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› Fitkit Dual Action 2-in-1 Air Bike FKAR01 User Manual

Fitkit FKAR01

Fitkit Dual Action 2-in-1 Air Bike FKAR01 User Manual

Model: FKAR01

1. INTRODUCTION

Thank you for choosing the Fitkit Dual Action 2-in-1 Air Bike. This manual provides essential information for the safe assembly, operation, maintenance, and troubleshooting of your exercise bike. Please read this manual thoroughly before using the product and retain it for future reference.

2. SAFETY INFORMATION

To ensure safe operation and prevent injury, please adhere to the following safety guidelines:

- Consult a physician before starting any new exercise program.
- Keep children and pets away from the equipment during use.
- Place the air bike on a flat, stable surface with adequate clearance around it.
- Inspect the equipment for loose or damaged parts before each use. Do not use if any parts are damaged.
- Wear appropriate exercise attire and footwear. Avoid loose clothing that could get caught in moving parts.
- Do not exceed the maximum user weight of 120 kg.
- Adjust the seat and handlebars to a comfortable and safe position before exercising.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- Ensure all bolts and nuts are securely tightened after assembly and periodically check their tightness.

3. PRODUCT OVERVIEW

The Fitkit Dual Action 2-in-1 Air Bike is designed for a comprehensive full-body workout. It features both moving and stationary handles, allowing for versatile exercise routines targeting both upper and lower body muscles. The direct resistance system provides a smooth and consistent workout experience.

INTRODUCING FITKIT AIRBIKE

Supports up to 120 kg



Image: The Fitkit Air Bike, designed to support users up to 120 kg.

Key Features:

- **Dual Action Handles:** Engage both upper and lower body muscles.
- **Adjustable Seat:** Cushioned seat with height adjustment and backrest for comfort.
- **LCD Display Monitor:** Tracks Speed, Time, Distance, and Calories Burned.
- **Direct Resistance System:** Provides smooth and consistent resistance.
- **Anti-Slip Pedals:** Ensures secure foot placement during exercise.
- **Soft-Grip Handles:** For comfortable hand placement.

4. ASSEMBLY INSTRUCTIONS

Assembly of the Fitkit Air Bike requires careful attention to detail. It is recommended to have two people for assembly. Ensure all components are present before beginning.

Required Tools (Not Included):

- Adjustable Wrench or Socket Wrench Set (for secure tightening)
- Allen Key Set (if not provided with the bike)

General Assembly Steps:

1. **Unpack Components:** Carefully remove all parts from the packaging and lay them out. Check against the parts list (usually found in the included manual) to ensure nothing is missing.
2. **Attach Stabilizers:** Secure the front and rear stabilizer bars to the main frame using the provided bolts and washers. Ensure they are tightened firmly to prevent wobbling.
3. **Install Pedals:** Attach the pedals to the crank arms. Note that pedals are typically marked 'L' for left and 'R' for right. The left pedal often has a reverse thread. Tighten securely using a proper wrench to prevent loosening during use.

4. **Mount Seat Post and Seat:** Insert the seat post into the main frame and secure it at the desired height. Attach the cushioned seat and backrest to the seat post.
5. **Attach Handlebars:** Connect the moving handlebars to the main frame. If there are stationary handles, attach them as well. Ensure all connections are tight.
6. **Install LCD Monitor:** Mount the LCD display onto its designated bracket and connect any necessary sensor cables.
7. **Final Check:** Review all connections, bolts, and nuts to ensure they are securely fastened. Test the bike for stability before initial use.

Note: The included assembly tools may not provide sufficient leverage for secure tightening. Using your own high-quality wrench or socket set is recommended for optimal stability and safety.

5. OPERATING INSTRUCTIONS

5.1. Dual Action Modes

The Fitkit Air Bike offers two handle modes for varied workouts:

- **Static Handle Mode:** For lower body focus and control. In this mode, you hold the fixed handles, allowing your legs to drive the pedaling motion.
- **Moving Handle Mode:** For full-body cardio and strength. In this mode, the handlebars move in conjunction with the pedals, engaging your arms, shoulders, and back along with your legs.

VERSATILE HANDLE MODES

Switch between stationary and moving handles to target different muscle groups



 **Static Handle Mode**
For lower body focus & control



 **Moving Handle Mode**
For full-body cardio & strength

Image: Illustration of a user utilizing both the static handle mode for lower body focus and the moving handle mode for a full-body workout.

5.2. Adjusting Resistance

The air bike features a direct resistance system. Resistance is adjusted by turning the tension control knob, typically located on the main frame below the handlebars. Turning the knob clockwise increases resistance, while turning it counter-clockwise decreases it.

- **0-30% Resistance:** Suitable for warm-up or light recovery.
- **40-70% Resistance:** Ideal for moderate cardio workouts.
- **80-100% Resistance:** For intense power workouts and strength building.



Image: A hand adjusting the tension control knob to modify workout intensity.

5.3. Using the LCD Display

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

- **Time:** Duration of your workout.
- **Distance:** Estimated distance covered.
- **Speed:** Current cycling speed.
- **Calories:** Estimated calories burned.

Press the button on the display to cycle through different metrics or to reset the values. Refer to the specific display manual for detailed instructions on its functions.

FEATURES THAT FUEL STRENGTH



SMART LCD DISPLAY



SOFT GRIP HANDLES



ANTI-SLIP PEDALS

Image: A close-up view of the smart LCD display, soft-grip handles, and anti-slip pedals, highlighting key features for a comfortable and effective workout.

5.4. Adjusting the Seat

Proper seat adjustment is crucial for comfort and effective exercise. The Fitkit Air Bike features a wide cushioned seat with an adjustable seating position and a supportive backrest.

1. **Height Adjustment:** Loosen the adjustment knob located on the seat post. Raise or lower the seat to a height where your leg is slightly bent at the knee when the pedal is at its lowest point.
2. **Fore/Aft Adjustment (if available):** Some models allow the seat to move forward or backward. Adjust this to ensure your knees are aligned with the pedal axle when the pedals are horizontal.
3. **Secure Position:** Once the desired position is found, tighten the adjustment knob firmly to prevent the seat from moving during your workout.

COMFORTABLE SEATING

for Everyday Use

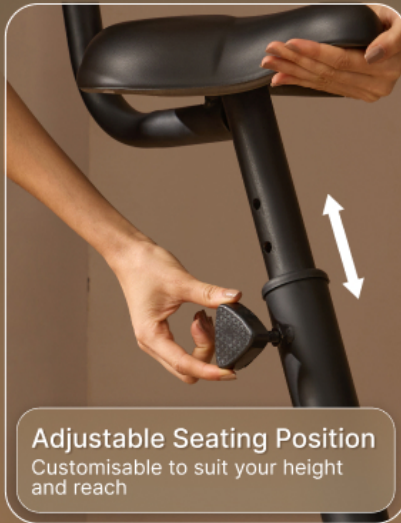


Image: Detailed view of the wide cushioned seat, adjustable seating position, and supportive backrest, designed for user comfort.

6. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your Fitkit Air Bike.

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Lubrication:** Periodically check moving parts for friction. Apply a silicone-based lubricant to pivot points if squeaking occurs. Do not over-lubricate.
- **Bolt Tightness:** Regularly inspect all nuts and bolts, especially on the pedals, handlebars, and stabilizers, to ensure they remain tight. Loose connections can lead to instability and wear.
- **Pedal Straps:** Check pedal straps for wear and tear. Replace if damaged to ensure secure foot placement.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures.

7. TROUBLESHOOTING

Here are solutions to common issues you might encounter:

Problem	Possible Cause	Solution
Bike is unstable or wobbles	Loose bolts on stabilizers or frame; uneven floor.	Tighten all assembly bolts. Ensure the bike is on a level surface. Adjust leveling feet if present.
Squeaking or grinding noise	Loose parts; lack of lubrication; worn components.	Check and tighten all bolts. Apply lubricant to moving joints. If noise persists, contact customer support.

Problem	Possible Cause	Solution
Pedals feel loose or detach	Pedals not tightened sufficiently during assembly; worn pedal threads.	Re-tighten pedals firmly with a proper wrench. Ensure correct left/right pedal placement. If threads are stripped, replacement parts may be needed.
LCD display not working	Dead batteries; loose sensor connection.	Replace batteries in the LCD unit. Check that the sensor cable is securely plugged into the display.
Resistance not changing	Resistance cable disconnected or damaged; tension knob mechanism faulty.	Inspect the resistance cable connection. Ensure the tension knob turns freely and affects the resistance mechanism. Contact support if the issue persists.

8. SPECIFICATIONS

Feature	Detail
Brand	Fitkit
Model Name	FKAR01
Colour	Black
Power Source	Non-Electric
Recommended Use	Indoor
Resistance Mechanism	Air
Drive System	Pedals
Item Weight	16.6 Kilograms
Item Dimensions (D x W x H)	99D x 53W x 120H Centimeters
Minimum Height Recommendation	5 Feet
Maximum Weight Recommendation	120 Kilograms
Material Type	Alloy Steel
Special Features	Dual Action Handles, LCD Display, Adjustable & Comfort Seat, Direct Resistance

9. WARRANTY AND SUPPORT

The Fitkit Dual Action 2-in-1 Air Bike comes with a **1-year warranty** from the date of purchase. This warranty covers manufacturing defects and ensures hassle-free service.

For warranty claims, technical support, or any inquiries regarding your product, please contact Fitkit customer service. Keep your purchase receipt as proof of purchase.

Manufacturer: CULTSPORT PRIVATE LIMITED, Fitkit

Manufacturer Contact Information: CULTSPORT PRIVATE LIMITED

Packer Contact Information: CULTSPORT PRIVATE LIMITED, No 17 & 17C BDA, 3rd Sector, HSR Layout, Bangalore, Karnataka, India - 560102

For the most up-to-date contact information, please refer to the official Fitkit website or your purchase documentation.

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