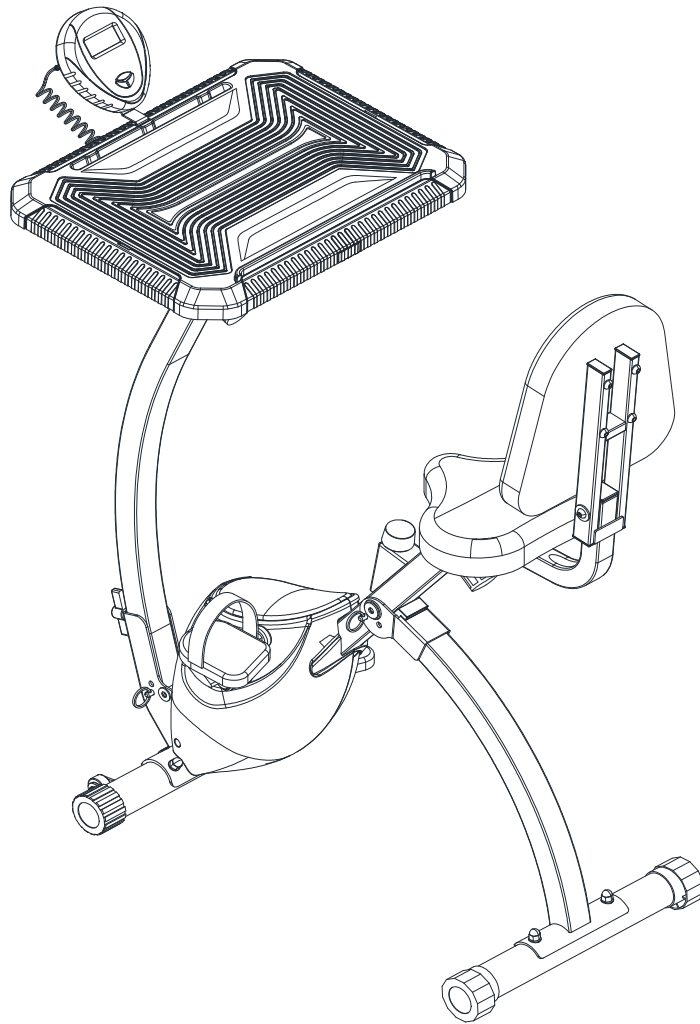


# **EFITMENT**



## **B027 FOLDING DESK EXERCISE BIKE**

### **USER MANUAL**

**IMPORTANT!** Read all instructions carefully before using this product. Save this user manual for future reference. For customer service, contact: [service@zoovaa.com](mailto:service@zoovaa.com)

# **IMPORTANT SAFETY NOTICE**

Note the following precaution before assembling and operating the machine.

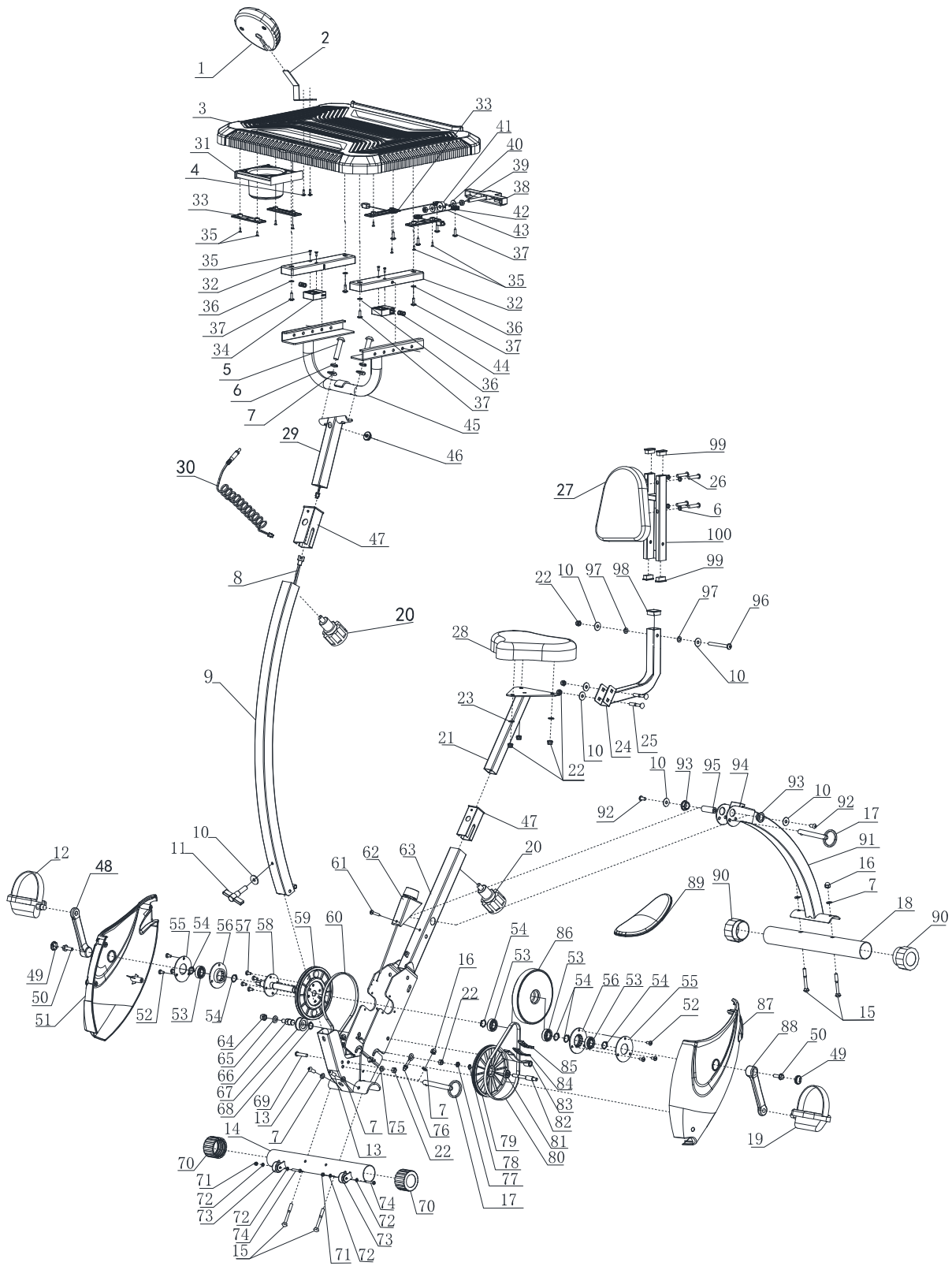
1. Assemble the machine exactly as described in the instruction manual.
2. Check all the bolts, nuts and other connections before using the machine for the first time to ensure the machine is in the safe condition.
3. Set up the machine in a dry level place and keep it away from moisture and water.
4. Place a suitable base (e.g. rubber mat, wooden board etc.) beneath the machine in the area of assembly to avoid dirt.
5. Before beginning exercise, remove all objects within a radius of 4 feet from the machine.
6. Do not use aggressive cleaning articles to clean the machine. Only use the supplied tools or suitable tools of your own to assemble the machine or repair any parts of machine. Remove drops of sweat from the machine immediately after finishing training.
7. Your health can be affected by incorrect or excessive training. Consult a doctor before beginning the training program. This machine is not suitable for therapeutic purpose.
8. Only use the bike when it is working correctly. Use only original spare parts for any necessary repairs.
9. This machine can be used by one person at a time.
10. Wear training clothes and shoes that are suitable for fitness training with the machine. Do not wear clothing that could get tangled in the machine.
11. If you have a feeling of dizziness, sickness or other abnormal symptoms, please stop training and consult a doctor immediately.
12. This bike is intended for adult use only. Keep children away from the bike.
13. Do not put fingers or objects in the moving parts of the machine.
14. Maximum user's weight is 220LBS.
15. This machine is not intended for commercial use.

**CAUTION:** Your bike was not designed for reverse pedaling. Reverse pedaling will damage the bike.



**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](http://www.P65Warnings.ca.gov).

# EXPLODED DRAWING



# PARTS LIST

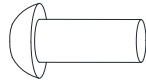
NO.	DESCRIPTION	SPECIFICATION	QTY	NO.	DESCRIPTION	SPECIFICATION	QTY
1	Meter		1	27	Back Cushion		1
2	Meter Holder		1	28	Saddle		1
3	Desk		1	29	Desk Post		1
4	Screw	ST4*12	2	30	Upper Signa Wire		1
5	Bolt	M8*35	2	31	Cup Holder		1
6	Washer	ø14*ø8.2*2	6	32	Inner Slide Rail		2
7	Curved Washer	ø20Xø8.5XT1.5	8	33	Fixed Plate		4
8	Lower Signal Wire		1	34	Base		2
9	Main Frame		1	35	Screw	ST3*10	12
10	Flat Washer	ø25*ø8.5*2	7	36	Flat Washer	Ø16*ø5.2*T1.0	4
11	Cross Shaped Knob		1	37	Screw	ST4*12	10
12	Right Pedal		1	38	Button	119.7*35.5*16.5	1
13	Bolt	M8*20	2	39	Nut	M6	2
14	Front Stabilizer		1	40	Washer		2
15	Carriage Bolt	M8*65	4	41	Fixed Block	Ø20*8	1
16	Nut	M8	4	42	Reel		4
17	Pull Pin		2	43	Steel Cable		2
18	Rear Stabilizer		1	44	Spring		2
19	Left Pedal		1	45	Handle Bar Base		1
20	Adjustable Knob	M16*1.5	2	46	Plug		1
21	Saddle Post		1	47	Bushing		2
22	Nut	M8	8	48	Right Crank		1
23	Flat Washer	ø20Xø8.2XT1.5	3	49	Crank Cover		2
24	Seat Bracket		1	50	Screw	M8*25	2
25	Carriage Bolt	M8*50	2	51	Right Cover		1
26	Bolt	M8*45	4	52	Screw	B03-M6*10	6

53	Bearing	6003Z	4	79	Belt Pulley		1
54	Clamp Spring		6	80	Belt		1
55	Big Washer		2	81	Bearing	608RS	2
56	Bearing Block		2	82	Axis Of Pulley		1
57	Screw	M6*12	4	83	Magnet Frame		1
58	Crank Shaft		1	84	Magnet Frame		1
59	Belt Pulley		1	85	Magnet		4
60	Belt		1	86	Flywheel		1
61	Screw		1	87	Left Cover		1
62	Tension Knob		1	88	Left Crank		1
63	Post		1	89	Decorate Cover		1
64	Nut	M10*1.5	1	90	End Cap		2
65	Washer	ø24*ø12.3*T1.5	1	91	Rear Support		1
66	Axis	ø17*35.5	1	92	Screw	M8*15	2
67	Wheel	ø38.1*15.8	1	93	Spacer		2
68	Jump Ring		1	94	Pad		1
69	Screw	M8*55	1	95	Axle	ø16*50.5	1
70	End Cap		1	96	Screw	M8X75	1
71	Grip Nut	M5	2	97	Plastic Spacer	ø 20*ø 8.5*2.5	2
72	Flat Washer	ø10*ø5.5*1.0	4	98	Pipe Plug		1
73	Transport Wheel	ø30*ø5.5*16	2	99	Pipe Plug		4
74	Screw	M5*30	2	100	Backrest Bracket		1
75	Flat Washer	Ø16*ø8.5*1.5	1	101	Spanner	13*15	1
76	Screw	M6	2	102	Allen Wrench	5	1
77	Hex Nut	M6	1				
78	Jump Ring		1				

# HARDWARE PACKAGE



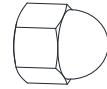
Bolt  
#5 M8\*35 2pcs  
#26 M8\*45 4pcs



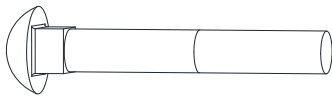
Bolt  
#20 M8\*20 2pcs



Washer  
#6  $\varnothing 14 * \varnothing 8.2 * 2$  6pcs



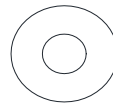
Nut  
#16 M8 4pcs



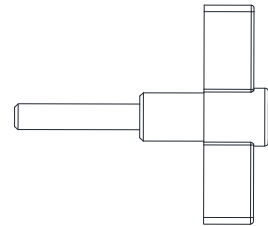
Carriage Bolt  
#15 M8\*65 4pcs



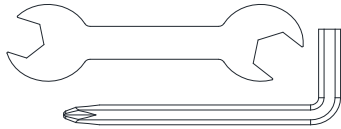
Curved Washer  
#7 20\*8.5\*1.5 8pcs



Flat Washer  
#10 25\*8.5\*2.0 7pcs



Cross Shape Knob  
#11 M8\*35 1pcs



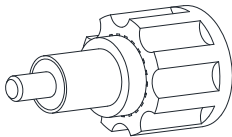
#101 spanner 1pcs  
#102 Allen Wrench 1pcs



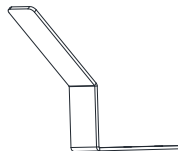
#17 Pull Pin 2pcs



Screw  
#4 ST4\*12 2pcs



Adjustable Knob  
#20 M16\*1.5 2pcs



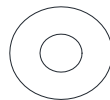
#2 Meter Holder 1pcs



Nut  
#22 M8 8pcs





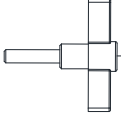


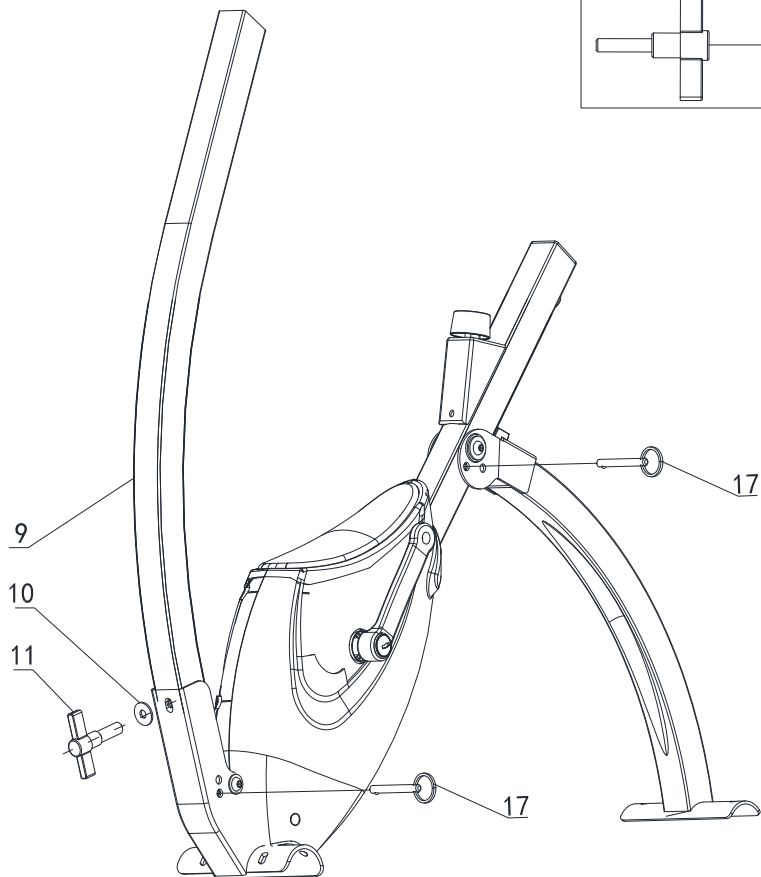
Carriage Bolt  
#25 M8\*50 2pcs



Flat Washer  
#23 20\*8.5\*1.5 3pcs

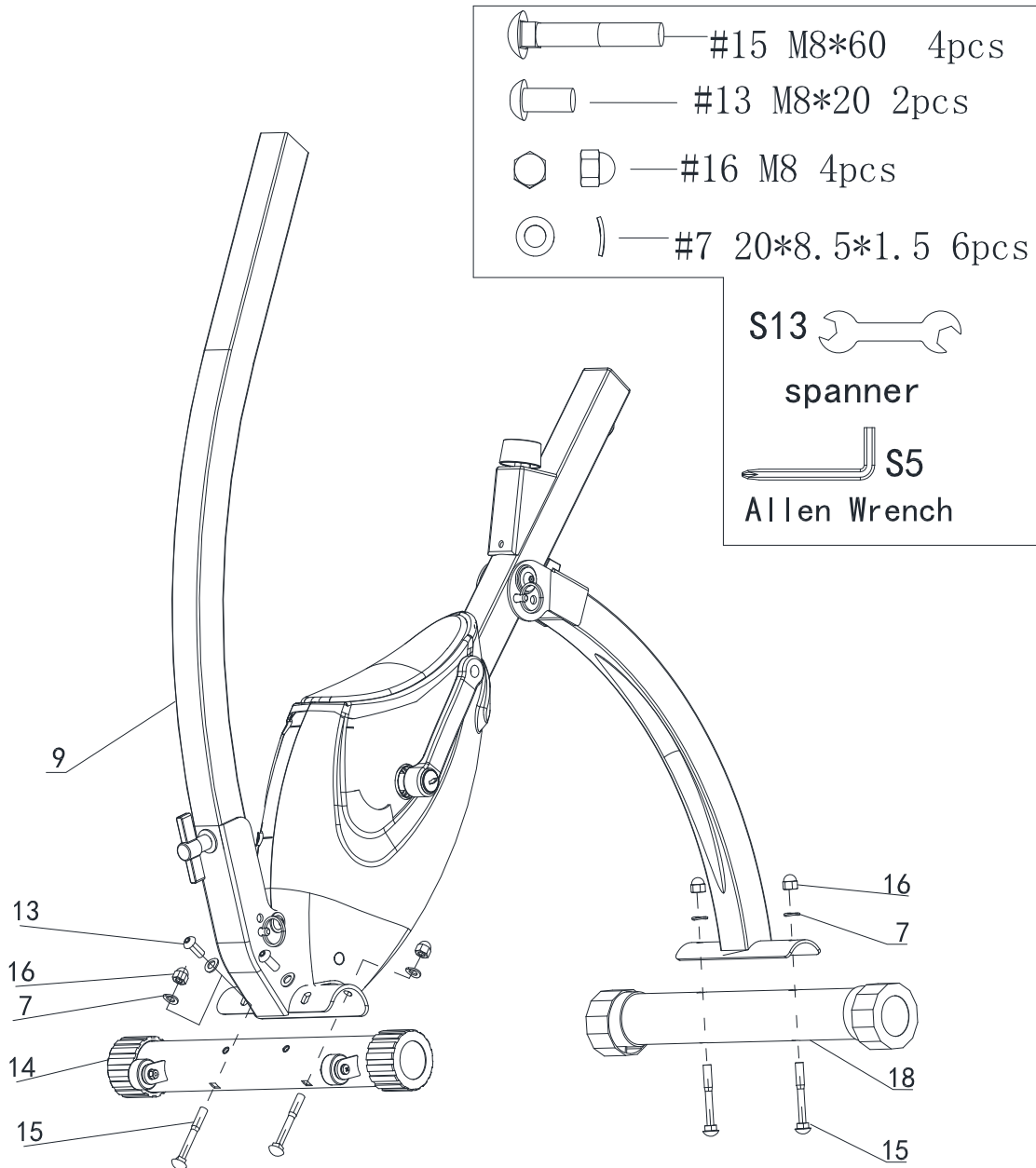
# ASSEMBLY INSTRUCTION

		#10 25*8.5*2.0 1pcs
		#17 25*8.5*2.0 2pcs
		#11 25*8.5*2.0 1pcs



## STEP 1

Take out the **Main Frame (No.9)** from carton, then insert the **Pull Pin (No.17)** into the hole as shown above. Using 1 **Flat Washer (No.10)** and 1 **Cross Shaped Knob (No.11)**, tighten the post for **Main Frame (No.9)**.

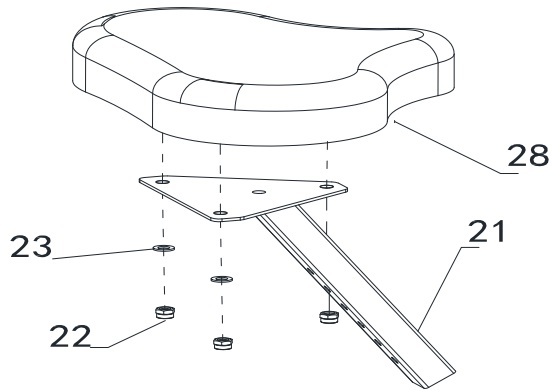
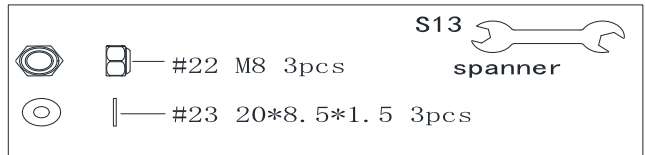


## STEP 2

Attach the **Front Stabilizer (No.14)** to the **Main Frame (No.9)** using 2 **Bolts (No.13)**, 2 **Nuts (No.16)**, 2 **Curved Washers (No.7)** and 2 **Carriage Bolts (No.15)**. Tighten with Spanner and Allen Wrench.

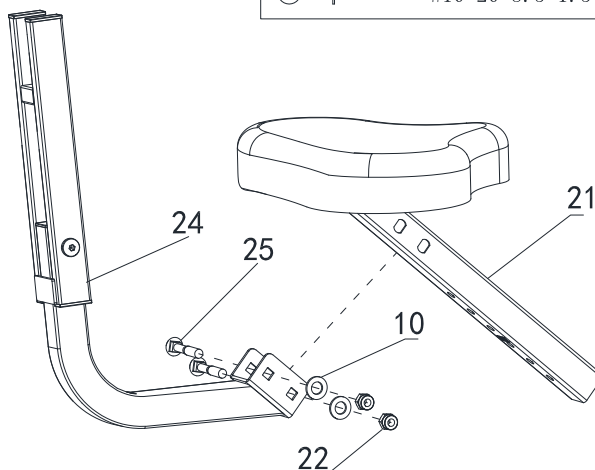
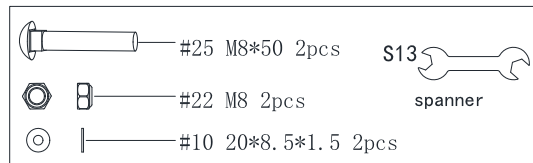
Attach the **Rear Stabilizer (No.18)** to the **Main Frame (No.9)** using 2 **Nuts (No.16)** 2 **Curved Washers (No.7)** and 2 **Carriage Bolts (No.15)**. Tighten with Spanner.





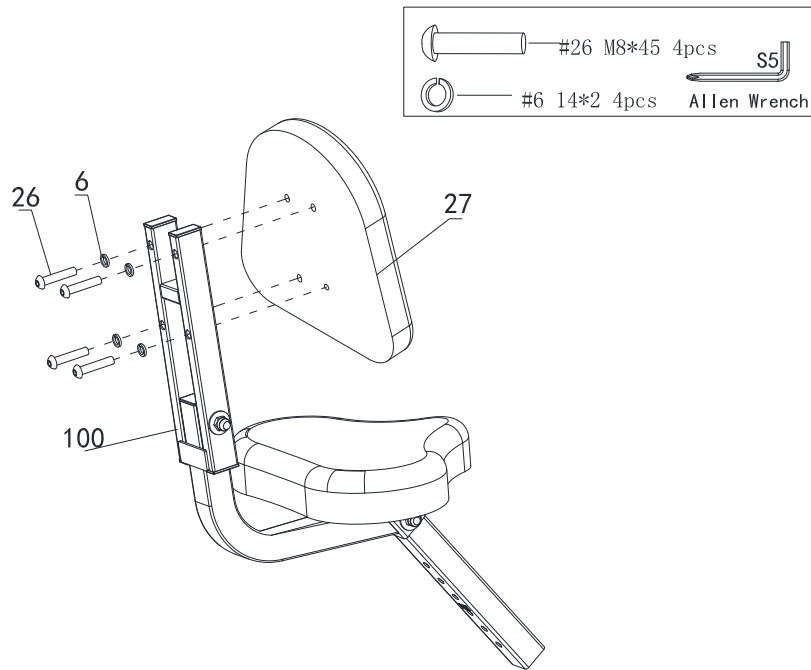
### STEP 3

Attach the **Saddle Post (No.21)** to the **Saddle (No.28)** using 3 **Flat Washers (No.23)** and 3 **Nuts (No.22)**. Tighten with Spanner.



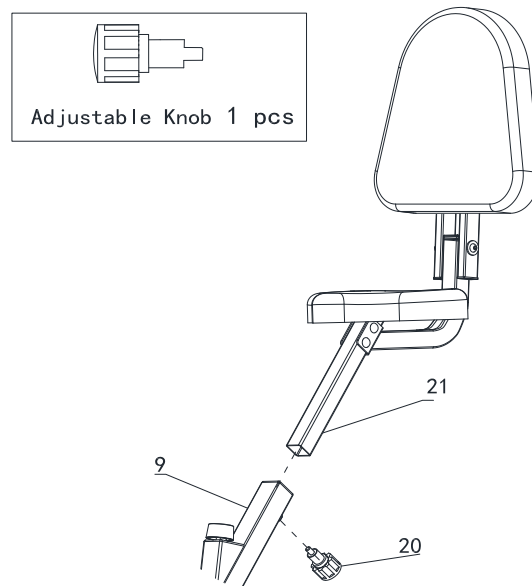
### STEP 4

Secure the **Seat Bracket (No.24)** to the **Saddle Post (No.21)** using 2 **Nuts (No.22)**, 2 **Flat Washers (No.10)** and 2 **Carriage Bolts (No. 25)**. Tighten with Spanner.



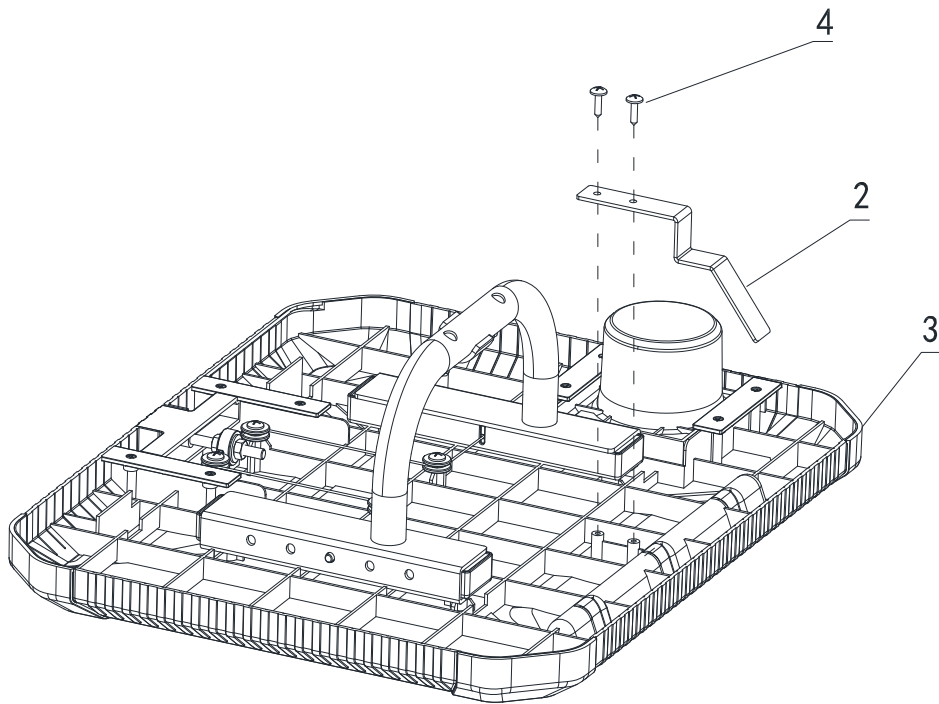
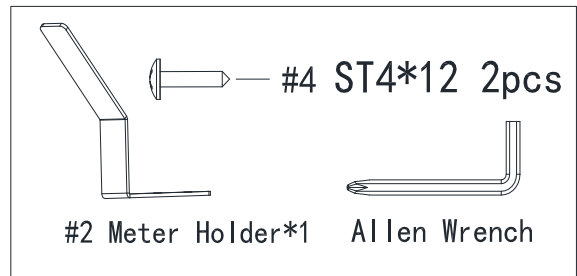
## STEP 5

Attach the **Back Cushion (No.27)** to the **Backrest Bracket (No.100)** using 4 **Nuts (No.26)** and 4 **Washers (No.6)**. Tighten with Allen Wrench.



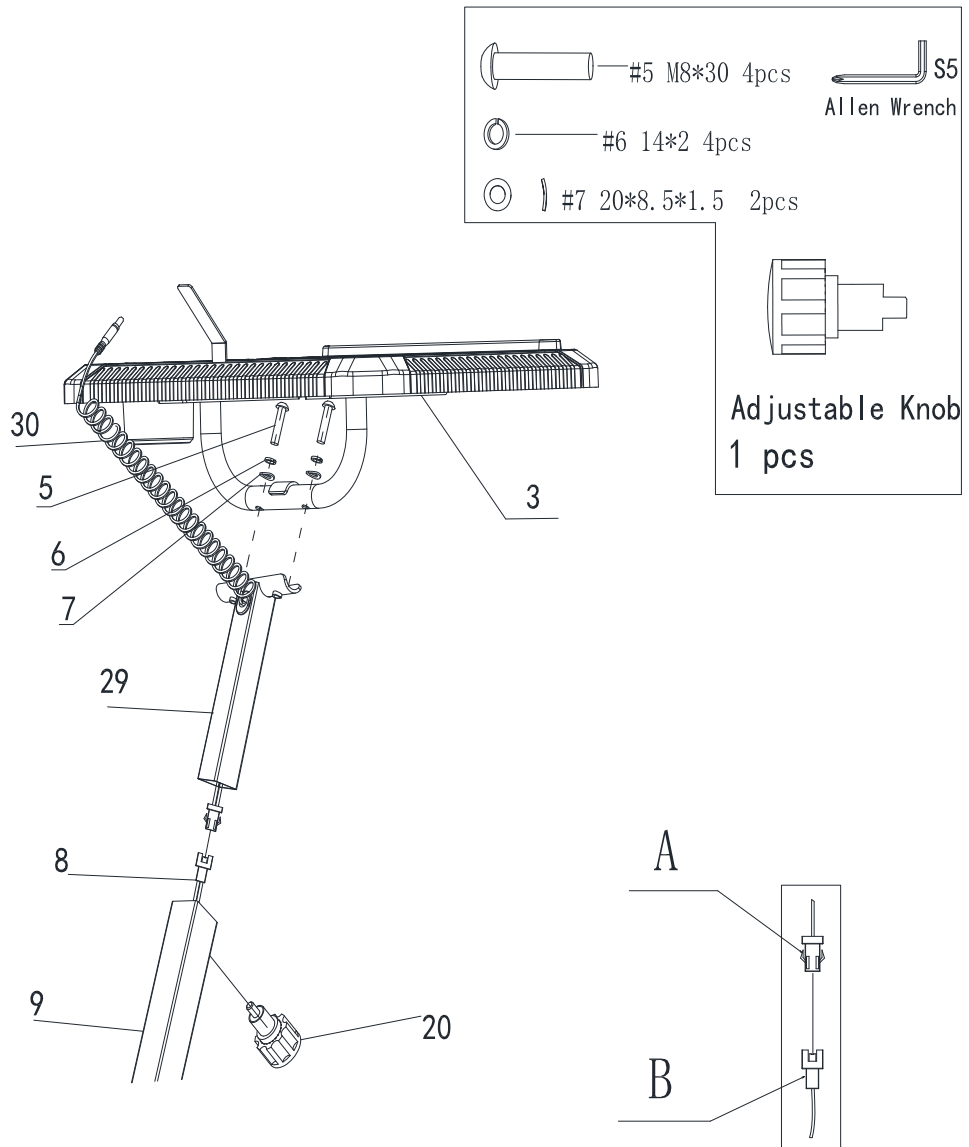
## STEP 6

Insert the **Saddle Post (No.21)** into the **Main Frame (No.9)**. Secure with **Adjustable Knob (No.20)**.



## STEP 7

Attach the **Meter Holder (No.2)** into the **Desk (No.3)**, using 2 **Screws (No.4)**. Tighten with Allen Wrench.

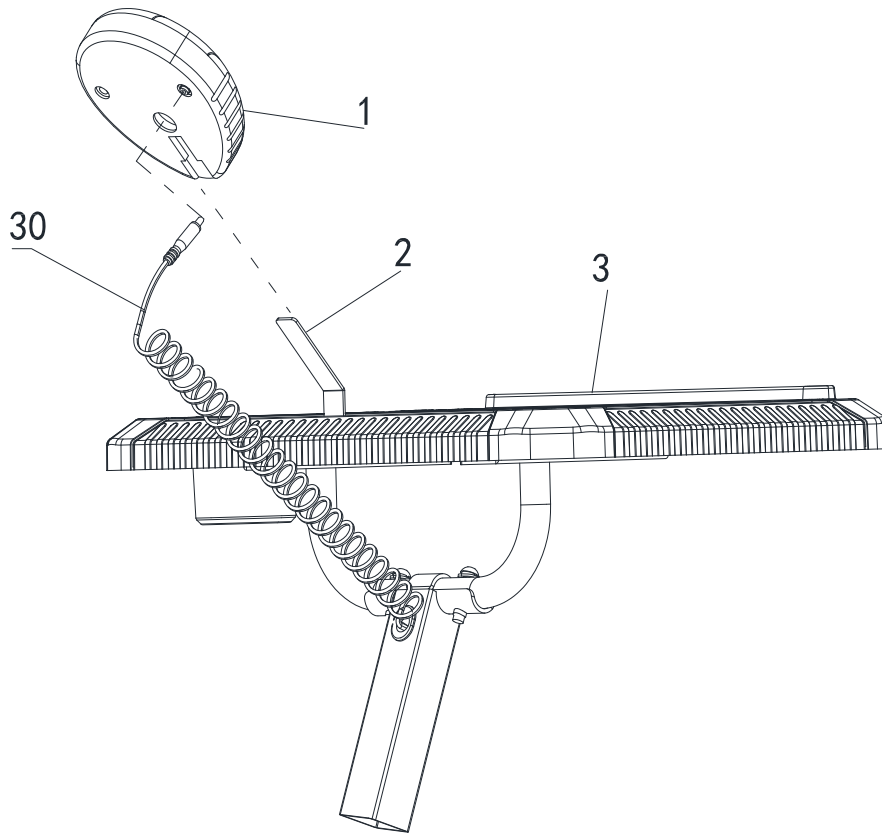


## STEP 8

Attach the **Desk (No.3)** to the **Desk Post (No.29)** using 2 **Bolts (No.5)**, 2 **Washers (No.6)** and 2 **Curved Washers (No.7)**. Tighten with Allen Wrench.

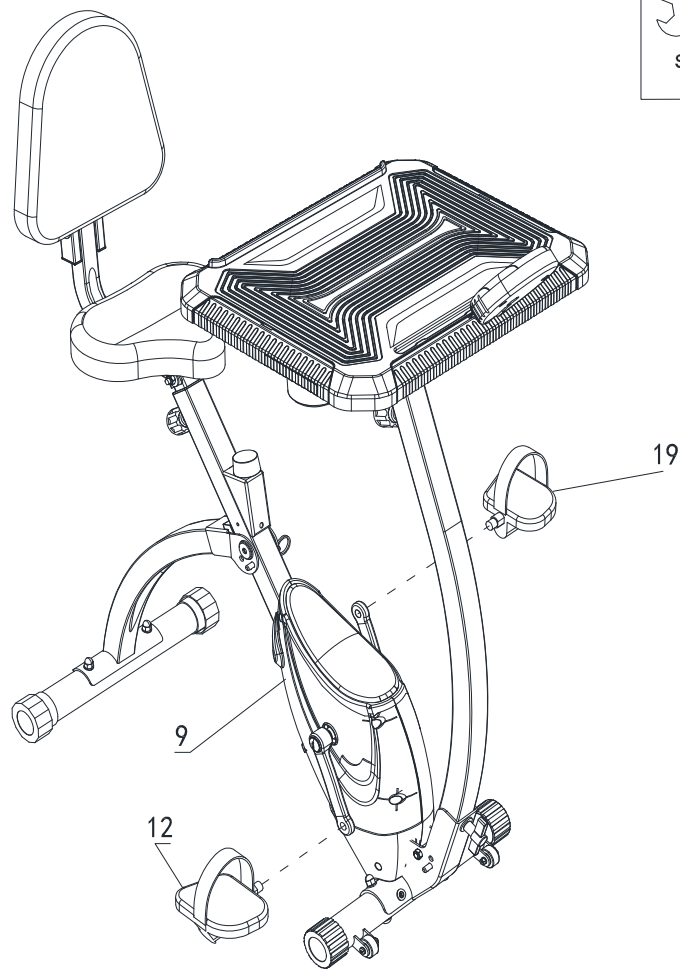
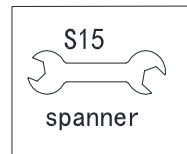
Connect **Upper Signal Wire (No.30)** with **Lower Signal wire (No.8)**, as shown in picture.

Insert the **Desk Post (No.29)** into the **Main Frame (No.9)**. Secure with the **Adjustable Knob (No.20)**.



## STEP 9

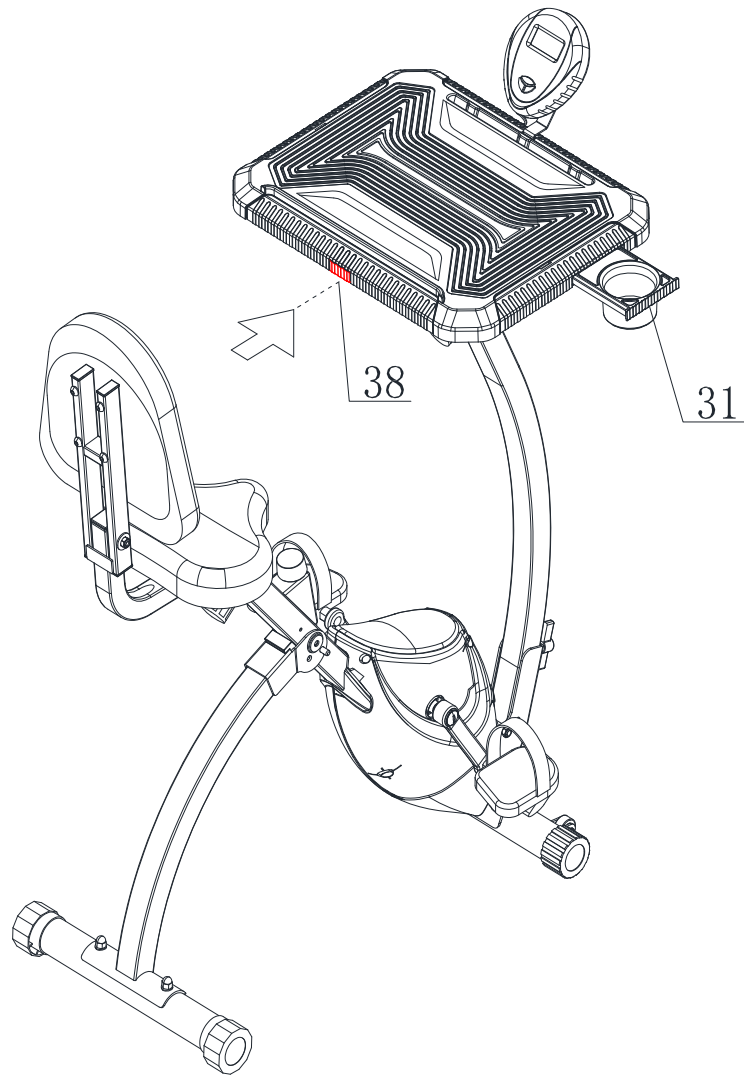
Connect **Upper Signal Wire (No.30)** to **Meter (No.1)**, then assemble it to **Meter Holder (No.2)**.



## STEP 10

Screw **Right Pedal (No.12)** into the **Right Crank (No.48)** in **CLOCKWISE** direction. Screw **Left Pedal (No.19)** into the **Left Crank (No.88)** in **COUNTER-CLOCKWISE** direction. Tighten with Spanner.

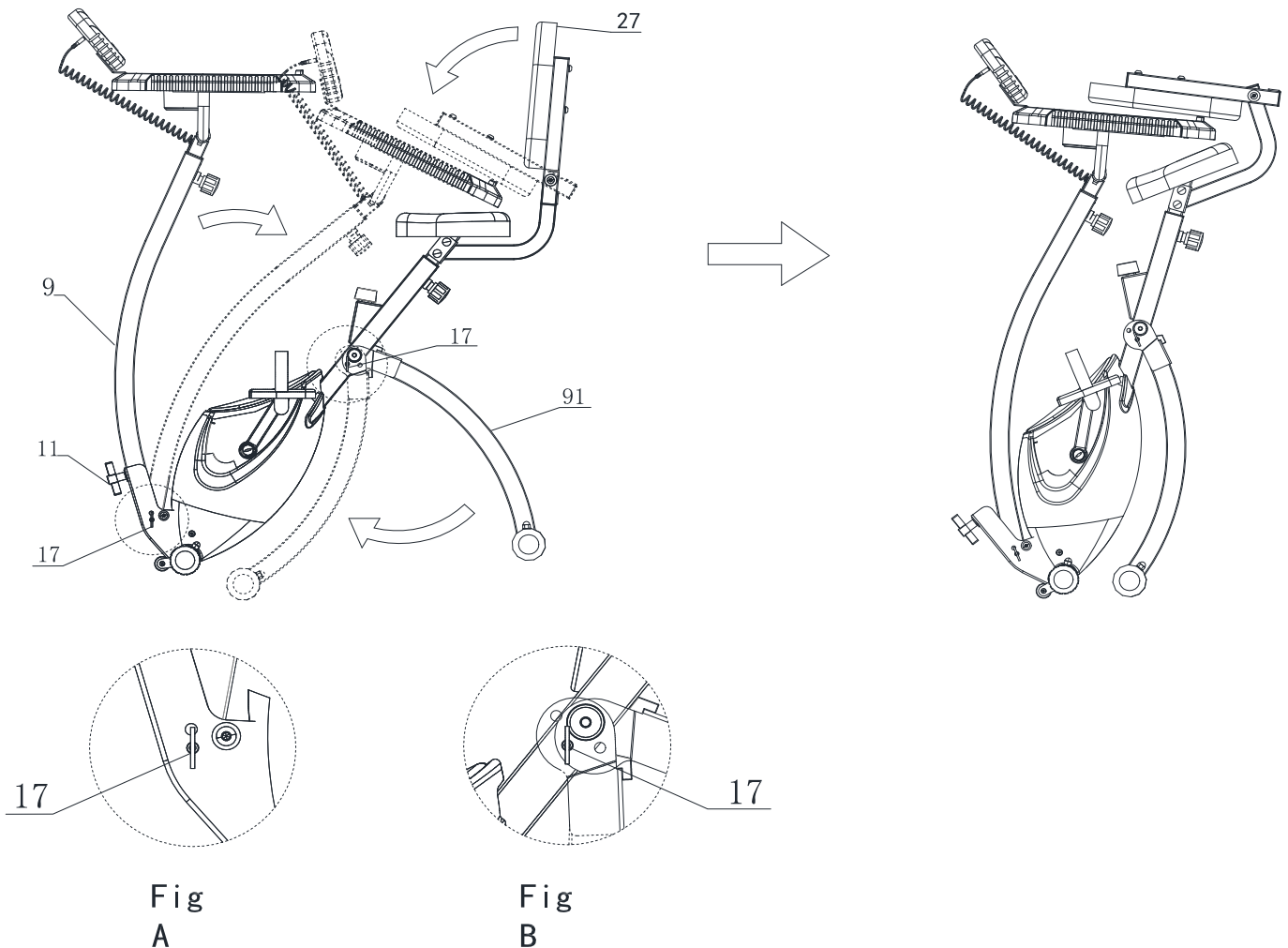
# HOW TO ADJUST THE DESK



Hold the desk with your left hand. Push the **Button (No.38)** with your right hand. Slide the desk forward or back. Release **Button (No.38)**.

Note: There is a **Cup Holder (No.31)** on the right side of the desk. Slide it out to use.

# HOW TO FOLD THE BIKE



Slide the desk towards the seat and adjust seat to the lowest position.

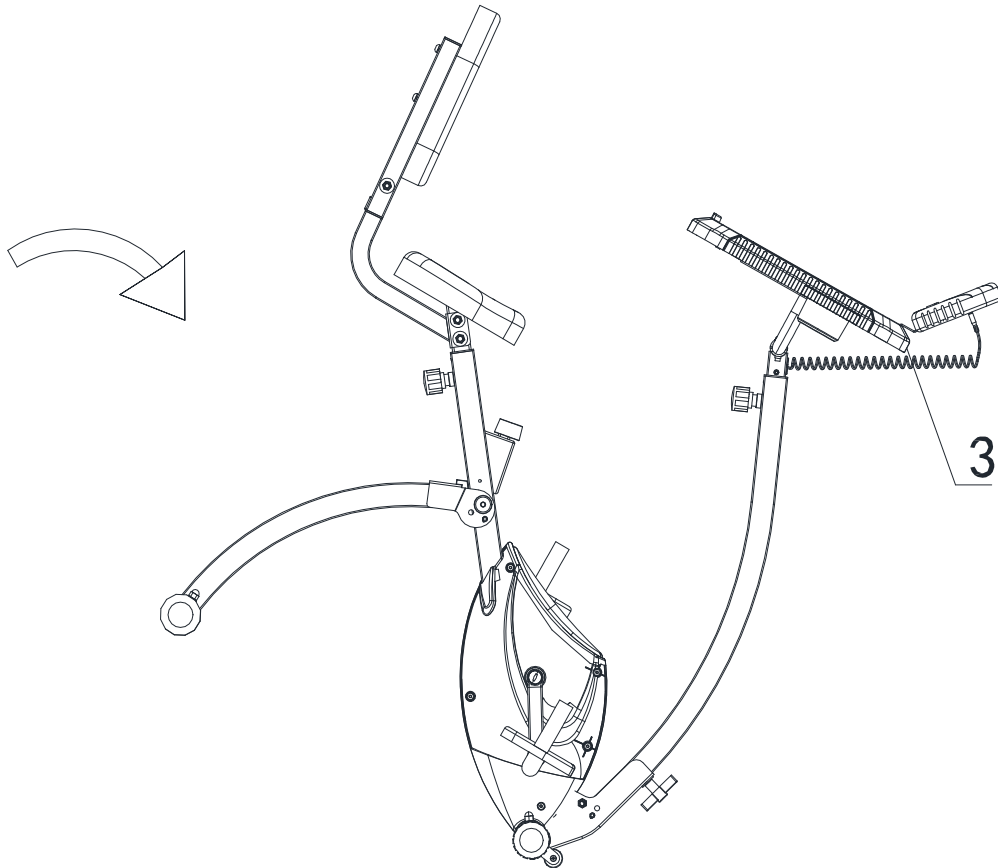
Loosen and pull out **Pull Pin (No.17)** Hold the **Back Cushion (No.27)** by the left hand, and grasp **Main Frame (No.9)** by the right hand and push it forward until the holes shown in Fig. A align with each other. Then insert **Pull Pin (No.17)**.

Loosen and remove **Cross Shape Knob (No.11)**. Pull out **Pull Pin (No.17)**, hold the **Back Cushion (No.27)** by the left hand, and grasp the **Main Frame (No.9)** by the right hand and push it forward until the holes show in Fig. B align with each other. Then insert **Pull Pin (No.17)**. Keep the **Cross Shape Knob (No.11)**. You will need it when you unfold the bike.

Press down the **Back Cushion (No.27)**.



## HOW TO MOVE THE BIKE



Put your hands on the **Desk (No.3)** and tilt the bike until the wheels are able to move on the ground.

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

# Meter Instruction

## **SPECIFICATIONS:**

TIME (TMR).....	00:00-99:59 MIN
SPEED (SPD).....	0.0-99.9 ML/H
DISTANCE (DST).....	0.00-999.9 MI
CALORIES (CAL).....	0-9999 KCAL
ODOMETER (ODO) .....	0.00-999.9 MI

**MODE:** Press this button to select and stay on a function you want.

**SET:** Press to set values of time, distance, or calories when not in SCAN mode.

**RESET:** Press to reset time, distance and calories to zero when not in SCAN mode. Press and hold for 3 seconds to reset all values.

Meter will power on when you press any button or when you start to pedal. When you start pedaling, the meter will start counting. After approximately 4 minutes of no activity, meter will automatically shut off.

This meter can count the value from this workout or countdown from a value you set.

## **FUNCTIONS**

**SCAN:** Press MODE until pointer points to SCAN. Display will rotate through all 5 functions: Time, Speed, Distance, Odometer and Calorie. Pointer will point to the function being displayed. Each function will display for 4 seconds.

**TIME:** Displays time of your exercise session.

**SPEED:** Displays current speed.

**DISTANCE:** Displays distance you have pedaled.

**CALORIES:** Displays the approximate number of calories burned.

**ODOMETER:** Monitor displays the total accumulated distance. Pressing RESET does not reset the odometer. Taking out the batteries resets the odometer.

To view a specific function, press MODE until pointer points to function you want.

The meter has a countdown function for TIME, DISTANCE, and CALORIES. To use the countdown function, press MODE to select TIME, DISTANCE or CALORIES. Press SET to set the value. You can start pedaling. The meter will countdown from the value you set. When the countdown is done, it will automatically start counting from 0.

This monitor uses one AAA battery, included. To replace the batteries, open the battery compartment at the back of the meter.

Version 1.1