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Fitfiu Fitness BEST-100 (Model 1100005)

FITFIU Fitness BEST-100 Static Bicycle User Manual

Model: BEST-100 (Model 1100005)

1. IMPORTANT SAFETY INFORMATION

Before using the FITFIU Fitness BEST-100 Static Bicycle, please read and understand all instructions in this manual. Keep this manual for future reference.

- Consult a physician before starting any exercise program.
- Ensure the bicycle is placed on a flat, stable surface.
- Keep children and pets away from the equipment during use.
- The maximum recommended user weight is 100 kg.
- The maximum recommended user height is 1.65 m.
- Wear appropriate exercise clothing and footwear.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- Regularly inspect the bicycle for wear and tear, especially moving parts and connections.

2. PRODUCT OVERVIEW

The FITFIU Fitness BEST-100 is an ultra-compact static bicycle designed for moderate exercise at home or for rehabilitation purposes. It features a 5 kg inertia disc and 8 levels of adjustable magnetic resistance.

The integrated LCD display provides essential workout data, including speed, time, distance, and calories burned. The pedals are equipped with adjustable straps for secure foot placement.



Image 2.1: Overview of the FITFIU Fitness BEST-100 Static Bicycle.

3. WHAT'S IN THE BOX

Carefully unpack all components and ensure you have the following items:

- 1x BEST-100 Static Bicycle (Grey)
- 1x Instruction Manual (this document)
- 1x Assembly Kit (includes necessary tools and fasteners)

If any parts are missing or damaged, do not proceed with assembly. Contact customer support for assistance.

4. ASSEMBLY INSTRUCTIONS

Assembly of the BEST-100 static bicycle requires careful attention to the provided diagrams and instructions. It is recommended to have a second person assist with certain steps.

1. **Base Stabilizers:** Attach the front and rear stabilizer bars to the main frame using the provided bolts and nuts. Ensure they are securely tightened.
2. **Pedals:** Identify the left (L) and right (R) pedals. Thread the left pedal counter-clockwise and the right pedal clockwise into their respective crank arms. Tighten firmly. Attach the foot straps to the pedals.

3. **Seat Post and Seat:** Insert the seat post into the main frame. Adjust the height to your preference using the adjustment knob and secure it. Attach the seat to the seat post.
4. **Handlebar Post and Handlebars:** Connect the handlebar post to the main frame. Attach the handlebars to the handlebar post. Ensure all connections are secure.
5. **Console/Display:** Connect the sensor cables from the main frame to the LCD display unit. Mount the display unit onto the handlebar assembly.
6. **Final Check:** Before first use, verify that all bolts, nuts, and connections are securely tightened. Ensure the bicycle is stable and does not wobble.



Image 4.1: Seat height adjustment mechanism. Adjust to ensure comfortable and effective pedaling.



Image 4.2: Pedals with adjustable straps for secure foot placement during exercise.

5. OPERATING INSTRUCTIONS

5.1 Adjusting Resistance

The BEST-100 features 8 levels of magnetic resistance. To adjust the resistance, turn the knob located on the main frame below the handlebars. Turn clockwise to increase resistance for a more challenging workout, and counter-clockwise to decrease resistance for an easier workout.



Image 5.1: Resistance adjustment knob. Turn to select one of 8 resistance levels.

5.2 Using the LCD Display

The LCD display tracks your workout progress. It typically shows the following metrics:

- **SPEED:** Current cycling speed.
- **TIME:** Duration of your workout.
- **DISTANCE:** Total distance covered during the workout.
- **CALORIES:** Estimated calories burned.

The display is battery-powered. If the display becomes dim or unresponsive, replace the batteries (type usually AAA, refer to the battery compartment for specifics).



Image 5.2: LCD display showing workout metrics and handlebars for support.

6. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your static bicycle.

- **Cleaning:** Wipe down the bicycle with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners or solvents.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness. Tighten any loose fasteners.
- **Lubrication:** The magnetic resistance system is generally maintenance-free. Do not attempt to lubricate internal components unless specifically instructed by the manufacturer.
- **Storage:** Store the bicycle in a dry, cool place away from direct sunlight and extreme temperatures.

7. TROUBLESHOOTING

If you encounter issues with your BEST-100 static bicycle, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Bicycle is unstable or wobbles.	Loose assembly bolts; uneven floor.	Check and tighten all assembly bolts. Ensure the bicycle is on a level surface.
Pedaling movement is not smooth or makes noise.	Loose components; internal friction.	Verify all connections are tight. If noise persists, contact customer support.
LCD display is not working or shows incorrect data.	Dead batteries; loose sensor connection.	Replace the batteries in the display unit. Check that the sensor cable is securely connected.
Resistance adjustment is not effective.	Internal mechanism issue.	Ensure the resistance knob is turning freely. If the issue persists, contact customer support.

If the problem is not listed or persists after attempting the solutions, contact FITFIU Fitness customer support.

8. SPECIFICATIONS

Feature	Specification
Model Number	1100005
Dimensions (L x W x H)	60 x 40 x 85 cm
Product Weight	9 kg
Maximum User Weight	100 kg
Inertia Disc Weight	5 kg
Resistance Levels	8 (Adjustable)
Resistance Mechanism	Magnetic
Material	Alloy Steel
Display Type	LCD
Display Functions	Speed, Time, Distance, Calories
Color	Grey
Power Source (Display)	Battery Operated



Image 8.1: Diagram showing the dimensions of the static bicycle.

9. WARRANTY AND SUPPORT

For warranty information, product support, or to purchase replacement parts, please contact FITFIU Fitness customer service. Refer to your purchase documentation for specific warranty terms and contact details.

You can typically find support information on the official FITFIU Fitness website or through the retailer where you purchased the product.

