



EVOLVE

USER MANUAL



Thank you

Thanks for purchasing this product. The product will help you exercise your muscles in the correct way and to improve your fitness – and all this in a familiar environment.

Precautions

WARNING: This exercise bike has been designed and constructed to provide maximum safety. Nevertheless, certain precautions should be taken when using exercise equipment. Read the whole manual before assembling and using the exercise bike. The following safety precautions should also be observed:

- ◆ This appliance can be used by children aged from 8 years and above and persons with reduced physical, Sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved.
- ◆ Children should not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision.
- ◆ It is the responsibility of the owner to ensure that all users of the exercise bike are adequately informed of all precautions. Use the exercise bike only as described in this manual.
- ◆ Keep children and pets away from this equipment at all times. DO NOT leave them unsupervised in the room where this exercise bike is kept.
- ◆ Inspect and assemble all parts regularly. Replace defective components immediately and/or keep the equipment out of use until repair. The safety level of the equipment can be maintained only if it is examined regularly for damage and wear.
- ◆ Place the exercise bike on a level surface, with at least 1.0 m of clearance on each side of exercise bike. To protect the floor or carpet from damage, place a mat under the exercise bike.
- ◆ Keep the exercise bike indoors, away from moisture and dust. Maintain the using place ventilation. DO NOT use it in the airless place.
- ◆ Don't put any sharp things around the exercise bike.
- ◆ Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the exercise bike. Always wear athletic shoes for foot protection while exercising.
- ◆ Do not put your hands on the moving parts to prevent injuries.
- ◆ Keep your pedaling speed in a controlled way. Exercise Bike is speed independent training equipment, it can also be adjusted by other means than speed.

- ◆ If you find your exercise bike works abnormal, do not use it immediately.
- ◆ No more than one person should operate the exercise bike at onetime.
- ◆ **WARNING!** Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel pain or faint while exercising, stop exercising immediately and ask for a doctor.

Retain this owner's manual for future reference
Read and follow all instructions in this owner's manual

Safety notice

When you are remedial or have below symptoms, after discussing with your doctor, then could use this exercise bike.

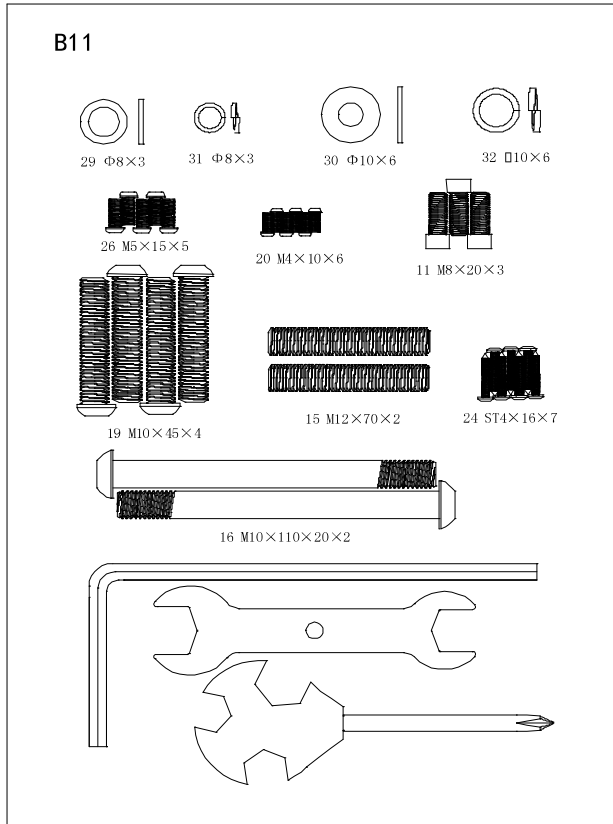
1. Waist pain now and leg, waist, neck hurt before, legs, waist, neck and hand numbly please do not use.
 2. Have anamorphic arthritis, rheumatic and gout.
 3. Have osteoporosis and other abnormalities.
 4. Have perfunctory system obstacles (heart disease, blood obstacle, hypertension).
 5. Have breathing obstacle.
 6. Using the manpower pulse adjust machine or insert into the bodymachine.
 7. Havesarcomata.
 8. Have thrombus or othersymptoms.
 9. Have diabetes or be caused by diabetes feeling obstacles.
 10. Have skin trauma.
 11. Hyperpyrexia caused by sick(38 °C or over 38 °C)
 12. Abnormal back bone or back bone bending.
 13. Pregnant orcatamenia.
 14. Feel physical abnormality, needconvalesce.
 15. Body condition is not verywell.
 16. The aim is tohealing.
 17. Except the upper symptoms, feel other physical abnormality.
- Maybe cause the accident or the poor body condition.

Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems. To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your exercise bike before using your exercise bike.

Pre-assembly Notes

Open the boxes:

Make sure to inventory all the parts that are included in the box. Check the hardware chart of a full count of the number of parts included for proper assembly. If any of the parts are missing, contact with the dealer.



NO.	NAME	SPECIFICATION	QUANTITY
11	Allen hexagon socket cap full thread screw	M8×20	3
15	Allen flat head set-bolt	M12×70	2
16	Allen C.K.S. half thread screw	M10×110×20	2
19	Allen C.K.S. full thread screw	M10×45	4
20	Phillips pan head full thread screw	M4×10	6
24	Phillips C.K.S. full thread screw	ST4×16	7
26	Phillips pan head full thread screw	M5×15	5
29	Flat washer	Φ8	3
30	Flat washer	Φ10	6
31	Spring washer	Φ8	3
32	Spring washer	Φ10	6
	L-shaped wrench	6×66×140	1
	Open-end wrench	t4.0×110×32	1
	Cross open-end wrench	14×17×75	1

GATHER YOUR TOOLS

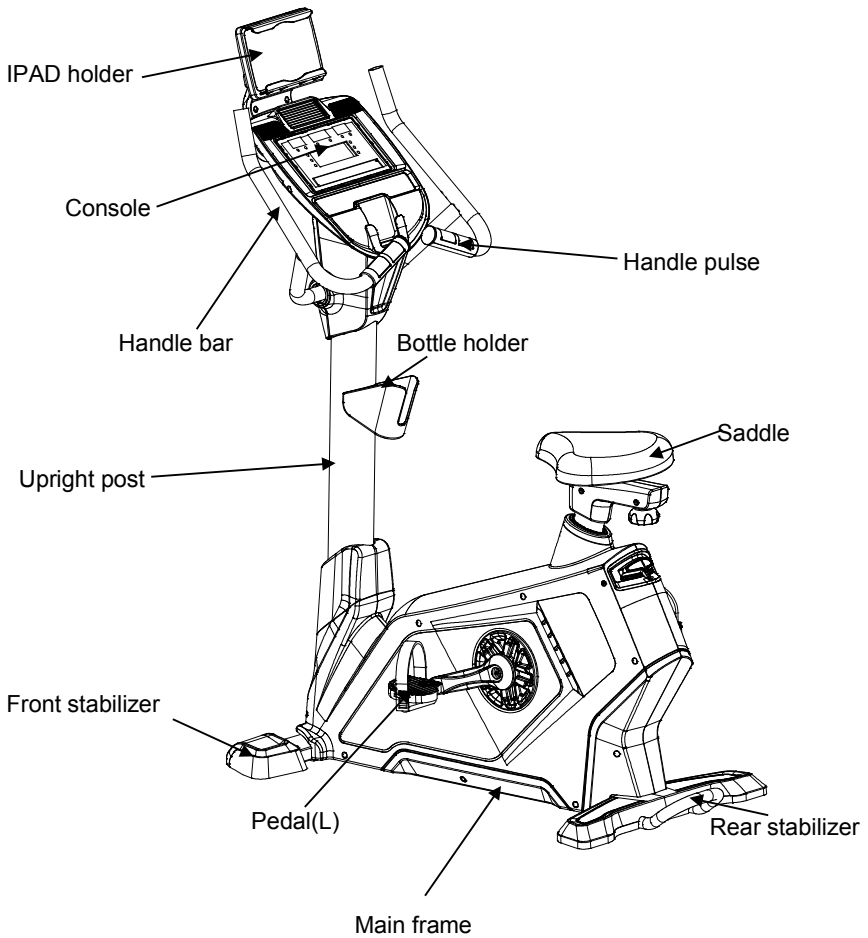
Before starting the assembly of your unit gather the necessary tools. Having all of the equipment at hand will save time and make the assembly quick and hassle-free.

CLEAR YOUR WORK AREA

Make sure that you have cleared away a large enough space to properly assemble the unit. Make sure the space is free from anything that may cause injury during assembly. After the unit is fully assembled, Make sure there is a comfortable amount of free area around the unit for unobstructed operation.

NOTE: Each step number in the assembly instructions tells you what you will be doing. Read and understand all instructions thoroughly before assembling the treadmill.

Product instruction



Technical information

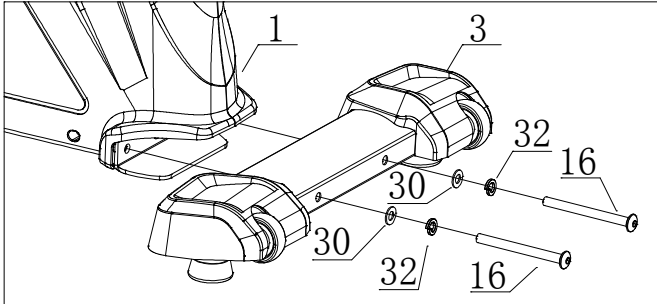
UNFOLD DIMENSION	1200×590×1510mm
MAX LOAD	150KG
SPEED RATIO	308:30
FLYWHEEL	Self-generator/ Single way, Φ245/15kg
RESISTANCE LEVEL	0-20

*WE RESERVE THE RIGHT TO AMEND THE PRODUCT WITHOUT PRIOR NOTICE.

ASSEMBLY INSTRUCTIONS

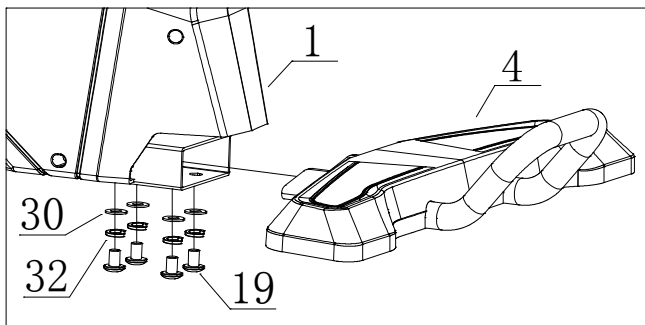
Step 1:

1. Attach the front stabilizer (3) to the main frame (1) with Flat washer (30), spring washer(32) and Allen C.K.S. half thread screw(16).



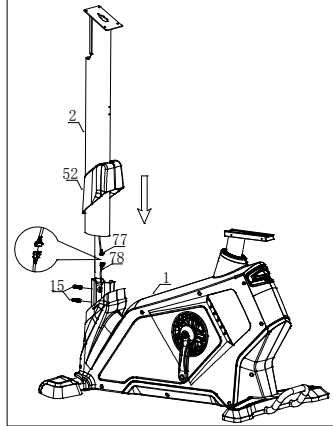
Step 2:

1. Attach the rear stabilizer (4) to the main frame (1) with Flat washer(30), spring washer(32) and Allen C.K.S. full thread screw(19).



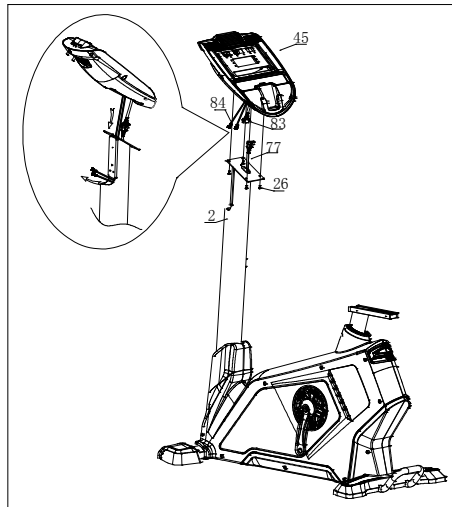
Step 3:

1. Screw Allen flat head set-bolt (15) into Main frame.
2. Connect Upright post wiring (77) and Main frame wiring (78).
3. Strap FRONT FIX COVER (52) into upright post (2). Insert upright post (2) into main frame, lock Allen flat head set-bolt (15) with L-shape wrench.



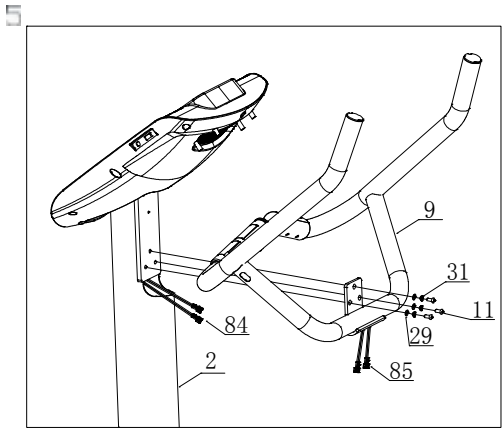
Step 4:

1. Connect Upright post wiring (77) and Console wiring (84).
2. Though Console handle pulse wiring (84) out from upright post hole as following picture.
3. Attach Console (45) to Upright post (2) with Philips pan head full thread screw (26).



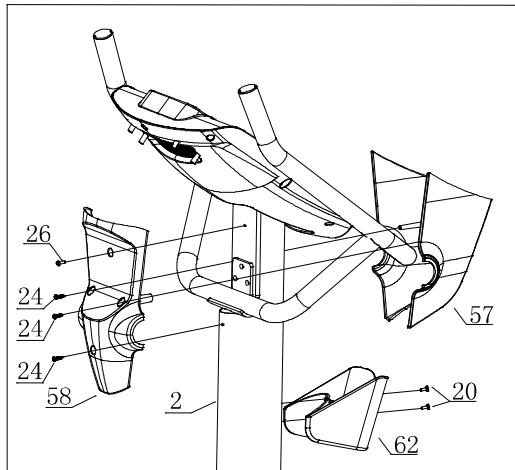
Step 5:

- 1.Connect Console handle pulse wiring(84) and Handle pulse wiring (85).
- 2.Attach Handlebars (9) to the Upright post (2) with flat washer (29), Spring washer (31) and Allen hexagon socket cap full thread screw (11).



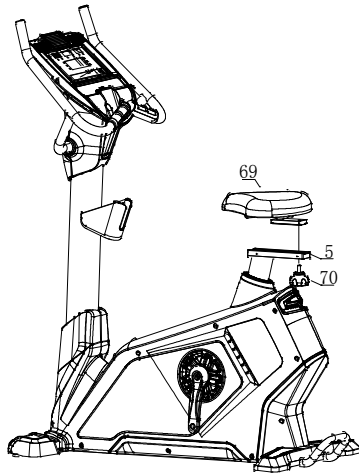
Step 6:

1. Attach handlebar cover front (57) and handlebar cover rear (58) to the upright post(2) with philips C.K.S. self-tapping screw (24) and philips pan head full thread screw (26).
2. Attach bottle holder(62) to upper upright post(2) with Philips pan head full thread screw (20)



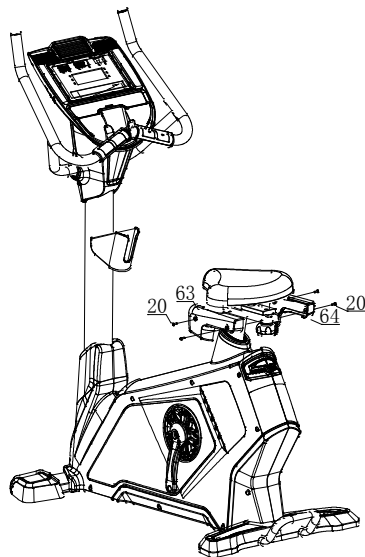
Step 7:

1. Attach Saddle (69) to Saddle post (5) with Handle knob (70).



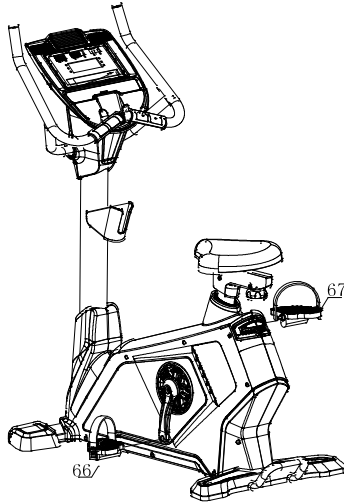
Step 8:

1. Attach Seat cover L (63) and Seat cover R (64) to Saddle post (5) with Philips pan head full thread screw (20)



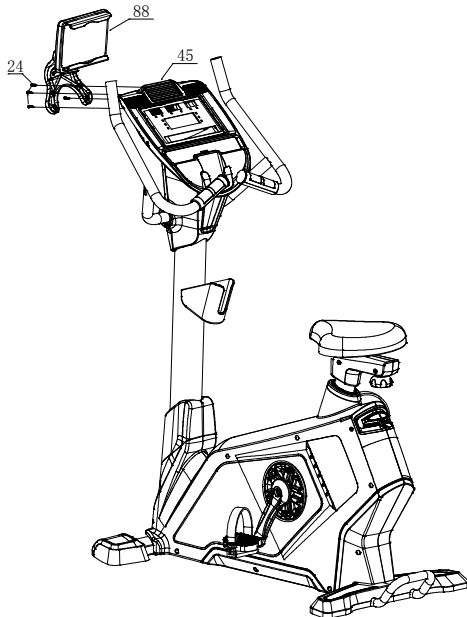
Step 9:

1. Attach the Pedal L (66) and Pedal R (67) to main frame(1).

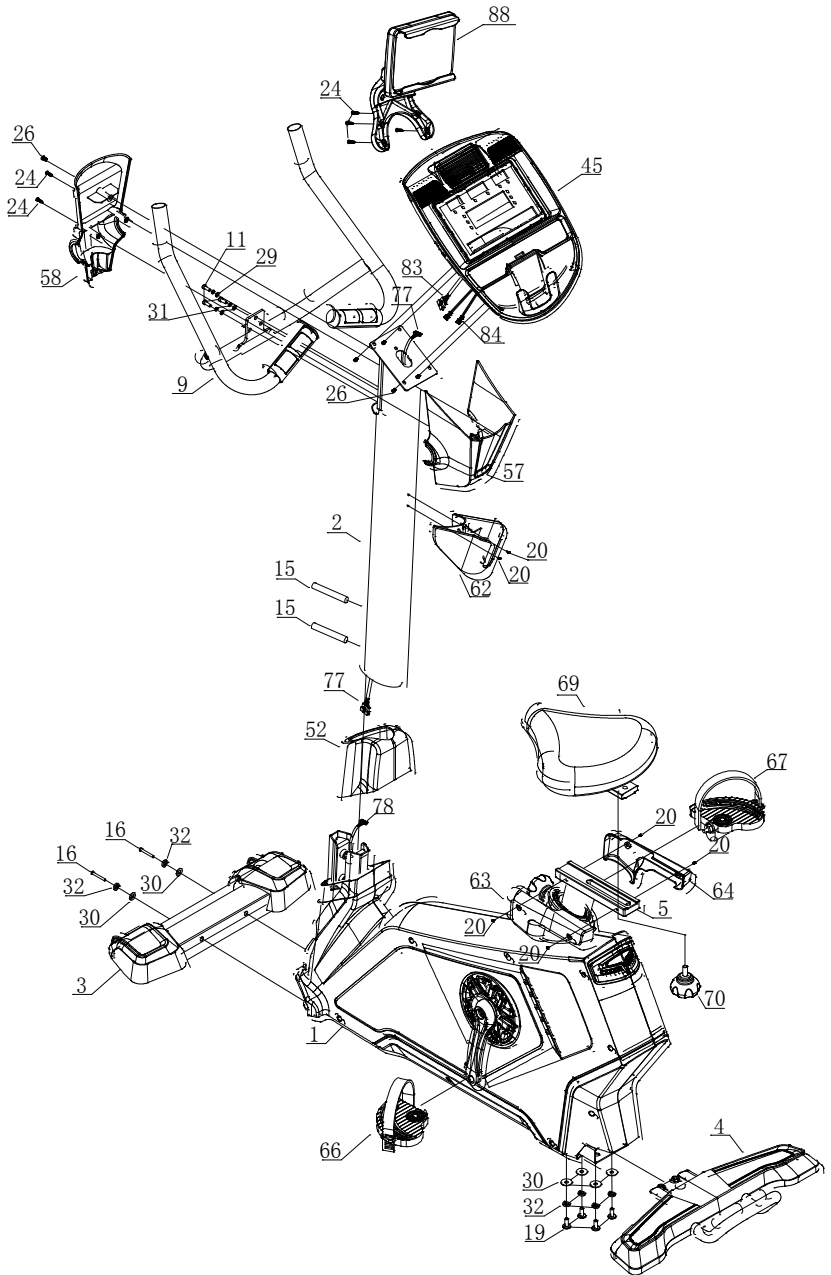


Step 10:

1. Attached IPAD holder(88) to the console(45) and lock tight with Phillips C.K.S. full thread screw (24) .



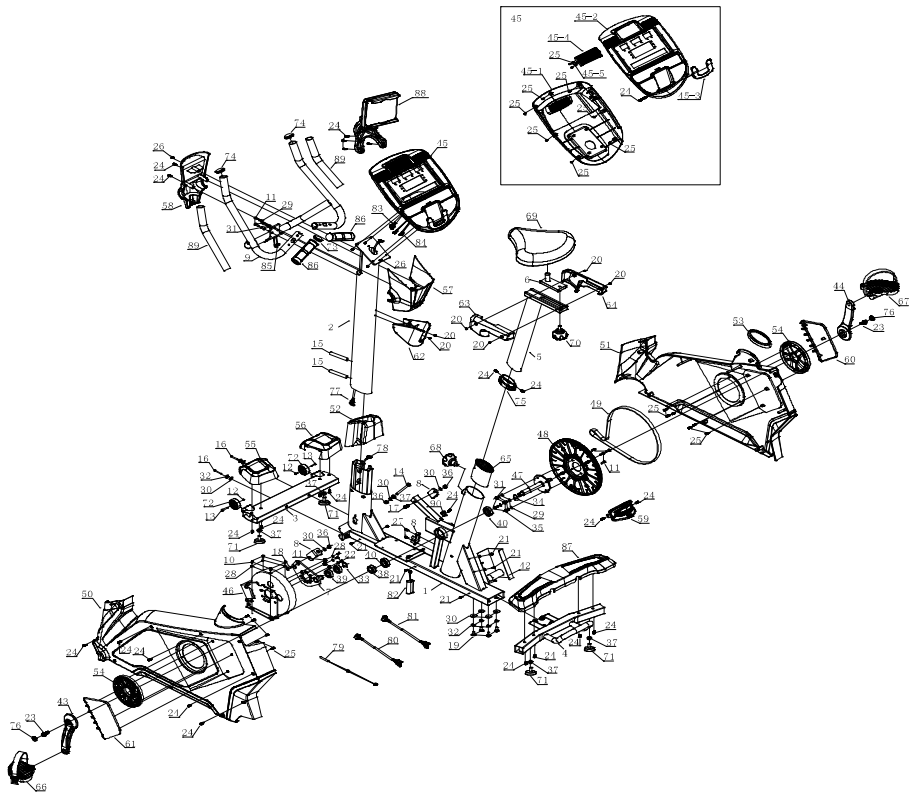
Half-drawing for assembly



Part list

NO.	NAME	DESCRIPTION	QTY
1	Main frame		1
2	Upright post		1
3	Front stabilizer		1
4	Rear stabilizer		1
5	Saddle post		1
9	Handlebars		1
11	Allen hexagon socket cap full thread screw	M8×20	3
15	Allen flat head set-bolt	M12×70	2
16	Allen C.K.S. half thread screw	M10×110×20	2
19	Allen C.K.S. full thread screw	M10×45	4
20	Philips pan head full thread screw	M4×10	6
24	Philips C.K.S. self-tapping screw	ST4×16	7
26	Philips pan head full thread screw	M5×10	5
29	Flat washer	Φ8	3
30	Flat washer	Φ10	6
31	Spring washer	Φ8	3
32	Spring washer	Φ10	6
45	Console		1
52	FRONT FIX COVER		1
57	Handlebar cover front		1
58	Handlebar cover rear		1
62	Bottle holder		1
63	Seat cover L		1
64	Seat cover R		1
66	Pedal L		1
67	Pedal R		1
69	Saddle		1
70	Handle knob	Φ66×M10×25	1
77	Upright post wiring		1
78	Main frame wiring		1
83	Console wiring		1
84	Console handle pulse wiring		1
88	IPAD holder		1

Drawing for assembly



Part list

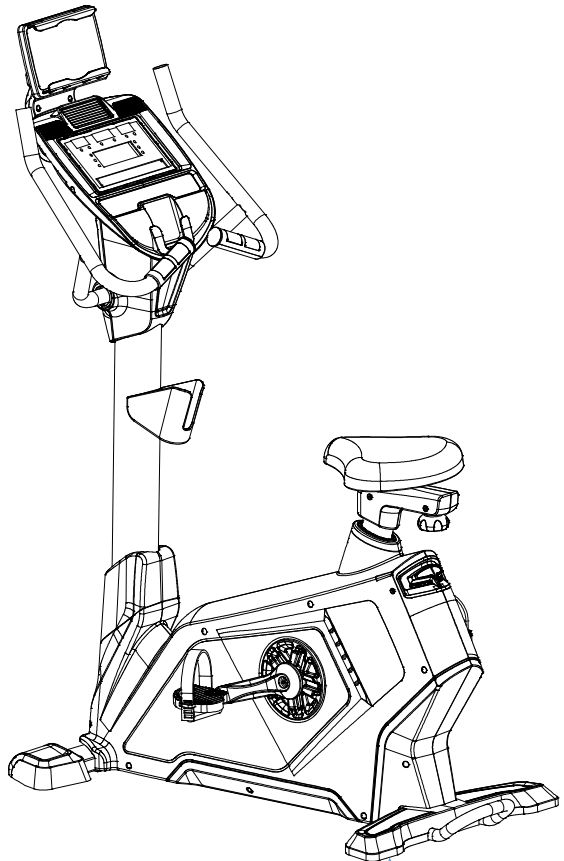
NO.	NAME	DESCRIPTION	QTY
1	Main frame		1
2	Upright post		
3	Front stabilizer		
4	Rear stabilizer		
5	Saddle post		
6	Saddle sliding block		
7	belt pinch roller		
8	adjusting screw connection plate		
9	Handlebars		
10	Allen hexagon socket cap full thread screw	M6×10	4
11	Allen hexagon socket cap full thread screw	M8×20	7
12	Allen C.K.S. full thread screw	M6×15	2
13	Allen C.K.S. hollow screw	Φ8×33×M6×15	2
14	Allen hexagon socket cap half thread screw	M10×130×35	1
15	Allen flat head set-bolt	M12×70	2
16	Allen C.K.S. half thread screw	M10×110×20	2
17	Allen C.K.S. half thread screw	M10×50×20	1
18	Allen countersunk head full thread screw	M10×25	1
19	Allen C.K.S. full thread screw	M10×45	4
20	Philips pan head full thread screw	M4×10	6
21	Phillips C.K.S. sharp full thread screw	M5×15	8
22	Phillips countersunk head full thread screw	M5×20	3
23	Hex flange head full thread screw	5/16-18UNC-1"	2
24	Philips C.K.S. self-tapping screw	ST4×16	7
25	Philips C.K.S. self-tapping screw	ST4×10	23
26	Philips pan head full thread screw	M5×15	5
27	Phillips countersunk head self-tapping screw	ST4×15	2
28	Flat washer	Φ6	7
29	Flat washer	Φ8	7
30	Flat washer	Φ10	8
31	Spring washer	Φ8	7

32	Spring washer	Φ10	6
33	Circlip for shaft	Φ20	1
34	Circlip for shaft	Φ25	1
35	Hex self-locking nut	M8	4
36	Hex self-locking nut	M10	3
37	Hex nut	M10	5
38	Hex nut	M24×P1.5	1
39	Deep groove ball bearing	6004ZZ	2
40	Deep groove ball bearing	6005ZZ	2
41	Belt compress powder in tube	Φ13×Φ8.5×8.4	3
42	Controller	B11	1
43	CRANK L		1
44	CRANK R		1
45	Console		1
46	One-way spontaneous electric		
47	Belt pulley axle		1
48	Belt pulley		1
49	Motor belt	470PJ8	1
50	OUTER COVER L		1
51	OUTER COVER R		1
52	FRONT FIX COVER		1
53	REAR FIX COVER		1
54	CRANK COVER		2
55	Front stabilizer cover L		1
56	Front stabilizer cover R		1
57	Handlebar cover front		1
58	Handlebar cover rear		1
59	BACK COVER OF OUTER COVER		1
60	COVER R		1
61	COVER L		1
62	Bottle holder		1
63	Seat cover L		1
64	Seat cover R		1

65	Seat post sleeve		1
66	Pedal L		1
67	Pedal R		1
68	Handle knob bolt	Φ66×M16×Φ8	1
69	Saddle		1
70	Handle knob	Φ66×M10×25	1
71	Feet pad	Φ49×22×M10×26	4
72	Wheels	Φ54.5×23.5	2
73	Tube plug		2
74	Tube plug		2
75	Seat post sleeve		1
76	Crank cover		2
77	Upright post wiring		2
78	Main frame wiring		1
79	Magnet sensor		1
80	Brake wire		1
81	Magnet wiring		1
82	Accumulator		1
83	Console wiring		1
84	Console handle pulse wiring		1
85	Handle pulse wiring		2
86	Handle pulse		2
87	Battery holder		1
88	IPAD holder		1
45-1	Console housing down		1
45-2	Console housing up		1
45-3	IPHONE Holder		1
45-4	Air outlet		1
45-5	Arch pressing plate		2

Use Instruction

1. Exercise --- sitting on the seat cushion group, hold handle bar sets with hands, start to do exercise after stepping on the pedals.
2. Adjust the foot pad : when the bikes is not stable, adjust the feet pads.



Adjust the foot pad

Machine diagram surface



Button function:

START /STOP	START or STOP training
RESET	1. Press to return to main menu when system is STOP . 2. Press RESET in 5 seconds, reset the system. 3. Press to return to the previous when setting data.
MODE	Press to set up or adjust data. Press to switch training data display in training mode.
RESISTANCE +/-	1. Press to increase or decrease value, press on to increase rapidly. 2. In training mode, press to increase or decrease 1 unit each time.
Program	Select program in IDLE mode.
RECOVERY	Test heart rate recovery.
BODY FAT	Test Body fat.
FAN KEY	Fan switch button, press the first time to open, and then press to close
USB SOCKET	For mobile phone or Pad charging
MP3 SOCKET	Play songs

Display function:

TIME	Display Range 0:00 ~ 99:99; Setting range 0:00~99:00
DISTANCE	Display Range 0.0 ~ 99.99; Setting range 0.0~99.99
CALORIES	Display Range 0 ~ 999Cal.; Setting range 0~999Cal.
SPEED	Range 0.0~99.9 KPH/ MPH
RESISTANCE LEVEL	Range 1~20
PULSE	Display Range 40 ~ 220
WEIGHT	Setting Range 30-150 KG, default is 70KG for Metric system. Setting Range 40~400 LB, default is 155LB for British system.

HEIGHT	Setting Range 90~210 CM
AGE	Setting Range 10~99
RPM	Range 0~999

1. OPERATION

Computer will power on with a long beep sound and display all segments on LED in 2 seconds, speed window display wheel diameter [78].TIME window display total time, DISTANCE window display total distance, then enter into IDLE MODE in 3 seconds.

2. IDLE MODE

- 1.1 In IDLE mode, press START/STOP to enter quick start mode, console will record training data.
- 1.2 If do not want to enter quick start mode, user can choose other training mode by press PROGRAM button. Please refer to step 3 as below.

3. PROGRAM SELECTION

In IDLE MODE, press PROGRAM to select one of MANUAL, PROGRAM/USER PROGRAM/HRC, press MODE to enter setting.

- 3.1 If user want to select MANUAL mode, press RESET button return to IDLE MODE. In IDLE MODE, press PROGRAM entering MANUAL MODE (RPM window display P00). Press start to start MANUAL mode or press MODE and RESISTANCE +/- enter setting AGE, WEIGHT, TIME DISTANCE, CALORY. Press START/STOP to start training, console will record training data.
- 3.2 If user want to select PROGRAM mode, press RESET button return to IDLE MODE. In IDLE MODE, press PROGRAM entering PROGRAM MODE (RPM window display P01-P12). Select one of PROGRAM MODE then press START to start training or press MODE and RESISTANCE +/- enter setting AGE, WEIGHT, TIME. Press START/STOP to start training, console will record training data.
- 3.3 If user want to select USER PROGRAM MODE, press RESET button return to IDLE MODE. In IDLE MODE, press PROGRAM entering USER PROGRAM MODE (RPM window display U01-U04). Select one of USER PROGRAM MODE then

press START to start training or press MODE and RESISTANCE +/- enter setting AGE, WEIGHT, TIME. Press START/STOP to start training, console will record training data.

3.4 If user want to select HRC MODE, press RESET button return to IDLE MODE. In IDLE MODE, press PROGRAM entering HRC MODE (RPM window display H01-H03). Select one of HRC MODE then press START to start training or press MODE and RESISTANCE +/- enter setting AGE, WEIGHT, TIME, THR. Press START/STOP to start training, console will record training data.

3.5 BODY FAT MODE

3.5.1 In IDLE MODE, press BODY FAT entering BODY FAT MODE (MW window display BODY FAT). Press MODE and RESISTANCE +/- entering setting AGE, WEIGHT, HIGHT. Press MODE to start BODY FAT testing.

3.5.2 In BODY FAT testing, put your 2 hands on the handle pulse. Console will receive heart rate input in 10 seconds, then start BODY FAT testing in 25 seconds, other function will not display. TIME window will show 0:10 then start counting down, PULSE window display heart rate, MW window display TESTING. If console receive heart rate input in 10 seconds, then start BODY FAT testing in 25 seconds, TIME window will show 0:25 then start counting down, PULSE window display heart rate, MW window display BODY FAT.

3.5.3 After TIME window counting down DM window display percentage of body fat in 10 seconds. Press BODY FAT turning back to previous mode before BODY FAT with 2 beep sounds.

3.6 RECOVERY MODE

3.6.1 In ANY MODE, press RECOVERY entering RECOVERY MODE. Console will receive heart rate input in 10 seconds, then start RECOVERY MODE in 60 seconds, other function will not display. TIME window will show 0:10 then start counting down, PULSE window display heart rate, MW window display TESTING. If console receive heart rate input in 10 seconds, then start counting down in 60 seconds. TIME window will show 0:60 then start counting down, PULSE window display heart rate, MW window display RECOVERY.

3.6.2 After TIME window counting down DM window display FX (X=1-6), MW window display tips in 10 seconds (drawing 1). Press RECOVERY turning

back to previous mode before BODY FAT with 2 beep sounds.

3.6.3 Press RECOVERY button to reset in RECOVERY MODE.

F1	EXCELLENT
F2	VERY GOOD
F3	GOOD
F4	SATISFACTORY
F5	POOR
F6	VERY POOR

Drawing 1

Warm-up / stretching exercises

A successful exercise session begins with warming up exercises and ends with exercises for cooling down and relaxing. These warming up exercises prepare your body for the subsequent demands made upon it. The cooling down / relaxation period after the exercise session ensures that you do not experience any muscular problems. In the following you will find stretching exercise instructions for warming up and cooling down. Please pay attention to the following points:

NECK EXERCISES

Tilt your head to the right and feel the tension in your neck. Slowly drop your head down to your chest in a semi-circle and then turn your head to the left. You will feel a comfortable tension in your neck again. You can repeat this exercise alternately several times.



1

EXERCISES FOR THE SHOULDER AREA

Lift the left and right shoulders alternately, or lift both shoulders simultaneously.



2

ARM STRETCHING EXERCISES

Stretch the left and right arms alternately towards the ceiling. Feel the tension in your left and right side. Repeat this exercise several times.



3

EXERCISES FOR THE UPPER THIGH

Support yourself by placing your hand on the wall, then reach down behind you and lift up your right or left foot as close to your buttocks as possible. Feel a comfortable tension in your front upper thigh. Maintain this position for 30 seconds if possible and repeat this exercise 2 times for each leg.



INSIDE UPPER THIGH

Sit on the floor and place your feet in such a way that your knees are facing outwards. Pull your feet as close as possible to your groin. Now press your knees carefully downwards. Maintain this position for 30-40 seconds if possible.



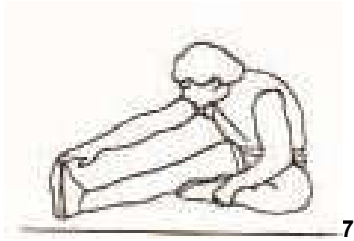
TOUCH TOES

Bend your trunk slowly forwards and try to touch your feet with your hands. Reach down as far as possible to your toes. Maintain this position for 20-30 seconds if possible.



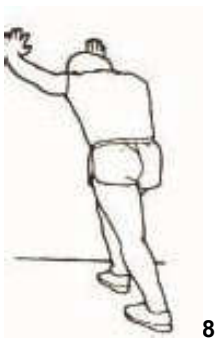
EXERCISES FOR THE KNEES

Sit on the floor and stretch out your right leg. Bend your left leg and place your foot on your right upper thigh. Now try to reach your right foot with your right arm. Maintain this position for 30-40 seconds if possible.



EXERCISES FOR THE CALVES/ACHILLES TENDON




Place both hands on the wall and support your full body weight. Then move your left leg backwards and alternate it with your right leg. This stretches the back of the leg. Maintain this position for 30-40 seconds if possible.





EVOLVE

YOUR EVOLVED GEAR ARRIVED

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