

EFITMENT

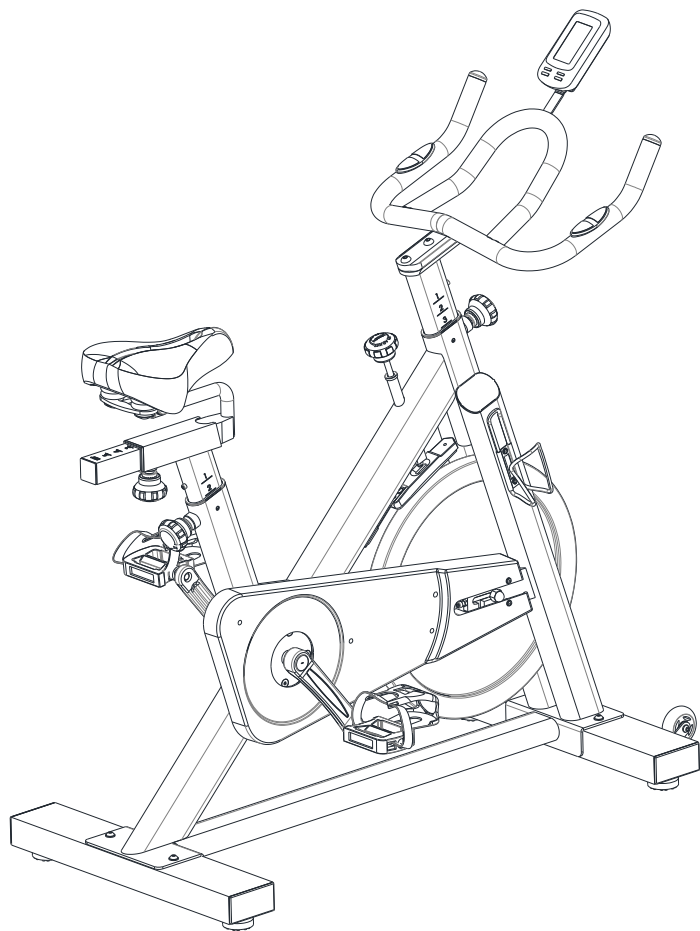
PRO BELT DRIVE INDOOR CYCLE BIKE WITH MONITOR

MODEL NO.:

IC028

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

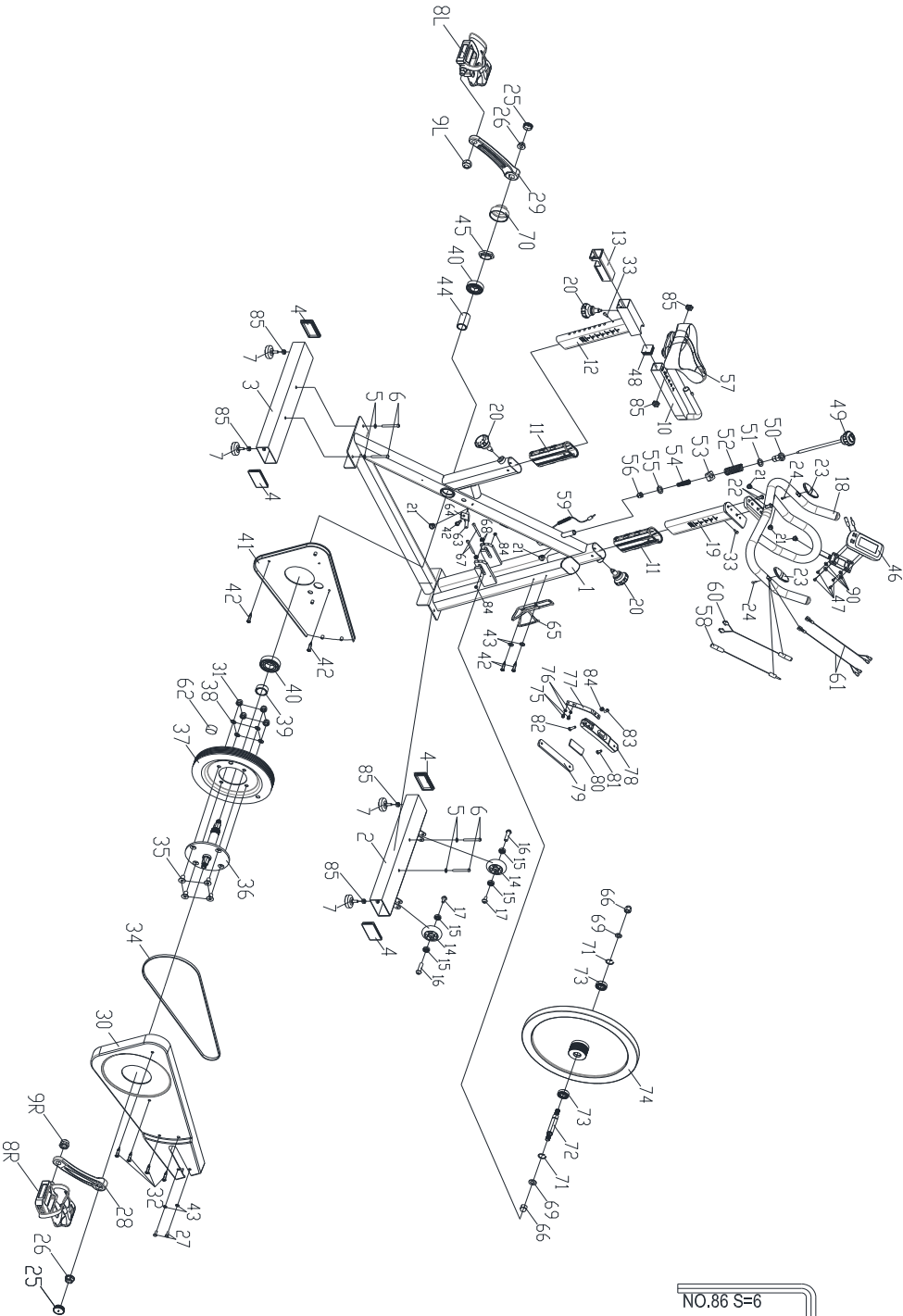
IMPORTANT SAFETY INSTRUCTIONS

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 300 lbs/136 kgs.
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



- NO.86 S=6
- NO.87 S=5
- NO.88 S=13,14,15
- NO.89 S=11,13,17,19

PARTS LIST

NO.	Description	Qty.
1	Main Frame	1
2	Front Stabilizer	1
3	Rear Stabilizer	1
4	Tube Plug material:PP	4
5	Flat Washer GB/T 95-2002 Φ8	4
6	Bolt M8*65	4
7	Foot Pad Φ52*43	4
8 L/R	Pedal JD-301 (9/16")	1 SET
9 L/R	Nut 9/16"	1 SET
10	Seat Slider	1
11	Bushing material:PP	2
12	Seat Post	1
13	Bushing material:PP	1
14	Transport Wheel φ69X26	2
15	Bearing 608ZZ	4
16	Screw M6	2
17	Bolt M6*12	2
18	Handlebar	1
19	Handlebar Post	1
20	Knob φ59*80.5(M16*1.5)	3
21	Plastic Plug Φ14*14	5
22	Bolt M10*20	2
23	Pulse Sensor LT16	2
24	Screw GB/T 845-1985 ST4.2X25	2
25	Plastic Plug Φ28*6.5	2
26	Hexagon Flange Nut M12X1.25	2
27	Bolt GB/T 5780-2000 M4*12	2
28	Right Crank 9/16"	1
29	Left Crank 9/16"-LH	1
30	Right Belt Cover 700*46*288	1
31	Nut GB/T 889.1-2000 M8	4
32	Screw GB/T 845-1985 ST4.2*13	4
33	Screw ST4.8*16	2
34	Belt 3PL1320mm	1
35	Bolt GB/T 70.3-2000 M8*18	4
36	Middle Axle Φ25*167	1

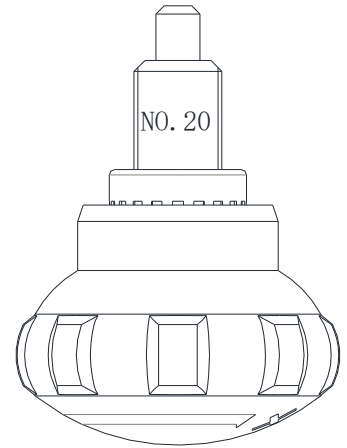
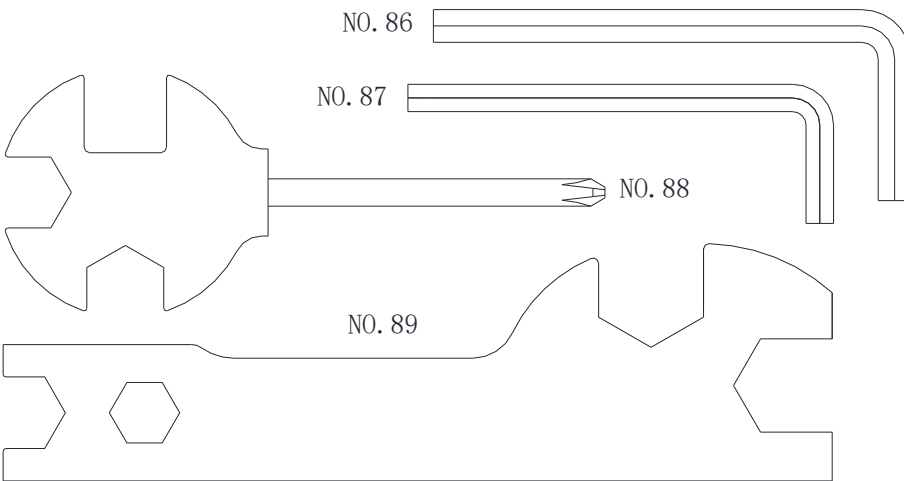
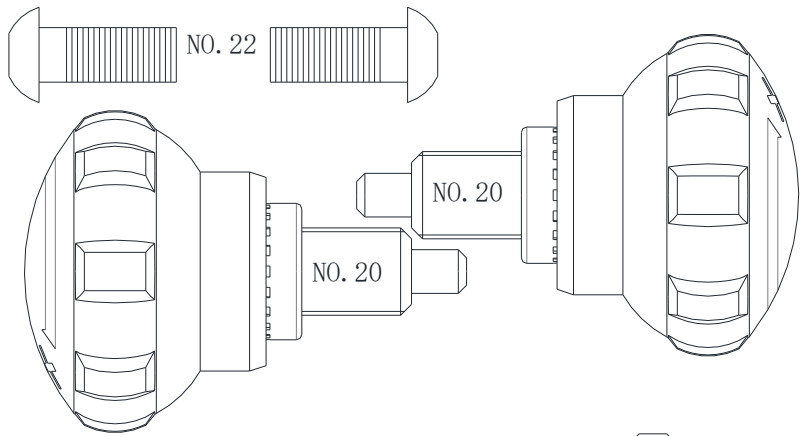
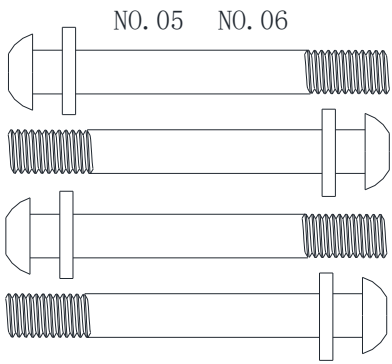
NO.	Description	Qty.
37	Belt Wheel Φ200*18	1
38	Elastic Washer GB/T 859-1987 8	4
39	Spacer Φ30*Φ25.05*9	1
40	Bearing 6005ZZ	2
41	Left Belt Cover 500*13*284	1
42	Screw GB/T 15856.1-2002 ST4.2X19	5
43	Flat Washer GB/T 95-2002 Φ5	4
44	Spacer Φ30*Φ25.05*41.1	1
45	Nut M25*1	1
46	Meter JS10372	1
47	Bolt M5*10	4
48	Tube Plug material:PP	1
49	Brake Knob M10*225	1
50	Plastic Sleeve material:PA6	1
51	Flat Washer Φ16*Φ10.2*1.5	1
52	Spring δ1.8X40	1
53	Square Nut 16.0*16.0*δ8 (M10)	1
54	Spring Φ1.0X55	1
55	Flat Washer Φ14*Φ6*2.5	1
56	Domed Nut GB/T 802-1988 M6	1
57	Seat KX004	1
58	Sensor Wire 1 L=420	1
59	Sensor Wire 2 L=1400	1
60	Pulse Wire 1 L=420	1
61	Pulse Wire 2 L=700	2
62	Magnet c-02Z	1
63	Sensor SR-212	1
64	Inductor Seat LTF8163	1
65	Bottle Holder Φ6	1
66	Domed Nut M12X1.25	2
67	Bolt M6*70	2
68	Hexagon Nut GB/T 41-2000 M6	2
69	Flat Washer GB/T 95-2002Φ12	2
70	Decorative Cover Φ59*35	1
71	C Clip GB894.1 Φ17	2
72	Bottom Bracket Axle Φ17*130	1

73	Bearing 6203ZZ	2
74	Flywheel 22kg	1
75	Bolt GB/T 5780-2000 M5*10	2
76	Elastic Washer GB/T 859-1987 5	2
77	Metal Piece $\delta 1.5$	1
78	Brake Block 163.2*30*17.5	1
79	Cow Leather Pad 157*26.5*5.5	1
80	Eva Pad 60*26.5*t3.5	1
81	Bolt GB/T 70.3-2000 M6*18	1

82	Bolt GB/T 70.3-2000 M6*25	1
83	Bolt GB/T 70.1-2000 M6*12	1
84	Nut GB/T 889.1-2000 M6	3
85	Hexagonal Nut	6
86	Inner Hexagon Spanner S=6	1
87	Inner Hexagon Spanner S=5	1
88	Crosshead Spanner S=13,14,15	1
89	Open Wrench S=11,13,17,19	1
90	Flat Washer $\Phi 12 * \Phi 4.5 * 1$	4

HARDWARE PACKAGE

Tools & Accessories



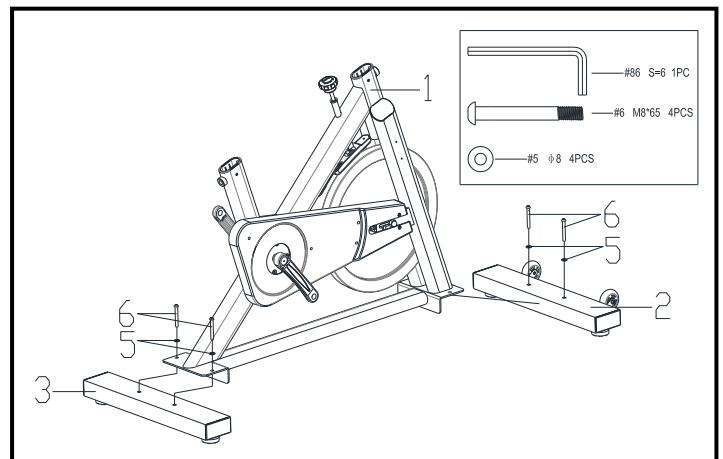
ASSEMBLY INSTRUCTIONS

PREPARATION BEFORE STARTING ASSEMBLY:

- A. Make sure that you have adequate work space around the item.
- B. Use the hardware package provided when assembling unit.
- C. Confirm all necessary parts and tools are available (Note: Instruction Sheet above will have an exploded drawing with all single parts marked with numbers).

Step 1:

Attach **Front & Rear Stabilizers (No.2 & 3)** to the **Main Frame (No.1)** with 4 **Bolts (No.6)** and 4 **Flat Washers (No.5)**. Tighten with an **Inner Hexagon Spanner (No.86)**.

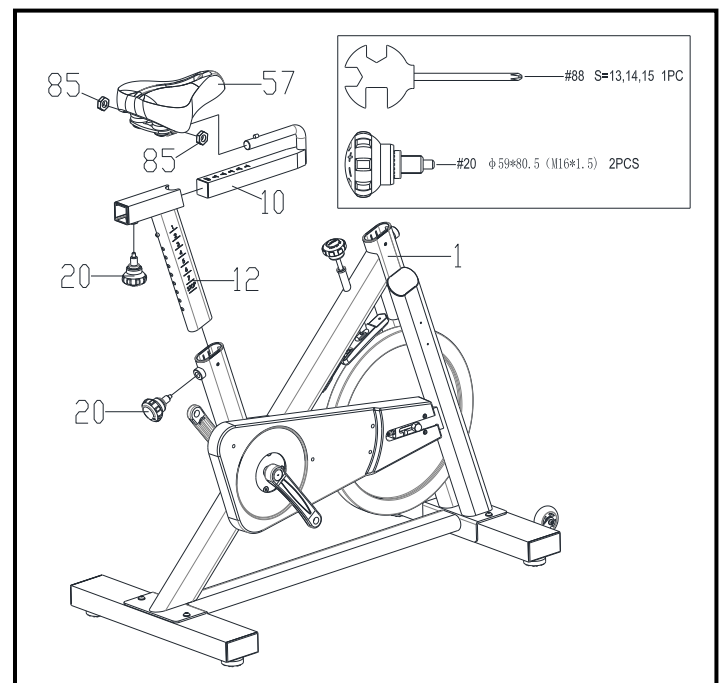


Step 2:

Insert the **Seat Post (No.12)** into the **Main Frame (No.1)**. Set at desired height, insert and tighten the **Knob (No.20)**.

Insert the **Seat Slider (No.10)** into the **Seat Post (No.12)**. Set at desired position, insert and tighten the **Knob (No.20)**.

Attach the **Seat (No.57)** to **Seat Slider (No.10)** using the 2 **Hexagonal Nuts (No.85)**. Tighten with a **Crosshead Spanner (No.88)**.

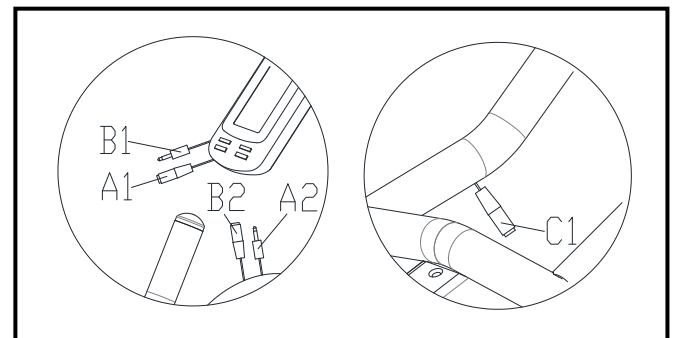
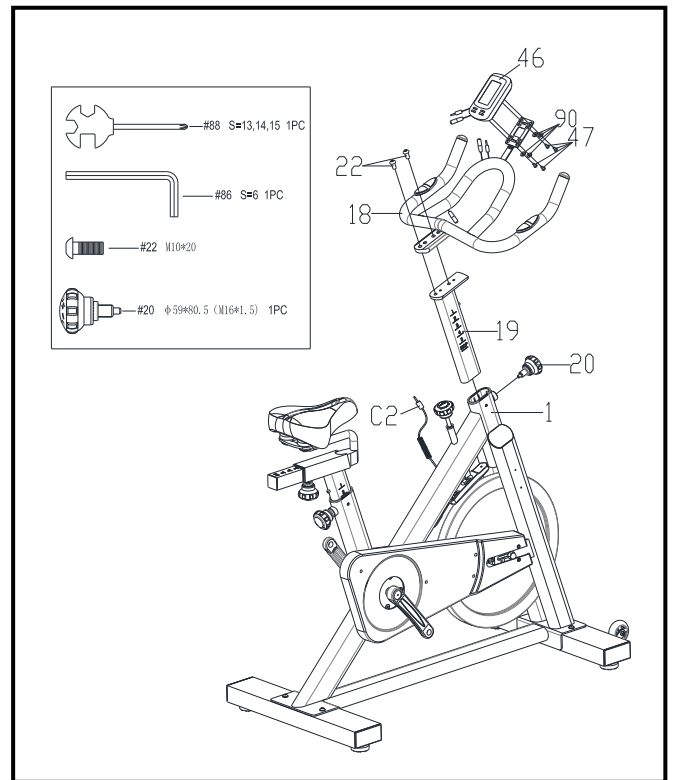


Step 3:

Insert the **Handlebar Post (No.19)** into the **Main Frame (No.1)**. Set at desired height, insert and tighten the **Knob (No.20)**.

Attach the **Handlebar (No.18)** to the **Handlebar Post (No.19)** with 2 **Bolts (No.22)**. Tighten with an **Inner Hexagon Spanner (No.86)**.

Remove 4 **Bolts (No.47)** and 4 **Washer (No.90)** from **Meter (No.46)**. Attach the **Meter (No.46)** into the **Handlebar (No.18)** using the 4 **Bolts (No.47)** and 4 **Washer (No.90)** that are removed. Tighten with a **Crosshead Spanner (No.88)**. Then connect plug A1 to plug A2, plug B1 to plug B2, plug C1 to plug C2.



Step 4:

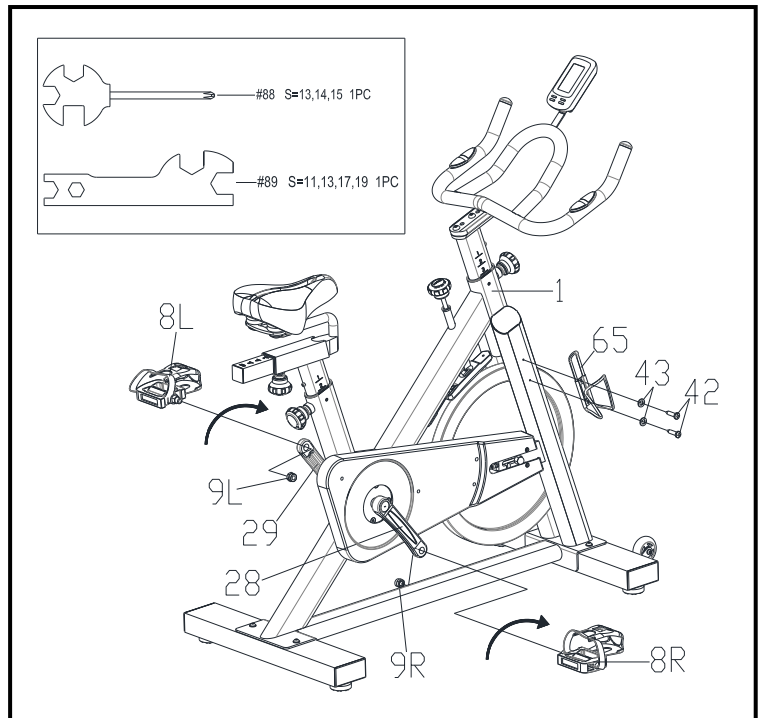
The **Pedals (No.8L/R)** are marked "L" and "R" for Left and Right. Make sure you attach the correct pedal to the corresponding crank. Attaching the pedal to the wrong crank can cause irreversible damage to both the pedal and the crank. The **Nuts (No.9L/R)** are preassembled to **Pedals (No.8L/R)**.

Attach **Left Pedal (No.8L)** to **Left Crank (No.29)**. Turn the **Left Pedal (No.8L)** counter-clockwise with the hand until it is tight, then use the **Crosshead Spanner (No.88)** to securely tighten. Use the **Crosshead Spanner (No.88)** to hold the bolt of the pedal in place, then use the **Open Wrench (No.89)** to screw the **Nut (No.9L)** tightly in a clockwise direction to the thread end of the **Left Pedal (No.8L)**.

Attach **Right Pedal (No.8R)** to **Right Crank (No.28)**. Turn the **Right Pedal (No.8R)** clockwise with the hand until it is tight, then use the **Crosshead Spanner (No.88)** to securely tighten. Use the **Crosshead Spanner (No.88)** to hold the bolt of the pedal in place, then use the **Open Wrench (No.89)** to screw the **Nut (No.9R)** tightly in a counter-clockwise direction to the thread end of the **Right Pedal (No.8R)**.

Remove 2 pre-assembled **Screws (No.42)** and 2 pre-assembled **Flat Washers (No. 43)** from the **Main Frame (No.1)**. Then attach the **Bottle Holder (No.65)** to the **Main Frame (No.1)** using the 2 **Screws (No.42)** and 2 **Flat Washers (No.43)** that are removed. Tighten with a **Crosshead Spanner (No.89)**.

Assembly is complete!



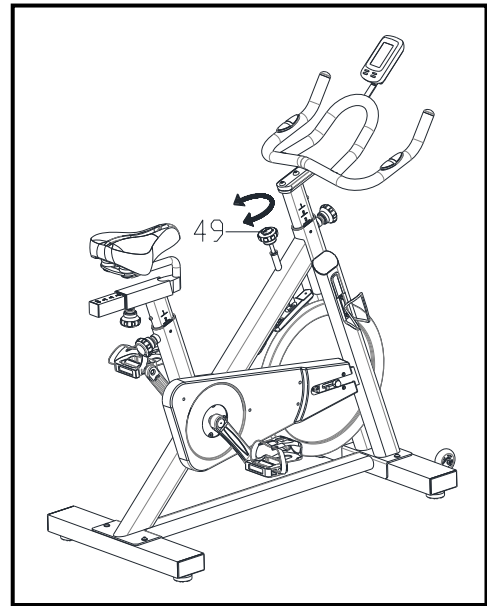
TENSION ADJUSTMENT

A. Adjusting the Tension:

Increasing or decreasing the tension allows you to add variety to your workout sessions.

To increase the tension, turn the **Brake Knob (No.49)** clockwise.

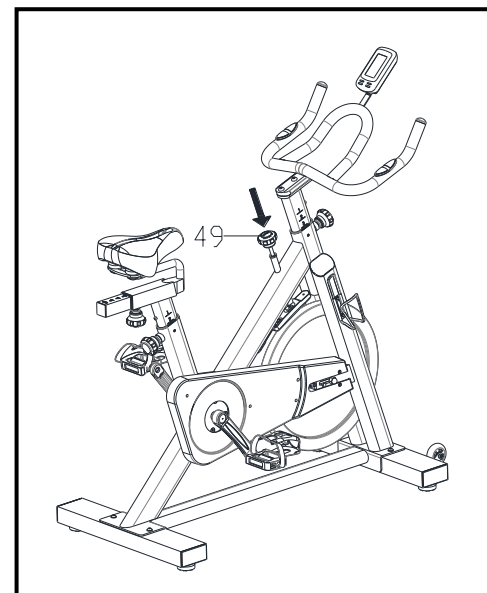
To decrease the tension, turn the **Brake Knob (No.49)** counter-clockwise.



B. Emergency Brake Function:

The **Brake Knob (No.49)** is also the emergency brake. Use this safety feature in situations where you need to get off the bike or stop the bike's flywheel.

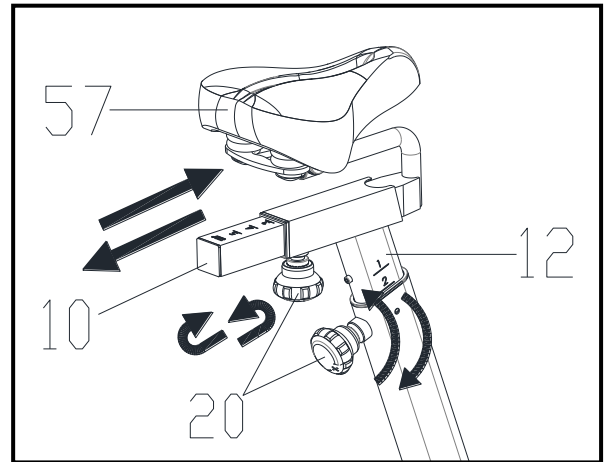
During exercise, firmly press down on the **Brake Knob (No.49)** to stop the bike immediately.



SEAT AND HANDLEBAR ADJUSTMENT

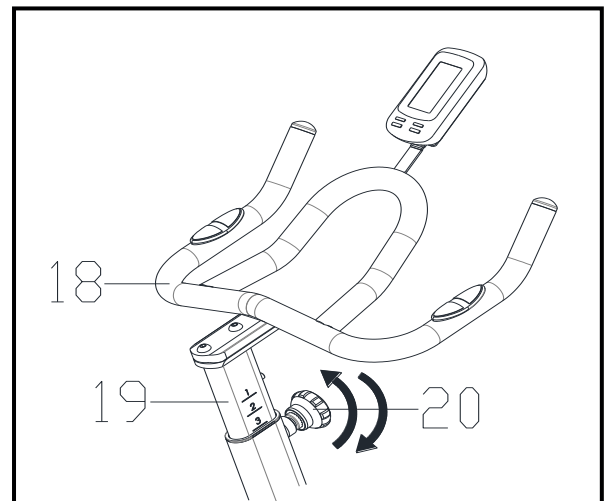
The seat of this bike is fully adjustable as it moves *Up, Down, Forward and Backward*.

A. To adjust the height of the **Seat Post (No.12)**, loosen and pull on the **[Seat Post] Knob (No.20)**, then raise or lower the **Seat (No.57)** to the desired height. Once adjusted, tighten the **[Seat Post] Knob (No.20)** to secure the **Seat (No.57)** in place.

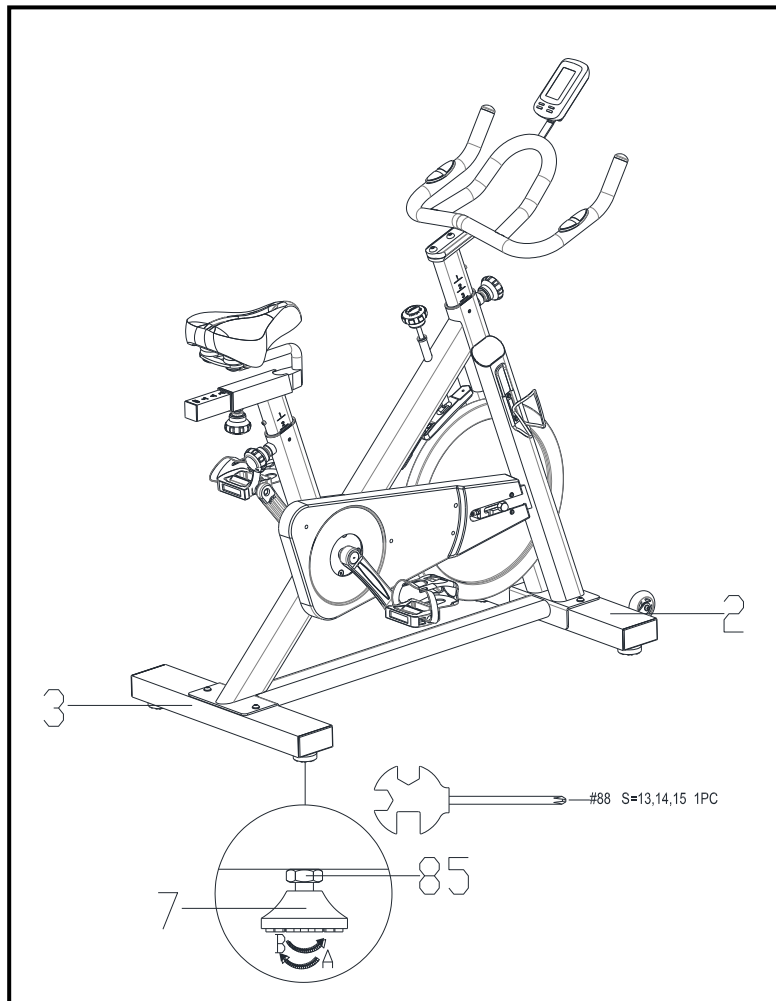


B. To adjust the **Seat (No.57)** forward and backward, loosen and pull on the **[Seat Slider] Knob (No.20)**, then slide the **Seat Slider (No.10)** to the desired position. Once positioned, tighten the **[Seat Slider] Knob (No.20)** to secure the **Seat Slider (No.10)** in place.

C. To adjust the height of **Handlebar (No.18)**, loosen and pull on the **[Handlebar Post] Knob (No.20)**, then slide the **Handlebar Post (No.19)** up or down to the desired height. Once adjusted, tighten the **Knob (No.20)** to secure the **Handlebar Post (No.19)** in place.



BALANCE ADJUSTMENT

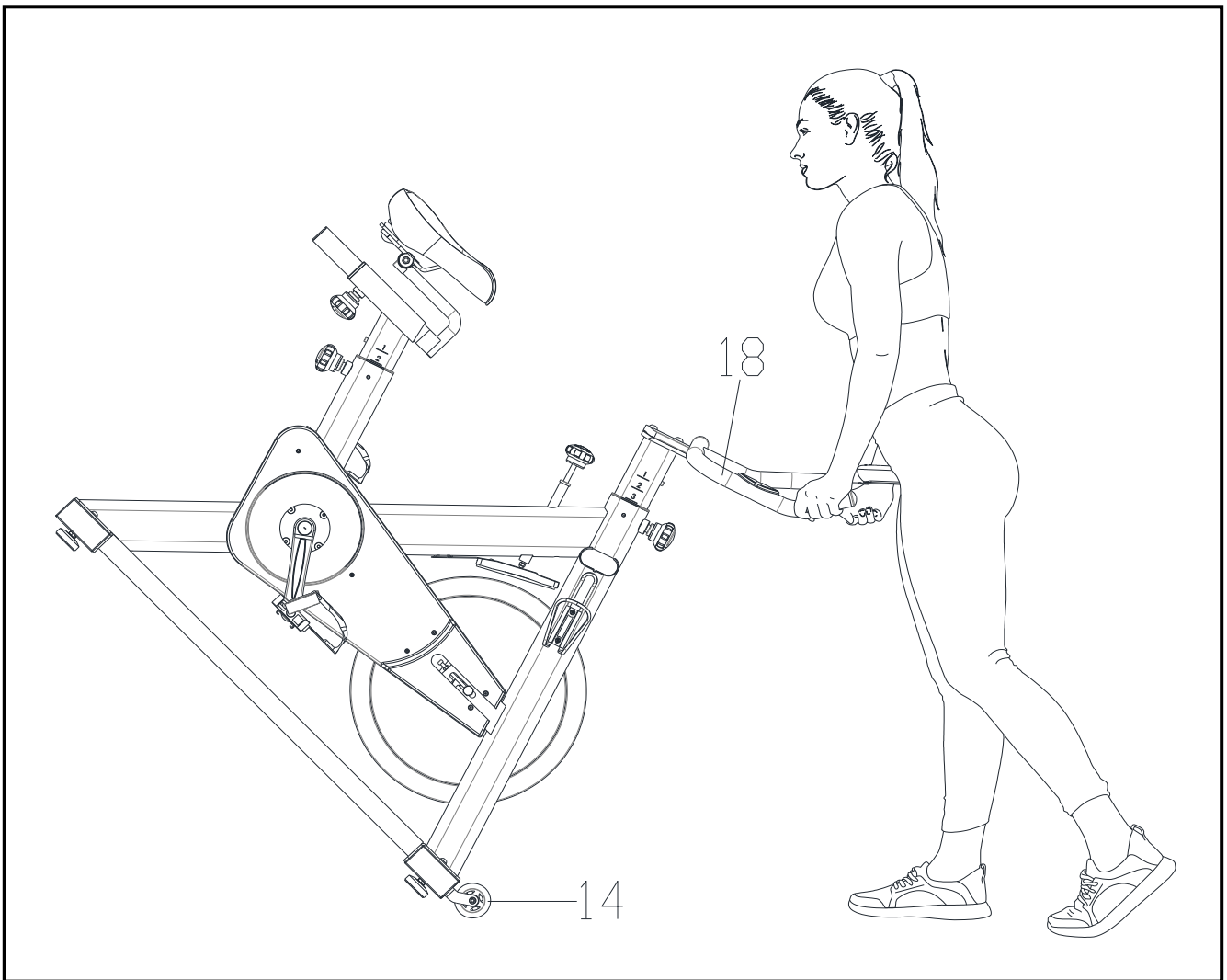


To achieve a smooth and comfortable experience, you must ensure that the bike is stable. During use, if you notice that the bike is unbalanced, you can adjust the **Foot Pads (No.7)** located beneath the **Front & Rear Stabilizers (No.2 & 3)**.

To adjust, use the **Crosshead Spanner (No.88)** to loosen the **Hexagonal Nut (No.85)** by turning it clockwise (A). With the nut loosened, rotate the **Foot Pad (No.7)** until it sits level with the surface that the bike is on.

When you have finished adjusting the **Foot Pad (No.7)**, re-tighten the **Hexagonal Nut (No.85)** by turning it counter-clockwise (B) using **Crosshead Spanner (No.88)**. If needed, repeat this process to adjust the remaining **Foot Pad (No.7)**.

HOW TO MOVE THE BIKE



Firmly grasp and hold each side of the **Handlebar (No.18)**. Place one foot on the front base and tilt the bike towards you until the **Transport Wheels (No.14)** on the front base touch the ground. With the **Transport Wheels (No.14)** on the ground, you can transport the bike to the desired location with ease.

METER INSTRUCTIONS

FUNCTIONAL BUTTONS:

1. MODE

Press to select functions (TIME/DIST/CAL).

When exercise, the icon “⊙” will display. Press to enter scan function (with icon “○”) The meter will display SPEED/AVG SPEED/ MAX SPEED, CALORIES/RPM, PULSE/AVG PULSE.

Hold for 2 seconds to reset all data.

2. SET

Press to set values of time, distance, calories. Hold for quick increase.

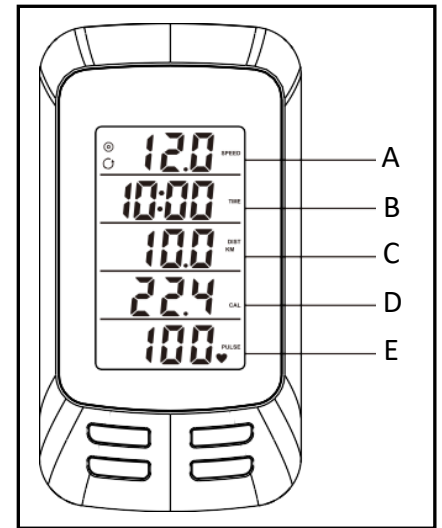
Press to scan (with icon “○”) the SPEED/AVG SPEED/MAX SPEED, CALORIES/RPM, PULSE/AVG PULSE/MAX PULSE.

3. RESET

During SET, press RESET to to reset time, distance, calories.

4. RECOVERY

Press to enter pulse recovery function when heart rate displays.



FUNCTION:

1. Window A displays SPEED, AVG SPEED, MAX SPEED during exercise.

2. Window B displays TIME (range: 00:00~99:59).

① Counts the total time of the exercise from start to finish.

② Exercise time can be set. When it countdowns to zero, the TIME will flash and beep for 5 seconds.

3. Window C displays DISTANCE (range: 0.0~99.9).

① Counts the distance of the exercise from start to finish.

② Exercise distance can be set. When it countdowns to zero, the DIST will flash and beep for 5 seconds.

4. Window D displays CALORIES (range: 0.0~999) and RPM.

① Counts the amount of total calories burned from start to finish.

② Display the current RPM (or cadence).

③ The calorie value can be set. When it countdowns to zero, the CAL will flash and beep for 5 seconds.

5. Window E displays PULSE (range: 40~220BPM), AVG PULSE, MAX PULSE during exercise.

6. AUTO OFF

Without any exercise signal or operation over 4 minutes, the meter will turn off automatically and memorize the current data.

OPERATION:

1. SET THE TARGET PARAMETERS

When stop exercise, press MODE to set TIME→DIST→CAL. The corresponding window will display SET, then press SET to set the flashing window's value. Hold the button to quick increase. You can press RESET to clear the value.

2. CHECK THE EXERCISE DATA

① In non-set mode, press SET or during exercise, the icon “⊙” will display. Press MODE to separately check the SPEED/AVG SPEED/MAX SPEED, CALORIES/RPM, PULSE/AVG PULSE/MAX PULSE.

② When icon displays “○”, the meter will scan the value in corresponding window every 6 seconds.

REPLACE BATTERY

The meter uses 2pcs new 1.5V AAA UM-4 battery. When the display color fades, or with flash when operate buttons, please install new batteries. Always change both batteries at the same time. Do not mix battery types and do not mix old and new batteries. Dispose batteries according to your state and regional guidelines.

V1