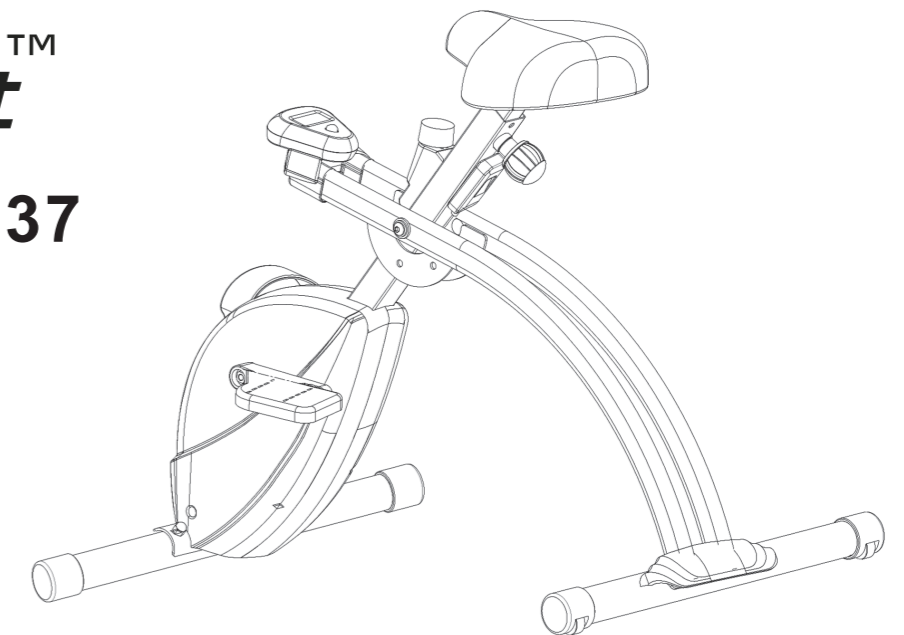




***Bike it***<sup>TM</sup>

**Item No. E01337**

**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 not a toy. Keep children away from this exercise bike, especially while in use. Children should be taught to never put their fingers near any moving parts on this machine.
8. Please keep children away from this exercise bike, especially while in use. Minors are strongly recommended not to use this products, since its designed for adults.
9. Remain seated while using bike - do not stand on pedals.
10. Maximum weight capacity of this bike is 300 lbs(136kg).

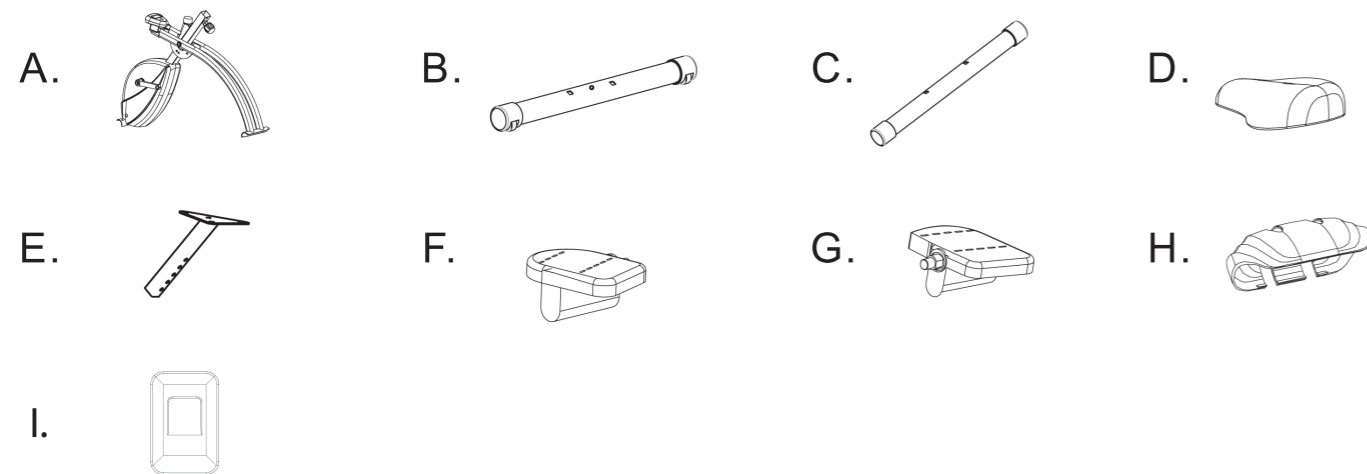
**Ignoring the warnings in this manual could lead to hazardous situations that might result in serious injury or death.**

## PACKAGE INCLUDED:

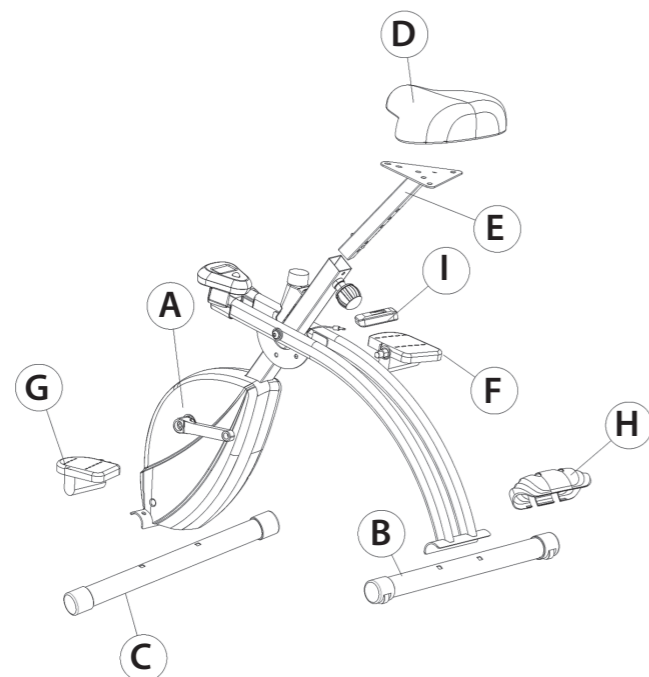
### ACCESSORY PACKAGE LIST

- |   |   |  |   |
|---|---|--|---|
| 1. <br>M8x50 mm bolt<br>(4PCS) | 2. <br>Φ8 washer<br>(4PCS) | 3. <br>M8 nut cap<br>(4PCS) | 4. <br>Screwdriver<br>10, 13, 15, 17 (1PC) |
| 5. <br>Φ8 washer<br>(3PCS)     | 6. <br>M8 nut<br>(3PCS)    | 7. <br>Ø14 disc<br>(2 st)   |   |

### PART LIST

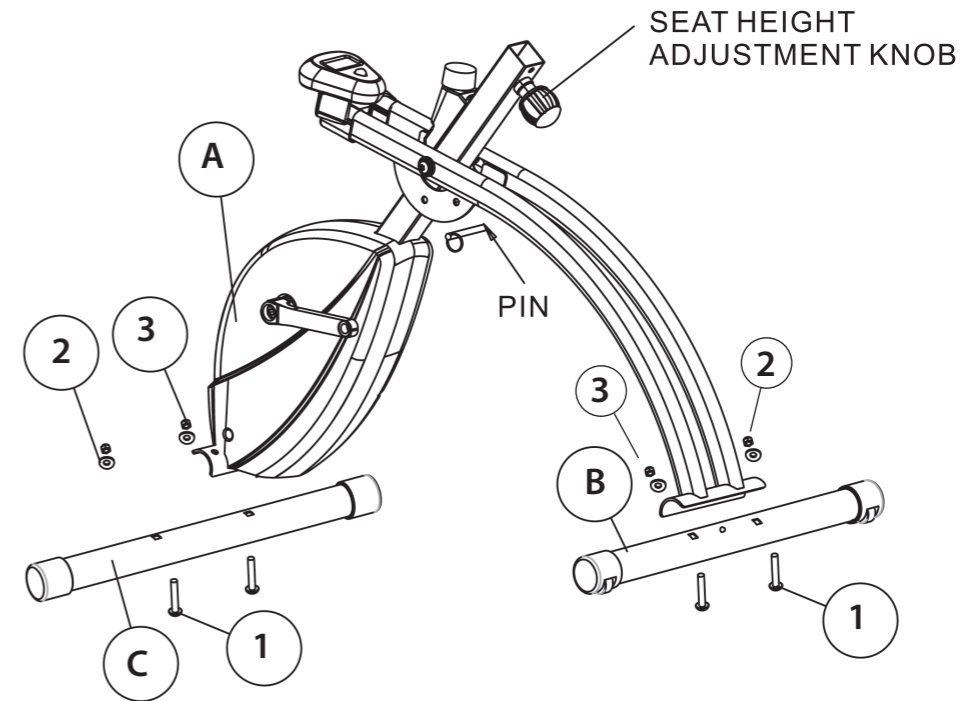


### INSTALLATION DIAGRAM



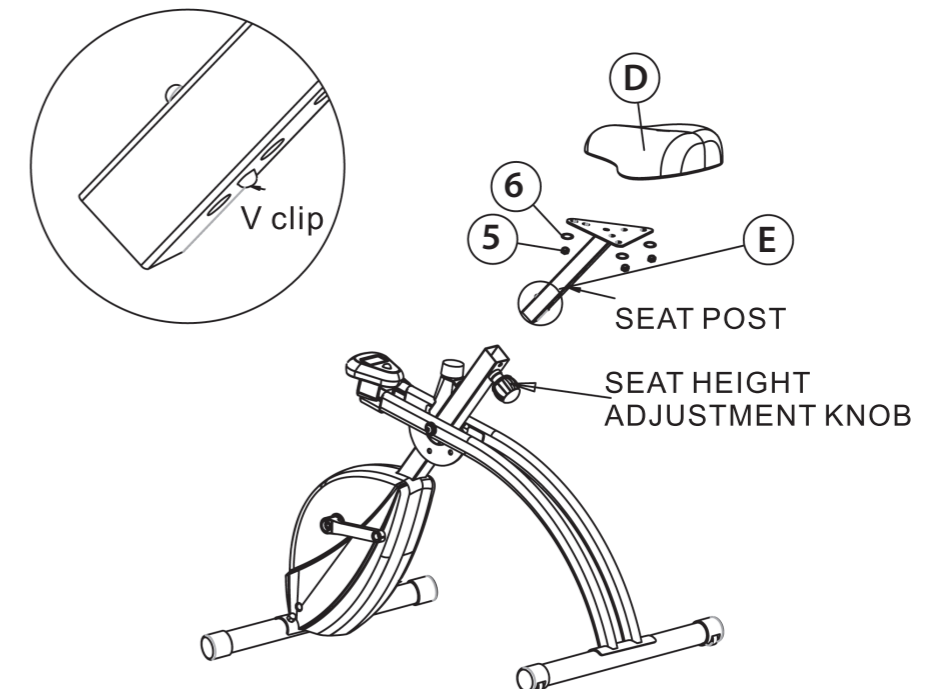
### ASSEMBLY STEP 1

Put the MAIN FRAME (A) upright, remove the PIN. Make it steady on the ground, then plug back the pin into the hole. Attach the REAR STABILIZER TUBE (C) to MAIN FRAME using two M8x50mm Bolts (1), two Φ8 Washers (2) and lock them with two M8 Caps (3) using Wrench (4). Attach the FRONT STABILIZER TUBE (with wheels in front direction) (B) to MAIN FRAME using two M8x50mm Bolts (1), two Φ8 Washers (2) and lock them with two M8 Caps (3) using Wrench (4).



### ASSEMBLY STEP 2

Attach seat (D) to seat post (E), using wrench (4) to lock the three M8 nuts (6) which have been attached with three Φ8 washers (5). Pull the seat height adjustment knob outward which sliding the seat post (E) into main frame, tightening the seat post (E) clock wish after hearing the sound "pa".

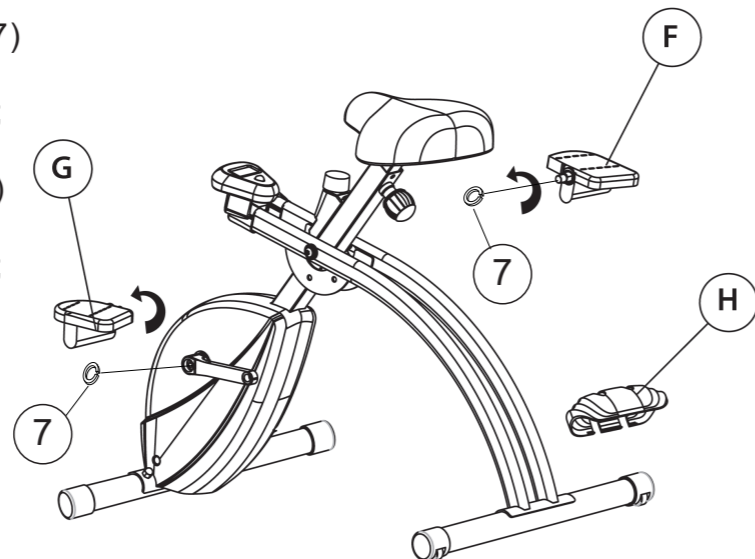


### ASSEMBLY STEP 3

Attach the right pedal (F) with a washer (7) put on to right crank arm, tightening them at the greatest extent with the wrench (4);

Attach the left pedal (G) with a washer (7) put on to left crank arm, tightening them at the greatest extent with the wrench (4);

Put plastic cover (H) on the frame.

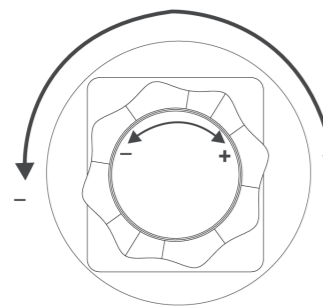


**Attention:** Please anticlockwisely tighten the pedal as the arrows point.

▲ Note: Pedals of right and left are different, do not install wrong!  
Please adjust the height of seat before using it.

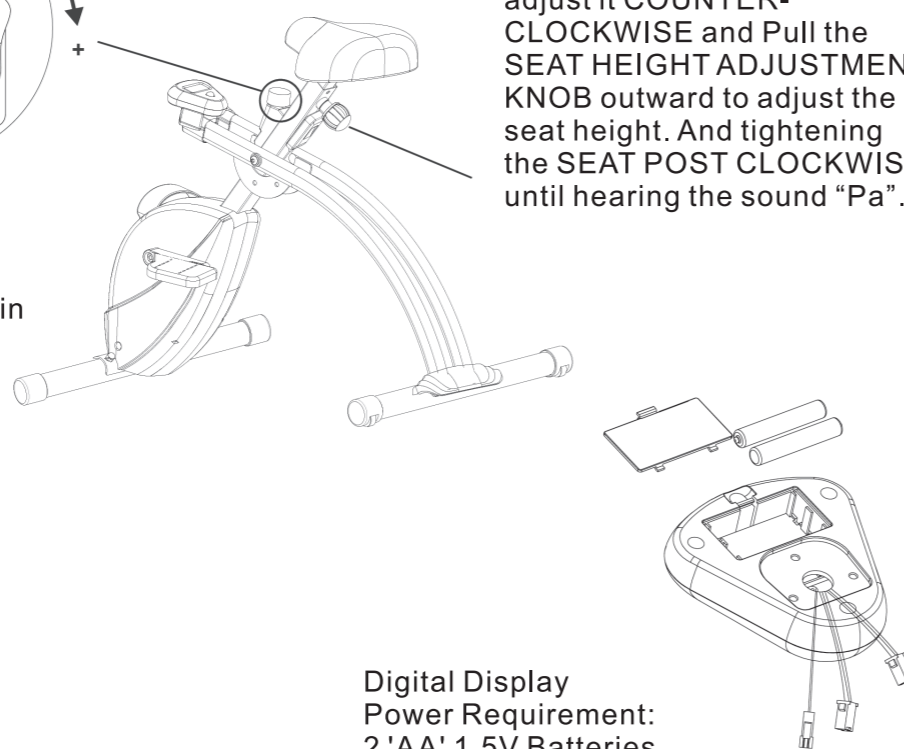
### COMPLETED ASSEMBLY PICTURE

▲ pls adjust the seat height, heandbar and pedal strap according to your height before doing exercise



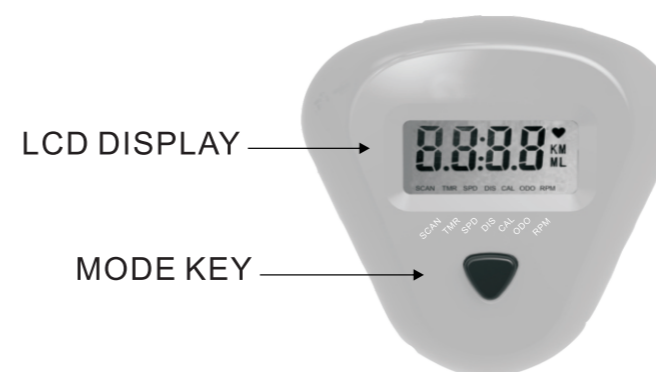
Eight adjustable resistance levels. Levels increase incrementally from 1 to 8, with level 8 offering the most resistance. Turn the resistance dial in the "+" direction to increase the resistance and in the "-" direction to reduce the resistance.

Release the SEAT HIGHT ADJUSTMENT KNOB by adjust it COUNTER-CLOCKWISE and Pull the SEAT HEIGHT ADJUSTMENT KNOB outward to adjust the seat height. And tightening the SEAT POST CLOCKWISE until hearing the sound "Pa".



Digital Display  
Power Requirement:  
2 'AA' 1.5V Batteries

### CONSOLE OPERATION



SCAN: Readout all the modes  
TMR: Time you exercised  
SPD: The speed when you exercised  
DIS: Distance you exercised  
CAL: Calorie you burned during your exercise  
ODO: Total distance you exercised  
RPM: Speed of the wheel

- 1) Mode key under the LCD Display let you select a desired function. Reset the data to zero by pressing the MODE KEY for several seconds.
- 2) The processor turns off automatically when the speed sensor has no signal input or no key is pressed for approximately 4 minutes.
- 3) The LCD Display can be activated again by pressing the Mode key or by rotating the bike pedals.