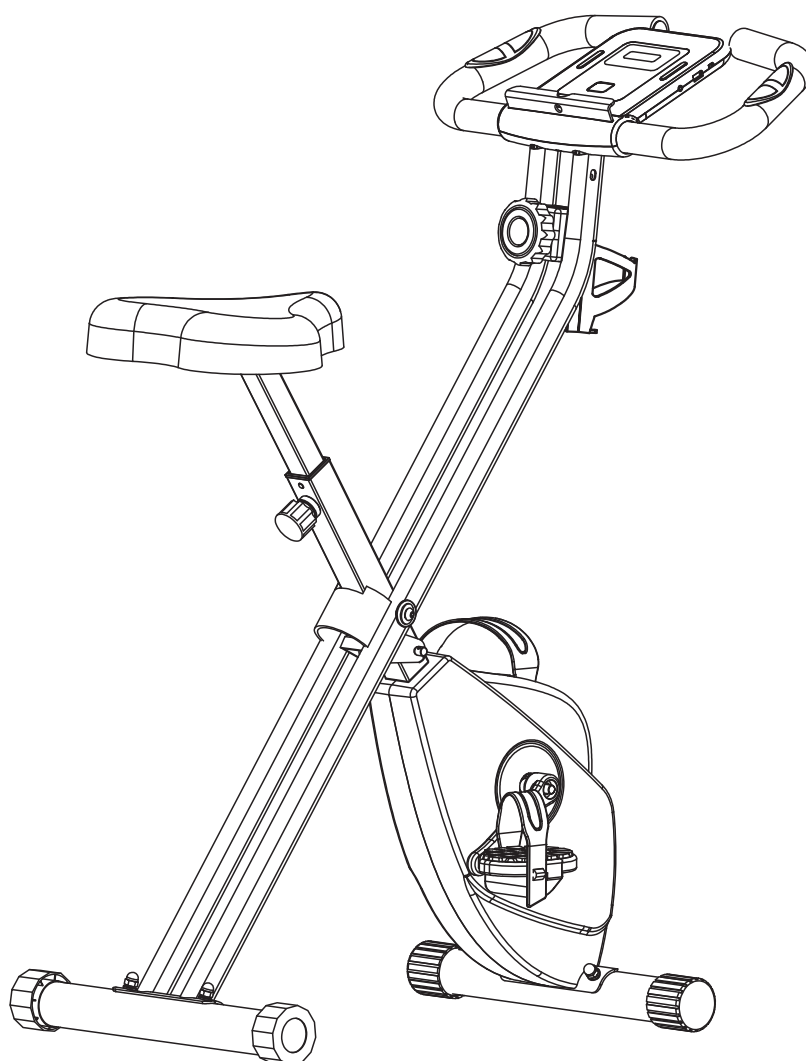


virtuafit

iBiking Folding Bike

User manual



For questions about missing parts please contact Fitness Benelux:



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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!

Conformity

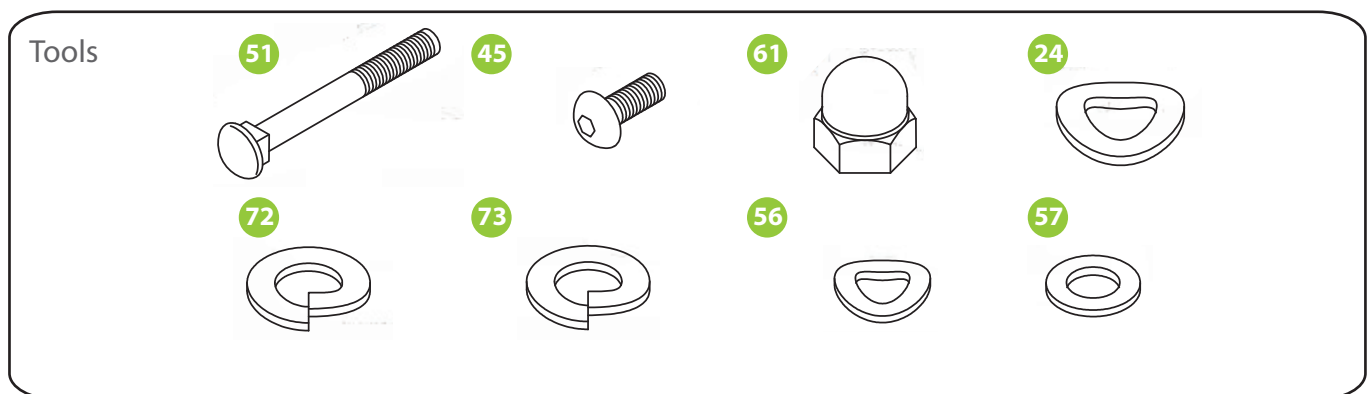
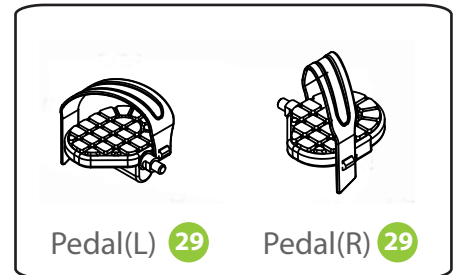
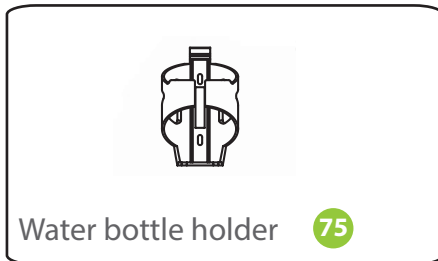
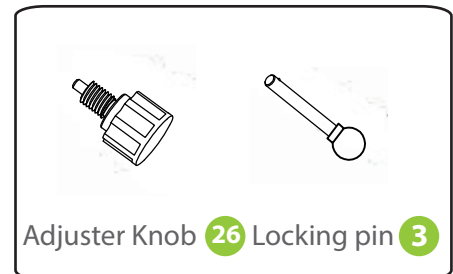
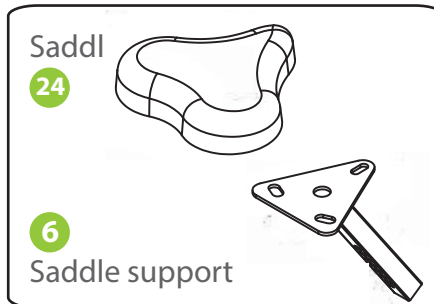
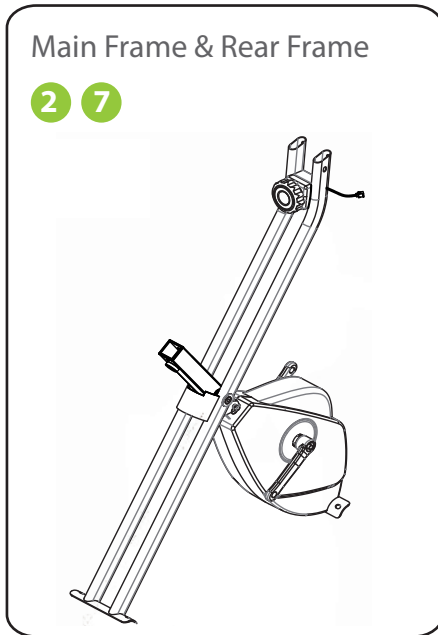
This product conforms to:
(EN 957-1 & EN 957-5), HOME USE – Class (C).
It is NOT suitable for therapeutic purposes.

Weight Limit

220 LBS / 15.6 Stones /
110 KG or less

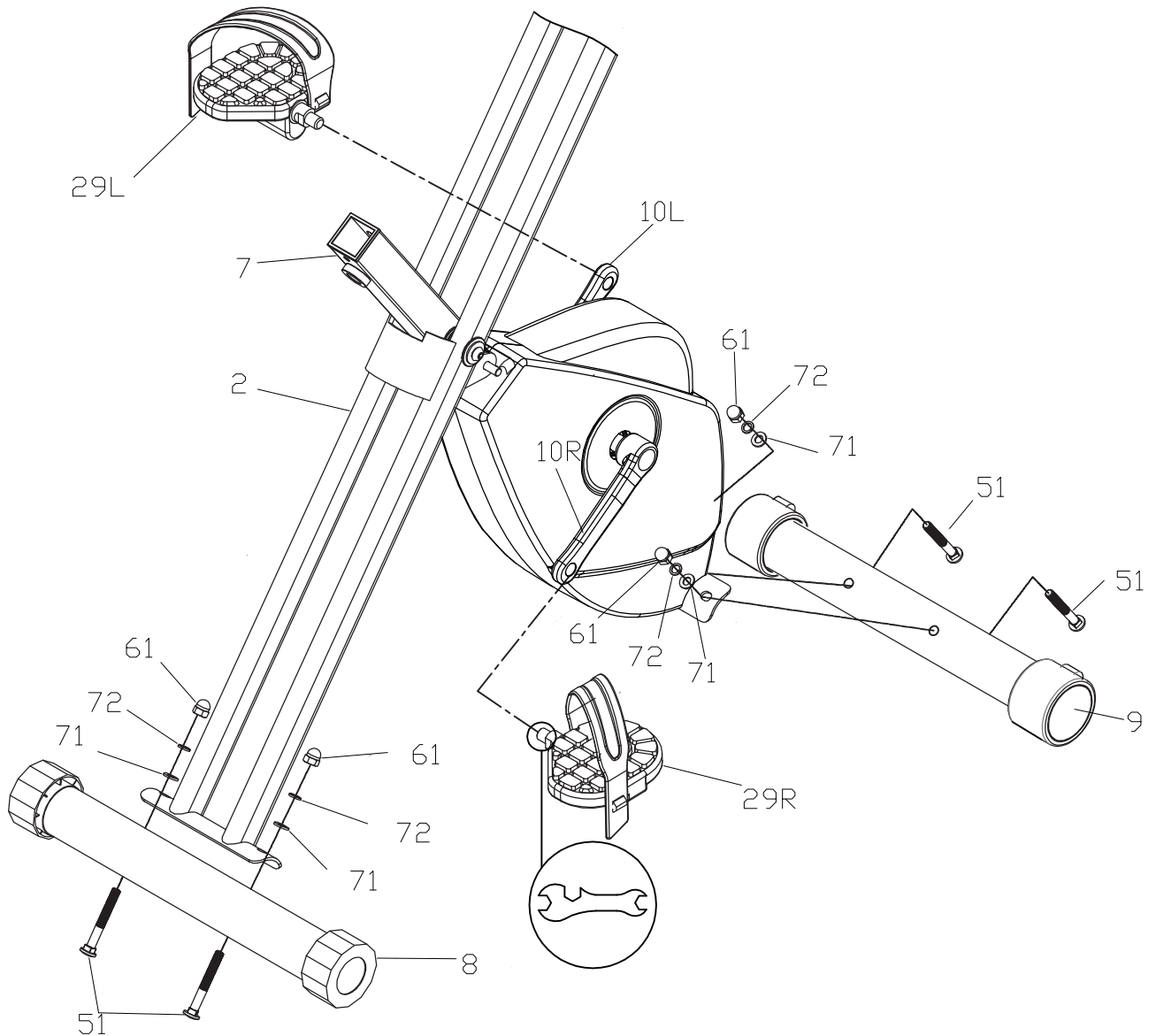
TOOL KIT

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



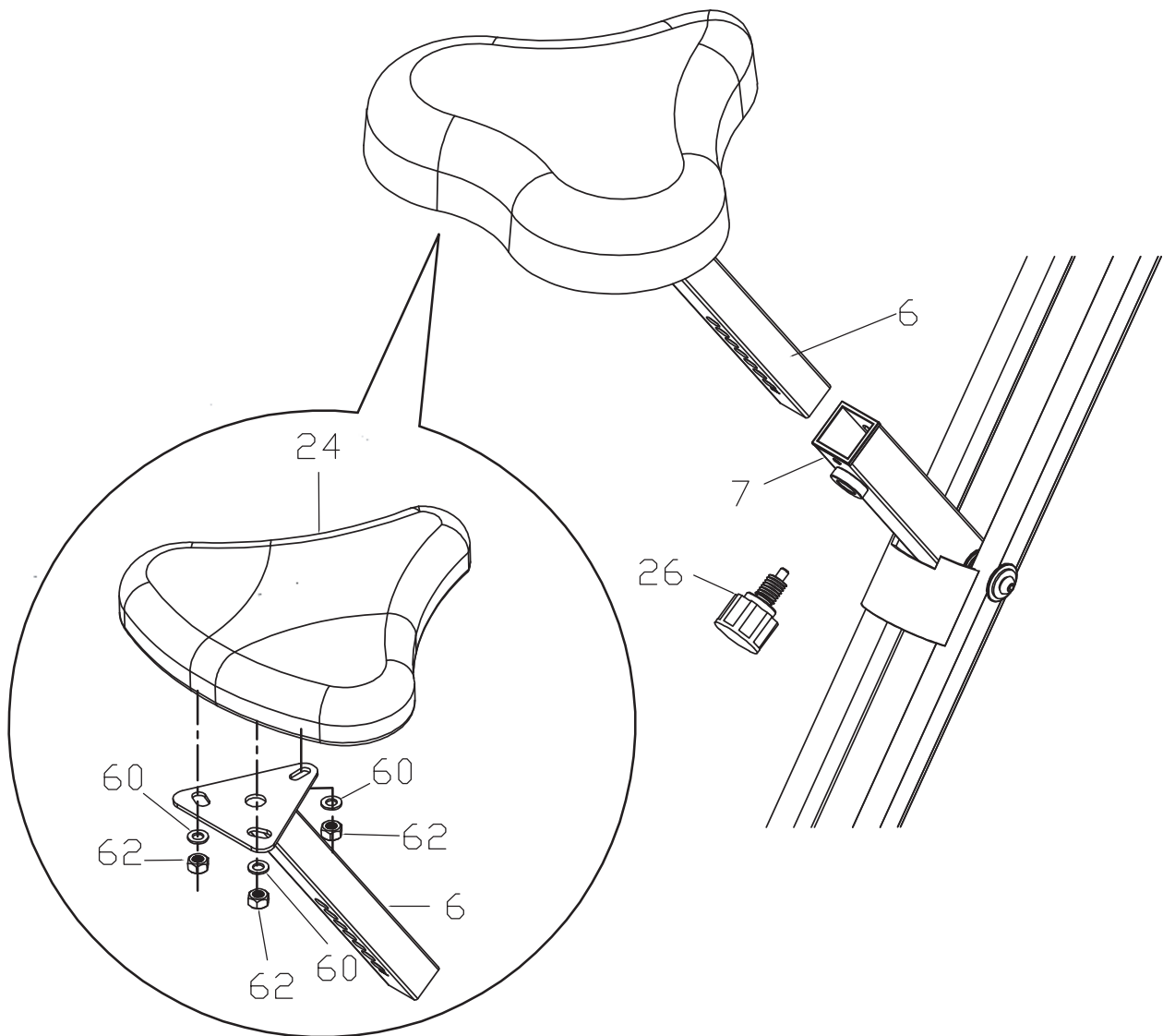
STEP 1

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



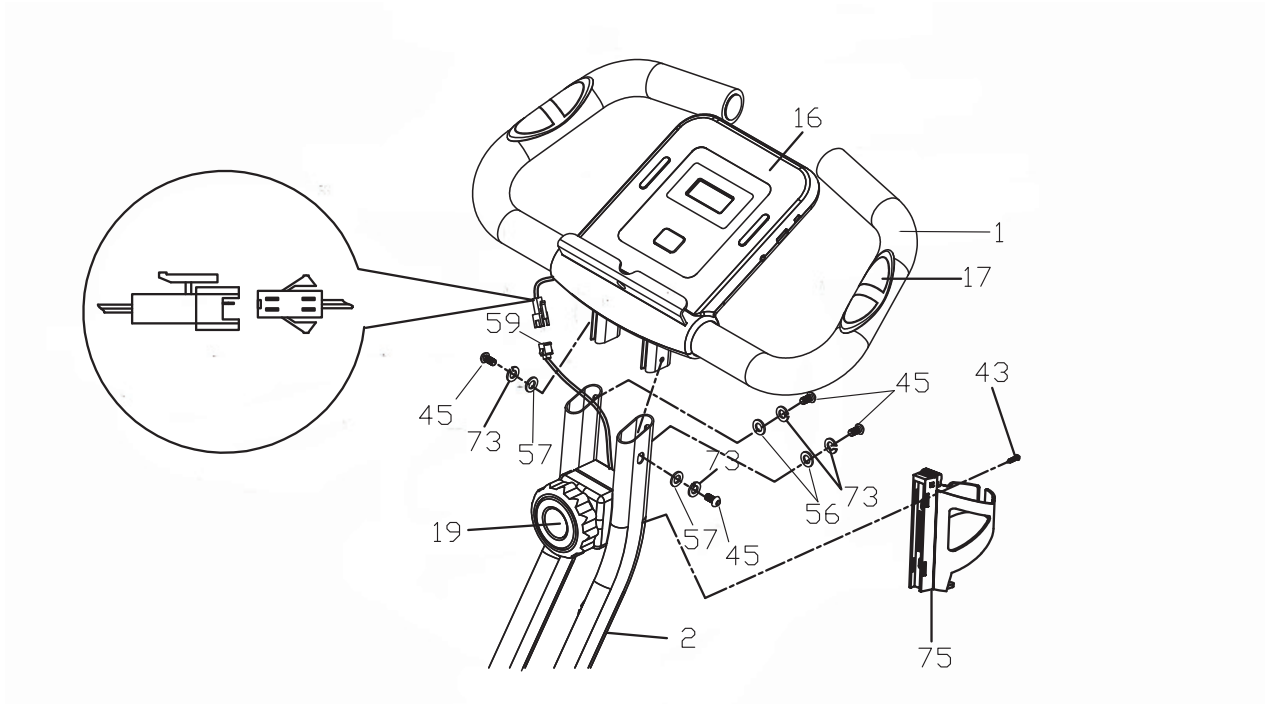
STEP 2

Assemble Saddle.

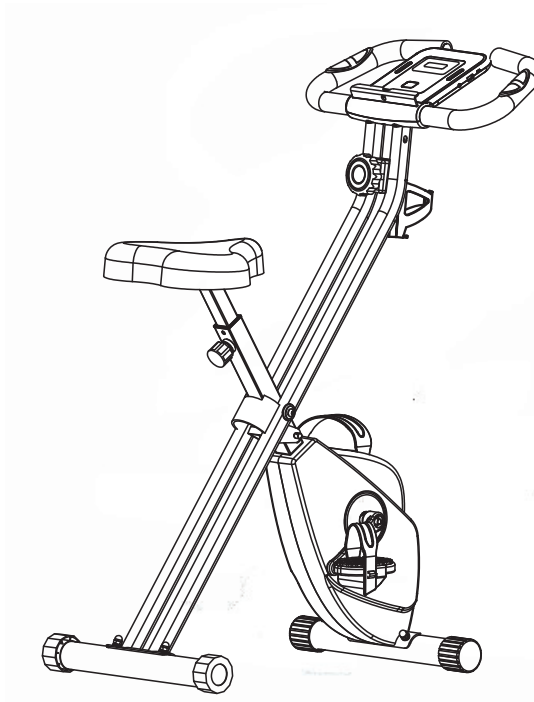


STEP 3

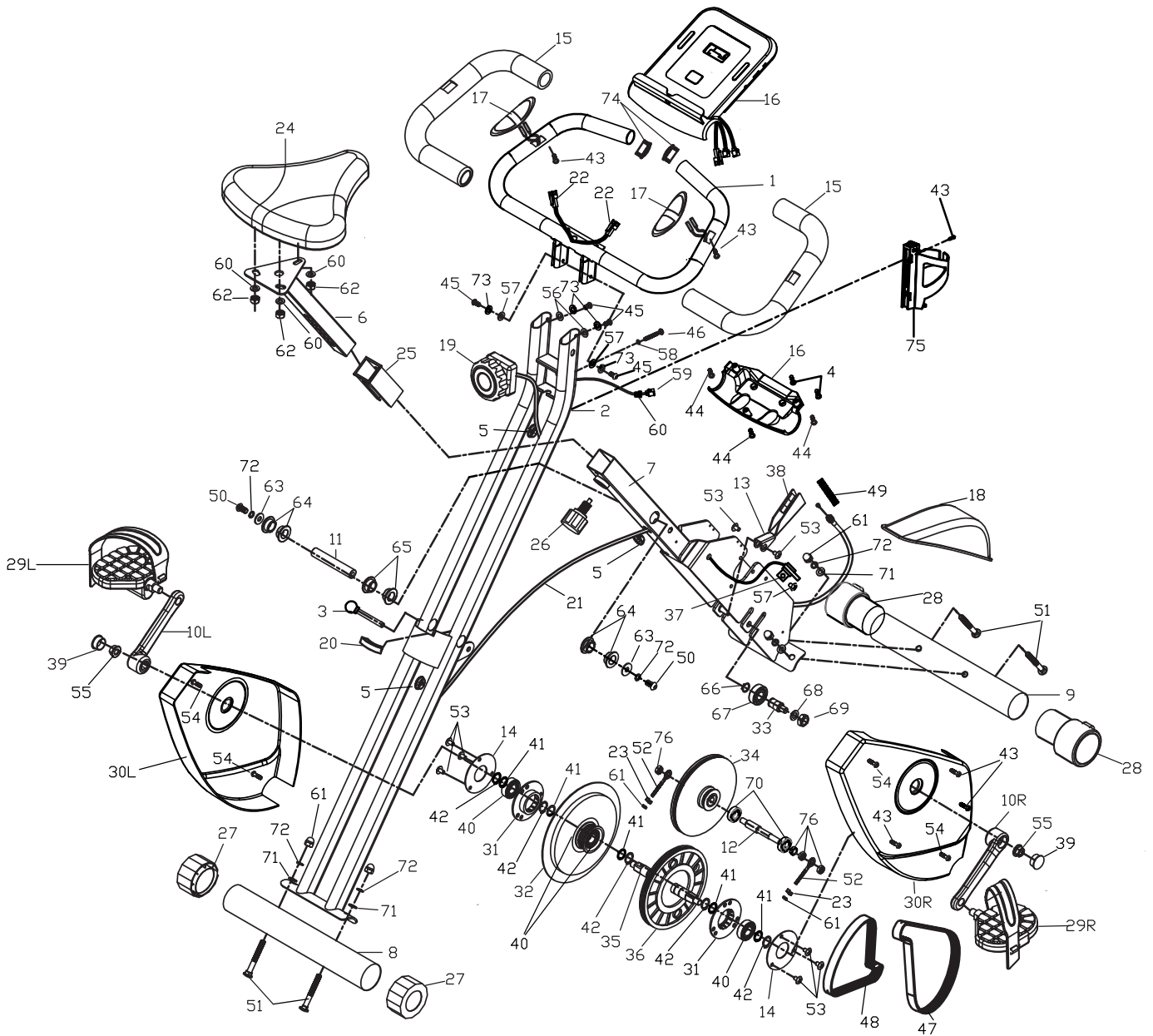
Assemble Handlebar & Exercise Monitor



Complete!



07



#	Description	QT
1	Handlebar	1
2	Rear Frame	1
3	Locking Pin	1
4	M5*10 Screw	2
5	Oval Line Plug	3
6	Saddle Support	1
7	Main Frame	1
8	Rear Stabilizer	1
9	Front Stabilizer	1
10	Crank (R&L)	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	Exercise Monitor	1
17	Pulse Sensor Pad	2
18	Chain Cover (U)	1
19	Tension Control knob	1
20	EVA Sticker	1
21	Control Line	1
22	Pulse Sensor Wire	2
23	Gear piece	2
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 (R&L)	2
30	Chain Cover (R&L)	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	4
38	Magnet	6
39	Crank Guard Trim	2
40	Pulley	4
41	Waved Washer	5
42	Spring Washer	4
43	M4*20mm Self-tapping Screw	6

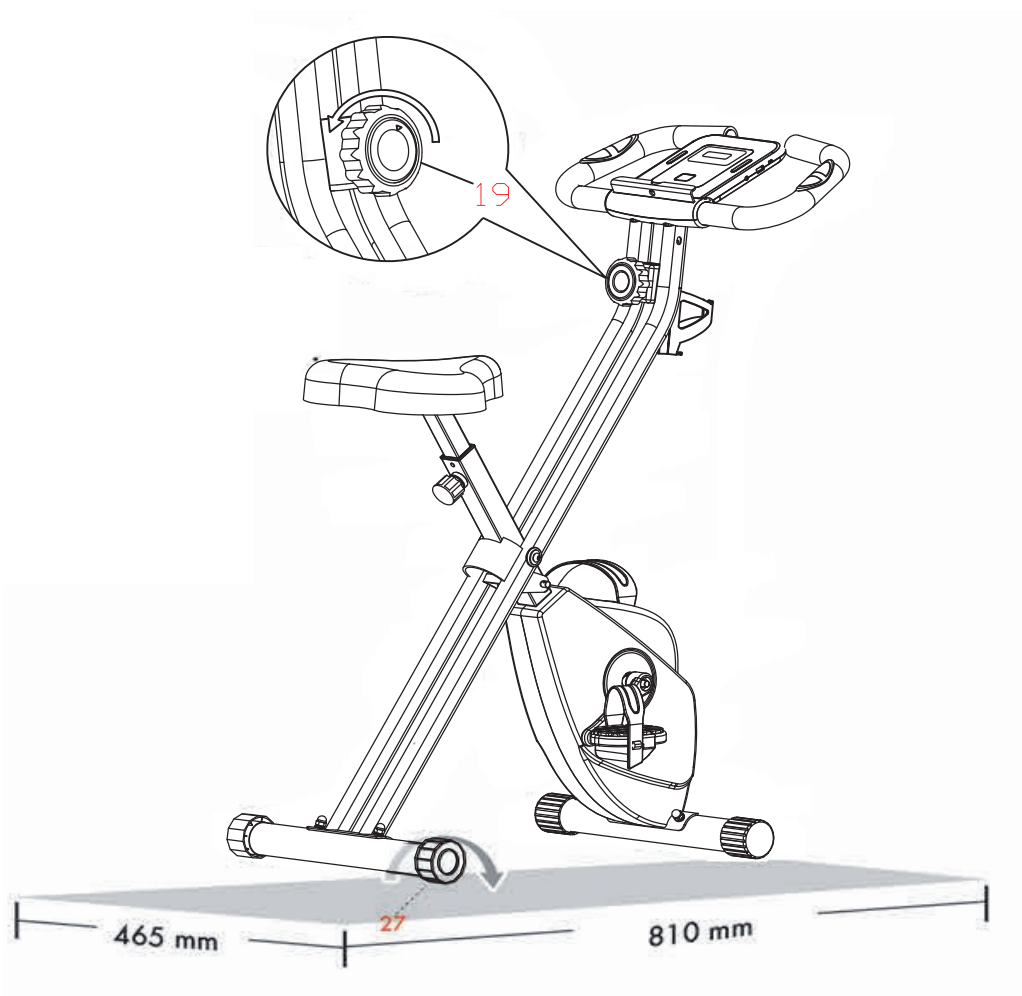
#	Description	QT
44	M5*15mm Srew	3
45	M6*12mm Allen Bolt	4
46	M5*50mm Screw	1
47	Drive Belt 230J	1
48	Drive Belt 220J	1
49	Spring	1
50	M8*20 mm Allen Bolt	2
51	M8 x 65 mm Carriage Bolt	4
52	M6*40 mm Screw	2
53	M6*15 mm Screw	8
54	M4*20 Self-tapping Screw	4
55	M10 Nut	2
56	M6 Curved Washer	2
57	M6 Flat Washer	2
58	Flat Washer	1
59	Sensor Wire	1
60	M8 Flat Washer	3
61	M8 Dome Nut	4
62	M8 Nylon LockNut	3
63	Flat Washer	2
64	Outer Brush	4
65	Inner Brush	2
66	Lock Ring	1
67	Bearing	1
68	Flat Washer	1
69	M10 Nylon LockNut	1
70	Pulley	2
71	M8 Curved Washer	4
72	M8 Spring Washer	4
73	M6 Spring Washer	4
74	Handlebar cap	2
75	Water bottle holder	1
76	M10 Nut	4

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

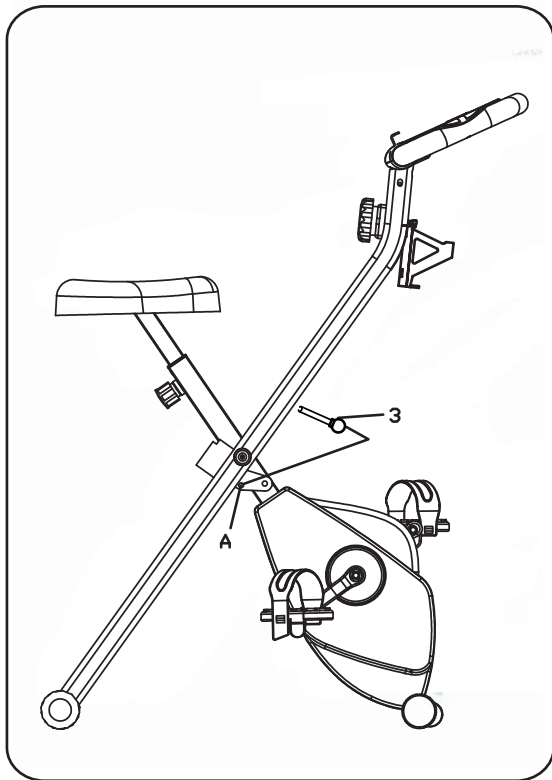
To adjust the pedalling resistance during use, start by turning the Tension Control (19) fully ANTI-CLOCKWISE at the start of your workout. Gradually increase the pedalling resistance by turning the Tension Controller Knob CLOCKWISE as required.

LEVELLING 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.

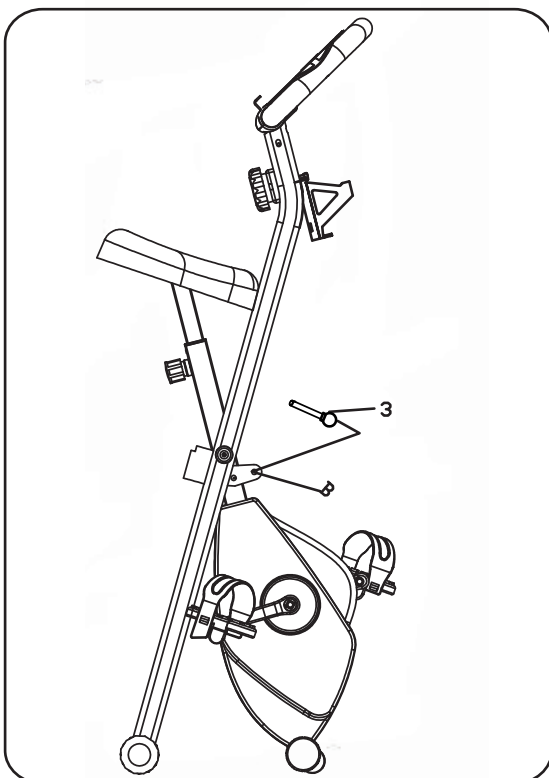


WHEN UNFOLDED



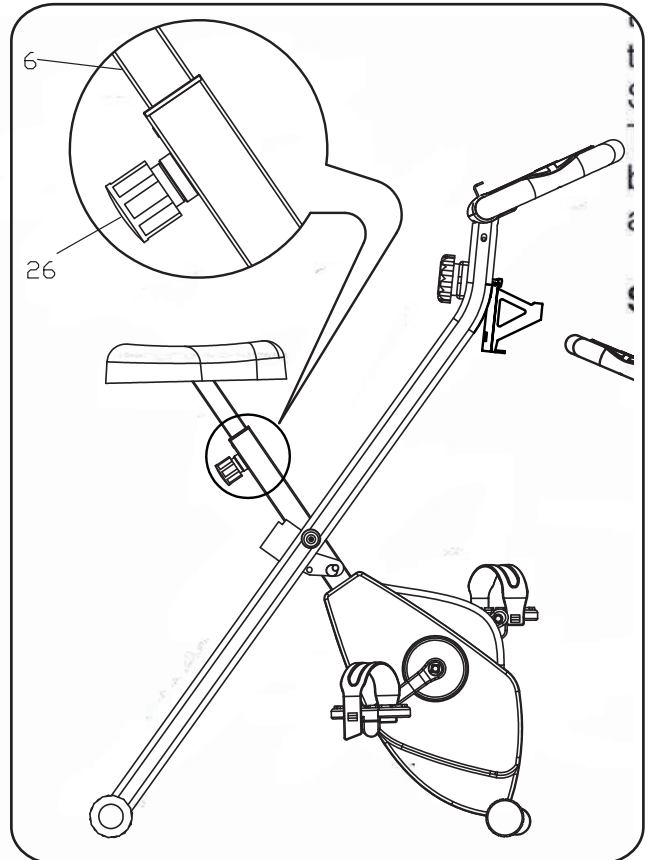
Using the Locking Pin (3) to fold and unfold the bike. When in use, the Locking Pin (3) is in Position A.

WHEN FOLDED



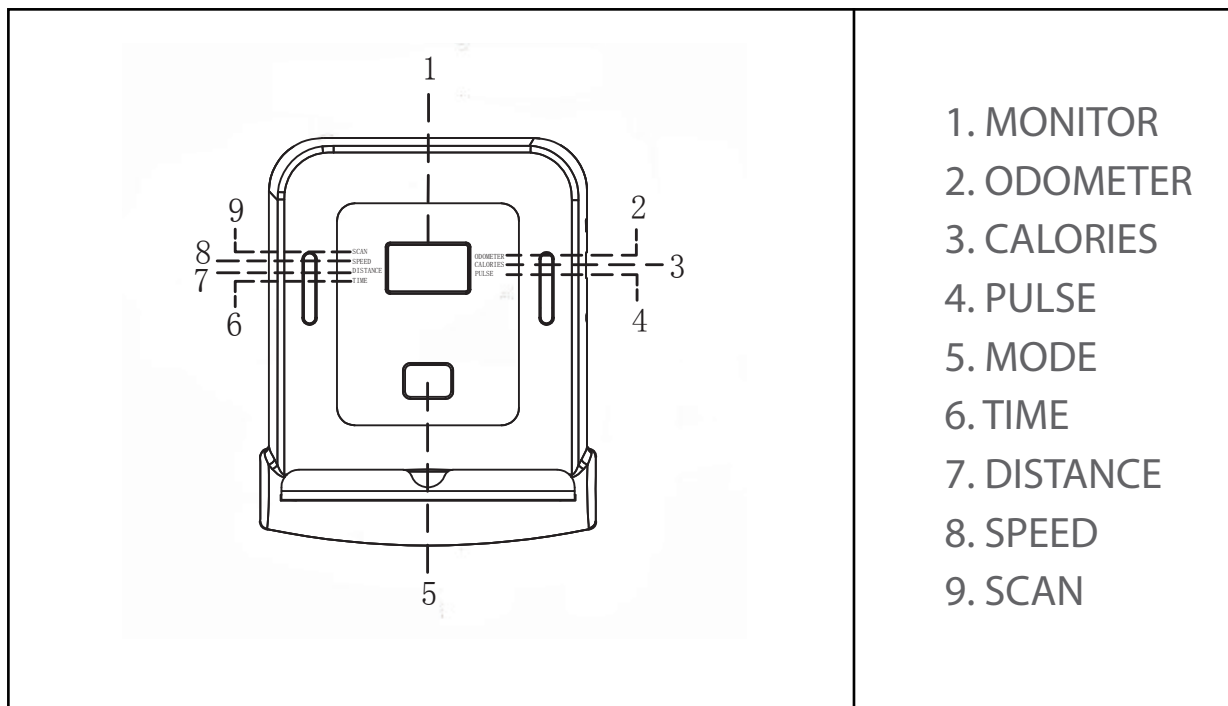
Using the Locking Pin (3) to fold and unfold the bike. When folded, the Locking Pin (3) is in Positon B.

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). Position the Seat Support Tube to the desired height allowing for a slight bend in the knee at the lowest pedal position and retighten the Seat Adjustment Knob (26).



FUNCTION

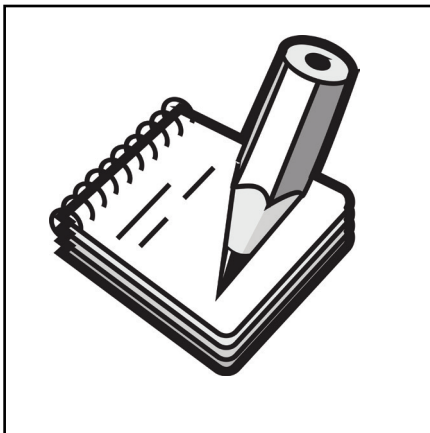
TIME	0 : 00 — 99 : 59 (Minute)
SPEED	0.0 — 999.9 (KM/H)
DISTANCE	0.0 — 999.9 (KM)
ODOMETER	0 — 9999 (KM)
CALORIES	0.0 — 9999 (Cal)
PULSE	30 — 230 (Beats per Minute)



1. MONITOR
2. ODOMETER
3. CALORIES
4. PULSE
5. MODE
6. TIME
7. DISTANCE
8. SPEED
9. SCAN

FUNCTION DESCRIPTION

MODE	Select different function
SCAN	Changing from function to function every 2 seconds
TIME	Count up
SPEED	Cycle speed
DISTANCE	Exercise distance
ODOMETER	Computed theoretical calorie burn
CALORIES	Accumulated total distance
PULSE	Actual exercise pulse rate



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.

TROUBLE SHOOTING

- 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.



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.