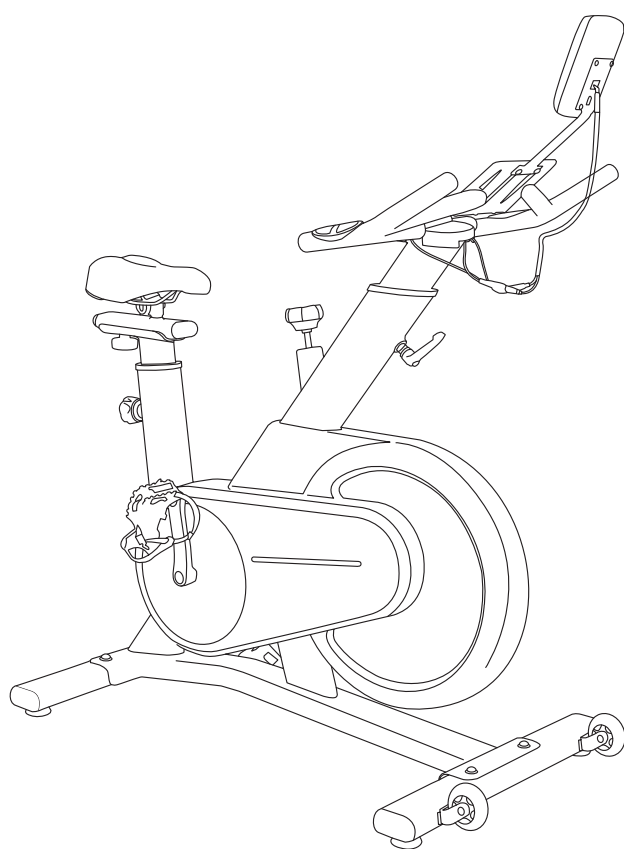


OVICX-Q200C

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

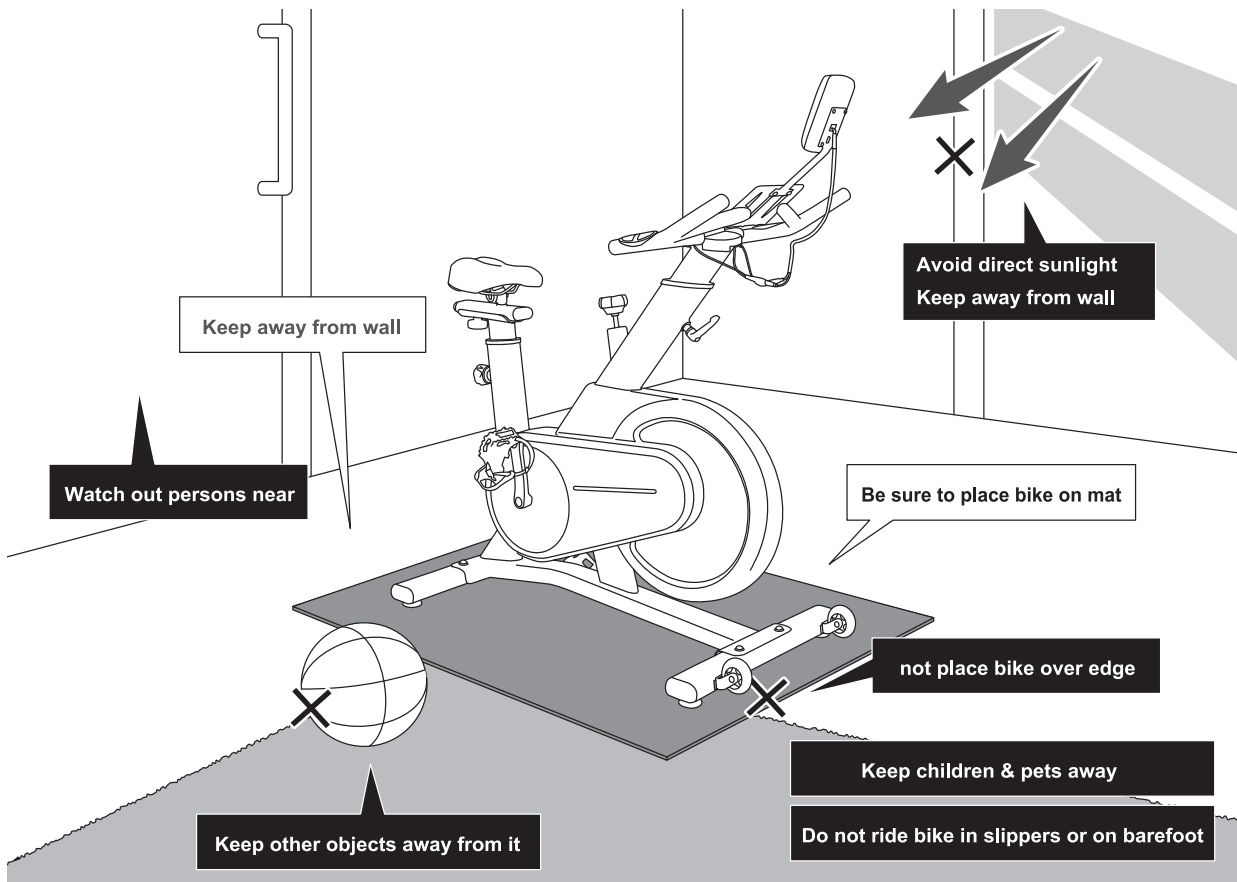
NOTE:

Please read the instructions carefully before using this equipment.

1. Instructions for safe use


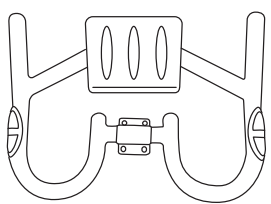
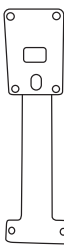
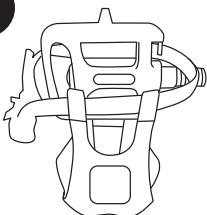
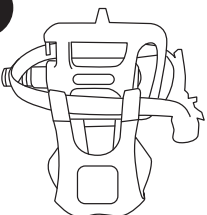
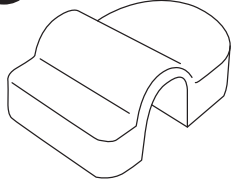
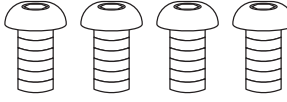
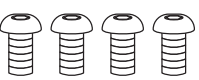
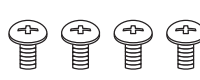
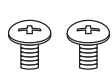


Thank you for purchasing our products. The correct use of this machine is the guarantee of safety and health for you. Please read the following content carefully before using the exercise bike:

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.



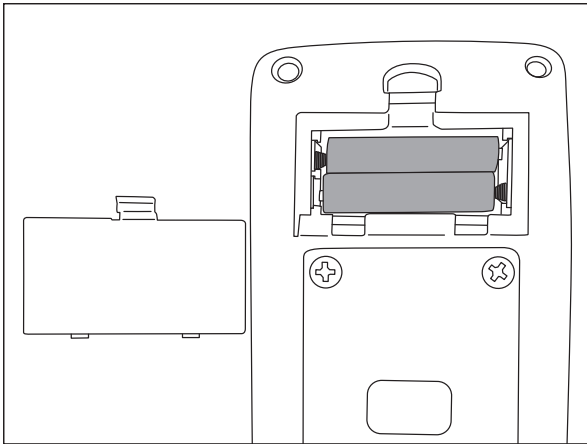
Parts List

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

<p>A Handlebar frame and saddle are already pre-set.</p>  <p>Main Frame ×1</p>	<p>B</p>  <p>Front Base ×1</p>	<p>C</p>  <p>Back Base ×1</p>		
<p>D</p>  <p>Handlebar ×1</p>	<p>E</p>  <p>Panel Base×1</p>	<p>F</p>  <p>Panel×1</p>		
<p>G</p>  <p>Pedal Right×1</p>	<p>H</p>  <p>Pedal Left ×1</p>	<p>I</p>  <p>Handlebar Cover ×1</p>	<p>J ※</p>  <p>M10*24.0 Hex Button Bolt×4</p>	
<p>K ※</p>  <p>M8*14.0 Hex Button Bolt×4</p>	<p>L ※</p>  <p>M5*9.0 +Button Bolt×4</p>	<p>M ※</p>  <p>M6*9.0 +Button Bolt×2</p>	<p>N ※</p>  <p>M10*φ20*T2.0 Washer ×4</p>	<p>O ※</p>  <p>M8*φ16*T1.0 Washer×4</p>
<p>P ※</p>  <p>M6*φ13*T1.0 Washer×2</p>	<p>Q</p>  <p>9/16 inch Lock Nut ×2</p>	<p>R</p>  <p>0.24inch Hex Wrench×1</p>	<p>S</p>  <p>Multi-function wrench ×1</p>	<p>T</p>  <p>Wrench×2</p>

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

About Battery

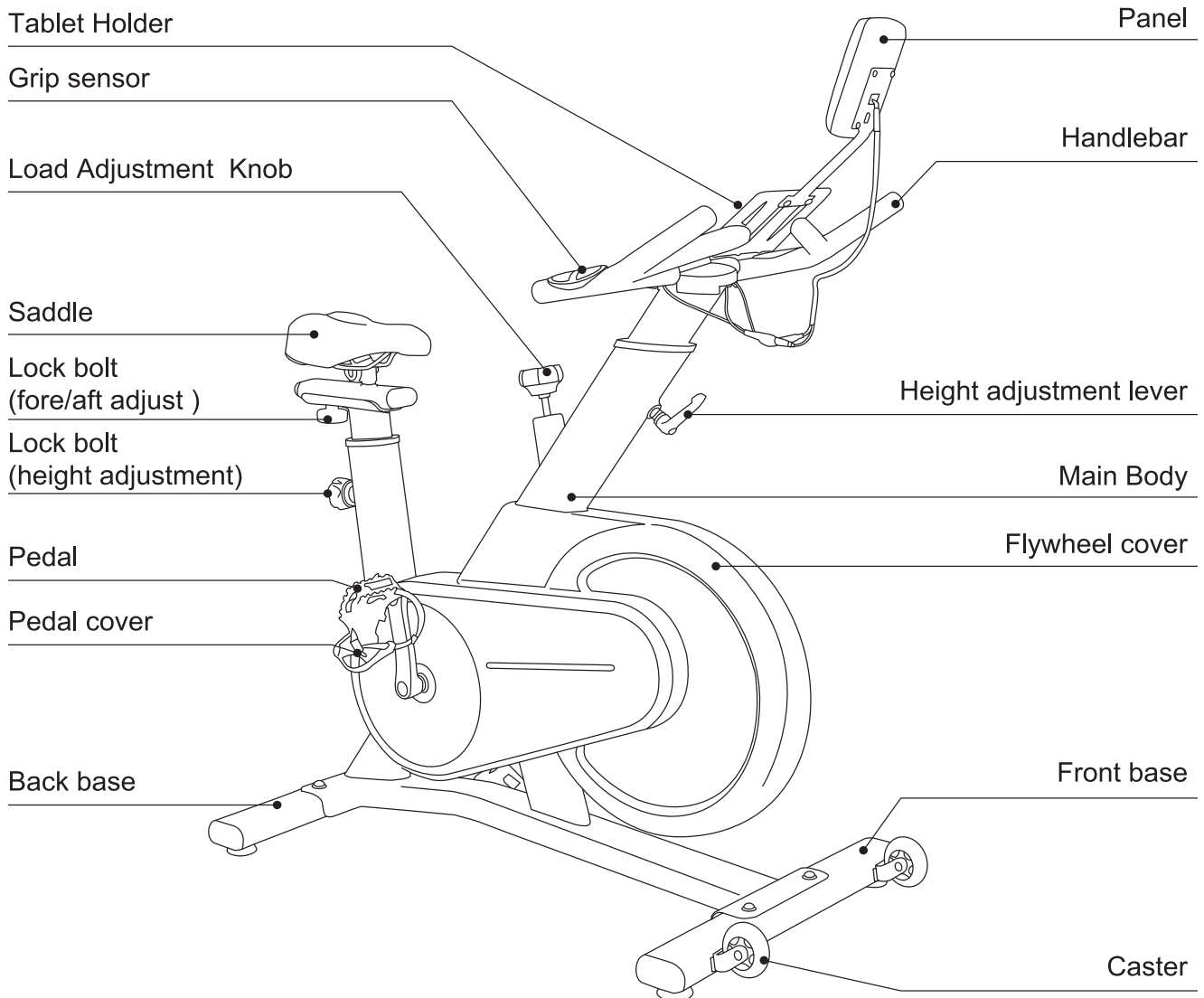


Remove the cover on the back of panel, and you can find a battery holder. Please do not make mistake about polarity of battery when inserting them. A beep sounds when batteries are correctly loaded.

Battery

Alkali dry battery AAA batteries

Name of Each Part



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.



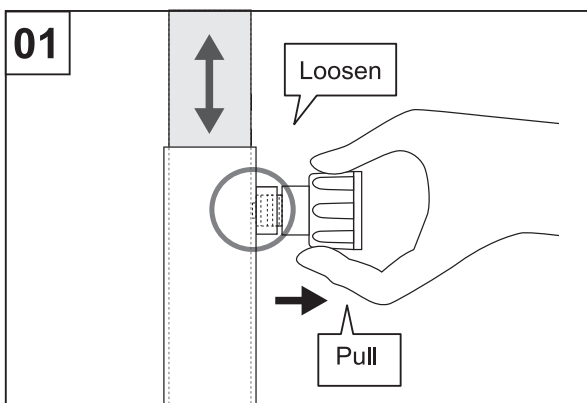
Careful
with fingers



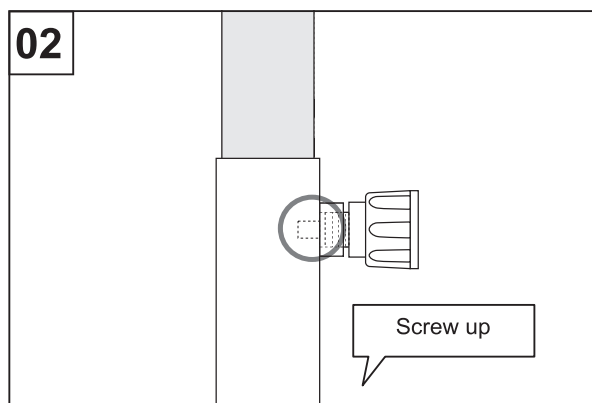
Operation by
2 adults or more

How to Use Lock Bolt

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



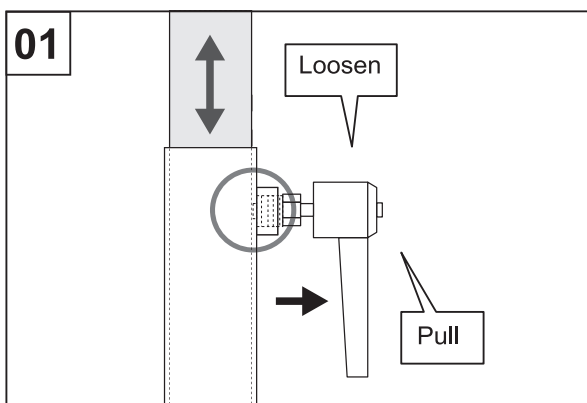
Loosen lock bolt, pull knob toward you, so that you can slide adjustment part.



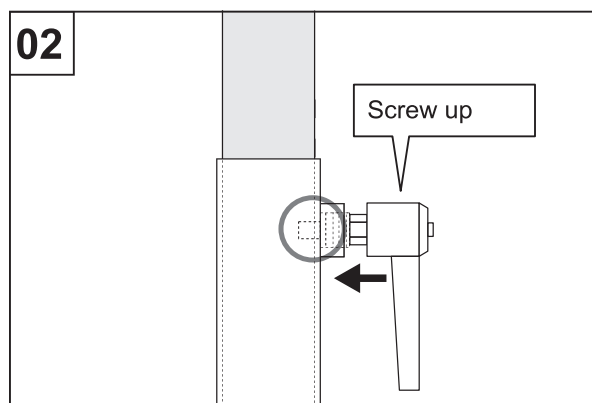
Release knob, and the tip of lock bolt goes back. After adjustment, turn lock bolt and fix it tightly.

How to Use Height Adjustment Lever

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



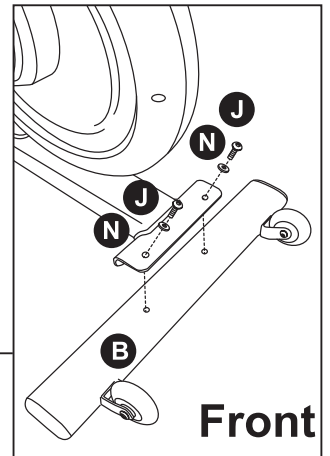
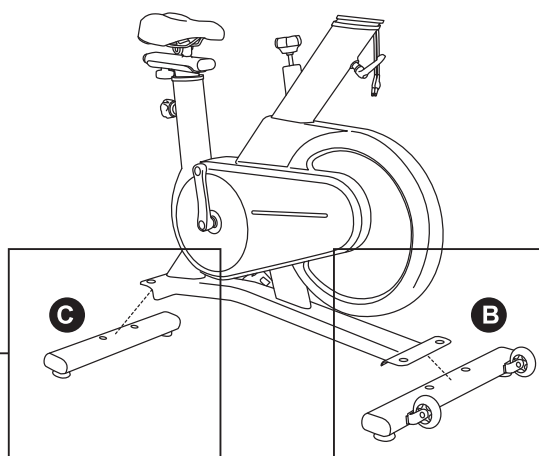
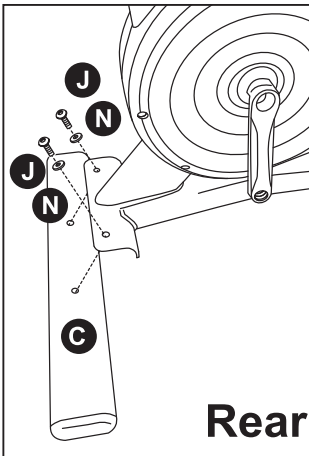
Loosen the height adjustment lever by turning, and pull it toward you, so that the adjustment part can slide.



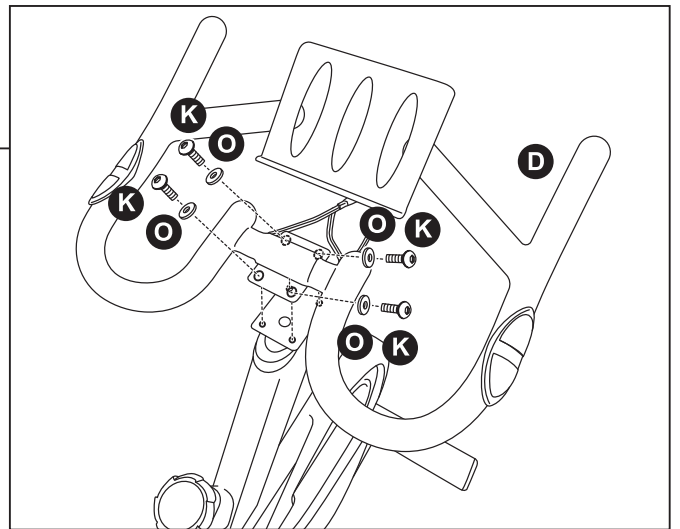
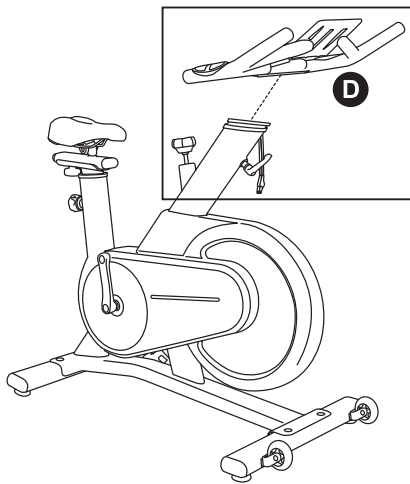
Release lever, and its tip goes back to adjustment hole. After adjustment, screw up lever tightly.

1

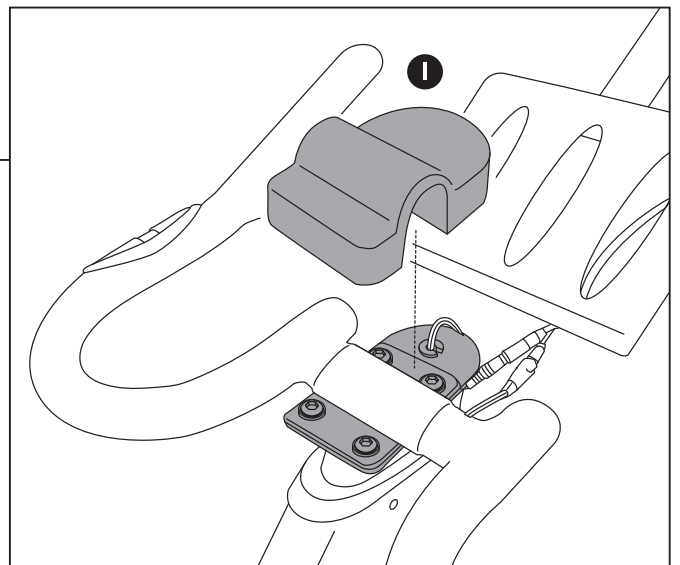
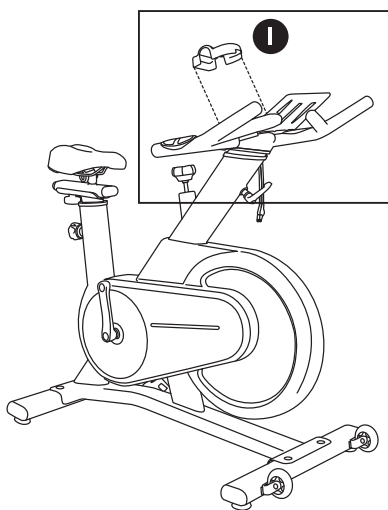
Fix main frame on front base and rear base. Unscrew the screws and washers on front bottom tube and rear bottom tube, take out the short tubes and install the longer tubes.

**2**

Install handlebar on handlebar frame.

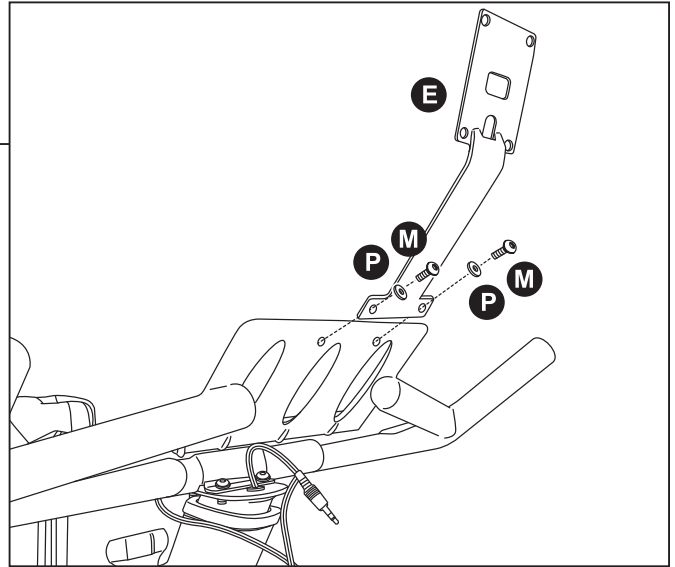
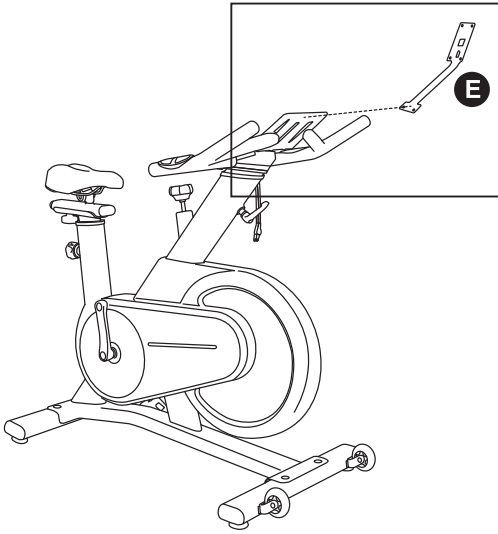
**3**

Cover handlebar with handlebar cover.



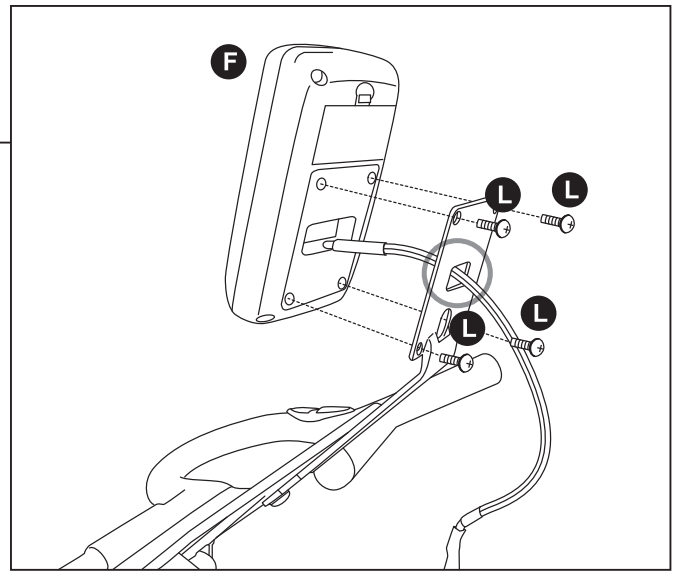
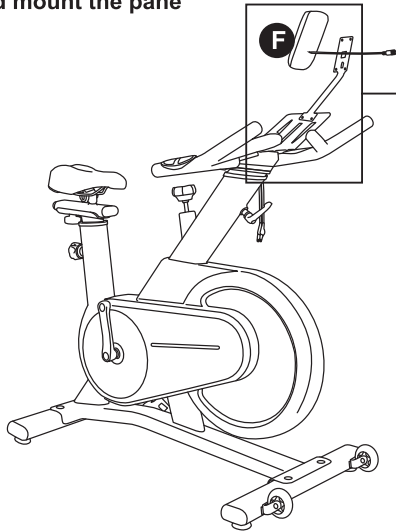
4

Install panel base on handlebar.



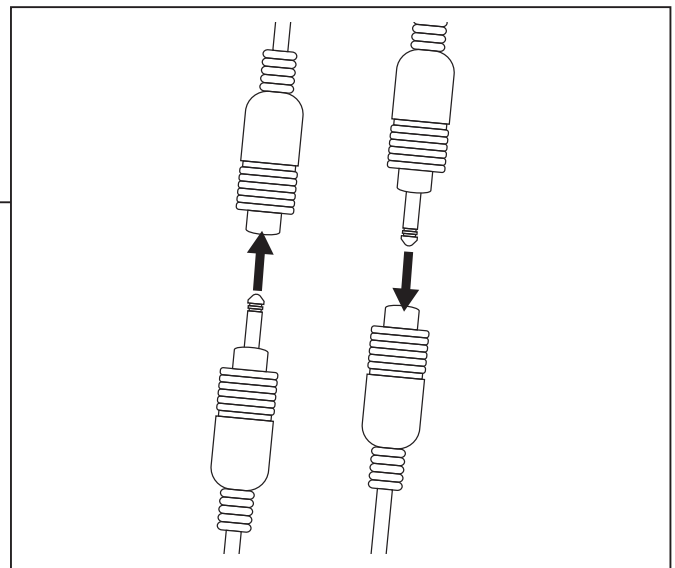
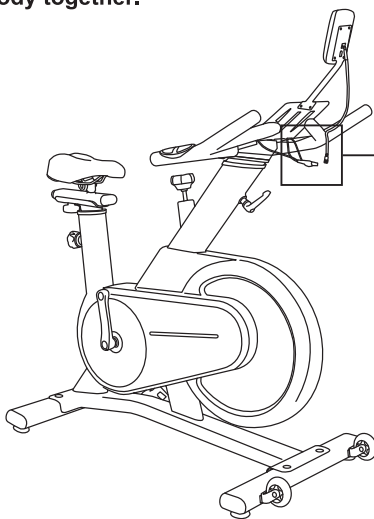
5

Thread panel code through the hole on base, and mount the pane



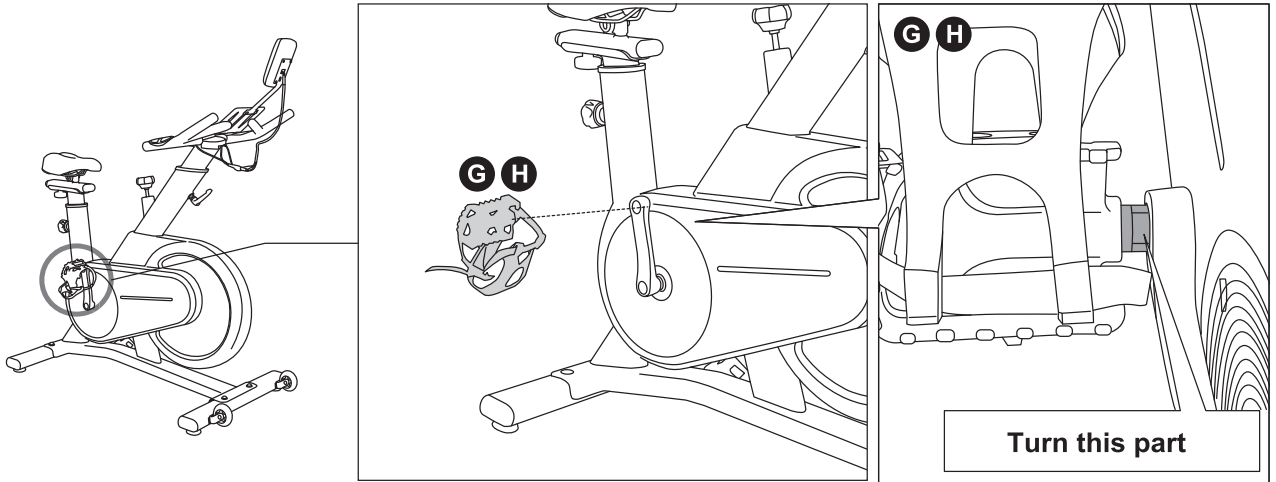
6

Connect the mini plugs of panel and main body together.

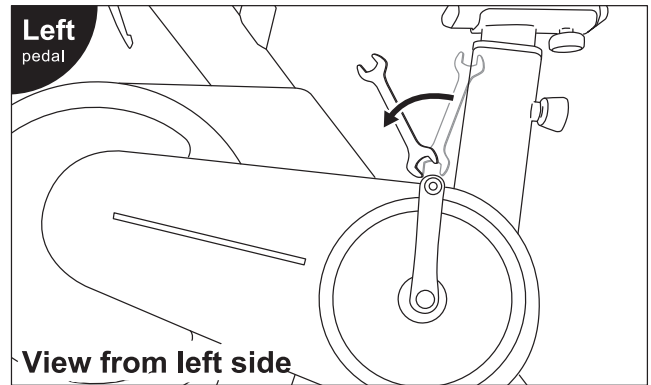
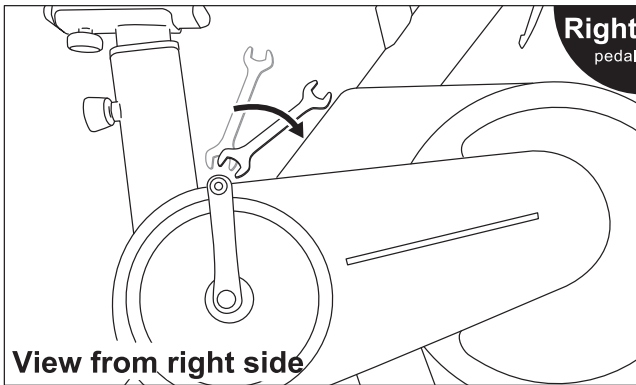


7

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

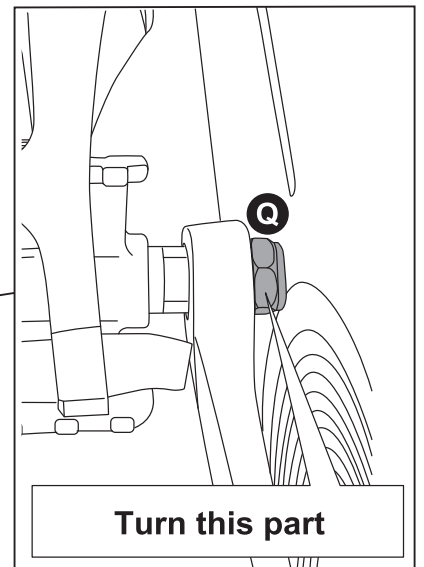
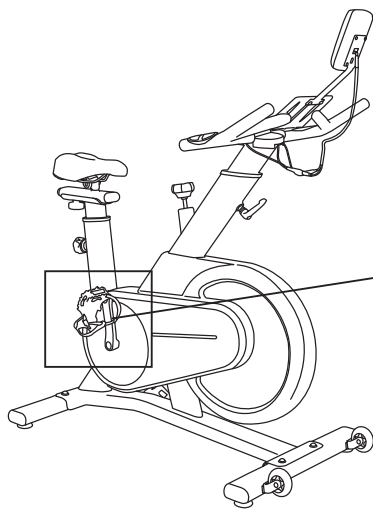


Caution: Turning rightward or leftward may change direction



8

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



☆ After tightening all screws, assembly is completed.

Method of Operation

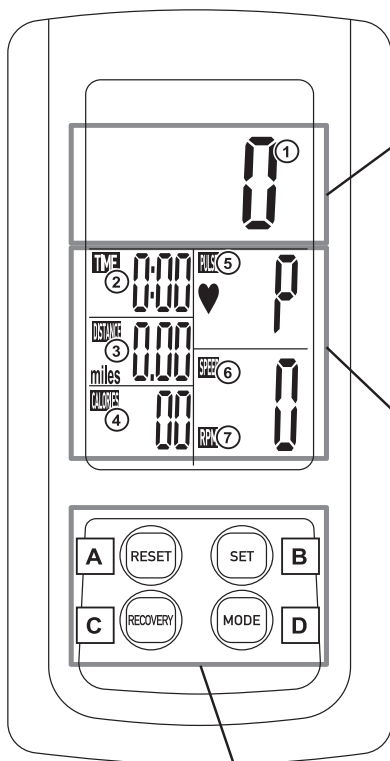
Auto Start

The display automatically turns on when you set foot on pedal or press button.

Auto Off

After use, the display will automatically turn off if no buttons or pedals are touched for several minutes.

Auto-Measuring Meter



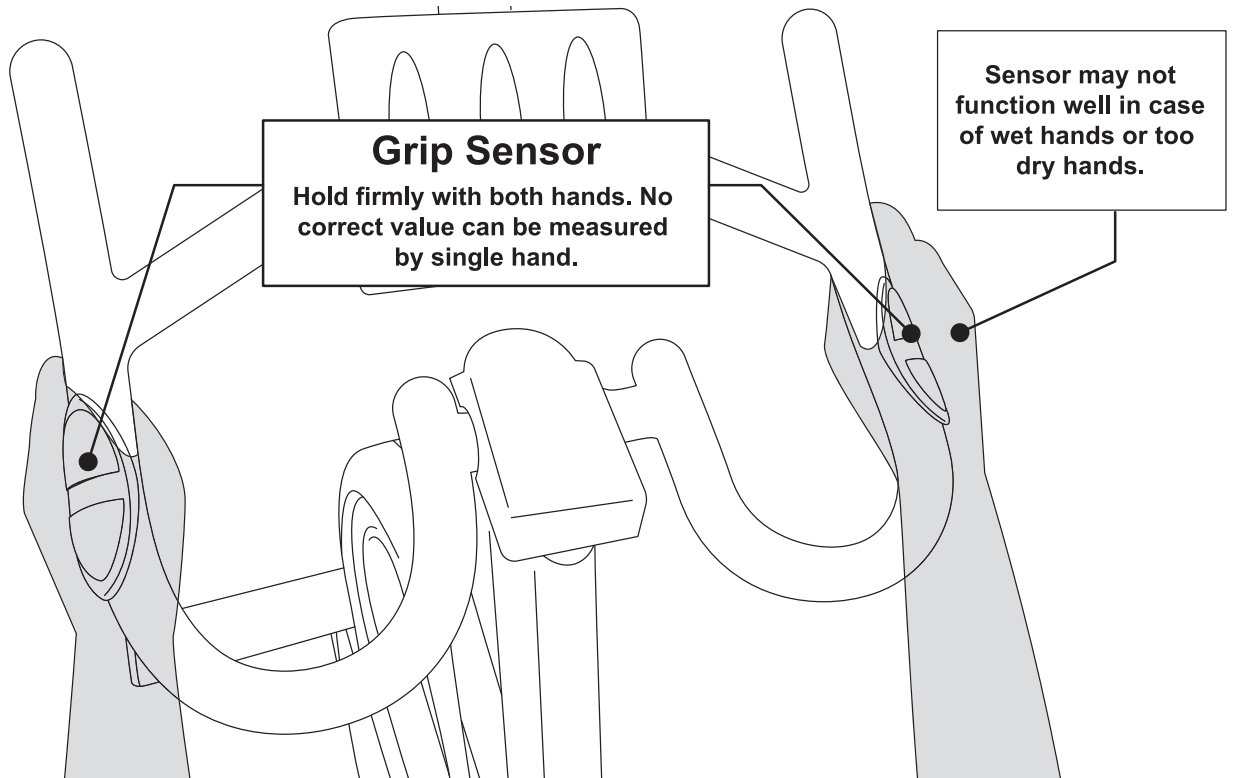
① **Scan screen**
Display switches automatically every few seconds. Values of blinking items among the six items are displayed on scan screen.

② TIME Time Duration	⑦ RPM RPM Pedal revolution per minute Keep a certain RPM, body burden can be reduced. <small>Display alternately with speed</small>								
③ DISTANCE Distance Distance : 0.01=52.8feet	RPM Reference Standards of Bike <table border="1"> <tr> <td>Bike in use</td> <td>50-60rpm</td> </tr> <tr> <td>Cycling</td> <td>70-90rpm</td> </tr> <tr> <td>Long distance cycling road race</td> <td>80-120rpm</td> </tr> <tr> <td>Cycle racing</td> <td>170rpm (Instantaneous)</td> </tr> </table>	Bike in use	50-60rpm	Cycling	70-90rpm	Long distance cycling road race	80-120rpm	Cycle racing	170rpm (Instantaneous)
Bike in use		50-60rpm							
Cycling	70-90rpm								
Long distance cycling road race	80-120rpm								
Cycle racing	170rpm (Instantaneous)								
④ CALORIES Calorie Calorie burning : (Value)kcal									
⑤ PULSE Heart rate Heart rate : (Value)bpm									
⑥ SPEED Speed (Value) km/h-mph <small>Display alternatel with RPM</small>									

<p>A Reset Button</p> <p> Press Reset button in Setting Mode, and the current value can be reset. Hold pressing for 2 seconds, and all values can be reset.</p>	<p>B Set Button</p> <p> Press Set button once, return to Setting Mode status. After selecting mode, press again for several times to increase value.</p>
<p>C Recovery Button</p> <p> Use Recovery Mode. About Recovery Mode, → Refer to Page 13.</p>	<p>D Mode Button</p> <p> Each time when you press Mode The optional items will be switched among them.</p>

About Heart Rate Measuring Function

"Grip Sensor" for measuring heart rate was built in the handlebar of bike.



About Heart Rate Reference Standard

It is said that exercising for at least 30 minutes at least once a week with a target of 60-70% of the maximum heart rate (fastest heart rate of the individual) is essential for building a healthy body .

How to Calculate Maximum Heart Rate

$$\text{Maximum Heart Rate} = 220 - \text{Age}$$

Maximum heart rate is the largest one when workout load comes to maximum.

How to Calculate Target Heart Rate

Example: At age of 50

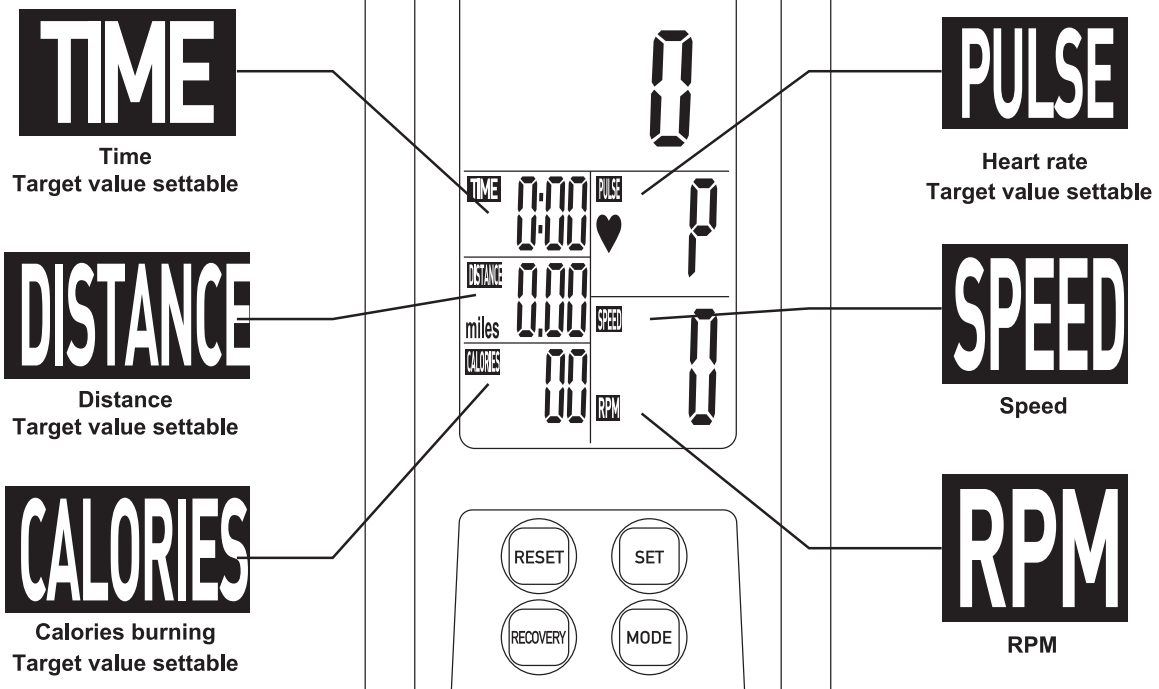
$$220 - 50 = 170 \text{ (Maximum heart rate)} \times 0.6 \sim 0.7 = 102 \sim 119$$

Age	Target Heart Rate(times/minute)
20	120~140
30	114~133
40	108~126
50	102~119
60	96~112

Please note the contents and numerical values are for reference only, and have no medical basis. You are suggested not to workout excessively to reach target heart rate.

Setting Mode

Target values of time, calories, distance and heart rate can be set for this machine.



e.g.

When setting your workout target at “Time: 20 minutes”, and “Heart rate: 120bpm”:

1



Display begins blinking the moment you press Set button. = entering Setting mode.

2



Press MODE button several times, **TIME** (Time) blinks.

3



Press SET button several times to match target value (e.g. 20:00).

4



Press MODE button three times, **PULSE** (Heart rate) blinks.

5



Similar with TIME setting, press SET button several times to match target value (e.g. 120bpm).


Hold grip sensor in two hands and start pedaling, counting automatically begins until reaching target value.

Reaching the target value previously achieved (e.g. the heart rate reaches 120 before 20 minutes) → Alarm sounds. Continue pedaling, and reach another target value (e.g. 20 minutes elapsed) → Alarm sounds again.

Recovery Mode

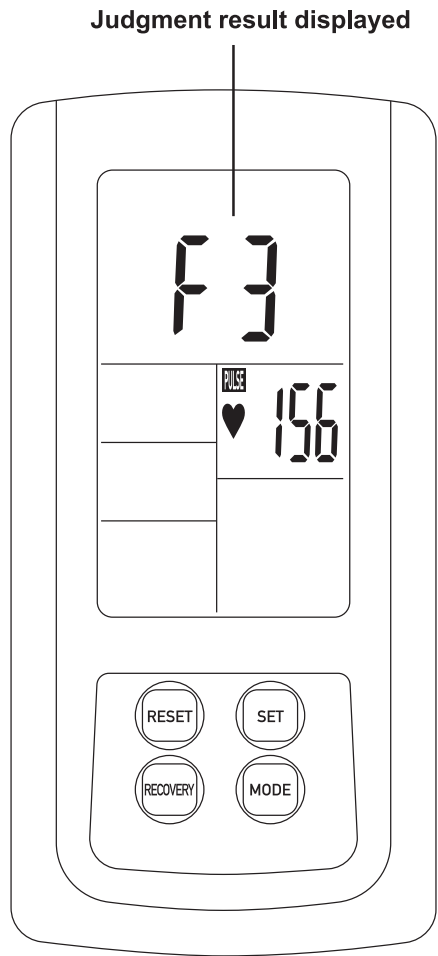
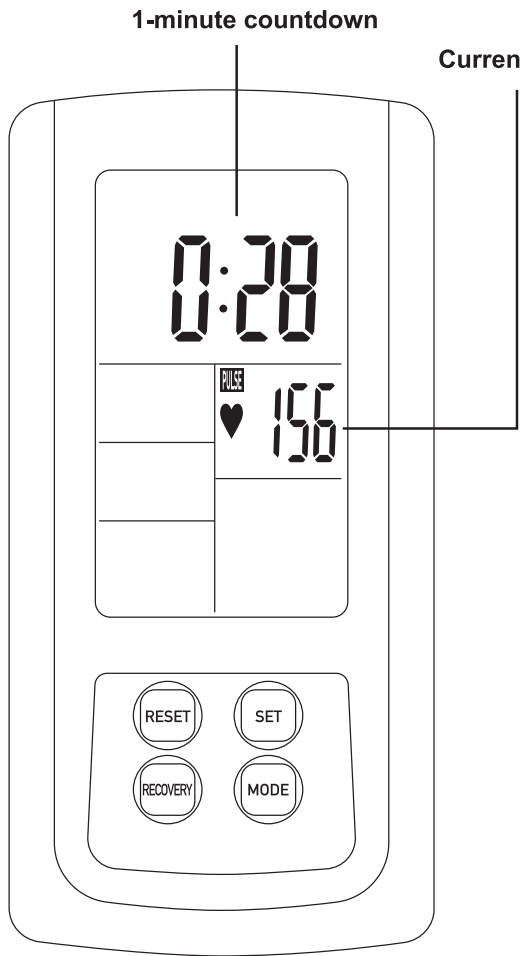
The function which may calculate recovery heart rate (value for judging to what extent the heart rate measured for one minute immediately after workout is close to normal state), and generate judgment results at six levels.

The mode can only be used immediately after (after alarm's sounding) the target value of "Heart Rate" in Set Mode has been set and reached.

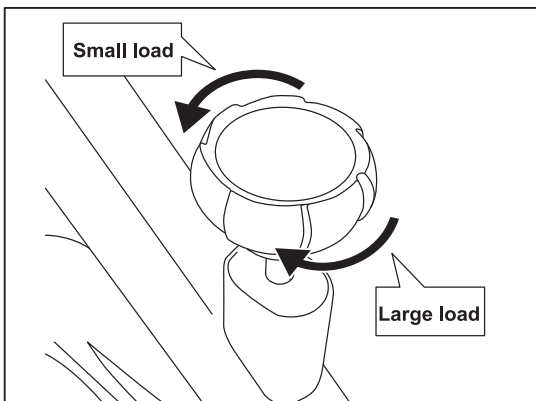
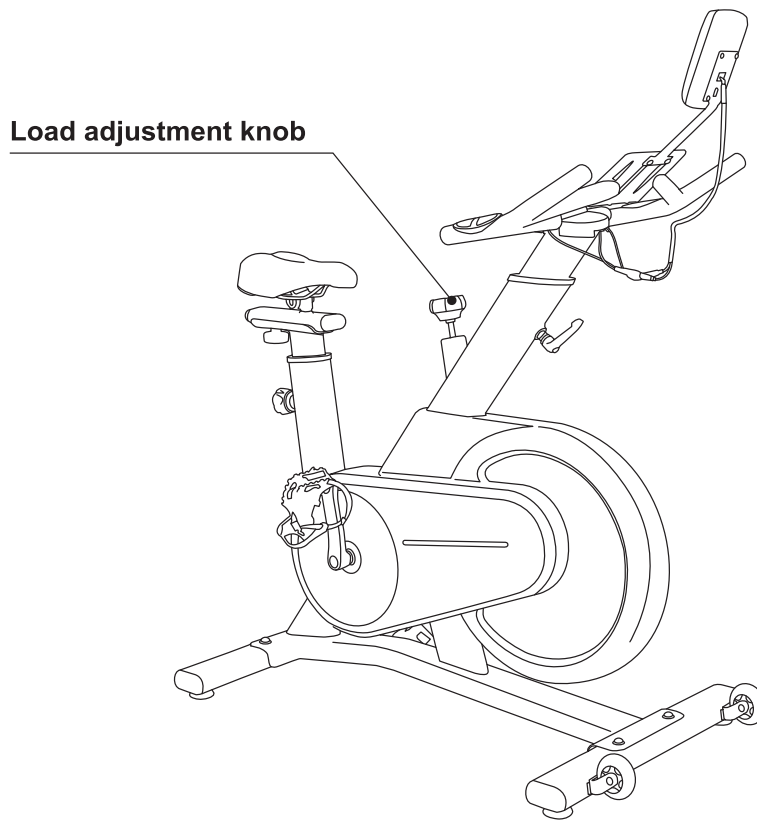
- 1** After target heart rate was reached, stop pedaling and press recovery button.
 
- 1** Hold grip sensor in two hands during the countdown from 0:00 to 60:00 (1 minute).

3 Measurement results at six levels are shown on screen.

Symbol	Heartbeat resilience	Symbol	Heartbeat resilience
F1	Perfect	F4	Standard
F2	Excellent	F5	Below average
F3	Good	F6	Low

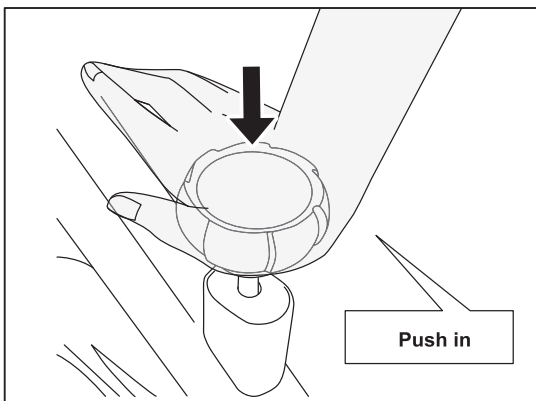


About Load Adjustment Knob



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

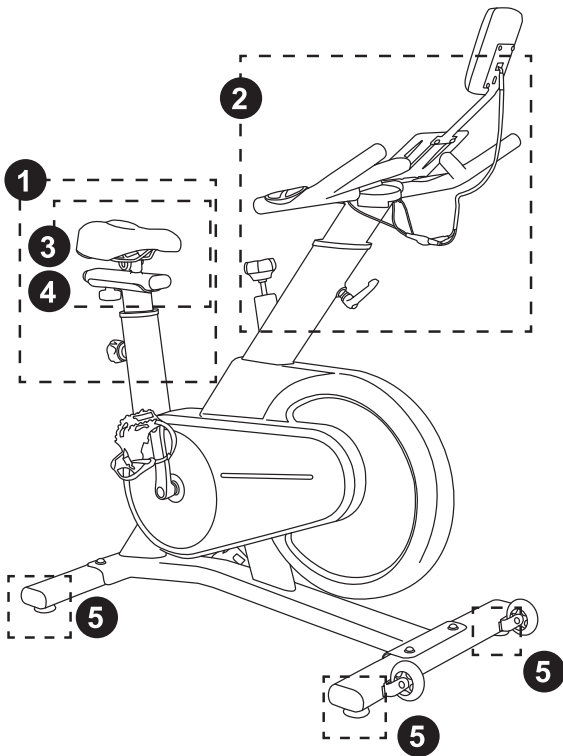
Caution: Tightening too much may cause the pedal can not move. Too loose (completely loose) while pedaling may cause injury or damage.



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



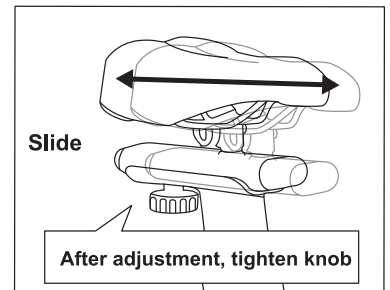
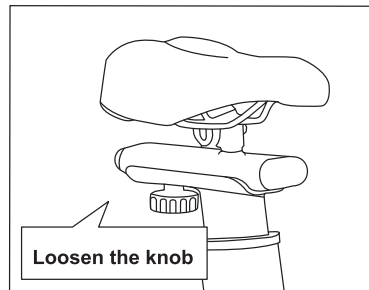
1 2 Height adjustment of saddle and handlebar

By loosening lock bolt, the height can be adjusted.

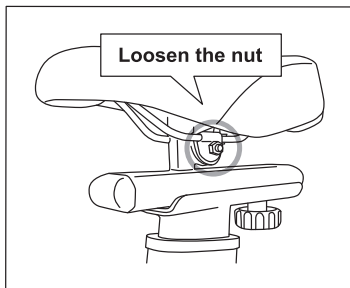
About how to use lock bolt → refer to Page 5.

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

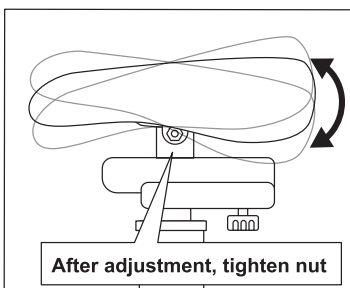
3 Horizontal adjustment of saddle



4 Saddle Angle Adjustment



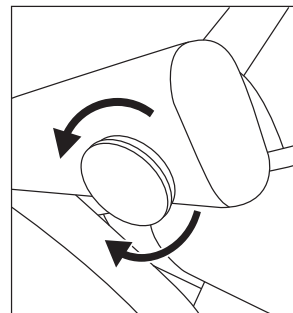
Loosen the nut at foot of saddle.



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.

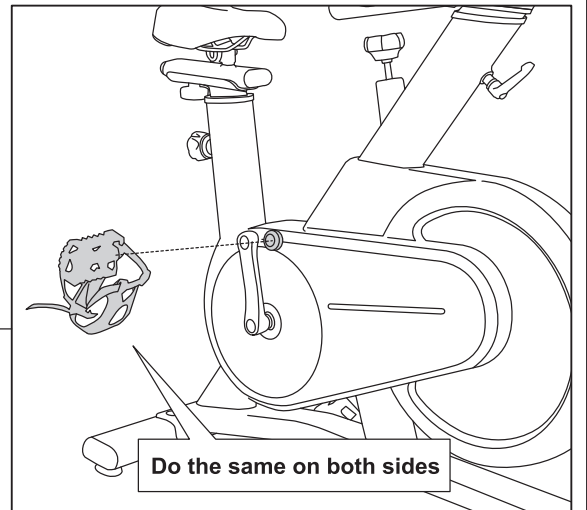
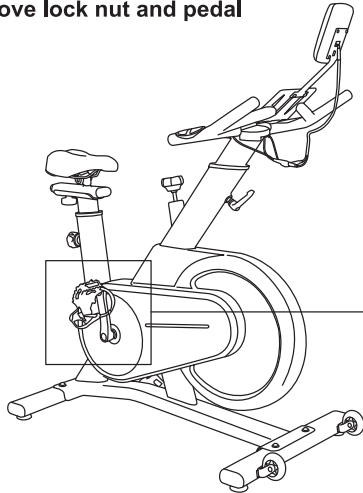


If there is rattling, adjust each of the four feet for balance.

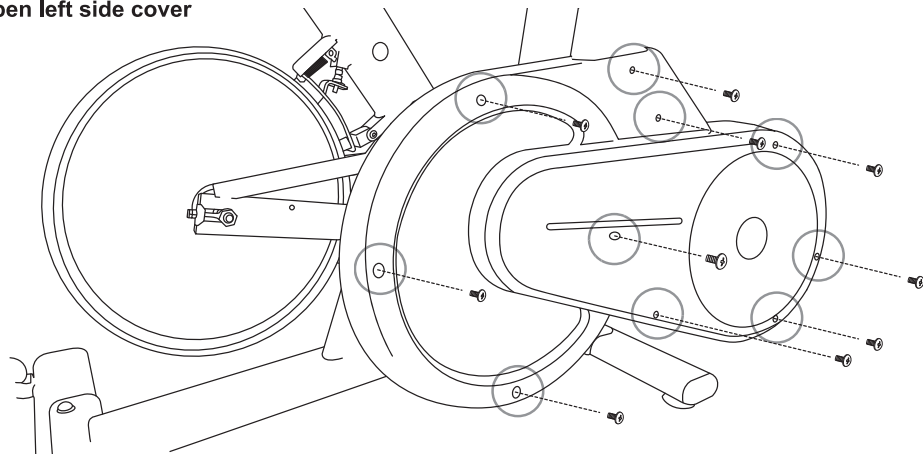
6 Belt Adjustment Method

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

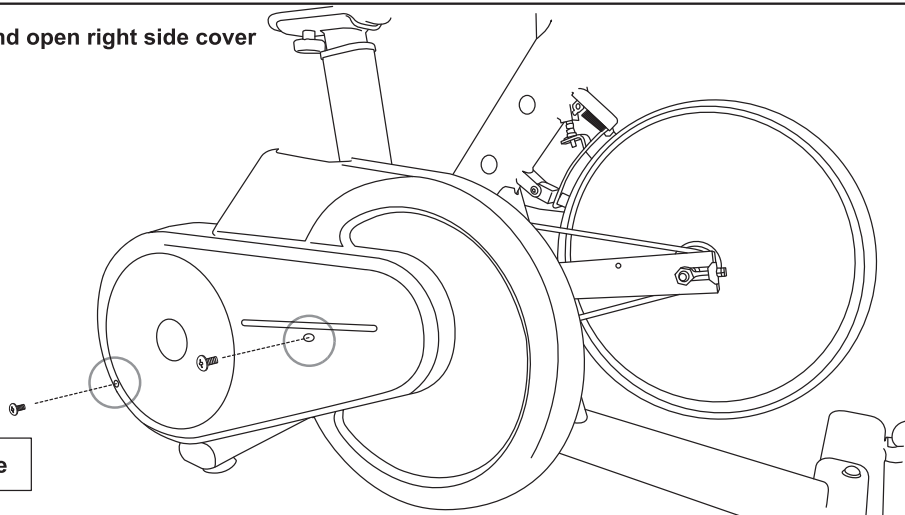


2 Remove screws and open left side cover



10 screws on left side

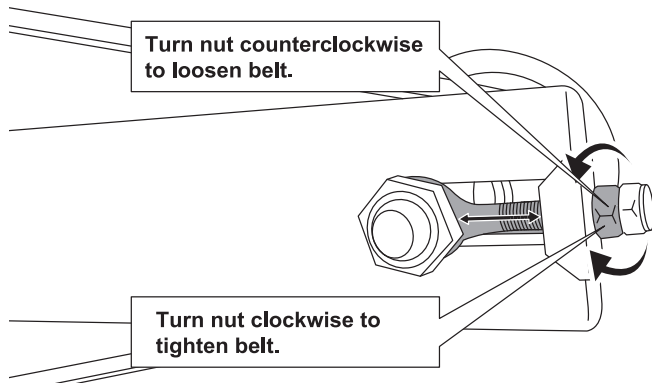
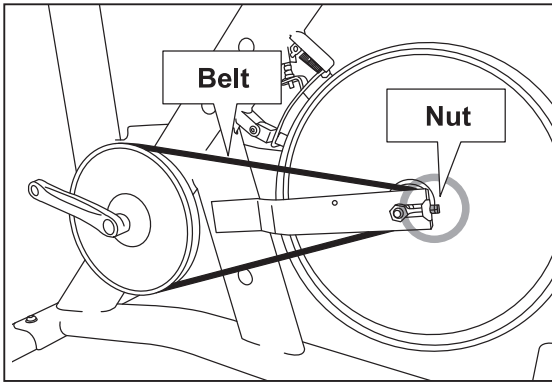
3 Remove screws and open right side cover



2 screws on right side

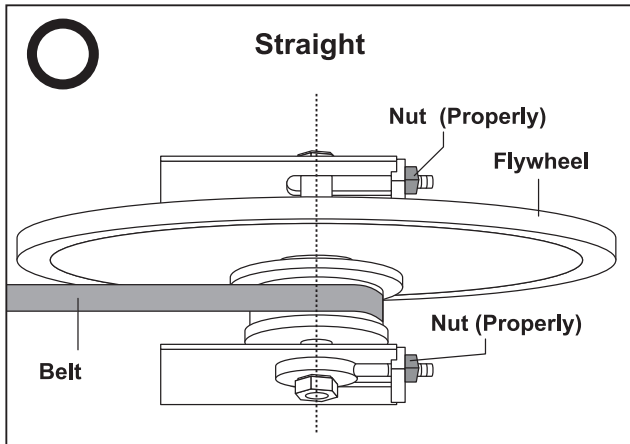
4

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.

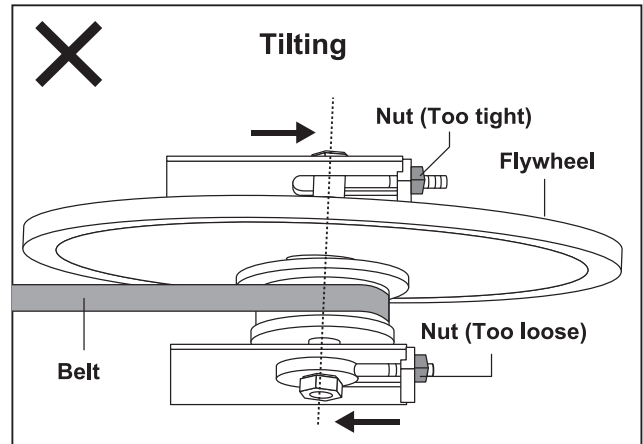


Note

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.



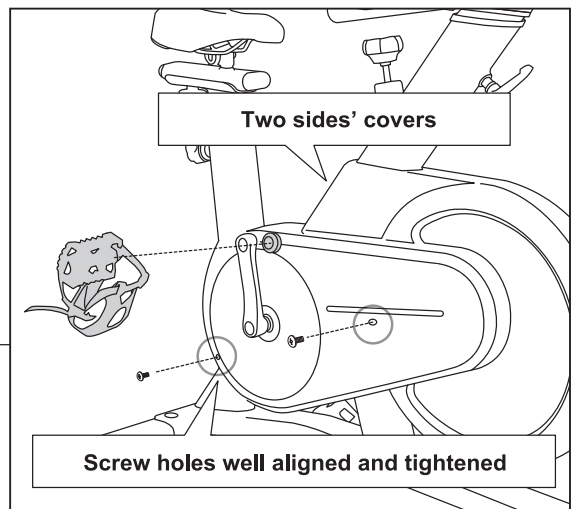
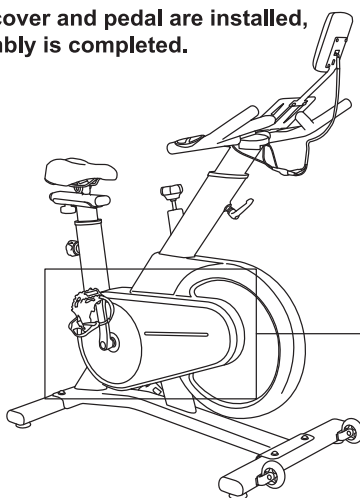
Example: Correctly adjust nuts on both sides



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

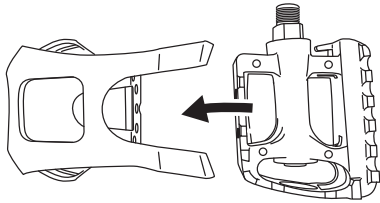
5

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

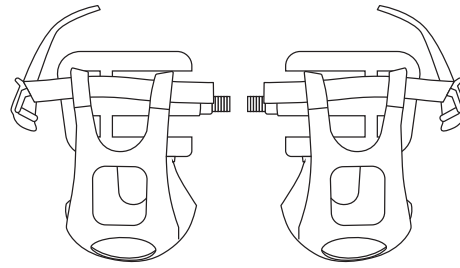


Remove Pedal Cover

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



G

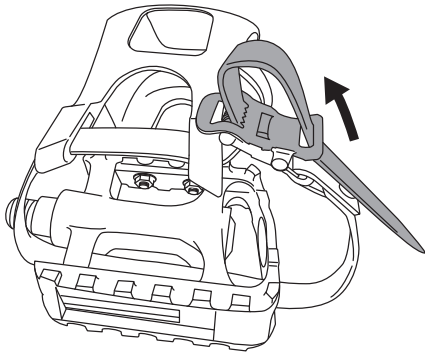


H

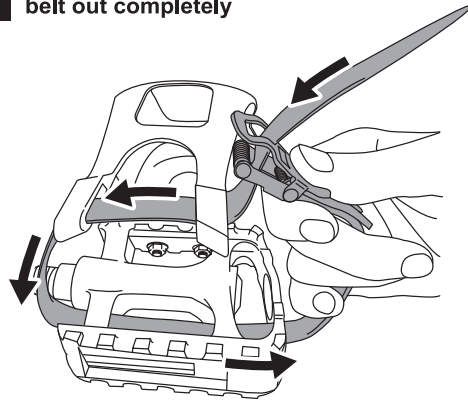
Pedal right · left

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

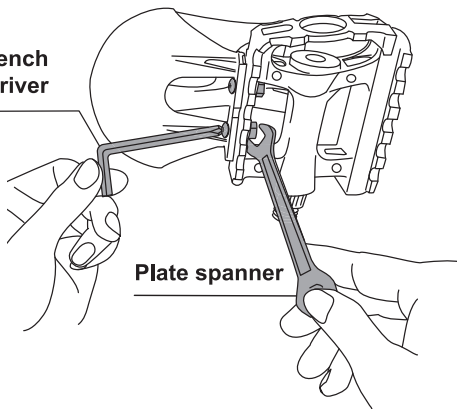
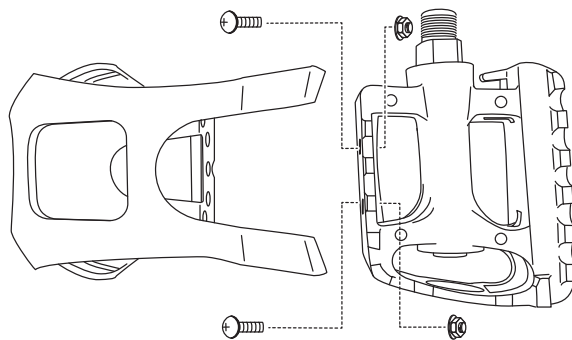


Plate spanner



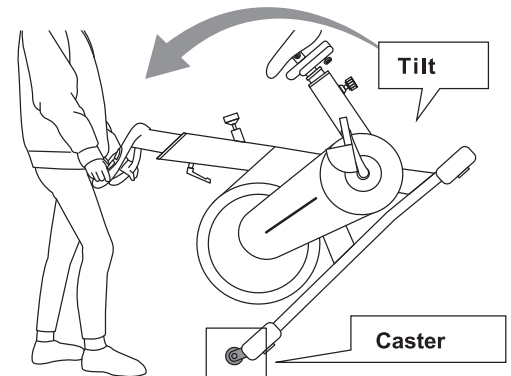
Do the same on both right and left pedals.

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"> •Check the polarity (+ and -) of dry batteries. •Check cable connection in assembling sequence again. •Remove batteries from panel, and reinsert them again at least 10 seconds later.
Abnormal screen display (888, EE, etc.)	
Heart rate failed to display, and error reading occurred.	<ul style="list-style-type: none"> •Grip sensor won't work properly if you hold it with wet or very dry hands. •Hold grip sensor with two hands. •Remove battery from panel, reinsert it at least 10 seconds later.
Pedal does not rotate smoothly	<ul style="list-style-type: none"> •Pedaling backward, then forward (Belt deviation can be corrected by pedaling backward).
Strange noise produces when pedaling.	<ul style="list-style-type: none"> •Check no looseness in tightened pedals on left and right.
Pedal does not work at all.	<ul style="list-style-type: none"> •Loosen the load adjustment knob when it was locked.
Machine makes rattling noise.	<ul style="list-style-type: none"> •Perform fine-tune on Base as shown in Page 14⑤.

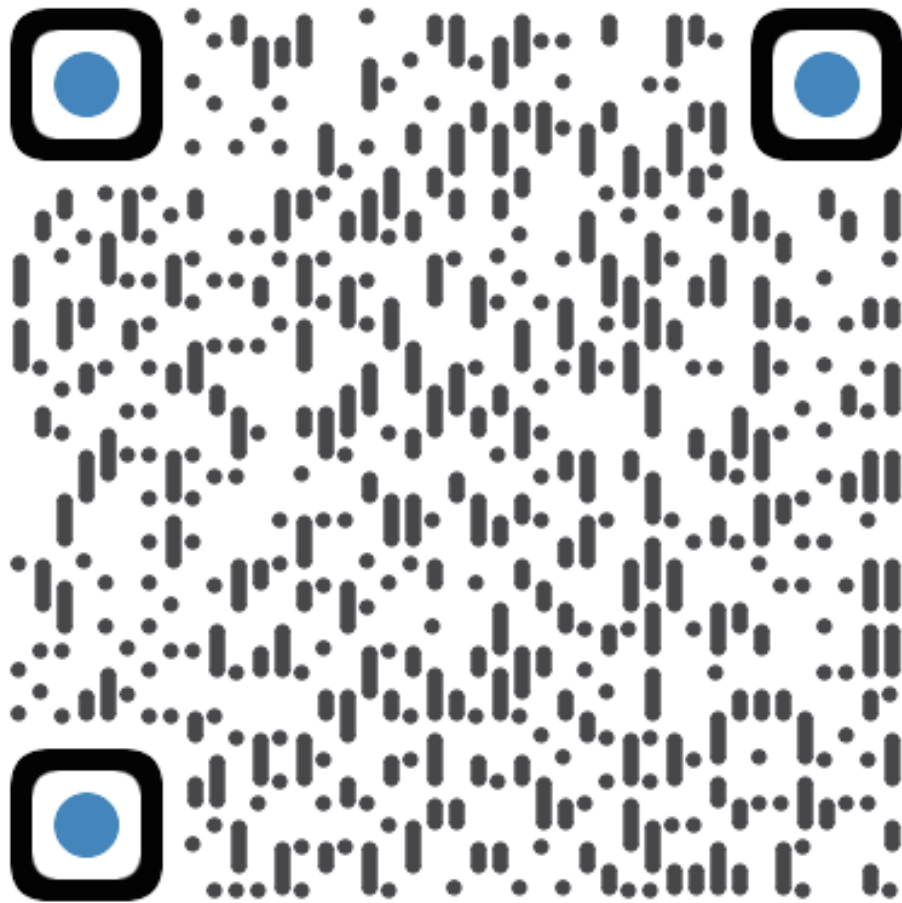
☆If faults failed to be corrected by the above-mentioned solution, please contact your dealer and tell it your troubles.

About After-sales Service

We would love to hear from you, if you have any questions, please contact us freely.

Email: support@xqiaotech.com (For the USA)

supporteu@xqiaotech.com (For Europe)



**Please scan the QR code to watch the
product installation video**