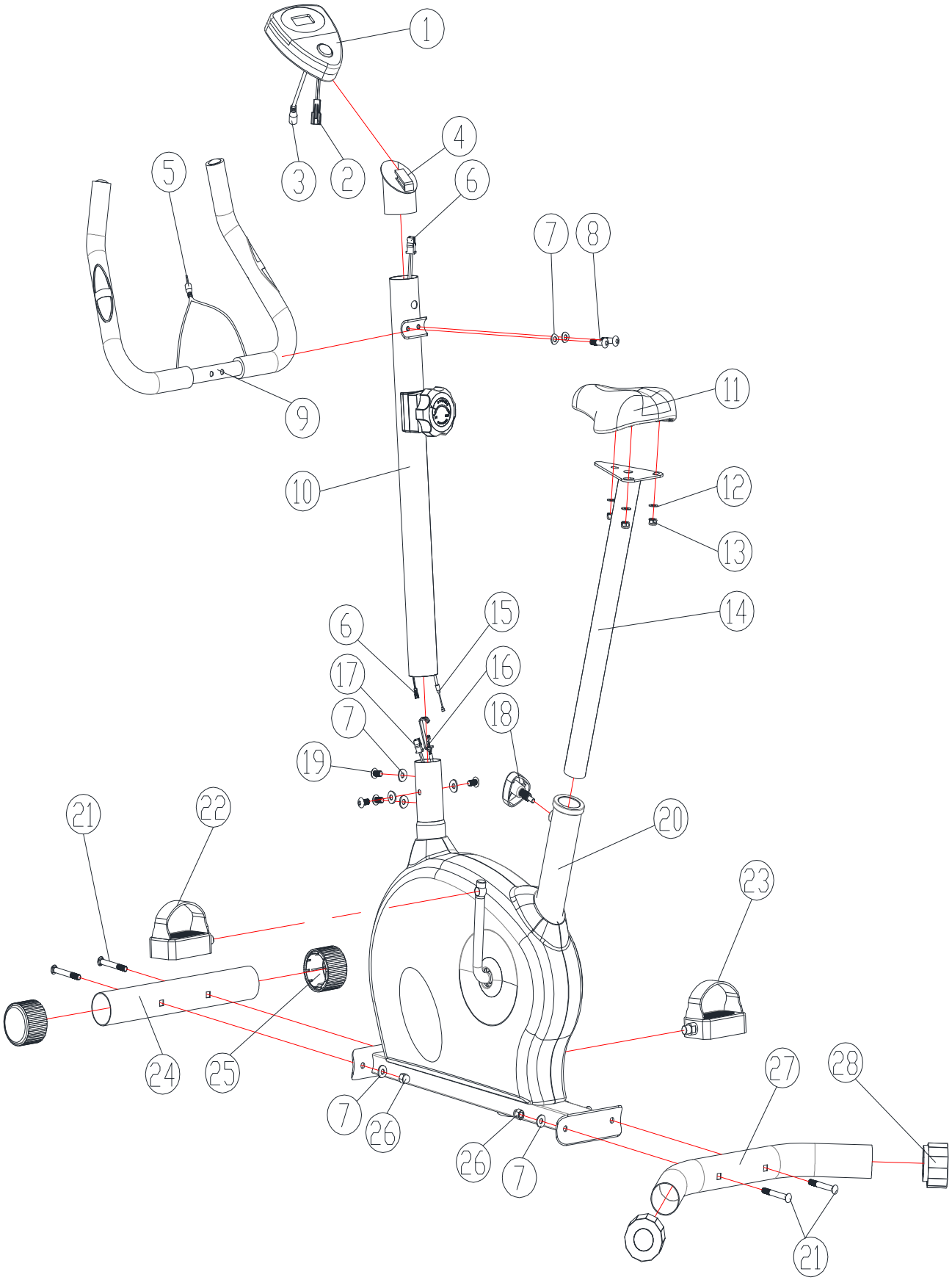
everfit

INSTRUCTION

BFK 300

Ed : 02/17 Rev : 00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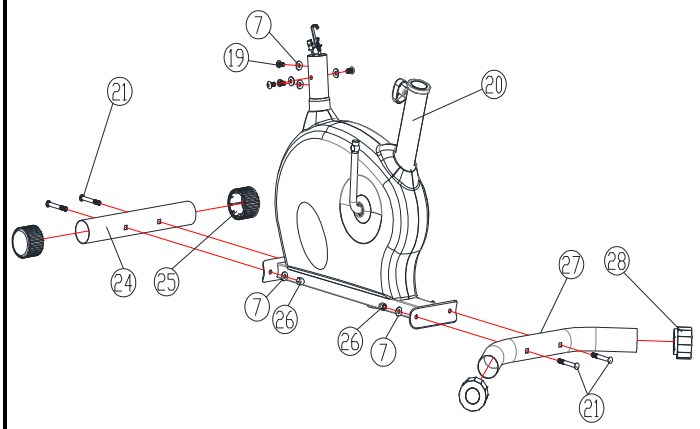
ASSEMBLY INSTRUCTIONS



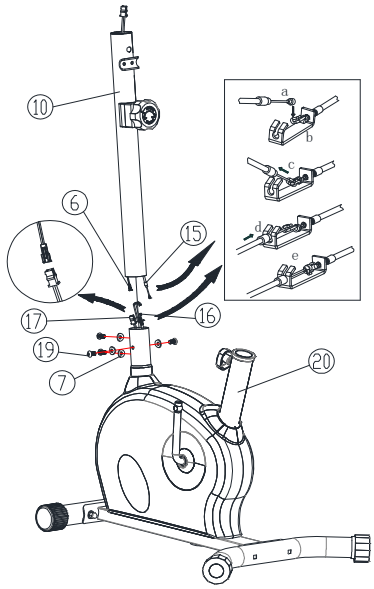
Step 1

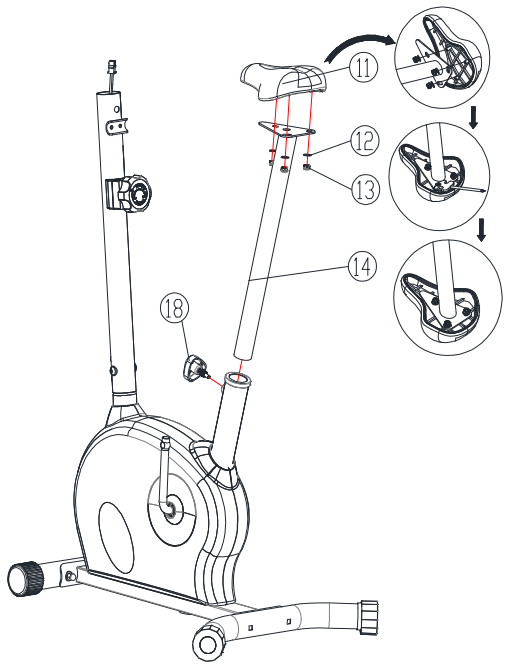
Assembly the rear and front stabilizer (27&24) with 4 bolts (21), 4 nuts (26) and 4 washers (7).

Step 2

Connect the computer cable up (6) and down (17), connect the tension control cable up (15) and down (16) as shown in the right sketch.

Assemble the handlebar post (10) to the main frame, fix it with four screws (19) and washers (7).



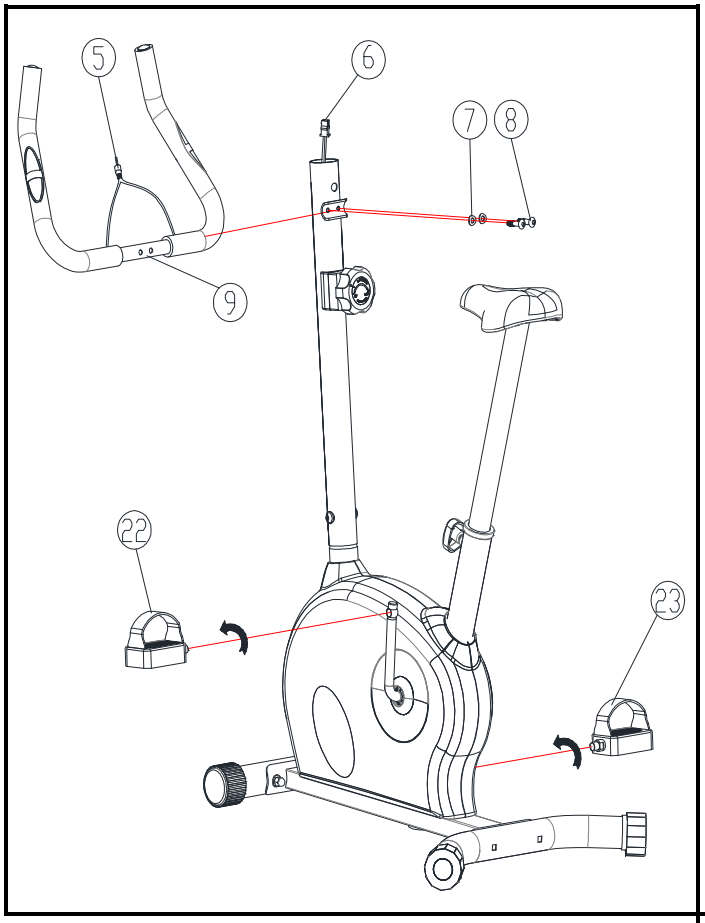


Step 3

Assemble the seat (11) to the seat post (14) with 3 nuts (13) and washers (12).

Insert the seat post into the main frame through the plastic sleeve. Select the ideal hole position on the seat post (14). Insert the knob (18) into the hole. Tighten fully the knob.

ASSEMBLY INSTRUCTIONS



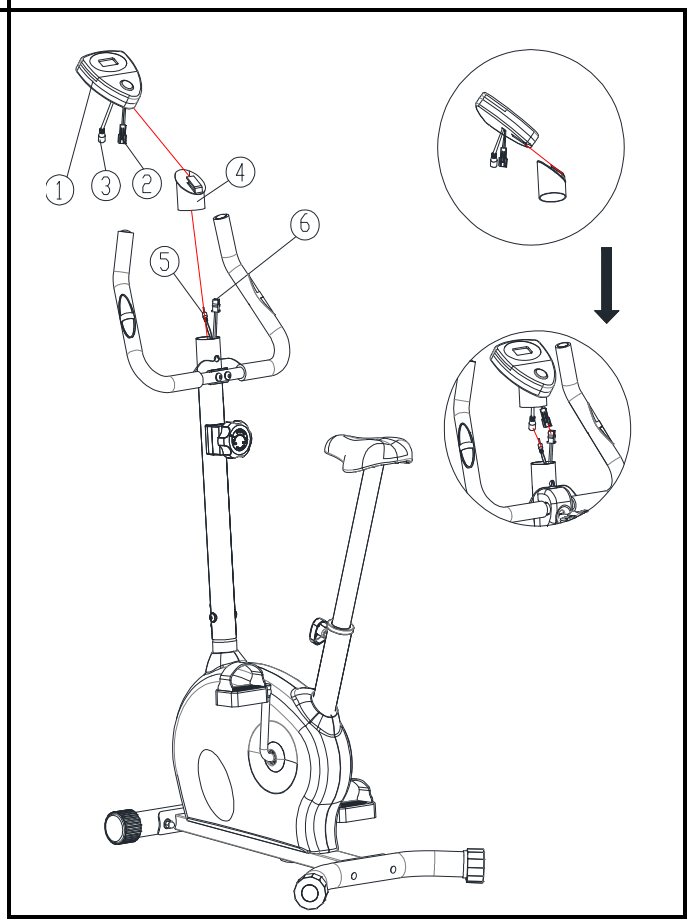
Step 4

Assemble the handlebar (9) to the bracket on the handlebar post, fix it with two screws (8) and two washers (7).

Assemble the left hand pedal (22) to the left hand crank (screw anticlockwise) and the right hand pedal (23) to right hand crank.

Step 5

Pass the hand pulse cable (5) through the hole on handlebar post, assemble the plastic tray (4) on top of the handlebar post, connect the cables from computer and handlebar post, slide the computer onto the tray.

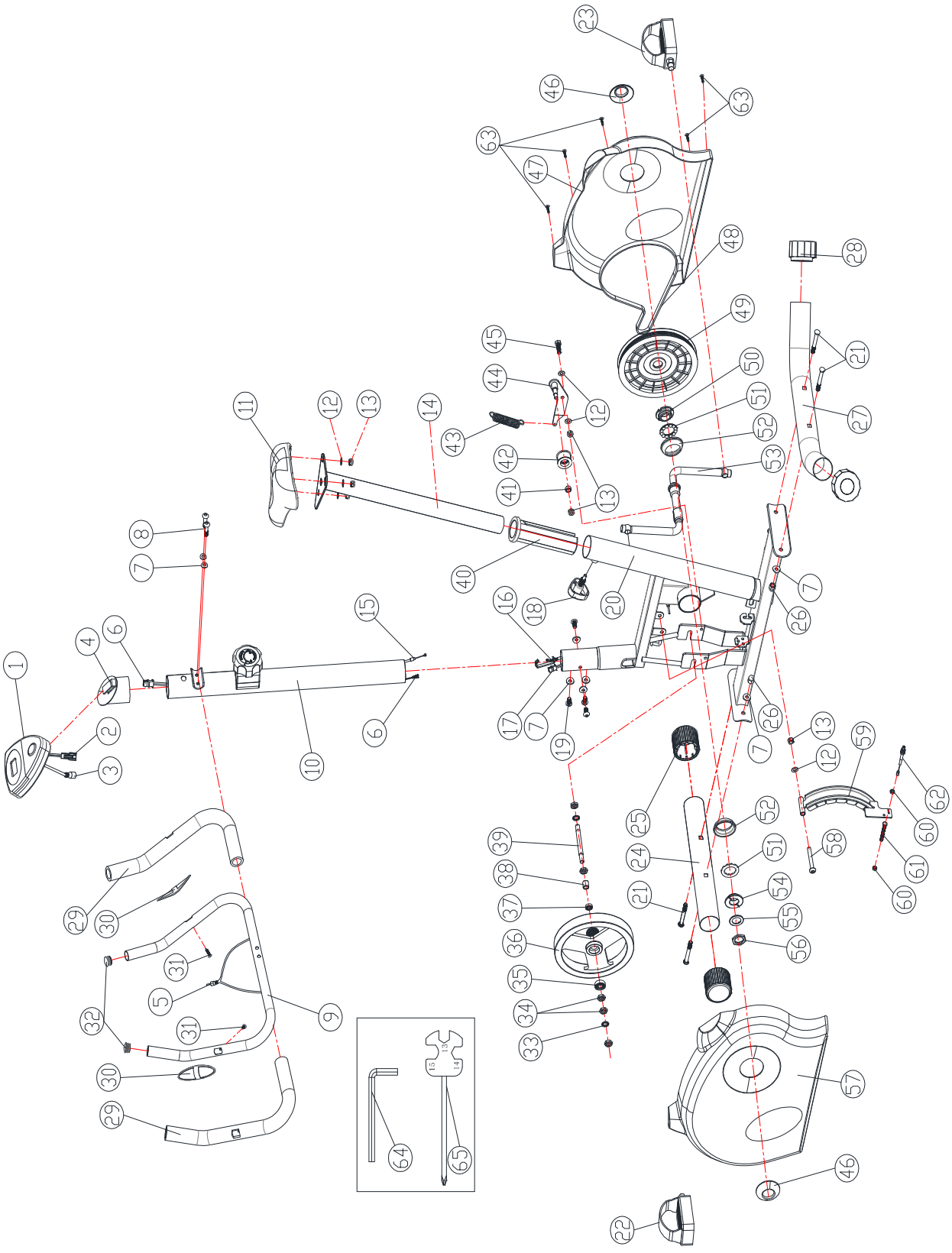


PARTS LIST

NO.	DESCRIPTION	Q'TY
1	Computer	1PCS
2	Sensor cable connector	1PCS
3	Hand pulse cable (upper)	1PCS
4	Plastic tray	1PCS
5	Hand pulse cable (lower)	1PCS
6	Sensor cable (upper)	1PCS
7	Semicircle washer	10PCS
8	Umbrella head hex screws	2PCS
9	Handlebar	1PCS
10	Handlebar post	1PCS
11	Saddle	1PCS
12	Flat washer	6PCS
13	Nylon nut	6PCS
14	Seat post	1PCS
15	Tension control cable (upper)	1PCS
16	Tension control cable (lower)	1PCS
17	Sensor cable (lower)	1PCS
18	Seat post knob	1PCS
19	Umbrella head hex screws	4PCS
20	Main frame	1PCS
21	Carriage screw	4PCS
22	Pedal (L)	1PCS
23	Pedal (R)	1PCS
24	Front stabilizer	1PCS
25	Front end cap	2PCS
26	Nut	4PCS
27	Rear stabilizer	1PCS
28	Rear end cap	2PCS
29	Foam grip	2PCS
30	Handlebar pulse	2PCS
31	Umbrella head cross screws	2PCS
32	Handlebar end cap	2PCS
33	Star washer	2PCS
34	Hex. nut	5PCS
35	6000 bearing	1PCS
36	Flywheel	1PCS
37	6900 bearing	1PCS
38	Bushing	1PCS
39	Flywheel spindle	1PCS
40	Sleeve	1PCS
41	Bushing	1PCS

NO.	DESCRIPTION	Q'TY
42	Idle wheel	1PCS
43	Spring	1PCS
44	Idler clamping	1PCS
45	Hex screw	1PCS
46	Crank cover	2PCS
47	Chain cover (R)	1PCS
48	Belt	1PCS
49	Pulley	1PCS
50	Right tooth plug	1PCS
51	Bead nest	2PCS
52	Bottom bracket	2PCS
53	Crank	1PCS
54	Left tooth plug	1PCS
55	Have tooth washer	1PCS
56	Hex. nut	1PCS
57	Chain cover (L)	1PCS
58	Umbrella head hex screw	1PCS
59	Magnetic set	1SETS
60	Hex. nut	2PCS
61	Outer hexagon bolt	1PCS
62	Tension control cable (lower)	1PCS
63	Umbrella head cross screw	5PCS
64	Hex. wrench	1PCS
65	Harpoon wrench	1PCS

COMPLETE BIKE ASSEMBLY



EXERCISE METER

Monitor Display

KEY FUNCTION:

MODE: This key lets you to select and lock on to a particular function you want.

FUNCTIONS

SCAN	Automatically scan through each mode in sequence every 6 seconds. The display loop is SCAN-TIME-DISTANCE-CALORIE-SCAN on the main screen.
TIME	Accumulates total working time from 00:00 up to 99:59.
SPEED	Displays current training SPEED, the maximum is 99.9km/ml,it always displays.
DISTANCE	Accumulates training distance from 0.00 to the maximum 99.99km/ml with each increment 0.01km/ml.
PULSE	Press the MODE key until the pointer advance to PULSE. User's current heart rate will be displayed in beats per minutes. Place the palms of your hands on both of the contact pads (or put ear-clip to ear),and wait for 30 seconds for the most accurate reading.
CALORIE	Accumulates calories consumption during training from 0 to the maximum 9999 cal with each increment 1 cal.

NOTE

1. Without any signal been transmitted into the monitor for 4 minutes, the LCD display will shut off automatically, and all function values will be kept. You may press mode or start pedaling to have the monitor power on again.
2. If improper display on monitor, please re-install batteries to have a good result.
3. Battery spec: 1.5v um-3 or AAA (2 pcs).

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