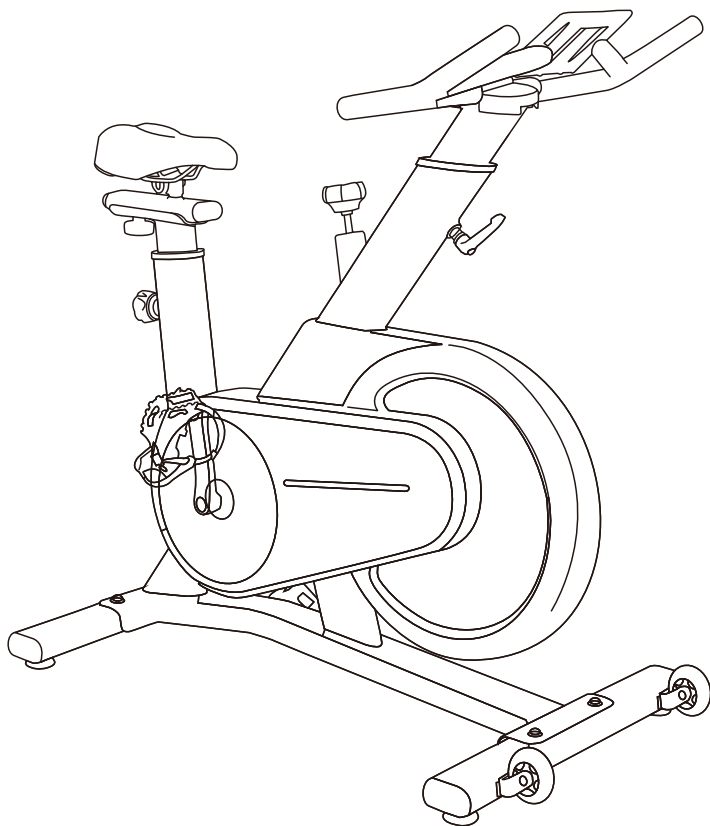


# OVICX-Q200B

## Exercise Bike Operation Instruction



# OVICX

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### For the sake of safe use



Please read this Operation Instruction carefully and fully understand its content before use. Please keep this Operation Instruction in a safe place. Product specifications are subject to change without notice.

# OVICX FREE 1-YEAR WARRANTY

## 1-year Limited Manufacturer's Warranty

registering your product within 60 days of receiving the product

**1.IMPORTANT: REGISTER ONLINE FIRST!**



Scan the Code or Visit

<https://www.ovicx.com/pages/register-warranty>

**2.FILL THE FORM AND SUBMIT**

register now

FAILING TO COMPLY TO THESE REQUIREMENTS WILL RESULT IN VOIDED PRODUCT WARRANTY

# Instructions for Safe Use

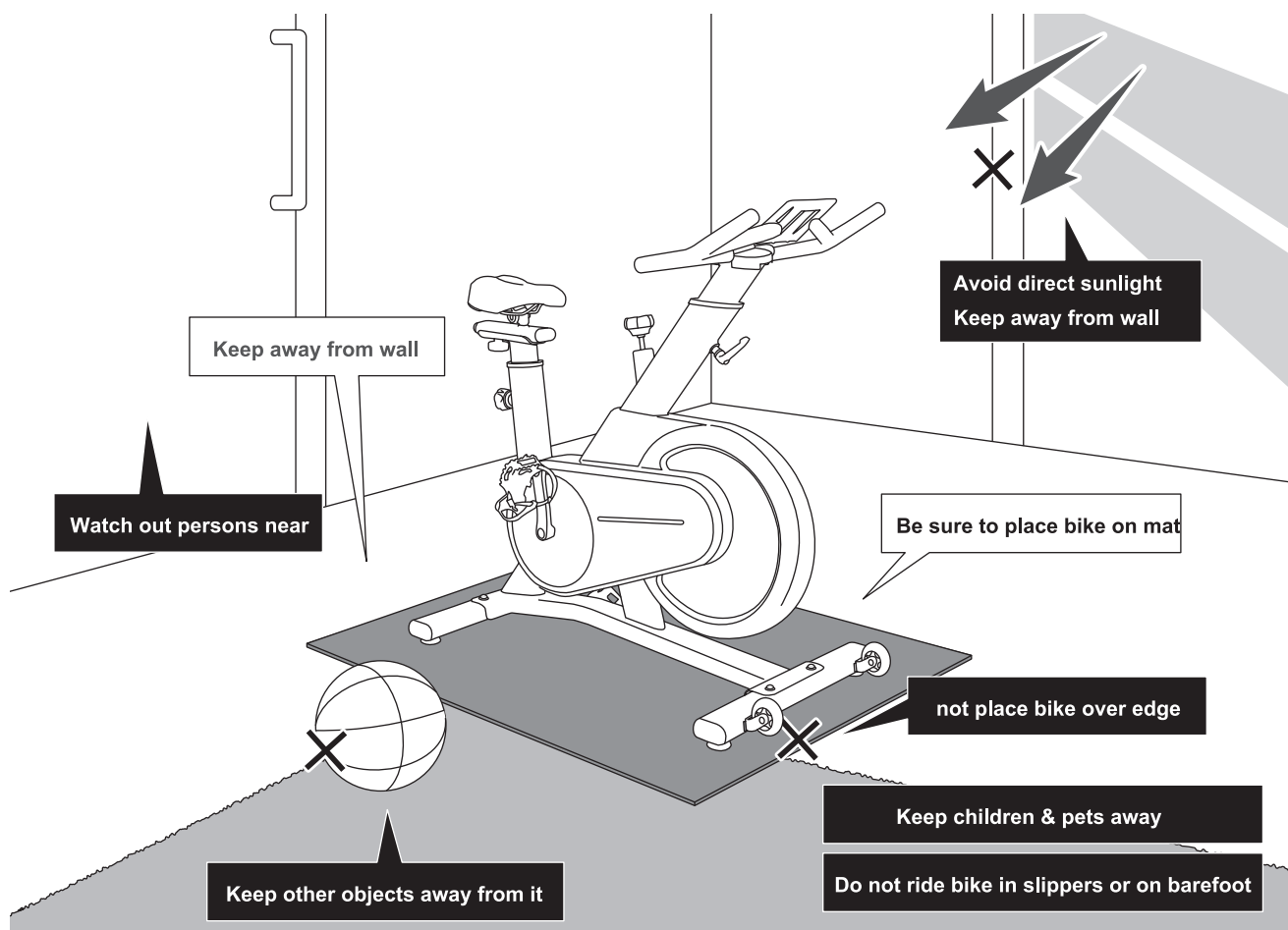
## NOTE:

**Please read the instructions carefully before using this equipment.**

### I. Instructions for safe use

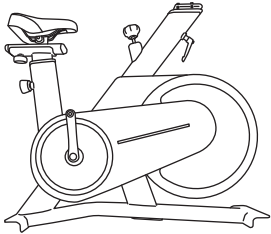
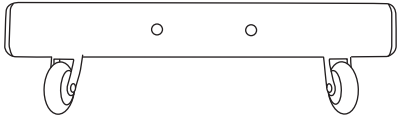
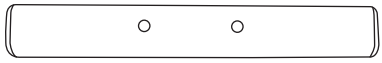
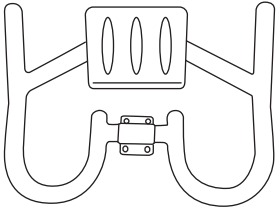
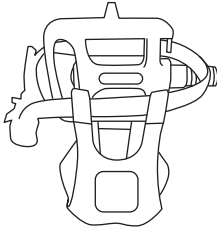
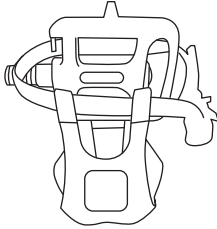
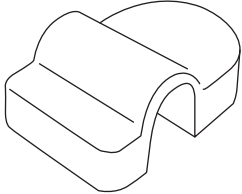
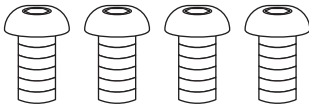
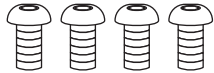


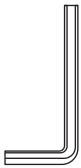
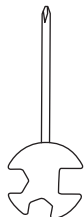
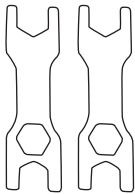
Thank you for purchasing our products. The correct use of this machine is the guarantee of safety and health for you. Please read the following content carefully before using the exercise bike:

1. It is important to read the manual before installation and use. Only with the normal installation, maintenance and use of this equipment can you do the exercise safely and effectively.
2. Before starting an exercise program, please consult your doctor to learn your current physical condition and confirm if it will cause harm to your health when you use this equipment to do the exercise. If you are in the process of treating heart rate, blood pressure and cholesterol, your doctor's advice will be very necessary.
3. Pay attention to some symptoms of your body. Incorrect and excessive exercise will do bad to your health. If you have the following uncomfortable symptoms: pain, chest tightness, rapid heartbeat, tachypnea, feeling top-heavy, dizziness and nausea, please stop the exercise immediately. If you want to continue your exercise plan, please consult your doctor first.
4. Please make sure children and pets stay away from this equipment, as this is designed for adults.
5. Please cushion the bottom of the equipment with a strong and flat material to protect your floor and carpet. For safety reasons, please make sure that at least 0.5m of free moving space is reserved around the equipment.
6. Before use, please make sure the screws and nuts are tightly locked.
7. Please use this equipment carefully. If you find any defects during the installation or use of the equipment, or hear any abnormal sound, please stop the exercise immediately, and do not continue to use it until the problem is solved.
8. When doing the exercise, please wear clothes that fit your body in order to prevent loose clothes from tripping over or restricting exercise. Please note that incorrect and excessive exercise might cause harm to the body.
9. This equipment is only suitable for indoor and domestic use.
10. Please be careful when moving the equipment in order to avoid unnecessary injury.
11. This product cannot be used as medical equipment.



# Parts List

After unpacking, check whether all parts are delivered according to following list. In case of any insufficiency, contact your dealer.

<p><b>A</b> Handlebar frame and saddle are already pre-set.</p>  <p>Main Frame ×1</p>	<p><b>B</b></p>  <p>Front Base ×1</p>	<p><b>C</b></p>  <p>Back Base ×1</p>
<p><b>D</b></p>  <p>Handlebar ×1</p>	<p><b>E</b></p>  <p>Pedal Right×1</p>	<p><b>F</b></p>  <p>Pedal Left ×1</p>
<p><b>G</b></p>  <p>Handlebar Cover ×1</p>	<p><b>H</b> ※</p>  <p>M10*24.0 Hex Button Bolt×4</p>	
<p><b>I</b></p>  <p>M8*14.0 Hex Button Bolt×4</p>	<p><b>J</b> ※</p>  <p>M10*φ20*T2.0 Washer ×4</p>	<p><b>K</b> ※</p>  <p>M8*φ16*T1.0 Washer×4</p>
<p><b>L</b></p>  <p>0.24inch Hex Wrench×1</p>	<p><b>M</b></p>  <p>Multi-function wrench ×1</p>	<p><b>N</b></p>  <p>Wrench×2</p>

They may be attached to each part.  
The specifications of each part are for reference only.

# Name of Each Part

Tablet Holder

Load Adjustment Knob

Saddle

Lock bolt  
(fore/aft adjust )

Lock bolt  
(height adjustment)

Pedal

Pedal cover

Back base

Handlebar

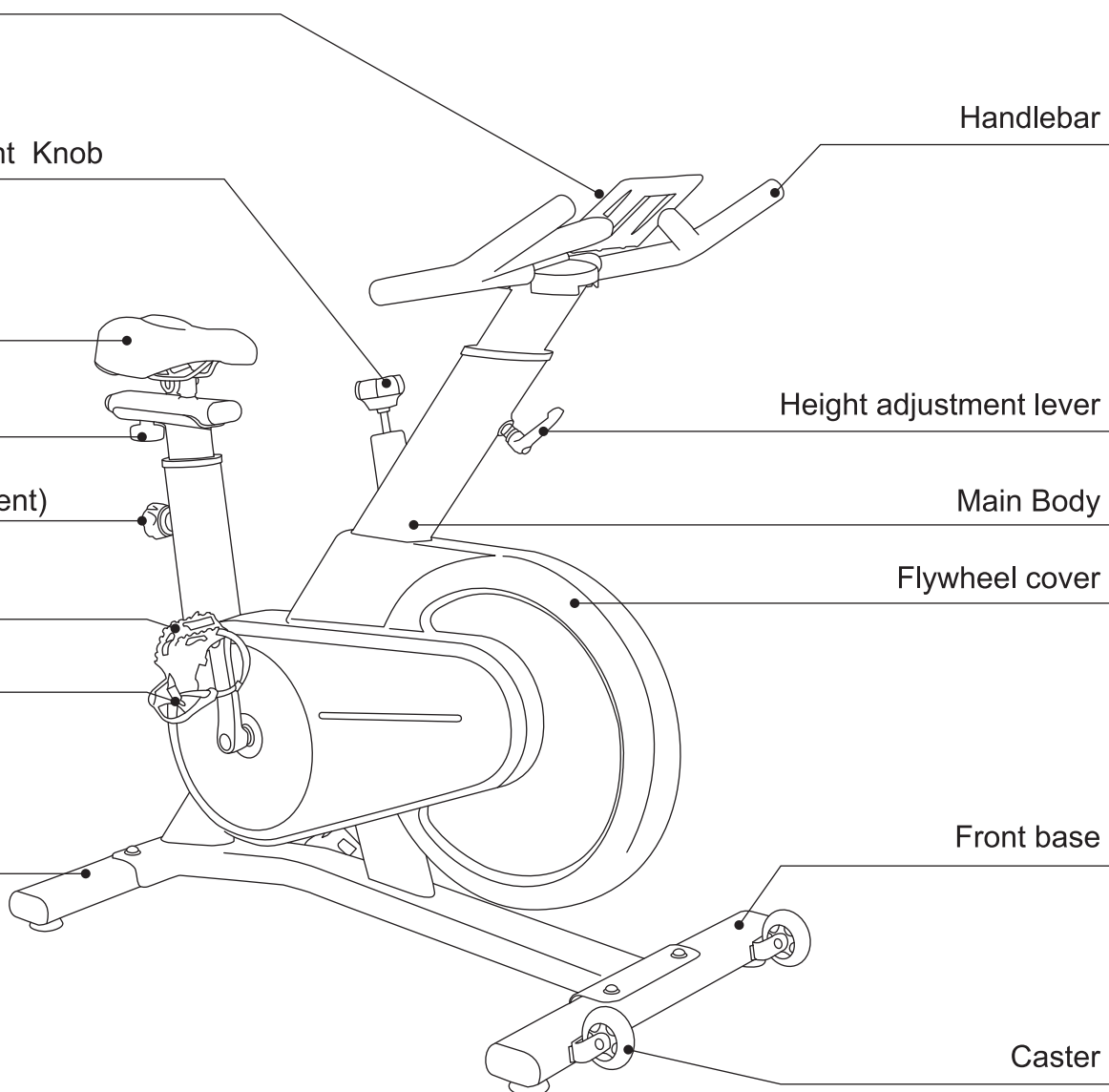
Height adjustment lever

Main Body

Flywheel cover

Front base

Caster



# Assembly Method



Assembly should be done by two adults or more.  
Also, temporarily fix the screws, and then screw it tightly.  
Keep your fingers away from moving parts.



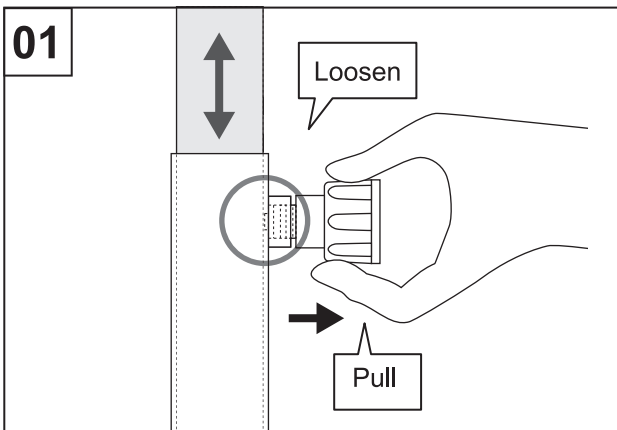
Careful  
with fingers



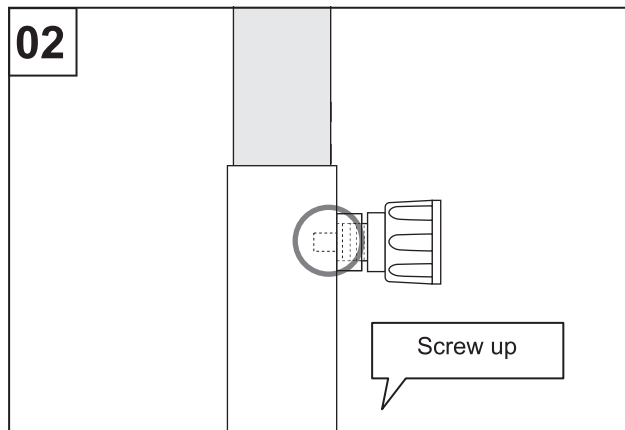
Operation by  
2 adults or more

## How to Use Lock Bolt

Descriptions on how to use lock bolt in various positions of this book



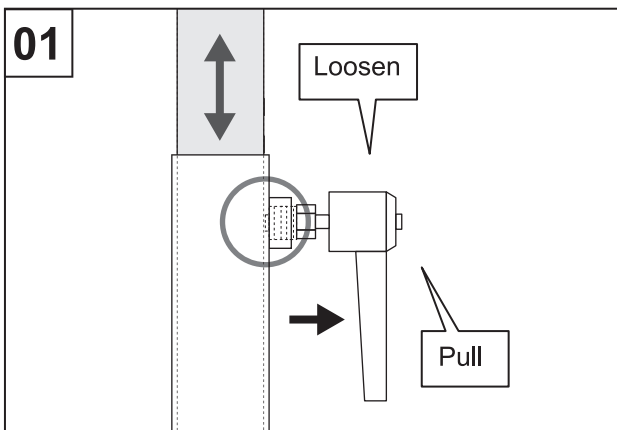
Loosen lock bolt, pull knob toward you, so that you can slide adjustment part.



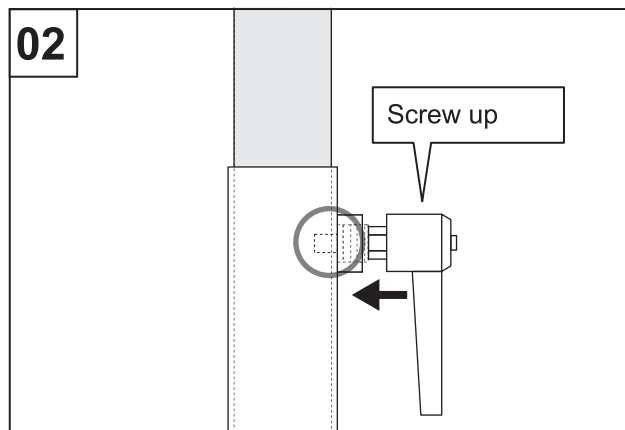
Release knob, and the tip of lock bolt goes back. After adjustment, turn lock bolt and fix it tightly.

## How to Use Height Adjustment Lever

Description on the height adjustment lever used in inserting and adjusting handlebar

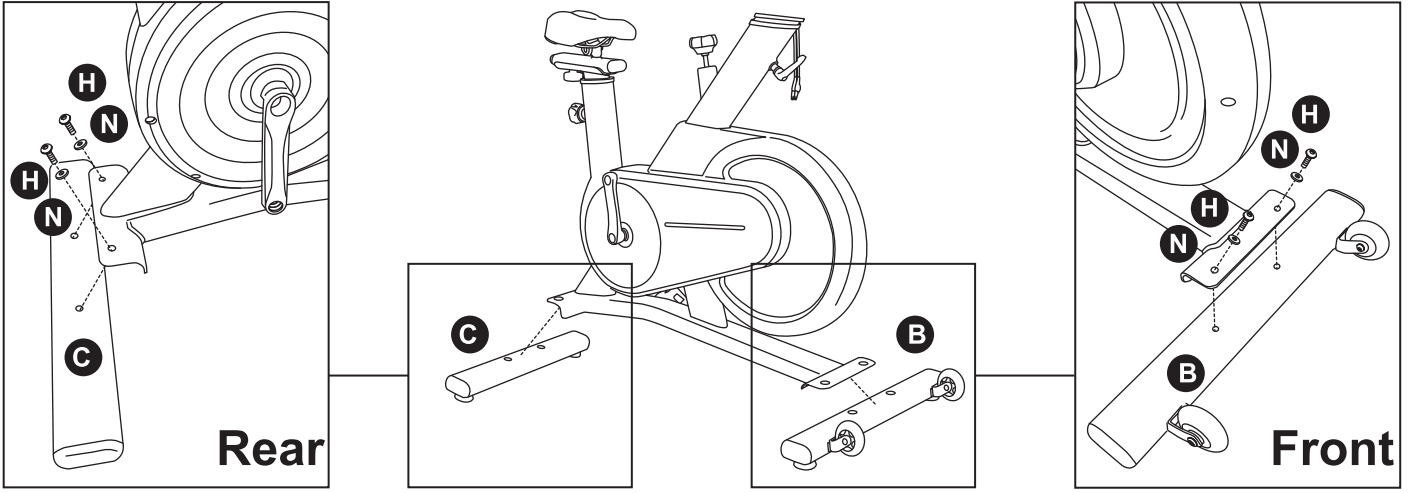


Loosen the height adjustment lever by turning, and pull it toward you, so that the adjustment part can slide.

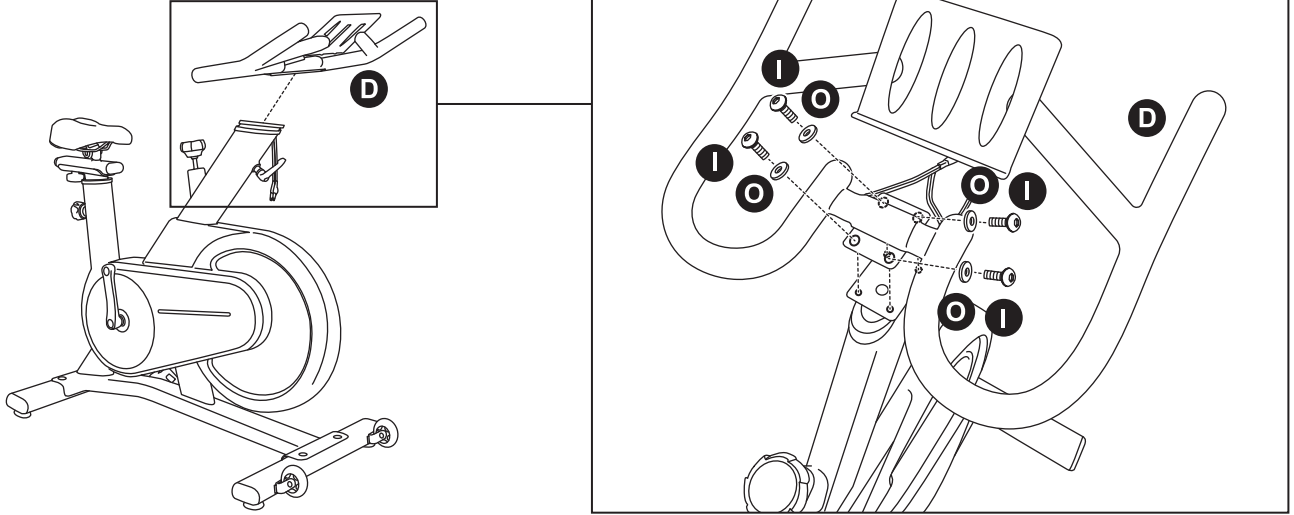


Release lever, and its tip goes back to adjustment hole. After adjustment, screw up lever tightly.

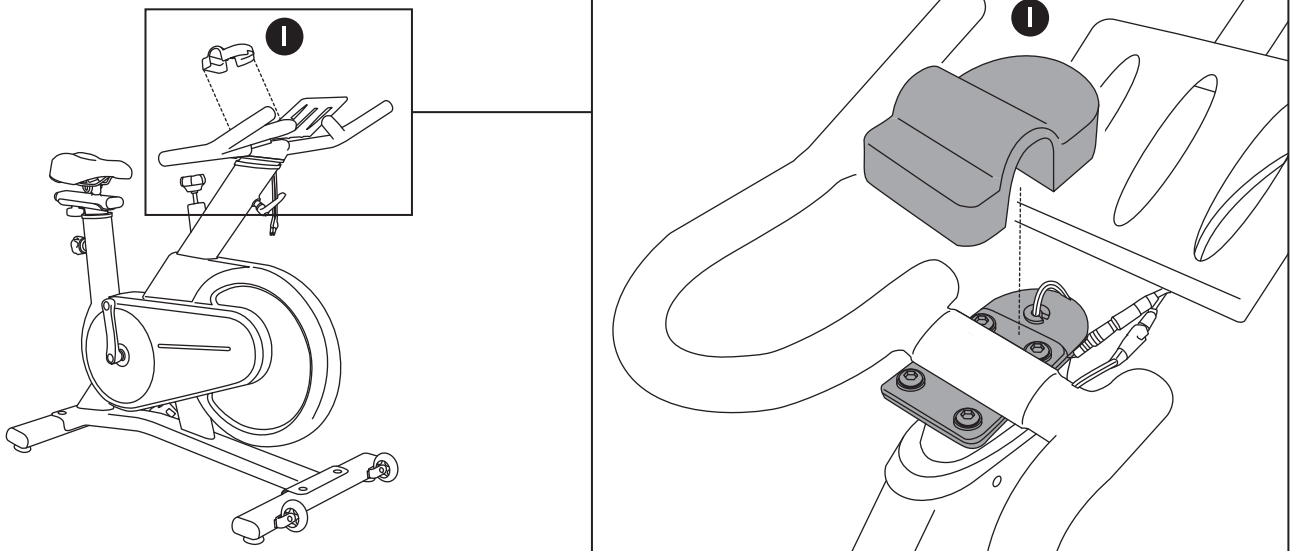
**1** Fix main frame on front base and rear base. Unscrew the screws and washers on front bottom tube and rear bottom tube, take out the short tubes and install the longer tubes.



**2** Install handlebar on handlebar frame.

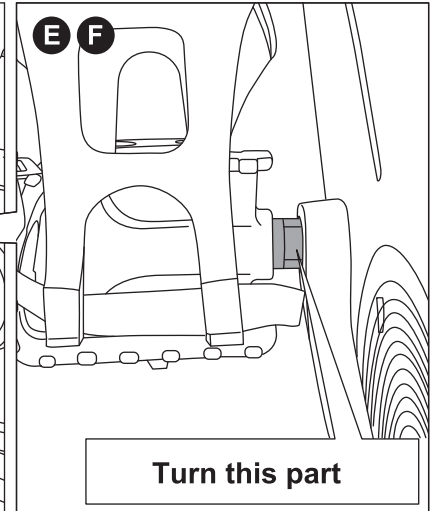
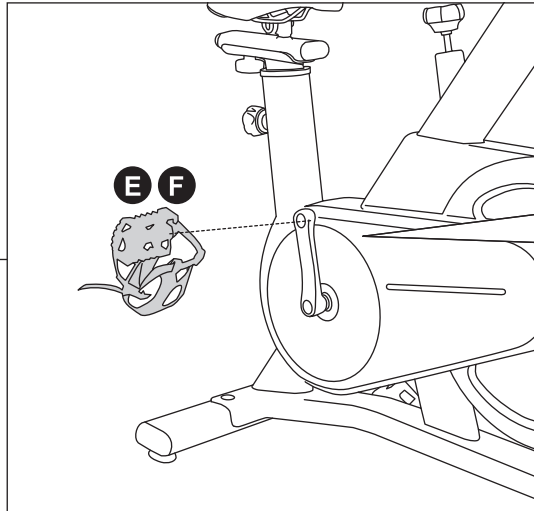
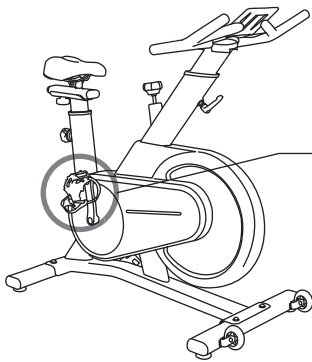


**3** Cover handlebar with handlebar cover.



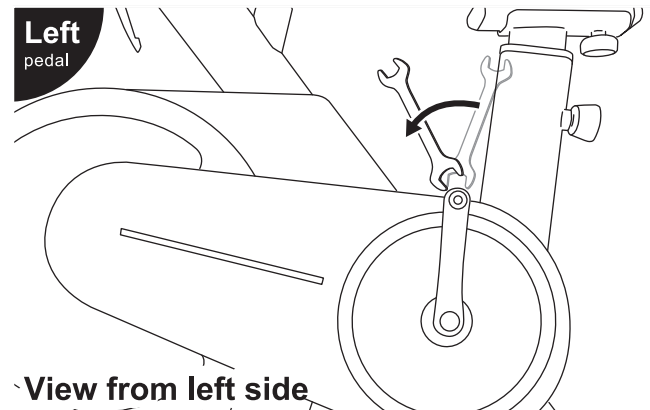
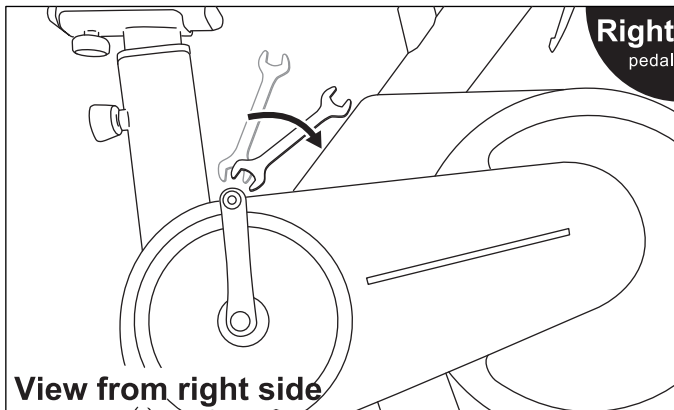
**4**

Install left and right pedals with attached tools. Make sure to install them on correct side.



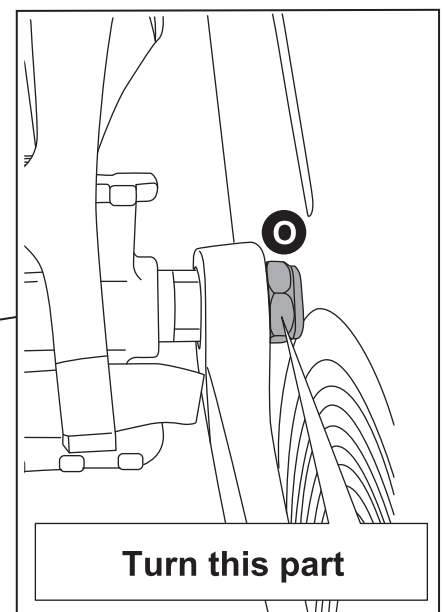
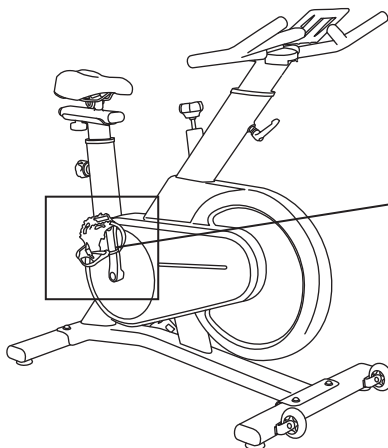
Turn this part

**Caution: Turning rightward or leftward may change direction**



**5**

Fix pedals on right and left sides with lock nuts. Make sure rotation is in correct direction, right or left.



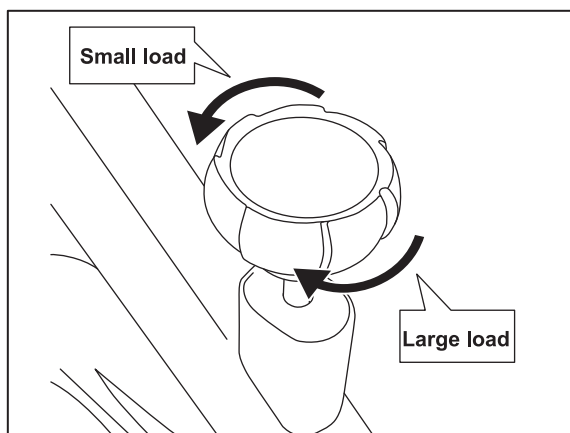
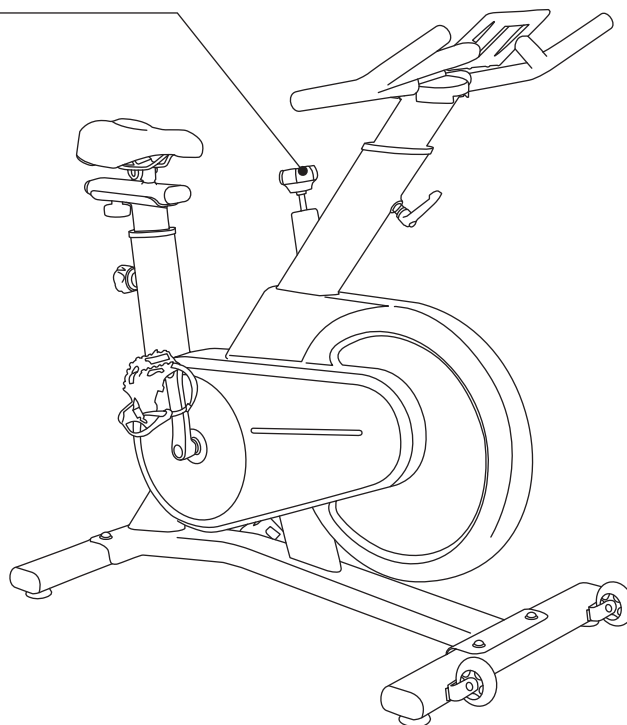
Turn this part

☆ After tightening all screws, assembly is completed.



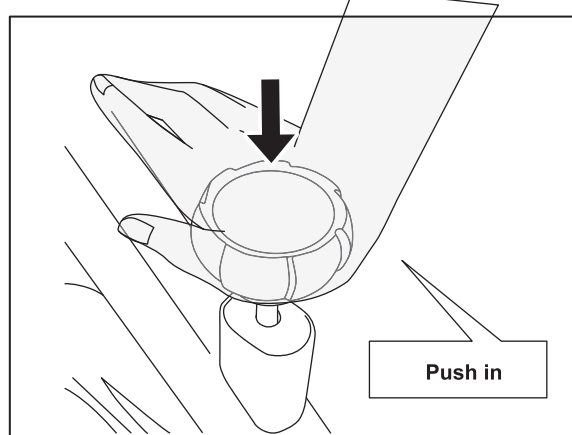
# About Load Adjustment Knob

Load adjustment knob



Rotation direction	Function
Clockwise	The larger the flywheel resistance, the bigger the load.
Counterclockwise	The smaller the flywheel resistance, the smaller the load.

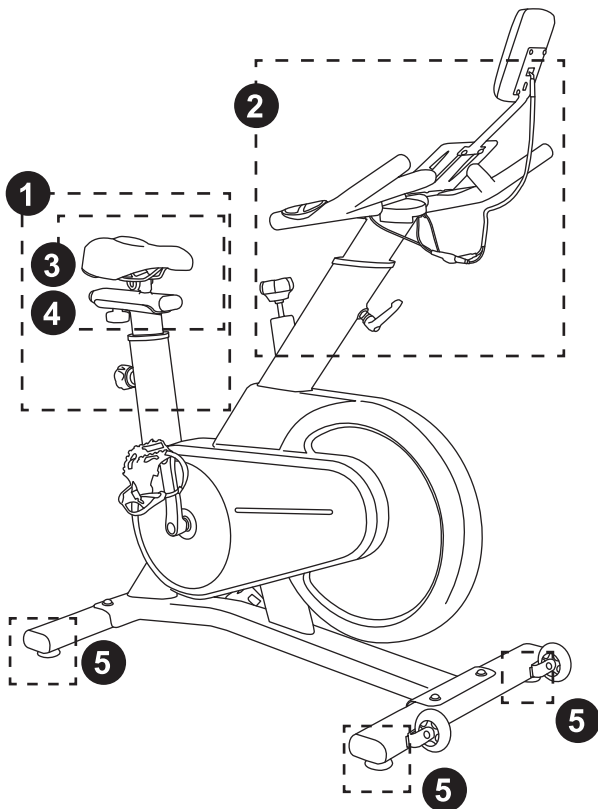
**Caution:** Tightening too much may cause the pedal can not move. Too loose (completely loose) while pedaling may cause injury or damage.



## About brake/lock function

You can brake by pushing in load adjustment knob downward. When not in use, turn the load adjustment knob clockwise, tighten it, and then lock the brake.

# About Adjustment of Each Part



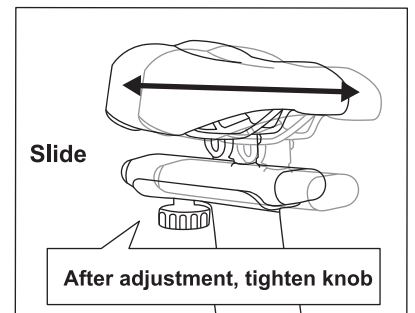
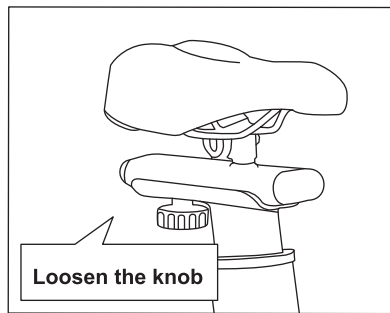
## 1 2 Height adjustment of saddle and handlebar

By loosening lock bolt, the height can be adjusted.

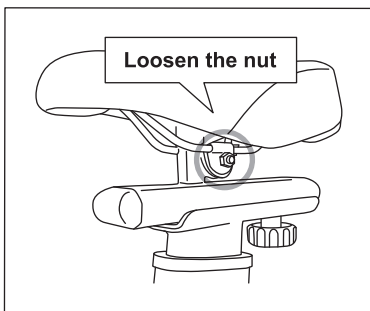
About how to use lock bolt → refer to Page 5.

About how to use height adjustment lever → Refer to Page 5.

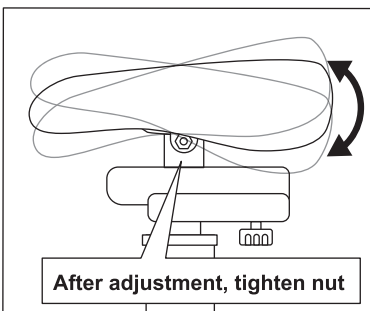
## 3 Horizontal adjustment of saddle



## 4 Saddle Angle Adjustment



Loosen the nut at foot of saddle.

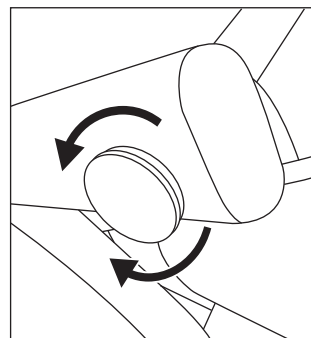


While changing angle of saddle, "KATA" sounds may generate from gears, which is not a malfunction. Be sure to tighten nuts before use.

## 5 Base fine-tuning

By turning the foot of base, height can be fine-tuned.

Make adjustment if there is rattling.



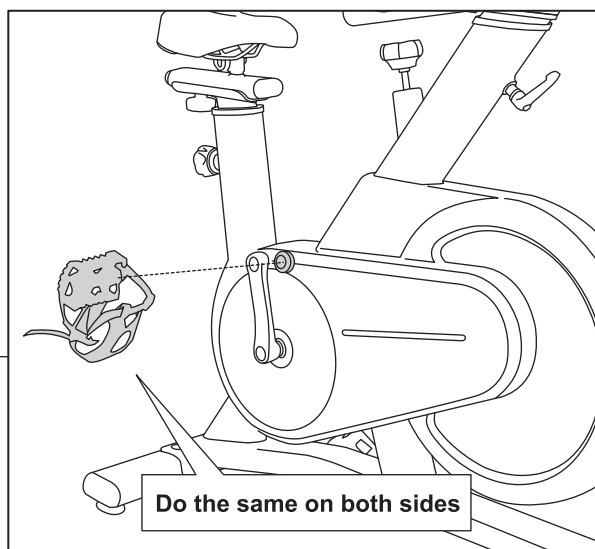
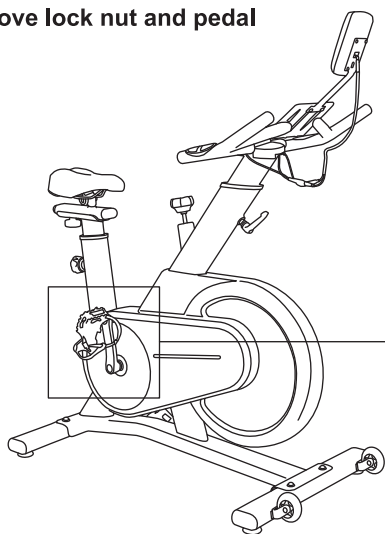
If there is rattling, adjust each of the four feet for balance.

## 6 Belt Adjustment Method

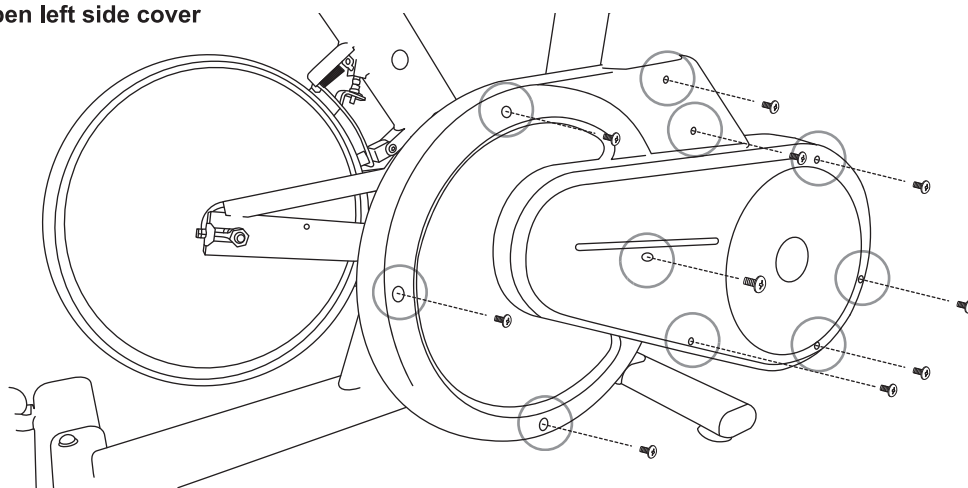
By removing cover, the tension of belt adjust may be adjusted.

It may be difficult for beginners to make adjustment. In this case, don't push yourself too hard, and please ask help from experienced person.

### 1 Remove lock nut and pedal

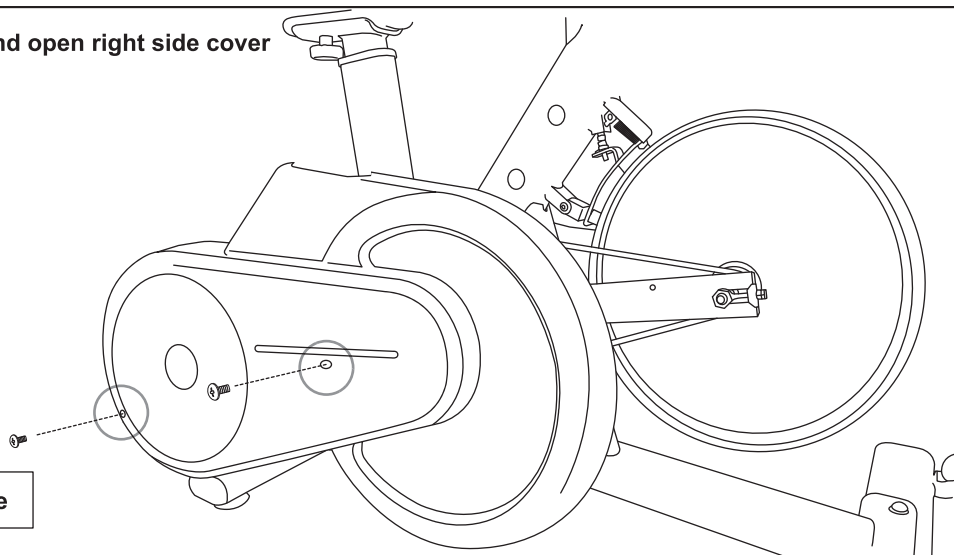


### 2 Remove screws and open left side cover



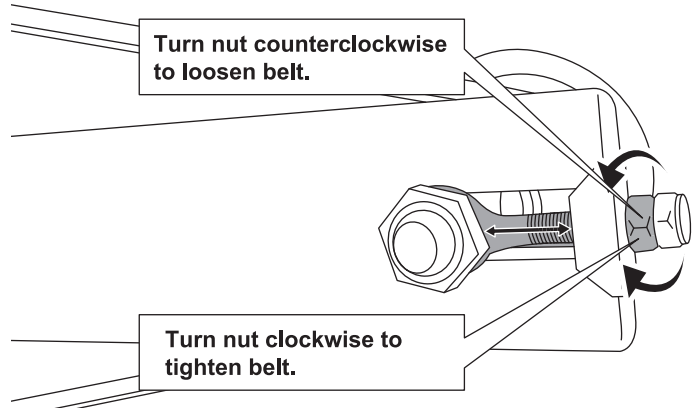
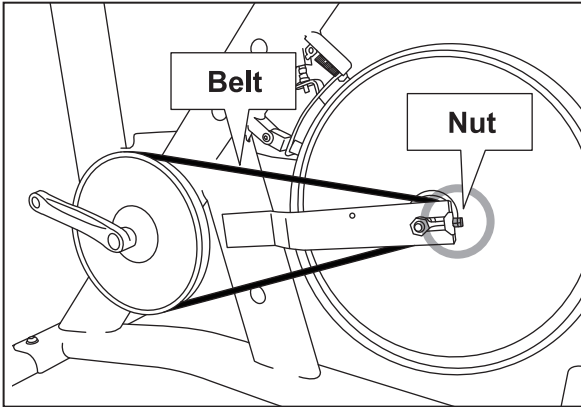
10 screws on left side

### 3 Remove screws and open right side cover



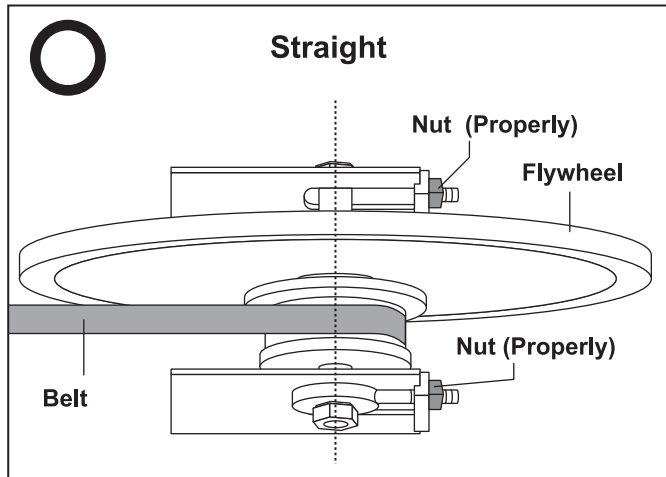
2 screws on right side

**4** Tension of the belt varies by the position of nut. Don't forget to adjust the nut on the other side for keeping good balance on the right and left sides.

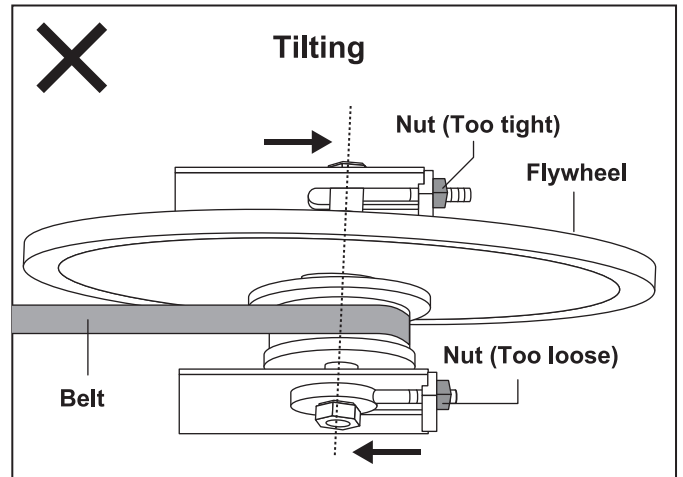


**Note**

Serious unbalance of left and right nuts will destroy the balance of flywheel and belt. Keep in mind that cycling with serious flywheel deviation may cause serious failure or major accident.

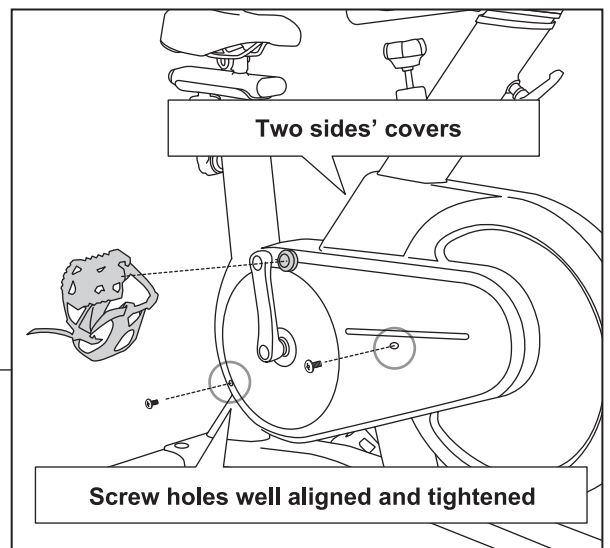
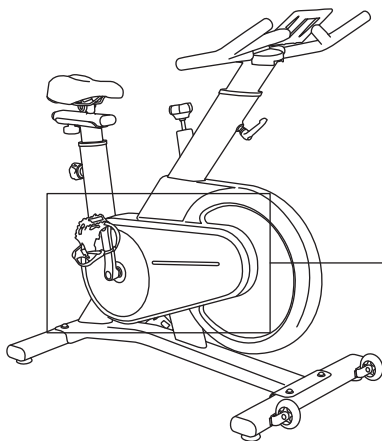


Example: Correctly adjust nuts on both sides



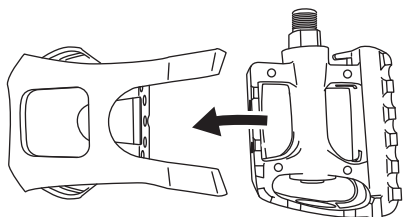
Example: Tilted flywheel caused by too tight or too loose on single side

**5** Once the cover and pedal are installed, The assembly is completed.

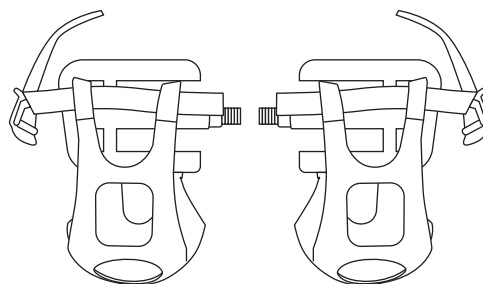


# Remove Pedal Cover

If you are a veteran, you may ride bike without pedal cover.



**E**

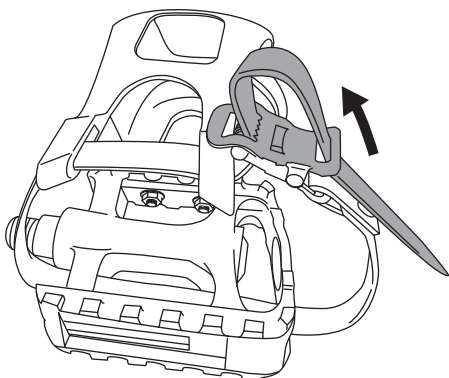


**F**

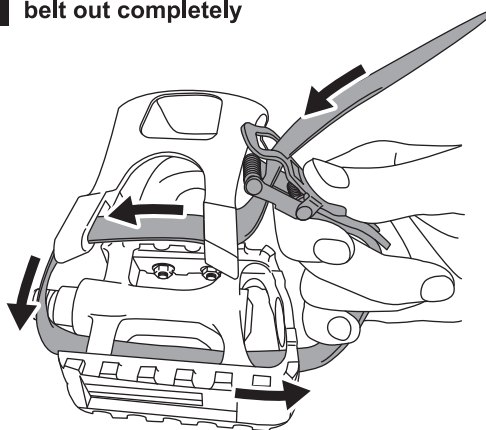
**Pedal right • left**

If you remove pedal from the body, the cycling will become more smoothly.

**1** Pull out tip of belt as shown in Figure



**2** When belt is pulled out, open buckle and pull belt out completely



**3** Use plane spanner and hex wrench screwdriver to remove belt fixed in pedal cover.

Hex wrench screwdriver

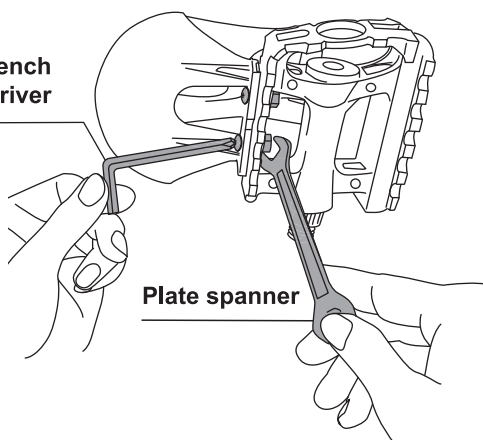
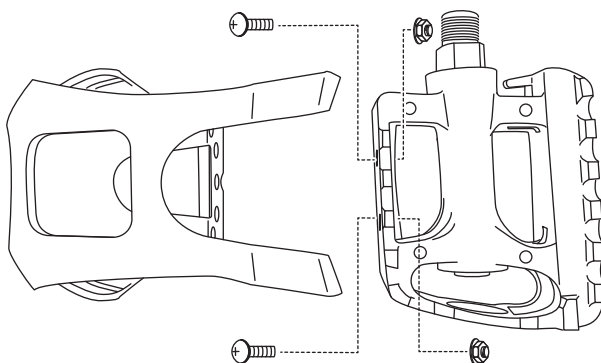


Plate spanner



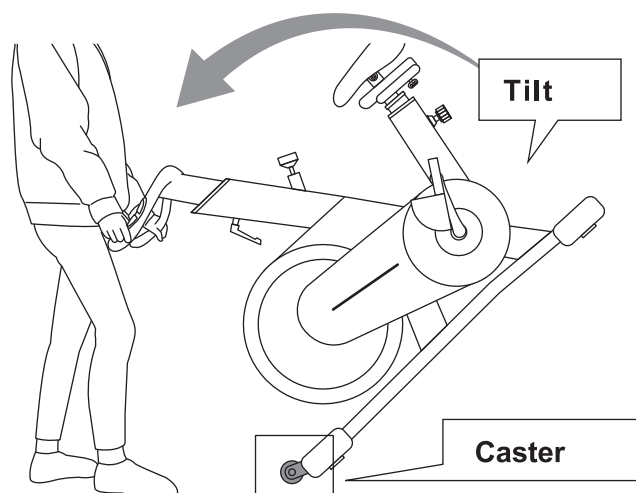
Do the same on both right and left pedals.

# How to Move The Bike

When moving the bike for a short distance, you can tilt front part, and move it on floor by using the caster fixed to the bottom of front base.

Be sure to move bike on flat and smooth floor.

Two adults are needed to move bike for a long distance, e.g. from one room to another.



# Possible Failures

Fault	Solution
Display meter does not work	<ul style="list-style-type: none"> <li>•Check the polarity (+ and -) of dry batteries.</li> <li>•Check cable connection in assembling sequence again.</li> <li>•Remove batteries from panel, and reinsert them again at least 10 seconds later.</li> </ul>
Abnormal screen display (888, EE, etc.)	
Pedal does not rotate smoothly	<ul style="list-style-type: none"> <li>•Pedaling backward, then forward (Belt deviation can be corrected by pedaling backward).</li> </ul>
Strange noise produces when pedaling.	<ul style="list-style-type: none"> <li>•Check no looseness in tightened pedals on left and right.</li> </ul>
Pedal does not work at all.	<ul style="list-style-type: none"> <li>•Loosen the load adjustment knob when it was locked.</li> </ul>
Machine makes rattling noise.	<ul style="list-style-type: none"> <li>•Perform fine-tune on Base as shown in Page 9⑤.</li> </ul>

☆If faults failed to be corrected by the above-mentioned solution, please contact your dealer and tell it your troubles.

## **About After-sales Service**

**We would love to hear from you, if you have any questions, please contact us freely.  
Email: [support@qiaosports.com](mailto:support@qiaosports.com)**