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## FIT BIKE FFHT002

# FitBike Ride 2 Exercise Bike User Manual

Model: FFHT002

## 1. INTRODUCTION

Thank you for choosing the FitBike Ride 2 Exercise Bike. This manual provides essential information for the safe and effective use of your new fitness equipment. Please read this manual thoroughly before assembly and operation, and keep it for future reference.

The FitBike Ride 2 is designed for home use, offering a comfortable and quiet workout experience. It features a 5kg flywheel, 16 resistance levels, and various training programs to help you achieve your fitness goals.

## 2. SAFETY INFORMATION

- Consult your physician before starting any exercise program.
- Ensure all parts are correctly assembled and tightened before each use.
- Place the exercise bike on a flat, stable surface.
- Keep children and pets away from the equipment during use.
- Do not exceed the maximum user weight of 125 kg (275 lbs).
- Wear appropriate athletic footwear and clothing during workouts.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- Keep hands and feet clear of moving parts.

## 3. SETUP AND ASSEMBLY

The FitBike Ride 2 requires some assembly. Please follow the detailed instructions provided in the separate assembly guide included with your product. Ensure all bolts and nuts are securely fastened.

### 3.1 Adjusting the Seat and Handlebars

For optimal comfort and effective training, adjust the seat and handlebars to your body size. The seat is vertically

adjustable, and the U-shaped handlebars can also be positioned for a comfortable grip. The bike accommodates users up to 180 cm (approximately 5'11").



Image: Adjustable seat mechanism. The seat can be moved up or down to suit different user heights.



Image: Seat adjustment knob. Turn this knob to loosen, adjust the seat height, and then tighten to secure.

### **3.2 Transporting the Bike**

The FitBike Ride 2 is equipped with transport wheels for easy relocation. To move the bike, slightly tilt it forward onto the wheels and roll it to your desired location.



Image: Rear stabilizer bar with transport wheels. These wheels allow for easy movement of the bike.



Image: Front stabilizer bar with transport wheels. Similar to the rear, these wheels aid in mobility.

## 4. OPERATING INSTRUCTIONS

The FitBike Ride 2 offers various training options and an intuitive display console.



Image: LCD Display Console. This shows workout data and features control buttons.

### 4.1 Display Console Functions

The LCD display provides real-time workout data and control over your training. It features 6 main buttons:

- **Mode/Enter:** Used to confirm selections and cycle through display modes.
- **Reset:** Returns to the main menu or resets current workout data.
- **Start/Stop:** Initiates or pauses/stops a workout.
- **Recovery:** Starts the recovery heart rate test.
- **Body Fat:** Initiates the body fat measurement function.
- **Down-Up (Arrow Buttons):** Used to navigate menus, change programs, and adjust resistance levels.

### 4.2 Resistance Adjustment

The FitBike Ride 2 features 16 electronically adjustable magnetic resistance levels. You can manually adjust the resistance using the Up/Down arrow buttons on the console, or it will automatically adjust during pre-programmed workouts.

### 4.3 Training Programs and User Profiles

The bike includes 12 pre-programmed workouts and supports 4 user profiles for data storage. This allows multiple users to track their progress individually.

- **Quick Start:** Begin a workout immediately without any settings. Time, speed, and other data will start accumulating.

- **Manual Program:** Set specific workout goals such as duration or distance.
- **Pre-set Programs:** Choose from 12 integrated programs that automatically vary resistance.
- **Heart Rate Program:** Utilize hand sensors for heart rate measurement during your workout.
- **Recovery Test:** Measure your heart rate recovery after exercise.
- **Body Fat Measurement:** Use the dedicated function to estimate body fat percentage.



Image: Pedal and crank arm. Ensure your feet are securely placed in the pedal straps before starting your workout.

## 5. MAINTENANCE

The FitBike Ride 2 is designed for low maintenance. Regular cleaning and inspection will ensure its longevity and optimal performance.

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Do not use abrasive cleaners.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures.

## 6. TROUBLESHOOTING

If you encounter any issues with your FitBike Ride 2, please refer to the following common troubleshooting tips:

- **Display Not Working:** Check if the console batteries are correctly installed or need replacement. Ensure all cable connections to the console are secure.

- **Resistance Not Changing:** Verify that the power adapter is properly connected (if applicable) and that no cables are pinched. If using a manual adjustment, ensure the knob is functioning correctly.
- **Unusual Noises:** Check for any loose parts or fasteners. Ensure the bike is on a level surface. If the noise persists, contact customer support.
- **Unstable Operation:** Ensure the bike is placed on a firm, level surface. Adjust the leveling feet if necessary.

For issues not covered here, please contact FitBike customer support.

## 7. SPECIFICATIONS

Feature	Specification
Model	FitBike Ride 2 (FFHT002)
Usage Class	Home Use
Dimensions (L x W x H)	85 x 41 x 124 cm (33.5 x 16.1 x 48.8 inches)
Product Weight	21 kg (46.3 lbs)
Maximum Supported Weight	125 kg (275 lbs)
Flywheel Weight	5 kg (11 lbs)
Resistance Levels	16
Resistance System	Magnetic
Resistance Adjustment	Electronic
Maximum User Height	180 cm (5'11")
Crank	2-piece
Adjustable Seat	Vertically
Number of Programs	12
Heart Rate Measurement	Hand Sensors
Display Readouts	Distance, Speed, Time, Calories Burned, Heart Rate, Power, RPM, Graph
Tablet Connectivity	No (includes tablet holder)



Image: Full side view of the FitBike Ride 2, showcasing its compact design.



Image: Angled front view of the FitBike Ride 2, highlighting the handlebars and display.



Image: Direct front view of the FitBike Ride 2, showing the overall structure.

## 8. WARRANTY AND SUPPORT

For information regarding the product warranty, please refer to the warranty card included with your purchase or visit the official FitBike website. Keep your proof of purchase for warranty claims.

If you require technical assistance, have questions about assembly, operation, or maintenance, please contact

FitBike customer support. Contact details can typically be found on the manufacturer's website or your purchase documentation.