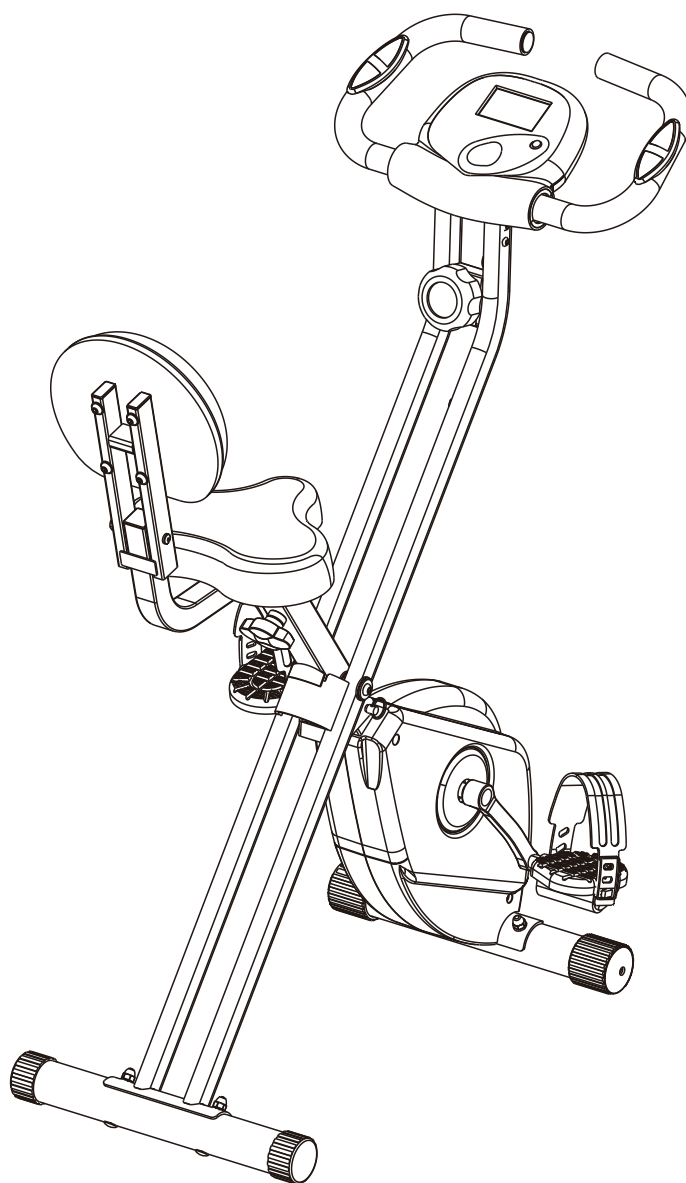


A90-192 _A90-192V60

EN



- * Please read the instruction manual carefully and follow it.
- * Please keep the instruction manual for your later use.
- * If you want to give this product to your friends, don't forget to bring them the instruction manual.

IMPORTANT, RETAIN FOR FUTURE REFERENCE: READ CAREFULLY

ASSEMBLY & INSTRUCTION MANUAL



Thanks for purchasing Doufit EB-01 Exercise Bike and hope you will enjoy it.
Please read the instruction manual carefully before using. And make sure that the product is complete and free from any damage caused during transportation.




Catalogue

1. PRECAUTIONS -----	1
2. SPARE PARTS DETAILS -----	3
3. ASSEMBLY METHOD-----	4
4. DETAILS OF MONITOR-----	7
5. USAGE METHOD -----	8
6. MAINTENANCE AND SERVICE -----	9

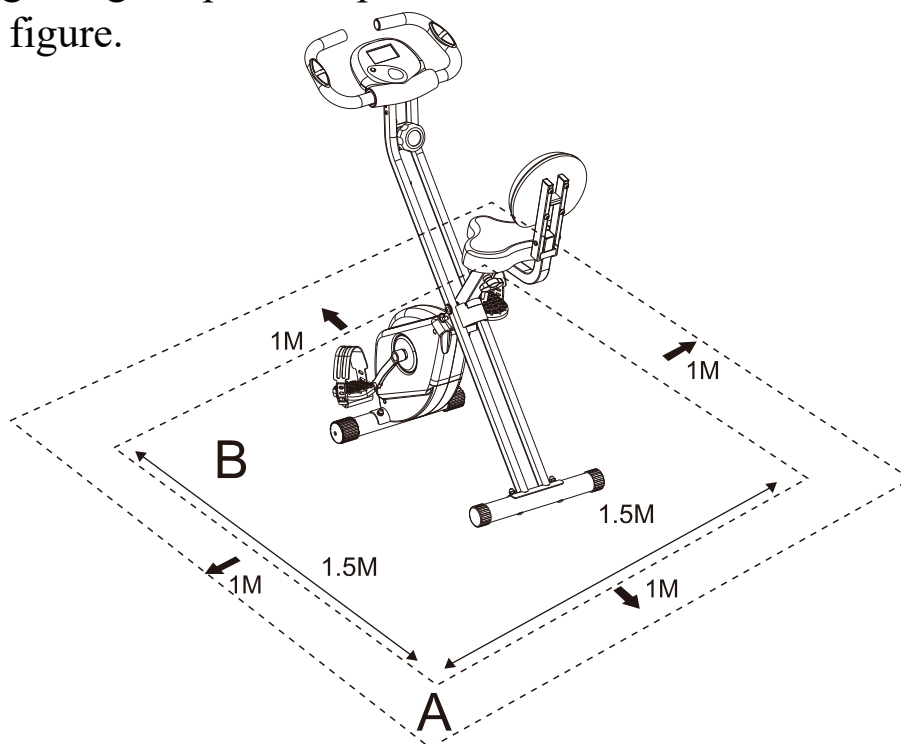
1. PRECAUTIONS

*Be sure to read and follow the safety precautions below.

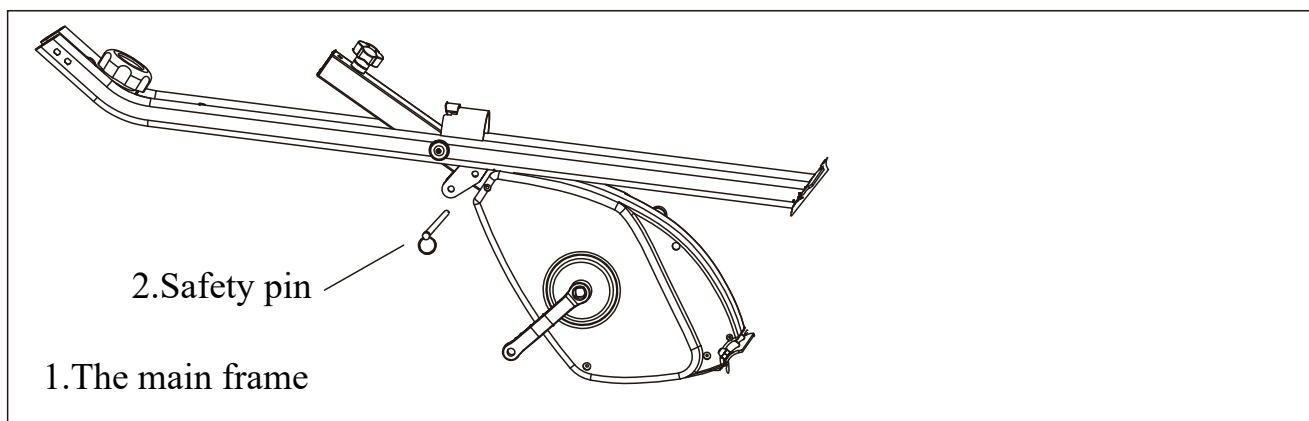
 WARNING	
 PLEASE OBEY	The maximum load bearing is 110kg (about 242lbs).
	If you feel unwell during using the product, please stop using it immediately and consult your doctor for instructions before next use.
	To ensure your safety, every time before using, please check whether there is any wear and tear, especially in the seat, screw, knob and safety pin; If there is, please stop using immediately.
	At early period of use, please don't exceed 30 minutes a day. Follow the instruction manual to avoid injury caused by improper posture.
	Don't use the product immediately after diet or drinking, you need to wait for at least 1 hour.
	Please place the product on a flat place to avoid falling.
	Please wear suitable clothes during exercise.
	Before using, please warm up first. Ride lightly, adjust your breath and pace to slowly get into motion.
	When folding, please keep away from children to avoid injury.

 DO NOT DISASSEMB	Don't modify or refit the product to avoid any abnormal use or accidents.
 CONFIRM	If the pedal screw come loose, please tighten it before using to avoid pedal wear or falling.
 PROHIBIT	Before using the product, please make sure that the screws, the safety pin and the knob have been fixed, to avoid accident.
	Do not use alkaline cleaner, dilute solvent, volatile oil and other solvents to clean products.
	Prohibit two or more people from using the product at the same time.
	This product is just suitable for general household use, not for commercial use.
	Children are prohibited from using the product. For elderly or disable people, they can only use it under guardianship.

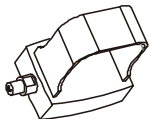
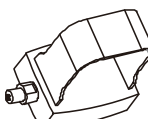

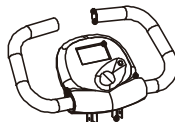
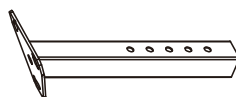
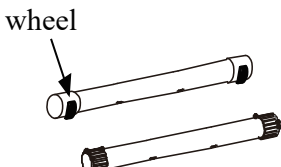
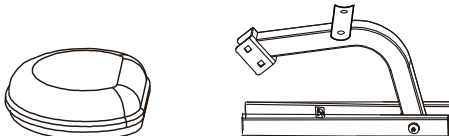
*During using the product, please reserve a safe distance as shown in the figure.








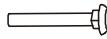




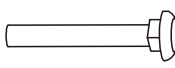


2. SPARE PARTS DETAILS



Component

	3.The left pedal		4.The right pedal
	5.Seat cushion		6.Handle with monitor
			7.Extension pipe
 wheel	8.Foot pipe x2		9.Backrest set

Screw Accessories

				
11.Knob	12.Φ6 Washer x4	13.Φ8.2 Washer x2	14.M6 Hexagon socket bolt x4	
				
15.Φ8 Wave washer x4	16.M8 Square neck bolt x4	17.M8 Screw nut x2	18.M8 Screw cap x4	
				
19.Open-end wrench	20.M5 L-shape hexagon wrench	21.M8*45 Square neck bolt x2	22.M8 Hexagon socket bolt x4	23.Battery x2

*Attention: There are three M8 screw nuts(No.25) and three Φ8.2 washers (No.26) under the seat cushion(No.5).

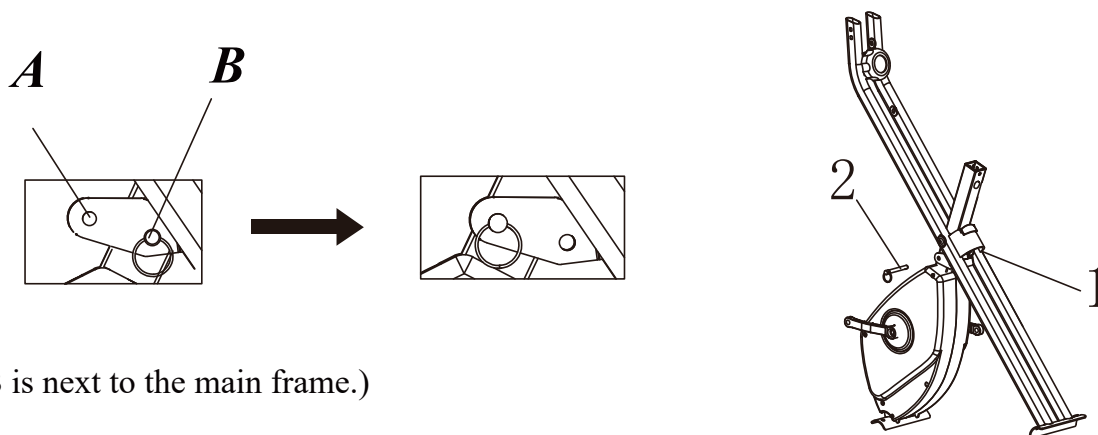
3. ASSEMBLY METHOD

- * Before assembling, please according to the SPARE PARTS DETAILS (page 3) to check if all the spare parts are complete. If not, please contact seller through your order or service@doufit.net to resend those lost spare parts.
- * The serial number in brackets below are the same as those in the spare parts package. Please prepare the parts accordingly before each step.

Step 1: Unfold the main frame

Pull the safety pin out from hole B of the main frame. Unfold the main frame to the angle you prefer, and insert the safety pin into hole A to fix the main frame.

*Warning: If the safety pin placed in hole B, please don't assemble to avoid accidents.



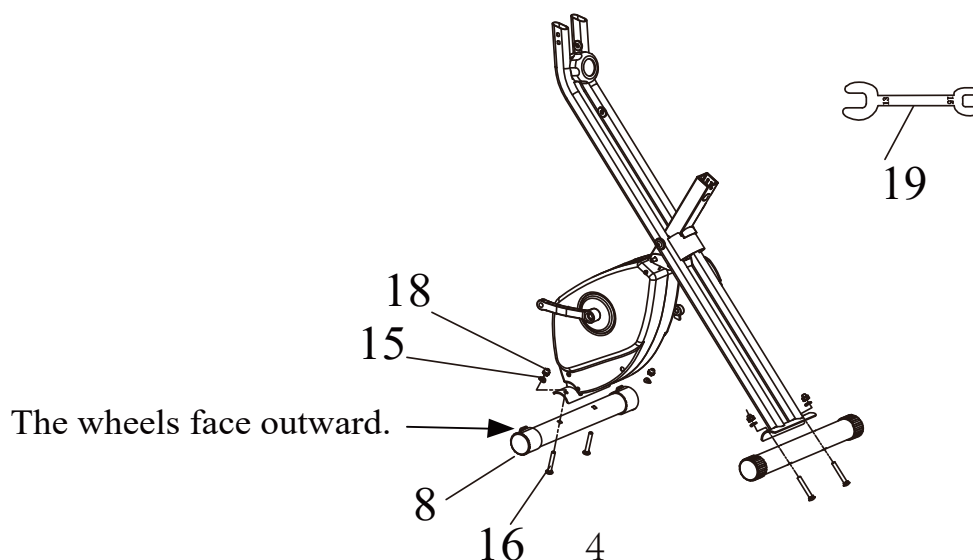
(Hole B is next to the main frame.)

Step 2: Assemble the footstool

To assemble both foot pipes, please prepare two foot pipes(No.8), four $\Phi 8$ wave washers (No.15), four M8 square neck bolts(No.16), four M8 screw caps(No.18) and open-end wrench(No.19).

Notice: There are two kinds of foot pipes. One foot pipe has two wheels, another one doesn't have wheels. We should assemble the foot pipe with wheels in front of the main frame.

Insert two M8 Square neck bolts from the bottom of each foot pipe, and then screw four M8 screw caps and four $\Phi 8$ wave washers by using the open-end wrench.

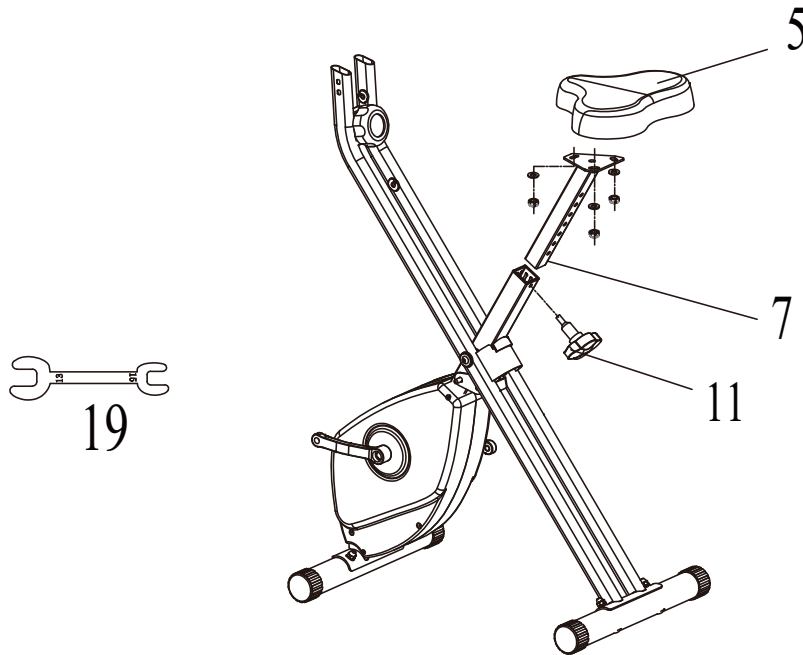


The wheels face outward.

Step 3: Assemble the seat

The screw parts we need now are screwed under the seat, so before assembling, please unscrew those three screw nuts and washers first. Also you need to prepare the extension pipe(No.7), knob(No.11) and open-end wrench(No.19).

Put the seat cushion on the extension pipe, to add screw three screw nuts and washers by using the open-end wrench. Insert the extension pipe into the main frame, adjust to the height you prefer then twist the knob to fix.

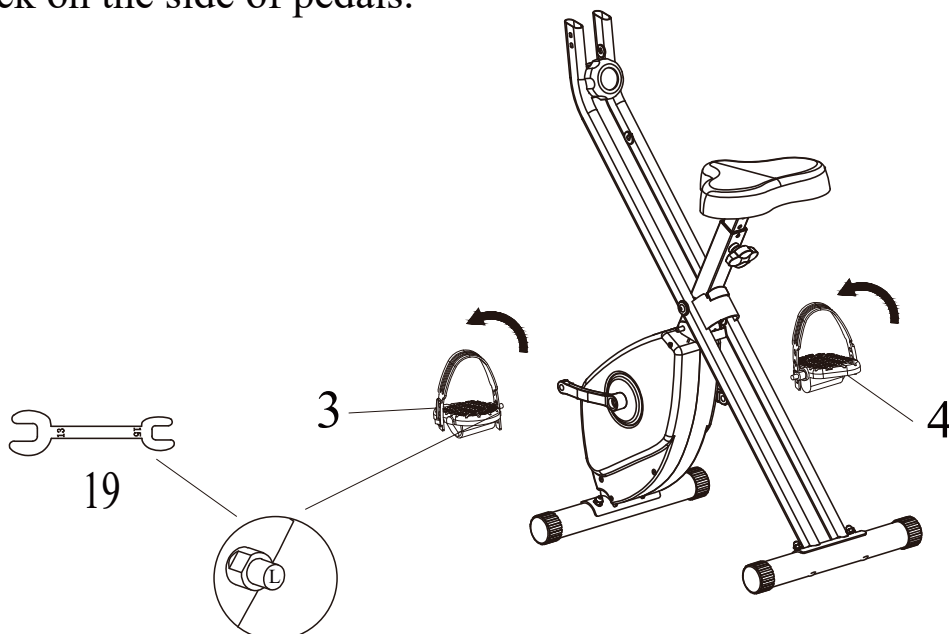


Step 4: Assemble the pedals

To start this step, please prepare the left pedal(No.3), the right pedal(No.4) and open-end wrench(No.19).

Install the left pedal to the left of frame; Then install the right pedal to the right of frame with the open-end wrench.

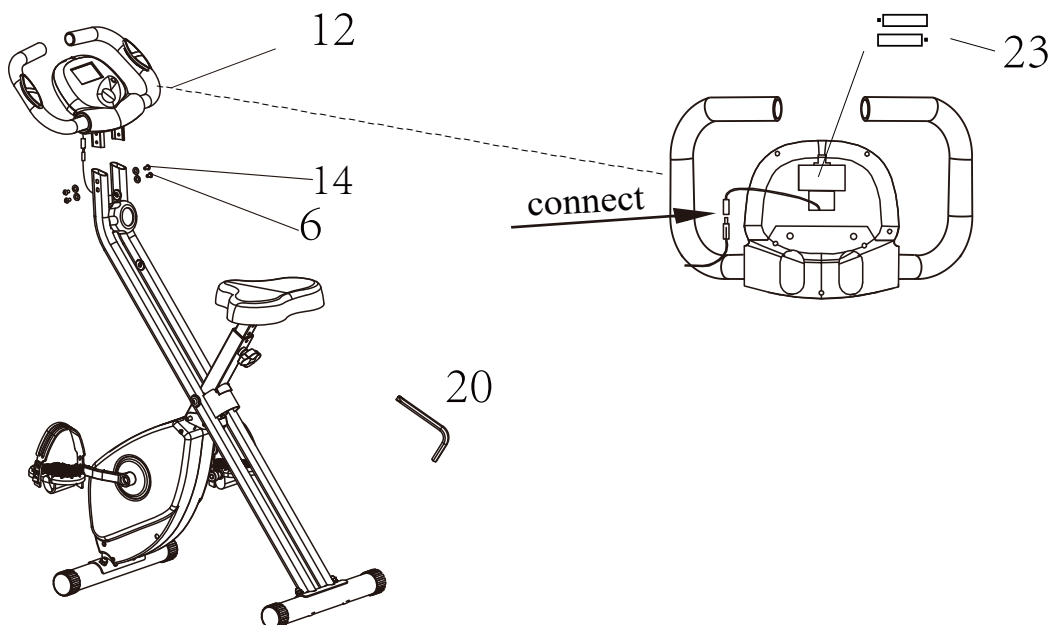
*Attention: the letters “L” and “R” and the screwing directions of pedal bolts are stick on the side of pedals.



Step 5: Assemble the handle

To start this step, please prepare the handle with monitor (No.6), four $\Phi 6$ washers (No.12), four M6 hexagon socket bolts(No.14), L-shape hexagon wrench (No.20) and two batteries (No.23).

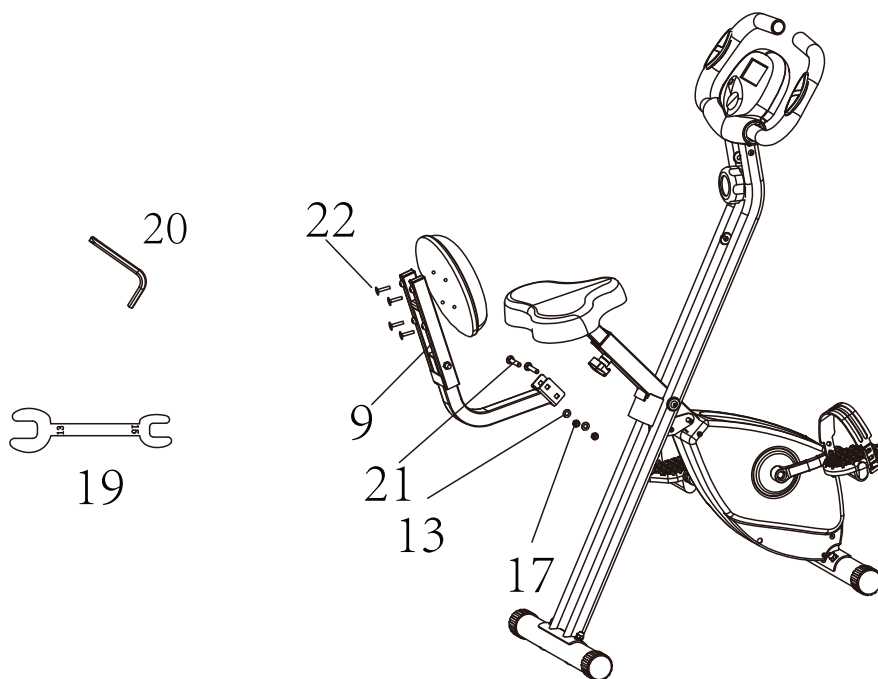
Insert the handle into the front of frame, and then screw four M6 hexagon socket bolts and four $\Phi 6$ washers by using the L-shape hexagon wrench. Lastly, connect the cable of the monitor to the main frame. Please don't forget to insert the batteries.



Step 6: Assemble the backrest

To start this step, please prepare backrest set(No.9), two $\Phi 8.2$ washers(No.13), two nuts(No.17), open-end wrench(No.19), L-shape hexagon wrench(20), two M8*45 bolts(No.21) and four M8 hexagon socket bolt(No.22).

Twist four M8 hexagon socket bolts to assemble the backrest set with the L-shape hexagon wrench. Embed the backrest under the seat, then twist two M8*45 bolts and two $\Phi 8.2$ washers, lastly fit two nuts by using the open-end wrench.



4. DETAILS OF MONITOR

Parameters

TIME (TMR)	00:00- 99:59
SPEED (SPD)	0.0- 99.9KM/H
CALORIES (CAL)	0.0- 999.9KCAL
DISTANCE (DIS)	0.00- 99.99KM
ODOMETER (ODO)	0-9999KM
PULSE (P)	40-240BPM

Button functions

The round button is used to turn on, select function and clear all data except odometer.

Operation guidance

Turn on/off

The monitor will automatically turn on when you start to exercise, and you can also turn on it manually by pressing the button.

The monitor will automatically turn off after a while when you stop exercise.

If there is no data showing, please check if the wire has connected, or change the batteries. (The battery model is AAA.)

Reset

If you long press the button over 3 seconds, all data will be reset except odometer. If you re-install the battery, all data will be reset.

Scan

When “SCAN” in the lower left corner of the screen flashes, the data will switch automatically one by one; And you also can scan each data by pressing the button.

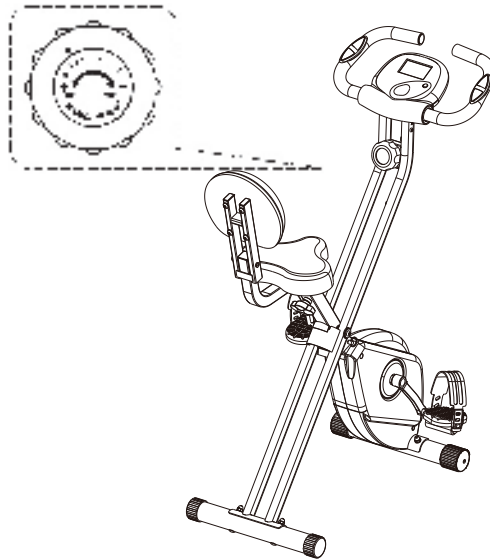
5. USAGE METHOD

Adjust the height of bike seat

Unscrew the knob (No.11) to adjust the height of seat according to your height, then screw the knob back after you finish the adjustment.

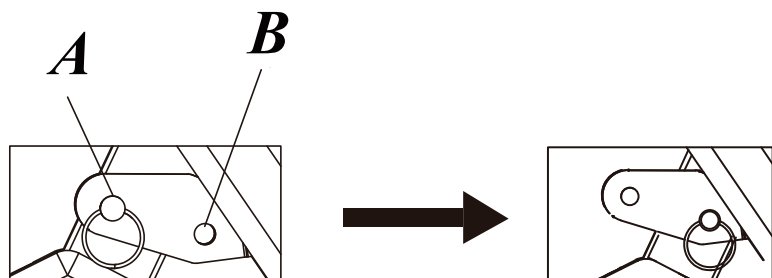
Adjust the resistance of bike pedals

To adjust the resistance of pedals, please rotate the resistance adjustment button on the frame. There are 8 gears of resistance in total, and the 8th level is the maximum resistance. Clockwise rotation will increase resistance; On the contrary, anticlockwise rotation will reduce resistance.



Folding storage

Pull the safety pin out from hole A to start folding. After folding, insert the safety pin into hole B to fix the exercise bike. And then place it horizontally to avoid accident cause by collision.



6.MAINTENANCE AND SERVICE

Maintenance

- 1.You can use the neutral detergent diluted with water to clean the product. After cleaning, please wipe with dry cloth to avoid rusting.
- 2.Keep it in a clean and well-ventilated place, and avoid high temperature, humidity or direct sunlight.
- 3.When unused, the product should be placed out of children's reach.
- 4.After placed for a period of time, if you want to use it again, please ensure that the product can be used normally, and read the precautions again.
- 5.If wet the product accidentally, please dry it with a dry cloth to avoid slip.
- 6.Recycling and disposal:
Due to different national recycling regulations, please refer to the local policy.

FR

Si vous avez la moindre question, veuillez
contacter notre centre d'assistance à la
clientèle.

Nos coordonnées sont les suivantes:



0033-1-84166106



aosom@mhfrance.fr

Importé par/Fabricant/REP:

MH France

2, rue Maurice Hartmann

92130 Issy-les-Moulineaux

France

Fabriqué en Chine