

everfit

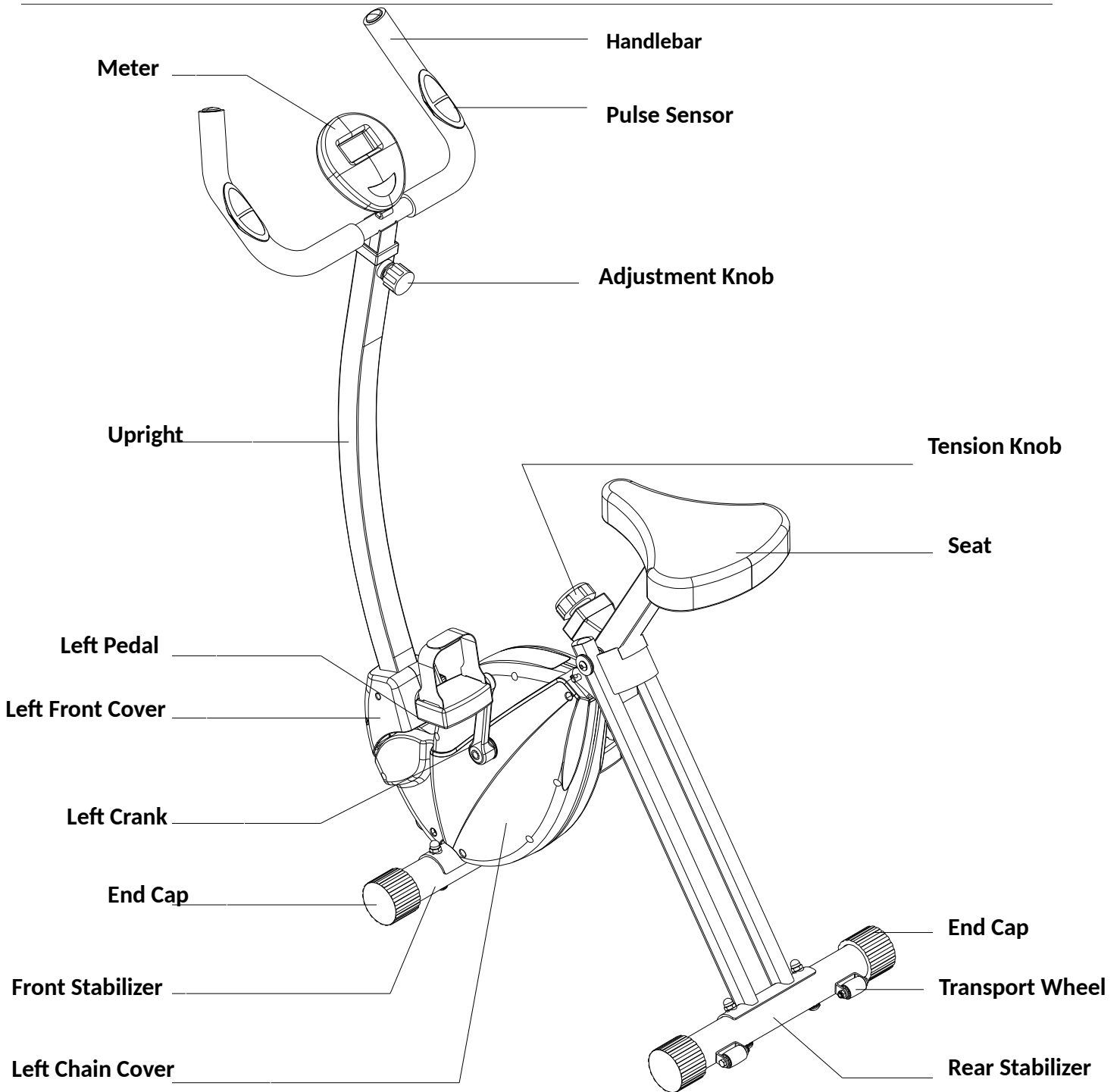
INSTRUCTION



BFK EASY
BFK SLIM
MULTIFIT



PRODUCT OVERVIEW

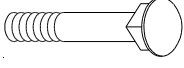
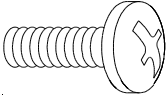
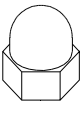

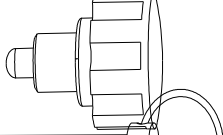
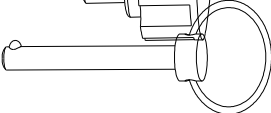


THE FOLLOWING TOOLS ARE INCLUDED

Wrench: 

FOR ASSEMBLY Allen Wrench (5mm) w/ Screwdriver: 

HARDWARE IDENTIFICATION CHART

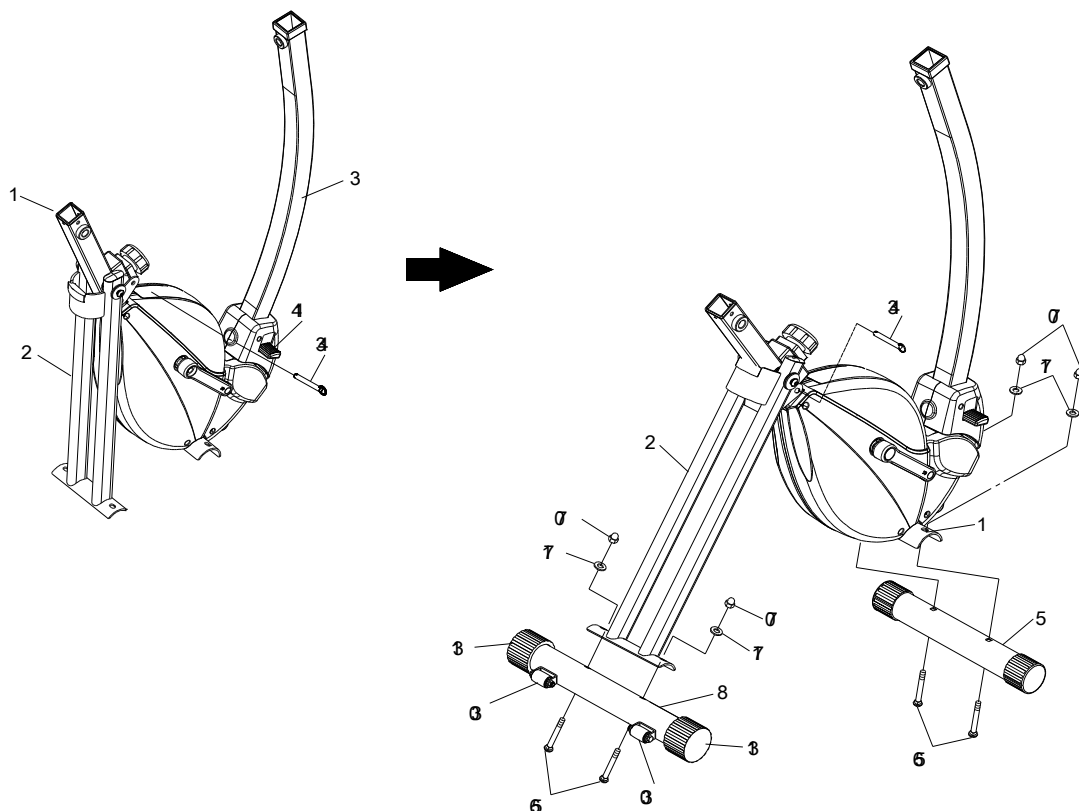
Figure	No.	Description	Qty
	56	Carriage Bolt (M8 x 1.25 x 60mm)	4
	65	Screw, Round Head (M6 x 1 x 12mm)	1
	70	Acorn Nut (M8 x 1.25)	4
	71	Arc Washer (M8)	1
	33	Adjustment Knob	1
	43	Pull Pin	1

ASSEMBLY INSTRUCTION

Place all parts from the box in a cleared area and position them on the floor in front of you. Remove all packing materials from your area and place them back into the box. Do not dispose of the packing materials until assembly is completed. Read each step carefully before beginning.

- STEP 1:** Unfold the Rear Frame (2) away from the Main Frame (1). Locking the frame assembly in unfold position by inserting the Pull PIN (43) into the hole in the Rear Frame (2). Forward pushing Upright (3) to the maximum angle and stepping down to fixed the Lever Cover (14).
- STEP2:** Attach the Rear Stabilizer (8), the one with Transport Wheels (30), to the Rear Frame (2) with the wheels facing backward. Secure with Carriage Bolts (M8*60mm) (56), Acorn Nuts (M8) (70), and Arc Washers (M8) (71).
- STEP 3:** Attach the Front Stabilizer (5) to the Main Frame (1) with Carriage Bolts (M8*60mm) (56), Acorn Nuts (M8) (70), and Arc Washers (M8) (71).

A.

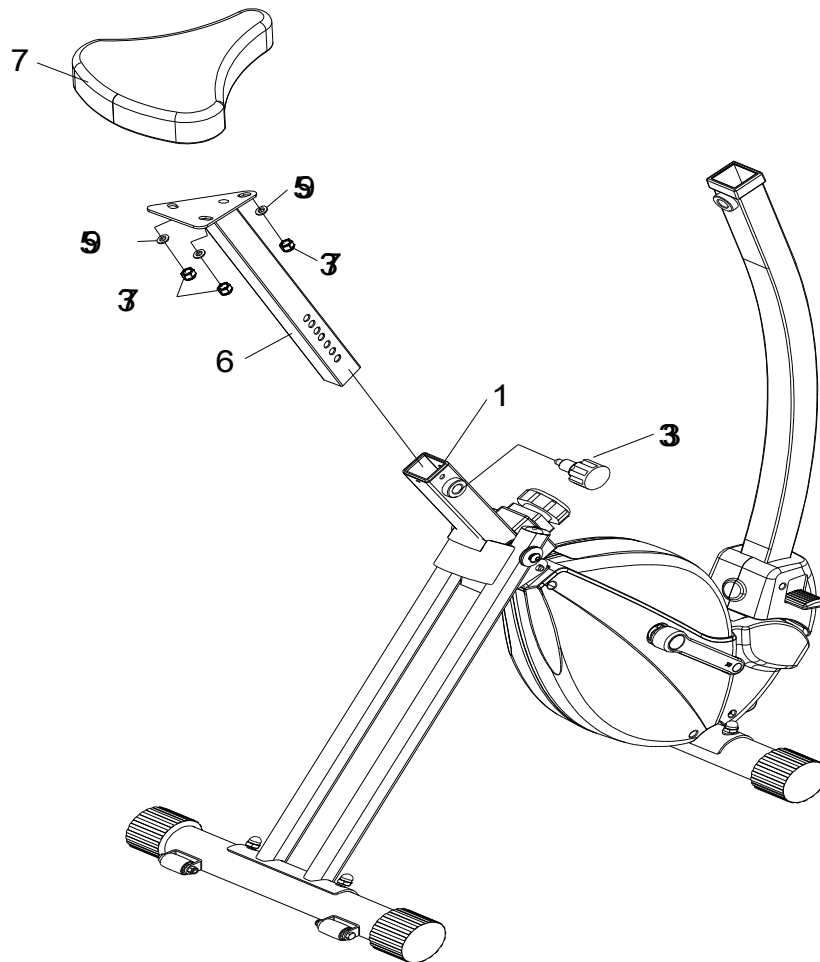


ASSEMBLY INSTRUCTION

STEP 4: Attach the Seat (7) to the Seat Post (6) with Nylock Nuts (M8) (73) and Washer (M8) (95). Insert the Seat Post (6) into the Main Frame (1) and secure with the Adjustment Knob (33).

NOTE:

1. Make sure that the pin on the Adjustment Knob (33) is inserted into one of the holes in Seat Post (6).
2. The Adjustment Knob (33) should be screwed in tight to make the Seat Post (6) fit securely in the Main Frame (1).

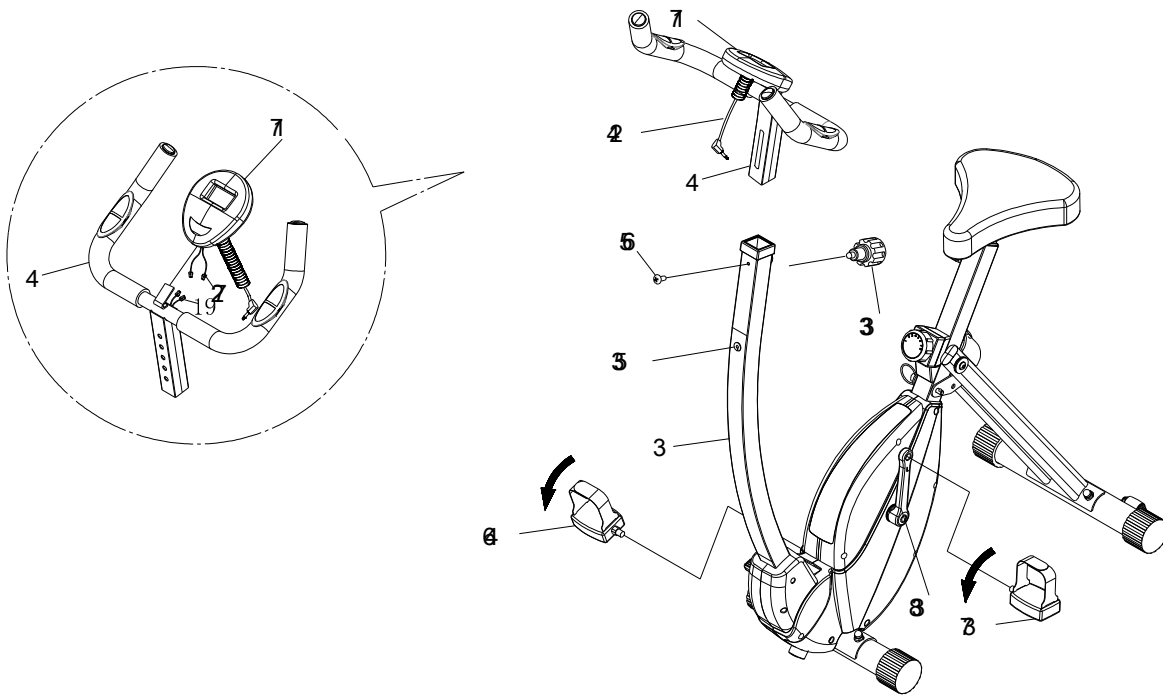


ASSEMBLY INSTRUCTION

STEP 5: Insert the Meter (17) onto the iron sheet of Handlebar (4), then connecting Meter Transmission Wire (72) and Hand pulse Line (19).

STEP 6: Insert the Handlebar (4) into the Rear Frame (3), then secure the Adjustment Knob(33) with the Screw, Round Head (M6 *1* 12mm) (65) the handlebar on the Rear Frame (2) with Hex Head Bolts M6 (80)

STEP7: Lock and tight the Left Pedal (37) and Right Pedal (46) on the Left Crank (38) and Right Crank (45) by using the Wrench (93).



FUNCTION INSPECTION:

Visually inspect the Bike to verify that assembly is as shown in the above illustration. Check the function of the Bike by turning the crank slowly through one complete revolution to verify that the drive train functions properly. Adjust the Adjustment Knob (33) and verify that it functions properly and the resistance changes.

OPERATIONAL INSTRUCTIONS

USING THE FITNESS METER

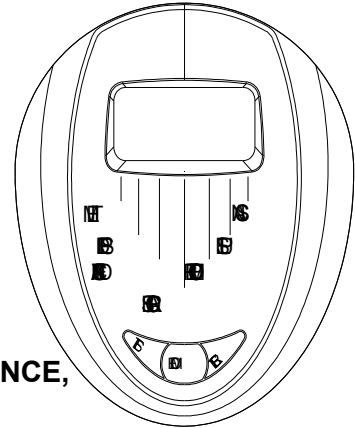
POWER ON: Pedal movement or press the button.

POWER OFF: Automatically shuts off after four minutes of inactivity.

MODE BUTTON:

Press to select display functions, including **SCAN, TIME, SPEED, DISTANCE, CALORIES, ODOMETER, and PULSE.**

Press and hold for two seconds to reset all functions to zero, except ODOMETER.



FUNCTIONS:

SCAN: Automatically scans each function of **TIME, SPEED, DISTANCE, CALORIES,**

ODOMETER, and **PULSE** in sequence, display changes every six seconds. Press and release the button until "**SCAN**" appears on the display.

TIME: Displays the time from one second up to 99:59 minutes.

SPEED: Displays the current speed from zero to 999.99 meters.

DISTANCE: Displays the distance from zero to 99.99 meters.

CALORIES: Displays the calories burned from zero to 999.9 Kcal. The calorie readout is an estimate for an average user. It should be used only as a comparison between workouts on this unit.

ODOMETER: Displays the total accumulated distance you have traveled from zero to 999.9 meters. The total accumulated distance is retained when the meter is turned off.

PULSE: Displays your pulse rate in beats per minute. To display pulse, select the PULSE mode and grasp the pulse sensors on the handlebar, one in each hand. The heart icon will begin flashing when the FITNESS METER senses your pulse. Your pulse will be displayed approximately five (5) seconds after the heart icon is displayed. If the heart icon does not appear, relax your grip or change your grip on the pulse sensors.

NOTE: 1. The meter will shut off automatically after four minutes of inactivity. All function values will be kept. Press the button and hold it down for two seconds to reset all functions to zero, except **ODOMETER.**

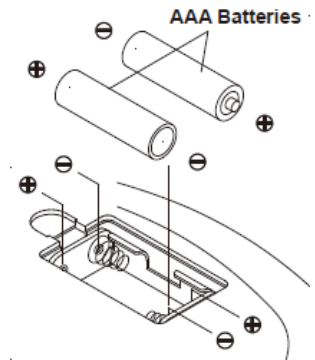
2. The **ODOMETER** will be reset to zero after batteries are removed for battery replacement or storage of the unit.

HOW TO INSTALL AND REPLACE BATTERIES

1. Open the Battery Door on the back of the meter.
2. The meter operates with two AAA batteries, the batteries are not included. Refer to the illustration to install or replace the batteries.

NOTE:

1. Do not mix a new battery with an old battery.
2. Use the same type of battery. Do not mix an alkaline battery with another type of battery.
3. Rechargeable batteries are not recommended.
4. Ultimate disposal of battery should be handled according to all state laws and regulations.
5. **Do not dispose of batteries in fire.**

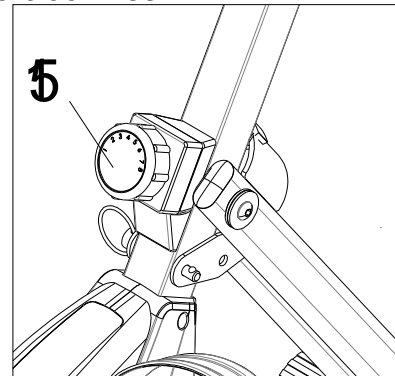


LOAD ADJUSTMENT

To increase the load, turn the 8 Section Adjustment Knob (51) clockwise.

To decrease the load, turn the 8 Section Adjustment Knob (51) counterclockwise.

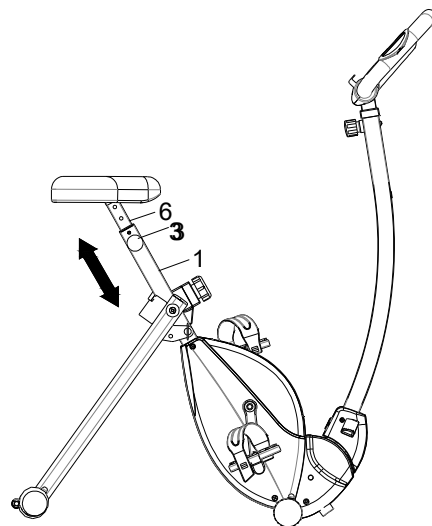
There are eight levels for the load adjustment.



SEAT ADJUSTMENT

Proper seat adjustment is important.

1. Turn the Adjustment Knob (33) to loosen, then pull the Adjustment Knob (33) to release the pin. Slide the Seat Post (6) until the Seat (7) is at the proper height. Release the Adjustment Knob (33) making sure the pin catches in one of the holes of the Seat Post (6) and tighten the Adjustment Knob (33).
2. Sit on the seat and place your feet on the pedals. You should be able to move through a complete pedal stroke without locking your knees or shifting your hips on the seat. The seat is too close to the pedals if you have more than a light bend in your knees at the bottom of the pedal stroke. The seat is too far from the pedals if you have to completely straighten your knees at the bottom of the pedal stroke. Refer to the illustration.



CAUTION:

1. Do not attempt to adjust the seat while you are on the BIKE.
2. Always tighten the Adjustment Knob (33) after adjusting the seat to a new position.

STORAGE

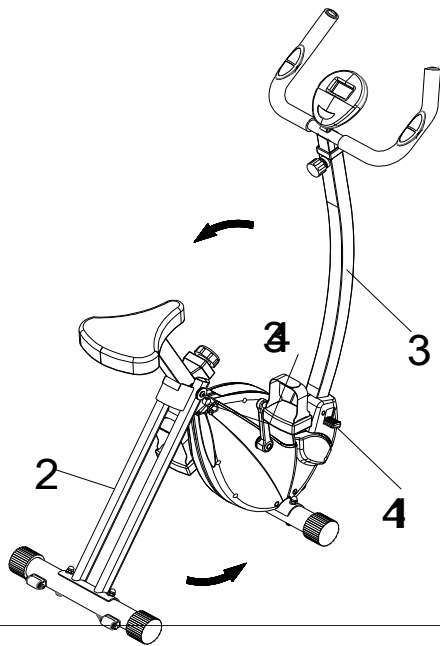
- To store the BIKE, simply keep it in a clean dry place.
- To avoid damage to the electronics, remove the batteries before storing the BIKE for one year or more.
- To move the BIKE, hold the HANDLEBAR and tilt the BIKE onto the Wheels of the Stabilizer at the front.
- Follow the illustrated process below to fold the BIKE.

• Remove the Pull Pin (43), fold the Rear Frame (2) forward. Insert the Pull Pin (43) back into the Rear Frame (1) after folding.

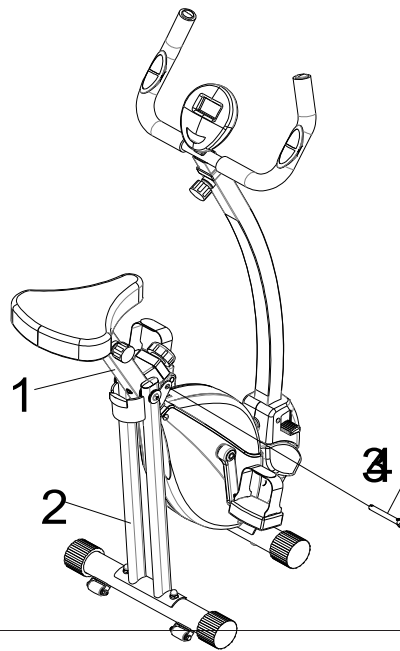
• Remove the Pull Pin (43) from the Rear Frame (2). Fold the Rear Frame (2) close to the Main Frame (1) and lock it in folded position with the Pull Pin (43).

NOTE: Make sure the Pull Pin (43) goes through the holes on both sides of the Rear Frame (2) and the tube on the Main Frame (1).

A.



B.



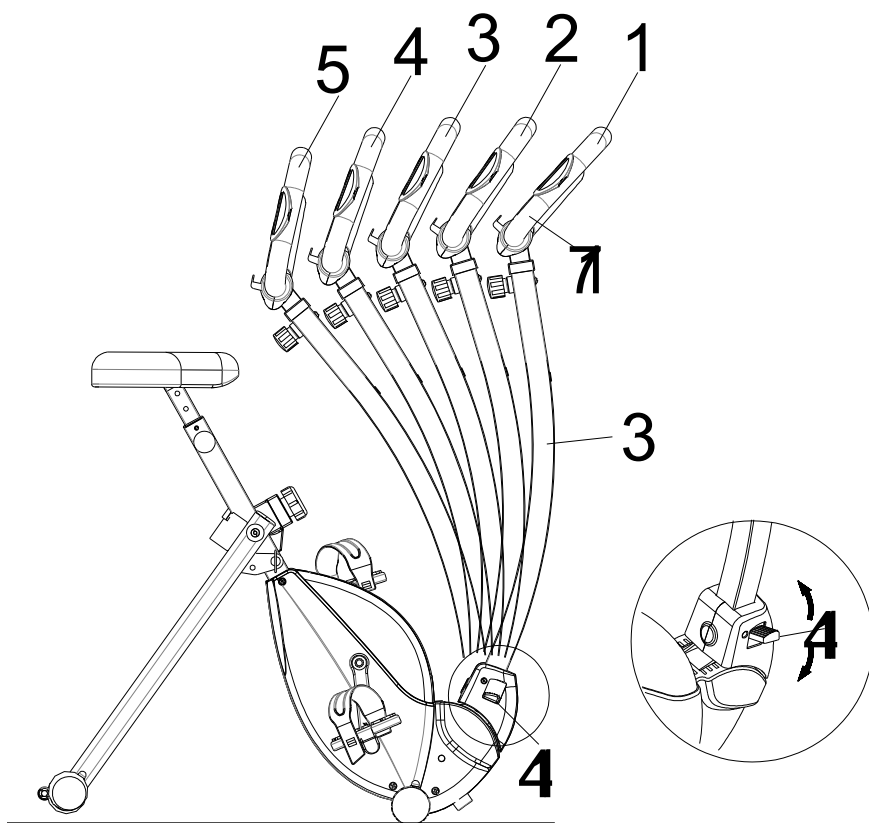
The safety and integrity designed into the BIKE can only be maintained when the BIKE is regularly examined for damage and wear. Special attention should be given to the following:

1. Adjust the 8 Section Adjustment Knob (51) and verify that it functions properly and the resistance changes.
2. Use a wrench to verify that the pedals are tightened securely. If tightening is required, remember that the left pedal has left hand threads and is tightened by turning counterclockwise.
3. Verify that all nuts and bolts are present and properly tightened. Replace missing nuts and bolts. Tighten loose nuts and bolts.

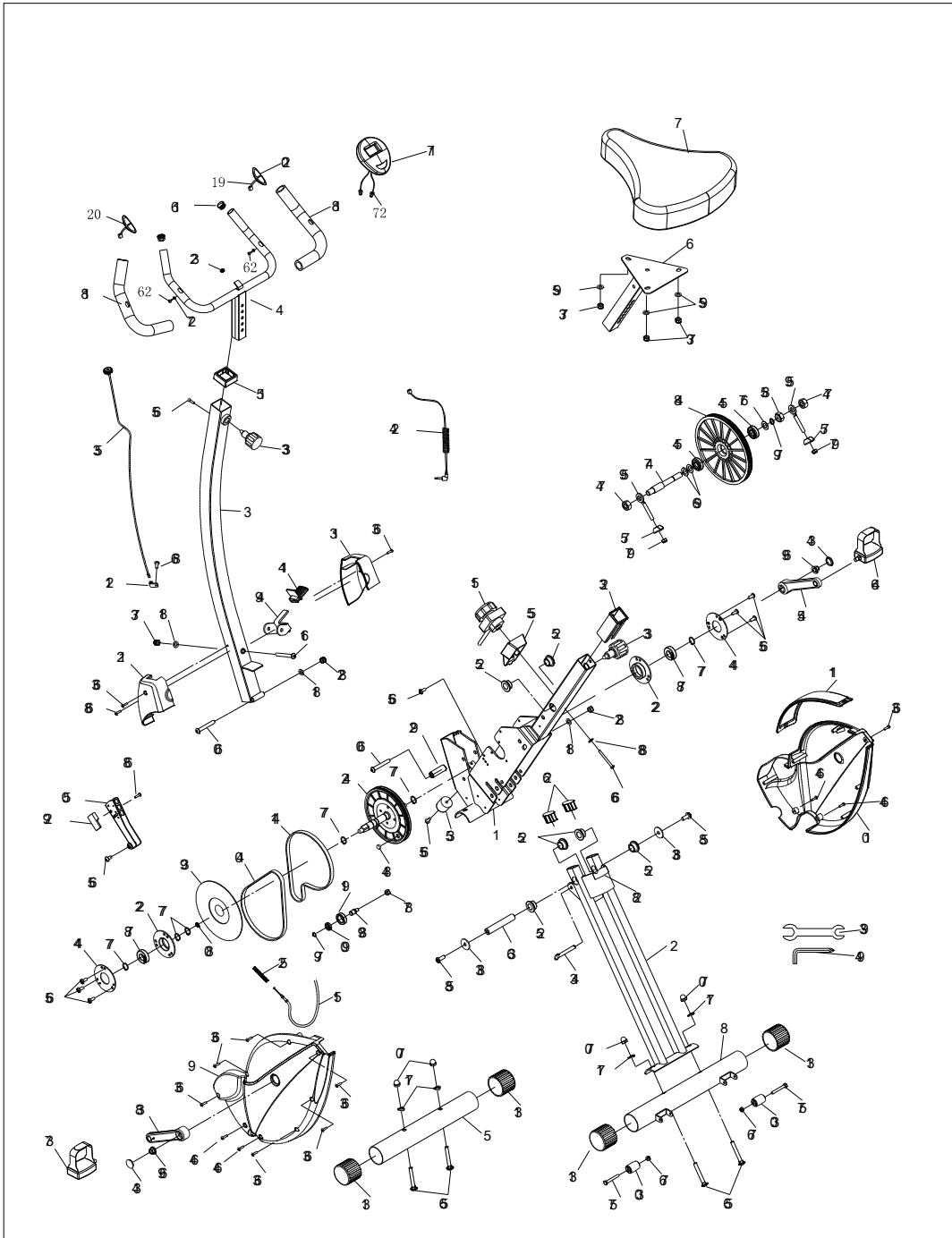
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4. It is the sole responsibility of the user/ owner to ensure that regular maintenance is performed.
 5. Worn or damaged components shall be replaced immediately or the BIKE removed from service until repair is made.
 6. Keep your BIKE clean by wiping it off with an absorbent cloth after use.

UPRIGHT ADJUSTMENT

Refer to the illustrations below. The angle of the Meter (17) can be set to different angles from Position 1 to Position 5. Lift the Lever cover (14) up using your right foot, adjust the UPRIGHT (3)/ Meter (17) to desired position. Then press the Lever cover (14) down to lock the UPRIGHT (3)/ Meter (17) in position.



PRODUCT PARTS DRAWING



PARTS LIST

No.	Description	Qty
1	Main Frame	1
2	Rear Frame	1
3	Hand Rail	1
4	Handlebar	1
5	Front Stabilizer	1
6	Seat Post	1
7	Seat	1
8	Rear Stabilizer	1
9	Left Chain Cover	1
10	Right Chain Cover	1
11	Middle Cover	1
12	Left Front Cover	1
13	Right Front Cover	1
14	Lever cover	1
15	Hollow Cap	1
16	Foam Cap	2
17	Meter	1
18	Handrail Foam	2
19	Hand pulse Line	2
20	Pulse Sensor	2
21	Sensor Bracket	1
22	Bearing Housing	2
23	Tube Bushing	1
24	Connection Wire	1
25	Bushing	6
26	Oval Plug (20mm x 40mm)	2
27	Flat Washer M4	2
28	Rubber Cushion	1
29	Stopper	1
30	Transport Wheel	2
31	End Cap	4
32	Line Plug	1
33	Adjustment Knob	2
34	Crank Plug	2
35	Cushion	1
36	Folding Axis	1
37	Left Pedal	1

38	Left Crank	1
39	Flywheel	1
40	V-Ribbed Belt (230J)	1
41	V-Ribbed Belt (240J)	1
42	Pulley w/ Shaft	1
43	Pull Pin	1
44	Bearing Housing cover	2
45	Right Pedal	1
46	Right Crank	1
47	Pulley Shaft	1
48	Pulley	1
49	Lever	1
50	Magnetic Bracket	1
51	8 Section Adjustment Knob	1
52	Spring	1
53	Sensor	1
54	Ball Bearing (6000Z)	2
55	Tension Bracket	1
56	Carriage Bolt M8X60	4
57	Hex Head Bolt M6X45	2
58	Hex Head Round Bolt M8X20	2
59	Eye Bolt M6	2
60	Hex Head Bolt M8X55	2
61	Hex Head Round Bolt M8X68	1
62	Screw, Round Head Self-Tapping T4.0x20.0	2
63	Screw, Round Head Self-Tapping ST4.2X16	9
64	Bolt, Round Head M5X20	4
65	Screw, Round Head(M6X1X12mm)	10
66	Bolt, Round Head M5X55	1
67	Wave Washer S10	1
68	Screw, Round Head Self-Tapping ST4.2X25	2
69	Flange Nut M10 x 1.25	2
70	Acorn Nut M8	4
71	Arc Washer M8	4
72	Meter Transmission Line	2
73	Nylock Nuts M8	4
74	Nut M10	2
75	U-Shape Bracket	2
76	Nylock Nut M6	2

77	C Ring Φ 17.0	6
78	Ball Bearing (6003ZZ)	2
79	C Ring Φ 10	2
80	Wave Spring Washer S17	1
81	Spring Washer (M8)	3
82	Washer M8	2
83	Large Washer (ϕ 8.2 x ϕ 25 x 2mm)	2
84	Magnet	1
85	Nut M10	1
86	Bolt, Round Head Washer M4X10	1
87	Nut M10	1
88	Washer M5	1
89	Idler Shaft	1
90	Ball Bearing (6200ZZ)	1
91	Idler Shaft	1
92	Sleeve	1
93	Wrench	1
94	Allen Wrench w/ Screwdriver	1
95	Washer M8	3
96	Plastic Washer Φ 10.2* Φ 14	2
97	Nylock Nut M6	2



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