

EFITMENT

EFITMENT SWIFT MAGNETIC INDOOR CYCLE BIKE

MODEL NO.:

IC035

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/ 120kgs.
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



PARTS LIST

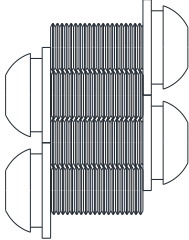
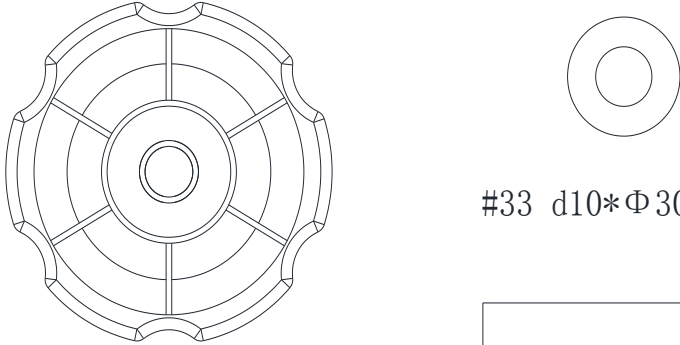
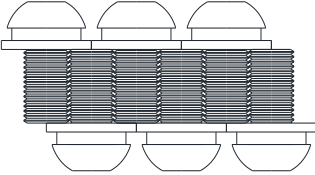
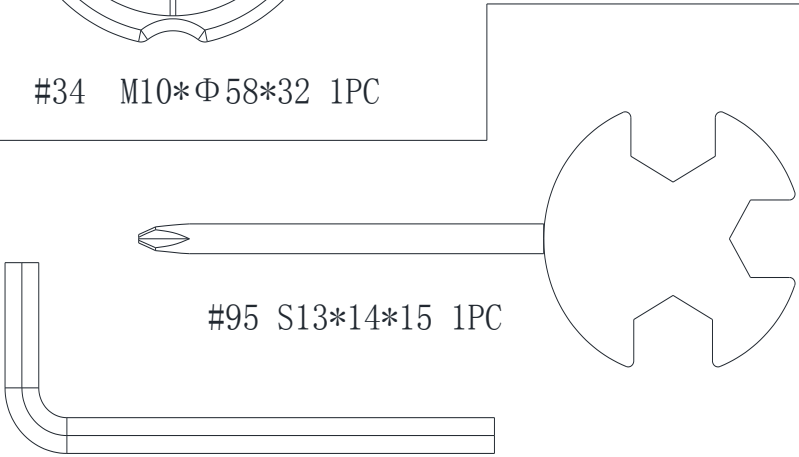
No.	Description	Qty.
1	Front Stabilizer	1
2	Hexagon Nut M8*H5.5*S14	5
3	Foot Pad $\phi 43*14*M8*25$	5
4	End Cap PT70*30*20	4
5	Screw M6*12*S5	2
6	Bearing 608ZZ	4
7	Transport Wheel $\Phi 71*\Phi 19*24$	2
8	Screw $\Phi 7.8*30*M6*15*S5$	2
9	Screw M8*20*S6	4
10	Spring Washer d8	10
11	Washer d8* $\Phi 16*1.5$	10
12	Rear Stabilizer	1
13	Knob M16*1.5*27* $\Phi 56$	2
14	Bushing PT80*40*PT70*30*L130	1
15	Brake Block 68*75*39.2	1
16	Screw M5*7* $\Phi 10$	6
17	Brake Cable $\Phi 1.5*255*42$	1
18	Bolt M6*10*H26*S5	1
19	Brake Handle	1
20	Washer $\Phi 8.5*\Phi 23.5*3$	1
21	Spring $\Phi 1.2*\Phi 11*21*N7$	1
22	Cable Base t3*25*23	1
23	Nylon Nut M6*H6*S10	9
24	Hexagon Bolt M6*10*S10	1
25	Washer d6* $\Phi 16*1.5$	1
26	Bearing 6001-2RS	4
27	Idle Pulley $\Phi 39*\Phi 34*24$	1
28	Wave Washer d12* $\Phi 15.5*0.3$	1
29	Seat	1
30	Seat Slider	1
31	Seat Post	1
32	End Cap PT50*25*16	2
33	Washer d10* $\Phi 30*2.5$	1
34	Knob M10* $\Phi 58*32$	1
35	Cover 99.3*83.5*24.7	1
36	Bushing PT70*30*PT60*20*L145*10	1
37	Crank Plug $\Phi 25*7$	2
38	Hexagon Nut M10*1.25*H7.5*S14	2

No.	Description	Qty.
39L/R	Crank	2
40L/R	Pedal	2
41	Screw ST4.2*16* $\Phi 8$	6
42	Screw ST4.2*19* $\Phi 8$	10
43L/R	Belt Cover	2
44	C Clip d17	1
45	Bearing 6203-2RS	2
46	Bushing $\Phi 22*\Phi 18*5.5$	1
47	Magnet $\Phi 15*7$	1
48	Belt Wheel $\Phi 220*20*\Phi 17.1*4-\Phi 6*\Phi 60-6PJ$	1
49	Middle Axle $\Phi 17*188*59.5*78*4-\Phi 6.1*\Phi 60$	1
50	Bolt M6*16*S10	6
51	Belt	1
52	Tension Knob	1
53	Spring Washer d6	2
54	Washer d6* $\phi 12*1.2$	2
55	Ring-Shield d12	2
56	Magnet 40*25*10	8
57	Magnet Holder 45.5*130*10.5	2
58	Magnetic Plate	1
59	Magnetic Plate Shaft $\phi 12*53.5*47.4*M6$	1
60	Screw ST3*10* $\Phi 5.6$	8
61	Spring $\Phi 1.5*\Phi 15*54*N9$	2
62	Brake Pad 60*27*5	1
63	Brake Pad Holder	1
64	Screw M6*16*S5	2
65	Brake Connected Plate	1
66	Hexagon Nut M12*1*H11*S18	2
67	Sleeve $\Phi 22*\Phi 12.2*7$	2
68	Bolt M6*50* $\Phi 12*4$	2
69	Hexagon Nut M6*H5*S10	2
70	Hexagon Nut M12*1*H7*S19	1
71	Sleeve $\Phi 18*\Phi 12.2*21$	1
72	Flywheel	1
73	Flywheel Axle	1
74	Handlebar Post	1
75	Screw M5*8* $\Phi 10$	1
76	Screw M8*16*S6	6

77	Nut M12*1*H5*S19	2
78	Handlebar	1
79	End Cap $\Phi 25*16$	2
80	Foam Grip $\Phi 23*3*420$	2
81	Main Frame	1
82	Washer d5* $\Phi 13*1$	1
83	Screw M5*16* $\Phi 8$	1
84	Pulse Sensor	2
85	Screw ST4.0*19* $\Phi 11$	2
86	Plug $\Phi 12*11*\Phi 3$	2

87	Meter	1
88	Trunk Line	1
89	Sensor Wire	1
90	PU Washer	1
91	Tension Knob Bracket	1
92	Wave Washer d17* $\Phi 22*0.3$	1
93	Washer d5* $\phi 10*1.0$	4
94	Allen Wrench S6	1
95	Spanner S13*14*15	1

HARDWARE PACKAGE

<p style="text-align: center;">Steps 1</p>  <p>#9 M8*20*S6 4PCS #10 d8 4PCS #11 d8*$\Phi 16*1.5$ 4PCS</p>	<p style="text-align: center;">Steps 3</p>  <p>#34 M10*$\Phi 58*32$ 1PC #33 d10*$\Phi 30*2.5$ 1PC</p>
<p style="text-align: center;">Steps 2</p>  <p>#10 d8 6PCS #11 d8*$\Phi 16*1.5$ 6PCS #76 M8*16*S6 6PCS</p>	 <p>#95 S13*14*15 1PC #94 S6 1PC</p>

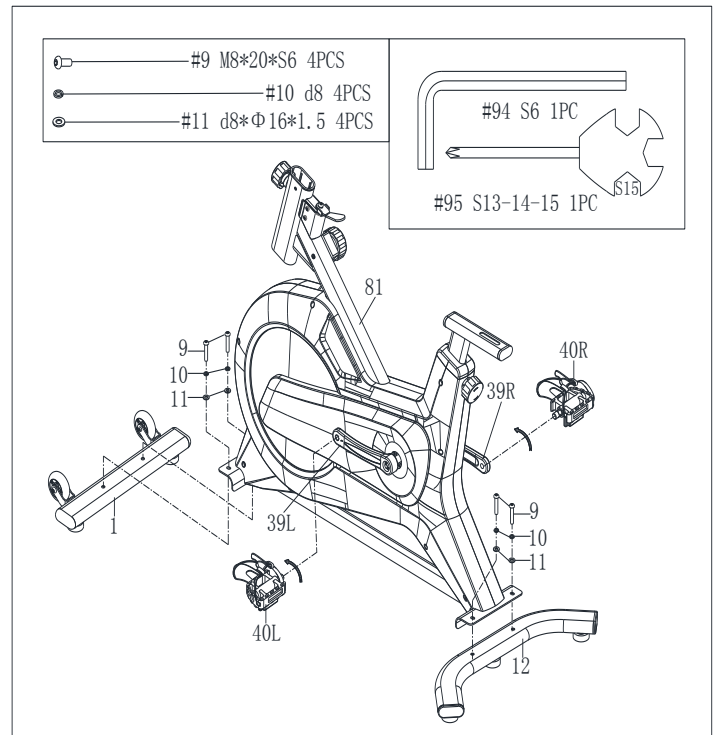
ASSEMBLY INSTRUCTIONS

STEP 1:

Attach the **Front & Rear Stabilizer (No.1 & 12)** to the **Main Frame (No.81)** using 4 **Screws (No.9)**, 4 **Spring Washers (No.10)** and 4 **Washer (No.11)**. Tighten with an **Allen Wrench (No.94)**.

Attach **Left Pedal (No.40L)** to **Left Crank (No.39L)**. Turn the **Left Pedal (No.40L)** *counter-clockwise* with the hand until it is tight, then use **Spanner (No.95)** to securely tighten. Attach **Right Pedal (No.40R)** to **Right Crank (No.39R)**. Turn the **Right Pedal (No.40R)** *clockwise* with the hand until it is tight, then use **Spanner (No.95)** to securely tighten.

Note: The **Pedals (No.40L/R)** are marked "L" and "R" for Left and Right. Make sure you attach the correct pedal to the corresponding crank.

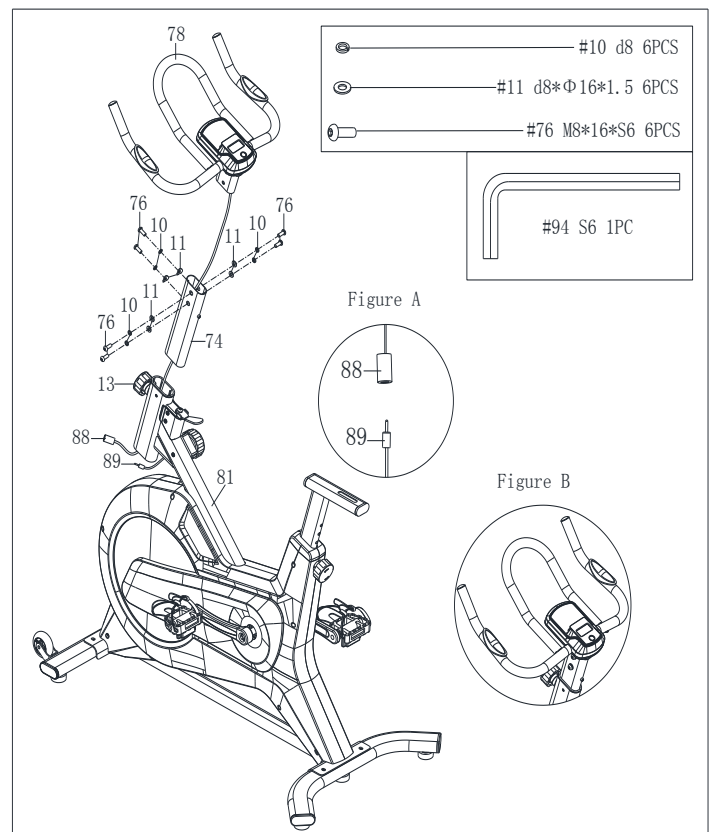


STEP 2:

Insert **Trunk line (No. 88)** through **Handlebar Post (No.74)**. Then attach the **Handlebar (No.78)** to **Handlebar Post (No.74)** using 6 **Screws (No.76)**, 6 **Spring Washers (No.10)**, and 6 **washers (No.11)**. Tighten with an **Allen Wrench (No.94)**. (Figure B)

Loosen and pull out the **Knob (No.13)** from the **Main Frame (No.81)**. Insert the **Handlebar post (No.74)** with **Trunk line (No.88)** into **Main frame (No.81)** at desired position. Put back and secure with the **Knob (No.13)**.

Connect **Trunk line (No.88)** with **Sensor Wire (No.89)**. (Figure A)



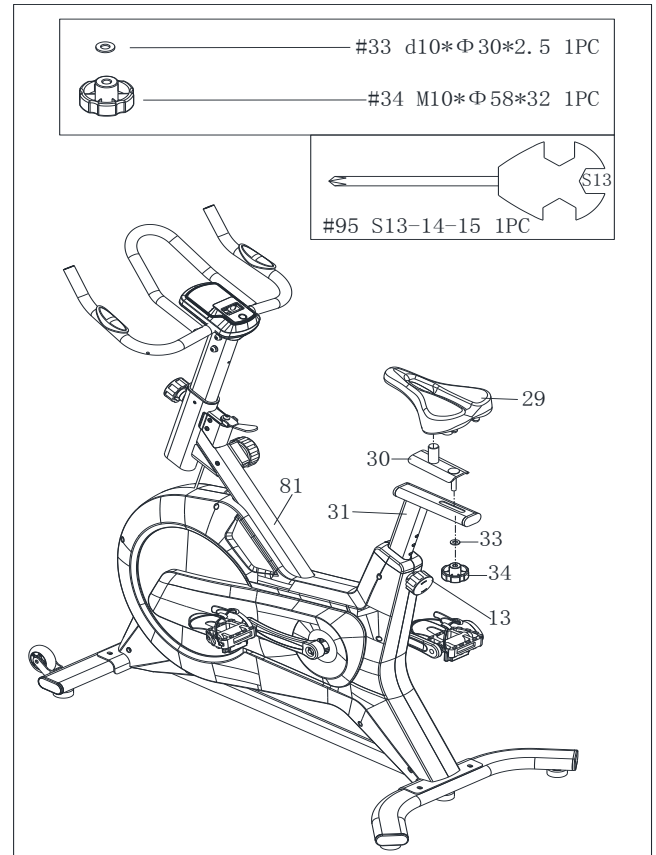
ASSEMBLY INSTRUCTIONS

STEP 3:

Attach the **Seat Slider (No.30)** to the **Seat Post (No.31)**, tighten and secure with **Washer (No.33)** and **Knob (No.34)**.

Attach the **Seat (No.29)** to the **Seat slider (No.30)**, tighten and secure with **Spanner (No.95)**.

Assembly is complete!



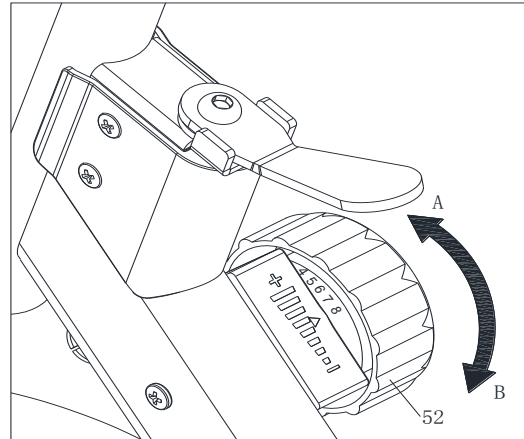
TENSION ADJUSTMENT

A. Adjusting the Tension:

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

To increase the tension, rotate the **Tension Knob (No.52)** (“+”) clockwise. (Arrow A)

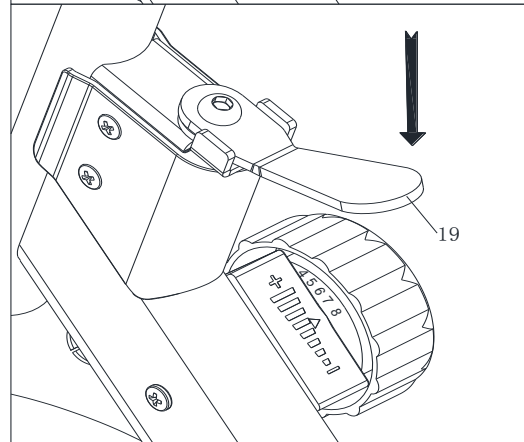
To decrease the tension, turn the **Tension Knob (No.52)** (“-”) counter-clockwise. (Arrow B)



B. Emergency Brake Function:

The **Brake Handle (No.19)** is emergency brake. Use this safety feature in any situation when you would need to get off the bike or stop the bike's flywheel.

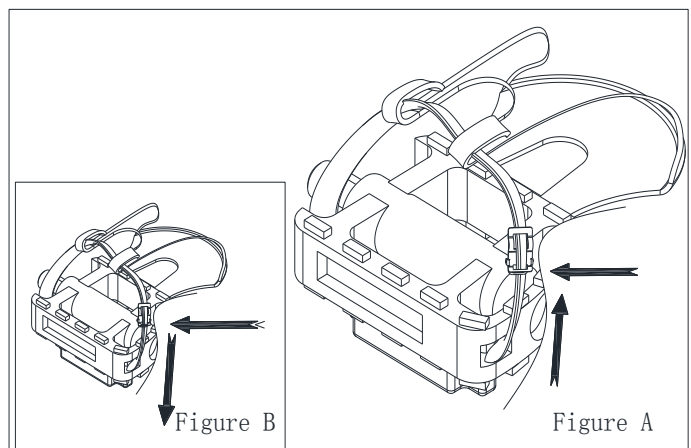
During exercise, press down firmly on the **Brake Handle (No.19)** to stop the bike immediately.



PEDAL STRAP ADJUSTMENT

When the pedal is tight, press the buckle and pull the strap up to loosen the strap. (Figure A).

When the pedal is loose, press the buckle and pull the strap down to fasten the strap (Figure B).

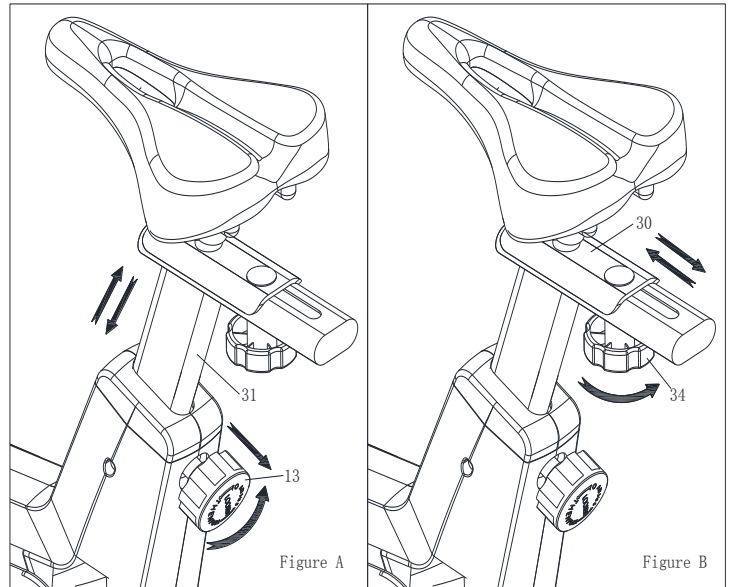


SEAT AND HANDLEBAR ADJUSTMENT

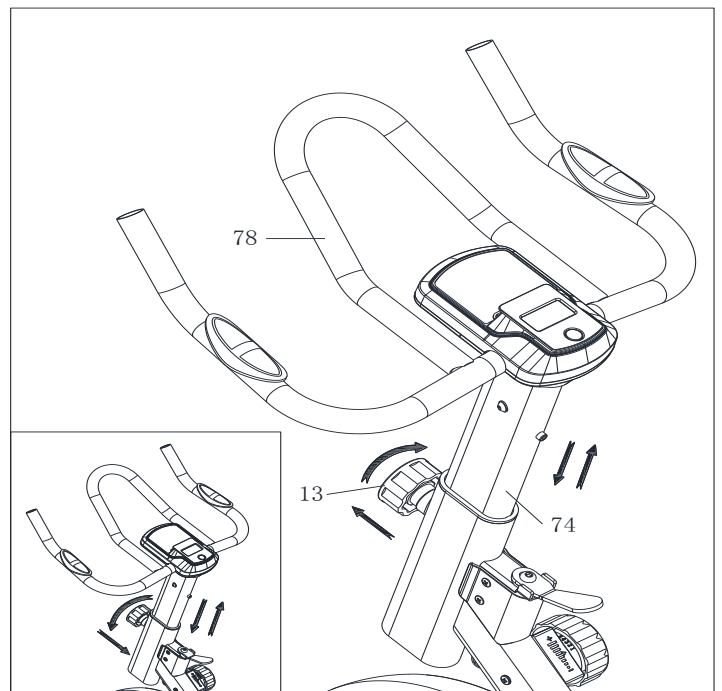
The seat of this bike is fully adjustable as it moves *Up, Down, Forward and Backward*.

A. To adjust the height of the **Seat Post (No.31)**, loosen and pull out the **Knob (No.13)**, then raise or lower the seat to the desired height. Once adjusted, re-insert and tighten the **Knob (No.13)** to secure the seat in place. (Figure A)

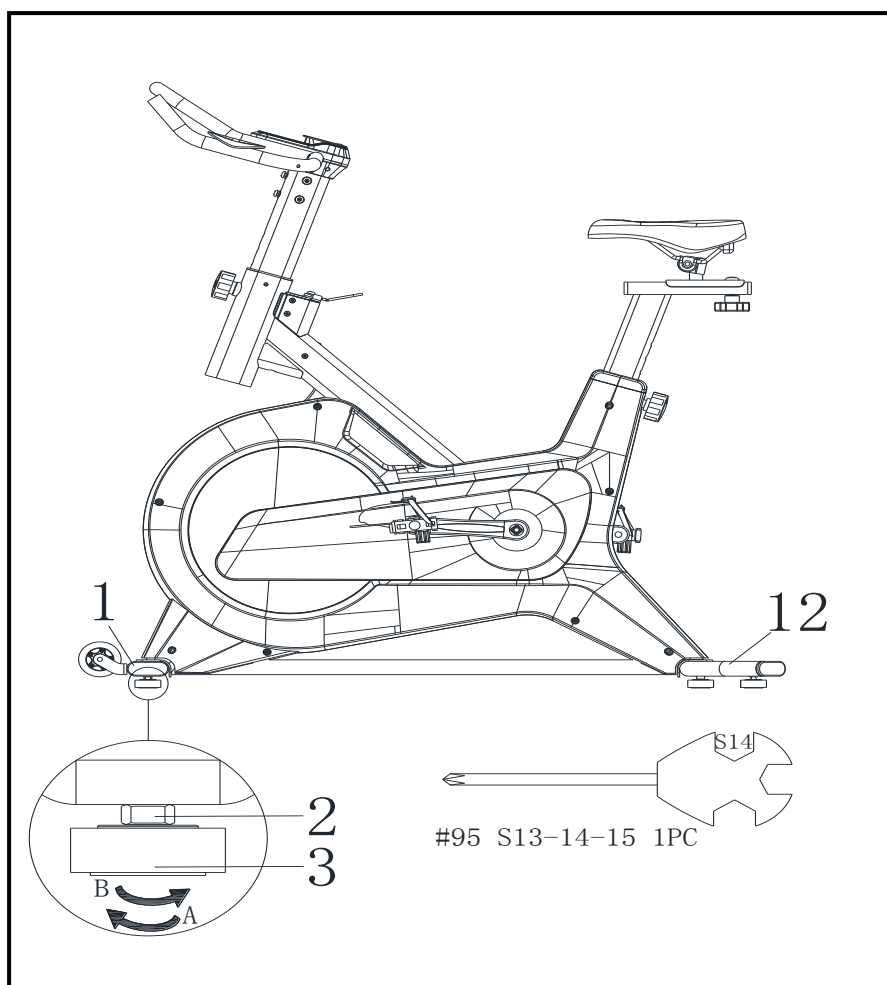
B. To adjust the seat forward and backward, loosen **Knob (No.34)**, then slide the **Seat Slider (No.30)** to the desired position. Once positioned, tighten the **Knob (No.34)** to secure the **Seat Slider (No.30)** in place. (Figure B)



C. To adjust the height of **Handlebar (No.78)**, loosen and pull on the **Knob (No.13)**, then slide the **Handlebar Post (No.74)** up or down to the desired height. Once adjusted, tighten the **Knob (No.13)** to secure the **Handlebar Post (No.74)** in place.



BALANCE ADJUSTMENT

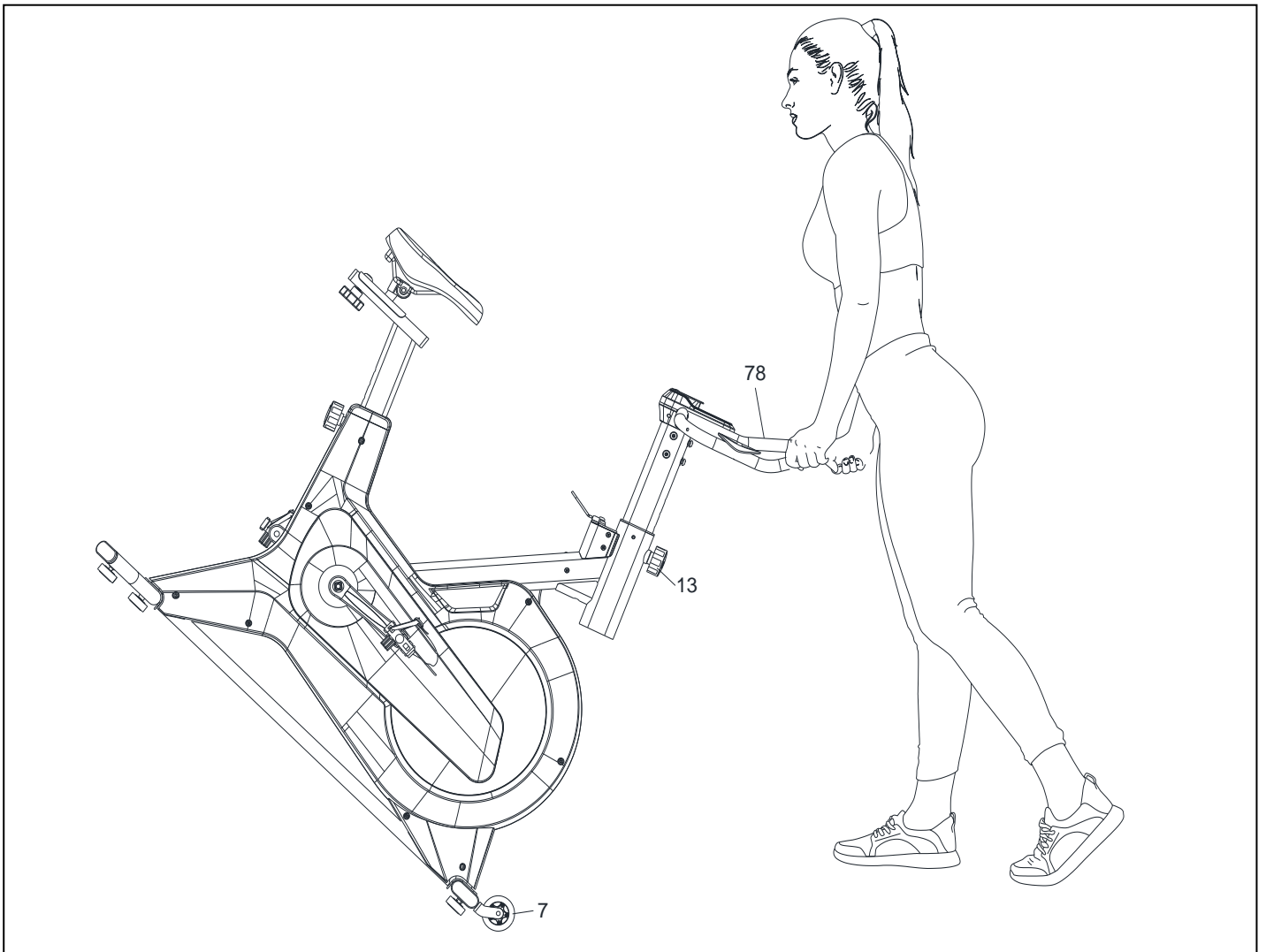


To achieve a smooth and comfortable experience, you must ensure that the bike is stable. During use, if you notice that the bike is unbalanced, you can adjust the **Foot Pads (No.3)** located beneath the **Front & Rear Stabilizers (No.1 & 12)**.

To adjust, use the **Spanner (No.95)** to loosen the **Hexagon Nut (No.2)** by turning it *clockwise*. With the nut loosened, rotate the **Foot Pads (No.3)** until it sits level with the surface that the bike is on.

When you have finished adjusting the **Foot Pads (No.3)**, re-tighten the **Hexagonal Nut (No.2)** by turning it *counter-clockwise* using **Spanner (No.95)**. If needed, repeat this process to adjust the remaining **Foot Pads (No.3)**.

HOW TO MOVE THE BIKE



To move the bike, first ensure that the **Handlebar (No.78)** is properly secured. If the **Handlebar (No.78)** is loose, tighten the **knob (No.13)** to secure it. Next, stand at the front of the bike so that you're directly in front of the **Handlebar (No.78)**. Firmly grasp and hold each side of the **Handlebar (No.78)**, place one foot on the front base and tilt the bike towards you until the **Transport Wheels (No.7)** on the front base touch the ground. With the wheels on the ground, you can transport the bike to the desired location with ease.

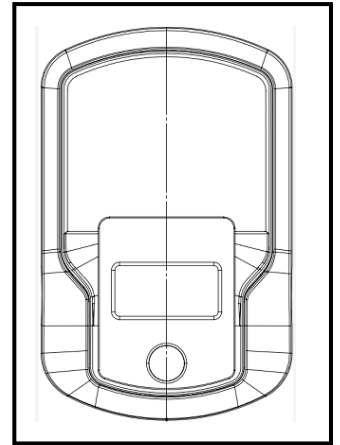
COMPUTER INSTRUCTIONS

SPECIFICATIONS:

TIME-----00:00 - 99:59 MIN: SEC
SPEED-----0.0 - 240 M/H
DISTANCE-----0.00 - 999.9 M
CALORIES-----0.0 - 999.9 KCAL
PULSE----- 40 - 240 BEATS/MIN

KEY FUNCTION:

MODE: Push to select functions.



OPERATION PROCEDURES:

AUTO ON/OFF: The monitor will be automatically shut off if there is no signal coming in for 4 minutes. The monitor will be auto-powered when start exercises or press the key.

FUNCTION:

TIME (TMR): Count the total time from exercise start to end.

SPEED (SPD): Display the current speed.

DISTANCE (DST): Count the distance from exercise start to end.

CALORIES (CAL): Count the total calories from exercise start to end.

PULSE (PUL): Display your heart rate per minute when hold on reaction planks with both hands.

SCAN: The computer will rotate through through each function: TIME, SPEED, DISTANCE, CALORIES, PULSE.

BATTERY: The computer uses 2 AAA 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 batteries. Do not mix battery types. Dispose the batteries according to the laws and regulations of your local region. Some batteries may be recycled. When disposing or recycling, do not mix battery types.