

***E*FITMENT**

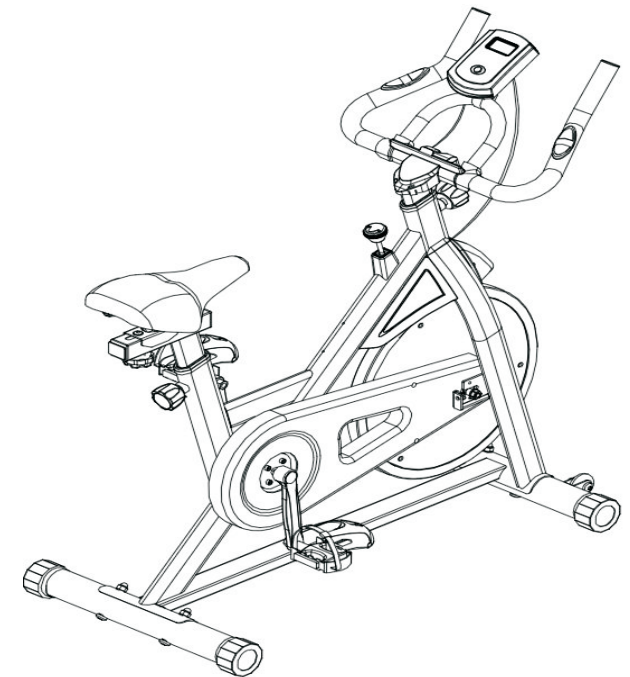
BELT DRIVE INDOOR CYCLE BIKE WITH LCD MONITOR AND TABLET HOLDER

MODELNO.:

IC029

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

MAINTENANCE

1. Examine the equipment periodically in order to detect any damage or wear which may have been produced.
2. Lubricate moving parts with light oil periodically to prevent premature wear.
3. Inspect and tighten all parts before using the equipment, replace any defective parts immediately, and do not use the equipment again until it is in perfect working order.
4. The equipment can be cleaned using a damp cloth and mild non-abrasive detergent. Do not use solvents.
5. Do not attempt to repair this equipment yourself without first contacting the manufacturer. Should you have any difficulty with assembly, operation or use of your exercise product or if you think that you may have parts missing, contact the manufacturer at service@zoovaa.com.

V 1

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.

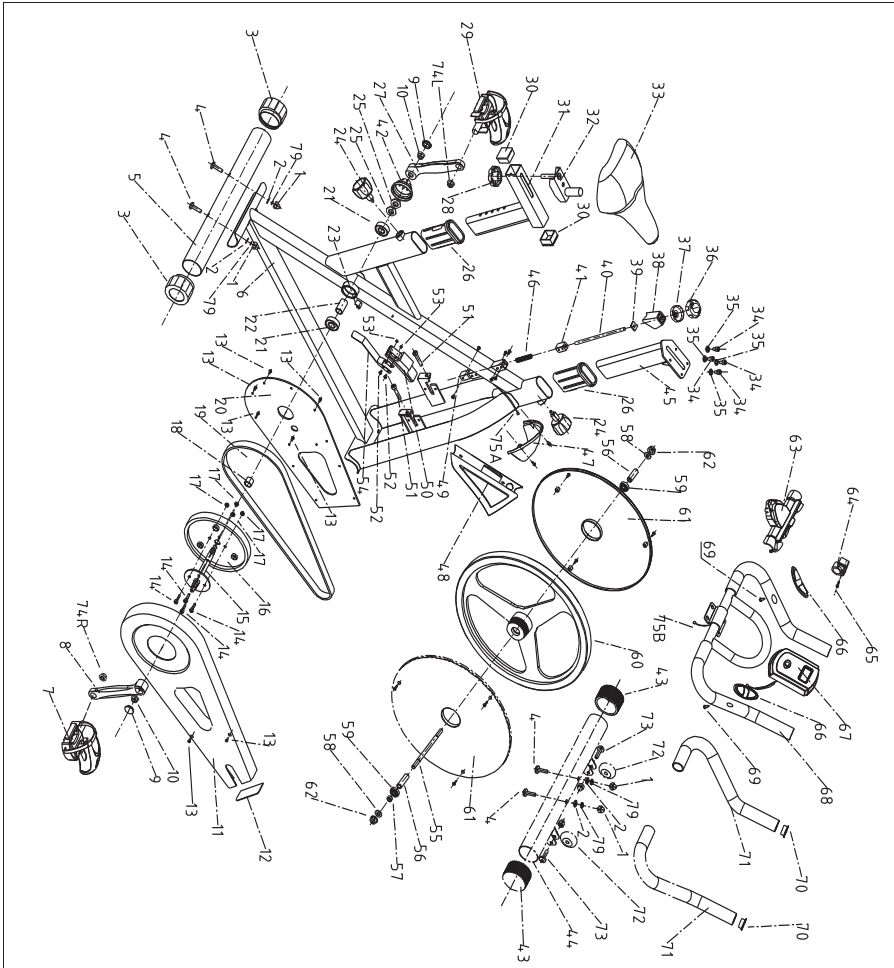
1. Before starting any exercise program you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk or prevent you from using the equipment properly. Your physician's advice is essential if you are taking any medication that 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 265 lbs/120 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

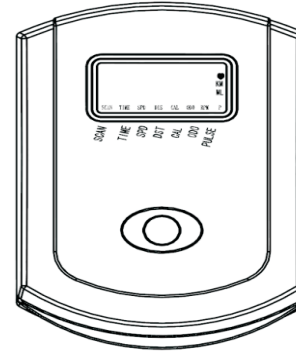


WARNING: This product can expose you to one or more chemicals known to the State of California to cause cancer and birth defects or reproduction harm. For more information go to www.P65Warnings.ca.gov.

EXPLODED DRAWING



MONITOR OPERATION



- Time.....00:00—99:59 (Minute: Second)
- Speed.....0—99.9MI/H
- Distance.....0—99.99 MI
- Odometer.....0—999.9 MI
- Heart Rate.....40—240BPM
- Calorie.....0—999.9KCAL

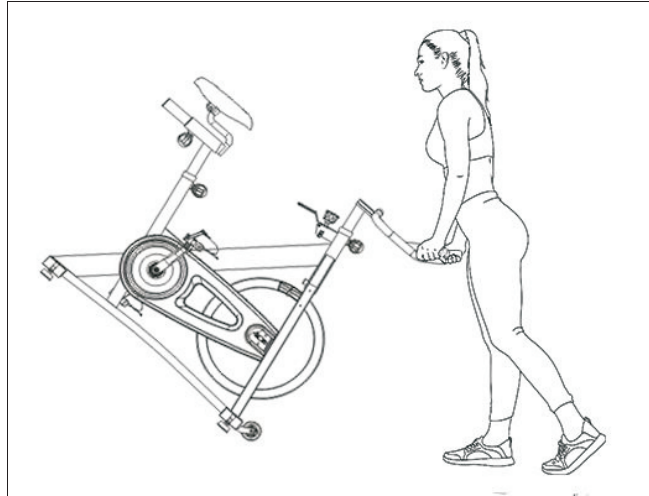
AUTO ON /OFF: The monitor will switch on automatically when the exercise machine is in motion. The monitor will turn off automatically when the speed has no signal input or no buttons are pressed for approximately 4 minutes.

MODE: Press this button to select functions. The unit can be reset by either changing the battery or pressing this button for 3 seconds.

- SCAN:** Automatically scan through all the functions played on the bottom of the meter.
- SPD (SPEED):** The Computer will display the current speed.
- DST (DISTANCE):** The Computer will display each trip distance you have traveled.
- TIME:** The total working time will be shown when starting exercise.
- CAL (CALORIES):** The Computer will display total calories burns when starting to exercise.
- ODO (ODOMETER):** The total accumulated distance will be shown.
- PULSE:** The Computer will display the current heart rate.

BATTERY: The computer uses 2 AAA 1.5V batteries, which are included. If there is a problem with the display, try changing the batteries first. When changing the batteries, change both of them. Do not mix old and new battery. Do not mix battery types. Dispose old battery according to your regional guidelines.

MOVING THE BIKE



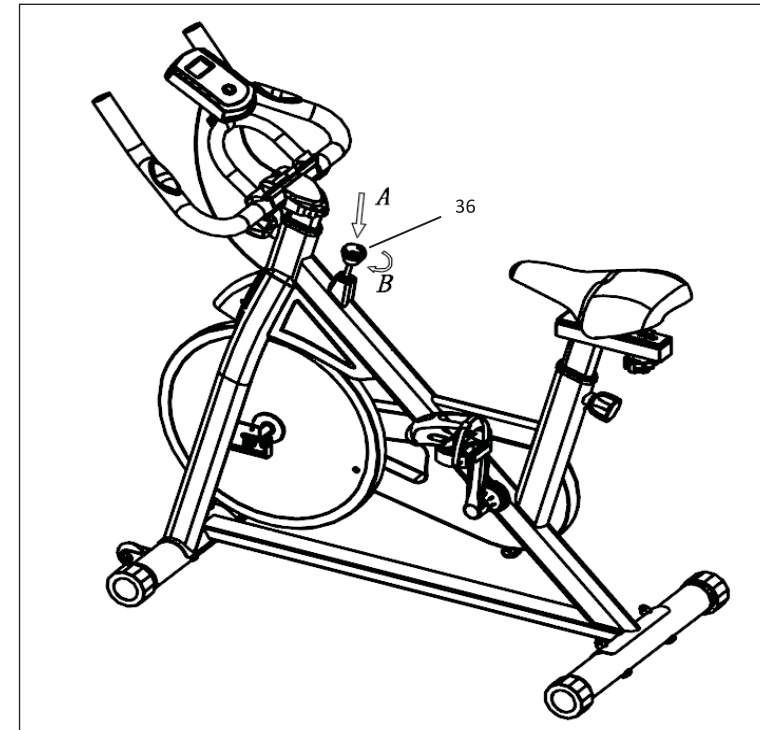
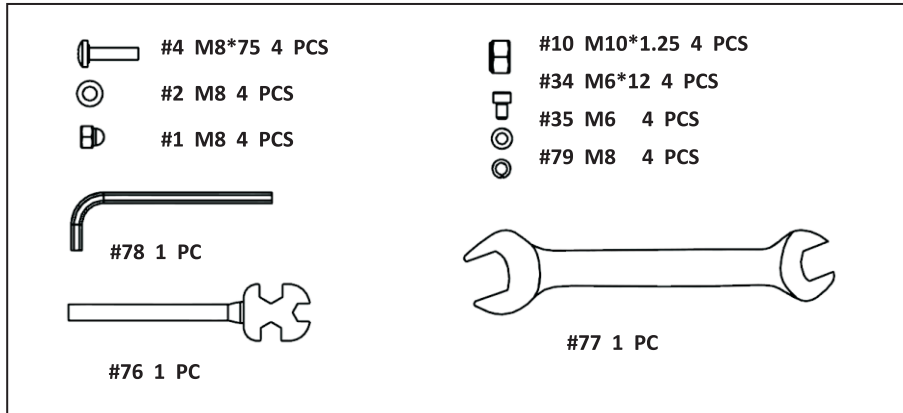
To move the bike, first ensure that the handlebar is properly secured. Then firmly grasp and hold each side of the handlebar, place one foot on the front base and tilt the bike towards you until the transporting wheels on the front base touch the ground. With the wheels on the ground, you can transport the bike to the desired location with ease.

NOTE: When moving the bike, always move with caution as unexpected impact, such as dropping the bike, may cause injury and could affect the bike's performance.

PARTS LIST

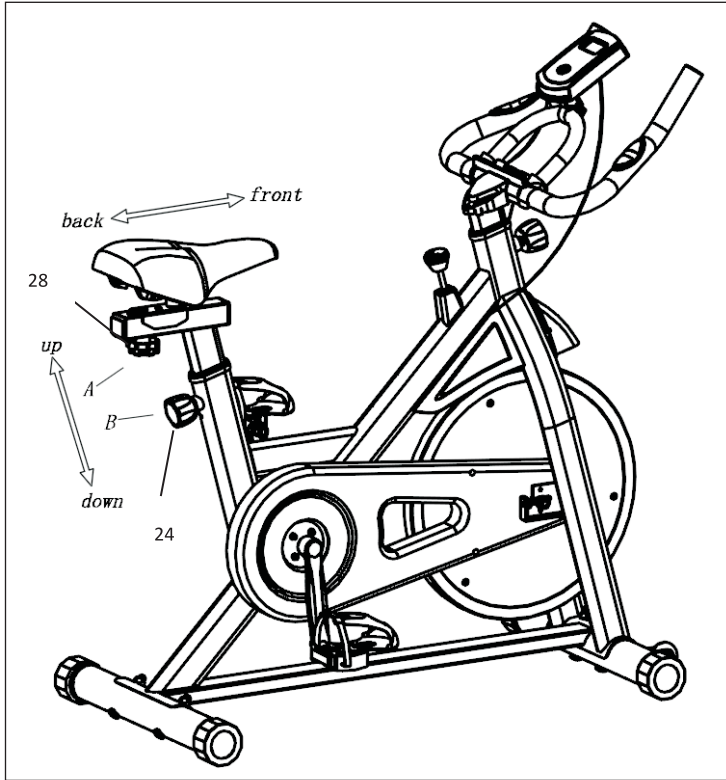
No.	Description	Qty.	No.	Description	Qty.
1	Nut M8	4	41	Upper Brake Block	1
2	Flat Washer $\Phi 8 \times \Phi 16 \times 1.6$	4	42	Housing for Middle Axle	1
3	Adjusting End Cap $\Phi 60$	2	43	End Cap $\Phi 60$	2
4	Carriage Bolt M8*75	4	44	Front Stabilizer	1
5	Rear Stabilizer	1	45	Handlebar Post	1
6	Main Frame	1	46	Brake Spring	1
7	Right Pedal	1	47	Front Cover for Flywheel	1
8	Right Crank	1	48	Side Cover for Flywheel	1
9	Crank Cap	2	49	Lower Brake Block	1
10	Nut M10*1.25	2	50	Brake Plate	1
11	Belt Cover	1	51	Screw M8*25	2
12	Belt Front Cover	1	52	Screw M5*25	2
13	Screw ST4*10	7	53	Nut M5*25	2
14	Screw M6*16	4	54	Fixed Flat for Brake Plate	1
15	Middle Wheel Axle $\Phi 17$ M10*1.25 L164	1	55	Flywheel Axle $\Phi 10$ M10 L155	1
16	611 Belt Wheel	1	56	Big Flywheel Sleeve	2
17	Nut M6	4	57	Small Flywheel Sleeve	1
18	Sleeve $\Phi 20$	1	58	Flat Washer $\Phi 8 \times 16 \times 1.6$	2
19	Belt PJ500/6 Feng	1	59	Bearing 6203/Z2	2
20	Inner Belt Cover	1	60	Flywheel	1
21	Bearing 6300/Z2	2	61	Decorative Cover for Flywheel	2
22	Sleeve $\Phi 48$	1	62	Nut M8	2
23	Wire Ring	1	63	Handlebar Cover	1
24	Knob	2	64	Meter Holder	1
25	Nut M17*1.0	2	65	Screw ST4*16	1
26	Bushing 30*70	2	66	Sensor Plate	2
27	Left Crank	1	67	Meter	1
28	Knob M10	1	68	Handlebar	1
29	Left Pedal	1	69	Screw ST4*16	2
30	Square Cap	2	70	Handlebar Cap	2
31	Seat Post	1	71	Foam $\Phi 25 \times 405 \times T3$	2
32	Seat Mounting Block	1	72	Transporting Wheel	2
33	Seat	1	73	Screw M8*35	2
34	Screw M6*12	4	74L/R	Nut M12	2
35	Flat Washer $\Phi 6 \times \Phi 14 \times T2.0$	4	75	Wire A/B	2
36	Brake Knob	1	76	Spanner	1
37	Lower Cover for Brake Knob	1	77	Spanner	1
38	Brake Decorative Cap	1	78	Allen Wrench	1
39	Nut M8*T8	1	79	Spring Washer $\Phi 8$	4
40	Brake Rod M8*200	1			

EXPLODED DRAWING



ADJUSTING RESISTANCE

Rotate the **Brake Knob (No.36)** CLOCKWISE to increase the resistance and COUNTER CLOCKWISE to decrease the resistance. Press down on the **Brake Knob (No.36)** for emergency stop.



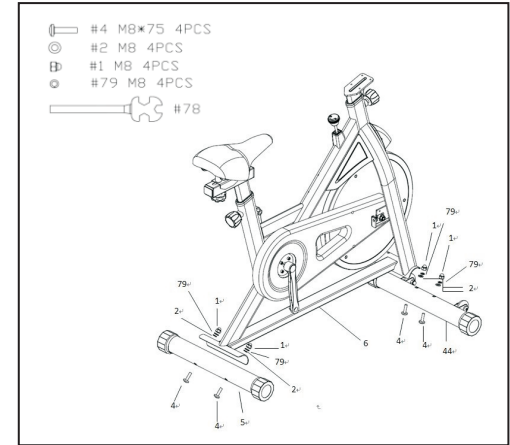
ADJUSTING SEAT

Loosen **Knob (No.28)** and **Knob (No.24)** to adjust the position of the seat, and fasten the knobs to fix the seat. (The seat can be adjusted front/back, up/ down)

ASSEMBLY INSTRUCTIONS

Step 1:

Attach **Front and Rear Stabilizers (No.44 / 5)** to the **Main Frame (No.6)** by using 4 **Nuts (No.1)**, 4 **Spring Washers (No.79)** and 4 **Flat Washers (No.2)** and 4 **Carriage Bolts (No.4)** with **Allen Wrench (No.78)**.



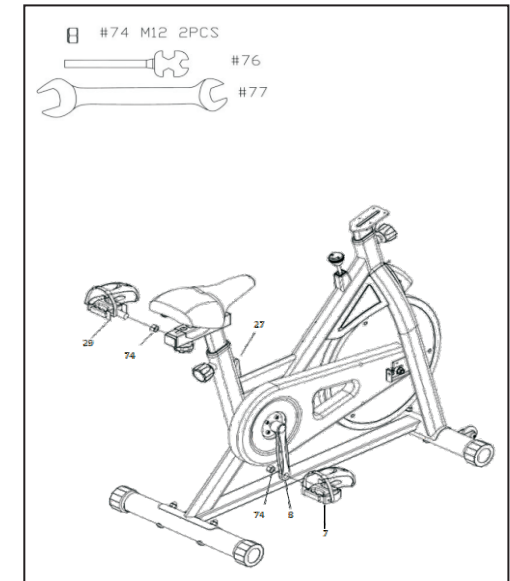
STEP 2:

Remove 2 **Nuts (No.74)** from **R Pedal (No.7)** and **L Pedal (No.29)**.

Insert **R Pedal (No.7)** into **Right Crank (No.8)** turn **CLOCKWISE**, using **Spanner (No.76)** to tighten; then screw **Right Nut (No.74)** to **Right Crank (No.8)** COUNTER CLOCKWISE, use **Spanner (No.77)** to tighten.

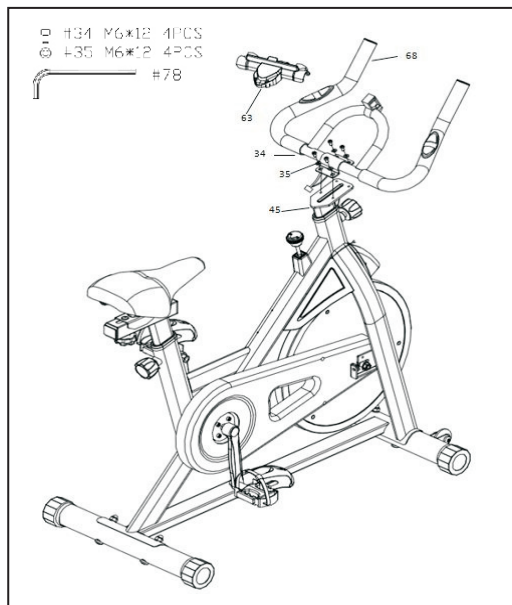
Insert **L Pedal (No.29)** into **Left Crank (No.27)** turn COUNTER CLOCKWISE using **Spanner (No.76)** to tighten; then screw **Left Nut (No.74)** to **Left Crank (No.27)** CLOCKWISE using **Spanner (No.77)** to tighten.

Note: Pedals (No. 7/29) are labeled L/R. Be sure to attach to the corresponding crank; otherwise, it may damage the product.



STEP 3:

Attach the **Handlebar (No.68)** to the **Handlebar Post (No.45)** with 4 **Screws (No.34)** and 4 **Flat Washers (No.35)** using **Allen Wrench (No.78)**. Then attach **Handlebar Cover (No.63)** onto the **Handlebar (No.68)**.

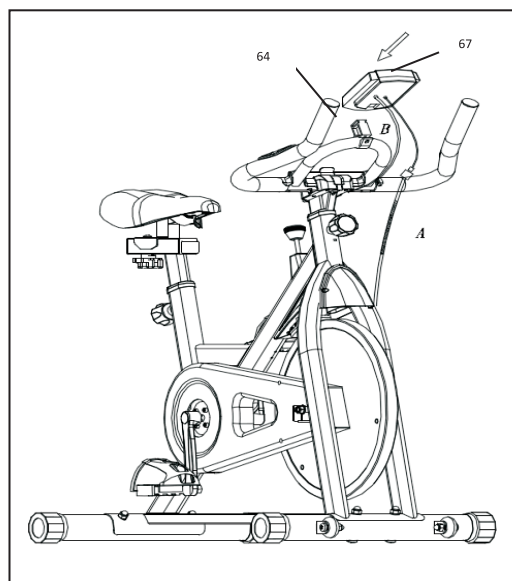


STEP 4:

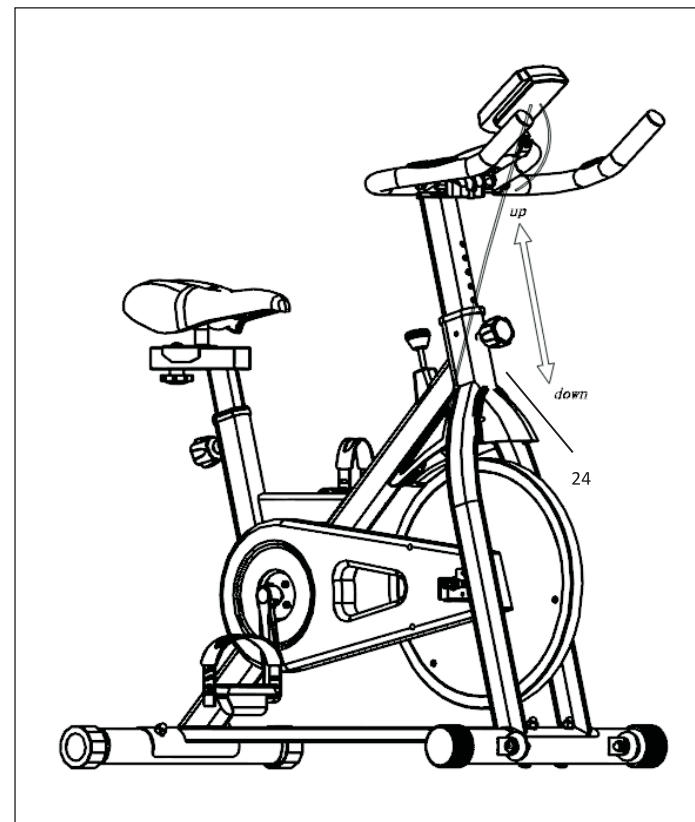
Attach the **Meter (No.67)** onto the **Meter Holder (No.64)**.

Connect **Wire B (No.75)** into right pulse hole in the **Meter (No.67)**. Connect **Wire A (No.75)** into the left sensor hole in the **Meter (No.67)**.

Assembly is Complete!



ADJUSTMENTS GUIDE



ADJUSTING HANDLEBAR

Loosen and pull the **Knob (No.24)** outward, and then slide the **Handlebar Post** up or down to the desired height. Once adjusted, re-insert and tighten the **Knob (No.24)** to secure the handlebar post in place.