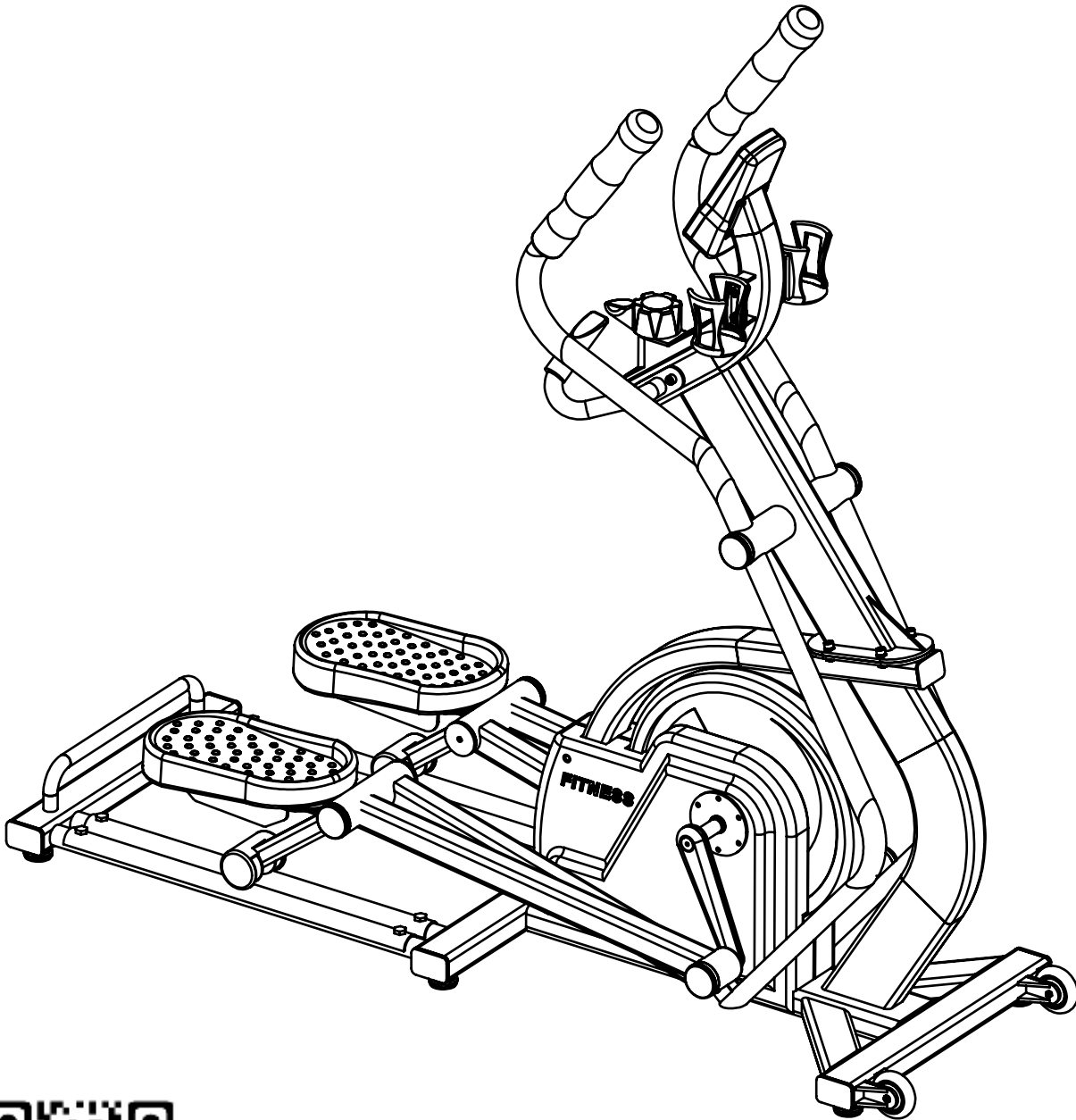


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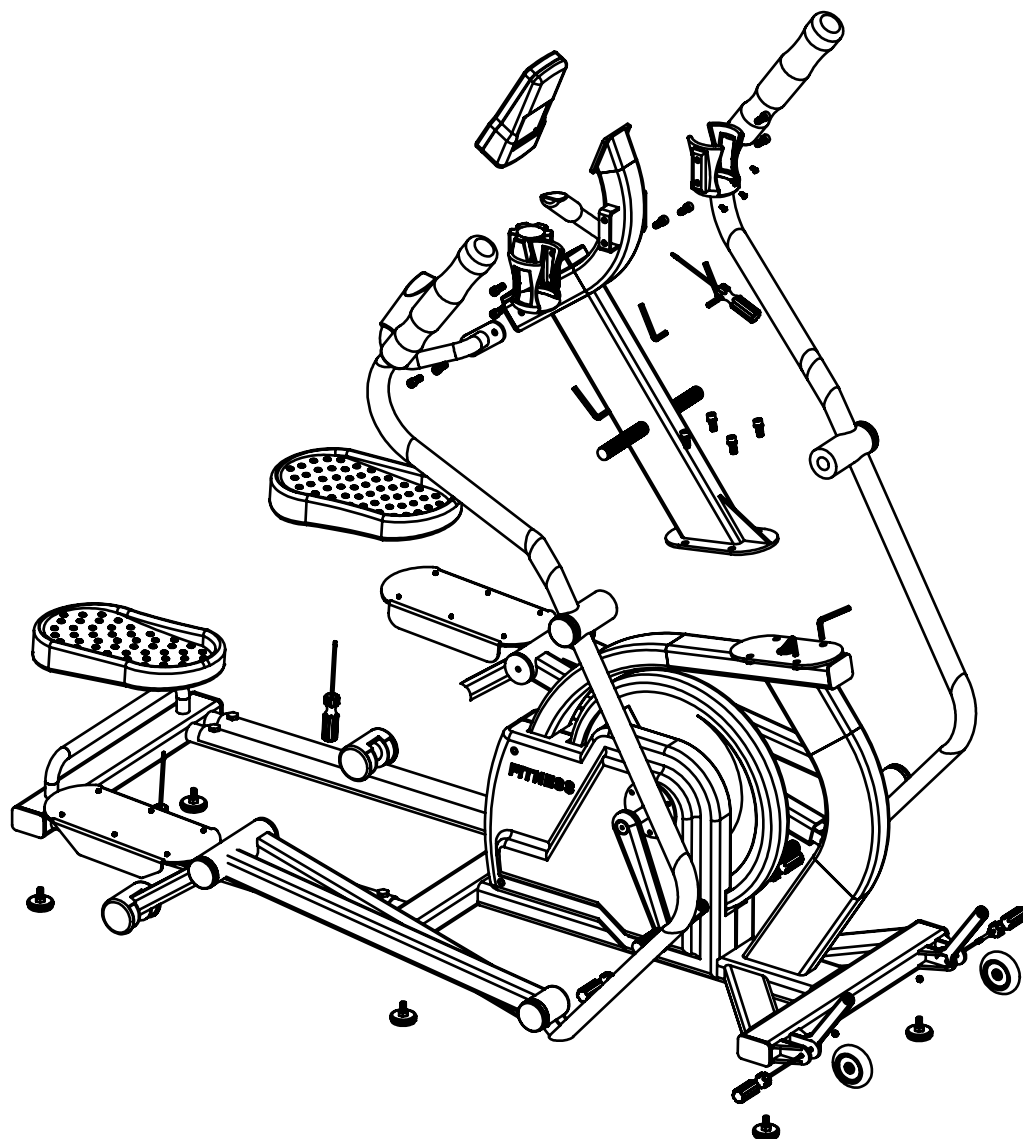
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FITNESS BIKE ASSEMBLY INSTRUCTIONS



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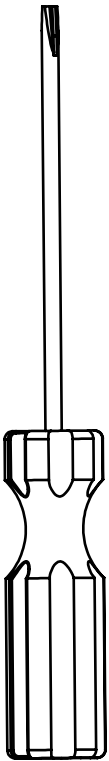
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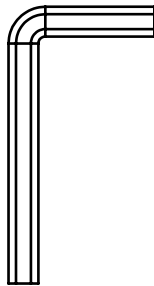


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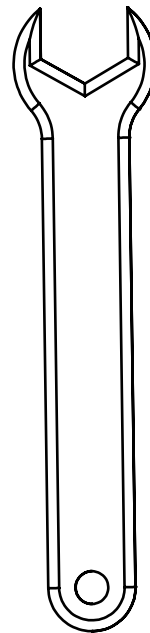
Assembly Tools



Phillips Head
Screwdriver



8mm
Allen Wrench

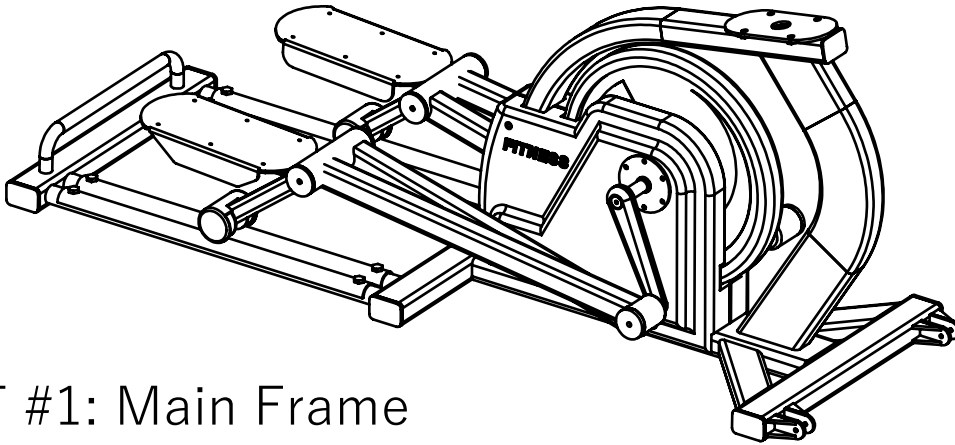


13mm
Wrench

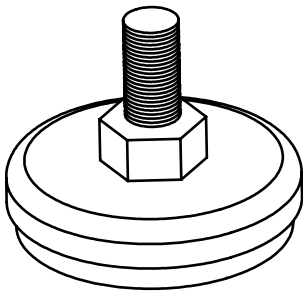
FITNESS BIKE ASSEMBLY INSTRUCTIONS

Assembly Parts List

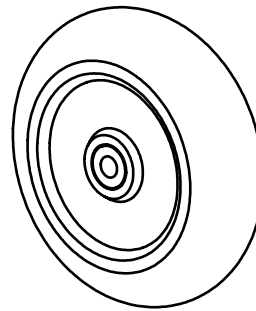
PARTS LIST



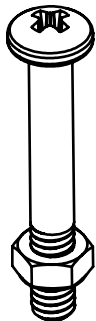
PART #1: Main Frame
Qty: 1



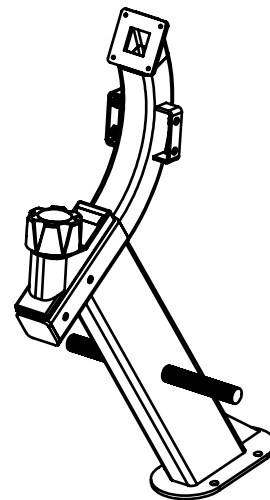
PART #2: Floor Support
Qty: 6



PART #3: Front
Wheels

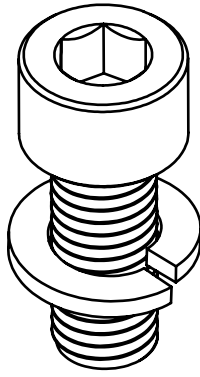


PART #4: 5/16" x 1 3/4"
Stainless Steel Bolt & Nut
Qty: 4

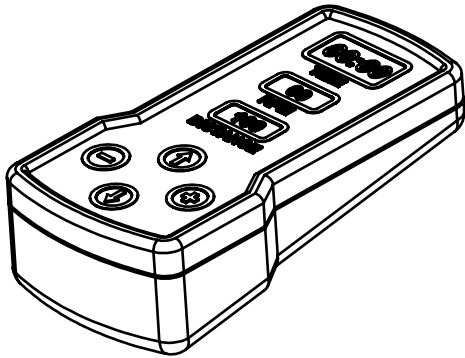


PART #5: Console Mast
Qty: 1

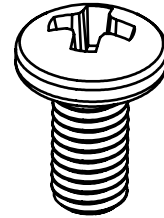
PARTS LIST



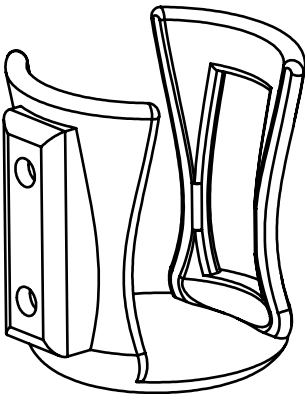
PART #6: M10 x 20 mm Stainless Steel
Bolt Qty 8
& M10 Split Washer
Qty: 4



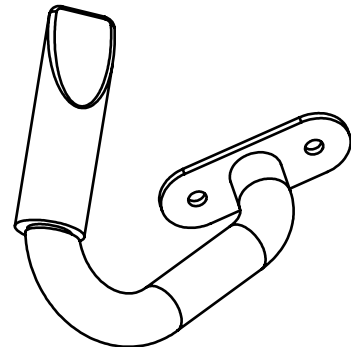
PART #7: Control Console
Qty: 1



PART #8: M5 x 10mm
Phillips Screw
Qty: 16

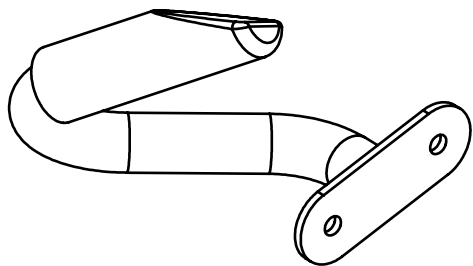


PART #9: Cup Holder
Qty: 2

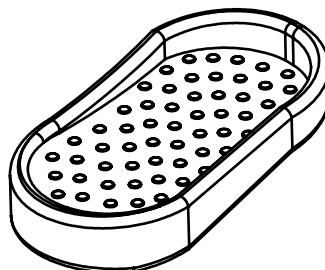


PART #10: Right
Stationary Handle
Qty: 1

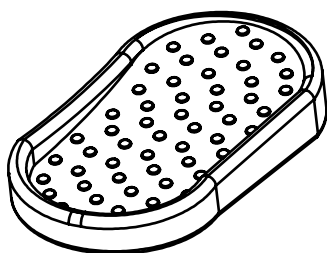
PARTS LIST



PART #11: Left
Stationary Handle
Qty: 1



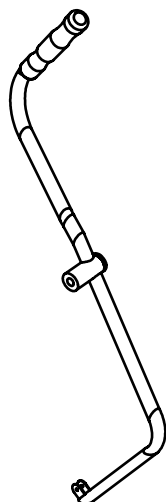
PART #12: Right
Foot Pedal
Qty: 1



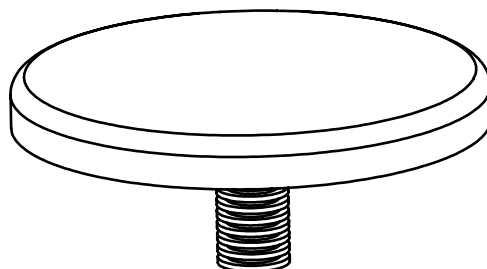
PART #13: Left
Foot Pedal
Qty: 1



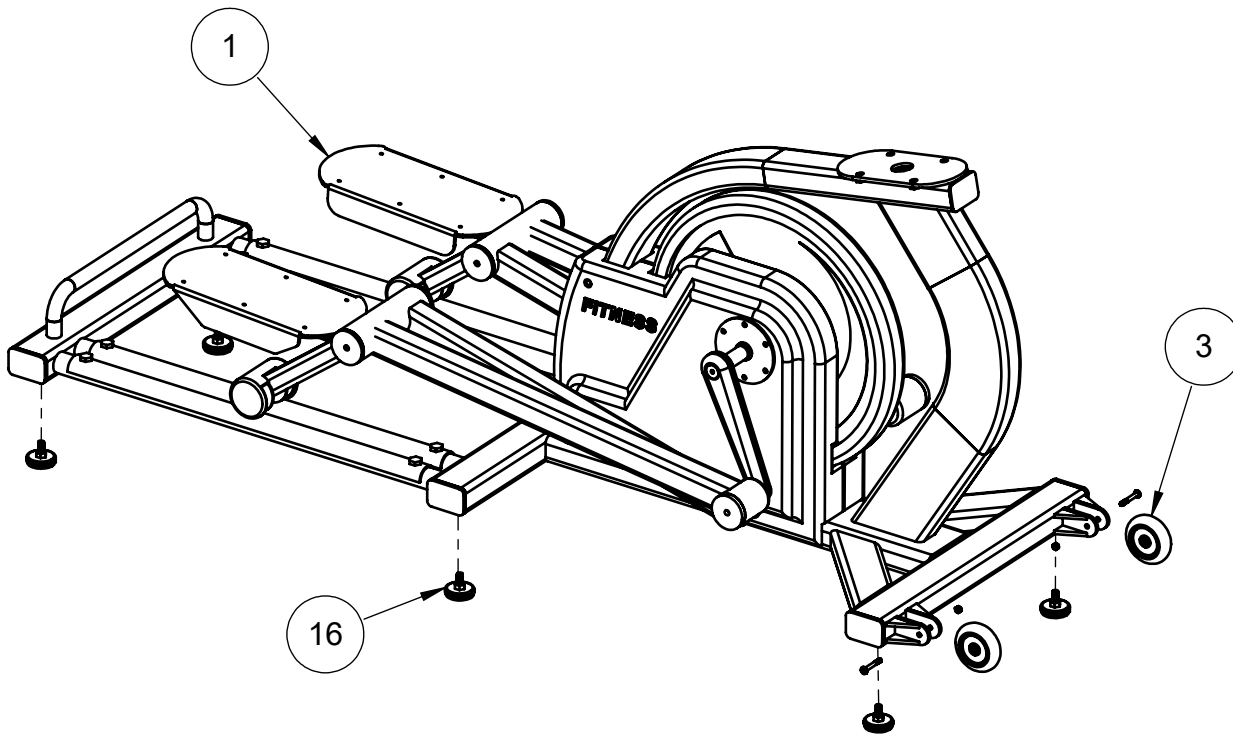
PART #14: Right
Swing Arm
Qty: 1



PART #15: Left
Swing Arm
Qty: 1



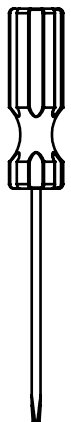
PART #16: End Cap
Qty: 6



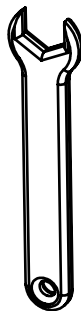
STEP 1: Wheels & End Caps

1. Tighten the floor supports part (16)
2. into place on locations located on main frame part (1).
3. Using the phillips head screwdriver and a 13mm wrench, tighten front wheels part (3).

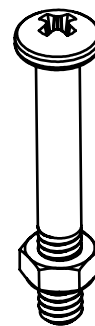
TOOLS & HARDWARE



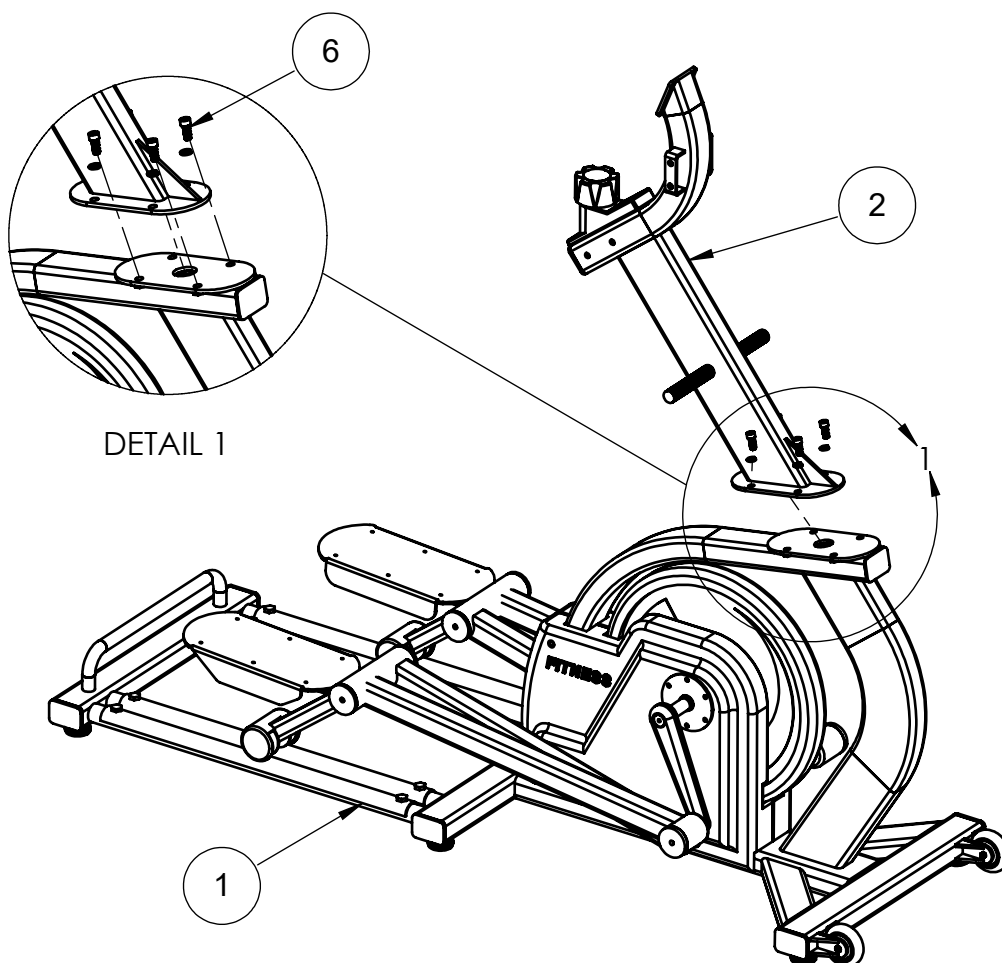
Phillips Head
Screwdriver



13mm
Wrench



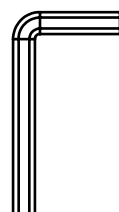
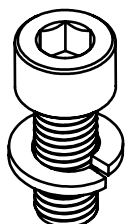
Part #: 4

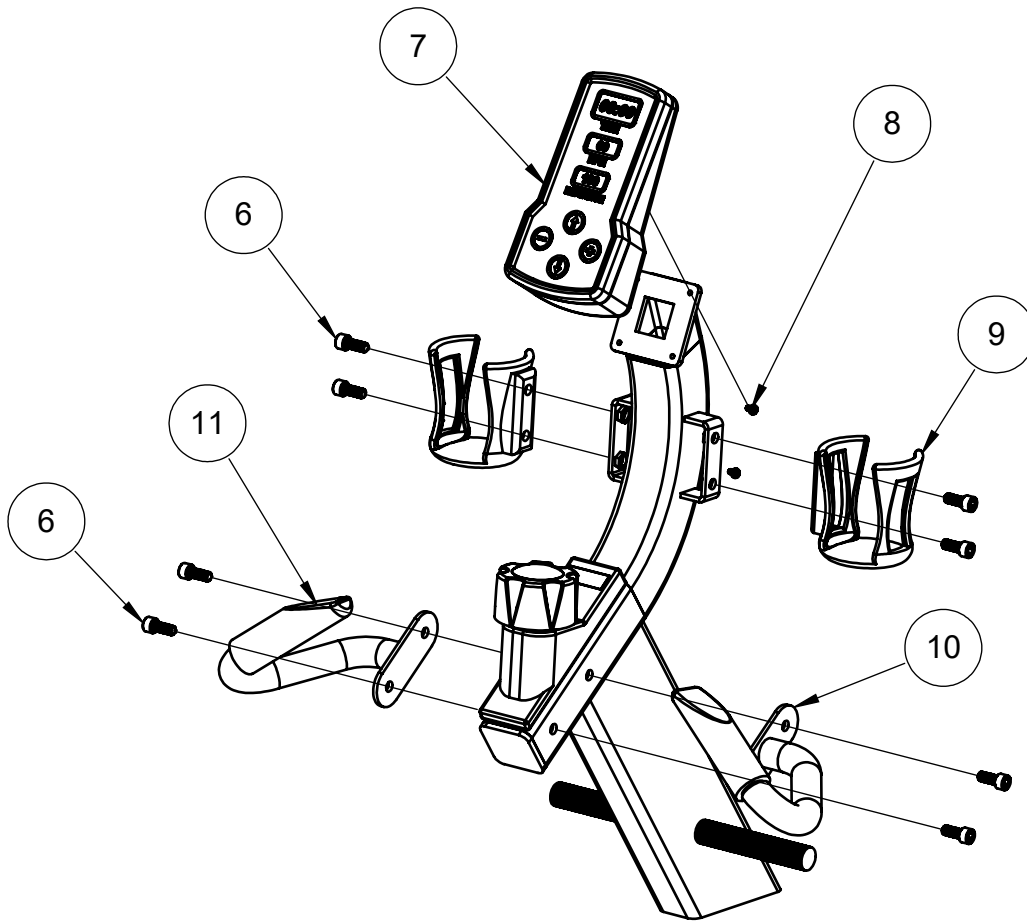


STEP 2: Console Mast

1. Lift the console mast part (2) into place and align with the main frame part (1).
2. Secure the console mast in place with the four stainless steel bolts and split washers part (6) using the allen wrench.

TOOLS & HARDWARE

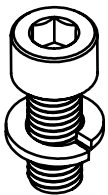




STEP 3: Console & Arms

1. Secure the console part (7) on top as shown using the four s.s. bolts part (8).
2. Attach two bottle holders part (9) using four bolts part (6). Next, install the stationary handlebars parts (10 & 11) to the console mast with four s.s. bolts part (6) and four split washers.

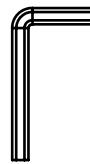
TOOLS & HARDWARE



Part #: 6



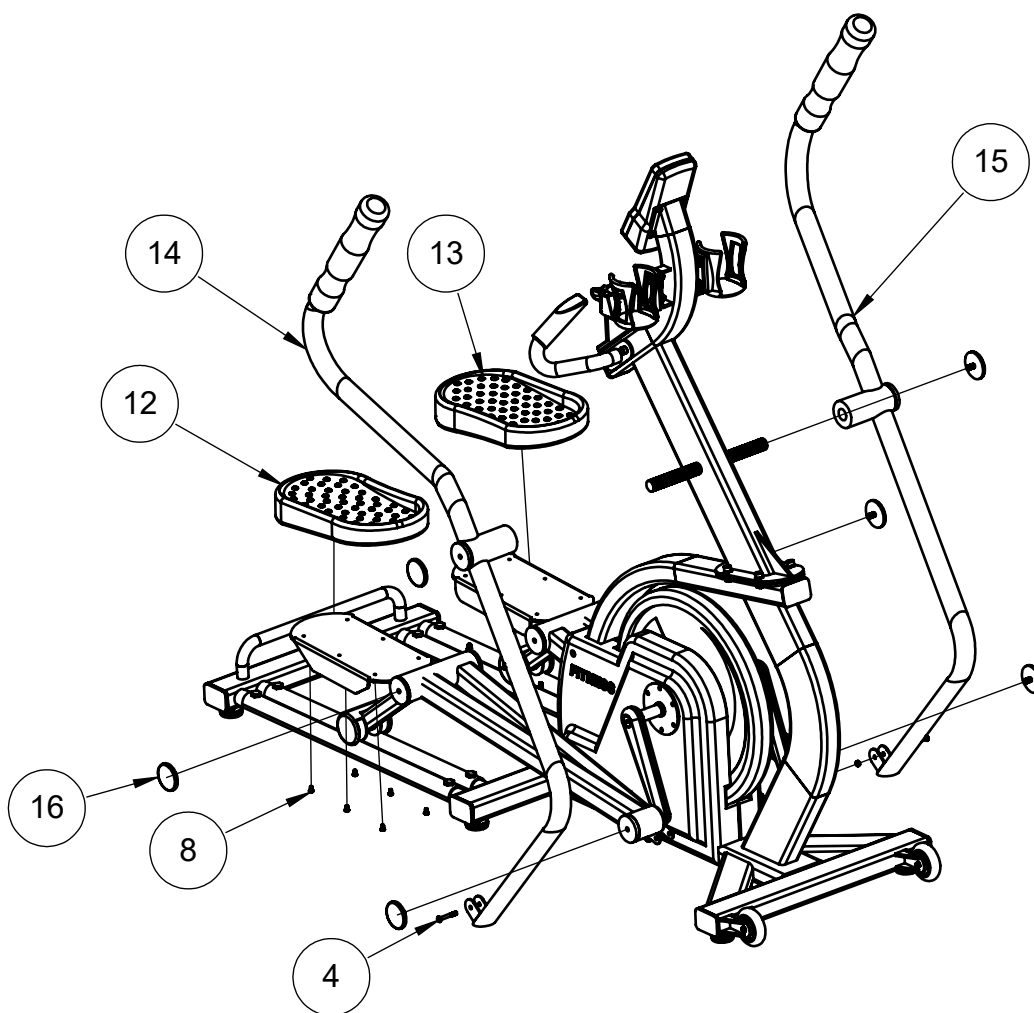
Part #8:



8mm
Allen Wrench



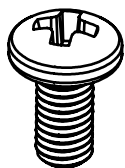
Phillips Head
Screwdriver



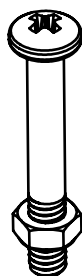
STEP 4: Arm Connection & Pedals

1. Connect the swing arms parts (14 & 15) at the bottom of part (1) as shown using two bolts part (4).
2. Attach both the left and right foots parts (12 & 13) with twelve screws part (8). Finally, scew in all End Caps part (16),

TOOLS & HARDWARE



Part #8:



Part #: 4



Phillips Head
Screwdriver