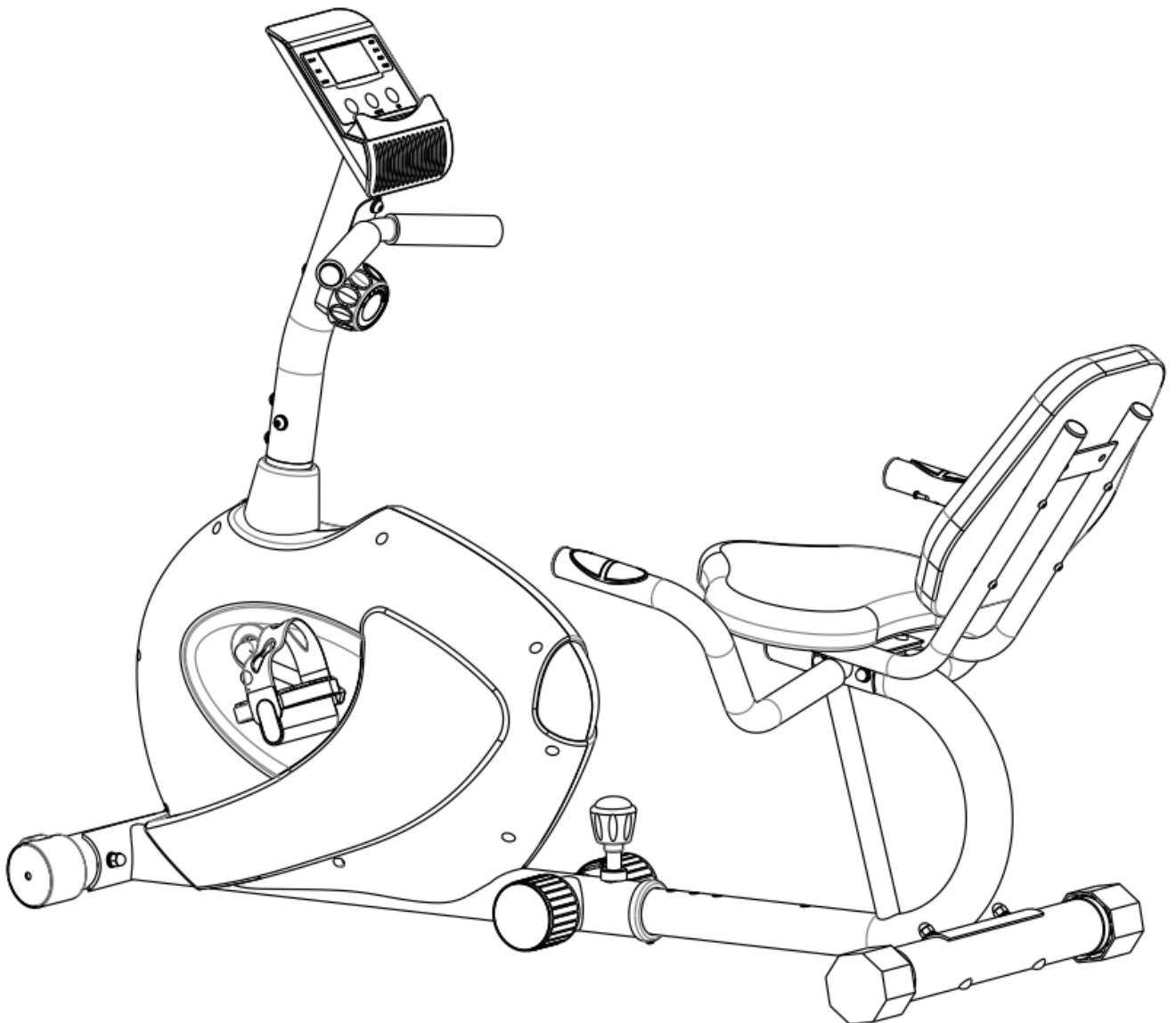


VIVA FITNESS

USER'S MANUAL

Recumbent Bike

KH64



- 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:

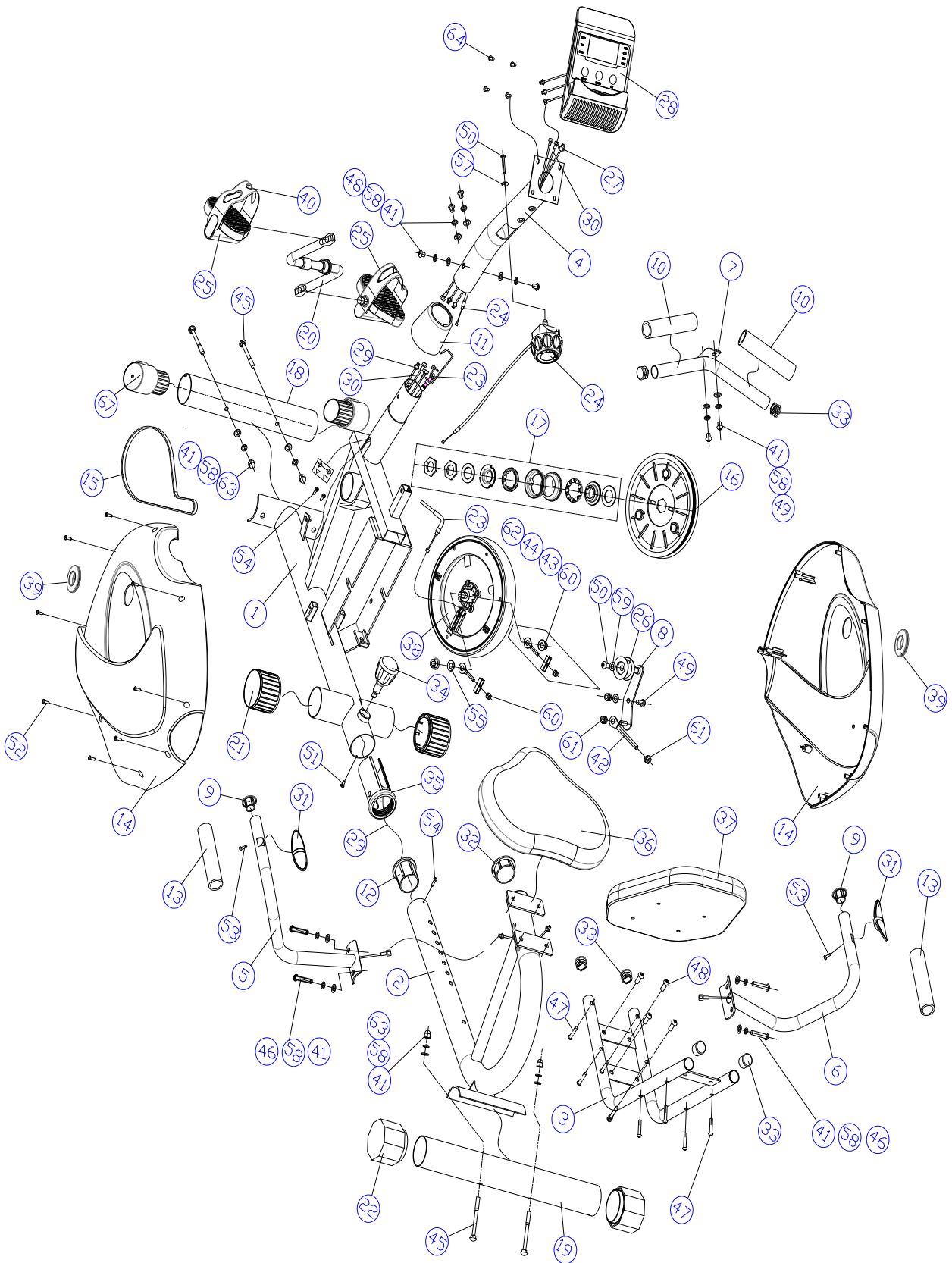
1. This fitness bike is a fixed fitness equipment suitable for the family and an aerobic training equipment for improving cardiovascular function;
2. The exercise bike should be placed on the flat ground when in use;
3. Before use, please check whether all bolts, bolts and other parts are properly installed and locked;
4. 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;
5. The activity space of this machine should be larger than 120*100*200 cm.
6. Before starting to exercise, please consult your doctor and make a reasonable training plan according to your condition and exercise goal;
7. 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;
8. Children should be supervised to ensure that they do not play with utensils.
9. 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.
10. The maximum weight of the user of the machine shall not exceed 100Kg;
11. The braking device of the machine is of non-speed correlation type;
12. The machine is not suitable for medical use.
13. The machine meets the requirements of EN957-5HC class;
14. The machine is suitable for home use

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

Tools and accessories

- (45) Square Neck Screw M8X75 4pcs
- (46) Half-Roundhead Hex bolt M8X20 4pcs
- (47) Half-Roundhead Hex bolt M6X40 8pcs
- (48) Half-RoundheadHex bolt M8X16 8pcs
- (49) Half-Roundhead Hex bolt M8X20 2pcs
- (41) Arc washer Φ 8 14 pcs
- (58) Spring washer Φ 8 14pcs
- (63) Cap nut M8 4pcs
- (66) L-shaped wrench S=5 1pcs
- (65) Multi-function wrench 1pcs

Explosive View



Part list

NO.	Description	Qty	NO.	Description	Qty
1	Main frame	1	41	ARC washer	14
2	adjustable bracket	1	42	Pull Rod	1
3	Seat cushion adjustable bracket	1	43	adjusting yoke	2
4	Handlebar support	1	44	Adjust slice	2
5	Handlebar support-left	1	45	Square Neck Screw M8X75	4
6	Handlebar support-right	1	46	Half-Roundhead Hex bolt M8X20	4
7	Handlebar support-front	1	47	Half-Roundhead Hex bolt M6X40	8
8	Pressing wheel bracket	1	48	Half-Roundhead Hex bolt M8X16	8
9	Φ25 Ball plug	4	49	Half-Roundhead Hex bolt M8X20	2
10	Front Handrail bushing	2	50	Cross Recessed Pan Head Screw M5X35	1
11	plastic cover	1	51	Cross Recessed Pan Head Screw M4X6	1
12	locating sleeve	1	52	Cross head Pan Head Tapping screw ST4.2X20	2
13	Handrail bushing	2	53	Cross head Pan Head Tapping screw ST4.0X16	9
14	Cover(Left & Right)	2	54	ross head Pan Head Tapping screw ST4X10	1
15	6V Belt	1	55	Flat Washer Φ10	1
16	Belt wheel	1	56	Flat Washer Φ8	1
17	Bearing set	1	57	Flat Washer Φ5	1
18	Front bottom tube	1	58	Spring washer Φ8	14
19	Rear bottom tube	1	59	Spring washer Φ6	1
20	crank	1	60	Lock Nut M6	2
21	Middle foot-cover	2	61	Lock Nut M8	2
22	Rear foot-cover	2	62	Lock Nut M10	2
23	resistance cable	1	63	Lock Nut M8	4
24	8-section tension control	1	64	Cross Recessed Pan Head Screw M5X12	4
25	Pedal(Left & Right)	1	65	Multi-function wrench	1
26	Pressing belt wheel	1	66	L-shaped wrench S=5	1
27	Meter wire	1	67	Front foot cover	2
28	Meter	1			
29	Heart rate wire 1	1			
30	Heart rate wire 2	2			
31	heart rate sensor	2			
32	Φ50 Pipe Plug	1			
33	Φ25 round cap	4			
34	Spring knob	1			
35	transition sleeve	1			
36	Seat cushion	1			
37	back cushion	1			
38	Flywheel	1			
39	Crank spacer sleeve	2			
40	Pedal Belt	2			

Installation steps

All pipe plugs have been installed.

1. With 2 sets Square Neck Screw (No. 45) , Arc washer (No. 41) , Spring washer (No. 58) & Lock Nut (No. 63) attach Front bottom tube (No. 18) on main frame (No. 1).

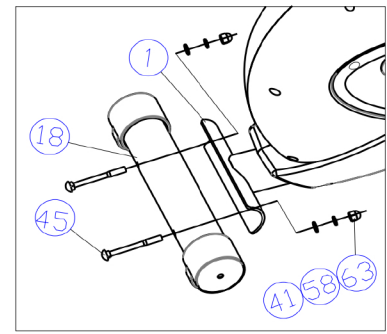


Figure 1

2. With 2 sets Square Neck Screw (No. 45) , ARC washer (No. 41) , Spring washer (No. 58) & Lock Nut (No. 63) attach Rear bottom tube (No. 19) on Adjustable bracket (No. 2).

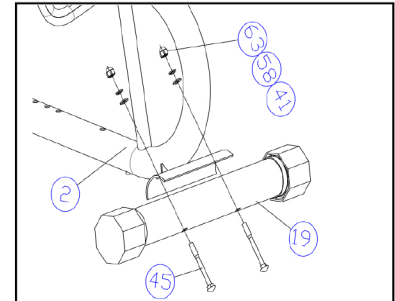


Figure 2

3.

A: Connect the terminal of the lower end of

the 8-section spinner body (No.24) firmly with the resistance cable (No.23). (Note: first of all the output adjustment knob to the "8" 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: Connect handlebar support's(4) meter wire(27) and heart rate wire 2 (30) with main frame's(1) heart rate wire 1(29) and heart rate wire 2 (30) .

C: Take over by 4 sets of Half-Roundhead Hex Bolt (No.48), Spring washer(No.58) and ARC washer (No.41) will hand over Handlebar support (No.4) connected to the frame (No.1) tighten. (See Figure3-D)

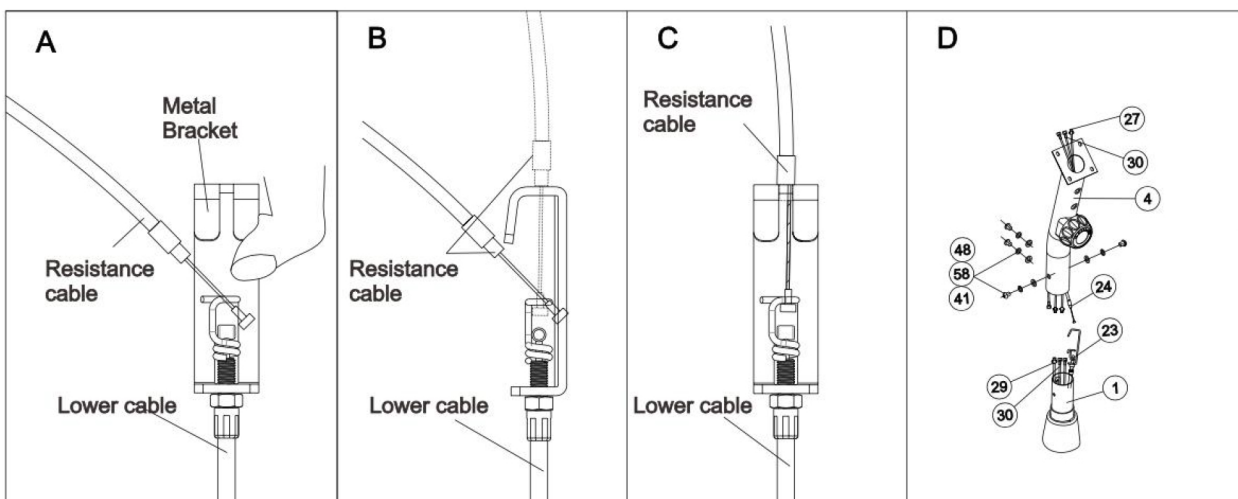


Figure3

4.a. Connect the electronic meter (No.27) and heart rate wire 1 (No.30) to the corresponding connector of the electronic meter, and then put the extra wire plug into the Handlebar support (No.4); 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.4), and is fixed with the Cross Recessed Pan Head Screw (No.64).

b. Take over by 2 sets of Half-Roundhead Hex Bolt (No.49), Spring washer (No.58) and ARC washer (No.41) will hand over Handlebar support-front (No.7) connected to the Handlebar Support (No.4) tighten. (See Figure4)

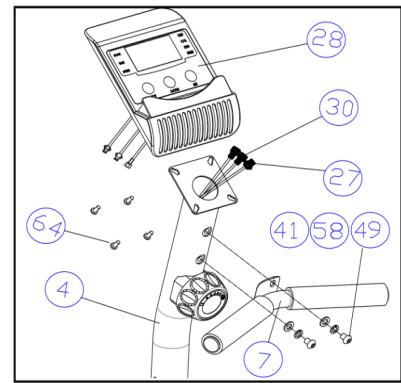


Figure 4

5. With 4 sets of Half-Roundhead Hex bolt (No.48), install the Seat cushion adjustable bracket (No.3) on the adjustable bracket (No.2)

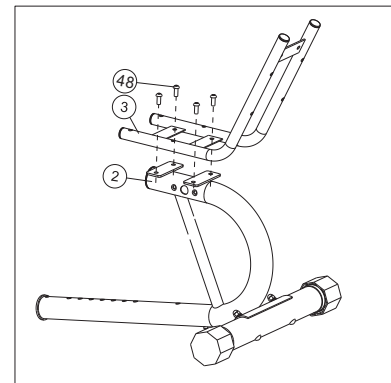


Figure 5

6. With 8 sets of Half-Roundhead Hex bolt (No.47) install the Seat cushion (No.36) & Back cushion (No.37) on the Seat cushion adjustable bracket (No.3) respectively.

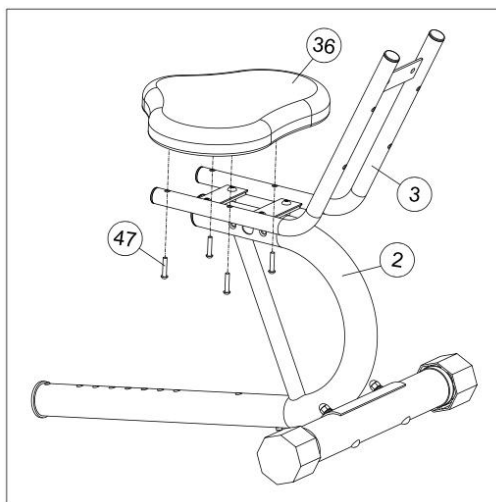


Figure 6a

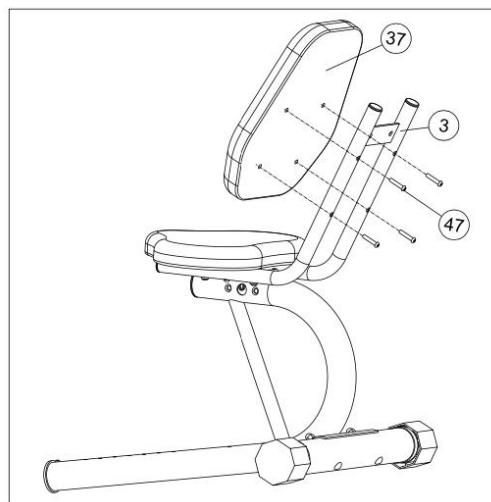


Figure 6b

7. Connect the heart rate wire 2 (No.31) with heart rate wire 1 (No.30), then put the extra wire plug into the adjustable bracket (No.2); With 4 sets of Half-Roundhead Hex bolt (No.46), spring washer (No.58), ARC washer (No.41) install the Handlebarsupport-Left (No.5) & Handlebar support-Right (No.6) on the adjustable bracket (No.2)

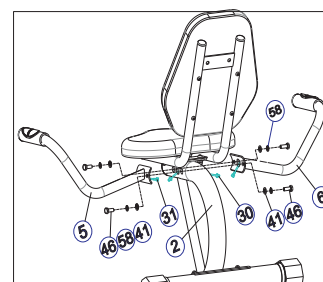


Figure 7

8.To adjust the positions of the seat cushion, just unscrew the seat cushion to adjust the spring knob (No.34). After adjusting the adjustable bracket (No.2) to the appropriate position, tighten the spring knob (No.34)

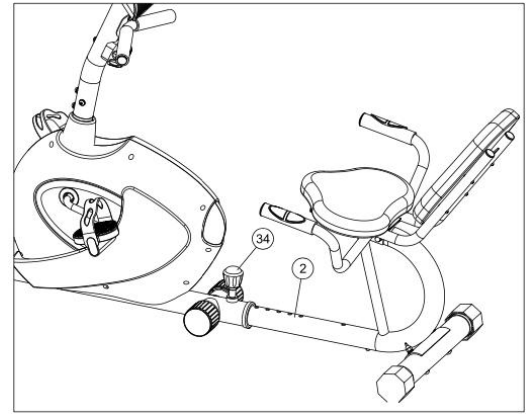


Figure 8

9. Fasten the Belt (No. 40) on the Pedal (No.25) first, then mount them on the crank (No.20). (see figure 9)

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.

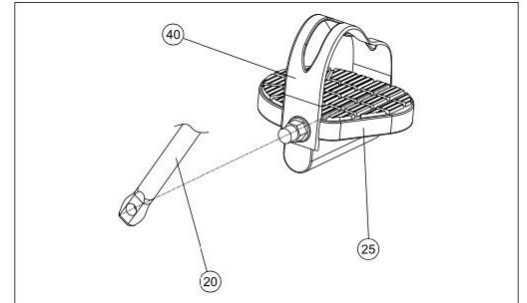
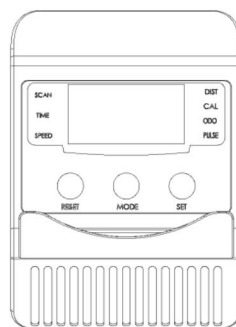


Figure 9

Instructions

1. **Load adjustment:** resistance fine tuning knob, clockwise rotation, resistance increase, according to your own needs to adjust the level of resistance.
2. **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.



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 .

3. **DISTANCE:** Displays the total distance traveled (0.0-9999KM).

4. **CALORIES:** Displays total calories burned (0.0-9999 CAL).

5. **PULSE :** 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 1.5VAAA 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 1.5VAAA batteries in the positive and negative direction of the battery. Install the battery cover.

MALFUNCTIONS AND TREATMENT

(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.

Troubleshooting

Malfunction	Reason	Treatment
Base is unstable.	<ol style="list-style-type: none">1. Floor is not flat or there is small object under the front or rear stabilizer.2. The rear base feet have not been leveled when assembling.	<ol style="list-style-type: none">1. Remove the object.2. Relevel the base3. 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.	<ol style="list-style-type: none">1. The interval of the magnetic resistance increases.2. Tension control is damaged.3. Running belt is slippery.	<ol style="list-style-type: none">1. Open the covers to adjust.2. Change the tension control.3. Open the covers to adjust.

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Thanks for your purchase and feel free to contact us if have any questions and our friendly customer service professionals are always standing by to help.