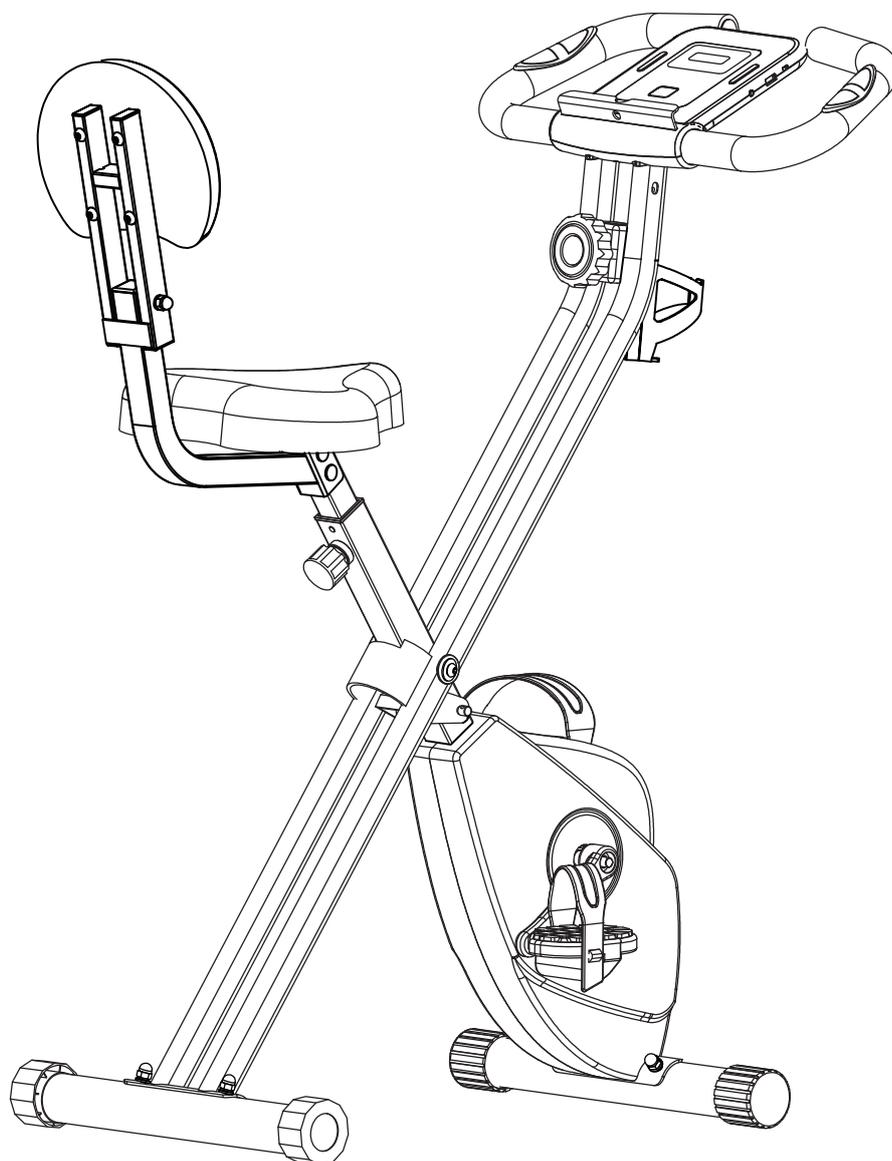


virtuafit

iBiking Folding Bike with Backrest

User manual



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WARNING: Before you undertake any programme of exercise that will increase cardiovascular activity please be sure to consult with your doctor. Frequent strenuous exercise should be approved by your doctor and proper use of your product is essential. Please read this manual carefully before commencing assembly of your product or starting to exercise.

ATTENTION

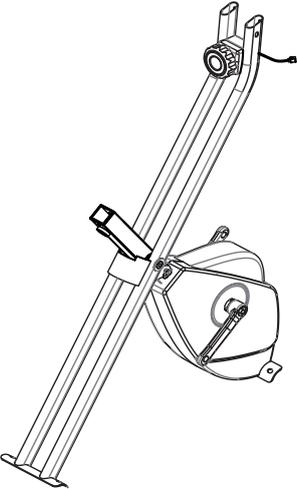
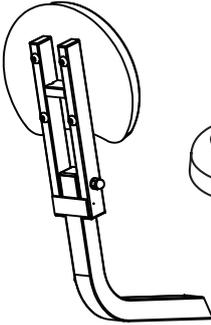
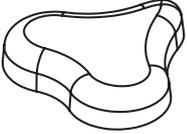
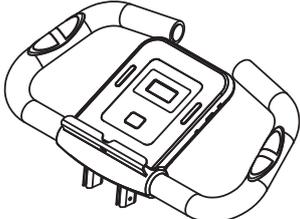
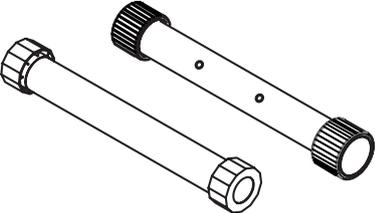
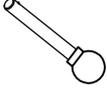
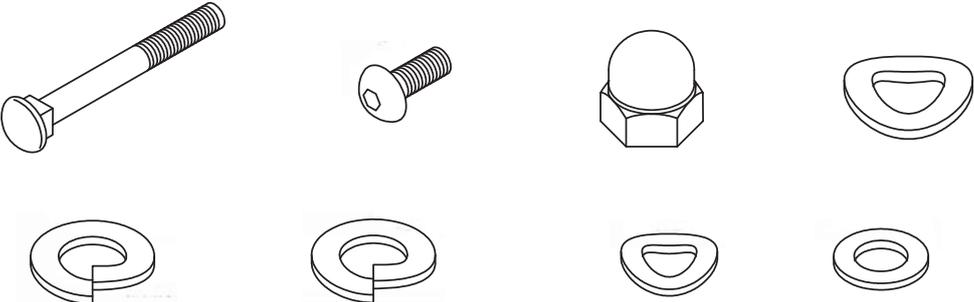
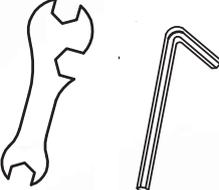
- Please keep all children away from exercise products when in use. Do not allow children to climb or play on them when they are not in use.
- For your own safety, always ensure that there is at least 1 Metre of free space in all directions around your product while you are exercising.
- Regularly check to see that all nuts, bolts and fittings are securely tightened. Periodically checking all moving parts for obvious signs of wear or damage.
- Clean only with a damp cloth, do not use solvent cleaners. If you are in any doubt, do not use your product, but contact CUSTOMER SUPPORT by any of the means listed on the opposite page.
- Before use, always ensure that your product is positioned on a solid, flat surface. If necessary, use a rubber mat underneath to reduce the possibility of slipping in use.
- Always wear appropriate clothing and footwear such as training shoes when exercising. Do not wear loose clothing that could become caught or trapped during exercise.
- Your product is intended for use in clean dry conditions. You should avoid storage in excessively cold or damp places as this may lead to corrosion and other related problems that are outside our control.
- **WARNING!** A heart rate monitor may not be accurate. Overloading during training may cause serious injury or death. If you feel any discomfort, immediately stop the exercise!
- This exercise bike is made for home use and is suitable for users up to 110 kg.

Conformity

This product conforms to:
(EN 957-1 & EN 957-5), HOME USE – Class (C).

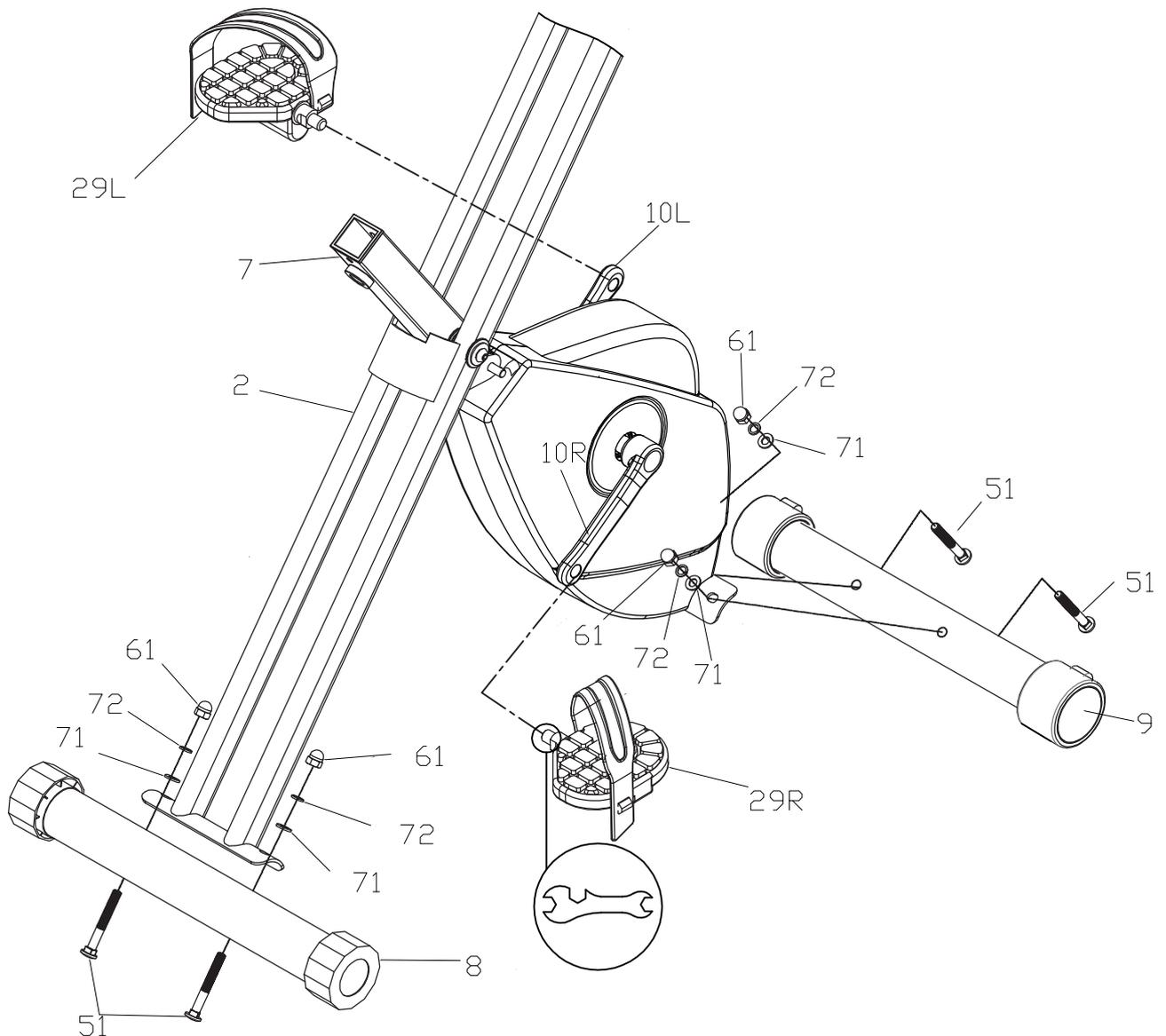
TOOL KIT

When you open the carton you will find the below parts in the carton:

<p>Main Frame & Rear Frame</p> 	<p>Backrest</p>  <p>Saddle</p>  <p>Saddle support</p> 	<p>Console & Handlebar</p> 
<p>Water bottle holder</p> 	<p>Rear stabilizer Front stabilizer</p> 	<p>Adjuster Knob</p>  <p>Locking pin</p> 
<p>Tools</p> 		
		

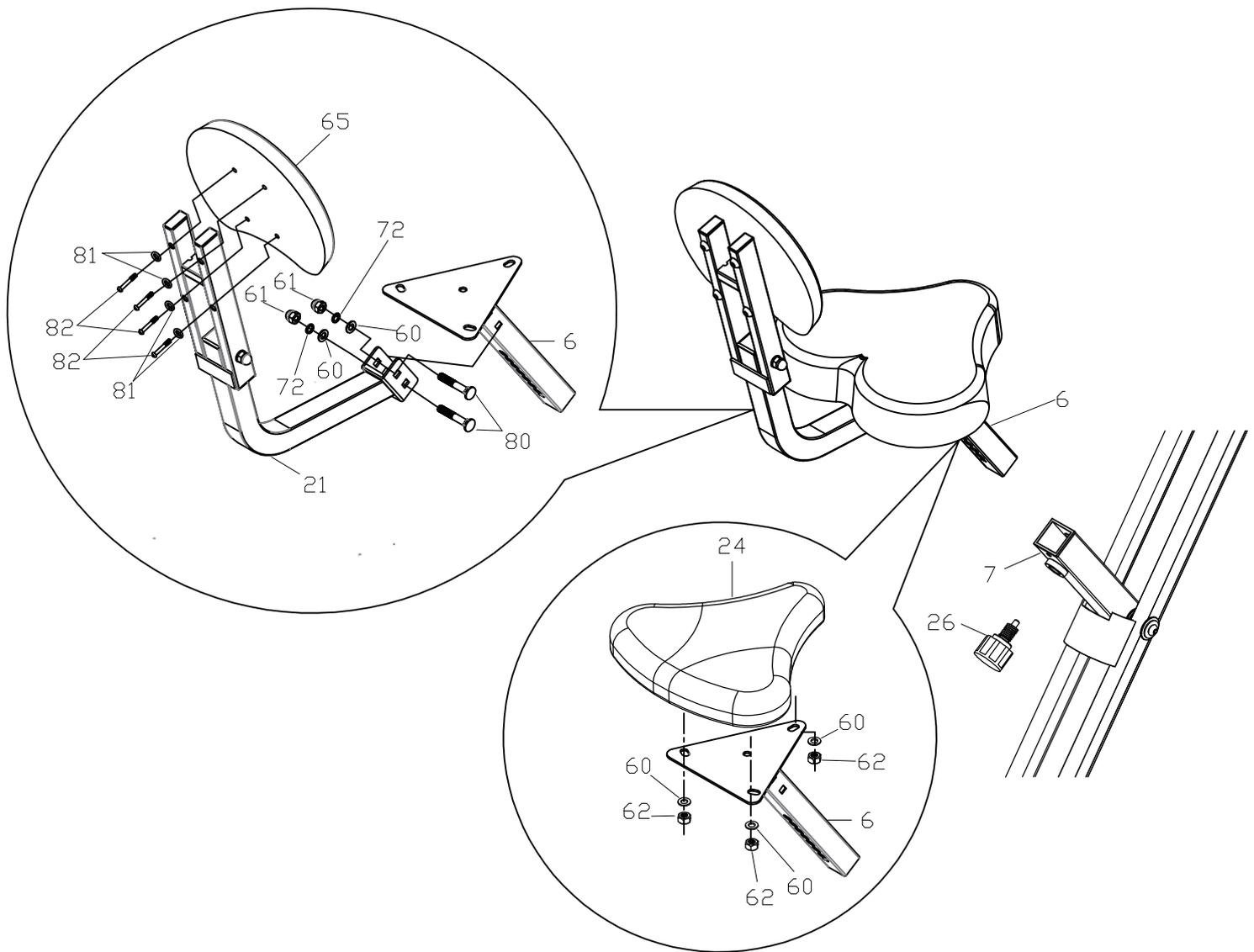
STEP 1

Assemble Rear & Front Stabilizer, Pedal (L / R).



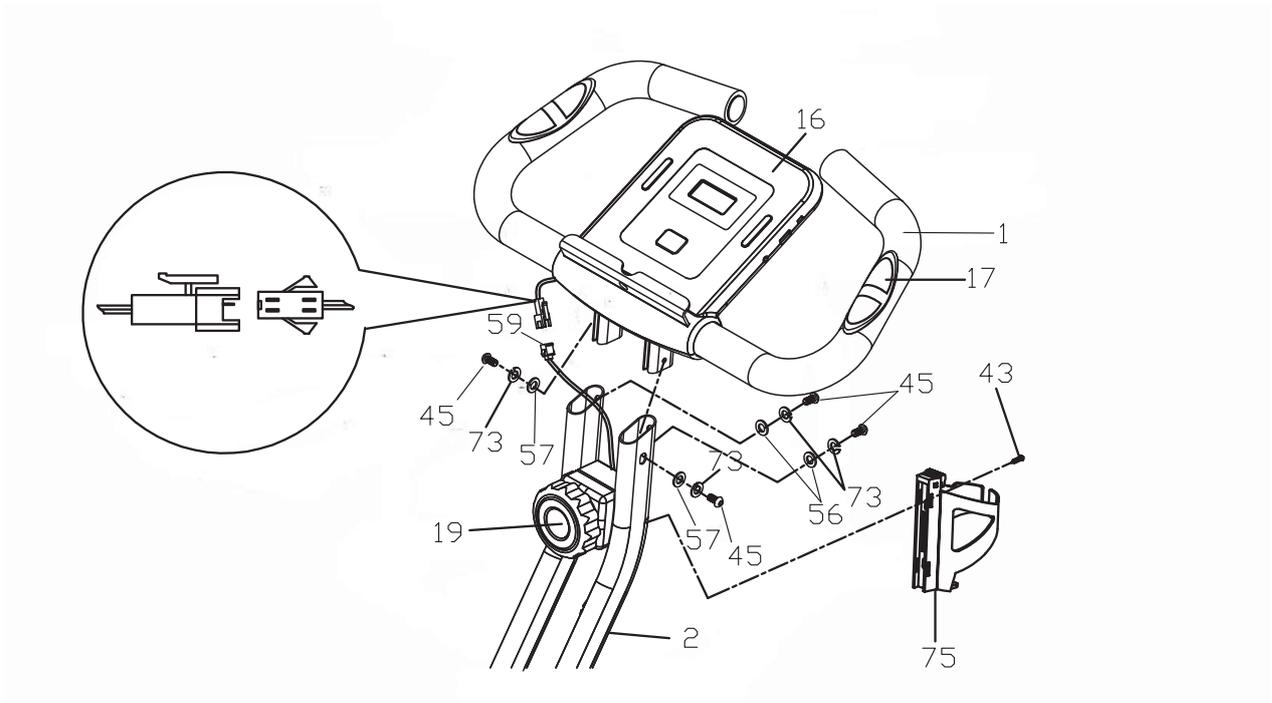
STEP 2

Assemble Saddle.

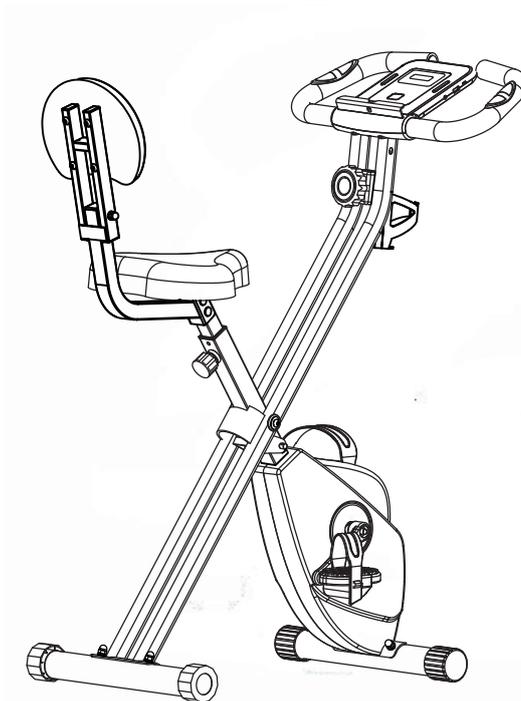


STEP 3

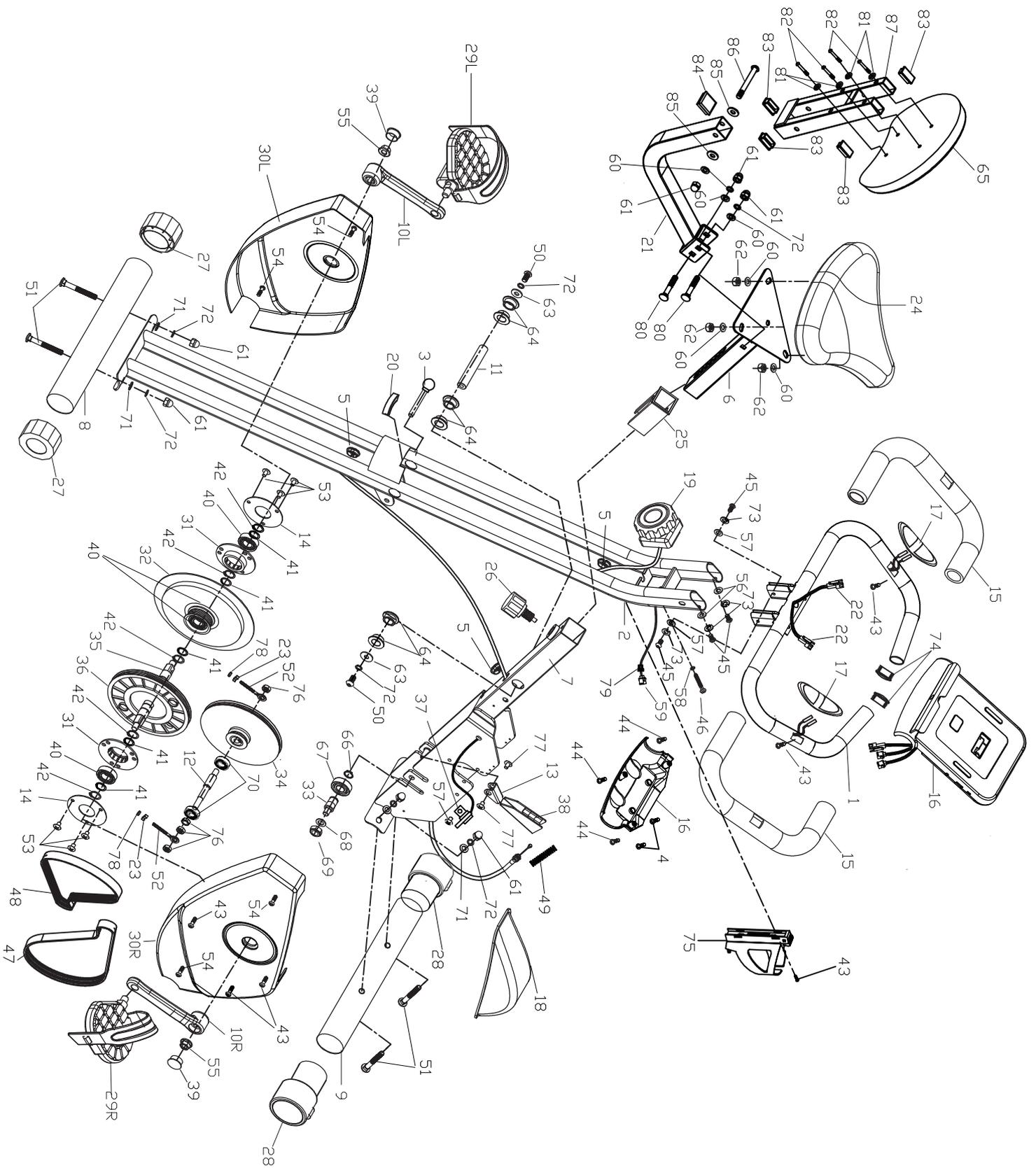
Assemble Handlebar & Exercise Monitor



Complete!



07



part no.	description	q'ty
1	handlebar	1
2	rear frame	1
3	locking pin	1
4	M5*10 screw	2
5	15*20 oval line plug	3
6	saddle support	1
7	main frame	1
8	rear stabilizer	1
9	front stabilizer	1
10	crank (L&R)	2
11	main shaft	1
12	lower drive wheel shaft	1
13	magnetic bracket	1
14	round steel	2
15	handle grip foam	2
16	console	1
17	pulse sensor pad	2
18	chain cover (U)	1
19	tension control knob	1
20	EVA sticker	1
21	bracket stem support	1
22	pulse sensor wire	2
23	backrest support	1
24	saddle	1
25	saddle stem insert	1
26	seat adjustment knob	1
27	adjustable hex and cap	2
28	end cap	2
29	pedal (L&R)	2
30	chain cover (L&R)	2
31	pulley brush	2
32	flywheel	1
33	pulley bracket	1
34	lower drive wheel	1
35	upper drive wheel shaft	1
36	upper drive wheel	1
37	sensor bracket	1
38	magnet	6
39	crank guard trim	2
40	bearing	2
41	waved washer	5
42	spring washer	5
43	M4*25mm self-tapping screw	6
44	M5*15mm screw	3
45	M6*12mm	4

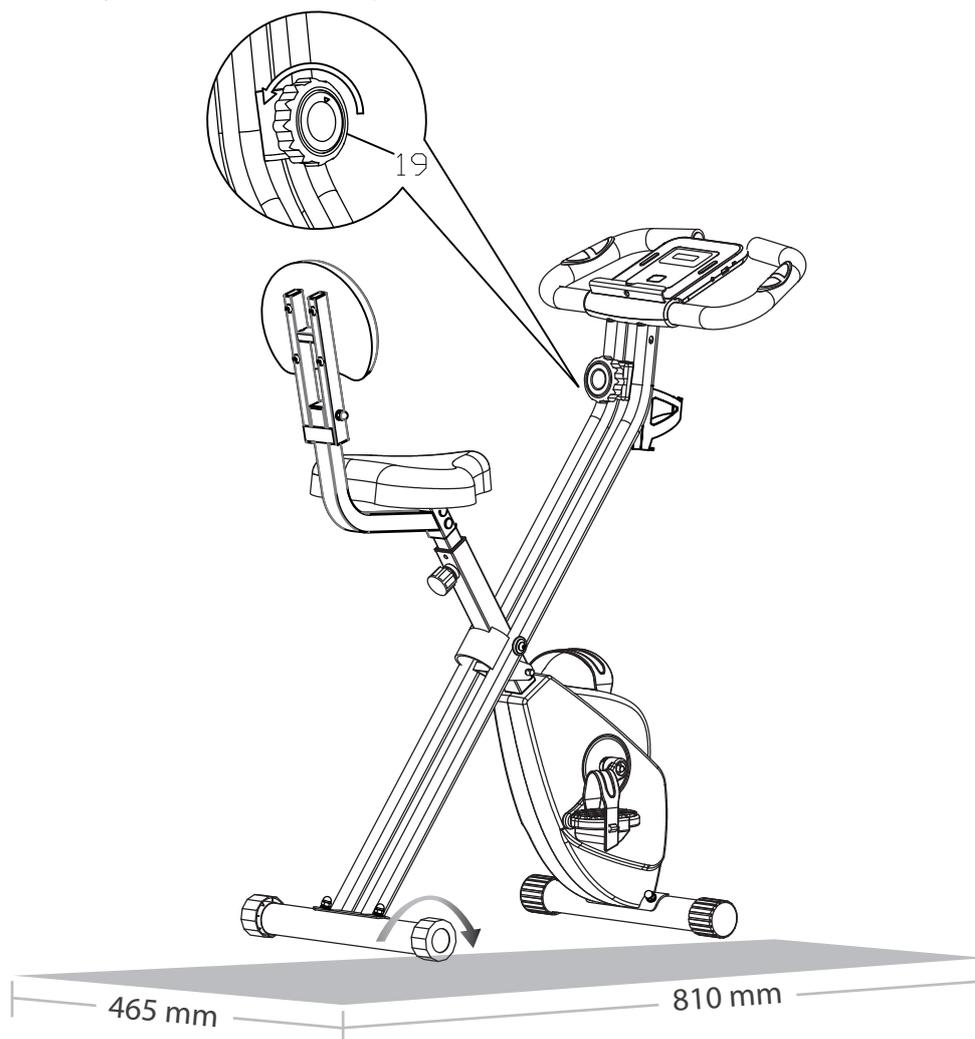
part no.	description	q'ty
46	M5*45mm screw	1
47	230J drive belt	1
48	220J drive belt	1
49	spring	1
50	M8*20mm Allen bolt	2
51	M8*65mm carriage bolt	4
52	M6*40mm screw	2
53	M6*12mm screw	6
54	M4*20 self-tapping screw	4
55	M10*1.25mm nut	2
56	M6 curved washer	2
57	M6 flat washer	2
58	flat washer	1
59	sensor wire	1
60	spring washer	6
61	dome locknut	7
62	M8 Nylon locknut	3
63	flat washer	2
64	inner bushing	6
65	backrest	1
66	lock ring	1
67	bearing	1
68	flat washer	1
69	M10 nylon locknut	1
70	bearing	2
71	curved washer	4
72	spring washer	8
73	spring washer	4
74	handlebar end cap	2
75	water bottle holder	1
76	M10*1 nut	4
77	M5*10 screw	2
78	M6 locknut	2
79	wire plug	1
80	carriage bolt	2
81	flat washer	4
82	screw	4
83	oblong end cap	4
84	square end cap	1
85	flat washer	2
86	Allen bolt	1
87	backrest support	1

To ensure smooth efficient cycling action, the tension belt braking system on your folding bike has been correctly adjusted by our factory during production.

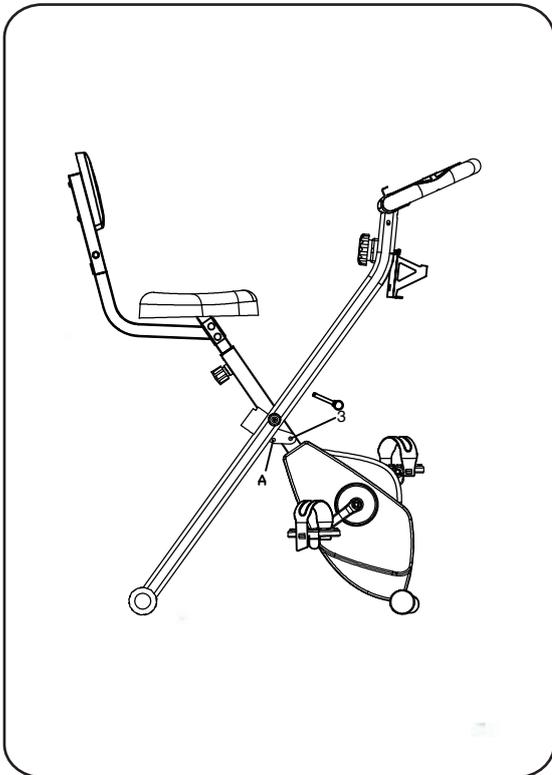
To adjust the pedalling resistance during use, start by turning the Tension Control (19) fully ANTI-CLOCKWISE at the start of your workout. Gradually increase the pedalling resistance by turning the Tension Controller Knob CLOCKWISE as required.

LEVELING THE BIKE

For security and stability, your folding bike has a factory welded frame and once fully assembled correctly, should not need further alignment. However, in the interest of safety, please always ensure that your folding bike is positioned on a solid, flat surface. If necessary, use a rubber mat underneath to reduce the possibility of slipping in use. If you need to make a fine adjustment, simply twist the end of either Rear Frame Stabiliser Adjustable Hex End Cap (27) to compensate for uneven floors.

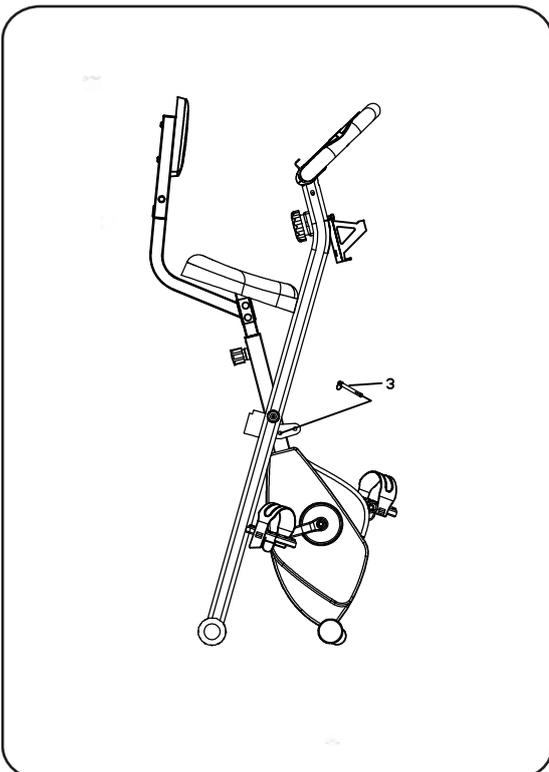


WHEN UNFOLDED



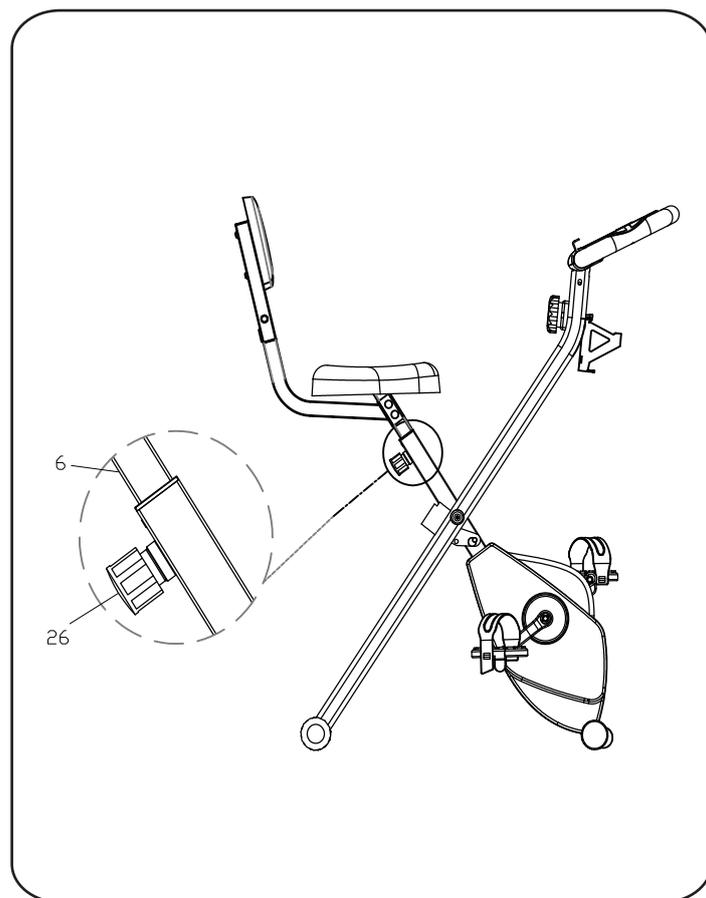
Using the Locking Pin (3) to fold and unfold the bike. When in use, the Locking Pin (3) is in Position A.

WHEN FOLDED



Using the Locking Pin (3) to fold and unfold the bike. When folded, the Locking Pin (3) is in Position B.

The Saddle Support has "Max" Sign to show the maximum height of Saddle. You should not exceed this height. Unscrew the Seat Adjustment Knob (26) a couple of turns then pull the knob outwards to release the Seat Support Tube (6).



Regular maintenance is important for optimal operation and to reduce wear. During use, regularly check all parts of the exercise bike and tighten them securely. Replace worn parts immediately by contacting the manufacturer. Use a damp cloth and a little soft soap to clean the exercise bike.

IMPORTANT: keep liquids away from the control panel to prevent damage. Keep the control panel away from direct sunlight.

PROBLEM SOLUTIONS

Squeaky exercise bike

First lubricate all rotating parts with silicone spray. It can also be that a screw is tightened too tightly or too loosely, this creates friction and therefore a beep. If this is the case, try to find out exactly where the beep is coming from and then loosen or tighten this screw. The screws should be tightened in such a way that they can always be released by hand.

Ticking noise when pedaling

This is probably caused by one of the pedals. Disassemble the trapper (s) and then reattach them to the device. Be careful, the left-hand trapper has to be turned counterclockwise to tighten, the right-hand trapper clockwise. Tighten the pedals securely. If this does not offer the solution, report this to the supplier.

Heart rate display does not work

This can have various causes.

1. The sensor cables running from the heart rate sensor to the display are incorrectly fitted or have come off during use.
2. It may be that the sensors have become damp, dirty or greasy, clean them regularly.

The console doesn't work

- When the display show Drawing D, it means the batteries need to be changed.
- If there is no signal when you pedal, please check if the cable is well connected.



Drawing A



Drawing B



Drawing C

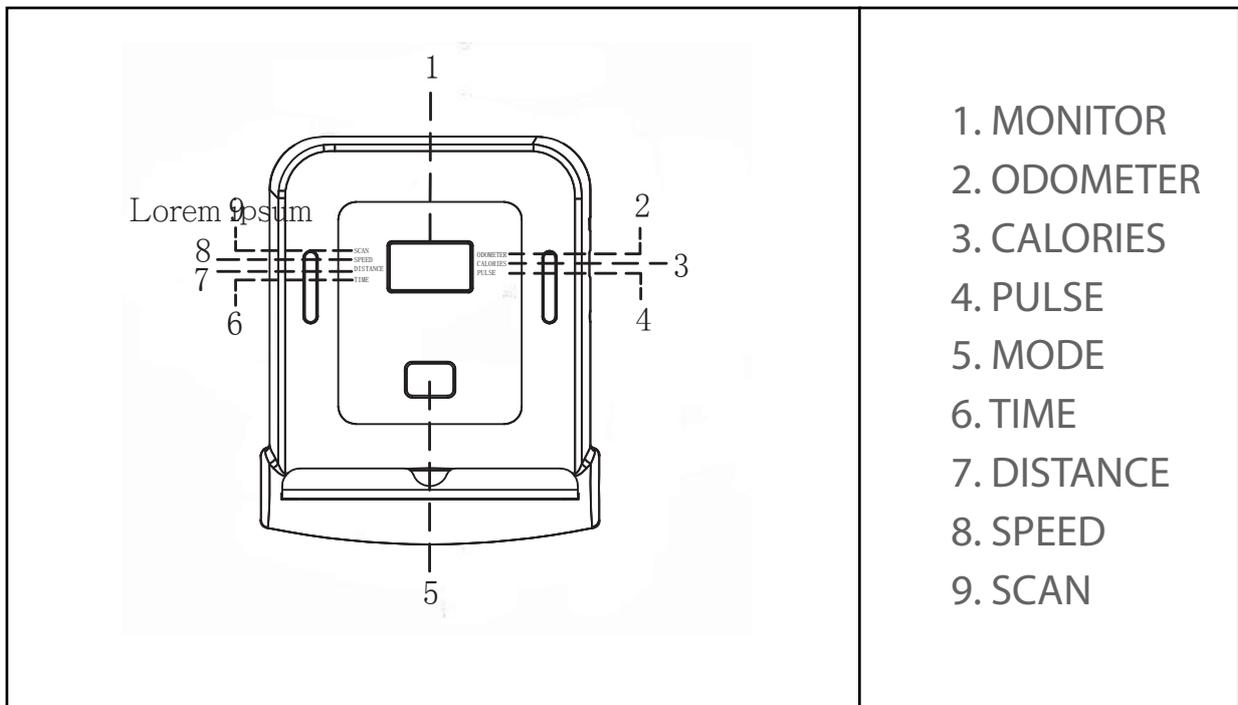


Drawing D

Are there any other problems? Please contact your dealer.

FUNCTION

TIME	0 : 00 — 99 : 59 (Minute)
SPEED	0.0 — 999.9 (KM/H)
DISTANCE	0.0 — 999.9 (KM)
ODOMETER	0 — 9999 (KM)
CALORIES	0.0 — 9999 (Cal)
PULSE	30 — 230 (Beats per Minute)



FUNCTION DESCRIPTION

MODE	To select different functions
SCAN	Changing from function to function every 2 seconds
TIME	Workout time during your exercise
SPEED	Workout speed during your exercise
DISTANCE	Workout distance during your exercise
ODOMETER	Automatically counts the total distance of all training
CALORIES	Burned calories during your exercise
PULSE	Heart rate during your exercise



Note

1. Compatible with iOS and Android system
2. Console and mobile device connection via Bluetooth (4.0), once connecting, the display will be off after 4 minutes.
3. Stop training for 4 minutes, the main screen will be off.
4. If the computer displays abnormally, please try to remove the battery and re-install again.
5. Battery Spec: 1.5V UM-3 or AA (4 PCS).

Power on & off

Power on : LCD will display all segments with Beep sound as Drawing A (next page).

Power off : Without any signal been transmitted into the monitor for 4 minutes, the monitor enters to SLEEP.

OPERATION

1. When monitor power on (or press MODE, RESET key and hold for 3 seconds), LCD screen will display all segments with Beep sound for one second and enter to SCAN mode as Drawing B.
2. With any signal been transmitted into the monitor, the value of TMR, DST, and CAL will start to count up as Drawing C.
3. Without any signal been transmitted into the monitor for 4 minutes, the monitor will enter to SLEEP mode.

Download the APP in Google play or App Store.

Turn on Bluetooth on your smart devices, and then start Fit Hi Way or iBiking⁺ APP on smart devices for connection.

Start workout with devices.



Fit Hi Way and iBiking⁺ APP download:



Fit Hi Way and iBiking⁺ instruction manuals :



Fit Hi Way



iBiking⁺

The manuals will be updated from time to time, the consumer can get the newest version by scanning the QR code.

NOTE:

1. Once console is connected to device via Bluetooth, the console will power off.
2. Please exit Fit Hi Way or iBiking⁺ APP and turn off the Bluetooth from the smart device, then the console will power on again.

virtu-fit

For questions or missing parts please contact your dealer.