

USER MANUAL

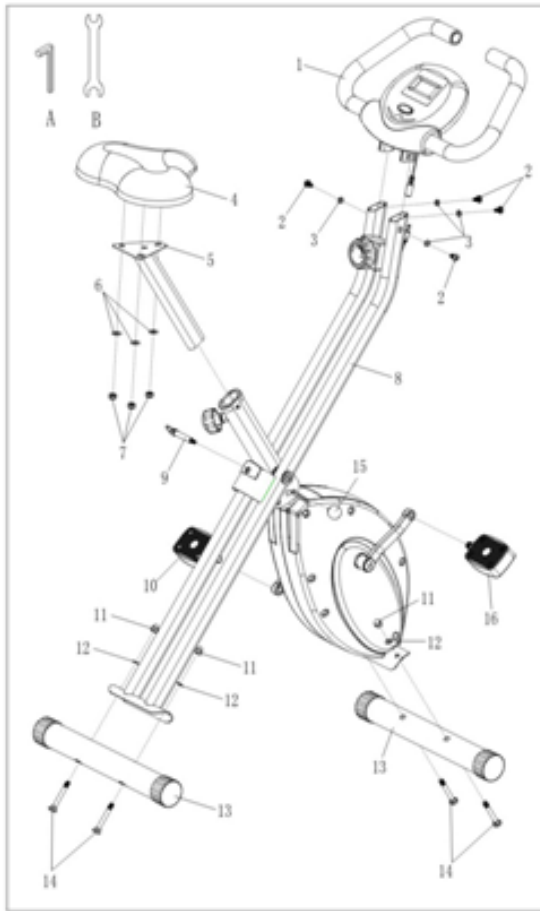
X-Bike

Model Number: ILG-900



OUTLINE

- PARTS LIST
- ASSEMBLY INSTRUCTION
- METER FUNCTION
- PRECAUTION



NO	Parts	QTY	NO	Parts	QTY
1		1	9		1
2		4	10		1
3		4	11		4
4		1	12		4
5		1	13		2
6		3	14		4
7		3	15		1
8		1	16		1
			A		1
			B		1



Parts List



Secure the rear tube with screw (#14), washer (#12), and nut (#11) by the allen wrench



Loose ball (#15) and take out pin (#9), then open the main frame.



Insert the pin (#9) and secure the ball (#15).



Secure the seat (#4) on the seat tube (#5).



Loose the adjust knob, and insert the seat tube (#5). Then, tighten the adjust knob.



Insert the handle bar w/meter (#1) into main frame. Secure with the screw (#2) and washer (#3).



Connect the meter wire.



Secure the pedal (#10, #16) with allen wrench.



Assembly done.

FUNCTIONS:

MODE: Select the particular function you want.

TIME: The total working time will be shown when starting exercise.

SPEED: Display current speed during working time.

DISTANCE: The distance of each workout will be displayed when starting exercise.

CALORIE: The calorie burned will be displayed when starting exercise.

ODOMETER (ODO): Automatically accumulates workout distance when starting exercise.

SCAN: Display changes according to the next diagram around every 4 seconds.

RESET: Press the MODE key around 4 seconds for reset.

NOTE:

1. Without any signal coming in 4-5 minutes, the LCD display will be shut off automatically.
2. When there is signal input, the monitor automatically turns on.
3. If there is a possibility to see an improper display on the monitor, please replace the batteries to have a good result.

Consult a physician before using this equipment

1. Do not allow children to use or play on this equipment. Keep children and pets away from this equipment when it is in use.
2. Set up and using this equipment on a solid level surface. Do not use it on loose rugs or uneven surfaces.
3. Consult your physician before using this equipment, especially if you are pregnant, or suffering from any illness. Stop and consult your physician, if you feel faint, dizzy, or uncomfortable, during the exercise.
4. Before using the machine to exercise, always do stretching exercises to properly warm up.
5. Never operate the machine if the machine is not functioning properly.
6. Ensure that all nuts and bolts are tightened properly before each use.
7. The X-Bike is designed for consumer use only. It is not intended for commercial use.
8. Individuals weighting over 220LBS are not recommended to use this equipment.
9. If you have any questions or concerns, please call us Toll Free (800) 317-1688

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