

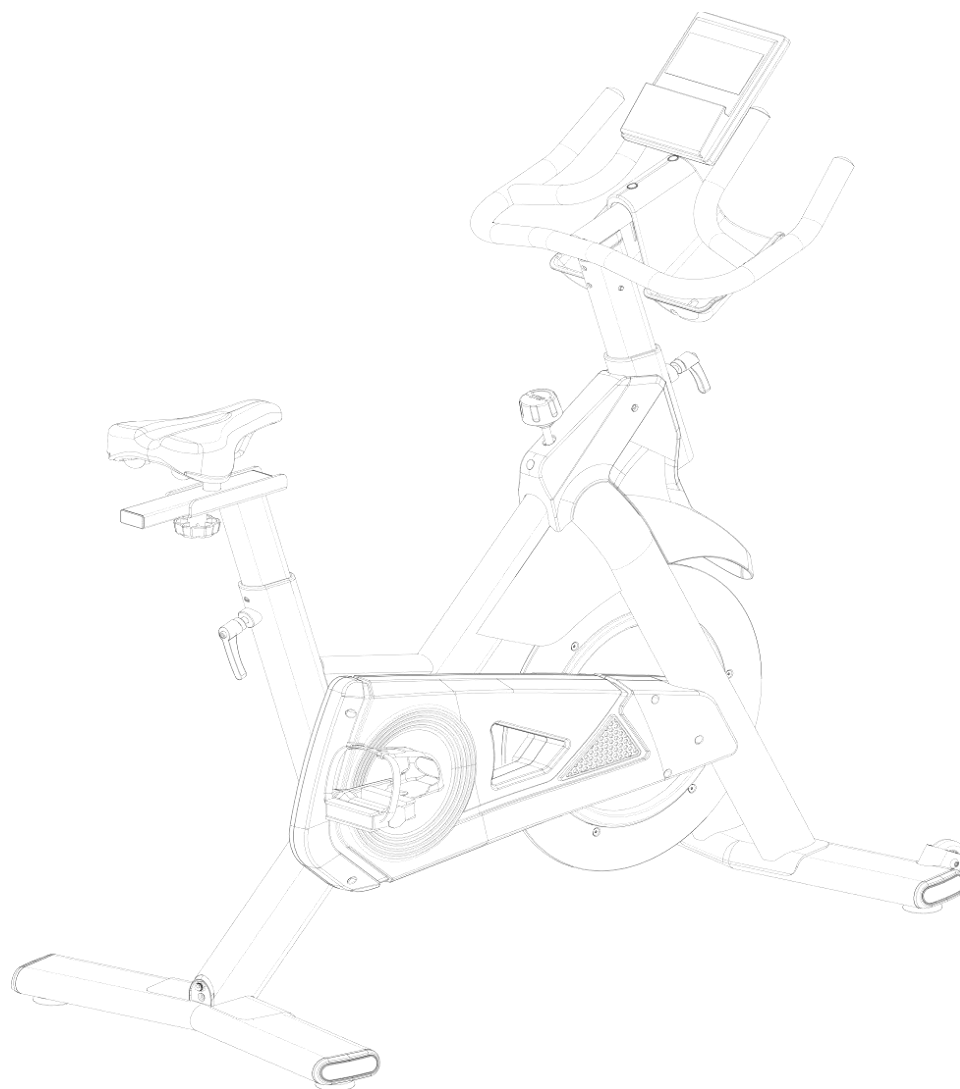


HIT FITNESS

HIT00698

G8 PRO INDOOR CYCLING BIKE

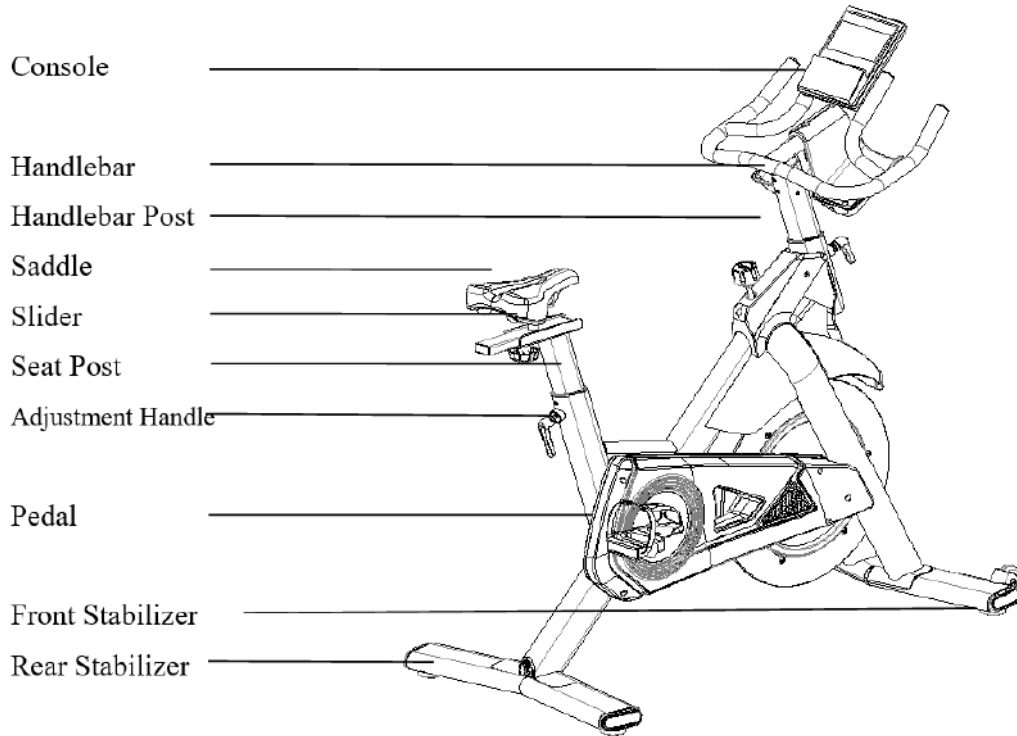
USER MANUAL



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1. Product Brief



Main Parameters

No.	Item	Description	No.	Item	Description
1	Power	260W	3	Max load	150kg
2	Flywheel	20kg	4	Product Size	1340*590*1310mm

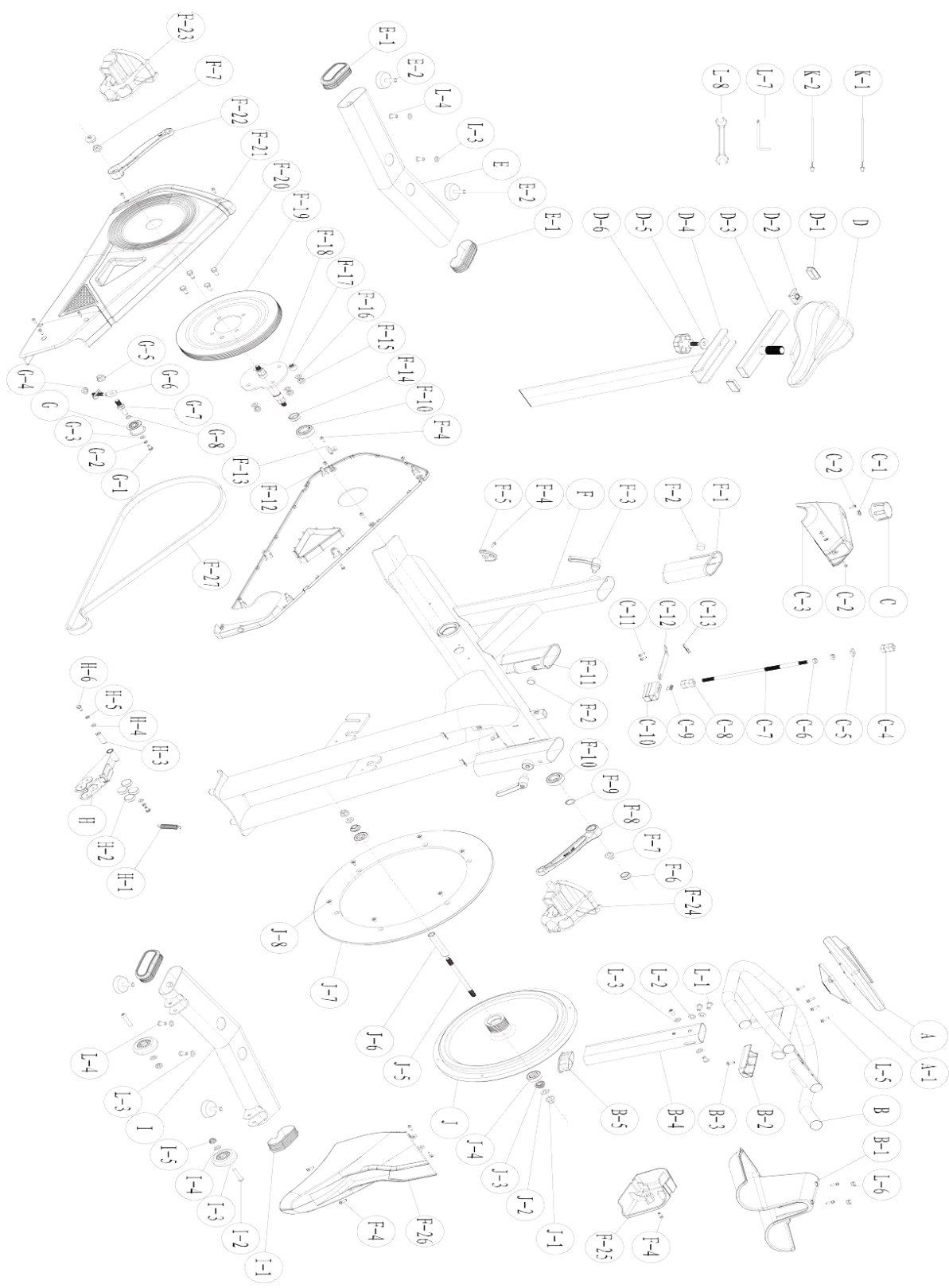
Packing List

No.	Item	Unit	Qty	No.	Item	Unit	Qty
1	Frame	pc	1	8	Saddle	pc	1
2	Console	pc	1	9	Handlebar Post	pc	1
3	Toolkit	set	1	10	Water Bottle Holder	pc	1
4	Front Stabilizer	pc	1	11	Water Bottle Holder Cover	pc	1
5	Rear Stabilizer	pc	1	12	Handlebar Post Cap	pc	1
6	Pedals	set	1	13	Adjustment Handle	pc	2
7	Seat Post	pc	1	14	Handlebar	pc	1

Toolkit List

No.	Item	Unit	Qty	No.	Item	Unit	Qty
1	Allen Key 5mm	pc	1	6	Arc Washer T1.5*φ8.5*φ23	pc	2
2	Wrench	pc	1	7	Flat Washer φ8.5*φ16*1.5T	pc	6
3	Internal Hexagon Screw M8*16	pc	4	8	Cross Recessed Pan Head Screw M5*20	pc	4
4	Internal Hexagon Screw M8*12	pc	4	9	User Manual	pc	1
5	Plug	pc	2	10			

Exploded Drawing




PARTS LIST AND TOOLS

NO	Item	Qty		NO	Item	Qty
A	Console	1		F-3	Adjustment Handle	2
A-1	Console Cover	1		F-4	Cross Recessed Pan Head Screw	1
B	Handlebar	1		F-5	DC Cover	1
B-1	Water Bottle Holder	1		F-6	Crank Cover	2
B-2	Water Bottle Holder Cover	1		F-7	Hexagon flange nuts with glue	2
B-3	Cross Recessed Pan Head Screw	3		F-8	Left Crank Arm	1
B-4	Handlebar Post	1		F-9	C Shaped Buckle	1
B-5	Handlebar Post Plug	1		F-10	Bearing	2
C	Brake Knob	1		F-11	Handlebar Post Sleeve	1
C-1	Hexagon Nut	1		F-12	Right chain cover	1
C-2	Self-Tapping Screw	3		F-13	Sensor Bracket	1
C-3	Brake Cover	1		F-14	Crank Shaft Sleeve	1
C-4	Brake Upper sleeve	1		F-15	Lock Nut	4
C-5	Square Brake nut	1		F-16	Flat washer	4
C-6	Round Brake nut	1		F-17	Small Magnet	1
C-7	Brake Lever	1		F-18	Axis	1
C-8	Brake Lower sleeve	1		F-19	Pulley	1
C-9	Cross Recessed Pan Head Screw	2		F-20	External Hexagon Screw	4
C-10	Brake Pad	1		F-21	Left Chain Cover	1
C-11	Self-Tapping Screw	1		F-22	Right Crank Arm	1
C-12	Brake Spring Pad	1		F-23	Right Pedal	1
C-13	Brake Pad fixer	1		F-24	Left Pedal	1
D	Saddle	1		F-25	Flywheel Cover	1
D-1	Handlebar Post Plug	2		F-26	Motor Cover	1
D-2	Slider Nut	1		F-27	Belt	1
D-3	Slider	1		G	Idler Wheel	1
D-4	Seat Post	1		G-1	External Hexagon Screw	1
D-5	Flat Washer	1		G-2	Spring Washer	1
D-6	Seat Slider Adj Knob	1		G-3	Flat Washer	1
E	Rear Stabilizer	1		G-4	Lock Nut	1
E-1	Stabilizer End cap	2		G-5	Hexagon flange nuts with glue	1
E-2	Handlebar Post Cap	1		G-6	Adjuster	1
E-3	Flat washer	1		G-7	Idler Rod Axle	1
E-4	Internal Hexagon Screw	2		G-8	Wavy Washer	1
F	Frame	1		H	Gear Box	1
F-1	Seat Post Sleeve	1		H-1	Tension spring	1
F-2	Tighten Plate	2		H-2	Magnet	4

NO.	Item	Qty		NO.	Item	Qty
H-3	Magnet Holder Set	1		J-5	Flywheel Axle	1
H-4	Flat washer	1		J-6	Flywheel Spacer	1
H-5	Spring washer	1		J-7	Flywheel Aluminum Rim	1
H-6	External Hexagon Screw	1		J-8	Socket head cap screws	1
I	Front stabilizer	1		K-1	Sensor cable	1
I-1	Stabilizer End cap	2		K-2	Connection cable	1
I-2	Internal Hexagon Screw	2		L-1	Internal Hexagon Screw	4
I-3	Transportation wheels	2		L-2	Arc Washer	2
I-4	Flat washer	2		L-3	Flat washer	6
I-5	Lock Nut	2		L-4	Internal Hexagon Screw	4
I-6	Internal Hexagon Screw	2		L-5	Cross Recessed Pan Head Screw	4
J	Flywheel	1		L-6	Plug	2
J-1	Hexagon flange nuts with glue	2		L-7	Allen Key 5mm	1
J-2	Flat washer	2		L-8	Wrench	1
J-3	Flywheel Bushing	1				
J-4	Bearing	1				

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.

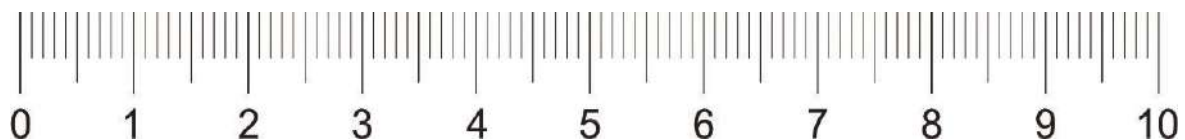
- ◆ This bike is suitable for indoor use. Set up and operate it on a solid level surface. Do not place any objects on the bike.
- ◆ If the power cord is damaged, to avoid danger, it must be replaced by professionals from the manufacturer, its maintenance department or related departments.
- ◆ Please 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.



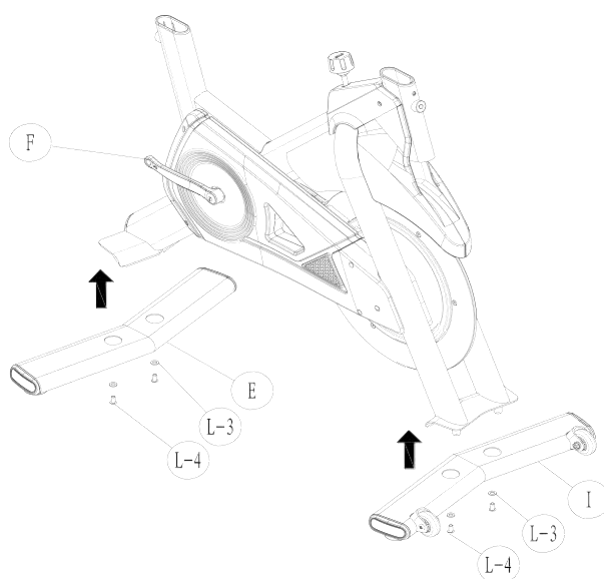
3. Installation Instructions

 **Assembly requires two persons. Place all parts of the exercise bike in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.**

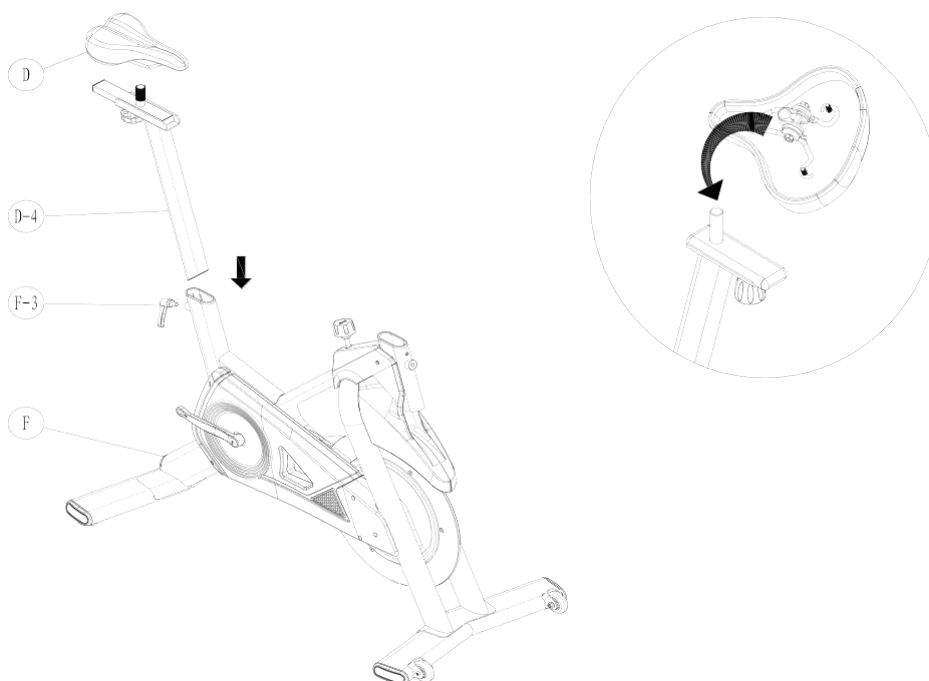
NOTE: Though the product has been thoroughly considered in terms of safety issues in its design and production, please make sure to follow the instructions below.

We do not bear any consequences caused by improper use.

Step 1. Firstly take out the I# Front Stabilizer, E# Rear stabilizer, and L-4# Internal Hexagon Screw, L-3# Flat washer, L-7# Allen Key (5mm) from the toolkit. Please follow the drawing below: Place both stabilizers as below, then tighten L-4# Screws with L-7# Allen Key (5mm).

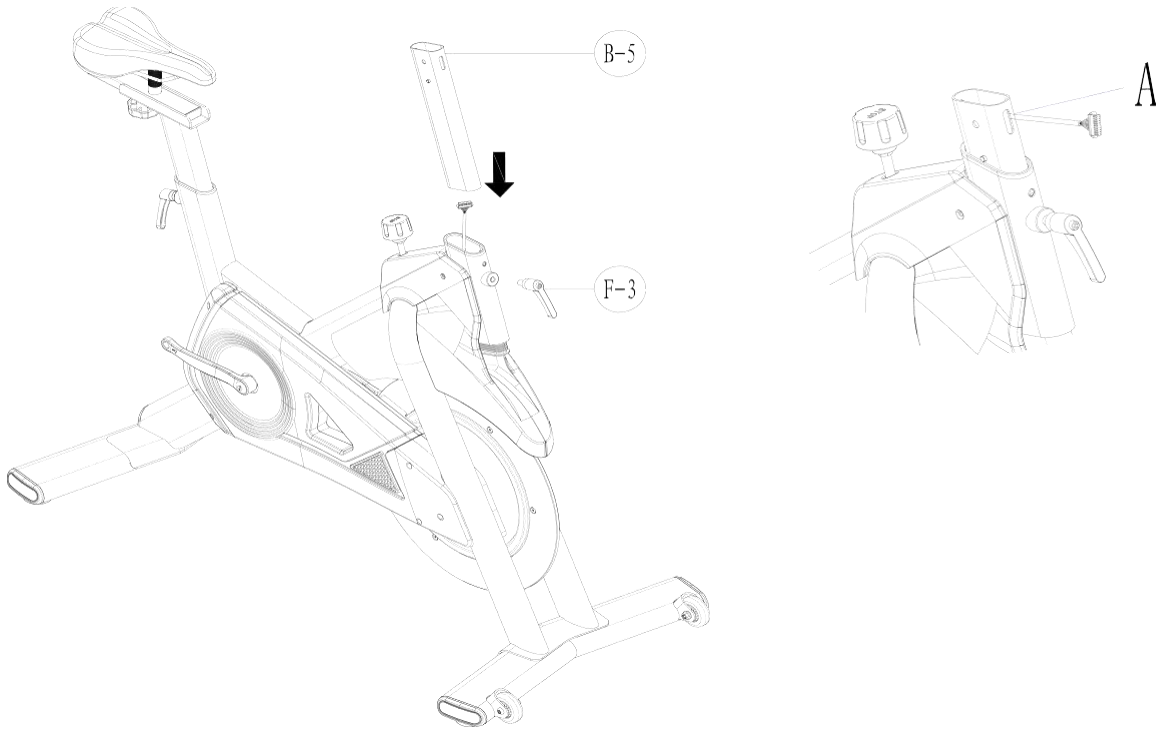


Step 2. Take out D# Saddle, D-4# Seat Post, F-3# Adjustment Handle. Please do as below: insert the Seat Post inside the hole of the frame and tighten with the Adjustment Handle. Then place the saddle onto the slider, tighten it at a suitable angel with L-8# Wrench. **Note: Please assemble the adjustment handle after the seat post is done.**



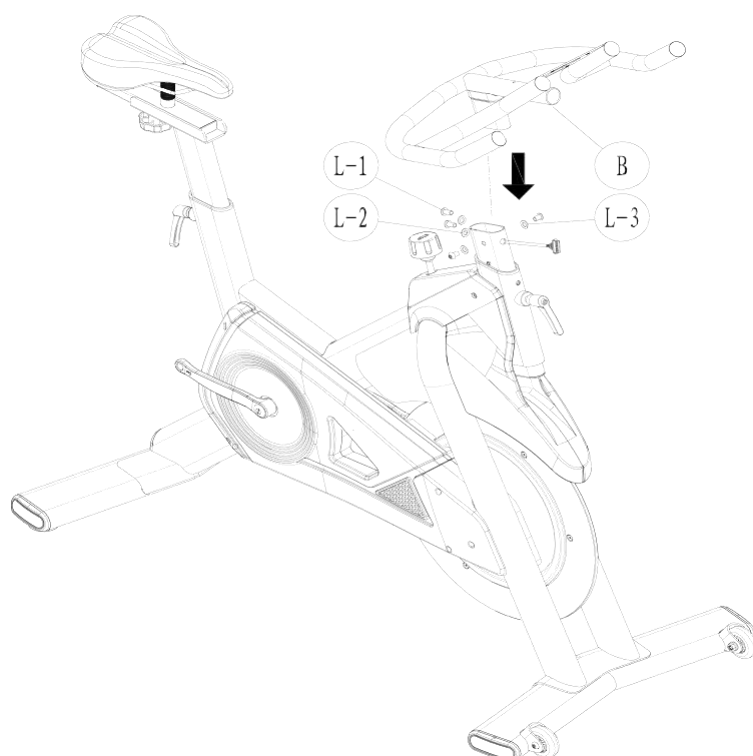
Step 3. Take out the B-4# Handlebar Post , F-3# Adjustment Handle. Then remove B-5# Handlebar Post Plug. Thread the cable inside the handlebar post and pull it out from the hole. And then pull the plug out of the A notch, and adjust it to a suitable height. And lastly use the F-3# Adjustment Handle to lock it.

Note: Please assemble the adjustment handle after the seat post is done.

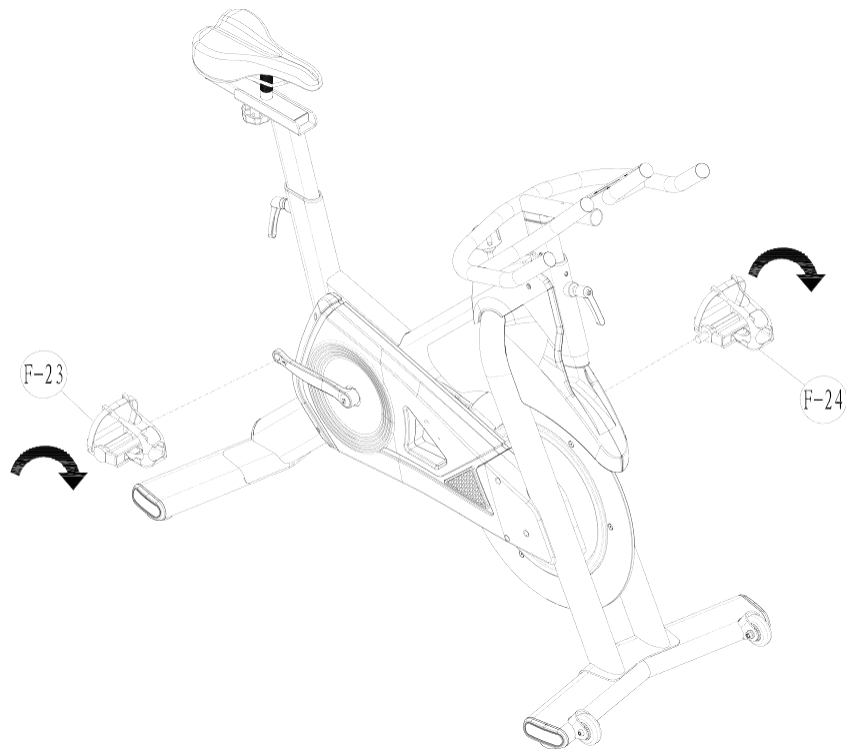


Step 4. Take out the B# Handlebar, L-2# Arc washer, L-1# Internal Hexagon Screw M8*12 in toolkit.

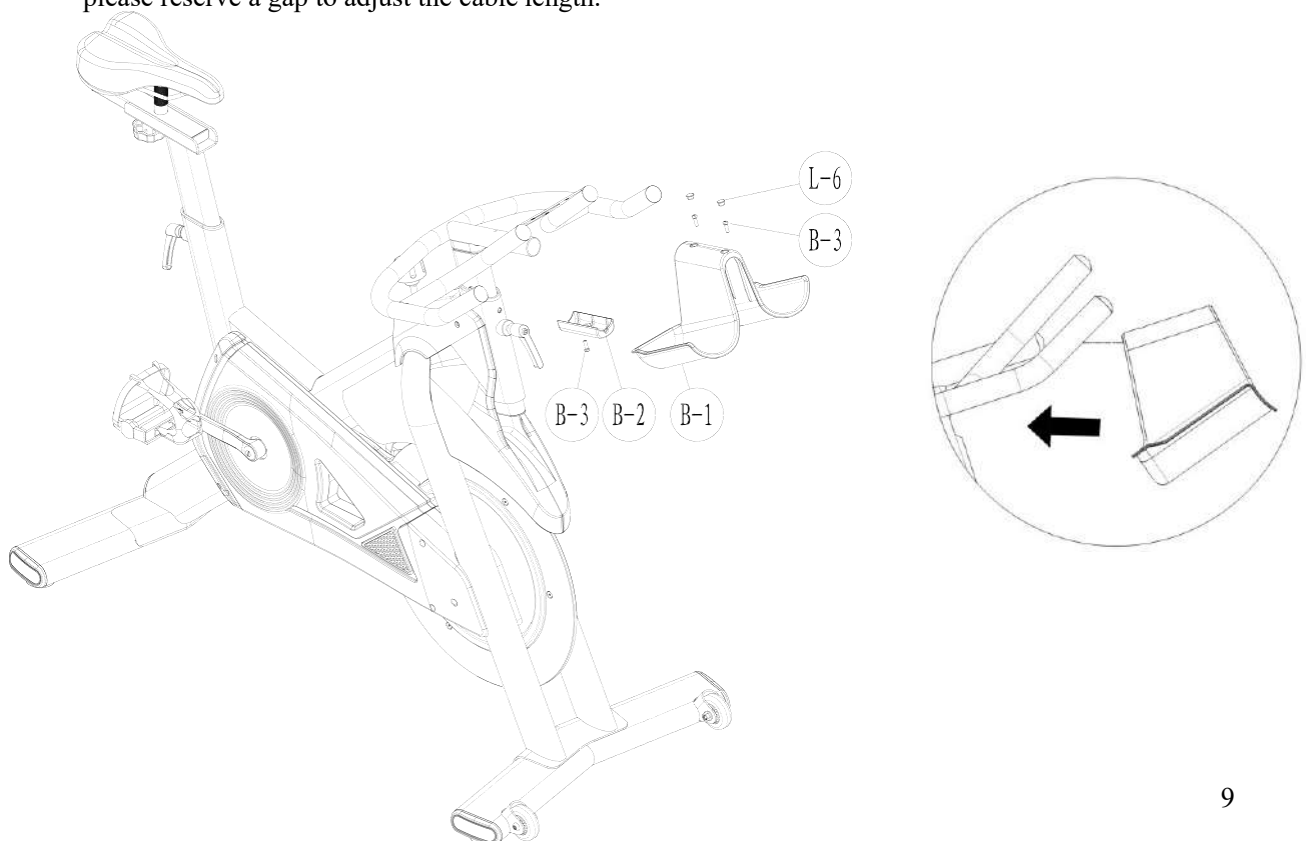
Follow as below: Insert the handlebar inside the hole of the handlebar post, and then attach L-1# Screw and L-2# Arc Washer. Lastly tighten them with L-7# Allen Key (5mm).



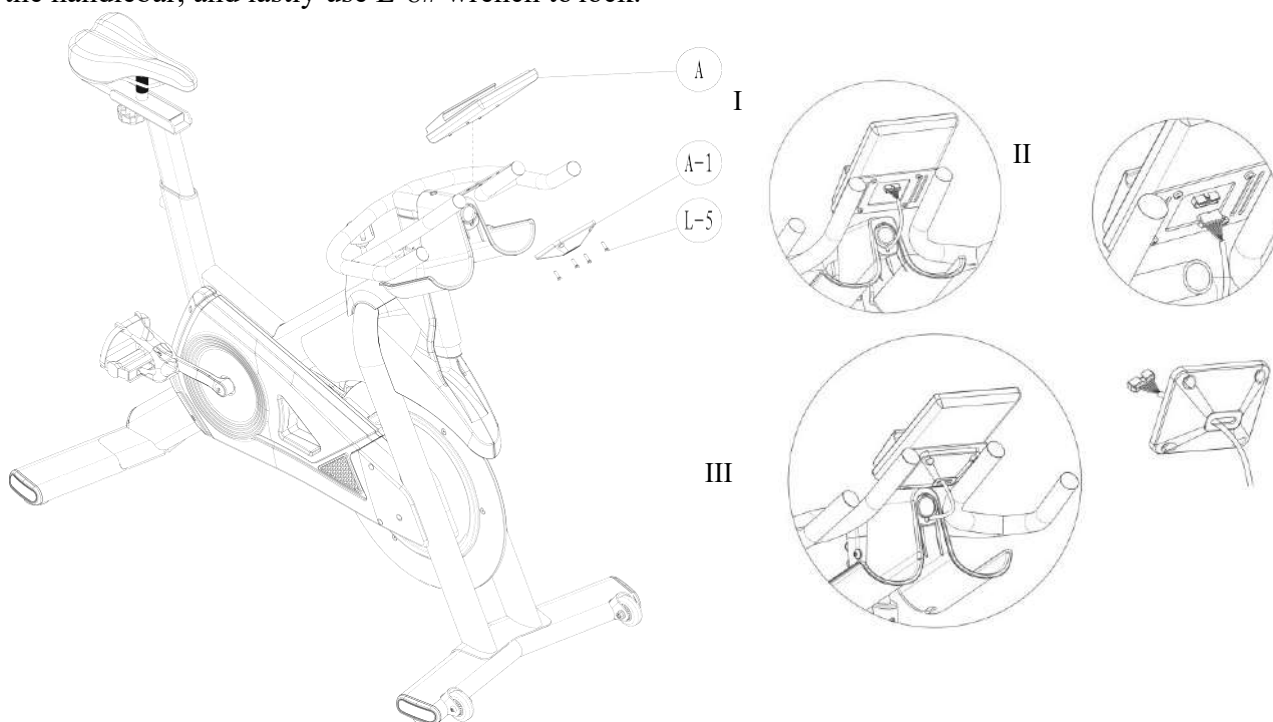
Step 5. Take out the F-23# Right Pedal, F-24# Left Pedal. Do as below: tighten them with L-8# Wrench in the direction of the arrow.



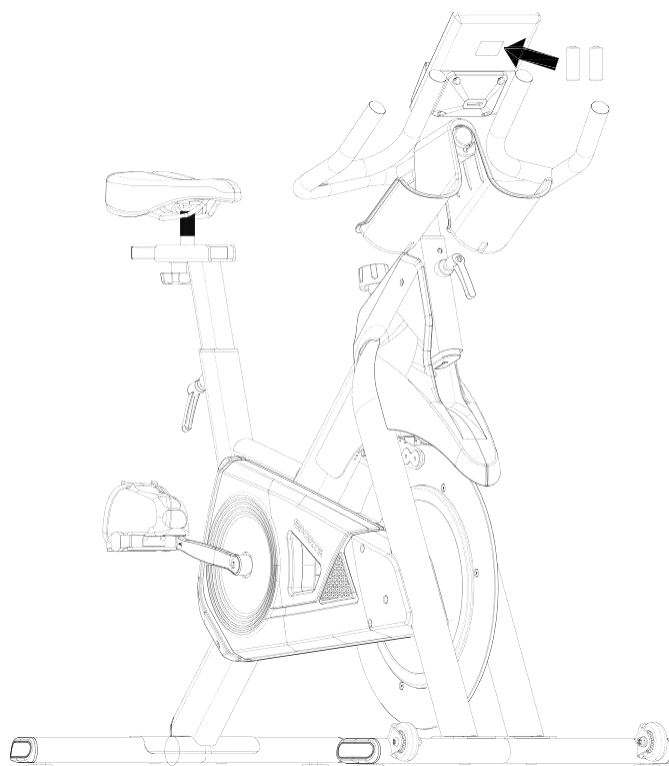
Step 6. Take out the B-1# Water Bottle holder and B-2# Water Bottle holder cover, then remove the pre-attached 3pcs B-3# Cross Recessed Pan Head Screw M5*14 on the handlebar. And then place the bottle holder and the cover on the corresponding position of the handlebar in the direction shown as below and tighten them with L-8# Wrench. The water bottle holder cover is not locked temporarily, please reserve a gap to adjust the cable length.



Step 7. Take out the A# Console, A-1# Console cover, then take out the L-5# Cross Recessed Pan Head Screw M5*20 from the toolkit. Pass the cable through the console cover in turns, and then insert them into the slots on the back of the console, then place the console and the console cover on the handlebar, and lastly use L-8# wrench to lock.



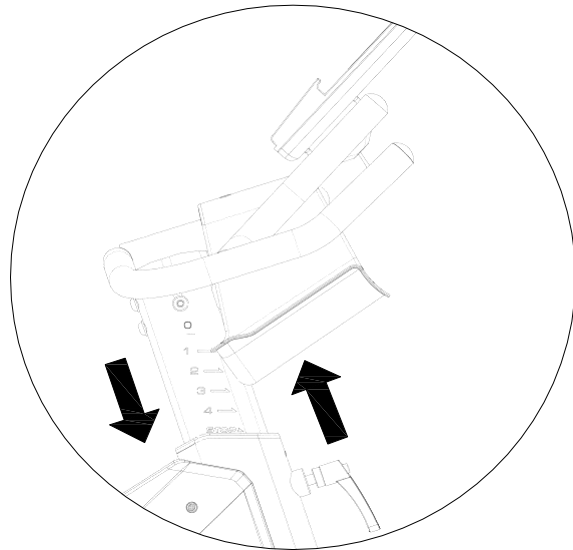
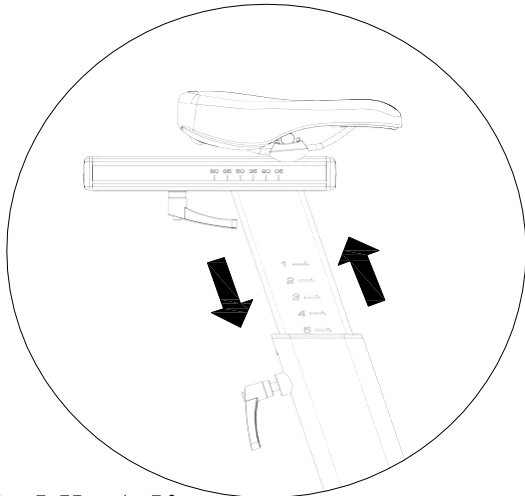
Step 8. Get two batteries(AA size) and place them into the battery slot under the console cover. After the A# Console is on, the whole bike is completely assembled.



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

Handlebar/Seat Height Adjustment:

You can adjust the handlebar height and seat height with the Adjustment Handles according to your sitting posture **Note: Please don't exceed the STOP mark when adjusting the height of the handlebar post.**

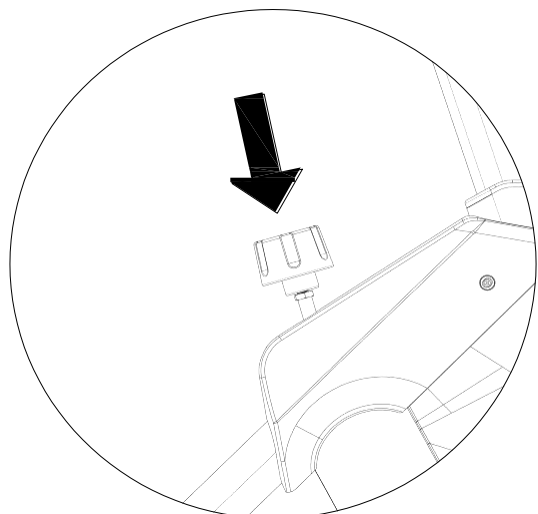
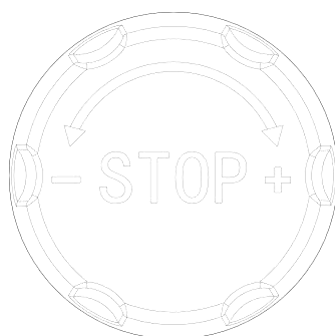
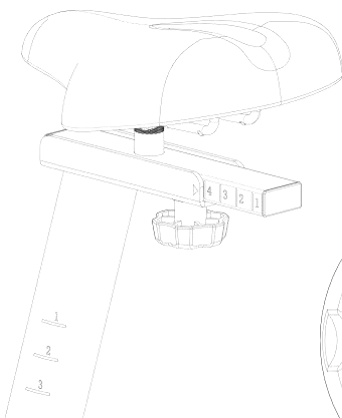


Saddle Adjustment:

You can adjust the distance of the saddle with the Seat Slider Adj Knob according to your sitting posture which can make you feel more comfortable. After adjusting to the suitable distance, use the Seat Slider Adj Knob to tighten the saddle.

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

When the product is not in use, please rotate the brake knob clockwise to lock the flywheel. Release the brake knob before using it 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



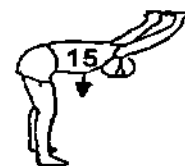
20 seconds



20 seconds for each leg



5 times



15 seconds

5. Console Function Instructions

I. Full Display menu



II. Button function

UP	In setting mode, to select GENDER, increase TIME/DISTANCE/CALORIE/AGE/WEIGHT/HEIGHT; Set the clock and alarm in clock mode;
DOWN	In setting mode, to select GENDER, decrease TIME/DISTANCE/CALORIE/AGE/WEIGHT/HEIGHT; Set the clock and alarm in clock mode; Note: In setting mode, hold-on UP and DOWN button for 2 seconds, clear out set value to "0" or restore default.
MODE	To confirm the value/selection and ENTER.
RESET	In any mode, hold on RESET for 2 seconds, the system will reboot as Total Reset.
BODY FAT	Before measuring BODY FAT, press this button to input personal data: Weight, Height..
SET	Press this button to set value of Gender, Age, Weight and Height.
RECOVER Y	Test Heart Rate Recovery function. When press this key, system will start count down.

III. Power-on

When install batteries (2PCS AA), console will full display for one second along with "Di" sound. And display wheel diameter for one second, and then entering Standby mode.

IV. Function Description

1. SCAN

After power-on, the console will auto-scan TIME/SPEED/DISTANCE/CALORIE/PULSE/RPM in every 6 seconds, press MODE to exit auto-scan. User can press UP or DOWN button to enter manual scan mode and set target value of **TIME/DISTANCE/CALORIE/PULSE** and press MODE to confirm. When setup is completed, console will exit the manual scan and show “SCAN” for 2 seconds and then switch to auto-scan.

2. TIME

Display the workout time when RPM signal is available (MM:SS), it will update automatically from 0:00 to 99:59 in every second. Press UP and DOWN button to set target countdown time, the buzzer will alarm once. When it counts down to 0:00 and will display the initial set time.

3. SPEED

Display current workout speed by KM/HOUR; Display “0” if there is no signal input.

4. DISTANCE

Display accumulated workout distance, max. value is 99.9KM/MILE.

5. CALORIE

Display accumulated calorie consumption, 15Cal/KM.

6. PULSE

Display current Heart rate; Display “0” if there is no heart rate input/detected.

7. RPM

Revolutions per minute.

8. RECOVERY

Press RECOVERY button, system starts to countdown from 1:00 to 0:00. LCD display Heart Rate recovery status

when come to 0:00. Heart Rate recovery level: F1.0~F6.0.

Note: Make sure both hands to hold on the hand grips correctly during the measuring.

1.0	means OUSTANDING
$1.0 < F < 2.0$	means EXCELLENT
$2.0 \leq F \leq 2.9$	means GOOD
$3.0 \leq F \leq 3.9$	means FAIR
$4.0 \leq F \leq 5.9$	means BELOW AVERAGE
6.0	means POOR

9. BODY FAT

9.1 Setting:

Press SET button, the screen shows MALE icon, and use UP/DOWN button to select the Gender. Press MODE button to confirm and the screen goes to AGE setting. Use UP/DOWN button to set the number and press MODE to enter HEIGHT setting. Use UP/DOWN to set the number and press MODE to enter WEIGHT setting.

9.2 BODY FAT Test

Press BODY FAT button, and hold on the handlebar heart rate sensor with both hands.

9.3 The display of testing result



$B.F.\%(BODY\ FAT\ percentage) = (1.2 * BMI) + (0.23 * AGE) - (10.8 * SEX) - (5.4 * V)$

$BMI(Body\ mass\ index) = WT(weight)kg / [HI(height)cm * HI] * 10000$

Gender: Male=1, Female=0.5

$V = 2 - [(Measured\ heartbeat\ value - 50) * 0.05]$

Male: $BMR(Basal\ metabolic\ rate) = 66 + (13.7 * WT) + (5 * HI) - (6.8 * AGE)$

Female: $BMR(Basal\ metabolic\ rate) = 655 + (9.6 * WT) + (1.7 * HI) - (4.7 * AGE)$

V. Workout and Target setting

1. Quick start:

In auto-scan mode, user can trample the machine pedal directly, console will calculate the workout data.

2. Set workout target:

In every 6 seconds, console will auto-scan TIME/SPEED/DISTANCE/CALORIE/PULSE. Press MODE to select any function and the selected column will flash. Press UP or DOWN to set target value. After finishing, press MODE button to go to the next function setting. (cycle setting)

3. Target exercise:

When setup any target function, trample the machine pedal directly, console will calculate the workout data accordingly. The set target value starts counting down. When any of the target is reached, the window will flash along with alarm sound 6 times, and then restart counting up.

4. Sleeping mode:

When console is power-off (In sleeping mode), user can trample the machine pedal directly to wake it up, and the console will start calculating the workout data.

5. Bluetooth App Function(this function is only available with products with Bluetooth)

The product is compatible with Fitshow, Zwift and Kinomap applications. Please download the apps from App Store or Google Play Store to use.

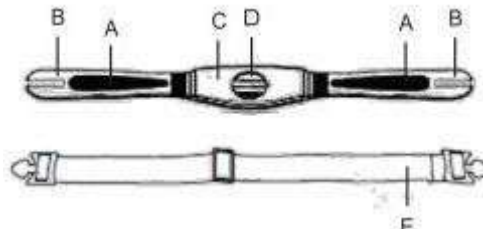
6. Chest belt Introductions

The transmitter chest belt will detect heart rate signal, and transfer the wireless signals to the receiving terminal I.e. pulse watch, exercise computer, displaying the heart rate readout. With the low frequency for transmission and environmental-conserved materials, the measurement is highly accurate. Water-resist design gives extra protection from sweating during exercise.

Feature

1. The transmission frequency is 5.3K Hz and it is compatible with POLAR.
2. The battery will last for 10 months (assume to be used 1 Hour/ day)
3. Battery: 1pcs CR203

Component



- A. Sensor B. Connection Belt C. Transmitter
D. Battery Housing E. Elastic Belt

How to wear the transmitter belt

Insert one end of E(Elastic Belt) into the hole of B(Connection Belt), then turn around the Elastic Belt end fitting to the hole and press the connection part. Wear the transmitter belt with C(sensor) closely to your chest. Then insert the other end of E(Elastic Belt) into the other hole of B(Connection Belt). Adjust the Elastic Belt and tighten it. Please note that the (A) position(sensor) should closely touch the right and left ventricle skin.

Remark:

You may check the following to see if you wear the transmitter belt properly

1. The transmitter shall be at a horizontal position
2. Both sensors closely shall be touching the skin of the right and left ventricle.

Battery Replacement

Using a suitable sized coin or tools, unscrew the battery cover from the transmitter belt, fit the battery "+" sign facing upwards. Reseal the battery compartment with the cover and tighten.

Remark:

1. If the skin is in a very dry condition, the transmitter belt may not read the measurement accurately. You may moisten the skin at the sensor (A) and retest.
2. The sensor may not detect the heart rate signal if it's too hairy on the chest. Please avoid hairy positions for a more accurate reading.

6. Maintenance

Cleanliness: Comprehensive cleaning will extend the life of the spin bike.

Remove dust regularly to keep it clean. Make sure the sports shoes are clean and avoid bringing foreign objects into the spin bike.

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