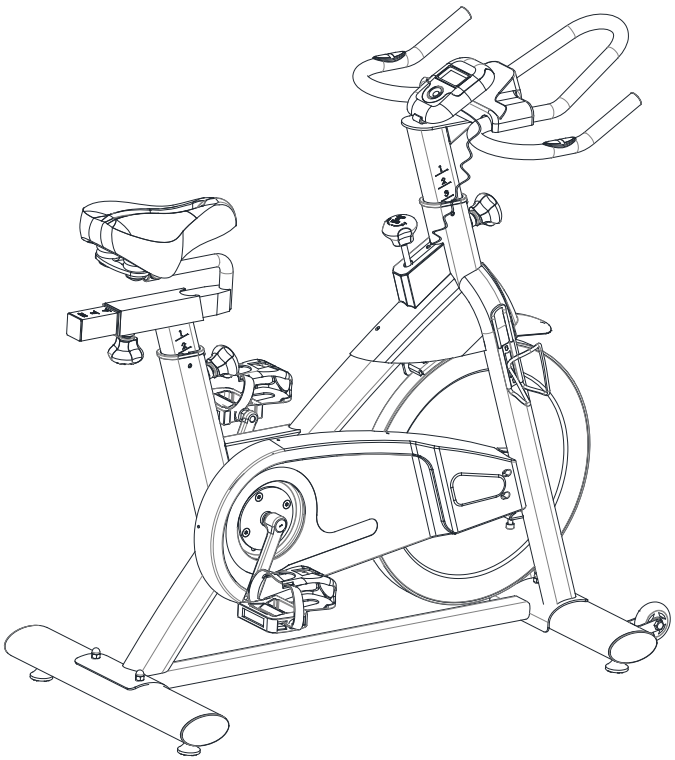
ELECTRIC FORCE INDOOR CYCLING BIKE

MODEL NO.:

IC038

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

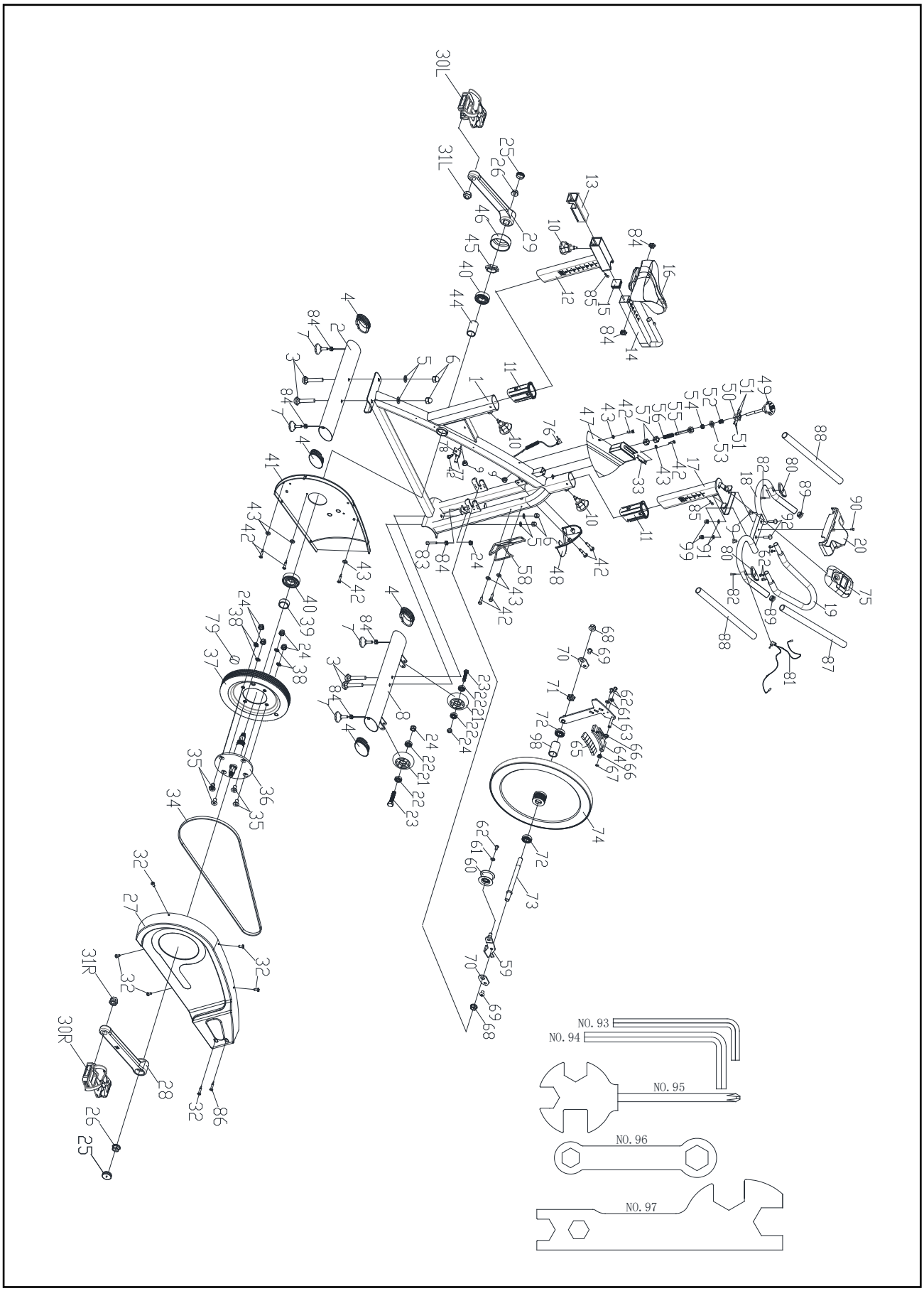
IMPORTANT SAFETY INSTRUCTIONS

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 275 lbs/125 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



PARTS LIST

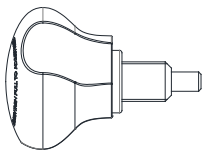
No.	Description	Qty.
1	Main Frame	1
2	Rear Stabilizer	1
3	Carriage Bolt GB/T 12-1988 M8*67	4
4	End Cap 99*54*28	4
5	Washer ϕ8	4
6	Domed Nut GB/T 802-1988 M8	4
7	Base Leveler ϕ38*43/(M8*25)	4
8	Front Stabilizer	1
9	Plastic Plug ϕ14*14	4
10	Adjustment Knob M16*1.5*20	3
11	Bushing HIPS	2
12	Vertical Seat Post	1
13	Bushing PP	1
14	Seat Slider	1
15	End Cap PP	1
16	Seat KX004	1
17	Handlebar Post	1
18	Handlebar	1
19	Front Handlebar	1
20	Tablet Bracket 219.5*101*75	1
21	Transport Wheel ϕ69*26	2
22	Bearing 608ZZ	4
23	Bolt GB/T 5780-2000 M8*40	2
24	Lock Nut GB/T 889.1-2000 M8	7
25	Crank Plug ϕ23*7.5	2
26	Hex Flange Nut GB/T6177.2-2000 M10*1.25	2
27	Outer Belt Cover 652*265*61.5	1
28	Right Crank 9/16"	1
29	Left Crank 9/16"-LH	1
30L/R	Pedal 9/16"	2
31L/R	Lock Nut 9/16"	2
32	Bolt GB/845-85 ST4.2*9.5 F	6
33	Plastic Sheet 54*17.8*5.8	1
34	Belt 5PK 53in	1
35	Bolt GB/T 70.3-2000 M8*18	4
36	Middle Axle ϕ20*158	1
37	Belt Wheel ϕ200*24	1

No.	Description	Qty.
38	Spring Washer GB/T 859-1987 8	4
39	Spacer ϕ25*ϕ20.05*11.5	1
40	Bearing 6004ZZ	2
41	Inner Belt Cover 406*258*17	1
42	Screw GB/T 15856.1-2002 ST4.2*19	10
43	Flat Washer GB/T 95-2002 ϕ5	7
44	Spacer ϕ25*ϕ20.05*41.1	1
45	Fixing Nut ϕ28*M20*1	1
46	Crank Cover ϕ56*28	1
47	Brake Pole Cover 236*120*190	1
48	Front Cover 170.4*115*109.9	1
49	Tension Control Knob M10*100	1
50	Plastic Plug PA66	1
51	Bolt ST2.9*9.5	4
52	Spring ϕ15.5*ϕ1.5*15	1
53	Nut 20*20*t8 (M10)	1
54	Lock Nut GB/T 889.1-2000 M10	1
55	Brake Pole	1
56	Spring ϕ2.0*52	1
57	Square Plastic Sleeve 20.6*20.6*16	2
58	Bottle Holder ϕ6	1
59	Idler Pulley Bracket	1
60	Idler Pulley ϕ43*ϕ34*24	1
61	Washer ϕ14*ϕ6/t2.5	3
62	Bolt GB/T 70.1-2000 M6*12	7
63	Magnet Holder Supporter	1
64	Magnet Holder	1
65	Magnet 30*15*10	7
66	Plastic Sleeve ϕ18*ϕ10*10	2
67	Spring Washer GB894.1 ϕ10	1
68	Hex Flange Nut M12*1.25	2
69	Bolt GB/T 70.2-2000 M8*10	2
70	Metal Plate δ2.5	2
71	Hexagonal Nut M12*1.25 H=7	1
72	Bearing 6001ZZ	2
73	Flywheel Spindle ϕ16*ϕ12*156	1
74	Flywheel	1

No.	Description	Qty.
75	Computer X-3541	1
76	Sensor Wire L=1400	1
77	Sensor SR-212	1
78	Plastic Bracket LTF8163	1
79	Magnet C-02Z	1
80	Pulse Sensor Match ϕ25 tube	2
81	Pulse Sensing Line L=700	1
82	Bolt GB/T 845-1985 ST4.2*19	2
83	Bolt GB/T 70.1-2000 M8*45	1
84	Nut GB/T 41-2000 M8	7
85	Bolt ST4.8*16	2
86	Bolt GB/T 15856.1-2002 ST4.2*16	1
87	Front Foam ϕ23*ϕ29*600	1

No.	Description	Qty.
88	Form ϕ23*ϕ29*600	2
89	End Cap PP	2
90	Bolt GB/T 5780-2000 M5*12	1
91	Washer GB/T 95-2002 ϕ10	2
92	Carriage Bolt GB/T 12-1988 M10*30	2
93	Inner Hexagon Spanner S=4	1
94	Inner Hexagon Spanner S=6	1
95	Crosshead Spanner S=13,14,15	1
96	Spanner S=10,13	1
97	Universal Wrench S=11,13,17,19	1
98	Sleeve	1
99	Domed Nut M10	2

HARDWARE PACKAGE

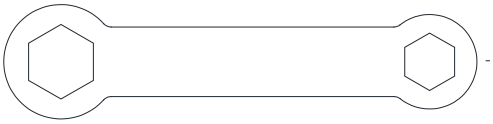


#10 M16*1.5*20 3PCS

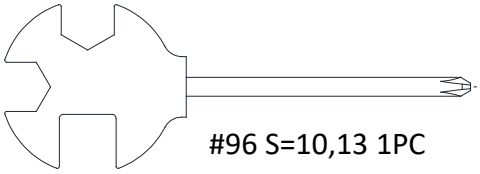
#5 ϕ8 4PCS

#3 M8*67 4PCS

#6 M8 4PCS



#96 S=10,13 1PC



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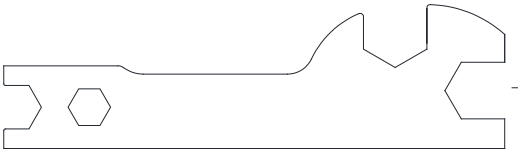
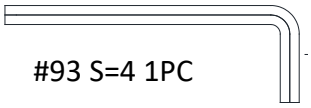
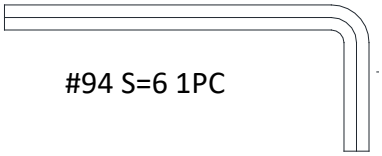


#97 S=11,13,17,19 1PC



#93 S=4 1PC



#94 S=6 1PC

ASSEMBLY INSTRUCTIONS

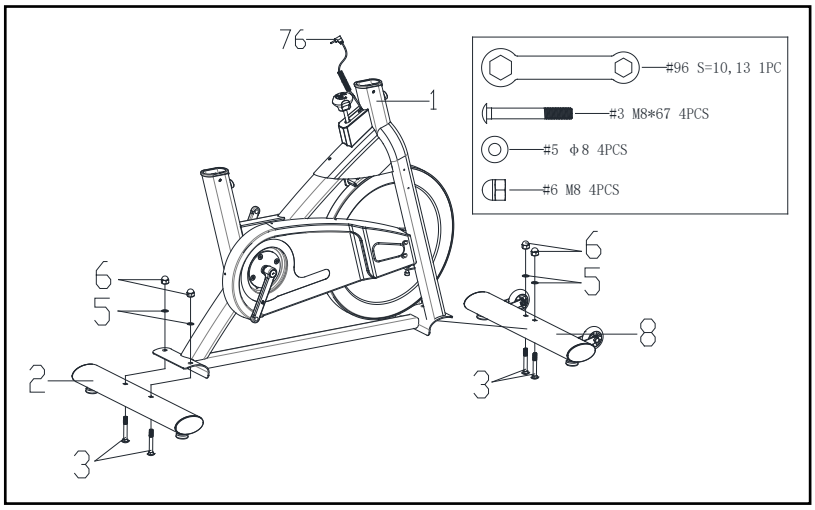
PREPARATION

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).

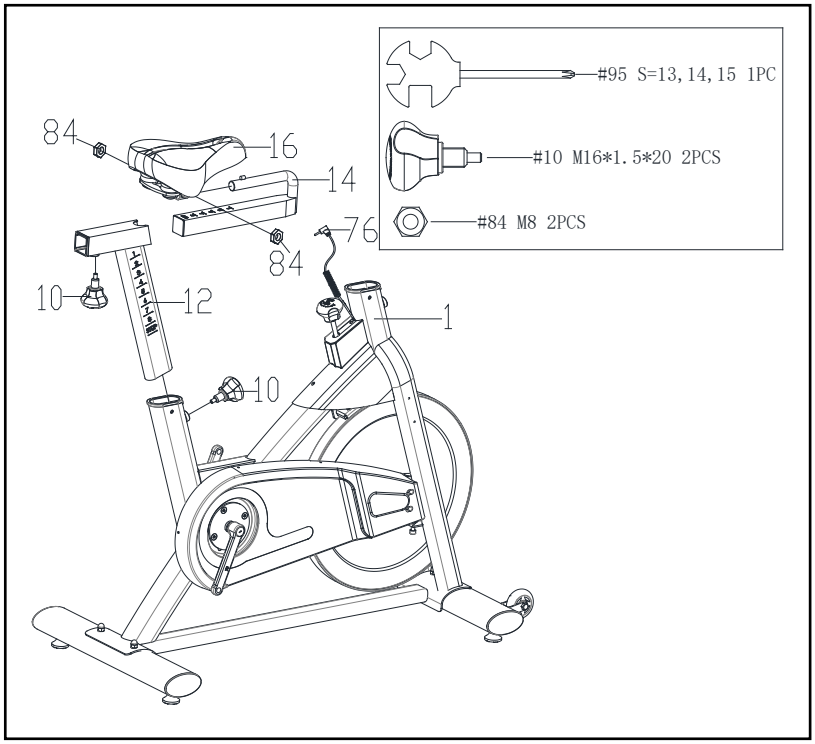
STEP 1:
Attach the **Front Stabilizer (No. 8)** and the **Rear Stabilizer (No. 2)** to the **Main Frame (No. 1)** using 4 **Washers (No. 5)**, 4 **Domed Nuts (No. 6)** and 4 **Carriage Bolts (No. 3)**. Tighten with **Spanner (No. 96)**.



STEP 2:
Insert the **Vertical Seat Post (No. 12)** into the **Main Frame (No. 1)**. Set at desired height, insert and tighten the **Adjustment Knob (No. 10)**.

Attach the **Seat Slider (No. 14)** to the **Vertical Seat Post (No. 12**), set at desired position, insert and tighten the **Adjustment Knob (No. 10)**.

Loosen 2 **Nuts (No. 84)** from **Seat (No. 16)**. Attached the **Seat (No. 16)** to the **Seat Slider (No. 14)** with 2 **Nuts (No. 84)** that were loosened then tighten with a **Crosshead Spanner (No. 95)**.



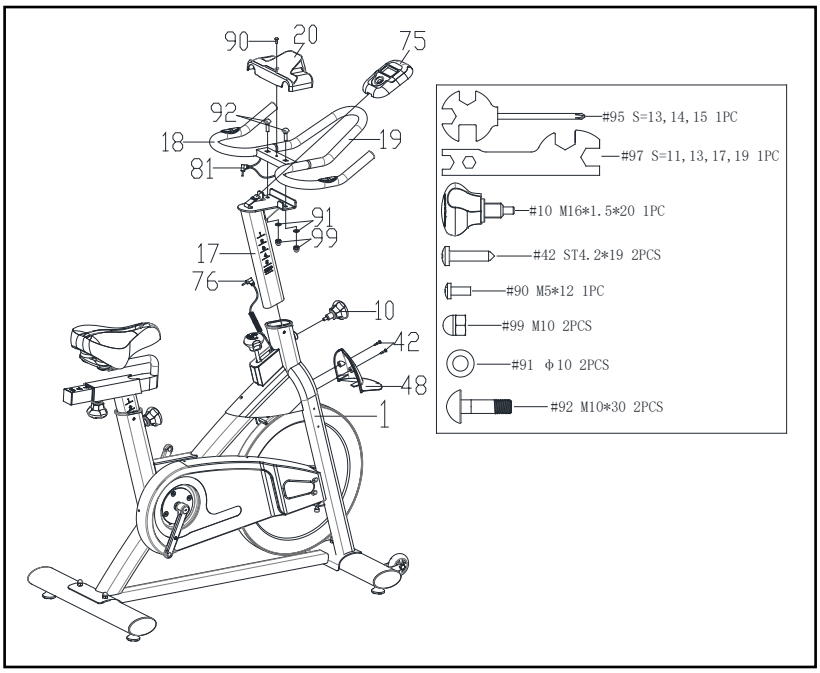
STEP 3:
Insert the **Handlebar Post (No. 17)** to the **Main Frame (No. 1)**. Set at desired height, insert and tighten the **Adjustment Knob (No. 10)**.

Remove 2 **Carriage Bolts (No. 92)**, 2 **Washers (No. 91)**, and 2 **Domed Nuts (No. 99)** from the **Handlebar (No. 18)**. Attach **Handlebar (No. 18)** to the **Handlebar Post (No. 17)** with 2 **Carriage Bolts (No. 92)**, 2 **Washers (No. 91)**, and 2 **Domed Nuts (No. 99)** that were just removed, then tighten with **Universal Wrench (No. 97).** Remove **Bolt (No. 90)** from **Handlebar (No. 18)**, then cover **Tablet Bracket (No. 20)** to the **Handlebar (No. 18)** with **Bolt (No. 90)** that were just removed, tighten with a **Crosshead Spanner (No. 95)**.
Note: The **Front Handlebar (No. 19)** is preassembled to the **Handlebar (No. 18).** If the **Bolts (No. 62)** are loose, use **Inner Hexagon Spanner (No. 93)** to tighten. (Figure A)

BATTERY INSTALLATION: Open the battery cover from the back of **Computer (No. 75)**, then put 2 pcs of batteries into the battery compartment. Make sure the (-) end of the battery goes to the spring end of the battery compartment, then put the battery cover back.

Insert the **Sensor Wire (No. 76)** into the hole at the back of the **Computer (No. 75)** marked "SENSOR", insert the **Pulse Sensing Line (No. 81)** into the hole at the backside of the **Computer (No. 75)** marked "PULSE". Then attach the **Computer (No. 75)** to the computer bracket on the upside surface of the **Handlebar Post (No. 17)**.

Remove 2 **Screws (No. 42)** from the **Main Frame (No. 1)**, attach the **Front Cover (No. 48)** to **Main Frame (No. 1)** with 2 **Screws (No. 42)** that were just removed, tighten with a **Crosshead Spanner (No. 95)**.



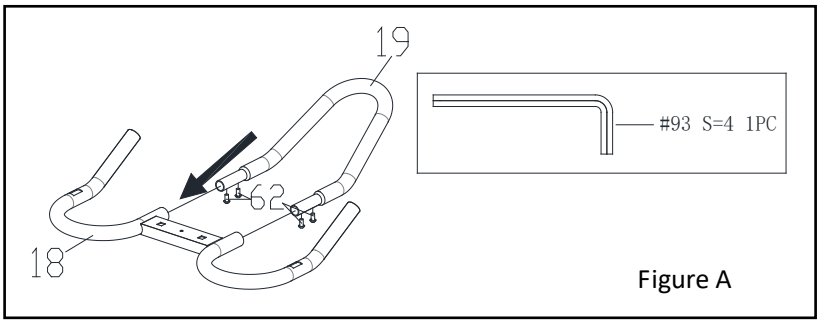


Figure A

STEP 4:

Note: The **Pedals (No. 30L/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 both the pedal and the crank.

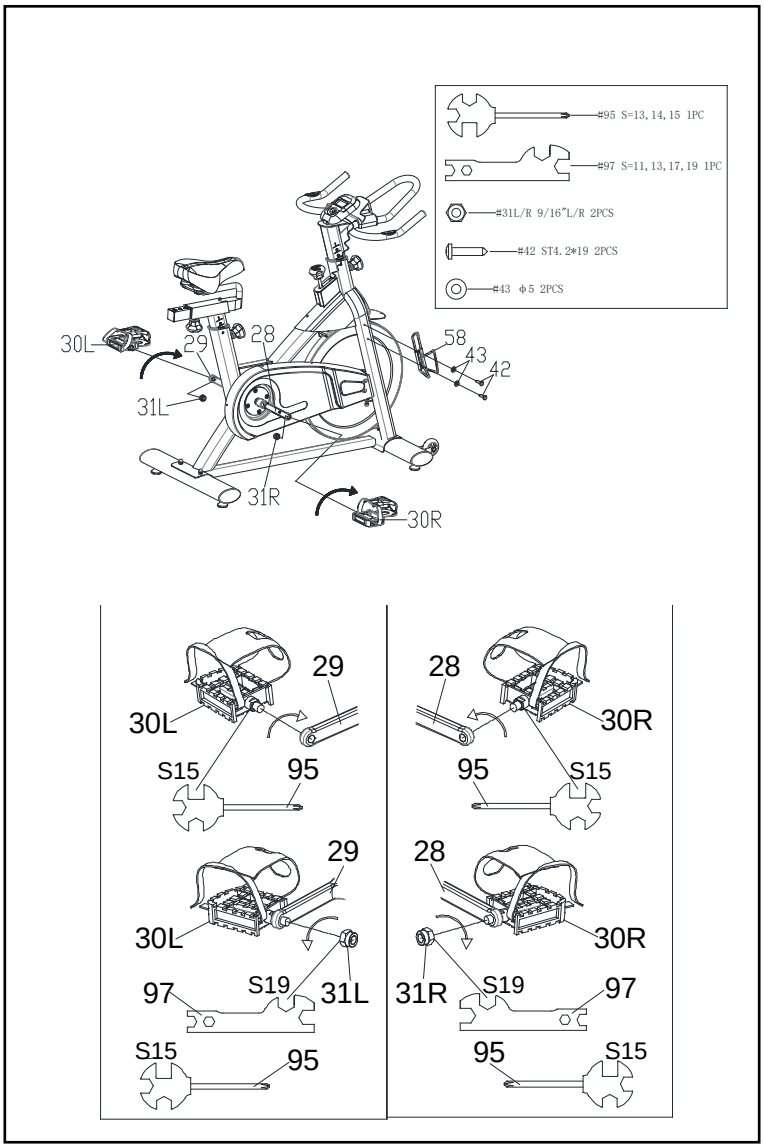
The **Lock Nuts (No. 31L/R)** are preassembled to the **Pedals (No. 30L/R)**. Remove the **Lock Nuts (No. 31L/R)** from the **Pedals (No. 30L/R)**.

Screw the **Left Pedal (No. 30L)** counter-clockwise into **Left Crank (No. 29)** as tightly as you can with your hand. Once properly screwed in place, use **Crosshead Spanner (No. 95)** to hold the bolt of the **Left Pedal (No. 30L)**, then use **Universal Wrench (No. 97)** to screw the **Left Lock Nut (No. 31L)** clockwise onto the thread end of the **Left Pedal (No. 30L)**.

Screw the **Right Pedal (No. 30R)** clockwise into the **Right Crank (No. 28)** as tightly as you can with your hand. Once properly screwed in place, use **Crosshead Spanner (No. 95)** to hold the bolt of the **Right Pedal (No. 30R)**, then use **Universal Wrench (No. 97)** to screw the **Right Lock Nut (No. 31R)** counter-clockwise onto the thread end of the **Right Pedal (No. 30R)**.

Remove pre-assembled 2 **Screws (No. 42)** and 2 **Flat Washers (No. 43)** from the **Main Frame (No. 1)** with **Crosshead Spanner (No. 95)**. Then attach the **Bottle Holder (No. 58)** to the **Main Frame (No. 1)** with 2 **Screws (No. 42)** and 2 **Flat Washers (No. 43)** that were removed. Tighten with **Crosshead Spanner (No. 95)**.

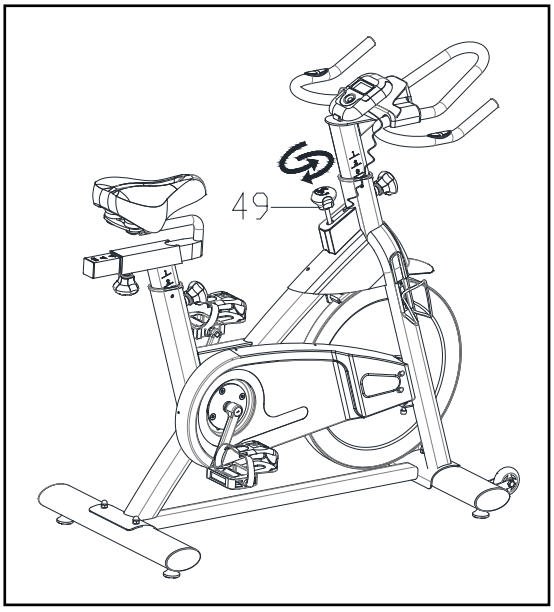
Assembly is now complete!



TENSION ADJUSTMENT

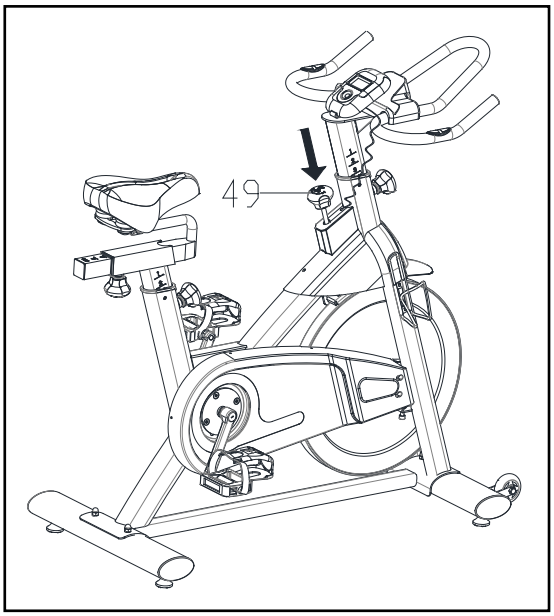
A. Adjusting the Tension:
Increasing or decreasing the tension allows you to add variety to your workout sessions.

To increase the tension, rotate the **Tension Control Knob (No. 49)** *clockwise*.
To decrease the tension, turn the **Tension Control Knob (No. 49)** *counter-clockwise*.



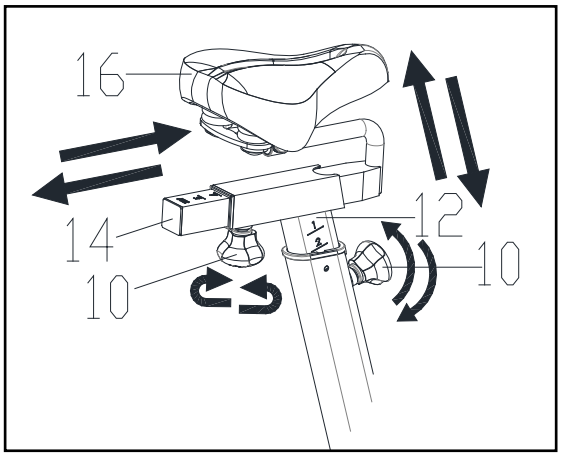
B. Emergency Brake Function:
The **Tension Control Knob (No. 49)** is also the emergency brake. Use this safety feature in any situation when you would need to get off the bike or stop the bike's flywheel.

During exercise, press down the **Tension Control Knob (No. 49)** to stop the bike immediately.



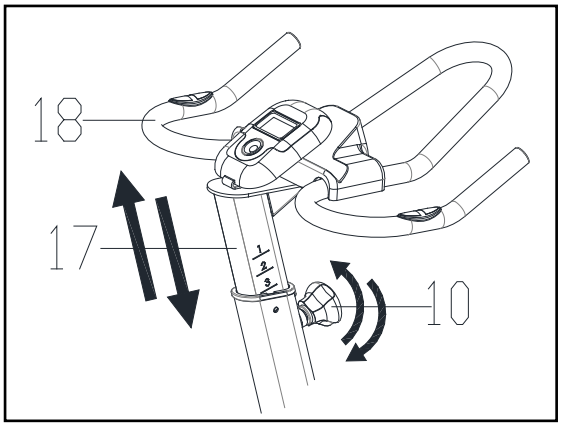
SEAT AND HANDLEBAR ADJUSTMENT

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



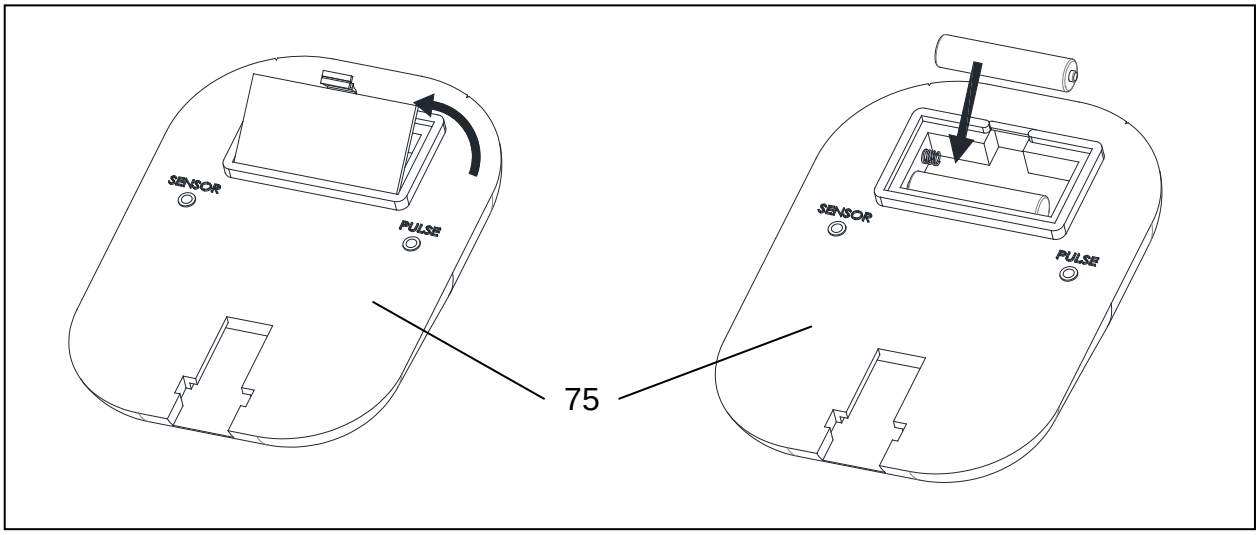
A. To adjust the height of the **Vertical Seat Post (No. 12)**, loosen and pull out the **Adjustment Knob (No. 10)**, then raise or lower the **Vertical Seat Post (No. 12)** to the desired height. Once adjusted, re-insert and tighten the **Adjustment Knob (No. 10)** to secure the **Vertical Seat Post (No. 12)** in place.

B. To adjust the **Seat (No. 16)** forward and backward, loosen and pull out the **Adjustment Knob (No. 10)**, then slide the **Seat Slider (No. 14)** to the desired position. Once positioned, re-insert and tighten the **Adjustment Knob (No. 10)** to secure the **Seat Slider (No. 14)** in place.



C. To adjust the height of **Handlebar (No. 18)**, loosen and pull out the **Adjustment Knob (No. 10)**, then slide the **Handlebar Post (No. 17)** up or down to the desired height. Once adjusted, re-insert and tighten the **Adjustment Knob (No. 10)** to secure the **Handlebar Post (No. 17)** in place.

BATTERY REPLACEMENT

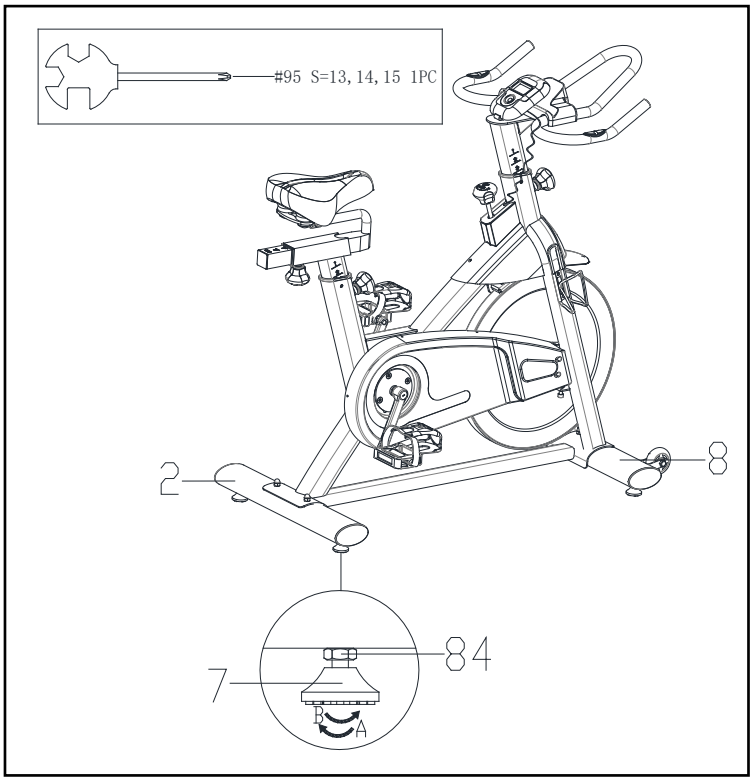


The computer uses 2 AAA batteries. If there is a problem with the display, try changing the batteries first. The batteries are located on the back of the **Computer (No. 75)**.

To replace the batteries, please open the battery cover, remove the old batteries, replace it with the new batteries, then put the battery cover back. Make sure the (-) end of the batteries goes to the spring end of the batteries compartment.

When changing batteries, always change both with new batteries. Do not mix old and new batteries. Dispose batteries according to your state and regional guidelines.

BALANCE ADJUSTMENT

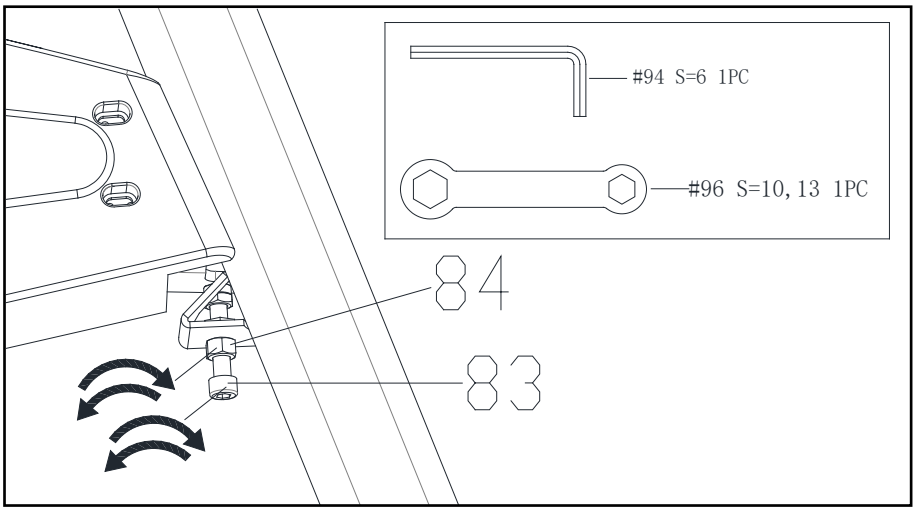


To achieve a smooth and comfortable experience, you must ensure that the bike is stable. During use, if you notice that the bike is unbalanced, you can adjust the **Base Levelers (No. 7)** located beneath the **Front & Rear Stabilizers (No. 8 & No. 2)**.

To adjust, use the **Crosshead Spanner (No. 95)** to loosen the **Nut (No. 84)** by turning it *clockwise*. With the **Nut (No. 84)** loosened, rotate the **Base Leveler (No. 7)** until it sits level with the surface that the bike is on.

When you have finished adjusting the **Base Leveler (No. 7)**, re-tighten the **Nut (No. 84)** by turning it *counter-clockwise* using **Crosshead Spanner (No. 95)**. If needed, repeat this process to adjust the remaining **Base Levelers (No. 7)**.

BELT TENSION ADJUSTMENT

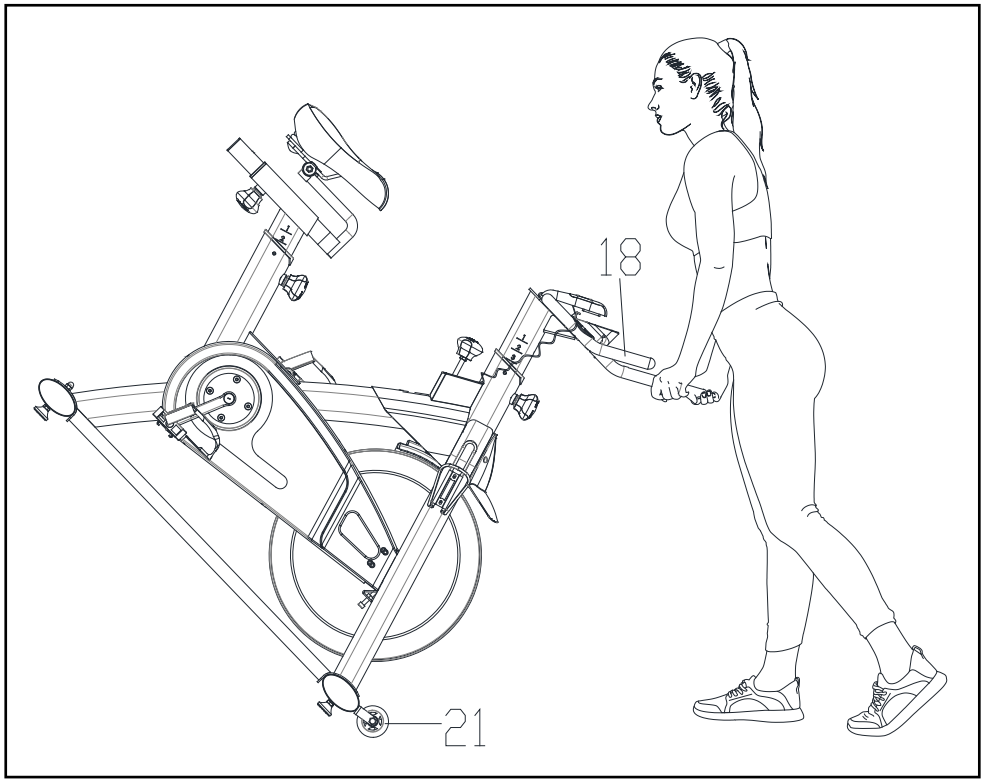


If you feel any slippage when pedaling, the **Belt (No. 34)** may need to be tightened. This may happen after a long period of use.

To tighten the **Belt (No. 34)**, use **Spanner (No. 96)** to loosen **Nut (No. 84)** *counter-clockwise*, use **Inner Hexagon Spanner (No. 94)** to turn **Bolt (No. 83)** *clockwise*, then tighten **Nut (No. 84)** *clockwise* with **Spanner (No. 96)**.

You can turn the **Right & Left Cranks (No. 28 & No. 29)** to see if the **Belt (No. 34)** runs smoothly, but we also recommend riding the bike to accurately test the **Belt (No. 34)** tension.

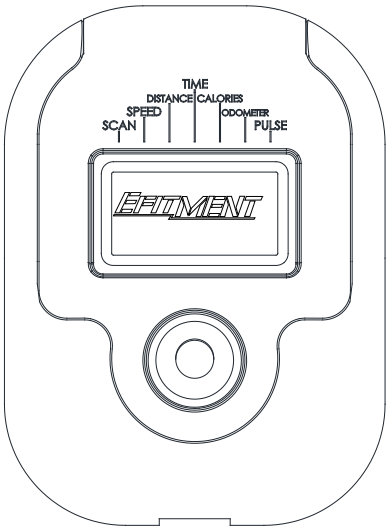
HOW TO MOVE THE BIKE



Firmly grasp and hold each side of the **Handlebar (No. 18)**. Place one foot on the front stabilizer and tilt the bike towards you until the **Transport Wheels (No. 21)** on the front stabilizer touch the ground. With the **Transport Wheels (No. 21)** on the ground, you can transport the bike to the desired location with ease.

COMPUTER INSTRUCTIONS

SPECIFICATIONS:



TIME----------0:00~99:59MIN
SPEED----------0.0~999.9ML(Miles)/H
DISTANCE----------0.00~999.9ML(Miles)
CALORIES----------0.0~999.9KCA
ODOMETER ---------- 0.0~99.99ML(Miles)
PULSE----------40~240BPM

KEY FUNCTIONS:

MODE:
Press MODE button to select and lock on to a function you want.
Press MODE button for 4 seconds to reset the values to zero, except for ODOMETER value.

FUNCTIONS:

TIME
Press the MODE button until pointer lock on to TIME. The total working time will be shown when start exercising.
SPEED
Press the MODE button until pointer lock on to SPEED. Display current speed during exercising.
DISTANCE
Press the MODE button until pointer lock on to DISTANCE. The distance of each workout will be displayed
when start exercising.
CALORIES
Press the MODE button until pointer lock on to CALORIES. The calories burned will be displayed when start exercising.
ODOMETER
Automatically accumulates workout distance when start exercising.
PULSE
Press the MODE button until the pointer lock on to PULSE function. Place both palm of your hands on the pulse sensor match for few seconds. The computer will measure your pulse and display your current heart beat rate. This value is for reference only. It cannot be used as basis for medical treatment.
SCAN
Display changes according to the next diagram every 4 seconds. Automatically display the following functions in the order shown: SPEED---DISTANCE---TIME---CALORIES---ODOMETER ---PULSE---SCAN.

NOTE:

1. The computer will turn off automatically if there are no activities after 4-5 minutes. When press MODE or start pedaling, the computer will turn on and continue to count the time, distance, calories and odometer.
2. If the computer shows improper display, please replace the batteries. You must replace both batteries at the same time.

BATTERY DISPOSAL: The computer has 2 AAA batteries included. 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.