

**IC031**

**Magnetic Belt Drive Performance Indoor Cycle Bike**

**USER MANUAL**

**IMPORTANT:** Read all instructions carefully before using this product. Retain owner's manual for future reference. For customer service, please contact: [service@zoovaa.com](mailto:service@zoovaa.com)

# **IMPORTANT SAFETY INFORMATION**

Please read these instructions very carefully before using this item.

**Note the following precautions before assembling or operating the equipment.**

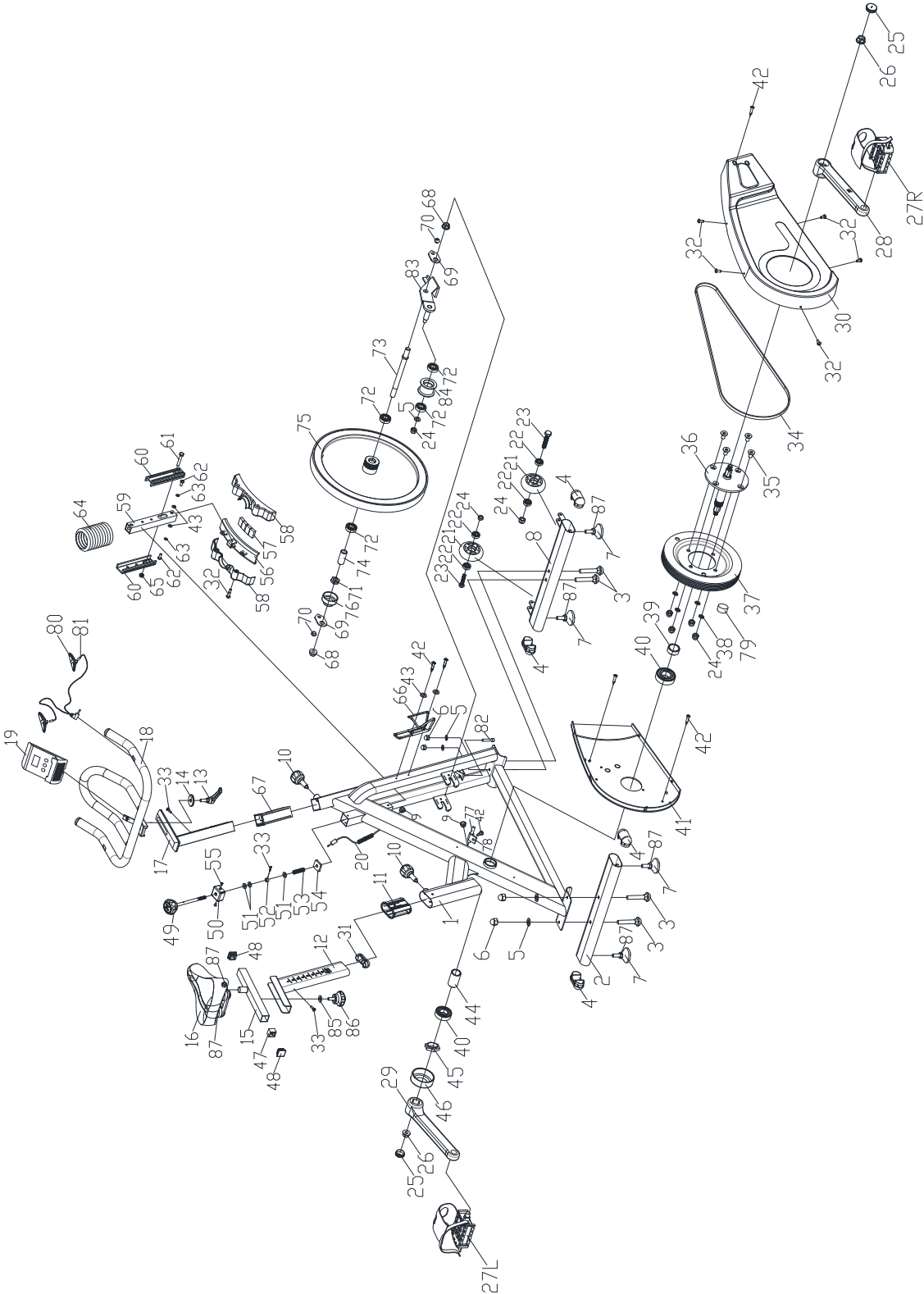
1. Keep children and pets away from the equipment at all times. Do not leave unattended children in the same room with the equipment.
2. This equipment is not suitable for therapeutic use.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, stop the workout at once. Consult a physician immediately.
4. Before beginning training, remove all objects 2 feet from the equipment. Do not place any sharp objects around the equipment.
5. Position the equipment on a clear, level surface away from water and moisture. Place a mat under the equipment to help keep the equipment stable and to protect the floor. For indoor use only.
6. Use the equipment only for its intended use as described in this manual. Do not use any other accessories not recommended by the manufacturer.
7. Assemble the equipment exactly as the descriptions in this manual.
8. Check all bolts and other connections before using the equipment for the first time and ensure that the equipment is in the safe condition.
9. Perform a routine inspection of the equipment. Pay special attention to components which are the most susceptible to wear, such as connecting points and wheels. The defective components should be replaced immediately. The safety level of this equipment can only be maintained by doing so properly.
10. Never operate the equipment if it is not functioning properly.
11. This equipment can be used by one person at a time.
12. Do not use abrasive cleaning articles to clean the equipment. Remove drops of sweat from the equipment immediately after finishing training.
13. Always wear appropriate workout clothing when exercising. Wear athletic shoes. Do not wear loose clothing that could get caught in the equipment.
14. This equipment is for home use only. It is not intended for commercial use.
15. Maximum user weight is 275 lbs.

Warning: Before beginning this or any exercise program, consult your physician first. This is especially important for individuals with pre-existing health problems. Read all instructions before using the equipment.



**WARNING:** This product can expose you to one or more chemicals known to the State of California to cause cancer and birth defects or reproductive harm.  
For more information go to [www.P65Warnings.ca.gov](http://www.P65Warnings.ca.gov).

# EXPLODED DRAWING

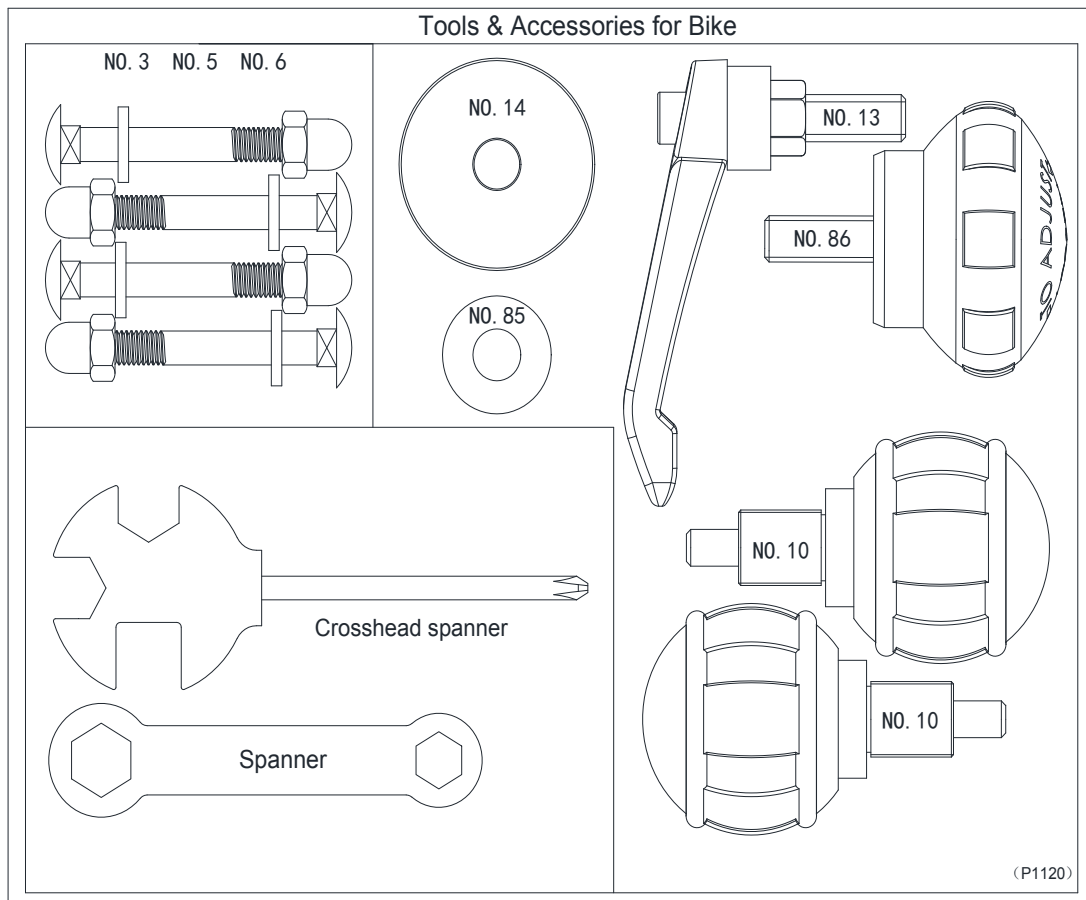


# PARTS LIST

NO	NAME	QUANTITY	SPEC
1	MAIN FRAME	1	
2	REAR STABILIZER	1	
3	CARRIAGE BOLT	4	GB/T 12-1988 M8*52
4	END CAP	4	material:PP
5	FLAT WASHER	5	GB/T 95-2002 8
6	DOMED NUT	4	GB/T 802-1988 M8 (H=16mm)
7	BASE LEVELER	4	φ38*43/(M8X25)
8	FRONT STABILIZER	1	
9	PLASTIC PLUG	2	φ14*14
10	ADJUSTMENT KNOB	2	φ50*82(M16*1.5)
11	PLASTIC SLEEVE	1	material:PP
12	VERTICAL SEAT POST	1	
13	ADJUSTMENT KNOB	1	M10*25
14	FLAT WASHER	1	φ45*φ10.5*5
15	SEAT SLIDER	1	
16	SEAT	1	C-3604T/NT-189
17	HANDLEBAR POST	1	
18	HANDLEBAR	1	
19	COMPUTER	1	X-3574
20	SENSOR WIRE	1	L=1400
21	WHEEL	2	φ69X26
22	BEARING	4	608ZZ
23	BOLT	2	GB/T 5780-2000 M8*40
24	LOCK NUT	7	GB/T 889.1-2000 M8
25	CRANK PLUG	2	φ23*7.5
26	FIXING NUT	2	GB/T 6177.2-2000 M10*1.25
27	PEDAL	1 SET	JD-301 (9/16")
28	RIGHT CRANK	1	9/16"
29	LEFT CRANK	1	9/16"-LH
30	OUTER COVER	1	652*265*61.5
31	TUBE PLUG	1	material:PP
32	SCREW	6	GB/845-85 ST4.2X9.5 F
33	SCREW	3	GB/T 15856.1-2002 ST4.2X13
34	BELT	1	5PK1340mm (53in)
35	BOLT	4	GB/T 70.3-2000 M8*18
36	MIDDLE AXLE	1	φ20*158
37	BELT WHEEL	1	φ200*24
38	ELASTIC WASHER	4	GB/T 859-1987 8
39	CASING PIPE	1	φ25*φ20.05*11.5
40	CRANK BEARING	2	6004ZZ
41	INNER COVER	1	406*258*17
42	SCREW	6	GB/T 15856.1-2002 ST4.2X16
43	FLAT WASHER	4	GB/T 95-2002 5

NO	NAME	QUANTITY	SPEC
44	CASING PIPE	1	φ25*φ20.05*41.1
45	FIXING NUT	1	φ28*M20*1
46	CRANK COVER	1	φ56*28
47	NUT BLOCK	1	
48	END CAP	2	30*30
49	BRAKE KNOB	1	Φ10*168
50	BRAKE CAP	1	45*45*24
51	PLASTIC WASHER	3	φ20*φ10.1*3
52	CASING PIPE	1	Φ14*Φ10*8
53	SPRING	1	Φ2.0*55
54	PLASTIC SHEET	1	32*32*6
55	BOLT	2	GB/T 819.1-2000 M5*10
56	MAGNET HOLDER	1	
57	MAGNET	4	30*20*10
58	DECORATIVE COVER	2	190*52*32.5
59	BRAKE ADJUSTMENT TUBE	1	
60	PLASTIC SLEEVE	2	111*26.5*12.5
61	BOLT	1	GB/T 5780-2000 M6*35
62	BOLT	2	GB/T 5780-2000 M5*12
63	ELASTIC WASHER	2	GB/T 859-1987 5
64	TELESCOPIC TUBE	1	Φ45*85
65	LOCK NUT	1	GB/T 889.1-2000 M6
66	BOTTLE HOLDER	1	φ6
67	HANDLEBAR BUSHING	1	material:PP
68	HEX FLANGE NUT	2	M12X1.25
69	METAL PLATE	2	δ2.5
70	BOLT	2	GB/T 70.2-2000 M8*5
71	HEXAGONAL NUT	1	M12X1.25 t7
72	FLYWHEEL BEARING	4	6001ZZ
73	FLYWHEEL SPINDLE	1	φ16*φ12*160
74	CASING PIPE	1	φ16*φ12.1*36
75	FLYWHEEL	1	18KG
76	DECORATIVE COVER	1	φ59*35
77	SENSOR	1	SR-212
78	SENSOR HOLDER	1	LTF8163
79	MAGNET	1	c-02Z
80	PULSE SENSOR	2	match φ25 tube
81	PULSE SENSING LINE	1	L=700
82	BOLT	1	GB/T 70.1-2000 M8*45
83	BELT WHEEL HOLDER	1	
84	PULLEY	1	φ43*28
85	FLAT WASHER	1	φ25*φ11/t2.5
86	ADJUSTMENT KNOB	1	M10X25
87	HEXAGONAL NUT	6	M8

# HARDWARE PACKAGE

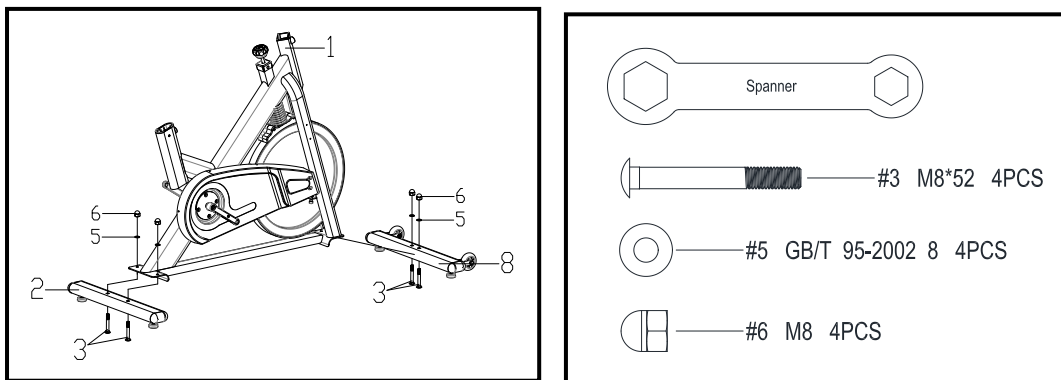


# ASSEMBLY INSTRUCTIONS

## PREPARATION

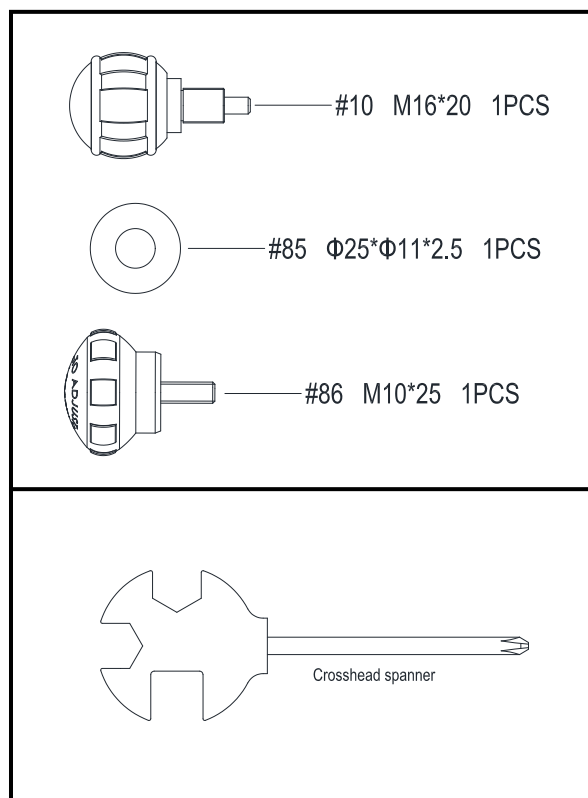
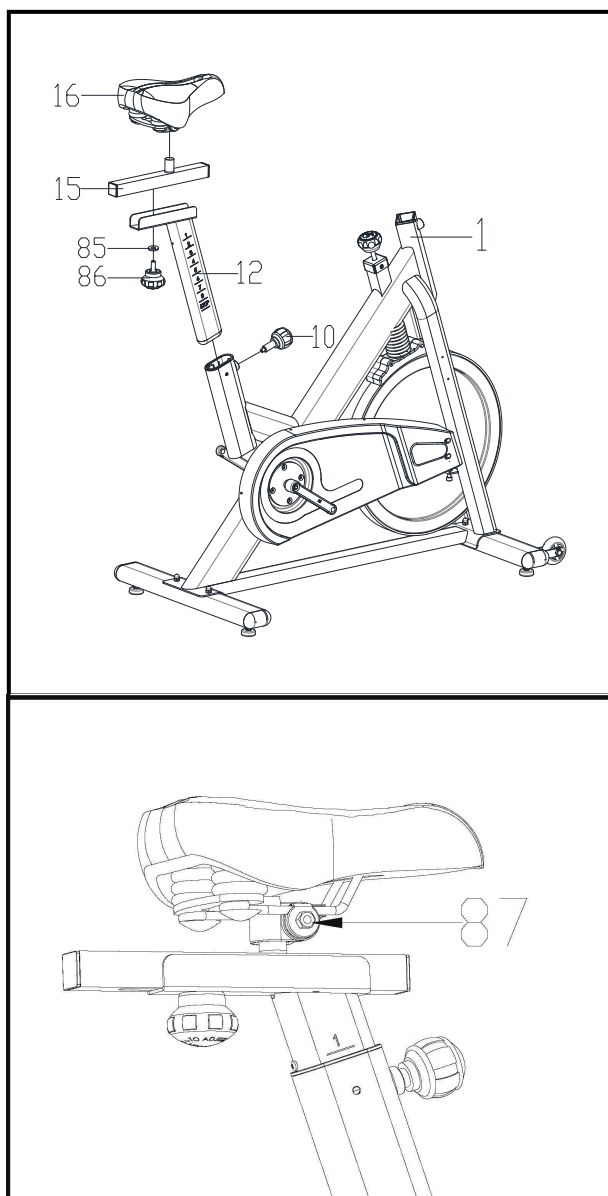
- A. Before assembly, make sure that you will have enough space around the item and you have all the parts.
- B. We recommend having 2 people to do the assembly.

## ASSEMBLY INSTRUCTIONS:



### STEP 1:

Attach the **Front Stabilizer (No.8)** and the **Rear Stabilizer (No.2)** to the **Main Frame (No.1)** using 4 **Flat Washers (No.5)**, 4 **Domed Nuts (No.6)** and 4 **Carriage Bolts (No.3)**. Tighten with spanner.



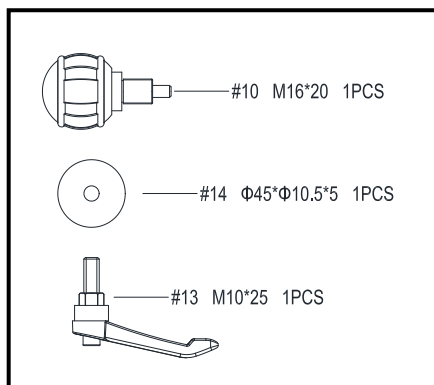
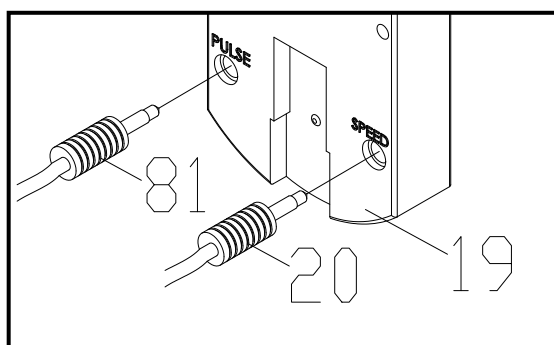
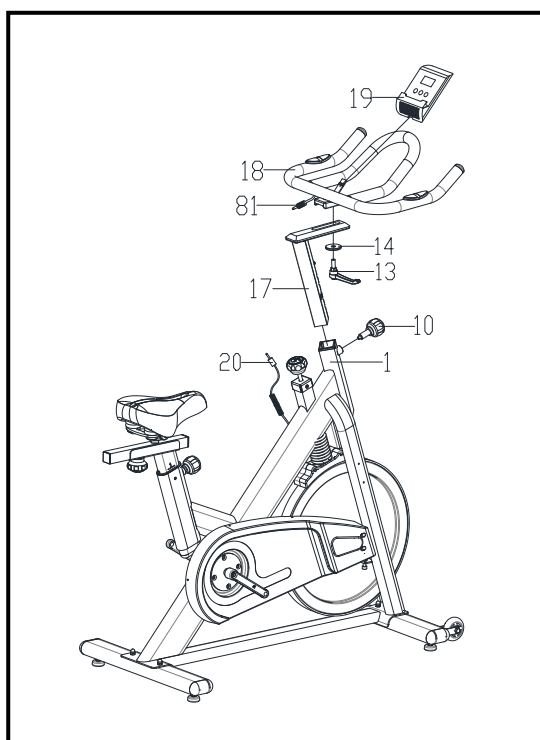
## STEP 2:

Insert the **Vertical Seat Post (No.12)** into the **Main Frame (No.1)** and set at desired height.  
Insert and tighten the **Adjustment Knob (No.10)**.

Attach the **Seat Slider (No.15)** to the **Vertical Seat Post (No.12)** using the **Adjustment Knob (No.86)** and the **Flat Washer (No.85)**.

Unscrew **Hexagonal Nut (No.87)**. Attach the **Seat (No.16)** to the **Seat Slider (No.15)**.  
Tighten **Hexagonal Nut (No.87)** with crosshead spanner.



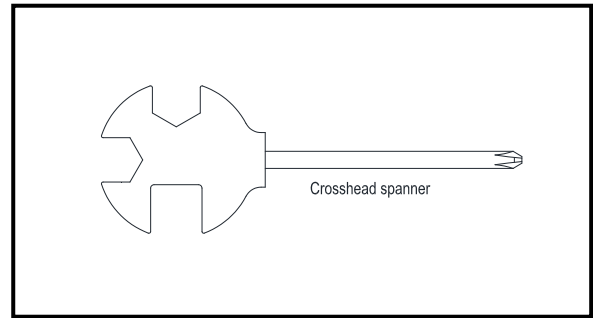
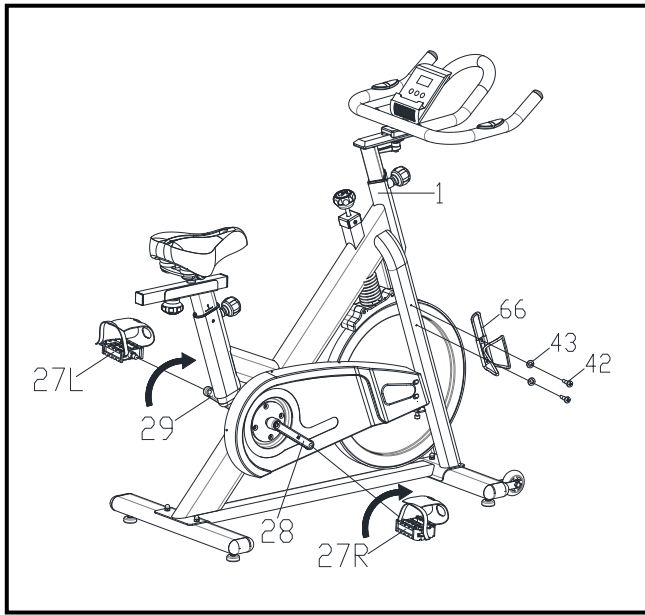


### STEP 3:

Insert the **Handlebar Post (No.17)** into the **Main Frame (No.1)**. Set at desired height, **then insert and** tighten the **Adjustment Knob (No.10)**.

Attach the **Handlebar (No.18)** to the **Handlebar Post (No.17)** using the **Adjustment Knob (No.13)** and the **Flat Washer (No.14)**. NOTE: Make sure the **Adjustment Knob (No.13)** is tightened.

Fix the **Computer (No.19)** to the **Handlebar (No.18)**. Then plug the **Sensor Wire (No.20)** and the **Pulse Sensing Line (No.81)** into the holes on the back of the **Computer (No.19)**.



#### STEP 4:

**Note:** The **Pedals (No.27L & No.27R)** are marked "L" and "R" for Left and Right. Make sure you attach the correct pedal to the corresponding crank. Attaching the pedal to the wrong crank could irreversibly damage both the pedal and the crank.

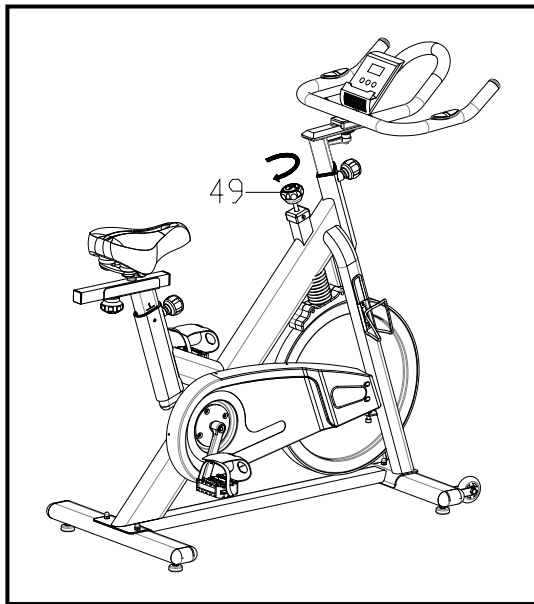
Attach **Left Pedal (No.27L)** to **Left Crank (No.29)**. Turn counterclockwise to tighten.

Attach **Right Pedal (No.27R)** to **Right Crank (No.28)**. Turn clockwise to tighten.

Unscrew 2 **Screws (No.42)** and 2 **Flat Washers (No.43)** from the **Main Frame (No.1)**. Fix the **Bottle Holder (No.66)** to the **Main Frame (No.1)** using the 2 **Screws (No.42)** and 2 **Flat Washers (No.43)** you just removed. Tighten with crosshead spanner.

Assembly is complete!

# TENSION ADJUSTMENT

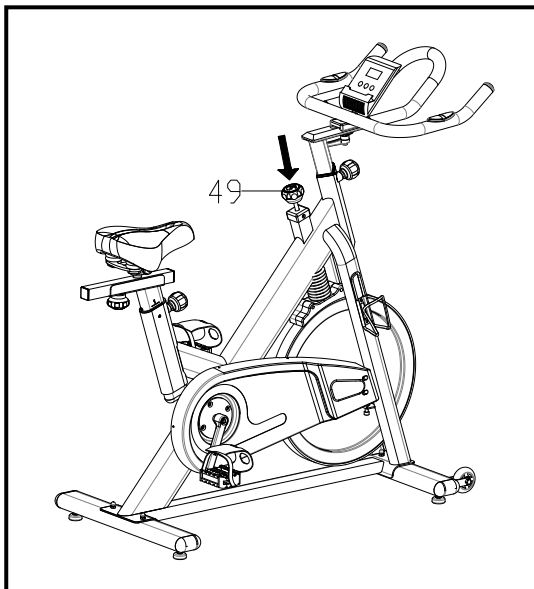


## **A. Adjusting the Tension:**

Increasing or decreasing the tension allows you to add variety to your workout sessions.

To increase the tension, rotate the **Brake Knob (No.49)** clockwise.

To decrease the tension, turn the **Brake Knob (No.49)** counter-clockwise.



## **B. Emergency Brake Function:**

The **Brake Knob (No.49)** is also the emergency brake. Use this safety feature in any situation when you would need to get off the bike or stop the bike's flywheel.

During exercise, press down the **Brake Knob (No.49)** to stop the bike immediately.

# SEAT AND HANDLEBAR ADJUSTMENT

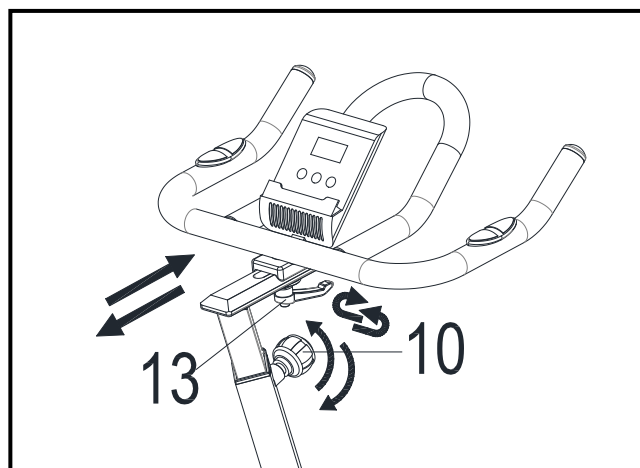
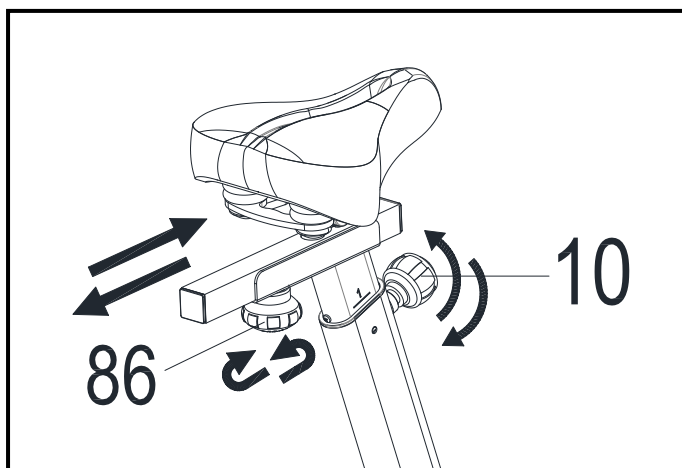
The seat of this bike is fully adjustable as it moves *Up, Down, Forward, Backward*.

**A.** To adjust the height of the **Vertical Seat Post (No.12)**, loosen and pull on the **Adjustment Knob (No.10)**, then raise or lower the seat to the desired height. Once adjusted, re-insert and tighten the **Adjustment Knob (No.10)** to secure the seat in place.

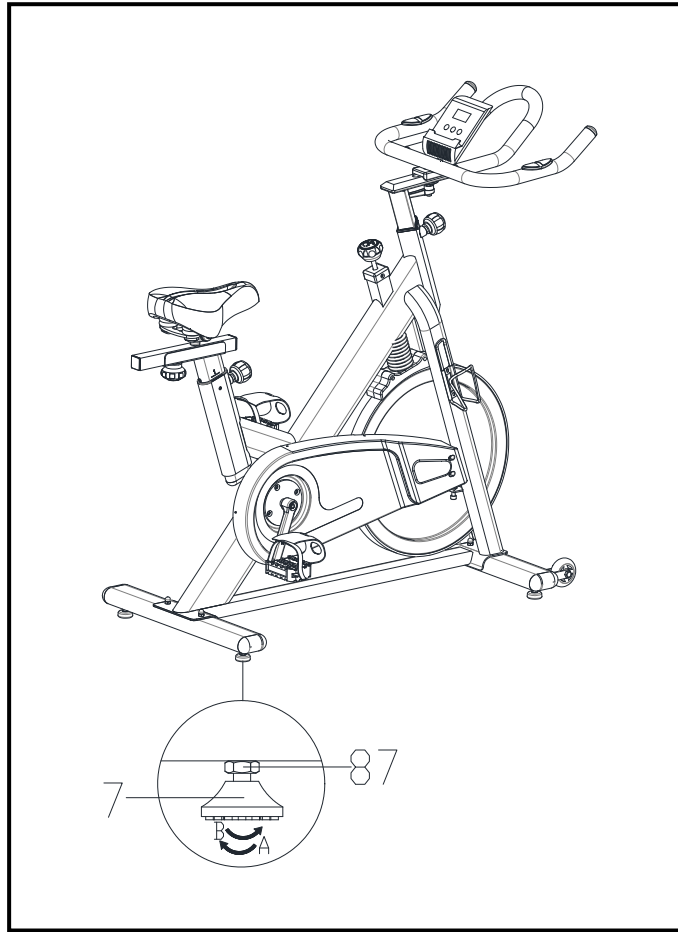
**B.** To adjust the seat forward and backward, loosen and pull on **Adjustment Knob (No.86)**, then slide the **Seat Slider (No.15)** to the desired position. Once positioned, re-insert and tighten the **Adjustment Knob (No.86)** to secure the **Seat Slider (No.15)** in place.

**C.** To adjust the height of handlebar, loosen the **Adjustment Knob (No.10)**, then slide the **Handlebar Post (No.17)** up or down to the desired height. Once adjusted, re-insert and tighten the **Adjustment Knob (No.10)** to secure the **Handlebar Post (No.17)** in place.

**D.** To adjust the handlebar forward or backward, loosen the **Adjustment Knob (No.13)** in counterclockwise direction, then slide the **Handlebar (No.18)** to the desired position. Once positioned, re-insert and tighten the **Adjustment Knob (No.13)** to secure the **Handlebar (No.18)** in place.



## **BALANCE ADJUSTMENT**

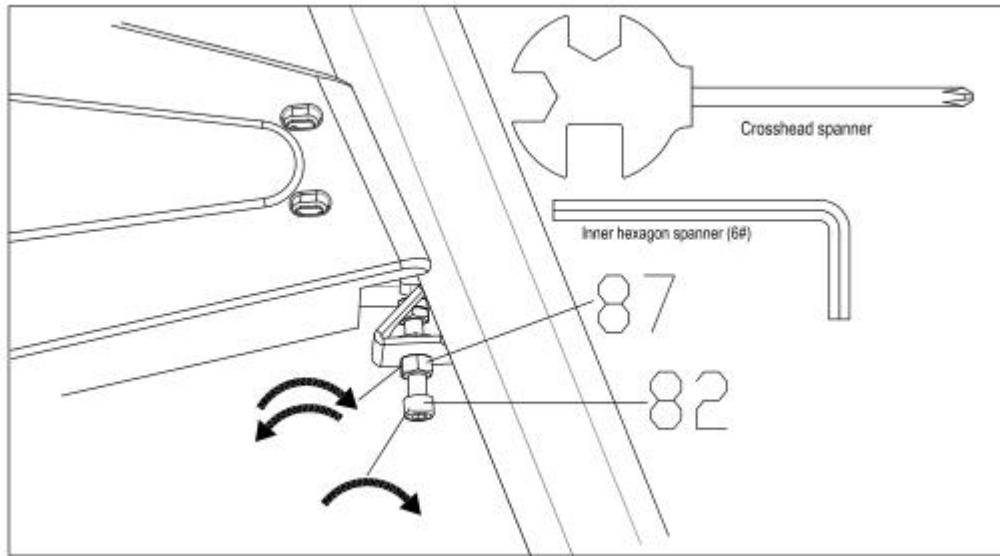


To achieve a smooth and comfortable experience, you must ensure that the bike is stable. During use, if you notice that the bike is unbalanced, you can adjust the **Base Levelers (No.7)** located beneath the **Front and Rear Stabilizers (No.2 and 8)**.

To adjust, use the crosshead spanner to loosen the **Hexagonal Nut (No.87)** by turning it clockwise. With the nut loosened, rotate the **Base Leveler (No.7)** until it sits level with the surface that the bike is on.

When you have finished adjusting the **Base Levelers (No.7)**, re-tighten the **Hexagonal Nut (No.87)** by turning it counter-clockwise using crosshead spanner. If needed, repeat this process to adjust the remaining **Base Levelers (No.7)**.

## **BELT TENSION ADJUSTMENT**



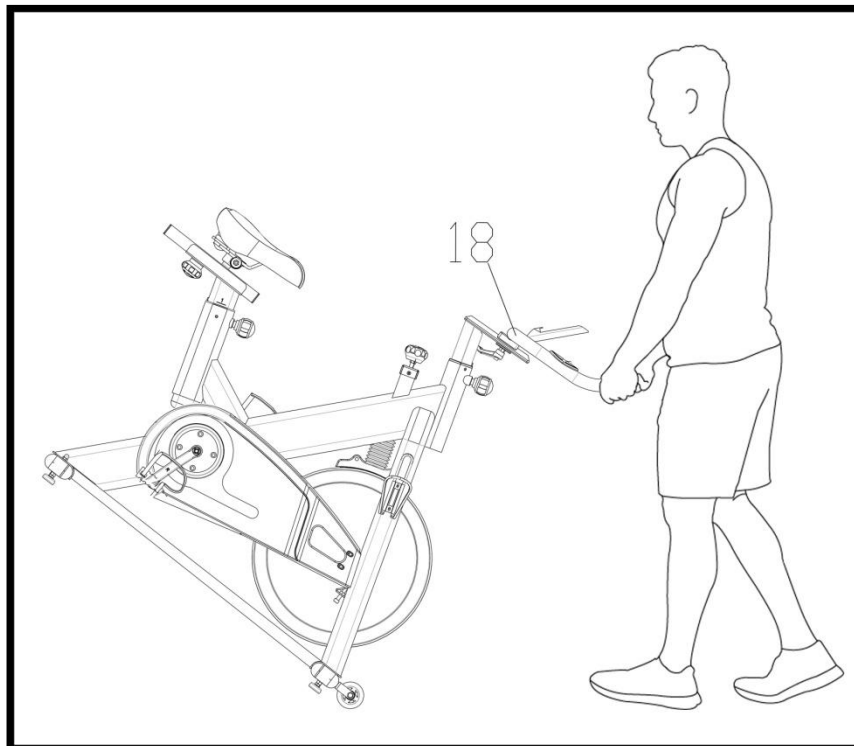
If you feel slippage when pedaling, the belt may need to be tightened. This may happen after a long period of use.

To tighten the belt, loosen **Hexagonal Nut (No.87)** counter clockwise, turn **Bolt (No.82)** clockwise to tighten, then tighten **Hexagonal Nut (No.87)** clockwise.

Try turning the crank to see if the belt runs smoothly. You can also try riding the bike to test the belt tension.

If tension still needs to be adjusted, repeat this step until belt is at correct tension.

## HOW TO MOVE THE BIKE



Firmly grasp and hold each side of the **Handlebar (No.18)**. Place one foot on the front base and tilt the bike towards you until the transport wheels on the front base touch the ground. With the wheels on the ground, you can transport the bike to the desired location with ease.

# **COMPUTER INSTRUCTIONS**

## **KEY FUNCTIONS:**

**MODE:** Press to select a function.

**SET:** Press to preset value for TIME, DISTANCE, CALORIES.

**CLEAR (RESET):** Press to clear the value.

## **HOW TO USE:**

The computer can either:

- (1) count the values for this workout session
- (2) countdown from a preset value for TIME, DISTANCE, CALORIES)

To turn on the computer, start pedaling or press any key.

The computer has these functions:

**SCAN, TIME, SPEED, DISTANCE, CALORIES, ODOMETER, PULSE**

When the meter turns on, SCAN and TIME will appear. When SCAN appears, the display will repeatedly rotate through all the functions for about 6 seconds each.

If you do not want to SCAN, press MODE. SCAN will disappear and the computer will display TIME until you press the MODE key to go to the next function. Press MODE until screen displays the function you want to view.

(1) Start pedaling and computer will count TIME, SPEED, DISTANCE and CALORIES.

(2) COUNTDOWN FUNCTION

You can preset values to countdown TIME, CALORIES or DISTANCE. Press MODE until the function you want is displayed. Make sure computer is not in SCAN. Press SET to increase the value to the number you want to preset. If you need to clear the value, press RESET.

Start pedaling and the computer will countdown. When the value reaches zero, the computer will beep and start to count up again.

ODOMETER accumulates the total distance of your workouts since batteries are installed in the computer.

**PULSE:** Press MODE button until PULSE appears. To measure your pulse rate, place the palms of your hands on both the [pulse sensors](#). The monitor will show your current heart rate in beats per minute (BPM) after 6~7 seconds.

Note: During the first few seconds, the value will be higher than the actual value. The



**RESET:** To reset values to zero, press and hold the MODE key for 3 seconds. This does not reset ODOMETER. If you change the batteries, all values will reset to 0, including ODOMETER.

**BATTERY:** The computer uses 2 AAA batteries, which are included. If there is a problem with the display, try changing the batteries first. When changing the batteries, change both of them. Do not mix old and new batteries. Do not mix battery types. Dispose old batteries according to your regional guidelines.

### **SPECIFICATIONS:**

FUNCTION	SCAN	Every 6 seconds
	TIME	0:00'~99:59'
	SPEED	0.0~999.9 MILE/H
	DISTANCE	0.00~999.9 MILE
	CALORIES	0.0~999.9 CAL
	ODOMETER	0.0 ~ 9999 MILE
	PULSE RATE	40~240 BPM
BATTERY TYPE		2pcs of SIZE –AAA or UM –4
OPERATING TEMPERATURE		0°C ~ +40°C (32°F ~104°F)
STORAGE TEMPERATURE		-10°C ~ +60°C (14°F ~140°F)

