



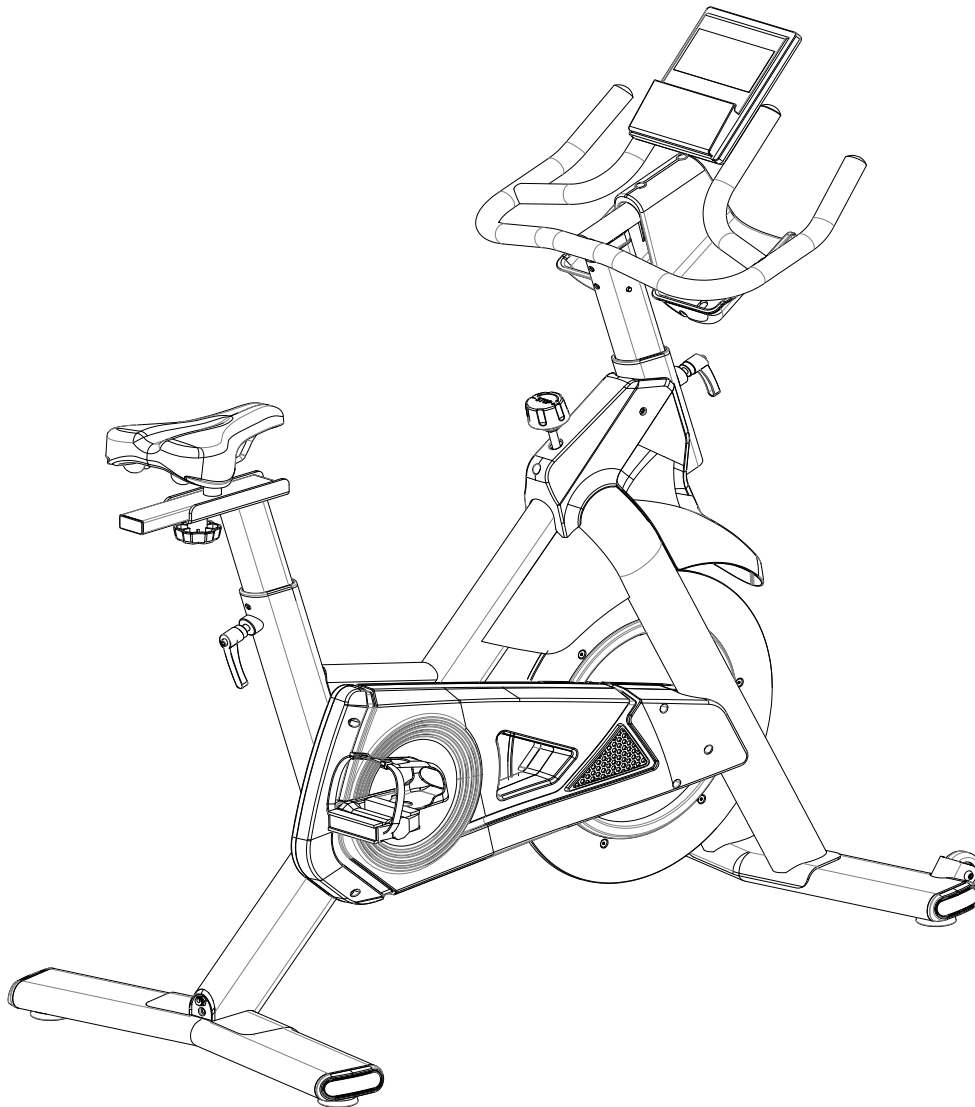
# HIT FITNESS

HIT00698

G8 PRO INDOOR CYCLING BIKE

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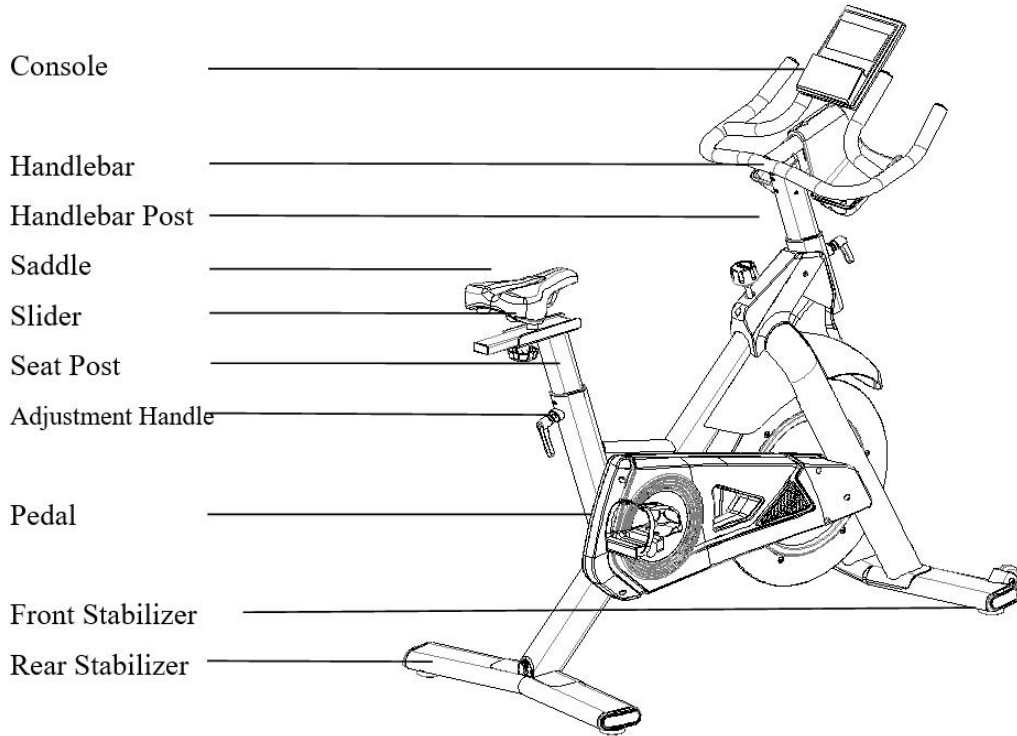
USER MANUAL



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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

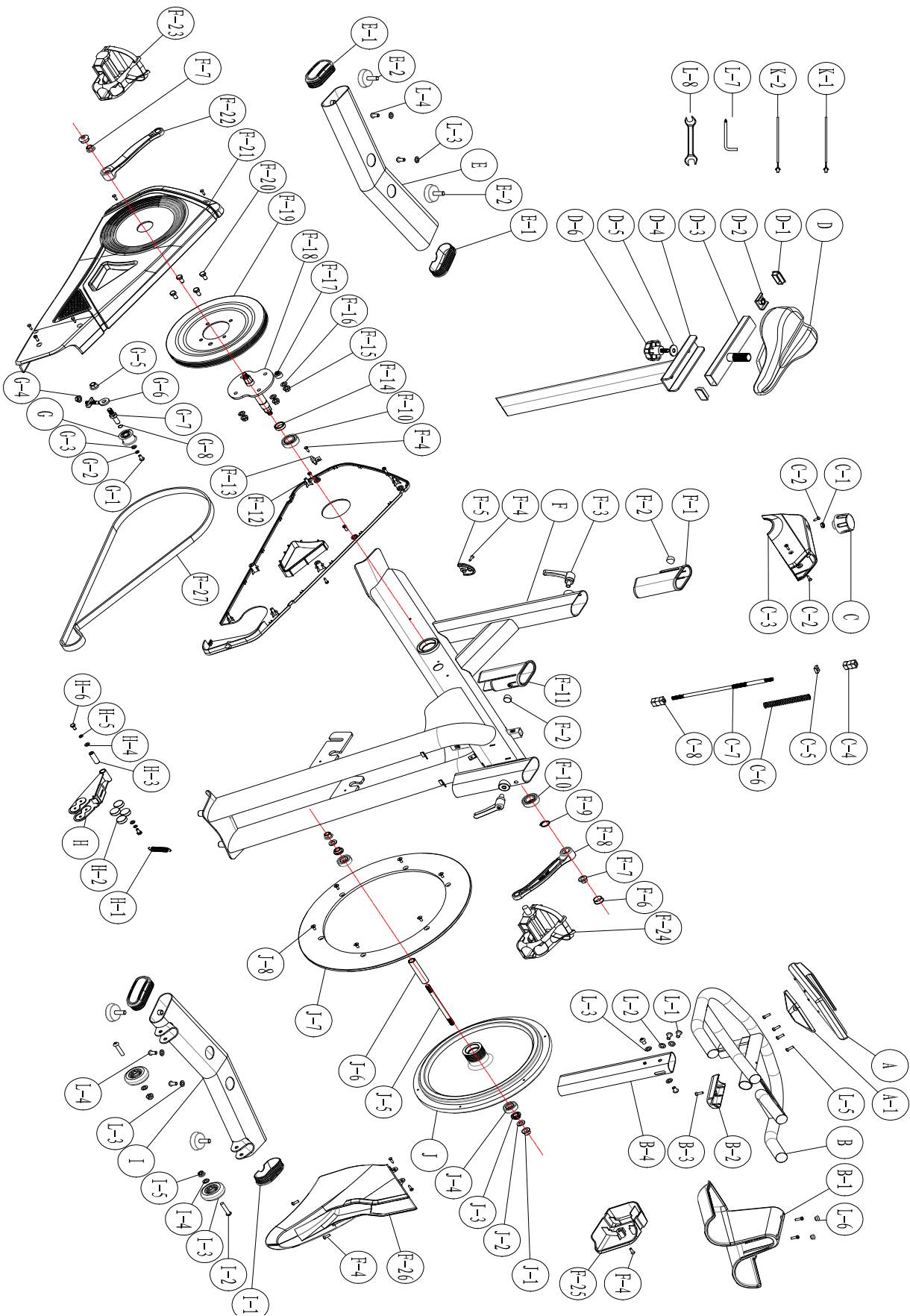
## Packing List

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	Adjustment Handle	pc	1
6	Pedals	set	1	13	Handlebar	pc	2
7	Seat Post	pc	1	14	Console Cover	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-9	C Shaped Buckle	1
A-1	Console Cover	1		F-10	Bearing	2
B	Handlebar	1		F-11	Handlebar Post Sleeve	1
B-1	Water Bottle Holder	1		F-12	Right chain cover	1
B-2	Water Bottle Holder Cover	1		F-13	Sensor Bracket	1
B-3	Cross Recessed Pan Head Screw	3		F-14	Crank Shaft Sleeve	1
B-4	Handlebar Post	1		F-15	Lock Nut	4
C	Brake Knob	1		F-16	Flat washer	4
C-1	Hexagon Nut	1		F-17	Small Magnet	1
C-2	Self-Tapping Screw	3		F-18	Axis	1
C-3	Brake Cover	1		F-19	Pulley	1
C-4	Brake Upper sleeve	1		F-20	External Hexagon Screw	4
C-5	Square Brake nut	1		F-21	Left Chain Cover	1
C-6	Compression Spring	1		F-22	Right Crank Arm	1
C-7	Brake Lever	1		F-23	Right Pedal	1
C-8	Brake Lower sleeve	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
F-3	Adjustment Handle	2		H-3	Magnet Holder Set	1
F-4	Cross Recessed Pan Head Screw	1		H-4	Flat washer	1
F-5	DC Cover	1		H-5	Spring washer	1
F-6	Crank Cover	2		H-6	External Hexagon Screw	1
F-7	Hexagon flange nuts with glue	2		I	Front stabilizer	1
F-8	Left Crank Arm	1		I-1	Stabilizer End cap	2

<b>NO.</b>	<b>Item</b>	<b>Qty</b>		<b>NO.</b>	<b>Item</b>	<b>Qty</b>
I-2	Internal Hexagon Screw	2		J-7	Flywheel Aluminum Rim	1
I-3	Transportation wheels	2		J-8	Socket head cap screws	1
I-4	Flat washer	2		K-1	Sensor cable	1
I-5	Lock Nut	2		K-2	Connection cable	1
I-6	Internal Hexagon Screw	2		L-1	Internal Hexagon Screw	4
J	Flywheel	1		L-2	Arc Washer	2
J-1	Hexagon flange nuts with glue	2		L-3	Flat washer	6
J-2	Flat washer	2		L-4	Internal Hexagon Screw	4
J-3	Flywheel Bushing	1		L-5	Cross Recessed Pan Head Screw	4
J-4	Bearing	1		L-6	Plug	2
J-5	Flywheel Axle	1		L-7	Allen Key 5mm	1
J-6	Flywheel Spacer	1		L-8	Wrench	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.**

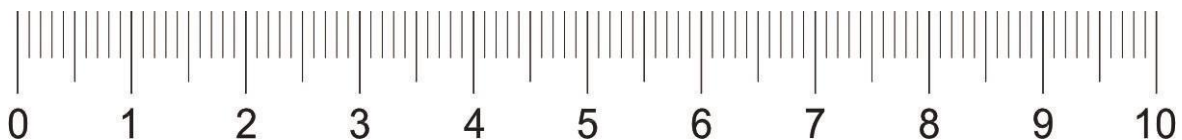
- ◆ This bike is suitable for indoor use. Please set up and operate it on a solid level surface. Do not place any objects on the bike.
- ◆ If the power cord is damaged, to avoid danger, it must be replaced by professionals from the manufacturer, its maintenance department or related departments.
- ◆ Please unplug the power plug if the product is not used for a 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 the room to a certain humidity level. 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, or not in a good physical condition.
  - It may 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


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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.





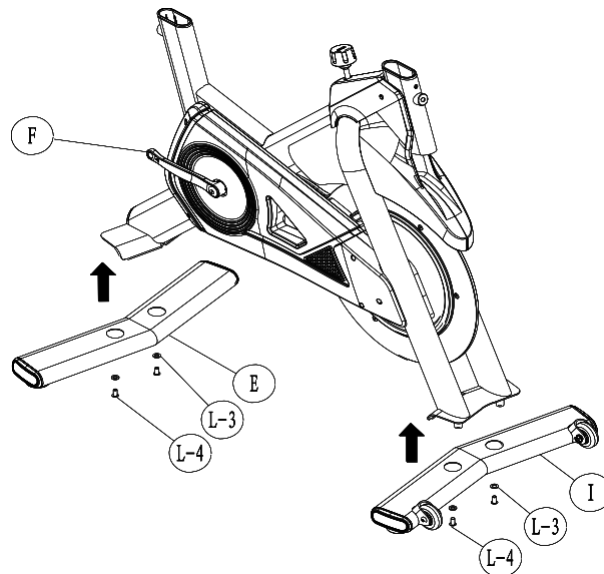
### 3. Installation Instructions

 **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.**

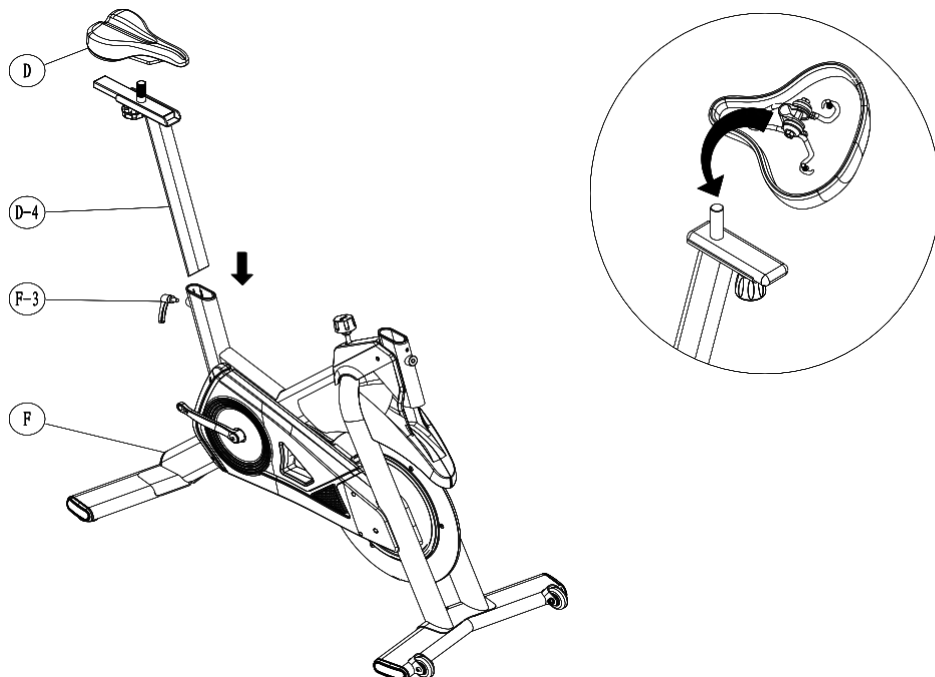
**NOTE:** Though the product has been thoroughly considered in terms of safety issues in its design and production, please make sure to follow the instructions below.

We do not bear any consequences caused by improper use.

**Step 1.** First, 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).

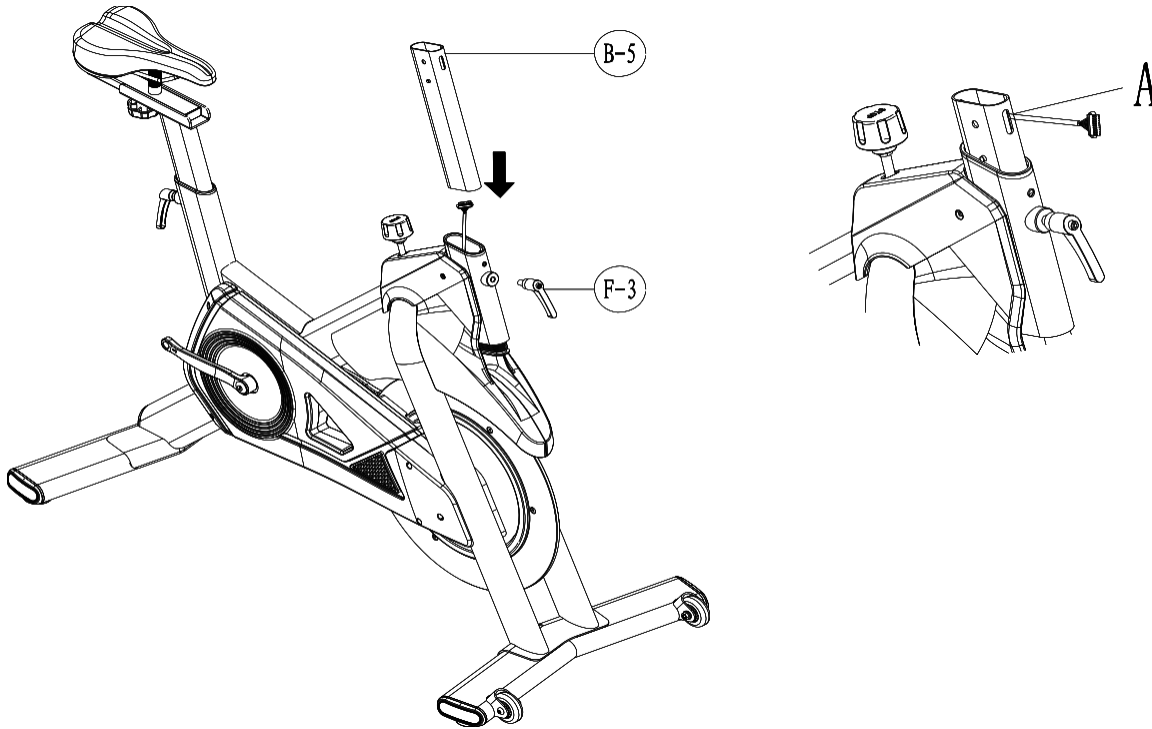


**Step 2.** Take out D# Saddle, D-4# Seat Post, F-3# Adjustment Handle. Please do as below: insert the Seat Post inside the hole of the frame and tighten with the Adjustment Handle. Then place the saddle onto the slider, tighten it at a suitable angle with L-8# Wrench. **Note: Please assemble the adjustment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



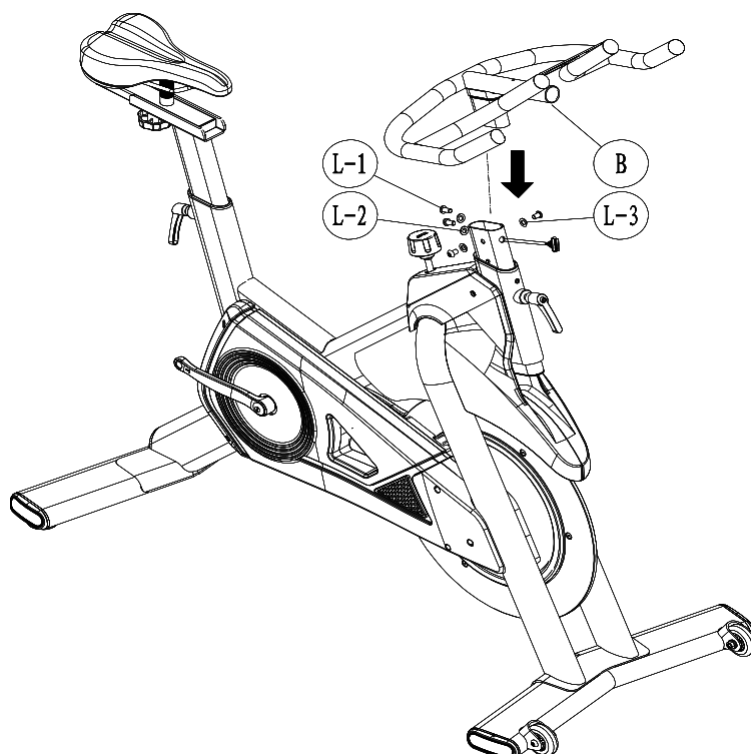
**Step 3.** Take out the B-4# Handlebar Post , F-3# Adjustment Handle. Then remove B-5# Handlebar Post Plug. Thread the cable inside the handlebar post and pull it out from the hole. And then pull the plug out of the A notch, and adjust it to a suitable height. And lastly use the F-3# Adjustment Handle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

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

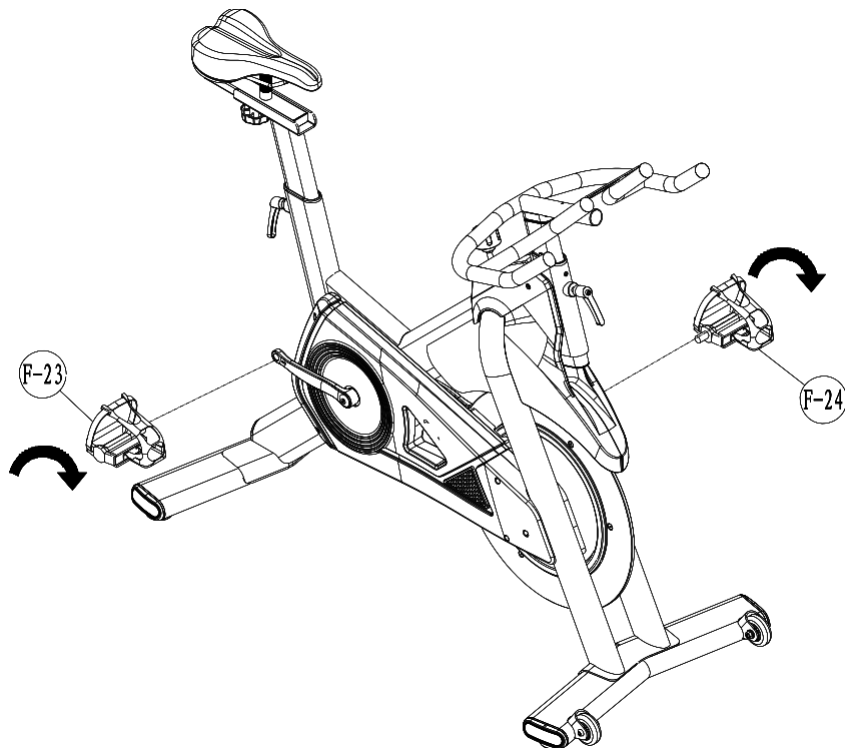


**Step 4.** Take out the B# Handlebar, L-2# Arc washer, L-1# Internal Hexagon Screw M8\*12 in toolkit.

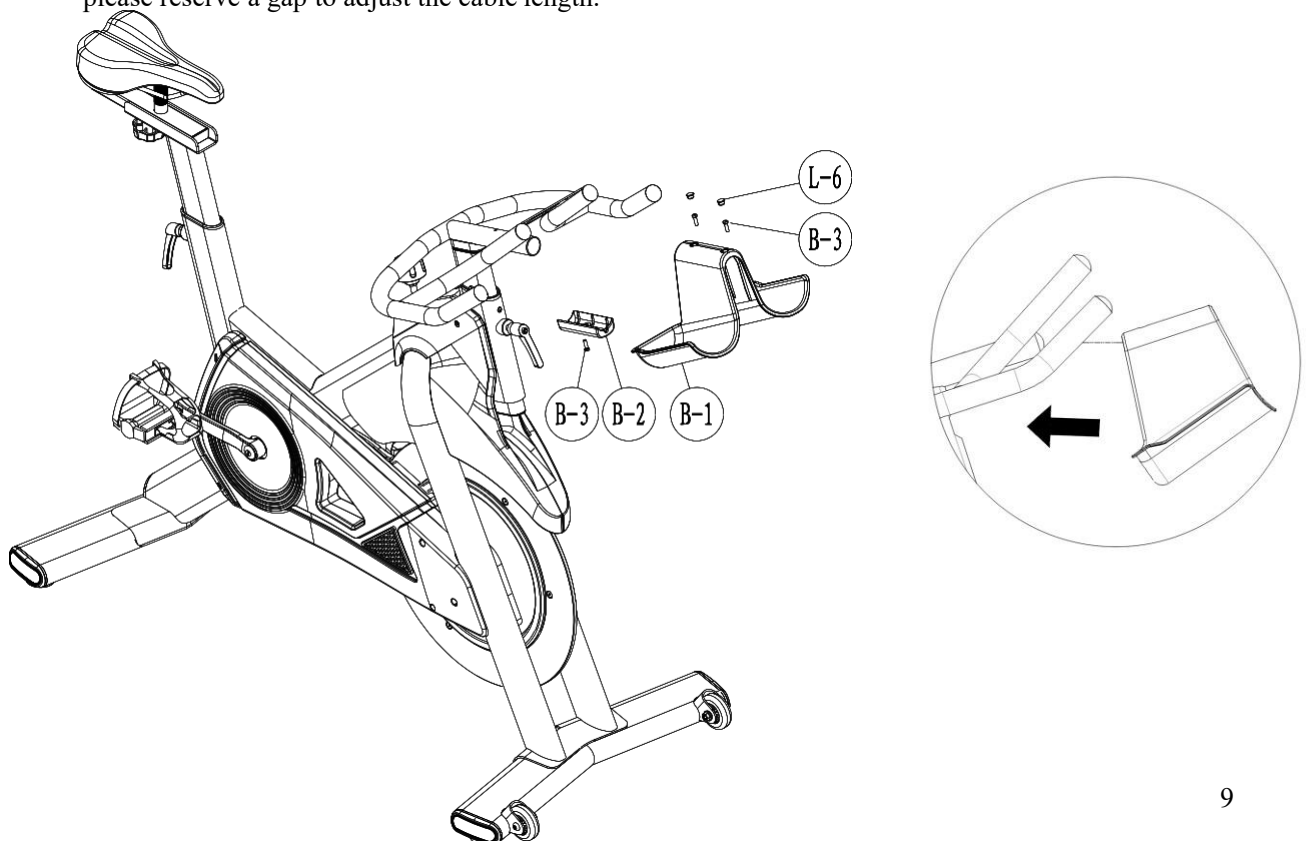
Follow as below: Insert the handlebar inside the hole of the handlebar post, and then attach L-1# Screw and L-2# Arc Washer. Lastly tighten them with L-7# Allen Key (5mm).



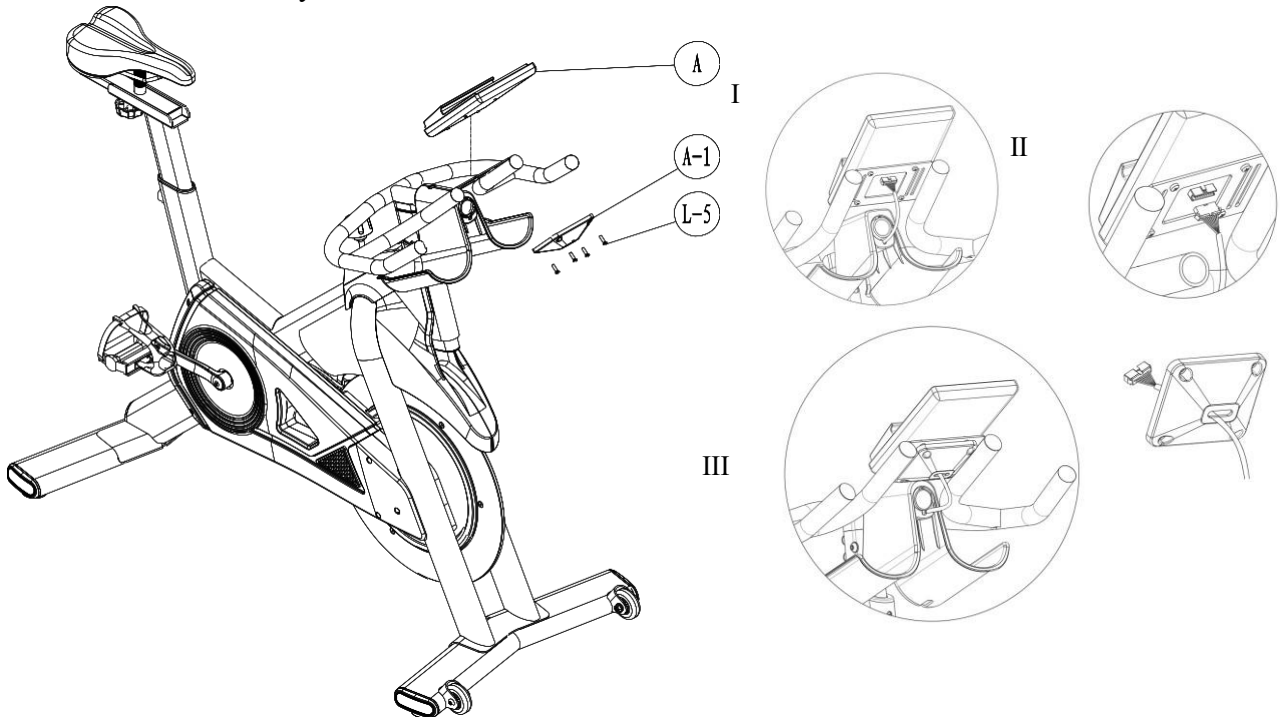
**Step 5.** Take out the F-23# Right Pedal, F-24# Left Pedal. Do as below: tighten them with L-8# Wrench in the direction of the arrow.



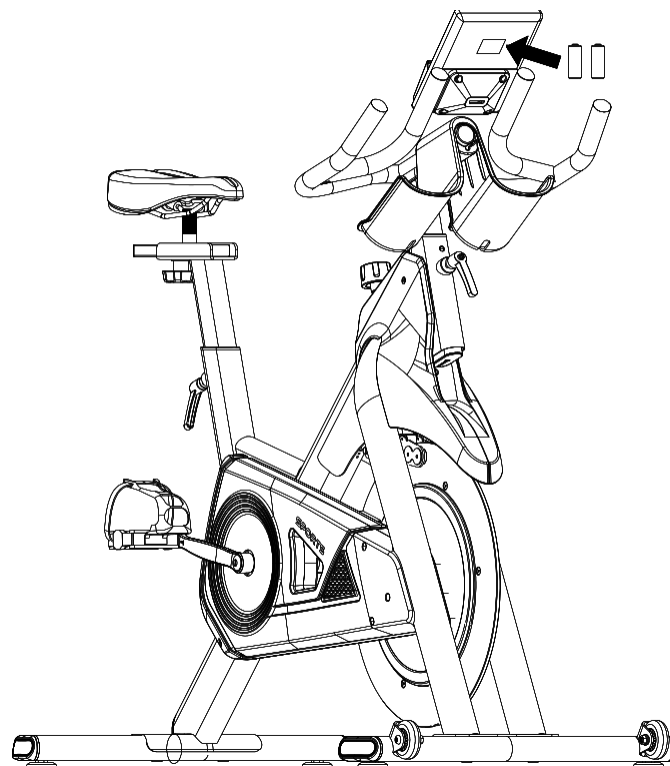
**Step 6.** Take out the B-1# Water Bottle holder and B-2# Water Bottle holder cover, then remove the pre-attached 3pcs B-3# Cross Recessed Pan Head Screw M5\*14 on the handlebar. And then place the bottle holder and the cover on the corresponding position of the handlebar in the direction shown as below 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.



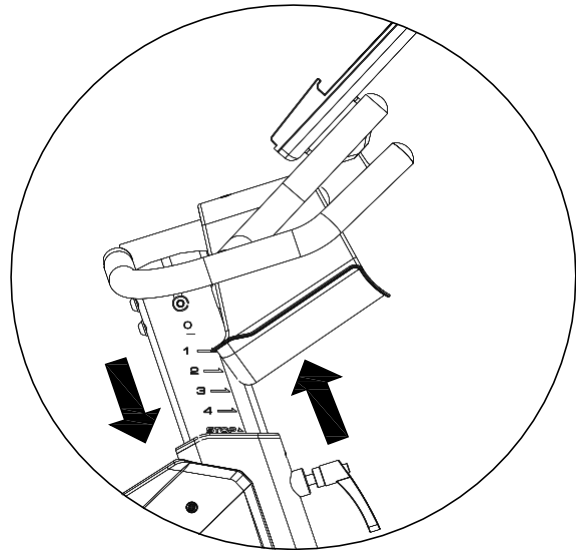
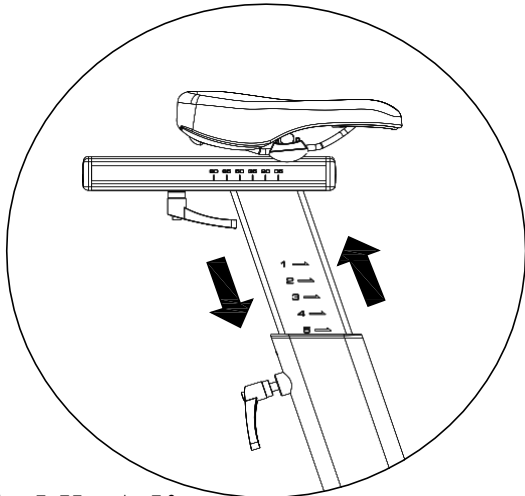
**Step 8.** Get two batteries(AA size) and place them into the battery slot under the console cover. After the A# Console is on, the whole bike is completely assembled.



**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.**

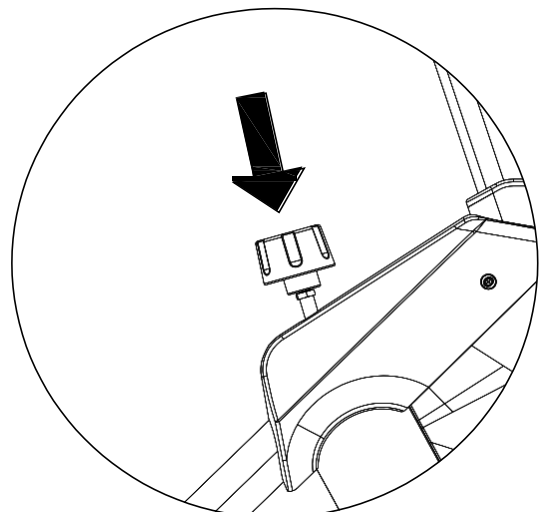
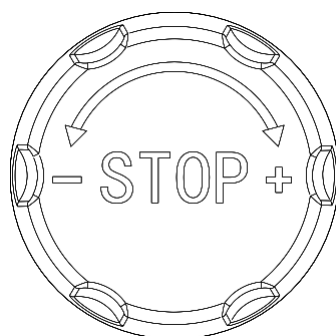
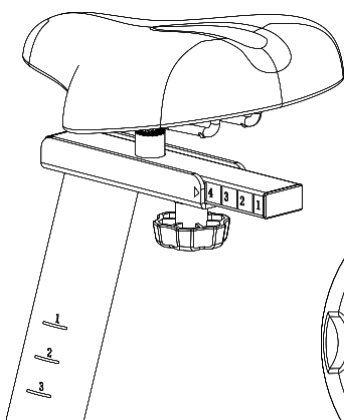


### **Saddle Adjustment:**

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 a 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

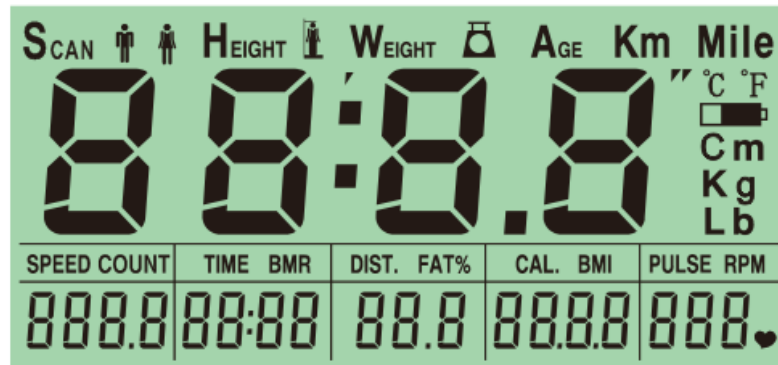
Stretching is very important to warm up your muscles before exercise to avoid injuries or to relax your muscles to relieve the soreness in muscles after strength or aerobic training. Muscles stretches are easier and more efficient at this time because of their elevated temperature, which greatly reduces 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. Operational Instructions

### I. Full Display menu



### II. Button function

<b>UP</b>	In setting mode, to select GENDER, increase TIME/DISTANCE/CALORIE/AGE/WEIGHT/HEIHGT; Set the clock and alarm in clock mode;
<b>DOWN</b>	In setting mode, to select GENDER, decrease TIME/DISTANCE/CALORIE/AGE/WEIGHT/HEIHGT; 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.
<b>MODE</b>	To confirm the value/selection and ENTER.
<b>RESET</b>	In any mode, hold on RESET for 2 seconds, the system will do total reset.
<b>TOTAL RESET</b>	Electronic table restart
<b>RECOVERY</b>	Test Heart Rate Recovery function. When press this key, system will start count down.

### III. Power-on

When get access to electricity, the console will display full data for one second along with “Di” sound. And then display wheel diameter for one second, and then go to Standby mode.

### IV. Function Description

#### 1. SCAN

In every 6 seconds, console will auto-scan TIME/SPEED/DISTANCE/CALORIE/PULSE/RPM, press ENTER to exit auto-scan.

When exit the manual scan, screen will show “SCAN” for 2 seconds and go to auto-scan.

#### 2. TIME

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

### **3. SPEED**

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

### **4. DISTANCE**

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

### **5. CALORIE**

Display accumulated calorie consumption, 15Cal/KM.

### **6. PULSE**

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

### **7. RECOVERY**

Press PULSE 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.

**1.0 means OUSTANDING**

**1.0 < F < 2.0 means EXCELLENT**

**2.0 ≙ F ≙ 2.9 means GOOD**

**3.0 ≙ F ≙ 3.9 means FAIR**

**4.0 ≙ F ≙ 5.9 means BELOW AVERAGE**

**6.0 means POOR**

## **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 ENTER to select any function. The selected column will flash , press UP or DOWN to set target value. After finishing, press MODE button to go to next function setting (cycle setting).

### **3. Target exercise:**

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

### **4. Chest belt Introductions**

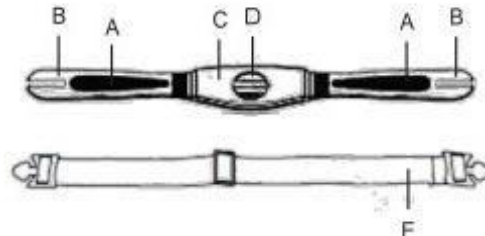
The transmitter chest belt will detect heart rate signal, and transfer the wireless signals to the receiving terminal. i.e. pulse watch, exercise computer, displaying the heart rate readout. With the low frequency for transmission and environmental- conserved materials, the measurement is highly accurate. 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 month (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) close 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 sensor closely shall be touching the skin of the right and left ventricle.

### Batter 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 moisture par A(sensor) and retest.
- 2.The sensor may not detect the heart rate signal if its too hairy on the chest. Please avoid hairy position 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 onto 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.**