

## Fitonix Fan Exercise Bike

# Fitonix Fan Exercise Bike User Manual

Model: Fan Exercise Bike

Brand: Fitonix

## 1. IMPORTANT SAFETY INFORMATION

Before operating the Fitonix Fan Exercise Bike, please read and understand all instructions in this manual. Retain this manual for future reference.

- Consult a physician before beginning any exercise program.
- Keep children and pets away from the equipment during use.
- Place the exercise bike on a level, stable surface. Ensure adequate space around the bike for safe operation.
- Inspect the equipment for loose or worn parts before each use. Do not use if any components are damaged.
- Wear appropriate exercise attire and footwear.
- Do not exceed the maximum user weight capacity (refer to product specifications or manufacturer's guidelines).
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

## 2. PACKAGE CONTENTS

Verify that all components are present before assembly. If any parts are missing or damaged, contact Fitonix customer support.



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**Image Description:** An exploded view of the Fitonix Fan Exercise Bike highlighting key features such as the multi-grip handlebar, comfortable cushion seat, quiet flywheel, and caged pedals. This image illustrates the various parts that make up the exercise bike.

While a detailed parts list is not provided, the main components typically include:

- Main Frame with Fan Unit
- Front and Rear Stabilizers
- Seat Post and Seat
- Handlebar Post and Handlebars
- Pedals (Left and Right)
- Console/Monitor
- Assembly Hardware (bolts, washers, nuts, tools)

### 3. ASSEMBLY INSTRUCTIONS

Assembly typically requires two people. Follow these general steps. Refer to the included hardware for specific bolt sizes.

1. **Attach Stabilizers:** Secure the front and rear stabilizer bars to the main frame using the provided bolts and washers. Ensure they are tightened securely for stability.
2. **Install Pedals:** Identify the left (L) and right (R) pedals. The left pedal typically threads counter-clockwise, and the right pedal clockwise. Thread them into the crank arms and tighten firmly.
3. **Assemble Seat Post and Seat:** Insert the seat post into the main frame. Adjust to the desired height and secure with the locking pin or knob. Attach the seat to the seat post.
4. **Attach Handlebar Post and Handlebars:** Insert the handlebar post into the main frame. Secure the handlebars to the post. Connect any necessary cables for the console, if applicable.
5. **Install Console (if separate):** Mount the console onto the designated bracket on the handlebar post. Connect the sensor wires from the main frame and handlebars to the console.
6. **Final Check:** Review all connections and ensure all bolts are tightened. Test the bike for stability before first use.



**Image Description:** A fully assembled Fitonix Fan Exercise Bike, black in color, with a large front fan, adjustable seat, and multi-grip handlebars. This image represents the final assembled product.

## 4. OPERATING INSTRUCTIONS

### 4.1 Adjusting the Bike

- **Seat Height:** Loosen the adjustment knob/pin on the seat post. Raise or lower the seat until your leg has a slight bend at the knee when the pedal is at its lowest point. Tighten the knob/pin securely.
- **Handlebar Position:** Adjust the handlebars to a comfortable height and distance that allows for a natural posture without straining your back or shoulders. Secure firmly.



**Image Description:** The Fitonix Fan Exercise Bike with overlaid measurements indicating its length (40 inches), overall height (38.44 inches), and adjustable seat height range (32-40 inches). A close-up of the seat cushion is also shown with its width (7.9 inches).

## 4.2 Using the Console

The console tracks various workout metrics. Specific button functions may vary, but common features include:

Diameter of Steel Fan: 25 Inches

Width: 23 Inches

Reinforced Pedals and Crank

Product Weight: 82lbs

Length: 60 Inches



SPEED



TIME



CAL



DIST



ODO



**Image Description:** The Fitonix Fan Exercise Bike with a graphic displaying the console metrics: Speed, Time, Calories Burned, Distance, and Odometer. Additional dimensions are shown: Steel Fan Diameter (25 inches), Width (23 inches), Product Weight (82 lbs), and Length (60 inches).

- **Power On/Off:** The console typically powers on automatically when you start pedaling or by pressing a button. It may power off after a period of inactivity.
- **Mode Button:** Press to cycle through display modes such as Speed, Time, Distance, Calories, and Odometer.
- **Reset Button:** Press and hold to clear current workout data.
- **Scan Mode:** Some consoles automatically cycle through all metrics.

### 4.3 Air Resistance System

The Fitonix Fan Exercise Bike utilizes an air resistance system. Resistance is directly proportional to your effort; the harder you pedal and push the handlebars, the greater the resistance generated by the fan. There are no manual resistance adjustments required.

## 5. MAINTENANCE

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

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Check Connections:** Periodically check all bolts, nuts, and screws to ensure they are tight. Tighten any loose fasteners.
- **Lubrication:** The chain/belt drive system is generally low maintenance. If any squeaking occurs, consult a professional or apply a small amount of silicone-based lubricant to moving parts as directed by a technician.
- **Storage:** Store the bike in a cool, dry place away from direct sunlight and extreme temperatures.

## 6. TROUBLESHOOTING

Problem	Possible Cause	Solution
Bike is unstable or wobbles	Loose bolts; uneven surface	Ensure all assembly bolts are tightened. Move the bike to a level surface.
Squeaking or grinding noise	Loose parts; lack of lubrication; foreign object in fan	Check and tighten all bolts. Inspect the fan for obstructions. Consult a technician for lubrication if needed.
Console not displaying data	Loose sensor connection; dead batteries (if applicable)	Check all cable connections to the console. Replace console batteries if it uses them.
Pedals feel loose	Pedals not tightened correctly	Re-tighten pedals, ensuring the left pedal is counter-clockwise and the right is clockwise.

## 7. SPECIFICATIONS

<b>Brand:</b>	Fitonix
<b>Model:</b>	Fan Exercise Bike
<b>ASIN:</b>	B095VH8F99
<b>UPC:</b>	627987508857
<b>Item Weight:</b>	45.4 kg (82 lbs)
<b>Colour:</b>	Black
<b>Material:</b>	Silicone (for grips/seat), Steel (for frame)
<b>Drive System:</b>	Belt, Chain
<b>Resistance Mechanism:</b>	Air
<b>Power Source:</b>	Pedal-powered (non-electric)
<b>Special Feature:</b>	Heavy Duty construction
<b>Console Metrics:</b>	Speed, Time, Calories Burned, Distance, Odometer
<b>Overall Dimensions (approx.):</b>	60 inches (Length) x 23 inches (Width) x 38.44 inches (Height)
<b>Seat Height Range:</b>	32-40 inches

## 8. WARRANTY AND SUPPORT

For warranty information or technical support, please contact Fitonix customer service. Details regarding warranty coverage and duration are typically provided with your purchase documentation or on the manufacturer's official website.

Keep your purchase receipt as proof of purchase for any warranty claims.



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