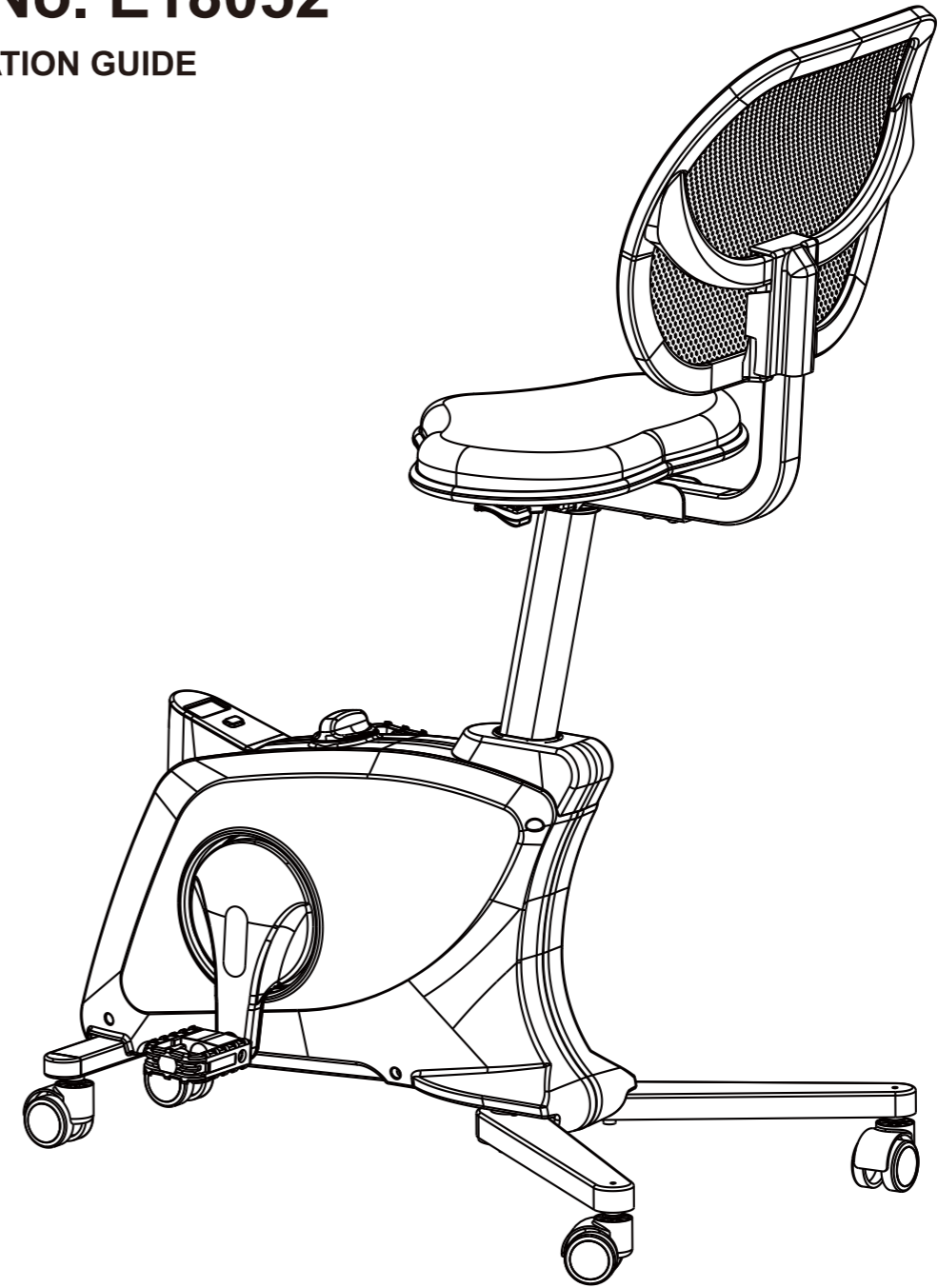




Bike it PLUS

Item No. E18052

INSTALLATION GUIDE



 **Caution**

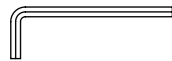
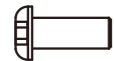

Please read all instructions carefully before using this product. Retain this manual for future reference. The specifications of this product may vary slightly from the illustrations and are subject to change without notice.

1. Make sure you read and fully understand this instruction manual.
2. It is the user's responsibility to read and understand all potential hazards of this exercise equipment.
3. Consult a physician before you begin a new exercise program. If you should experience pain, or you feel faint, short of breath, or dizzy, stop exercising and consult a physician. Incorrect or excessive use of this machine can result in injury.
4. Your exercise bike should be operated on a stable, level surface.
5. You should mount and dismount your exercise bike carefully.
6. Loose clothing, untied shoelaces, jewelry, and towels should be kept away from the bike pedals.
7. This machine is designed for adults but allows children to use it under the supervision of the adults.
8. Children are not allowed to play on this product and should never put their fingers near any moving parts of this machine.
9. Remain seated while using this bike - do not stand on pedals.
10. The maximum weight capacity of this bike is 100kg/220lbs.

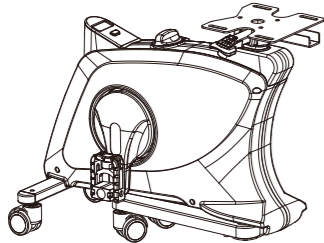

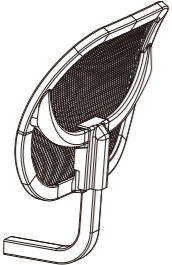
Ignoring the warnings in this manual could lead to hazardous situations that might result in serious injury or death.

Package Included

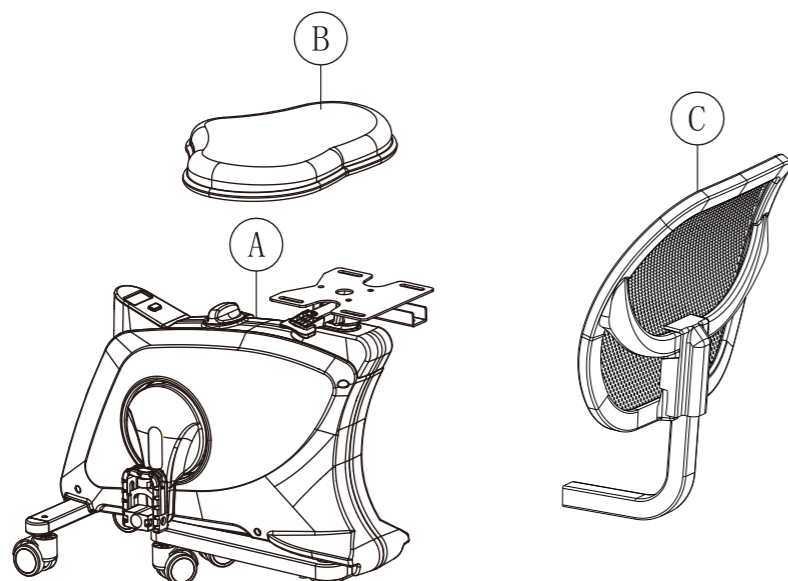
Accessory package list

- | | | |
|---|--|--|
| 1.  | 2.  | 3.  |
| Allen Key
5x5mm
(1 PC) | Screws
M8x20
(6 PCS) | Washer
Φ8.5xΦ16x1.2
(6 PCS) |

Part list

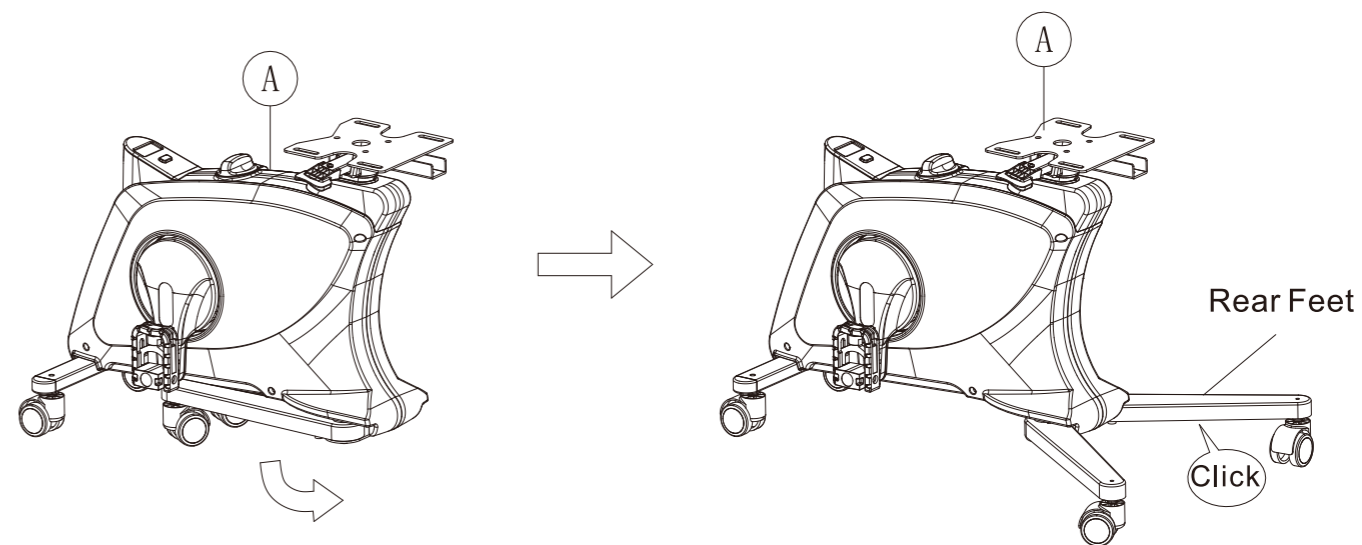
No.	Part	Qty	No.	Part	Qty
A		1	B		1
C		1			

Installation Diagram



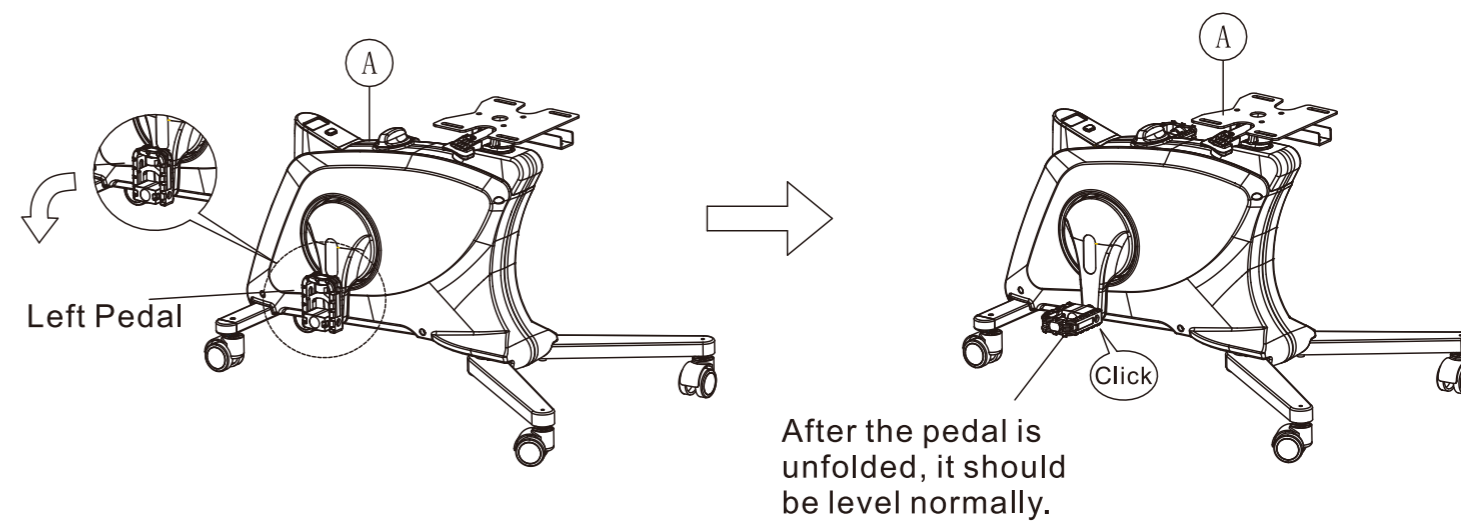
Assembly step 1

1. Unfold the two rear feet of the bike base (A) follow the direction as shown. This step is not completed until a "click" sound is heard.



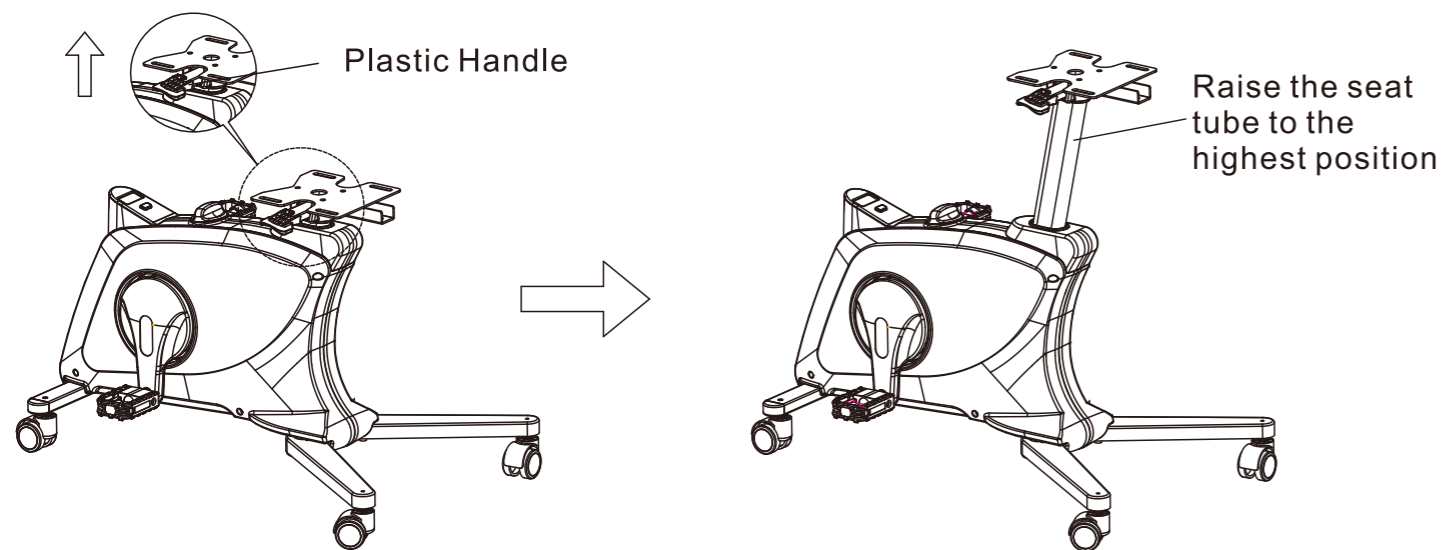
Assembly step 2

2. Unfold the left and right pedals of the bike base(A) as shown until a 'click' sound is heard. After the pedal is unfolded, it should be level normally.



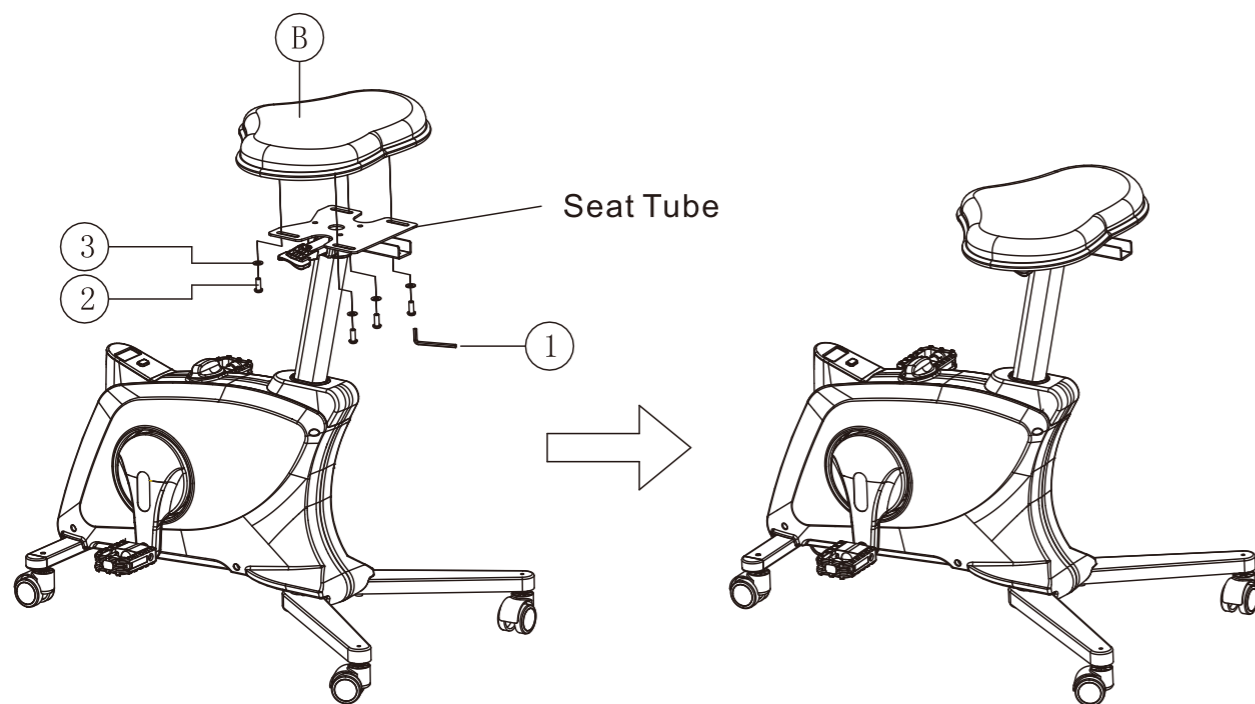
Assembly step 3

3. Pull up the plastic handle to raise the seat tube to the highest position



Assembly step 4

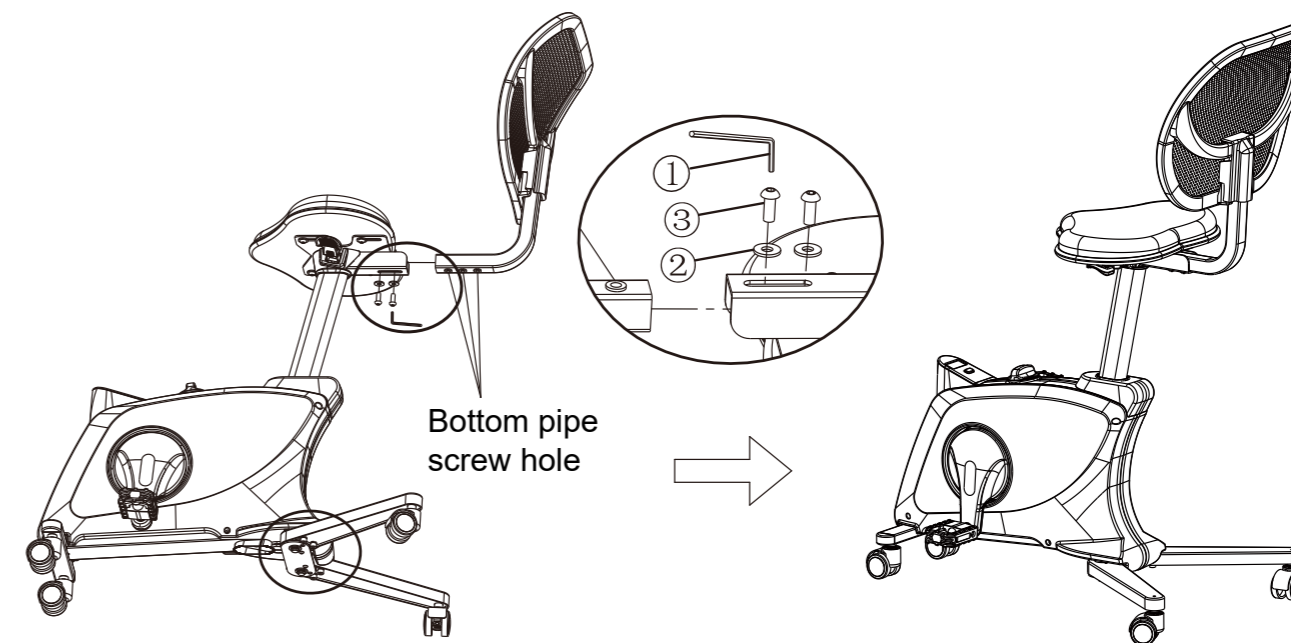
4. Place cushion (B) on the seat tube. Use an Allen key ① to tighten the 4 screws ② and 4 washers ③ to fix the seat cushion on the seat tube.



Assembly step 5

5. Insert the backrest (C) in to the bottom pipe groove, use the allen key(1) to tighten the two screws(2) with two washers(3), so that the backrest can be fixed.

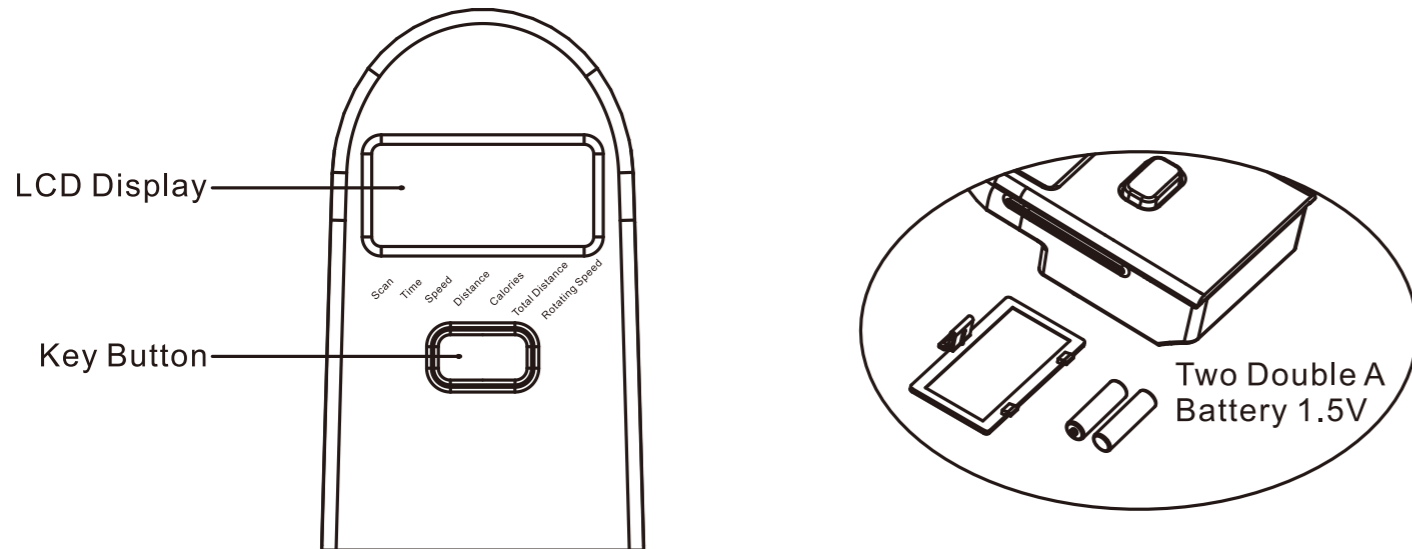
There are 3 holes on the pipe of bottom backrest. Adjust the backrest backward and forward by fixing the 2 adjacent holes with 2 screws.



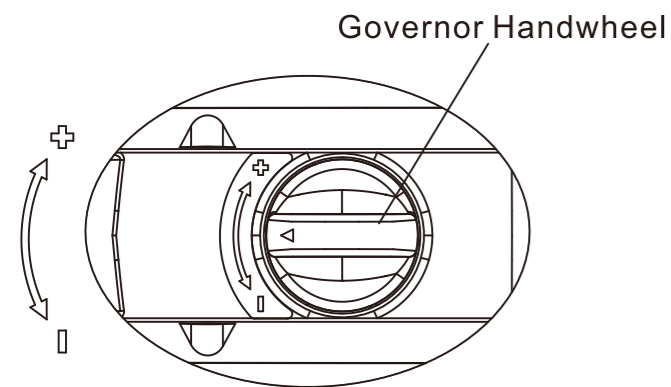
Using the Bike

Display Operation Instruction & Button Function Description

1. Press the key button at the bottom of the LCD display to switch and show exercise time, speed, distance, calories, total distance, rotating speed and other parameters.
2. If stop exercising for more than 4 minutes, the display will enter sleep mode and the LCD display will automatically turn off.
3. Press the Key button or step on the pedal for one round to reactivate the LCD display.

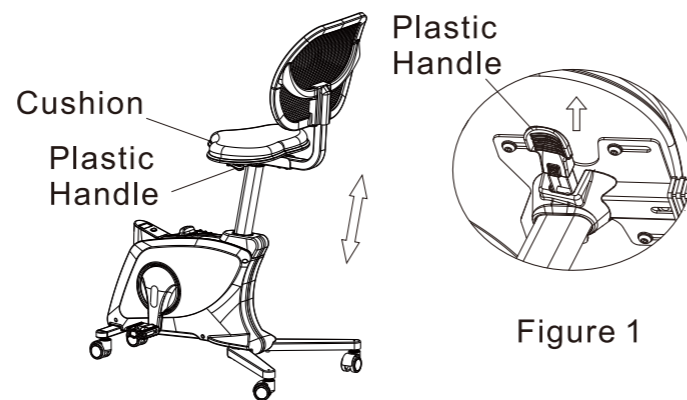


Instruction 1



Resistance Adjustment Method : Rotate the governor handwheel towards the "+" direction to increase resistance, towards the "-" direction to decrease the resistance force.

Instruction 2

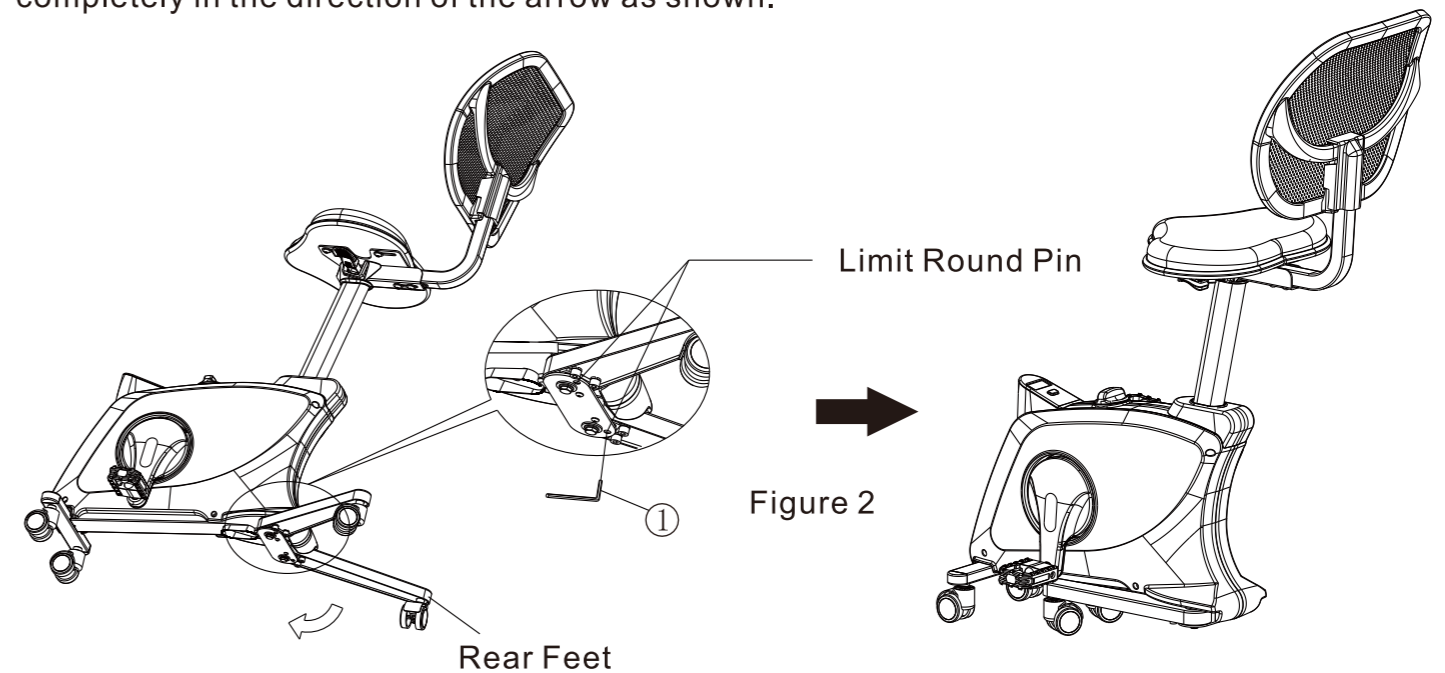


How to adjust the height of the cushion: Slightly raise the buttocks, pull up the plastic handle (as shown in figure 1) to raise the cushion, release the handle to lock the cushion at current position; Pull up the plastic handle, lower the height of the cushion by the weight of the human body, release the handle to lock the cushion at current position. According to the above method, the cushion can be adjusted to the most comfortable position.

Instruction 3

Note: this method is only recommended for return or exchange before entering the box.

Unfolding function of rear feet: Tilt the product appropriately, and use an Allen key ① to push the limit pin into the hole (as shown in Figure ②), at the same time, fold the rear feet completely in the direction of the arrow as shown.



Instruction 4

Adjust cushion position: To adjust the installation position of the seat cushion, use an Allen key ① to loosen the 4 screws under the seat cushion (B) for a few turns. (Refer to Figure ③); after the seat cushion is adjusted to the proper position, tighten the 4 screws with an Allen key ① to fix the cushion.

