Everfit

ELLIPTICAL BIKE

OWNER'S MANUAL

Dear Customer,

　　Please read this instruction very carefully before using the item.
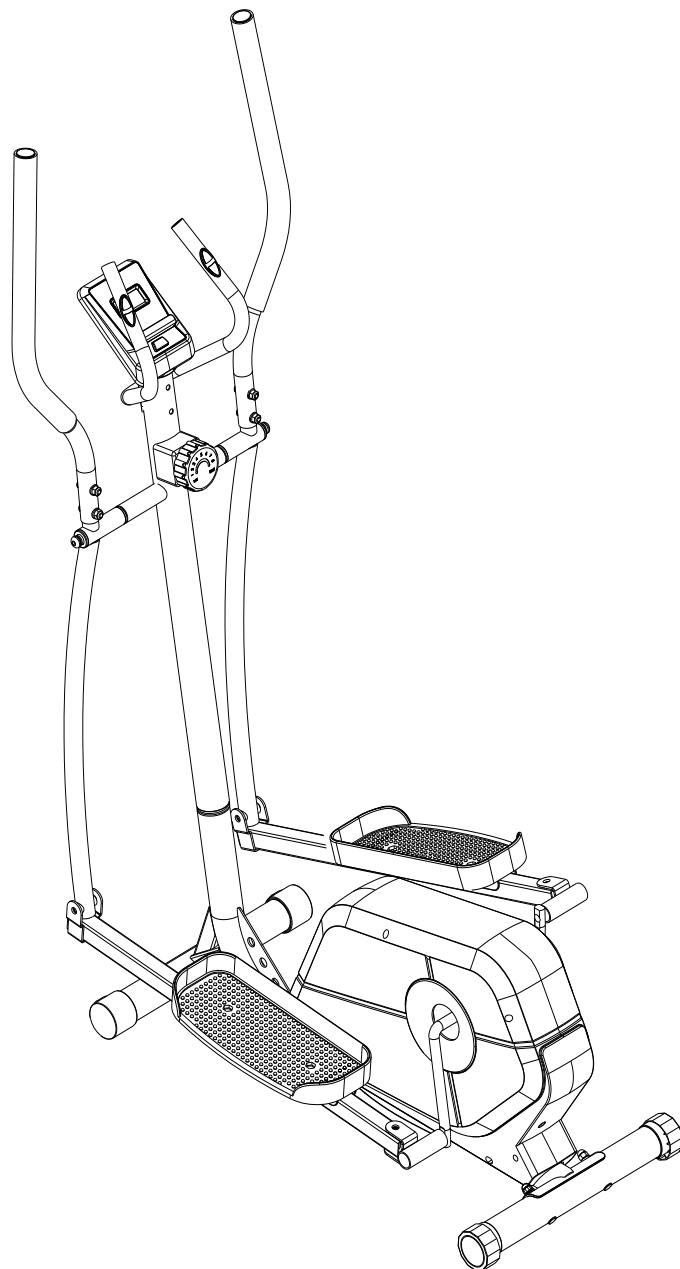
IMPORTANT SAFETY NOTICE:

Note the following precaution before assembling or operating the machine

1、　Assemble the machine exactly as the descriptions in the instruction manual.

2、　Check all the screws, nuts and other connections before using the machine for the first time and ensure that the trainer is in the safe condition.

3、　Set up the machine in a dry level place and leave it away from moisture and water.

4、　Place a suitable base (e.g. rubber mat, wooden board etc.) beneath the machine in the area of assembly to avoid dirt and etc..

5、　Before beginning training, remove all objects within a radius of 2 meters from the machine.

6、　Do not use aggressive cleaning articles to clean the machine, Only use the supplied tools or suitable tools of your own to assemble the machine or repair any parts of machine. Remove drops of sweat from the machine immediately after finishing training.

7、　Your health can be affected by incorrect or excessive training. Consult a doctor before beginning a training program. He can define the maximum setting (Pulse. Watts. Duration of training etc) to which you may train yourself and can get precise information during training. This machine is not suitable for therapeutic purpose.

8、　Only do training on the machine when it is in correct working way. Use only original spare parts for any necessary repairs.

9、　This machine can be used for only one person's training at a time.

10、　Wear training clothes and shoes, which are suitable for fitness training with the machine. Your training shoes should be appropriate for the trainer.

11、　If you have a feeling of dizziness, sickness or other abnormal symptoms, please stop training and consult a doctor asp.

12、　People such as children and handicapped persons should only use the

machine in the presence of another person who can give aid and advice.

13、   The power of the machine increases with increasing the speed, and the reverse. The machine is equipped with adjustable knob, which can adjust the resistance. Reduce the resistance by turning the adjusting knob for the resistance setting towards stage 1. Increase the resistance by turning the adjusting knob for the resistance setting towards stage 8.

14、   The maximum user's weight is 120kgs.

15、   Keep children and pets away from the machine, because they maybe get injured without properly fitted guarded.

Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and/or use assistance.

The specifications of this product may vary from this photo and are subject to change without notice.
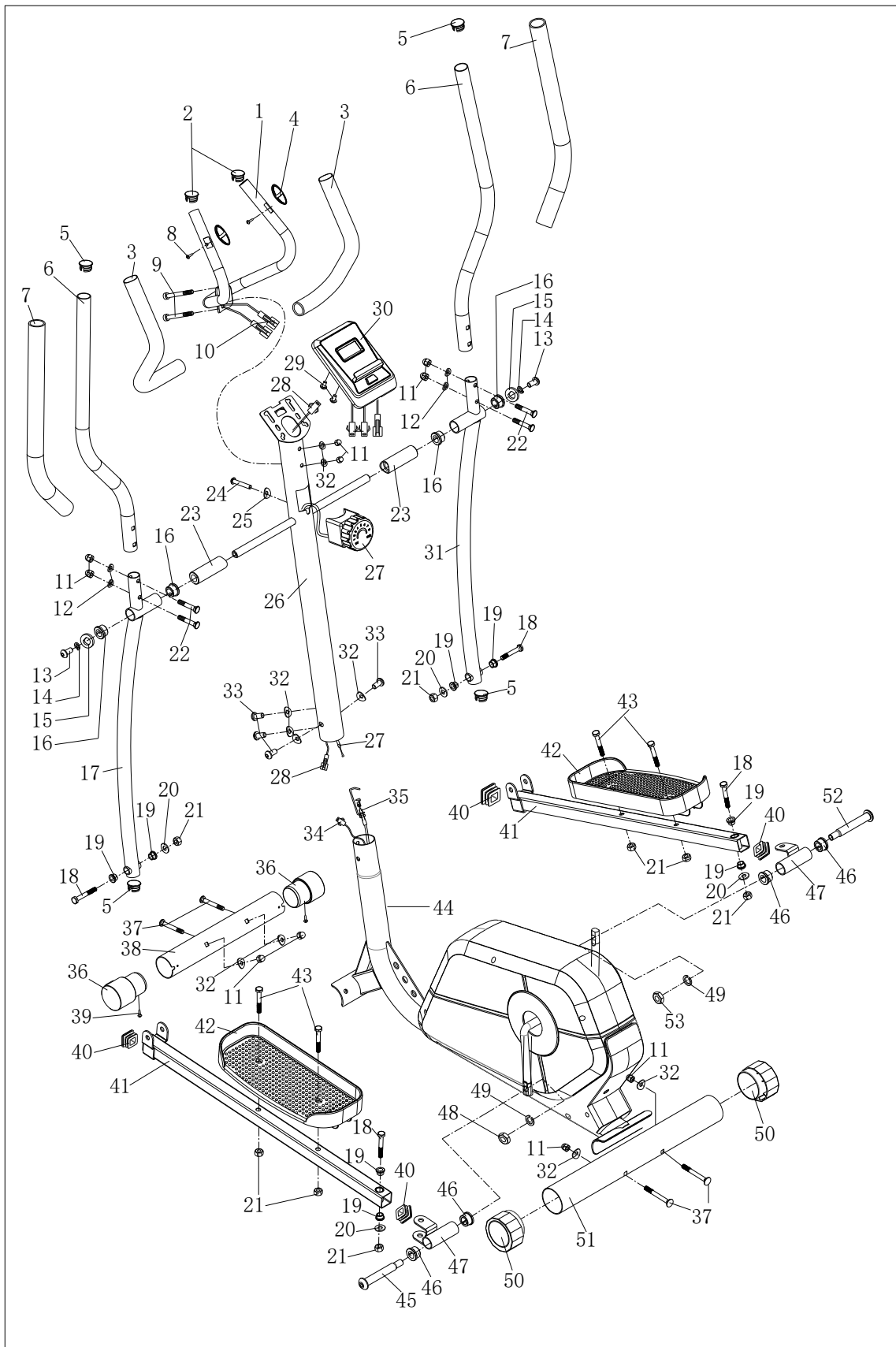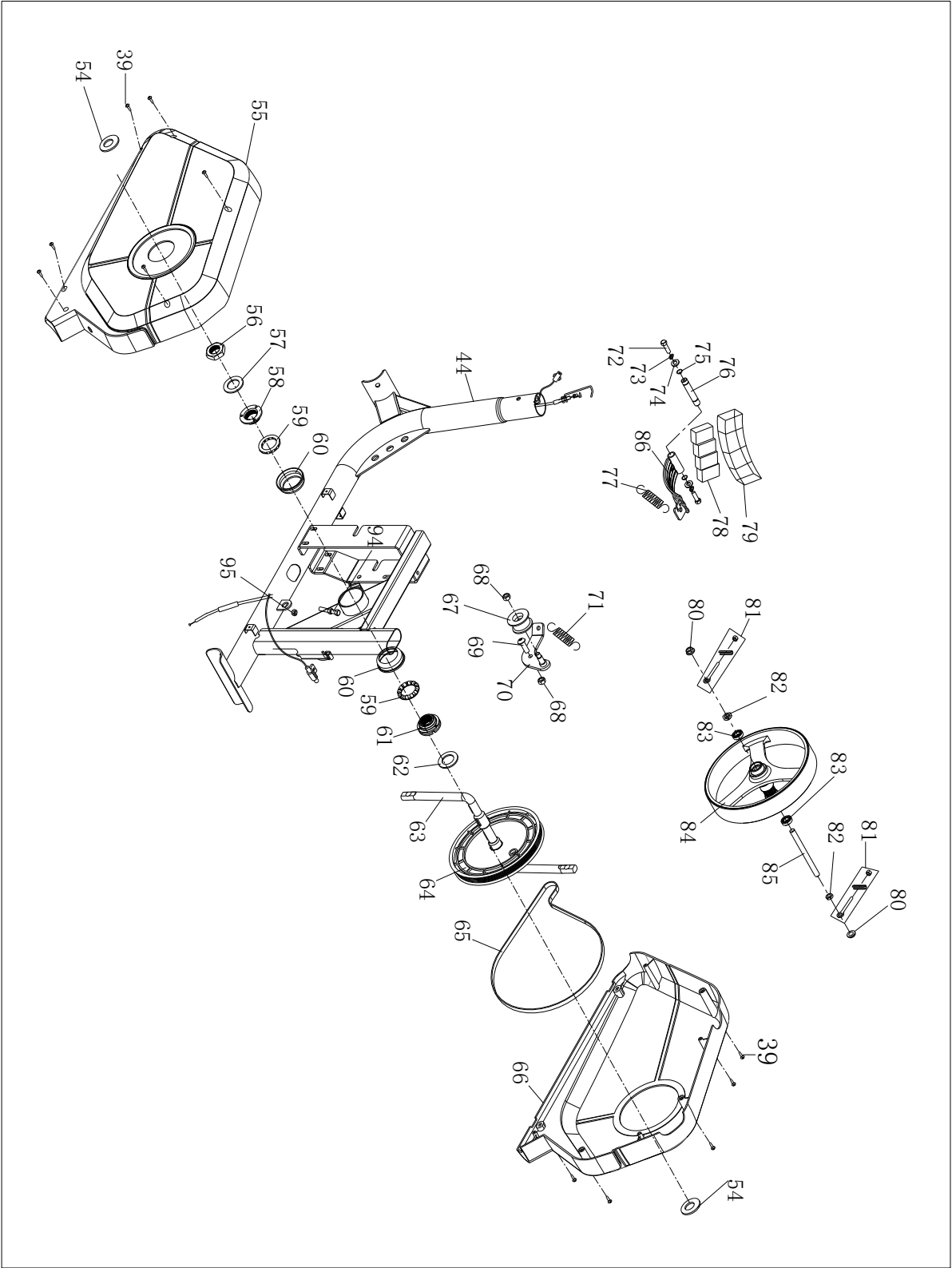
No.	DESCRIPTION	QTY	No.	DESCRIPTION	QTY
1	Middle handlebar	1	45	Bolt(L) 1/2"	1
2	End cap Φ22	2	46	Bushing 3 Φ28*Φ16*28	4
3	Foam grip	2	47	U bracket(L/R)	2
4	pulse	2	48	Nylon nut(L) 1/2"	1
5	End cap Φ28	4	49	Spring washer 1/2"	2
6	Handlebar	2	50	End cap Φ50	2
7	Foam grip	2	51	Rear stabilizer	1
8	screw ST4.2*19	2	52	Bolt(R) 1/2"	1
9	Bolt M8*62	2	53	Nylon nut (R) 1/2"	1
10	Handlebar wire	2	54	Small cover	2
11	Cap nut M8	12	55	Chain cover L	1
12	Arc washer d8*Φ12*1.5*R30	4	56	Nut	1
13	Bolt 3/8"*20	2	57	Washer	1
14	Spring washer D10	2	58	Nut II	1
15	D washer d10*Φ20*5	2	59	Collar ball	2
16	Bushing 2 Φ32*Φ19*28	4	60	Collar housing	2
17	Lower handlebar(L)	1	61	Nut I	1
18	Hexagon bolt M10*60	4	62	Washer	1
19	bushing Φ14*12.5*Φ10.1	8	63	Crank	1
20	Washer d10*Φ20*2	4	64	Chain wheel	1
21	Nylon nut M10	8	65	Belt	1
22	Carriage bolt M8*40	4	66	Chain cover R	1
23	Spacer bush	2	67	Pinch roller	1
24	Screw M5*45	1	68	Nylon nut M8	2
25	Arc washer d6	1	69	Bolt	1
26	Support tube	1	70	U bracket	1
27	Tension control	1	71	Tension spring	1
28	Middle wire	1	72	Hexagon bolt M6*15	2
29	Screw M5*10	2	73	Spring washer d6	2
30	Computer	1	74	washerd6*Φ12*1	2
31	Lower handlebar(R)	1	75	Snap spring d12	2
32	Arc washer d8*Φ20*1.5*R30	8	76	Axle	1
33	Bolt M8*16	4	77	Tension spring	1
34	Induction line	1	78	Magnet	4
35	Tension wire	1	79	Plastic lattice	1
36	Foot strap Φ50	2	80	Nut M10*1.0*H5	2
37	Carriage bolt M8*60	4	81	Bolt group	2
38	Front stabilizer	1	82	Hexagon thin nut M10*1.0*H2	2
39	Tapping screw ST4.2*16	11	83	bearing	2
40	End cap	4	84	Flywheel	1
41	Pedal tube	2	85	Axle	1
42	Pedal	2	86	Magnetic board	1
43	Hexagon bolt M10*45	4			
44	Main frame	1			

ASSEMBLY INSTRUCTION:

1.PREPARATION:

A. Before assembling make sure that you will have enough space around the item.

B. Use the present tooling for assembling.

C. Before assembling please check whether all needed parts are available (at the above of this instruction sheet you will find an explosion drawing with all single parts (marked with numbers) which this item consists of.

2. ASSEMBLY INSTRUCTION:

FIG.1
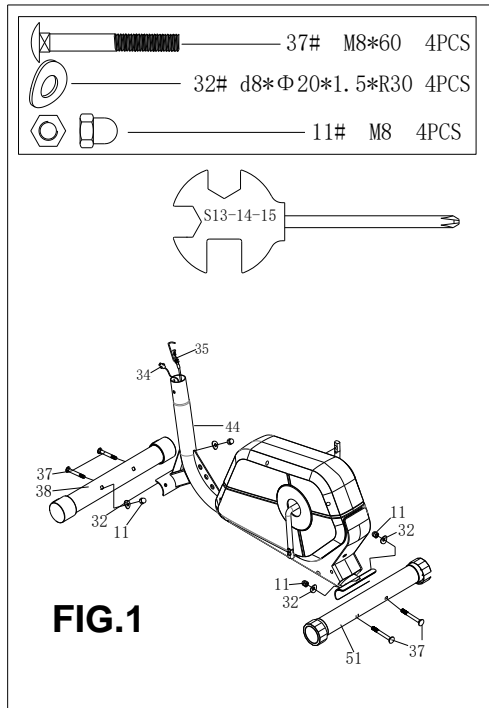
Attach the front stabilizer(38) and the Rear Stabilizer(51) to the Main frame(44) with carriage bolt(37),domed nut(11)and Arc washer(32).
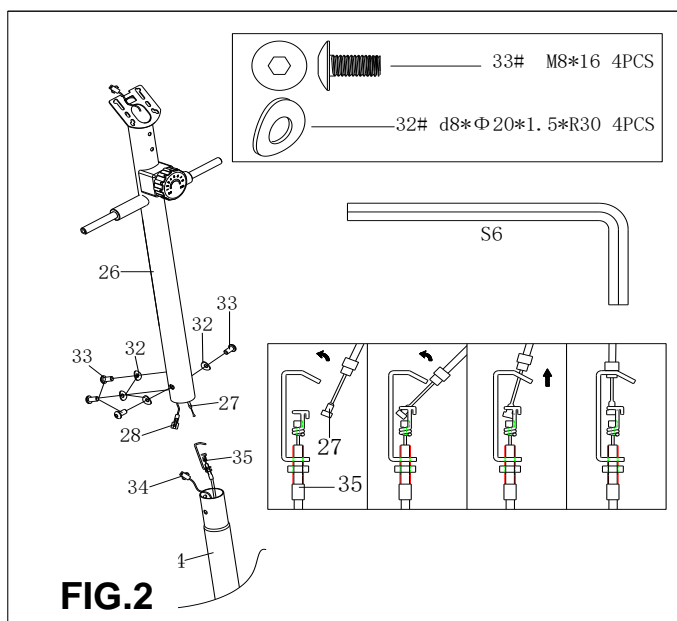

FIG.2

FIG.2:

Connect the Sensor 28 and 34,and Tension Control wire 27 and 35 as shown in FIG.2, fix the Upright Post (26) with the Main Frame (44) with Bolt (33), Arc Washer (32). Note:Tighten the Screw(33) and the arc washer(32) after the STEP3
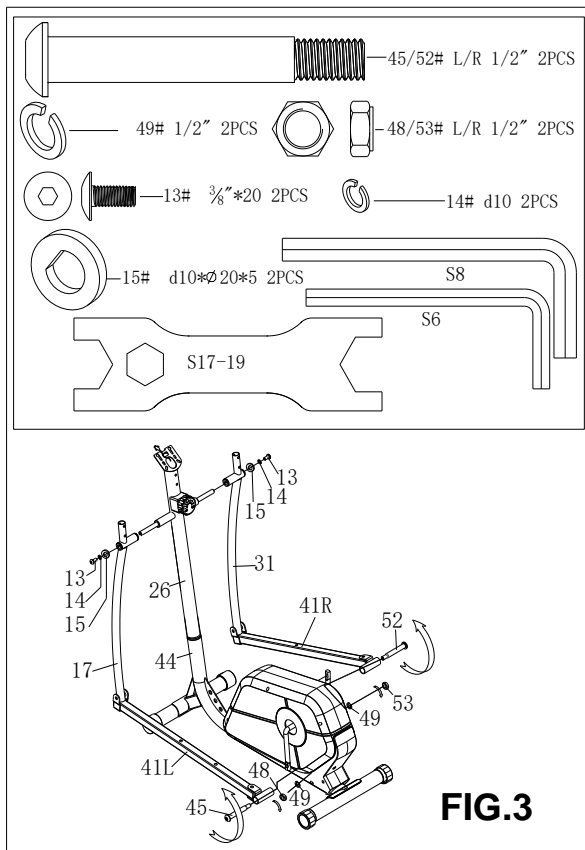
FIG.3:

Fix the Lower Handle Bar (17/31)to the Upright Post (26) with Bolt (13) ,Washer (14),D Washer (15).Fix the Pedal Tubes (41L/R) with the Pedal Crank by Pedal Hinge Bolt (45/52) Curved Washer (49), and Nylon Nut (48/53). Install the Pedal (42) on the Pedal Tube (41L/R) with Hex Head Bolt(43), Nylon Nut (21)
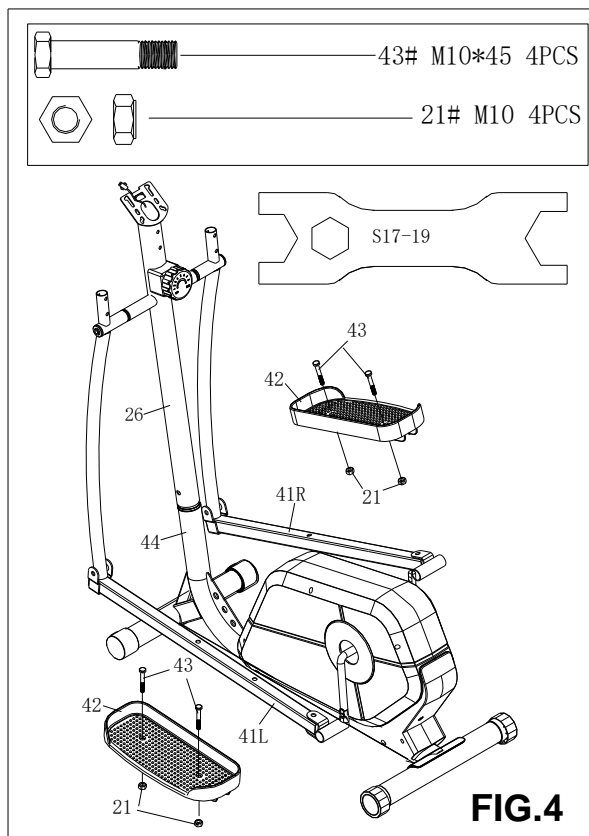
FIG.4:

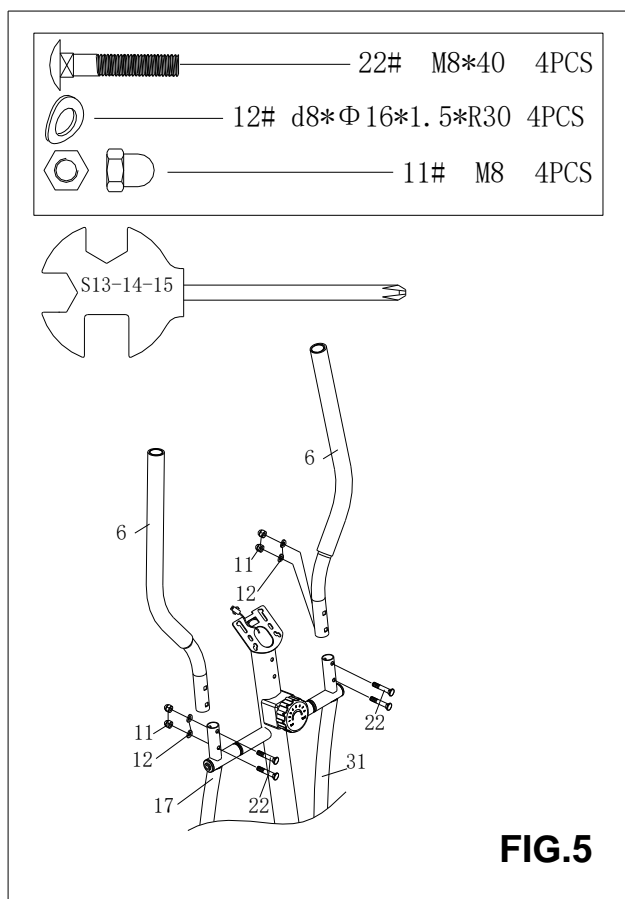Install the Pedal (42) on the Pedal Tube (41L/R)   with Hex Head Bolt(43), Nylon Nut (21)

FIG.5
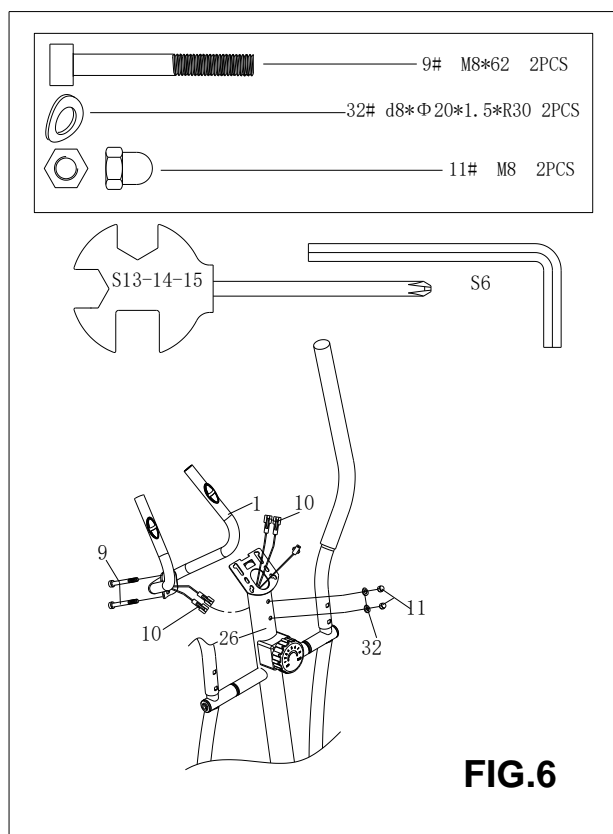Fix the Handlebar (6L/R) to the Lower Handle Bar (17/31) with Bolt (22), Arc Washer (12) and Domed Nut (11).

FIG.5

FIG.6
Connect the Sensor shown in FIG.6,Install the Middle handlebar(1) on the Upright Post (26) with bolt(9) Arc Washer (32) and nut(11).

FIG.6

29# M5*10 2PCS

S13-14-15

10
28
29
30
26
30a
30b

FIG.7
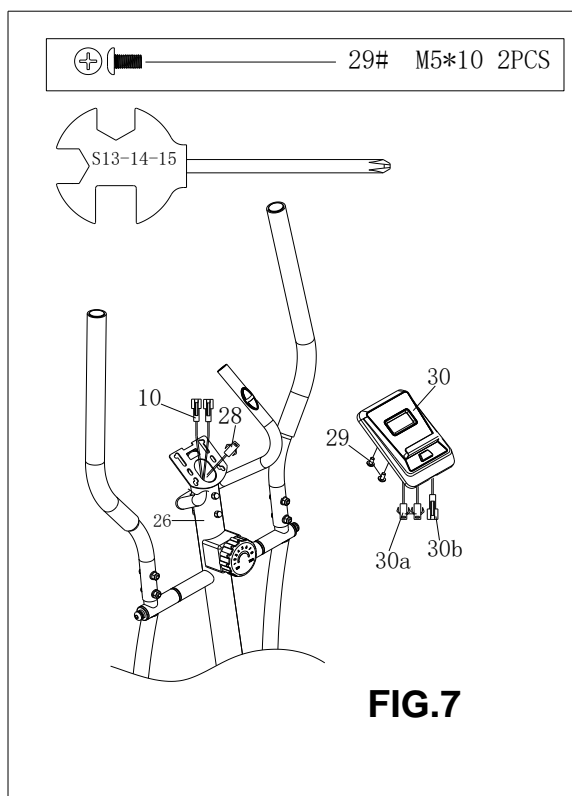
FIG.7:
Connect Handle Pulse Wire (10) and (30a), then connect Sensor wire (28)to the Computer (30b);fix the Computer (30) onto the Upright Post (26) with Screw(29).

CAUTION: MAKE SURE YOU HAVE TIGHTENED ALL THE BOLTS AND NUTS WELL BEFORE BEGINNING YOUR WORKOUT.
NOTE: THE END CAP ON THE FRONT STABILIZER TUBE IS MOVABLE, WHICH IT IS EASY FOR YOU TO MOVE YOUR TRAINING BIKE.

EXERCISE   INSTRUCTIONS

Using your ELLIPTICAL BIKE provides you with several benefits, it will improve your physical fitness, tone muscle and in conjunction with calorie controlled diet help you lose weight.
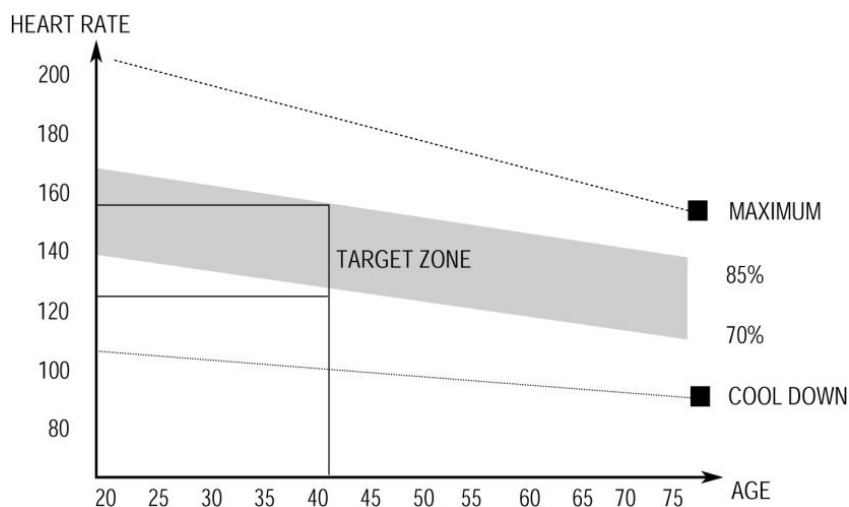
1.The Warm Up Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, **STOP.**

INNER THIGH

FORWARD
BENDS

CALF / ACHILLES

SIDE BENDS   OUTER THIGH
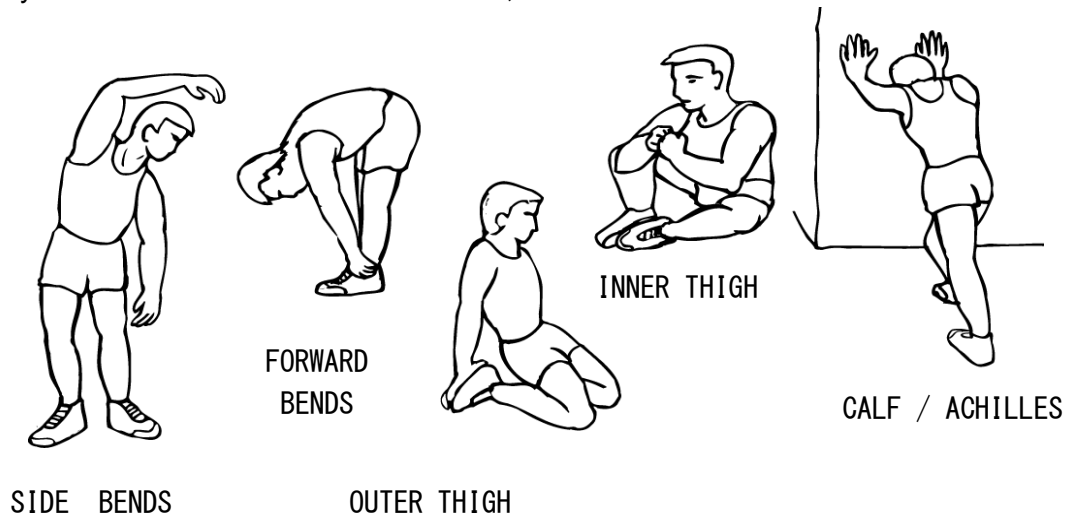
2.The Exercise Phase

This is the stage where you put the effort in. After regular use , the muscles in your legs will become Stronger. Work to your but it is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heart beat into the target zone shown on the graph below.

This stage should last for a minimum of 12 minutes though most people start at about 15-20 minutes

3. The Cool Down Phase

This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.

As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

MUSCLE   TONING

To tone muscle while on your ELLIPTICAL BIKE you will need to have the resistance set quite high. This will put more strain on our leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance, making your legs work harden than normal. You may have to reduce your speed to keep your heart rate in the target zone.

WEIGHT LOSS

The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

USE

The tension control knob allows you to alter the resistance of the pedals. A high resistance makes it more difficult to pedal, a low resistance makes it easier.   For the best results set the tension while the bike is in use.

EXERCISE MONITOR

SPECIFICATIONS:

TIME--00:00~99:59MIN

SPEED--0.0~99.9KM/H(ML/H)

DISTANCE---0.00~999.9KM(ML)

ODOMETER---0.0~9999KM or ML

PULSE   ---40~240BPM

CALORIE--0.0~9999KCALs

KEY FUNCTIOINS:

MODE: This key lets you to select and lock on to a particular function you want.

OPERATION PROCEDURES:

1. AUTO ON/OFF

     ◆   This system turns on when any key is pressed or when it receives an signal input from the speed
          sensor.

     ◆   The system turns off automatically when the sensor has no signal input of no key are pressed for
          approximately 4 minutes.

2. RESET:

     The unit can be reset by either changing battery or pressing the mode key for 3 seconds.

3.MODE:

     To choose SCAN or LOCK if you do not want the scan mode, press the MODE key when the pointer
     on the function you want which begins blinking.

4.FUNCTIONS:

1. TIME: Press the MODE key until pointer lock on to TIME. The total working time will   be shown
     when starting exercise.

2. SPEED: Press the MODE key until pointer lock on to SPEED. Displays current speed during workout
     time.

3. DISTANCE: Press the MODE key until pointer lock on to DISTANCE. The distance of each workout
     will be displayed when starting exercise.

4. ODOMETER: Press the MODE key until the pointer advances to ODO METER. The total
     accumulated distance will be shown.

5. CALORIE: Press the MODE key until pointer lock on to CALORIE. The calorie burned will be
     displayed when starting exercise.

6. (PULSE) : Press the MODE key until the pointer advance to PULSE function and put ear-clip to ear or
     the hand take hold of the sensor about 3 seconds show out.

SCAN: Display changes according to the next diagram every 4 seconds. Automatically display of the
following functions in the order shown:

TIME-SPEED-DISTANCE CALORIE-PULSE

NOTE:

1. Without any signal coming in 4-5 minutes, the LCD display will be shut off automatically.

2. When there is signal input, the monitor automatically turns on.

3. If there is a possibility to see an improper display on the monitor, please replace the batteries to have
     a good result. You must be to replace the batteries at the same time.

4. The monitor use 1.5V "AA" or "AAA" batteries.