

E-FIT MENT

PRO FIT BELT DRIVE INDOOR BIKE

MODEL NO.:

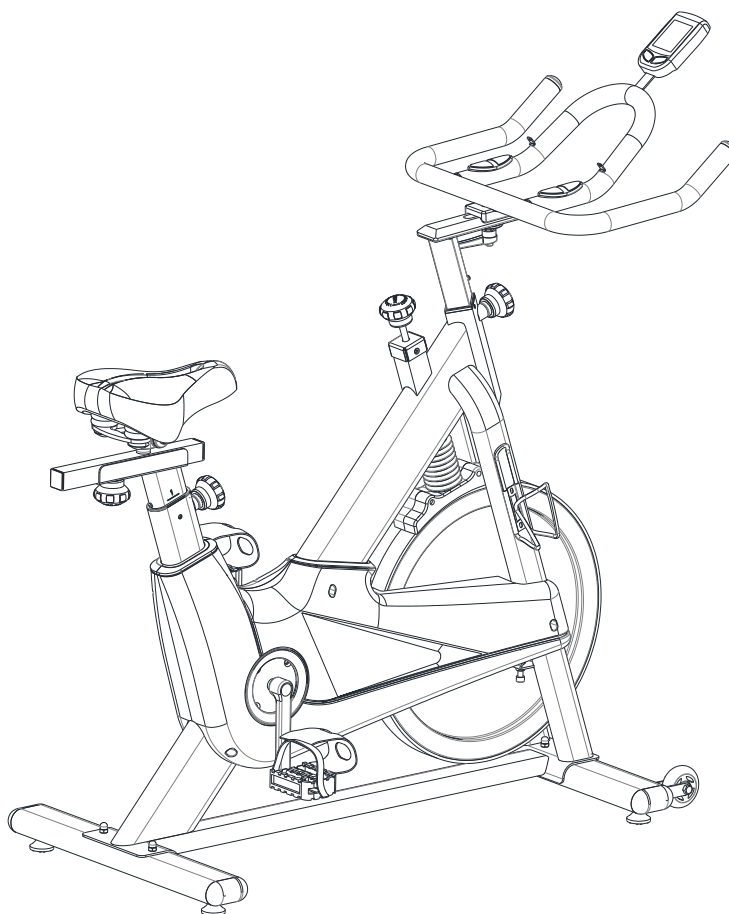
IC033

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

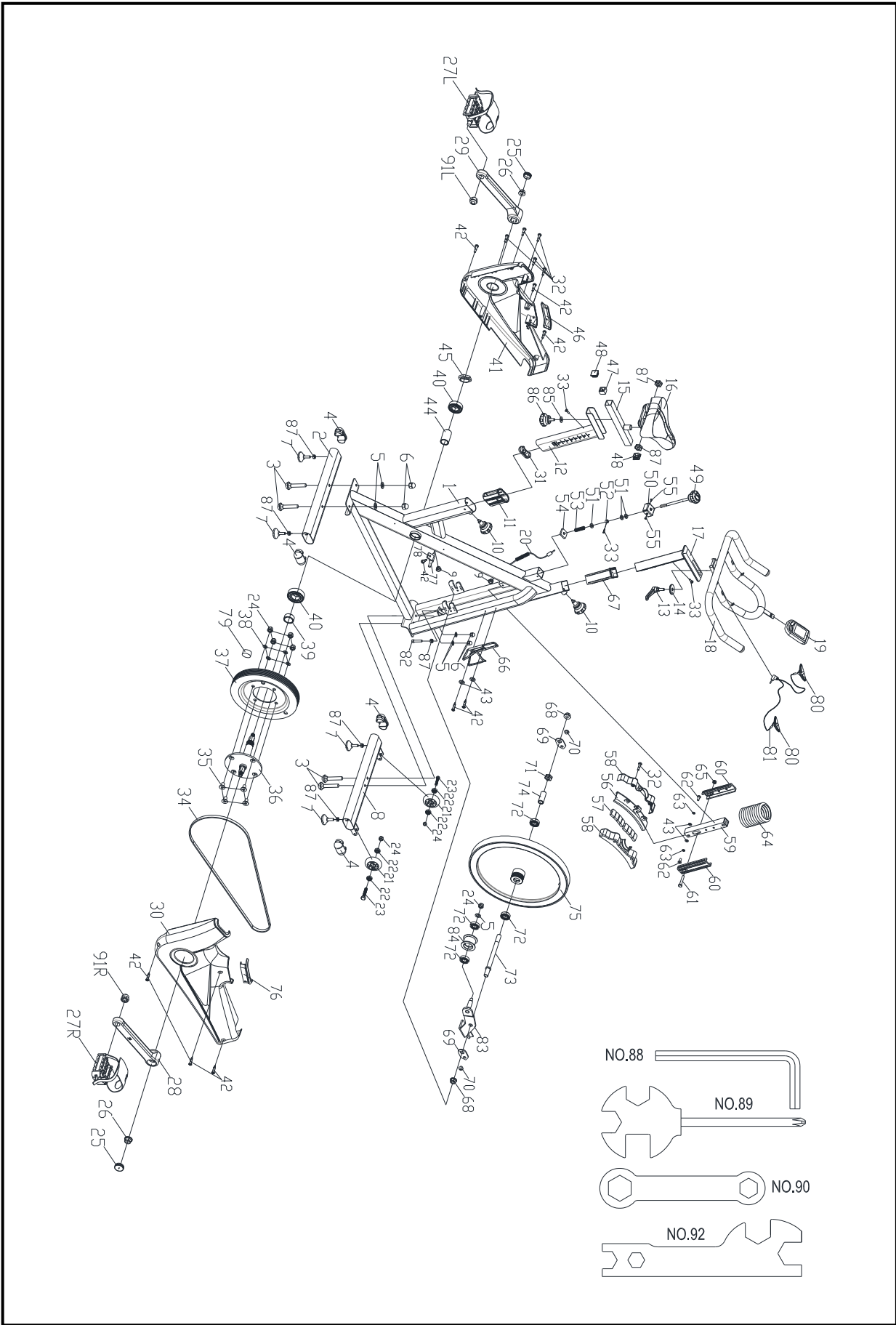
IMPORTANT SAFETY INSTRUCTIONS

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*52	4
4	End Cap Material: PP	4
5	Flat Washer GB/T 95-2002 ϕ 8	5
6	Domed Nut GB/T 802-1988 M8 (H=16mm)	4
7	Base Leveler ϕ 38*43 (M8*25)	4
8	Front Stabilizer	1
9	Plastic Plug ϕ 14*14	2
10	Adjustment Knob ϕ 59*80.5 (M16*1.5)	2
11	Plastic Sleeve Material: PP	1
12	Vertical Seat Post	1
13	L-Shaped Knob M10*25	1
14	Flat Washer ϕ 45* ϕ 10.5*5	1
15	Seat Slider	1
16	Seat C-3604T/NT-189	1
17	Handlebar Post	1
18	Handlebar	1
19	Computer X-3574	1
20	Sensor Wire L=1400	1
21	Transport Wheel ϕ 69*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 ϕ 23*7.5	2
26	Flange Nut GB/T 6177.2-2000 M10*1.25	2
27L/R	Pedal JD-301 (9/16")	1 SET
28	Right Crank 9/16"	1
29	Left Crank 9/16"-LH	1
30	Right Belt Cover 738*100*400	1
31	Tube Plug Material: PP	1
32	Screw GB/845-85 ST4.2*9.5 F	6
33	Screw ST4.8X16	3
34	Belt 5PK1340mm (53in)	1
35	Bolt GB/T 70.3-2000 M8*18	4
36	Middle Axle ϕ 20*158	1

No.	Description	Qty.
37	Belt Wheel ϕ 200*24	1
38	Elastic Washer GB/T 859-1987 ϕ 8	4
39	Spacer ϕ 25* ϕ 20.05*11.5	1
40	Crank Bearing 6004ZZ	2
41	Left Belt Cover 738*95*400	1
42	Screw GB/T 15856.1-2002 ST4.2*16	9
43	Flat Washer GB/T 95-2002 ϕ 5	4
44	Spacer ϕ 25* ϕ 20.05*41.1	1
45	Fixing Nut ϕ 28*M20*1	1
46	Left Decorative Cover 164*35.5*32	1
47	Nut Block	1
48	End Cap 30*30	2
49	Brake Knob Φ 10*168	1
50	Brake Cap 45*45*24	1
51	Plastic Washer ϕ 20* ϕ 10.1*3	3
52	Casing Pipe Φ 14* Φ 10*8	1
53	Spring Φ 2.0*52	1
54	Square Nut 32*32*6	1
55	Bolt GB/T 819.1-2000 M5*10	2
56	Magnet Holder	1
57	Magnet 30*15*10	8
58	Decorative Cover 190*52*32.5	2
59	Brake Adjustment Tube	1
60	Plastic Sleeve 111*26.5*12.5	2
61	Bolt GB/T 5780-2000 M6*35	1
62	Bolt GB/T 5780-2000 M5*12	2
63	Elastic Washer GB/T 859-1987 ϕ 5	2
64	Telescopic Tube Φ 45*85	1
65	Lock Nut GB/T 889.1-2000 M6	1
66	Bottle Holder ϕ 6	1
67	Handlebar Bushing Material: PP	1
68	Hex Flange Nut M12*1.25	2
69	Metal Plate δ 2.5	2
70	Bolt GB/T 70.2-2000 M8*5	2
71	Hexagonal Nut M12*1.25 t7	1
72	Flywheel Bearing 6001ZZ	4

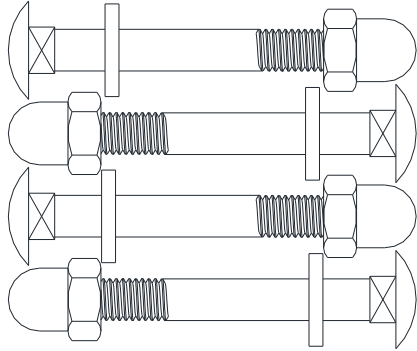
No.	Description	Qty.
73	Flywheel Spindle $\phi 16 * \phi 12 * 160$	1
74	Sleeve $\phi 16 * \phi 12.1 * 36$	1
75	Flywheel 20KG	1
76	Right Decorative Cover $164 * 37.5 * 32$	1
77	Sensor SR-212	1
78	Sensor Holder LTF8163	1
79	Magnet c-02Z	1
80	Pulse Sensor Match $\phi 25$ Tube	2
81	Pulse Sensing Line L=700	1
82	Bolt GB/T 70.1-2000 M8*45	1

No.	Description	Qty.
83	Belt Wheel Holder	1
84	Pulley $\phi 43 * 28$	1
85	Flat Washer $\phi 25 * \phi 11 * t 2.5$	1
86	Adjustment Knob M10*25	1
87	Hexagonal Nut M8	7
88	Inner Hexagon Spanner S=6	1
89	Crosshead Spanner S=13,14,15	1
90	Spanner S=10,13	1
91L/R	Nut $9/16" \& 9/16"-L$	1
92	Open Wrench S=11,13,17,19	1

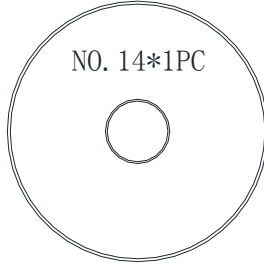
HARDWARE PACKAGE

Tools & Accessories for Bike

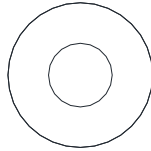
NO. 3*4PCS NO. 5*4PCS NO. 6*4PCS



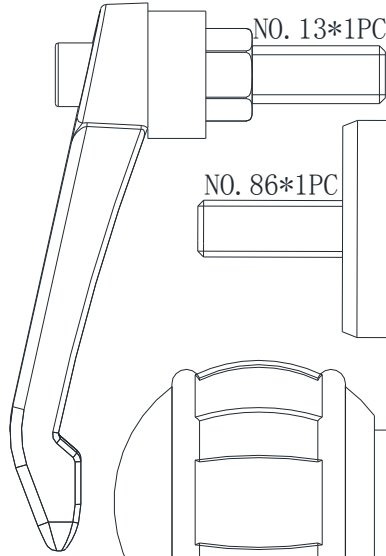
NO. 14*1PC



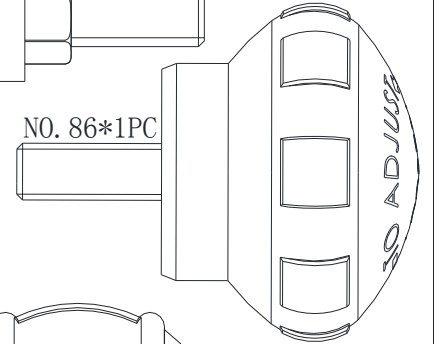
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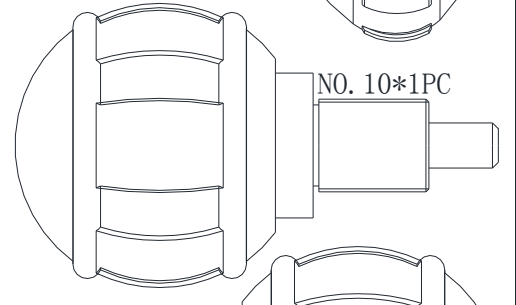
NO. 13*1PC



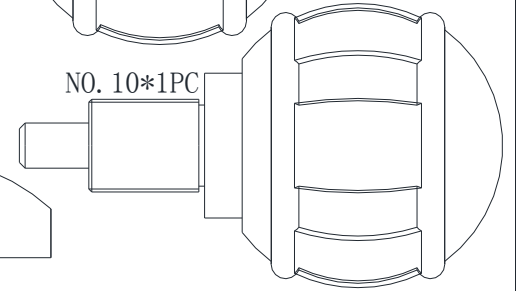
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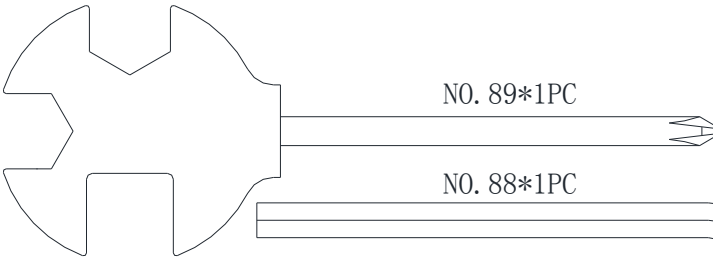
NO. 10*1PC



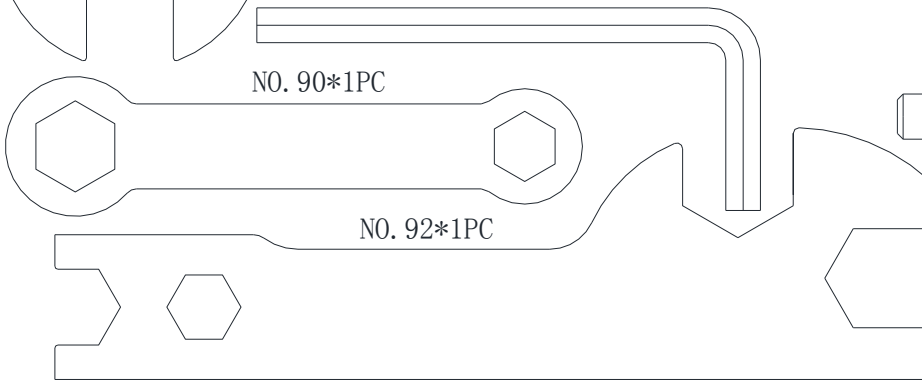
NO. 10*1PC



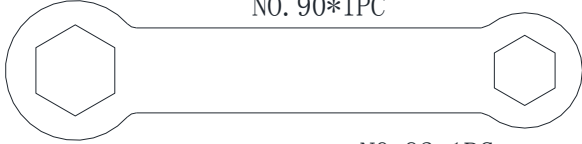
NO. 89*1PC



NO. 88*1PC



NO. 90*1PC



NO. 92*1PC



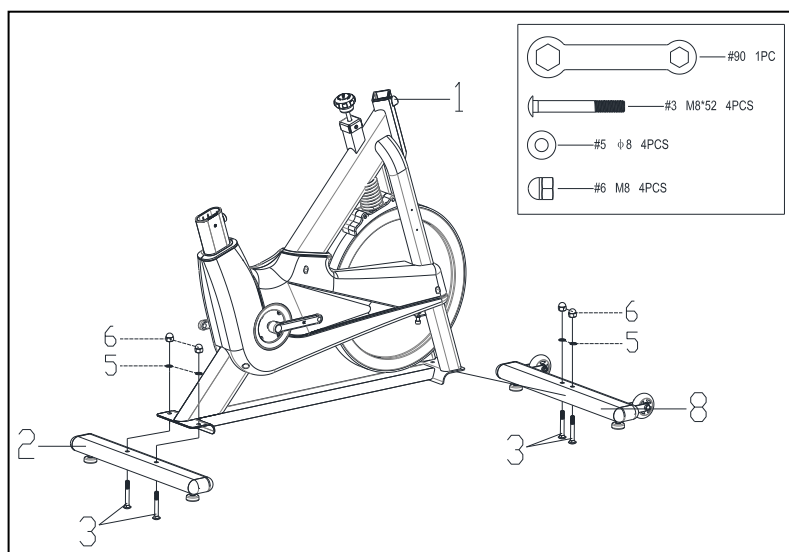
ASSEMBLY INSTRUCTIONS

PREPARATION BEFORE STARTING ASSEMBLY:

- A. Make sure that you have adequate workspace around the item.
- B. Use the hardware package provided when assembling unit.
- C. Confirm all necessary parts and tools are available (Note: This instruction sheet provides 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)**.

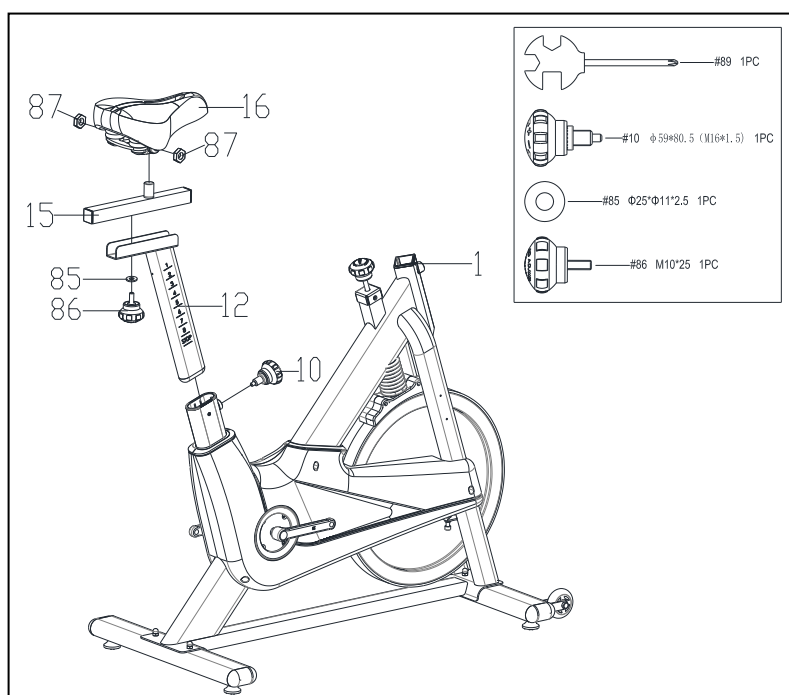


STEP 2:

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 **Seat Slider (No. 15)** with 2 **Hexagonal Nuts (No. 87)** that were loosened then tighten with a **Crosshead Spanner (No. 89)**.



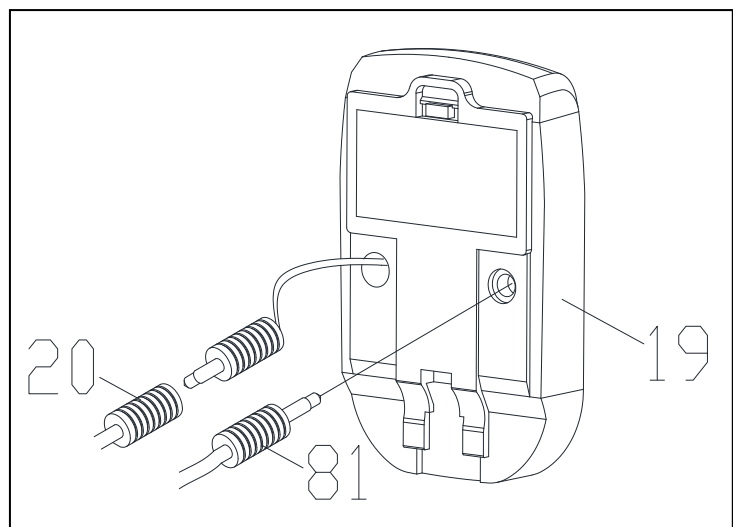
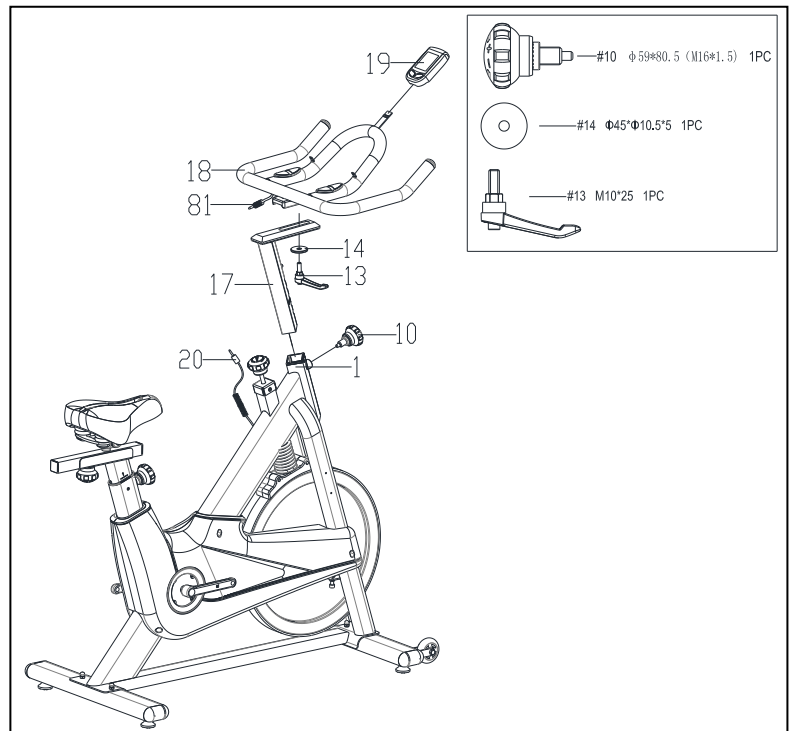
STEP 3:

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

Attach **Handlebar (No. 18)** to **Handlebar Post (No. 17)** using **L-Shaped Knob (No. 13)** and **Flat Washer (No. 14)**.

NOTE: Make sure **L-Shaped Knob (No. 13)** is securely tightened.

Attach **Computer (No. 19)** to **Handlebar (No. 18)**. Connect the **Sensor Wire (No. 20)** with the computer's extended wire and plug the **Pulse Sensing Line (No. 81)** into the holes on the back of **Computer (No. 19)**.



STEP 4:

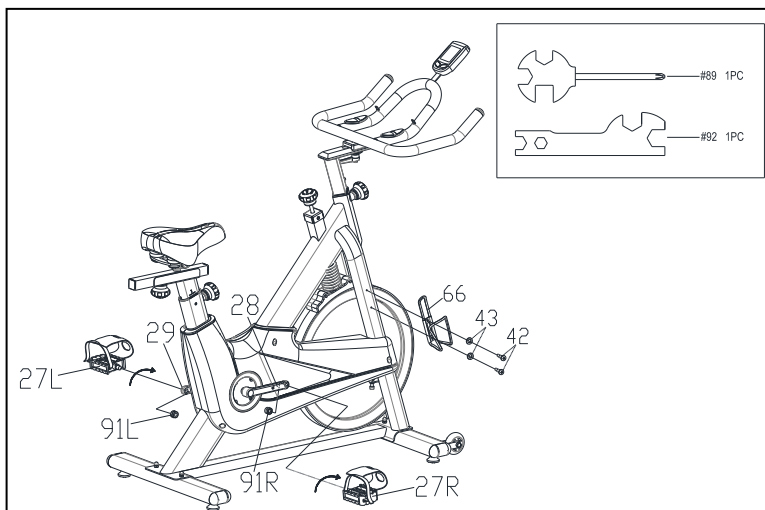
Note: The **Pedals (No. 27L/R)** are marked "L" and "R" for Left and Right. Make sure you attach the correct pedal to the corresponding crank. Attaching the pedal to the wrong crank can cause irreversible damage to both the pedal and the crank. The **Bolts (No. 91L/R)** are preassembled to **Pedals (No. 27L/R)**.

Attach **Left Pedal (No. 27L)** to **Left Crank (No. 29)**. Turn the **Left Pedal (No. 27L)** counter-clockwise with hand until it is tight, then use **Crosshead Spanner (No. 89)** to securely tighten. 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)** tightly in a clockwise direction to the thread end of the **Left Pedal (No. 27L)**.

Attach **Right Pedal (No. 27R)** to **Right Crank (No. 28)**. Turn the **Right Pedal (No. 27R)** clockwise with hand until it is tight, then use **Crosshead Spanner (No. 89)** to securely tighten. 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)** tightly in a counter-clockwise direction to the thread end of the **Right Pedal (No. 27R)**.

Remove 2 pre-assembled **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)** with 2 **Screws (No. 42)** and 2 **Flat Washers (No. 43)** that were removed. Use a **Crosshead Spanner (No. 89)** to tighten.

Assembly is now complete!



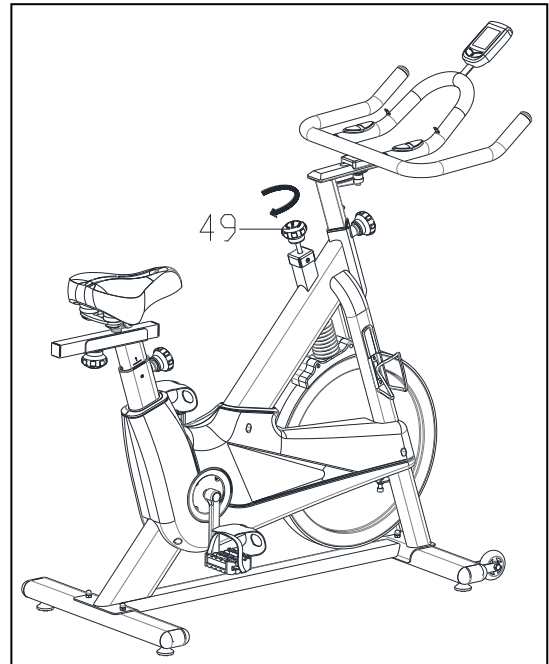
TENSION ADJUSTMENT

A. Adjusting the Tension:

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

To increase the tension, turn the **Brake Knob (No. 49)** clockwise.

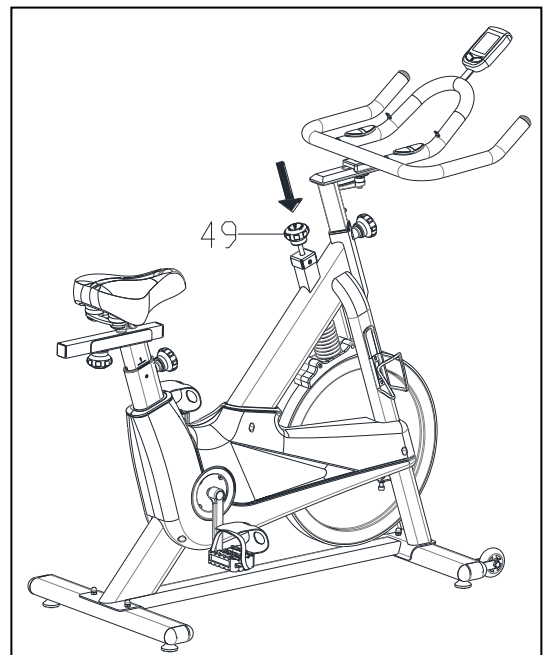
To decrease the tension, turn the **Brake Knob (No. 49)** counter-clockwise.



B. Emergency Brake Function:

The **Brake Knob (No. 49)** is also the emergency brake. Use this safety feature in situations where you need to get off the bike or stop the bike's flywheel.

During exercise, firmly press down on the **Brake Knob (No. 49)** to stop the bike immediately.



SEAT AND HANDLEBAR ADJUSTMENT

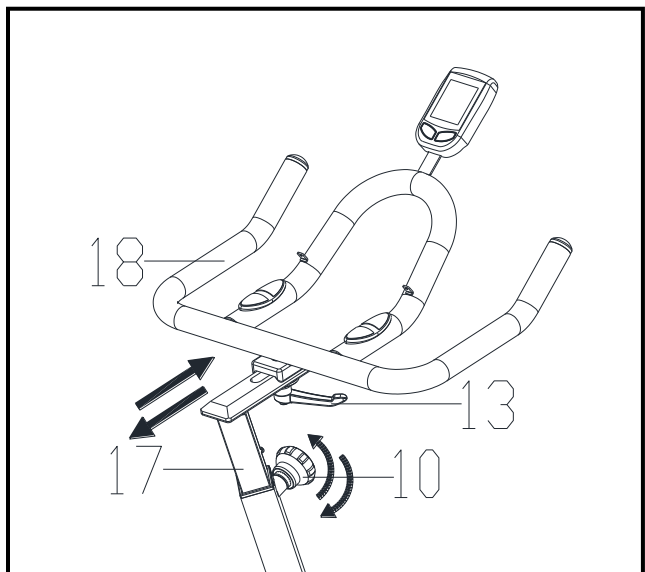
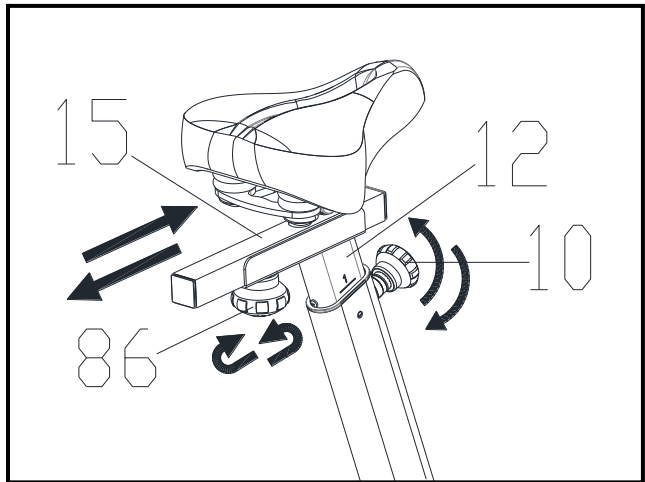
The seat of this bike is fully adjustable as it moves *Up, Down, Forward, Backward*.

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, tighten the **Adjustment Knob (No. 10)** to secure the seat in place.

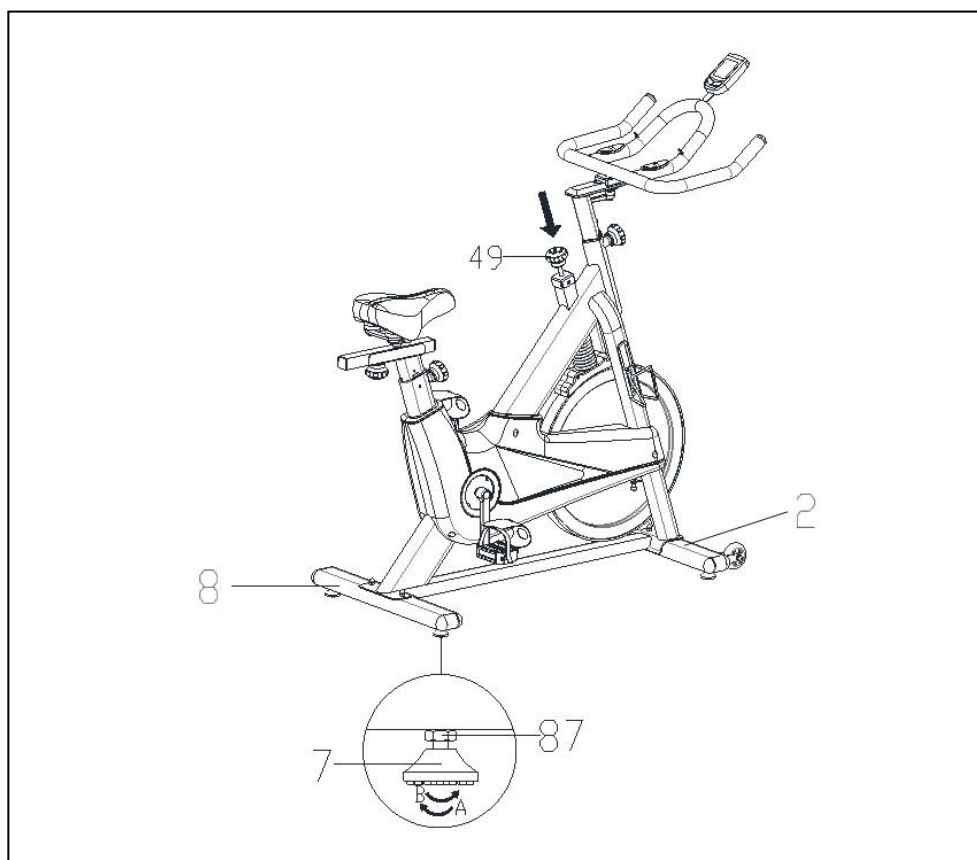
B. To adjust the seat forward and backward, loosen **Adjustment Knob (No. 86)**, then slide the **Seat Slider (No. 15)** to the desired position. Once positioned, tighten the **Adjustment Knob (No. 86)** to secure the **Seat Slider (No. 15)** in place.

C. To adjust the height of **Handlebar (No. 18)**, 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, tighten the **Adjustment Knob (No. 10)** to secure the **Handlebar Post (No. 17)** in place.

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



BALANCE ADJUSTMENT

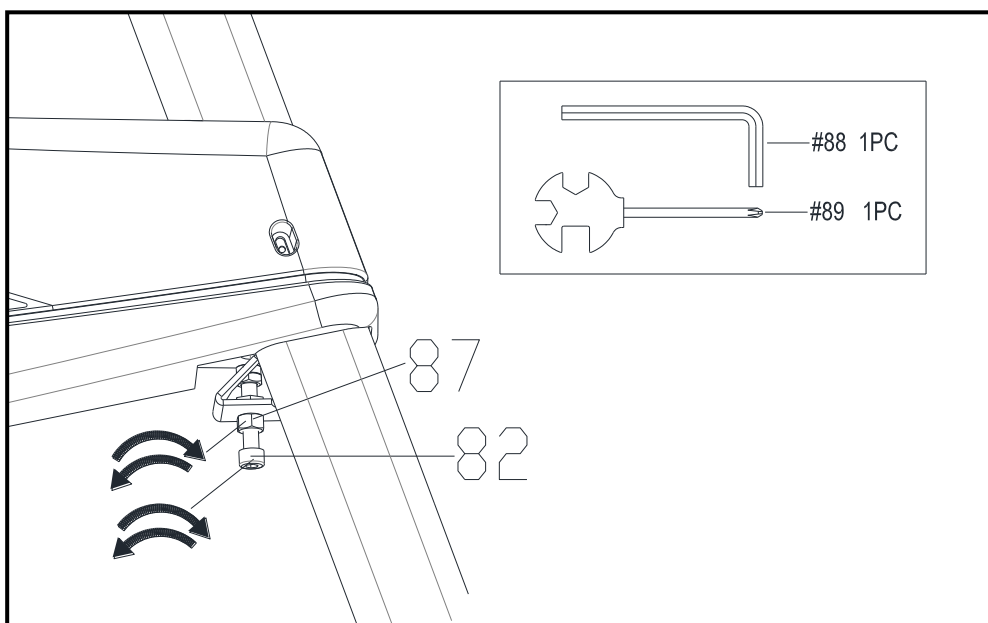


To achieve a smooth and comfortable experience, you must ensure that the bike is stable. During use, if you notice that the bike is unbalanced, you can adjust the **Base Levelers (No. 7)** located beneath the **Front and Rear Stabilizers (No. 8 and No. 2)**.

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



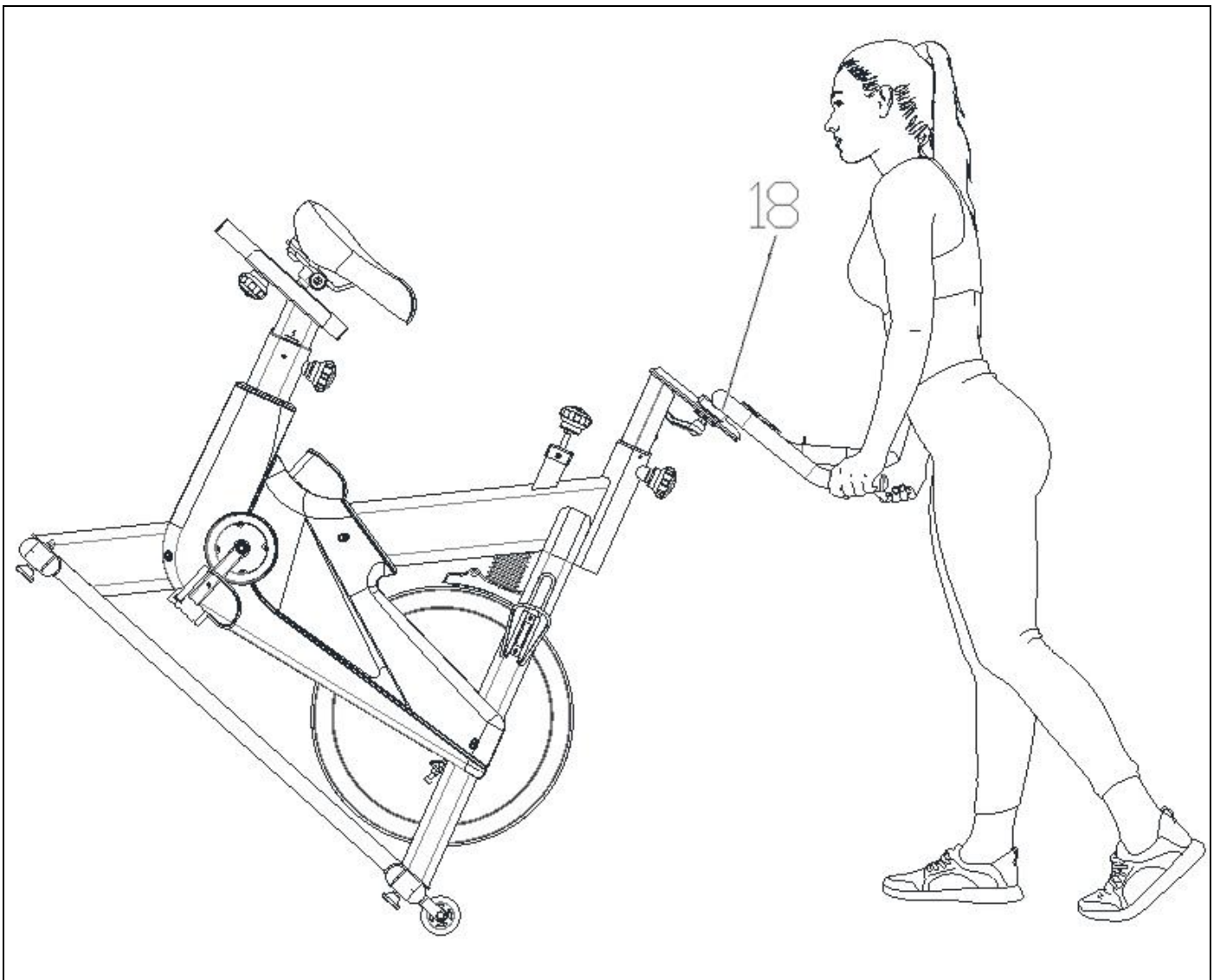
If you feel any slippage when pedaling, the belt may need to be tightened. This may happen after a long period of use.

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

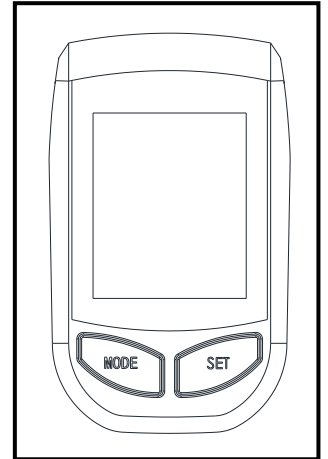


Firmly grasp and hold each side of the **Handlebar (No. 18)**. Place one foot on the front base and tilt the bike towards you until the transport wheels on the front base touch the ground. With the wheels on the ground, you can transport the bike to the desired location with ease.

COMPUTER INSTRUCTIONS

BUTTON:

1. Press MODE button to select speed, distance, time and clock functions.
2. Press MODE button by 3 times, the display will show the TIME interface. Press SET button for 3 seconds to reset the TIME, DIST, and CAL value.
3. In the clock interface, press SET button for 3 seconds to enter the setting clock mode. Press SET button to switch between 12 hours or 24 hours system. Press MODE button to enter the hour setting, press SET button to adjust the hour. Press MODE button to enter the minute setting, press the SET button to adjust the minutes.
4. Press MODE button by 1 or 2 times, the display will show the SPEED or DIST interface. Press SET button for 3 seconds to enter the setting function. Press the MODE button to switch the TIME, heart rate, gender, weight and weight unit setting. Then press SET button to set the function value. When no operation for 5 seconds, the computer will exit settings mode, or press MODE button longer to exit settings mode.



FUNCTION:

1. **TIME:** The total working time will be shown when starting exercise.
2. **SPEED:** The current exercise speed during exercise will be shown.
3. **DISTANCE:** The distance of each workout will be displayed.
4. **CAL:** The calorie burned will be displayed when starting exercise.
5. **ODOMETER:** The total accumulated distance will be shown.
6. **RPM:** Display revolution per minute.
7. **PULSE:** The current heart rate will be displayed in beats per minute..
8. **CLOCK:** The current time will be shown.

NOTE:

1. Computer automatically stops calculation after 4 minutes without any signal input. All function will stop working and will only display **Clock**.
2. Replace the batteries while the computer displays improperly.

BATTERY: The computer uses 2 pcs of 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	TIME	00:00'~99:59'
	CURRENT SPEED	The maximum signal can be pickup is 99.9MPH
	TRIP DISTANCE	0.00~999.9 MILE
	CALORIES	1~999.9 CAL
	ODO	1~999 MILE
	RPM	0-199 RPM/MIN
	CLOCK	0.00-11:59 and 0.00-23:59
	PULSE	40~206 BPM
BATTERY TYPE		2pcs of SIZE –AAA or UM –4
OPERATING TEMPERATURE		0°C ~ +40°C (32°~104°F)
STORAGE TEMPERATURE		-10°C ~ +60°C (-14°~140°F)

V4

