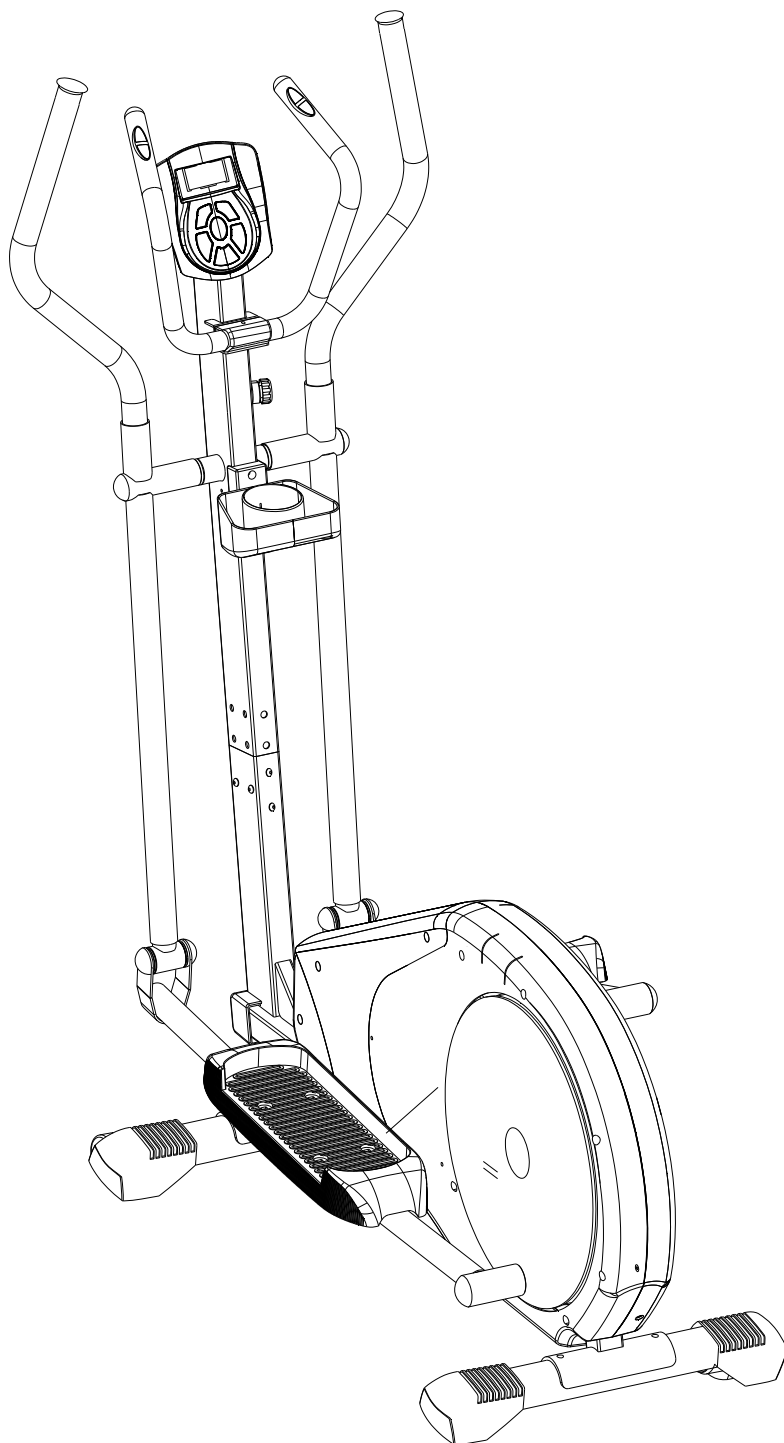


USER MANUAL

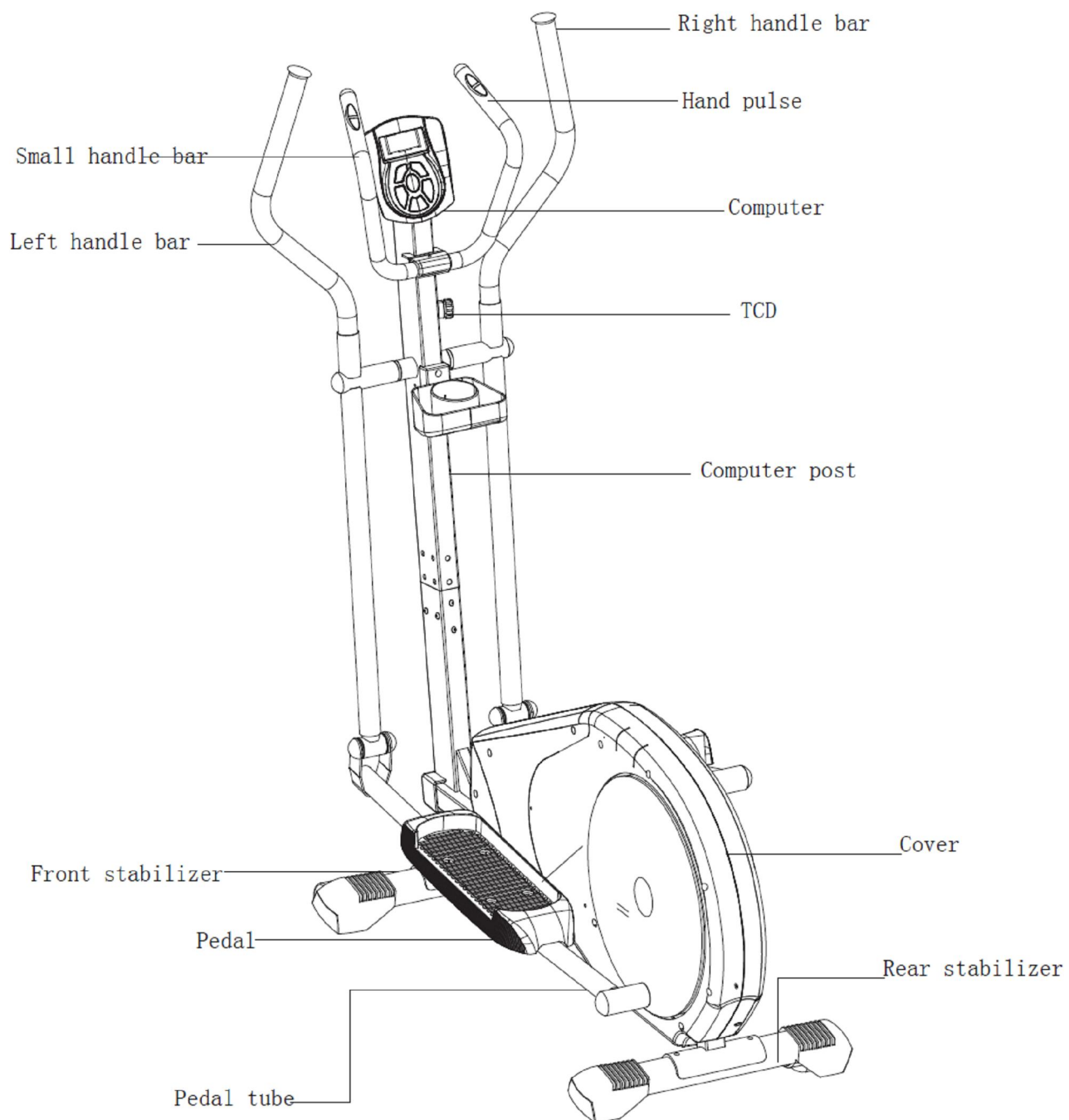


FITURA X-Treme™



PLEASE READ THESE USER INSTRUCTIONS CAREFULLY BEFORE YOU GET ASSEMBLY ON THIS BIKE AND KEEP IT FOR FUTURE REFERENCE.

Over View



General safety instructions

In the design and the production of this fitness equipment, much attention has been paid to safety. Nevertheless, you need at all times to remain conscious of certain safety measures. Make certain that you have carefully read through the whole user manual prior to your use of the equipment. Keep in mind the following points:

1. This equipment has not been designed to be used as a toy and must only be used for the purposes described in this manual. Read the instructions below carefully before using this equipment.
2. Keep children and animals away from the equipment. Children's enthusiasm may well lead to incorrect use of the equipment. If children are allowed to use the equipment, they should only do so under supervision and after receiving instructions regarding its proper use. Under no circumstances should the equipment be used as a toy.
3. Always consult with your physician prior to making use of this equipment or any other fitness equipment.
4. Always wear safe and comfortable clothing when you are using fitness equipment. Preferably, wear sports shoes or aerobic footwear.
5. In the event you should feel faint or suffer other discomforts, stop using the equipment. You also need to stop when you experience pain in or pressure on your joints.
6. Make certain that no more than one user is occupying the equipment at one time. Place the equipment on a level surface; the space required is approximately 2 x 1 metres.
7. Make certain that the equipment has been correctly assembled prior to its use. Ensure that all screws, nuts and bolts have been fitted correctly and tightened properly. Use only the parts that are recommended by the importer and that have been delivered with the equipment.
8. Do not use the equipment if it is damaged or has broken down.
9. Pay attention to how your body reacts after using the equipment. Dizziness is a sign that you worked out too intensely. If you feel dizzy, stretch out on the floor and do not try to get back on your feet until the dizziness has disappeared.
10. Always use the equipment on a level and clean surface. Never use the equipment outdoors or in water.
11. Avoid that your arms and legs come too close to the moving parts. Do not stuff articles inside the existing openings in the equipment.
12. Use this equipment only for the purposes as described in this user manual. Do not use parts that were not recommended by the manufacturer.
13. Ascertain that there are no sharp and pointed objects in the immediate vicinity of the equipment.
14. We advise physically challenged individuals to use this fitness equipment only under the supervision of qualified instructors.
15. The equipment must have come to a complete standstill before stepping down.
16. Use the equipment as laid down in the manual. Misuse of the equipment can lead to physical injuries.
17. This fitness equipment has been produced in accordance with EN-norm 957-5 class HA. Up to maximum user weight: 160kg.
18. This fitness equipment is not suitable for rehabilitation goals.
19. Excessive and incorrect training may result to injuries and health problems.

Warning

Consult with your physician prior to starting your exercises. A frequent and intensive training programme should first be approved by your family physician. This is especially important for individuals above 35 years of age or for those with physical problems. Carefully read through the entire user manual before you start exercising. We are in no wise responsible for personal injury or physical strains and discomforts that are caused by the use of this equipment and cannot be held liable in case of their occurrence. Carefully save these instructions. Incorrect or extreme use may lead to personal injury.

Note: the maximum permissible weight on this equipment is 160 kg.

Assembly

This user manual has been put together in order to simplify the assembly of the equipment and at the same time to explain its correct use. Please make certain to carefully read through this manual. In order to familiarise yourself with the parts of the equipment, we recommend that you carefully study the general reference drawing prior to starting the assembly and the use of the equipment.

Place all parts needed for the assembly on the floor in an orderly manner and remove all packing material. Check the list of parts to verify what items are present. For the actual assembly we make referral to the following pages.

Thank you for your purchase

we thank you for your purchase of this **FITURA** fitness equipment. This equipment will help you in improving your general conditioning and in developing your muscles in the correct way. In addition, you can now enjoy all of these benefits inside your own home.

Maintenance and use

Consult your physician before starting the exercises. A frequent and strenuous workout program must be approved by your physician first.

- The equipment requires a regular check-up to prevent physical injury. This means that bolts and nuts should be frequently checked for their proper tightening and that the equipment in general should be checked for cracks and sharp edges etc.
- Defective components must be replaced immediately. If this is not feasible, the equipment must be put out of order until the required repairs have been made.
- NB! Do not smoke or use fire near the equipment, as some of the plastic components are flammable.
- Do not use the equipment in front of a burning stove and/or fire place.
- Persons suffering from a plastics allergy should consult their physician before using the equipment.
- If you wish to disassemble the device, reverse the procedure given in the assembly instructions.

PACKAGING

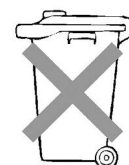
Environmentally friendly, recyclable materials:

- Outer packaging of the cardboard
- Form parts of foamed, CPC-free polystyrene(PS)
- Foils and bag of polyethylene (PE)
- Tension bands of polypropylene (PP)



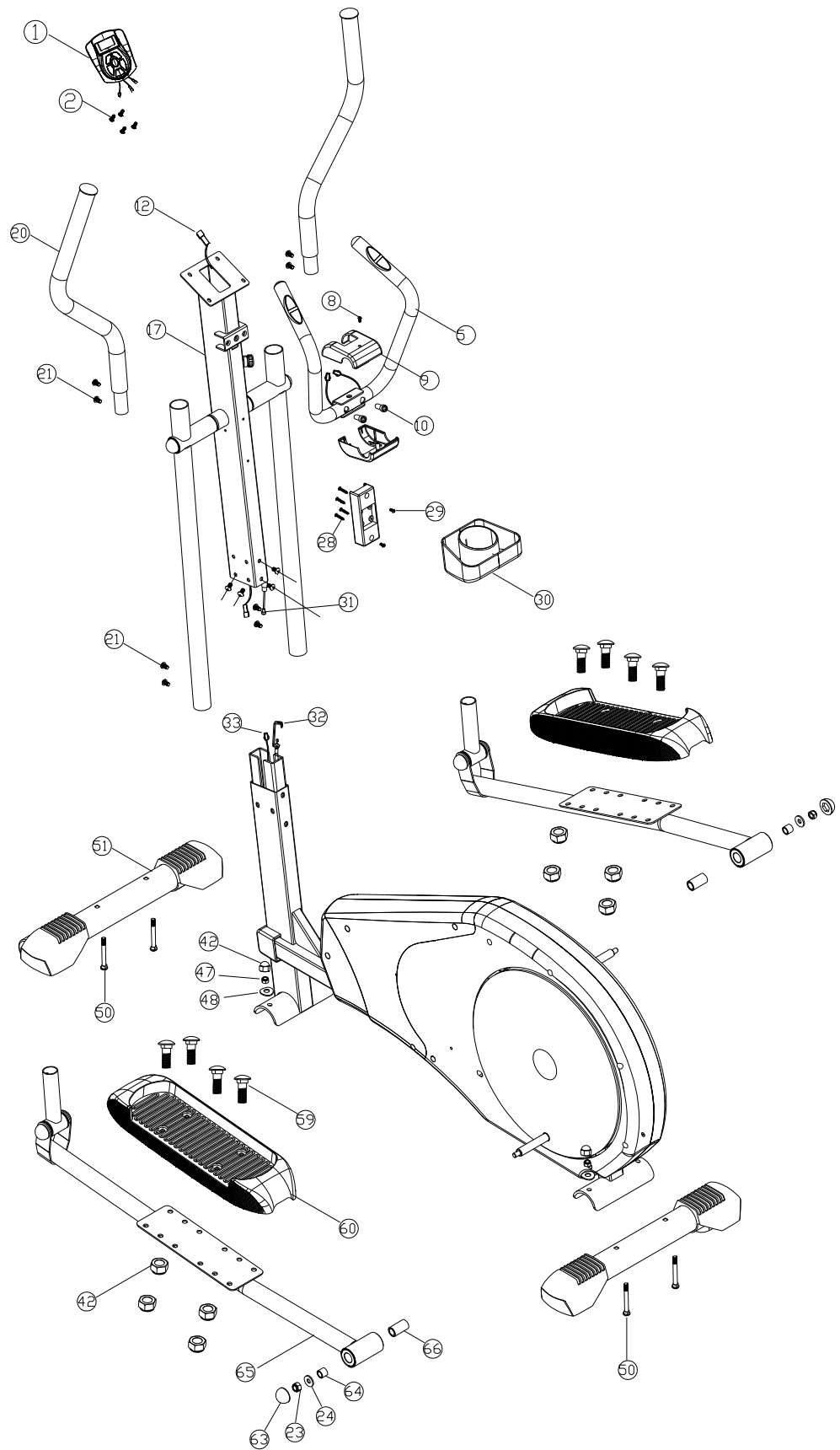
DISPOSAL

Please undertake environmentally friendly disposal. For further guidance contact your local authority refuse department.



Assemble Diagram

Please read the diagram below before assembles the machine.



ASSEMBLE:

There are some main parts we had assembled, so that it is easy for you to assemble the item. Please read this instruction very carefully before using the item, please follow up the steps to set up the item.

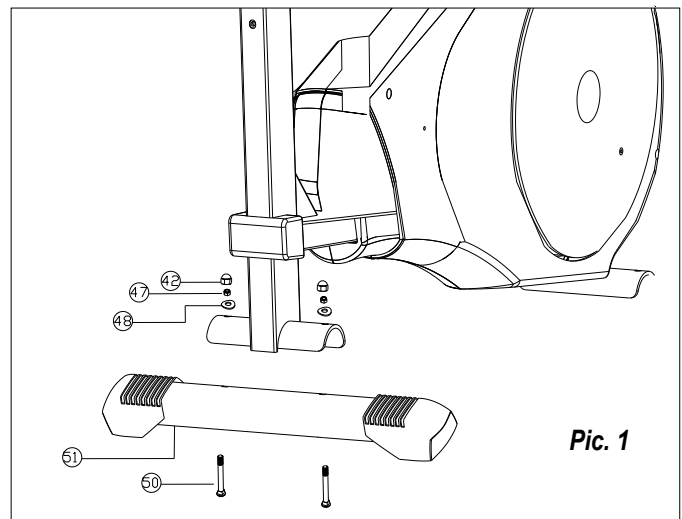
1. Please check all parts.

- Take out all parts from the bags, and lay out.
- Please put the main frame on the flat floor, please keep the main frame fixed.

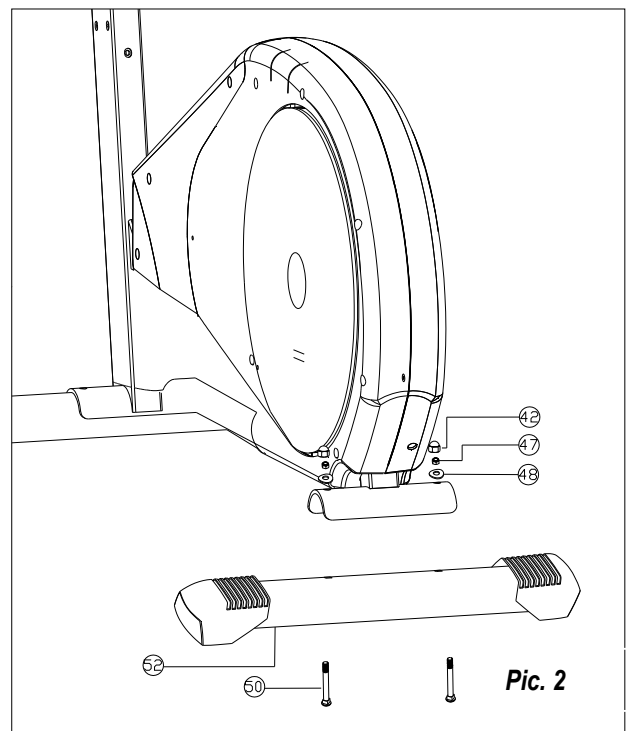
Attention: please keep enough room around the item(1.5m at least).

2. Front stabilizer and rear stabilizer (refer to Pic.1 and Pic. 2)

1. Attached the front stabilizer(51) to the main frame, then lock it up with M8*72 screw(50) and OD16*ID8.5*1.5T flat washer(48) and M8*1.25*8T nut(47), last, put on the nylon Cap(42) on the screw



2.Attached the rear stabilizer(52) to the back of main frame, then lock it up with M8*72 screw(50) and OD16*ID8.5*1.5T flat washer(48) and M8*1.25*8T nut(47), last, put on the nylon Cap(42) on the screw

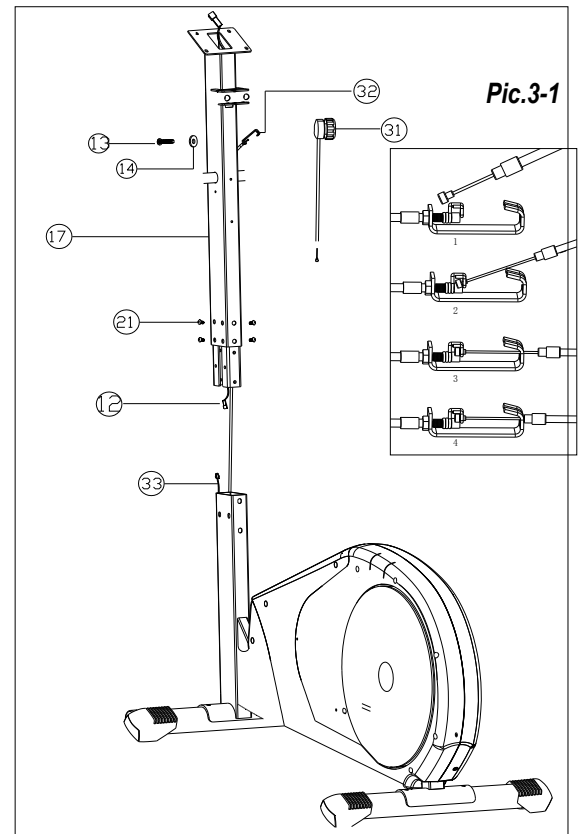
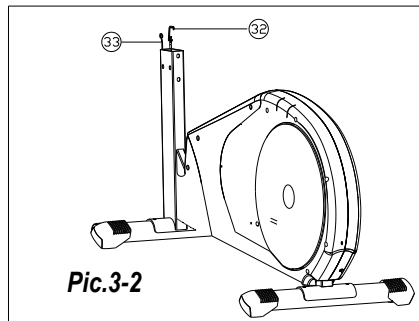


3. Computer post(refer to Pic. 3)

1. Connect lower TCD as per Pic. 3-1, then pass through the computer post(17),refer to Pic. 3-1; then loose the screw(13) that pre-assembled on the TCD, then connect upper TCD(31) to the lower TCD(32), then fix the TCD knob to the computer post with the screw loose before.

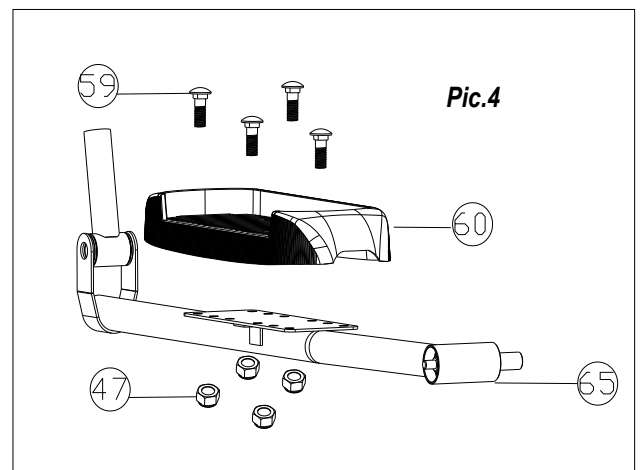
PS: Please adjust the TCD to level 1, so that it is easier to connect the TCD.

2. Connect upper sensor wire(12) to lower sensor wire(33).
3. Attacehd the computer post(17) to the main frame, then lock it up with M8*16 screw.



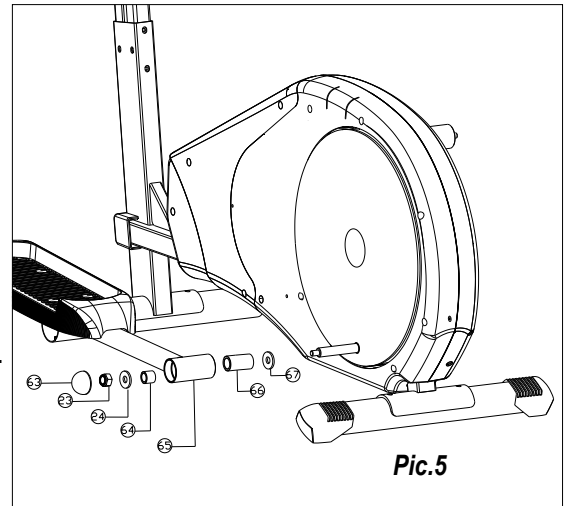
4. Pedals (refer to Pic. 4)

1. Attached the pedal (60) to the pedal tube (65), then lock it up with M8*20 screw(59) and M8*1.25*8T nut(47), refer to Pic. 4.



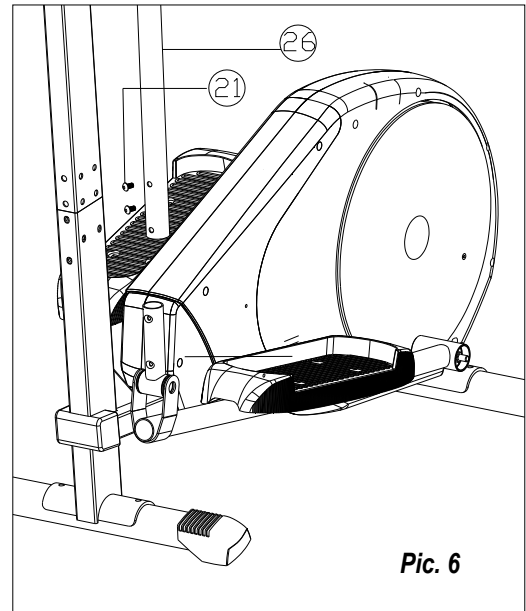
5. Pedal tube set (refer to Pic. 5)

1. left pedal tube set: attached the D28*ID17.5*2.0T flat washer(67), pedal axle bushing(66), pedal tube set(65), bushing(64), OD30*ID10.5*2.0T flat washer (24) to the pedal axle, then lock them up with M10*1.5*10T nut(23), then cover with nylon end cap(63).
2. Right pedal tube set with the same way to assemble.



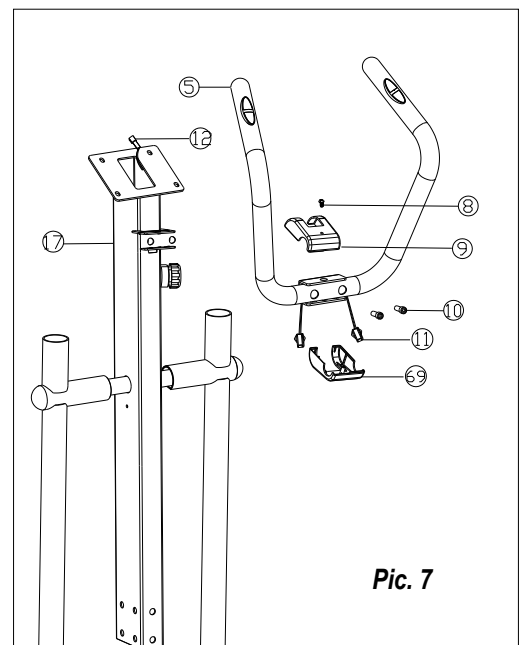
6. Lower handle bar (refer to Pic.6)

1. Left lower handle bar: insert the lower connect Tube into lower handle bar, then lock it up with M8*16 screw(21), please refer to Pic. 6.
2. Right lower handle bar with the same way to assemble.



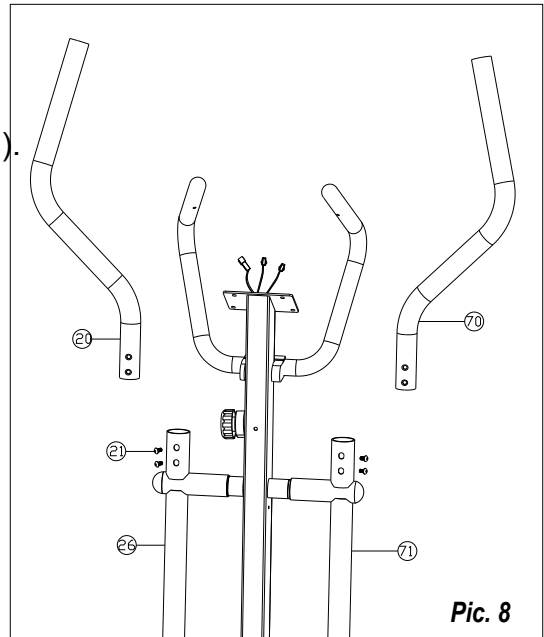
7. Small handle bar (refer to Pic. 7)

Pass the pulse wier(11) the computer post(17), then attached the small handle bar(5) to the computer post(17), then lock it up with M8*15 screw(10), last, cover by upper handle cover(9) and lower handle bar cover(69), and fix the handle bar cover with M3*10 screw, refer to Pic. 7.



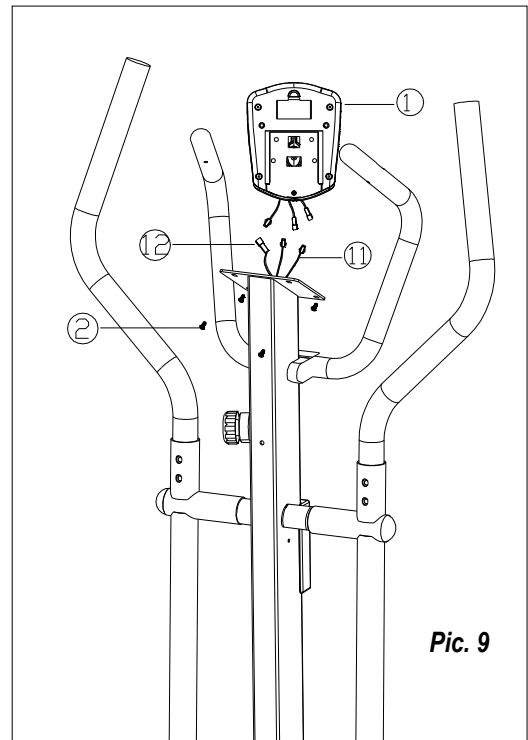
8. Upper handle bar (refer to Pic. 8)

1. Insert upper handle bar(20,70) into lower handle bar(26,71), then lock them up with M8*16 screw(21).



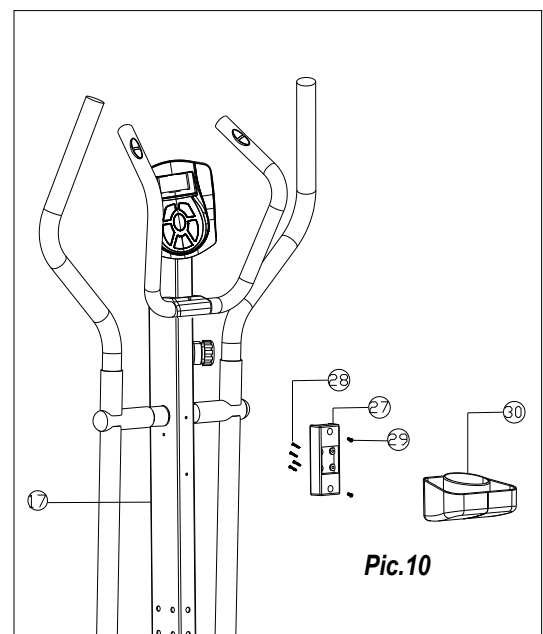
9. Computer connect (refer to Pic. 9)

1. Remove the computer screw(2) from the back side of the computer (1); then connect the hand pulse wire and sensor wire; then lock the computer to the computer post(17).

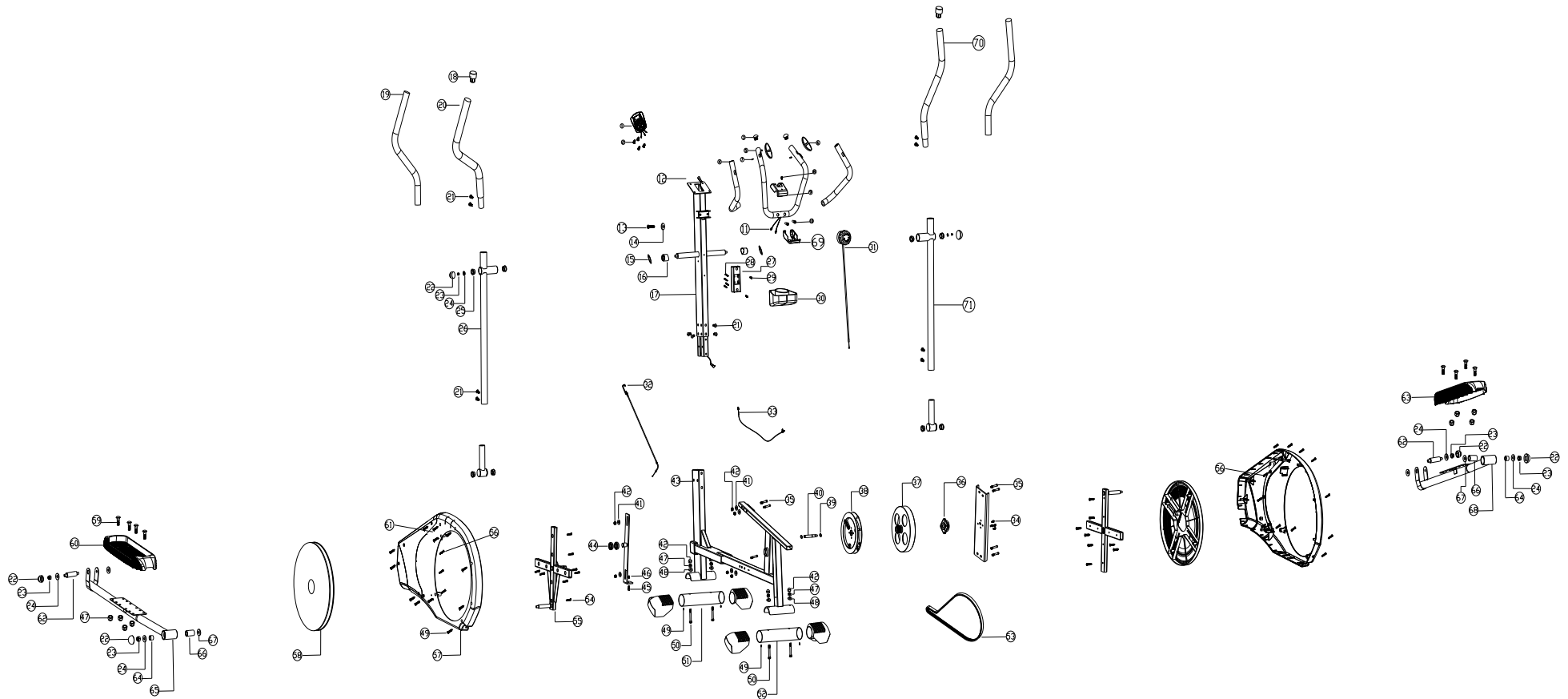


10. Water bottle (refer to Pic. 10)

- Attached the water bottle housing(30) to the water bottle Housing fixer(27), then fix it up with M4*12 screw(28); then attached the water bottle housing fixer(27) to the computer post(17), then lock it up with M5*16 screw.



Exploded diagram



Part List

NO.	Name	QTY.	NO.	Name	QTY.
1	Computer	1	42	Nylon end cap	4
2	Computer screw	4	43	Main frame	1
3	Handle bar end cap	2	44	R12ZZ bearing	2
4	Handle bar foam	2	45	M8*30 screw	1
5	Handle bar	1	46	spring	1
6	Hand pulse	2	47	M8*1.25*8T nut	18
7	Hand pulse screw	2	48	OD16*ID8.5*1.5T flat washer	4
8	M3*10 screw	1	49	M4*20,10.8 screw	16
9	Handle bar cover	2	50	M8*72 screw	4
10	M8*15 screw	2	51	Front stabilizer	1
11	Hand pulse wire	1	52	Rear stabilizer	1
12	Upper sensor wire	1	53	Belt	1
13	TCD screw	1	54	M5*20,10.8 screw	16
14	OD12*ID5.5*1.0T flat washer	1	55	Crank tube set	2
15	OD34*ID26.5*0.4T arc washer	4	56	M4*8 screw	24
16	Handle bar bushing	2	57	Left cover	1
17	Computer post	1	58	Plate	2
18	End cap	2	59	M8*20 screw	8
19	Handle bar foam	2	60	Left pedal	1
20	Upper handle bar	1	61	M4*35 screw	1
21	M8*16 screw	16	62	Lower handle bar axle	2
22	Nut end cap	8	63	Right pedal	1
23	M10*1.5*10T nut	9	64	Pedal axle bushing (L=15)	2
24	OD30*ID10.5*2.0T flat washer	10	65	Pedal tube set (left)	1
25	Bushing	4	66	Pedal axle bushing (L=51)	2
26	Lower handle bar (left)	2	67	D28*ID17.5*2.0T flat washer	2
27	Water bottle housing fixer	1	68	Pedal tube set (right)	1
28	M4*12,10.8 screw	4	69	Small handle bar cover(lower)	1
29	M5*16 screw	2	70	Upper handle bar (right)	1
30	Water bottle hosing	1	71	Lower handle bar (right)	1
31	Upper TCD	1	72		
32	Lower TCD	1	73		
33	Lower sensor wire	1	74		
34	M5*12 screw	4	75		
35	M8*65 screw	6	76		
36	Inner magnet axle	1	77		
37	Flywheel	1	78		
38	Inner magnet set	1	79		
39	C shape buckle (for 12 axle)	2	80		
40	Flywheel axle	1	81		
41	OD22*ID8.5*2.0T flat washer	6	82		

- maximum user weight 160 kg
- flywheel mass 24 kg
- bearings on all joints
- transportation wheels
- magnetic brake system
- Steel construction
- heart rate sensors