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FitBike 3 BU

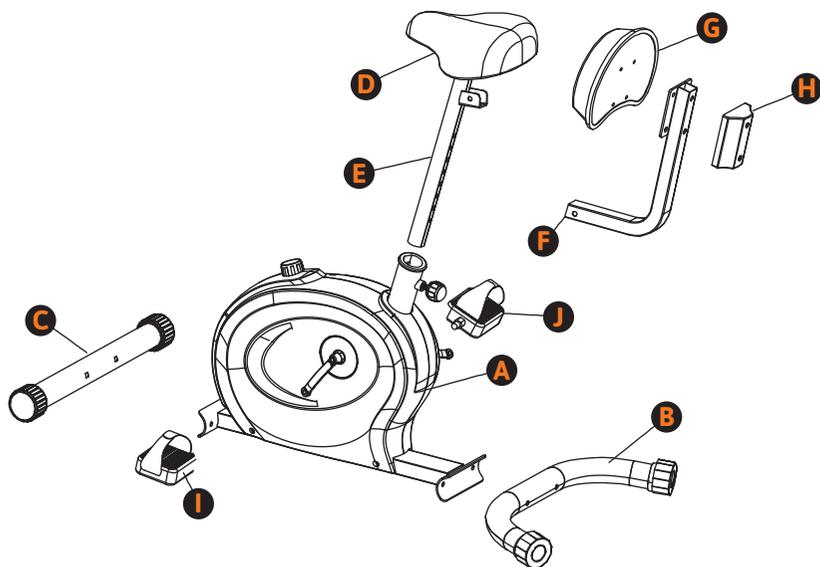
Instructions / Manual / Maintenance

SAFETY PRECAUTIONS

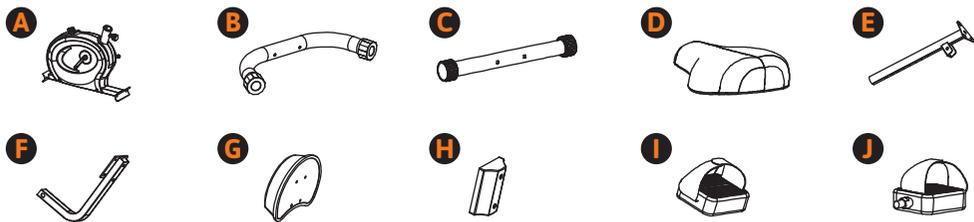
Please read all instructions carefully before using this product. Retain this manual for future reference. The specifications of this product may vary slightly from the illustrations and are subject to change without notice.

- ⌚ Before starting any exercise program you should consult your doctor to determine if you have any physical or health conditions that could create a risk to your health and safety, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
- ⌚ Place the bike on a level and stable surface. For safety, the equipment should have at least 0.5 meter of free space all around it. Do not use bike in garages, porches, pool rooms, bathrooms, car ports or outdoors. Failure to comply this may void the warranty.
- ⌚ Keep children and pets away from the equipment, it is designed for adult use only.
- ⌚ Before using the equipment, check the nuts and bolts are securely tightened. Some parts like pedals are easy to be worn away.
- ⌚ The equipment has been tested and certified to EN957-5:2009 under class H.C., suitable for domestic, home use only. Maximum weight of user is 110kg. This bike should not be used by persons weighing more than 110kg Failure to comply will void the warranty.
- ⌚ Wear suitable clothing while using the equipment. Avoid wearing loose clothing which may get caught in the equipment or that may restrict or prevent movement.
- ⌚ When feeling uncomfortable during the process, please stop exercise immediately and where necessary, consult a doctor.
- ⌚ Always use the bike as indicated. If you find any defective components whilst assembling or checking the equipment, or if you hear any unusual noise coming from the equipment during use, stop. Do not use the equipment until the problem has been rectified.
- ⌚ To clean, wipe surfaces down with slightly damp cloth only; never use solvents.
- ⌚ The equipment is not suitable for therapeutic use.
- ⌚ Care must be taken when lifting or moving the equipment so as not to injure your back.

PRODUCT PARTS AND OVERVIEW



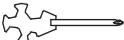
PARTS LIST AND ACCESSORY PACKAGE LIST



1 
M8*65mm screw
(4 pcs)

2 
Φ 8*19mm
washer (4 pcs)

3 
M8*15mm hex
domed cap nut
(4 pcs)

4 
Screwdriver 10,
13, 15, 17

5 
5*5mm spanner
(5 pcs)

6 
M8*16mm bolt
(8 pcs)

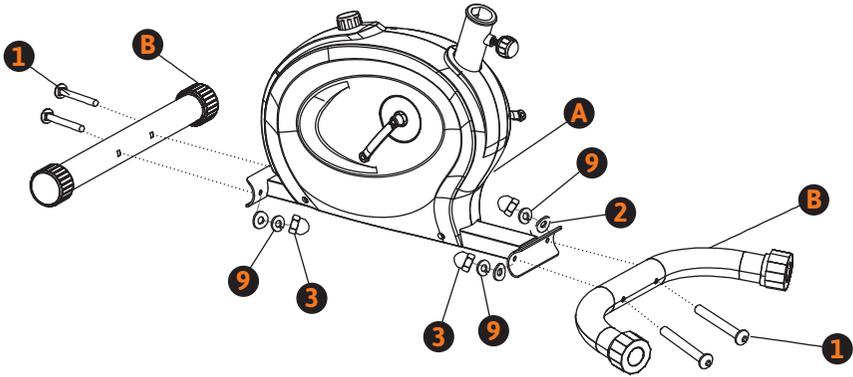
7 
Φ 8 washer (8 pcs)

8 
M4*8mm screw
(2 pcs)

9 
Φ 8 spring washer
(4 pcs)

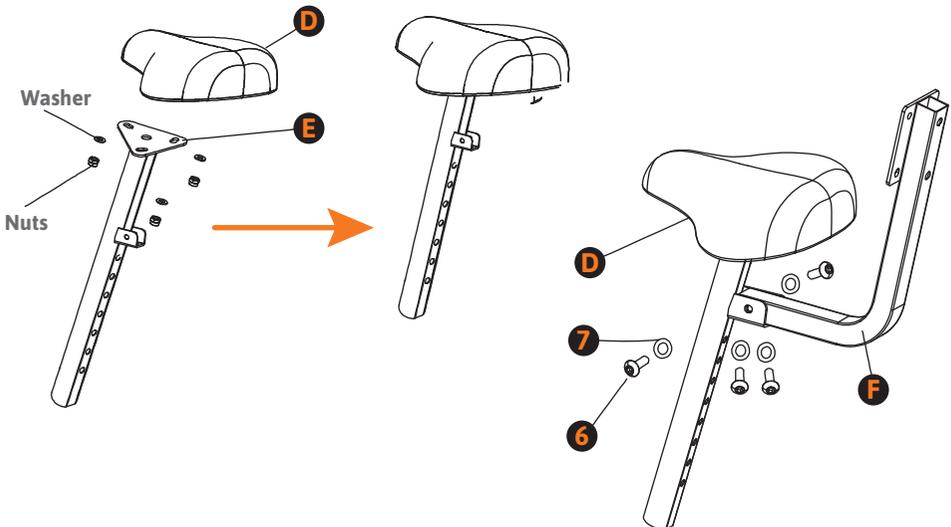
ASSEMBLY - STEP 1

Put the MAIN FRAME (A) upright. Make it steady on the ground. Attach the REAR STABILIZER TUBE (B) to MAIN FRAME using two M8*65mm Bolts (1), two $\Phi 8*19$ Washers (2) and two $\Phi 8$ Spring Washers (9) and lock them with two M8 hexagon nuts (3) using Wrench (4) and Spanner (5). Attach the FRONT STABILIZER TUBE (C) as REAR STABILIZER TUBE (B).



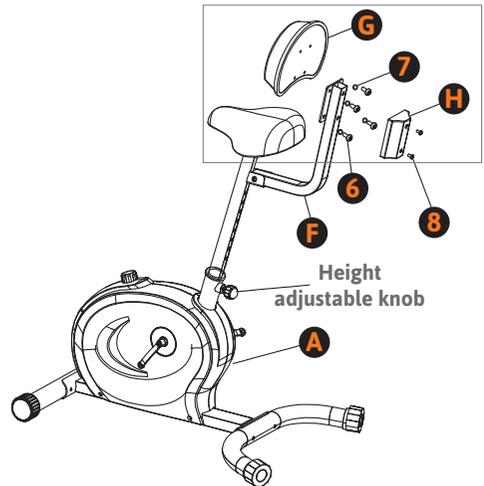
ASSEMBLY - STEP 2

Remove the three M8*7mm nuts and three $\Phi 8$ washers back from the SEAT (D). Attach SEAT (D) to SEAT POST (E), locking them by using Wrench (4) with three M8*7mm nuts and three $\Phi 8$ WASHERS (see picture). Attach CUSHION TUBE (F) to SEAT POST (E), locking them by using 5*5mm spanner (5) with M8*16mm screw (6) and $\Phi 8*19$ Washer (7) for the right/left/down hole location.



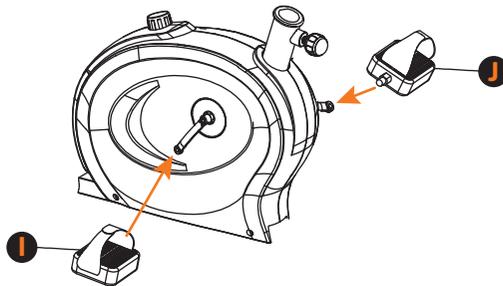
ASSEMBLY - STEP 3

Pull the HEIGHT ADJUSTABLE KNOB outward while sliding the SEAT POST (E) into MAIN FRAME (A), tightening the SEAT POST CLOCKWISE. SEAT POST could be adjusted up and down to one's comfortable height, by the above steps. Attach CUSHION (G) with CUSHION TUBE (F) by using 4 pcs of M8*16mm screw (6) and 4 pcs of $\Phi 8$ spanner (9) and locking with 5*5mm spanner (7). Attach CUSHION DECORATIVE COVER (H) with CUSHION TUBE (F) by using 2 pcs of M4*8mm screw (8).



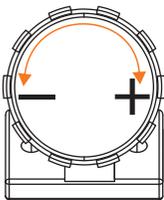
ASSEMBLY - STEP 4

Attach the RIGHT PEDAL (J) to the RIGHT CRANK ARM, tightening it CLOCKWISE with the Wrench (4). Attach the LEFT PEDAL (I) to the LEFT CRANK ARM, tightening it COUNTERCLOCKWISE with the Wrench (4). Please be careful that do not put the right pedal to left crank or left pedal to right crank!



ASSEMBLY - STEP 5 ADJUSTMENTS

Unlock the HEIGHT ADJUSTABLE KNOB COUNTER-CLOCKWISE, pull the HEIGHT ADJUSTABLE KNOB outward and you could adjust the seat height then. Adjust the seat height to the suitable place and then tightening the knob CLOCKWISE.



RESISTANCE ADJUSTMENT:

“+” direction to increase the resistance,

“-” direction to reduce the resistance.

Please adjust the seat's height according to your demands. Check and confirm if the bike is stable after complete assembly.