



FITWAY

USER MANUAL

FW-1500IC

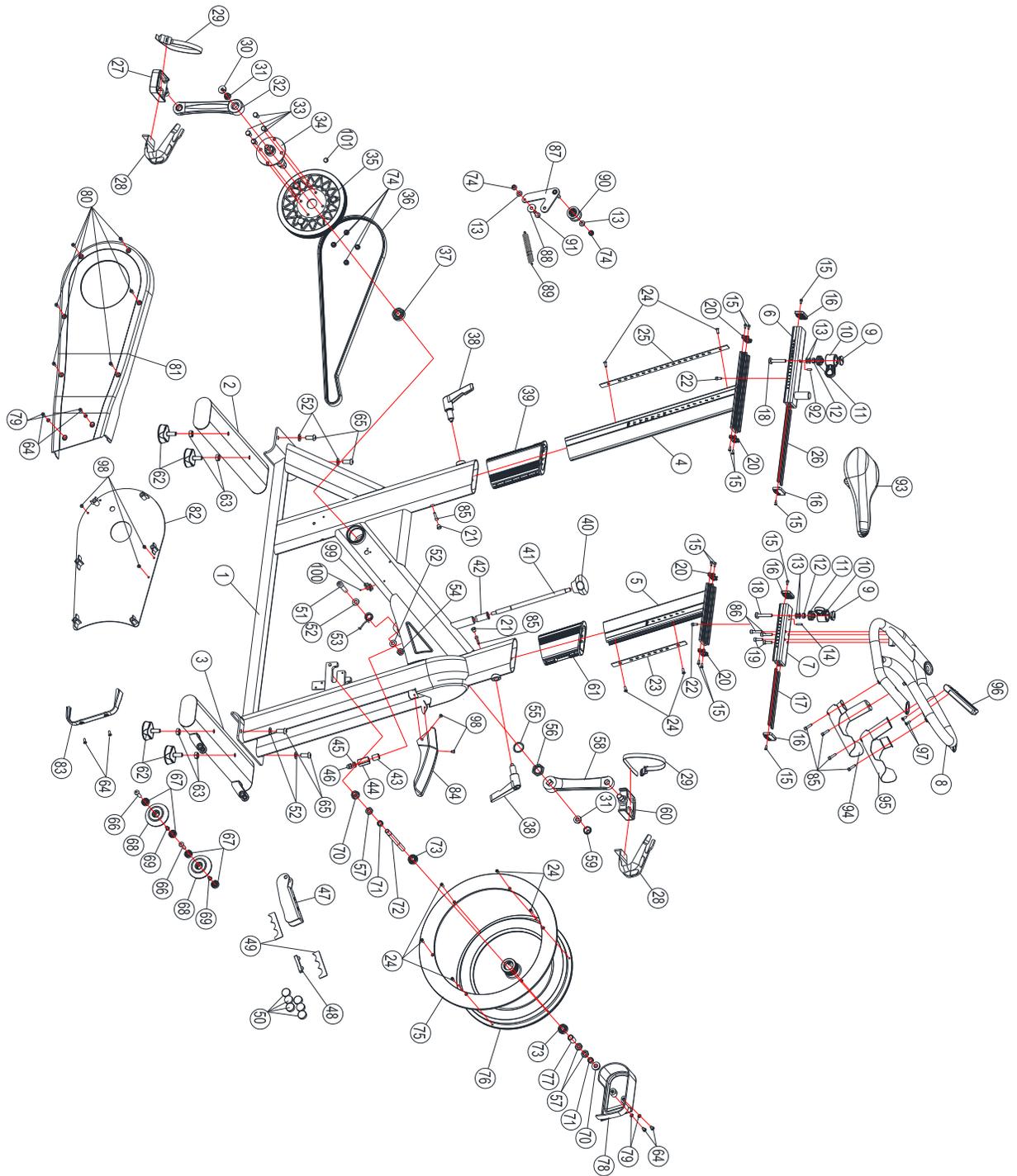


SAFETY GUIDELINES

Regular maintenance of the bike should be performed and is essential to keep your Indoor Cycle in top operating condition. Without preventative maintenance, normal wear and tear may cause cumulative effects, such as misalignment or early replacement of parts.

1. Once assembled, please inspect to make sure that all hardware parts such as bolts, nuts and washers are positioned and tightened correctly.
2. Be sure to wear shoes when exercising and tighten the pedal cage and straps. When using SPD shoes, make sure that the buckle is fully inserted. Do not remove your foot from the pedal when the flywheel is spinning, and do not get off the bike until the flywheel, pedals and cranks stop moving completely.
3. We recommend lubricating all moving parts monthly with silicon lubricant.
4. Water bottle cages are easily damaged when over-sized bottles are forced to fit within them. Checking and tightening the screws will help prevent damage, but never force a bottle into the holder as it could lead to breakage.
5. Wipe down the bike at the end of each use. Consider using mildly alkaline cleaning or neutral cleaning liquids, never use oil-based cleaning liquids when wiping down the bike, to avoid surface damage.
6. Please keep children away while riding. The bike is designed for adults and is not suitable for children.
7. If you have any pain or tightness in your chest, an irregular heartbeat, shortness of breath, feel faint or have any discomfort while you exercise, STOP IMMEDIATELY, and seek medical assistance.
8. Do not place fingers or any other objects into moving parts of the Indoor Cycle. Do not wear loose clothes while using this or any piece of fitness equipment.
9. Before starting any exercise program, consult with your physician first. He or she can help establish the exercise frequency, time and intensity appropriate for your particular age and condition.
10. After exercising, please turn the adjustment control knob clockwise (+) to increase tension so the pedals will not rotate freely and possibly hurt a passerby or the next user.
11. This Indoor Cycle has passed the standard test of EN 957-1:2005 and EN 957-10:2005, suitable for home use. The max user weight should be within 135 kg.

EXPLODED VIEW



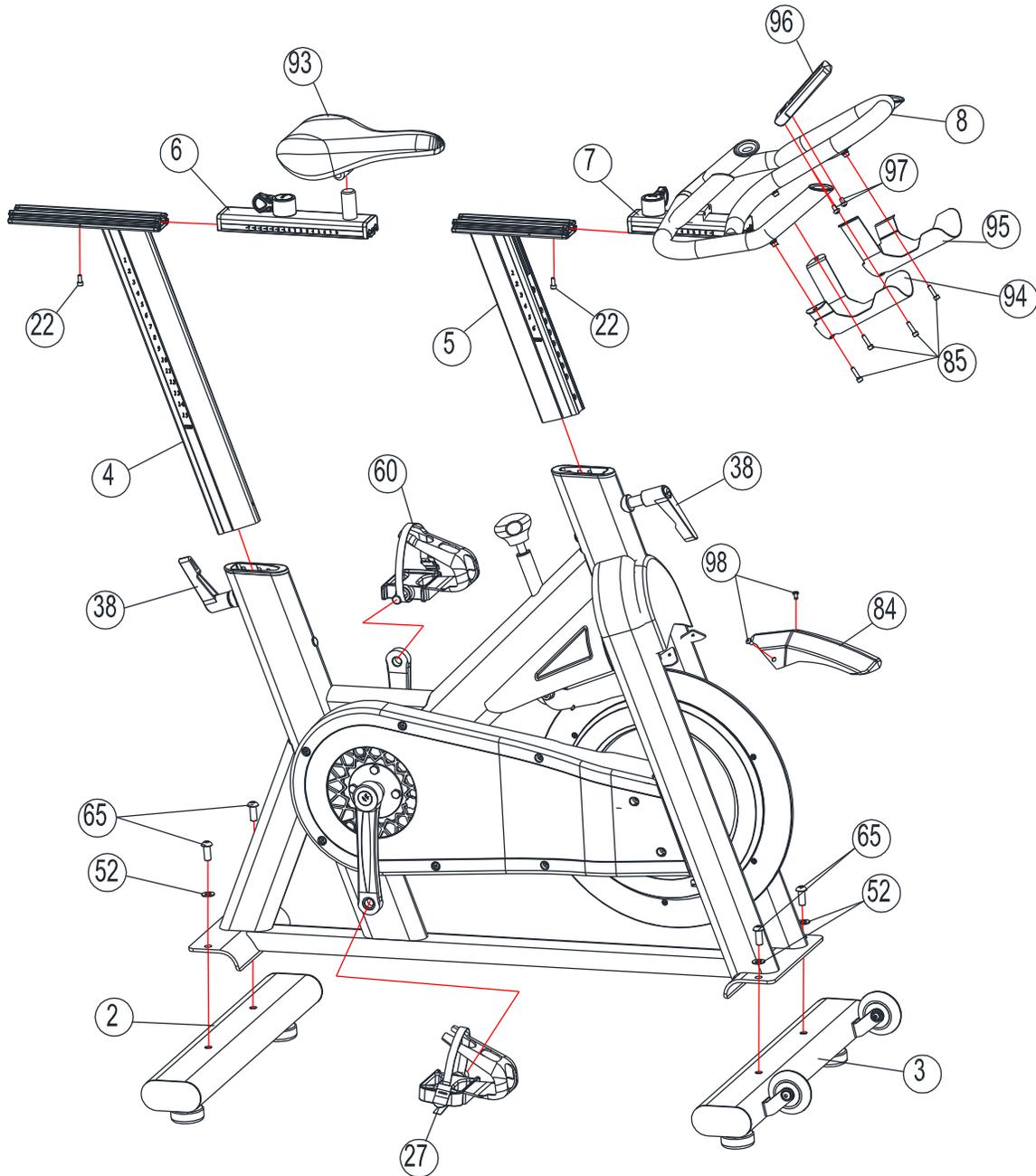
PARTS LIST

NO.	DESCRIPTION	SPECIFICATION	QTY
1	Frame		1
2	Rear Base	50*100*540L*2T	1
3	Front Base	50*100*540L*2T	1
4	Seat Post	30*70*3T*545L	1
5	Handlebar Post	30*70*3T*330L	1
6	Seat Support	26*48*240	1
7	Handlebar tube	26*48*180	1
8	Handlebar		1
9	Handle Knob Cover		2
10	Handle Knob		2
11	Sync Block		2
12	Hexagon Nut	M8	2
13	Washer	φ16*φ8.2*2T	6
14	Spacer Pin	φ4*18	1
15	Inner Hexagon Column Screw	M4*8	12
16	Seat Support Decoration Cover		4
17	Handlebar Slider	179MM	2
18	T-Shape Bolt	M8*45	2
19	Inner Hexagon Column Screw	M6*14	2
20	Seat Post Decoration Cover		4
21	Plastic Plug		2
22	Inner Hexagon Column Screw	M5*12	2
23	Handlebar Rack	24*2*234	1
24	Cross Countersink Screw	M5*16	10
25	Seat Rack	24*2*405	1
26	Seat Slider	239MM	2
27	Right Pedal		1
28	Pedal Feet Sheath		2
29	Pedal String		2
30	Right Crank Cover		1
31	Hexagon Flange Nut	M12*1.25	2
32	Right Crank		1
33	Outer Hexagonal Bolts	M8*16	4
34	Axle Welding		1

35	Plastic Belt Wheel		1
36	Belt	5PK 1330MM	1
37	Bearing	6005-2RS	2
38	L-shape Handle	M16*P1.5	2
39	Rear Inner Pipe Sheath		1
40	Aluminum Braking Knob	M10	1
41	Braking Pole	Ø12*M12*P1.75*250L	1
42	Plastic Sheath	Ø22*Ø12.5*40L	1
43	Sheath	φ16*φ12*20L	1
44	Braking Limited Block	□16*16*33L	1
45	Hexagon Nut	M8	1
46	Hexagon Cap Nut	M8	1
47	Brake Holder		1
48	Brake Pad		1
49	Magnet Holder		2
50	Magnet		6
51	Inner Hexagon Column Screw	M10*50L	1
52	Washer	Ø10.1*Ø20*1.5T	6
53	Torsion Spring	Φ2.8	1
54	Hexagon Nylon Nut	M10	1
55	Corrugated Mat	Φ32*Φ25.5*0.3T	2
56	Clamp Spring	Φ25	1
57	Hexagon Thin Nut	M12*1.0*6T	3
58	Left Crank		1
59	Left Crank Cover		1
60	Left Pedal		1
61	Front Inner Pipe Sheath		1
62	Base Leveler	M10	4
63	Hexagon Nut	M10	4
64	Cross Pan Screw	M5*12L	6
65	Inner Hexagon Flat Round Screw	M10*25L	4
66	Hexagon Socket Hollow Screw	Φ8*M6*30L	2
67	Bearing	608ZZ	4
68	Pulley		2
69	Inner Hexagon Flat Round Screw	M6*12L	2
70	Hexagon Flange Nut	M12*P1.0	2
71	Axle protecting	φ16*φ12.2*8L	2

	Sheath		
72	Flywheel Axle	$\varphi 12 * M12 * P1.0 * 154L$	1
73	Bearing	6001	2
74	Nylon Nut	M8	6
75	Flywheel Aluminum Circle	$\Phi 430 * \Phi 336 * 7T$	1
76	PK Magnetic Flywheel	$\varnothing 360 * 38W$	1
77	Flywheel Sleeve	$\varphi 16 * \varphi 12.1 * 27.5L$	1
78	Decoration Cover of Flywheel(L)		1
79	Washer	$\varphi 5.2 * \varphi 10 * 1.0T$	4
80	Cross Pan Screw	M5*15L	6
81	Chain Cover A		1
82	Chain Cover B		1
83	Front cover		1
84	Front Sweat-proof Shield		1
85	Inner Hexagon Column Screw	M5*20L	6
86	Inner Hexagon Column Screw	M6*18	2
87	Tension Wheel Holder	5T	1
88	Washer	$\Phi 25 * \Phi 8 * 1T$	1
89	Tension Spring	$\Phi 3.0 * 17$	1
90	Tension Wheel	$\varphi 37 * \varphi 30 * 24.5$	1
91	Inner Hexagon Flat Round Screw	M8*27L	1
92	Spacer Pin	$\varphi 4 * 14$	1
93	Seat		1
94	Water Bottle Holder(R)	$\varphi 6.4 * 1.8T$	1
95	Water Bottle Holder(L)		1
96	Computer		1
97	Cross Pan Screw		2
98	Philips Screws		5
99	Wireless Sensor		1
100	Cross Pan Screw	M3*10L	1
101	Magnetic		1

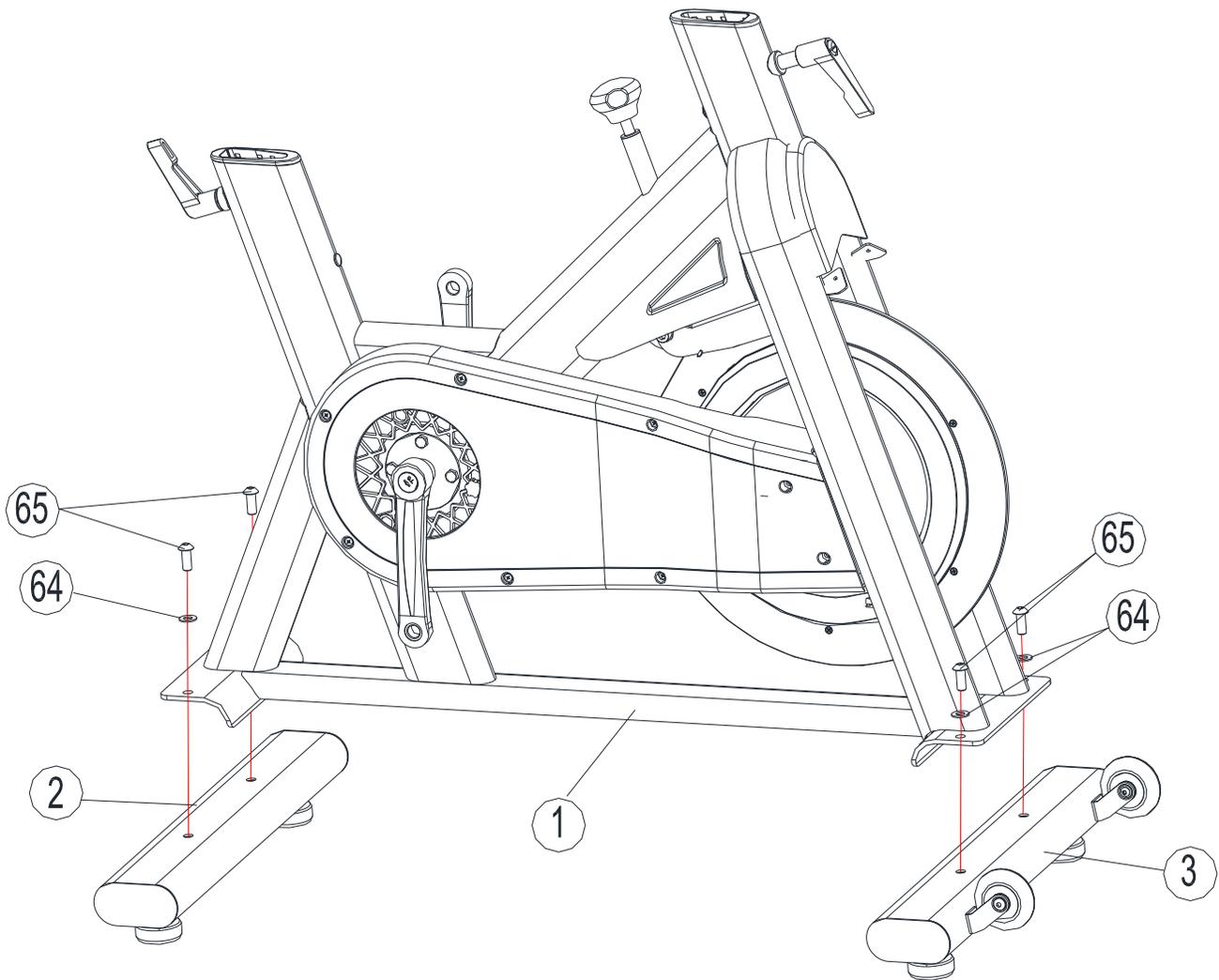
ASSEMBLY INSTRUCTIONS



Steps of Installation:

STEP 1: Install Front and Rear Base

According to the following diagram, attach the Front Base (3) and Rear Base (2) to Main Frame (1) respectively with Washer $\Phi 20 \times \Phi 10.1 \times 1.5$ (64) and Inner Hexagon Flat Round Screw M10*25 (65), and tighten them by using the Inner Hexagon tool.

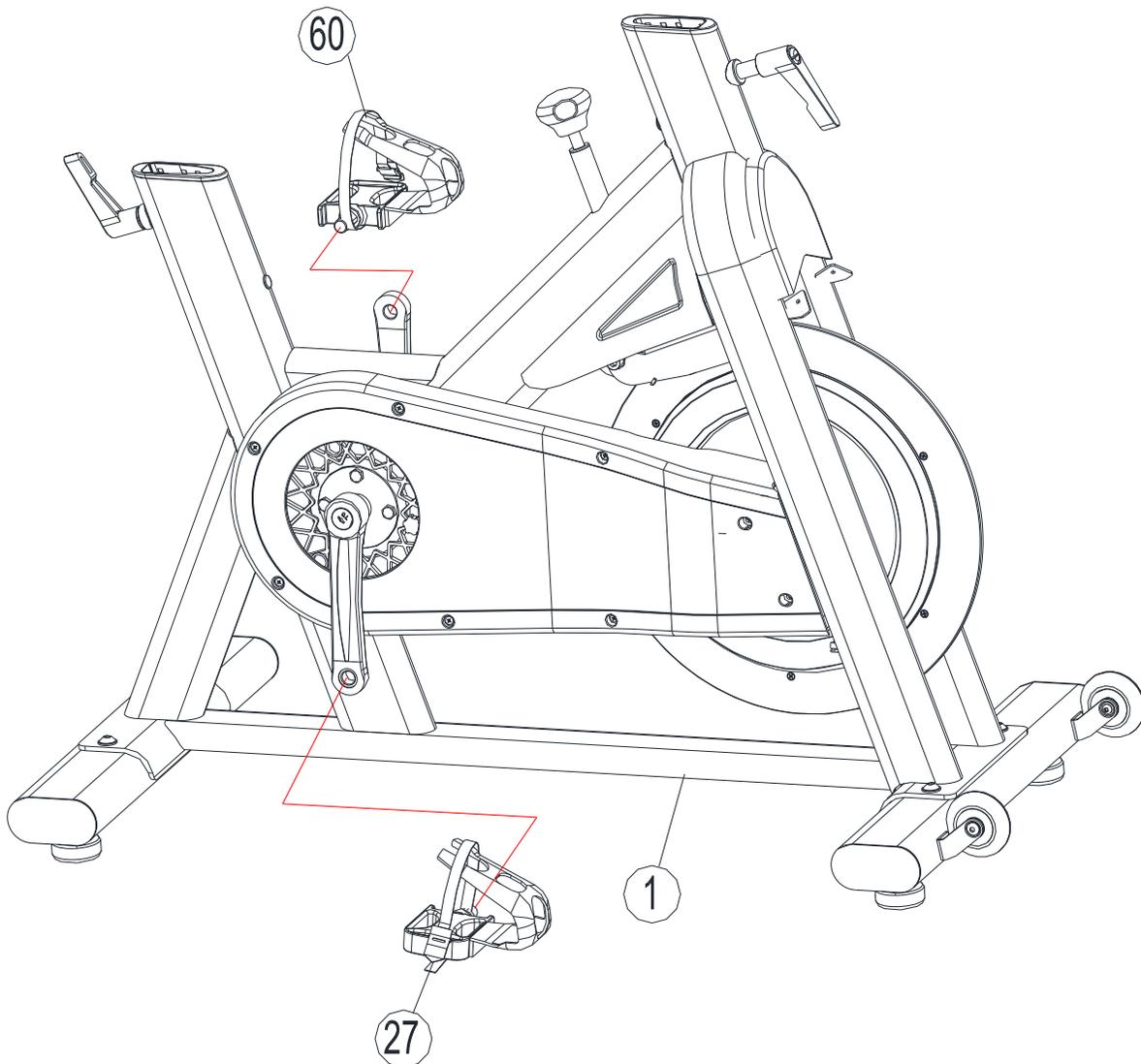


STEP 2: Install Left and Right Pedals

Gently insert the Left Pedal into the Left Crank, make sure the pedal is at a 90° Angle to the crank. Slowly rotate the Left Pedal (60) into the left crank using Open Spanner Wrench towards the direction of Handlebar (counterclockwise). Note, the left side is designed with reverse threading so the pedal will not come loose during use. Make sure the pedal is firmly fixed.

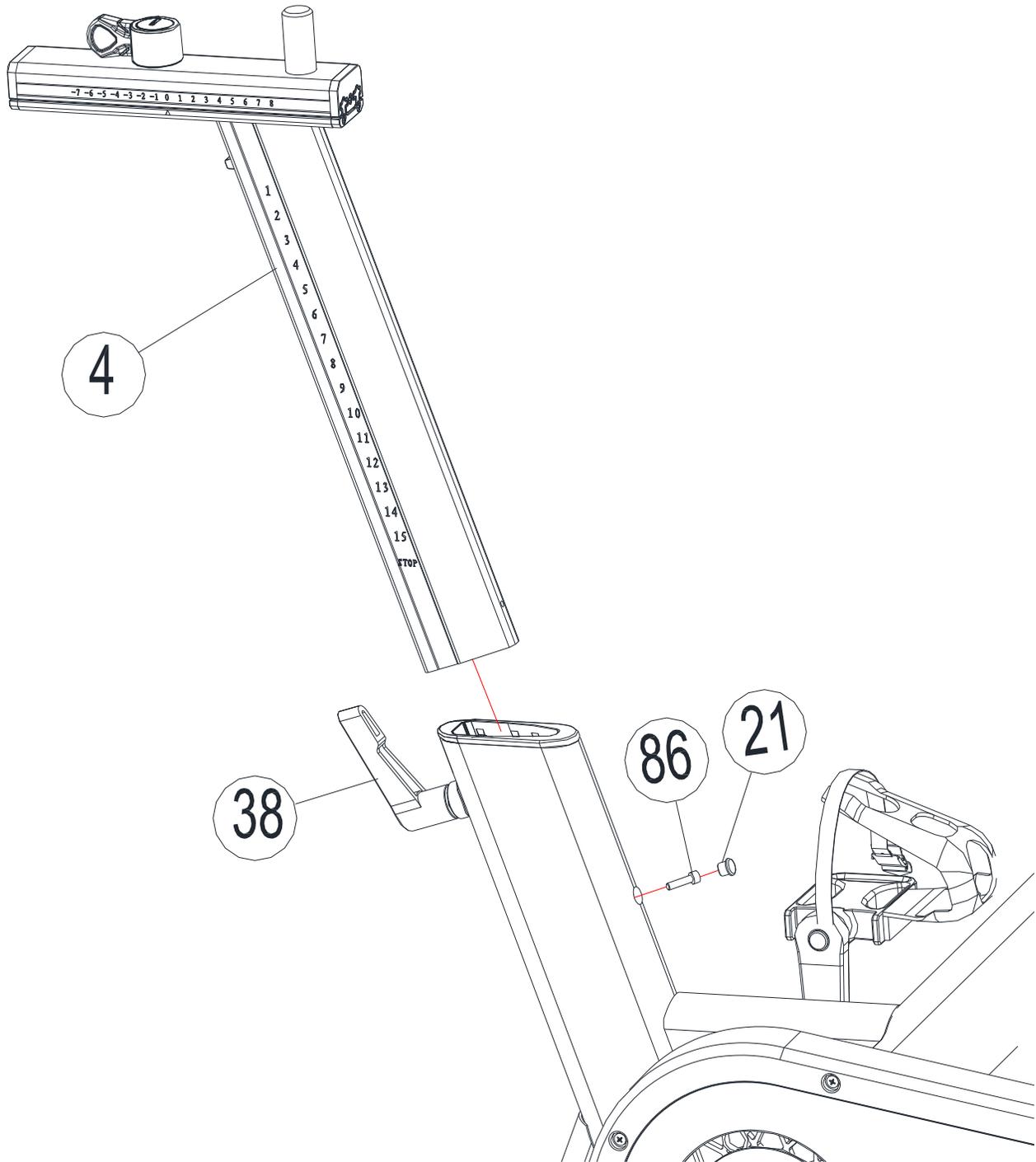
Fix the Right Pedal (27) in the same with the same method. Make sure the rotate direction of Left or Right Pedal should both toward the direction of Handlebar (clockwise).

Pay attention to ensure the correct pedals are used on the correct side otherwise you risk damage to the pedals and cranks, and potentially could have the pedals fall off during exercise.



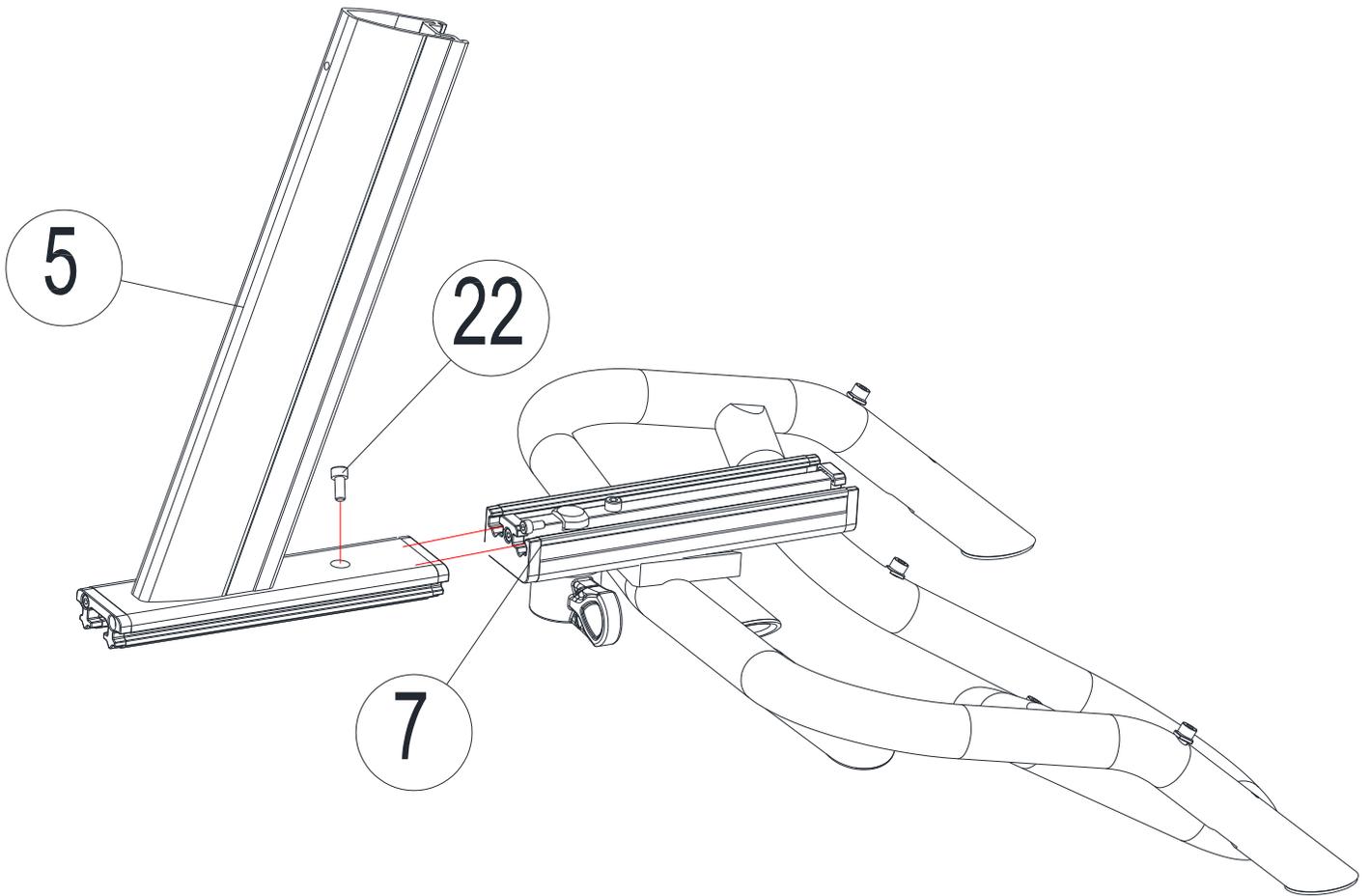
STEP 3: Assemble the Seat Post

Loosen and pull out the ratcheting handle (38) and slide the seat post (4) into the frame. Then pull the seat post (4) to the "stop" position, lock it with Inner hexagon column screw(85), and finally, plug the hole with a plastic plug(21).



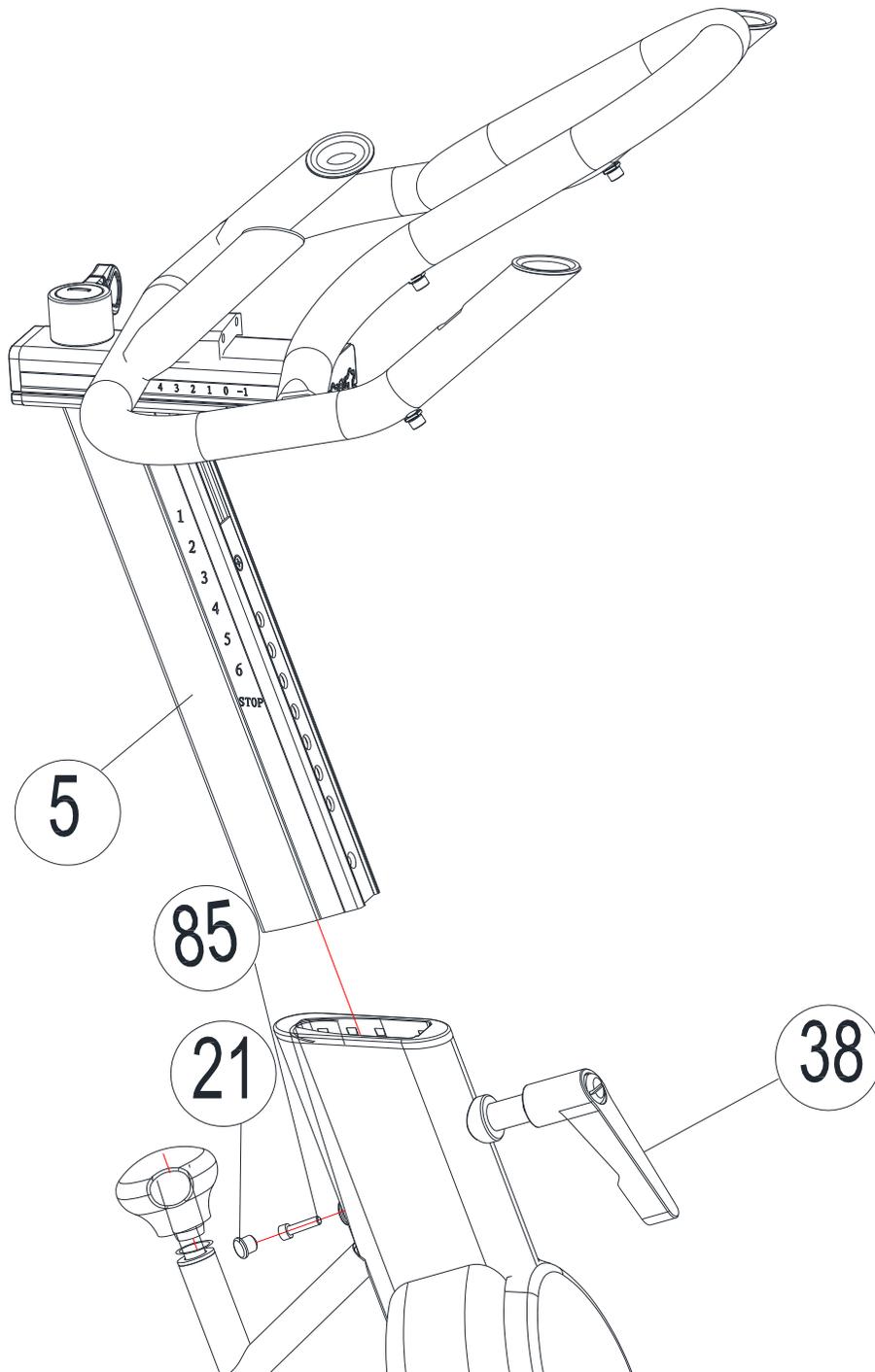
STEP 4: Assemble the Handlebar Assembly

Slide the Handlebar Tube (7) into the Handlebar Post (5), and lock it in place with Inner Hexagon Column Screw (22)



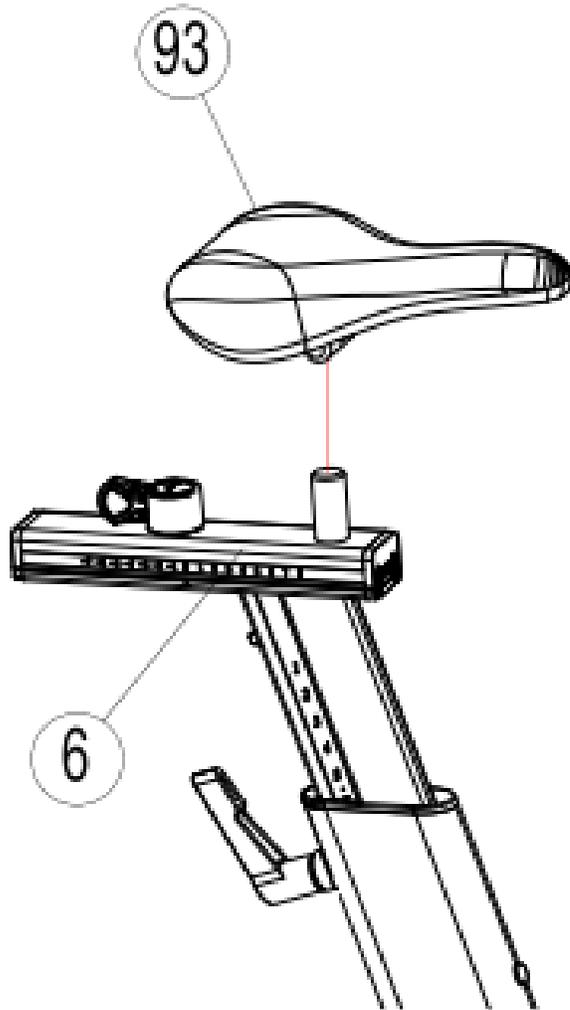
STEP 5: Assemble the Handlebar Post

Loosen and pull out the Ratcheting Handle (38) and then slide the Handlebar Post (5) into the frame. Then pull the Seat Post (5) to the “stop” position and lock it in place with the Inner hexagon Column Screw (85). Finally, plug the hole with a Plastic Plug (21).



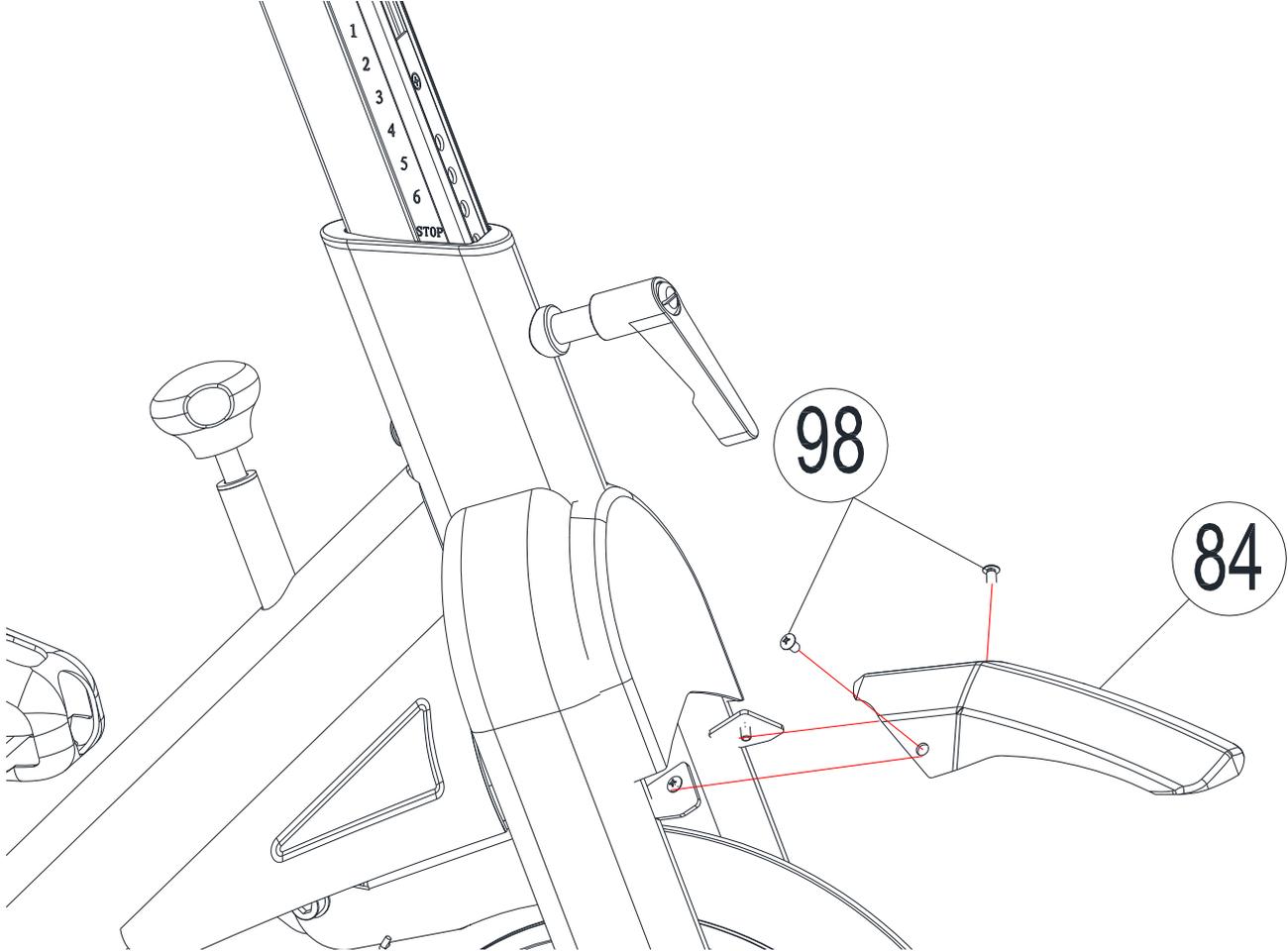
STEP 6: Assemble the Seat

Put the Seat (93) onto Seat Support (6), and use the open end wrench to tighten the Hexagon Nut on the Seat to the clockwise direction.



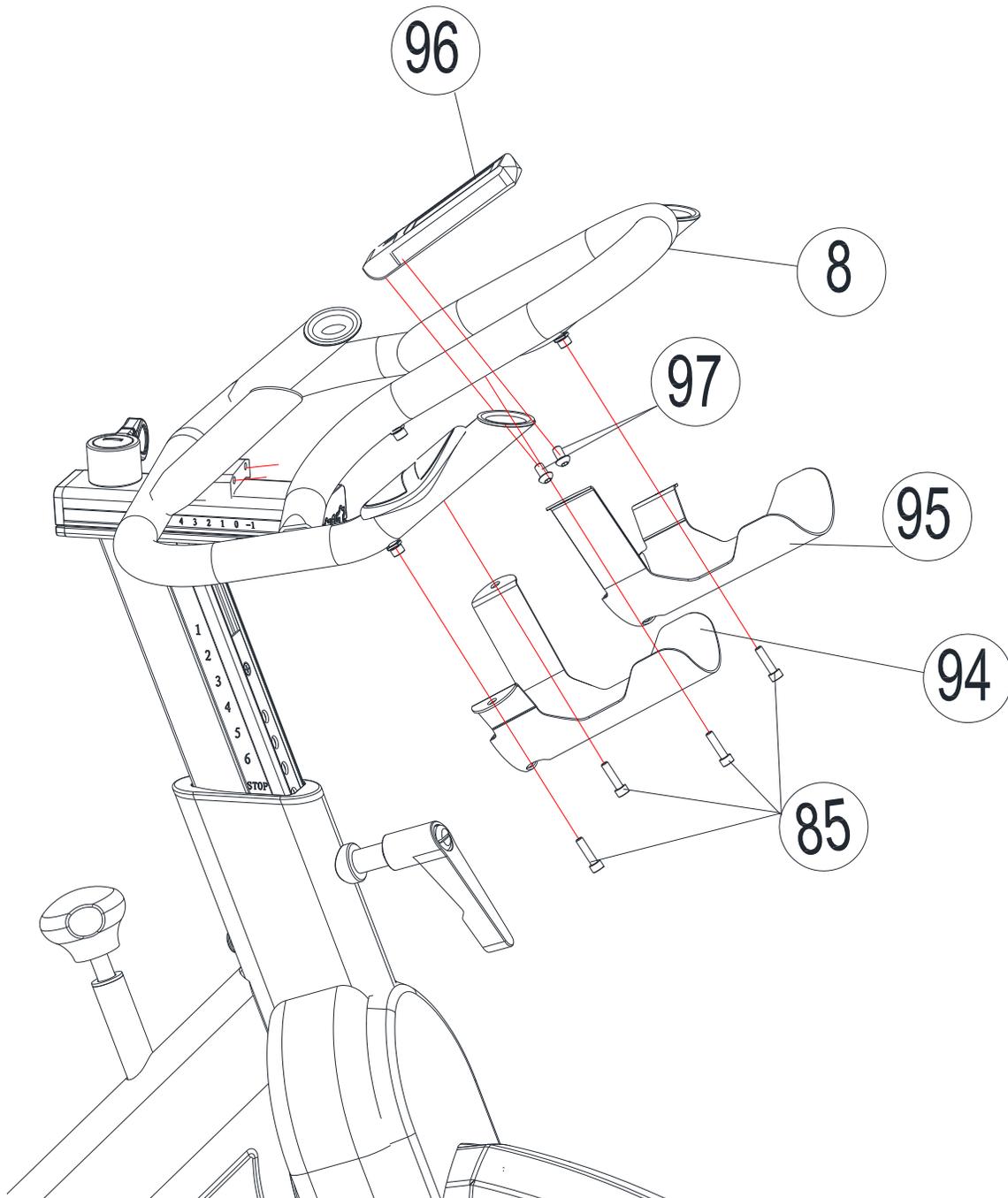
STEP 7: Assemble the Front Fender

Put the Front Fender (84) on the frame, and then attach it with Philips Screws (98).



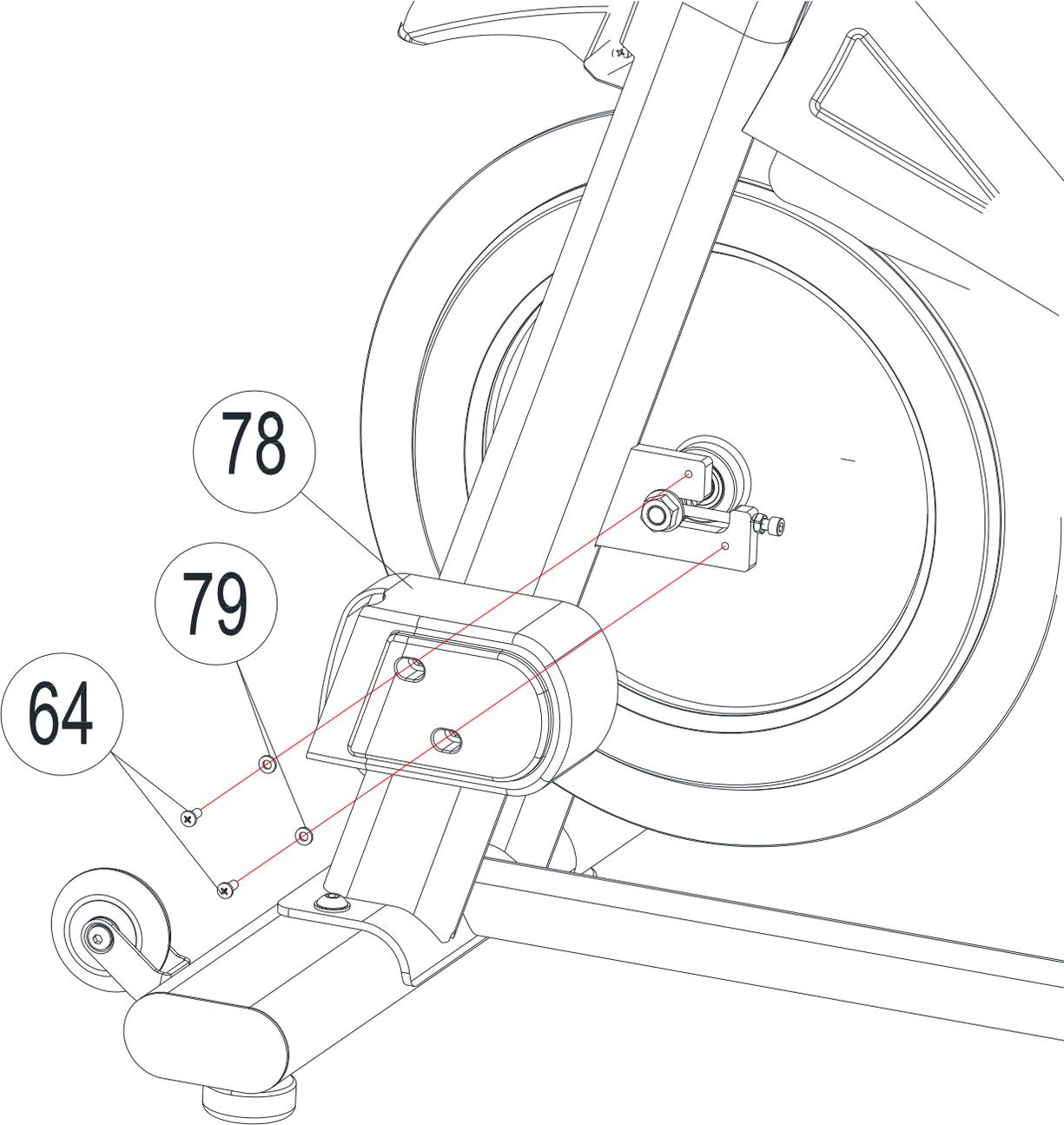
STEP 8: Assemble the Console and Water Bottle Holder

Put the Console (96) on the Handlebar (8), and then lock it in place with Cross Pan Screw (97). Place the Water Bottle Holders (94+95) on Handlebar (8), and attach them with Inner Hexagon Column Screws (85)



STEP 9: Assemble the Flywheel Cover

Put the Flywheel Cover (78) on the frame, and attach using Cross Pan Screws (64) and Washers (79).



STEP 10: Installation complete

After finishing installation, please inspect all the screws and nuts carefully to make sure all of them tightened.

SAFETY CHECK, TRANSPORT & MAINTENANCE

1. Before using your Indoor Cycle, please kindly check that all the moving parts (screws, nuts, adjustment levers, etc.) are firmly tightened and secured. Please check your equipment regularly. If any damaged parts are found, discontinue use, and replace them immediately. Do not exercise with your Indoor Cycle until relevant worn parts are repaired or replaced.
2. Please pay special attention to the most easily worn parts such as belts, cranks, seats, etc.
3. Inspect the cranks and pedals before use, to ensure they are assembled and tightened correctly. If not, please repeat the installation steps before use.
4. After each use, we advise to use furniture polish/wax or weak alkaline cleaner for routine maintenance. At minimum we suggest to wipe down the cycle with a soft, dry cloth.
5. To move the Indoor Cycle, stand in front of the bike, push down on the tips of the handlebars, and tilt the bike forward onto the wheels. Then push or pull the bike to the desired location

COMPUTER OPERATION

BUTTONS (Left to Right):

MODE

- Select what appears in the window
- Hold for 2 seconds to reset all data

SET

- Set the values of the current display, hold to quickly increase

REST

- Resets the current values displayed on the screen

RECOVERY

- Press to enter or exit the pulse recovery function while in the Heart Rate Display mode (only works when using a compatible heart rate strap, sold separately)

FUNCTION:

1. SPEED: Window A is shown
 - a) The current exercise speed is displayed
2. TIME: Window B is shown
 - a) Counts the cumulative time from exercise start to finish. Will automatically stop if there is no activity for more than 6 seconds
 - b) Exercise time can be set, up to 99 minutes. Each press adds 1 minute, timer counts down to zero. The TIME will flash and beep for 5 seconds when the goal is reached.
3. DISTANCE: Window C is shown
 - a) Counts the cumulative distance from exercise Start to Finish. KM is Kilometers, MI is Miles
 - b) Exercise distance can be set, up to 99 KM or MI, each press adds 0.1, distance counts down to zero. The DIST will flash and beep for 5 seconds when the goal is reached.
4. CALORIES
 - a) Counts the cumulative calories consumed from exercise Start to Finish.
 - b) Target Calories Burned can be set up to 999, each press adds 1, and counts down to zero. The CAL will flash and beep for 5 seconds when the goal is reached.
5. PULSE: Window E is shown
 - a) Shows your current heart rate during exercise when using an optional Polar Compatible Chest Strap (sold separately)
 - b) Pulse Range 40-220 BPM
6. AUTO OFF
 - a) Computer automatically shuts off when there is no activity for more than 45 minutes
 - b) Data will be saved

CONGRATULATIONS

Thank you again and congratulations on your purchase of this FitWay Indoor Cycle. Should you have any questions or concerns please contact us at:
Support@FitWayEquip.Com

Full Warranty details can be obtained at:
FitWayEquip.Com

-or-

By emailing us at: Support@FitWayEquip.Com

Enjoy your new Indoor Cycle and YOUR FITNESS STARTS HERE

