

E***EFIT*****MENT**

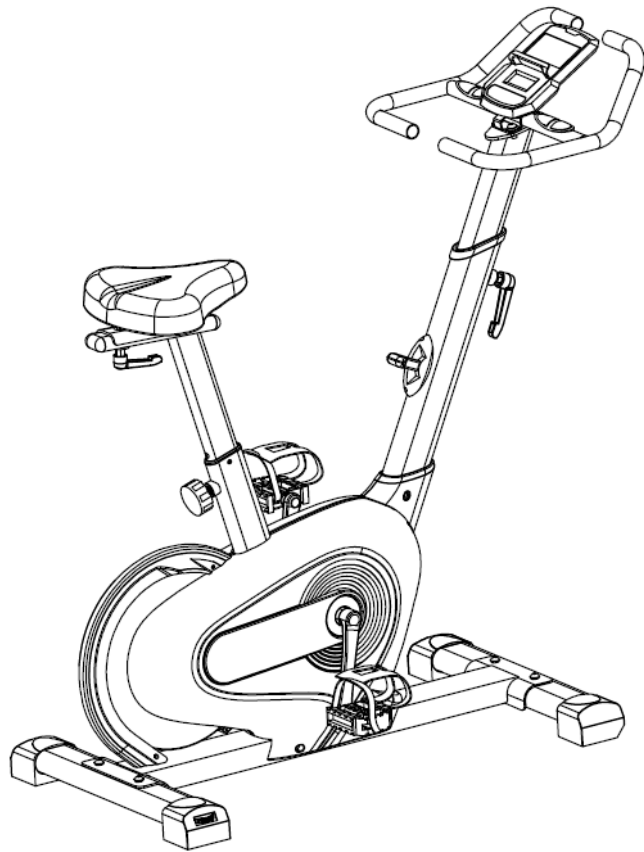
REAR DRIVE MAGNETIC UPRIGHT BIKE

MODEL NO.:

B015

IMPORTANT! Read all instructions carefully before using this product. Save this manual for future reference.

**EXERCISE
EQUIPMENT
QUESTIONS:**
Contact customer service at
service@zoovaa.com



USER MANUAL

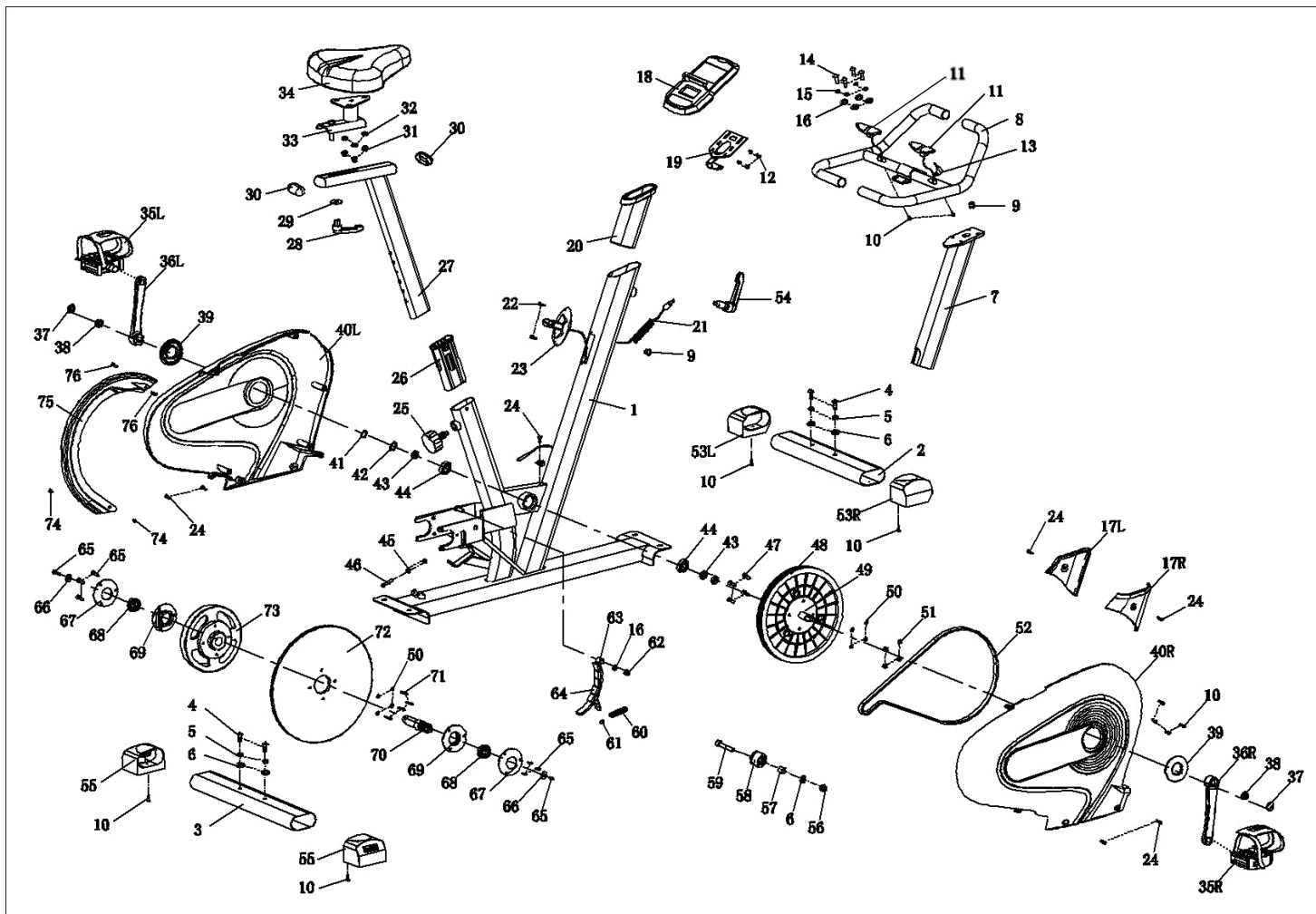
IMPORTANT SAFETY INSTRUCTIONS

At Efitment your safety is our top priority and to make sure both you and the unit remain in perfect working order, we encourage you to read all the instructions before assembling and using your new Efitment machine. Do not skip, substitute or modify any steps or procedures herein, as doing so could result in personal injury and will void your warranty.

1. Before starting any exercise program you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk or prevent you from using the equipment properly. Your physician's advice is essential if you are taking any medication that may affect your heart rate, blood pressure, or cholesterol level.
2. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, shortness of breath, lightheadedness, dizziness, or feelings of nausea. If you experience any of these conditions, you should consult your physician before continuing with your exercise program.
3. This equipment is intended for adult use only. Keep children and pets away from the machine. DO NOT leave children unattended in the same room with the equipment.
4. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 2 feet of free space all around it.
5. Check if you have all the components and tools listed. Please note that some components are pre-assembled to help make the assembly process quick and easy.
6. Always use the equipment as intended. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during exercise, discontinue use immediately and do not use until the problem has been rectified.
7. Always wear appropriate workout clothing when exercising. Do not wear clothing that can get tangled in the equipment.
8. Keep hands and other objects away from all moving parts.
9. The maximum user's weight is 242lbs / 110kgs.
10. Be careful when lifting and moving the equipment. Always use proper lifting technique and seek assistance if necessary.
11. Your equipment is intended for use in cool, dry conditions. You should avoid storage in extreme cold, hot, or damp areas as this may lead to corrosion and other related problems.
12. This equipment is designed and intended for indoor use only, not for commercial use.

SAVE THESE INSTRUCTIONS

EXPLODED DRAWING

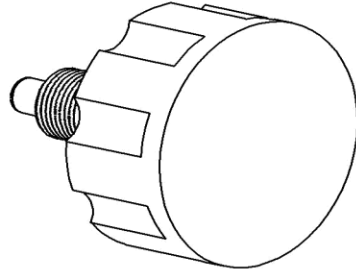


PARTS LIST

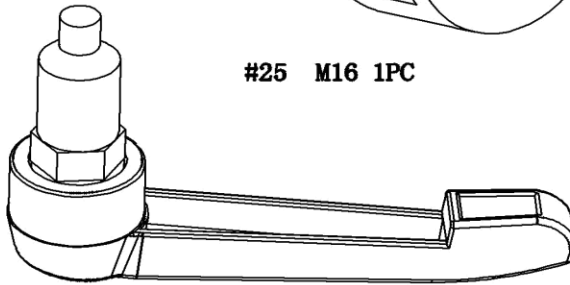
No.	Description	Qty.
1	Main Frame	1
2	Front Stabilizer	1
3	Rear Stabilizer	1
4	Screw M10*20	4
5	Spring Washer D10	4
6	Washer D10	5
7	Handlebar Post	1
8	Handlebar	1
9	Wire Plug ϕ 13	2
10	Screw ST4.2*20	10
11	Hand Pulse	2
12	Screw M5*10	3
13	Hand Pulse Wire	1
14	Screw M8*16	4
15	Spring Washer D8	4
16	Washer D8	5
17L/R	Decorative Cover	2
18	Meter	1
19	Meter Bracket	1
20	Bushing	1
21	Sensor Wire	1
22	Screw M5*20	2
23	Tension Control	1
24	Screw ST4.2*16	7
25	Knob M16	1
26	Bushing	1
27	Seat Post	1
28	L shape Knob M10	1
29	Large Washer D10	1
30	Tube Plug	2
31	Nylon Nut M8	4
32	Washer D8	3
33	Seat Slider	1
34	Seat	1
35L/R	Pedal	2
36L/R	Crank	2
37	Crank Cover	2
38	Nut M10x1.25	2
39	Crank Hole Seal	2

No.	Description	Qty.
40L/R	Left Belt Cover	2
41	Clasp D20	1
42	Wave Washer D20	1
43	Washer D20	3
44	Bearing 6004RS	2
45	Nut M6	2
46	Screw M6*20	1
47	Screw M6*15	4
48	Belt Wheel	1
49	Central Axis	1
50	Spring Cushion D6	8
51	Nylon Nut M6	4
52	Belt	1
53L/R	End Cap	2
54	L shape Knob M16	1
55	End Cap	2
56	Nylon Nut M10	1
57	Idler Wheel Spacer	1
58	Idler Wheel	1
59	Bolt M10*40	1
60	Compression spring Φ 10x53	1
61	Wire Plug ϕ 6	1
62	Nylon Nut M8	1
63	Magnetic Plate	1
64	Square Magnetic 20*20*5	5
65	Screw M6*10	8
66	Bolt ϕ 6.5* ϕ 20*1.5	2
67	Bearing baffle	2
68	Bearing 6004RS	2
69	Bearing Seat	2
70	Inertia axle	1
71	Screw M6*20	4
72	Inertial wheel	1
73	Magnetic Wheel	1
74	Screw M5*10	2
75	Wheel Decorative Cover	1
76	Screw ST4.2*10	2
77	Spanner S=13, 14, 15	2
78	Allen Wrench S=6	1

HARDWARE PACKAGE



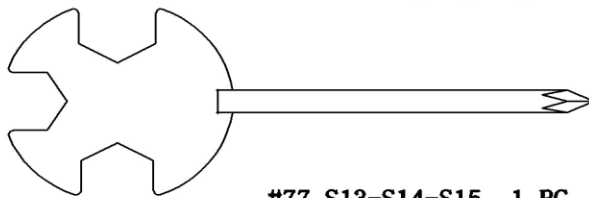
#25 M16 1PC



#54 M16 1 PC



#78 S6 1PC



#77 S13-S14-S15 1 PC

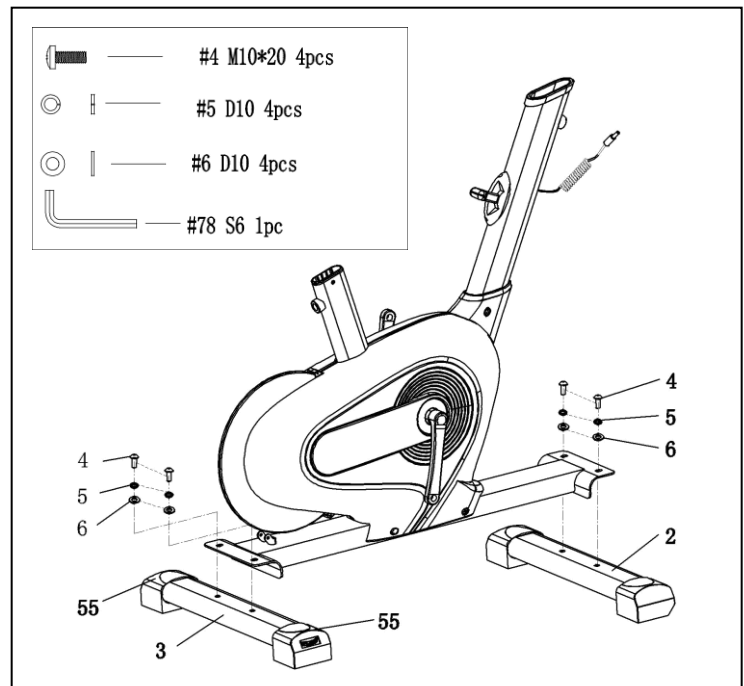
ASSEMBLY INSTRUCTIONS

Step 1:

Remove 4 **Screws (No.4)**, 4 **Spring Washers (No.5)**, and 4 **Washers (No.6)** from the **Front & Rear Stabilizer (No.2 & 3)** with an **Allen Wrench (No.78)**.

Attach the **Front & Rear Stabilizer (No.2 & 3)** to the **Main Frame (No.1)** using the 4 **Screws (No.4)**, 4 **Spring Washers (No.5)** 4 **Washers (No.6)** that were removed. Tighten and secure with an **Allen Wrench (No.78)**.

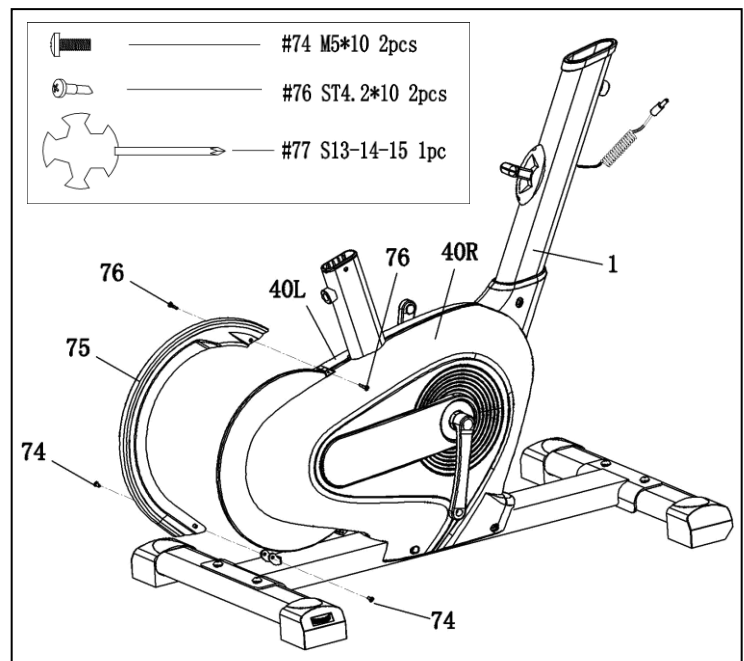
Note: If the bike is not leveled, adjust the **End Caps (No.55)** in the **Rear Stabilizer (No.3)**.



Step 2:

Remove 2 **Screws (No.74)**, 2 **Screws (No.76)** from the **Main Frame (No.1)** with a **Spanner (No.77)**.

Attach the **Wheel Decorative Cover (No.75)** to the **Belt Covers (No.40L/R)** using the 2 **Screw (No.74)** and 2 **Screws (No.76)** that were removed. Tighten and secure with a **Spanner (No.77)**.

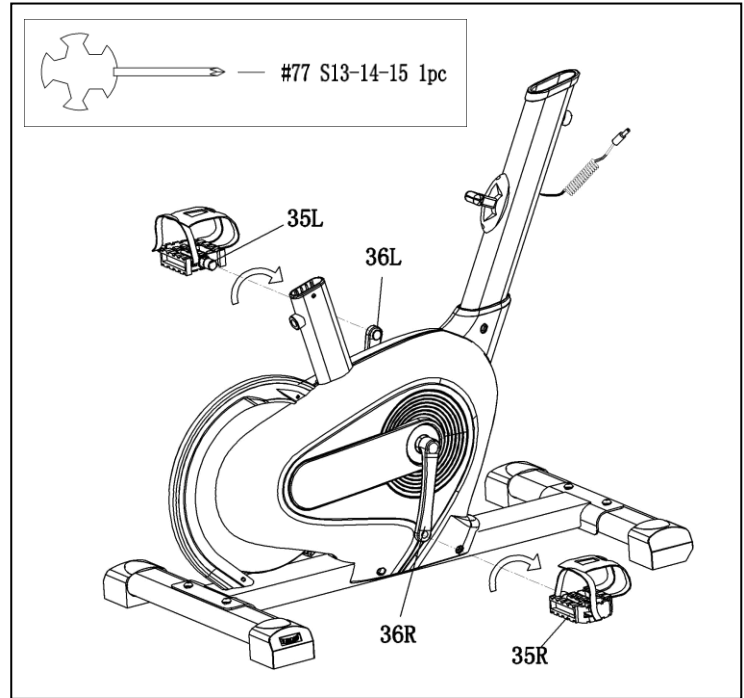


Step 3:

Attach the **Pedals (No. 35L/R)** to the **Cranks (No.36L/R)**. The **Right Pedal (No.35R)** is marked **R**, and the **Left Pedal (No. 27L)** is marked **L**.

Screw the **Right Pedal (No.35R)** *clockwise* into **Right Crank (No. 36R)**, and the **Left Pedal (No.35L)** *counter-clockwise* into **Left Crank (No. 36L)**. Tighten and secure with a **Spanner (No.77)**.

NOTE: The **Pedals (No.35L/R)** should be kept in lockdown during the exercise, otherwise the pedal teeth will be damaged. Attaching the **Pedals (No. 35L/R)** to the wrong **Cranks (No. 36L/R)** or turning it in the wrong direction will permanently damage the crank and the pedal.

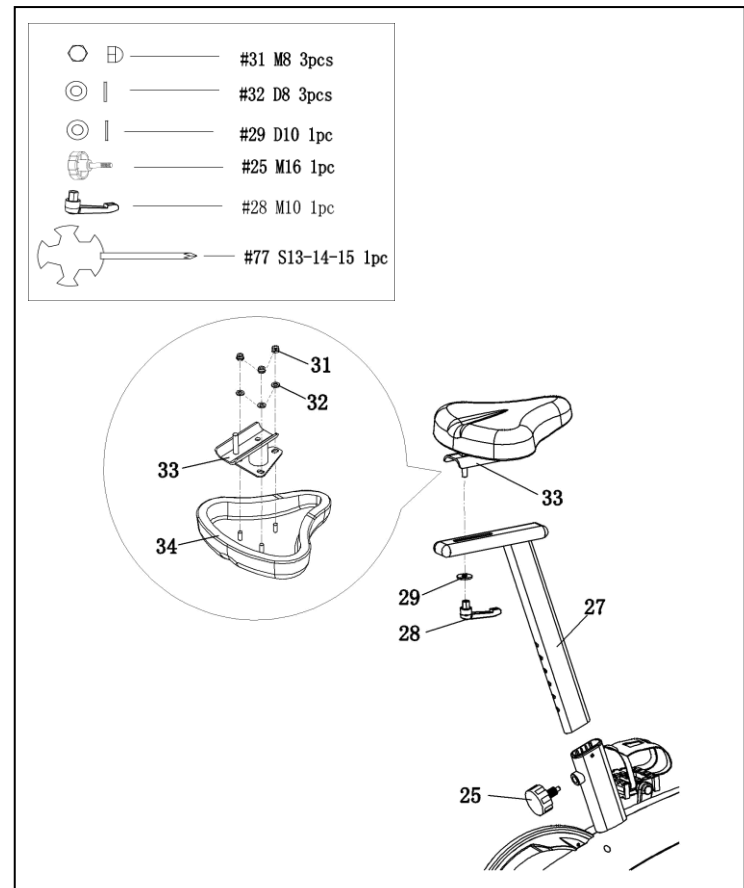


Step 4:

Pull the **Seat Post (No.27)** out completely, and turn it so the holes in the **Seat Post (No.27)** face the back of the bike. Insert **Seat Post (No.27)** into the **Main Frame (No.1)**. Set **Seat Post (No.27)** at desired height. Insert **Knob (No.25)** and tighten to secure.

Remove 3 **Washers (No.32)** and 3 **Nylon Nuts (No.31)** from the **Seat (No.34)** with a **Spanner (No.77)**. Attach the **Seat (No.34)** to the **Seat Slider (No.33)** using 3 **Washers (No.32)** and 3 **Nylon Nuts (No.31)** that were removed, using a **Spanner (No.77)**.

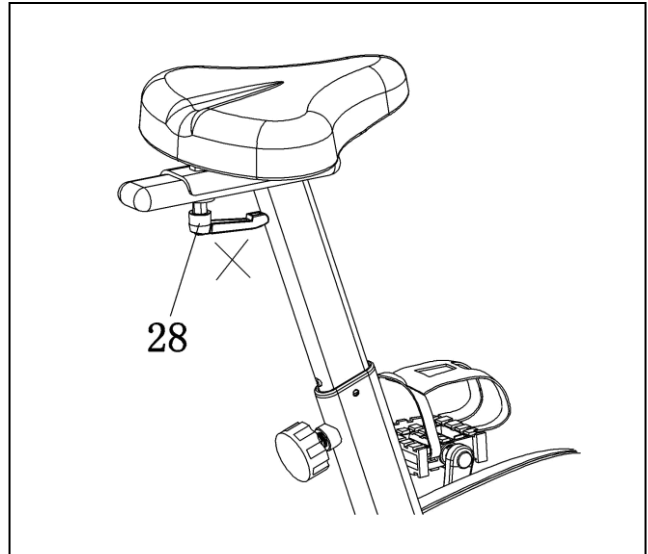
Remove the **L shape Knob (No.28)** and the **Washer (No.29)** from the **Seat Slider (No.33)**. Attach **Seat Slider (No.33)** to the **Seat Post (No.27)** at desired position, then insert and secure with the **L shape Knob (No.28)** and **Washer (No.29)** that were removed.



NOTE: ADJUSTING THE SEAT SLIDER

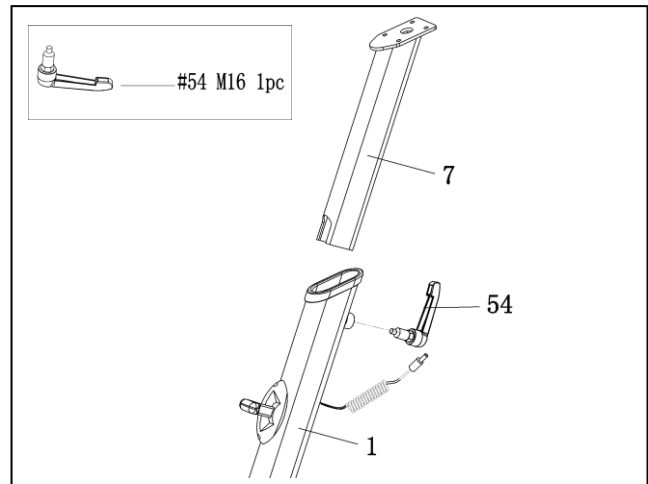
When securing the **Knob (No.28)**, the handle on **Knob (No.28)** may not have enough space to turn (See drawing on right). If this happens, the handle can be adjusted.

To adjust the handle, pull on the handle, turn the handle to a position that is not blocked, and release the handle. Repeat as needed. It may take several adjustments to get the handle to a position where it can be turned.



Step 5:

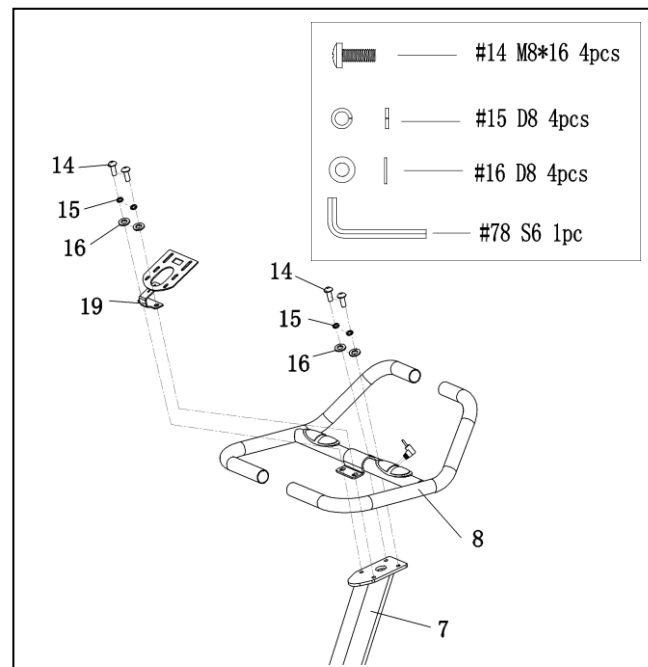
Insert **Handlebar Post (No.7)** into **Main Frame (No.1)**. Set **Handlebar Post (No.7)** at desired height. Insert **L shape Knob (No.54)** and tighten to secure.



Step 6:

Remove 4 **Screws (No.14)**, 4 **Spring Washers (No.15)**, 4 **Washers (No.16)**, from the **Handlebar Post (No.7)** with an **Allen Wrench (No.78)**.

Attach **Handlebar (No.8)** and **Meter Bracket (No.19)** to the **Handlebar Post (No.7)** using 4 **Screws (No.14)**, 4 **Spring Washers (No.15)**, 4 **Washers (No.16)** that were removed. Tighten and secure with an **Allen Wrench (No.78)**.



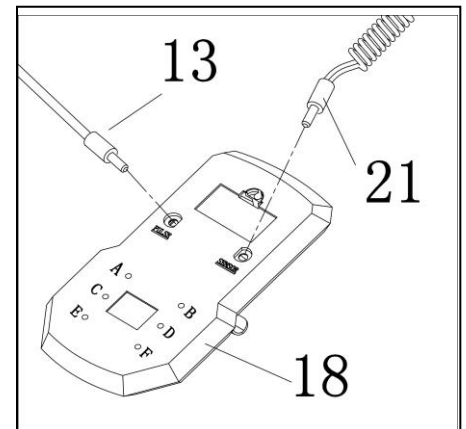
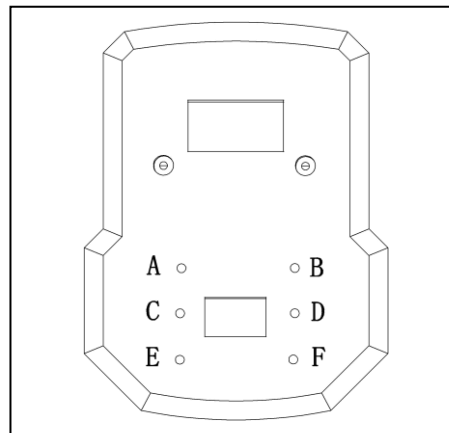
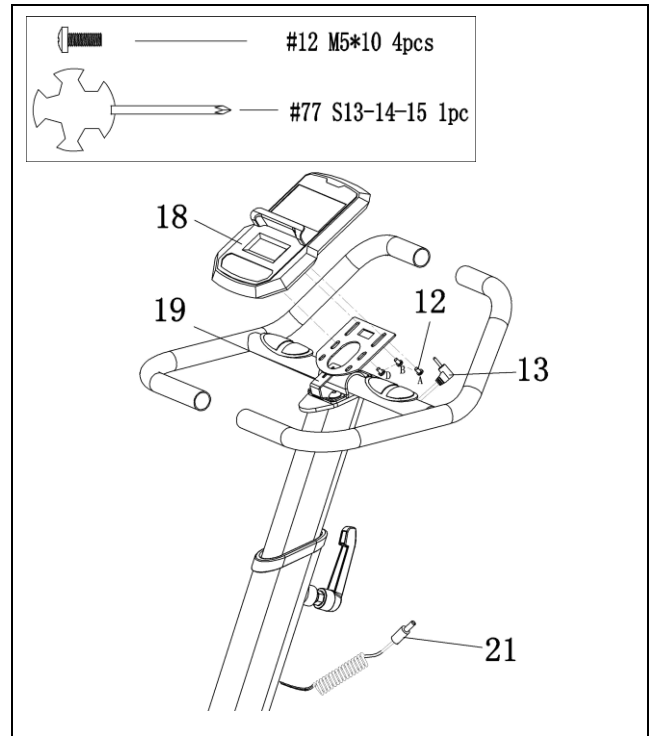
Step 7:

Remove 3 **Screws (No.12)** from the **Meter (No.18)**. Attach **Meter (No.18)** to the **Meter Bracket (No.19)** using the 3 **Screws (No.12)** that were removed. Tighten and secure with a **Spanner (No.77)**.

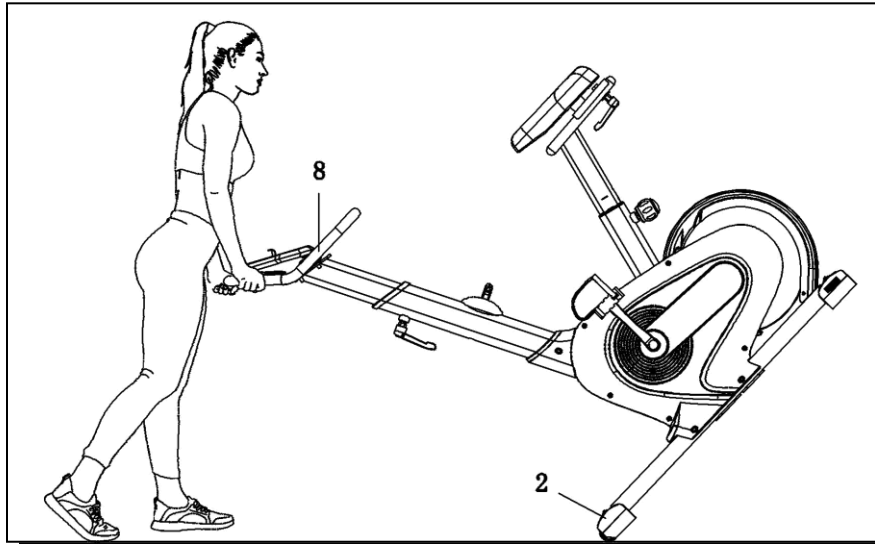
NOTE: There are 6 holes A/B/C/D/E/F in back of the **Meter (No.18)**. Attach **Meter (No.18)** by tightening 3 **Screws (No.12)** into holes of A/B/D.

Connect **Sensor Wire (No.21)** and **Hand Pulse wire (No.13)** to the hole at the back of the **Meter (No.18)**.

Assembly is complete!

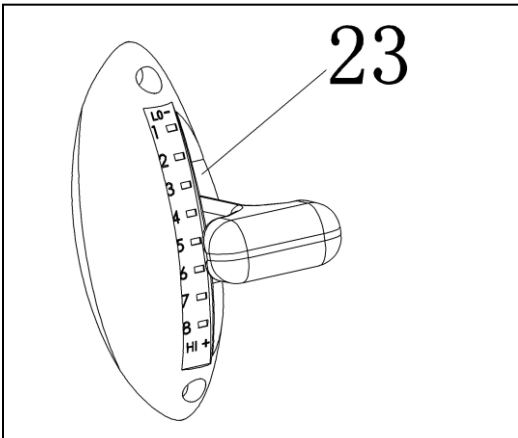


HOW TO MOVE THE BIKE



Hold the **Handlebar (No.8)** and lift the bike until wheels on the **Front Stabilizer (No.2)** touch the ground. Now you can wheel the bike to the desired location.

ADJUSTMENTS GUIDE



ADJUSTING THE RESISTANCE

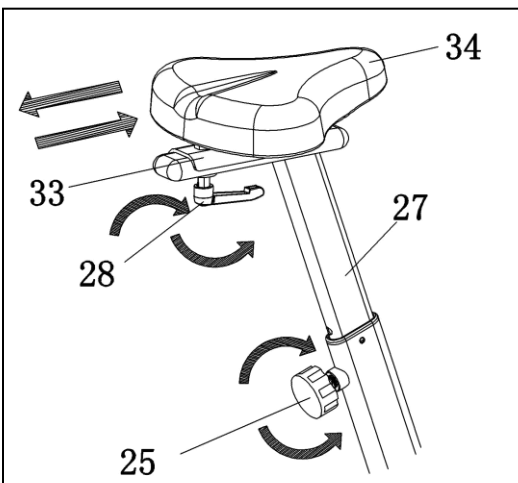
The **Tension Control (No.23)** has 8 levels. To increase resistance, move the **Tension Control (No.23)** down. To decrease resistance, move the **Tension Control (No.23)** up.

ADJUSTING THE SEAT POSITION

The **Seat (No.34)** of this bike is fully adjustable as it moves *Up, Down, Forward, and Backward*.

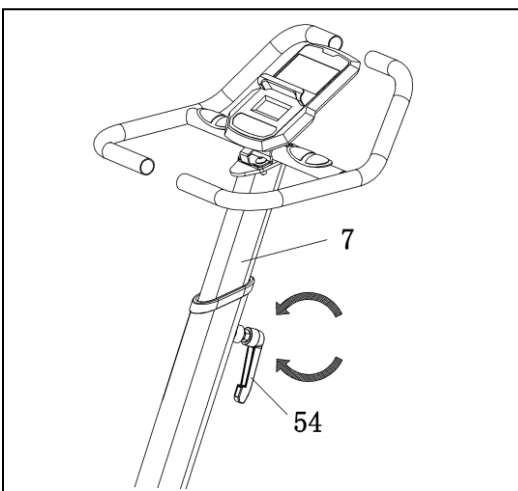
To adjust the height of the **Seat Post (No.27)**, loosen and pull the **Knob (No.25)** outward, then raise or lower the **Seat (No.34)** to the desired height. Once adjusted, re-insert and tighten the **Knob (No.25)** to secure the seat in place.

To adjust the **Seat (No.34)** back and forth, loosen and pull **L Shape Knob (No. 28)** outward, then slide the **Seat Slider (No.33)** to the desired position. Once positioned, re-insert and tighten the **L Shape Knob (No. 28)** to secure the seat slider tube in place.



ADJUSTING THE HANDLEBAR

It is important that the handlebar and seat are both set to the correct height of your body. To adjust the handlebar height, loosen and pull the **L shape Knob (No. 54)** outward, then slide the **Handlebar Post (No. 7)** up or down to the desired height. Once adjusted re-insert and tighten the **L shape Knob (No. 54)** to secure the handlebar post in place.

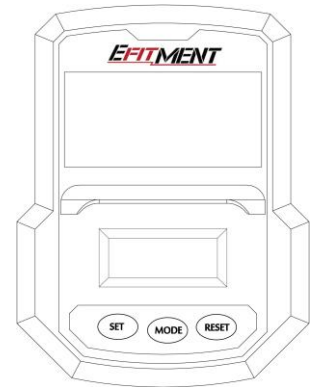


COMPUTER INSTRUCTIONS

FUNCTION BUTTONS

MODE:

1. Press the button to select TIME, DISTANCE and CAL to preset.
2. Press the button to select any function display values on LCD or enter any values to preset.
3. Press and hold the button for 2 seconds to reset all the values to 0 except the Odometer. (When the user replaces batteries, all the values will reset to ZERO automatically.)



SET:

To set up the target value of TIME, DISTANCE and CAL. Press and hold the button for 2 seconds to speed up the increment.

RESET:

Press and hold the button for 2 seconds to reset the function values. All the values will be reset except the Odometer, which can only be reset after replacing the batteries.

FUNCTIONS & OPERATIONS

1. BATTERY INSTALLATION:

Please install 2 pieces of AAA 1.5V batteries in the battery case on the back of computer. (Whenever Batteries are removed, all the function values will be reset to zero.)

2. AUTO ON/OFF:

Once the user begins to do exercise, the computer will show the workout value automatically. After about 4 minutes of inactivity, the computer will turn off. Odometer value does not reset to 0 when the computer turns off. When user starts exercise again, workout value of odometer will accumulate continuously.

3. AUTO SCAN:

After the computer is power on or press Mode key, the LCD will display all functions from TIME-SPEED-DISTANCE-CALORIES-ODOMETER-PULSE. Each value will be held for 4 seconds.

4. SPEED:

Display the current training speed from 0.0 to 99.9 KPH or MPH.

5. DISTANCE:

Accumulates total distance from 0.0 up to 9999. The user may preset target distance by pressing SET & MODE button. Each increment is 0.1 KM or M. Automatically count down from targeting value during exercise.

6. TIME:

Accumulates total time from 00:00 up to 99:59. The user may preset target time by pressing SET & MODE button. Each increment is 1 minute. Automatically count down from targeting value during exercise.

7. CALORIES:

Accumulates calories consumption during training from 0 to max. 9999 calories. The user may also preset the target calorie before training by pressing SET & MODE button. Each setting increases is 1 cal.

Note: This data is a rough guide which cannot be used in medical treatment.

8. ODOMETER:

Display the total accumulated distance from 0 to 9999. User also can press mode key to display the Odometer value.

9. PULSE

The monitor will display the user's heart rate in beats per minute during training.

10. RESET

Press and hold the button for 2 seconds to reset all the values except Odometer to be zero.

SPECIFICATIONS:

FUNCTION	AUTO SCAN	Every 4 seconds
	TIME	00:00 ~ 99:59
	CURRENT SPEED	The maximum signal can be pickup is 99.9 MI/H
	TRIP DISTANCE	0.00~99.99 MI or 0.00~9999 MI
	CALORIES	0.1~999.9 KCAL
	ODO	0.1~999.9 MI or 1 ~ 9999 MI
	PULSE RATE	40~206 BPM
BATTERY TYPE	2pcs of SIZE –AAA or UM –4	
OPERATING TEMPERATURE	0°C ~ +40°C	
STORAGE TEMPERATURE	-10°C ~ +60°C	

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