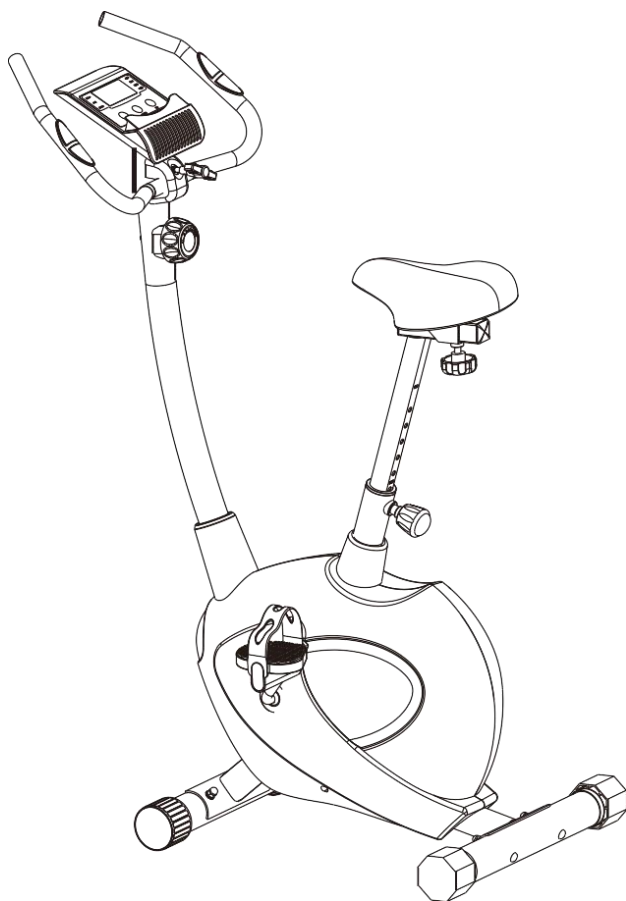


VIVA FITNESS

USER'S MANUAL

Upright Bike

KH62



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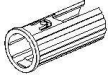
1. To ensure your safe, reliable and comfortable use of this series of exercise bikes, please read the following important matters and all operation instructions before use. The company shall not be liable for any personal injury or property loss caused by the use of this product.
2. Consult your doctor before starting a plan or other exercise program. This is especially important for people over the age of 35 or with pre-existing health conditions.

Considerations:

1. This fitness bike is a fixed fitness equipment suitable for the family and an aerobic training equipment for improving cardiovascular function;
2. The exercise bike should be placed on the flat ground when in use;
3. Before use, please check whether all bolts, bolts and other parts are properly installed and locked;
4. The intubation depth of the cushion cover shall not exceed the minimum depth marker line;
5. please wear appropriate clothes and shoes and socks, please do not wear a dress or too long blouse, so as not to hook on the exercise car; Strap your feet firmly;
6. When exercising, do not let children approach the exercise bike; The free movement space of the device should be not less than 2 meters around.
7. Before starting to exercise, please consult your doctor and make a reasonable training plan according to your condition and exercise goal;
8. If you feel nausea, pain, chest tightness, rapid heartbeat, difficulty in breathing or loss of balance during exercise, stop exercising immediately and go to see a doctor;
9. The maximum weight of the user of the machine shall not exceed 100Kg;
10. The braking device of the machine is of non-speed correlation type;
11. The machine meets the requirements of EN957 -5HC class;
12. The machine is not suitable for medical use.
13. Children should be supervised to ensure that they do not play with utensils.
14. This appliance is not intended for use by persons (including children) who are physically weak, slow in response or have mental disorders, unless it is safely used under the guidance or with the help of a person responsible for their safety.

Warning: Violation of the above safety regulations will result in personal and equipment injuries.

Tools and accessories



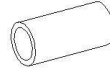
(24) D-shaped transition sleeve 1pc



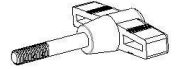
(25) Spring knob 1pc



(34) Handle Decorative Cover 1pc



(35) Spacer sleeve 1pc



(36) T-knob 1pc



(38) Hole plug 1pc



(39) shot knob 1pc



(42) Arc washer $\Phi 8$ 8pcs



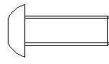
(58) flat washer $\Phi 8$ 2pcs



(59) Spring washer $\Phi 8$ 8pcs



(49) Cap nut M8 4pcs



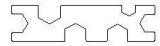
(50) Half-Roundhead Hex bolt M8X16 4pcs



(56) Square Neck Screw M8X75 4pcs



(66) Wrench S=5 1pc



(67) Screw driver 1pc

(24) D-shaped transition 1pc

(25) Spring knob 1pc

(34) Handle Decorative 1pc

(35) Spacer sleeve 1pc

(36) T-knob 1pc

(38) Hole plug 1pc

(39) shot knob 1pc

(42) Arc washer $\Phi 8$ 8pcs

(58) flat washer $\Phi 8$ 2pcs

(59) Spring washer $\Phi 8$ 8pcs

(49) Cap nut M8 4pcs

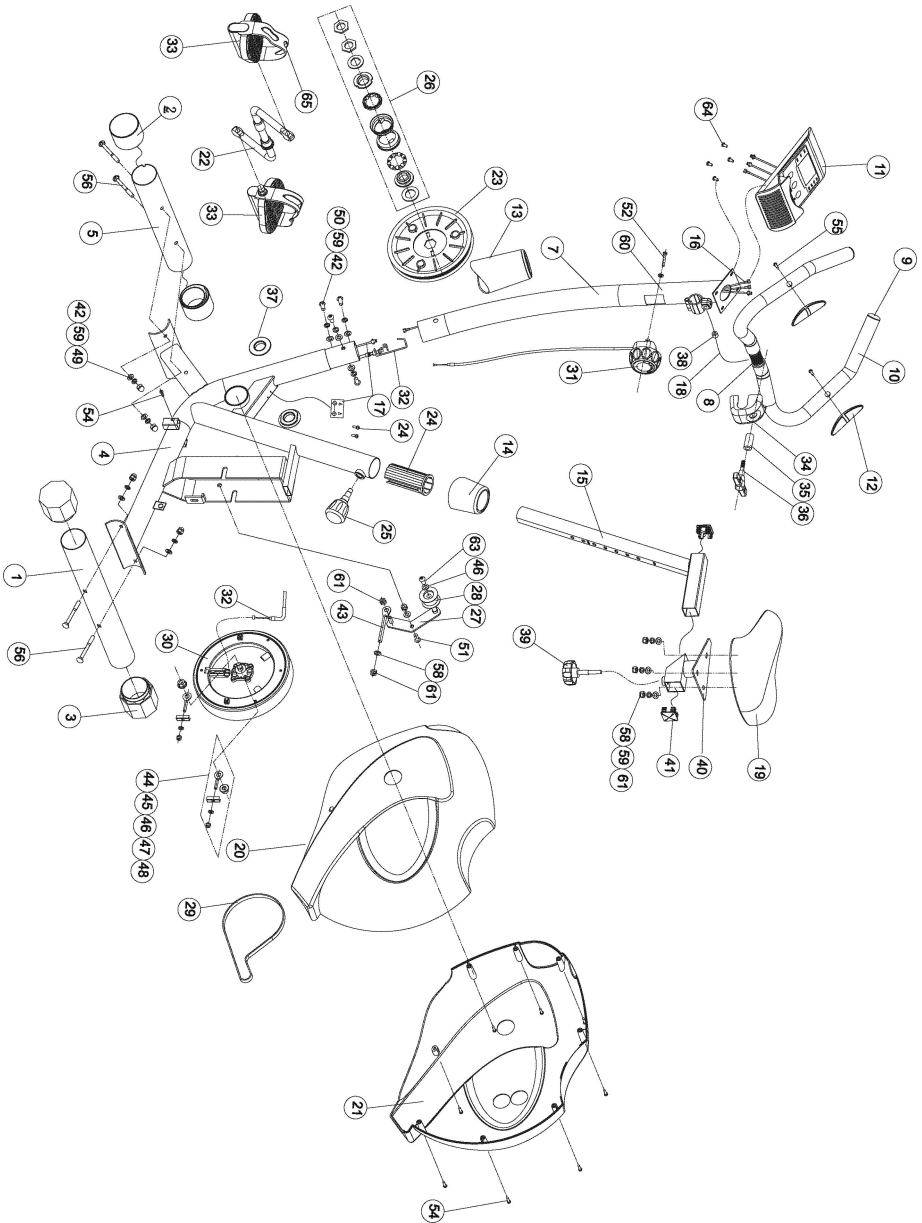
(50) Half-Roundhead Hex bolt M8X16 4pcs

(56) Square Neck Screw M8X75 4pcs

(66) Wrench S=5 1pc

(67) Screw driver 1pc

Explosive View

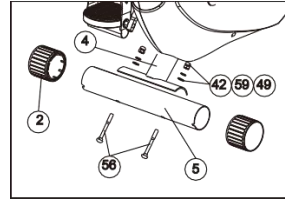


Part list

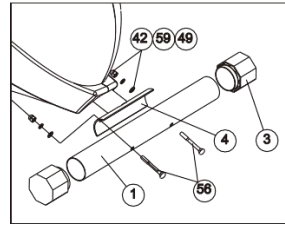
NO.	Description	Qty	NO.	Description	Qty
1	Rear foot tube	1	35	Spacer sleeve	1
2	Front foot-cover	2	36	T-knob	1
3	Rear foot cover	2	37	Crank Decorative Cover	2
4	Main frame	1	38	Hole plug	2
5	Front foot tube	1	39	Shot knob	2
6			40	Seat cushion adjustable bracket	1
7	Handlebar support	1	41	Square cap	2
8	Hand bar	1	42	ARC w asher	8
9	Φ25 Ball plug	2	43	Pull Rod	2
10	Handrail bushing	2	44	adjusting yoke	2
11	Meter	1	45	Adjust slice	2
12	Pulse sensor	2	46	Flat Washer Φ6	3
13	Front plastic cover	1	47	Spring w asher Φ6	2
14	Seat cushion tube cover	1	48	Lock Nut M6	2
15	Seat bracket	1	49	Lock Nut M8	4
16	Meter w ire (low er)	1	50	Half-Roundhead Hex bolt M8X16	4
17	Meter w ire (upper)	1	51	Half-Roundhead Hex bolt M8X20	1
18	Heart rate w ire	1	52	Cross Recessed Pan Head screw M5X35	1
19	Seat cushion	1	53	Cross head Pan Head Tapping screw ST4X8	2
20	Right cover	1	54	Cross head Pan Head Tapping screw ST4.2X16	8
21	Left cover	1	55	Cross head Pan Head Tapping screw ST4.2X20	2
22	crank	1	56	Square Neck Screw M8X75	4
23	Belt w heel	1	57	Lock Nut	2
24	D-shaped transition sleeve	1	58	Flat Washer Φ8	3
25	Spring knob	1	59	Spring w asher Φ8	11
26	Bearing set	1	60	Flat Washer Φ5	1
27	Pressing w heel bracket	1	61	Lock Nut M8	6
28	Pressing belt w heel	1	62	Lock Nut M10	2
29	4V Belt	1	63	Half-Roundhead hex bolt M6X12	1
30	Flyw heel	1	64	Cross Recessed Pan Head Screw M5X12	4
31	8-section tension control	1	65	Pedal Belt	2
32	resistance cable	1	66	Wrench S=5	1
33	Pedal(Left & Right)	2	67	Screw driver	1
34	Handle Decorative Cover	1			

Installation steps

1. With 2 sets Square Neck Screw(No. 56), Arc washer (No.42), Spring washer(No. 59)& Lock Nut(No.49) attach front foot tube(No. 5)on main frame(No.4).



2. With 2 sets Square Neck Screw(No. 56), Arc washer (No.42), Spring washer(No.59)& Lock Nut(No.49) attach Rear foot tube(No. 1)on Main frame(No.4).



3.

a. Connect the Meter wire (No.16&17) of the upper and lower sections of the electronic table connection, and then connect the terminal of the lower end of the 8-section spinner body (No.31) firmly with the resistance cable (No.32).

(Note: first of all the output adjustment knob to the "+" direction to the end (at this time the output of the spinner terminal extension to the longest), according to the figure of the joint terminal sleeve in the output adjustment wire connection hook, pull up, the output adjustment of the upper end stuck into the box slot. If the upper end of the output fine adjustment body line cannot just be stuck into the adjustment box slot, please turn the lower end of the adjustment box nut to the appropriate position, so that the output fine adjustment body line at the top of the clip just stuck into the adjustment box slot. (See [Figure 3-A, B and C](#))

b: hand over Handlebar support (No.7) set into the Main frame (No.4) to take over by 4 sets of Half-Roundhead Hex Bolt (No.50), Spring washer(No.59) and ARC washer (No.42) will hand over Handlebar support (No.7) connected to the frame (No.4) tighten. (See [Figure3-D](#))

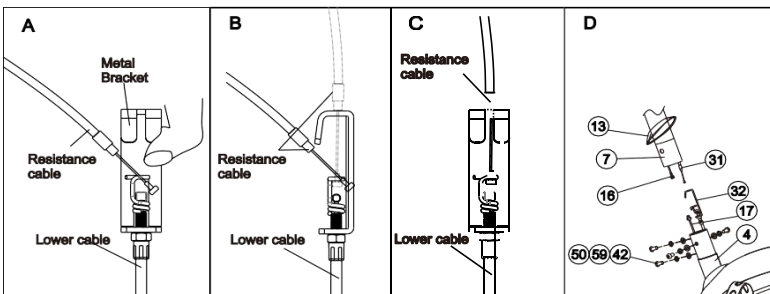
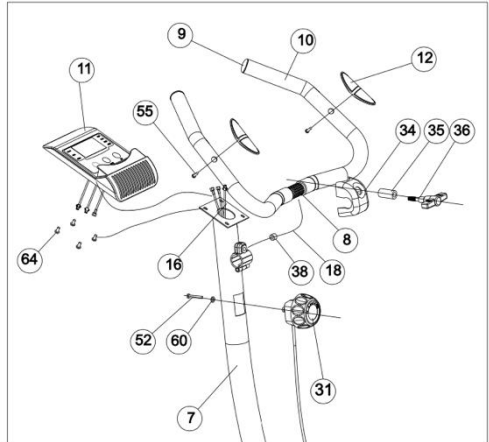


Figure3

4.

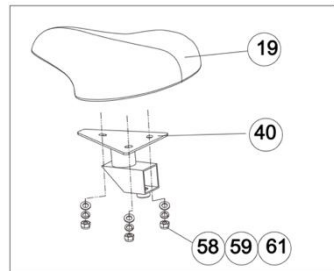
a. Insert the heart Pulse sensor (No.12) through the side hole on the Handlebar support (No.7) and through the upper end; Then cover the heart rate line (No. 18) with the threading hole plug (No.38), plug the hole on the Handlebar support (No.7), and then cover the hand handle bar (No.8) in the clamping tube hoop on the Handlebar support (No.7), as shown in the figure, then cover the handle decorative cover (No.34) and the spacer sleeve (No.35), and lock it with the T-knob(No.36).



b. Connect the electronic meter (No.11) and heart rate wire (No.16) to the corresponding connector of the electronic meter, and then put the extra wire plug into the Handlebar support (No.7); Then the convexity of the electronic watch is set to the welding seam of the forehead connector, the upper end of the electronic watch is fixed to the Handlebar support (No.7), and is fixed with the Cross Recessed Pan Head Screw (No.64).

Note: the clamping teeth on the hand bar (No.8) must be consistent with the clamping groove of the tube hoop of the Handlebar support (No.7).

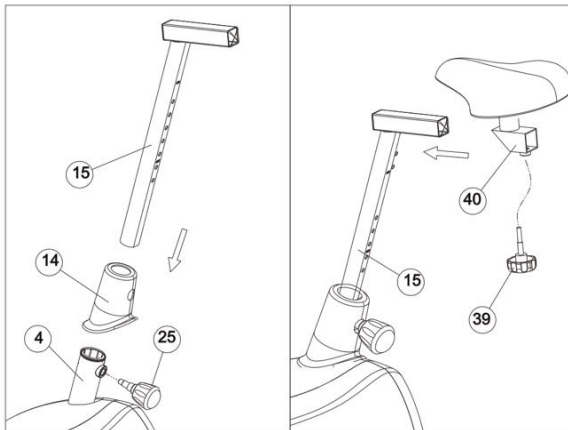
5. With 3 sets of Locknut (No.61), Spring Washer (No.59) & flat washer (No.58) install the seat cushion (No.19) on the seat cushion adjustable bracket (No.40).



6.

a. Then insert the seat bracket (No.15) into the D-shaped transition sleeve (1No.24), insert the seat bracket (No.15) into the seat support pipe of the Main frame (No.4), and align the upper end rotary hand seat hole of the seat support pipe of the Main frame (No.4) with a certain hole on the seat bracket (No. 15); Then insert the Spring knob (No.25) into the hole and tighten. (See Figure 6)

b. Put seat cushion adjustable bracket (No. 40) on the upper end of the seat bracket (No.15) according to the direction Shown in the figure. After adjusting a certain position, tighten the seat cushion with shot knob (No.39).



REMARK:

1. To adjust the position of the Seat bracket (No.15), the Spring knob (No.25) should be unscrewed. After adjusting the Seat bracket (No.15) to the appropriate position, then tighten the spring knob (No.25).

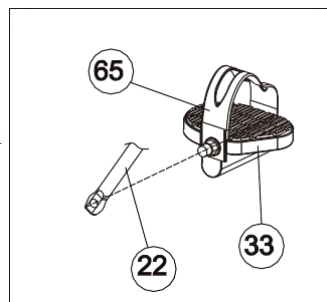
2. To adjust the positions of the seat cushion (No. 19), just unscrew the seat cushion to adjust the shot knob (No.39). After adjusting the Seat bracket (No.15) to the appropriate position, tighten the shot knob (No.39)

3. If the cushion is found to be skewed, loosen the fixing nut at the lower end of the cushion, adjust the cushion to the correct position, and then lock it tightly.

7. Fasten the Belt (No. 65) on the Pedal (No.33) first, then mount them on the crank (No.22). (see figure 8)

Note: left (L), right (R) are indicated on the foot pedal shaft.

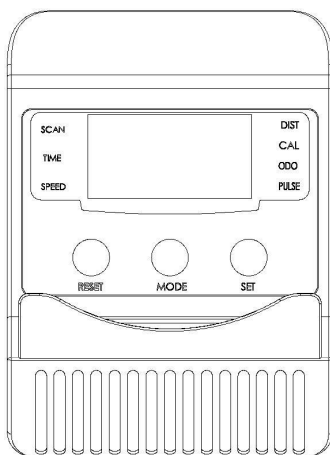
When stamping quickly in one direction, do not immediately kick in the other to avoid injury.



INSTRUCTIONS

1. Load adjustment: resistance fine tuning knob, clockwise rotation, resistance increase, according to your own needs to adjust the level of resistance.
2. Adjusting the height of the seat: loosen and pull back the hand screw on the seat cushion cannula, lift or lower the seat cushion tube to an appropriate position according to the needs of the wearer. Then, the hand screw will be automatically inserted into the seat cushion tube hole to tighten the hand screw.
3. When riding a bike, sit on the cushion, fasten the pedal strap and hold the handle with both hands. The upper body can freely change its position

according to the strength of both legs and riding speed. kly in one direction, do not immediately kick in the other to avoid injury.



FUNCTION KEYS/MANUAL MODE:

1. **MODE:** Push down for selecting functions. If the long time holds down MODE button will turn completely 0 (besides ODO).
2. **SET:** To set the values of time, distance pulse and calories when not in scan mode.
3. **RESET-**Push down for resetting time, distance & calories, the current data change to 0.
If the long time holds down RESET, all value return to 0 except the ODO position.

WINDOW DISPLAY

1. **TIME:** Displays the elapsed using time (0:00~99:59 MIN).
2. **SPEED:** The speed range is 0.0-999.9KM/H (or Mile/H).
3. **DISTANCE:** Displays the total distance traveled (0.0-9999KM or MILES).
4. **CALORIES:** Displays total calories burned (0.0-9999 CAL).
5. **PULSE (if have):** Displays your pulse data when hands are placed on the sensors (40-240 BPM).

I. Installation method:

1. Remove the battery door on the back shell of the meter and install two new 1.5VAA batteries in the positive and negative directions of the battery box (for battery products not installed).
2. Fix the instrument on the pipe in front of the fitness equipment with screws.
3. Connect the sensor wire plug with the outlet connector on the back of the instrument or insert the signal input jack on the back of the instrument.
4. Quick step on the fitness equipment and the displayed speed changes indicate that the installation is qualified; otherwise, check whether the magnet seat and the sensor are installed correctly and whether the sensor wire plug and the lead wire of the watch head are connected reliably.

II: Method of use:

1. Press the MODE key to select the display window that needs to be SET or cleared, and the "SET" symbol on the corresponding window flashes. Press the SET key to SET the alarm time, alarm distance or alarm calories required. Press the RESET key to clear the corresponding window display value.
2. Step on the fitness equipment to start measuring, and observe your exercise parameters according to the contents displayed in different Windows.
3. Heart rate measurement: press any key, then grasp the corresponding

position of heart rate sensor metal plate with the left and right palms respectively (note: each palm should touch two metal plates at the same time). The monitor in the heart rate display window will show your current heart rate in seconds or less. When the heartbeat signal is received during the measurement, the heartbeat corresponds to the "". In order to prevent the influence of palm movements on heart rate measurement and ensure the accuracy of heart rate measurement, it is suggested that the heart rate measurement should be carried out after the exercise is suspended or stopped, and the heart rate measurement should not be carried out at the same time of running.

Hint: Sometimes there will be signal interference when the palm holds the metal sheet. The heart rate displayed in the first 2~3 seconds may not be correct and appear high, which is a normal phenomenon. Then the heart rate will return to normal measurement. This method of heart rate detection is mainly helpful to determine the amount of exercise you do, not as a basis for disease treatment

III: The battery replacement :

When the display darkens or shows no display, remove the battery cover and install two new 1.5VAA batteries in the positive and negative direction of the battery. Install the battery cover.

MAL FUNCTIONS AND TR EATMENT

(1) Maintenance

1. Regularly check whether the bolts and nuts of each part are fastened, whether the adjusting knob is locked, whether the rotating part is flexible, and whether there are any worn or damaged parts. Ensure that all parts are in good condition to ensure the safety of the equipment.
2. Parts that are worn or damaged should be replaced immediately or sent to the maintenance center for replacement before use after repair.
3. Keep the equipment clean, but do not wipe it with acid, alkaline or organic solution.

(2) Troubleshooting

Malfunction	Reason	Treatment
Base is unstable.	1.Floor is not flat or there is small object under the front or rear stabilizer.	1.Remove the object.
	2.The rear base feet have not been leveled when assembling.	2.Adjust the rear base feet.
Handlebar or seat cushion is shaking.	The screws and round knob are loose.	Tighten the screws and round knob.
Loud noise from the moving parts.	The interval of the parts is improper tighten.	Open the covers to adjust.
No resistance when riding the upright bike.	1.The interval of the magnetic resistance increases.	1.Open the covers to adjust.
	2. Tension control is damaged.	2.Change the tension control.
	3. Running belt is slippery.	3.Open the covers to adjust.