

E-FITMENT

PREMIER BELT DRIVE INDOOR CYCLE BIKE WITH LCD MONITOR AND TABLET HOLDER

MODEL NO.:

IC030

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 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

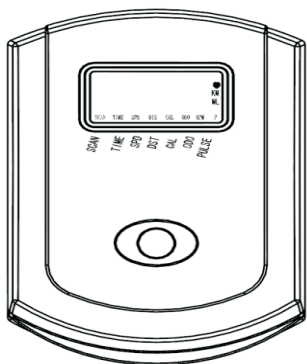


WARNING: This product can expose you to one or more chemicals known to the State of California to cause cancer and birth defects or reproduction harm. For more information go to www.P65Warnings.ca.gov.

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.

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.

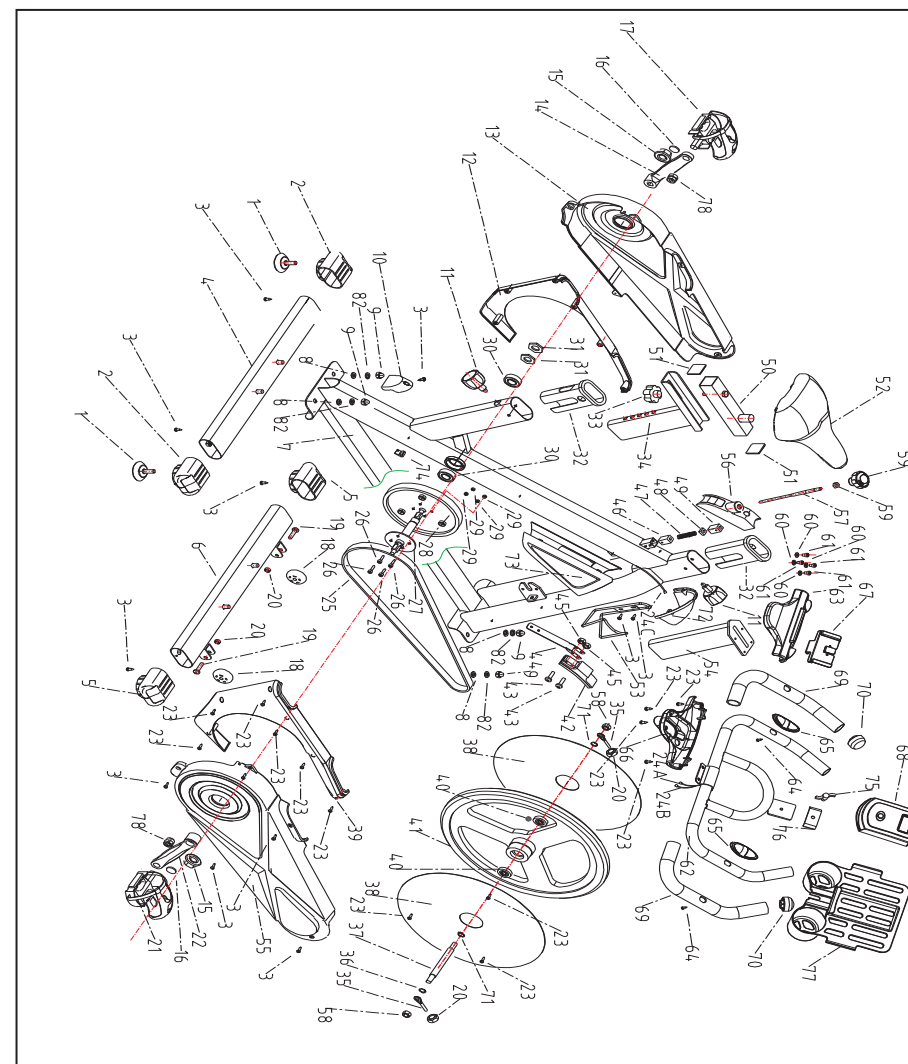
CAL (CALORIES): The Computer will display total calories burns when starting to exercise.

ODO (ODOMETER): The total accumulated distance will be shown.

PULSE: The Computer will display the current heart rate.

BATTERY: The computer uses 2 AA 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.

EXPLODED VIEW

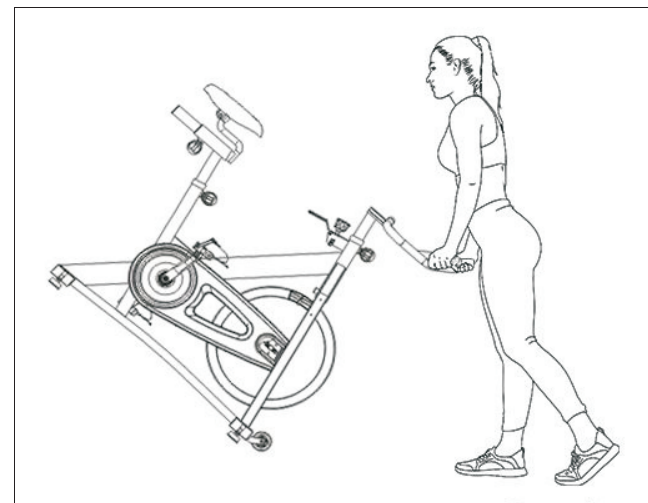


PARTS LIST

No.	Description	Qty.
1	Adjusting Pad	2
2	End Cap	2
3	ScrewST4*10	11
4	Rear Stabilizer	1
5	End Cap	2
6	Front Stabilizer	1
7	Main Frame	1
8	Flat WasherΦ10*Φ20*2 4	4
9	Nut M10	4
10	Decorative Cover	1
11	Knob	2
12	L Upper Belt Cover	1
13	L Lower Belt Cover	1
14	L Crank 165mm	1
15	Nut M10*1.25	2
16	Crank Cap	2
17	L Pedal	1
18	Transporting Wheel	2
19	Screw M8*35	2
20	Nut M8	4
21	R Pedal	1
22	R Crank 165mm	1
23	Screw ST4*10	13
24	A/B/C Wire	2
25	Belt 5PK 1350/5 Feng	1
26	Screw M6*16	4
27	Middle Axle	1
28	Belt Wheel Φ200	1
29	Nut M6	4
30	Bearing 6004/Z2	2
31	Nut M17*1.0	2
32	Bushing 40*80	2

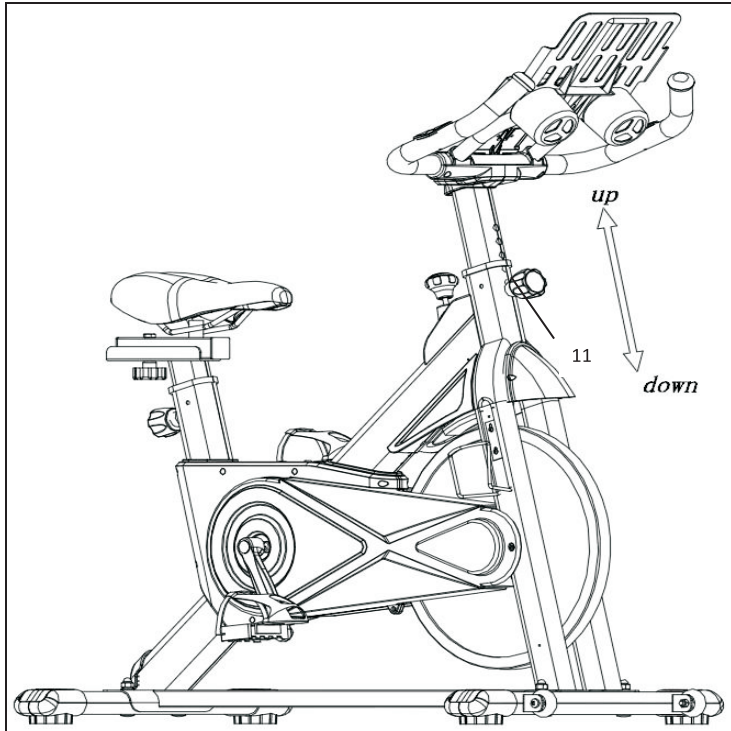
No.	Description	Qty.
34	Seat Post	1
35	Bolt M8*30	2
32	Bushing 40*80	2
33	Knob	1
34	Seat Post	1
35	Bolt M8*30	2
36	Flat Washer Φ12*Φ24*1.5	7
37	Flywheel AxleΦ15*M12	1
38	Flywheel Decorative Cover	2
39	R Upper Belt Cover	1
40	Bearing6202/Z2	2
41	Flywheel	1
42	Brake Plate	1
43	Screw M5*25	2
44	Fixed Flat for Brake Plate	1
45	Nut M5	2
46	Brake Block	1
47	Brake Spring	1
48	Square Nut M8*T8.0	1
49	Brake Block	1
50	Seat Slider	1
51	End Cap	2
52	Seat	1
53	Bottle Holder	1
54	Handle Bar Post	1
55	R Lower Belt Cover	1
56	Brake Decorative Cover	1
57	Brake Rod L245mm	1
58	Nut M10	1
59	Brake Knob	1
60	Flat Washer Φ6*Φ14*T2.0	4
61	Screw M6*12	4

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 affect the bike's operation.



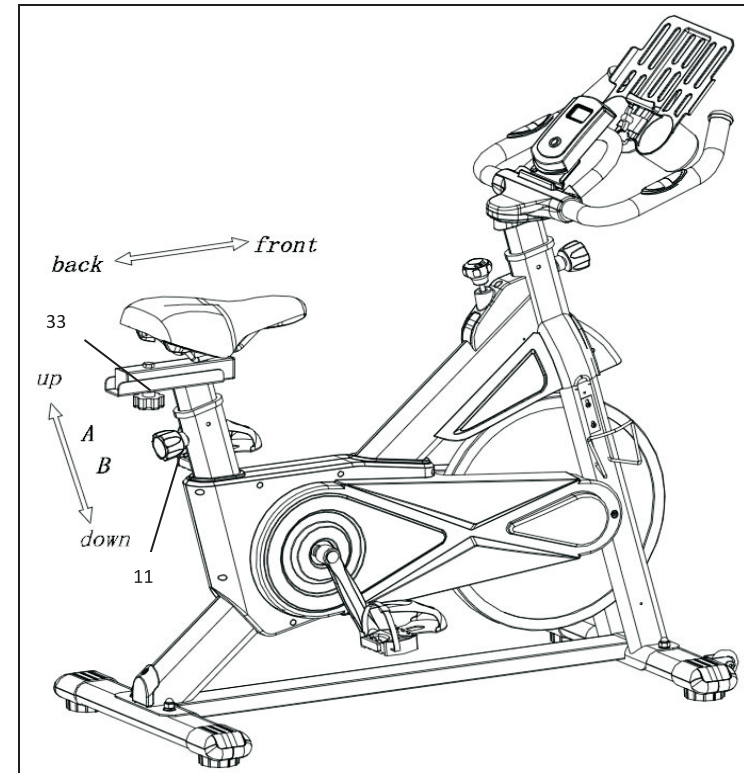
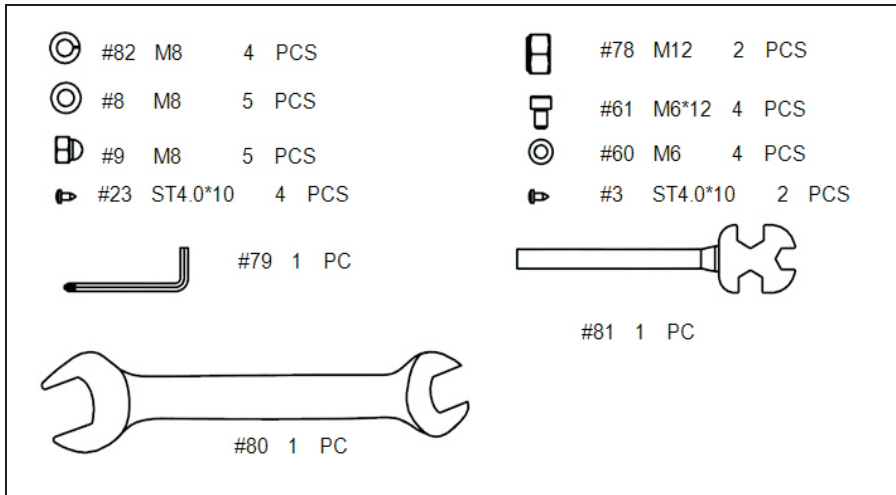
ADJUSTING HANDLEBAR

Loosen and pull the **Knob (No.11)** outward, then slide the handlebar Post up or down to the desired height. Once adjusted, re-insert and tighten to secure the handlebar post in desired position.

33	Knob	1
63	Upper Handler Bar Cover	1
64	Screw ST4*16	2
65	Sensor Plate	2
66	Lower Handler Bar Cover	1
67	Meter Fixed Plate	1
68	Meter	1
69	Foam $\Phi 25 \times 405 \times T3.0$	2
70	Cap	2
71	Axle Ring	2
72	Front Flywheel Cover	1

62	Handler Bar	1
73	Rear Flywheel Cover	1
74	Limit Pad	1
75	S Shape Knob	1
76	IPad Fixed Plate	1
77	IPad Holder	1
78	L/R Nut M12	2
79	Allen Wrench	1
80	Spanner	1
81	Spanner	1
82	Spring Washer M10	4

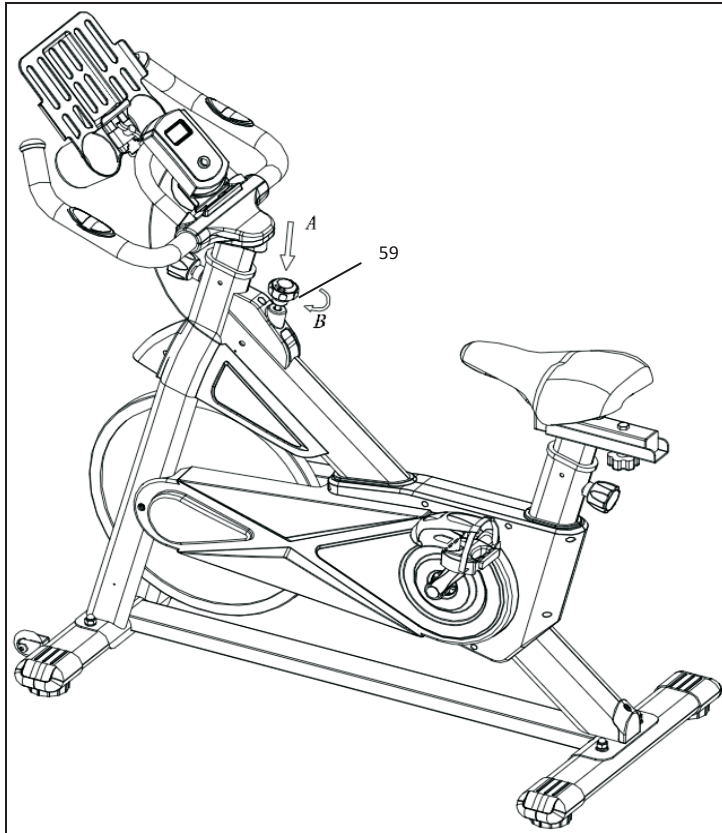
EXPLODED DRAWING



ADJUSTING SEAT

Loosen **Knob (No.11)** and **Knob (No.33)** to adjust the position of the seat, and re-tighten to secure the seat position. (The seat can be adjusted front / back, up / down)

ADJUSTMENTS GUIDE



ADJUSTING RESISTANCE

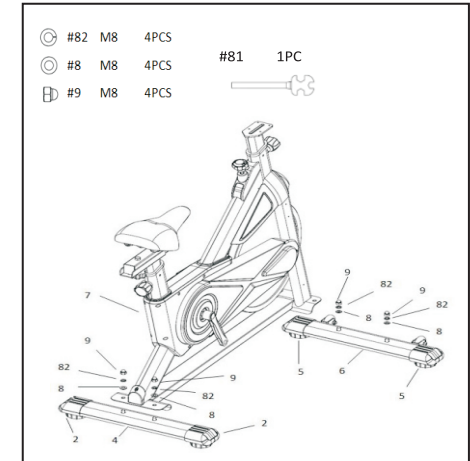
Rotate the **Brake Knob (No.59)** CLOCKWISE to increase the resistance and COUNTER CLOCKWISE to decrease the resistance. Press down the **Brake Knob (No.59)** for emergency stop.

ASSEMBLY INSTRUCTIONS

Step 1:

Attach **Front and Rear Stabilizers (No.6 / 4)** to the **Main Frame (No.7)** by using 4 **Nuts (No.9)**, 4 **Spring Washers (No.82)** and 4 **Flat Washers (No.8)** with **Spanner (No.81)**.

Note: Please adjust the **End Cap (No.2 / 5)** to better balance it if it is not stable.



STEP 2:

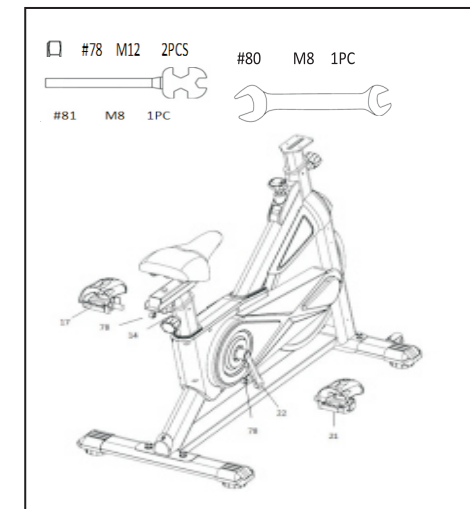
Remove 2 **Nuts (No.78)** from **R Pedal (No.21)** and **L Pedal (No.17)**.

Note: L Nut- Blue thread/R Nut White thread.

Insert **R Pedal (No.21)** into **Right Crank (No.22)** turn CLOCKWISE, using **Spanner (No.81)** to tighten; then screw **Right Nut (No.78)** to **Right Crank (No.22)** in COUNTER CLOCKWISE direction using **Spanner (No.80)** to tighten.

Insert **L Pedal (No.17)** into **Left Crank (No.14)** turn COUNTER CLOCKWISE using **Spanner (No.81)** to tighten; then screw **Left Nut (No.78)** to **Left Crank (No.14)** in a CLOCKWISE direction using **Spanner (No.80)** to tighten.

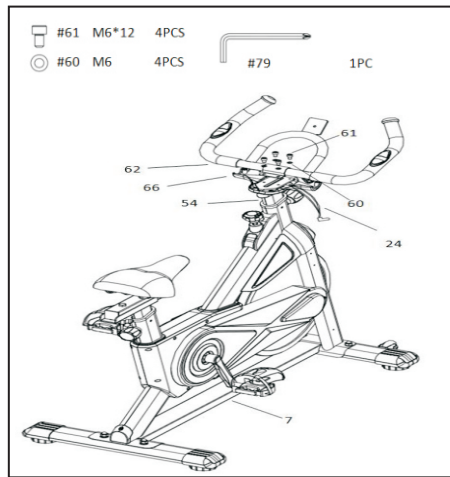
Note: **Pedals (No.17/21)** are labeled L/R. Be sure to attach to the corresponding crank; otherwise, it may damage the product.



STEP 3:

Attach **Lower Handler Bar Cover (No.66)** into the **Handler Bar Post (No.54)**, and insert the **Handler Bar Post (No.54)** into the **Main Frame (No.7)**.

Attach **Handler Bar (No.62)** to the **Handler Bar Post (No.54)** with 4 **Screws (No.61)** and 4 **Flat Washers (No.60)** by using **Allen Wrench (No.79)** to tighten. Then put **Wire A/B (No.24)** through the right hole of the **Lower Handler Bar Cover (No.66)**.

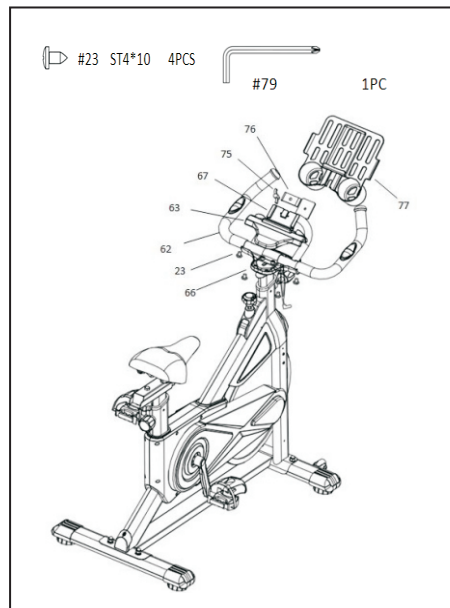


STEP 4:

Cover the **Upper Handler Bar Cover (No.63)** using 4 **Screws (No.23)** with **Allen Wrench (No.79)** to assemble.

Note: The screw holes are under the **Lower Handler Bar Cover (No.66)**.

Loosen the **S Shape Knob (No.75)**, insert the **IPad Holder (No.77)** through the **IPad Fixed Plate (No.76)** onto the **Handler Bar (No.62)**, then tighten the **S Shape Knob (No.75)**.



STEP 5:

Attach **Meter (No.68)** onto the **Meter Fixed Plate (No.67)** where arrow is showing.

Connect the **Wire A/B (No.24)** into right pulse hole in the **Meter (No.67)**. Connect the **Wire C (No.24)** into the left sensor hole in the **Meter (No.67)**.

Attach **Bottle Holder (No.53)** into the **Main Frame (No.7)** with 2 **Screws (No.3)** using **Allen Wrench (No.79)**.

Assembly is now complete!

