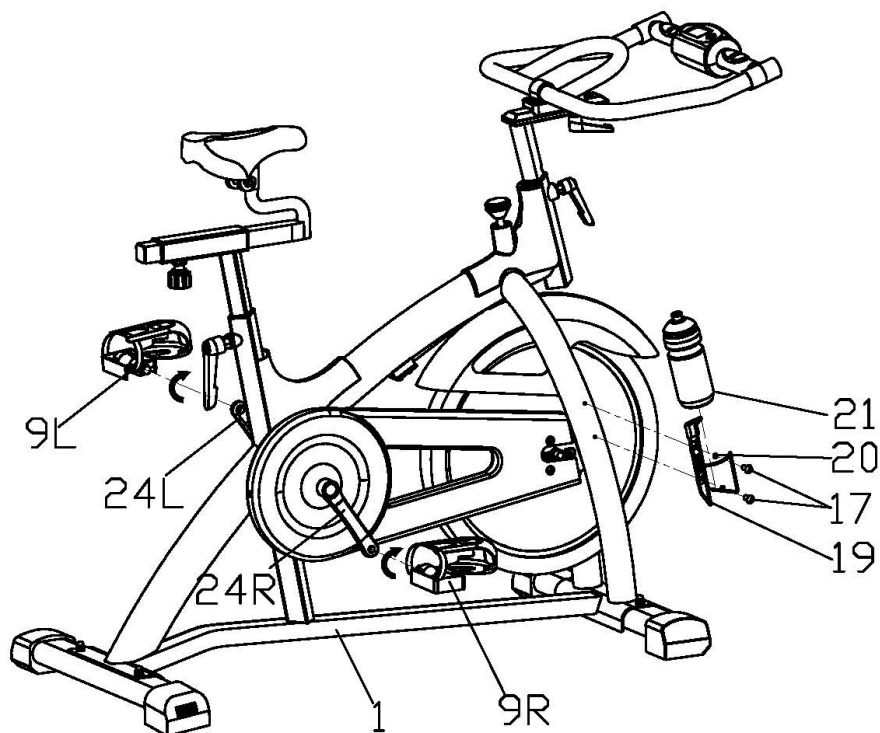
Assemble the Pedals (9L/ R) to the Pedal Crank (24L / R).

Both Pedals **MUST** be tightened securely otherwise damage may occur to the Crank.

**Note**

One Pedal is supplied with a **RIGHT-HAND THREAD** for the **RIGHT-HAND SIDE** of the cycle and must be fitted by turning **CLOCKWISE**. The other Pedal is supplied with a **LEFT-HAND THREAD** for the **LEFT-HAND SIDE** and must be fitted by turning **ANTI-CLOCKWISE**.

Attach the Bottle Bracket (19) to the Main Frame (1) with the Screws (17) & Flat Washers (20), and then insert the Bottle (21) to the Bottle Bracket (19).



**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.**

## Warm-Up Exercise

Using your Racing 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

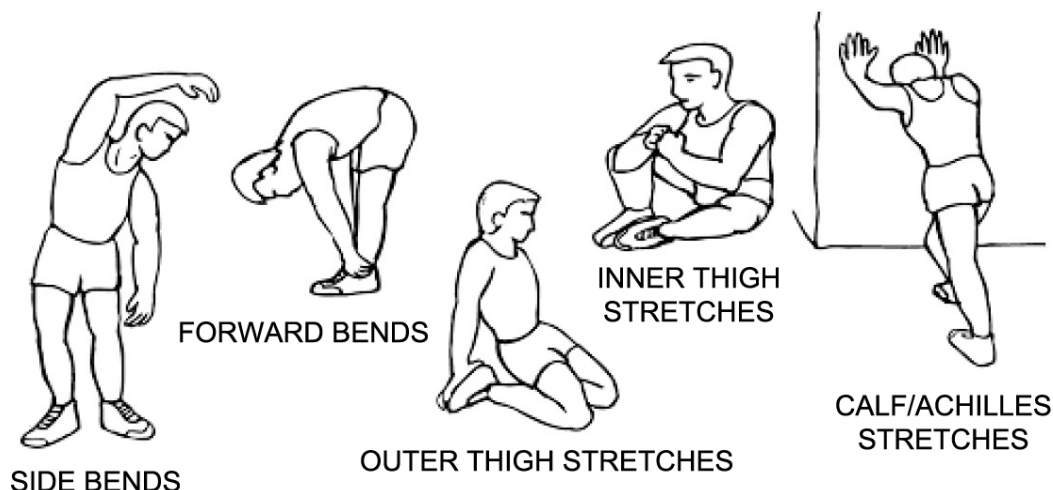
The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength-training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks,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

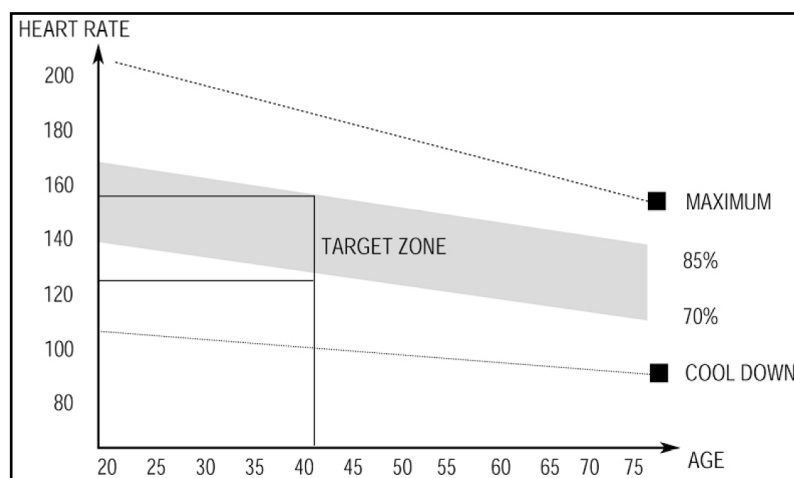
DO NOT BOUNCE.

***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.

# EXERCISE MONITOR INSTRUCTION MANUAL

## SPECIFICATIONS:

TIME.....	00:00-99:59
SPEED(SPD).....	0.0-99.9KM/H (ML/H)
DISTANCE(DIST).....	0.00-99.99KM (ML)
CALORIE(CAL).....	0.0-999.9KCAL
※ODOMETER(ODO).....	0-9999KM (ML)
※PULSE (PUL) .....	40~240BPM

## KEY FUNCTIONS:

**MODE(SELECT/RESET):** This key lets you to select and lock on to a particular function you want.

## OPERATION PROCEDURES:

### 1. AUTO ON/OFF

- ◆ The system turns on when any key is pressed or when its sensor an input from the speed sensor.
- ◆ The system turns off automatically when the speed has on signal input, or no key are pressed for approximately 4 minutes.

### 2. RESET

The unit can be reset by either changing battery or pressing the MODE key for 3 seconds.

### 3. MODE

To choose the SCAN or LOCK if you do not want the scan mode, press the MODE key when the pointer on the function you want which begins blinking.

## FUNCTIONS:

- 1. TIME:** Press the MODE key until pointer locks on to TIME. The total working time will be shown when starting exercise.
- 2.SPEED:**Press the MODE key until the pointer advance to SPEED. The current speed will be shown.
- 3.DISTANCE:**Press the MODE key until the pointer advance to DISTANCE. The distance of each workout will be displayed.
- 4.CALORIE:** Press the MODE key until pointer locks on to CALORIE. The calorie burned will be displayed when starting exercise.
- 5.ODOMETER (IF HAVE):** Press the MODE key until the pointer advances to ODEMETER. The total accumulated distance will be shown.
- 6.PULSE(IF HAVE):** Press the MODE key until the pointer advance to PULSE .User's current heart rate will be displayed in beats per minute. Place the palms of your hands on both contact pads (or put ear-clip to ear) and wait for 30 seconds for the most accurate reading.

**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.

**SCAN:** Automatically display changes every 4 seconds.

## BATTERY:

If improper display on monitor, please reinstall the batteries to have a good result.

**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.

## 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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