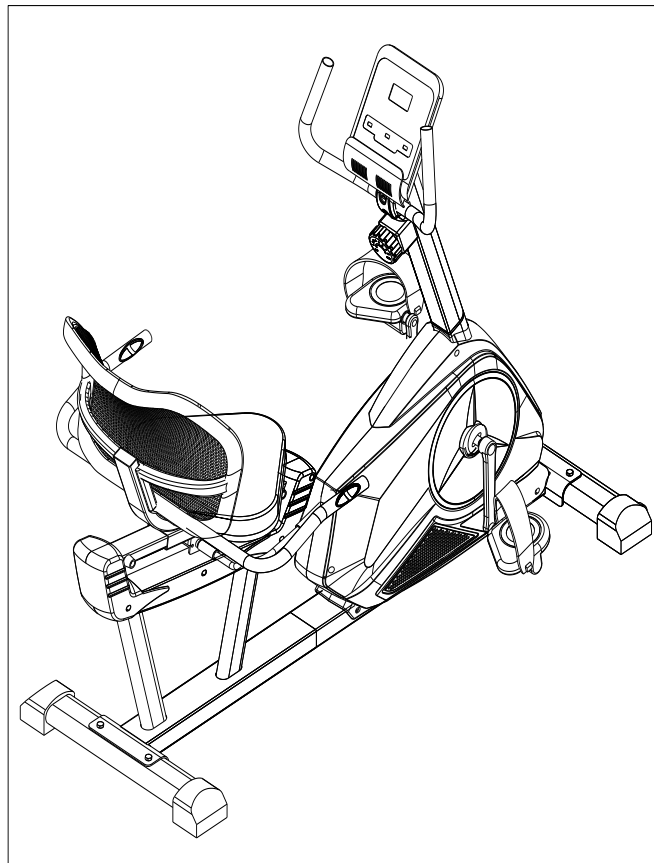


EDGEFIT

OWNER'S MANUAL

ITEM # EDG6017 – RB310Pro RECUMBENT BIKE



THANK YOU FOR PURCHASING THE RB310Pro Recumbent Bike FROM EDGEFIT

CONTENTS:

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| - Important safety information | page 2 |
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| - Console instructions | page 18 – 20 |
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| - Customer support | page 33 |

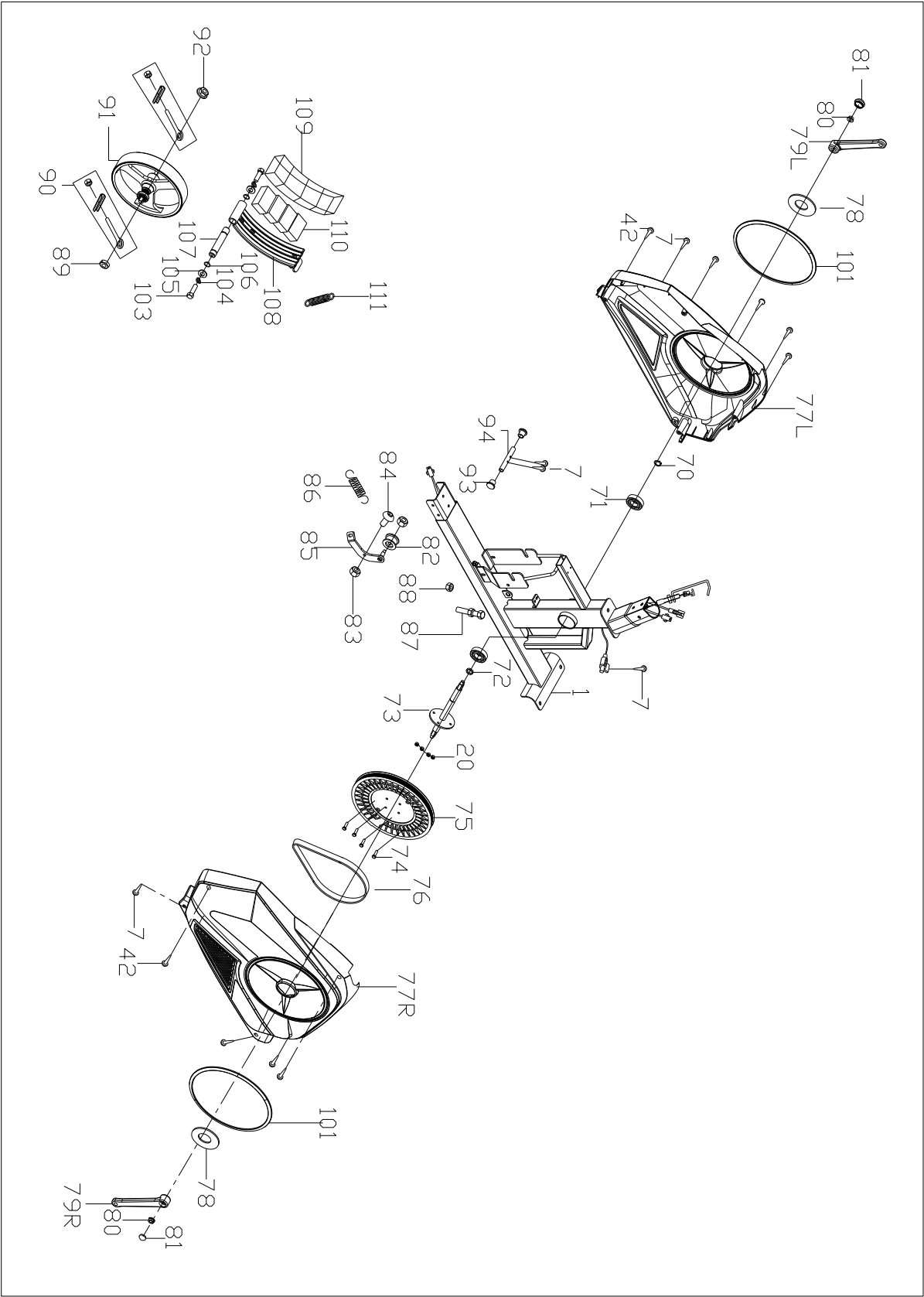
Please read this instruction manual carefully before assembling.

SAFETY INFORMATION:

Note the following precaution before assembling or operating the machine:

- 1、 Assemble the machine exactly as described in this instruction manual.
- 2、 Check all the screws, nuts, and other connections before using the machine for the first time and ensure that the bike is in safe working condition before every use.
- 3、 Set up the bike in a clean dry level place and keep it away from moisture and water.
- 4、 Always ensure that the bike is stable and has adequate space around it before use.
- 5、 Do not use aggressive cleaning products to clean this bike.
- 6、 Always consult your doctor before undertaking any exercise program.
- 7、 This machine is not suitable for therapeutic purposes.
- 8、 This machine can only be used by one person at a time.
- 9、 Always wear suitable training clothes and shoes when using this bike.
- 10、 If you have a feeling of dizziness, sickness or other abnormal symptoms or pain, please stop training immediately and consult a doctor.
- 11、 This bike is under no circumstances suitable as a children's toy. This bike is not intended for use by persons (including children) with reduced physical, sensory, or mental capabilities, or lack of experience and knowledge, unless they have been giving supervision or instruction concerning use of this bike by a person responsible for their safety.
- 12、 Care must be taken when lifting or moving the equipment so as not to injure your back.
Always use proper lifting techniques and/or use assistance.
- 13、 Use only original spare parts for any necessary repairs.
- 14、 Maximum user weight – 120KGS

INTERNAL VIEW:

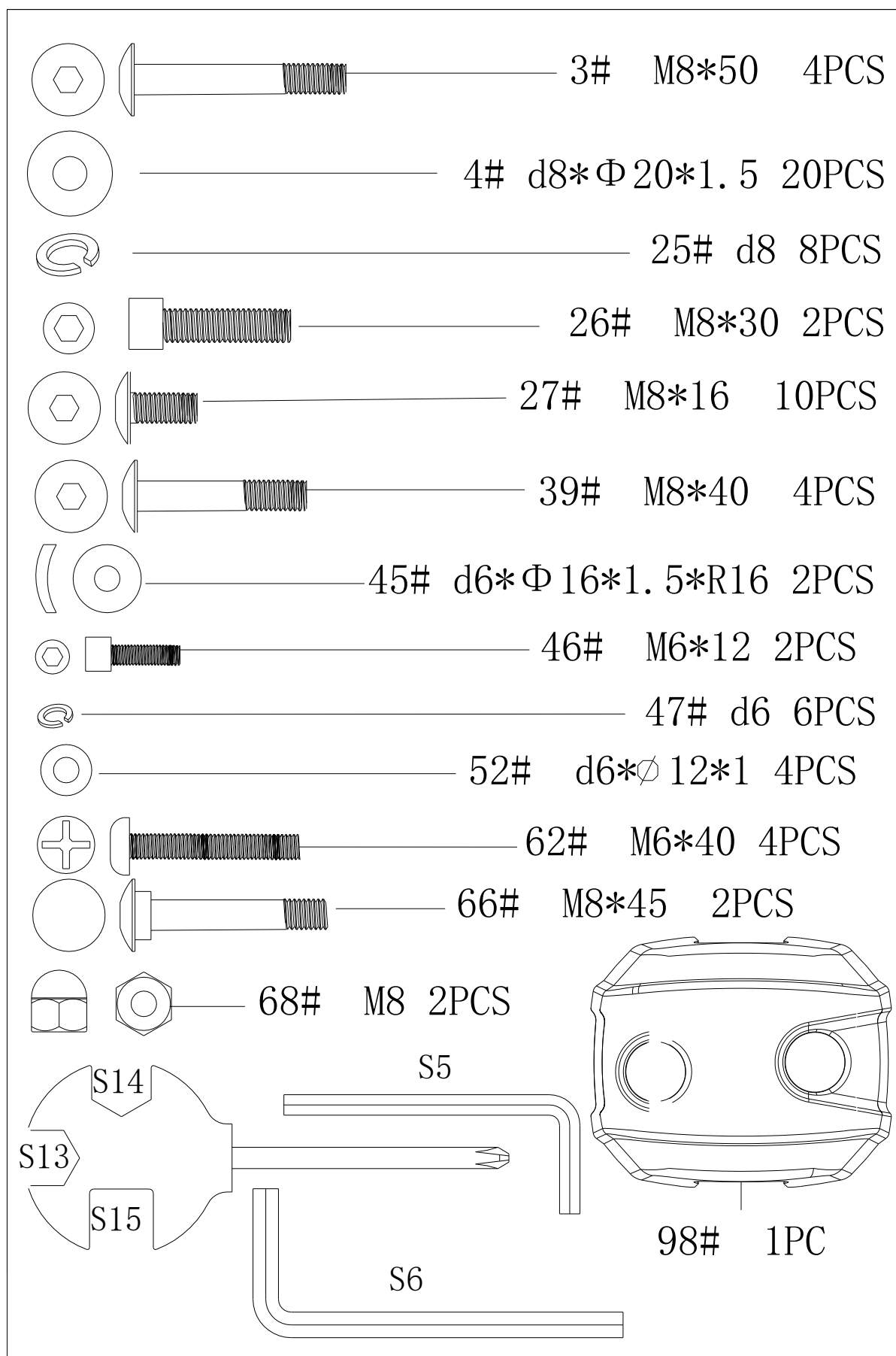


PARTS LISTING:

No.	Description	Q'ty	No.	Description	Q'ty
1	Main Frame	1	32	Rear Stabilizer	1
2L/R	Pedal	2	33	End Cap	2
3	Bolt M8*50	4	34	Foot Pad	1
4	Washer d8*Φ20*1.5	20	35	Slip Tube	1
5	Front Stabilizer	1	36	Limiting Stopper φ22*φ18*16	2
6L/R	End Cap	2	37	Washer d4*φ9*1	2
7	Tapping Screw ST4.2*16	9	38	Screw M4*16	2
8	Speed Sensor Wire	1	39	Bolt M8*40	4
9	Hand Pulse Wire 2	1	40	Seat Cover	2
10	Tension Wire	1	41	Screw M4*10	6
11	Support Tube	1	42	Tapping Screw ST4.2*19	11
12	Hand Pulse Wire	1	43	Braking Handlebar Grip	1
13	Speed Sensor Wire	1	44	Brake Rod	1
14	Tension Knob	1	45	Arc washer d6*Φ16*1.5*R16	2
15	Arc Washer d5*Φ20*1*R30	1	46	Bolt M6*12	2
16	Bolt M5*55	1	47	Spring Washer d6	6
17	Computer	1	48	Brake Axle	1
18	Hand Pulse Wire 1	1	49	Eccentric Wheel	1
19	Speed Sensor Wire 2	1	50	Clamping piece	1
20	Nylon Nut	4	51	Puller Bolt M8*10	2
21	Bolt M4*12	4	52	Washer d6*φ12*1	4
22	Handlebar	1	53	Screw M6*16	4
23	Tube Plug φ25	4	54	Seat Cushion	1
24	Foam 1	2	55	Backrest Support	1
25	Spring Washer d8	8	56	Tube Plug	2
26	Bolt M8*30	2	57	Bush	2
27	Screw M8*16	10	58	Nut M6	2
28	Hand Pulse Wire 3	1	59	Bolt M6*10	2
29	Tube Plug	2	60	Tension Spring 1	1
30	Stoppie	2	61	Back Cushion	1
31	Seat Bracket	1	62	Bolt M6*40	4

PARTS LISTING:

No.	Description	Q'ty	No.	Description	Q'ty
63	Foam 2	2	88	Nut M6	2
64	Hand Pulse	2	89	Hexagon Thin Nut M10*1.0	1
65	Rear Handlebar	1	90	Bolt Group	2
66	Square Neck Bolt M8*45	2	91	Flywheel	1
67	Cover Plate	1	92	Nut	1
68	Cap nut M8	2	93	Tube Plug	2
69	Hand Pulse Wire	1	94	Middle Tube	1
70	Snap Spring	1	95	Open-end Wrench S13-14-15	1
71	Bearing	2	96	Allen Wrench S6	1
72	Spacer Bush	1	97	Allen Wrench S5	1
73	Axle	1	98	Handlebar Cover	1
74	Hex Bolt	4	99	Washer d12*Φ24*1	1
75	Belt Pulley	1	100	Washer d12	1
76	Belt	1	101	Small Cover	2
77L/R	Chain Cover	2	102	Washer d4*Φ12*1	4
78	Small Cover	2	103	Bolt M6*20	2
79L/R	Crank	2	104	Spring Washer d6	2
80	Nut	2	105	Washer d6*Φ16*1	2
81	Small Cover	2	106	Stop Collar d12	3
82	Pinch Roller	1	107	Axle	1
83	Nylon Nut M8	2	108	Magnetic Board	1
84	Screw M8*19	1	109	Plastic Lattice	1
85	U bracket	1	110	Magnet	4
86	Tension Spring 2	1	111	Tension Spring 3	1
87	Bolt M6*36	1			

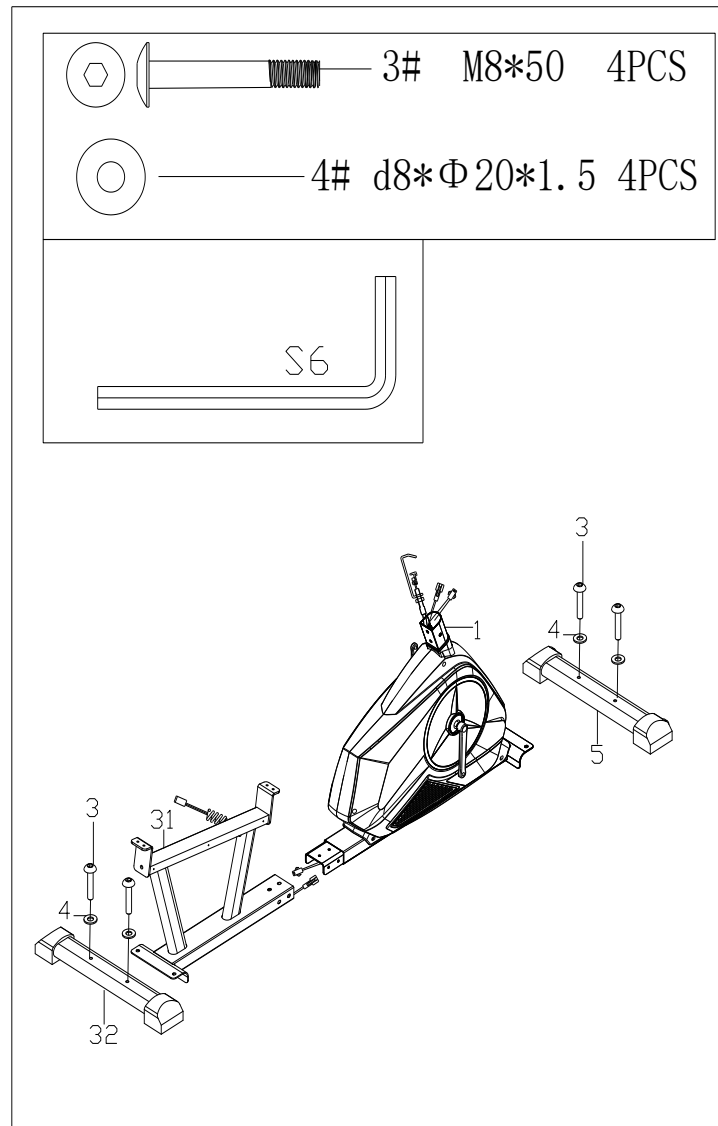
HARDWARE & TOOLS:

ASSEMBLY INSTRUCTION:

1. PREPARATION:

- A. Before assembling make sure that you will have enough clear space around the bike.
- B. Use the tools provided for assembling.
- C. Before assembling please check whether all the necessary parts are available.

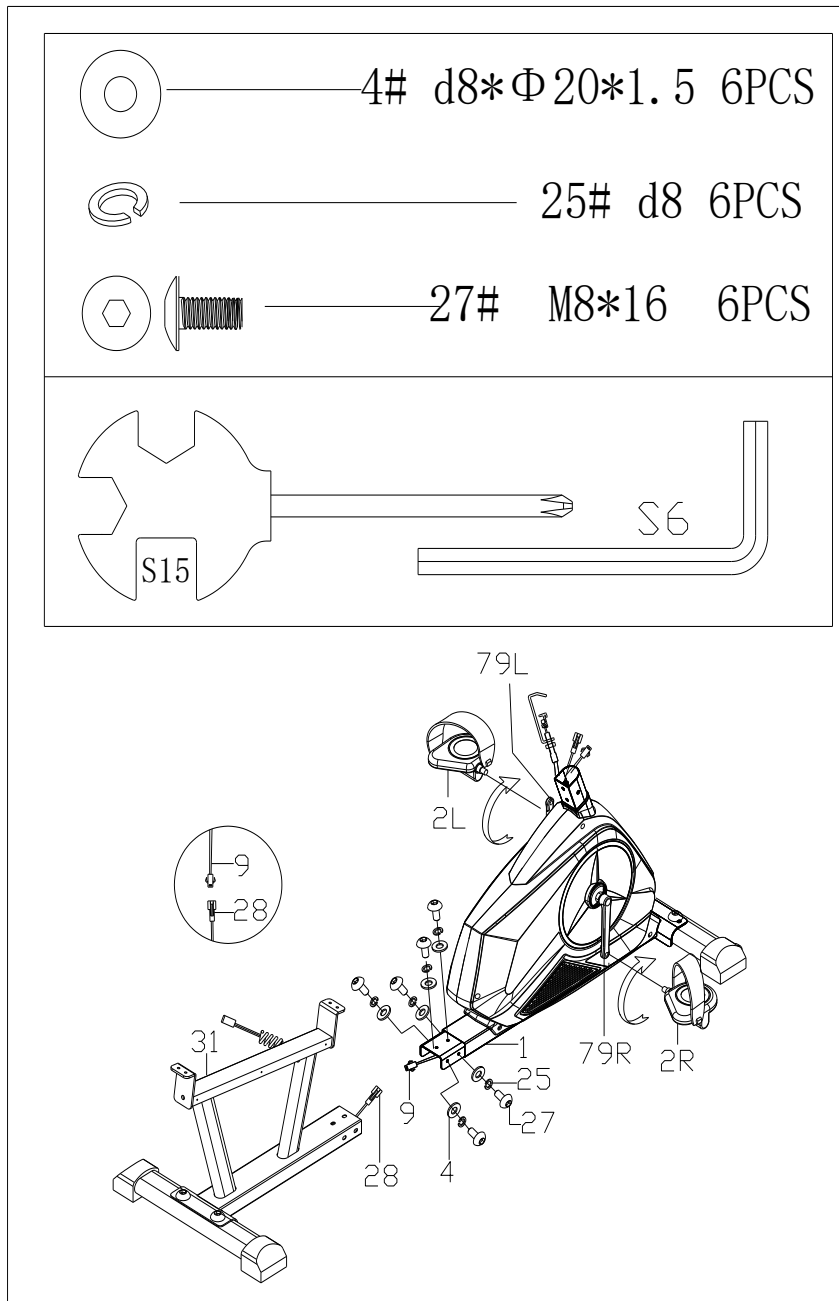
2. ASSEMBLY INSTRUCTION:



Step 1:

Attach the front stabilizer (5) to the main frame (1) with bolts (3), and washers (4).

Attach the rear stabilizer (32) to the Seat bracket (31) with bolts (3), and washers (4).

**Step 2:**

Connect the hand pulse wires (28 & 9), then insert the Seat bracket (31) to the main frame (1) with screws (27), spring washers (25) and washers (4).

Be careful not to cut hand pulse wires (28 & 9) when inserting Seat bracket into main frame.

CAUTION:

Be sure the right pedal (2R) marked (R) is attached to the right crank arm and tightened in the clockwise direction.

The left pedal (2L) marked (L) is attached to the left crank arm and is tightened in an anti-clockwise direction.

Step 2 continued:

IMPORTANT PEDAL ASSEMBLY INSTRUCTIONS:

It is very important you assemble the Left / Right Pedals to the correct side of this Bike.

They are not interchangeable.

****Please note - the left and right pedals are marked with L & R as per images below****

Left Pedal Assembly:

The Left Pedal has a left-hand thread and is to be tightened in an anti-clockwise direction when standing on the left side of the bike. Please make sure the pedal is as tight as possible otherwise the pedal can make a knocking sound.

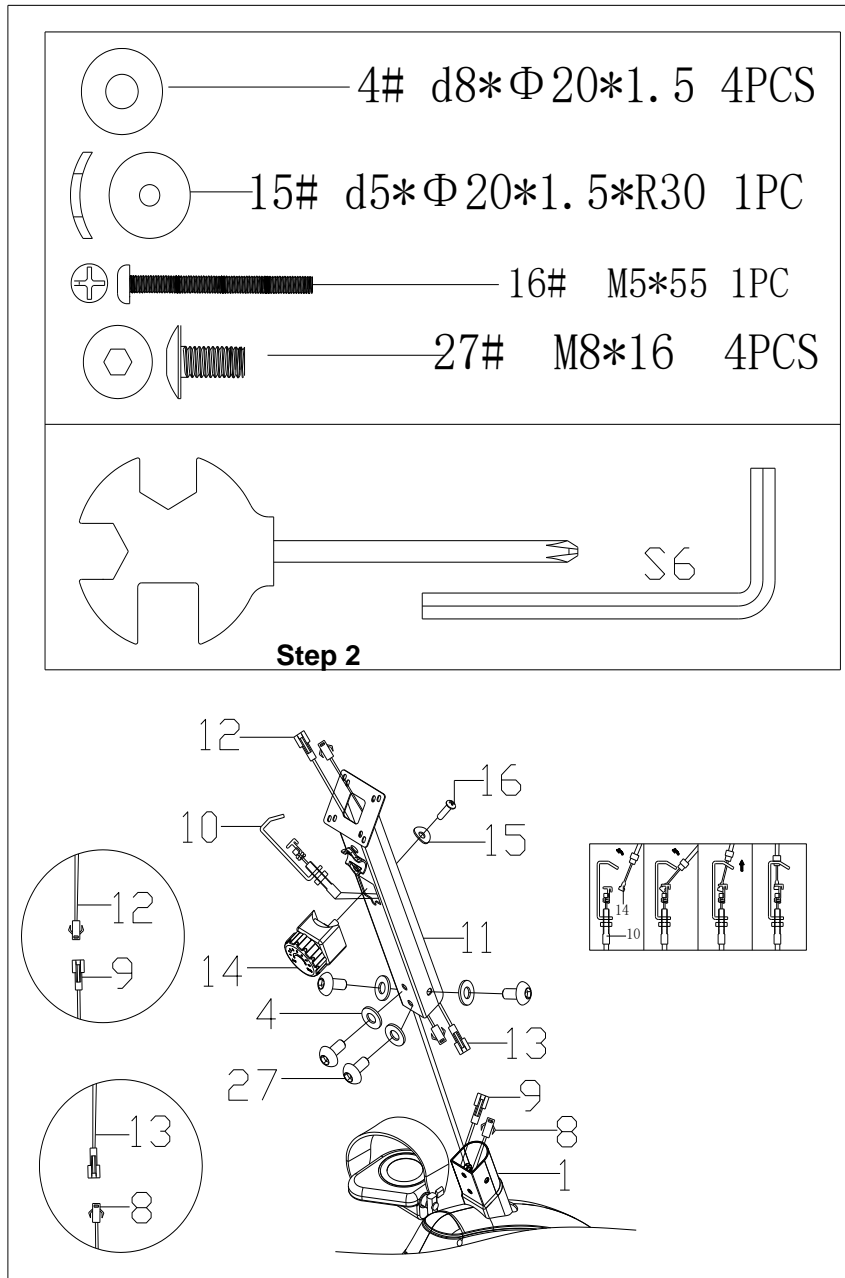
Right Pedal Assembly:

The Right Pedal has a right-hand thread and is to be tightened in a clockwise direction when standing on the right side of the bike. Please make sure the pedal is as tight as possible otherwise the pedal can make a knocking sound.



Left Pedal marked L – Right Pedal marked R



**Step 3:**

Connect hand pulse wires (12 & 9) and speed sensor wires (13 & 8) then push tension wire (10) up and inside the support tube (11), slide support tube (11) down onto main frame (1).

Be very careful not to cut the wires – tuck them inside the support tube before sliding it onto the main frame (1)

Fix with bolts (27) and washers (4).

Connect tension knob and tension wire (14 & 10) as per images and video link on the next page.

Fix tension knob (14) to the support tube (11) with screw (16) and arc washer (15).

Step 3:



Please download videos for a demonstration of assembling the Tension Wire and Tension knob:

Video 1: Full assembly of Tension Wire and Tension Knob

Link 1: <https://youtu.be/sCqfr3l11UY>

Video 2: Close up of Tension Wire & Tension Knob connection

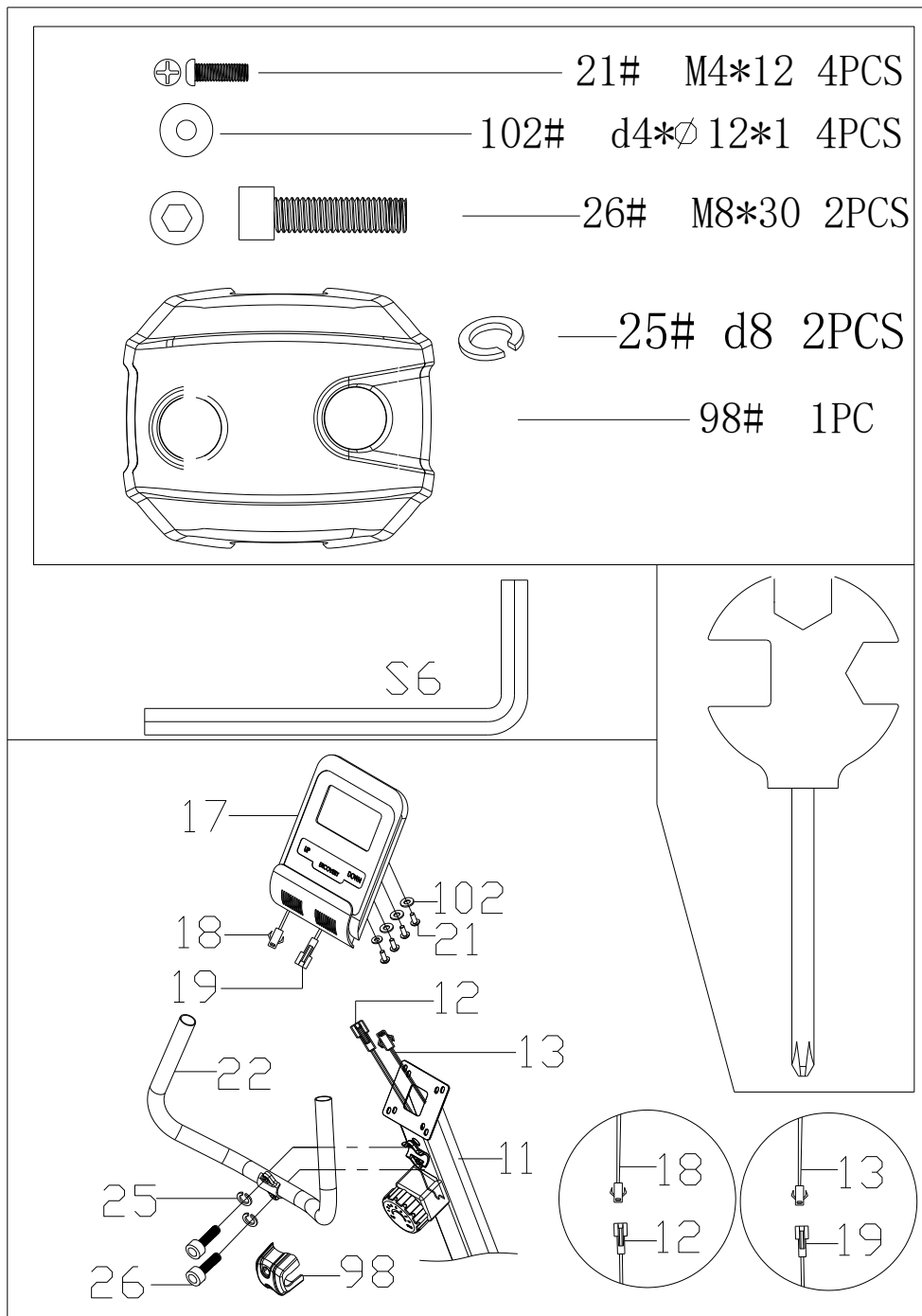
Link 2: <https://youtu.be/VBTzreedPdQ>

Make sure Tension Knob is on setting level 1.

Image 1: Insert end of Tension Knob Wire (14) into cable slot of Tension Wire (10)

Image 2: Pull Tension Knob Wire (14) up above slot in Tension Wire bracket (10)

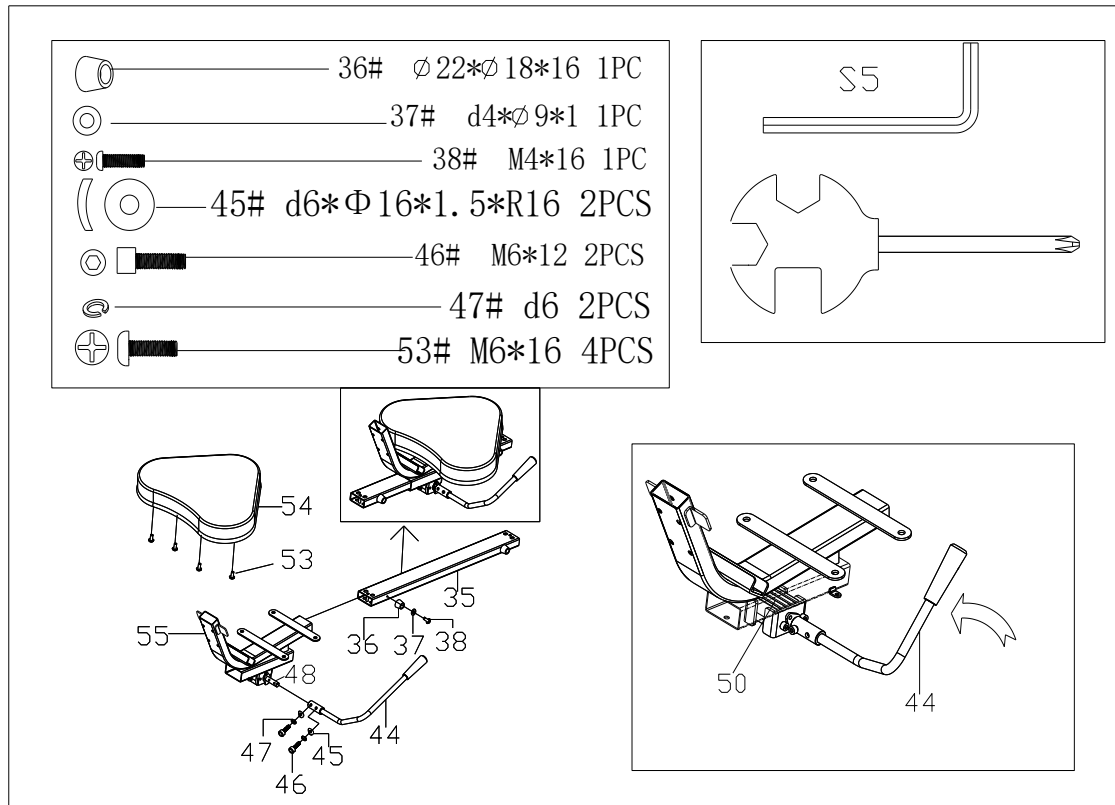
Image 3: Lower Tension Knob Wire (14) into whole in Tension Wire Bracket (10) making sure its secure

**Step 4:**

Attached the handlebar (22) to the support tube (11) with spring washers (25) and bolts (26).

Then push plastic handlebar cover (98) over bolts (26) until it snaps into place. Connect the hand pulse & sensor Wires (18/12 & 19/13) then fix computer (17) onto support tube (11) with screws (21) washers (102)

Be careful not to jam any wires between computer and support tube.

**Step 5:**

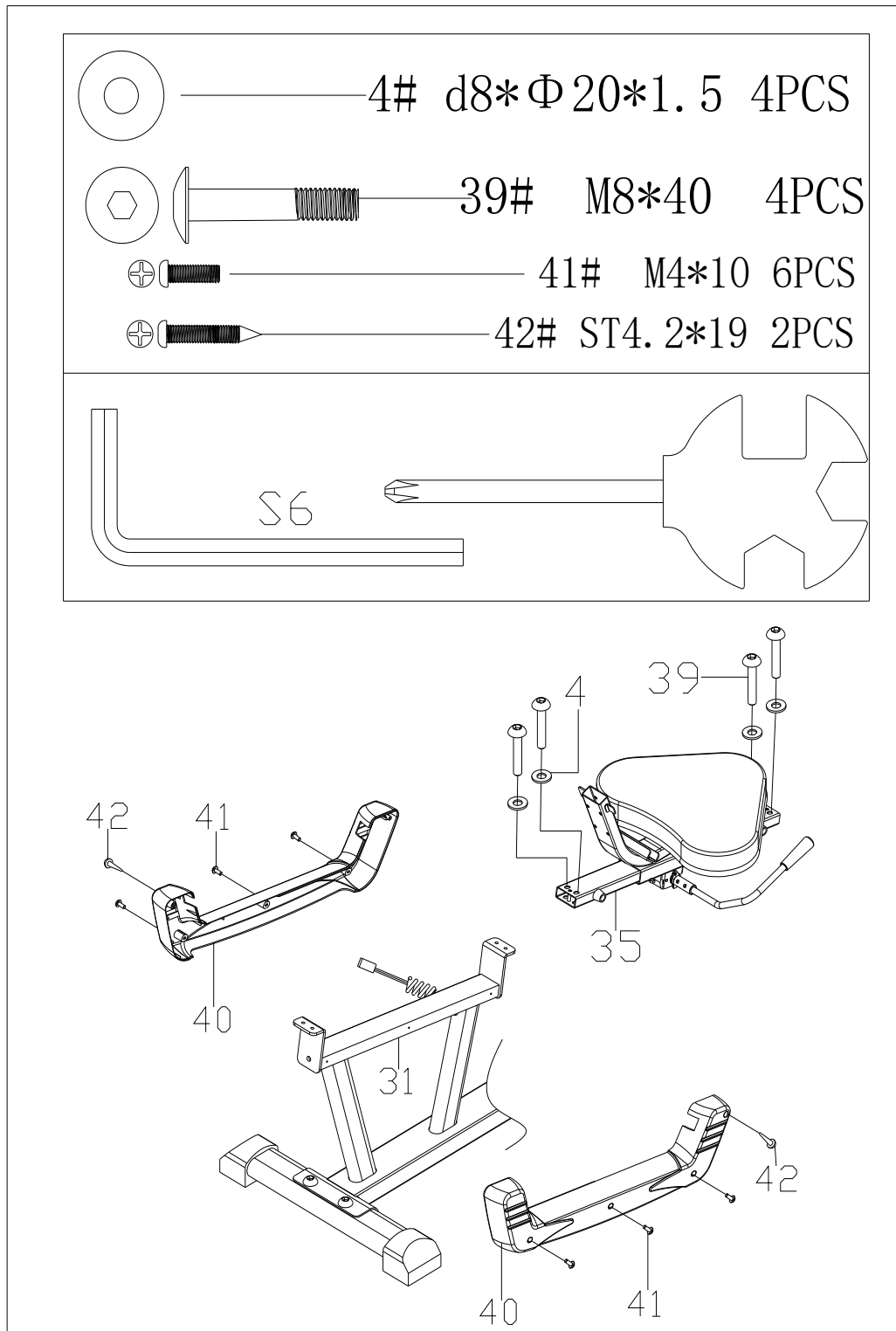
Fix the brake rod (44) to the brake axle (48) with the screws (46) spring washers (47) and washers (45).

Undo the screw (38) washer (37) and take off the limiting stopper (36) from the slip tube (35).

Release the brake rod (44) by turning up the handle (anti-clockwise) which will release the clamping piece (50), then slide the slip tube (35) right through and out the other side of the backrest support (55).

Fix the limiting stopper (36) back into the slip tube (35) with the screw (38) and washer (37).

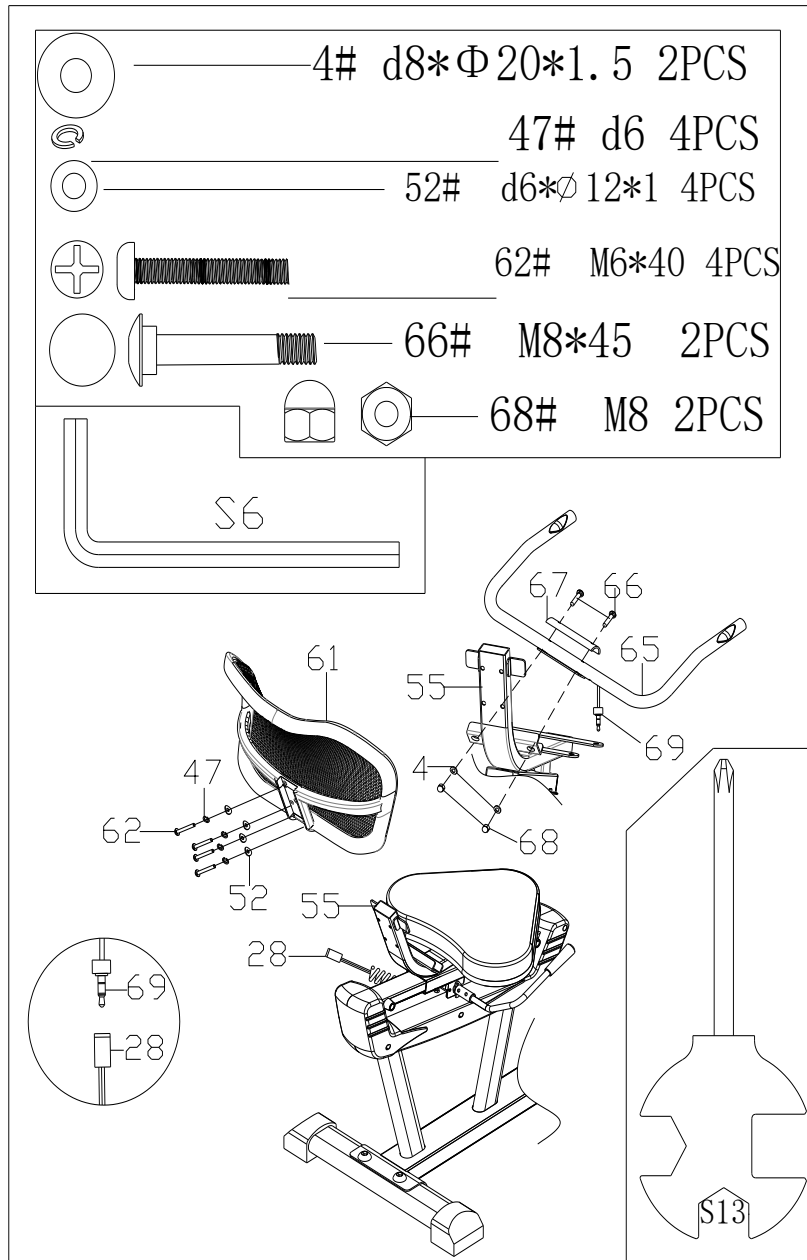
Attach the seat cushion (54) to the backrest support (55) with the screws (53).

**Step 6:**

Attach the slip tube (35) to the seat bracket (31) with the bolts (39) and washers (4).

Fix the seat covers (40) to the seat bracket (31) with the screws (42) and the screws (41).

NOTE: THE 6 SCREWS (41) ARE ALREADY LOCATED IN THE SEAT BRACKET FRAME (31)

**Step 7:**

Connect hand pulse wire (69 & 28).

Fix cover plate (67) and Rear handlebar (65) onto backrest support (55) with carriage bolts (66), flat washers (4) and cap nuts (68).

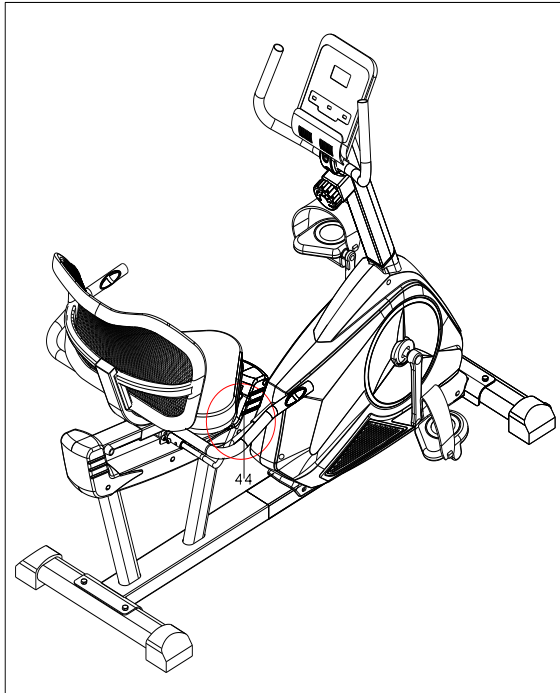
Attach the back cushion (61) to the backrest support (55) with the bolts (62) spring washers (47) flat washers (52).

PLEASE NOTE:

THERE IS TWO MOVING WHEELS ON THE FRONT STABILIZER (5) FOR RELOCATING YOUR BIKE AND THE REAR STABILIZER (32) HAS ADJUSTABLE END CAPS FOR UNEVEN FLOORS.

SIMPLY TURN THE DIALS TO ADJUST ON THE REAR STABILIZER (32)

ADJUSTMENTS:

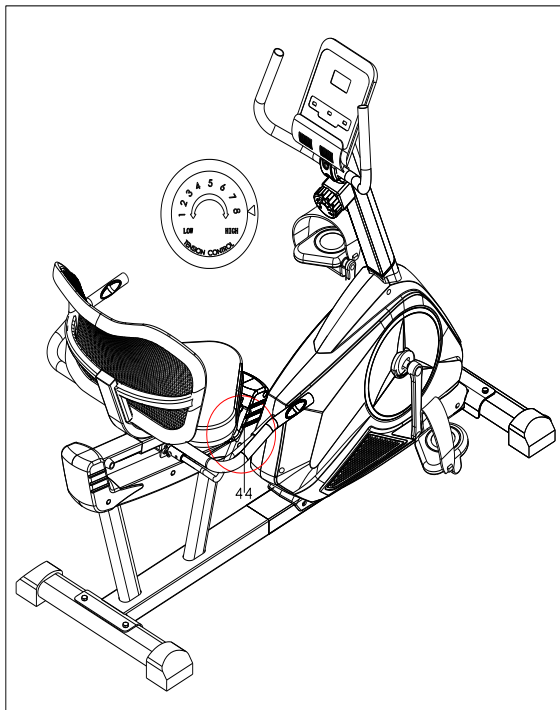


Seat Adjustment:

Pull the Adjustment Handle (44) UP and then slide the seat forward or back to a comfortable position.

After adjusting the Seat, lock it into position by Pushing DOWN the Adjustment Handle (44).

The handle should be parallel to the ground.



Tension Adjustment:

Adjust the tension knob to change the magnetic resistance:

“+” to increase the tension,

“-” to decrease the tension.

The lowest resistance is level 1.

The highest resistance is level 8.

CONSOLE INSTRUCTION:

I. Full Display menu:



II. Power-on:

When the batteries (2 x AA) are installed, the computer will beep and show the full display for one second and then go to Standby mode.

III. AUTO On/Off:

The console activates when any key is pressed, or the user starts exercising. Without any input signal or button pressing for 4 minutes, the power turns off automatically.

IV. Button function:

UP/DOWN	Rotating the UP/DOWN dial to the right will increase the value of the measurement selected during the setting phase, rotating the DOWN dial to the left will decrease the value of the measurement selected during the setting phase.
MODE	Press the Mode button to enter/confirm the value selected
RESET	In any mode, hold RESET button for 1 second and the computer will do a Total Reset.
BODY FAT	To give an approximate BODY FAT % reading. You must enter your correct details first by selecting the SET button.
SET	Pressing the SET button will allow you to set up your details for the Body Fat function - Male/female, Age, Weight, and Height.
RECOVERY	Test Heart Rate Recovery function.

V. Function Description/Function

1. SCAN

After pedaling has commenced, the console will auto-scan between TIME, DISTANCE, CALORIE, PULSE & SPEED every 6 seconds. The flashing units at the bottom half of the screen will be the value highlighted on the main screen. Pressing the MODE button once will exit auto scan, pressing the MODE button again will change to the next measurement.

2. TIME

Displays the workout time in minutes/seconds once the user starts pedaling – from 0:00 to 99:59.

3. SPEED

Display current workout speed by KM/HOUR, once user starts pedaling.

4. DISTANCE

Display accumulated workout distance, max value 99.9KM/MILE.

5. CALORIE

Display accumulated calorie consumption.

6. PULSE

Display current Heart rate; Display “0” if no heart rate input/detected.

7. RECOVERY

The RECOVERY function is designed to be used after your workout is finished. Once pedaling has stopped, press the RECOVERY button, and hold onto the hand pulse sensors and the console will countdown from 1:00 minute to 0:00 and your heart rate recovery level will be displayed: F1.0~F6.0.

Note: Make sure both hands stay on the hand pulse sensors for the entire minute.

1.0	means OUSTANDING
$1.0 < F < 2.0$	means EXCELLENT
$2.0 \leq F \leq 2.9$	means GOOD
$3.0 \leq F \leq 3.9$	means FAIR
$4.0 \leq F \leq 5.9$	means BELOW AVERAGE
6.0	means POOR

8. BODY FAT FUNCTION

Before using the BODY FAT function, press the SET button to enter your personal data. Use the UP/DOWN button to adjust the value and then press the MODE button to confirm each value. Once your height value has been adjusted, press the MODE button once to confirm all settings and then press the BODY FAT button. After pressing the BODY FAT button, place both hands on the hand pulse sensors for approximately 20 seconds or until your Body fat values come onto the screen. Please remember that this is only a guild and can be affected by things such as food or water intake and the time of day. It's best to use this function first thing in the morning before any food or water intake.

VI. Workout and Target setting

1. Quick start:

The console will start in SCAN mode and once the user starts pedaling the console values will start to read or count up from zero. Press the MODE button to exit SCAN and select the designed value you would like to be shown on the main screen.

2. Setting target workout values:

Setting target workout values must be done before the user starts pedaling. Press any button to start up the console. After the initial startup, the console will be in SCAN mode. To set a target workout TIME, press the MODE button once and the TIME will be flashing on the main screen. Use the UP/DOWN dial to adjust TIME to the designed value. You can start pedaling and the time will count down to zero and an alarm will sound (9 short beeps) The alarm will sound after any preset value has counted to zero or has been reached.

To set the DISTANCE value, press the MODE button twice after initial startup and the DISTANCE will now be flashing on the main screen. You can use the UP/DOWN button to adjust the DISTANCE to the desired value to count down to zero. This procedure can also be done for CALORIES and PULSE in the same manner. To set the PULSE the user can adjust the pulse rate to the desired heart rate to be reached and the alarm will sound once the target heart rate has been achieved. The user must hold onto the hand pulse sensors for this function to work correctly.

The user can set all values in the same workout and the alarm will sound each time one of the values has counted to zero or the desired heart rate has been achieved. The values will then start to count up from zero.

3. Sleeping mode:

The console will shut down in 5 mins after no activity is recorded. The user can press any button or start pedaling to wake up the console.

APP User Instructions:

<u>1、 FitShow Download</u>	1
<u>2、 Application Operation</u>	2
<u>2.1、 User register/signup and login</u>	2
<u>2.2、 Device Connection</u>	3
<u>2.3、 Model Selection</u>	4
<u>2.4、 Sports Control</u>	5
<u>2.5、 Sports Training</u>	6
<u>2.6、 Outdoor Sports</u>	7
<u>2.7、 Discover</u>	8
<u>2.8、 My</u>	9
<u>3、 The Third-Party Application</u>	10
<u>3.1、 Kinomap</u>	10
<u>3.2、 ZWIFT</u>	11
<u>3.3、 SPAX</u>	12

1. FitShow / Kinomap / ZWIFT Download



FitSHOW



 **Kinomap**

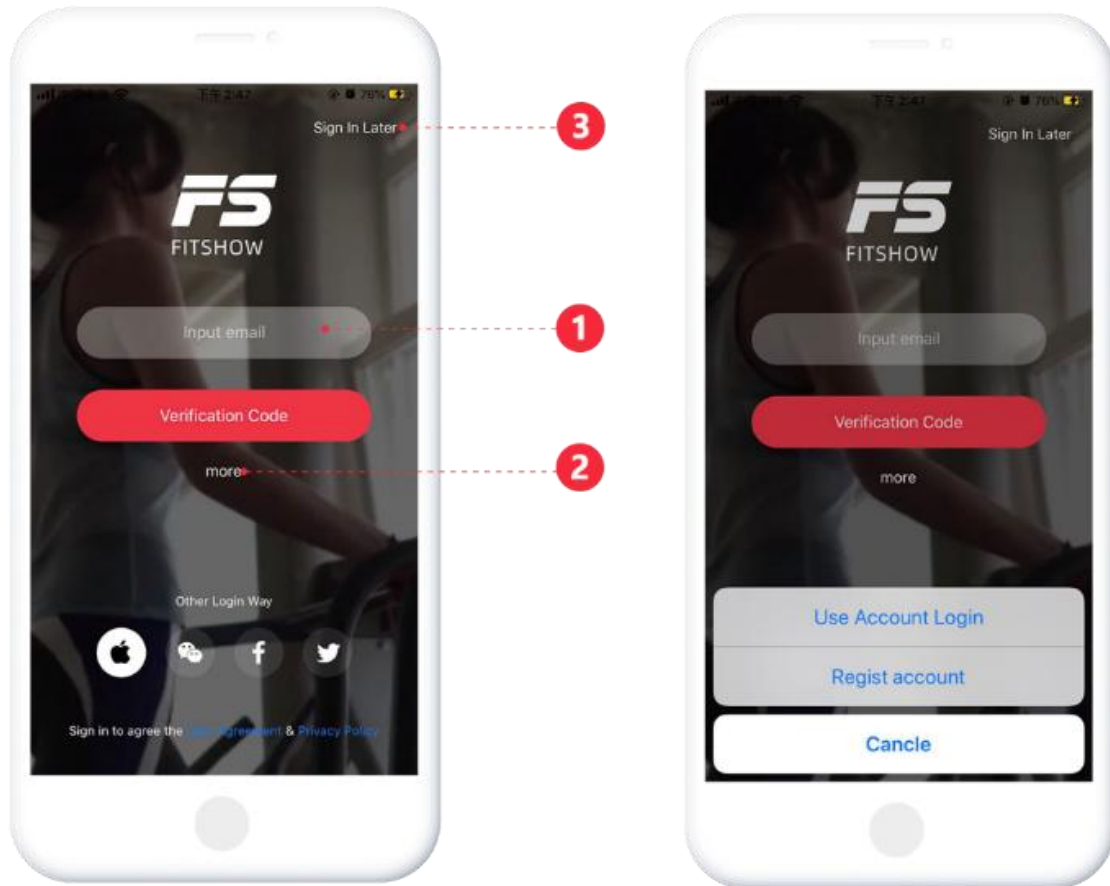


 **ZWIFT**

Scan the QR code to download the APP directly or download and install over the application stores by searching 'Fitshow / Kinomap / ZWIFT'.

2. Application Operation

2.1 FitSHOW User register/signup and login

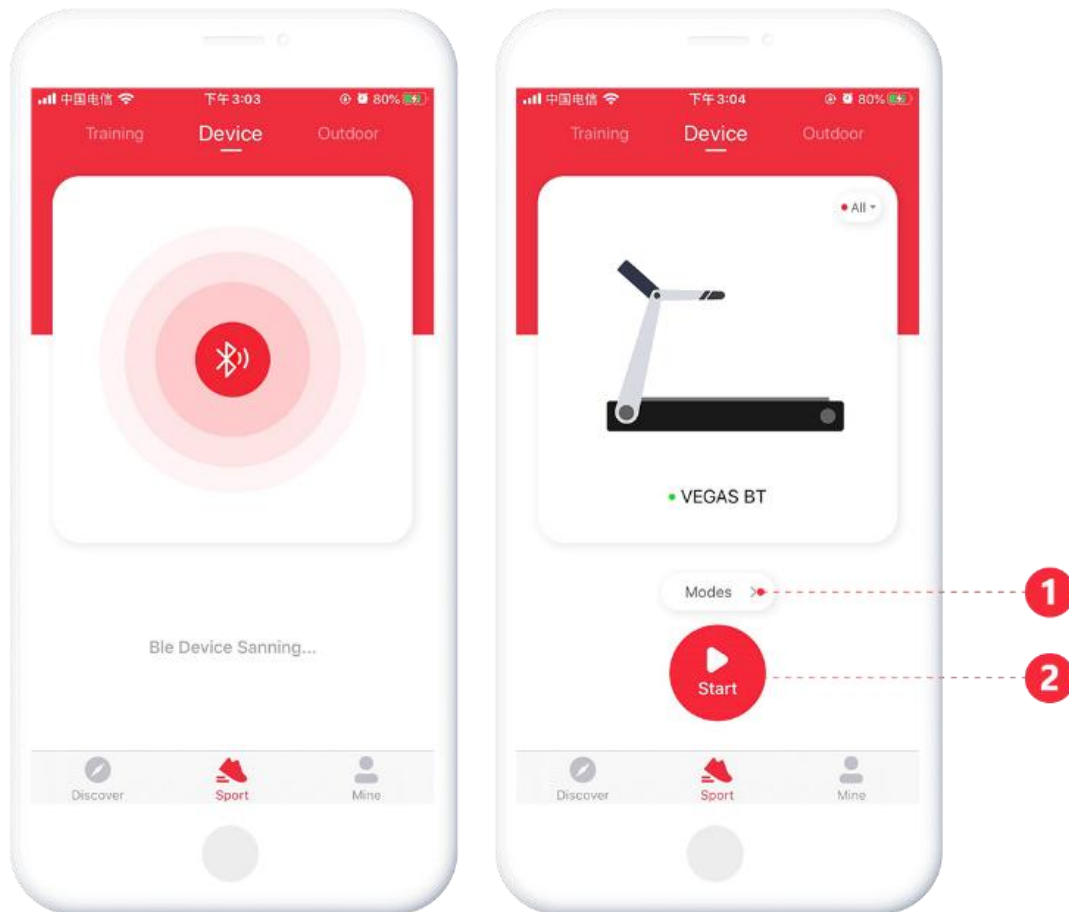


【1】: Generate a verification code to log in directly

【2】: Tap 'More' -> Password Login to input the existing account and password

【3】: Log in as a guest

2.2 FitSHOW Device Connection

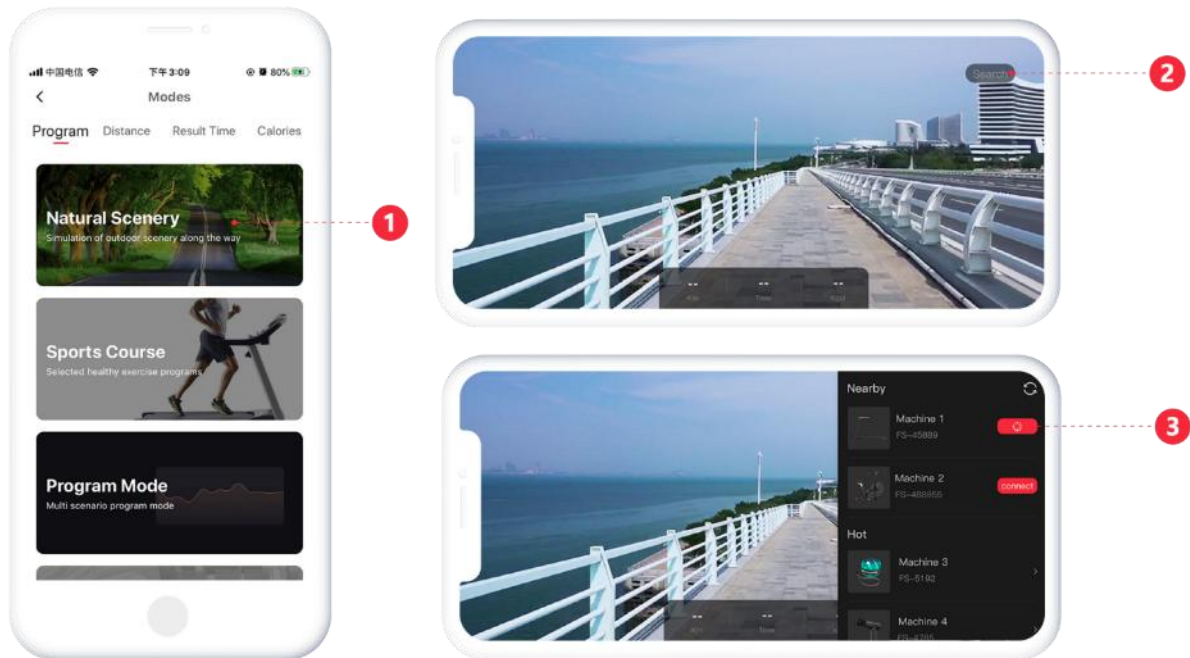


Before connecting the device, please make sure the system Bluetooth and GPS (Andoird8.0 and above required) are ON status. Then go to [Sports - Devices] page, get the devices nearby via Bluetooth search.

Note:

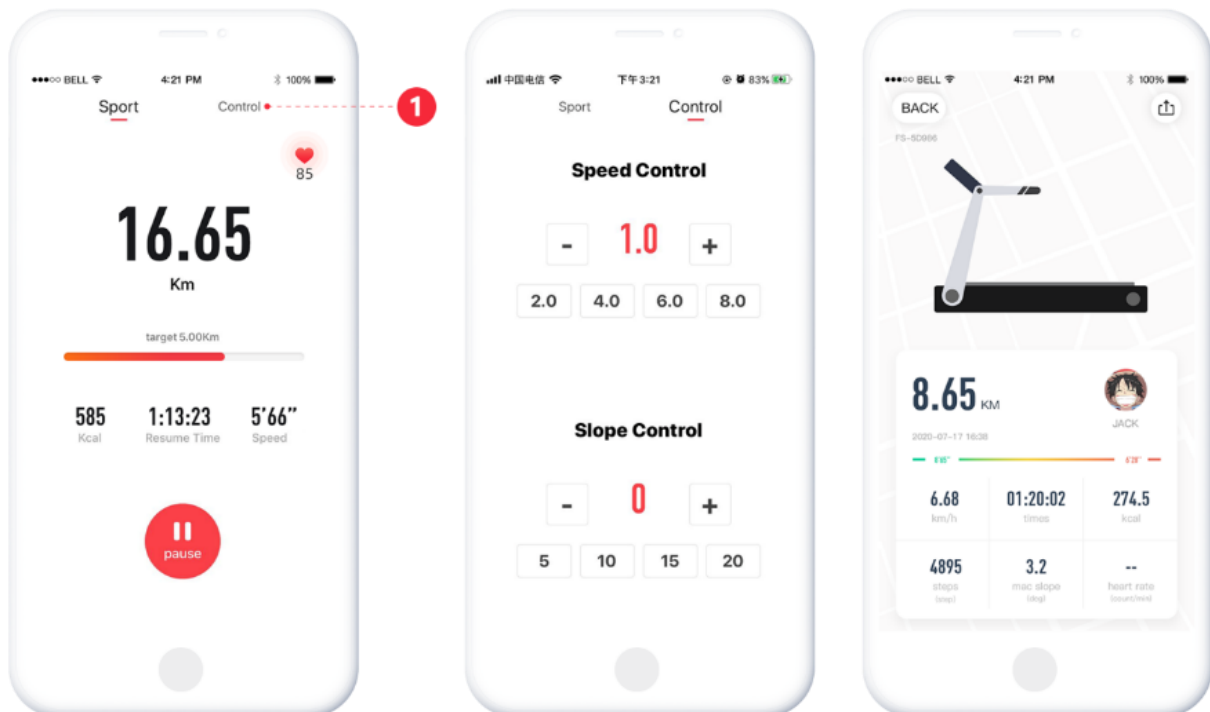
1. Please do not bind devices by the phone Bluetooth list which will disable the APP.
2. If the device is powered by battery, please run the device one or two to activate the device then connect APP.

2.3 FitSHOW Model Selection



Tap a model **【1】** to enter the corresponding sports model, then connect the desired device by the nearby devices list **【2】**.

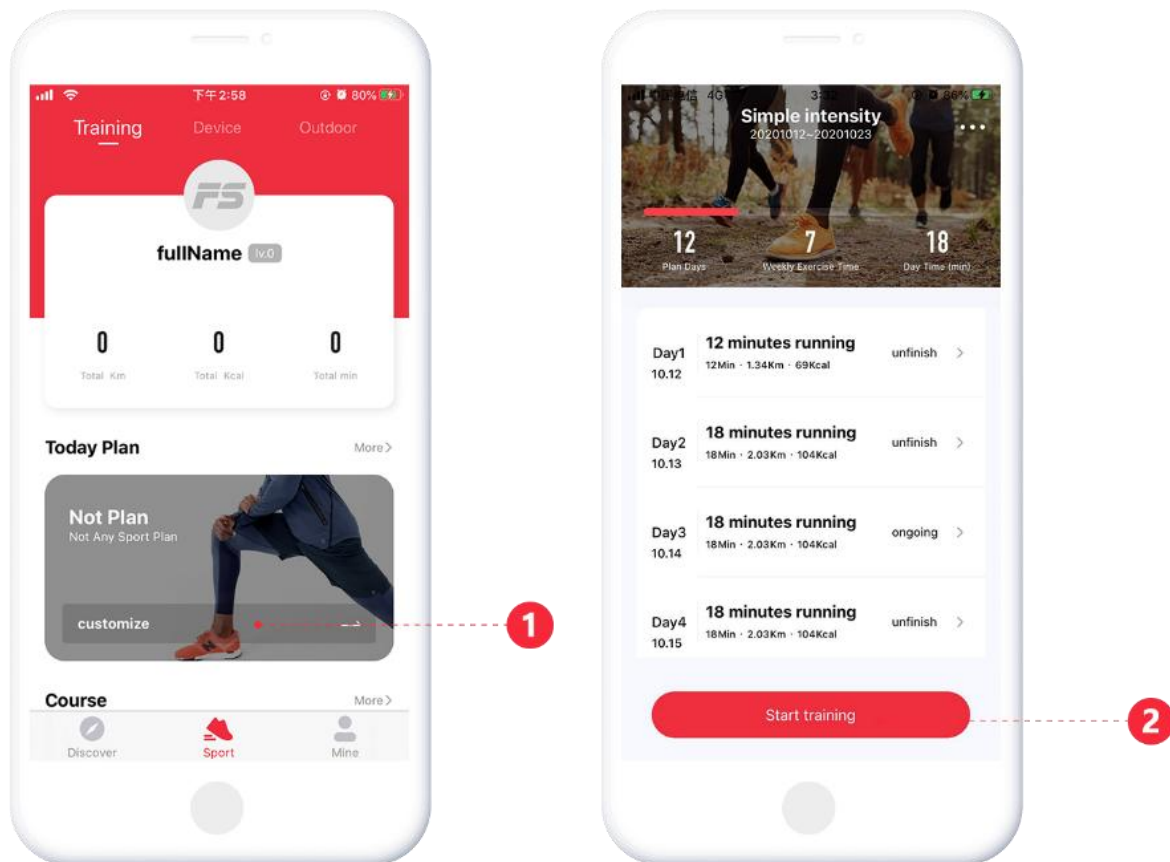
2.4 FitSHOW Sports Control



Start the Treadmill to enter the sports car table and control the sports by the **[1]** control options.

The motion data is generated synchronously after the sports.

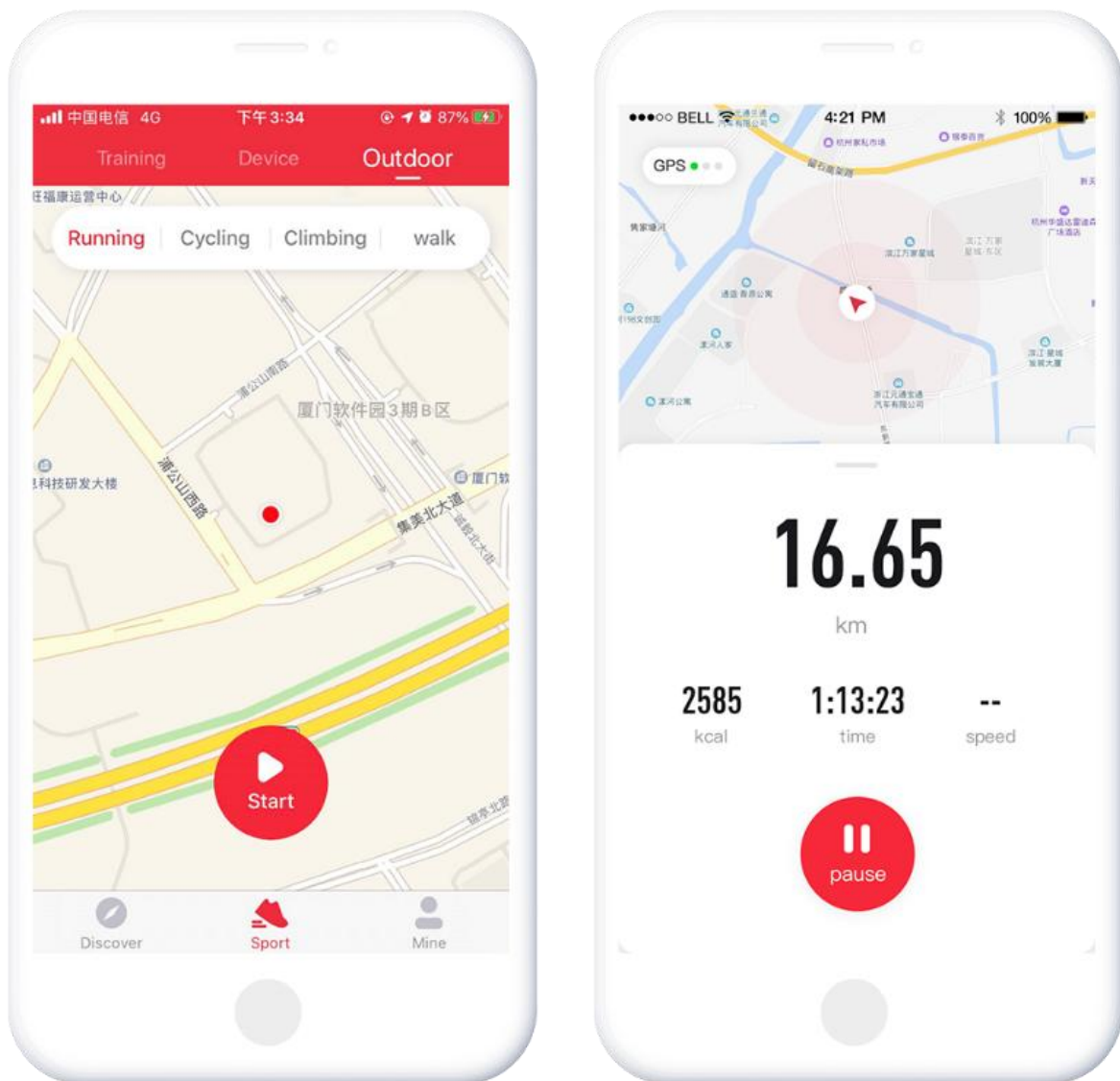
2.5 FitSHOW Sports Training



Enter [Sports - Training] page, make a daily sport plan by the **【1】** .

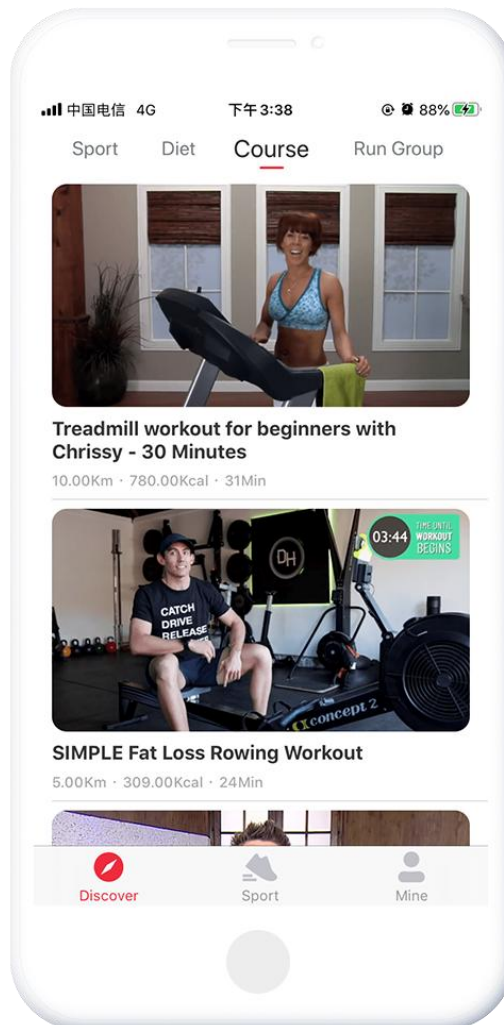
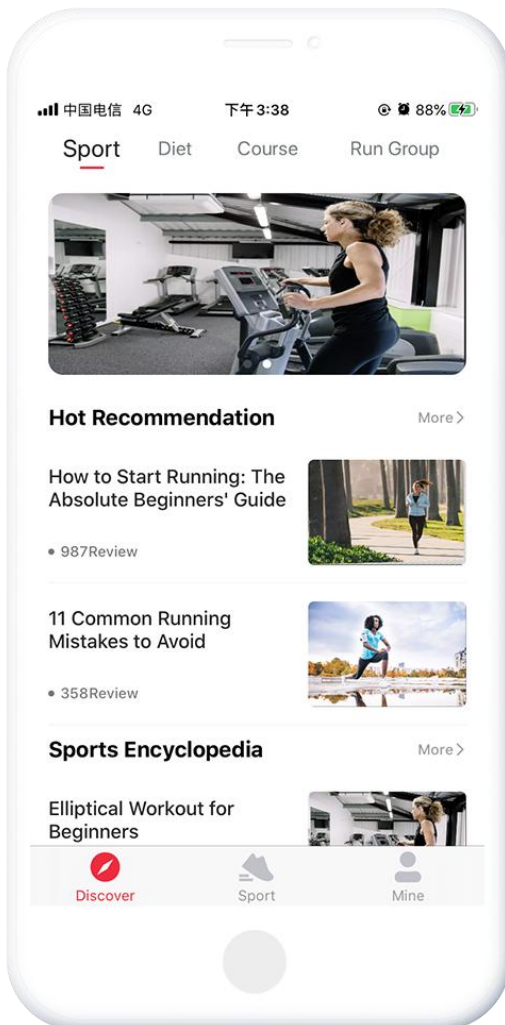
Once the plan is created, tap **【2】** to start the plan.

2.6 FitSHOW Outdoor Sports



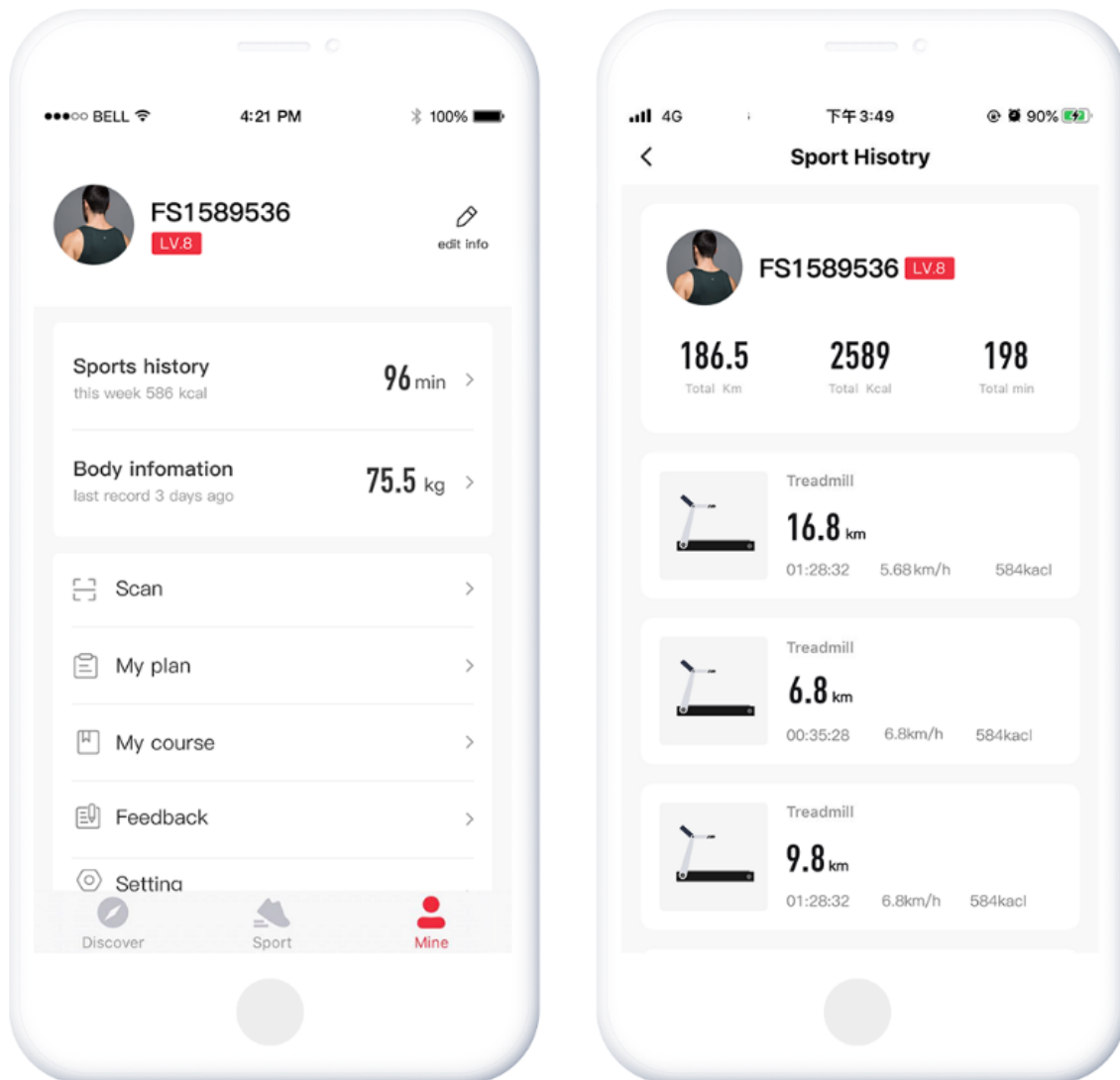
Enter [Sports - Outdoor] page to start a related outdoor sports model.

2.7 FitSHOW Discover



Enter [Discover] page to find more sports, diet, course, and other wonderful content recommendations.

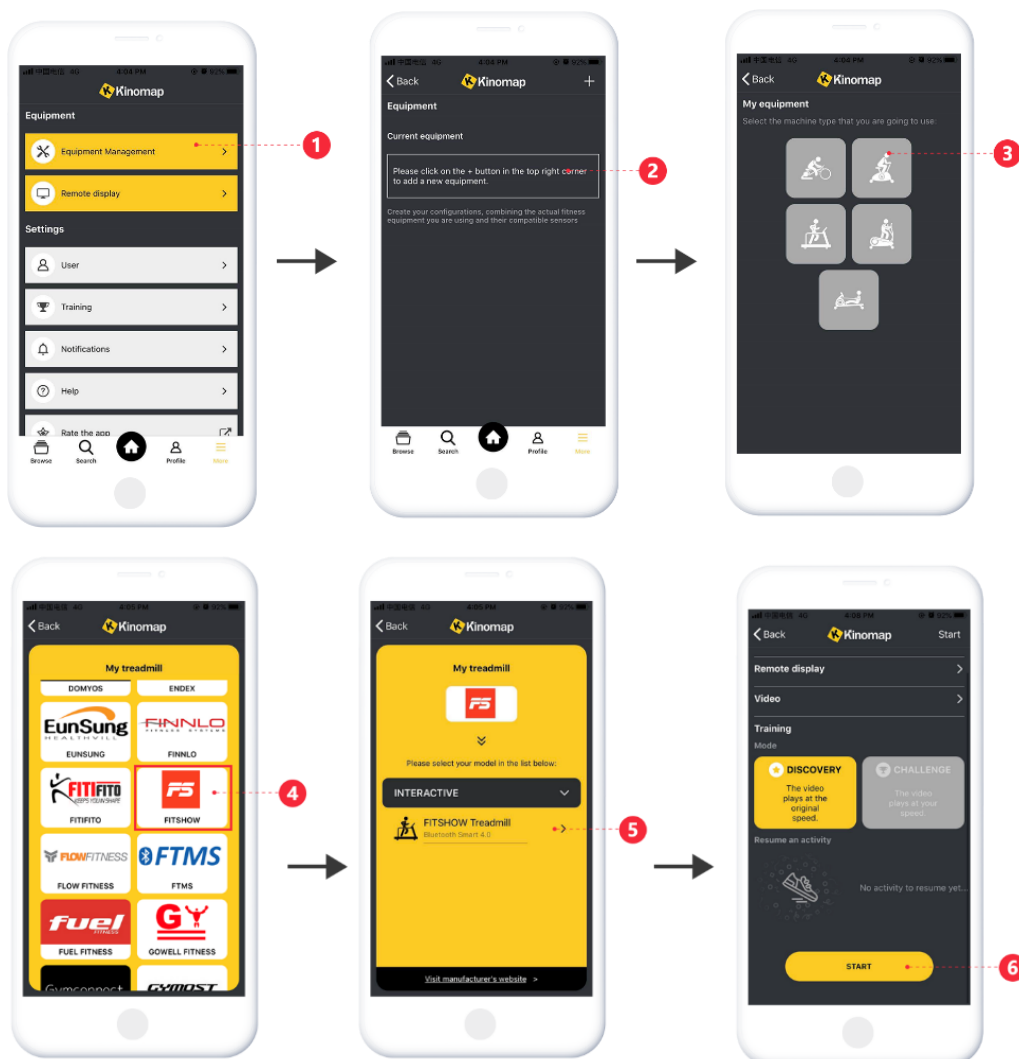
2.8 FitSHOW My



Enter [Mine] page to view the sports data record, edit profile, change system setting, and so on.

3. The Third-Party Application

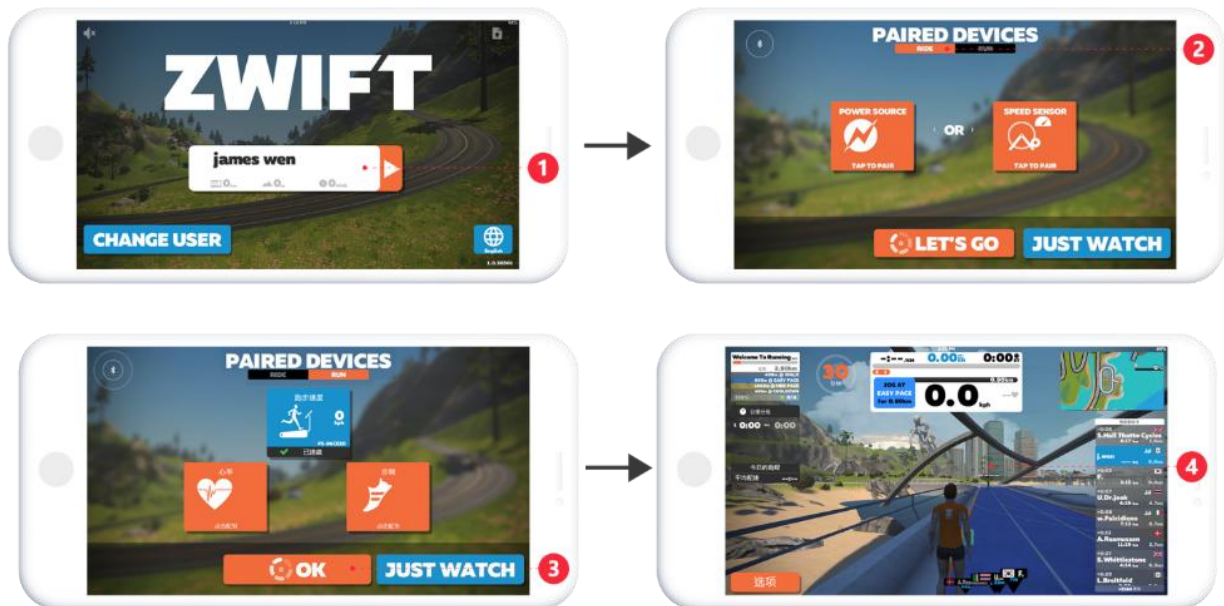
3.1 Kinomap



Search, download, and install Kinomap over the App Store.

- [1]** Enter Kinomap to select [More] page;
- [2]** Select to add more fitness equipment;
- [3]** Select the desired device type;
- [4]** Tap FitShow entrance;
- [5]** Tap the matching devices like 'Fs-XXXX' to bind;
- [6]** Find related videos to start sports.

3.2 ZWIFT



Search, download, and install ZWIFT over the App Store.

- 【1】** Enter ZWIFT to register an account;
- 【2】** Login account to select the paired riding or running equipment;
- 【3】** Pair device successfully, tap OK to start sport;
- 【4】** For riding equipment, start riding directly. For running equipment, you need to press the start button to start running.

CUSTOMER SUPPORT:

Should you require any customer support, warranty requests or spare parts, please provide the following information via email to support@edgefit.com.au or 0494 022 729

- Serial number – this can be found on the rear foot stabilizer as per image below.
- The original proof of purchase from one of our retail partners.
- Description of the issue or spare part # required from the exploded diagram on pages 3, 4, 5, 6 & 7.

It's very important to retain your proof of purchase receipt as the warranty is only applicable to the original purchaser of this product. The warranty starts from the date shown on the original receipt of purchase from one of our retail partners.

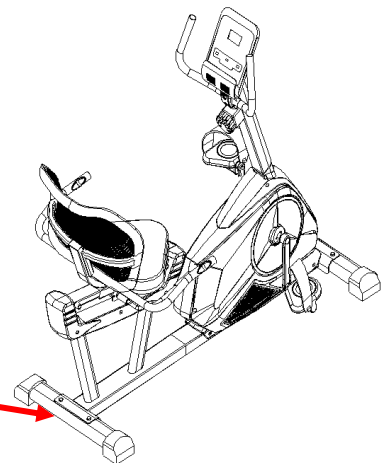
EDGEFIT warranty covers manufacturing faults.

RB310Pro WARRANTY:

7 years Frame

2 Years Parts

2 Years Electronics



Serial Number is located here.



Proudly designed and developed by:

Total Import Solutions PTY LTD
PO Box 92 Bargo, NSW, Australia.
ABN 17 633 635 702

EDGEFIT