



STREAMLINE INDOOR CYCLING BIKE

MODEL NO.:

IC037

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

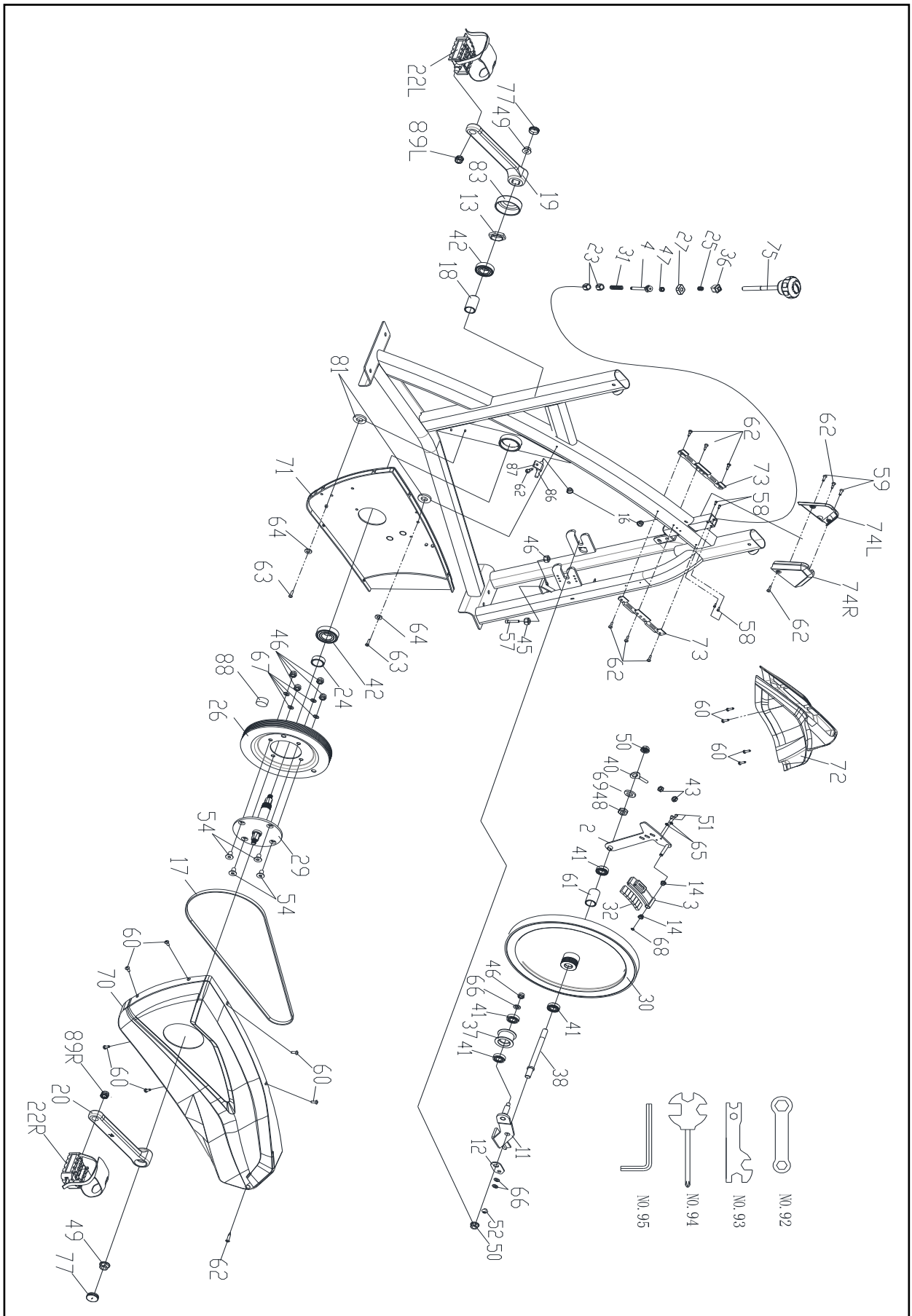
IMPORTANT SAFETY INSTRUCTIONS

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 2



PARTS LIST

No.	Description	Qty.
1	Main Frame	1
2	Magnet Holder Supporter	1
3	Magnet Holder	1
4	Brake Pole	1
5	Front Stabilizer	1
6	Rear Stabilizer	1
7	Seat Slider	1
8	Handlebar	1
9	Handlebar Post	1
10	Vertical Seat Post	1
11	Idle Pulley Bracket	1
12	Metal Plate $\delta 2.5$	1
13	Fixing Nut $\phi 28 * M20 * 1$	1
14	Plastic sleeve $\phi 18 * \phi 10 * 10$	2
15	End Cap $40 * 20 * 1.5$	2
16	Plastic Plug $\phi 14 * 14$	2
17	Belt 5PK (53 inch)	1
18	Spacer $\phi 25 * \phi 20.5 * 41.1$	1
19	Left Crank 9/16" 170*27 - LH	1
20	Right Crank 9/16" 170*27	1
21	Adjustment Knob $\phi 57 * 66$ (M16*1.5)	2
22L/R	Pedal JD-301 (9/16")	2
23	Square Plastic Washer $20.6 * 20.6 * 16$	2
24	Spacer $\phi 25 * 20.05 * 11.5$	1
25	Spring $\phi 15.5 * \phi 1.5 * 15$	1
26	Belt Wheel $\phi 200 * 24$	1
27	Nut $20 * 20 * t8$ (M10)	1
28	Washer $\Phi 32 * \Phi 8.2 * 2$	1
29	Middle Axle $\phi 20 * 168$	1
30	Flywheel $\phi 20 * 168$	1
31	Spring $\Phi 2.0 * 52$	1
32	Magnet $30 * 15 * 10$	7
33	Bottle Holder	1
34	Base Leveler $\phi 38 * 43 / (M8 * 25)$	4
35	Adjustment Knob PE+Q235/ $\phi 52 * 47$ (M8x15)	1
36	Plastic plug $25 * 25 * 27$	1
37	Idle Pulley $\Phi 43 * 28$	1

No.	Description	Qty.
38	Flywheel Spindle $\phi 16 * \phi 12 * 156$	1
39	Tube Plug Material: PP	4
40	Bolt M6*50* $\Phi 12$	1
41	Bearing 6001ZZ	4
42	Bearing 6004ZZ	2
43	Nut GB/T 41-2000 M6	2
44	Domed Nut GB/T 802-1988 M8	4
45	Nut GB/T 41-2000 M8	1
46	Lock Nut GB/T 889.1-2000 M8	8
47	Lock Nut GB/T 889.1-2000 M10	1
48	Hexagonal Nut M12X1.25 H=7	1
49	Hex Flange Nut GB/T 6177.2-2000 M10*1.25	2
50	Hex Flange Nut M12X1.25	2
51	Bolt GB/T 70.1-2000 M6*10	2
52	Bolt GB/T 70.2-2000 M8*10	1
53	Bolt GB/T 70.2-2000 M8*15	4
54	Bolt GB/T 70.3-2000 M8*18	4
55	Bolt GB/T 5780-2000 M8*40	2
56	Carriage Bolt GB/T 12-1988 M8*42	4
57	Bolt GB/T 70.1-2000 M8*45	1
58	Screw ST2.9*9.5	4
59	Screw GB/T 845-1985 ST4.2*13	2
60	Screw GB/T 845-1985 ST4.2*16	10
61	Bushing $\phi 16 * \phi 12.1 * 55.1$	1
62	Screw GB/T 15856.1-2002 ST4.2X16	10
63	Screw GB/T 15856.1-2002 ST4.2X19	4
64	Flat Washer GB/T 95-2002 $\Phi 5$	4
65	Flat Washer GB/T 95-2002 $\Phi 6$	2
66	Flat Washer GB/T 95-2002 $\Phi 8$	7
67	Spring Washer GB/T 859-1987 $\Phi 8$	8
68	Spring Washer GB894.1 $\Phi 10$	1
69	Flat Washer GB/T 95-2002 12 T=1.5	1
70	Outer Belt Cover 743*283*75	1
71	Inner Belt Cover 462*276*15	1
72	Flywheel Cover 361*148*153	1
73	Flywheel Cover Fixing Bracket 155*11*18	2
74L/R	Brake Pole Cover 95.8*16.9*72.7	2

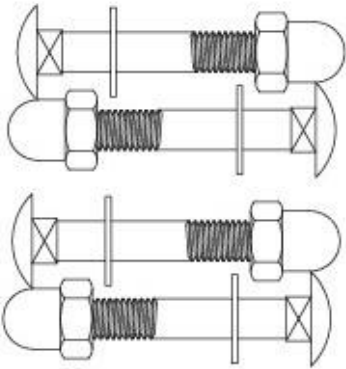
75	Brake Knob M10*100	1
76	Transport Wheel $\phi 50*23$	2
77	Crank Plug $\phi 23*7.5$	2
78	Tube Plug $\phi 25*1.5$	2
79	Foam $\phi 23*\phi 29*465$	2
80	Seat DD-2681	1
81	Plastic Washer $\phi 20*\phi 10.1*3$	2
82	Bushing $50*25*1.5/60*30*1.5$	2
83	Crank Cover $\phi 56*28$	1
84	Computer Bracket $\delta 2.5$	1
85	Computer HS-6065	1

86	Sensor L=50mm	1
87	Plastic Bracket LTF8163	1
88	Magnet c-02Z	1
89 L/R	Nut 9/16"-LH	2
90	Sensor Wire 850	1
91	Nut GB/T 41-2000 M8	2
92	Spanner S=10, 13	1
93	Universal Wrench S=11, 13, 17, 19	1
94	Crosshead Spanner S=13,14,15	1
95	Inner Hexagon Spanner S=6	1

HARDWARE PACKAGE

IC037 Tools & Accessories for Bike

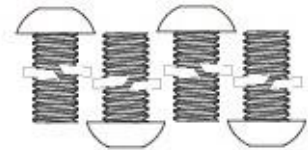
NO. 44*4pcs NO. 56*4pcs NO. 66*4pcs



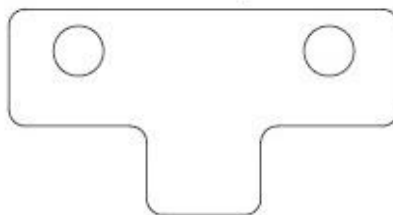
NO.93*1pc



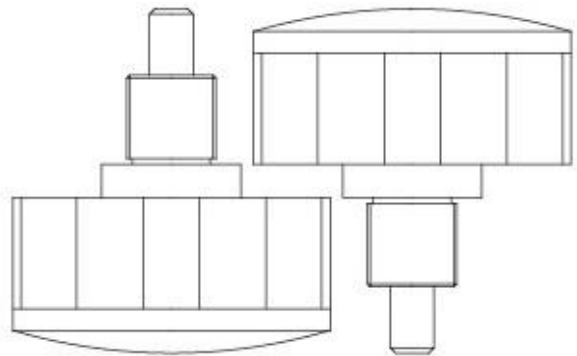
NO.53*4pcs NO.67*4pcs



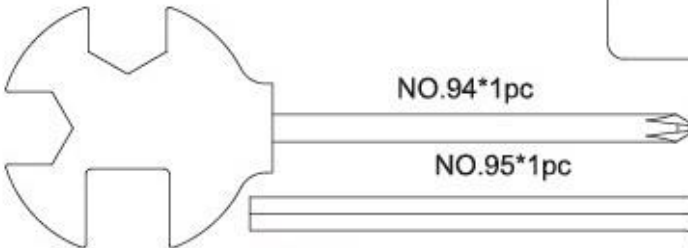
NO.84*1pc



NO.21*2pcs

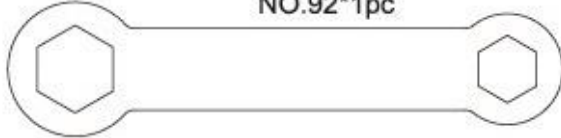


NO.94*1pc



NO.95*1pc

NO.92*1pc



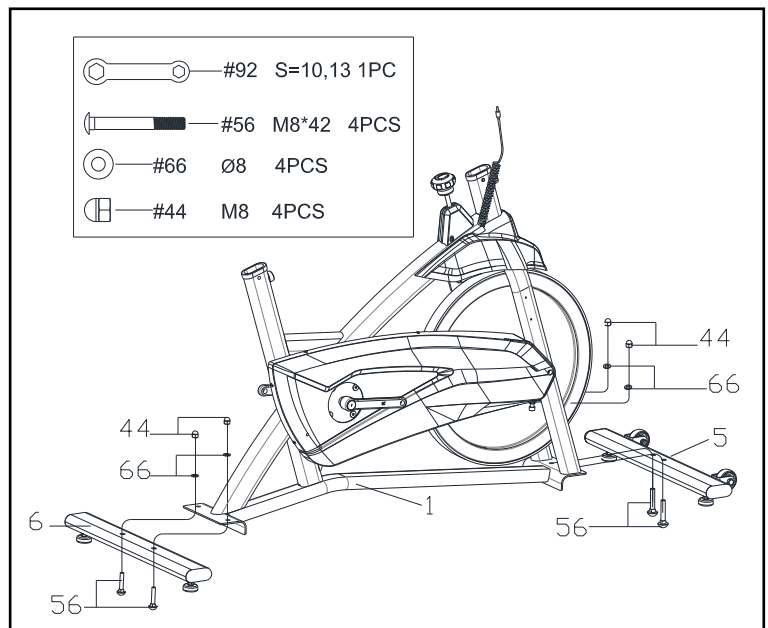
ASSEMBLY INSTRUCTIONS

PREPARATION

- Make sure that you have adequate work space around the item.
- Use the hardware package provided when assembling unit.
- 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:

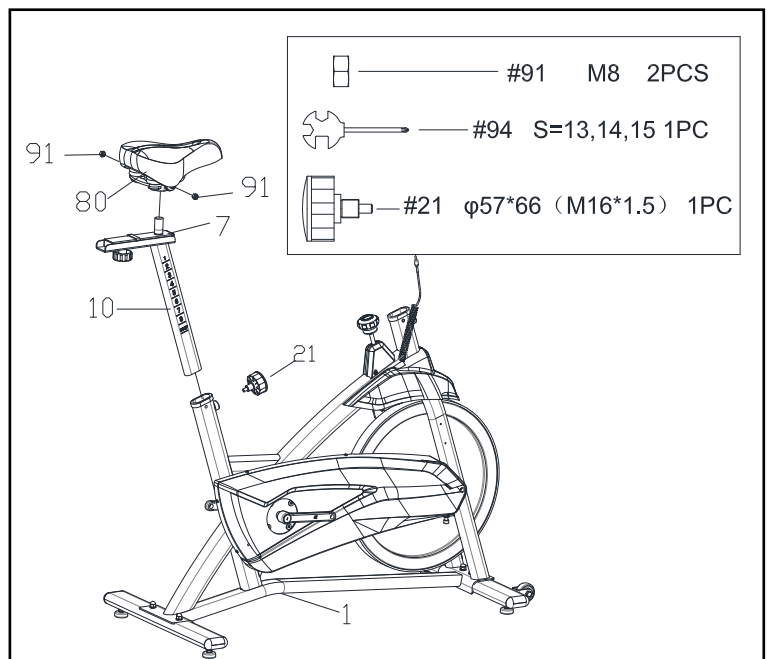
Attach the **Front Stabilizer (No.5)** and the **Rear Stabilizer (No.6)** to the **Main Frame (No.1)** using 4 **Flat Washers (No.66)**, 4 **Domed Nuts (No.44)** and 4 **Carriage Bolts (No.56)**. Tighten with **Spanner (No.92)**.



STEP 2:

Insert the **Vertical Seat Post (No.10)** into the **Main Frame (No.1)**. Set at desired height, insert and tighten the **Adjustment Knob (No.21)**.

Loosen 2 **Nuts (No.91)** from **Seat (No.80)**. Attached the **Seat (No.80)** to the **Seat Slider (No.7)** with 2 **Nuts (No.91)** that were loosened then tighten with a **Crosshead Spanner (No.94)**.



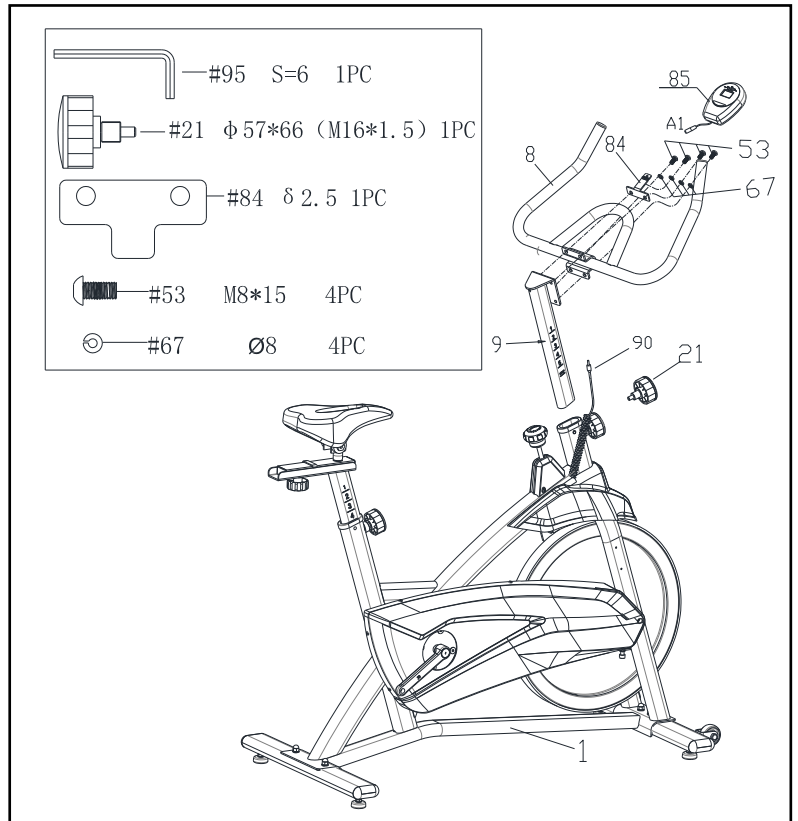
STEP 3:

Insert the **Handlebar Post (No.9)** to the **Main Frame (No.1)**. Set at desired height, insert and tighten the **Adjustment Knob (No.21)**.

Attached **Handlebar (No.8)** and **Computer Bracket (No.84)** to the **Handlebar Post (No.9)** with 4 **Bolts (No.53)** and 4 **Spring Washers (No.67)**, then tighten with **Inner Hexagon Spanner (No.95)**.

Note: Make sure attach **Computer Bracket (No.84)** on the upside 2 lock holes in **Handlebar (No.8)**

BATTERY INSTALLATION: Open the battery cover from the back of **Computer (No. 85)**, then put 1 pc of battery 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. Attach the **Computer (No.85)** to the **Computer Bracket (No.84)**, and connect the computer wire A1 to **Sensor Wire (No. 90)** together.



STEP 4:

Note: The **Pedals (No.22L/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.

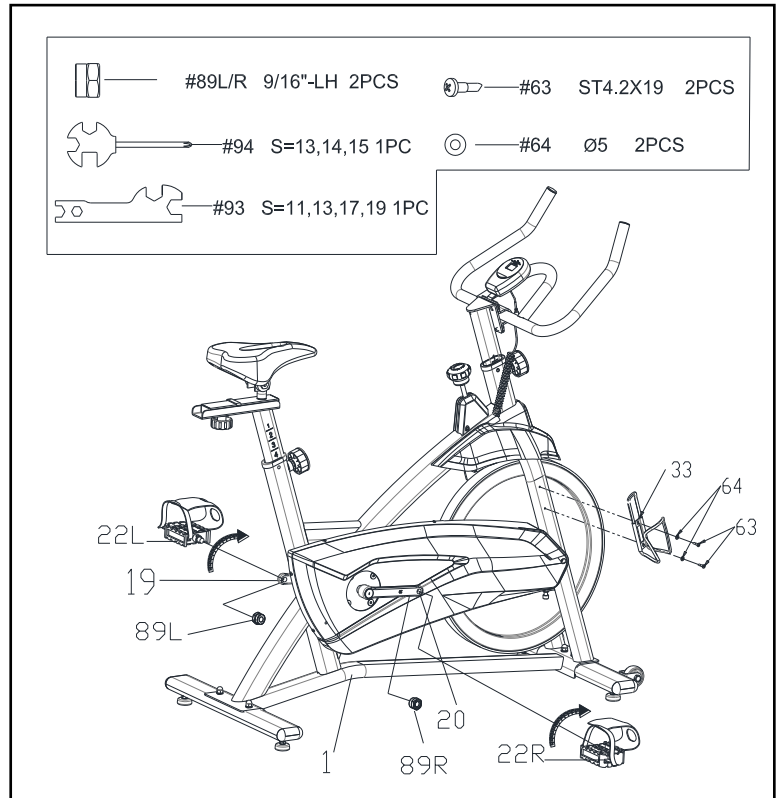
The **Nuts (No.89L/R)** are preassembled to the **Pedals (No.22L/R)**. Remove the **Nuts (No. 89L/R)** from the **Pedals (No. 22L/R)**.

Screw the **Pedal (No.22L)** counter-clockwise into **Left Crank (No.19)** as tightly as you can with your hand. Once properly screwed in place, use **Crosshead Spanner (No.94)** to hold the bolt of the pedal, then use **Universal Wrench (No.93)** to screw the **Nut (No.89L)** clockwise onto the thread end of the **Pedal (No.22L)**.

Screw the **Pedal (No.22R)** clockwise into the **Right Crank (No.20)** as tightly as you can with your hand. Once properly screwed in place, use **Crosshead Spanner (No.94)** to hold the bolt of the pedal, then use **Universal Wrench (No.93)** to screw the **Nut (No.89R)** counter-clockwise onto the thread end of the **Pedal (No. 22R)**.

Remove pre-assembled 2 **Screws (No.63)** and 2 **Flat Washers (No. 64)** from the **Main Frame (No.1)**. Then attach the **Bottle Holder (No.33)** to the **Main Frame (No.1)** with 2 **Screws (No.63)** and 2 **Flat Washers (No.64)** that were removed. Tighten with **Crosshead Spanner (No.94)**.

Assembly is now complete!



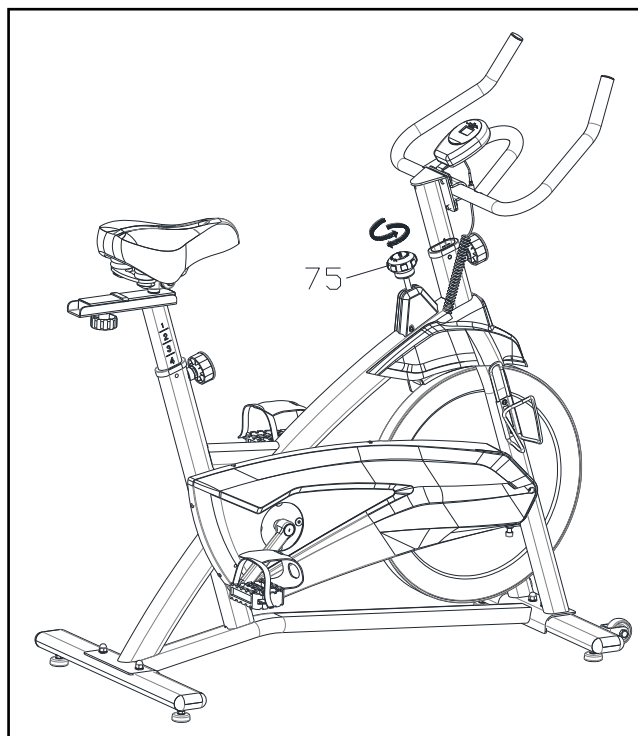
TENSION ADJUSTMENT

A. Adjusting the Tension:

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

To increase the tension, rotate the **Brake Knob (No.75)** clockwise.

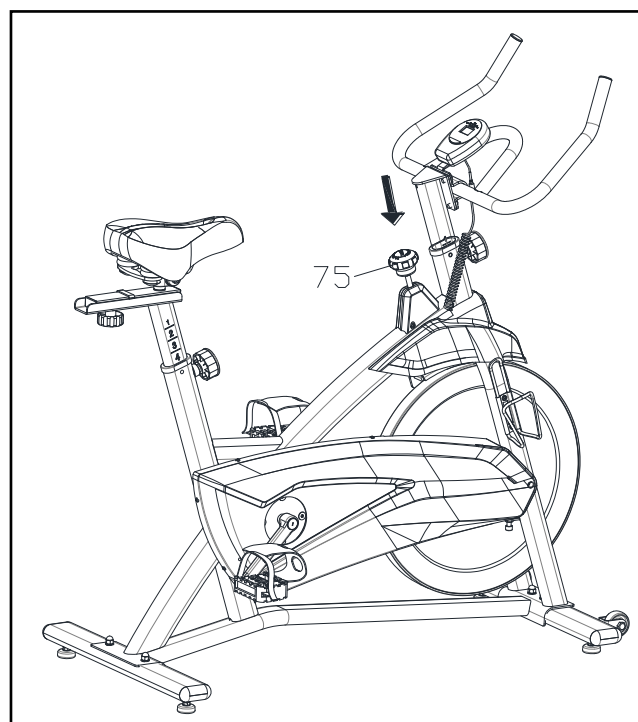
To decrease the tension, turn the **Brake Knob (No.75)** counter-clockwise.



B. Emergency Brake Function:

The **Brake Knob (No.75)** 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.

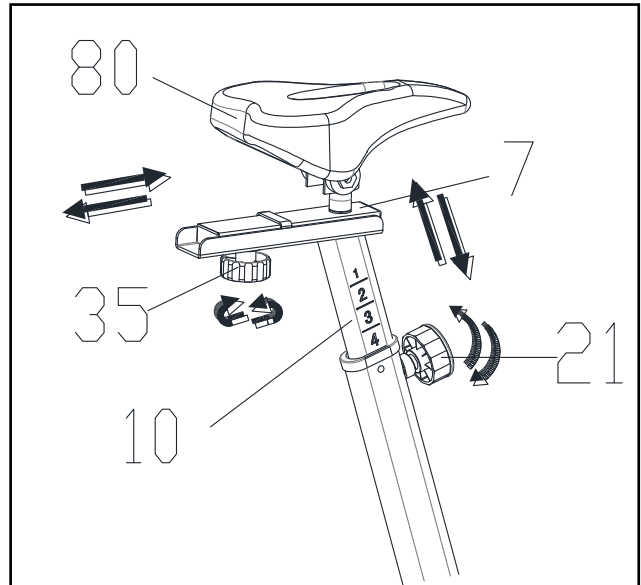
During exercise, press down the **Brake Knob (No.75)** to stop the bike immediately.



SEAT AND HANDLEBAR ADJUSTMENT

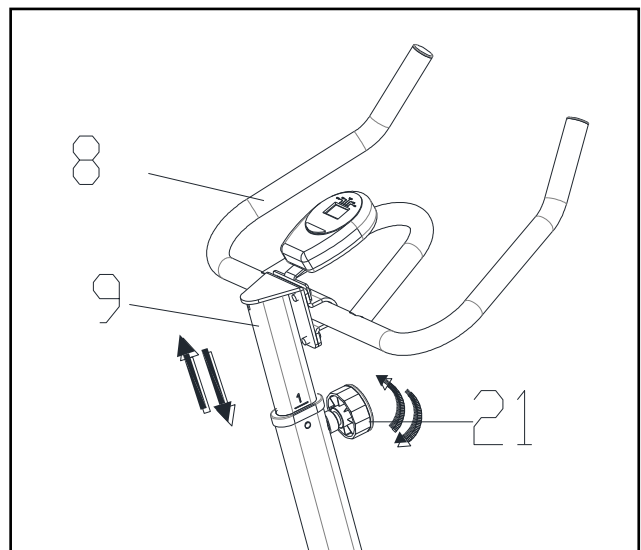
The seat of this bike is fully adjustable as it moves *Up, Down, Forward, Backward*.

A. To adjust the height of the **Vertical Seat Post (No.10)**, loosen and pull on the **Adjustment Knob (No.21)**, then raise or lower the **Seat (No.80)** to the desired height. Once adjusted, re-insert and tighten the **Adjustment Knob (No.21)** to secure the **Seat (No.80)** in place.

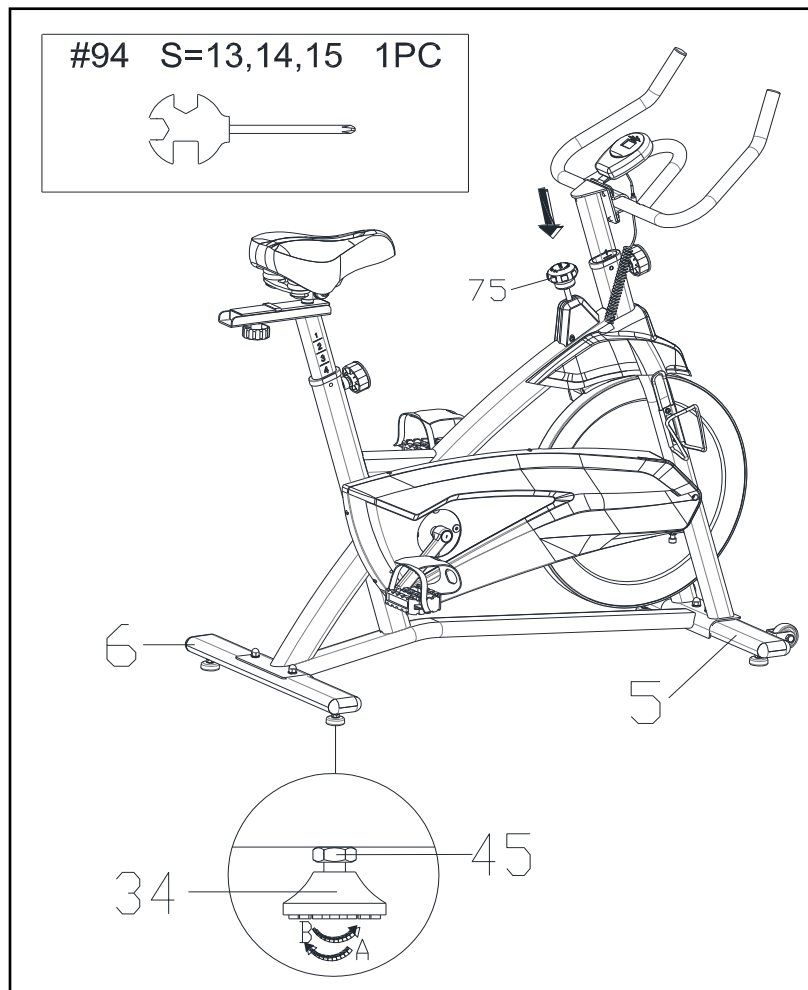


B. To adjust the **Seat (No.80)** forward and backward, loosen the **Adjustment Knob (No.35)**, then slide the **Seat Slider (No.7)** to the desired position. Once positioned, tighten the **Adjustment Knob (No.35)** to secure the **Seat Slider (No.7)** in place.

C. To adjust the height of **Handlebar (No.8)**, loosen and pull on the **Adjustment Knob (No.21)**, then slide the **Handlebar Post (No.9)** up or down to the desired height. Once adjusted, re-insert and tighten the **Adjustment Knob (No.21)** to secure the **Handlebar Post (No.9)** in place.



BALANCE ADJUSTMENT

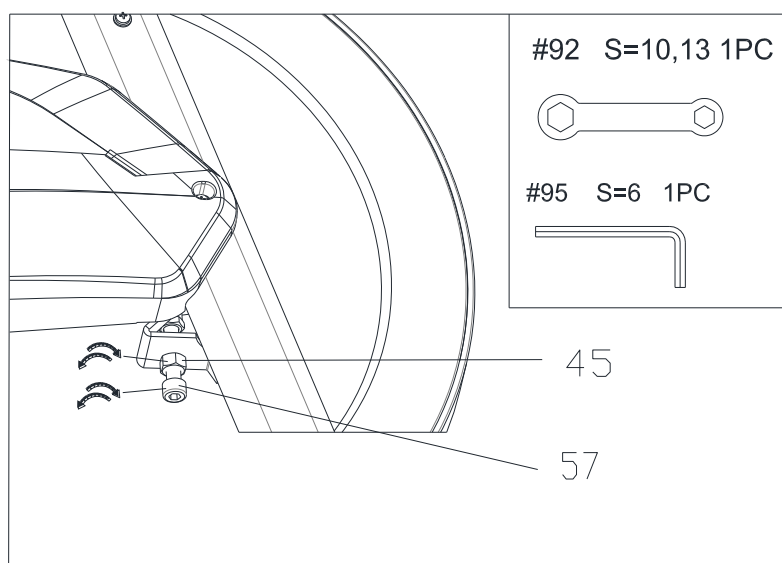


To achieve a smooth and comfortable experience, you must ensure that the bike is stable. During use, if you notice that the bike is unbalanced, you can adjust the **Base Levelers (No.34)** located beneath the **Front & Rear Stabilizers (No.5 & 6)**.

To adjust, use the **Crosshead Spanner (No. 94)** to loosen the **Nut (No.45)** by turning it *clockwise*. With the **Nut (No.45)** loosened, rotate the **Base Leveler (No.34)** until it sits level with the surface that the bike is on.

When you have finished adjusting the **Base Leveler (No.34)**, re-tighten the **Nut (No.45)** by turning it *counter-clockwise* using **Crosshead Spanner (No. 94)**. If needed, repeat this process to adjust the remaining **Base Leveler (No.34)**.

BELT TENSION ADJUSTMENT



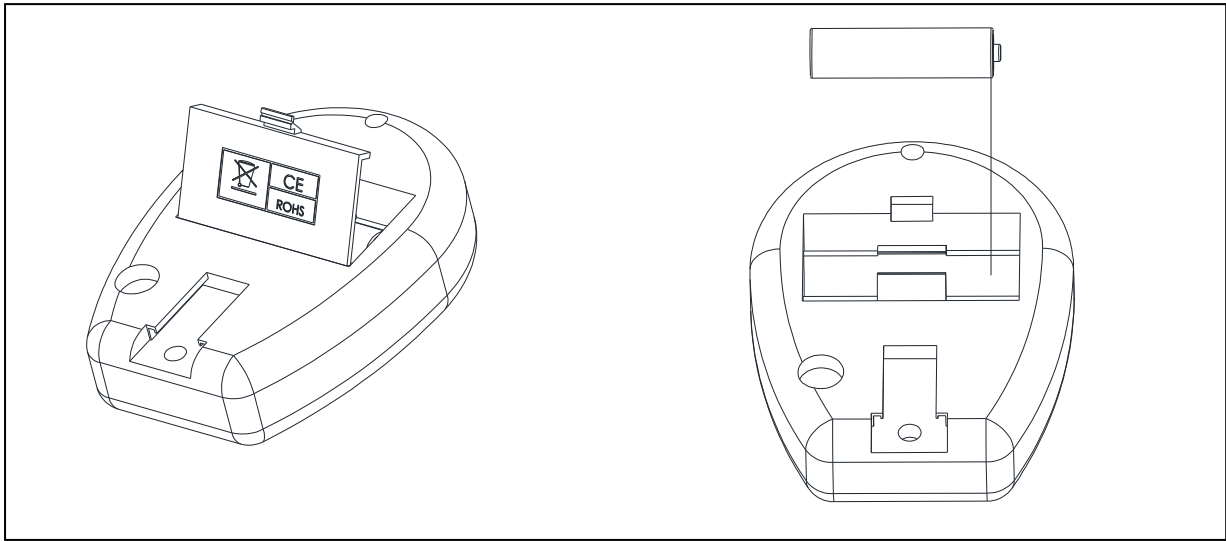
If you feel any slippage when pedaling, the **Belt (No.17)** may need to be tightened. This may happen after a long period of use.

To tighten the **Belt (No.17)**, use **Spanner (No.92)** to loosen **Nut (No.45)** counter-clockwise, use **Inner Hexagon Spanner (No.95)** to turn **Bolt (No.57)** clockwise, then tighten **Nut (No.45)** clockwise with **Spanner (No.92)**.

You can turn the **Crank (No.19 & 20)** to see if the **Belt (No.17)** runs smoothly, but we also recommend riding the bike to accurately test the **Belt (No.17)** tension.

If tension still needs to be adjusted, repeat this step until **Belt (No.17)** is at correct tension.

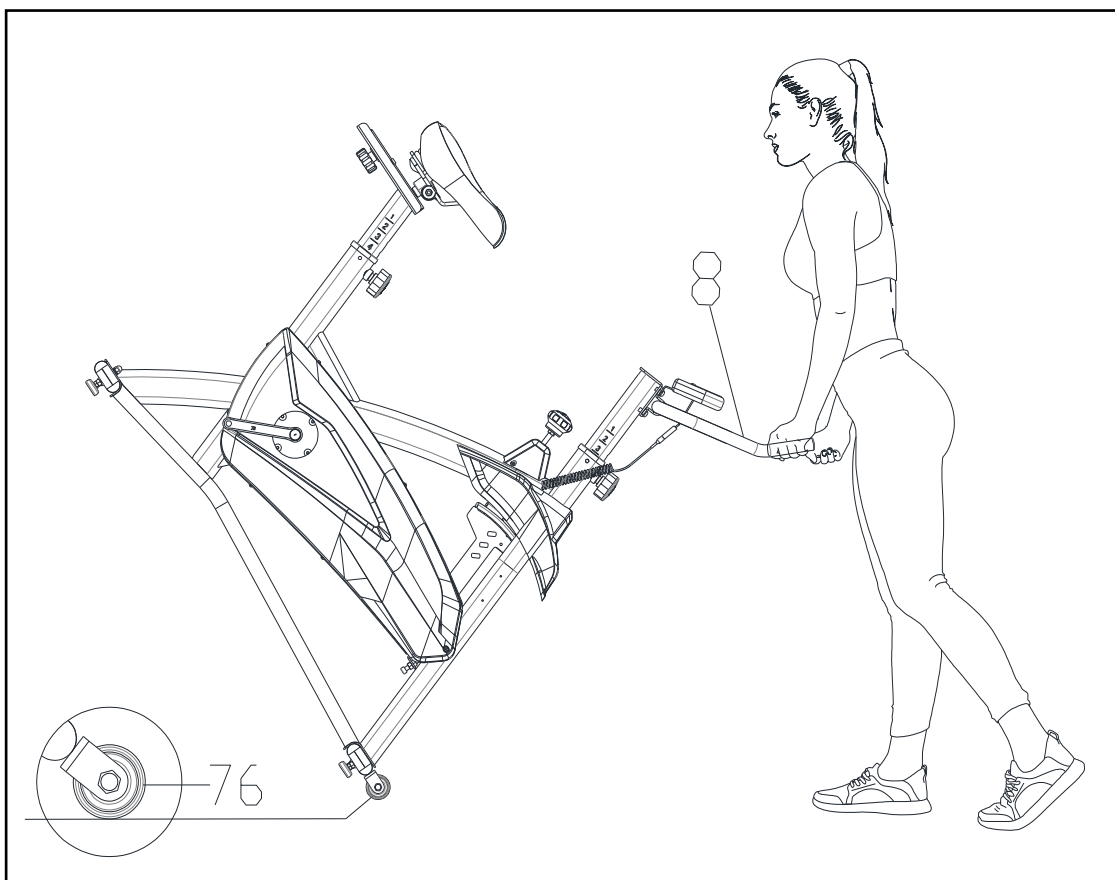
BATTERY REPLACEMENT



The computer uses 1 AAA battery. If there is a problem with the display, try changing the battery first. The battery is located on the back of the computer.

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

HOW TO MOVE THE BIKE



Firmly grasp and hold each side of the **Handlebar (No.8)**. Place one foot on the front base and tilt the bike towards you until the **Transport Wheels (No.76)** on the front base touch the ground. With the **Transport Wheels (No.76)** on the ground, you can transport the bike to the desired location with ease.

COMPUTER INSTRUCTIONS

KEY GUIDE:

MODE: Press to select a function. Press and hold the MODE button for 4 seconds to reset all values.

FUNCTION:

TIME

Press the MODE key until the pointer lock on to "TIME"; the monitor will display the time function on the screen.

SPEED

Press the MODE key until the pointer lock on to "SPEED"; the monitor will display the speed function on the screen.

DISTANCE (DIST)

Press the MODE key until the pointer lock on to "DIST"; the monitor will display the distance function on the screen.

CALORIE (CAL)

Press the MODE key until the pointer lock on to "CAL"; the monitor will display the calorie function on the screen.

SCAN

Display changes according to the next diagram every 4 seconds. Automatically display the following functions in the order shown: TIME---SPEED---CAL---DIST---SCAN

NOTE: The monitor will turn off automatically, if there are no activities after 3 minutes, all function values will be saved. You can press any key or start exercising to turn on the monitor.

BATTERY DISPOSAL: The computer has 1 AAA battery included. Dispose the battery according to the laws and regulations of your local region. Some batteries may be recycled. When disposing or recycling, do not mix battery types.

