



Please follow all security measures in this user's manual to ensure a secure use.



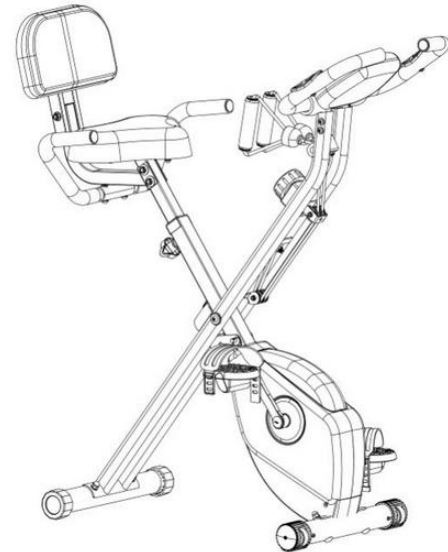
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Thank you!

Thank you for purchasing our product. Please read the operating instructions carefully before using the product for the first time. If you give the product to a third party, this manual must be handed over with it. Keep the instruction manual for future reference. The drawings in this manual may not match the physical objects. Please refer to the physical objects.



Important safety instructions

Your safety is of the most importance to us. Please make sure that you read this instruction booklet before attempting to install and use the appliance. If you are unsure of any of the information contained in this booklet, please contact the Retailer where you purchased your unit.

WARNING: Read all safety and usage instructions. Failure to follow the safety information and instructions can cause electric shock, fire and/or serious injury. Keep all safety and usage instructions for future reference.

DO NOT use the product until you read the instruction manual.

Make sure you have read the instruction manual thoroughly and understand the contents before you start the installation.

The instructions are in the interest of your safety.

Warning Danger of suffocation! Packaging material is dangerous for children. Never let children play with packaging material.



1

Important safety instructions

Introduction


This user manual is intended to familiarize you with the installation, use and maintenance of the product. To install the device safely and correctly, please read the user manual before you begin.


Please read the following instruction carefully and use the product accordingly. Please

keep this manual and hand it over when you transfer the product.

This summary may not include every detail of all variations and considered steps. Please contact us when further information and help are needed.

Symbol explanation

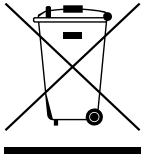
 **WARNING:** This signal symbol/word refers to a hazard with a medium degree of risk which, if not avoided, may result in death or serious injury.

 **CAUTION!** This signal symbol/word refers to a low-risk hazard which, if not avoided, may result in minor or moderate injury.

Note! This signal symbol/word warns of possible property damage.



Warning! Read the safety instructions carefully. Failure to comply with safety instructions may cause electric shock, fire, and severe injury. **Keep all safety instructions and instructions for the future.**



This product must not be disposed of with household waste!



WARNING! This device can pose dangers if it is used improperly or not as intended by persons who have not been instructed! Note that the device is not a toy and does not belong in children's hands.

Suffocation! Do not leave the packaging material carelessly. It could become a dangerous toy for children.



Based on a CE marking, it can be recognized that a product complies with the legal provisions of European legal standards and may therefore be traded within the European Community.

1

Important safety instructions

Safety instructions

- Your safety is most important to us. So please make sure you read the user manual before installing and using the product. If you are unsure about any information in this manual, please contact the dealer from whom you purchased the device.
- **DO NOT** use the product if you have not yet read the instruction manual.
- Make sure you have read the user manual thoroughly and understood the contents before you begin the installation.
- The instructions are in the interest of your safety.

WARNING!

- For safety reasons, the following safeguards are important. Failure to read and follow these instructions can result in serious injury.
- For your health and safety, people with hypertension, heart disease, and other cardiovascular and cerebrovascular diseases should avoid using this product.
- The disabled shouldn't use the equipment alone without supervision from specialists or health workers.
- We recommend that you talk to your doctor before embarking on any new exercise if you have had any recent surgery, are pregnant, have an injury, or if you have concerns about your health or levels of fitness that you think additional exercise may aggravate.
- Stop exercising immediately if you feel light-headed or short of breath.
- If you feel nausea, pain, discomfort, or other acute abnormalities, be sure to stop exercising and consult your doctor before resuming exercise.
- Be careful when carrying the product as it may be too heavy for you. You may need a friend or family member to help you unpack, assemble, and relocate the product.
- Keep the packaging components away from children, especially from infants and toddlers, as there is a danger of suffocation.
- Ensure the product is fully intact before use; if any damage occurs, stop using it immediately and contact us.
- Don't use the product outdoors.
- Keep all packages and accessories for future use and store them safely away from children and animals.

1

Important safety instructions

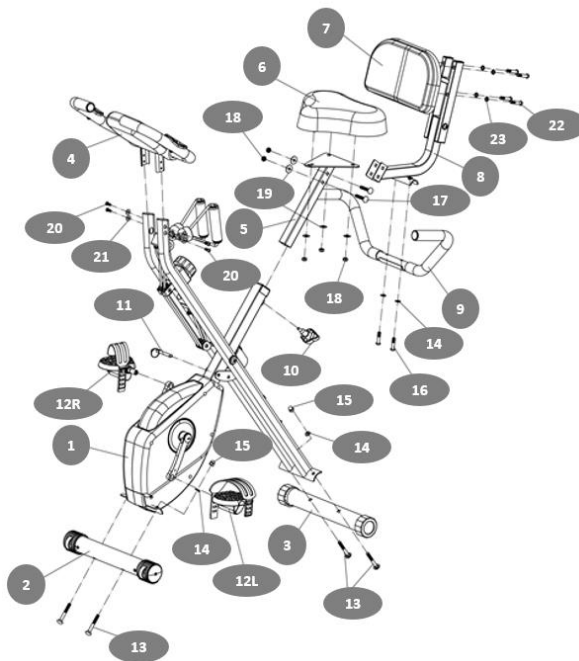
Note!

- It is important to read these instructions before assembling and using the equipment. Safe and efficient use can only be achieved if the equipment is assembled, maintained, and used properly.
- For home and indoor use only. Not suitable for commercial use and can only be used according to the instructions in this manual. This product should not be used for any exercise other than dumbbell exercise.
- Consult your doctor to assess if you are fit for this equipment. If you are taking medication for your heart rate, blood pressure, or cholesterol, the doctor's advice is very important.
- Warm up before use. Do not use this product immediately after meals.
- Increase speed, intensity, and duration of exercises gradually.
- This product can only be used by one person at a time.
- This product can only be used by adults.
- Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet.
- Before use, put the product on an old cloth or training mat to avoid damaging the floor or carpet.
- Keep children and pets away from the product.
- For your safety, the equipment should have at least 1 meter of free space all around it, and without any pointy or sharp items surrounding it.
- Wear suitable clothing and shoes whilst using the product. Do not wear baggy clothing or any jewellery to avoid getting stuck.
- The max. static load capacity of the product is 100 kg (220 lb). Do not exceed its weight limit.
- Always use the equipment as indicated. If you find any defective components whilst assembling or checking the equipment, or if you hear any unusual noise coming from the equipment during use, stop. Do not use the equipment until the problem has been rectified.
- Do not change the design or function of the product.
- Do not use any accessories that are not recommended by us.
- Do not use the product if it does not work properly or is damaged. Consult our service center.
- Do not insert any objects, hands, or feet into any openings, or expose hands, arms, or feet to the drive mechanism or other potentially moving part of the product.
- Take care when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and/or use assistance.
- This product is not suitable for medical use.



2

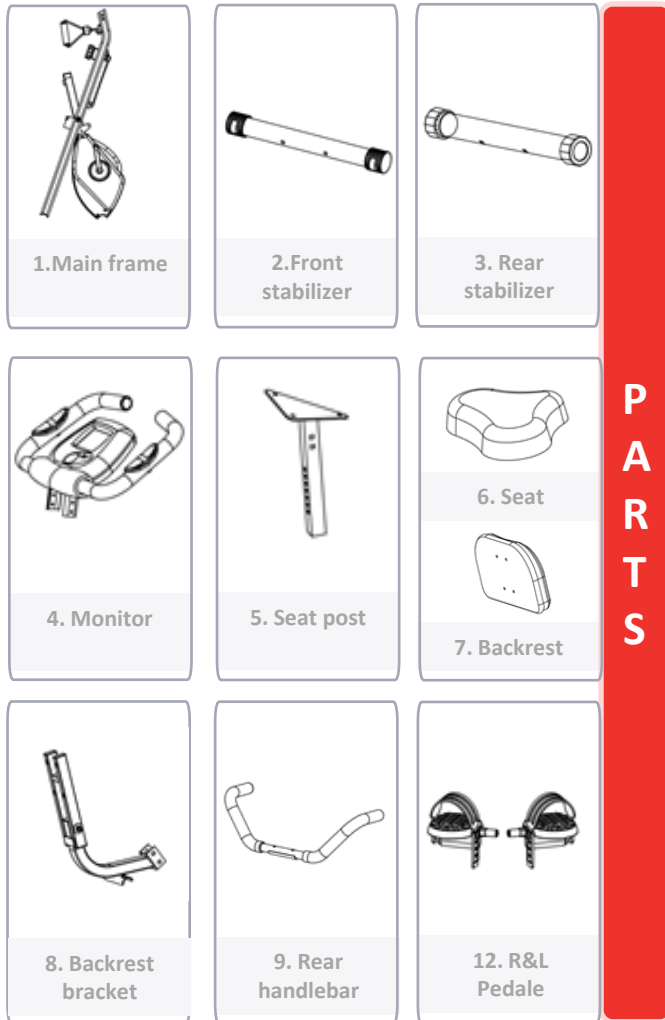
Scope of delivery



No	Designation	Q
1	Main frame	1
2	Front Stabilizer	1
3	Rear Stabilizer	1
4	Monitor	1
5	Seat post	1
6	Seat	1
7	Backrest	1
8	Backrest bracket	1
9	Rear handlebar	1
10	Knob	1
11	Pin	1
12	R&L Pedal	1
13	Screws M8x62	4
14	Curved washer Ø8	6

No	Designation	Q	No	Designation	Q
15	Nut M8	4	21	Flat washer Ø6	4
16	Screws M8x38	2	22	Screws M8x40	4
17	Screws M8x45	2	23	Spring washer Ø8	1
18	Lock nut M8	5		Pin / Knob	1/1
19	Flat washer Ø8	5		Allen wrench (L5)	1
20	Screws M6x16	4		Allen wrench (#13)	1

2 Scope of delivery



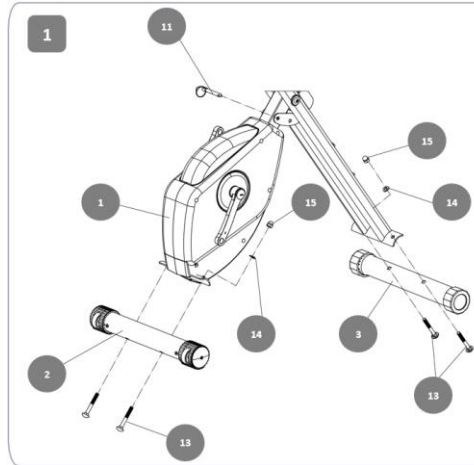
Please check you have all the parts listed below

Note: Some of the smaller components may be pre-fitted to larger components.



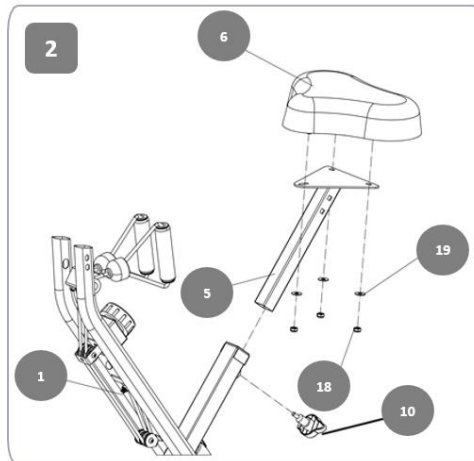
3

Assemble, Usage & Monitor Function



STEP 1

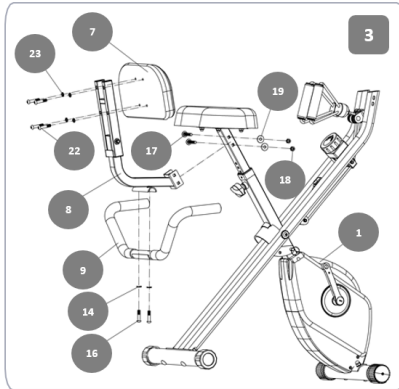
Take the main frame(1) from the carton and fix the pin.(11)
Attach the stabilizers (2&3) to the main frame (1) using four pieces nuts (15), washers (14) and M8x62mm(13) screws.
Please note, stabilizer with wheel is for front.



STEP 2

Fix the seat(6) with the seat post(5),adjust the angle of the saddle(11).Fix it tightly with three nuts(18) and washer(19).
Then insert the seat post(5) to the main frame(1).Adjust it to suitable height and tighten it with the Knob.(10)

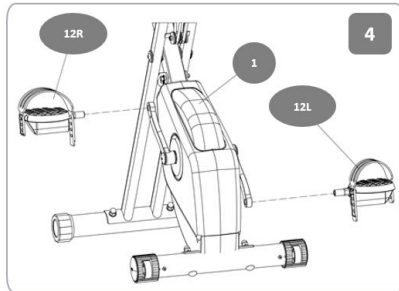
Assemble, Usage & Monitor Function



STEP 3

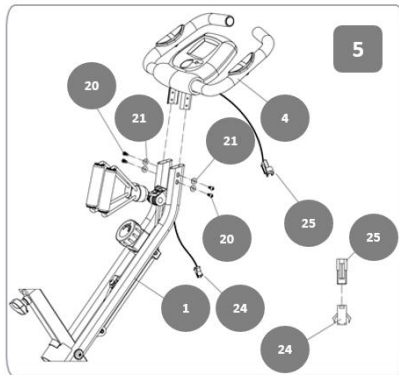
Attach the backrest bracket(8) to the seat post (5)with two screws(17) ,flat washers(19) and nuts(18),tighten them with #Allen wrench #13&15. Then fix the backrest (7)to the backrest bracket(8) with four screws(22) and spring washers(23).

Attach the rear handlebar(9) to the backrest bracket(8) with two screws(16) and washers(14).Tighten it with #Allen wrench(L5).



STEP 4

The pedals (12R)&(12L) are marked "L" and "R" - Left and Right. Connect them to their appropriate crank arms. The right crank arm is on the right hand side of the cycle as you sit on it. Note that the right pedal should be threaded on clockwise and the left pedal should be threaded on anti-clockwise.



Step 5:

Fix monitor (4) to main frame(1) with four screws (20),flat washers(21). Tighten them with #Allen wrench(L5).Then connect the sensor line #24&25.





Exercise Tips

The use of this product has the potential to bring you a lot of benefits. It can improve your physical fitness, strengthen your muscles, control the intake of calories, and can help you achieve the overall effect of toning your body.



Warm-Up Phase

This phase not only helps stimulate circulation and warm up the muscles, but also reduces the risk of cramps and pulled muscles. It is advisable to do a few stretching exercises as shown in the picture. The muscle tension during each stretch should be maintained for about 30 seconds. Stretch your muscles slowly, without abrupt jerks and motions. If pain occurs, stop stretching immediately.



Cooling Down Phase

The use of this product has the potential to bring you a lot of benefits. It can improve your physical fitness, strengthen your muscles, control the intake of calories, and can help you achieve the overall effect of toning your body.

3 Assemble, Usage & Monitor Function

Using your EXERCISE CYCLE will provide you with several benefits, it will improve your physical fitness, tone muscle and in conjunction with calorie controlled diet help you lose weight.

MUSCLE TONING

To tone muscle while on your EXERCISE CYCLE you will need to have the resistance set quite high. This will put more strain on your leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance making your legs work harder. You will have to reduce your speed to keep your heart rate in the target zone.

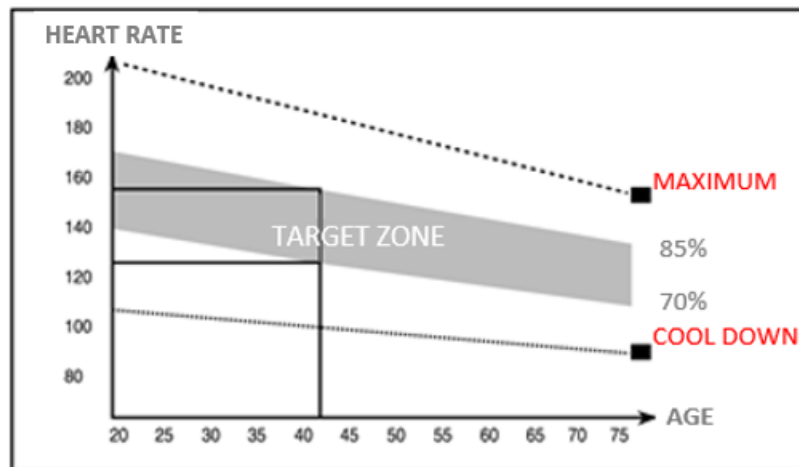
WEIGHT LOSS

The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

USE

The seat height can be adjusted by removing the adjustment knob and raising or lowering the seat. There are 7 holes in the seat post allowing for a range of heights.

Once the correct height has been chosen, refit the adjustment knob and tighten. The tension control knob allows you to alter the resistance of the pedals. A high resistance makes it more difficult to pedal, a low resistance makes it easier. For the best results set the tension while the bike is in use.



3 Assemble, Usage & Monitor Function

KEY FUNCTION

MODE:

This key lets you to select and lock on to a particular function you want. Press the key more than 4 seconds, all value will be back to zero except ODO.



OPERATION PROCEDURES

1. AUTO ON/OFF:

▲The system turns on when any key is pressed or when it receives an input from the speed sensor.

▲The processor turns off automatically when the speed sensor has no signal input or no key is pressed for approximately 4 minutes.

2. RESET:

The unit can be reset by changing the batteries or pressing the Mode key for 4 seconds.

3. TIME:

The time of exercise will be displayed by pressing MODE Key until brand TMR appear.

4. BATTERY

This monitor uses two “AAA” batteries .You can replace the batteries at the back of the monitor.

Specifications

TIME (TMR)	00:00-99:59 Min
SPEED (SPD)	0.0-99.9 KM/H
DISTANCE (DST)	0.00-999.9 KM
ODO (Total Distance)	0.0-999.9 KM
CALORIES (CAL)	0.0-9999 KCAL
PULSE (PUL)	40-240 BPM

SPEED: Current speed will be shown by pressing MODE key until brand DST appear.

DISTANCE: The distance of each workout will be displayed by pressing MODE key until brand dst appear.

ODO : Press the MODE key until the pointer advances to ODO. The total distance of total workout will be displayed.

PULSE: Users’current heart rate is displayed in beats per minute(BPM)by pressing MODE key until brand PULSE appear, Place the palms of your hands on both of the contact pads and wait for 20 seconds for the most accurate reading.

CALORIES: The calories burned will be displayed by pressing mode key until brand cal appear.

SCAN: Automatic display of the following functions in the order shown.

Cooling Down After Workout



1 Shoulder Stretch



2 Triceps Stretch



**3
Hip Flexor
Stretch**



**4
Overhead
Stretch**



**5
Chest
Stretch**



6 Forward Bend



7 - Toe Touch



8 - Child's Pose



9 Quadriceps Strech



10 Cobra Pose



11 Thigh Hug



4

Maintenance tips

- Keep the product in a dry place, don't clean it with water.
- Make sure to tighten all parts before use for security.
- Never use a chemical reagent to clean the equipment.
- Clean the product with a clean, dry cloth after every use.
- Clean the product with a clean cloth and mild detergent after use every week.
- Regularly check the product if there are cracked or bent parts on the equipment; if any, stop using and immediately contact our customer service.

5

Technical data

Parameter	Value
Model	EB100
Capacity	100 KG
Dimensions	70 x 41 x 113 cm
Weight	16,7 KG

In the course of product improvements, we reserve the right to make technical and visual changes to the article.

Environmentally friendly disposal

⚠ Warning Danger of suffocation! Packaging material is dangerous for children. Never let children play with packaging material.

1. Disposal

The packaging of your unit consists of materials that are necessary to guarantee effective protection during transport. These materials are fully recyclable and therefore reduce the environmental impact. Dispose of the packaging in a bin for recyclable materials.

2. Disposal of

Old appliances must be disposed of in accordance with the guidelines and regulations of the local waste disposal authority. Check with your local administration for the address of the nearest recycling centre and deliver your appliance there.



EU Declaration of Conformity



we,

KM-Fit by Canbolat Vertriebsgesellschaft mbH, Gneisenaustraße 10-11, 97074 Würzburg, Germany,

hereby declare that the equipment described below, by virtue of its design and construction and in the versions placed on the market by us, complies with the relevant essential health and safety requirements of the EU directives.

Product name: **Exercise Bike**
Model name: **EB100**
Item number: **4252023106412**

The assessment shall be based on the following harmonised standards applied :

EN ISO 20957-1:2013
EN ISO 20957-5:2016

Other applied technical standards
and specifications:

Place and date of issue: Würzburg, 22.07.2022

Signature:

A handwritten signature in black ink, appearing to read 'K. Canbolat', is written over a light grey rectangular background.

Dipl.-Inform. (Univ.)
Korhan Canbolat, Managing Director

If the device is modified without our consent, this declaration of conformity loses its validity.

Contact With Us

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The return address can be found in the imprint: <https://www.km-fit.de>

Sales tax identification number: DE 263752326

Court of commercial registration is Würzburg, HRB 10082

WEEE-Reg. No. DE 61617071



km-fit.de