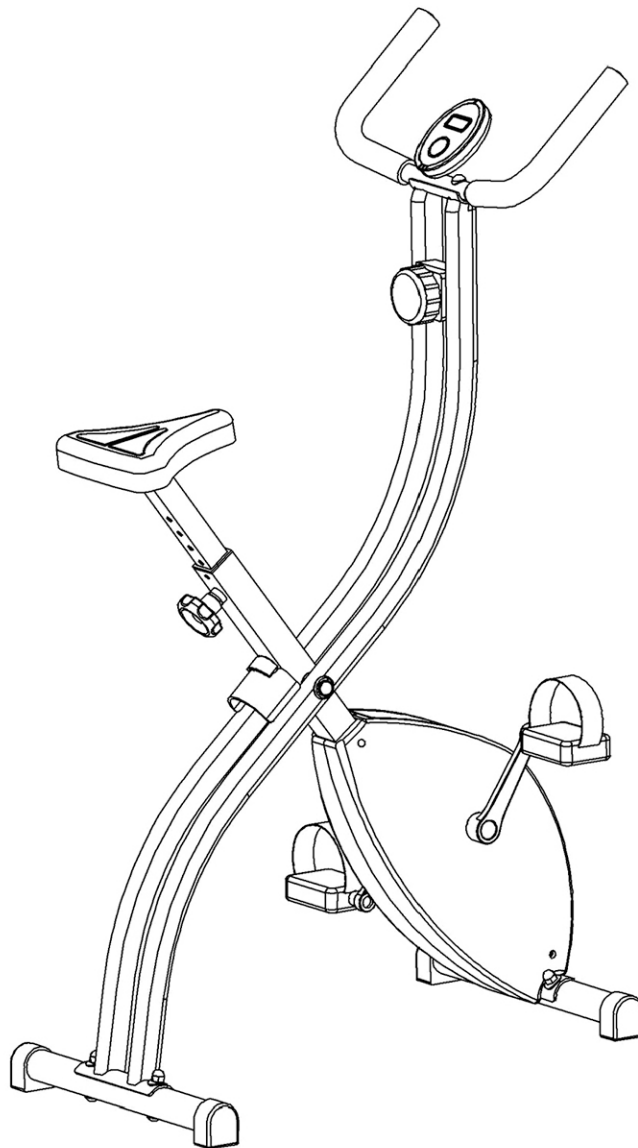


Everfit

EXERCISE BIKE

MODEL: EB-F-XB-01-BK



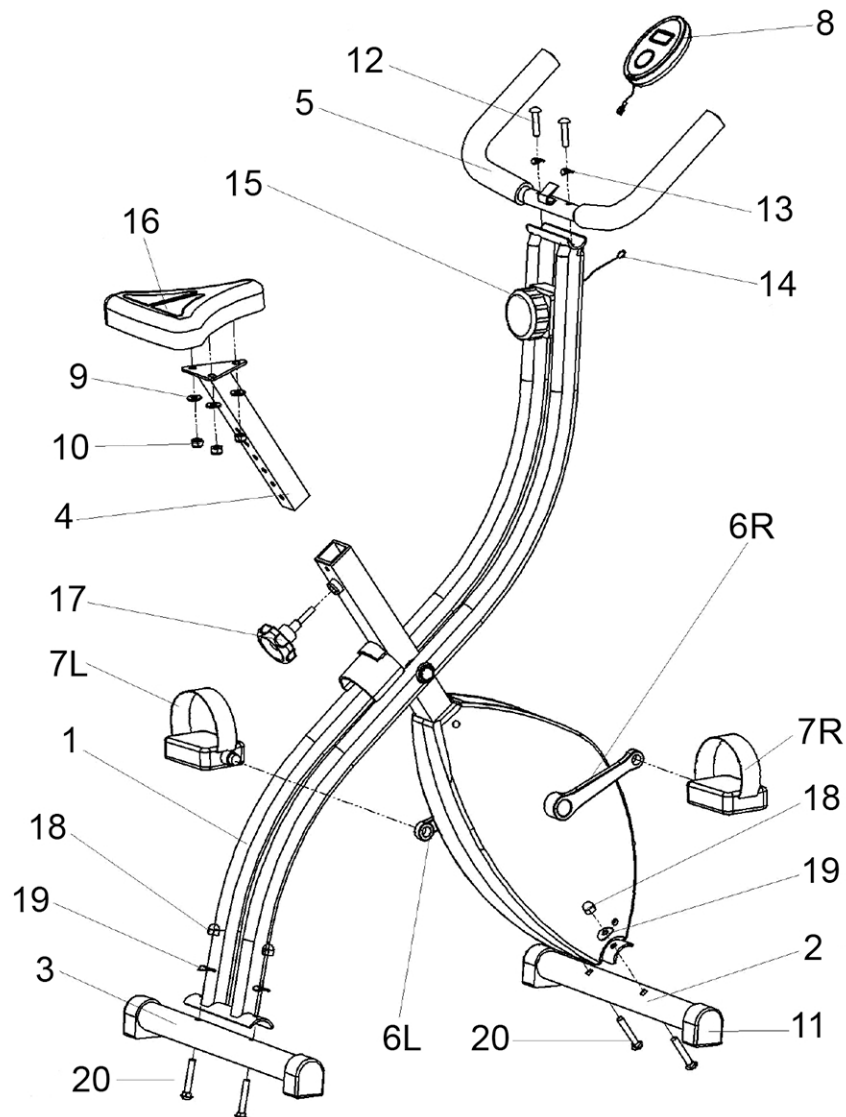
USER MANUAL

Please read this user manual carefully before assembling and using the product.
Please retain these instructions for future reference.

IMPORTANT SAFETY NOTICE

1. Assemble the product in accordance with the instructions set out in this user manual.
2. Check that all connections are securely fastened before first use of the product and that the product is safe for use.
3. Set up the product in a dry, level surface and away from wet areas or moisture.
4. Place a suitable base such as a rubber mat, rug or wooden board on the assembly area to ensure that the assembly is done cleanly and without damaging the product.
5. Before using the exercise bike, remove any object that is within a 2m radius of the product for safety reasons.
6. Only use the supplied tools or similar tools of your own to assemble or repair the product. Remove all perspiration from the exercise bike after use and clean the product with only non-abrasive cleaning solutions or a damp cloth.
7. Consult your doctor or a health professional before commencing training as your health could be affected by incorrect or excessive training. Your doctor should be able to define the limits of your health parameters, such as heart beat and pulse rate, to suit your training regime. This exercise bike is not suitable for therapeutic purposes.
8. Always use the exercise bike properly as it is intended to be use.
9. Use only original parts for repairs or any replacement parts for the exercise bike.
10. This exercise bike is designed for a single user only.
11. Wear appropriate exercise attire and shoes when using the exercise bike.
12. If you experience any discomfort such as dizziness, pain or abnormal symptoms while using the exercise bike, stop immediately and consult your doctor.
13. This exercise bike may only be used by children or persons with disabilities if they are given proper instructions on the safe use of the exercise bike and are supervised by a resonsible adult at all times.
14. The power of the exercise bike increases or decreases in accordance with the speed of the bike. An adjustable knob helps to set the desired resistance to control the speed of the bike. Use this adjustable knob to set the desired resistance and speed.
15. The maximum weight capacity of this exercise bike is 100kg.
16. Keep children and pets away for the exercise bike when in use to prevent any hazards or accidents.
17. This exercise bike is designed for adult use only.

PARTS LIST

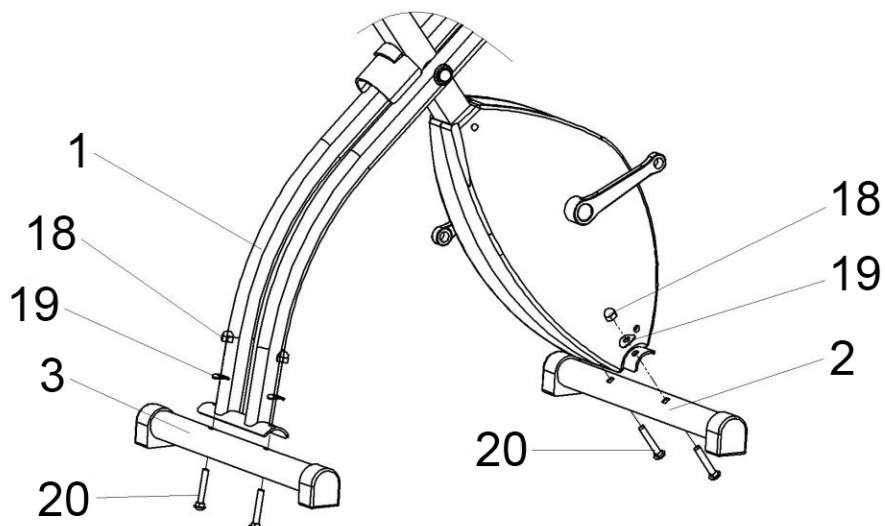


PART	DESCRIPTION	QTY	PART	DESCRIPTION	QTY
1	Main frame	1	11	End cap	4
2	Front botom tube	1	12	Screw	2
3	Rear bottom tube	1	13	Arch washer	2
4	Saddle post	1	14	Sensor wire	1
5	Handlebar	1	15	Resistance controller	1
6L/R	Crank	2	16	Seat	1
7L/R	Pedal	2	17	Plum knob	1
8A/B	Meter	1	18	Nut	4
9	Flat washer	3	19	Arch washer	4
10	Nylon nut	3	20	Carriage bolt	4

ASSEMBLY INSTRUCTIONS

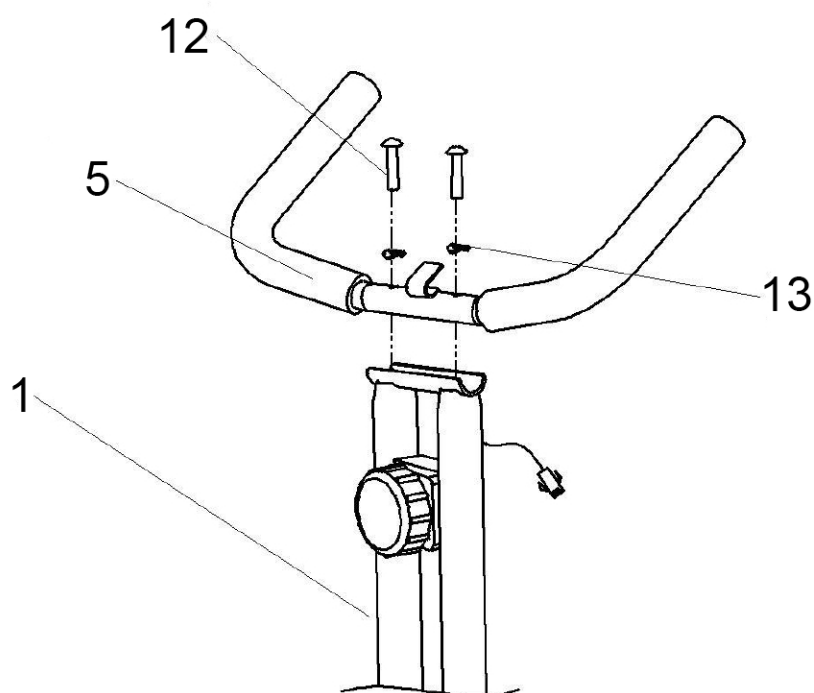
STEP 1

Attach the front bottom tube (2) and rear bottom tube (3) to the main frame (1) using the carriage bolt (20), arch washer (19) and nut (18).



STEP 2

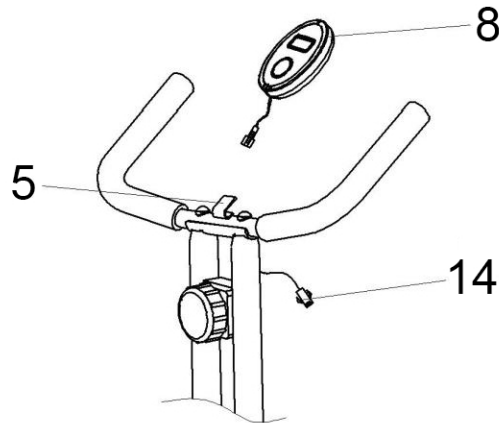
Attach the handlebar (5) to the main frame (1) using the bolt (12) and arch washer (13).



ASSEMBLY INSTRUCTIONS

STEP 3

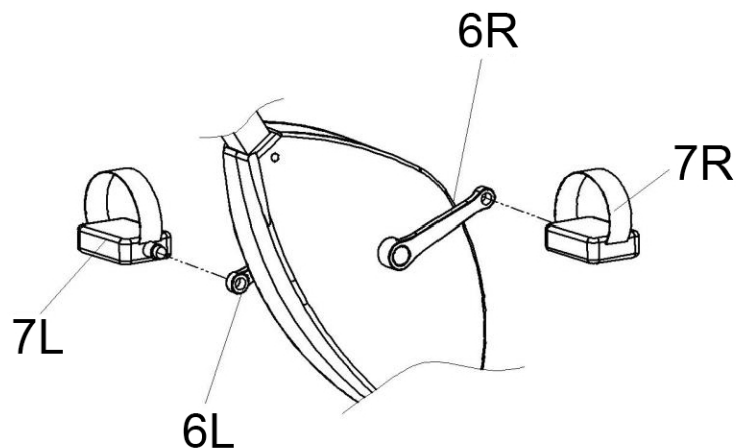
Connect the sensor wire (14) to the computer wire (8) and then insert the computer into the computer bracket.



STEP 4

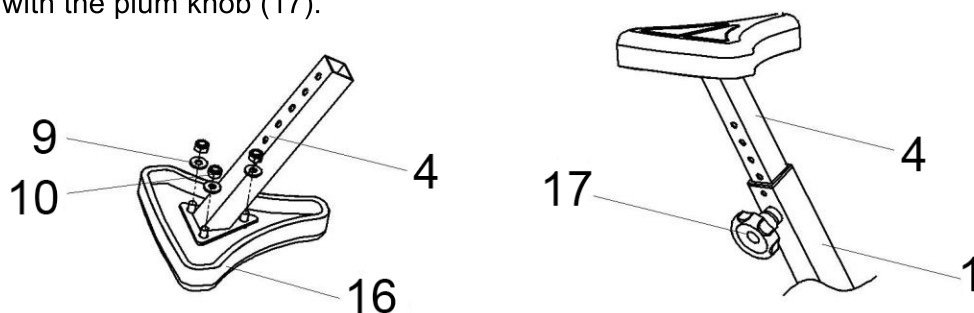
Attach the respective pedals (7L/7R) to the corresponding cranks (6L/6R).

NOTE: The pedals are marked 'L' and 'R'. When attaching the left pedal to the left crank, the pedal needs to be screwed in in an anti-clockwise direction. Likewise the right pedal should be screwed in in a clockwise direction into the right crank.



STEP 5

Attach the saddle post (4) to the seat (16) with the nylon nut (10) and flat washer (9). Next, insert the saddle post into the main frame, and after adjusting for the suitable seat height, secured with the plum knob (17).



FOLDING INSTRUCTIONS

Release the screw at the centre of the main frame and gently fold in both arms of the exercise bike as shown. Then tighten the screw.

