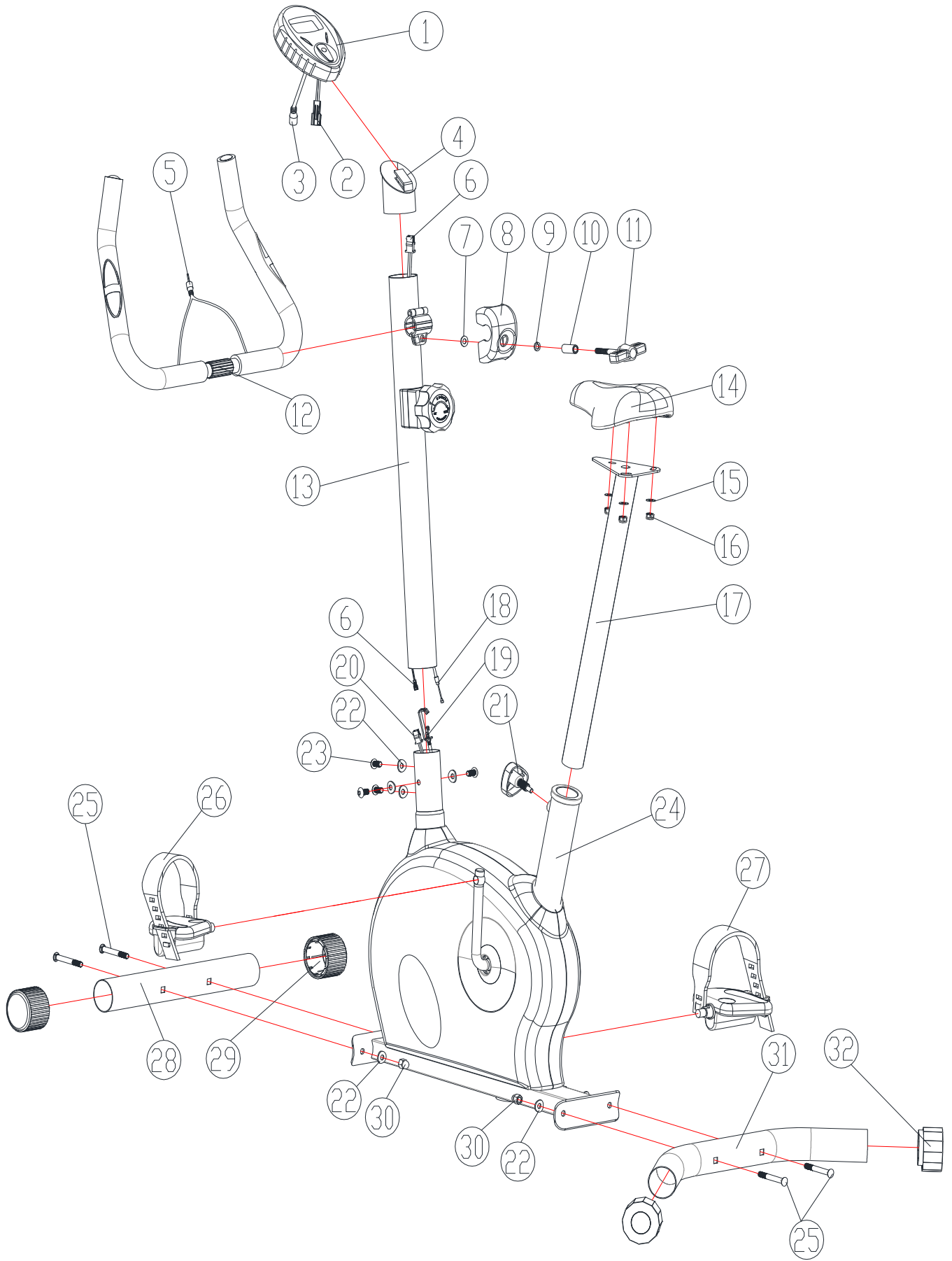


ever-fit

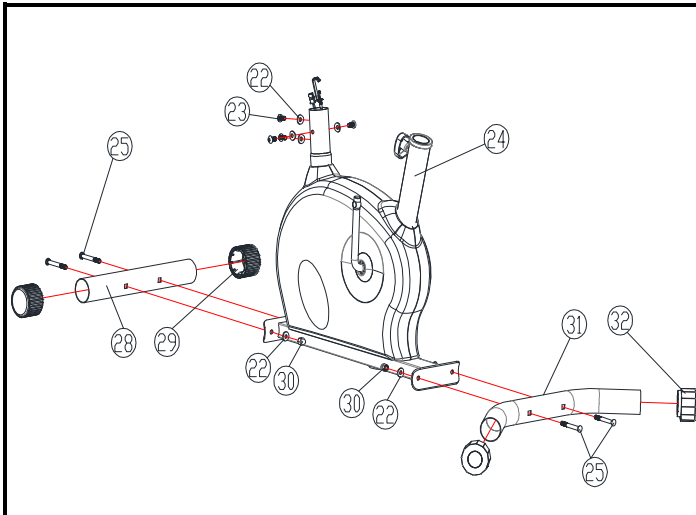
INSTRUCTION

BFK
500





ASSEMBLY INSTRUCTIONS



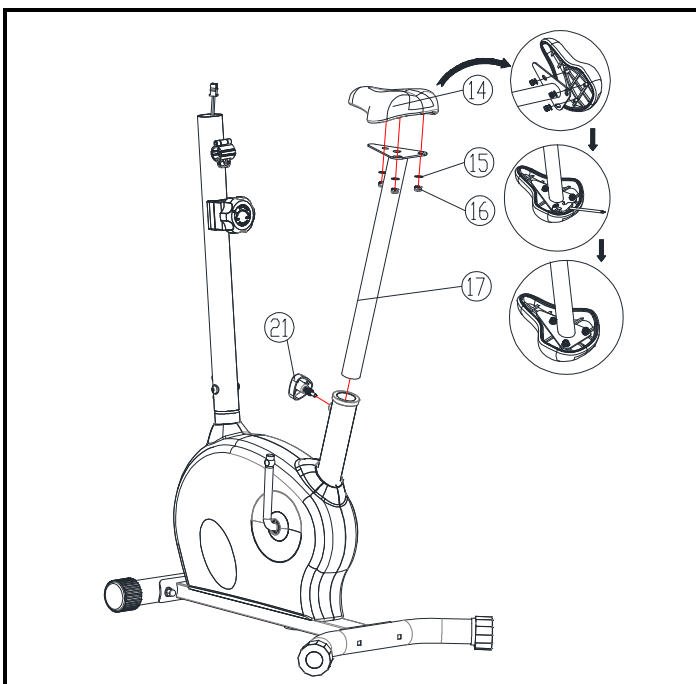
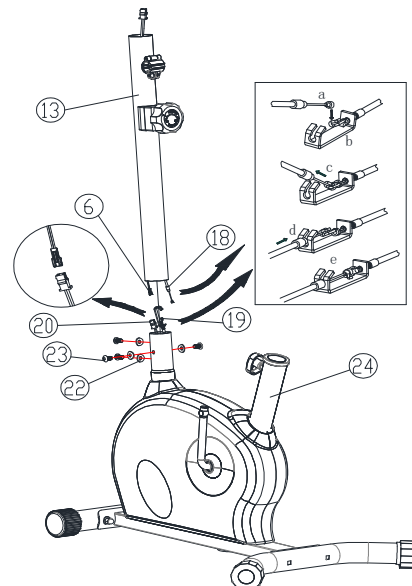
Step 1

Assembly the rear and front stabilizer (31&28) with 4 bolts (25), 4 nuts (30) and 4 washers (22).

Step 2

Connect the computer cable up (6) and down (20), connect the tension control cable up (18) and down (19) as shown in the right sketch.

Assemble the handlebar post (13) to the main frame, fix it with four screws (23) and washers (22).

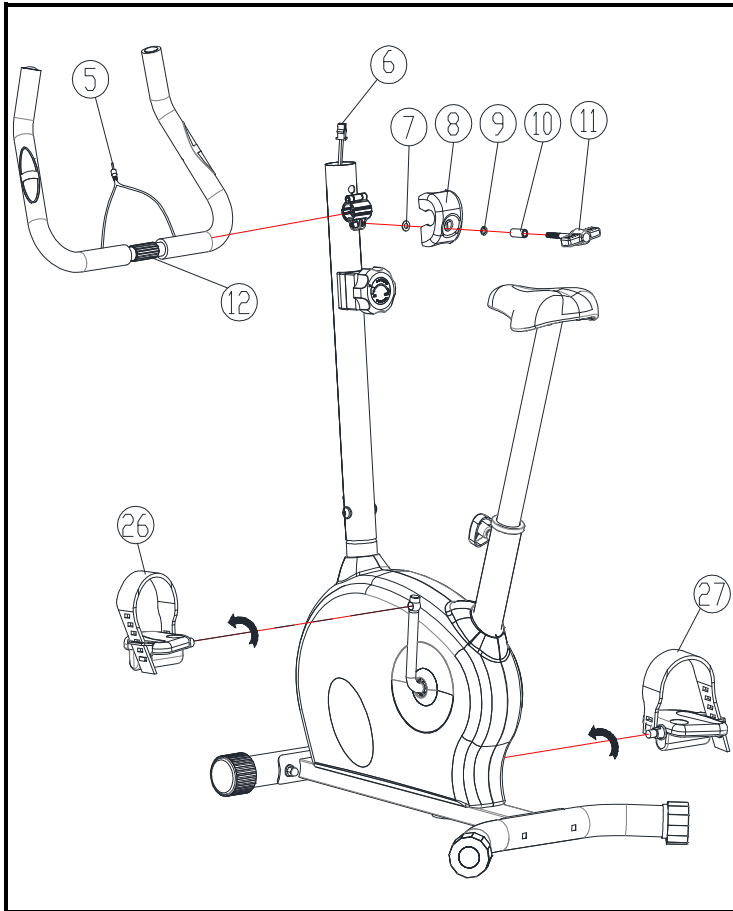


Step 3

Assemble the seat (14) to the seat post (17) with 3 nuts (16) and washers (15).

Insert the seat post into the main frame through the plastic sleeve. Select the ideal hole position on the seat post (17). Insert the knob (21) into the hole. Tighten fully the knob.

ASSEMBLY INSTRUCTIONS



Step 4

Assemble the handlebar (12) to the bracket on the handlebar post with handlebar clamp.

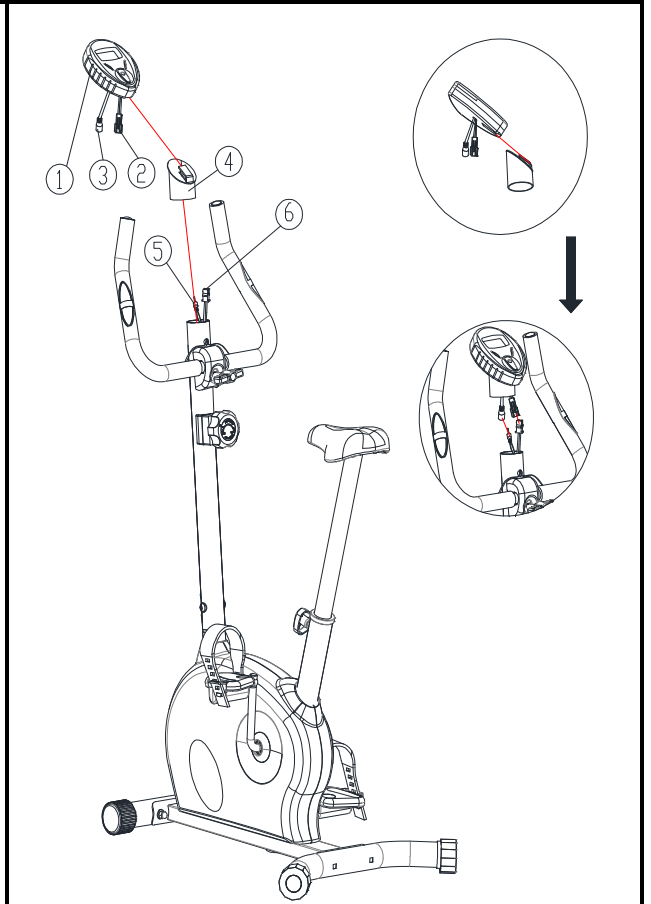
Pass the T-knob (11) through the metal bush (10), spring washer (9) and the plastic cover (8).

Fix the T-knob through the clamp, adjust the handlebar with your desired angle, fasten the T-knob.

Assemble the left hand pedal (26) to the left hand crank (screw anticlockwise) and the right hand pedal (27) to right hand crank.

Step 5

Pass the hand pulse cable (5) through the hole on handlebar post, assemble the plastic tray (4) on top of the handlebar post, connect the cables from computer and handlebar post, slide the computer onto the tray.

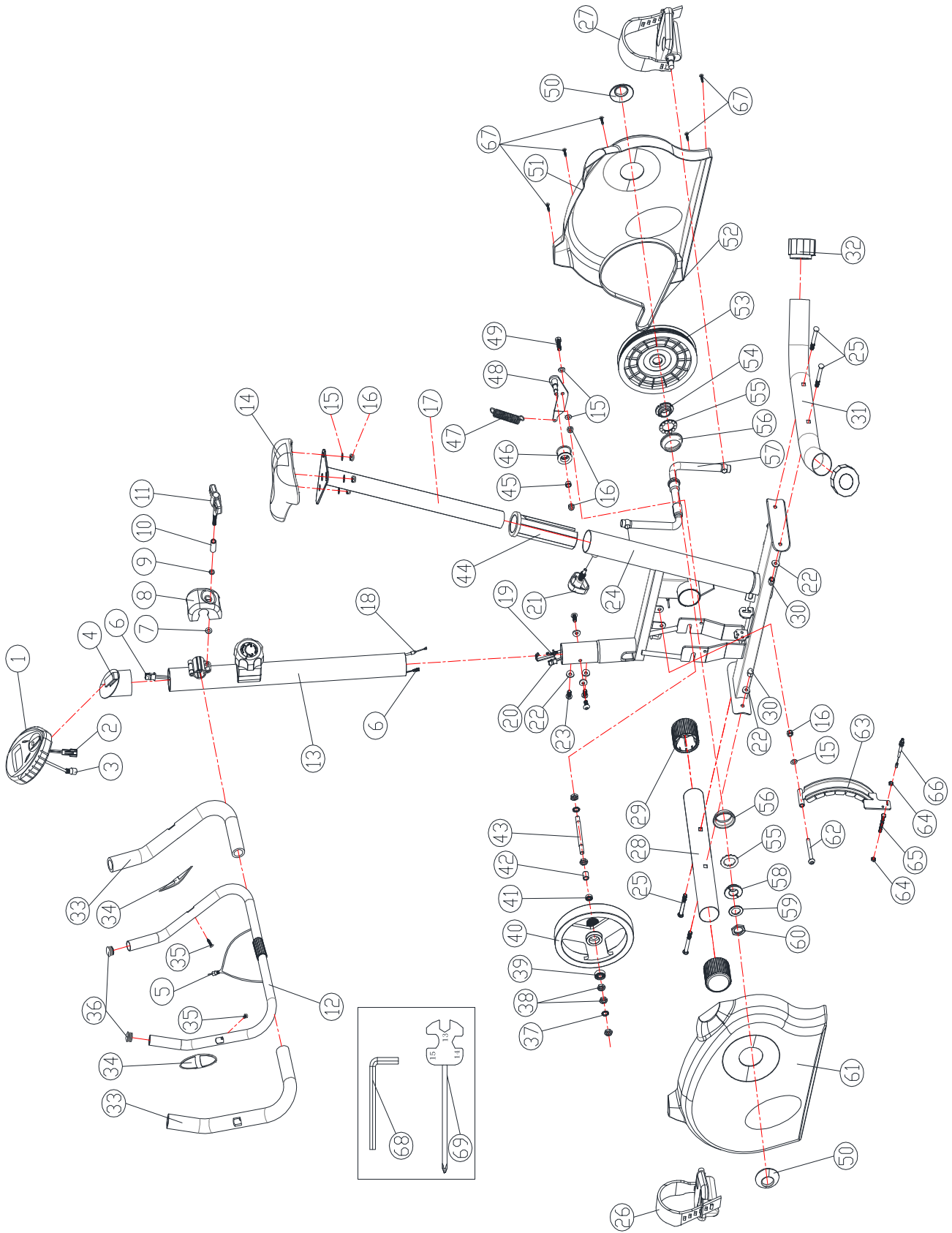


PARTS LIST

NO.	DESCRIPTION	Q'TY
1	Computer	1PCS
2	Sensor cable connector	1PCS
3	Hand pulse cable (upper)	1PCS
4	Plastic tray	1SET
5	Hand pulse cable (lower)	1PCS
6	Sensor cable (upper)	1PCS
7	Flat washer	1PCS
8	Handlebar cover	1PCS
9	Spring washer	1PCS
10	Metal bush	1PCS
11	T knob	1PCS
12	Handlebar	1PCS
13	Handlebar post	1PCS
14	Saddle	1PCS
15	Flat washer	6PCS
16	Nylon nut	6PCS
17	Seat post	1PCS
18	Tension controller (upper)	1PCS
19	Tension controller (lower)	1PCS
20	Sensor cable (lower)	1PCS
21	Seat post knob	1PCS
22	Semicircle washer	8PCS
23	Umbrella head hex screws	4PCS
24	Main frame	1PCS
25	Carriage screw	4PCS
26	Pedal (L)	1PCS
27	Pedal (R)	1PCS
28	Front stabilizer	1PCS
29	Front end cap	2PCS
30	Hooded Nut	4PCS
31	Rear stabilizer	1PCS
32	Rear end cap	2PCS
33	Foam grip	2PCS
34	Hand pulse	2PCS
35	Umbrella head cross screw	2PCS
36	Handlebar cap	2PCS
37	Star washer	2PCS
38	Hex screw	5PCS
39	6000 bearing	1PCS
40	flywheel	1PCS
41	6900 bearing	1PCS

NO.	DESCRIPTION	Q'TY
42	Bushing	1PCS
43	Flywheel spindle	1PCS
44	Sleeve	1PCS
45	Bushing	1PCS
46	Idle wheel	1PCS
47	Spring	1PCS
48	Idler clamping	1PCS
49	Hex screw	1PCS
50	Crank cover	2PCS
51	Chain cover (R)	1PCS
52	Belt	1PCS
53	Pulley	1PCS
54	Right tooth plug	1PCS
55	Bead nest	2PCS
56	Bottom bracket	2PCS
57	Crank	1PCS
58	Left tooth plug	1PCS
59	Have tooth washer	1PCS
60	Hex nut	1PCS
61	Chain cover (L)	1PCS
62	Umbrella head hex screw	1PCS
63	Magnetic set	1SETS
64	Hex screw	2PCS
65	Outer hex bolt	1PCS
66	Tension control (lower)	1PCS
67	Umbrella head cross screw	5PCS
68	Hex. wrench	1PCS
69	Harpoon wrench	1PCS

COMPLETE BIKE ASSEMBLY



EXERCISE METER

Monitor Display



KEY FUNCTION:

MODE: This key lets you to select and lock on to a particular function you want.

FUNCTIONS

SCAN	Automatically scan through each mode in sequence every 6 seconds. The display loop is SCAN-TIME-DISTANCE-CALORIE-SCAN on the main screen.
TIME	Accumulates total working time from 00:00 up to 99:59.
SPEED	Displays current training SPEED, the maximum is 99.9km/ml,it always displays.
DISTANCE	Accumulates training distance from 0.00 to the maximum 99.99km/ml with each increment 0.01km/ml.
ODO	Press the MODE key until the pointer advance to ODOMETER. The total accumulated distance will be shown.
CALORIE	Accumulates calories consumption during training from 0 to the maximum 9999 cal with each increment 1 cal.
PULSE	Press the MODE key until the pointer advance to PULSE. User's current heart rate will be displayed in beats per minutes. Place the palms of your hands on both of the contact pads (or put ear-clip to ear),and wait for 30 seconds for the most accurate reading.

NOTE

1. Without any signal been transmitted into the monitor for 4 minutes, the LCD display will shut off automatically, and all function values will be kept. You may press mode or start pedaling to have the monitor power on again.
2. If improper display on monitor, please re-install batteries to have a good result.
3. Battery spec: 1.5v um-3 or AAA (2 pcs).



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