



**HARISON**<sup>®</sup>

CARDIO · STRENGTH · BEAUTY



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# USER GUIDE

Using Manual & Video Guidance

**HARISON**<sup>®</sup>

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Customer Service

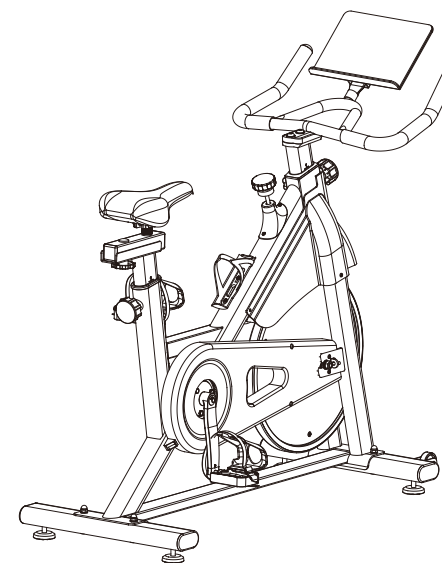
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# USER'S MANUAL

HR X10<sup>TECH</sup>



## **Becareful!**

Please read the instructions carefully before  
using the equipment

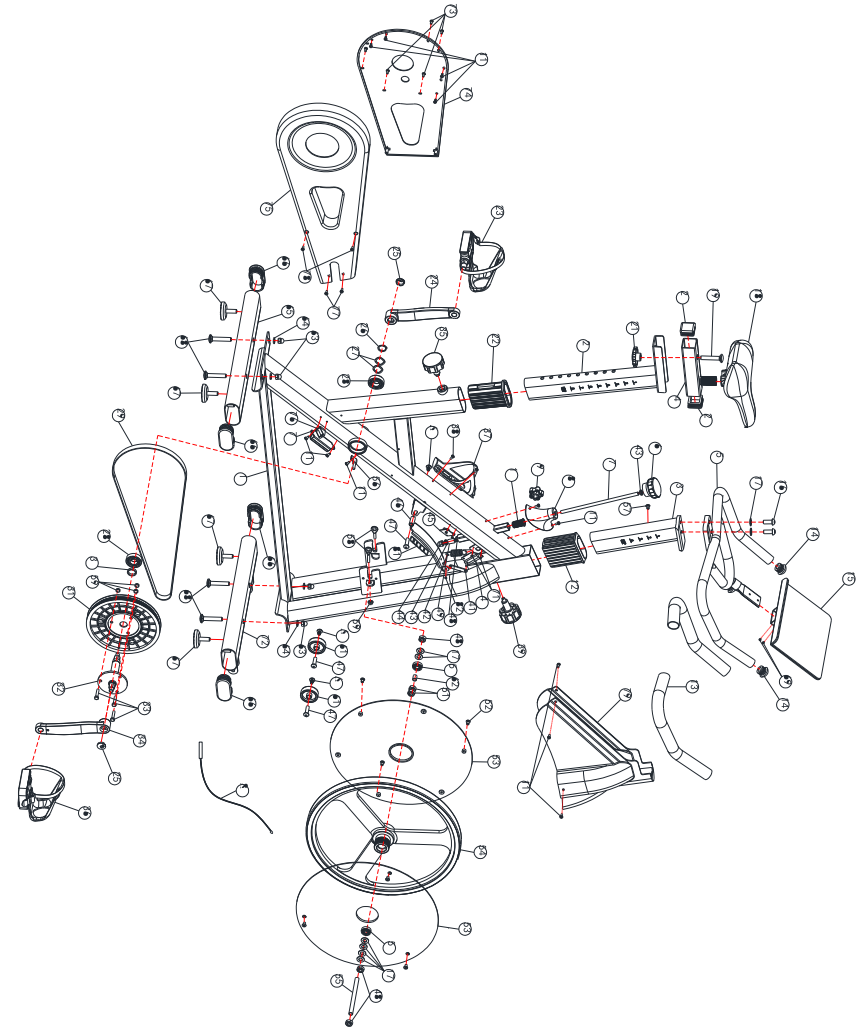
## IMPORTANT PRECAUTIONS

### ⚠ WARNING:

Please Read the Instruction before Using!

1. Assemble this product properly, using original parts supplied, according to the installation instructions. Before assembly, inspect whether packages are in good condition and whether spare parts are complete in accordance with transport precautions with reference to the supplied list of spare parts.
2. Prior to exercise, make sure that the equipment fasteners (e.g. screws, bolts, pins) are in locked.
3. Please place the exercise bike on a dry and flat ground.
4. To prevent the bottom of the equipment from damage such as abrasion and stain, put a protective object such as a rubber cushion or a thin wood plate under the bottom of the equipment.
5. When starting your exercise, be sure that there is no object within 2m from the exercise bike.
6. Please use the attached or other appropriate tools to assemble or repair the exercise bike. After exercising, please wipe your sweat off the equipment to prevent it from getting rusty.
7. Improper use and excessive exercise might endanger your health. Please carry out your exercise plan under the direction of a qualified health professional. He can provide you with excellent suggestions on your exercise gestures, exercise goals and your food intake. Never attempt an exercise after a meal. This exercise bike is only for recreation purposes, it is not built for rehabilitation use or any other medical purpose.
8. Please use the exercise bike when the equipment is in good operating condition. Make necessary maintenance using original spare parts only.
9. When regulating the equipment, take note to ensure that the adjusted position is safe. The best position and largest adjustable position for your convenience or ease of use is a must.
10. This exercise bike is only for use by one person at one time.
11. During exercise, please wear sports clothing and shoes. The clothes shall not be too long and too wide so as to prevent them from being hooked or hung during exercise. The shoes must be suited for the feet and the soles shall be anti-slip.
12. When feeling uncomfortable during the exercise process, please stop exercise immediately, and when necessary, consult a doctor.
13. This exercise equipment is not toy, please refrain children from playing with it, as injuries might occur, and thus, shall be used for exercise purposes only.
14. Children and disabled persons can only use the equipment under the direct supervision of adults or healthy individuals. Appropriate measures must be taken to ensure that a child will be unable to use the equipment without the supervision of an adult.
15. Make sure that no body part of another person will being contact with the equipment during your exercise.
16. To protect the environment, never discard packages or batteries, and please put them into a designated dustbin or other waste collection point.

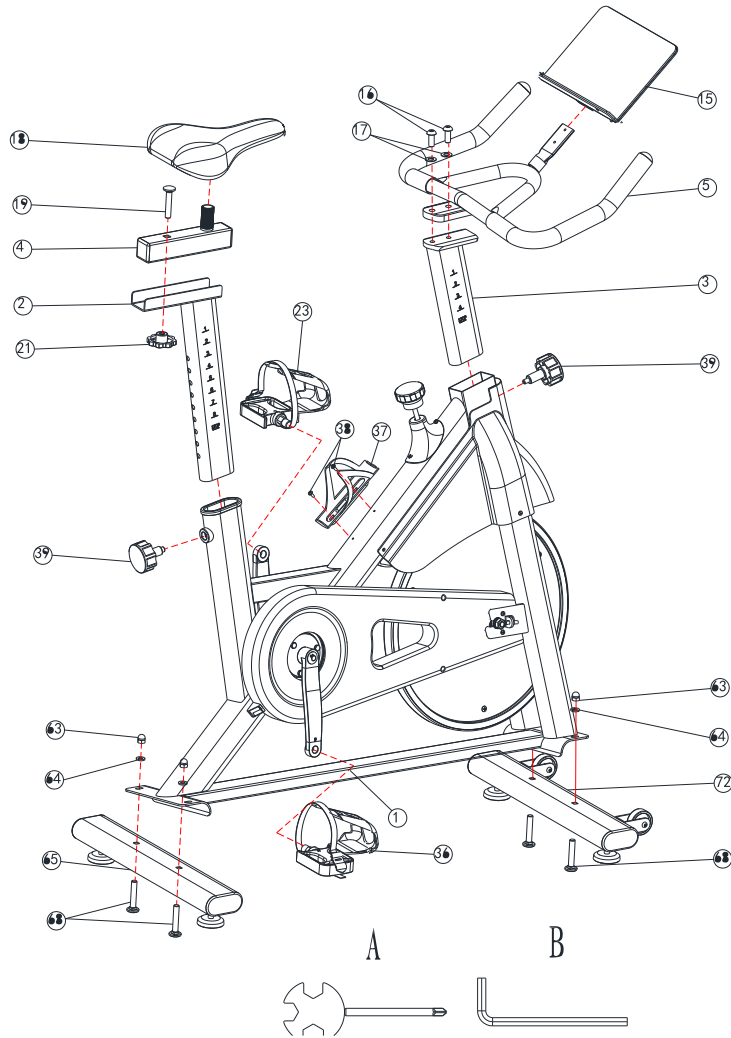
## EXPLODED DRAWING



## PART LIST

No.	Name	Specification	Qty	No.	Name	Specification	Qty
1	Main Frame		1	42	Brake Spring	φ2.0*φ15*55L	1
2	Seat Post		1	43	Hexagon Thin Nut	M10*P1.0*16*4.0T, 8.8Grade	2
3	Handlebar Post		1	44	Cap Nut	M8*13*15T	1
4	Seat Slider		1	45	Split Control Board		1
5	Handlebar		1	46	Brake Holder		1
6	Brake Knob	M8	1	47	Hexagon Socket Flat Round Head Hollow Screw	M6*P1.0*φ8*30L, 4.8 Grade	3
7	Brake Role	M8*φ8*232L, Chromed	1	48	Hexagon Nut	M10*P1.0*16*8.0T, 8.8 Grade	3
8	Brake Cover		1	49	Brake Adjust Nut	M8*P1.25*13*13*6.0T, 4.8Grade	1
9	Tighten Knob	M8*13L	1	50	Bearing	6000-2RS	2
10	Brake Sleeve	FG 16*16*1T	1	51	Hexagon Thin Nut	M10*P1.0*16*4.0T, 8.8 Grade	2
11	Cross Recessed Pan Head Tapping Screw	M4*P0.7*10L, 8.8Grade	14	52	Cross Umbrella Self-tapping Screw	ST4*8L, 4.8 Grade	6
12	Inner Sleeve	FG 40*80*1.2T against PT 30*70, black	1	53	Flywheel Decoration Cover	φ386*φ60*2.5T	2
13	Foam Cover	φ23*3.0T*400, Black	2	54	PJ Magnetic Flywheel	φ420*25W*6KG, PJ	1
14	Round Tube Plug	YG φ25*1.5T	2	55	Spindle	M10*P1.0*φ10*139L	1
15	IPAD Holder		1	56	Sensor Rod Holder		1
16	Hexagon Socket Cheese Head Screw	M10*25L, 8.8Grade	2	57	Hexagon Socket Cheese Head Screw	M5*P0.8*12L, 4.8Grade	1
17	Washer	φ20*φ10.1*1.5T	8	58	Jack Screw	M6*40L	2
18	Seat		1	59	Hexagon Flange Nut	M6*10*6.0T	5
19	Carriage Bolt	M10*P1.5*10*55L, 4.8Grade	1	60	Hexagon Socket Cheese Head Screw	M6*P1.0*12L, 4.8 Grade	3
20	Square Tube Plug	FG 38*38*1.5T	2	61	Transportation Wheel	φ47*φ10*20	2
21	Tighten Knob	M10	1	62	Flywheel Sleeve	φ14*φ10*15L	1
22	Inner Sleeve	FG 40*80*1.2T Against PT 30*70	1	63	Cap Nut	M8	4
23	Left Pedal	FP-971,9/16" -20UN-LH,Semi-aluminium	1	64	Washer	Outerφ16* Innerφ8*2.0T	4
24	Left Crank	9/16" -20UN-LH*165	1	65	Rear Tube		1
25	Crank Cover		2	66	Plug for Flat Oval Tube		4
26	C-Shape Buckle	φ20	1	67	Adjust Level	M10*φ49.5*41L	4
27	Wave Washer	φ25*φ20.3*0.3T	2	68	Carriage Screw	M8*55L 4.8 Grade	4
28	Bearing	6004-2RS	2	69	Cross Recessed Pan Head Screw	M5*12L,4.8 Grade	2
29	Belt	6PJ49"	1	70	Battery Box	PH Connector+With Cover, 700Length	1
30	Distance Ring	φ24*φ20.1*5.0T	1	71	Cross Recessed Pan Head Tapping Screw	ST3*10L, 4.8Grade	4
31	Plastic PJ Belt Wheel	6PJ, φ200*20, With magnet	1	72	Front Tube		1
32	Axle	φ20*φ80*144L	1	73	Cross Recessed Pan Head Tapping Screw	ST4*15L, 4.8 Grade	6
33	Hexagon Bolt	M6*P1.0*10*16L, 8.8Grade	3	74	Chain Cover B		1
34	Right Crank	9/16" -20UN-RH*165	1	75	Chain Cover A		1
35	Pop Pin	M16*P1.5*22L*11L	1	76	L-shape Plastic Part	20*20*18, Matt Black	1
36	Right Pedal	FP-971,9/16" -20UN-RH	1	77	Cross Recessed Pan Head Tapping Screw	ST4*12L, 8.8 Grade	2
37	Bottle Holder		1	78	Cross Recessed Umbrella Head Tapping Screw	ST4*10L, 4.8Grade	3
38	Phillips Pan Head Tapping Screw	ST4*20L, 4.8 Grade	2	79	Front Cover		1
39	Pop Pin	M16*P1.5*30L*11L	1	80	Bottom Sensor Wire	PH Connector+700+Sensor Rodφ6*30L	1
40	Split VR Board		1	81	Square Magnet	□20*5T*3100GS	5
41	Circuit Board Adjust Tab	53*43*2.0T	1	82	Rubber Washer	□13*2T	1

## Product Component Details

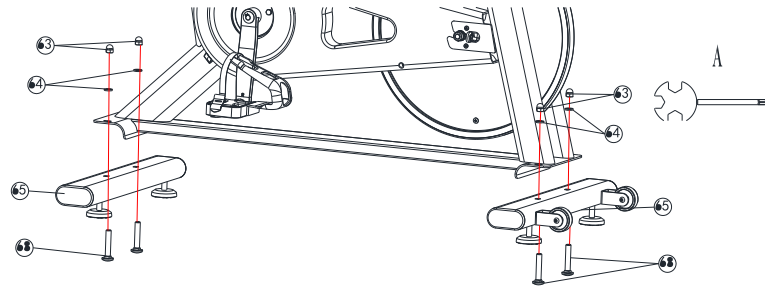


- |  |  |  |  |
|--|--|--|--|
|  | 01: Main Frame X1                              |  | 17: $\Phi 20 \times \Phi 10.1 \times 1.5T$ Washer X2 |
|  | 72: Front Tube X1                              |  | 64: $\Phi 16 \times \Phi 8 \times 2.0T$ Washer X2    |
|  | 65: Rear Tube X1                               |  | 63: M8 Cap Nut X2                                    |
|  | 19: M10 Carriage Bolt X1                       |  | 68: M8*55L 4.8 Grade, Carriage Screw X1              |
|  | 02: Handlebar Tube X1                          |  | 15: IPAD Holder X1                                   |
|  | 18: Seat X1                                    |  | 23/36: Left & Right Pedal X1PCS                      |
|  | 04: Seat Slider X1                             |  | 37: Bottle Holder X1                                 |
|  | 21: Locking Knob X1                            |  | B: 6mm Hexagonal Wrench X1                           |
|  | 39: M16 Pop Pin X1                             |  | A: 13-15 Multifunction Wrench X1                     |
|  | 05: Handlebar X1                               |  |  |
|  | 16: M10*25L Hexagon Socket Round Head Screw X2 |  |  |
|  | 19: ST4*20L Phillips Pan Head Tapping Screw X2 |  |  |

## Installation Steps

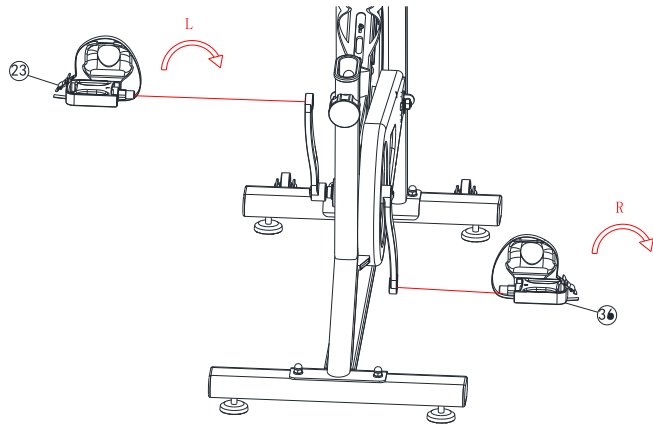
### STEP 01 Front & Rear Tube Assembly

1. Put the Carriage Screw(68) from Tool Kit from underneath through the Front tube(65),Washer(64) and Cap Nut(63) by turn. Use Tool A for fastening. Assemble the Rear Tube (65) with the same way.



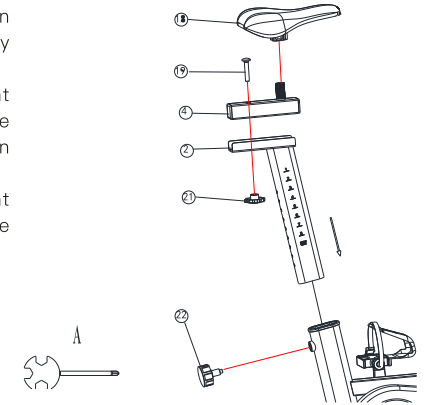
### STEP 02 Left and Right Pedal Assembly

Use Tool A to tighten the Left Pedal(23) to the Frame. Tighten Direction toward the flywheel as the image shows below. Lock the Right Pedal(36) by the same way.



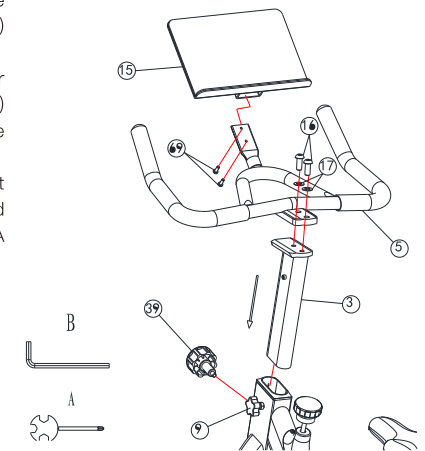
### STEP 03 Seat Tube & Seat Slider & Seat Assembly

1. Insert the Seat Post(2) into the Main Frame. Locking the Seat Post by using Pop pin (22).
2. Put the Seat Slider(4) on the Seat Post(2). Tighten it by using the Carriage Screw(19) and Tighten Knob(21).
3. Put the Seat(18) onto the Seat Slider(4). Tighten both nut on the Seat by using Tool A.



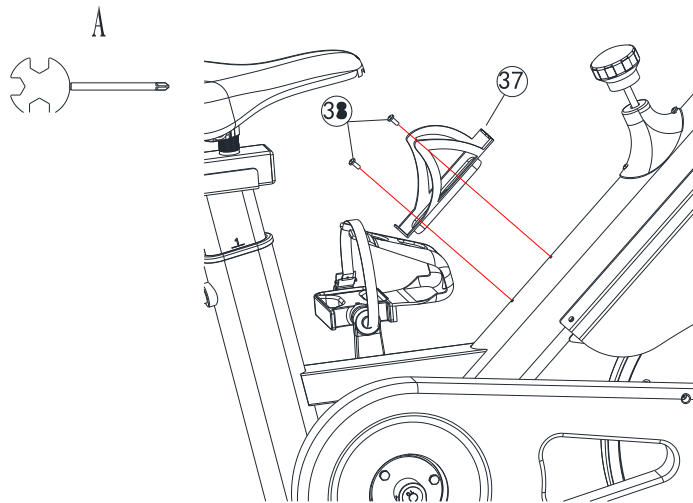
### STEP 04 Handlebar Post & Handlebar & IPAD Holder Assembly

1. Insert Handlebar Post(3) into the Frame. Fix it by using Pop pin(39)
2. and Tighten Knob (9).
- Put Handlebar(5) on the Handlebar Post(3). Locking the Handlebar(5) by using Hexagon Socket Cheese Head Screw by Tool B.
- Insert IPAD Holder(15) to the right place of the Handlebar (5), and locking the holder by using Tool A and Cross Pan Head Screw(69)



### STEP 05 Bottle Holder Assembly

Fix the Bottle Holder(37)to the frame by using Tool A and Cross Pan Tapping Screw(38).



### STEP 06 Installation Complete

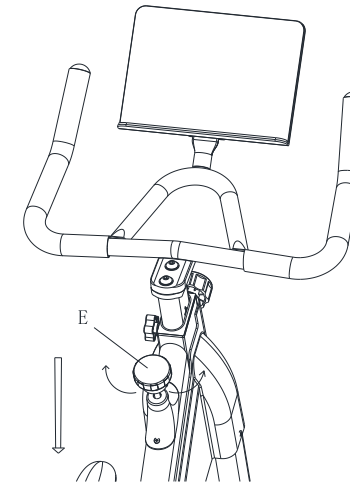
Check All mounting Screws and make sure they are tightened.

## Resistance and Emergency Brake Using Tips

We can increase resistance by clockwise rotate and decrease by counterclockwise rotate. Users can adjust it according to their own needs in order to achieve the best performance.

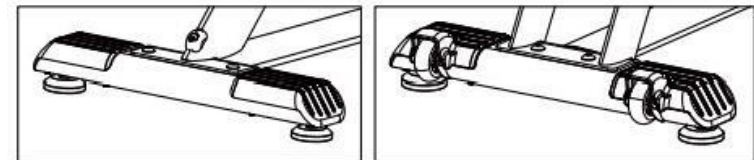
If an emergency brake is needed to stop the exercise, press the brake knob (E) downward as much as you can.

The bike will immediately lock and the flywheel will stop turning. To continue riding, simply release the brake knob!



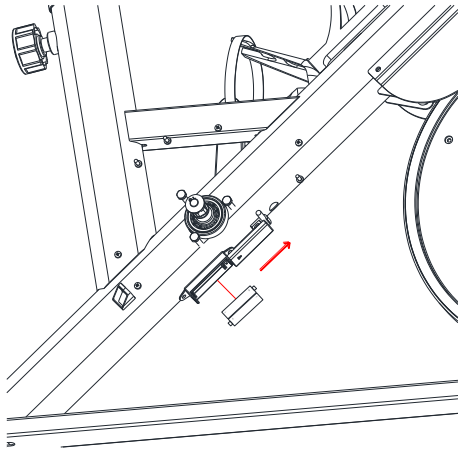
How to adjust the horizontal placement of bike.

If the indoor bike slightly shakes during use, please adjust the 4 lever feet under the front and rear tube, rotate and adjust up or down to keep the bike horizontally placed until the shaking disappears before use.



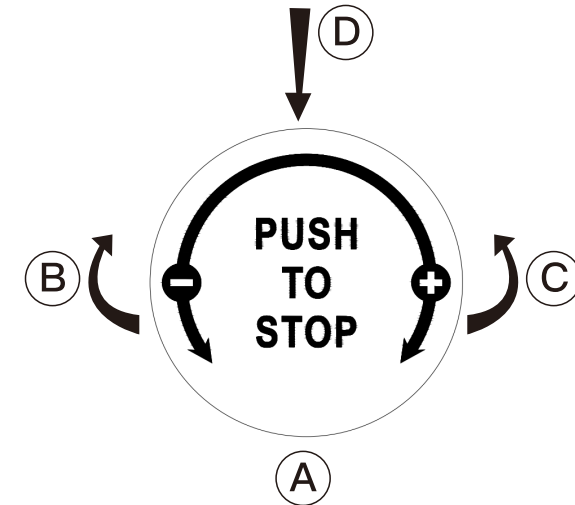
## Battery Assembly Notice

Push the battery compartment cover upwards. Then put the batteries into the battery compartment (Note the positive and negative markings on the battery compartment).



## Maintenance

1. Before using the equipment, please check that all screws and nuts are locked and in a safe condition. Check your equipment regularly and replace any damaged parts immediately. Do not exercise until the worn parts have been repaired.
2. Pay special attention to the most vulnerable parts. Before each use, check that the brake friction pads have not come off or have failed. If found, replace them.
3. Before each use, check the crank and pedal for stable locking and if there's any loose, repeat the assembly procedure to secure them.
4. After each exercise, use a damp cloth, water and mild soap to dry the residual sweat and moisture on the product. Do not use petroleum-based solvents to clean the product to avoid damaging the surface of the product.



**Serial number A** is the brake knob, function ---- (+increase resistance -decrease resistance STOP stop movement)

**Serial number B** turns the brake knob clockwise as shown by the arrow to increase pedaling resistance, the more turns you turn the pedaling will become more and more strenuous. Maximum resistance is when you are riding without moving.

**Serial number C** Turn the brake knob counterclockwise as indicated by the arrow to decrease the pedal resistance, the more turns you make the pedal will become smoother and smoother. Minimum resistance is when you are riding perfectly smooth.

**Serial number D** When you want to stop the movement, or in case of an emergency, press the brake knob as indicated by the arrow. The movement will brake to a stop.



## STRETCHING EXERCISES

No matter how fast you walk, it's best to stretch. Warm muscles are easier to stretch, so take 5 ~10 minutes to warm up. Then stop and do stretching exercises as follows – do five times, each leg for 10 seconds or more Do it again after the workout.

### Downward stretch

Bend your knees ,lean for ward, letting your back and shoulders relax, and try to touch your toes as much as possible. Hold for 10 to 15 seconds, then relax. Repeat 3 times (see figure 1).

### Hamstring stretch

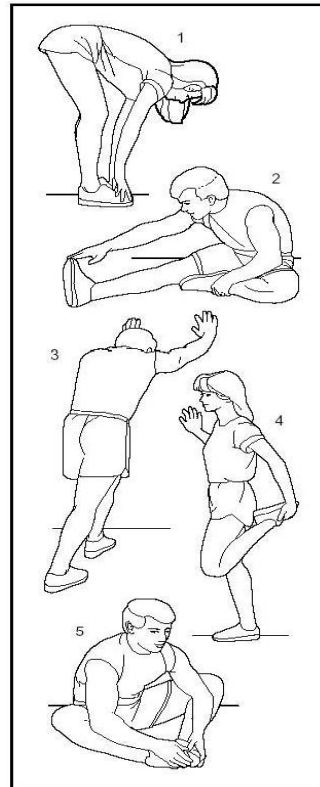
Sit on a clean seat and straighten your leg. Take the other leg inward and make it close to the inside of the straight leg. Try to touch your toes with your hands. Hold for 10to 15 seconds, then relax. Repeat with each leg 3 times(see figure 2).

### The calf and heel tendons stretch

Stand with your hands on a wall or a tree. Keep your hind legs upright and heel trike, leaning toward the wall or tree. Hold for 10 to 15 seconds, then relax. Repeat with each leg 3 times (see figure 3).

### Quadriceps stretch

Hold the wall or table with your left hand to keep balance. then reach back with your right hand and hold your right ankle slowly toward the hip until you feel a tense muscle in front of your thigh. Hold for 10 to 15 seconds, then relax. Repeat with each leg 3 times (see figure 4).



### The Sartorius muscle (muscle on the medial side of the thigh) stretches

The soles of the feet, the knees outside. Hands grab both feet to the groin direction. Hold for 10to 15 seconds, then relax. Repeat it 3 times (see figure 5).

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