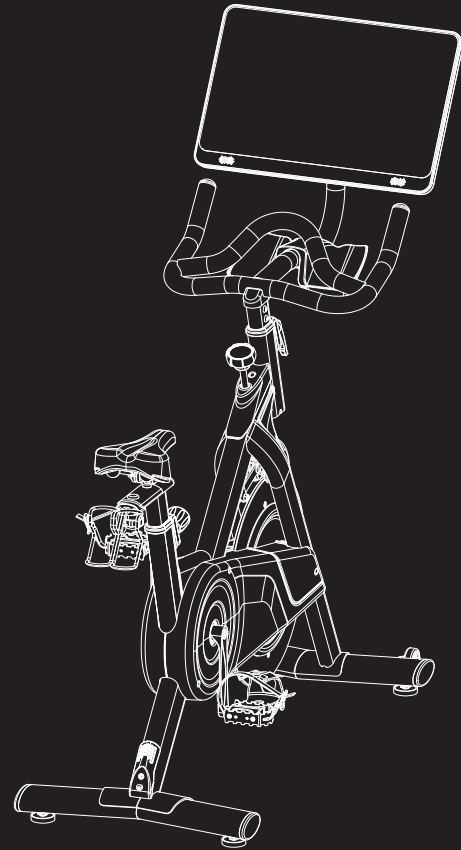


OVICX

EXERCISE BIKE

Q201X



# 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

# OVICX

Thank you for purchasing this product.

Prior to use, please read this manual carefully to ensure appropriate operation and use.

Please keep this manual properly for future reference.

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## Safety Instructions

### ⚠ Caution!

Please read this manual carefully prior to use.

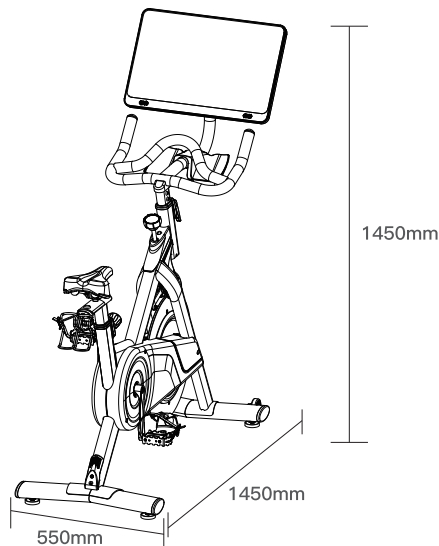
### I. Precautions

This bike is designed and manufactured with full consideration of safety issues. However, the users still need to take necessary precautions when using this bike, and also pay special attention to the following warnings during assembly and use. Be sure to read this manual prior to installation and use.

- 1.Children and pets are not allowed to approach this bike alone, only with guidance from parents or guardians to avoid any danger.
- 2.Use the bike on a flat and firm floor, adjust the base of the bike to a balanced position and use a carpet or mat if needed.
- 3.Ensure to clear 1 Metre of the rear surrounding during installation and use of the bike.
- 4.Before using the bike, please ensure that the bike is not loose, tighten the adjustment parts and check the brakes every time before you get on the bike.
- 5.This system has a fixed flywheel system, so the user must press the emergency stop knob in an emergency stop, if required.
- 6.If you feel dizziness or chest pain during the exercise, please stop immediately and consult your doctor before any further use.
- 7.Do not reach to touch the moving parts to avoid danger.
- 8.Please wear appropriate clothing while exercising with the bike. Do not wear loose apparels that can be pulled in by the bike. Please wear the sports shoes to protect your feet while you ride.
- 9.Do not modify the bike without authorisation or use non-original accessories for safety purposes.
- 10.Disabled people should only use this bike with professional guidance.
- 11.Please warm up before cycling to avoid strain in your muscles.
- 12.This bike is not designed for medical rehabilitation, so, please consult your physician or doctor before using this for therapeutic purpose.
- 13.This bike can only handle one person at a time.
- 14.Adjust the position of the handle and seat according to you. Do not exceed the "STOP" line. After adjustment, make sure that the knob is locked and tightened properly.
- 15.High-speed rotating pedals may cause injury if not careful while doing the same.
- 16.The maximum weight of this bike is limited to 150 kg
- 17.Before exercising, it is required to consult a doctor, especially if you have health problems or you are over 35 years old.
- 18.For repairs or any other issues, please contact our customer support team.

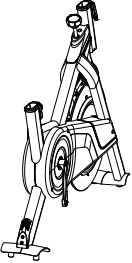



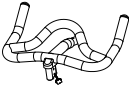
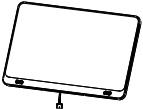
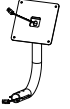





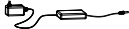


**Note: Please consult your doctor before using this bike or doing extensive physical exercises. Please read the manual carefully before using any fitness equipment. Be sure to keep this manual safe for future use.**

## Product Introduction



<b>Product Name</b>	Exercise Bike
<b>Product Model</b>	OVICX-Q201X
<b>Display</b>	21.5 Inch HD LCD TFT (1920x1080)
<b>Resistance System</b>	Magnetic control Resistance System
<b>Driving Mode</b>	Belt Driving
<b>Power Supply</b>	12V 4A
<b>Product Colour</b>	Black
<b>Body Height</b>	150-190CM
<b>Maximum Load</b>	150 kg/ 330 lbs
<b>Net Weight</b>	55 kg/ 122 lbs
<b>Gross Weight</b>	64 kg / 141 lbs
<b>Dimensions</b>	1450*550*1450 mm / 57.1*21.7*57.1 inches
<b>Flywheel Weight</b>	11kg
<b>Bluetooth</b>	Yes
<b>Wifi</b>	Yes

## Parts List

	A		K
			J
			L
			H
	M-1		I
	G		M-6
	M-4		M-5
	N		M-3
	A-35		M-8

A: Main Frame

M-1: 21.5" HD screen

G: Handrail post

M-4: Saddle

A-35: Seat post adjust knob

N: Parts kit manual

K: Rear Stabilizers

J: Front Stabilizers

L: Seat post

H: Handlebar

I: Rotatable screen stand







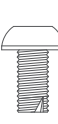

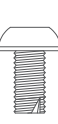











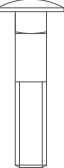
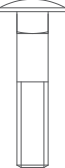


M-6: Bottle cage

M-8: Dumbbell rack

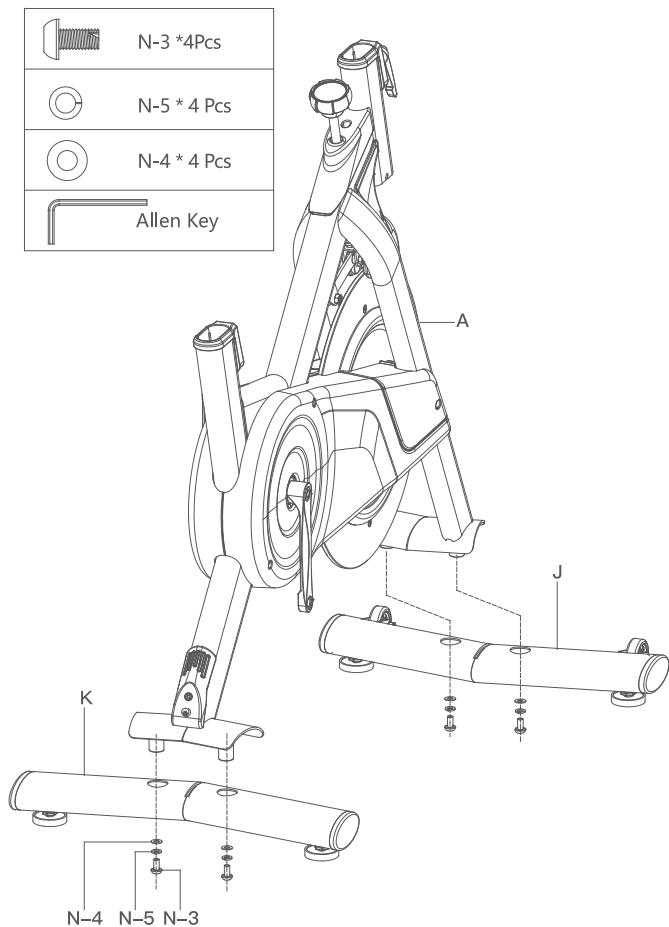
M-5: SPD double-side pedal

M-3: AC Power cord

## Parts Kit List

	Box Spanner (1)		N-5 Spring Washer ø8x2t(4)		N-3 Allen Bolt M8*P1.25*16mm (4)
					
					
					
	Screwdriver (1)		N-7 Screw M4x12L (4)		N-4 Flat Washer ø8*ø16*2t (8)
					
	Allen Key(1)		N-2 Allen nut M8(2)		N-6 Allen Bolt M8*P1.25*12mm (4)
					
	Allen Key(2)		N-1 Carriage Bolt M8*P1.25*40MM (2)		N-8 Allen Bolt M5*P1.25*18mm(2)
					

## How to Install Bike

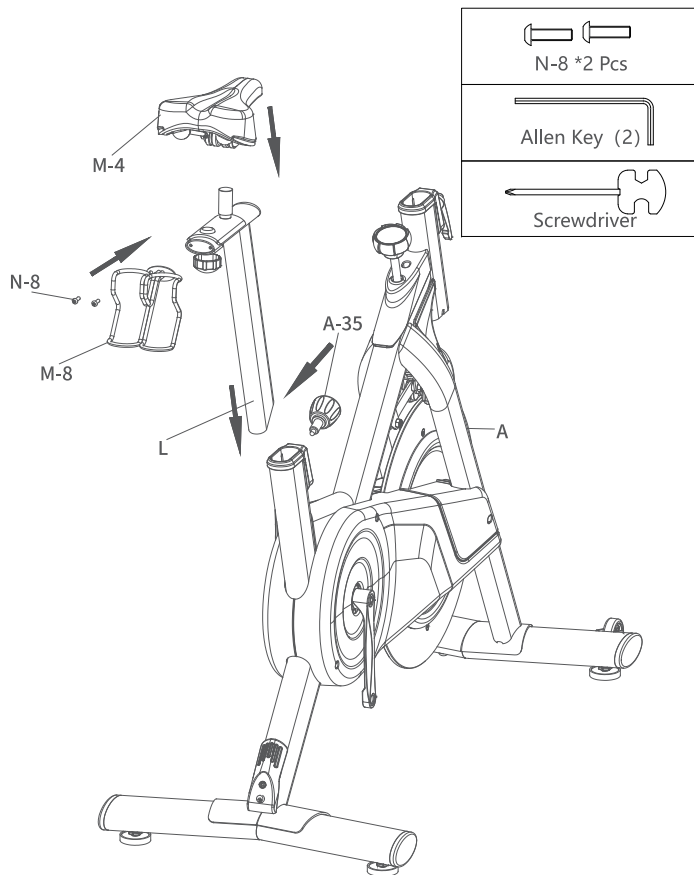


### STEP 1: Install the front and rear stabilizer

1. Take out the main frame (A) and the front stabilizers(J) and the rear stabilizers(K).
2. Align the front stabilizer(J) with the front of the main frame(A), make the wheel of the front stabilizer(J) forward, and insert Allen Bolt(N-3) into the spring washer(N-5) and flat washer(N-4), align the frame and the front stabilizer holes and use the Allen Key to tighten and lock the Allen Bolt(N-3). Install the rear stabilizer(K) in the same way.

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## How to Install Bike

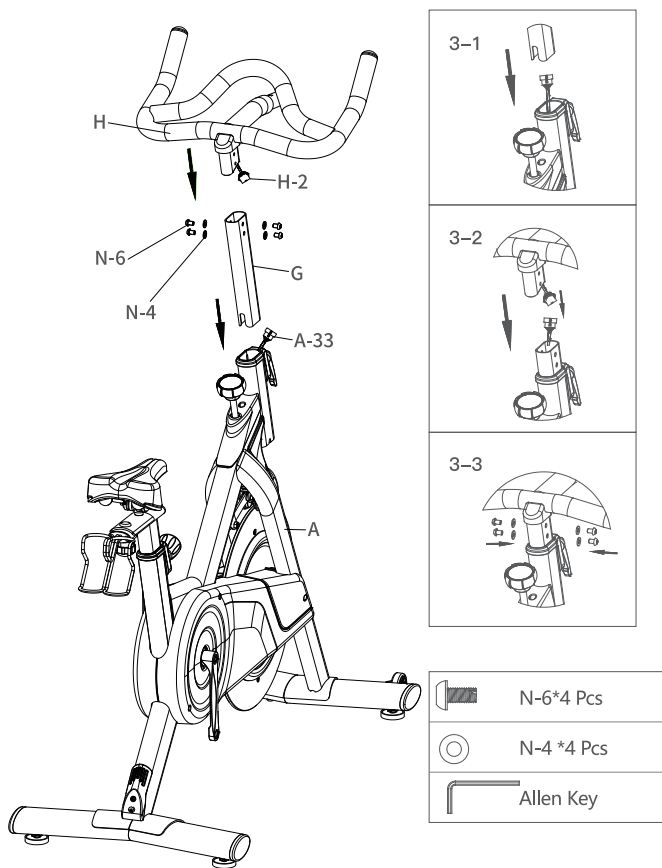


### STEP 2: Install the seat and Seat Post

1. Insert the seat tube(L) down into the main frame (A), and tighten the seat tube adjustment knob (A-35) at the main frame.
2. Insert the saddle(M-4) down into the cylindrical handle on the top of the seat post, and then tighten the knob at the bottom of the seat.
3. Insert the dumbbell rack (M-8) into the seat post (L) in the direction of arrow, and tighten the screws at the orifice to ensure it is locked.

-6-

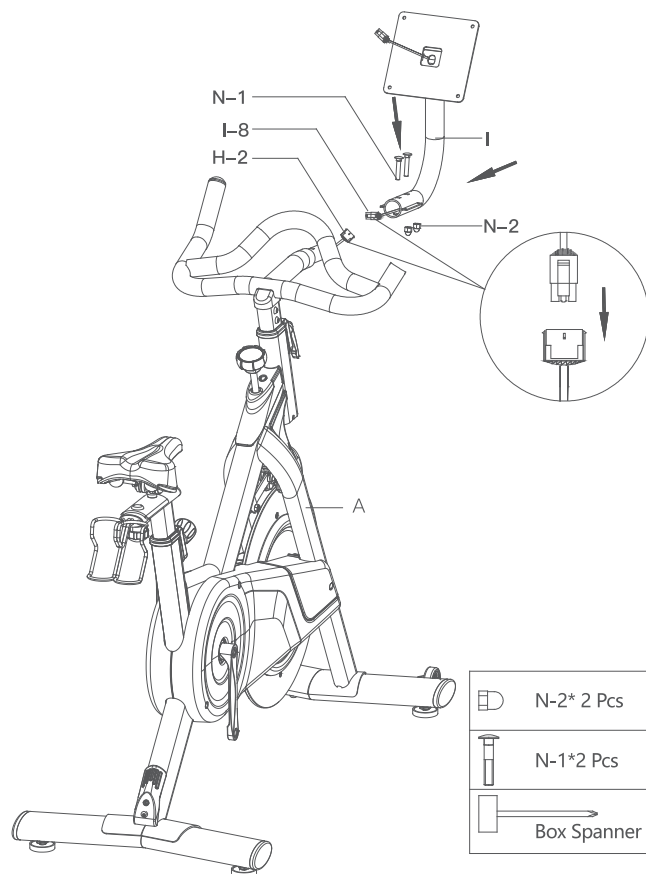
## How to Install Bike



### STEP 3: Install the handlebar post and handlebar

1. Pull out the connecting wire (A-33) properly and insert it into the handhold tube (G), and then insert the handlebar post(G) into the orifice of the main frame (A). When using it, adjust the handle tube to a suitable position. Tighten the handlebar.
2. Connect the connecting wire processing (A-33) and (H-2) in the correct direction, and then insert the handlebar (H) into the handlebar post (G), align it with the opening and use the Allen Bolt(N-3) to insert it into the flat washer (N-4), and finally screw it into the opening and then tighten and ensure to lock it.

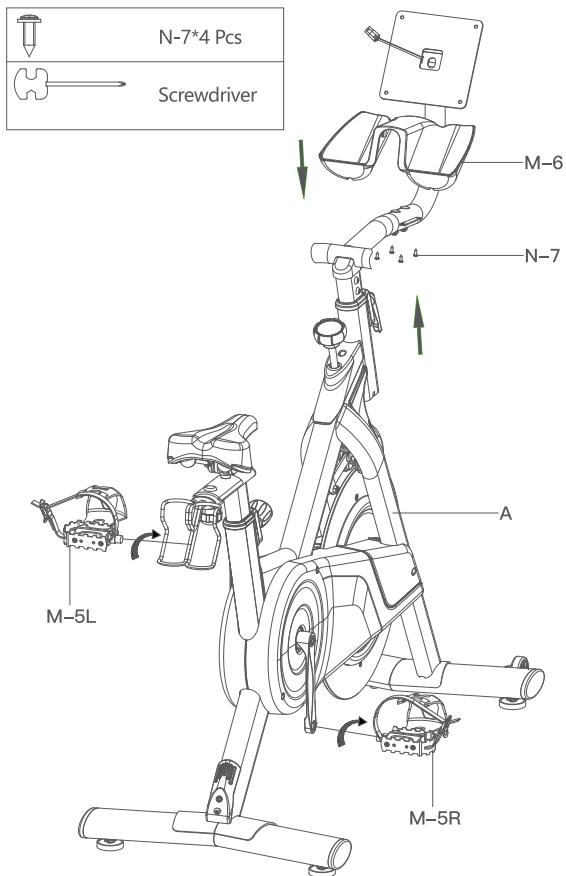
## How to Install Bike



### STEP 4: Install the rotatable screen stand

1. Connect the connecting wires (H-2) and (I-8) to each other in the right direction.
2. Insert the orifice of rotatable screen stand(I) into the orifice of handlebar, align it with the opening, insert it with the carriage bolt (N-1), and then tighten it with the Acorn Nut (N-2).

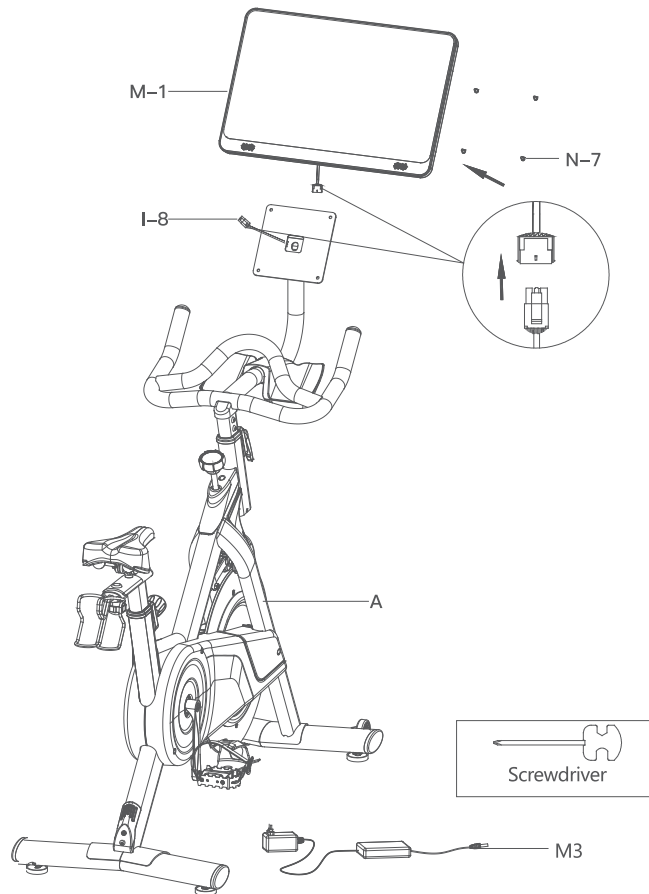
## How to Install Bike



### STEP 5: Install the pedal and bottle cage

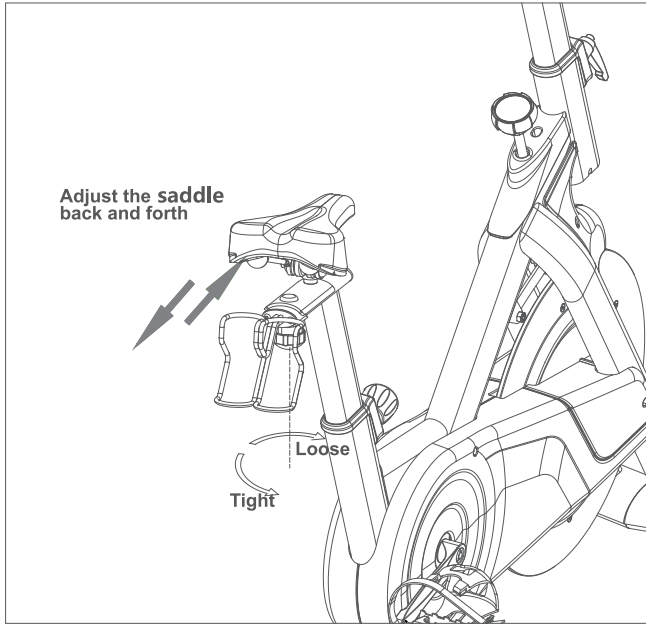
1. Screw the right pedal (M-5R) clockwise into the screw on the right crank arm, and then tighten it. Install the left pedal(M-5L) in the same way as the right pedal.
2. Place the bottle cage (M-6) above the rotatable screen stand , align it, and tighten it with the screw (N-7).

## How to Install Bike



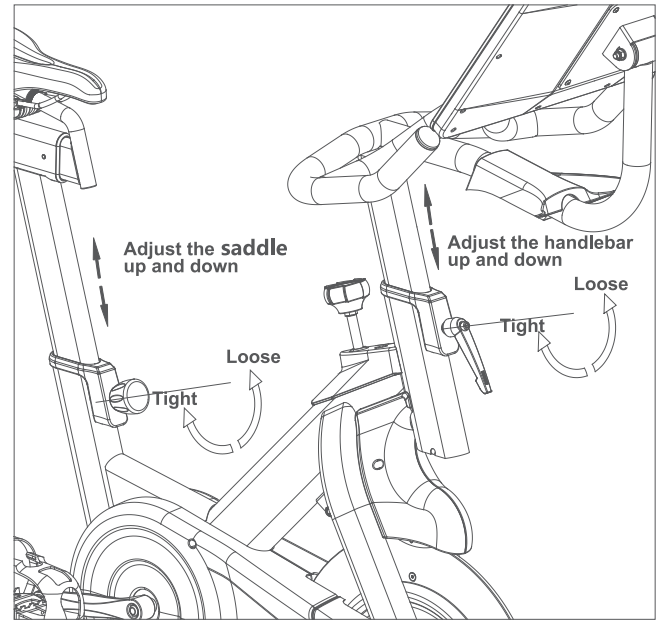
### STEP 6: Install the display screen

1. Connect the connecting wire of the display screen (M-1) and the connecting wire (I-8) of the display stand in the correct direction.
2. Place the display screen (M-1) at the appropriate position on the rotatable screen stand , align it, and tighten it with the screw (N-7).
3. Insert the AC power cord (M-3) into the opening at the junction of the main frame(A) and the rear stabilizer , and then connect to the power socket.



### 1. Adjust the saddle back and forth

Loosen the knob under the cushion, slide the saddle back and forth, and adjust it to the desired position, and then tighten the knob.



### 2. Adjust the saddle up and down

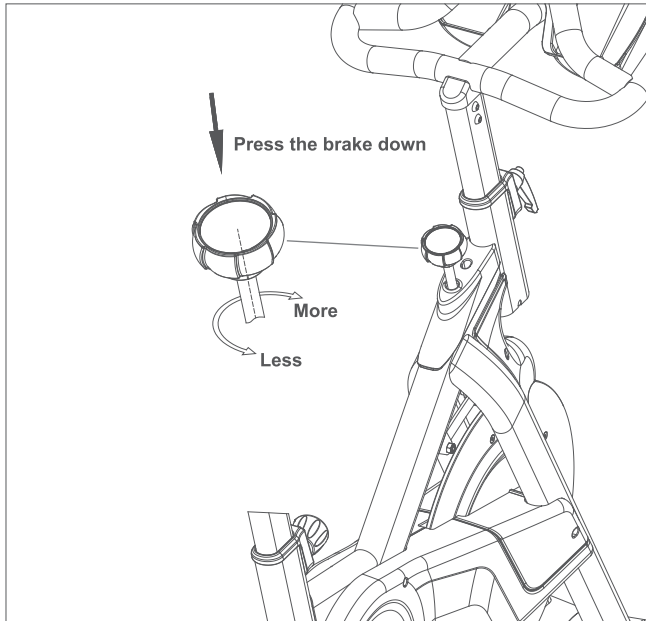
Use one hand to loosen the knob on the main frame(A), and use the other hand to hold the saddle and lift it up (or press it down). Adjust it to the desired position, and then loosen the knob and gently move the seat post up and down to allow the spring reset automatically (when the "click" is heard, it indicates that the knob has been slid into the seat post hole), and finally tighten the knob to ensure it is fixed properly.

### 3. Adjust the handlebar up and down

Use one hand to loosen the knob on the main frame, and use the other hand to hold the middle of handlebar and then pull it back (or press it down), adjust it to the desired position, and then loosen the knob and gently move the handlebar post up and down, and finally tighten the knob to ensure it is fixed properly.



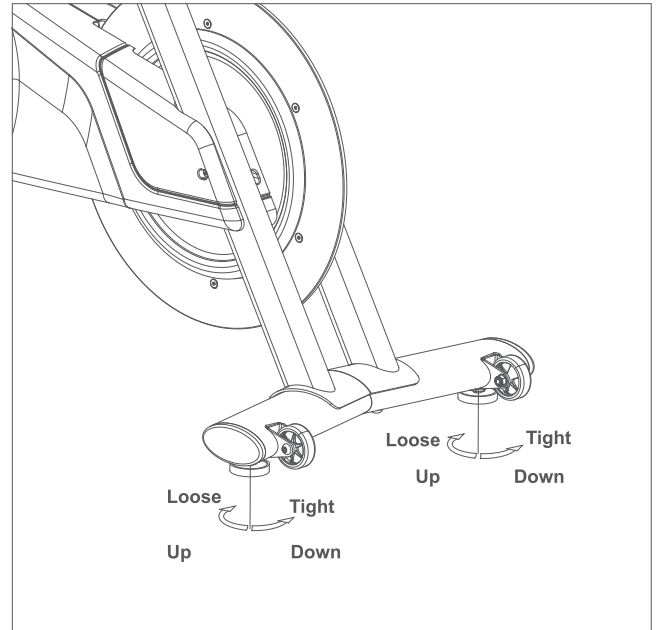
## How to Adjust Bike



### 4. Adjust the resistance

Turn the resistance adjustment knob. Increase the resistance by turning it in clockwise direction, and decrease the resistance by turning it in the anti-clockwise direction.

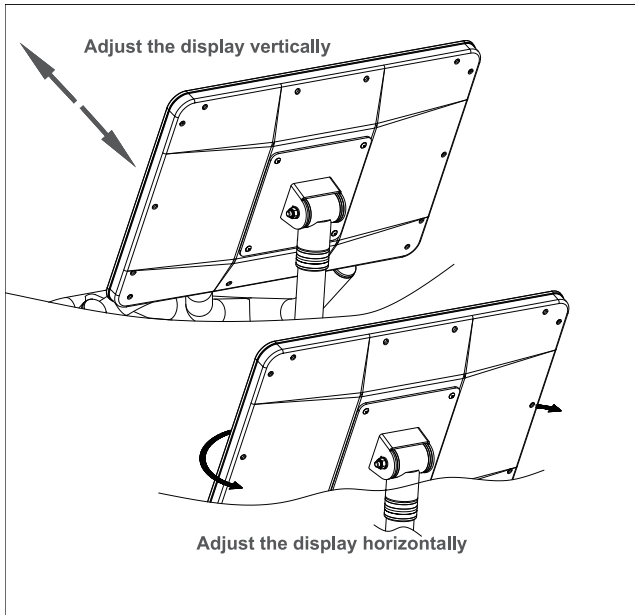
## How to Adjust Bike



### 5. Adjust the bike body levelness

There are four adjusting foot pads distributed under the front and rear stabilizers. Screw the foot pads close to the ground until the bike body is stable and does not shake.

## How to Adjust Bike

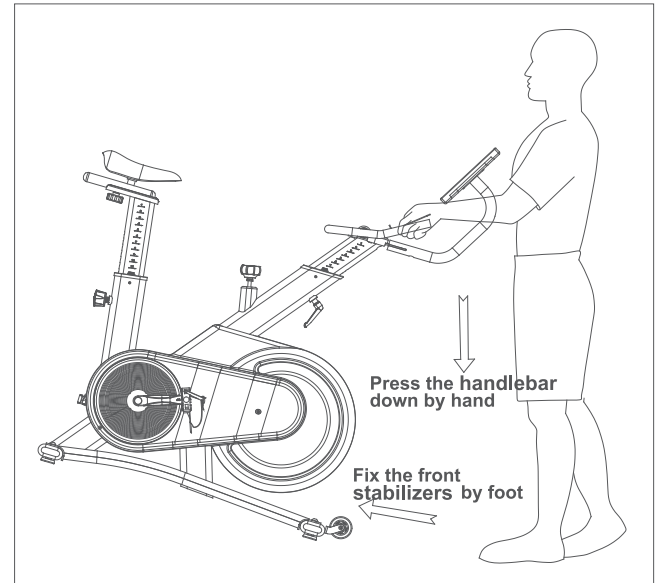


### 6. Adjust the display screen

1. Press the bottom of the display to adjust the display vertically and move it upwards or downwards.
2. Hold both sides of the display with both hands to adjust the display horizontally by moving it left and right.

Note: The display screen can be horizontally rotated at 360 degrees. Be careful while you rotate to avoid twisting the internal connecting wires.

## How to Move Bike



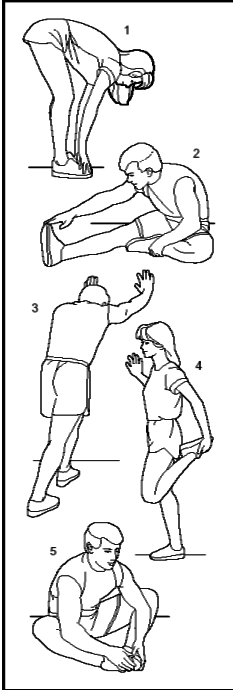
### 7. Move the bike

Fix the front stabilizers of the bike body by foot, hold the handles with both hands and forcefully press the front of bike down. When the rear stabilizers of bike is raised up, the bike body can be moved with the help of the wheels in the front stabilizers.

### Safety measures while exercising

Before exercising, please consult your doctor or your physician who can advise you on your exercise frequency, exercise intensity, and exercise time suitable for your age and physical condition. Please stop exercising immediately if you feel chest pain, irregular heartbeat, shortness of breath, dizziness or other discomfort while you exercise and seek medical attention immediately.

### Warm ups and Stretches



#### 1. Stretch downward

Bend your knees slightly, slowly bend your body forward, relax your back and shoulders, and try to touch your toes with your hands. Hold for 10-15 seconds, and then relax. Repeat 3 times for each leg.

#### 2. Stretch the hamstring

Sit on a cushion, straighten one leg, tuck the other leg inward so that it is close to the inside of the straight leg, and try to touch the toes with your hands. Hold for 10-15 seconds, and then relax. Repeat 3 times for each leg.

#### 3. Stretch the calf and Achilles tendon

Stand with two hands against a wall, one foot behind. Keep your rear leg upright and your heels on the ground, leaning toward the wall or tree. Hold for 10-15 seconds, and then relax. Repeat 3 times for each leg.

#### 4. Stretch the quadriceps

Keep balance by holding the wall or table with your left hand, then stretch your right hand rearward, grab your right ankle and slowly pull it toward your buttocks, until you feel that muscles in front of your thighs are tense. Hold for 10-15 seconds, and then relax. Repeat 3 times for each leg.

#### 5. Stretch the Sartorial (muscles on the inner thigh)

Sit with your feet soles facing each other and your knees facing out. Grasp the feet with both hands and pull towards the groin. Hold for 10-15 seconds, and then relax. Repeat 3 times.

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