



**HARISON**<sup>®</sup>

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# USER GUIDE

Using Manual & Video Guidance

**HARISON**<sup>®</sup>

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Please use phone's camera scans  
the QR code for video guidance



Customer Service



SMS



Installation Video

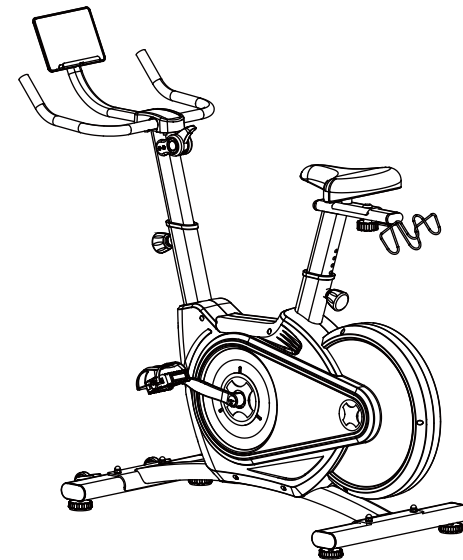
If you need to return the item,  
please contact us for return information and process.

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# USER'S MANUAL

HR - X8 TECH



## **Becareful!**

Please read the instructions carefully before  
using the equipment

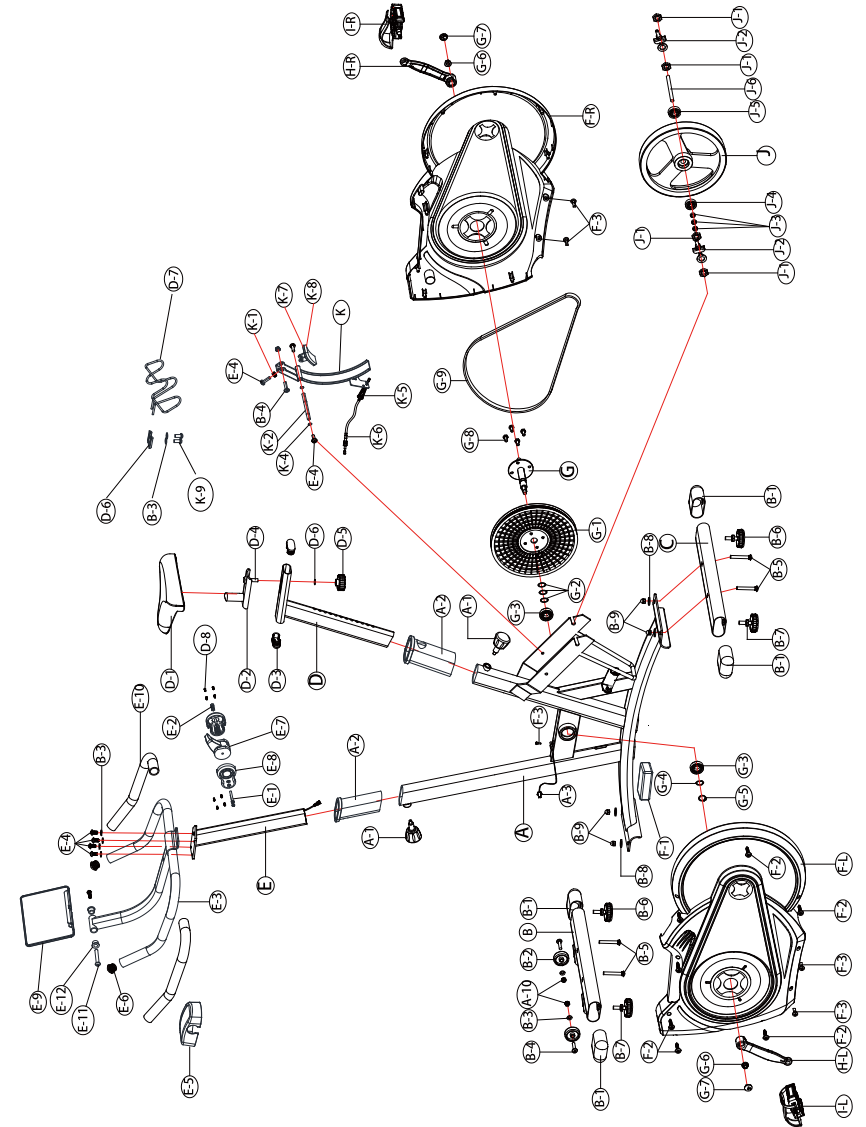
## IMPORTANT PRECAUTIONS

### ⚠ 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 be in 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



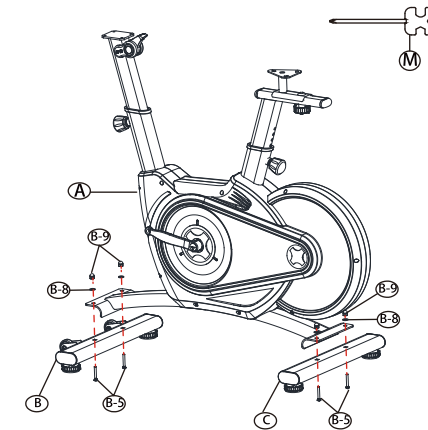
## PART LIST

No.	DESCRIPTION	QTY	No.	DESCRIPTION	QTY
A	Frame	1	F-R	Outer shell, right	1
A-1	M16 pull pin	2	F-1	receiver	1
A-2	Seat pipe harness	2	F-2	M4*20 umbrella cross hexagon	7
A-3	Response wire	1	F-3	M4*20 tail drill screw	5
A-4	M8 nylon nut	2	G	Sky core	1
B	Front feet pipe	1	G-1	Leather belt tray	1
B-1	Feet pipe bushing	4	G-2	Φ20 washer	3
B-2	Transport wheel	2	G-3	6004 bearing	2
B-3	M8 washer	4	G-4	Φ20 wave shape washer	1
B-4	M8*35 disc head screw	3	G-5	Φ20 jump ring	1
B-5	M8 carriage screw	4	G-6	M10 flange nut	2
B-6	M10 adjustment foot pad	2	G-7	Crank stopper	2
B-7	M10 nut	2	G-8	M8 hexagon	4
B-8	M8 big washer	4	G-9	Leather belt	1
B-9	M8 high nut	4	H-L	Crank, left	1
C	Rear feet pipe	1	H-R	Crank, right	1
D	Seat pipe	1	I-L	Pedal, left	1
D-1	Cushion	1	I-R	Pedal, right	1
D-2	Sliding base	1	J	Flywheel	1
D-3	20*40 pipe stopper	2	J-1	3/8 hexagon nut	4
D-4	M10 carriage screw	1	J-2	Bend chain group	2
D-5	M10 knob	1	J-3	Φ10 jacket	3
D-6	M10 washer	1	J-4	6000 bearing	1
D-7	dumbbell rack	1	J-5	6300 bearing	1
D-8	dumbbell	8	J-6	Flywheel core shaft	1
E	Handrail vertical pipe	1	K	Magnetic control group	1
E-1	M5*45 ball head cross screw	2	K-1	M8 hex nut	1
E-2	M5 hex nut	2	K-2	Brake group core	1
E-3	Handrail	1	K-3	Brake group	1
E-4	M8 umbrella inner hexagon	4	K-4	Φ10 jump ring	2
E-5	Armrest cover	1	K-5	Spring	1
E-6	25 pipe stopper	2	K-6	Push wire	1
E-7	speed controller	1	L	6mm inner hexagon	1
E-8	Governor fixing seat	2	M	Fish spear spanner	1
E-9	pad stand	1			
E-10	Handrail bushing	2			
E-11	M8*65 umbrella inner hexagon	1			
E-12	bushing	2			
F-L	Outer shell, left	1			

## ASSEMBLE STEPS

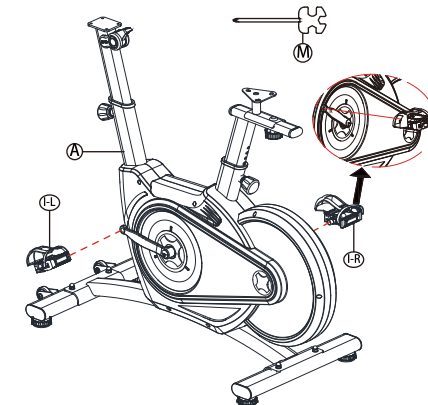
### 1. Foot tube installation

Shown as the picture, use two pieces carriage screws(B-5) M8\*55, two pieces washers(B-8) Φ8\*Φ20 and two pieces high belt caps(B-9) M8 to install the rear feet pipe© on the main frame (A), use the configured tool (M) tightly lock the screws; tightly lock the front feet pipe(B) on the frame (A) through the same above steps.



### 2. Foot installation

Shown as the picture, use the configured tool (M) anticlockwise revolve the pedal (I-L) into the left crank, then clockwise revolve the pedal (I-R) into the right crank of frame. Note: must force tightly locked it, avoid pedal loosen during use and caused hurt.

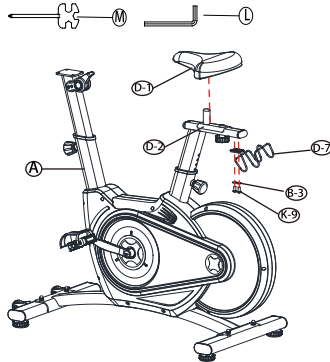




### 3. Cushion installation

Shown as the picture, pick down the pre-locked screw washer which on the cushion (D-1) first, then put the cushion on the sliding base (D-2), use 3 pieces washers(B-3) and 3 pieces M8 nylon nuts(A-10) and configured tools tightly lock them on the sliding base.

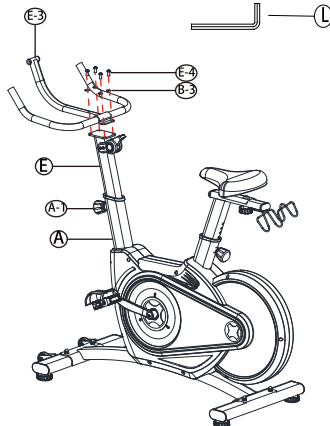
As shown in the figure, dumbbell holder (D-7), dumbbell holder holder (D-6) Use M8 flat pad (B-3) 2, M8 umbrella head hex (E-4) 2 Fixed. Place the dumbbell (D-8) on the dumbbell holder (D-7).



### 4. Handrail assembly

Shown as the picture, use the configured tool (L) disassemble out the handrail vertical pipe (E) up, 4 pieces M8\*16L inner hexagon screws (E-4) and washers (B-3)  $\Phi 8 \times \Phi 16$ , then put the handrail (E-3) on the handrail vertical pipe, tightly locked them through disassembled screw and washers;

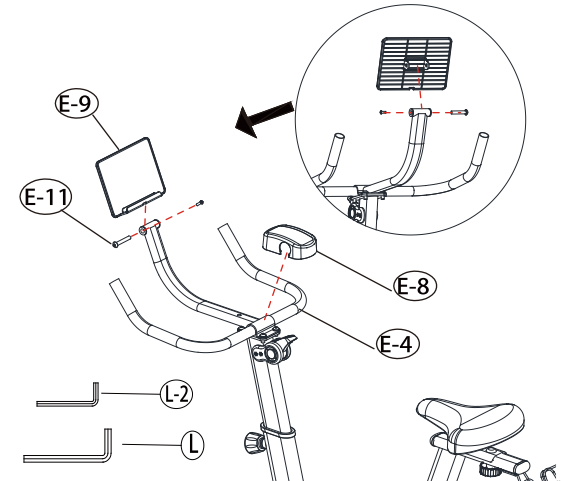
Insert the wire materials (E-2) in the handrail vertical pipe into the handrail wire materials (E-11).



### 5. IPAD stand with armrest cover assembled

**IPAD Rack installation:** Attach the armrest cover (E-8) to the armrest as shown (E-3), pay attention to the handrail cover buckle to the handrail Up.

**Armrest cover mounting:** Use the M8\*65 umbrella head for the IPAD holder (E-9) as shown Hex socket (E-11), M8 flat pad (B-3) and M8 The nylon nut (A-4) is fixed on the handrail (E-3).



## 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

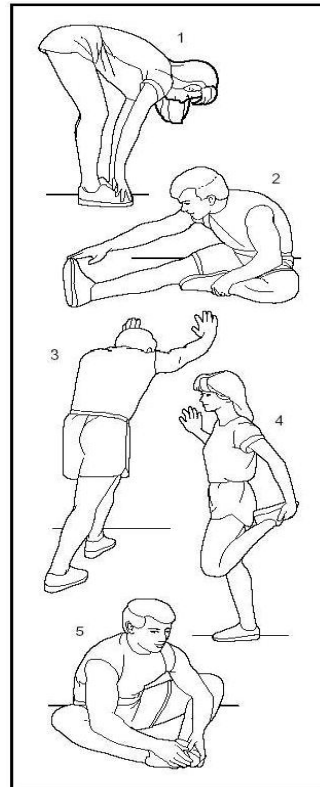
Stand with your hands on a wall or a tree. Keep your hind legs upright and heel trike, leaning toward the wall or tree. Hold for 10 to 15 seconds, then relax. Repeat with each leg 3 times (see figure 3).

### 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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