EFITMENT

MAGNETIC BELT DRIVE PERFORMANCE INDOOR CYCLE BIKE

MODEL NO.:

IC031

IMPORTANT!
Read all instructions carefully before using this product. Save this manual for future reference.

EXERCISE EQUIPMENT QUESTIONS:
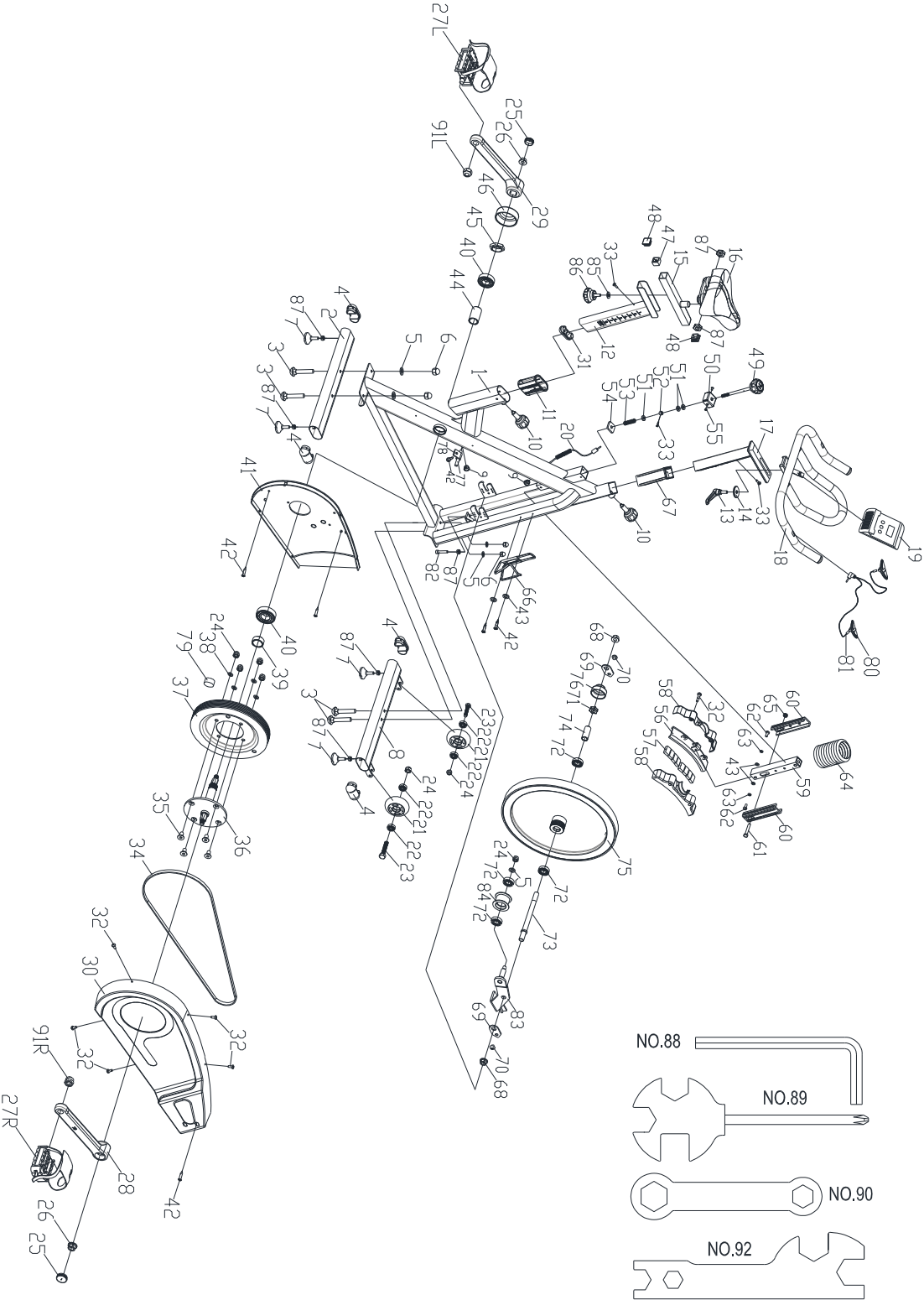Contact customer service at
service@zoovaa.com

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.
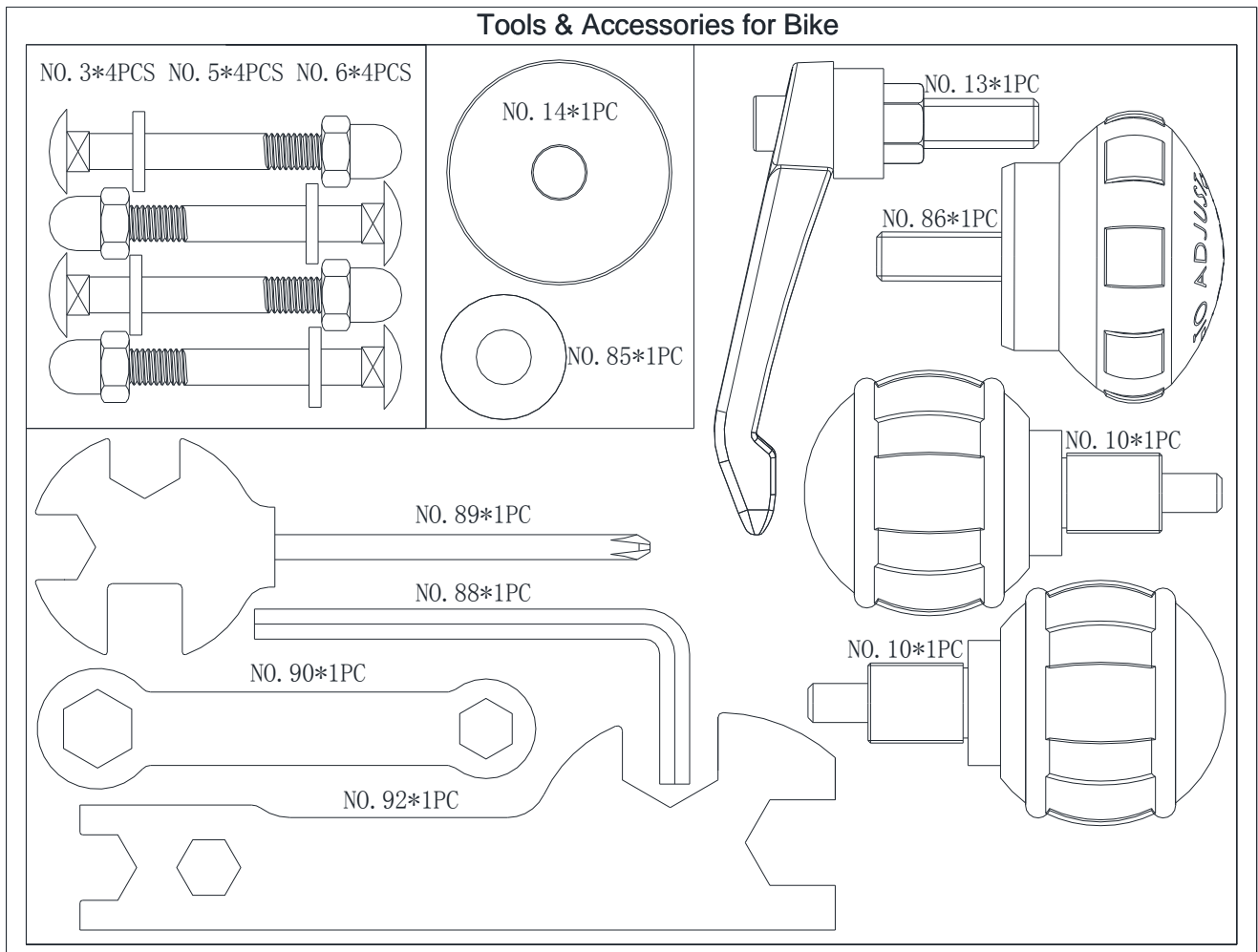
SAVE THESE INSTRUCTIONS

EXPLODED DRAWING

NO.88

NO.89

NO.90

NO.92

PARTS LIST

No.	Description	Qty.	No.	Description	Qty.
1	Main Frame	1	37	Belt Wheel φ200*24	1
2	Rear Stabilizer	1	38	Elastic Washer GB/T 859-1987φ8	4
3	Carriage Bolt GB/T 12-1988 M8*52	4	39	Casing Pipe φ25*φ20.05*11.5	1
4	End Cap Material:PP	4	40	Crank Bearing 6004ZZ	2
5	Flat Washer GB/T 95-2002 φ8	5	41	Left Belt Cover 406*258*17	1
6	Domed Nut GB/T 802-1988 M8 (H=16mm)	4	42	Screw GB/T 15856.1-2002 ST4.2*16	6
7	Base Leveler φ38*43 (M8X25)	4	43	Flat Washer GB/T 95-2002 φ5	4
8	Front Stabilizer	1	44	Casing Pipe φ25*φ20.05*41.1	1
9	Plastic Plug φ14*14	2	45	Fixing Nut φ28*M20*1	1
10	Adjustment Knob φ50*82 (M16*1.5)	2	46	Middle Axle Cover φ56*28	1
11	Plastic Sleeve Material:PP	1	47	Nut Block	1
12	Vertical Seat Post	1	48	End Cap 30*30	2
13	Adjustment Knob M10*25	1	49	Brake Knob Φ10*168	1
14	Flat Washer φ45*φ10.5*5	1	50	Brake Cap 45*45*24	1
15	Seat Slider	1	51	Plastic Washer φ20*φ10.1*3	3
16	Seat C-3604T/NT-189	1	52	Casing Pipe Φ14*Φ10*8	1
17	Handlebar Post	1	53	Spring Φ2.0*55	1
18	Handlebar	1	54	Plastic Sheet 32*32*6	1
19	Computer X-3574	1	55	Bolt GB/T 819.1-2000 M5*10	2
20	Sensor Wire =1400	1	56	Magnet Holder	1
21	Transport Wheel φ69*26	2	57	Magnet 30*15*10	8
22	Bearing 608ZZ	4	58	Decorative Cover 190*52*32.5	2
23	Bolt GB/T 5780-2000 M8*40	2	59	Brake Adjustment Tube	1
24	Lock Nut GB/T 889.1-2000 M8	7	60	Plastic Sleeve 111*26.5*12.5	2
25	Crank Plug φ23*7.5	2	61	Bolt GB/T 5780-2000 M6*35	1
26	Flange Nut GB/T 6177.2-2000 M10*1.25	2	62	Bolt GB/T 5780-2000 M5*12	2
27L/R	Pedal JD-301（9/16"）	1 SET	63	Elastic Washer GB/T 859-1987 φ5	2
28	Right Crank 9/16"	1	64	Telescopic Tube Φ45*85	1
29	Left Crank 9/16"-LH	1	65	Lock Nut GB/T 889.1-2000 M6	1
30	Right Belt Cover 652*265*61.5	1	66	Bottle Holder φ6	1
31	Tube Plug Material:PP	1	67	Handlebar Bushing Material:PP	1
32	Screw GB/845-85 ST4.2*9.5 F	6	68	Hex Flange Nut M12*1.25	2
33	Screw ST4.8*16	3	69	Metal Plate δ2.5	2
34	Belt 5PK1340mm（53in)	1	70	Bolt GB/T 70.2-2000 M8*5	2
35	Bolt GB/T 70.3-2000 M8*18	4	71	Hexagonal Nut M12*1.25 t7	1
36	Middle Axle φ20*158	1	72	Flywheel Bearing 6001ZZ	4

No.	Description	Qty.	No.	Description	Qty.
73	Flywheel Spindle φ16*φ12*160	1	83	Belt Wheel Holder	1
74	Casing Pipe φ16*φ12.1*36	1	84	Pully φ43*28	1
75	Flywheel 18KG	1	85	Flat Washer φ25*φ11*t2.5	1
76	Decorative Cover φ59*35	1	86	Adjustment Knob M10*25	1
77	Sensor SR-212	1	87	Hexagonal Nut M8	7
78	Sensor Holder LTF8163	1	88	Inner Hexagon Spanner S=6	1
79	Magnet c-02Z	1	89	Crosshead Spanner S=13,14,15	1
80	Pulse Sensor Match Φ25 tube	2	90	Spanner S=10,13	1
81	Pulse Sensing Line L=700	1	91L/R	Nut 9/16"&9/16"-L	1
82	Bolt GB/T 70.1-2000 M8*45	1	92	Open Wrench S=11,13,17,19	1

HARDWARE PACKAGE

Tools & Accessories for Bike

NO. 3*4PCS NO. 5*4PCS NO. 6*4PCS

NO. 14*1PC

NO. 13*1PC

NO. 85*1PC

NO. 86*1PC

NO. 89*1PC

NO. 88*1PC

NO. 10*1PC

NO. 90*1PC

NO. 10*1PC

NO. 92*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 **Flat Washers (No. 5)**, 4 **Domed Nuts (No. 6)** and 4 **Carriage Bolts (No. 3)**. Tighten with a **Spanner (No. 90)**.
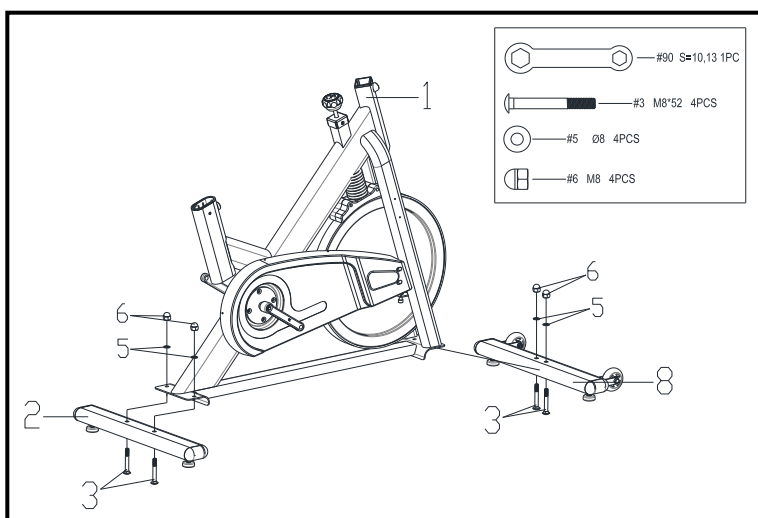
STEP 2:

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

Attach the **Seat Slider (No. 15)** to the **Vertical Seat Post (No. 12)** using the **Adjustment Knob (No. 86)** and the **Flat Washer (No. 85)**.

Loosen 2 **Hexagonal Nuts (No. 87)** from **Seat (No. 16)**. Attach the **Seat (No. 16)** to the **Seat Slider (No. 15)** with 2 **Hexagonal Nuts (No. 87)** that were loosened then tighten with a **Crosshead Spanner (No. 89)**.
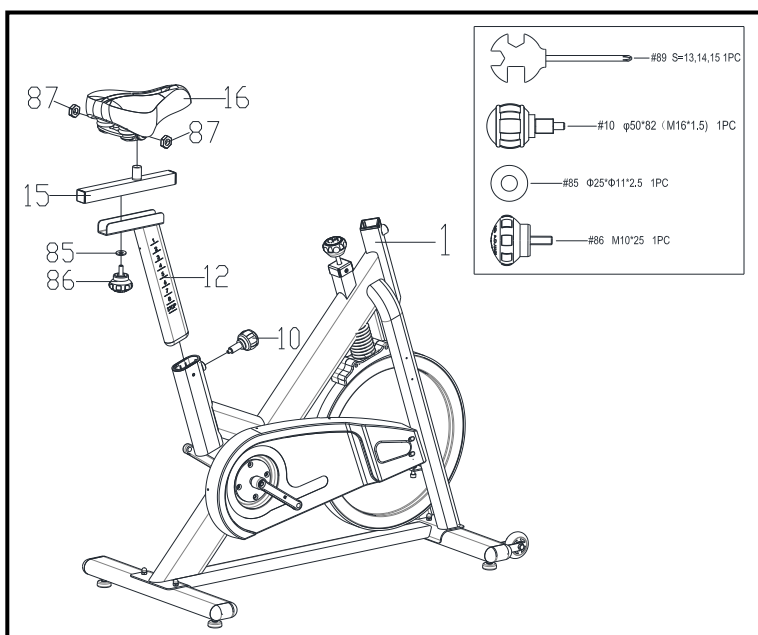
STEP 3:

Release the **Adjustment Knob (No. 10)** and insert the **Handlebar Post (No. 17)** into the **Main Frame (No. 1)**. Set at desired height and tighten the **Adjustment Knob (No. 10)**.

Attach the **Handlebar (No. 18)** to the **Handlebar Post (No. 17)** using the **Adjustment Knob (No. 13)** and the **Flat Washer (No. 14)**.
NOTE: Make sure the **Adjustment Knob (No. 13)** is tightened.

Attach the **Computer (No. 19)** to the **Handlebar (No. 18)**. Then plug the **Sensor Wire (No. 20)** into the SPEED port and plug the **Pulse Sensing Line (No. 81)** into the PULSE port located on the back of the **Computer (No. 19)**.
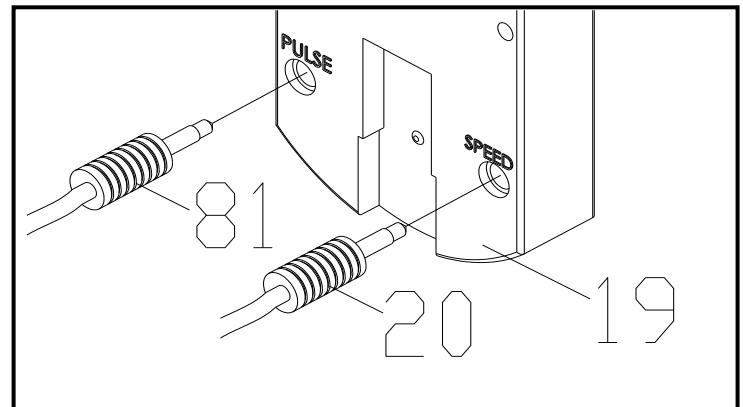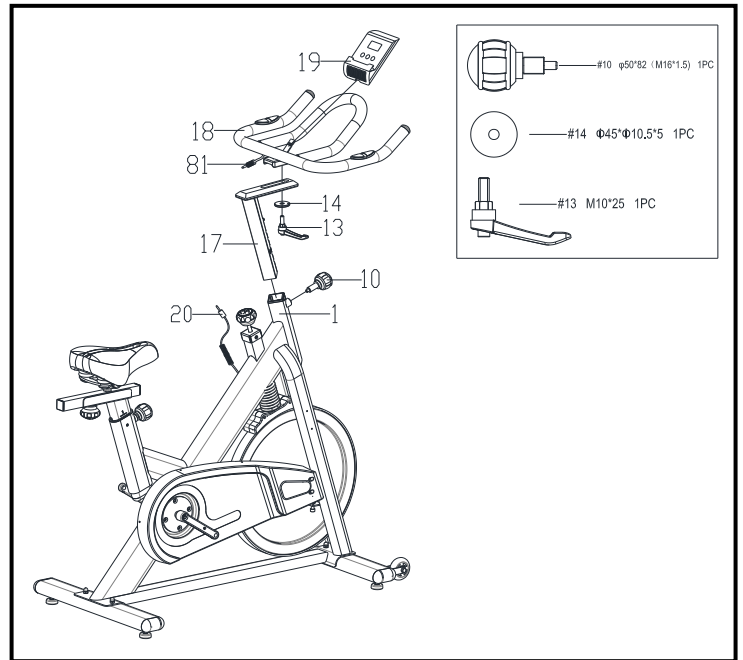
STEP 4:

Note: The **Pedals (No. 27L/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. 91L/R)** are preassembled to the **Pedals (No. 27L/R)**

Turn the **Left Pedal (No. 27L)** _counter-clockwise_ as tightly as you can with your hand, then use **Crosshead Spanner (No. 89)** to tighten securely. Use **Crosshead Spanner (No. 89)** to hold the bolt of the pedal in place, then use **Open Wrench (No. 92)** to screw the **Nut (No. 91L)** _clockwise_ onto the thread end of the **Left Pedal (No. 27L)**.

Turn the **Right Pedal (No. 27R)** _clockwise_ as tightly as you can with your hand, then use **Crosshead Spanner (No. 89)** to tighten securely. Use **Crosshead Spanner (No. 89)** to hold the bolt of the pedal in place, then use **Open Wrench (No. 92)** to screw the **Nut (No. 91R)** _counter-clockwise_ onto the thread end of the **Right Pedal (No. 27R)**

Remove 2 preassembled **Screws (No. 42)** and 2 **Flat Washers (No. 43)** from the **Main Frame (No. 1)**. Then attach the **Bottle Holder (No. 66)** to the **Main Frame (No.1)** using the 2 **Screws (No. 42)** and 2 **Flat Washers (No. 43)** that were removed. Tighten with a **Crosshead Spanner (No. 89)**.
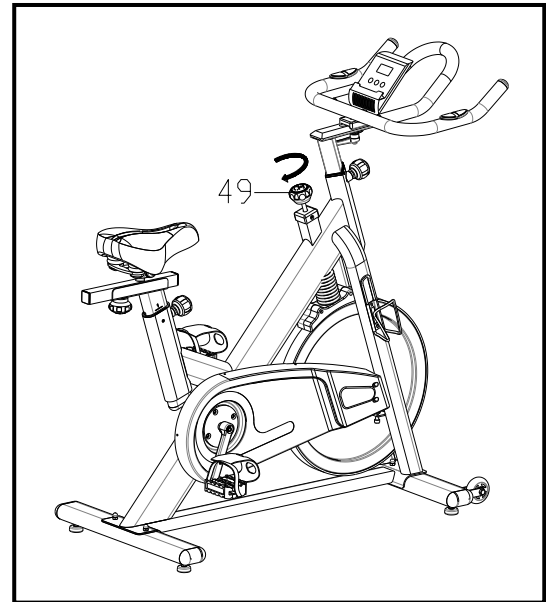
Assembly is now complete!
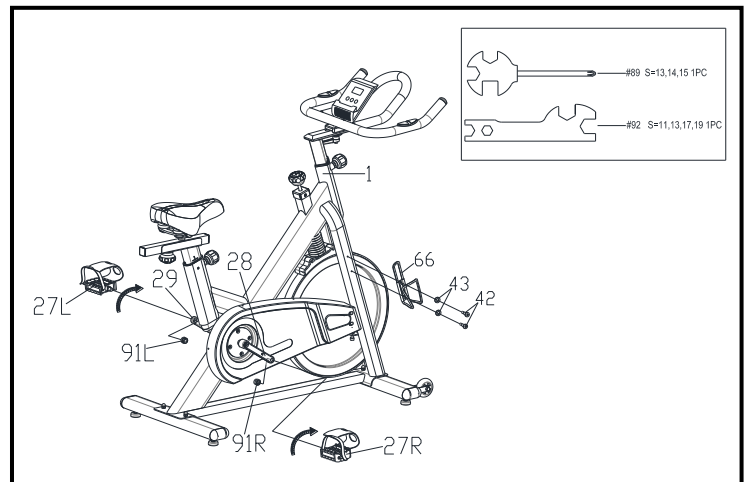
TENSION ADJUSTMENT

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. 49)** _clockwise_.
To decrease the tension, turn the **Brake Knob (No. 49)** _counter-clockwise_.

B. Emergency Brake Function:

The **Brake 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 **Brake Knob (No. 49)** to stop the bike immediately.
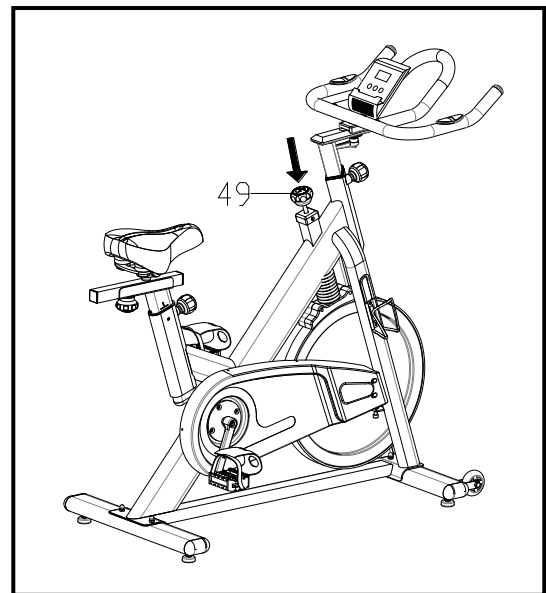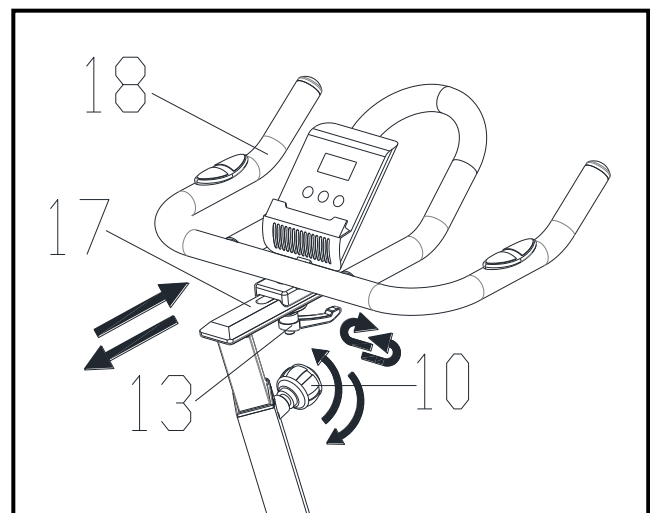
SEAT AND HANDLEBAR ADJUSTMENT

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 on the **Adjustment Knob (No. 10)**, then raise or lower the seat to the desired height. Once adjusted, re-insert and tighten the **Adjustment Knob (No. 10)** to secure the seat in place.
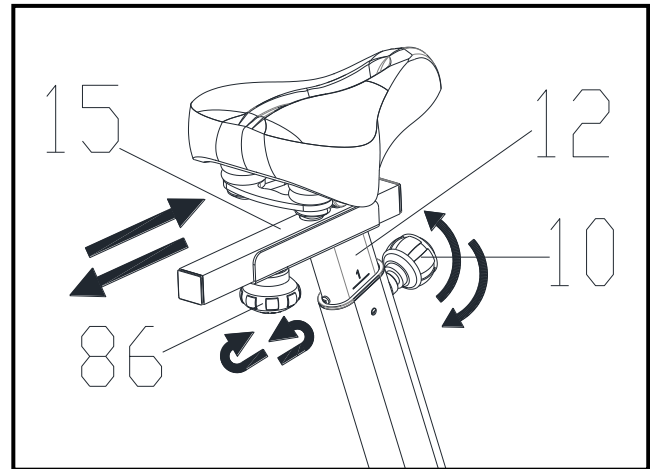

B. To adjust the seat forward and backward, loosen **Adjustment Knob (No. 86)**, then slide the **Seat Slider (No. 15)** to the desired position. Once positioned, re-insert and tighten the **Adjustment Knob (No. 86)** to secure the **Seat Slider (No. 15)** in place.

C. To adjust the height of handlebar, loosen and pull on 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.

D. While seated on the bike, adjust the handlebar forward or backward by loosening the **L-Shape Knob (No. 13)** in *counter-clockwise* direction then slide the **Handlebar (No. 18)** to the desired position. Once positioned, tighten the **Adjustment Knob (No. 13)** in *clockwise* direction to secure the **Handlebar (No. 18)** in place.

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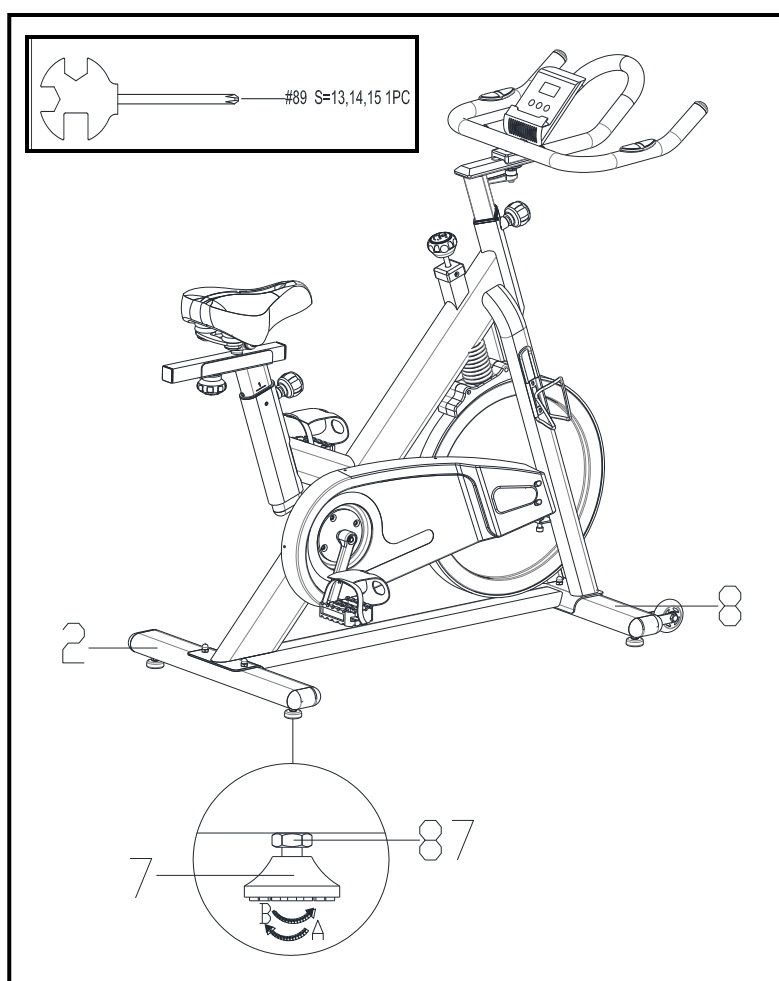
To achieve a smooth and comfortable experience, you must ensure that the bike is stable. During use, if you notice that the bike is unbalanced, you can adjust the **Base Leveler (No. 7)** located beneath the **Front and Rear Stabilizers (No. 8 & 2)**.

To adjust, use the **Crosshead Spanner (No. 89)** to loosen the **Hexagonal Nut (No. 87)** by turning it _clockwise_. With the **Hexagonal Nut (No. 87)** 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 **Hexagonal Nut (No. 87)** by turning it _counter-clockwise_ using **Crosshead Spanner (No. 89)**. If needed, repeat this process to adjust the remaining **Base Leveler (No. 7)**.

BELT TENSION ADJUSTMENT

#88 S=6 1PC

#89 S=13,14,15 1PC

87

82
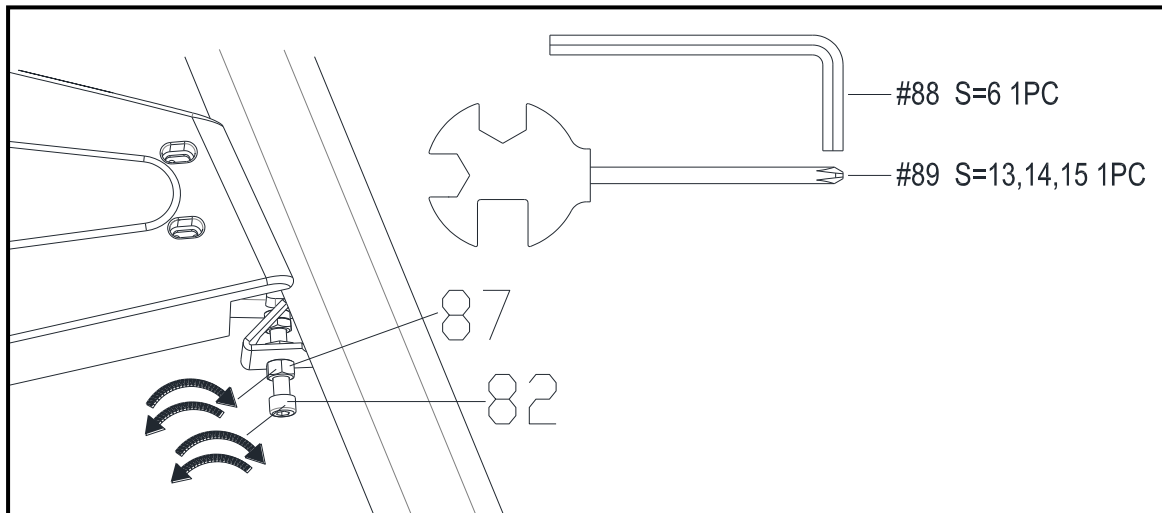
If you feel any slippage when pedaling, the belt may need to be tightened. This may happen after a long period of use.

To tighten the belt, loosen **Hexagonal Nut (No. 87)** _counter-clockwise_, turn **Bolt (No. 82)** _clockwise_ to tighten, then tighten **Hexagonal Nut (No. 87)** _clockwise_.

You can turn the crank to see if the belt runs smoothly, but we also recommend riding the bike to accurately test the belt tension.

If tension still needs to be adjusted, repeat this step until belt is at correct tension.

HOW TO MOVE THE BIKE
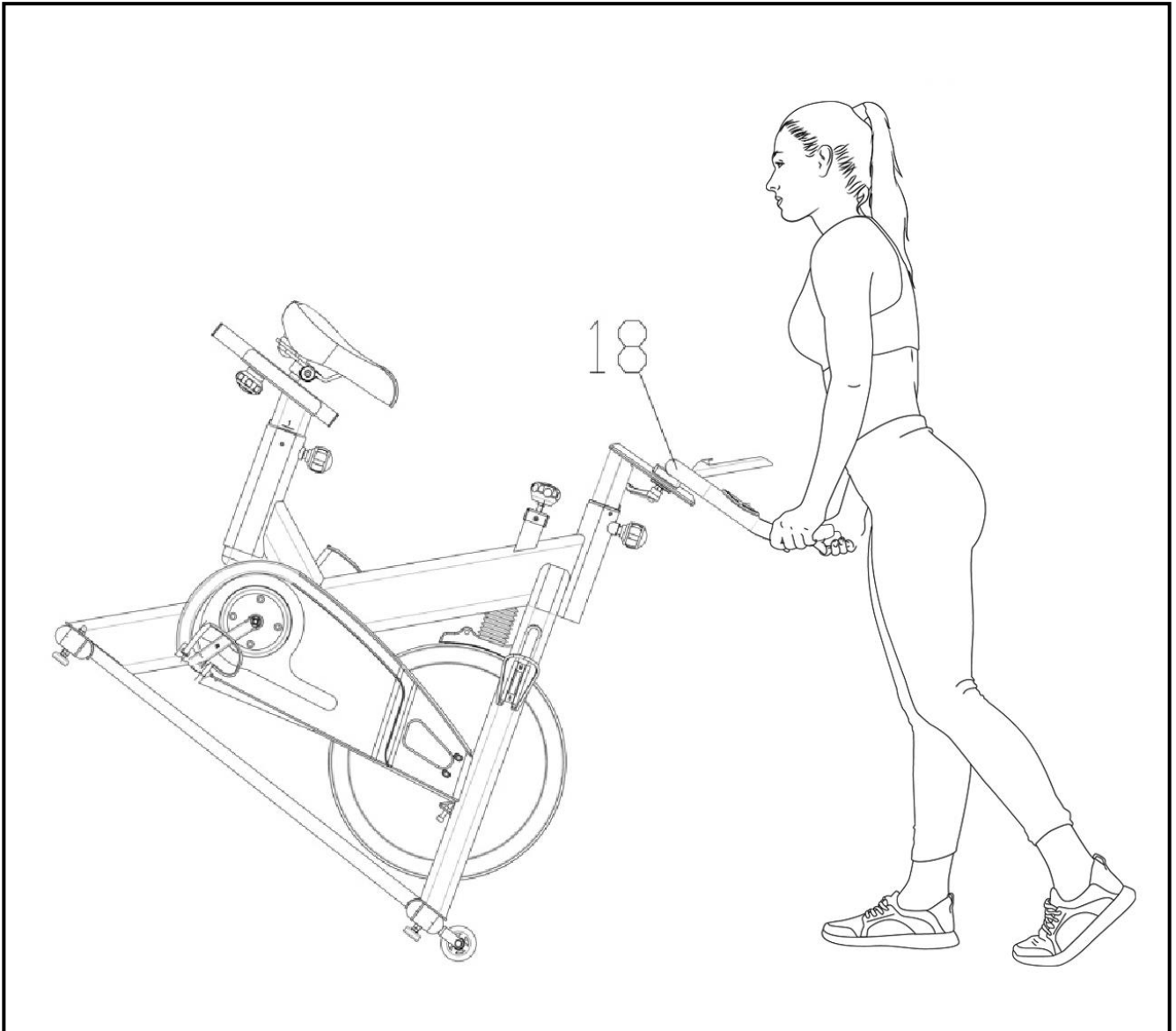
Firmly grasp and hold each side of the **Handlebar (No. 18)**. Place one foot on the front base and tilt the bike towards you until the transport wheels on the front base touch the ground. With the wheels on the ground, you can transport the bike to the desired location with ease.

COMPUTER INSTRUCTIONS

KEY FUNCTIONS:
MODE: Press to select a function
SET: Press to preset value for TIME, DISTANCE, CALORIES
CLEAR (RESET): Press to clear the value

HOW TO USE:
The computer can either:
(1) count the values for this workout session
(2) countdown from a preset value for TIME, DISTANCE, CALORIES

To turn on the computer, start pedaling or press any key.

The computer has these functions:
SCAN, TIME, SPEED, DISTANCE, CALORIES, ODOMETER, PULSE

When the computer turns on, SCAN and TIME will appear. When SCAN appears, the display will repeatedly rotate through all the functions for about 6 seconds each.
If you do not want to SCAN, press MODE then SCAN will disappear and the computer will display TIME until you press the MODE key again to go to the next function. Press MODE until screen displays the function you want to view.

(1) Start pedaling and computer will count TIME, SPEED, DISTANCE and CALORIES.
(2) COUNTDOWN FUNCTION
You can preset values to countdown TIME, CALORIES or DISTANCE. Press MODE until the function you want is displayed. Make sure computer is not in SCAN. Press SET to increase the value to the number you want to preset. If you need to clear the value, press RESET.
Start pedaling and the computer will countdown. When the value reaches zero, the computer will beep and start to count up again.

ODOMETER accumulates the total distance of your workouts since batteries are installed in the computer.

PULSE: Press MODE button until PULSE appears. To measure your pulse rate, place the palms of your hands on both the sensor pads. The computer will show your current heart rate in beats per minute (BPM) after 6~7 seconds.
Note: During the first few seconds, the value will be higher than the actual value. The measurement value cannot be regarded as the basis of medical treatment.

RESET: To reset values to zero, press and hold the MODE key for 3 seconds. This does not reset ODOMETER. If you change the batteries, all values will reset to 0, including ODOMETER.
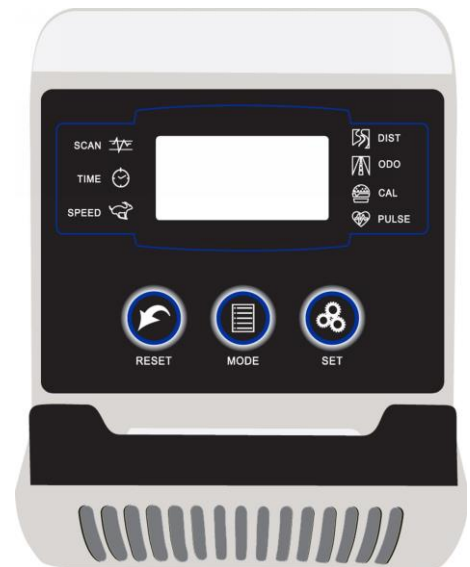
BATTERY: The computer uses 2 AAA batteries, which are included. If there is a problem with the display, try changing the batteries first. When changing the batteries, change both of them. Do not mix old and new batteries. Do not mix battery types. Dispose old batteries according to your regional guidelines.

SPECIFICATIONS:

FUNCTION	SCAN	Every 6 seconds
	TIME	0:00' ~ 99:59'
	SPEED	0.0~ 999.9 MPH
	DISTANCE	0.00 ~ 999.9 MILE
	CALORIES	0.0 ~ 999.9 CAL
	ODOMETER	0.0 ~ 9999 MILE
	PULSE RATE	40 ~ 240 BPM
BATTERY TYPE		2pcs of SIZE –AAA or UM –4
OPERATING TEMPERATURE		0°C ~ 40°C (32° ~ 104℉)
STORAGE TEMPERATURE		10°C ~ 60°C (50° ~ 140℉)

V 5