

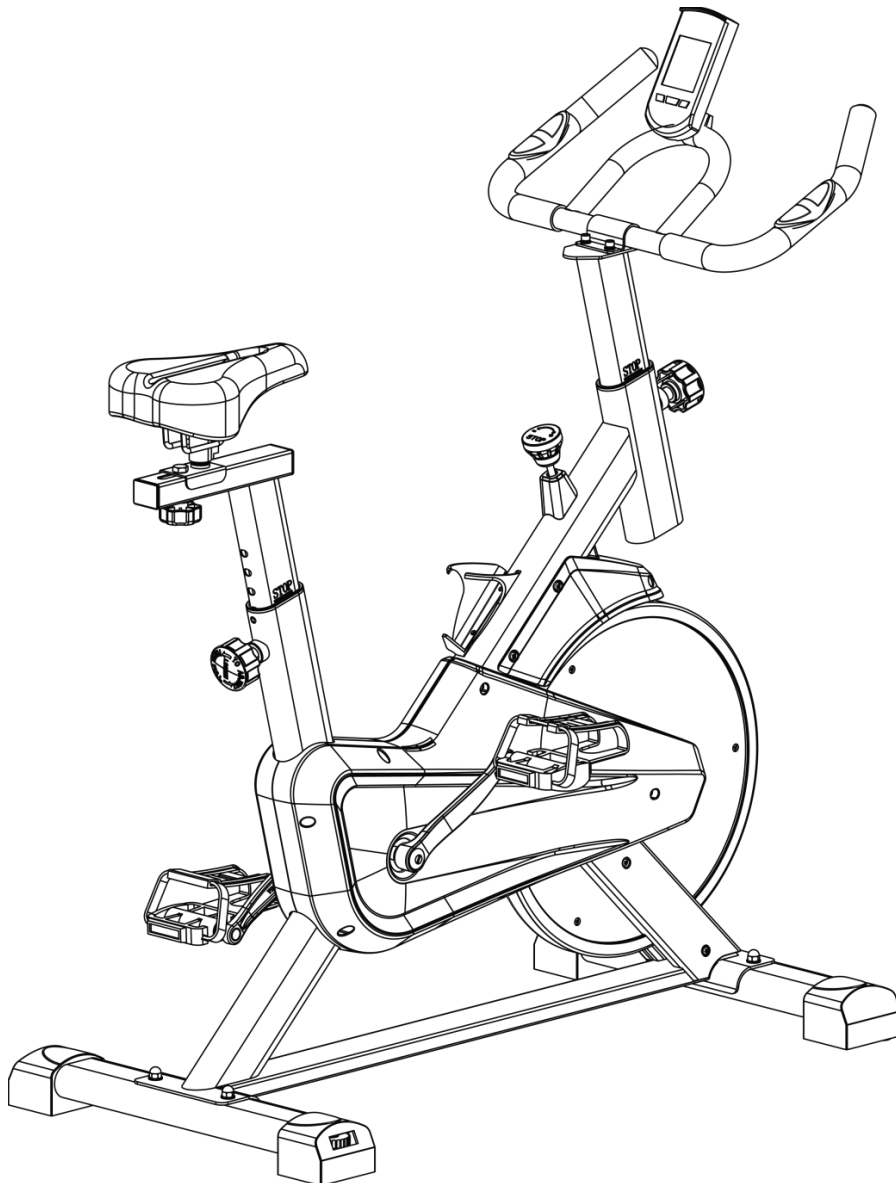


HIT FITNESS

HIT00696

G6 PRO INDOOR CYCLING BIKE

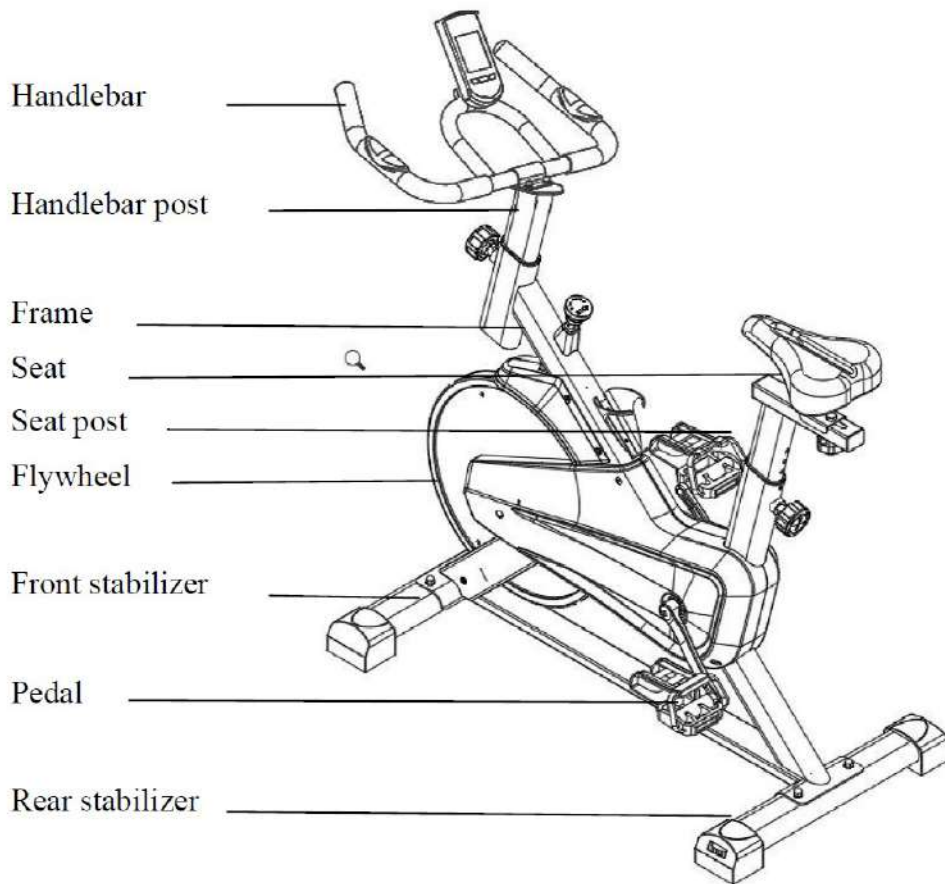
USER MANUAL



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1.Product Brief



Main Parameters

No.	Item	Description	No.	Item	Description
1	Max Load	140kg	3	Product Size	1060*530*1230mm
2	Flywheel	13kg			

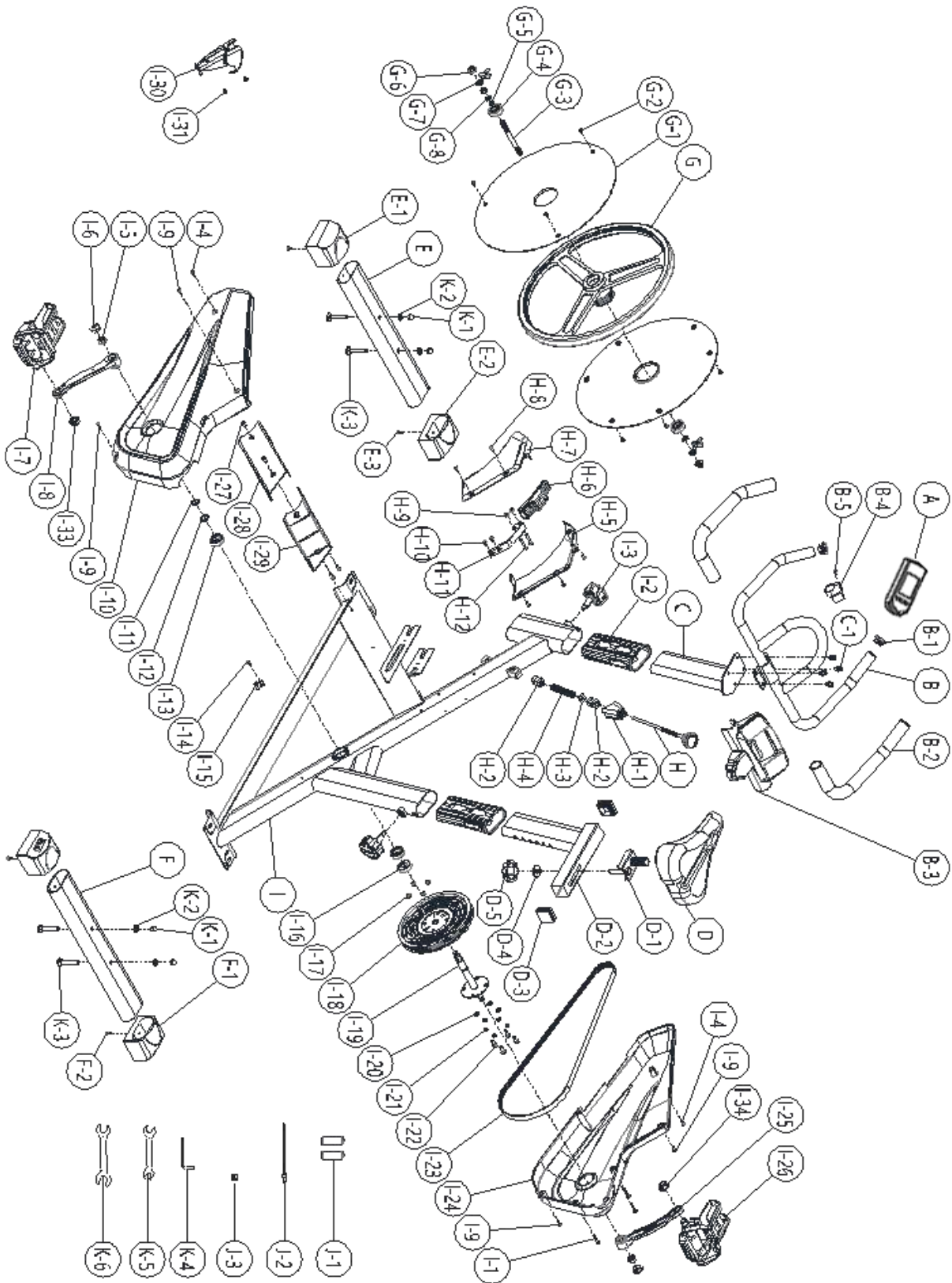
Packing List

No.	Item	Unit	Qty	No.	Item	Unit	Qty
1	Frame	pc	1	6	Handlebar Post	pc	1
2	Front Stabilizer	pc	1	7	Phone Holder	pc	2
3	Rear Stabilizer	pc	1	8	Front Handlebar	pc	1
4	Pedal	set	1	9	Seat Post	pc	1
5	Seat	pc	1	10	Toolkit	set	1

Toolkit List

No.	Item	Unit	Qty	No.	Item	Unit	Qty
1	Cap Nut	pc	4	4	Combination Wrench	pc	1

2	Flat Washer	pc	4	5	Allen Key	pc	1
3	Carriage bolt	Pc	4	6	Wrench	pc	1



NO.	ITEM	QTY	NO.	ITEM	QTY
A	Monitor	1	H-5	Dust cap(right)	1
B	Front handlebar	1	H-6	Brake assembly	1
B-1	Tube plug	2	H-7	Dust cap(left)	1
B-2	Handlebar cover	2	H-8	Cross flat head self tapping screw	5
B-3	Phone holder	1	H-9	Lock nut	2
B-4	Monitor frame	1	H-10	Cross flat head self tapping screw	2
B-5	Cross flat head screw	1	H-11	Brake pad	1
C	Handlebar post	1	H-12	Cross flat head screw	2
C-1	Hexagon socket Head Cap Screw	4	I	Frame	1
D	Saddle	1	I-1	Cross flat head screw	3
D-1	Slider	1	I-2	Handlebar post sleeve	2
D-2	Seat post	1	I-3	Pull pin knob	2
D-3	Tube plug	2	I-4	Cross recessed pan head self tapping self drilling screws	2
D-4	Flat washer	1	I-5	Hexagon Flange Nut	2
D-5	Seat adjusting knob	1	I-6	Crank plug	2
E	Front Stabilizer	1	I-7	Left pedal	1
E-1	Tube plug with moving wheel(left)	1	I-8	Crank arm(left)	1
E-2	Tube plug with moving wheel(Right)	1	I-9	Cross flat head self tapping screw	4
E-3	Cross flat head screw	2	I-10	Left cover	1
F	Rear stabilizer	1	I-11	Limit stopper	1
F-1	Tube plug with level adj. gear	2	I-12	Wavy washer	1
F-2	Cross flat head screw	2	I-13	Bearing	2
G	Flywheel	1	I-14	Cross flat head self tapping screw	1
G-1	Flywheel cover	2	I-15	Sensor bracket	1
G-2	Cross Recessed Pan Head Tapping Screw	6	I-16	Axle sleeve for Crank Shaft	1
G-3	Flywheel axis	1	I-17	Lock nut	4
G-4	Bearing	2	I-18	Pulley	1
G-5	Flat washer	1	I-19	Crank shaft	1
G-6	Hexagon Flange Nut	2	I-20	Flat washer	4
G-7	Belt tensioner	2	I-21	Spring washer	4
G-8	Hex nut	3	I-22	Outer hexagon bolt	4
H	Brake lever	1	I-23	Belt	1
H-1	Decorative cover(upper)	1	I-24	Right cover	1
H-2	Brake sleeve(lower)	2	I-25	Crank arm(right)	1
H-3	Square brake nut	1	I-26	Pedal(Right)	1

H-4	Brake spring	1	J-2	Sensor box	1
I-28	Left cover of supporting plate	1	I-27	Cross pan head screw	4
I-29	Right cover of supporting plate	1	J-3	Wire plug	1
I-30	Bottle bracket	1	K-1	Cap nut	4
I-31	Cross pan head tapping screw	2	K-2	Flat washer	4
			K-3	Carriage bolt	4
I-33	Nut(Left pedal)	1	K-4	Allen key	1
I-34	Nut(Right pedal)	1	K-5	Combination wrench	1
J-1	Battery(not provided)	2	K-6	Wrench	1

2. Safety Instructions and Warnings




To make sure your safety and avoid injuries, Please read the following instructions carefully before using the bike and also pay attention to the following safety warnings.

NOTE: Though the product has been thoroughly considered in terms of safety issues in its design and production, please make sure to follow the instructions below. We do not bear any consequences caused by improper operation.

- ◆ This bike is suitable for indoor use. Set up and operate it on a solid level surface. Do not place any objects on the bike.
- ◆ If the power cord is damaged, to avoid danger, it must be replaced by professionals from the manufacturer, its maintenance department or related departments. If not in use for a long time, please unplug the power cord.
- ◆ This products is of H level. When the product is not in use, please lock the flywheel to avoid injury.
- ◆ This product is not suitable for the disables and children. Please do not use it if you feel unwell, otherwise it may cause injury.
- ◆ Do not use the bike in a dusty room and maintain it a certain humidity. Avoid strong static electricity or it will affect the normal use of the console. Please use the original parts, they are forbidden to be replaced without instructions.
- ◆ Do not use the bike near a hot or moving object.
- ◆ Please unplug the bike before moving it. Non-professionals are not allowed to disassemble the bike without authorization, otherwise serious consequences may occur.

2.Safety Instructions and Warnings

 *To make sure of your safety and avoid injuries, Please read the following instructions carefully before using the bike and also pay attention to the following safety warnings.*

NOTE: Though the product has been thoroughly considered in terms of safety issues in its design and production, please make sure to follow the instructions below.

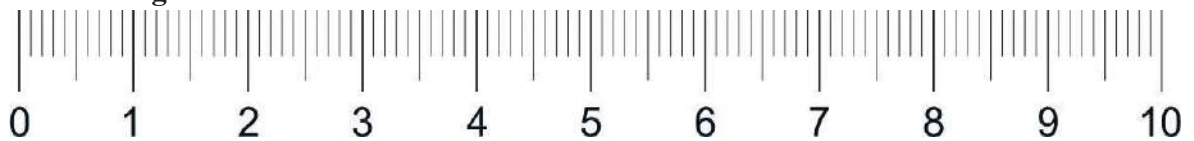
We do not bear any consequences caused by improper use.

- ◆ This bike is suitable for indoor use. Set up and operate it on a solid level surface. Do not place any objects on the bike.
- ◆ If the power cord is damaged, to avoid danger, it must be replaced by professionals from the manufacturer, its maintenance department or related departments.
- ◆ Please unplug the power plug if the product is not used for long time.
- ◆ When the product is not in use, please lock the flywheel to avoid injury.
- ◆ This product is not suitable for children. Please do not use it if you feel unwell, otherwise it may cause injury.
- ◆ Handicapped or disabled persons should not use the spinning bike without the advice of a qualified health professional or physician.
- ◆ Do not use the bike in a dusty room and maintain it the room to a certain humidity. Avoid strong static electricity or it will affect the normal use of the console. Please use the original parts, they are forbidden to be replaced without instructions.
- ◆ Do not use the bike near a hot or moving object.
- ◆ Please unplug the bike before moving it. Non-professionals are not allowed to disassemble the bike without authorization, otherwise serious consequences may occur.
- ◆ Please make sure the garment is fastened or zippered, do not wear loose or dangling clothing while using the bike.

- ◆ If you feel unwell or uncomfortable during use, please stop and consult a physician.
- ◆ Use qualified sockets to avoid danger. If the plug is not compatible with the socket, please do not touch the plug and ask an electrician to handle it.
- ◆ The product is suitable for home use, not for professional training and test, can not be used for medical purposes.
- ◆ Do not use it when the shell is cracked, broken off (the internal structure is exposed) or the welded part is cracked.
- ◆ Do not use immediately after eating, feeling fatigue, or not in a good physical condition.
 - It may do harm to your health.
- ◆ Do not scatter objects like needles, trash or water on the plug. Do not touch the plug with wet hands.
 - It may cause electric shock, short circuit, or fire.
- ◆ Please unplug the bike when not in use.

HARDWARE IDENTIFICATION CHART

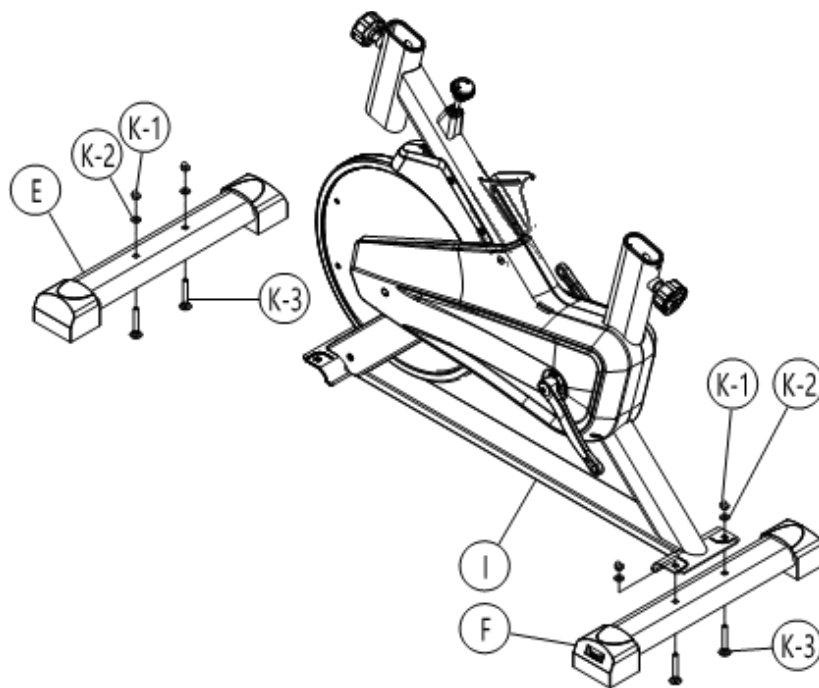
This chart is provided to help identify the hardware used in the assembly process. Use the small scale to check the length of the bolts and screws.



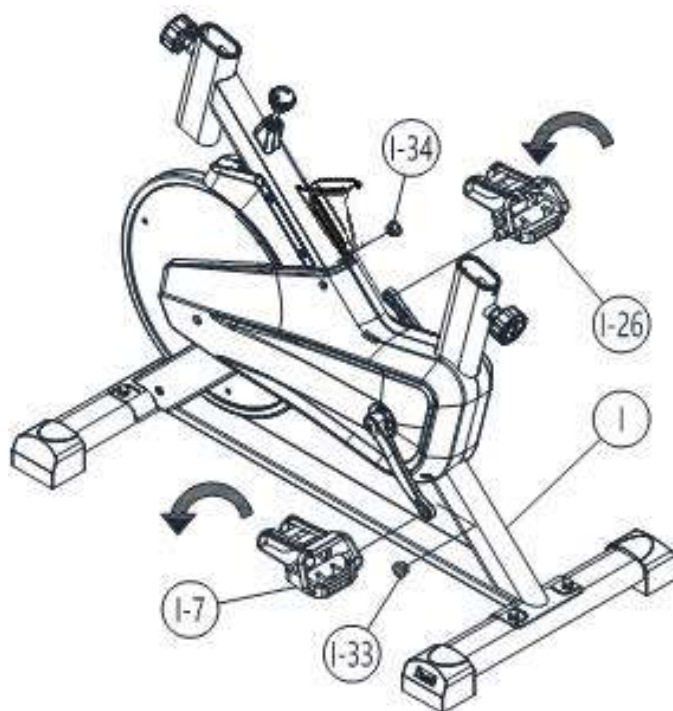
3. Installation Instructions

As you assemble it, all screws are simply attached first, and finally tightened after the bike is completely assembled.

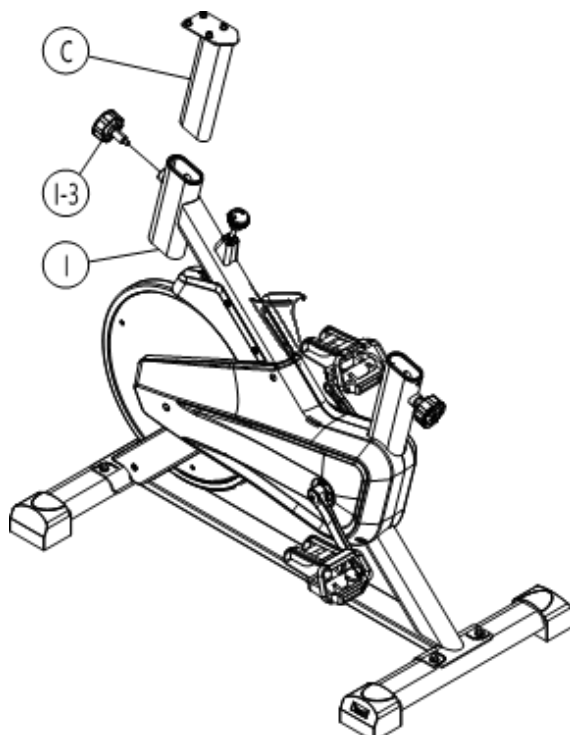
Step 1. Take out the bike frame I#, Front Stabilizer E#, and the Rear Stabilizer F# from the package. Take out the combination wrench K-5# , cap nut K-1#, flat washer K-2#, and carriage bolt K-3. Install as shown in the figure below: Place the stabilizers and the frame as shown below. Align the holes on stabilizers with the ones on the frame, and place the fasteners with the order of carriage bolt K-3#, flat washer K-2 and cap nut K-1# and finally use the combination wrench K-5 to secure it.



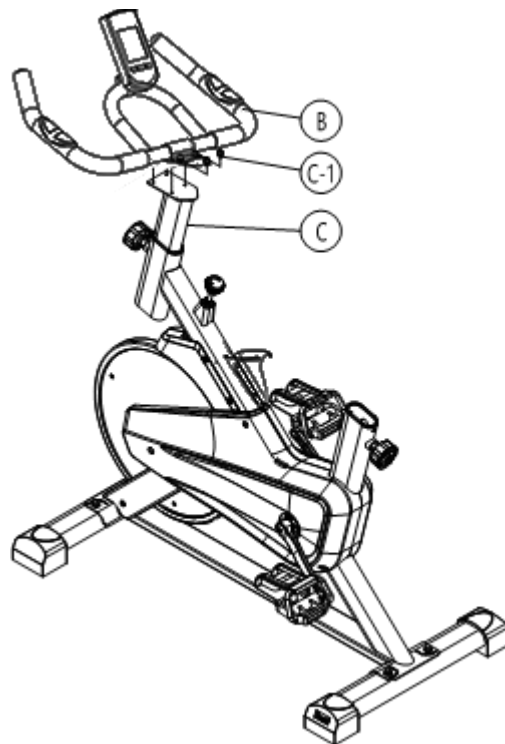
Step 2. Take out the Right Pedal I-26#, Nut I-34#, Left Pedal I-7# and Nut I-33# from the package. Install as shown in the figure below: use the Combination Wrench K-5# to rotate in the arrow direction and then use wrench K-6# to secure.



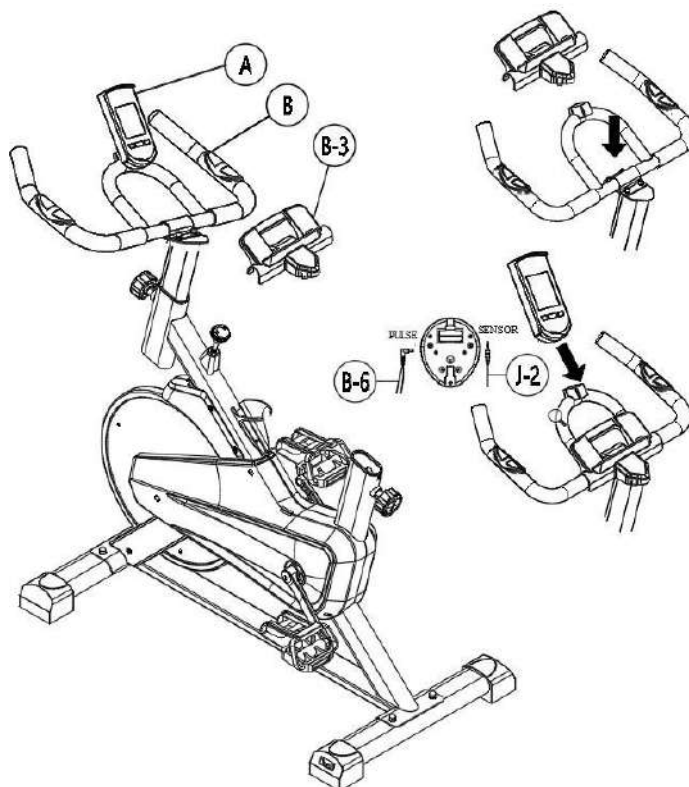
Step 3. Take out the Handlebar Post C#. Loose the Pull pin knob I-3#, and insert the handlebar post C# into the frame I#. Adjust the height of the handlebar post according to user's height and use the pull pin knob I-3# to lock it.



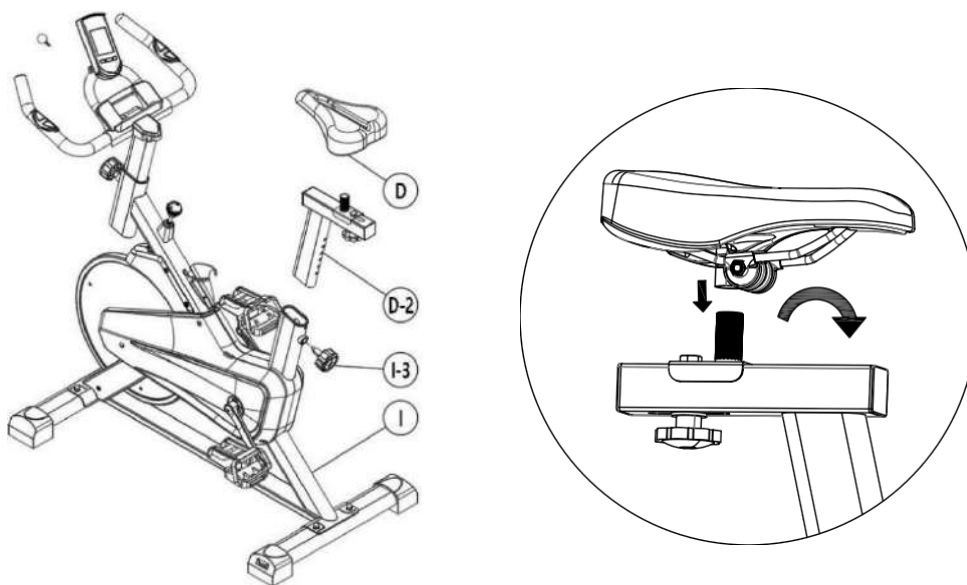
Step 4. Take out the Front Handlebar B# and install as shown in the figure below: Use Allen key K-4# to remove the pre-assembled Hexagon socket head cap screw. Install the front handlebar B# and align it with the handlebar post C# and use the Allen key K-4 and screw C-1 to secure it.



Step 5. Take out the monitor A# and phone holder B-3#. Install as shown in the pictures below: Buckle the phone holder B-3# and monitor A# onto the front handlebar B# with the arrow showing direction below. Insert the communication wires into the sensor slots on the back of the monitor. Insert the handle pulse wires B-6# into the PULSE slots on the back of the monitor.



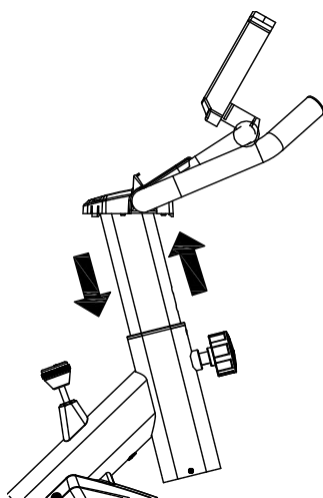
Step 6. Take out the Saddle D# and Seat post D-2# from the package, install as shown in the figure below: Put the seat post D-2# into the frame I#. Adjust the height of the saddle according to the user's height and use the pull pin knob I-3# to lock it. Install the Saddle D# onto the Seat post D-2, and use the Combination Wrench K-5# to lock the seat after adjusting into a proper angle and direction.



Please do not lock all screws tightly until you have followed all steps above to assemble the bike. Please inspect carefully before using the bike

You can adjust the height of handlebar and seat with the adjusting knob according to your sitting posture.

Note: Please don't exceed the STOP mark when adjusting the height of the handlebar post.

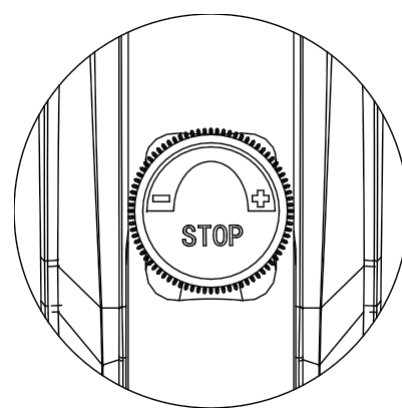
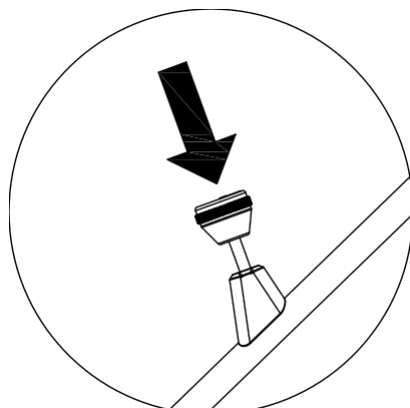
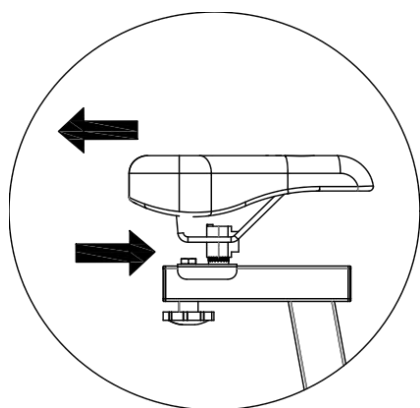


Seat Adjustment:

You can adjust the seat distance from the handlebar with the adjustment handle under the seat.

Please press STOP brake knob hard if in the event of an emergency.

When the product is not in use, please keep the resistance in the highest level by rotating the brake knob and loose it before using next time.



4. Warm-up Suggestions

Warm-up and Stretching

WARM-UP

The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warming up for two to five minutes before strength training or aerobic exercising can raise your heart rate and warm your working muscles which can also help to avoid injuries.

STRETCHING

Stretching is very important to warm up your muscles before exercise to avoid injuries or to relax your muscles to relieve the soreness in muscles after strength or aerobic training. Muscles stretches are easier and more efficient at this time because of their elevated temperature, which greatly reduces the risk of injury. Each stretch should be held for 15 to 30 seconds.

Here are the suggested warm-up and stretching exercise as below.

		
15 seconds for each	20 seconds	20 seconds
		
25 seconds	20 seconds	20 seconds
		
30 seconds	25 seconds for each leg	30 seconds
		
20 seconds	5 seconds x 3 times	20 seconds
		
20 seconds for each leg	5 times	15 seconds

5. Console Function Instruction

FUNCTION BUTTONS

MODE

a) Press the button to select TIME, DISTANCE, CAL and PULSE to preset.

SET

a) To set up the target value of TIME, DISTANCE, CAL and PULSE. b)

Hold down the button to speed up the increment.

RESET

a) Press the button to reset function value when setting .

b) Press the button and hold for 2 seconds to reset all value to be zero.

(When the user replace batteries, all the values will reset to ZERO automatically.)

FUNCTIONS & OPERATIONS

1. Time

Accumulates total time from 00:00 up to 99:59. The user may preset target time by pressing SET button . Each increment is 1 minute. Automatically count down from targeting value during exercise.

2. Speed

Display the current training speed from 0.0 to 999.9 KPH or MPH.

3. Distance

Accumulates total distance from 0.0 up to 999.9 km or mile. The user may preset target distance by pressing SET button. Automatically count down from targeting value during exercise.

4. Calories

Accumulates calories consumption during training from 0 to max. 999.9 calories. The user may also preset the target calorie before training by press SET & MODE button.

Automatically count down from targeting value during exercise.

Note:

- 1) If the computer displays abnormally, please re-install the battery and try again.
- 2) The batteries must be removed from the appliance before it is scrapped and that they are disposed of safely.
- 3) While the user starts to do exercise, the Display will show out the workout value automatically. Once they stop exercising over 256 sec. the Display will turn off.

6. Maintenance

CLEANING:

Thorough cleaning will extend the life of the spin bike.

Remove dust regularly to keep it clean. Make sure your sneakers are clean to avoid carrying foreign objects into the spin bike.

MAINTENANCE:

Replace the defective parts immediately or do not use the product until the defective parts are replaced. Please pay special attention to the most easily worn components.