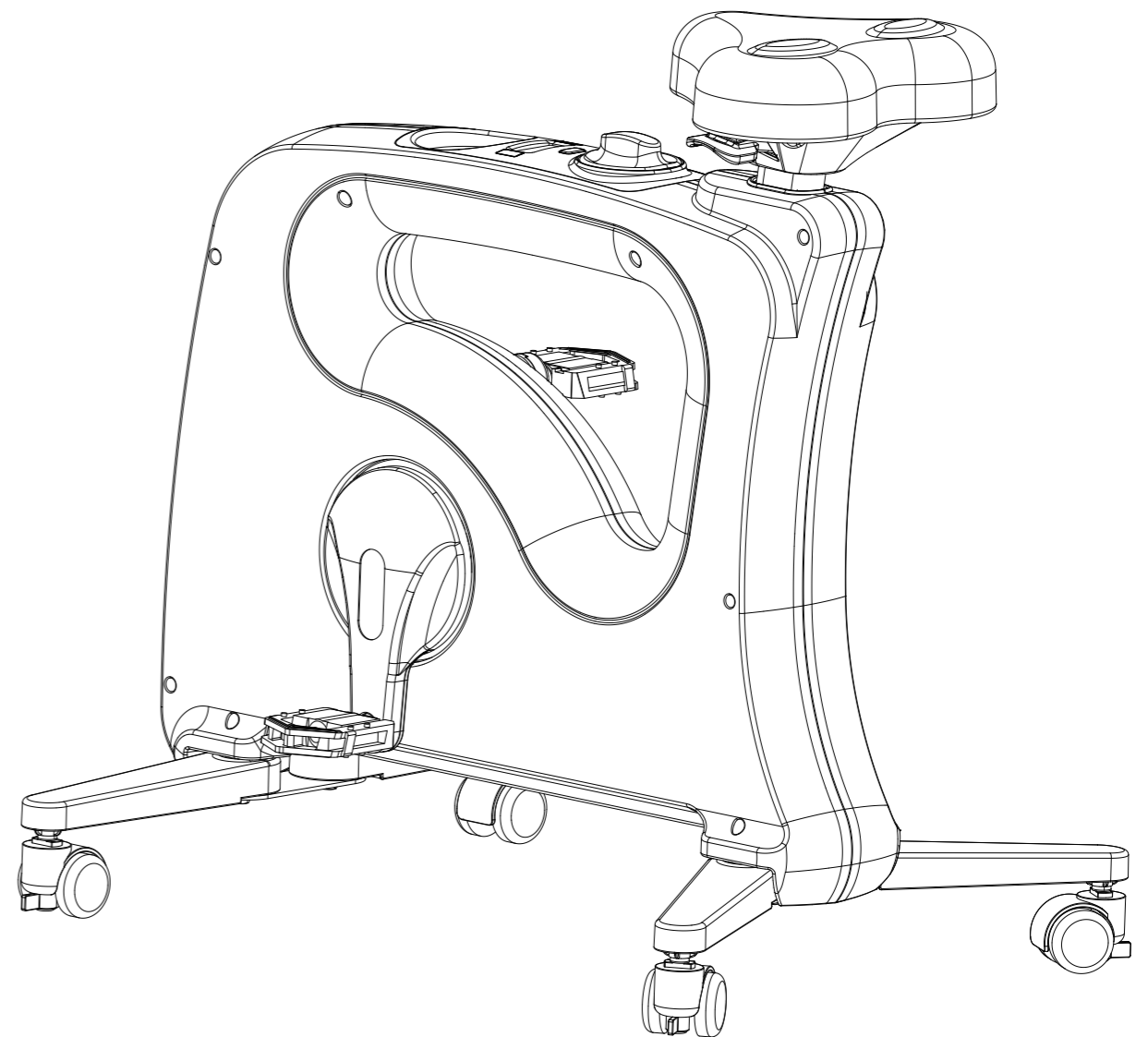


Bike it

Premium

Item No. E13276
INSTALLATION GUIDE



 **Caution**

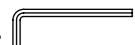
Please read all instructions carefully before using this product. Retain this manual for future reference. The specifications of this product may vary slightly from the illustrations and are subject to change without notice.

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 130kg/285lbs.

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. 

Hex key
6x6mm
(1 PC)

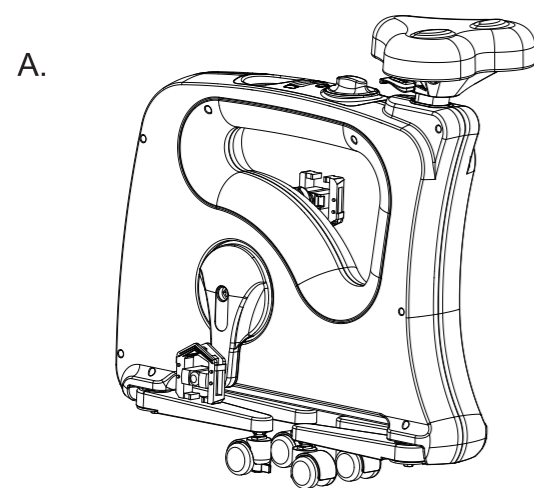
2. 

Coaster
Φ89 x 2 mm
(1 PC)

3. 

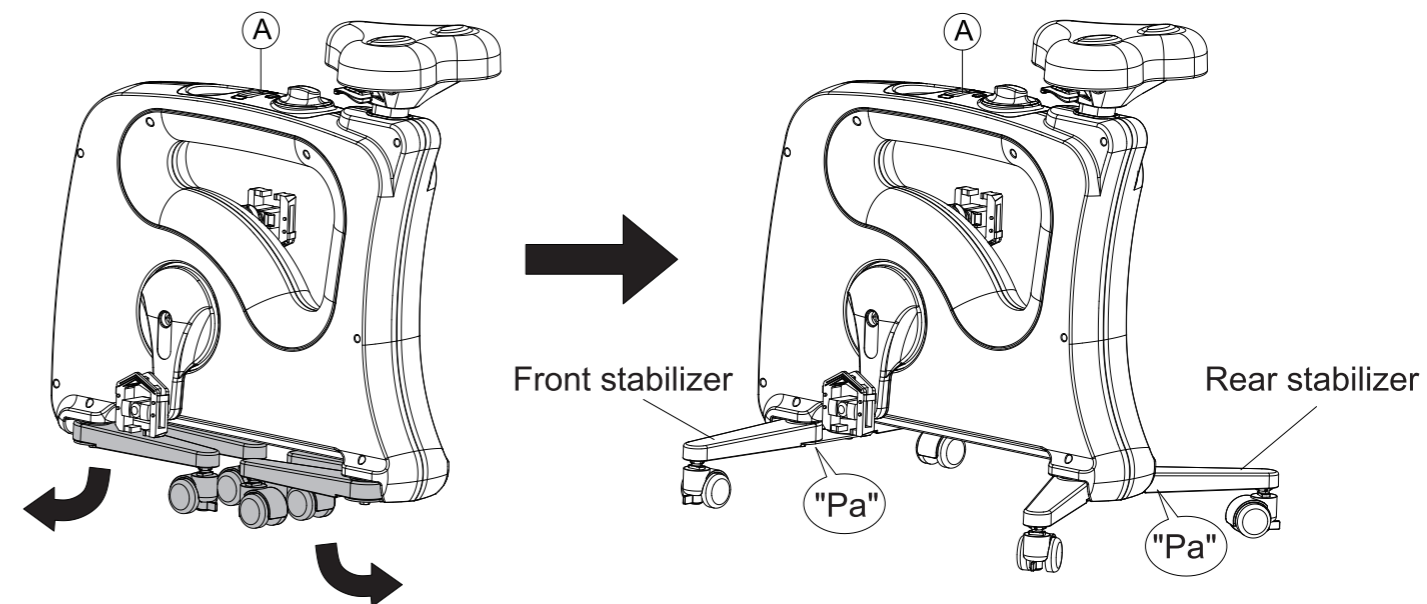
Pedal Cover
(2 PCS)

Part list



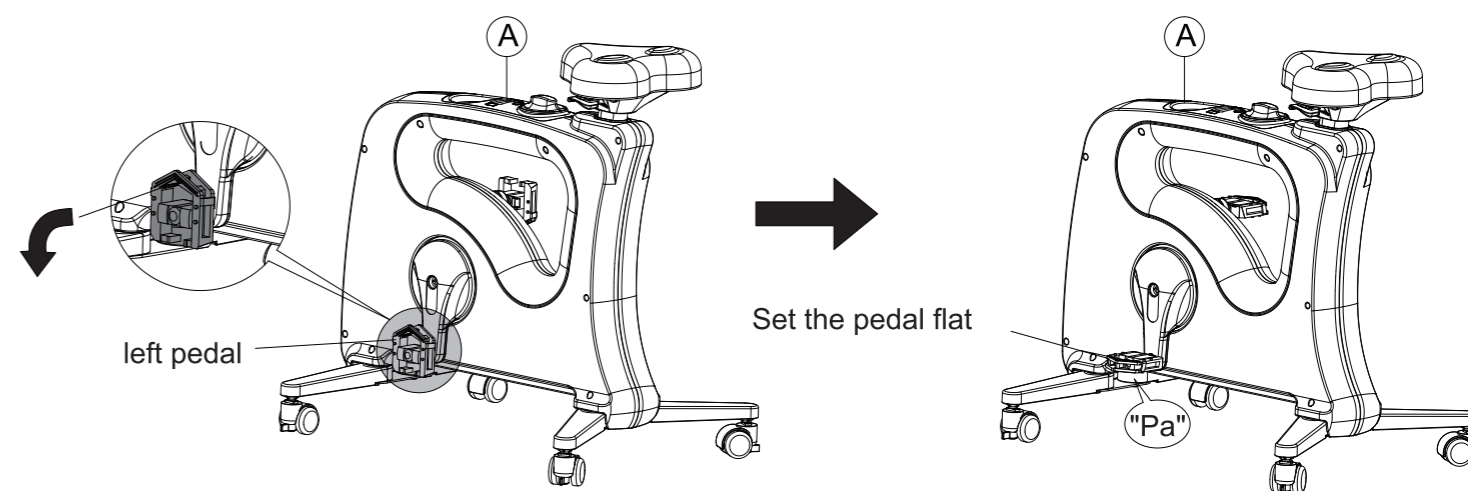
Assembly step 1

Outspread the 4 legs of bike base (A), which will be fully extended when you hear the sound "Pa".



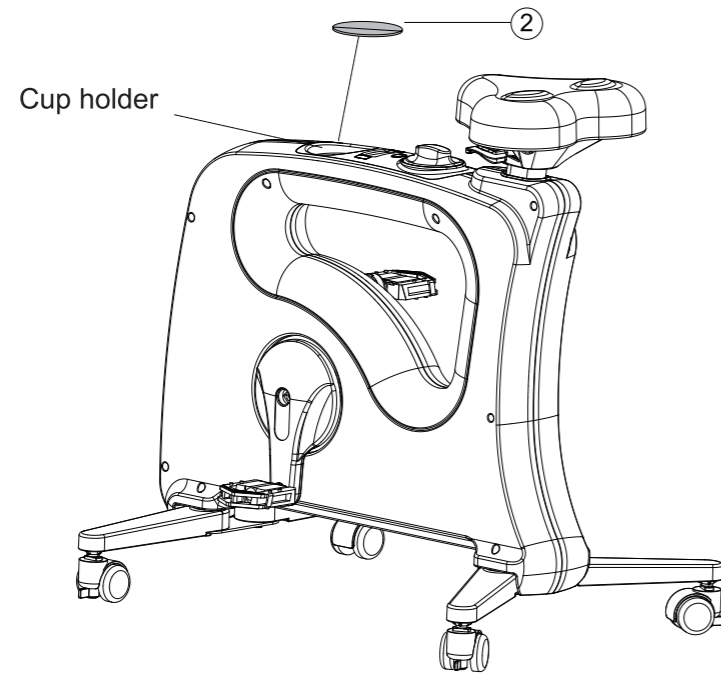
Assembly step 2

Outspread both left and right pedals until you hear the sound "Pa".



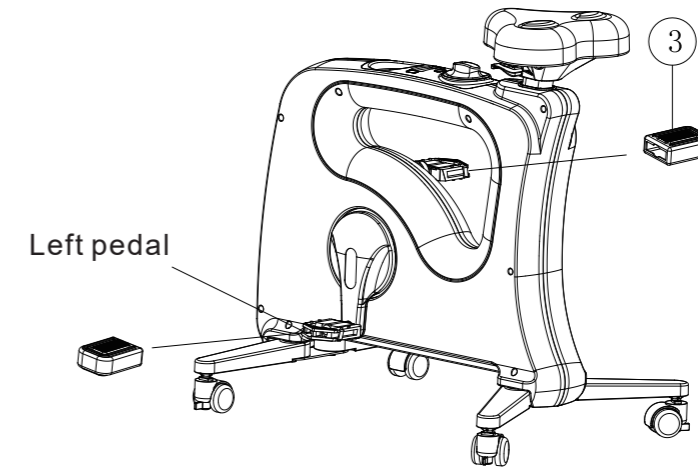
Assembly step 3

Insert the anti-skid pad into the cup holder.



Assembly step 4

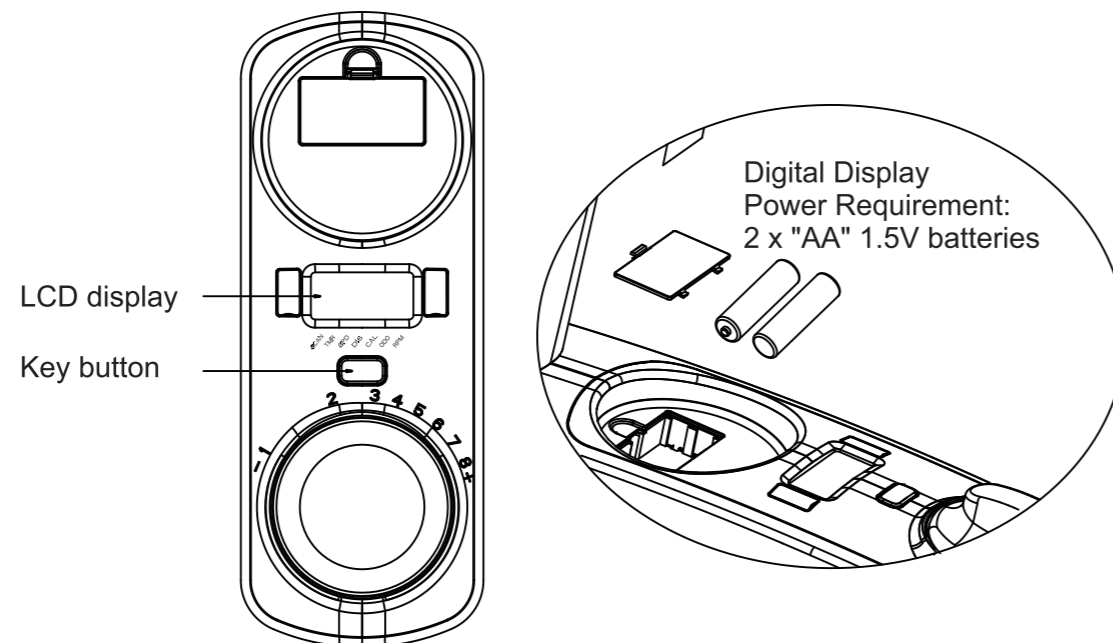
Slip the pedal cover ③ into each pedal so that you can use the bike even you are barefoot.



LCD display operation guide

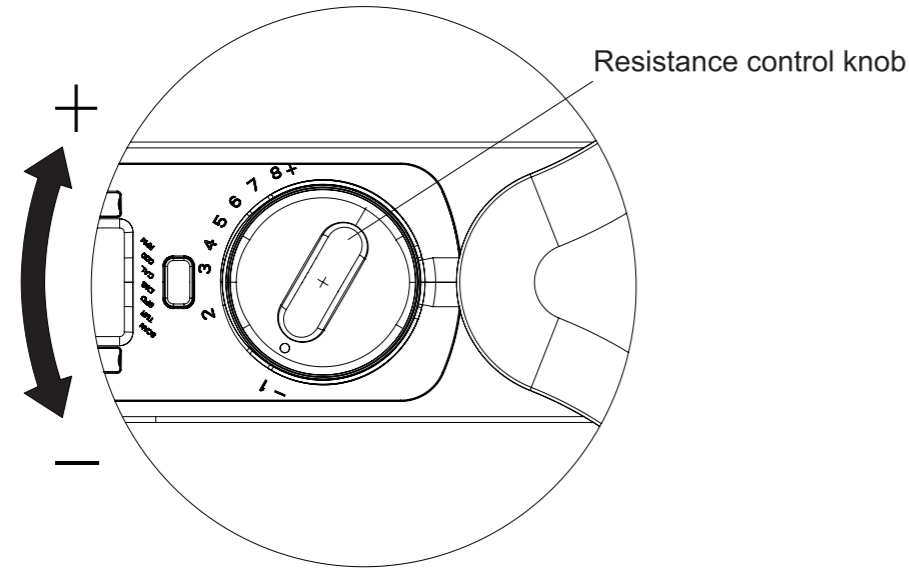
Press the key button to turn on the LCD display. The following activity readings will appear on the display: TMR (timer), SPD (speed), DIS (distance), CAL (calories), ODO (odometer), RPM (revolutions per minute). The LCD display will turn off when pedaling stops for more than 4 minutes. To reactivate the LCD display, start pedaling again or press the key button.

- SCAN : Readout will be changed automatically one by one per 5 seconds
- TMR : Time you exercised
- SPD : The speed when you exercise
- DIS : Distance you exercised
- CAL : Calorie you burned during your exercise
- ODO : Total distance you exercise
- RPM : Speed of the wheel



1. Magnetic resistance adjustment

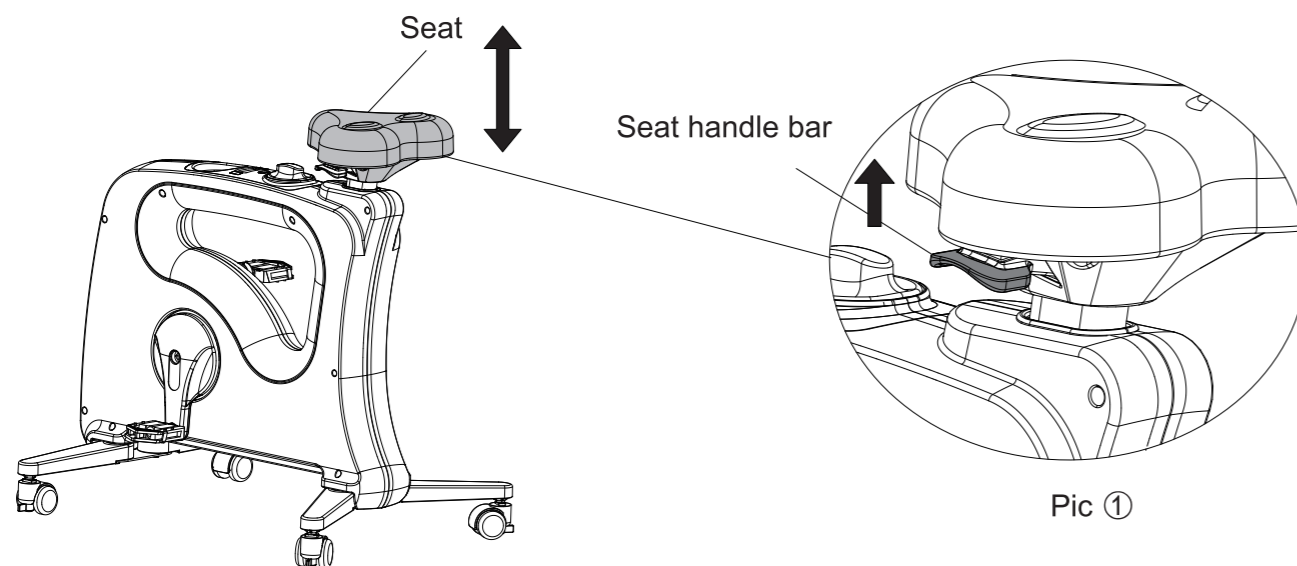
The resistance control knob allows you to adjust the resistance level in increments from 1 to 8, with level 8 offering the most resistance. To increase the resistance level, turn the resistance control knob in the "+" direction. To reduce the resistance level, turn the knob in the "-" direction.



2. Seat height adjustment

The seat handle bar under the seat (shown in the picture below) allows you to adjust your seat to a comfortable height.

Lift both your buttock and the handle bar to lift the seat; press the handle bar down to lower the seat height.



3. Repacking the bike for storage

If you will not be using the bike for an extended period and would like to repack it for compact storage, please do the following:

First, lower the bike onto its side, then locate the button under the legs (shown in pic ②). Use the hex key (1) to push the button. This will allow you to fold the front and rear stabilizers neatly beneath the bike.

