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Fitfiu Fitness BESP-22

FITFIU BESP-22 Indoor Bike User Manual

Model: BESP-22 | Brand: Fitfiu Fitness

1. INTRODUCTION

Thank you for choosing the FITFIU BESP-22 Indoor Bike. This manual provides essential information for the safe assembly, operation, and maintenance of your new fitness equipment. Please read it thoroughly before first use and keep it for future reference.

Product Overview

The FITFIU BESP-22 is a robust indoor cycling bike designed for home training. It features a 24kg inertia flywheel, adjustable resistance levels, and a comfortable, adjustable saddle and handlebars. The integrated monitor tracks key workout metrics.



Image 1.1: Main view of the FITFIU BESP-22 Indoor Bike. This image displays the complete assembled bike from a slight angle, highlighting its black and red design, the flywheel, pedals, saddle, and handlebars with the integrated monitor.

Safety Information

- Consult a physician before starting any exercise program.
- Ensure all parts are securely tightened before each use.
- Keep children and pets away from the equipment during operation.
- Place the bike on a flat, stable surface.
- Wear appropriate exercise clothing and footwear.
- The maximum user weight for this bike is 120 kg.

2. SETUP AND ASSEMBLY

The FITFIU BESP-22 Indoor Bike requires assembly. Please follow these instructions carefully. Tools for assembly are typically included.

Unpacking and Initial Checks

1. Carefully remove all components from the packaging.
2. Verify that all parts listed in the assembly diagram (not provided in this text, refer to physical manual) are present.
3. **Important:** Locate and remove any transport stoppers or protective materials from the flywheel and other moving parts. Failure to remove these stoppers will prevent the bike from functioning correctly and may cause damage. These are typically found underneath the flywheel.

Assembly Steps (General Guidance)

While specific diagrams are not available here, typical assembly involves:

- Attaching the front and rear stabilizers to the main frame.
- Mounting the pedals to the crank arms (note left and right pedal threading).
- Inserting and securing the saddle post and saddle.
- Inserting and securing the handlebar post and handlebars.
- Connecting any sensor cables for the monitor.

Ensure all bolts and nuts are tightened securely after assembly. Periodically check for tightness during use.

3. OPERATION

This section details how to use your FITFIU BESP-22 Indoor Bike effectively and safely.

Adjusting Saddle and Handlebars

Proper adjustment is crucial for comfort and injury prevention.

- **Saddle Height:** Loosen the adjustment knob on the saddle post. Adjust the saddle so that when your foot is at the bottom of the pedal stroke, your leg is almost fully extended with a slight bend in the knee. Tighten the knob securely.
- **Saddle Position (Fore/Aft):** Loosen the adjustment knob beneath the saddle. Adjust the saddle forward or backward to align your knee with the ball of your foot when the pedals are horizontal. Tighten the knob securely.
- **Handlebar Height:** Loosen the adjustment knob on the handlebar post. Adjust the handlebars to a comfortable height that allows for a slight bend in your elbows and a relaxed upper body posture. Tighten the knob securely.



Image 3.1: A user seated on the FITFIU BESP-22 Indoor Bike, demonstrating proper saddle and handlebar positioning for a comfortable ride. The image shows a woman in athletic wear, seated on the bike, with her hands on the handlebars.

Adjusting Resistance

The bike features a friction-based resistance system.

- **Increase Resistance:** Turn the red resistance knob clockwise (+). This applies more pressure to the flywheel, making pedaling harder.
- **Decrease Resistance:** Turn the red resistance knob counter-clockwise (-). This reduces pressure, making pedaling easier.
- **Emergency Stop:** Press down firmly on the resistance knob to quickly stop the flywheel.



Image 3.2: A close-up view of the red resistance adjustment knob on the FITIU BESP-22 Indoor Bike. The knob is clearly labeled with '+' and '-' indicators for increasing and decreasing tension, and instructions to release tension after use.

Using the Monitor

The integrated monitor displays various workout metrics. It is battery-powered.

- **Functions:** The monitor typically displays Time, Speed, Distance, Calories, and Pulse (heart rate) via handlebar sensors.
- **Operation:** Press the "MODE" button to cycle through display functions. Press "RESET" to clear current workout data.
- **Heart Rate Monitoring:** Place both hands firmly on the handlebar sensors to activate the pulse reading. Note that readings may vary and are for reference only.
- **Battery:** If the monitor is not functioning, check or replace the batteries (usually AAA).



Image 3.3: A close-up view of the FITFIU BESP-22 Indoor Bike's monitor and handlebars. The digital display shows workout metrics, and the handlebars feature integrated pulse sensors and a tablet/phone holder.

Pedals with Toe Clips

The pedals are equipped with toe clips to secure your feet during exercise, providing better power transfer and safety.

- Adjust the straps to ensure a snug fit over your athletic shoes.

4. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your indoor bike.

Cleaning

- Wipe down the bike with a damp cloth after each use to remove sweat and dust.
- Avoid using abrasive cleaners or solvents that could damage the finish or electronic components.

Inspections

- **Weekly:** Check all bolts, nuts, and moving parts for tightness. Re-tighten if necessary.
- **Monthly:** Inspect the drive belt for any signs of wear or damage.
- **Periodically:** Check the friction pads for wear. If they become excessively worn, they may need replacement.

Lubrication

- Apply a small amount of silicone-based lubricant to the saddle and handlebar posts if they become difficult to adjust.
- The belt drive system is generally maintenance-free and does not require lubrication.

5. TROUBLESHOOTING

This section addresses common issues you might encounter with your FITFIU BESP-22 Indoor Bike.

Problem	Possible Cause	Solution
Bike makes squeaking/creaking noises (e.g., from saddle).	Loose connections; friction between parts; new equipment settling.	Check and tighten all bolts and nuts, especially around the saddle post. Apply a small amount of silicone lubricant to contact points if noise persists.
Monitor is not displaying data or is blank.	Dead batteries; loose sensor connection.	Replace the batteries (typically AAA) in the monitor. Ensure all sensor cables are securely connected.
Resistance lever feels loose or detaches.	Internal mechanism issue; improper assembly.	Check the assembly of the resistance mechanism. If the issue persists, contact customer support.
Heart rate monitor not reading or inaccurate.	Improper hand placement; dry hands; sensor malfunction.	Ensure both hands are firmly and completely on the sensors. Lightly moisten hands if they are too dry. Note that integrated pulse sensors can be basic and may not provide medical-grade accuracy.
Pedals are difficult to turn or stuck.	Transport stoppers not removed; resistance too high; mechanical issue.	Ensure all transport stoppers have been removed from the flywheel. Reduce resistance. Check for any obstructions around the flywheel or pedals.

6. SPECIFICATIONS

Feature	Detail
Brand	Fitfiu Fitness
Model Name	BESP-22
Model Number	1100007
Flywheel Weight	24 kg
Resistance Mechanism	Friction

Feature	Detail
Drive System	Belt
Maximum User Weight	120 kg
Product Dimensions (L x W x H)	108 x 49 x 119 cm
Product Weight	27 kg
Main Material	Alloy Steel
Power Source (Monitor)	Battery powered
Special Features	Speedometer, Distance, Speed Monitor, Adjustable Saddle, Adjustable Seat (Fore/Aft), Heart Rate Monitor (integrated)
Recommended Use	Indoor Home Training

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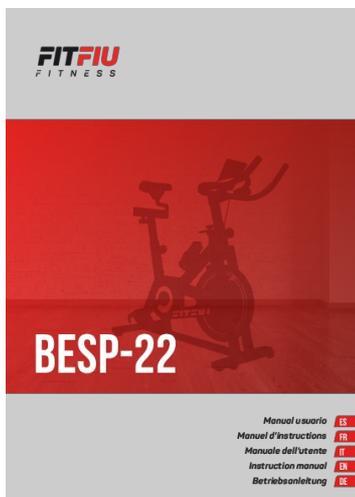
For further assistance, please refer to the official Fitfiu Fitness website or contact customer support.

Related Documents - BESP-22

	<p>Manual de Usuario FITFIU BESP-250: Bicicleta Indoor para Spinning en Casa Guía completa de la bicicleta indoor FITFIU BESP-250. Incluye montaje, uso, mantenimiento, especificaciones técnicas y precauciones de seguridad para tu entrenamiento de spinning en casa.</p>
	<p>FITFIU Oval Dumbbell Warranty and Disposal Information Comprehensive warranty and environmentally friendly disposal guidelines for FITFIU Oval Dumbbells, covering multiple languages and product care.</p>
	<p>FITFIU Fitness MC-80 Treadmill User Manual and Maintenance Guide Comprehensive user manual for the FITFIU Fitness MC-80 treadmill, covering operation, maintenance, troubleshooting, and safety precautions. Designed for home cardiovascular training, this guide ensures optimal performance and longevity of your fitness equipment.</p>

 <p>MC-100</p> <ul style="list-style-type: none"> ■ MANUAL DE USUARIO 3 ■ INDEX MANUEL 11 ■ MANUALE DELL'UTENTE 20 ■ MANUAL DE USUARIO 28 ■ MANUAL DE USUARIO 42 ■ BETRIEBSANLEITUNG 51 ■ MANUAL DE USUARIO 61 	<p>Manual de Usuario FITFIU MC-100: Guía Completa para tu Cinta de Correr</p> <p>Descubre cómo usar, montar y mantener tu cinta de correr FITFIU MC-100 con este manual de usuario completo. Incluye precauciones, especificaciones técnicas y solución de problemas.</p>
 <p>MC-80</p>	<p>FITFIU Fitness MC-80 Treadmill User Manual and Guide</p> <p>Discover the FITFIU Fitness MC-80 Treadmill, a compact and efficient cardiovascular training machine designed for home use. This comprehensive user manual provides detailed instructions for operation, maintenance, and troubleshooting, ensuring optimal performance and longevity for your fitness journey.</p>
 <p>MC-80</p>	<p>FITFIU Fitness MC-80 Treadmill User Manual and Product Guide</p> <p>Comprehensive user manual for the FITFIU Fitness MC-80 treadmill, designed for home cardiovascular training. Learn about its features, operation, maintenance, troubleshooting, and warranty information. This compact treadmill offers a max speed of 8km/h, 12 preset programs, an LCD display, and MP3 Bluetooth connectivity, making it ideal for domestic fitness routines.</p>

Documents - Fitfiu Fitness – BESP-22

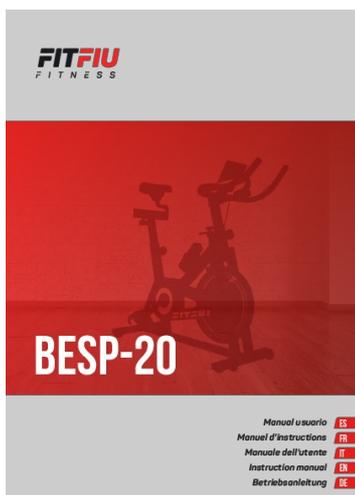


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