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› Indoor Cycling Bike - Folding, Upright Stationary Exercise Cycle with Magnetic Resistance User Manual

Node Fitness FIT-CYC-X770

Node Fitness Indoor Cycling Bike User Manual

Model: FIT-CYC-X770

IMPORTANT SAFETY INFORMATION

Read all instructions carefully before assembling and operating the Node Fitness Indoor Cycling Bike. Keep this manual for future reference.

- Consult your physician before starting any exercise program.
- Ensure all parts are securely fastened before each use.
- Do not exceed the maximum weight capacity of 250 pounds.
- Keep children and pets away from the equipment during use.
- Place the bike on a flat, stable surface.
- Wear appropriate exercise attire and footwear.
- If you experience pain, dizziness, or shortness of breath, stop exercising immediately.

PRODUCT OVERVIEW

The Node Fitness Indoor Cycling Bike is designed for effective cardio workouts in a home environment. It features magnetic resistance, an adjustable seat, and an LCD display to track your progress.



Image: The Node Fitness Indoor Cycling Bike, showcasing its compact design and main components including the seat, handlebars, pedals, and base.

Key Features:

- **Magnetic Resistance:** Eight levels of adjustable magnetic resistance for varied workout intensity.
- **Adjustable Seat:** Seven height adjustment positions for user comfort.
- **LCD Display:** Monitors Speed, Distance, Time, Calories, and Pulse.
- **Heart Rate Sensors:** Integrated into handlebars for pulse monitoring.
- **Foldable Design:** Conveniently folds for storage with transportation wheels.

SETUP AND ASSEMBLY

Minor assembly is required. Please follow these steps carefully.

1. **Unpack Components:** Carefully remove all parts from the packaging and lay them out. Verify all components are present against the parts list (not provided in this manual, refer to included physical manual).
2. **Attach Stabilizer Bars:** Secure the front and rear stabilizer bars to the main frame using the provided bolts and tools.
3. **Install Pedals:** Attach the left and right pedals to the crank arms. Note that the left pedal is reverse-threaded. Ensure they are tightened securely.
4. **Mount Seat Post and Seat:** Insert the seat post into the main frame and secure it at the desired height. Attach the seat to the seat post.



7 Height Adjustments

Image: A close-up view of the bike's seat post, illustrating the seven available height adjustment positions for user customization.

5. **Attach Handlebars and Console:** Secure the handlebars to the main frame. Connect the console wires and mount the LCD display console onto the handlebars.



Image: A detailed view of the LCD display console, showing the screen, control buttons (MODE, SET, RESET), and the tension control knob below it.

6. **Final Check:** Before first use, double-check all bolts and nuts to ensure they are tight and secure.

OPERATING INSTRUCTIONS

Adjusting the Bike:

- **Seat Height:** Loosen the adjustment knob on the seat post, raise or lower the seat to a comfortable position where your leg has a slight bend at the knee when the pedal is at its lowest point. Tighten the knob securely.
- **Pedal Straps:** Adjust the straps on the pedals to secure your feet firmly.

Using the LCD Display:

The LCD display tracks various workout metrics:

- **SCAN:** Automatically cycles through all functions.
- **TIME:** Displays the duration of your workout.
- **SPEED:** Shows your current cycling speed.

- **DISTANCE:** Tracks the distance covered during your session.
- **CALORIE:** Estimates calories burned.
- **PULSE:** Displays your heart rate when hands are placed on the sensors.

Use the MODE, SET, and RESET buttons to navigate and control the display functions.

Adjusting Resistance:

The bike features 8 levels of magnetic resistance. Turn the tension control knob located below the console to increase (higher number) or decrease (lower number) the workout intensity.



Image: A composite image highlighting various features of the bike, including the tension control knob, LCD display, adjustable seat, pedal straps, and front transportation wheels.

Folding and Storage:

To fold the bike for storage, locate the folding pin mechanism. Pull the pin out to release the frame, then carefully fold the bike. Use the front transportation wheels to easily move the folded bike.



Image: Side-by-side comparison of the bike in its unfolded and folded states, with dimensions indicating its compact storage capability.

MAINTENANCE AND CARE

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Lubrication:** Periodically check and lubricate moving parts as needed, referring to the physical manual for specific points.
- **Inspections:** Regularly inspect all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Storage:** Store the bike in a cool, dry place away from direct sunlight and extreme temperatures.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Bike is unstable or wobbles.	Uneven surface; loose stabilizer bolts.	Ensure bike is on a flat surface. Tighten all stabilizer bolts.

Problem	Possible Cause	Solution
Resistance not changing.	Tension cable disconnected or damaged.	Check the connection of the tension cable to the resistance mechanism. Contact customer support if damaged.
LCD display not working.	Batteries are dead or incorrectly installed; loose sensor connection.	Replace batteries. Check all wire connections to the console.
Heart rate monitor inaccurate.	Hands not firmly on sensors; dry hands.	Ensure full contact with both sensors. Lightly moisten hands if too dry.

SPECIFICATIONS

- **Model:** FIT-CYG-X770
- **Brand:** Node Fitness
- **Resistance Type:** Magnetic
- **Resistance Levels:** 8
- **Maximum Weight Capacity:** 250 lbs
- **Product Dimensions (Unfolded):** 37"D x 18"W x 44"H
- **Product Dimensions (Folded):** 14"D x 21"W x 55"H
- **Item Weight:** 35 lbs
- **Material:** Alloy Steel
- **Power Source:** Pedal-powered (non-electric)

WARRANTY AND SUPPORT

Node Fitness products are designed for durability and performance. For warranty information or technical support, please refer to the contact details provided with your purchase documentation or visit the official Node Fitness website. Please retain your proof of purchase for warranty claims.