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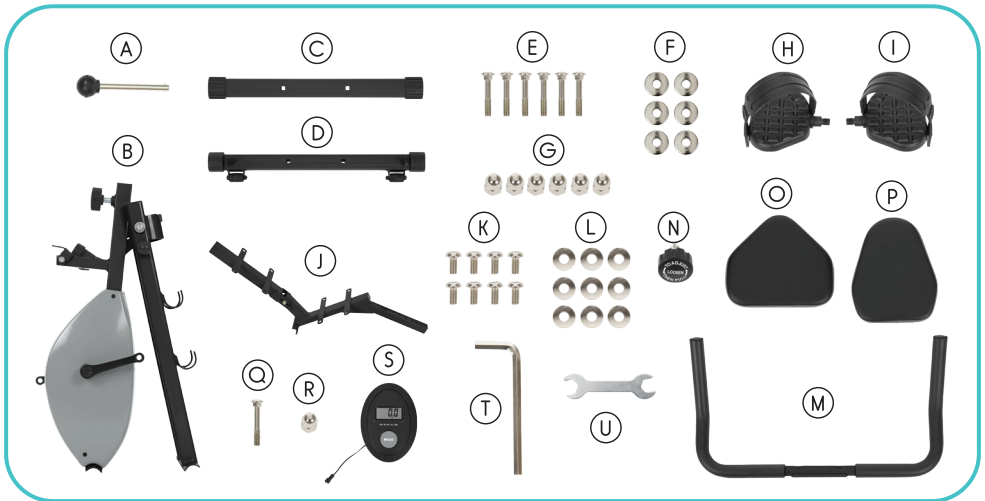
X-BIKE

Owner's Manual
RHB1O93BLG

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WHAT'S INCLUDED

- (A) 1x Frame Locking Pin
- (B) 1x Front Main Frame
- (C) 1x Front Stabilizer
- (D) 1x Rear Stabilizer
- (E) 6x Carriage Bolts
- (F) 6x Curved Washers
- (G) 6x Cap Nut
- (H) 1x Left Pedal
- (I) 1x Right Pedal
- (J) 1x Seat Frame
- (K) 8x Hex Screws
- (L) 9x Flat Washers
- (M) 1x Handlebar
- (N) 1x Positioning Knob
- (O) 1x Seat Pad
- (P) 1x Back Rest
- (Q) 1x Long Bolt
- (R) 1x Locking Nut
- (S) 1x Display Screen
- (T) 1x Allen Wrench
- (U) 1x Hex Wrench



OVERVIEW

We are constantly answering questions and recording helpful videos to make using your Vive X-Bike as easy as possible. Throughout the manual we will include QR codes and links to important videos that you can visit to help you through the process.



To see all FAQ's in one place
visit vhealth.link/m6y

SAFETY PRECAUTIONS

Before assembling and operating the x-bike, review the following safety precautions:

1. Read all instructions before assembly and use.
2. Assemble the bike according to the provided directions. It's recommended that two people are present for the assembly of the bike.
3. Check the tightness of all screws, nuts, and other connective parts prior to the first use.
4. Install the bike in on a dry, level surface. Keep it away from liquids and humidity.
5. Place a protective mat or board beneath the bike to prevent the accumulation of dirt, debris, etc.
6. The bike is foldable. While folding and unfolding the bike, be careful not to catch your hands or fingers in the folding parts.
7. Before use, remove all objects within two meters of the machine.
8. Don't use harsh cleaning products or tools on the machine.
9. Wipe sweat from the machine after each use.
10. Only use the provided tools, or appropriate tools of your own, to assemble or repair the bike.
11. Consult a doctor before beginning any new training regimen. Your doctor can help you determine the appropriate frequency, intensity, and duration of your workouts.
12. Don't use the machine if it's malfunctioning in any way.
13. Use only the provided spare parts to make necessary repairs.
14. Wear appropriate exercise clothing and supportive athletic shoes when using the machine.
15. Stop exercising immediately if you experience nausea, shortness of breath, dizziness, headache, pain, tightness in your chest, or any other severe discomfort.
16. The machine should only be used by one person at a time.

17. Keep children and pets away from the machine while it's in use. The machine should only be operated by adults and shouldn't be used or played on by children.
18. Handicapped persons should only use the machine with supervision.
19. The machine increases in power when the speed increases and decreases in power when the speed is decreased. You can adjust the resistance of the machine using the knob located to the right of the computer.
20. The maximum user's weight is 100kg.

ASSEMBLY INSTRUCTIONS



For a video demonstration,
check out vhealth.link/1e7

1. Remove the Frame Locking Pin to unlock the front and rear main sections of the frame.



2. Adjust the frame sections to the desired position. Reinsert the pin to secure the x-bike in place.



3. Fit the Front Stabilizer beneath the curved bracket on the Front Main Frame so the screw holes align.



4. Fit two carriage bolts up through the screw holes so the threaded ends are pointing up, and secure in place with a curved washer and a cap nut.



5. Fit the Rear Stabilizer beneath the curved bracket on the Rear Main Frame so the screw holes align and the metal loops point towards the rest of the frame.



- Fit two carriage bolts up through the screw holes so the threaded ends are pointing up, and secure in place with a curved washer and a cap nut.



- Identify the left pedal, marked "L", and the right pedal, marked "R".
- Screw the left pedal into the left crank (stamped with an L), ensuring that left pedal is fixed in a counter clockwise direction.



- Screw the right pedal into the right crank, ensuring that the right pedal is fixed in a counter clockwise direction.

10. Unfold the Seat Frame and attach the Seat Pad and Back Rest to the frame with the Flat Washers and Hex Bolts. The pads should be attached with the pointed ends pointing away from the hinge.

Step 1



Step 2



Step 3



Step 4



Step 5



11. Attach the Handlebars to the back of the Seat Frame so the height of the handlebars curves upwards to sit higher than the top of the seat. Then secure by fitting the two carriage bolts through the screw holes and securing in place with a curved washer and a cap nut.



12. Insert the square Seat Frame post beneath the Seat Pad into the socket on top of the frame.



13. Adjust the seat to the desired height so that the holes in the post align with the screw hole in the socket, and secure in place tightly with the Positioning Knob.



14. Install 2x AA batteries into the back of the Computer. Slide the Computer down onto the bracket by the frame hinge so that it faces the Seat.



15. Connect the sensor wire that leads into the frame to the computer wire coming out of the back of the Computer.



16. Turn the Resistance Dial beside the Computer to set the resistance level, and adjust as needed during your workout.

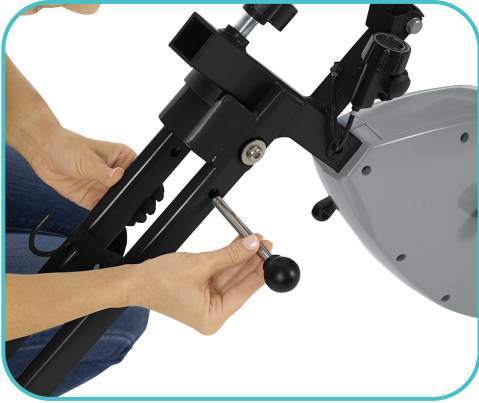
FOLDING INSTRUCTIONS

1. With the Position Knob still in place, lift the Seat Back up to disengage the lock, and fold it forward and down against the Seat Pad. NOTE - The Seat can be lowered, or removed if needed.



- 2 Remove the Frame Locking Pin from beneath the seat and fold the Front and Rear Frame Sections together until the locking pin holes align with the metal loop. Reinsert the pin to lock the frame in the folded position.

Step 1



Step 2



Step 3



NOTE: If storing the X-Bike flat, do not lay the device on the computer or the computer bracket. The weight of the device may bend or break the computer and bracket. Remove the batteries from the computer if stored for an extended period of time.

METER INSTRUCTIONS

Mode

- Click the button to select functions.
- Push down and hold the button for several seconds to reset all values and default to Scan mode.

Functions and Operations:

1. Time

This function records the total activity time from start to finish.

2. Speed

This function records the rotation speed of the internal pedal mechanism from workout start to finish.

3. Distance

This function records the calculated total distance completed on the device.

4. Calories

This function records the calories burned on the device during use based on time, speed, and the resistance level.

5. Scan

When the display is in Scan mode, the meter will display these functions in rotation: time, speed, distance, and calories. When the display scans over a metric that you wish to see, click the Mode button to stop the scan and stay on the metric.

6. Auto On/Off & Auto Start/Stop

The machine will power off automatically when there is no signal for a few minutes. When the machine is in motion or a button is being pressed, the monitor is in action.

MAINTENANCE TIPS

- Wipe down the bike – namely the seat, handlebars, and computer – after each use. Use either an antibacterial wipe or a mild all-purpose spray with a cloth.
- Never use harsh or acidic cleaning products on the bike, as it could cause damage.
- Every week, vacuum dust and debris that has accumulated on and around the bike to prevent dust accumulating in the mechanism and creating friction.
- Remove the batteries from the computer if stored for an extended period of time.
- Turn the Resistance Dial to the lowest resistance level after each use to prevent degradation of the resistance mechanisms inside.

WARM UP AND COOL DOWN

Safe and effective workout programs include proper warm up and cool down exercises. Beginners should start with two to three workouts per week with one day of rest in between workouts, gradually increasing to four or five workouts weekly.

Always consult your doctor before beginning any new workout regimen.

Warm Up

Warming up prepares your muscles for exercise and prevents injuries. Before strength training and cardio sessions, warm up for two to five minutes before exercising. Warm-up exercises should raise your heart rate to increase muscle temperature. Examples of effective warm-up activities include walking, jogging, jumping rope, running in place, and jumping jacks.

Stretching

You should stretch while you're warm, both after your warm-up and after your exercise session. Muscles are more flexible when they're warm, so you'll be able to stretch safely and more easily. Stretching while you're warm minimized the risk for injury. Hold stretches for 15 to 30 seconds, and never bounce in a stretch. Remember to stretch your obliques, hamstrings, calves, and inner thighs.

Cool Down

Cooling down after exercise allows your heart rate to lower and your body to return to its resting state. Cool down prevents post-workout lactic acid buildup, muscle tightness, and soreness. Effective cool down activities are gentle walking, yoga, dynamic stretching, or walking lunges. Your cool down should last approx. 10 to 15 minutes.

GOT MORE QUESTIONS?

Check out our list of Frequently Asked Questions
at vhealth.link/m6y for helpful answers.



And if that doesn't answer your question, our customer service team would love to help! Feel free to connect with them by phone, e-mail, or chat on our website.

 service@vivehealth.com

 1-800-487-3808

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