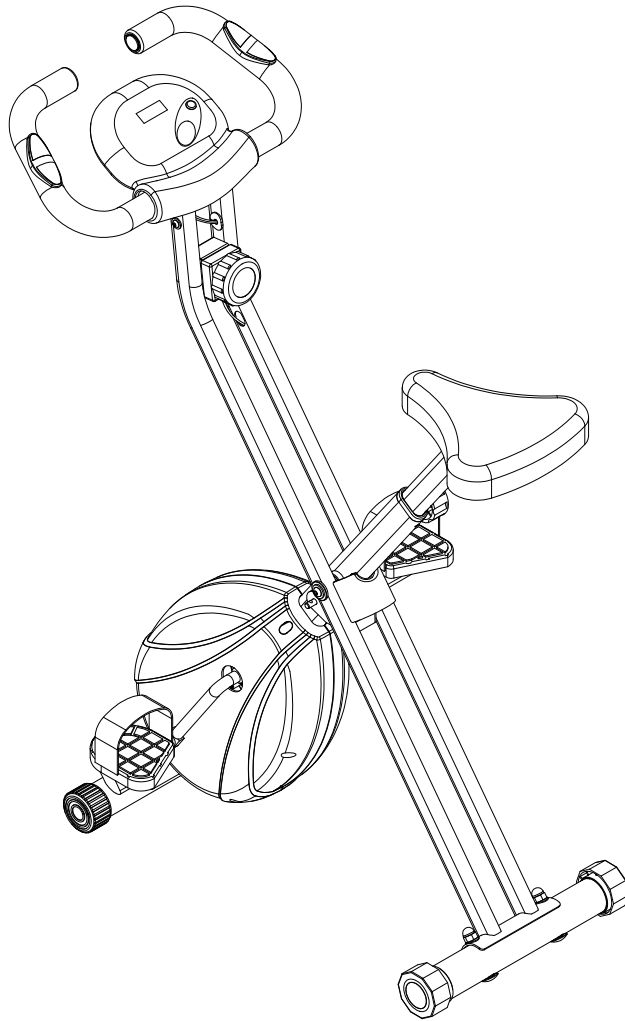


E***FFIT*****MENT**



B019 Magnetic Tension Folding Bike User Manual

IMPORTANT:

Read all instructions carefully before using this product. Retain this manual for future reference. For customer service, contact service@zoovaa.com.

IMPORTANT SAFETY INSTRUCTIONS

Note the following precautions before assembling and using the machine.

1. Assemble the machine exactly as described in the instruction manual.
2. Before exercise, in order to avoid injuries, warm-up exercises are recommended.
3. Please make sure all parts are not damaged and are tightened well before use. This equipment should be placed on a flat surface. Using a mat or other covering material on the ground is recommended.
4. Please wear proper clothes and shoes when using this equipment; do not wear clothes that might catch any part of the equipment.
5. Do not attempt any maintenance or adjustments other than those described in this manual.
6. Do not use the equipment outdoors. It is not a commercial model.
7. This equipment is for household use only.
8. This machine can be used by one person at a time.
9. If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
10. This bike is intended for adult use only. Keep children away from the bike.
11. Before beginning exercise, remove all objects within a radius of 4 feet from the machine.
12. The maximum weight capacity for this product is 240 LBS.

WARNING: Your health can be affected by incorrect or excessive exercise. Consult a doctor before beginning your exercise program. This machine is not suitable for therapeutic purpose.

CAUTION: Read all instructions carefully before operating this product. Retain this Owner's Manual for future reference.



WARNING: This product can expose you to one or more chemicals known to the State of California to cause cancer and birth defects or reproductive harm. For more information go to www.P65Warnings.ca.gov.

PARTS LIST

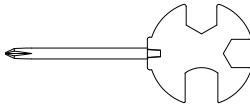
No.	Description	Qty	No.	Description	Qty
1	Main Frame	1	31	Bearing 6203Z	2
2	Handlebar	1	32	Bushing $\Phi 21 \times \Phi 15.2 \times 3.0$	1
3	Meter Post	1	33	Nylon Nut M6	1
4	Front Stabilizer $\Phi 50 \times 1.5$	1	34	Cap Nut M10	4
5	Magnetic Wheel $\Phi 180 \times 25$	1	35	Bolt M10x56	4
6	Arc Washer $\Phi 6$	2	36	Arc Washer $\Phi 10 \times \Phi 20 \times 2.0$	4
7	Tension Control Knob	1	37	Flat Washer $\Phi 6$	2
8	Adjustment Knob M16	1	38	Flat Washer $\Phi 8$	3
9	Belt 270/J4	1	39	Outer Hexagonal Bolt M8x20	1
10	Computer	1	40	Cross Pan Head Tapping Screw ST4.2x20	6
11	Magnetic Bracket	1	41	Tension Spring $\Phi 20 \times 39 \times \delta 3.2$	1
12	Seat Post Plastic Bushing	1	42	Nylon Nut M8	4
13	Chain Cover	2	43	Outer Hexagonal Bolt M6x20	1
14	Spring 65Mn/ $\Phi 10 \times 45 \times \delta 1.0$	1	44	Pressure Plate	1
15	Cross Pan Head Tapping Screw ST2.9x9.5	2	45	Bearing 6000Z	2
16	Flat Washer $\Phi 23 \times \Phi 35 \times 2.0$	1	46	Flat Washer $\Phi 5$	1
17	Puller Bushing (7/8)"	1	47	Flat Washer	2
18	Hexagonal Flat Nut (7/8)"	1	48	Flat Washer $\Phi 40 \times 2.8$	1
19	Belt Pulley with crank	1	49	Handrail Arm End Cap	2
20	Left Foot Pedal (1/2)"	1	50	Handrail Arm Foam Grip $\Phi 33 \times \Phi 23 \times 450$	2
21	Right Foot Pedal (1/2)"	1	51	Pulse Sensors	2
22	Bearing Bush $\Phi 55.6 \times 16$	2	52	Circlip $\Phi 10$	1
23	Bearing $\Phi 44.5$	2	53	Inner Pan Head Hexagonal Bolt M8x15	2
24	Inner Pan Head Hexagonal Bolt M6x15	4	54	Wire Plug	1
25	Seat Post	1	55	Hexagonal Nut M6	1
26	Sensor Wire	1	56	Flat Washer	3
27	Seat Cushion	1	57	Cross Pan Head Screw M5x20	1
28	End Cap for Front Stabilizer	2	58	Puller Bushing (15/16)"	1
29	End Cap for Rear Stabilizer	2	59	Rubber Bushing	1
30	Magnetic Wheel Axle $\Phi 17 \times 90$	1	60	Axle Sleeve	4

No.	Description	Qty	No.	Description	Qty
61	Rotation Shaft	1	64	Rear Stabilizer $\Phi 50 \times 1.5$	1
62	Cross Pan Head Self-tapping Screw ST4.2x12	4	65	Flat Washer $\Phi 10 \times \Phi 20 \times 2.0$	1
63	Pin $\Phi 8 \times 60$	1	66	Wave Washer $\Phi 15 \times \Phi 21 \times 0.3$	1

HARDWARE BAG



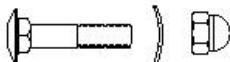
Spanner S10-S13-S17-S19 1PC



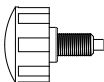
Spanner with Phillips Screwdriver S13-S14-S15 1PC



Allen Wrench S5 1PC

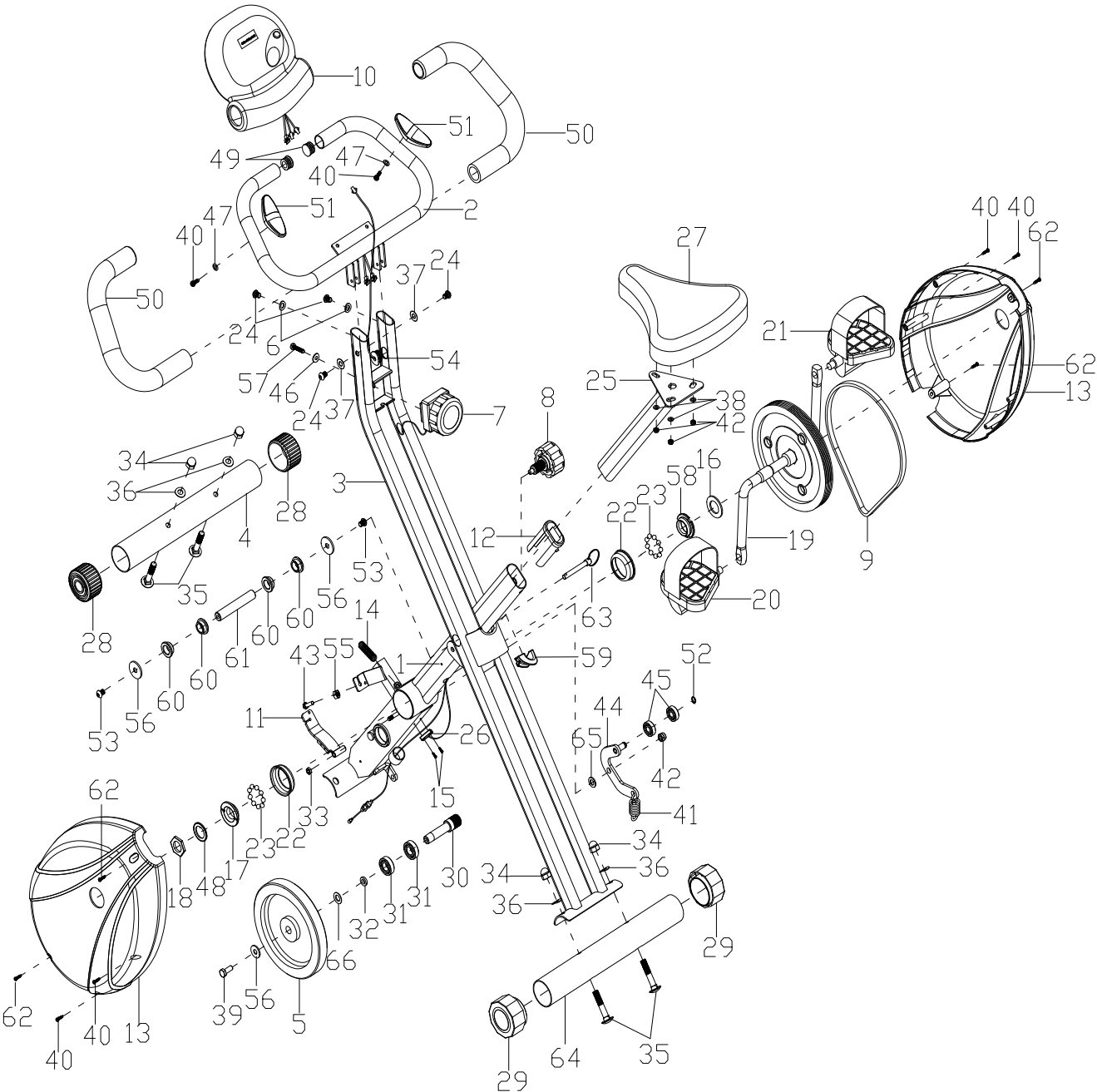


(35) Bolt M10x56 4PCS
(36) Arc Washer Ø10xØ20x2.0 4PCS
(34) Cap Nut M10 4PCS



(8) Adjustment Knob M16 1PC

EXPLODED DRAWING



ASSEMBLY INSTRUCTIONS



Spanner S10-S13-S17-S19



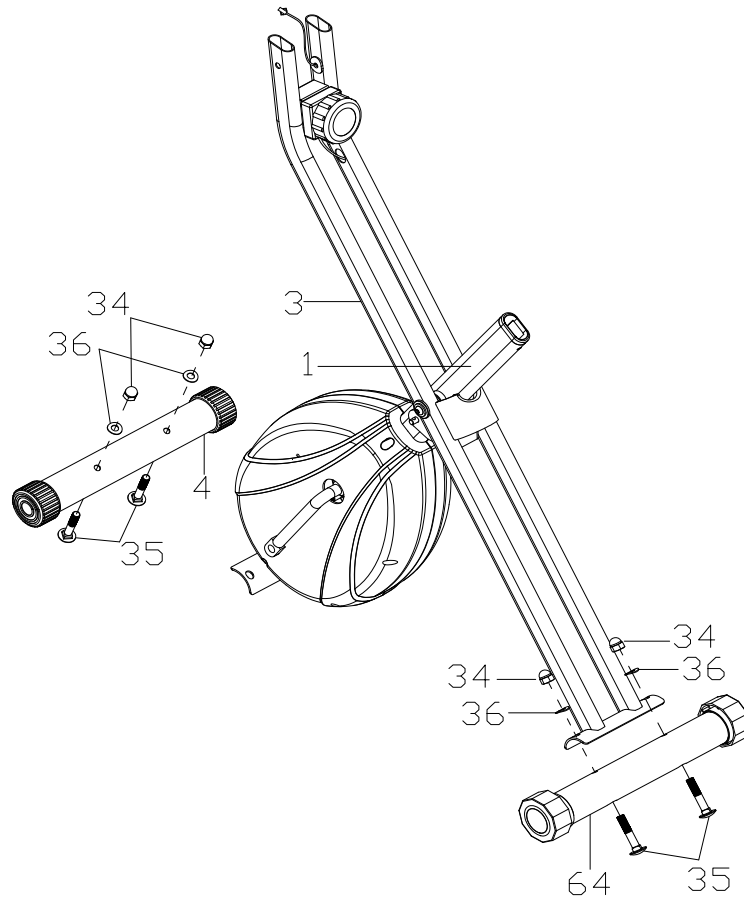
(35) Bolt M10 x 56, 4pcs



(36) Arc Washer Φ 10, 4PCS



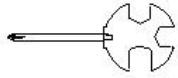
(34) Cap Nut M10, 4PCS



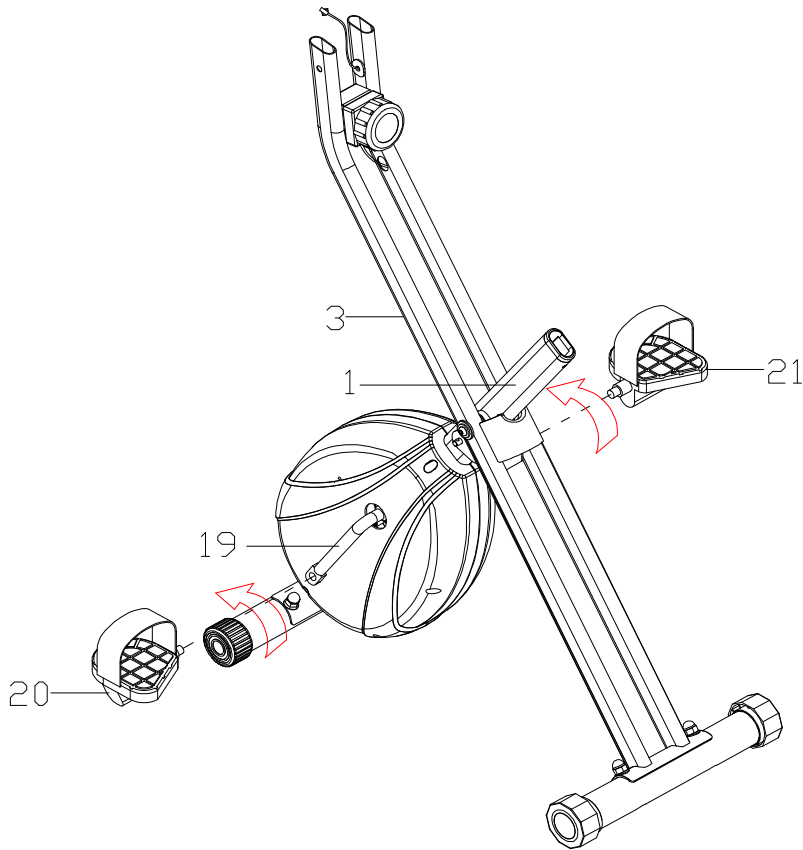
Step 1: Front and Rear Stabilizers

Position the **Front Stabilizer (No. 4)** in front of **Main Frame (No. 1)** and align bolt holes. Attach the **Front Stabilizer (No. 4)** onto the **Main Frame (No. 1)** using 2 **Bolts (No. 35)**, 2 **Arc Washers (No. 36)** and 2 **Cap Nuts (No. 34)**. Tighten with the Spanner provided.

Repeat the same procedure to assemble **Rear Stabilizer (No. 64)**.



Spanner with Phillips Screwdriver S13-S14-S15

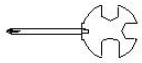


Step 2: Left and Right Foot Pedals

The Cranks, Pedal Shafts, and Foot Pedals are marked “R” for Right and “L” for Left. Attach the **Left Foot Pedal (No. 20)** to the left **Crank (No. 19)**, and turn the **Left Foot Pedal (No. 20)** by hand counter-clockwise. Then tighten with Spanner with Phillips Screwdriver provided.

Note: Do not turn the Left pedal clockwise to tighten or will strip the threads.

Attach the **Right Foot Pedal (No. 21)** to the right **Crank (No. 19)**. Turn the **Right Foot Pedal (No. 21)** by hand clockwise, then tighten with the Spanner with Phillips Screwdriver provided.



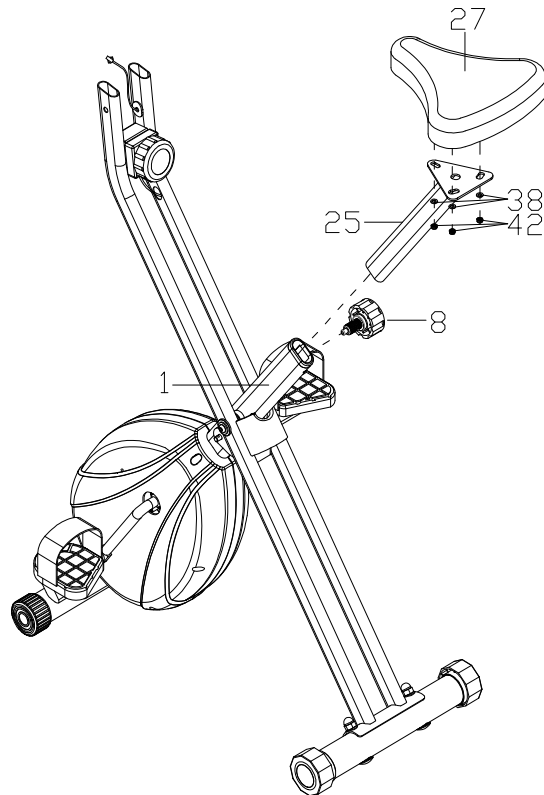
Spanner with Phillips Screwdriver S13-S14-S15



(38) Flat Washer $\Phi 8$, 3PCS



(42) Nylon Nut M8, 3PCS



Step 3: Seat Post, Seat Cushion

Remove 3 **Flat Washers (No.38)** and 3 **Nylon Nuts (No. 42)** from under the **Seat Cushion (No. 27)**.

Attach the **Seat Post (No. 25)** to the **Seat Cushion (No. 27)** using 3 **Flat Washers (No. 38)** and 3 **Nylon Nuts (No. 42)**. Tighten with Spanner with Phillips Screwdriver provided.

Insert the **Seat Post (No. 25)** into the **Main Frame (No. 1)**, then insert the **Adjustment Knob (No. 8)**. Turn **Adjustment Knob (No. 8)** clockwise to lock the **Seat Post (No. 25)** at a suitable height.

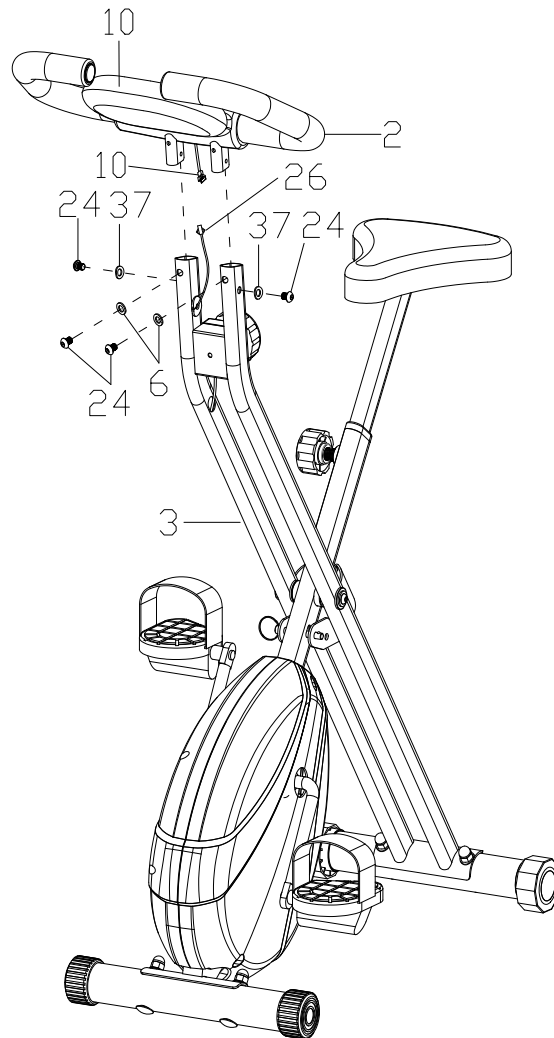


Allen Wrench S5

(24) Inner Pan Head Hexagonal Bolt M6x15, 4PCS

(37) Arc Washer $\Phi 6$, 2PCS

(6) Flat Washer $\Phi 6$, 2PCS



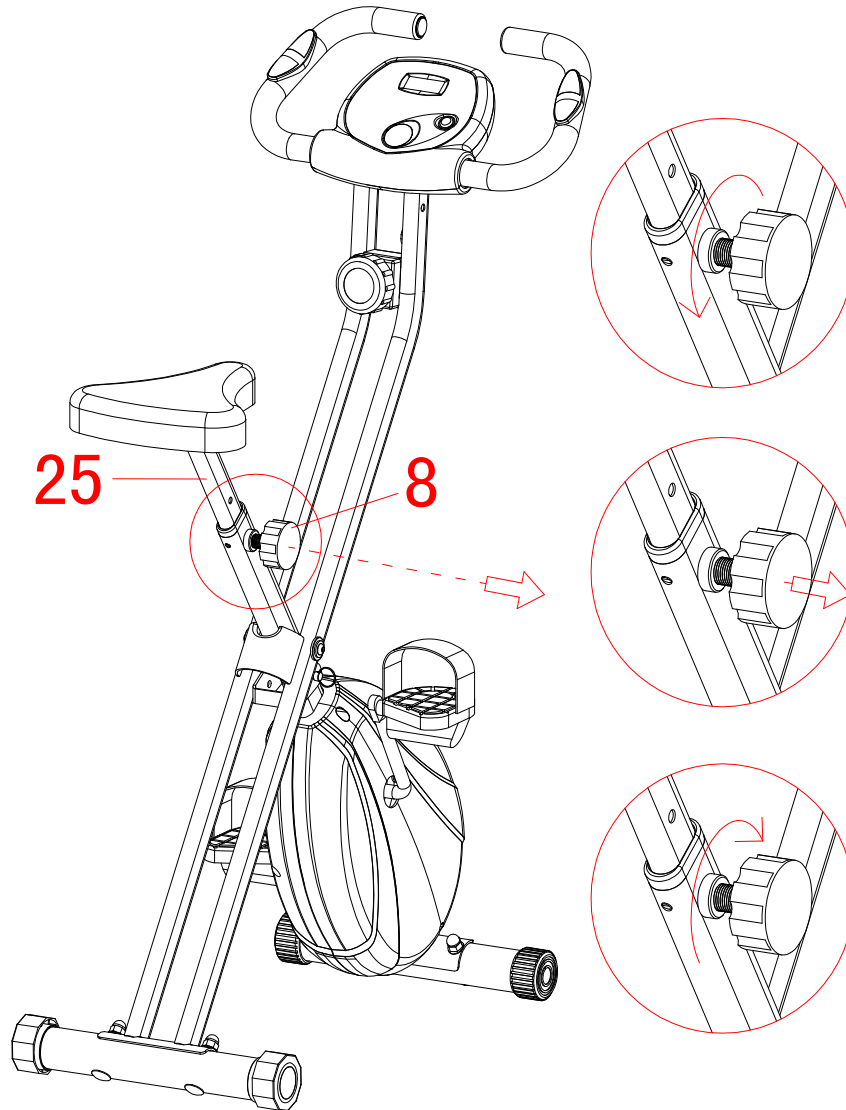
Step 4: Computer Installation

Remove 4 Inner Pan Head Hexagonal Bolts (No. 24), 2 Flat Washers (No. 37) and 1 Arc Washer (No. 6) from Handlebar Post (No. 2).

Attach Handlebar (No. 2) onto Meter Post (No. 3) using 4 Inner Pan Head Hexagonal Bolts (No. 24), 2 Flat Washers (No. 37) and 2 Arc Washers (No. 6). Tighten with the Allen Wrench S5 provided.

Connect the wire that comes from Computer (No. 10) with Sensor Wire (No. 26).

HOW TO ADJUST THE SEAT



- A. Turn the **Adjustment Knob (No. 8)** about 1 turn counterclockwise.
- B. Using one hand, pull out the knob, using the other hand, move the **Seat Post (No. 25)** to the desired height.
- C. Insert the **Adjustment Knob (No. 8)** and turn it clockwise to tighten.

Note: The **Adjustment Knob (No. 8)** must be tightened to prevent any accident.

CAUTION:

- Do not adjust the height of the seat post over the STOP line shown on the seat post.
- Do not reverse pedal on the bike. Reverse pedaling will damage the bike.

HOW TO MOVE THE BIKE

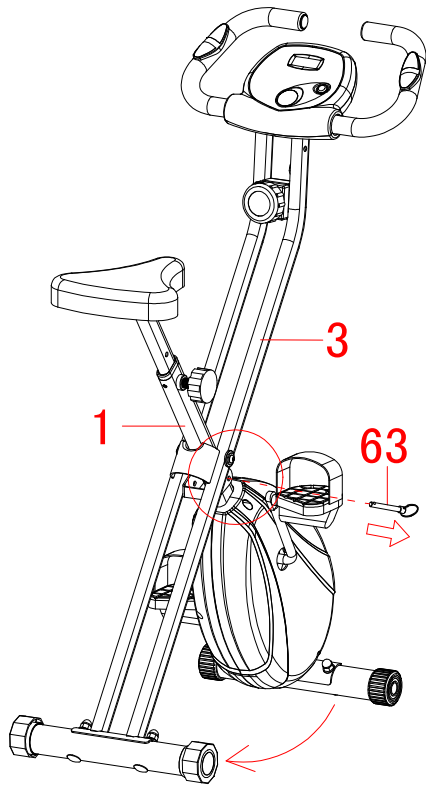


Figure A

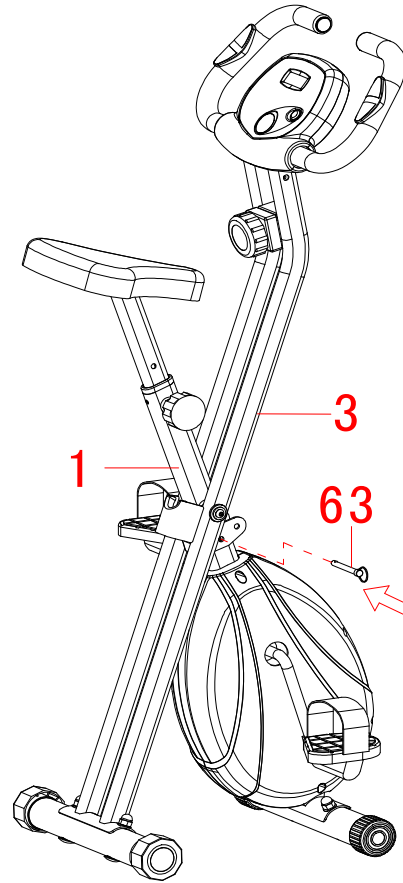
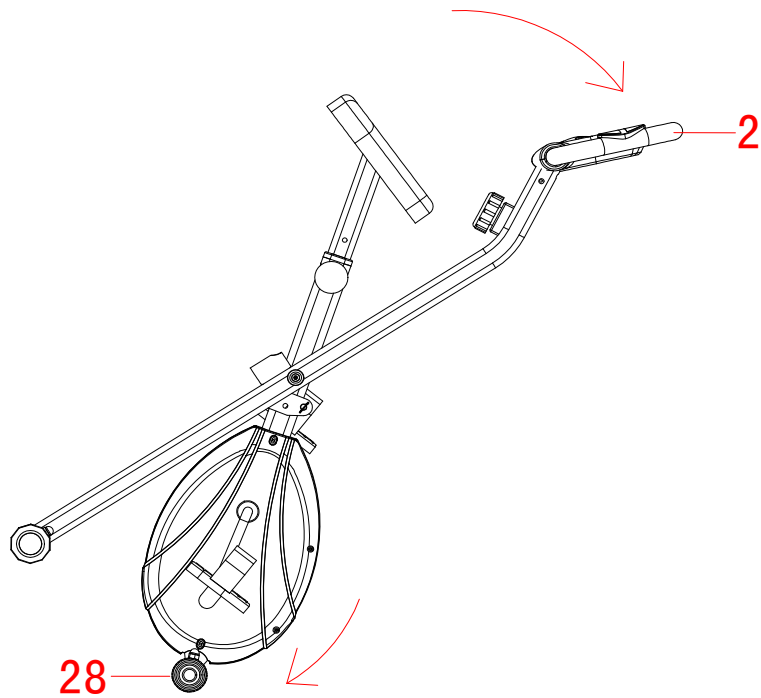


Figure B

Pull out the **Pin (No. 63)**, hold the **Meter Post (No.3)** by the left hand, and grasp the **Main Frame (No. 1)** by the right hand and push it forward until the oval-shaped holes on the **Meter Post (No.3)** and **Main Frame (No. 1)** align with each other. Then insert the **Pin (No. 63)**. (Refer to Figure B).

HOW TO MOVE THE BIKE



Before attempting to move the bike, please make sure that it has been properly folded. The **Pin (No. 63)** must be inserted.

Put your hands on the **Handlebar (No. 2)**, tilt the bike until the **End Cap for Front Stabilizer (No. 28)** are able to move on the ground.

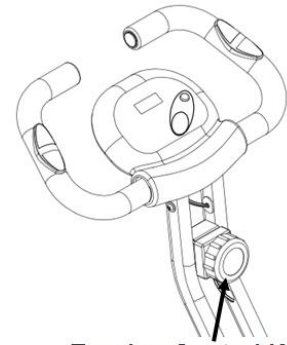
Now you can move the bike to the desired location with ease.

ADJUSTMENTS

Adjusting the Tension Control Knob

To increase the tension, turn the **Tension Control Knob** clockwise.

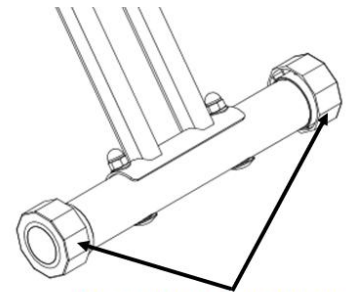
To decrease the tension, turn the **Tension Control Knob** counter-clockwise.



Tension Control Knob

Adjusting the Rear Stabilizer End Cap

Turn the **Rear Stabilizer End Cap** as needed to level the bike.



Rear Stabilizer End Cap

MAINTENANCE

Cleaning

The bike can be cleaned with a soft clean damp cloth. Do not use abrasives or solvents on plastic parts. Please wipe your perspiration off the bike after each use. Be careful not get excessive moisture on the computer display panel as this might cause an electrical hazard or electronics to fail.

Please keep the bike, especially the computer console out of direct sunlight to prevent screen damage.

Please inspect all assembly bolts and pedals on the machine for proper tightness every week.

Storage

Store the bike in a clean and dry environment away from children.

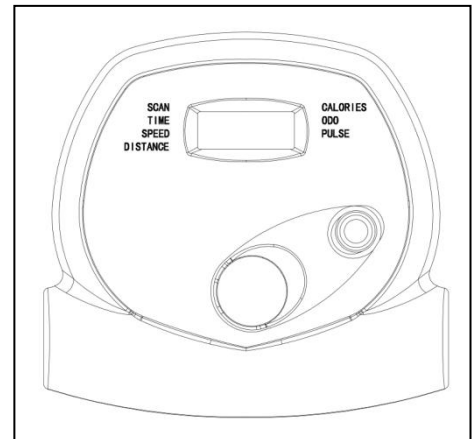
TROUBLESHOOTING

PROBLEM	SOLUTION
There is no display on the computer console.	<ol style="list-style-type: none"> 1. Remove the computer console and verify the wire that comes from the computer console is properly connected to the wire that comes from the handlebar post. 2. Check if the batteries are correctly positioned and battery springs are in proper contact with batteries. 3. The batteries in the computer console may be dead. Change to new batteries.
There is no heart rate reading or heart rate reading is erratic / inconsistent.	<ol style="list-style-type: none"> 1. Make sure that the wire connections for the hand pulse sensors are secure. 2. To ensure the pulse readout is more precise, please always hold on to the handlebar grip sensors with both hands instead of just with one hand when you try to test your heart rate figures. 3. Avoid gripping the hand pulse sensors too tightly. Try to maintain moderate pressure while holding onto the hand pulse sensors.
The bike wobbles when in use	Turn the rear stabilizer end cap on the rear stabilizer as needed to level the bike.
The bike makes squeaking noise when in use.	The bolts may be loose on the bike. Please inspect all of the bolts and tighten any loose bolts.

EXERCISE COMPUTER

SPECIFICATIONS

TIME-----	0:00~99:59MIN
SPEED-----	0.0~999.9ML/H
DISTANCE-----	0.00~999.9ML
CALORIE-----	0.0~999.9KCAL
ODOMETER -----	0.0~99.99ML
PULSE -----	40~240BPM



KEY FUNCTIONS:

MODE: Press this button to select and lock on a particular function you want. Press and hold MODE key for 4 seconds to reset the meter.

FUNCTIONS:

- 1.TIME: Press the MODE key until pointer lock in to TIME. The total exercise time will be shown when starting exercise.
- 2.SPEED: Press the MODE key until pointer lock on to SPEED. Current speed will be displayed.
- 3.DISTANCE: Press the MODE key until pointer lock on to DISTANCE . The distance of this workout will be displayed.
- 4.CALORIE:Press the MODE key until pointer lock on to CALORIE The calorie burned will be displayed when starting exercise.
5. ODOMETER: Automatically accumulates total accumulated distance from when batteries are installed in the meter.
- 6.PULSE: Press the MODE key until the pointer advance to PULSE function Hold pulse sensors for 3 seconds to measure pulse.
- 7.SCAN: Press MODE until pointer points to SCAN.
Automatically rotates display the following functions in the order shown for 4 seconds each:
TIME---SPEED---DISTANCE---CALORIE---ODOMETER ---PULSE---SCAN

NOTE:

1. The computer turns on automatically when you start pedaling or when you press MODE.
2. The computer will automatically shut off after 4-5 minutes of inactivity.
3. The monitor use 2 1.5v "AA" batteries that are pre-installed in the meter.
4. If there is a problem with the display, try replacing the batteries first. When changing the batteries, change both of them. Do not mix battery types. Do not mix old and new batteries. Dispose of old batteries according to your regional guidelines.