EDGEFIT
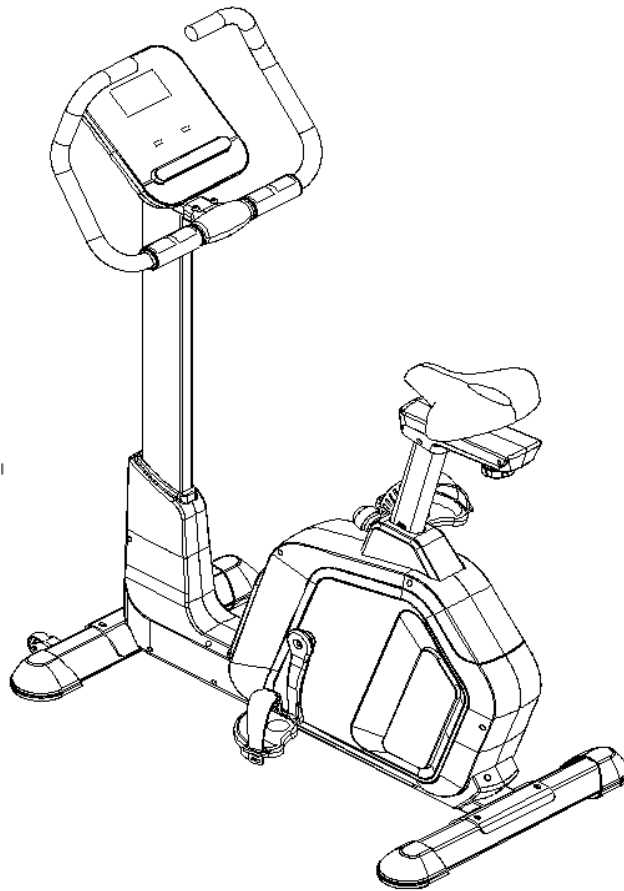
OWNER'S MANUAL

ITEM # EDG6018 - UB240Pro UPRIGHT BIKE

THANK YOU FOR PURCHASING THE UB240Pro Upright Bike FROM EDGEFIT

CONTENTS:

EDGEFIT

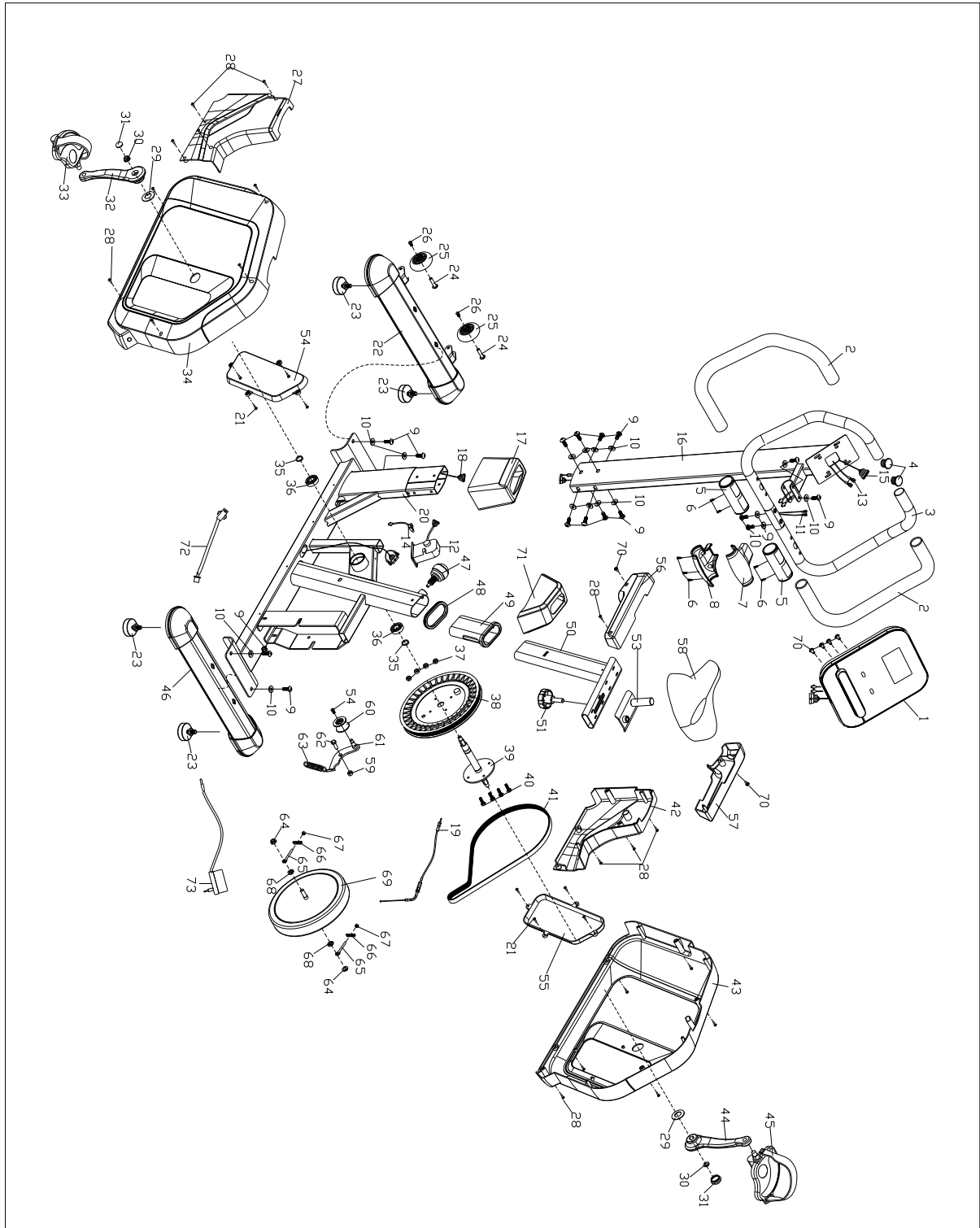**Please read this instruction manual carefully before assembling.**

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 – 150KGS

The specifications of this product may vary from this photo and are subjected to change without notice.

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EXPLODED-VIEW & PARTS LIST:

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PART LIST:

NO	NAME	QTY	NO	NAME	QTY
1	Computer	1	40	Bolt M6*15	4
2	Foam	2	41	Belt	1
3	Handlebar	1	42	Front Cover (R)	1
4	End Cap Φ32	2	43	Chain Cover R	1
5	Pulse	2	44	Crank R	1
6	Screw ST3.0*15	7	45	Pedal R	1
7	Handlebar Cover I	1	46	Rear Stabilizer	1
8	Handlebar Cover II	1	47	Spring Knob M16	1
9	Bolt M8*16	16	48	Sealing Ring	1
10	Washer d8*Φ20*1.5	16	49	Bushing	1
11	Handlebar Wire	2	50	Vertical Seat Post	1
12	Motor	1	51	Knob M8	1
13	Tension Wire	1	52	Washer d10*Φ20*2	2
14	Screw M5*45	1	53	Sliding Tube	1
15	Middle Wire	1	54	Decorative Cover (L)	1
16	Support Tube	1	55	Decorative Cover (R)	1
17	Front Plastic Cover	1	56	Plastic Cover (L)	1
18	Sensor Line	1	57	Plastic Cover (R)	1
19	Tension Wire	1	58	Seat	1
20	Main Frame	1	59	Nylon Nut M8	2
21	Screw ST3.0*5	8	60	Pinch Roller	1
22	Front Stabilizer	1	61	U Bracket	1
23	Foot Pad M10	4	62	Screw	1
24	Bolt M8*32-M6	2	63	Tension Spring	1
25	Moving Wheel	2	64	Nut M10*1.0	2
26	Bolt M6*12	2	65	Bolt	2
27	Front Cover(L)	1	66	U Link Stopper	2
28	Screw ST4.2*19	26	67	Nut M6	2
29	Small Cover	2	68	Nut M10*1.0	2
30	Nut M10*1.25	2	69	Flywheel	1
31	Crank Cover	2	70	Bolt M5*10	6
32	Crank L	1	71	Seat Post Plastic Cover	1
33	Pedal L	1	72	Power Line	1
34	Chain Cover L	1	73	Adaptor	1
35	Snap Ring d20	2		Open-end Wrench S13-14-15	1
36	Bearing 6004	2		Allen Wrench S6	1
37	Nylon Nut M6	4			
38	Belt Pulley	1			
39	Axle	1			

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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.

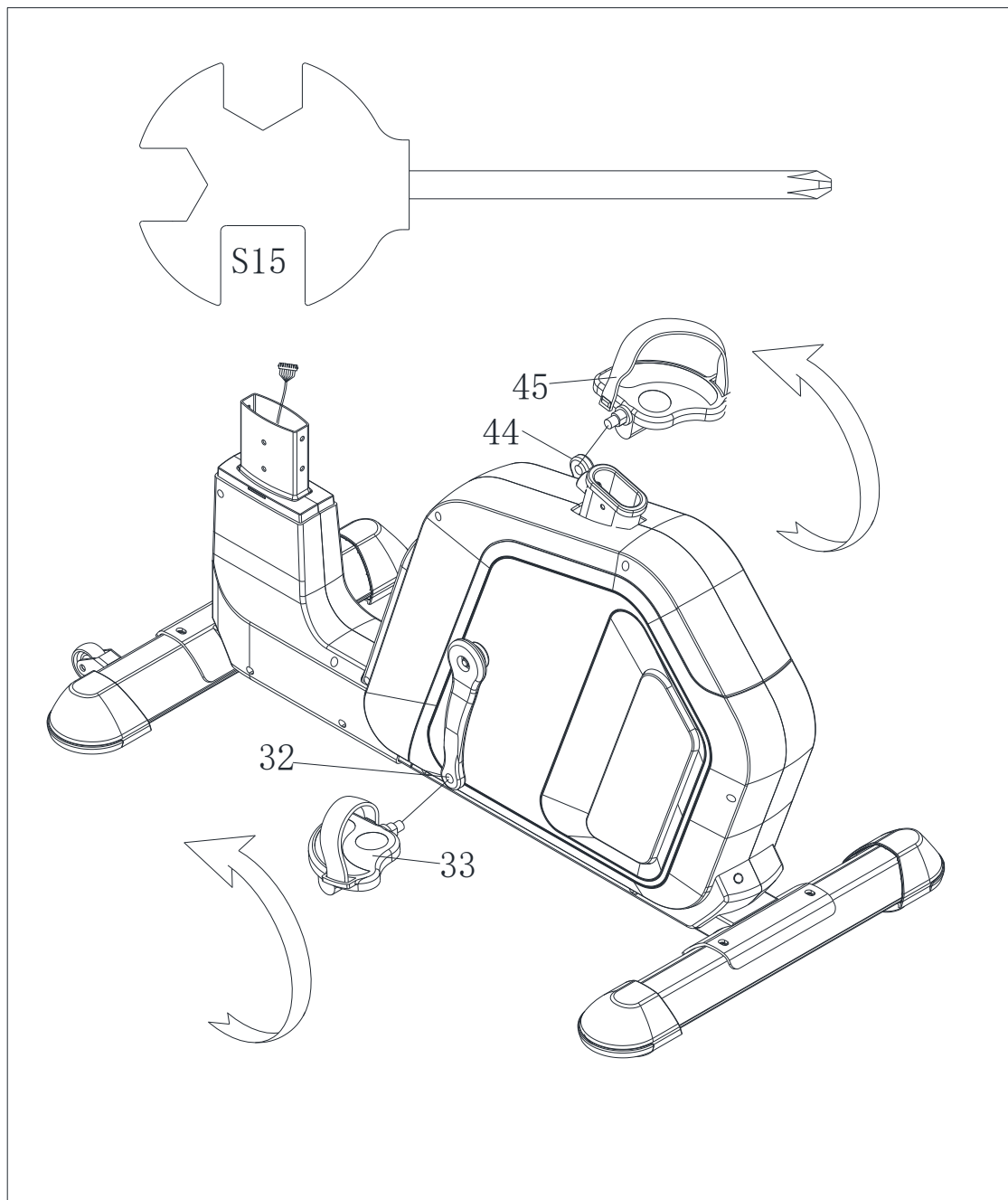### 2. ASSEMBLY INSTRUCTION:

9#   M8*16   4PCS

10#   d8*Φ20*1.5   4PCS

23#   M10*30   4PCS
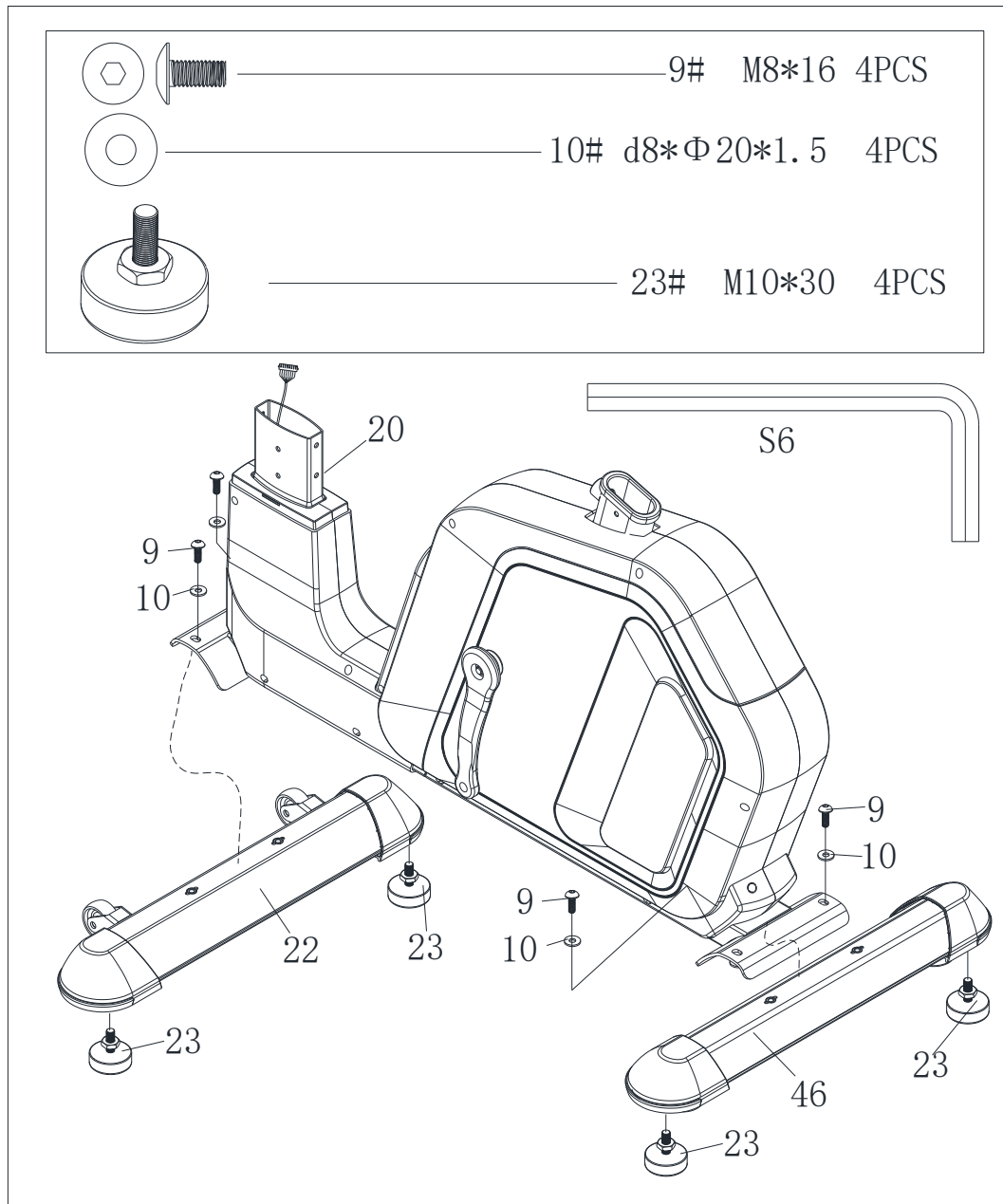
Step 1:

Attached the stabilizer pads (23) to the front and rear stabilizer (22 & 46). Screw Pads completely flat as a starting point for stability.

Attached front and rear stabilizer (22 & 46) to the mainframe (20) using the bolts (9) and washers (10).

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S15

45

44

32

33

Step 2:
Attach the LEFT Pedal (33) to LEFT Crank (32) and RIGHT Pedal (45) to RIGHT Crank (44).

CAUTION: Be sure the right pedal (45) marked (R) is attached to the right crank arm and tightened in the clockwise direction.
The left pedal (33) marked (L) is attached to the left crank arm and is tightened an anti-clockwise direction.

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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 on next page

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.
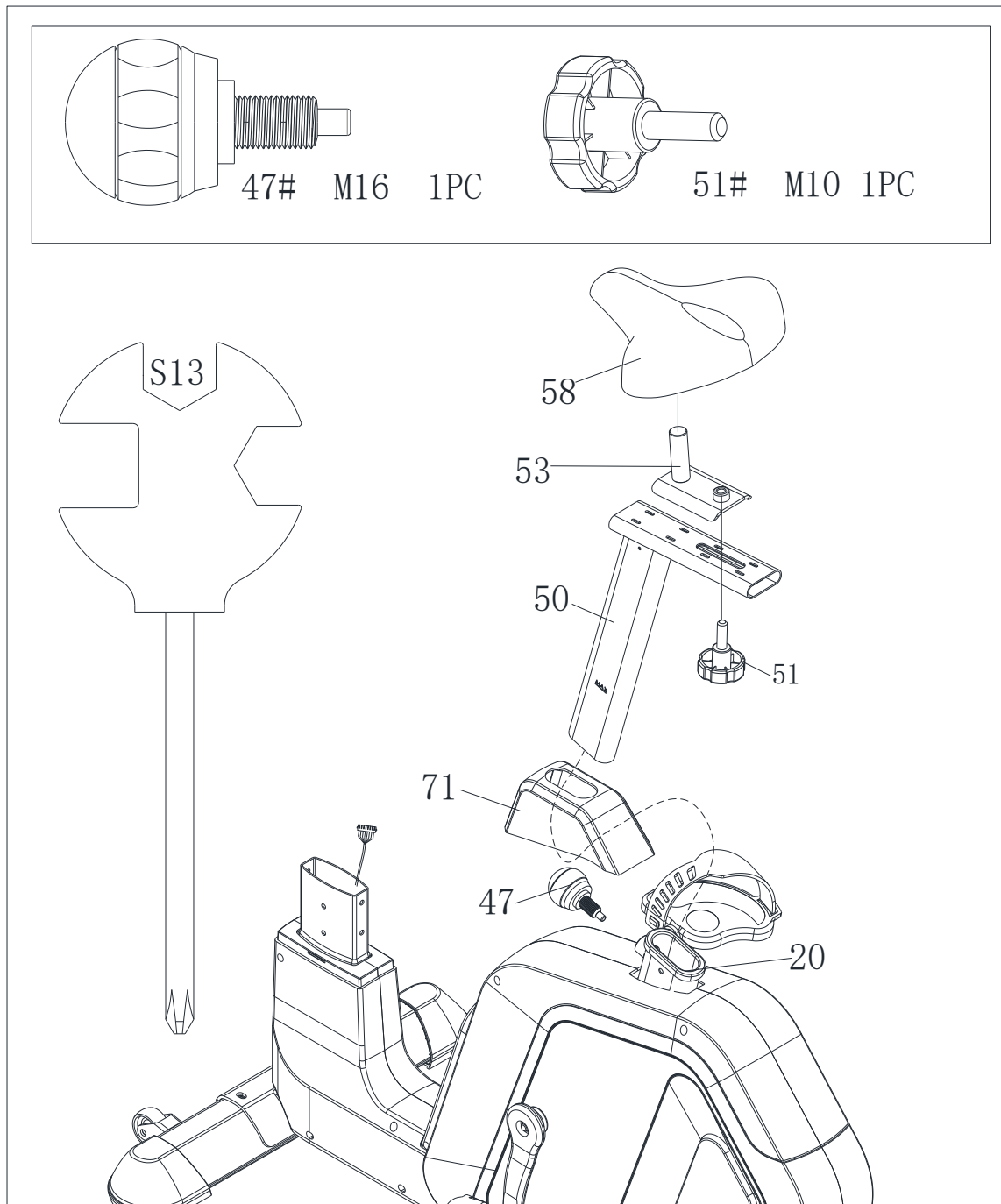
Right Pedal Assembly:

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**

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47#   M16   1PC   51#   M10   1PC

S13

58

53

50

71

47

51

20

Step 3:

Install the Seat Post plastic cover (71) to the Main Frame (20), Insert the Seat Tube (50) into the Main Frame (20). Secure with Knob (47).

Slide the Sliding Tube (53) into the Seat Tube (50). Secure with Knob (51) – Adjust Seat Tube as required.
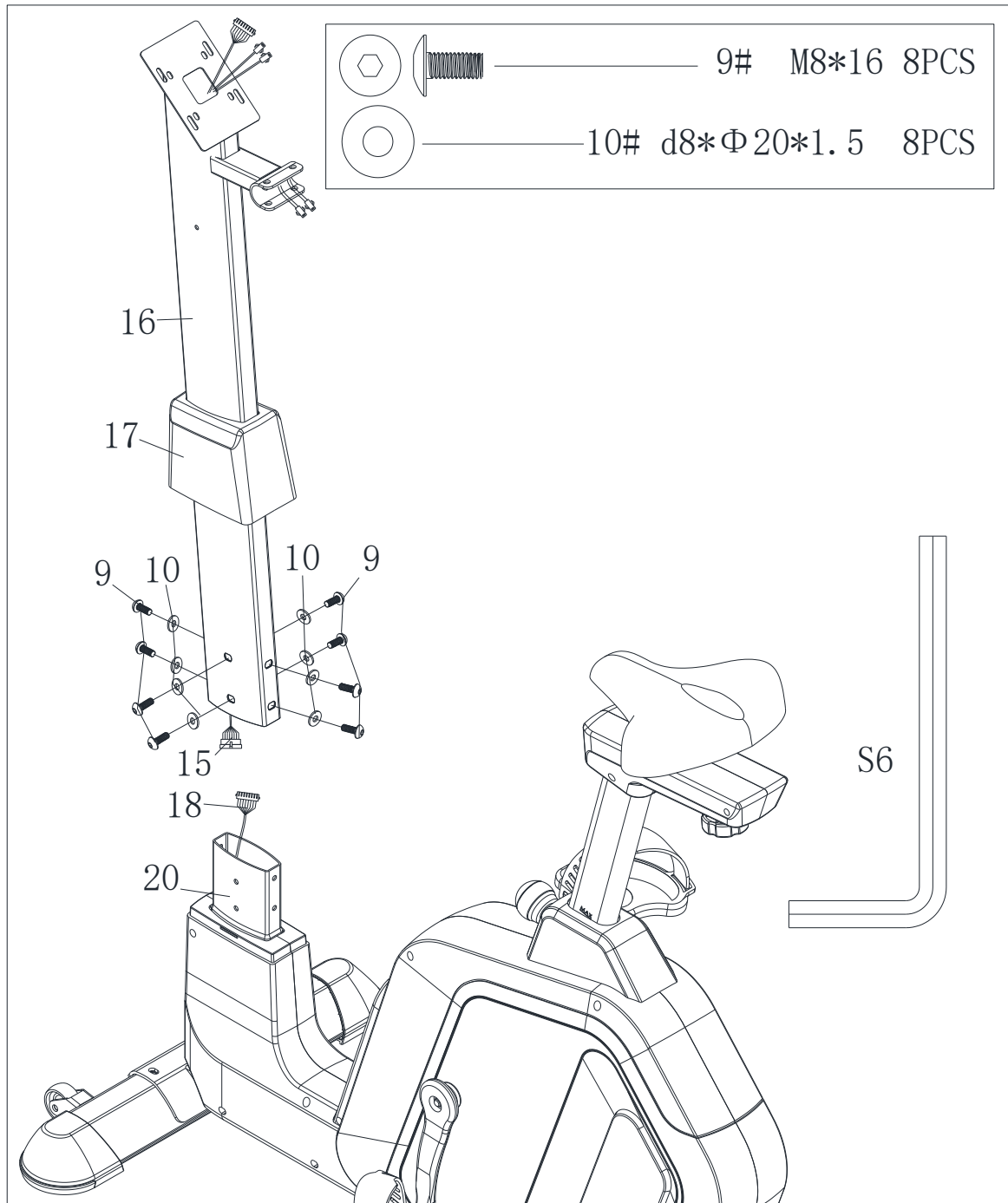
Attach the Seat (58) to the Sliding Tube (53) – Align for comfort and Fasten Firmly with Nuts (already attached).

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28#　ST4.2*19　1PCS

70#　M5*10　2PCS

S13

70

57

56

70

28

50
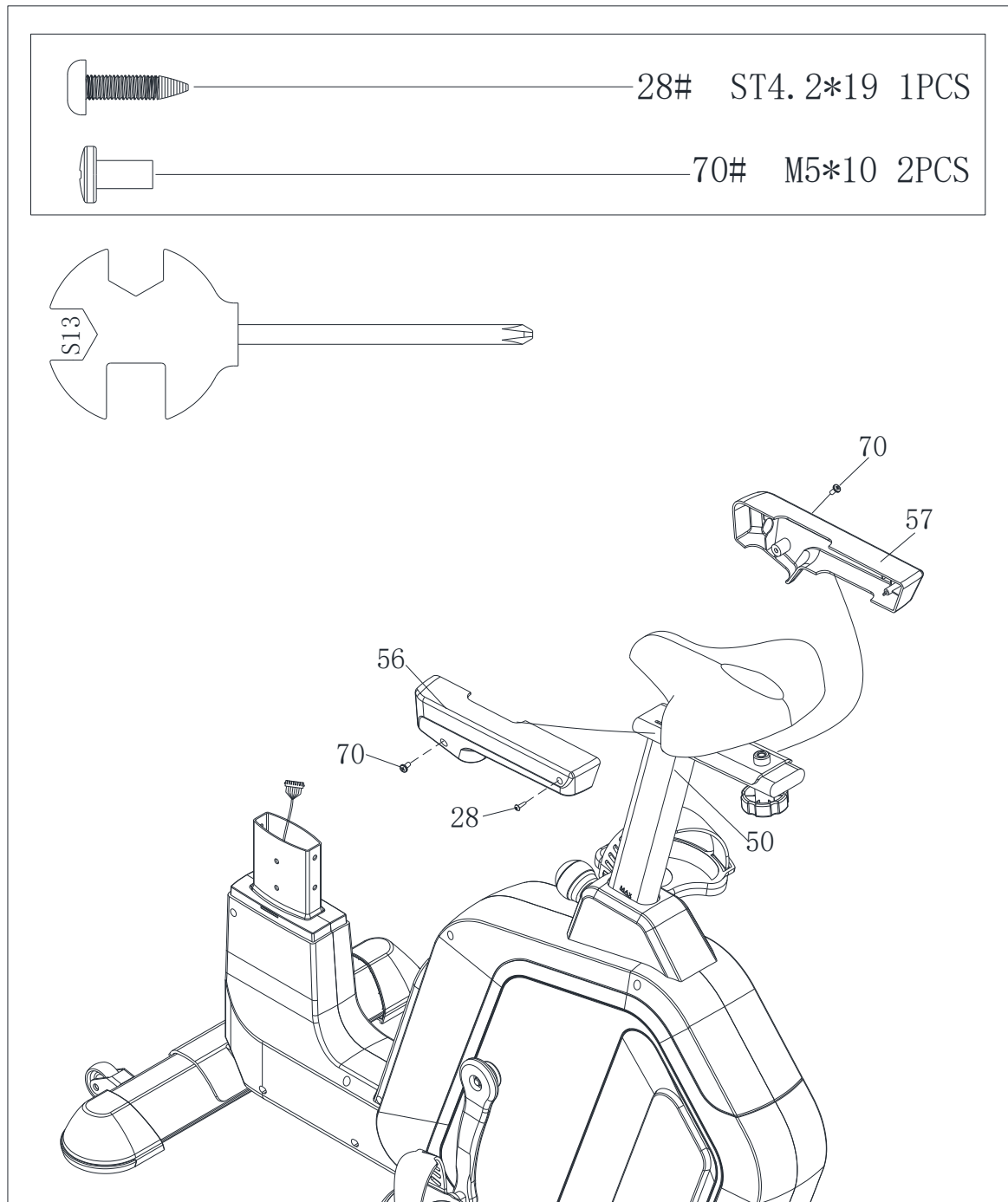
Step 4:

Fit the LEFT and RIGHT cover (56 & 57) together from both sides of the Vertical Seat Post (50).

Screw together with Screws (28) and C Bolts (70).

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9# M8*16 8PCS

10# d8*Φ20*1.5 8PCS

16

17

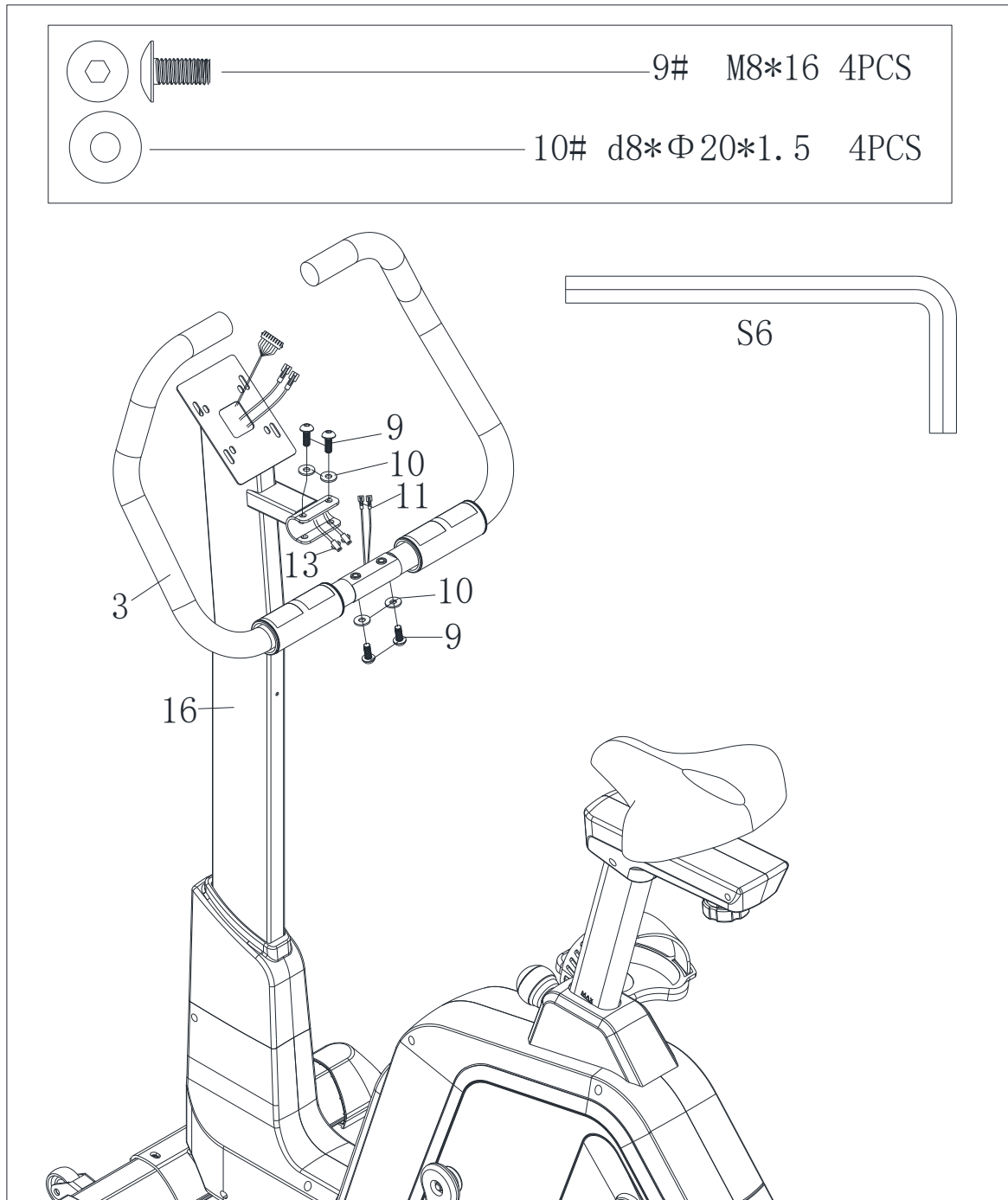9 10   10 9

15

18

20

S6

Step 5:

Slide Front Plastic Cover (17) onto Support Tube (16).

Connect Cable (15) from Support Tube (16) to Cable (18) from Main Frame (20).

Insert Support Tube (16) into Main Frame (20) and screw together with Washers (10) and Bolt (9).
Secure all Bolts.

EDGEFIT

9# M8*16 4PCS

10# d8*Φ20*1.5 4PCS
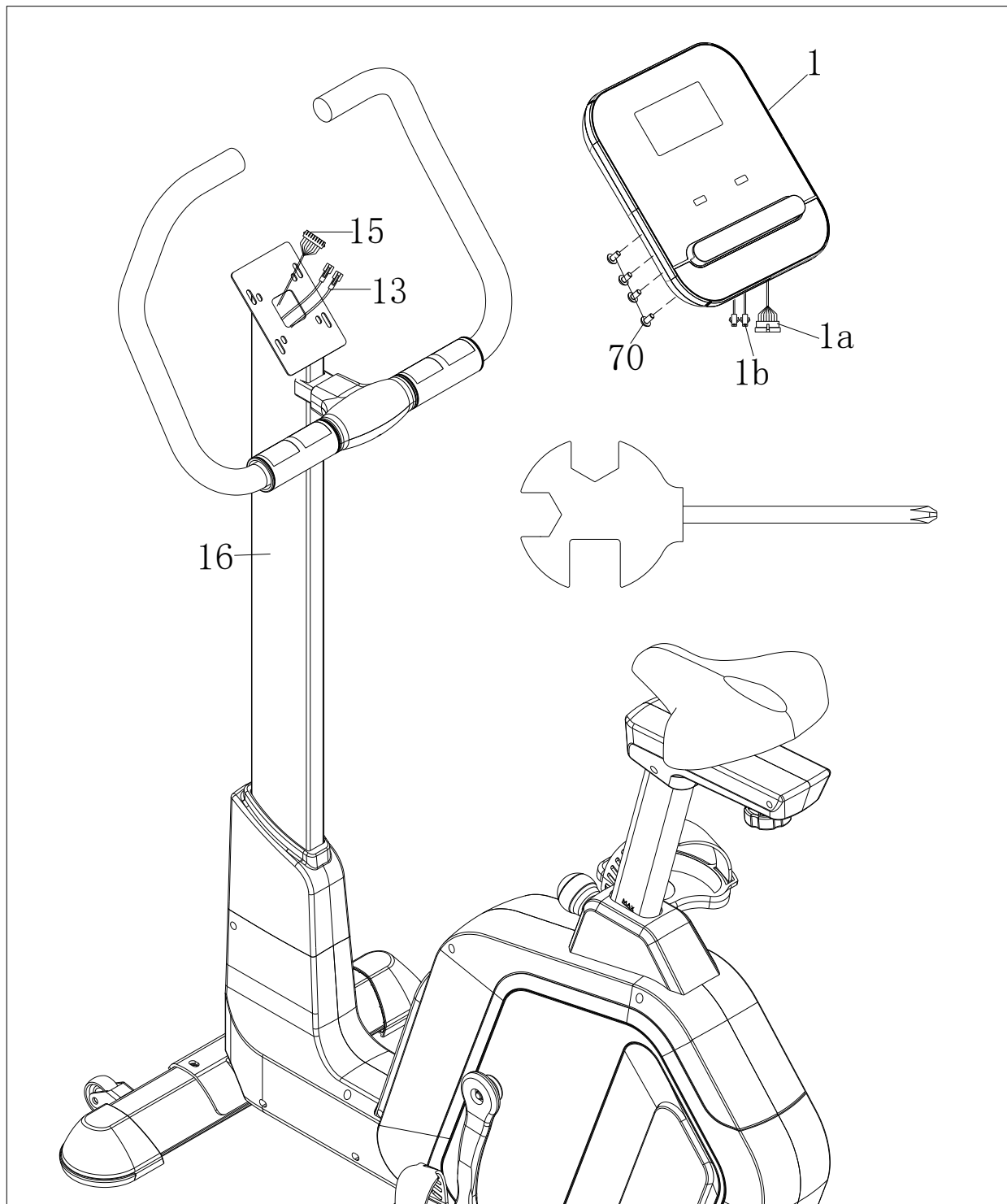
S6

9
10
11
13
3
16
10
9

Step 6:

Feed handlebar pulse wires (11) through the small hole on side of Support Tube (16) up into the opening of the support tube (16), then attach the handlebar (3) using the bolts (9) & washers (10).

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6# ST3.0*15 3PCS

7

8

6

16
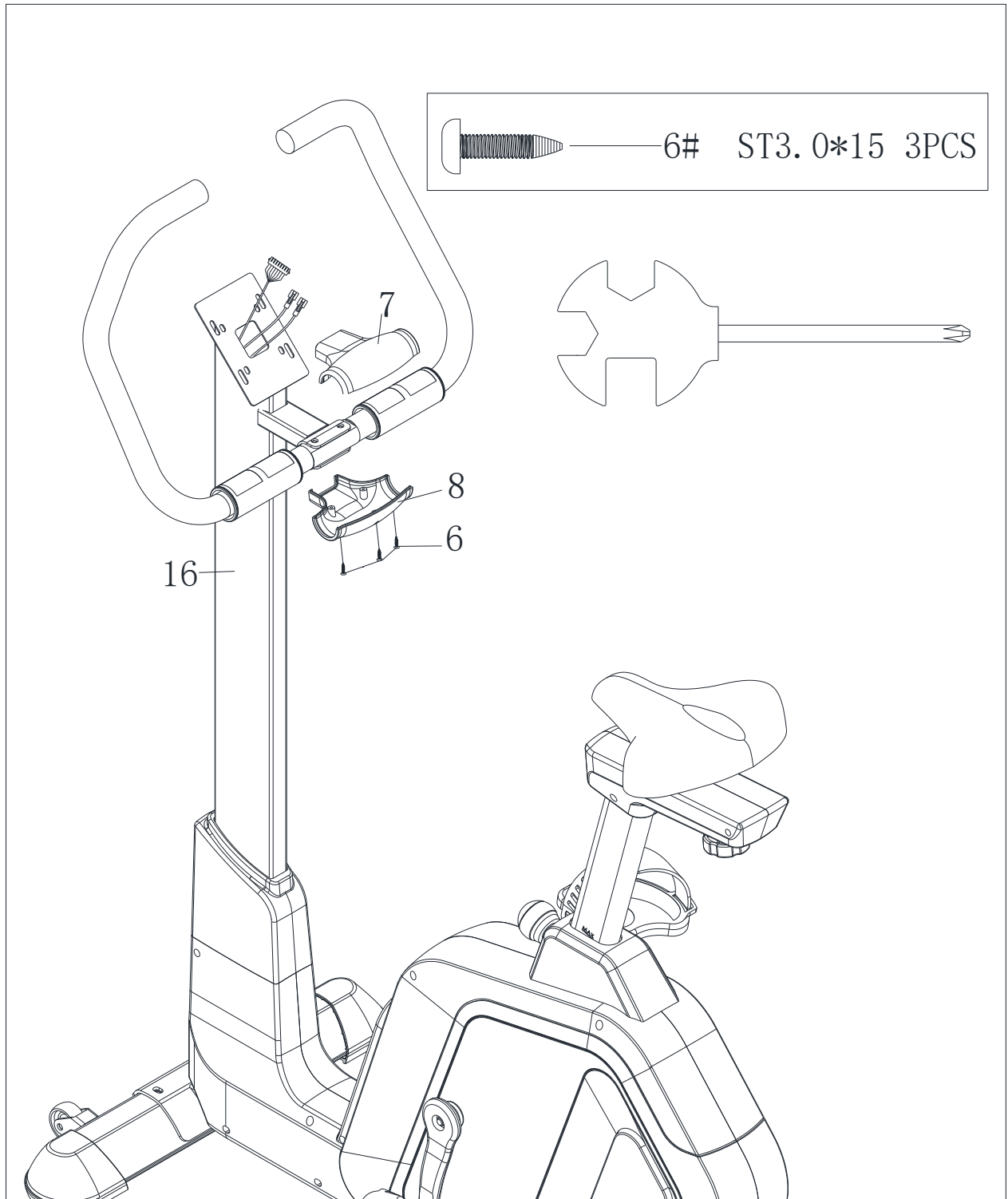
Step 7:
Fit together Upper and Lower covers (7 & 8) on handlebar (3), Screw together with Screws (6).
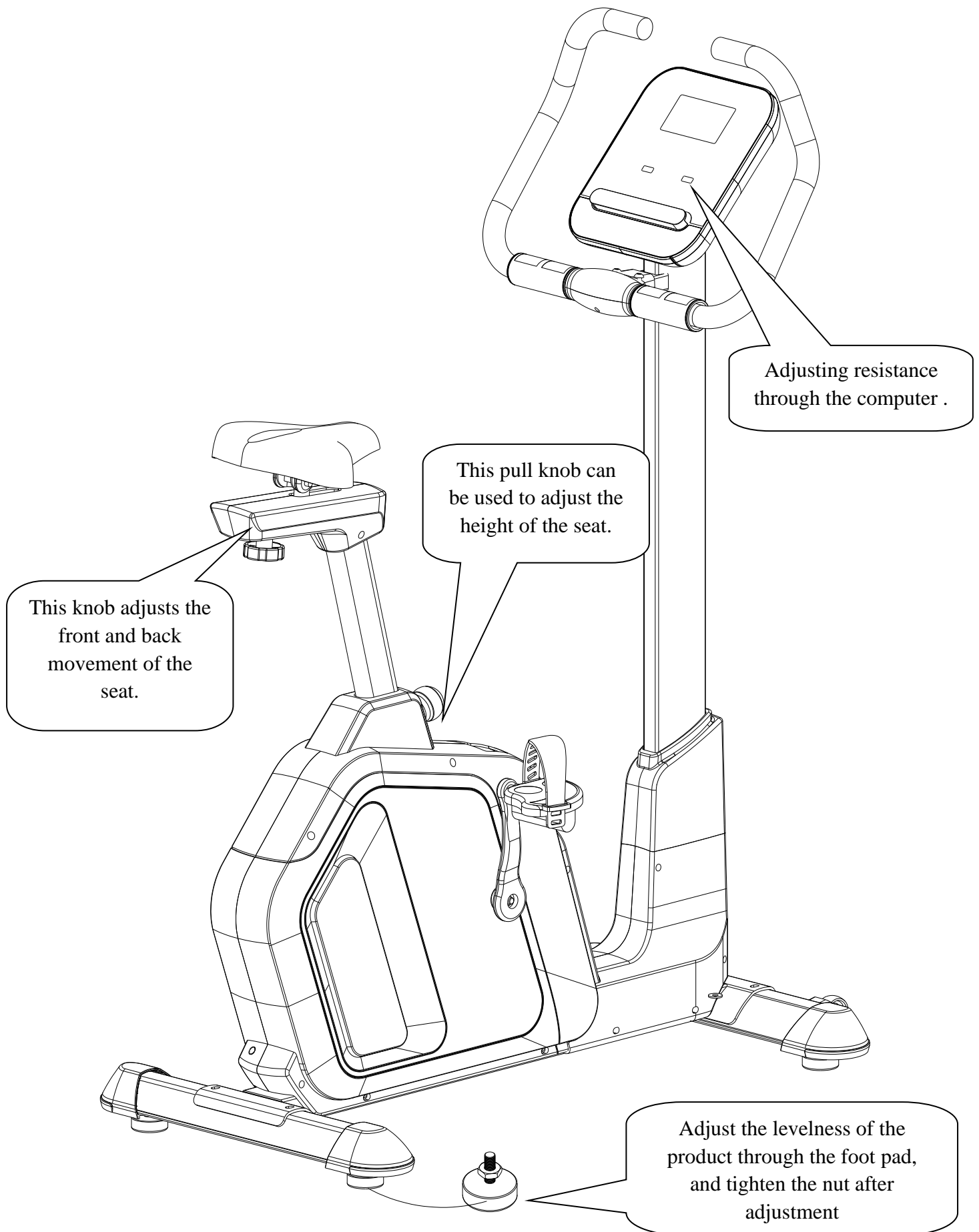
EDGEFIT

Step 8:

Attach Console (1) to Support (16).

Press together (1b & 13) and 1a & 15).

Screw together with Screws (70).

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

Assembled! Please double-check each bolt/nut/screw is tight!

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Adjusting resistance through the computer .

This pull knob can be used to adjust the height of the seat.

This knob adjusts the front and back movement of the seat.

Adjust the levelness of the product through the foot pad, and tighten the nut after adjustment

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COMPUTER INSTRUCTION:

22 PROGRAMS IN TOTAL:

1 x Manual Mode Program
10 x Preset Programs (PROGRAM: P1-P10)
5 x Custom User Programs (PROGRAM: P11-P15)
1 x Watt Program (PROGRAM 16)
4 x Heart Rate Control Program (PULSE PRO P17-P20)
1 x RECOVERY Fitness program

BUTTON FUNCTIONS:

I. ENTER BUTTON:
- Use the Enter button to confirm a value or to select a desired program. The value or program that can be confirmed/set will be flashing.
- The ENTER button will also scan between or select SPEED or RPM during all programs.

II. START/STOP BUTTON (ST/SP):
- Press ST/SP button to start or stop all programs.
- During any mode, hold down this button for 2 seconds to reset the console

III. UP BUTTON:
- Use the UP button to reach programs P1-P20.
- Use the UP button to increase the value of TIME, DIST and CAL during the setting phase.
- Use the UP button to increase the resistance level while training.

IV. DOWN BUTTON:
- Use the DOWN button to reach programs P1-P20.
- Use the DOWN button to decrease the value of TIME, DIST and CAL during the setting phase.
- Use the DOWN button to decrease the resistance level while training.

V. RECOVERY BUTTON:
- The RECOVERY button is used to test your fitness recovery rate (see RECOVERY PROGRAM details).

QUICK OPERATION GUILD: (full instructions from next page)

1. **Turn on the computer**
- Plug Power Adapter into the Bike and AC power outlet on the wall.
- The computer will beep and enter initial mode with MANUAL flashing. Press ST/SP to start in manual mode or ENTER to change values

2. **Select a Program or change values**
- Preset Program P1～P20
a) Press UP, DOWN button to select the program that you like.
b) Press ST/SP to start the program or ENTER to adjust values in that program.
c) After pressing ENTER, the time will flash, press UP or DOWN to set up your desired time. Press ENTER to confirm the value.
d) Then the distance will flash, press UP, DOWN to set the desired distance value. Press ENTER to confirm the value.
e) Then the calories will flash, press UP, DOWN to set up the desired calories to be consumed. Press ENTER to confirm the value.
f) Press ST/SP to begin exercise. (You can press the ST/SP button at anytime during the setting phase.)

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Manual Mode Program:

After powering up the console with the Power Adapter, the Console will light up with the MANUAL window flashing. Press the ST/SP button to start measuring TIME, SPEED, DISTANCE, RPM & CALORIES To change resistance, press the UP button to increase or the DOWN button to decrease the resistance. Levels are between 1 to 16.

To set a value for TIME, DISTANCE or CALORIES to count down, press the ENTER button while the MANUAL window is flashing. The time window will now flash and can be set by using the UP and DOWN buttons. To confirm TIME, press the ENTER button. You can do this for DISTANCE and CALORIES and press the ENTER button to confirm. Once the MANUAL window is flashing again, press the ST/SP button to start the program.

10 Preset Program Profile: (PROGRAM: P1-P10）

TIME			PULSE
0:00	P1		P
DIST. M			LEVEL
0.0			4
PROGRAM			

TIME			PULSE
0:00	P2		P
DIST. M			LEVEL
0.0			12
PROGRAM			

TIME			PULSE
0:00	P3		P
DIST. M			LEVEL
0.0			2
PROGRAM			

TIME			PULSE
0:00	P4		P
DIST. M			LEVEL
0.0			4
PROGRAM			

TIME			PULSE
0:00	P5		P
DIST. M			LEVEL
0.0			2
PROGRAM			

TIME			PULSE
0:00	P6		P
DIST. M			LEVEL
0.0			4
PROGRAM			

TIME			PULSE
0:00	P7		P
DIST. M			LEVEL
0.0			6
PROGRAM			

TIME			PULSE
0:00	P8		P
DIST. M			LEVEL
0.0			6
PROGRAM			

TIME			PULSE
0:00	P9		P
DIST. M			LEVEL
0.0			3
PROGRAM			

TIME			PULSE
0:00	P10		P
DIST. M			LEVEL
0.0			6
PROGRAM			

**P1: ROLLING | P2: VALLEY | P3: FATBURN | P4: RAMP | P5: MOUNTAIN
P6: INTERVAL | P7: CARDIO | P8: ENDURANCE | P9: SLOPE | P10: RALLY**

To select one of the Preset programs P1-P10, press the UP button when the MANUAL window is flashing on start up. P1-P10 will now flash in the main window. To select one of those programs, press the ST/SP button and the console will start to measure TIME, SPEED, DISTANCE, RPM & CALORIES. The resistance will change to follow the resistance profile on the centre screen.

To set a value for TIME, DISTANCE or CALORIES to count down, before the program has started, press ENTER while the P1-P10 window is flashing. The time window will flash and can be set by using the UP and DOWN buttons.

To confirm TIME, press the ENTER button. You can do this for DISTANCE and CALORIES and press the ENTER button to confirm. Once the P1-P10 window is flashing again, press the ST/SP button to start the program. Please note, the default time setting for programs P1-P10 is 10 mins and resistance will change to the next level every minute unless a longer time has been selected.

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User Profile Programs: CUSTOM 1 to CUSTOM 5 (P11 ~ P15)

a) Press UP, DOWN button to select User program P11-P15.
b) Press ENTER to confirm your choice.
c) The time display will flash, then press UP, DOWN button to set up the desired time to exercise. Press ENTER to confirm the value.
d) The distance will flash, then press UP, DOWN button to set up the desired distance value. Press ENTER to confirm the value.
e) The calories will flash, and then press UP, DOWN button to set up the desired calories to be consumed. Press ENTER to confirm the value.
f) The first resistance level will flash, and then press UP, DOWN button to set the desired load resistance. Press ENTER to confirm. Then repeat the above operation to set the resistance levels from 2 to 10.
g) Press ST/SP to begin exercise.

Program 16: (Watt Program)

a) Press UP, DOWN button to select the Watt P16.
b) Press ENTER to confirm your choice.
c) The time display will flash, then press UP, DOWN button to set up the desired time to exercise. Press ENTER to confirm the value.
d) The distance will flash, then press UP, DOWN button to set up the desired distance value. Press ENTER to confirm the value.
e) The calories will flash, and then press UP, DOWN button to set up the desired calories to be consumed. Press ENTER to confirm the value.
f) The WATT will flash, then press UP, DOWN button to set up the desired WATT value. Press ENTER to confirm the value.
g) Press ST/SP to begin exercise. The resistance will change to maintain the WATTS value selected by the user.

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Heart Rate Control Programs: （PULSE PRO: P17-P20)

55% H.R, 75% H.R, 95% H.R and TARGET H.R

Program P17 – 55% of your maximum heart rate
Program P18 – 75% of your maximum heart rate
Program P19 – 95% of your maximum heart rate
Program P20 – select your target heart rate

Programs P17-P20 are designed to keep your HR at the desired beats per minute during the program.

Please note: Both hands must be on the hand pulse sensors during all Heart Rate Control Programs

a) Press UP, DOWN button to choose the heart rate control programs P17-P20.

b) Press ENTER to confirm the heart rate control program.

c) The time will flash, and then press UP, DOWN button to set up the desired time. Press ENTER to confirm the value.

d) The distance will flash, and then press UP, DOWN button to set up the desired distance value. Press ENTER to confirm the value.

e) The calories will flash, and then press UP, DOWN button to set up the desired calories to be consumed. Press ENTER to confirm the value.

f) The age will flash, and then press UP, DOWN button to set the user's age. Press ENTER to confirm the value.

g) Press ST/SP to begin exercise.

Target Heart Rate Program: (PULSE PRO: P20)

The user can set their own target heart rate for this program.

a) Press UP, DOWN button to select TARGET HEART RATE program P20 and press ENTER to confirm

b) The time display will flash, and then press UP, DOWN button to set the desired time to do the exercise. Press ENTER to confirm the value.

c) The distance will flash, and then press UP, DOWN button to set up the desired distance value. Press ENTER to confirm the value.

d) The calories will flash, and then press UP, DOWN button to set up the desired calories to be consumed. Press ENTER to confirm.

e) The target heart rate will flash in the pulse window, then press UP, DOWN button to set up your target heart rate. Press ENTER to confirm the value.

f) Press ST/SP to begin exercise.

NOTE: During exercise, the user's heart rate value depends on the resistance level and speed. The heart rate control program is to ensure your heart rate stays within the preset value.

When the computer detects your current heart rate is higher than preset, it will decrease the resistance level automatically or you may slow down pedal speed. If your current heart rate is lower than preset, it will increase resistance and you may speed up the pedal speed.

Pulse Recovery Test:

The pulse recovery test is to compare how quickly your heart rate returns to normal after exercise.

<u>Please complete the test as below:</u>

    a)   After finishing your exercise, place both hands on the pulse sensor and the computer will display your current heart rate.

    b)   Press RECOVERY to enter the pulse recovery test and then always keep your hands on the hand pulse sensors during this test.

TIME		PULSE
0:60		P
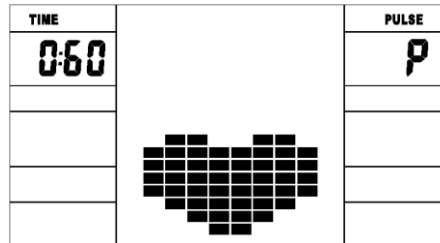
    c)   The time will count down from 60 seconds to 0 second.

    d)   When time reaches 0, (F1-F6) will appear on the display.

F1 = Excellent | F2 = Good | F3 = Fair | F4 = below average | F5 = Low Fitness | F6 = Poor fitness

    e)   If the computer does not detect your current heart rate first, pressing RECOVERY will not enter pulse recovery test.

Pulse Measurement:

Please place both your palms on the contact pads and the computer will show your current heartbeat rate in beats per minute (BPM) on the LCD after 3~4 seconds. During the measurement, the heart icon will flash with simulative ECG showing.

Remark: When you first put your hands on the pulse sensors, the measurement value may not be stable at the start, but it will return to normal level.

The pulse measurement value cannot be regarded as the basis of medical treatment.

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SPECIFICATIONS:

Speed KM/H(M/H): showing your current speed. Range: 0.0～99.9 KM/H(M/H).

RPM: showing the current rotate per minute. Range: 0～999.

TIME: the accumulative exercise time, range: 0:00～99M59S.

the preset time range is 5:00～99M00S.

The computer will start to count down from the preset time to 0:00 with average time for each resistance level. When it reaches zero, the program will stop, and the computer will sound an alarm.

If you do not preset the time, it will run with one minute increment for each resistance level during a program.

DIST: the exercise accumulative distance. Range: 0.0～99.9～999KM.

The preset distance range :1.0～99.0～999.

When the distance reaches 0, the program will stop, and the computer will sound an alarm.

CALORIE: the exercise accumulates calories burnt. Range: 0.0～99.9～999.

the preset calories range :10.0～90.0～990.

When the calories reach 0, the program will stop, and the computer will sound an alarm.

PULSE: show your current heart rate value. Range: 60～240BPM (beat per minute)

RESISTANCE LEVELS: Range:1～16

The computer will turn off automatically if there is no operation signal for 4 minutes. Once you press any button, the computer will turn on automatically.

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APP User Instructions:

EDGEFIT
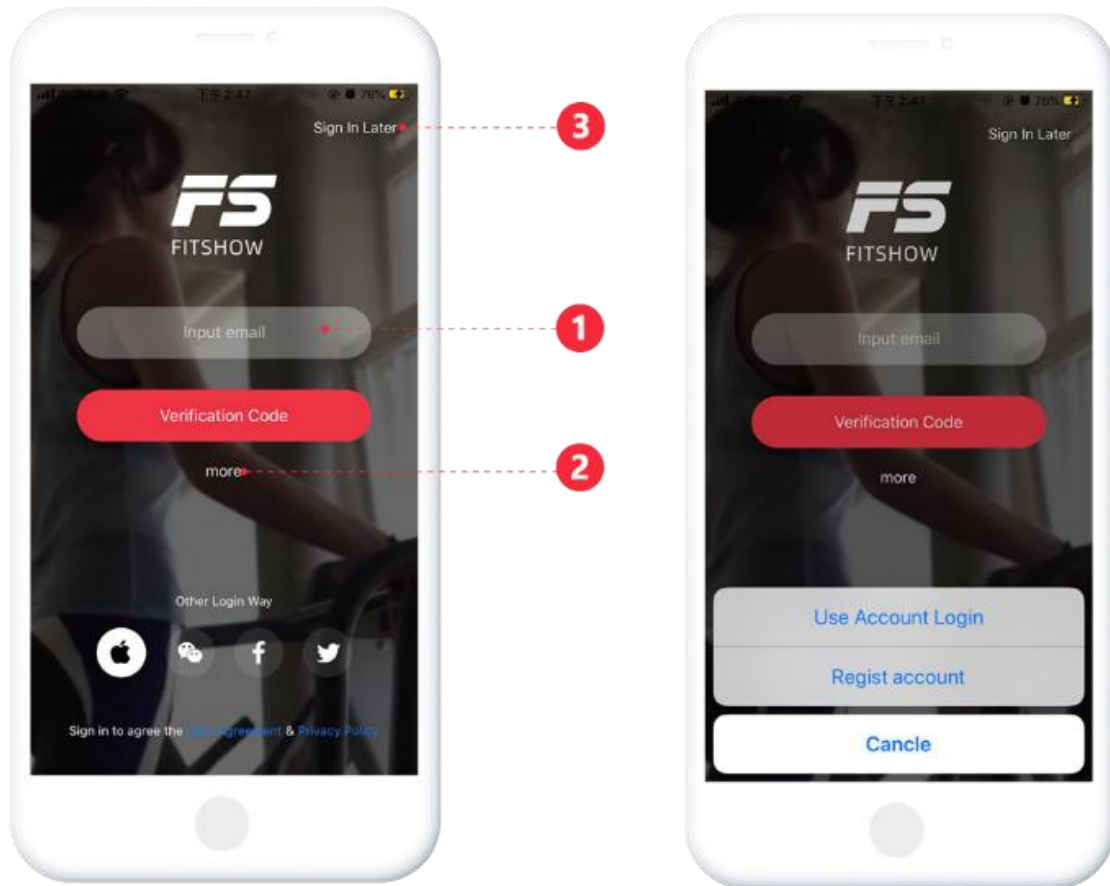
1.FitShow / Kinomap / ZWIFT Download

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'.

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2. Application Operation
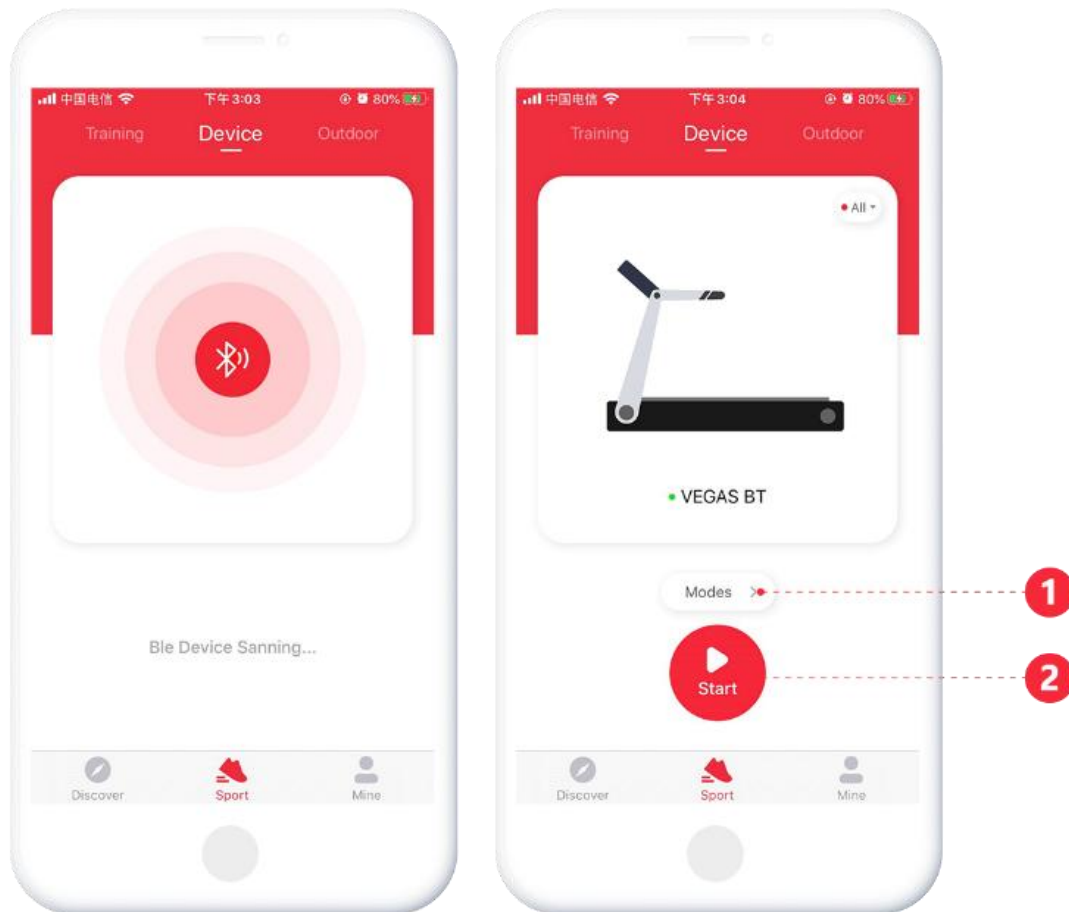
2.1 FitSHOW User register/signup and login

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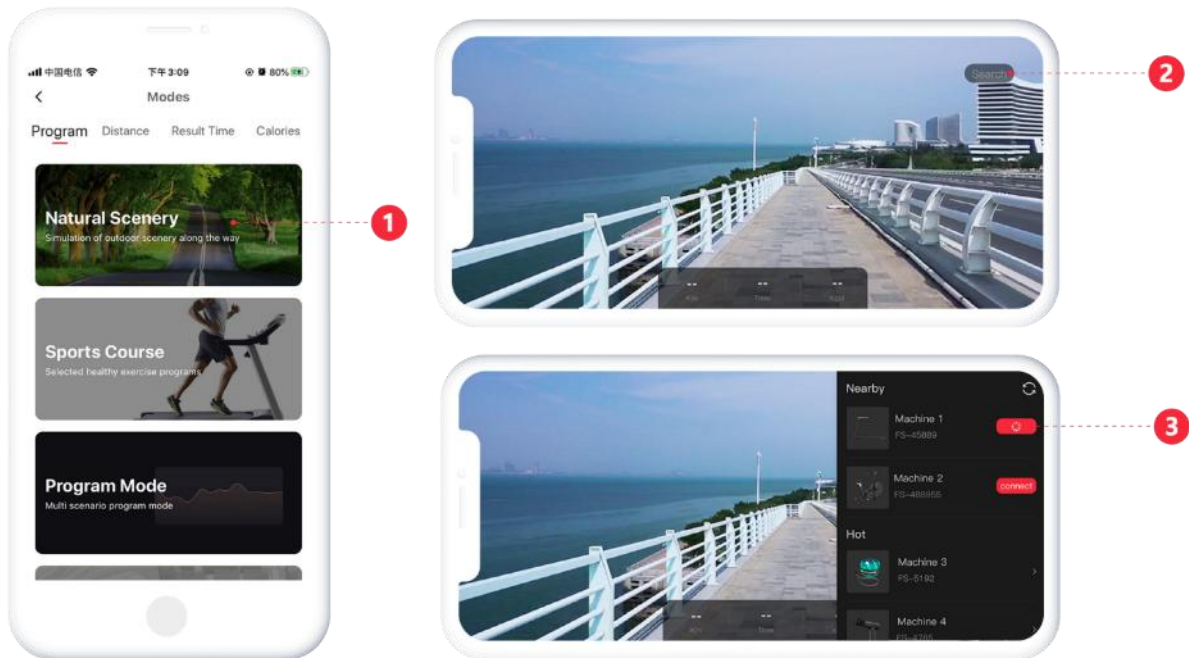
Tap a model 【1】 to enter the corresponding sports model, then connect the desired device by the nearby devices list 【2】.

2.4 FitSHOW Sports Control
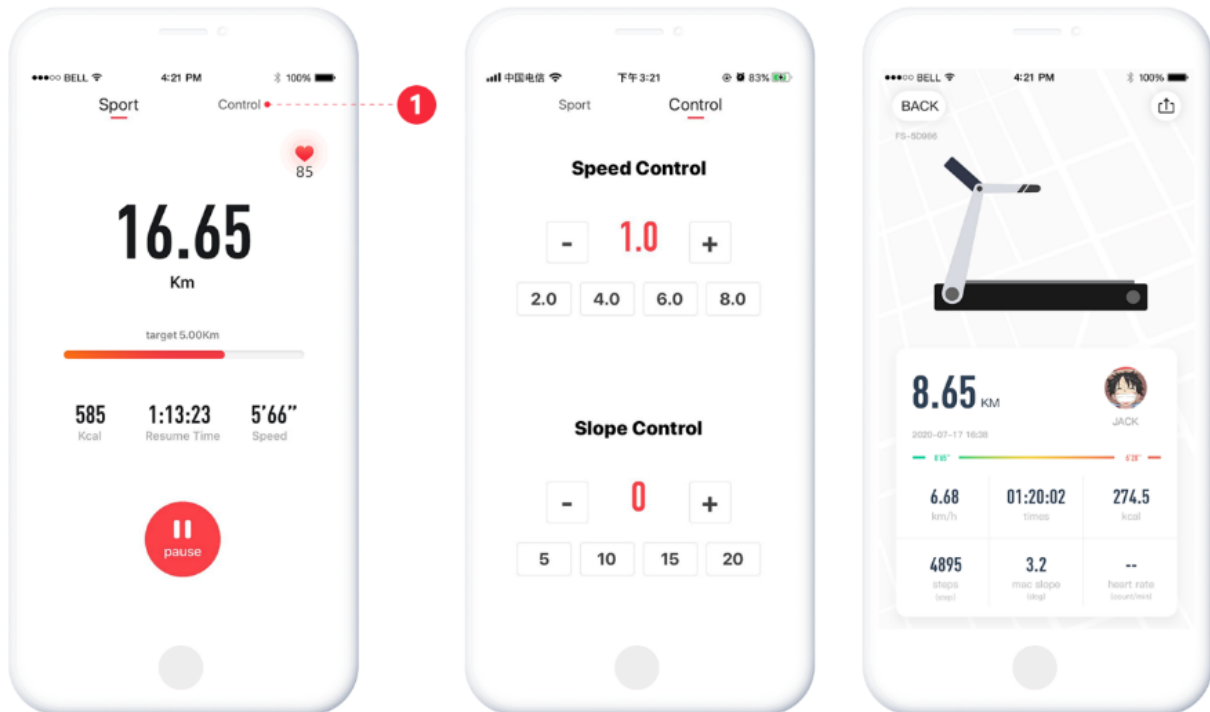
Start the Treadmill to enter the sports car table and control the sports by the 【1】

control options.

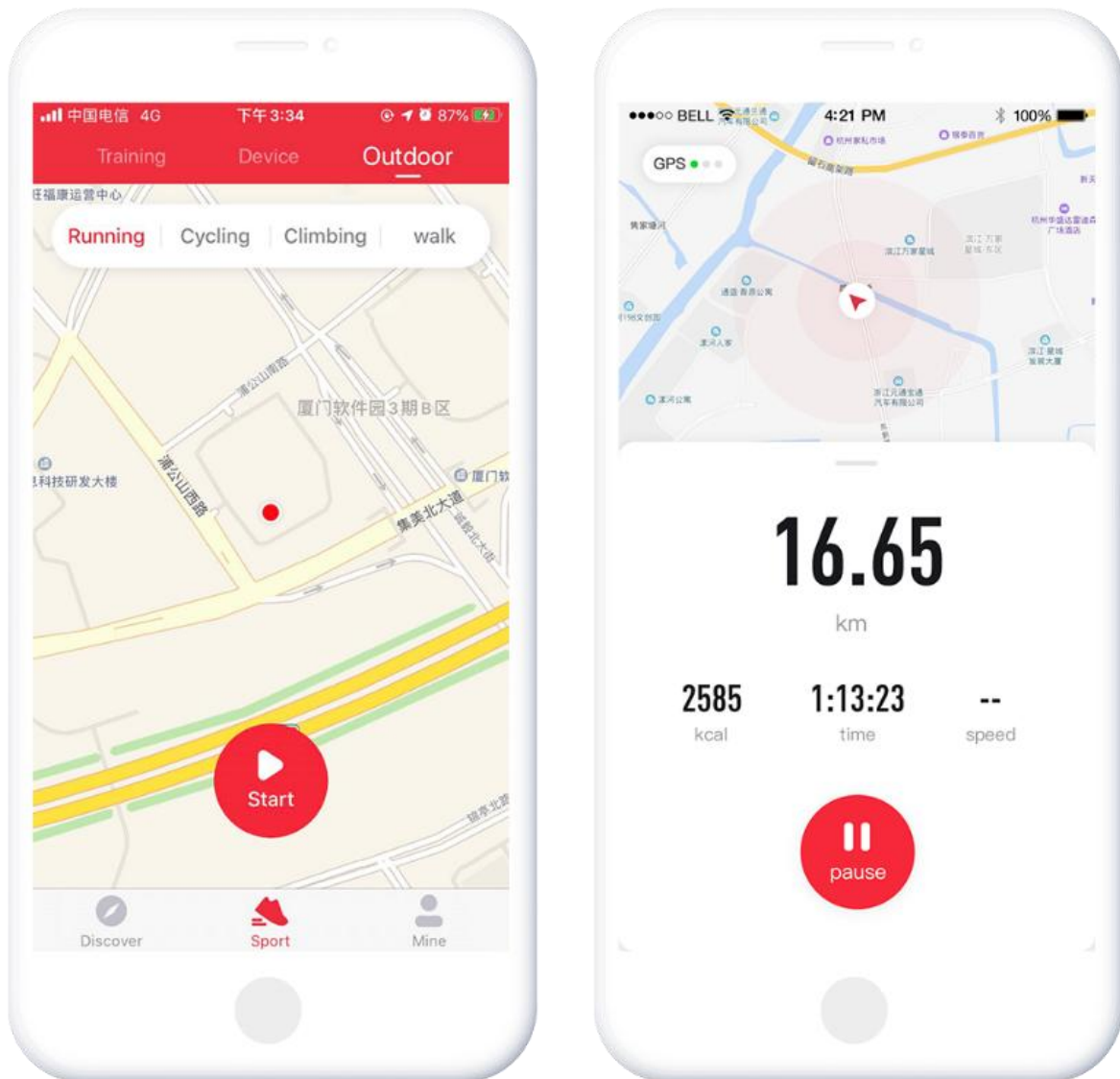The motion data is generated synchronously after the sports.

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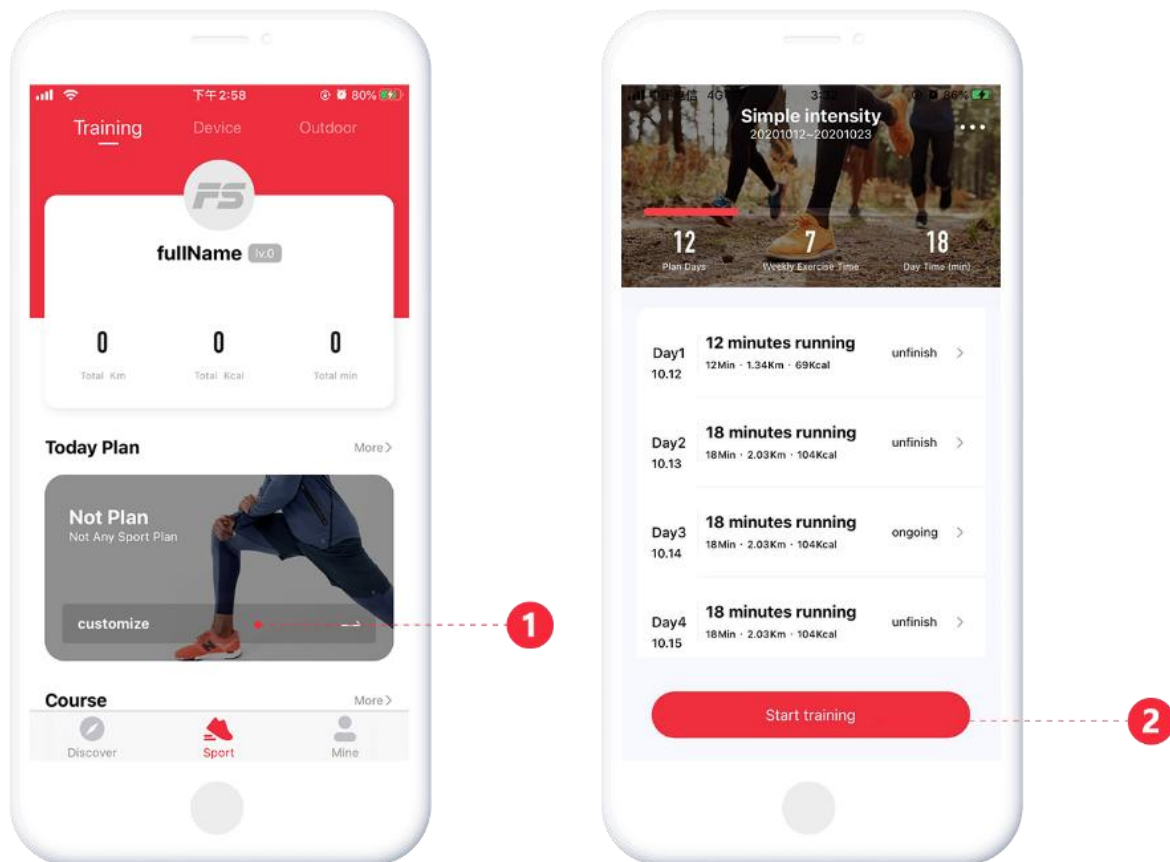
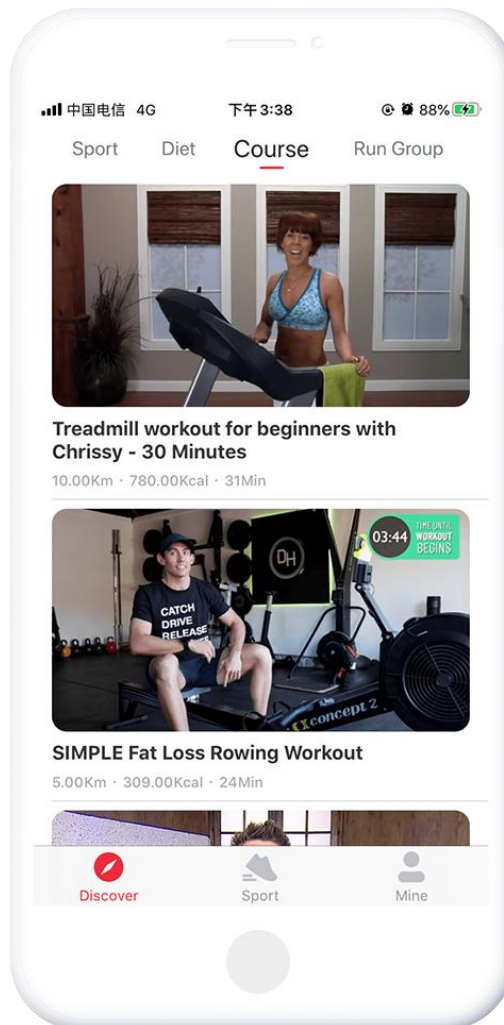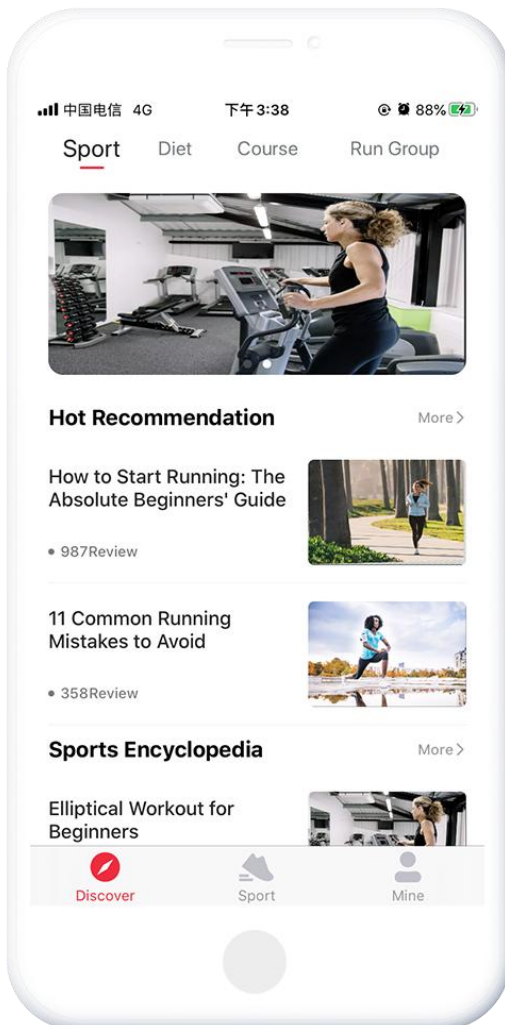Enter [Sports - Training] page, make a daily sport plan by the 【1】.

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

EDGEFIT

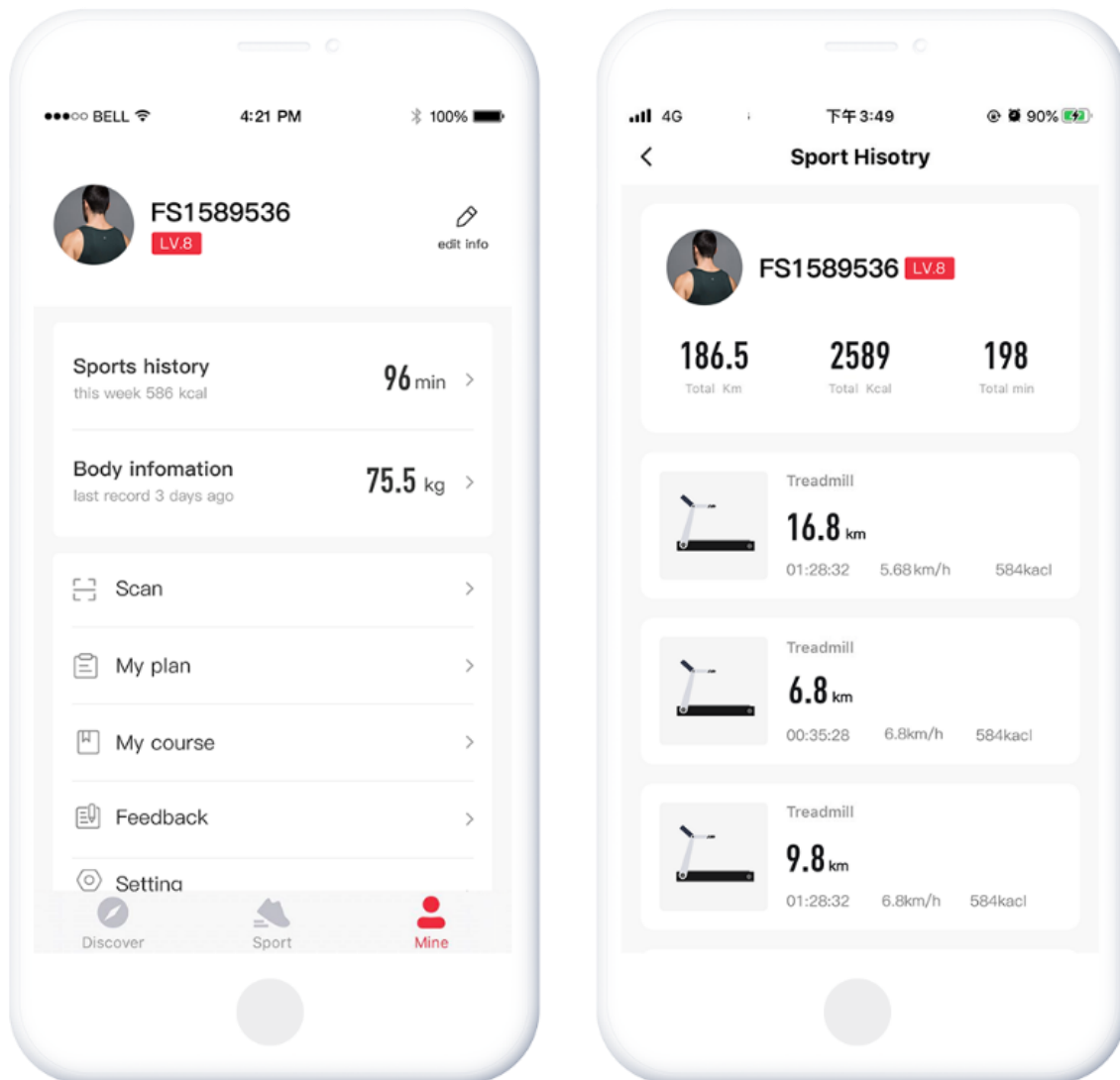# 2.6 FitSHOW Outdoor Sports

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

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2.7 FitSHOW Discover

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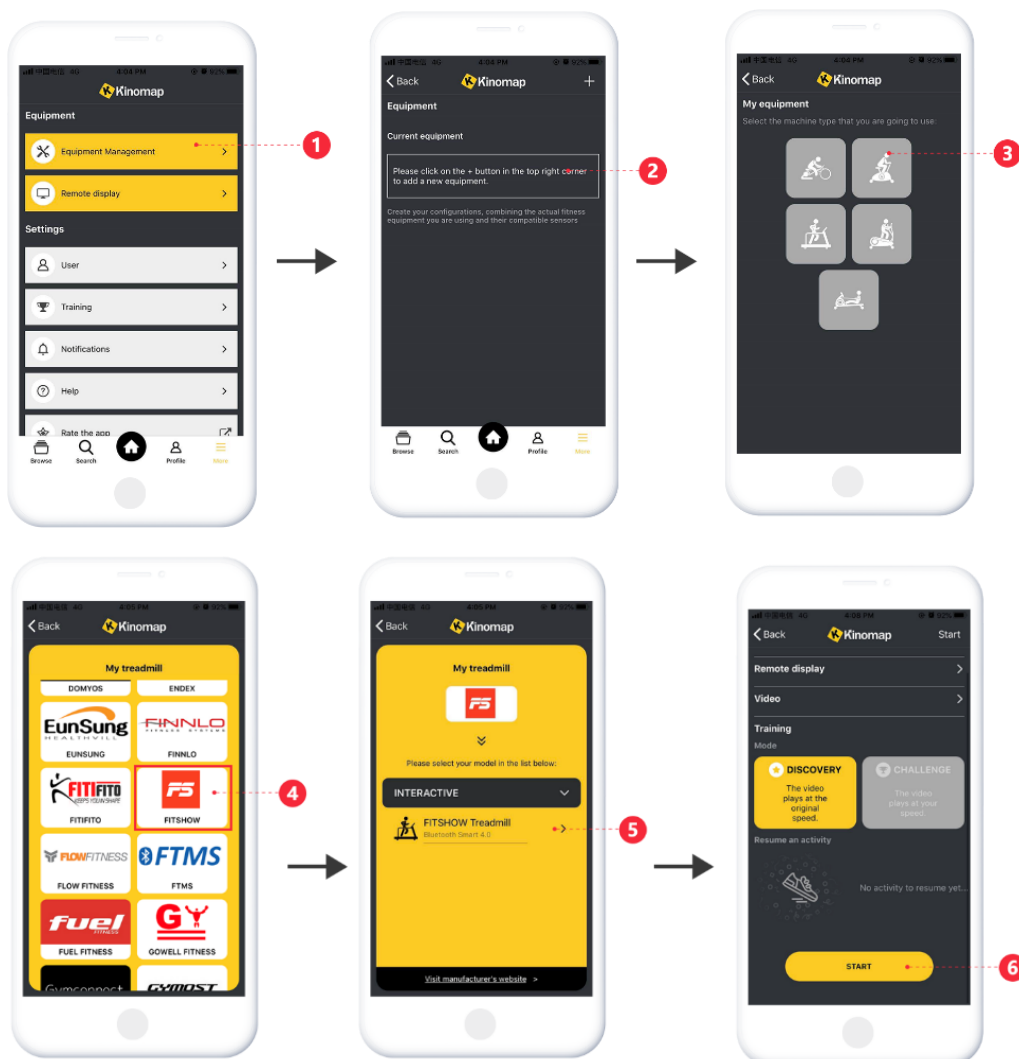
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2.8 FitSHOW My

Enter [Mine] page to view the sports data record, edit profile, change system setting, and so on.
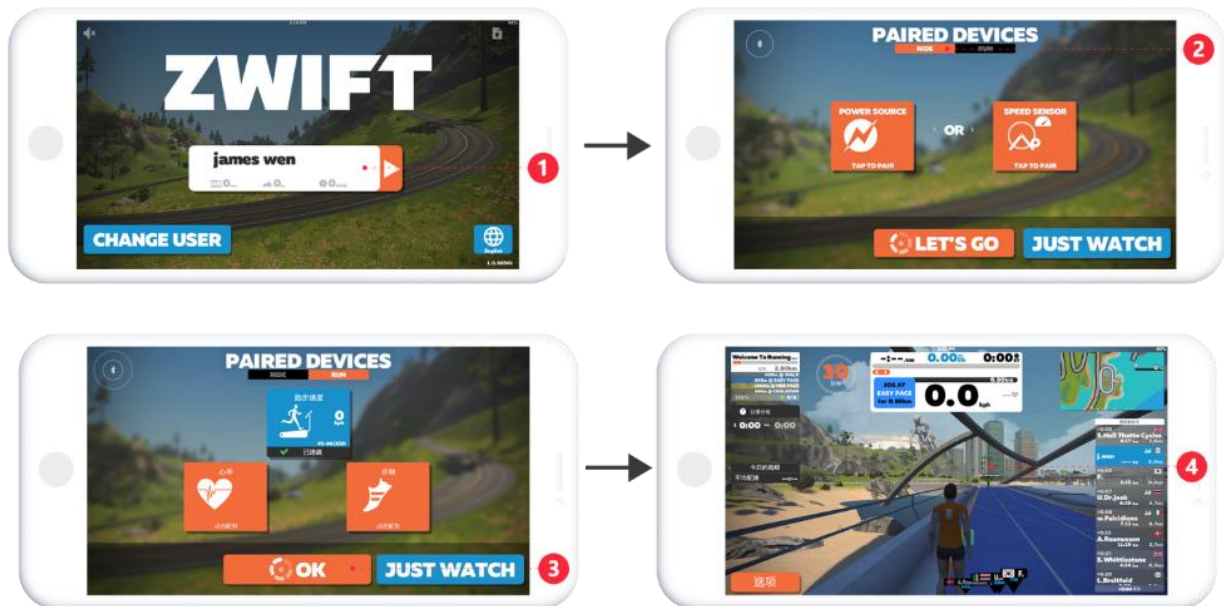
3. The Third-Party Application

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.

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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, 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 number required from the exploded diagram on page 3 and 4.

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.

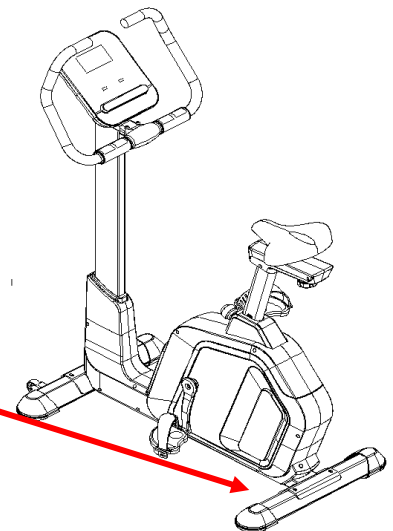EDGEFIT warranty covers manufacturing faults.

UB240Pro WARRANTY:

7 years Frame

2 Years Parts

2 Years Electronics

Use only on a level surface
For domestic/non therapeutic purposes only

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Manufacturer:	**Total Import Solutions PTY LTD**
Product Name:	**UB240Pro Upright Bike**
Contact Email:	**sales@edgefit.com.au**
Australian Safety Standards:	**AS 4092 – 1993**
Max User Weight:	**150KGS**

SERIAL NUMBER: **EDG6018-XXXX**   E9988

Serial Number is located here

TIS
Total Import Solutions

Proudly designed and developed by:
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ABN 17 633 635 702

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