

Product May Vary Slightly From Pictured.

Item No: HIT00800-HIT FITNESS 2 BIKE ERG

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SAFETY INSTRUCTIONS

- 1. To reduce the risk of serious injury, read the following Safety Instructions before using the **BIKE**.
- 2. Save these instructions and ensure that other exercisers read this manual prior to using the **BIKE** for the first time.
- 3. Read all warnings and cautions posted on the **BIKE**.
- 4. The **BIKE** should only be used after a thorough review of the Owner's Manual. Make sure that it is properly assembled and tightened before use.
- 5. We recommend that two people be available for assembly of this product.
- 6. Keep children away from the **BIKE**. Do not allow children to use or play on the **BIKE**. Keep children and pets away from the **BIKE** when it is in use.
- 7. It is recommended that you place this exercise equipment on an equipment mat.
- 8. Set up and operate the **BIKE** on a solid level surface. Do not position the **BIKE** on loose rugs or uneven surfaces.
- 9. Make sure that adequate space is available for access to and around the BIKE.
- 10. Before using, inspect the **BIKE** for worn or loose components, and securely tighten or replace any worn or loose components prior to use.
- 11. Consult a physician prior to commencing an exercise program and follow his/her recommendations in developing your fitness program. If at any time during exercise you feel faint, dizzy, or experience pain, stop and consult your physician. Failure to follow all warnings and instructions could result in serious injury or death.
- 12. Always choose the workout which best fits your physical strength and flexibility level. Know your limits and train within them. Always use common sense when exercising.
- 13. Do not wear loose or dangling clothing while using the BIKE.
- 14. Never exercise in bare feet or socks; always wear proper footwear such as running, walking, or cross training shoes that fit well, provide foot support, and feature non-skid rubber soles.
- 15. Be careful to maintain your balance while using, mounting, dismounting, or assembling the **BIKE**, loss of balance may result in a fall and bodily injury.
- 16. Do not use the SEAT CUSHION(67) to move the **BIKE.** The SEAT CUSHION(67) will move and the SEAT ADJUSTMENT POST(6) may pinch your hand or fingers. When assembling or separating the unit, keep all children away and make sure your hands are clear of any pinch point.
- 17. The **BIKE** should not be used by persons weighing over 297 lbs /135 kgs.
- 18. The **BIKE** should be used by only one person at a time.

BEFORE YOU BEGIN

Thank you for choosing the **BIKE**. We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better, and enjoy life to its fullest.

It's a proven fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise. The **BIKE** provides a convenient and simple method to begin your journey of getting your body in shape and achieving a happier and healthier lifestyle.

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

Read this manual carefully before using the **BIKE**.



THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY :



HARDWARE IDENTIFICATION CHART

This chart is provided to help identify the fasteners used in the assembly process. Place the washers or the ends of the bolts or screws on the circles to check for the correct diameter. Use the small scale to check the length of the bolts and screws.



NOTICE: The length of all bolts and screws, except those with flat heads, is measured from below the head to the end of the bolt or screw. Flat head bolts and screws are measured from the top of the head to the end of the bolt or screw.

	\bigcirc
- length	

HARDWARE IDENTIFICATION CHART

After unpacking the unit, open the hardware bag and make sure that you have all the following fasteners. Some fasteners may be already attached to the parts.

Drawings	Parts No.	Parts Description	QTY
	84	Button Head Cap Screw, M6x12mm	9
	102	Button Head Cap Screw, M6x70mm	3
	114	Socket Head Cap Screw, M8x15mm	8
	115	Spring Washer, M8	8
\bigcirc	82	Flat Washer, M8	9
	92	Phillips Pan Head Self-Tapping Screw, ST4.2x6mm	1
	93	Wire Pin	2
$\langle - \hat{\theta} \rangle$	96	Phillips Pan Head Self-Tapping Screw, ST4.2x16mm	4
	81	Button Head Cap Screw, M8x75mm	1
	83	Nylon Nut, M8	1
	162	Socket Head Cap Screw, M8x12mm	1
0	163	Arc Washer M8	1
	164	Socket Head Cap Screw, M5x8mm	1

<u>STEP 1</u>

Attached Front Stabilizer Tube (7) to Front Post Frame (1) using:

Socket Head Cap Screw, M8x15mm (114), Spring Washer, M8 (115), and Flat Washer, M8 (82).

NOTE: Fully tighten screws at end of this step.



STEP 2

Attached Rear Stabilizer Tube (8) to Rear Post Frame (2) using: Socket Head Cap Screw, M8x15mm (114), Spring Washer, M8 (115), and Flat Washer, M8 (82).

NOTE: Fully tighten screws at end of this step. 2 114 11582 114 115 82 8

STEP 3

Take out the **Main Frame (3)**, and the largest cardboard from the carton. Turn over the cardboard to make a platform. Put back the carton upper cover to make a complete carton as another platform for easy assembly. Place **Main Frame (3)** as illustrated. The **Left Fan Shroud (50)** should face down on the cardboard, and the other end of **Main Frame (3)** should be placed onto carton.

NOTE: Fan Shrouds will be easily damaged if the whole product is placed on the ground directly during the assembly.

Assemble Front Post Frame (1) onto Main Frame (3), using 3 pcs of Button Head Cap Screw M6x70mm (102) and 1 pc of Button Head Cap Screw M6x12mm (84).

Continue to assemble **Rear Post Frame (2)** onto **Main Frame (3)**, using 8 pcs of **Button Head Cap Screw M6x12mm (84)**.



STEP 4

Press Monitor Wire (16) into Wire Pin (93), and tighten it onto Front Post Frame (1), using 1 pc of Phillips Pan Head Self-Tapping Screw ST4.2x6mm (92).

NOTE: Fully tighten screws at end of this step.

STEP 5

Insert Handlebar Adjustment Post (5) into Front Post Frame (1) while pressing and holding Adjustment Lever (9). At the same time, Tighten Handlebar Adjustment Post(5) with Front Post Knob(160) to avoid shaking. Then loosen Star Nut(56) a little, install Handlebar(4) into Handlebar Adjustment Post(5) and tighten with Star Nut(56). Last install Seat Cushion(67) into Seat Adjustment Post(6) and use Wrench (122) to tighen it well with Socket Head Cap Screw,M8x12mm(162)&Arc Washer M8(163)

NOTE: Fully tighten bolts at end of this step.



<u>STEP 6</u>

Attach Monitor Holder (55) to Handlebar (4) and tighten Monitor Holder (55) and Monitor Wire (16) to Handlebar (4) together, using 1 pc of Wire Pin (93) and 4 pcs of Phillips Pan Head Self-Tapping Screw ST4.2x16mm (96).

Attach Monitor (10) to Monitor Holder (55), using 1 pc of Button Head Cap Screw M8x75mm (81), Flat Washer M8 (82), and Nylon Nut M8 (83). Plug Monitor Wire (16) to Monitor (10a) as illustrated. Then using 1pc Socket Head Cap Screw,M5x8mm (164) locked tightly onto Handlebar(4)

NOTE: Fully tighten screws at end of this step.



STEP 7 Tighten Left Pedal (23) to Left Crank (21), and attach Right Pedal (24) to Right Crank (22).



Your **BIKE** utilizes an air fan system to create resistance for your workout. We recommend that you use this console monitor to vary your workout from session to session and note your progress toward your fitness goals. When used regularly in this way, the console monitor can become an important source of motivation and interest which will help keep you on track.



Back View

Front View



Operates on 2 size D batteries.

Your BIKE utilizes an air fan system to create resistance for your workout. We recommend that you use this computer console to vary your workout from session to session and note your progress toward your fitness goals. When used regularly in this way, the computer console can become an important source of motivation and interest which will help keep you on track.

INITIAL SETUP

Move the pedal or long press any button to awake the monitor. You will be asked to set the **DATE** and **TIME** the first time.



Function Buttons

POWER ON

- Move the pedal to start exercising in Quick Start Porgram or press any button to go into IDEL mode.
- When there is no batteries installed, monitor can still work in Quick Start Porgram.

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ENTER

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STOP

POWER OFF

- In IDEL mode, monitor will automatically shut off after 20 seconds of inactivity.
- When running an interval program, monitor will automatically shut off after 2 minutes of inactivity.
- In all other programs, monitor will automatically shut off after 30 seconds of inactivity.
- Monitor will not shut off when connecting to Bluetooth.

▲ UP BUTTON

- Press to increase the preset value. Release to stop.
- Hold to make values increase automatically.
- In Memory Mode, use to change between different workouts saved.

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V DOWN BUTTON

- Press to decrease the preset value. Release to stop.
- Hold to make values decrease automatically.
- In Memory Mode, use to change between different workouts saved.

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ENTER BUTTON

- Press to confirm the programs or setting values.

RIGHT BUTTON

- Press to move around digits for faster setting.
- In Memory and Summary Modes, press to view different splits.

LEFT BUTTON

- Press to move around digits for faster setting.
- In Memory and Summary Modes, press to view different splits.

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DISPLAY BUTTON

PROG

- Press to view different set of data.
 1 BEEP: Switch to second display.
 2 BEEP: Scan between 2 sets of display.
- When viewing workout summary or in memory, press DISPLAY button to cycle through sets of display.

PROGRAM BUTTON

- Press to cycle through each program options:
- Target Values(DISTANCE > TIME > CALORIES)
- Interval Programs(DISTANCE > TIME > CALORIES)

*Default exercising mode is Quick Start Program

STOP BUTTON

- When selecting the programs or setting value, press the STOP button as back button.
- In any workout modes:
 1st time: Stop the workout.
 2nd time: View the workout summary.
 3rd time: Return back to IDLE mode.
 - *Must press to save the data. (not include Quick Start Mode)

Monitor Display

DISPLAY

PROG

STOP



- The newest training data will be saved in Memory 01. The second newest data will be saved in Memory 02..., and the oldest training data will be saved in Memory 35. The older data will be erased when the training sections exceed 35.

PROGRAMS

The console monitor has 8 programs. Press **PROG** button to change workout programs according to the following sequence.

Quick Start Program > Distance Countdown > Time Countdown > Calories Countdown >

Time Interval > Distance Interval > Calories Interval > Memory

QUICK START PROGRAM

- To enter Quick Satrt Pogram, you can move the pedal to start the training. All function values for the console will count up. You can start it in either POWER OFF or IDLE mode by just starting the riding.
- Quick Start Program will have a summary of the workout when pressing STOP button, but the training data will not be saved into Memory mode.

DISTANCE COUNTDOWN PROGRAM

- During the workout, the distance will countdown from the preset distance value.
- Workout setting range: 1 ~ 500 KM or MILE.
- The Distance Countdown Program will start once the user starts pedaling. When the program is finished, the
 monitor will show your workout summary. Press STOP button to save the training data into Memory mode and go back
 to IDLE mode.

TIME COUNTDOWN PROGRAM

- During the workout, the time will countdown from the preset value.
- Workout setting range: 00:00:20 ~ 09:59:59. (Hours: Minutes: Seconds)
- The Time Countdown Program will start once the user starts pedaling. When the program is finished, the monitor will show your workout summary. Press STOP button to save the training data into Memory mode and go back to IDLE mode.

CALORIES COUNTDOWN PROGRAM

- During the workout, the calories will countdown from the preset value.
- Workout setting range: 10 ~ 5000 cal.
- The Calories Countdown Program will start once the user starts pedaling. When the program is finished, the monitor will show your workout summary. Press STOP button to save the training data into Memory mode and go back to IDLE mode.

TIME INTERVAL PROGRAM

- When Time Interval Program is selected, you will see TIME flashing and also REST TIME will be displayed.
- You will set the desired workout TIME of each interval. Once finish setting, press ENTER button to set the REST TIME of each interval.
- Workout time value setting range: 00:00:20 ~ 09:59:59 (Hours: Minutes: Seconds).
- Rest Time value setting range: 00:10 ~ 30:00 (Minutes: Seconds).
- Interval cycle accumulates up to 35 cycles.

PROGRAMS

The console monitor has 8 programs. Press **PROG** button to change workout programs according to the following sequence.

Quick Start Program > Distance Countdown > Time Countdown > Calories Countdown >

Time Interval > Distance Interval > Calories Interval > Memory

DISTANCE INTERVAL PROGRAM

- When Distance Interval Program is selected, you will see TOTAL METER flashing and also REST TIME will be displayed.
- You will set the desired workout METER of each interval. Once finish setting, press ENTER button to set the REST TIME of each interval.
- Workout time value setting range: 1 ~ 50 KM or MILE.
- Rest Time value setting range: 00:10 ~ 30:00 (Minutes: Seconds).
- Interval cycle accumulates up to 35 cycles.

CALORIES INTERVAL PROGRAM

- When Calories Interval Program is selected, you will see CALORIES flashing and also REST TIME will be displayed.
- You will set the desired workout CALORIES of each interval. Once finish setting, press ENTER button to set the REST TIME of each interval.
- Workout time calories setting range: 10 ~ 5000 cal.
- Rest Time value setting range: 00:10 ~ 30:00 (Minutes: Seconds).
- Interval cycle accumulates up to 35 cycles.

MEMORY MODE

- After pressing PROG button and you see MEMORY displayed, press ENTER to view your past workouts. Use the UP and DOWN buttons to scroll through your workouts. Press ENTER to view the workout data. Once in the data, you can press RIGHT and LEFT button to view your SPLIT data. Press STOP to go back and scroll to a different workout.
- Only program modes workout summary will be saved to MEMORY MODE. Quick Start will not be saved to MEMORY MODE

- The computer memory can save at most 88 sets of data or 88 splits of data. Computer will only save up to 35 workouts. (Example: When you ride 2KM or 2MILE countdown, you will save 3 sets of data. 1 total average and two 1KM split data)

- When you try to save a workout summary and the computer does not have enough memory it will automatically erase the oldest workout(s) in order to save your newest workout into memory.
- The lower the number under MEMORY the newer the workout is.
- In MEMORY MODE, the TIME window will scan between the date (D M Y) every 5 seconds.
- You can press DISPLAY button to switch display around.
- When SPLIT displays "00" it means it is the total workout average with no splits.
- Below is how the computer decides to split the data into.

PROGRAMS

The console monitor has 8 programs. Press **PROG** button to change workout programs according to the following sequence.

Quick Start Program > Distance Countdown > Time Countdown > Calories Countdown > Time Interval > Distance Interval > Calories Interval > Memory

Time Countdown Mode

Rule	Splits by
10 hour >= TIME > 5 hour	30min
5 hour >= TIME > 200 min	15min
200 min >= TIME > 100 min	10min
100 min >= TIME > 60 min	5min
60 min >= TIME > 20 min	3min
20 min >= TIME > 5 min	1min
5 min >= TIME > 1 min	30sec
1 min >= TIME	20sec

Calories Countdown Mode

Rule	Splits by
5000 >= Calories > 4000	250cal
4000 >= Calories > 3000	200cal
3000 >= Calories > 2000	150cal
2000 >= Calories > 1000	100cal
1000 >= Calories > 500	50cal
500 >= Calories > 100 20c	
100 >= Calories	10cal

Time Countdown Mode

Rule	Splits by
1 Cycle = 1 Split	Up to 35

Distance Countdown Mode

Rule	Splits by
500 >= Distance > 250	20km
250 >= Distance > 100	10km
100 >= Distance > 50	5km
50 >= Distance > 20	2km
20 >= Distance	1km

Note: If you set workout value not a multiple of the split data the last split will not be display when you view your splits, but it will be added to the total workout Split "00"

Example: If you set 1200M and finish the workout, Split "00" will show the total average of 1200M, but when you view the splits you will only see 2 500M splits and will not have a 3rd split of 200M. It will be the same if you stop midway of the workout.

BLUETOOTH CONNECTION

Please make sure the console is activated in order to proceed Bluetooth connection with your smartphone or tablet devices.



The "bt" will be displayed at the bottom left of console screen when it's connected to an app.

*Please go to settings on your device to allow the apps to access Bluetooth connection.

SCAN TO DOWNLOAD



Android



IOS

OPERATIONAL INSTRUCTIONS

I. LOAD ADJUSTMENT

There is a **Damper (49)** built into the **Left Fan Shroud (50).** Move the Indicator in the **Damper (49)** to point to the numbers on the **Left Fan Shroud (50)** to adjust the load. There are settings from 1 to 10. Setting #1 will provide the lowest resistance. Setting #10 will provide the highest resistance.



II. HANDLEBAR & SEAT POSITION

- Adjust Seat Cushion (67) by pressing down Adjustment Lever (9) when legs are too close or too far from the pedals.
- Adjust Handlebar (4) :First loosen Plum-shaped knob(160) as inllustrated shown and pressing down Adjustment Lever (9) and then adjust the height of Handlebar Adjustment
- Post (5) when arms are too close or too far from handlebar. Adjust Handlebar (4) frontward or backward by slightly loosening Star Nut (56) when body is too close or too far from handlebar.



MAINTENANCE

The safety and integrity designed into the **BIKE** can only be maintained when the **BIKE** is regularly examined for damage and wear. Special attention should be given to the following:

- 1. Pedal on Left & Right Pedals (23 & 24) and verify that the Magnetic System provides tension.
- 2. Clean the gaps in the **Handlebar Adjustment Post (5)** and **Seat Adjustment Post (6)** with an absorbent cloth.
- 3. Verify that all nuts and screws are present and properly tightened. Replace missing nuts and screws. Tighten loose nuts and screws.
- 4. It is the sole responsibility of the user/owner to ensure that regular maintenance is performed.
- 5. Worn or damaged components must be replaced immediately or the **BIKE** should be removed from service until repair is made.
- 6. Only supplied components should be used to maintain/repair the **BIKE**.
- 7. Keep your **BIKE** clean by wiping it off with an absorbent cloth after training.

PRODUCT PARTS DRAWING



PARTS LIST

PART#	DESCRIPTION	QTY
1	Front Post Frame	1
2	Rear Post Frame	1
3	Main Frame	1
4	Handlebar	1
5	Handlebar Adjustment Post	1
6	Seat Adjustment Post	1
7	Front Stabilizer Tube	1
8	Rear Stabilizer Tube	1
9	Adjustment Lever	2
10	Monitor	1
11	Adaptor Board	1
12	VR	1
13	Generator	1
14	VR Wire	1
15	Generator Wire	1
16	Monitor Wire	1
17	Large Single Belt Pulley	1
18	Pulley Bearing	1
19	Bearing Holder 6004	2
20	Ball Bearing 6004ZZ	2
21	Left Crank	1
22	Right Crank	1
23	Left Pedal	1
24	Right Pedal	1
25	Double Belt Pulley	1
26	Ball Bearing 6000ZZ	2
27	Pulley Spacer Φ14xΦ10x39.5mm	1
28	Fan Axle	1
29	Single Belt Pulley	1

30	Rubber Bushing 6001	1
31	Ball Bearing 6001ZZ	7
32	Bearing Holder 6003	1
33	Rubber Bushing 6003	1
34	Ball Bearing 6003ZZ	1
35	Bearing Spacer Ф40.2xФ38x54.2mm	1
36	One-way Bearing	1
37	Ball Bearing 6201RS	3
38	C Ring Φ32	1
39	Magnet	1
40	Drive Belt 380J4	1
41	Drive Belt 400J11	1
42	Long Pinch Roller Ф38хФ24х34.5mm	2
43	Short Pinch Roller Φ38xΦ26.4x14mm	2
44	Fan	1
45	Bottom Cover	1
46	Stainless Steel Upper Cover	1
47	Stainless Steel Mesh	1
49	Damper	1
50	Left Fan Shroud	1
51	Right Fan Shroud	1
52	Damper Cap	1
53	Steel Plate	2
54	Axle Cover	1
55	Monitor Holder	1
56	Star Nut	2
57	Handlebar Post Bushing	2
58	Post Frame Pushing A	2
59	Post Frame Pushing B	2
60	Protection Cover for Seat Post Lever	2
62	Generator Base	1
63	Generator Cover	1

64	Protection Cover	1
65	Transport Wheel	2
66	Stabilizer Feet Pad	4
67	Seat Cushion	1
68	Left Pinch Roller Bracket	2
69	Right Pinch Roller Bracket	2
70	Large Spacer for Long Pinch Roller Φ18xΦ12x29.5mm	1
71	Small Spacer for Long Pinch Roller Φ10xΦ6.x9.5mm	1
72	Large Spacer for Short Pinch Roller Φ18xΦ12x8mm	1
73	Small Spacer for Short Pinch Roller Φ10xΦ6x31mm	1
74	Smartphone Holder	1
75	Smartphone Holder Base	1
76	Rubber	2
77	EVA Pad for Smartphone Holder Base	2
79	Left Torsion Spring	1
80	Right Torsion Spring	2
81	Button Head Cap Screw, M8x75mm	3
82	Flat Washer, M8	13
83	Nylon Nut, M8	6
84	Button Head Cap Screw, M6x12mm	31
85	Inner Star Washer, M6	5
86	Button Head Cap Screw, M6x43mm	3
87	Socket Head Cap Screw, M5x92mm	4
88	Socket Nut, M5	4
89	Socket Head Cap Screw, M4x12mm	3
90	Carriage Bolt, M8x85mm	1
91	Nylon Nut, M10	2
92	Phillips Pan Head Self-Tapping Screw, ST4.2x6mm	7
93	Wire Pin	2
94	Phillips Pan Head Screw, M4x45mm	1

95	Socket Nut, M4	1
96	Phillips Pan Head Self-Tapping Screw, ST4.2x16mm	4
97	Socket Head Cap Screw, M8x25mm	2
98	Socket Head Cap Screw, M8x35mm	2
99	Socket Head Cap Screw, M6x20mm	4
100	Spring Washer, M6	4
101	Socket Head Cap Screw, M6x12mm	12
102	Button Head Cap Screw, M6x70mm	3
103	Button Head Cap Screw, M6x75mm	2
104	Flat Washer, M6	2
105	Nylon Nut, M6	8
106	Button Head Cap Screw, M6x22mm	2
107	Hex Head Cap Screw, M6x12mm	2
108	Phillips Rounded Washer Head Screw, M4x10mm	7
111	Phillips Pan Head Self-Tapping Screw, ST3.0x20mm	2
112	Phillips Pan Head Self-Tapping Screw, ST3.0x8mm	6
113	Button Head Cap Screw, M8x40mm	2
114	Socket Head Cap Screw, M8x15mm	8
115	Spring Washer, M8	8
116	Phillips Pan Head Screw, M5x12mm	4
117	Phillips Pan Head Self-Tapping Screw, ST4.2x10mm	1
118	Phillips Pan Head Self-Tapping Screw, ST4.2x25mm	2
119	Bearing Spacer Φ16xΦ8.1x20.5mm	2
120	Allen Wrench, T4	1
121	Allen Wrench, T6	1
122	Wrench, 13-15-17	1
130	Back Handlebar Holder	1
131	Front Handlebar Holder	1
132	Horizontal Handlebar Adjustment Post	1
133	Seat Adjustment Post	1
142	Spring	2

142	Spring	2
143	Handlebar Pin	1
150	Nylon Nut, M8 (thin)	2
151	Socket Head Screw, M6x25mm	4
156	Phillips Pan Head Screw , M5x10mm	1
157	Phillips Pan Head Screw, M5x30mm	1
158	V shaped stopper	1
159	Spacer Nut	1
160	Front Post Knob	1
161	Spacer	1
162	Socket Head Cap Screw,M8x12mm	1
163	Arc Washer M8	1
164	Socket Head Cap Screw,M5x8mm	1
165	Sweat Stopper	1
166	Aluminum Sleeve	2