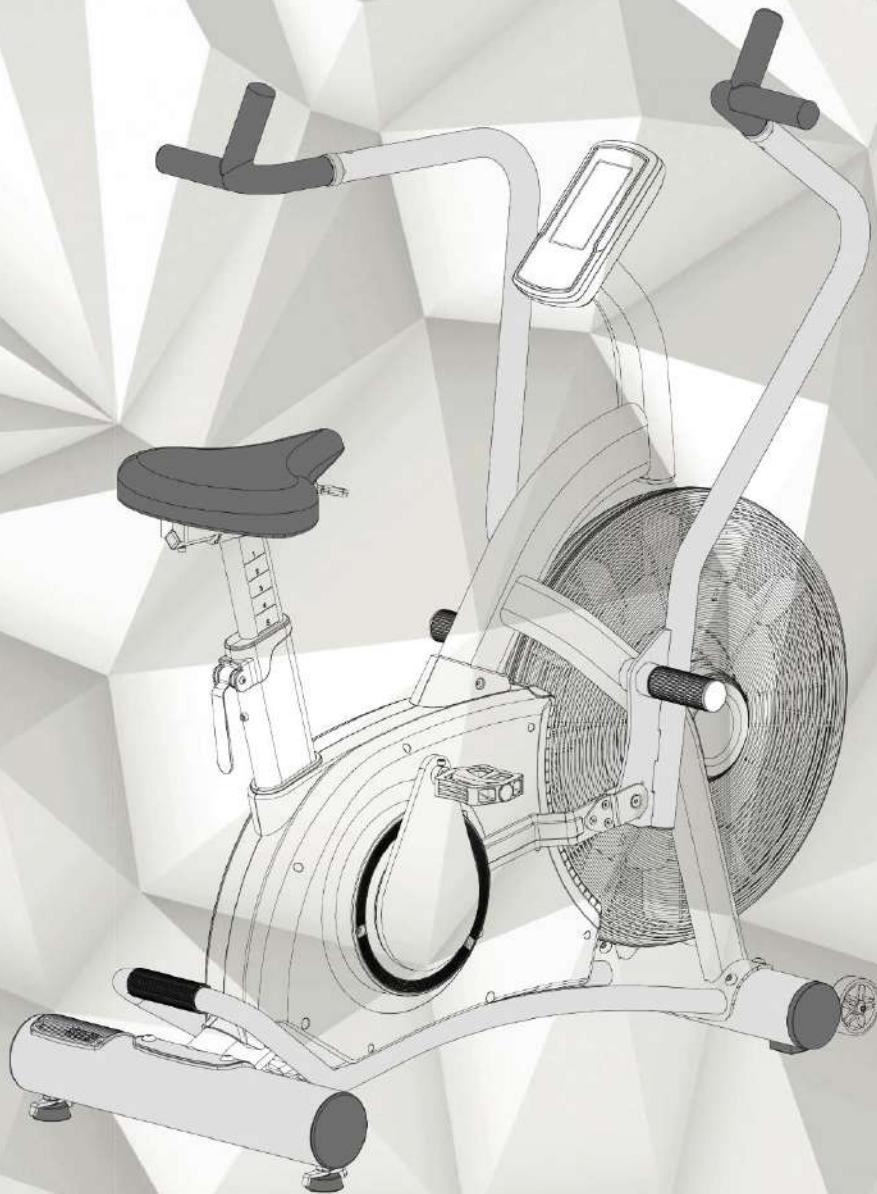


Destroyer Air Bike



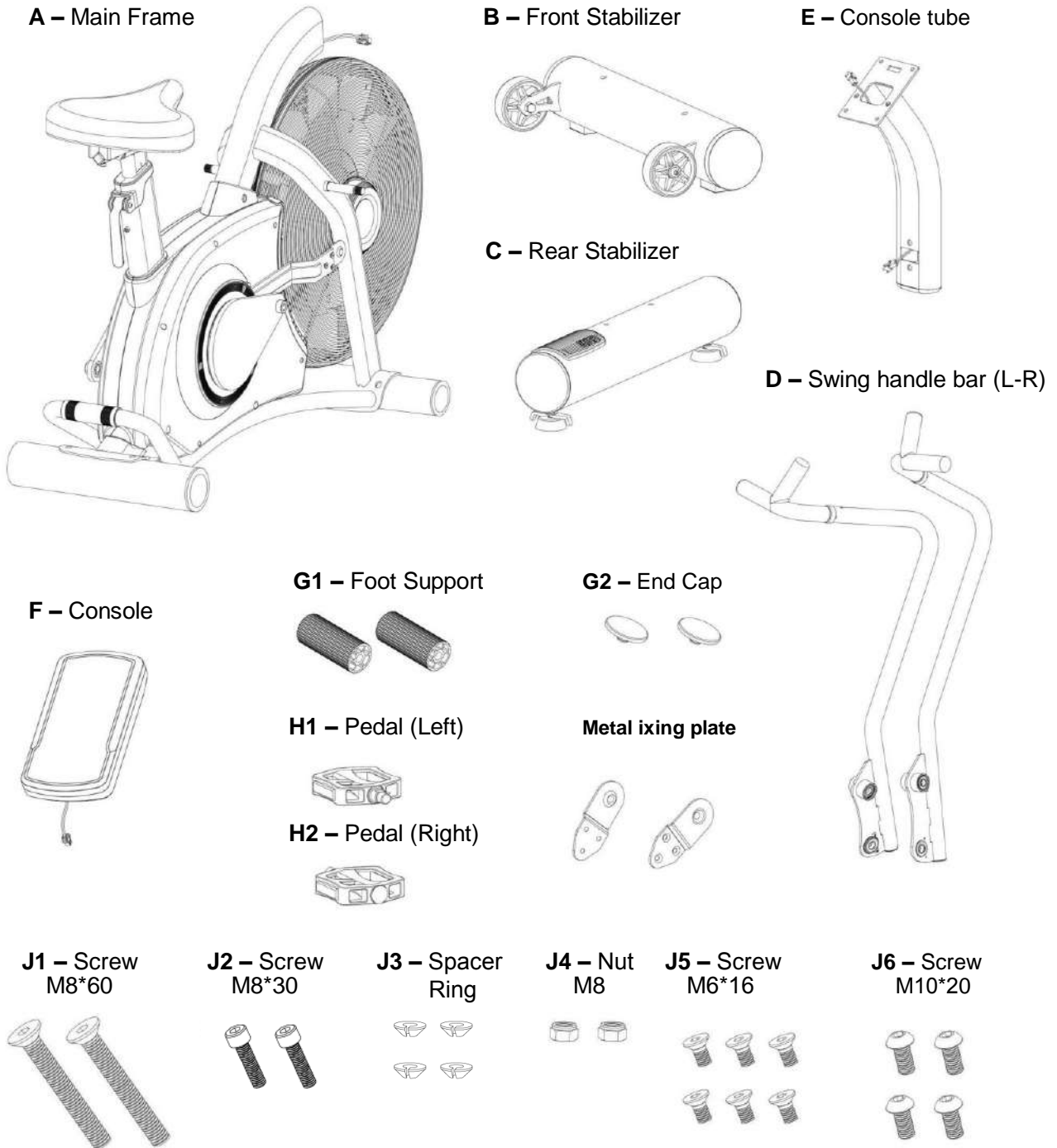
HIT FITNESS

Air Bike



www.hitfitness.com

PARTS



TOOLS

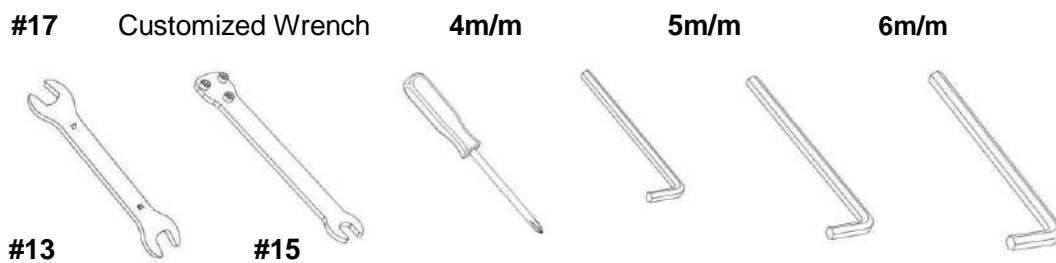


FIGURE 1

ASSEMBLING THE FRONT STABILIZER

STEP ONE:

- Loosen the two screws (J6) from the paper strap. The paper strap is used to protect the package, which **won't be used again during or after assembly.**

STEP TWO:

- **Fix the front stabilizer onto the main frame and tighten it by screw.**

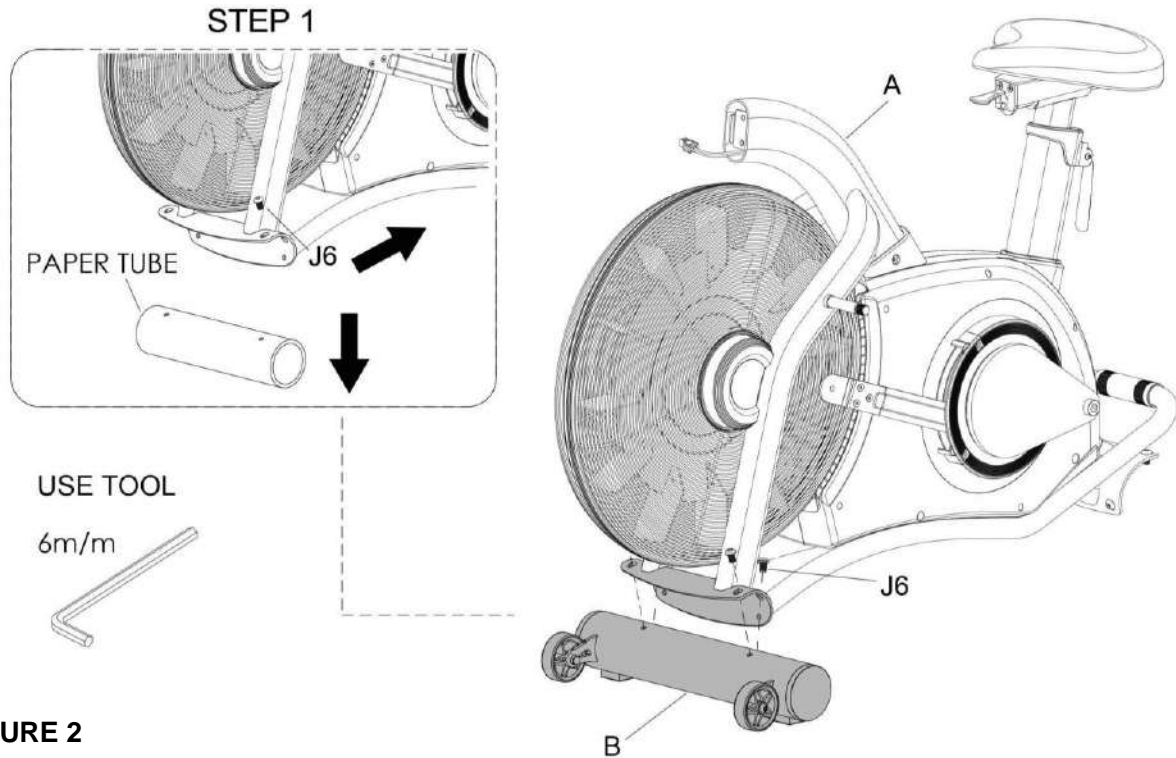


FIGURE 2

ASSEMBLING THE REAR STABILIZER

Step ONE:

- Loosen the two screws (J6) from the paper strap. The paper straps will no longer be needed from this point forward.

STEP TWO:

- Equip the rear stabilizer onto the main frame and tighten it by screw (J6).

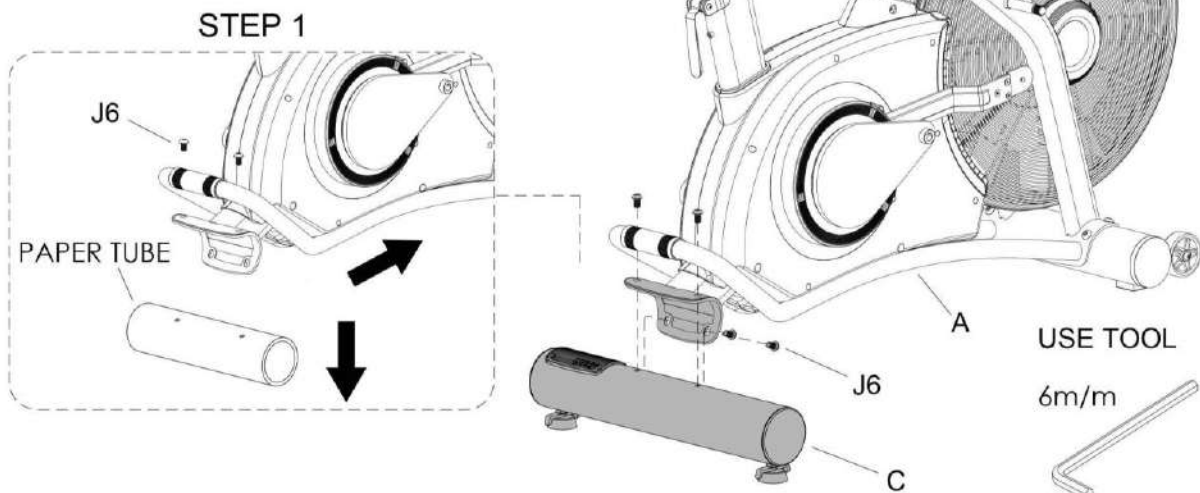


FIGURE 3

ASSEMBLING THE HANDLEBARS & FOOT SUPPORT

STEP ONE:

- Equip the swing handlebars onto the main frame to assemble the foot support.

STEP TWO:

- Fasten the Foot Support clockwise with the Customized Wrench, and then put on the End Cap. The same process is used to assemble the right and left handlebar and foot support.

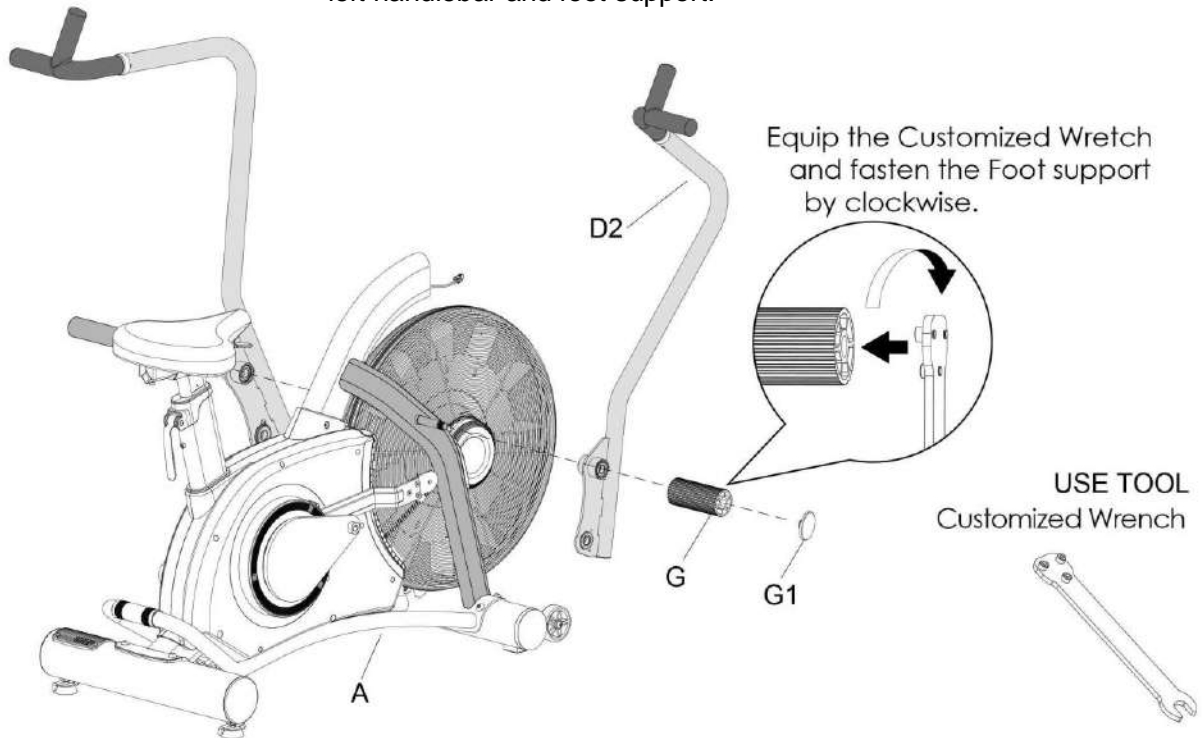


FIGURE4

HOW TO INSTALL THE METAL FIXING PLATE

STEP ONE:

- Equip the right swing handle bar (D2) on the main frame.

STEP TWO:

- Use screws (J2), spacer ring (J3), nuts (J4) and screws (J5) to tight metal fixing plate (I) and swing handle bar (D2) and connecting tube (A17) completely.

STEP THREE:

- The same way to assemble left side.

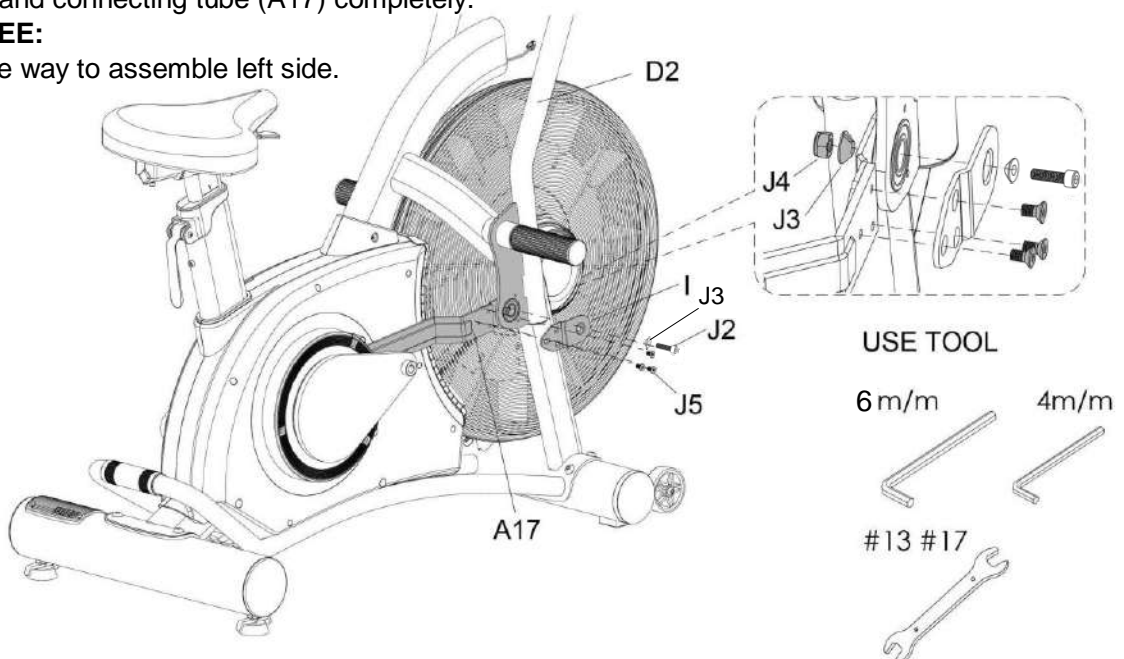


FIGURE 5

HOW TO ASSEMBLE THE PEDALS

- Loosen the screw (J7) from the crank (A8).
- Equip the right pedal (H2) onto the crank (A8) and fasten with tool #14 #15.
- Fasten the screw (J7) onto the crank. The same way to assemble left side.

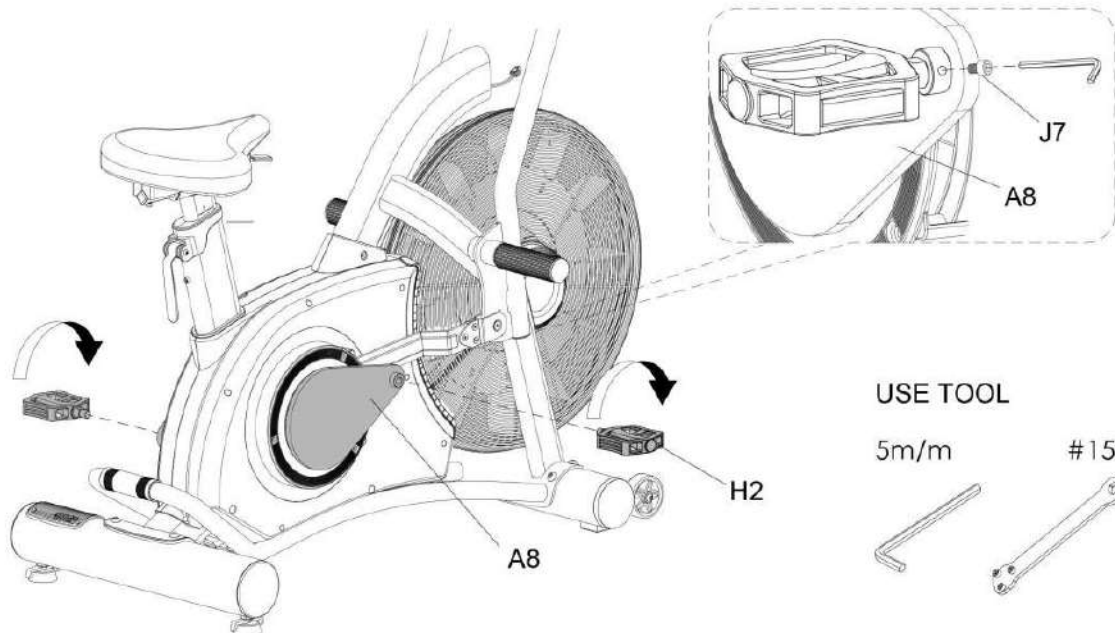


FIGURE 6

HOW TO ASSEMBLE THE CONSOLE TUBE

STEP ONE:

- **Connect the cables (E1) and (A30) together, then use the screw (J1) to ix the console tube with the main frame.**
- Attention: Be aware of the sensor wires during assembly to avoid the wires being damaged.

STEP TWO:

- Remove the pre-install screws from the console housing. Connect the cables (E1) and the wire from the console together and install console onto console tube.

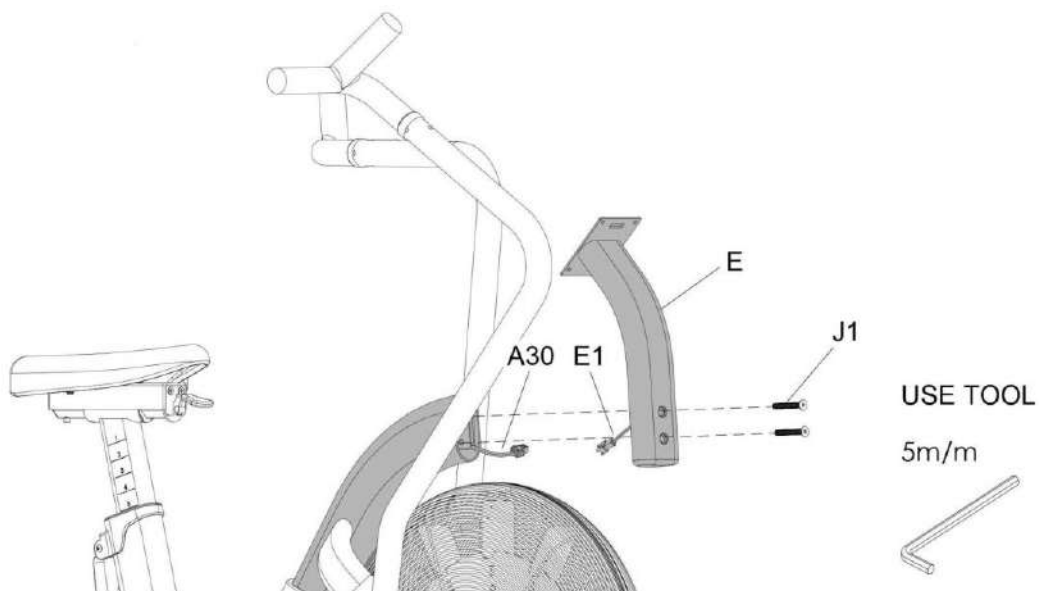


FIGURE 7

HOW TO ASSEMBLE THE CONSOLE

Remove the pre-install screws from console housing (F) firstly. Connect the cables (E1) and the wire from console (F) together and install console onto console tube (E) and using screw (F1) to fix it.

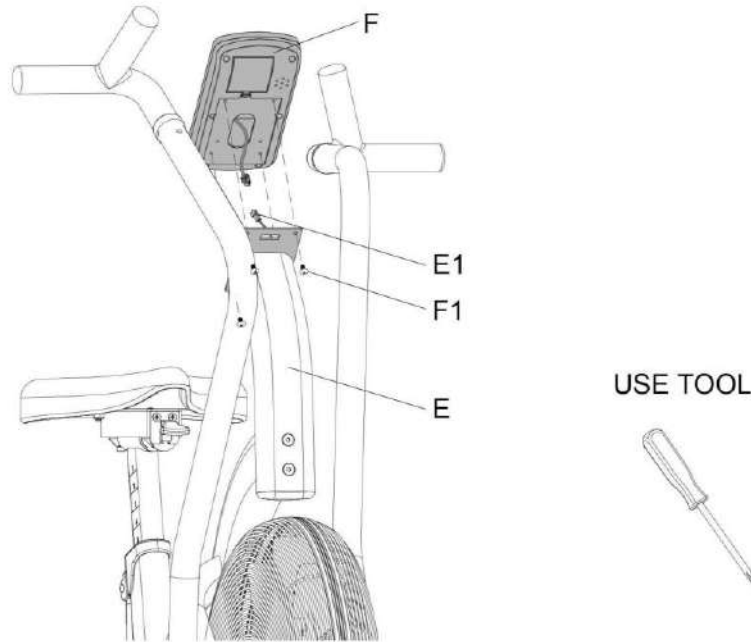


FIGURE 8

HOW TO MOVE THE MACHINE

The front stabilizer has built-in transport wheels. Stand at the rear and lift the machine up until the weight is transferred to the transport wheels. You can now easily move the machine to a new location.

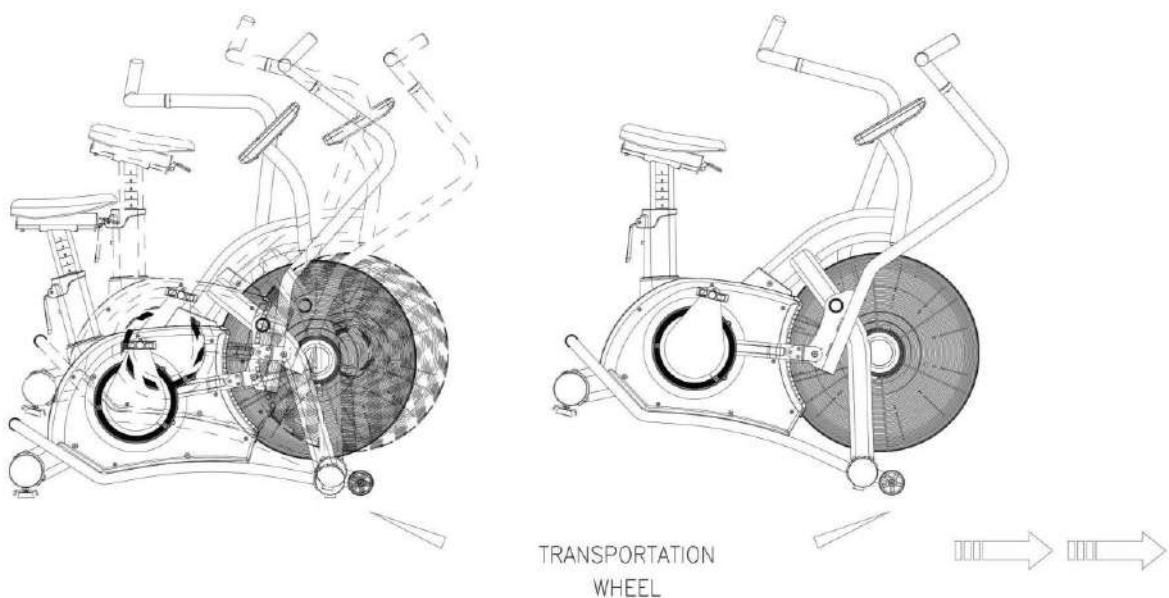


FIGURE 9

ASSEMBLING THE SADDLE

STEP ONE:

- Fix the saddle into the rear tube.
- Pull up the adjustment bar to adjust the proper saddle position.

STEP TWO:

- Just release the bar after you've found your proper position.

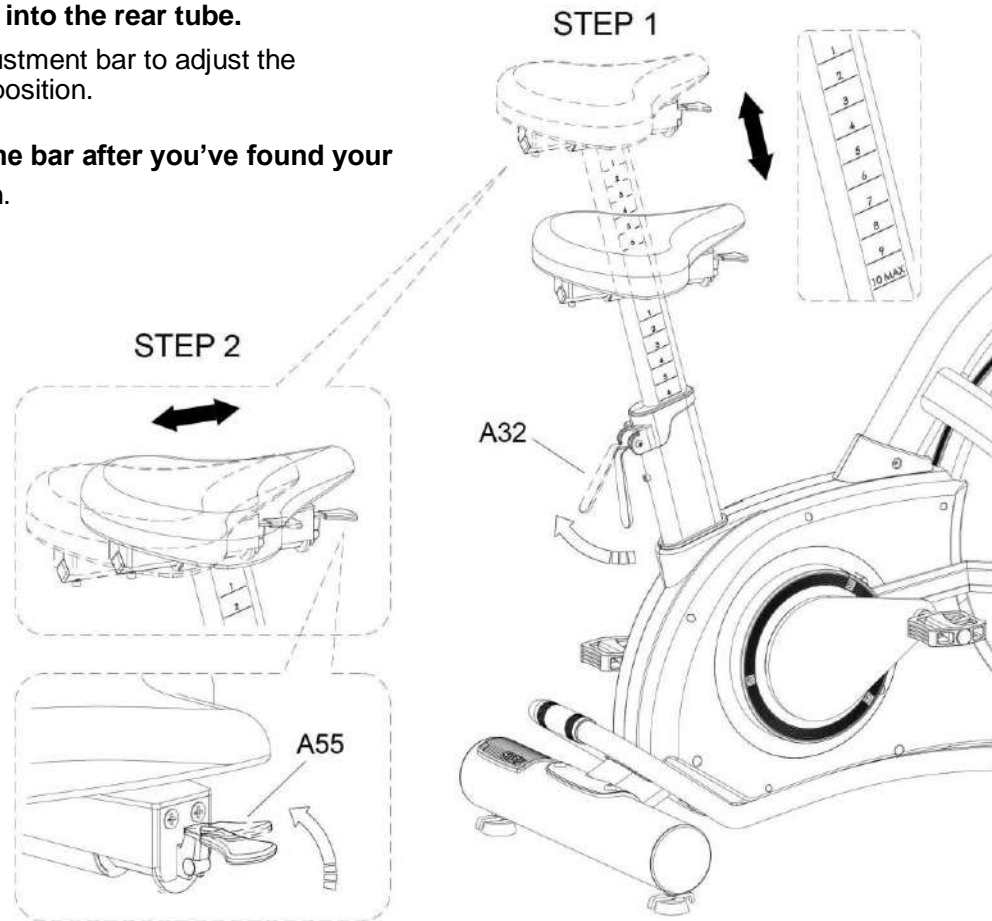
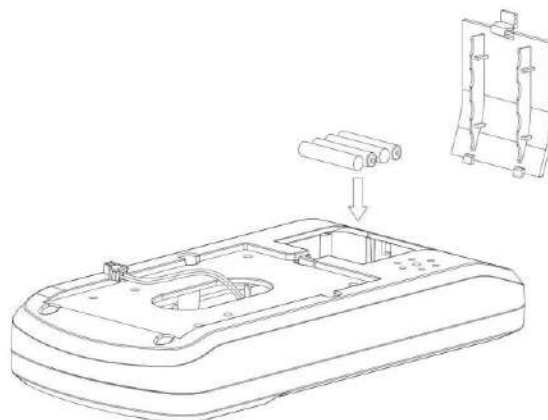


FIGURE 10

REPLACING THE BATTERIES

- Remove the battery cover and install the new battery.
- **Battery specifications: AA* (4 batteries)**





DISPLAY FUNCTIONS

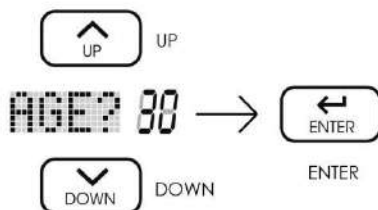
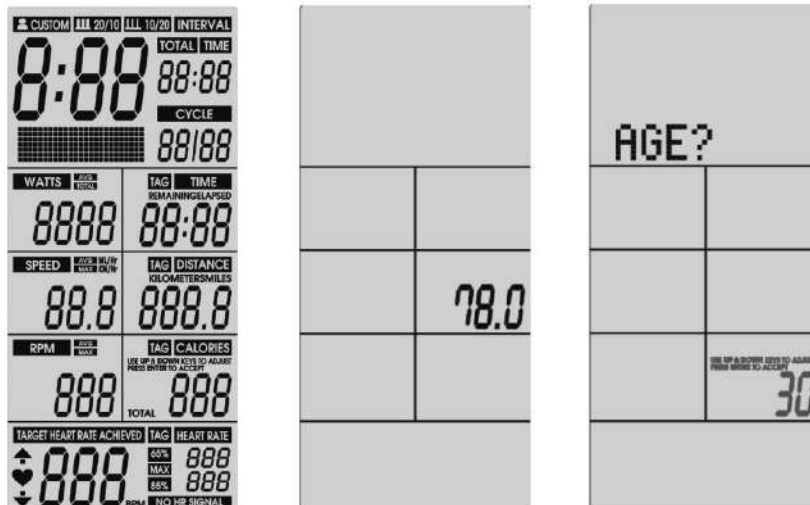
ITEM	DESCRIPTIONS
MAIN DISPLAYS	• The main displays for 8 performance measurements.
RPM	• Displays the rotation per minute with a range from 0~15 to 200.
SPEED	• Displays the current training speed. Maximum speed is 99.9 KM/H or ML/H.
TIME	• Counts workout Time from 00:00 to maximum 59:59, or alternatively, counts down from a preset time down to 00:00. You may pre-set the target TIME value with the UP/DOWN key.
DISTANCE	• Accumulates the total distance from 0.0 up to 999.9 KM or ML, or alternatively, counts down from a pre-set value. You may pre-set the target distance value with the UP/DOWN key.
CALORIES	• Accumulates calories' consumption, or alternatively, counts down during training from 0 to maximum 999 calories. You may pre-set your target calories with the UP/DOWN key.
WATT	• Displays the power consumption during training. -Range: 0~9999.
PULSE	• You may set up a target pulse value from 0~30 to 199 and the console buzzer will beep when the actual heart rate is over the target value during workout.
INTERVAL	• Intermittent rest workout mode.
TARGET HR	• Target Heart rate control training mode.

BUTTON FUNCTION

ITEM	DESCRIPTIONS
START	<ul style="list-style-type: none"> To PAUSE your workout during exercise or to RESUME your workout DURING Stop mode. Hold the button down for 2 seconds to switch between KM and ML.
STOP	<ul style="list-style-type: none"> To STOP your workout during exercise. At any time, you can hold on this key for 2 seconds to reboot the console as a TOTAL RESET.
DOWN	<ul style="list-style-type: none"> To ADJUST Distance, Calories, Time, Age value down. If you hold the key down for more than 1second, the value will go down quickly, and stop when you release it.
UP	<ul style="list-style-type: none"> To ADJUST Distance, Calories, Time, Age value up. If you hold the key down for more than 1second, the value will go up quickly, and stop when you release it.
ENTER	<ul style="list-style-type: none"> To CONFIRM/ENTER your settings once you've selected your function.
INTERVAL 20-10	<ul style="list-style-type: none"> This program allows you to work 20 seconds and rest 10 seconds, and repeat it for 5 cycles.
INTERVAL 10-20	<ul style="list-style-type: none"> This program allows you to work 10 seconds and rest 20 seconds, and repeat it for 5 cycles.
INTERVAL CUSTOM	<ul style="list-style-type: none"> This program lets you self-deine the cycles of INTERVAL workout target time.
Target Distance	<ul style="list-style-type: none"> This program lets you pre-set Target Distance as your workout focus.
Target Calories	<ul style="list-style-type: none"> This program lets you pre-set Target Calories as your workout focus.
Target HR	<ul style="list-style-type: none"> This program lets you pre-set Target HR as your workout focus.
Target Time	<ul style="list-style-type: none"> This program lets you pre-set Target Time as your workout focus.

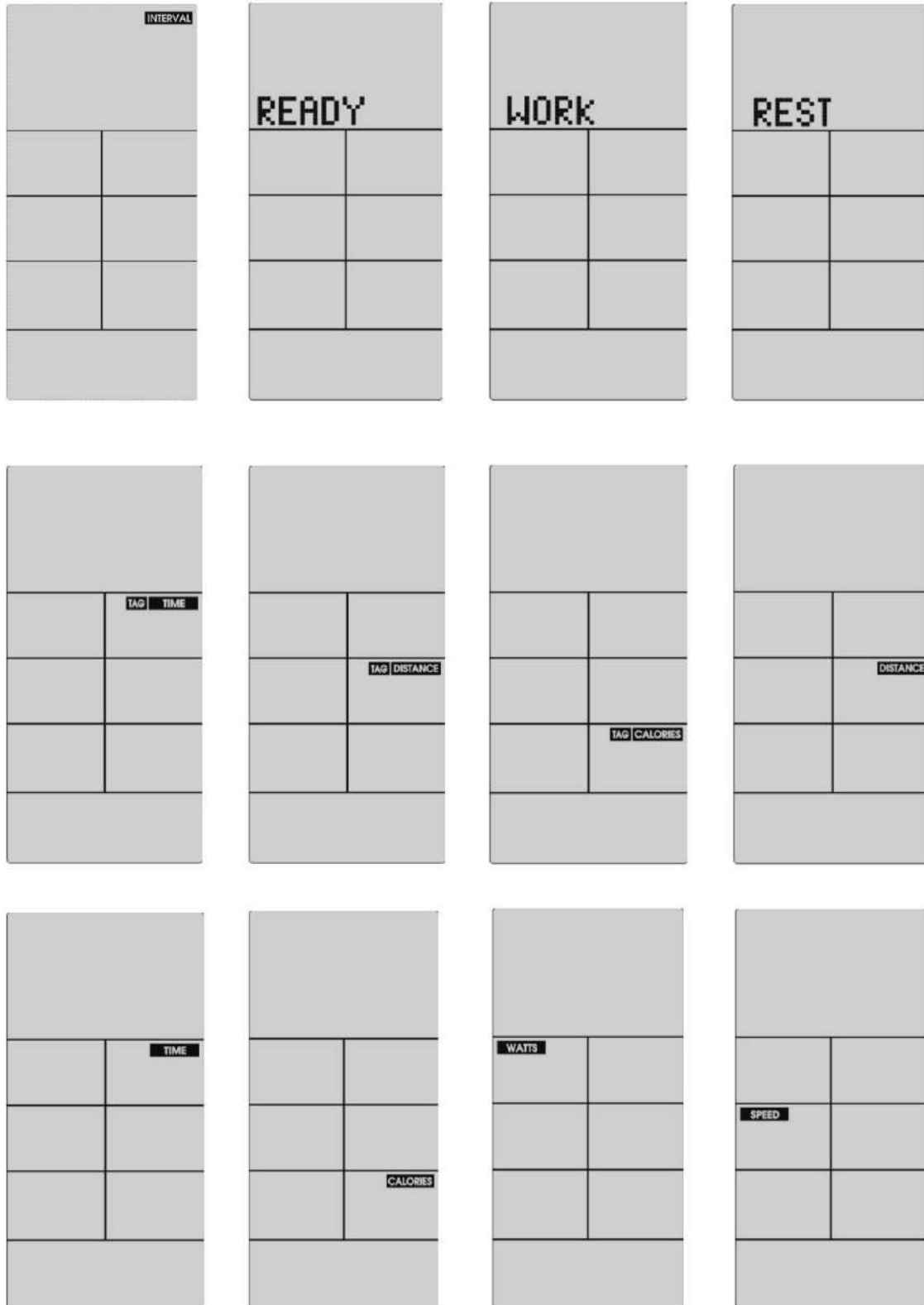
INITIAL SET UP

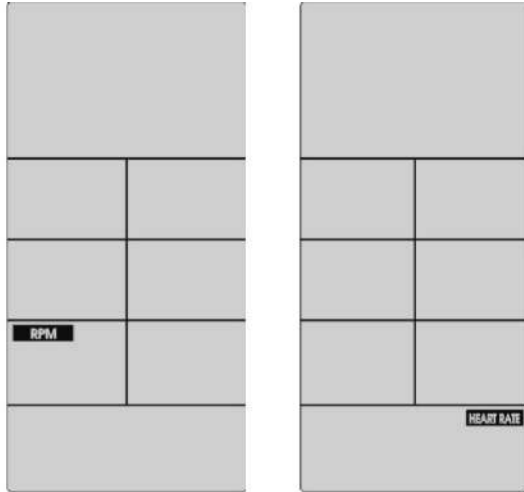
- When the **POWER** is on, the LCD will fully display for 2 seconds with a long beeping sound, then display the wheel diameter 1 second in the **DIST** area.
- Go to AGE setting mode, with screen display AGE?. As the preset value 30 is lashing, use the UP & DOWN KEYS to ADJUST your age, and press ENTER to accept.**
- It will switch to display, you then press UP/DOWN to adjust the value and press ENTER to conirm and then goes to Standby mode.**



OPERATIONS

- The icons of INTERVAL, READY, WORK, REST, TAG TIME, TAG CALORIE , TAG DISTANCE , TIME, DISTANCE, CALORIES, WATTS, SPEED, RPM, HEART RATE will lash by in sequence every 1 second.
- If there's no input of key operation, RPM signal or pulse input for 5 minutes, the console will go into Sleeping mode.

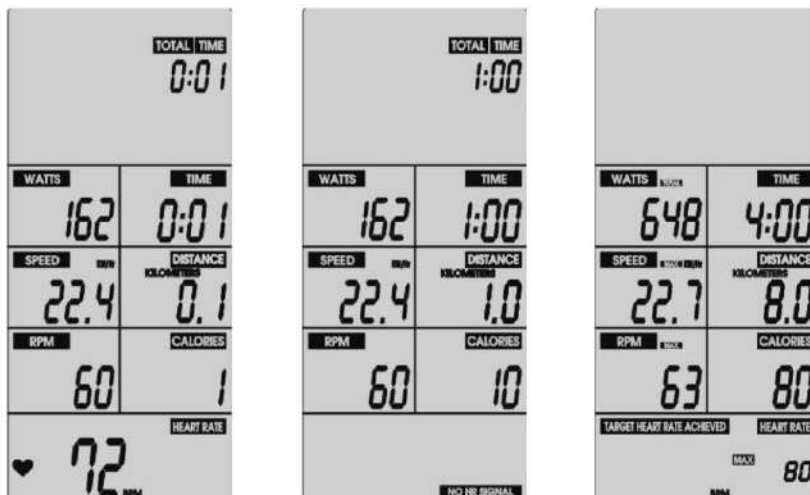


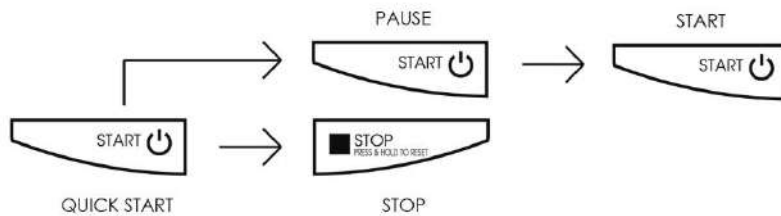
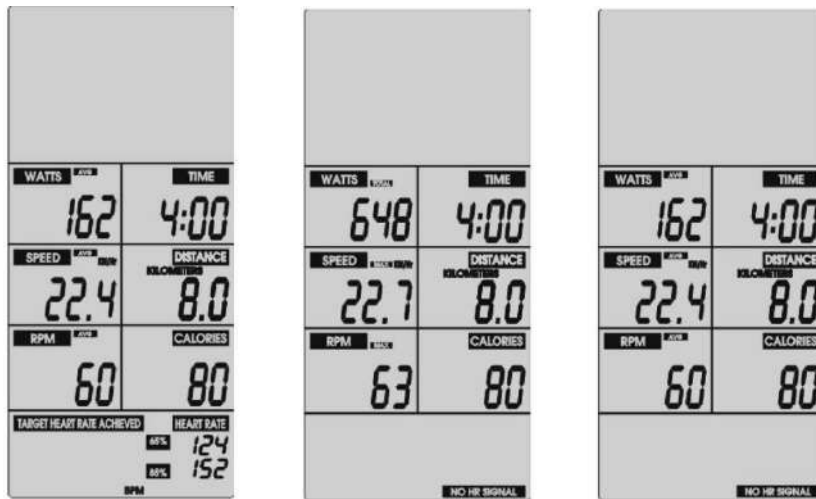


SELECTING DIFFERENT MODES, SETTINGS, AND PROGRAMS

MANUAL MODE

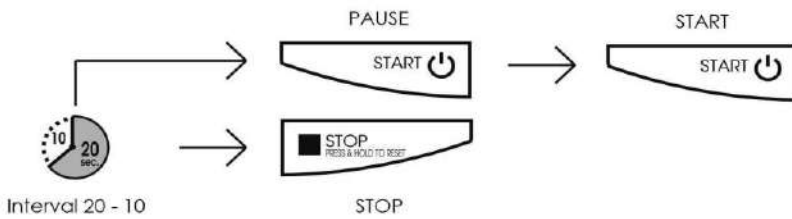
- In Standby mode, if there's an RPM input, the console will **QUICK START** to start your workout immediately, the buzzer will sound.
- Once you're moving, **TOTAL TIME/TIME/ DISTANCE/ CALORIES/ WATTS/ SPEED/ RPM** will start tracking along.
- With the PULSE signal input in, the **symbol will flash, HEART RATE & RPM light up as well as display pulse value.** Without the pulse input, "NO HR SIGNAL" will continuously light up.
- If there's no signal input for 5 minutes, a buzzer sounds 1 short beep and the console enters into Wake-up mode.
- If you press the START key one time while training, the system pauses training for 30 seconds. A buzzer **will sound for 0.5 seconds every 1 second. All displayed values remain on LCD for 3 seconds and lashing every 4 seconds.** If you stop training for 5 minutes, the buzzer sounds for 2 seconds and enters Wake-up mode. Press the START key to resume your workout.
- If you press the STOP key or just stop moving completely, the buzzer will sound for 1 second. TIME will display workout time, DISTANCE will display workout distance, CALORIES will display consumption **during workout for 30 seconds. WATT, SPEED and RPM will switch to display AVG & MAX every 5 seconds.**
- With pulse signal input, HEART RATE/TARGET HEART RATE/BPM will display for 30 seconds. 80%, 65% and MAX. The pulse value will switch to display accordingly every 5 seconds. Without pulse input, "NO HR SIGNAL" will continuously light up.
- If you press any program button, the system will start the program accordingly.





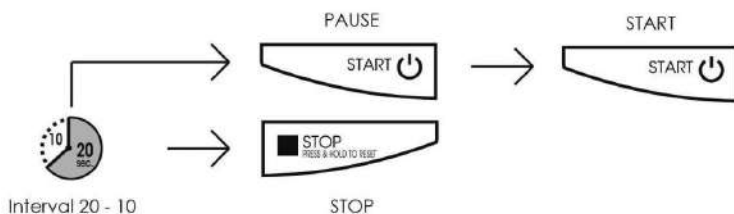
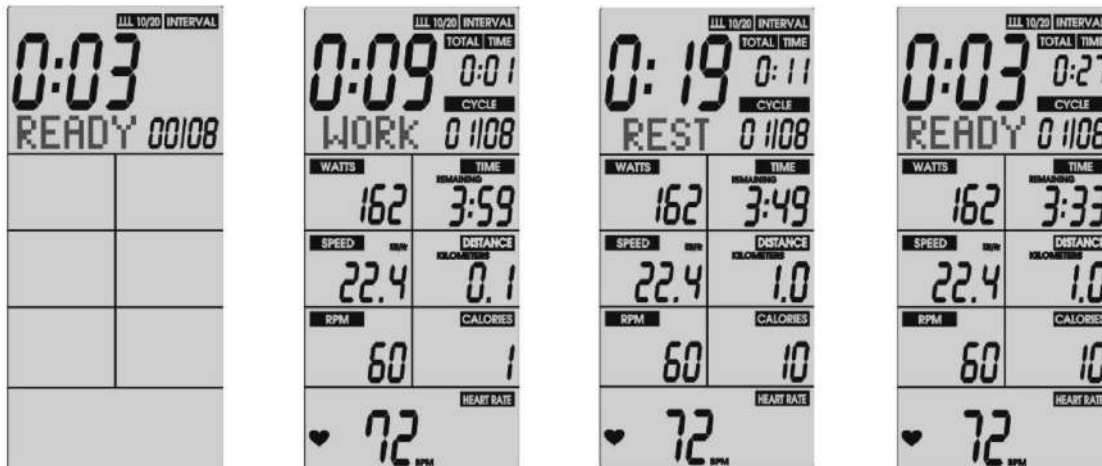
INTERVAL 20-10 MODE

- In Standby mode, press the **INTERVAL 20/10** key to enter it, the icon will light up along with a long sound for one second.
- CYCLE TIME will count down for 3 seconds and a buzzer sound once per second, then the system will **start**. The "READY" lash and CYCLE shows 00/08. **At this time, it is invalid to press any key.**
- **CYCLE TIME will count down for 20 seconds, and "WORK" in the dot matrix lash in 1Hz will beep. It then lights up and counts down from 4:00 minutes, TOTAL TIME/ DISTANCE/ CALORIES/WATTS/SPEED/ RPM also start to count up. CYCLE shows from 01/08.**
- **CYCLE TIME will count down for 10 seconds, and "REST" in the dot matrix lash in 1Hz will beep. At the last 3 seconds, the dot matrix will switch to display "READY" and "REST".**
- The system will continue the step repeatedly. Each time it repeats, it will add one cycle in the CYCLE display. The dot matrix will show "WORK", CYCLE TIME and counts down for 10 seconds, then shows "REST" and lashes in 1Hz.
- **If there's no signal input for 5 minutes, the buzzer sounds 1 short beep and enters Wake-up mode.**
- If you press the START key one time, the system pauses training for 30s. The buzzer will sound for 0.5 seconds every 1 second. **All displayed values remain on LCD for 3 seconds and lash every 4 seconds.**
If you continue to stop training for 5 minutes, the buzzer sounds for 2 seconds and enters Wake-up mode. Press the START key to resume workout.
- **If you press the STOP key or inish training, the buzzer will sound for 1 second. TIME will display workout time, DISTANCE will display workout distance, CALORIES will display consumption during the workout, all displaying for 30 seconds. WATT, SPEED and RPM will switch to display AVG & MAX every 5 seconds.**
- With the Pulse signal input, HEART RATE/TARGET HEART RATE/BPM will all display for 30 seconds. **80%, 65% and MAX. The Pulse value will switch to display accordingly every 5 seconds.**
Without pulse input, "NO HR SIGNAL" will continuously light up.
- During your workout, press any program button and the system will start the program accordingly.



INTERVAL 10-20 MODE

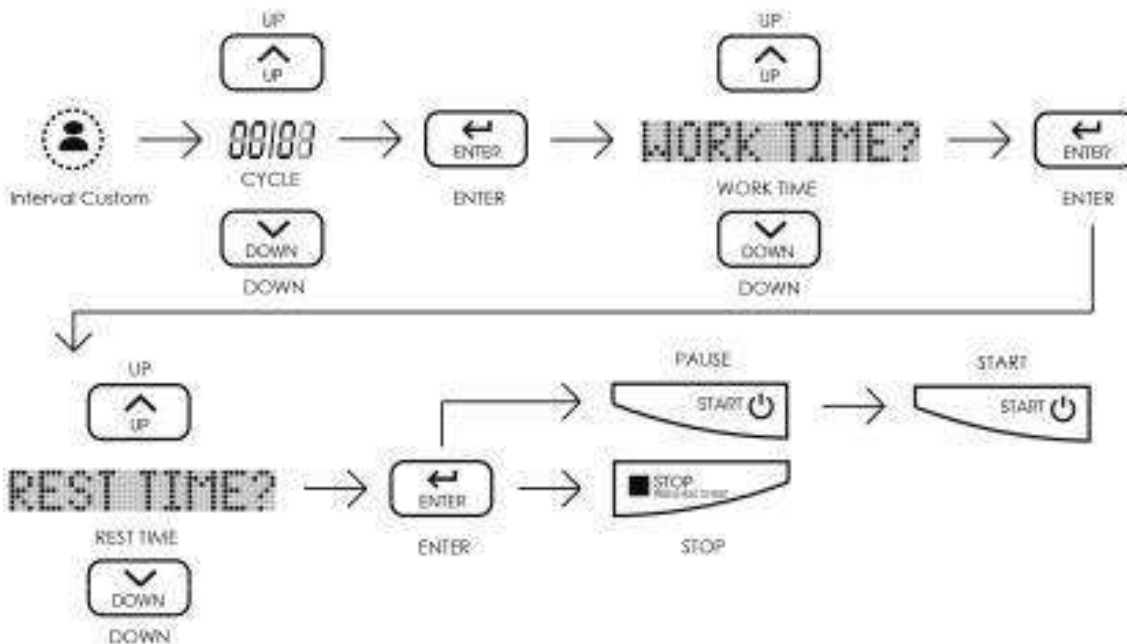
- In Standby mode, press the **INTERVAL 10/20** key to enter it, the icon will light up along with a long sound for one second.
- **CYCLE TIME** will count down for 3 seconds and the buzzer will sound for once second, then the system **will start**. **“READY”** lash and **CYCLE** shows 00/08(Figure 29). At this time, it is invalid to press any key.
- **CYCLE TIME** will count down for 10 seconds, then the **“WORK”** in the dot matrix lash in 1Hz **along with** beeping. The console then lights up and counts down from 4:00 minutes, **TOTAL TIME/ DISTANCE/ CALORIES/WATTS/SPEED/RPM** starts to count up.
- **CYCLE TIME** will count down for 20 seconds, then **“REST”** in dot matrix lashes in 1Hz along with beeping. At the last 3 seconds, the dot matrix switches to display **“READY”** and **“REST”**.
- The system will continue the step repeatedly. Each time it repeats, it will add one cycle in the **CYCLE display**. The dot matrix will show **“WORK”**, **CYCLE TIME** and counts down for 10 seconds, then shows **“REST”** and lashes in 1Hz.
- If there's no signal input for 5 minutes, the buzzer sounds 1 short beep and enters **Wake-up mode**.
- If you press the **START** key one time, the system pauses training for 30s. The buzzer will sound for 0.5 seconds every 1 second. All displayed values remain on LCD for 3 seconds and lash every 4 seconds. If you continue to stop training for 5 minutes, the buzzer sounds for 2 seconds and enters **Wake-up mode**. Press the **START** key to resume workout.
- If you press the **STOP** key or finish training, the buzzer will sound for 1 second. **TIME** will display workout time, **DISTANCE** will display workout distance, **CALORIES** will display consumption during the workout, all displaying for 30 seconds. **WATT, SPEED** and **RPM** will switch to display **AVG & MAX** every 5 seconds.
- With the Pulse signal input, **HEART RATE/TARGET HEART RATE/BPM** will all display for 30 seconds. **80%, 65% and MAX**. The **Pulse** value will switch to display accordingly every 5 seconds. **Without pulse** input, **“NO HR SIGNAL”** will continuously light up.
- During your workout, press any program button and the system will start the program accordingly.



INTERVAL CUSTOM MODE

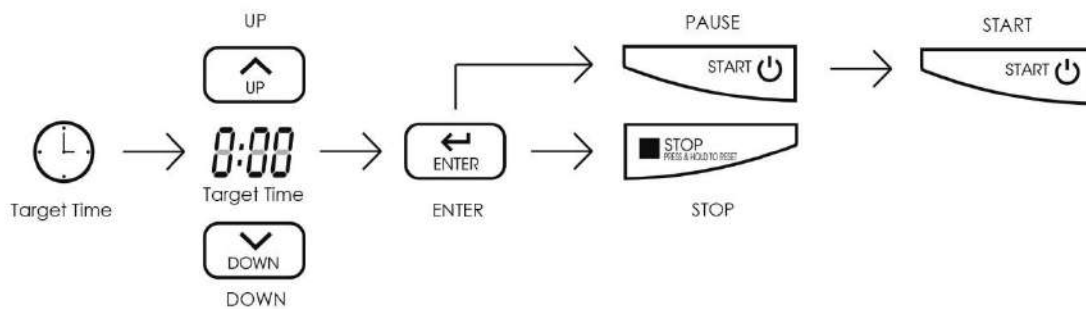
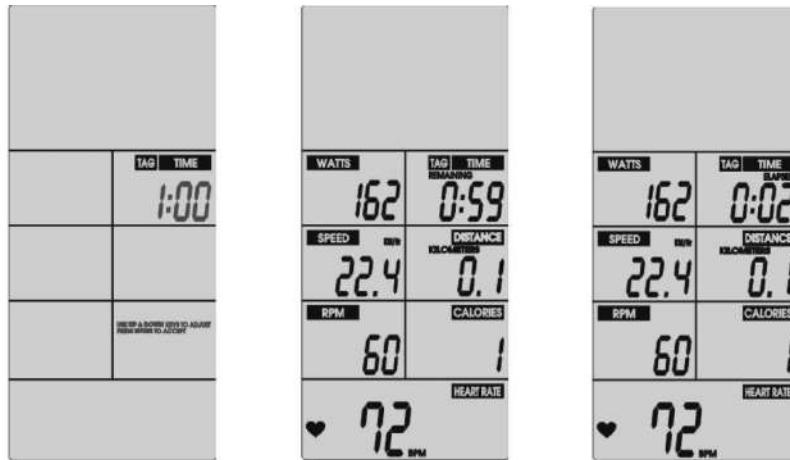
- In Standby mode, press the **INTERVAL CUSTOM** key to enter. As the **00/XX** is flashing, use the **UP & DOWN** keys to **ADJUST** and press **ENTER** TO accept, this will switch to display, and the buzzer will sound one second. press **UP/DOWN** to adjust the **00/XX** value (setting range 1~99) and press **ENTER** to confirm. The buzzer sounds for one second. Then go to the next setting.
- As the dot matrix switches displays “**WORK**” and “**TIME?**”, use the **UP & DOWN KEYS TO ADJUST** and **PRESS ENTER TO ACCEPT**. It will switch to display, then press the **UP/DOWN** key to adjust the **TIME** value (setting range **0:00~9:59**) and press **ENTER** to confirm. The buzzer then sounds for **0.75 seconds**. Then go to the next setting.
- As the dot matrix switches to display “**REST**” and “**TIME?**”, use the **UP & DOWN KEYS TO ADJUST** and **PRESS ENTER TO ACCEPT**, this will switch to display, then press **UP/DOWN** to adjust **TIME** value (setting range **0:00~9:59**) and press **ENTER** to confirm. The buzzer sounds for one second. The **INTERVAL CUSTOM** icon lights up continuously.
- **CYCLE TIME** will count down for 3 seconds and the buzzer will sound once per second, then the system will start. The “**READY**” lash and **CYCLE** shows **00/XX**. At this time, it is invalid to press any key.
- **CYCLE TIME** will count down, then “**WORK**” in dot matrix lash in 1Hz will beep. The console lights up and counts down from 4:00 minutes, **TOTAL TIME/ DISTANCE/ CALORIES/WATTS/SPEED/RPM** start to count up. The **CYCLE** will show **01/XX**.
- **CYCLE TIME** will count down, then “**REST**” in the dot matrix will lash in 1Hz along with beeping. At the last 3 seconds, the dot matrix switches to display “**READY**” and “**REST**”.
- Each time it repeats, it will add one cycle till **WORK** starts and **CYCLE TIME** begins to count down, then “**REST**” lashes in 1Hz.
- If there’s no signal input for 5 minutes, the buzzer sounds 1 short beep and enters **Wake-up mode**.
- If you press the **START** key one time, the system pauses training for 30s. The buzzer will sound for 0.5 seconds every 1 second. All displayed values remain on LCD for 3 seconds and lash every 4 seconds. If you continue to stop training for 5 minutes, the buzzer sounds for 2 seconds and enters **Wake-up mode**. Press the **START** key to resume workout.
- If you press the **STOP** key or finish training, the buzzer will sound for 1 second. **TIME** will display workout time, **DISTANCE** will display workout distance, **CALORIES** will display consumption during the workout, all displaying for 30 seconds. **WATT, SPEED** and **RPM** will switch to display **AVG & MAX** every 5 seconds.
- With the pulse signal input, **HEART RATE/TARGET HEART RATE/BPM** will display for 30 seconds. from **80%, 65% and MAX**. Then, pulse value will switch to display accordingly in every 5 seconds. Without the pulse input, “**NO HR SIGNAL**” will continuously light up.





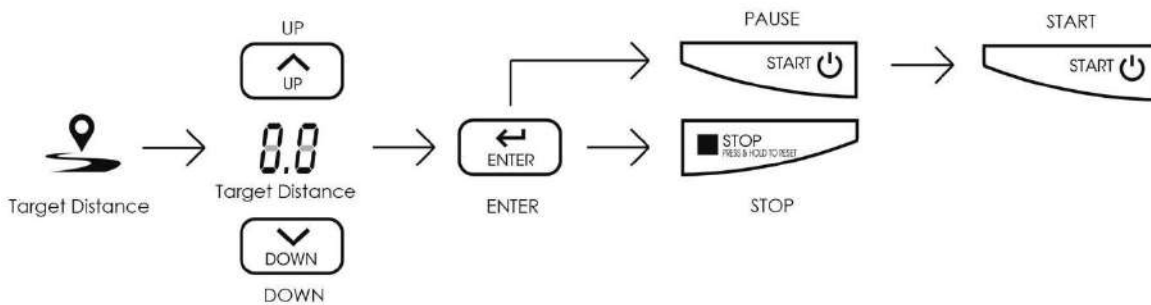
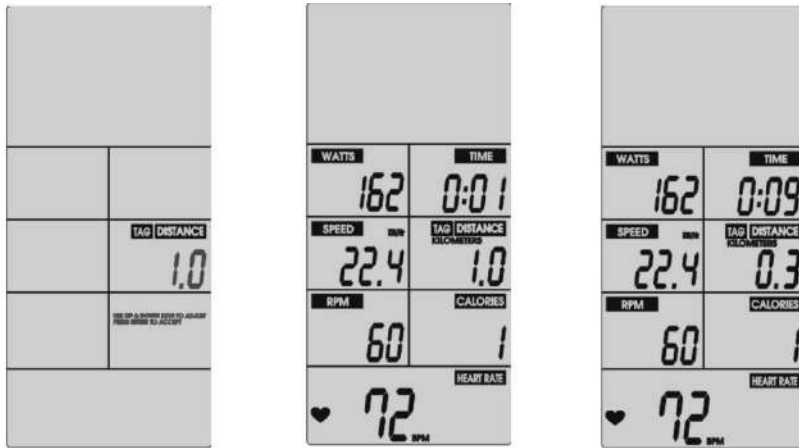
TARGET TIME MODE

- In Standby mode, press the **TAG TIME** key and enter, and **TAG TIME** will light up, “**USE UP & DOWN KEYS to ADJUST and PRESS ENTER to ACCEPT**” and it’ll switch to the display, and the **buzzer** will sound one second.
- **As the TIME value is lashing, press the UP & DOWN key to adjust it. Press ENTER to confirm, the buzzer will sound for one second, then TAG TIME continuously lights up.**
- **As TIME begins to count down, ELAPSED & REMAINING switches to display for 5 seconds till it inishes counting down. DISTANCE/CALORIES/WATTS/SPEED/RPM start count up.**
- If you press the **START** key one time, the system pauses training for 30s. The buzzer will sound for **0.5 seconds every 1 second. All displayed values remain on LCD for 3 seconds and lash every 4 seconds.** If you continue to stop training for 5 minutes, the buzzer sounds for 2 seconds and enters Wake-up mode. Press the **START** key to resume workout.
- **If there’s no signal input for 5 minutes, the buzzer sounds 1 short beep and enters Wake-up mode.**
- **If you press the STOP key or inish training, the buzzer will sound for 1 second. TIME will display workout time, DISTANCE will display workout distance, CALORIES will display consumption during the workout, all displaying for 30 seconds. WATT, SPEED and RPM will switch to display AVG & MAX every 5 seconds.**
- With the Pulse signal input, **HEART RATE/TARGET HEART RATE/BPM** will all display for 30 seconds. **80%, 65% and MAX. The Pulse value will switch to display accordingly every 5 seconds. Without pulse input, “NO HR SIGNAL” will continuously light up.**
- During your workout, press any program button and the system will start the program accordingly.



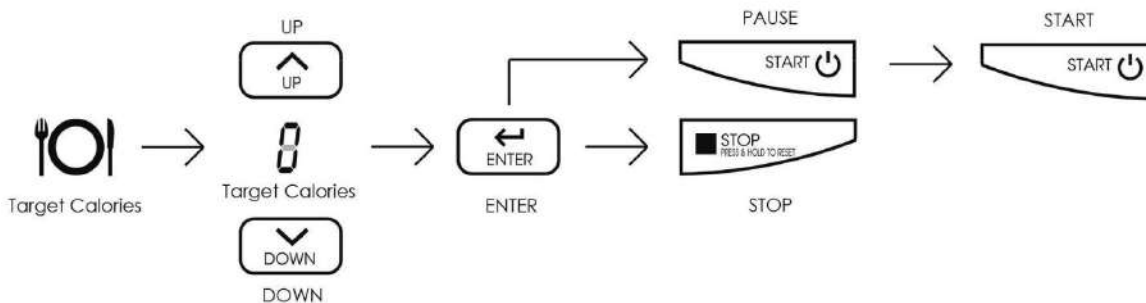
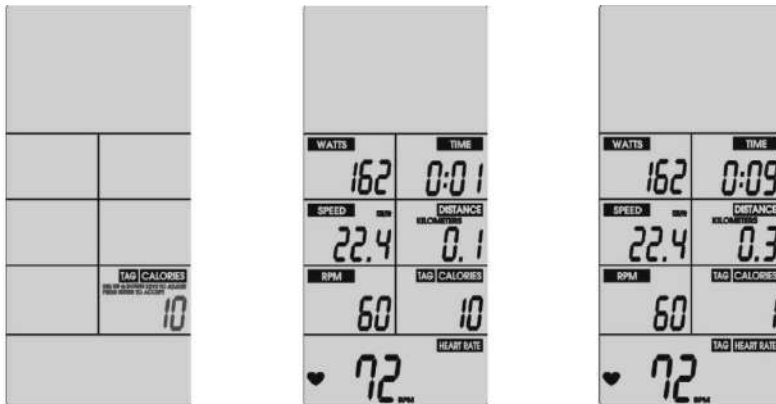
TARGET DISTANCE MODE

- In Standby mode, press the **TAG DISTANCE** key to enter it, then **TAG DISTANCE** will light up. Use the **UP** & **DOWN** keys to adjust and press **ENTER** to accept it. It will switch to display, and the buzzer will sound for 1 second.
- As **DISTANCE** value is lashing, press **UP** and **DOWN** to adjust, then Press **ENTER** to confirm. The buzzer will sound for one second. **DISTANCE** continuously lights up.
- After you start your workout, **TIME/CALORIES/WATTS/SPEED/RPM** start to count up. **DISTANCE** starts counting down for 5 seconds, then displays the actual value.
- If you press the **START** key one time, the system pauses training for 30s. The buzzer will sound for 0.5 seconds every 1 second. All displayed values remain on LCD for 3 seconds and lash every 4 seconds. If you continue to stop training for 5 minutes, the buzzer sounds for 2 seconds and enters Wake-up mode. Press the **START** key to resume workout.
- If there's no signal input for 5 minutes, the buzzer sounds 1 short beep and enters Wake-up mode.
- If you press the **STOP** key or finish training, the buzzer will sound for 1 second. **TIME** will display workout time, **DISTANCE** will display workout distance, **CALORIES** will display consumption during the workout, all displaying for 30 seconds. **WATT, SPEED and RPM** will switch to display **AVG & MAX** every 5 seconds.
- With the Pulse signal input, **HEART RATE/TARGET HEART RATE/BPM** will all display for 30 seconds. **80%, 65% and MAX**. The Pulse value will switch to display accordingly every 5 seconds. Without pulse input, "NO HR SIGNAL" will continuously light up.
- During your workout, press any program button and the system will start the program accordingly.




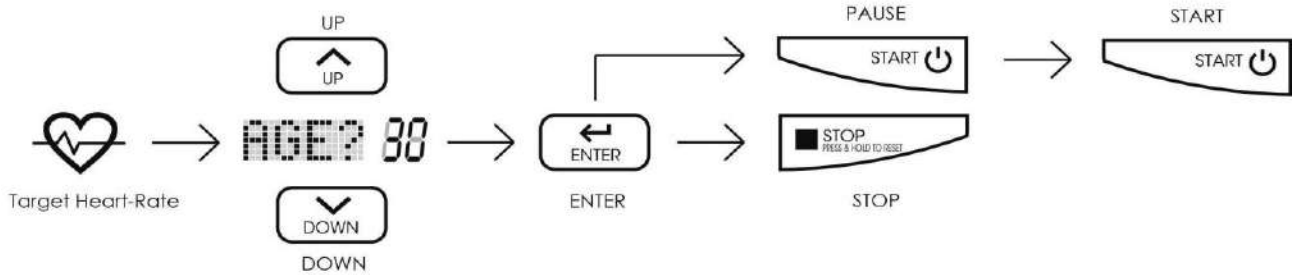
TARGET CALORIES MODE

- In Standby mode, press the **TAG CALORIES** key to enter it. **TAG CALORIES** will light up, then use the **UP & DOWN** keys to adjust it, then press **PRESS ENTER** to accept, it will switch to display and the buzzer will sound for 1 second.
- As **CAL VALUE** starts lashing, press the **UP & DOWN** key to adjust. Press **ENTER** to confirm, the buzzer will sound for one second. **TAG DISTANCE** continuously lights up.
- After you start your workout, **TIME/DISTANCE/WATTS/SPEED/RPM** will start to count up. The **CALORIES** window then shows the counting down value for 5 seconds then displays the actual value.
- If you press the **START** key one time, the system pauses training for 30s. The buzzer will sound for 0.5 seconds every 1 second. All displayed values remain on LCD for 3 seconds and lash every 4 seconds.
If you continue to stop training for 5 minutes, the buzzer sounds for 2 seconds and enters Wake-up mode. Press the **START** key to resume workout.
- If there's no signal input for 5 minutes, the buzzer sounds 1 short beep and enters Wake-up mode.
- If you press the **STOP** key or finish training, the buzzer will sound for 1 second. **TIME** will display workout time, **DISTANCE** will display workout distance, **CALORIES** will display consumption during the workout, all displaying for 30 seconds. **WATT, SPEED and RPM** will switch to display **AVG & MAX** every 5 seconds.
- With the Pulse signal input, **HEART RATE/TARGET HEART RATE/BPM** will all display for 30 seconds. **80%, 65% and MAX**. The Pulse value will switch to display accordingly every 5 seconds. **Without pulse** input, "NO HR SIGNAL" will continuously light up.
- During your workout, press any program button and the system will start the program accordingly.



TARGET HEART RATE MODE

- In Standby mode, press the **TAG HEART RATE**  key to enter it. **TAG HEART RATE** will then light up. Use the **Up & DOWN** keys to adjust, then press **ENTER** to accept. It will switch to display, then the buzzer will sound for 1 second.
- **As the dot matrix displaying the “AGE?” value starts lashing, press UP and DOWN to pre-set your Age. Press ENTER to confirm, then the buzzer will sound one second. TAG HEART RATE and HEART RATE will continuously light up.**
- **When you start your workout, MAX. HR, 65% & 85% lights up, and display 65% & 80% values. TIME/ DISTANCE/ CALORIES/ WATTS/ SPEED/ RPM will then calculate your workout statistics.**
- **When Heart Rate goes below 65%, 65% value will lash. And buzzer sounds every 10s until you reach a Heart Rate above 65%.**
- **When your Heart Rate goes above 80%, the 80% value will lash, and the buzzer will sound every 10 seconds, until your Heart Rate goes below 80%.**
- **When your Heart Rate is between 65% ~ 80%, your TARGET HEART RATE is achieved, and the pulse icon will lash.**
- **If there's no signal input for 5 minutes, the buzzer sounds 1 short beep and enters Wake-up mode.**
- **If you press the START key one time, the system pauses training for 30s. The buzzer will sound for 0.5 seconds every 1 second. All displayed values remain on LCD for 3 seconds and lash every 4 seconds.**
If you continue to stop training for 5 minutes, the buzzer sounds for 2 seconds and enters Wake-up mode. Press the START key to resume workout.
- **If you press the STOP key or finish training, the buzzer will sound for 1 second. TIME will display workout time, DISTANCE will display workout distance, CALORIES will display consumption during the workout, all displaying for 30 seconds. WATT, SPEED and RPM will switch to display AVG & MAX every 5 seconds.**
- **With the Pulse signal input, HEART RATE/TARGET HEART RATE/BPM will all display for 30 seconds. 80%, 65% and MAX. The Pulse value will switch to display accordingly every 5 seconds. Without pulse input, “NO HR SIGNAL” will continuously light up.**
- **During your workout, press any program button and the system will start the program accordingly.**



NOTES



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