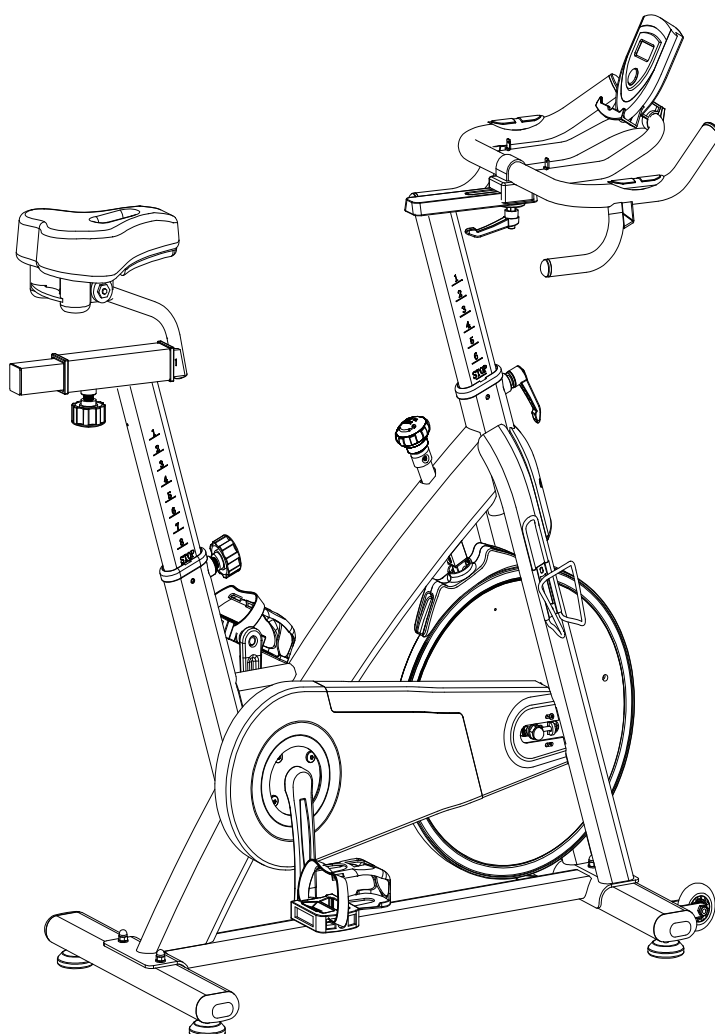


ECHANFIT

User Manual

Magnetic Exercise Bike

Model: CBK1901P



Thanks for you purchasing ECHANFIT Magnetic Exercise Bike CBK1901P. Please read this user manual very carefully before using this bike. Any request, please reach us directly via email with your order number, service@camelonfit.com. Wish you have an excellent exercise experience in advance!

IMPORTANT SAFETY NOTICE

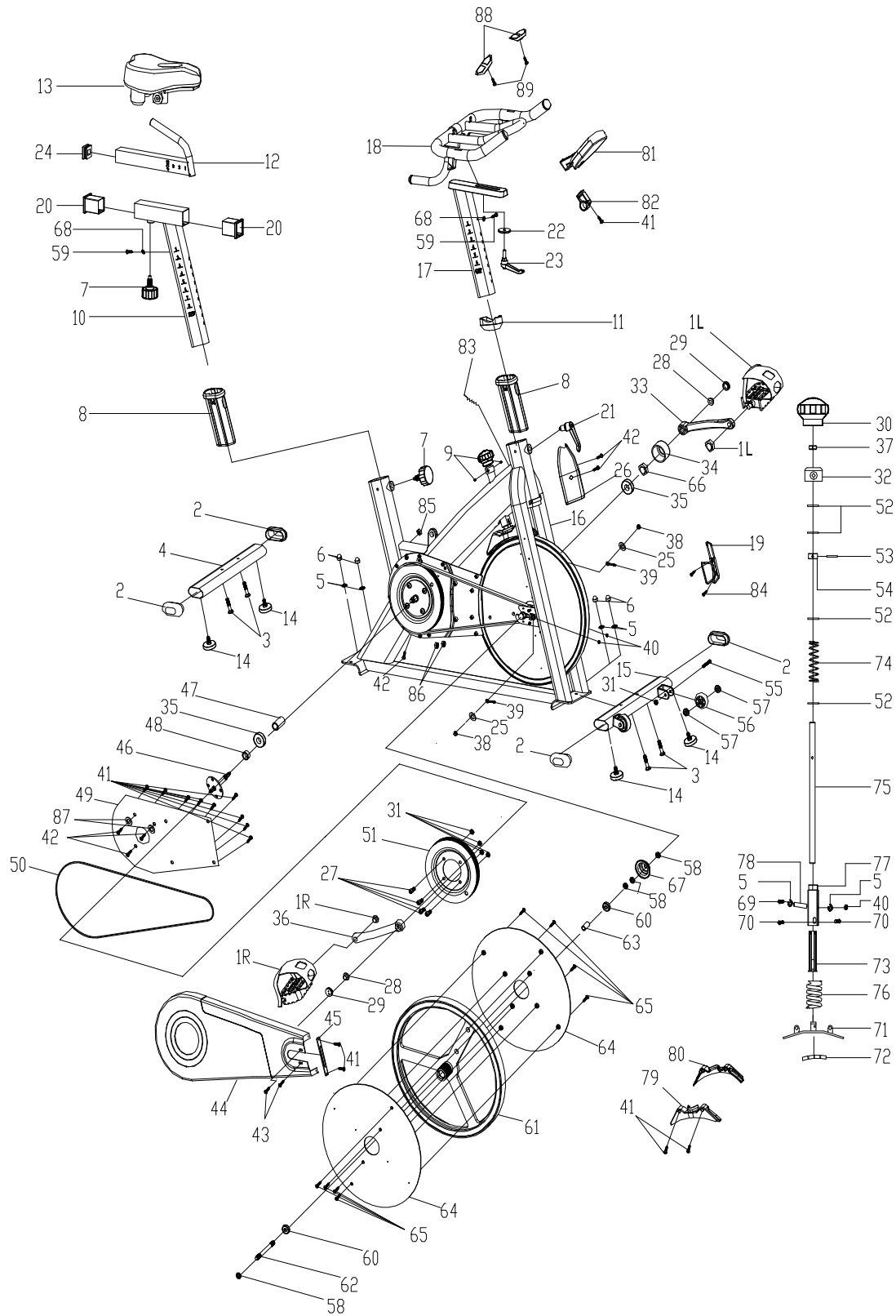
Note the following precaution before assembling or operating the magnetic bike.

- 1、 Keep children and pets away from the Magnetic Exercise Bike at all times. DO NOT leave unattended children in the same room with the magnetic exercise bike.
- 2、 Handicapped or disabled persons should not use the Magnetic Exercise Bike without the presence of a qualified health professional or physician.
- 3、 If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
- 4、 Before beginning training, remove all within a radius of 2 meters from the Magnetic Exercise Bike. DO NOT place any sharp objects around the Magnetic Exercise Bike.
- 5、 Position the Magnetic Exercise Bike on a clear, level surface away from water and moisture. Place mat under the unit to help keep the Magnetic Exercise Bike stable and to protect the floor.
- 6、 Use the Magnetic Exercise Bike only for its intended use as described in this manual. DO NOT use any other accessories not recommended by the manufacturer.
- 7、 Assemble the Magnetic Exercise Bike exactly as the descriptions in the instruction manual.
- 8、 Check all bolts and other connections before using the Magnetic Exercise Bike for the first time and ensure that the trainer is in the safe condition.

- 9、 Hold a routine inspection of the equipment. Pay special attention to components which are the most susceptible to wear off, i.e. connecting points and wheels. The defective components should be replaced immediately. The safety level of this equipment can only be maintained by doing so. Please don't use the Magnetic Exercise Bike until it is repaired well.
- 10、 NEVER operate the Magnetic Exercise Bike if it is not functioning properly.
- 11、 This Magnetic Exercise Bike can be used for only one person's training at a time.
- 12、 Do not use abrasive cleaning articles to clean the Magnetic Exercise Bike. Remove drops of sweat from the Magnetic Exercise Bike immediately after finishing training.
- 13、 Always wear appropriate workout clothing when exercising. Running or aerobic shoes are also required.
- 14、 Before exercising, always do stretching first.
- 15、 The power of the Magnetic Exercise Bike increases with increasing the speed, and the reverse. The Magnetic Exercise Bike is equipped with adjustable knob, which can adjust the resistance.

WARNING: BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN F I R S T. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING THE MAGNETIC EXERCISE BIKE. THANE ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTA I N E D BY OR THROUGH THE USE OF THIS PRODUCT

EXPLODED-VIEW & PARTS LIST:



NO	NAME	QUANTITY	SPEC
1	PEDAL	1	JD-301 (9/16")
2	END CAP3	4	80*40*1.5
3	BOLT 1	4	GB/T 12-1988 M8*52
4	REAR STABILIZER	1	WELDING
5	FLAT WASHER	6	GB/T 95-2002 8
6	NUT	4	GB/T 802-1988 M8 (H=16mm)
7	SPRING ADJUSTMENT KNOB	2	φ57*62 (M16*1.5)
8	PLASTIC SLEEVE 1	2	70*30*1.5
9	BOLT 1	2	GB/845-85 M6*6
10	VERTICAL SEAT POST	1	WELDING
11	END CAP 2	1	70*30*1.5
12	SEAT POST	1	WELDING
13	SEAT	1	DD-189
14	STOPPER	4	φ60*36/(M8X25)
15	FRONT STABILIZER	1	WELDING
16	MAIN FRAME	1	WELDING
17	HANDLEBAR POST	1	WELDING
18	HANDLE BAR	1	WELDING
19	B0TTLE HOLDER	1	ST-05
20	Intertube bushing	2	38*38*1.5
21	L SHAPE KNOB	1	(M16*1.5)X20
22	FLAT WASHER 1	1	φ45*φ10.5*4
23	SPRING ADJUSTMENT KNOB	1	M10*25
24	END CAP 3	1	38*38*1.5
25	FLAT WASHER3	2	GB/T 95-2002 12 (H=2)
26	FRONT COVER	1	170*119*43
27	BOLT	4	GB/T 70.2-2000 M8*16
28	NUT	2	GB/T 6177.2-2000 M10*1.25
29	CRANK END CAP	2	φ23*7.5
30	KNOB	1	φ60*43
31	LOCK NUT	6	GB/T 889.1-2000 M8
32	Twist The Fixings	1	φ32*20
33	LEFT CRANK	1	170*27
34	CRANK COVER	1	φ56*28
35	BEARING	2	6004ZZ
36	RIGHT CRANK	1	170*27
37	NUT	1	GB/T 41-2000 M10
38	NUT	2	GB/T 802-1988 M12X1.25 (H=16mm)
39	FIXING BOLT	2	M6*54
40	NUT	5	GB/T 889.1-2000 M6
41	SCREW 1	14	GB/T 845-1985 ST4.2*19
42	SCREW 2	6	GB/T 15856.1-2002 ST4.2X19
43	SCREW 3	2	GB/845-85 ST4.8X13
44	OUTER CHAIN COVER	1	654*263*49 (507g)
45	LITTLE CHAIN COVER	1	108*37*3 (7g)

NO	NAME	QUANTITY	SPEC
46	AXIS	1	φ20*162
47	LONG FIXING TUBE	1	φ25*φ20.2*41.2
48	SHORT FIXING TUBE	1	φ25*φ20.5*12
49	INNER CHAIN COVER	1	395*259*2.5 (250g)
50	BELT	1	5PK52
51	BELT WHEEL	1	φ210*21
52	WASHER 2	3	16*10.5*1.5
53	Elastic cylindrical pin	1	4*16
54	Screw rod	1	φ16*φ10.5*8
55	BOLT 2	2	GB/T 5780-2000 M8*40
56	WHEEL	2	φ69*23
57	BEARING	4	608ZZ
58	FIXING NUT 2	4	M12X1.25 H=6
59	SCREW 6	2	GB/845-85 ST4.8X13
60	BEARING	2	6001ZZ
61	FLYWHEEL	1	φ453*28
62	FLYWHEEL SHAFT	1	φ12*160
63	FIXING TUBE	1	φ20*φ12.2*56.2
64	Flywheel Decorative Cover	2	φ405*φ61*2.5
65	SCREW 5	8	GB/T 845-1985 ST4.2*9.5
66	NUT	1	M20*1.0
67	CRANK COVER	1	φ59*35
68	SPRING WASHER 1	2	GB/T 859-1987 5
69	BOLT1	1	GB/T 70.1-2000 M6*35
70	BOLT1	3	GB/T 70.1-2000 M6*12
71	The brake block assembly	1	WELDING
72	High magnetic	4	28*20*3
73	The brake guide sleeve	1	18*18*1.2
74	Brake spring	1	14.5*140
75	Screw rod	1	φ10*210
76	Corrugated casing	1	φ60*φ42*90
77	The brake connection assembly	1	18*18*1.2
78	The trachea	1	φ7.5*φ6*28
79	The left front magnetic control brake decoration cover	1	212*29*56
80	The right front brake magnetic control decorative cover	1	212*34*56
81	COMPUTER	1	TE-2300
82	COMPUTER HOLDER	1	54*39*19
83	SENSOR	1	SR-202
84	SCREW 4	2	GB/845-85 ST4.8X19
85	Inner plug	1	φ22*1.5
86	END CAP1	3	φ14*14
87	PLASTIC RING	2	φ20*φ9*3
88	PULSE	2	
89	SCREW 5	2	GB/T 845-1985 ST4.2*25

ASSEMBLY INSTRUCTION:

1.PREPARATION:

- A. Before assembling make sure that you will have enough space around the item.
- B. Use the present tooling for assembling.
- C. Before assembling please check whether all needed parts are available (at the above of this instruction sheet you will find an explosion drawing with all single parts (marked with numbers) which this item consists of.

2.ASSEMBLY INSTRUCTION:

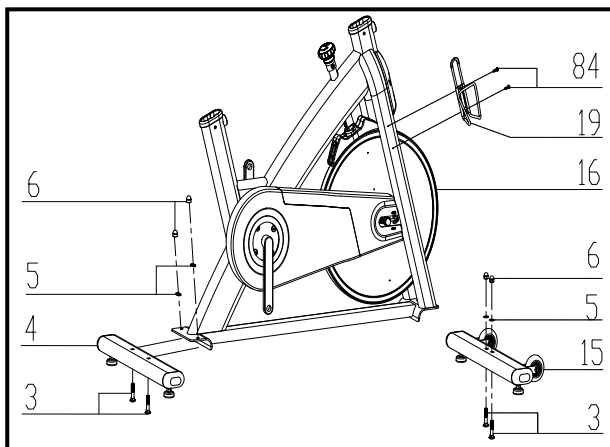


FIG.1

FIG.1:

- A) Attach the Front Stabilizer (pt.15) to the Main Frame (pt.16) using two sets of Ø8 Flat Washers (pt.5), M8 Domed Nut (pt.6) and M8*52 Carriage bolt (3).
- B) Attach the Rear Stabilizer (pt.4) to the Main Frame (pt.16) using two sets of Ø8 Flat Washers (pt.5), M8 Domed Nut (pt.6) and M8*52 Carriage bolt (3).
- C) The aluminium alloy kettle frame (19) and the screw (84) are fixed on the main frame (16) with a cross screwdriver.

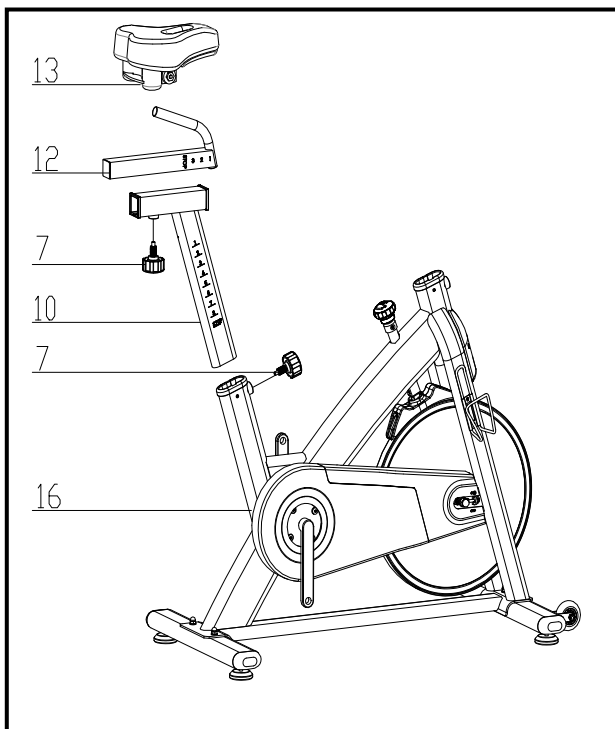


FIG.2

FIG.2:

- A) First, the elastic bolt (7) of the large ball head is loosened and pulled down, then the cushion adjusting pipe assembly (10) is inserted into the inner liner of the main frame assembly (16) to make it in an appropriate position, and then the elastic bolt (7) of the large ball head is loosened and locked.
- B) At the same time, the buffer sliding tube assembly (12) is inserted into the buffer regulating tube assembly (10) and the elastic bolt (7) of the large ball head is locked by the buffer.
- C) Finally, the buffer pad (13) is locked with a tool (using a cross wrench).

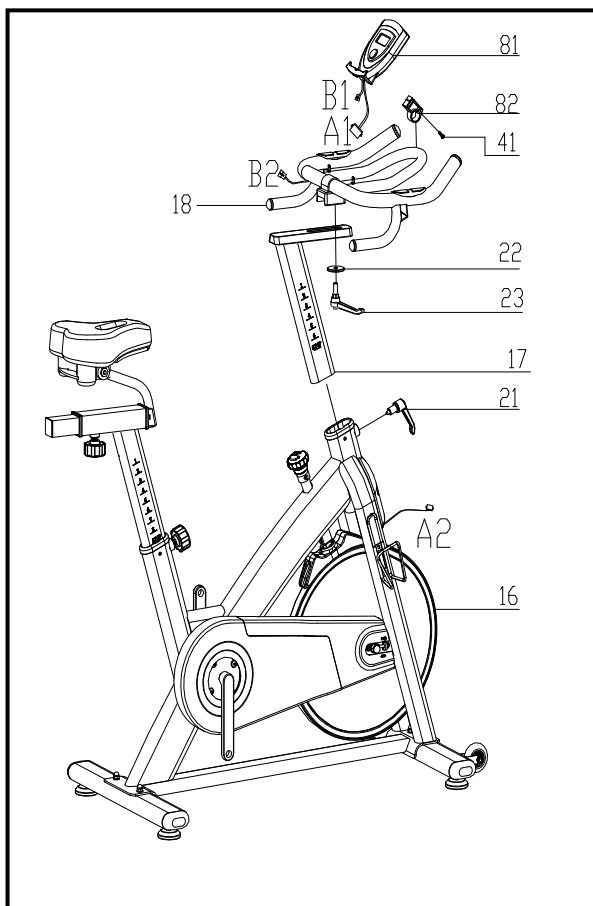


FIG.3

FIG.3:

- A) Slide the Handlebar Post (pt.17) into the handlebar post housing on the main frame(pt.16). You will have to slacken the knurled section of the L Shape Knob (pt.21) and pull the knob back and then select the desired height. Release the knob and retighten the knurled portion.
- B) Then fix the Handlebar (pt.18) with a flat washer 1 (22) and L Shape knob (23).

ATTENTION: YOU SHOULD FIX THE HANDLEBAR TIGHTLY.

Fix the computer (81) onto the Handlebar post(pt18) with 1pcs Bolt (41), connect A1&A2, B1&B2.

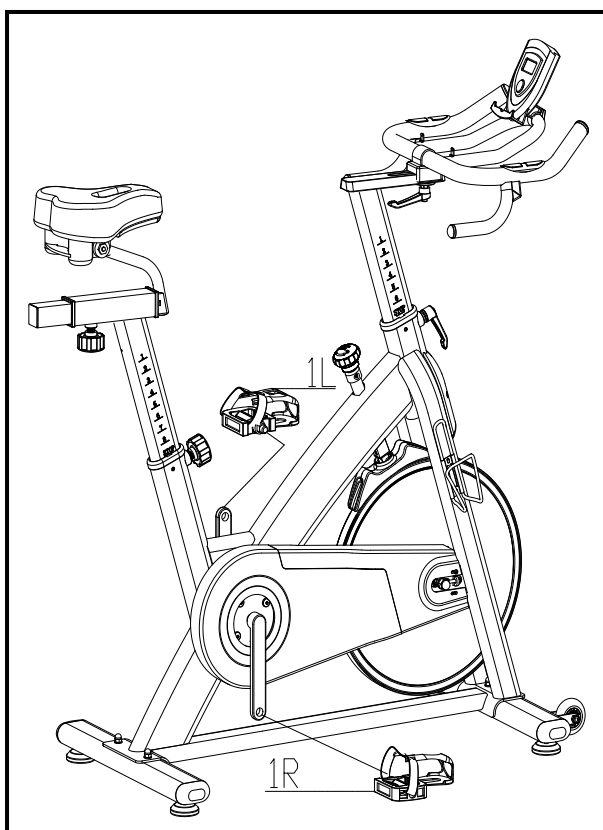
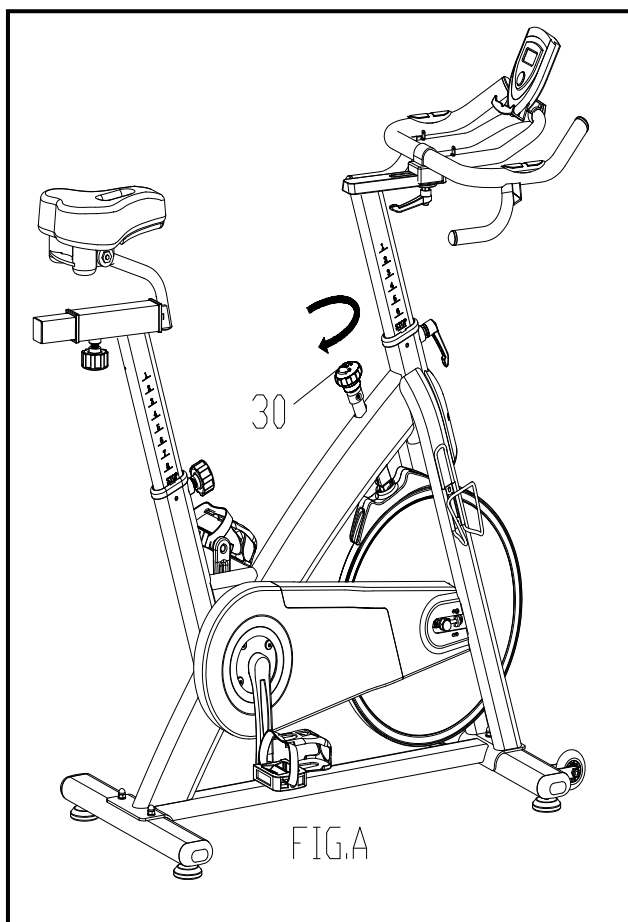


FIG.4

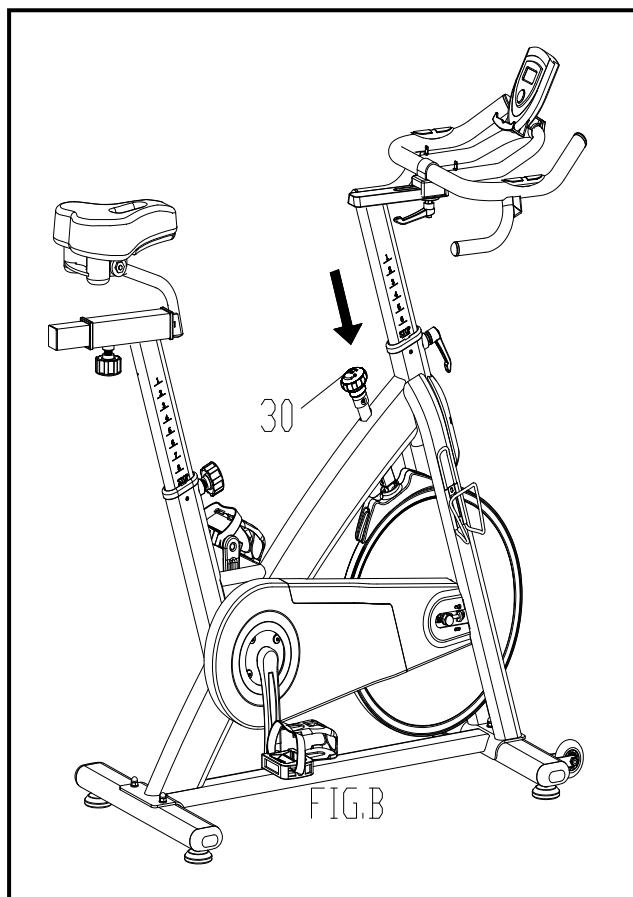
FIG.4:

- A) The Pedals (pt.1 L & pt.1 R) are marked "L" and "R" - Left and Right.
- B) Connect them to their appropriate crank arms. The right crank arm is on the right- hand side of the cycle as you sit on it.

Note that the Right pedal should be threaded on clockwise and the Left pedal anticlockwise.



A) Adjusting the Tension:
 Increasing or decreasing the tension allows you to add variety to your workout sessions by adjusting the resistance level of the bike. To increase tension and increase resistance (requiring more strength to pedal), turn the *Emergency Brake & Tension Control Knob (#30)* to the *right*. To decrease tension and increase resistance (requiring less strength to pedal), turn the *Emergency Brake & Tension Control Knob (#30)* to the *left*.



B) Using the Emergency Brake Function:
 The same knob that allows you to adjust the tension of the bike also doubles as the Emergency Brake. Use this safety feature in any situation where you would need to get off the bike and/or stop the bike's flywheel. To use the Emergency Brake function in any situation you would need it in, firmly press down on the *Emergency Brake & Brake Control Knob (#30)*.

ADJUSTMENT

*To adjust the seat height, slacken the spring knob on the vertical post stem on the main frame and pull back the knob. Position the vertical seat post for the desired height so that holes are aligned, then release the knob and retighten it.

*To move the seat forward in the direction of the handlebar or backwards away from it, loosen the adjusting knob and washer and pull the knob back. Slide horizontal seat post into desired position. Align holes and then retighten the adjusting knob.

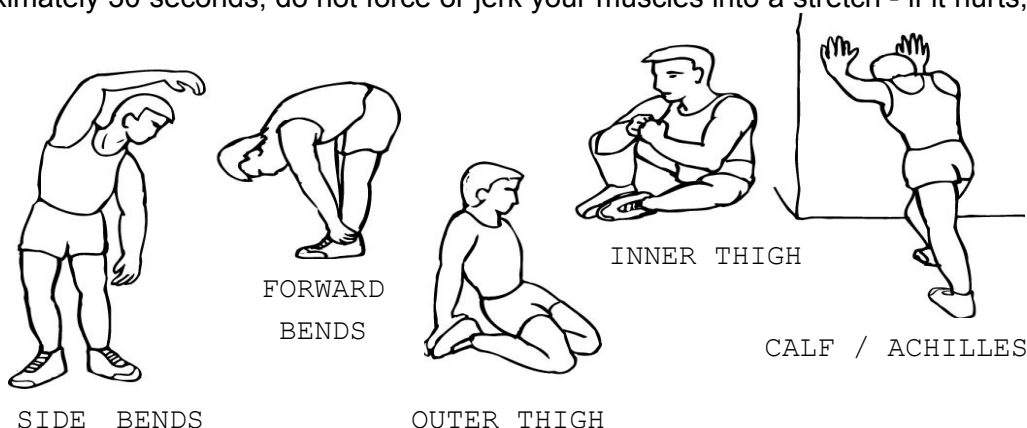
*To adjust the handlebar height, slacken the spring knob and secondary knob and pull both knobs back. Slide the handlebar post along the housing on the main frame to the desired height and, with the holes aligned correctly, tighten the spring adjusting knob and then the secondary knob.

EXERCISE INSTRUCTIONS

Using your **Magnetic Exercise Bike** provides you with several benefits, it will improve your physical fitness, tone muscle and in conjunction with calorie controlled diet help you lose weight.

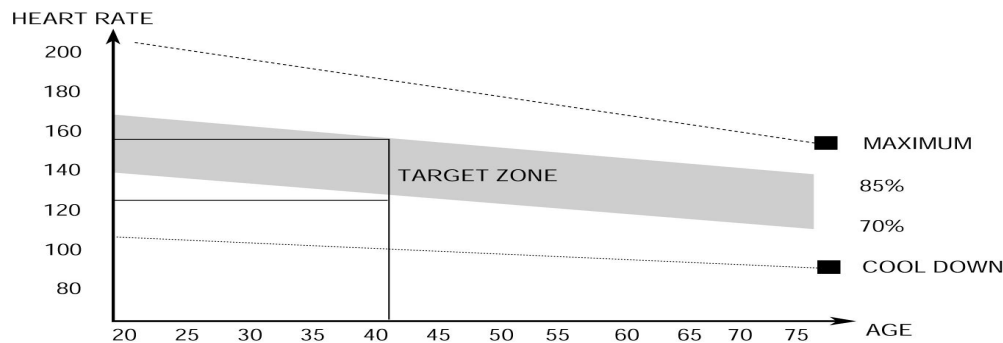
1.The Warm Up Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, **STOP**.



2.The Exercise Phase

This is the stage where you put the effort in. After regular use, the muscles in your legs will become Stronger. Work to your but it is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heart beat into the target zone shown on the graph below.



This stage should last for a minimum of 12 minutes for most people

This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.

As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

MUSCLE TONING

To tone muscle while on your **Magnetic Exercise Bike** you will need to have the resistance set quite high. This will put more strain on our leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance, making your legs work harder than normal. You may have to reduce your speed to keep your heart rate in the target zone.

WEIGHT LOSS

The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

USE

The tension control knob allows you to alter the resistance of the pedals. A high resistance makes it more difficult to pedal, a low resistance makes it easier. For the best results set the tension while the bike is in use.