



# RIDE TO FIT

The ride help you to keep exercise daily!



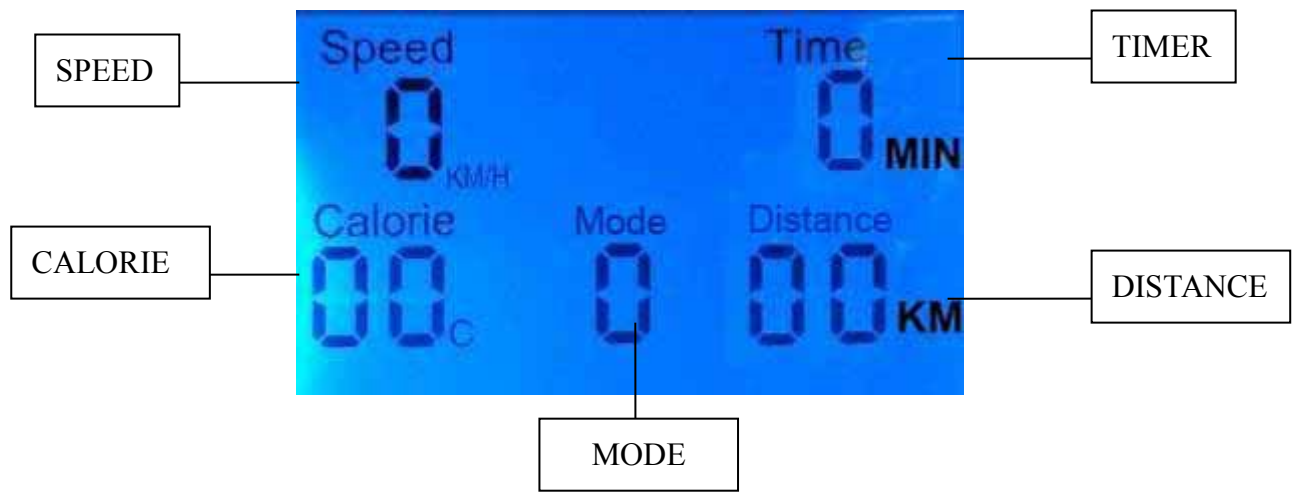
Indoor exercise only,  
But let you enjoy the  
activity like cycling  
& hiking



**User manual**

INSTRUCTION MANUAL

LCD DISPLAY



# CONTROL PANEL

INCREASE SPEED SETTING



DECREASE  
TIME SETTING

INCREASE TIME  
SETTING

DECREASE SPEED SETTING

MAIN  
POWER  
SWITCH

REVERS

MODE

---

### 1. Main Power Switch (ON/OFF)

The red-colored main power switch is located at the bottom of the controller. When the button is pushed to "O" position, the power will be disconnected. To switch on the unit, just push the button to "-" position and its red indicator light will turn on.

### 2. Function keys Description

<i>Power</i>	<i>When the main power switch is turned on, press "Power" button once and the LCD display will be turned on. All function keys are now ready to use.</i>
<i>Mode</i>	<i>This function key is use to select for operation modes. 5 operation modes are available for choices (0 to 5).  Mode 0: Manual operation; time, speed and direction can be set according to individual's preference.  Mode 1: Auto operation(km/h) with a speed change of 3-4-3-4-3-4  Mode 2: Auto operation(km/h) with a speed change of 3-4-5-4-3-5  Mode 3: Auto operation(km/h) with a speed change of 3-4-5-6-5-4  Mode 4: Auto operation(km/h) with a speed change of 4-5-6-5-4-3</i>

	<i>Mode 5: Auto operation(km/h) with a speed change of 4-3-4-5-6-5</i>
<i>Speed</i>	<i>Mode 0: Manual operation. Press “+” or “-” to adjust speed levels of 3km/h, 4km/h, 5km/h or 6km/h.</i>
<i>Time</i>	<i>Mode 0: Manual operation. Press “+” or “-” to adjust its running time of 3min, 6min, 9min or 12 min.</i>
<i>Reverse</i>	<i>When the unit is turned on and running in any operation mode, press “reverse” button once to change the motor rotating direction.</i>

### *3. Auto-Protection Function*

*When the unit is running abnormally due to sudden break down of the motor or human error, the power will automatically cut off after 10 seconds to protect its motor and other electronic components.*

#### *Notes:*

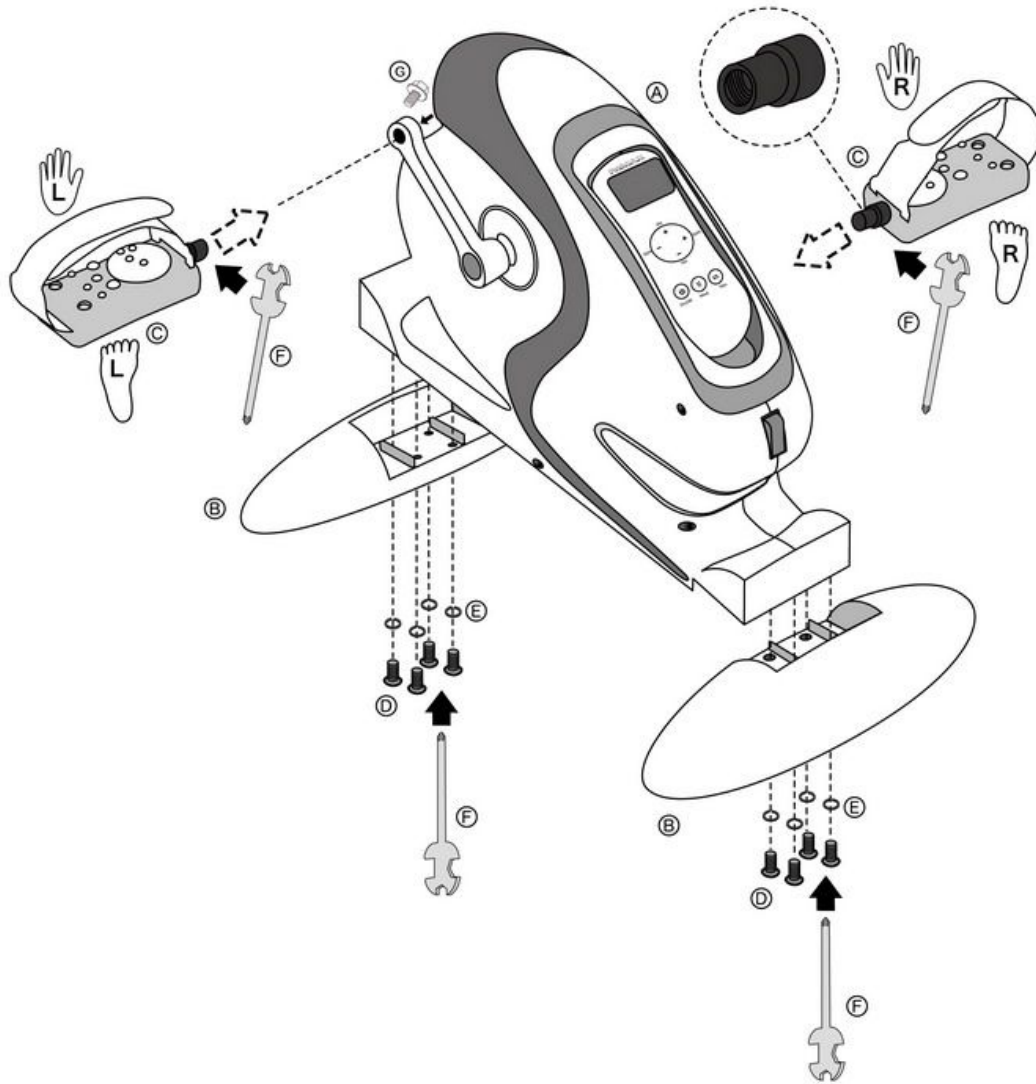
- When the unit is not in used, it will turn off automatically after 60 seconds. To restart the unit, just press the “Power” button once to switch it on again.*

#### *Warning:*

*When using the unit, the legs and arms must be fully relaxed so that proper physical exercise can be carry out on the legs and arms. Do not stop exercise by external force or*

perform reverse-direction exercise that can harm the legs and arms.

**ASSEMBLING**



**Notice:**

1). Please kindly note that you need to tighten the head screw ( D ) & Anti-slip screw ( G ) tightly with the tool ( F ).

2). Please do match the Foot with the Crank as the picture showed, that means the Left Foot needs to be fixed to the Crank on the left side of the product, it is the same for the right one.

