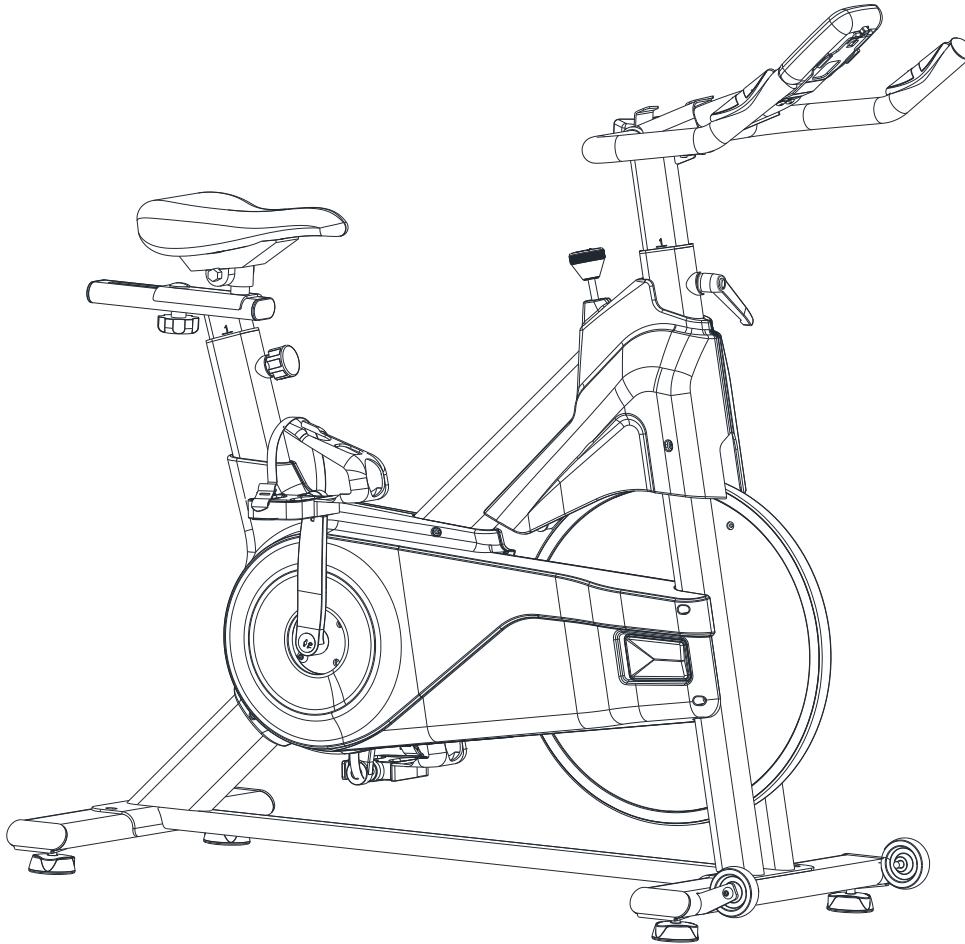


RACE 4



FIT BIKE
I N D O O R C Y C L E S

RACE 4

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2. Parts list

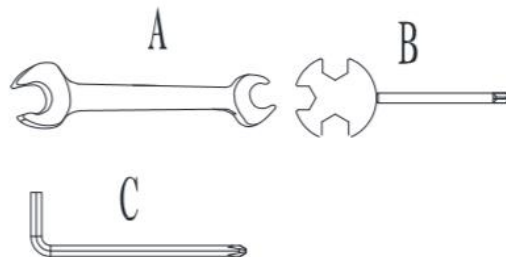
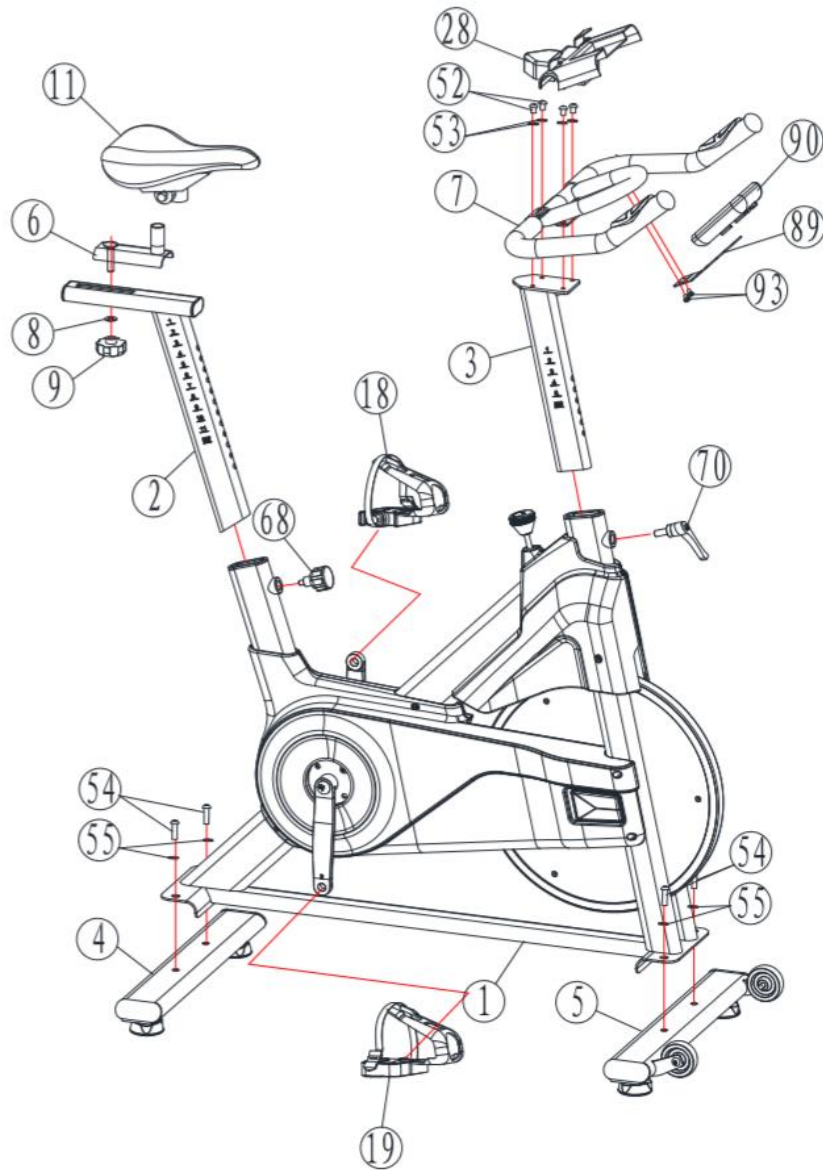
Part No.	Description	Q'TY	Specification	Part No.	Description	Q'TY	Specification
1	Main Frame	1		50	Circuit Board Regulator	1	2T
2	Seat Post	1		51	Button Battery	1	
3	Handlebar Post	1		52	Hexagon Socket Cap Screw	4	M8*108.8 Grade
4	Rear Foot Tube	1		53	Washer	4	ExternalØ16*InternalØ8*2T
5	Front Foot Tube	1		54	Hexagon Flat Head Screw	4	M10*168.8 Grade
6	Seat slider	1		55	Washer	4	ExternalØ20*InternalØ10.1*1.5T
7	Handlebar	1		56	Cap Nut	1	M8
8	Washer	1	Ø30*Ø10.5*4T	57	Hexagon Thin Nut	3	M10*1.0*4T
9	Seat Horizontal Adjust Knob	1	M10*Ø52	58	Hexagon Flange Nut	2	M10*P1.25*8T8.8 Grade
10	Seat Post Plug	2	Match 25*50*1.5T Flat Oval Tube	59	Hexagon Flange Nut	2	M10*1.0, 8.8 Grade
11	Seat	1		60	Hex Nut	4	M10*8T
12	PJ Belt Wheel	1	Ø200x20(With magnet)	61	Base Leveler	4	M10
13	PJ Belt	1	6PJ 50.5 inches	62	Riveted Hexagon Nut	4	M10
14	Axle	1	Ø20*144L	63	Cross Head Self-tapping Locking Screw	10	M4*10
15	Distance Ring	1	Ø24*Ø20.4*5T	64	Cross Flat Head Self-tapping Screw	7	ST4.0*15
16	Left Crank	1		65	Cross Recessed Countersunk Head Screw	2	M5*10 (Head diameter Ø9.3)
17	Right Crank	1		66	Hexagon Flat Head Screw	1	M6*12
18	Left Pedal	1		67	Brake Sleeve	1	16*Ø9*33L
19	Right Pedal	1		68	Seat Vertical Adjust Knob	1	M16*P1.5
20	Bearing	2	6004 (Black Plastic Shell)	69	Front Sleeve	2	Flat Oval 30*70*1.5T – Flat Oval 20*60*148L
21	C-Shape Spring	1	Ø20	70	L-Shape Handle	3	
22	Spacer	1	ExternalØ27*InternalØ20.5*0.3T	71	Bottom Sensor Wire	1	
23	Screw	2	M6*40L	72	Middle Sensor Wire	2	
24	Chain Cover A	1		73	Carriage Screw	1	M10*45 Thread Length -15
25	Chain Cover B	1		74	Handlebar Foam Cover	1	
26	Chain Cover B Gland	1		75	Handlebar Plug	2	
27	Decorative Cover	1		76	Handlebar Fix Plate	1	4T
28	Phone Holder	1		77	Cross-head Self-tapping Tail Screw	6	ST4*11L
29	Left Sweat-proof Cover	1		78	Transit Wheel	2	
30	Right Sweat-proof Cover	1		79	Hexagon Flat Head Screw	2	M8*35

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31	Small Chain Cover	1		80	Nylon Nut	2	M8
32	Flywheel	1	Ø420x25Wx6.5KG	81	Nylon Nut	2	M6
33	Flywheel Left Decorative Cover	1	Ø386*Ø60*2.5T	82	Washer	2	φ6xφ16x2T
34	Flywheel Right Decorative Cover	1	Ø386*Ø60*2.5T	83	Cross Head Self-tapping Screw - small head	1	ST4*11
35	Flywheel Spindle	1	M10*P1.0*139L	84	Hexagon Bolt	3	M6x16
36	Flywheel Distance Sleeve	1	Ø14*Ø10.2*19.5L	85	Hexagon Flange Nut	3	M6
37	Flywheel Distance Sleeve	1	Ø14*Ø10.2*50L	86	Right Crank Decorative Cover	1	
38	Bearing	2	6000 (Black Plastic Shell)	87	Left Crank Decorative Cover	1	
39	Brake Knob	1	M8	88	Hexagon Flat Head Screw	1	M6*12
40	Brake Pole	1	Ø8*225L	89	Computer Holder	1	
41	Rubber Mat	1	13*2T	90	Computer	1	
42	Sleeve	1	Ø12*Ø8.2*17L	91	Hand Pulse Sensor Pad	2	
43	Brake Pad Holder	1		92	Cross Self-tapping Screw	2	ST3.8*20
44	Circuit Board	1		93	Cross Countersunk Head Screw	2	M5*10L
45	Magnet	3	25.4*6.4T 4000 Gauss	94	Hand Pulse Sensor Wire	1	
46	Magnet Fix Plate	1		A	Open Spanner	1	
47	Brake Tension Spring	1	Ø2*Ø17*59L	B	Multi-functional Wrench	1	
48	Brake Pad	1	30*20*10T	C	Internal Hexagonal Wrench	1	
49	Senor Bar Fix Plate	1					

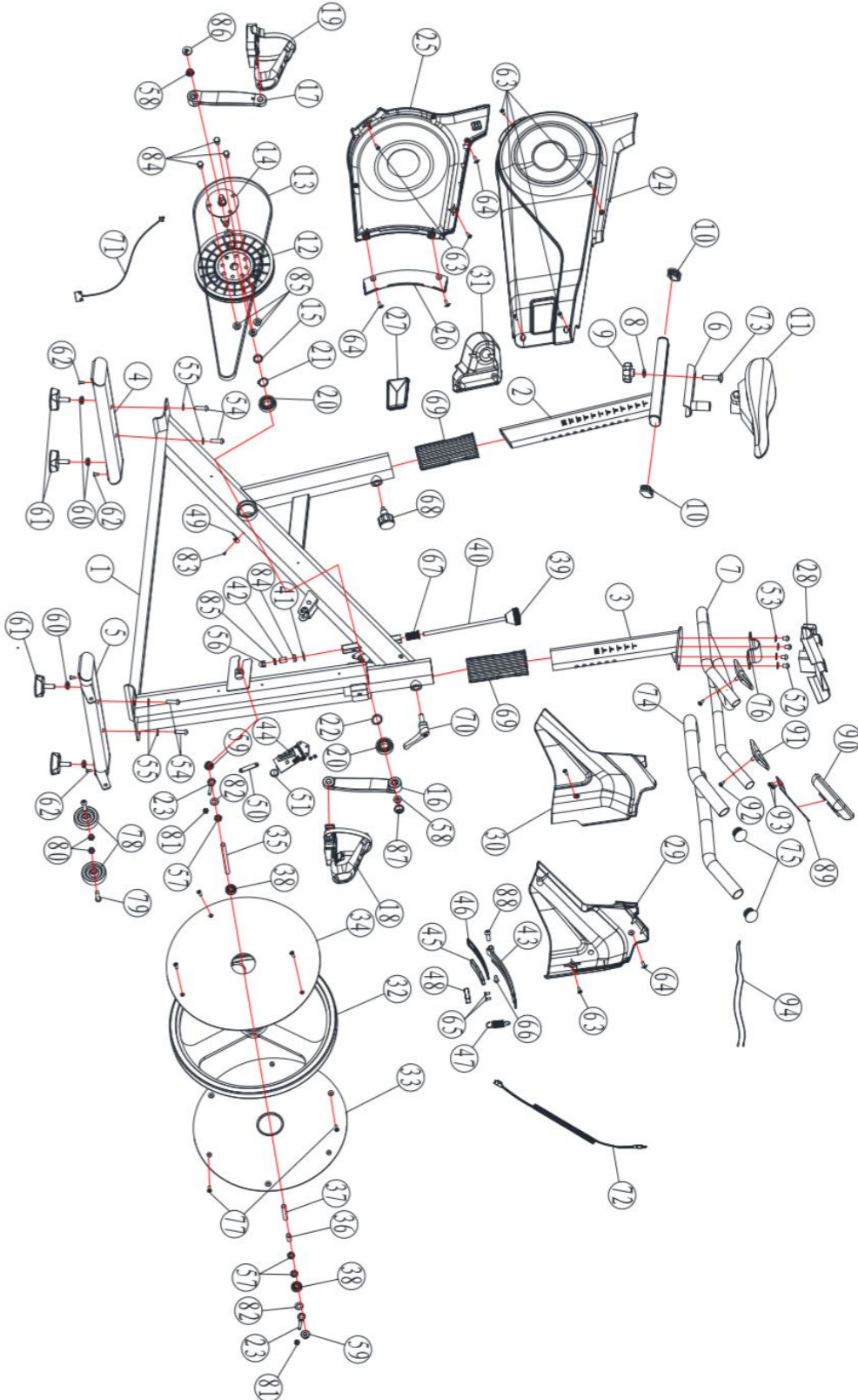
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3. Hardware and tools list



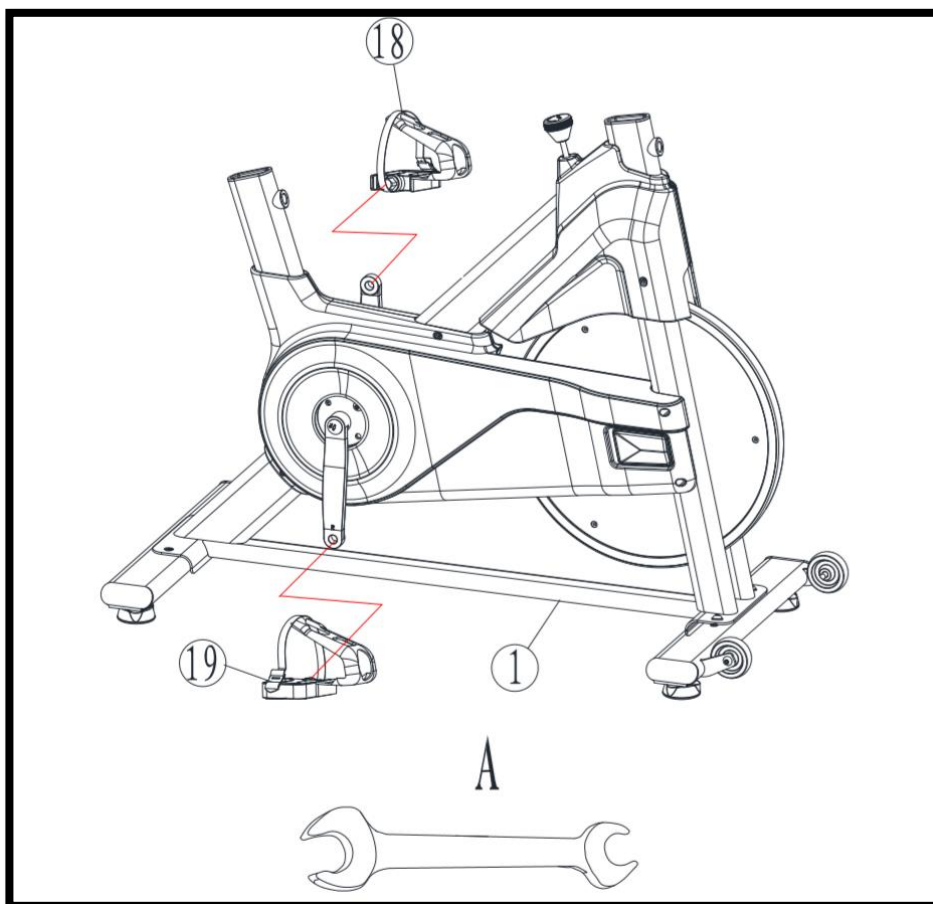
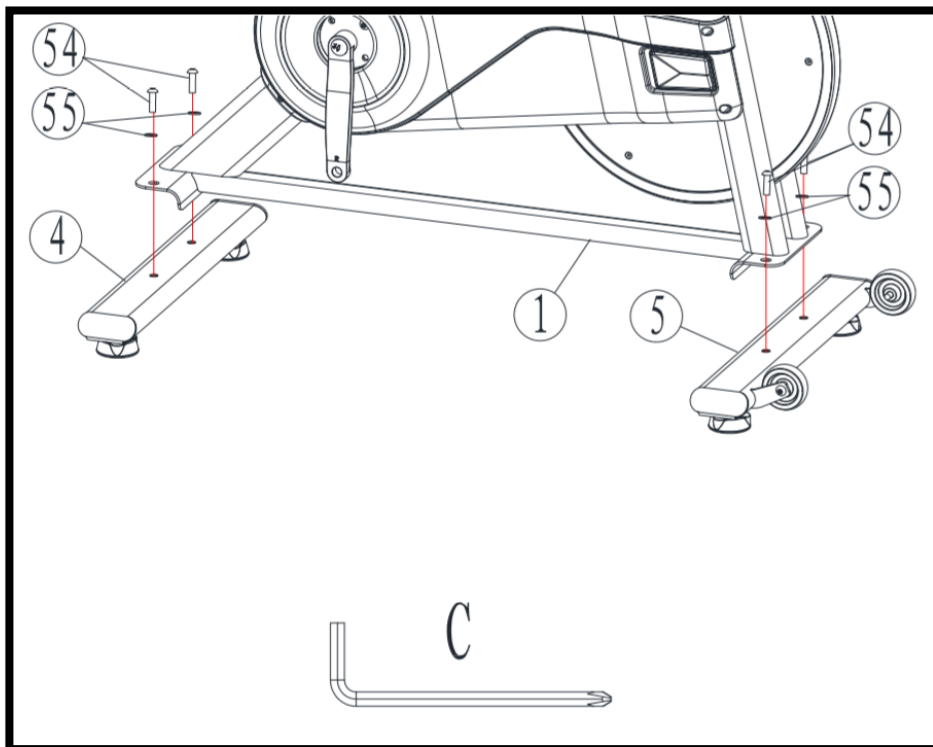
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4. Overview drawing

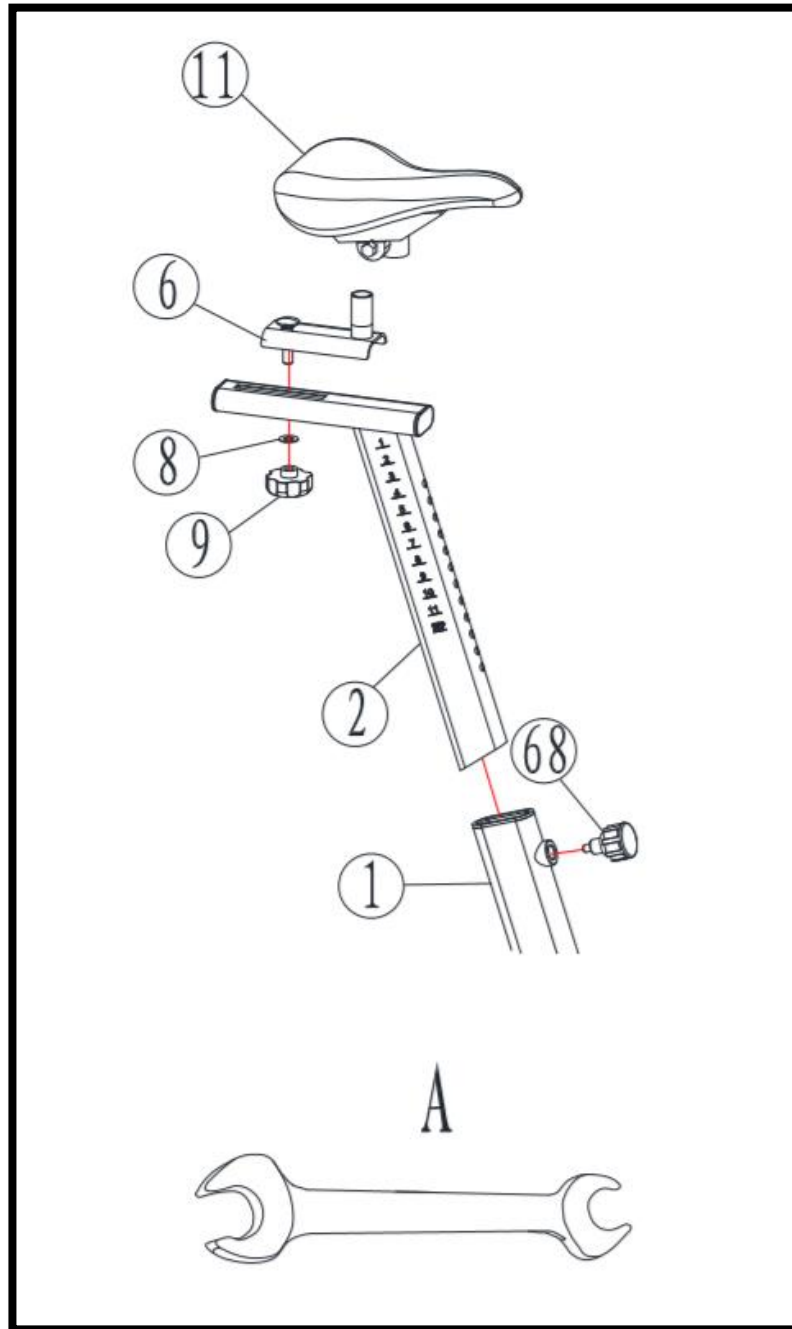


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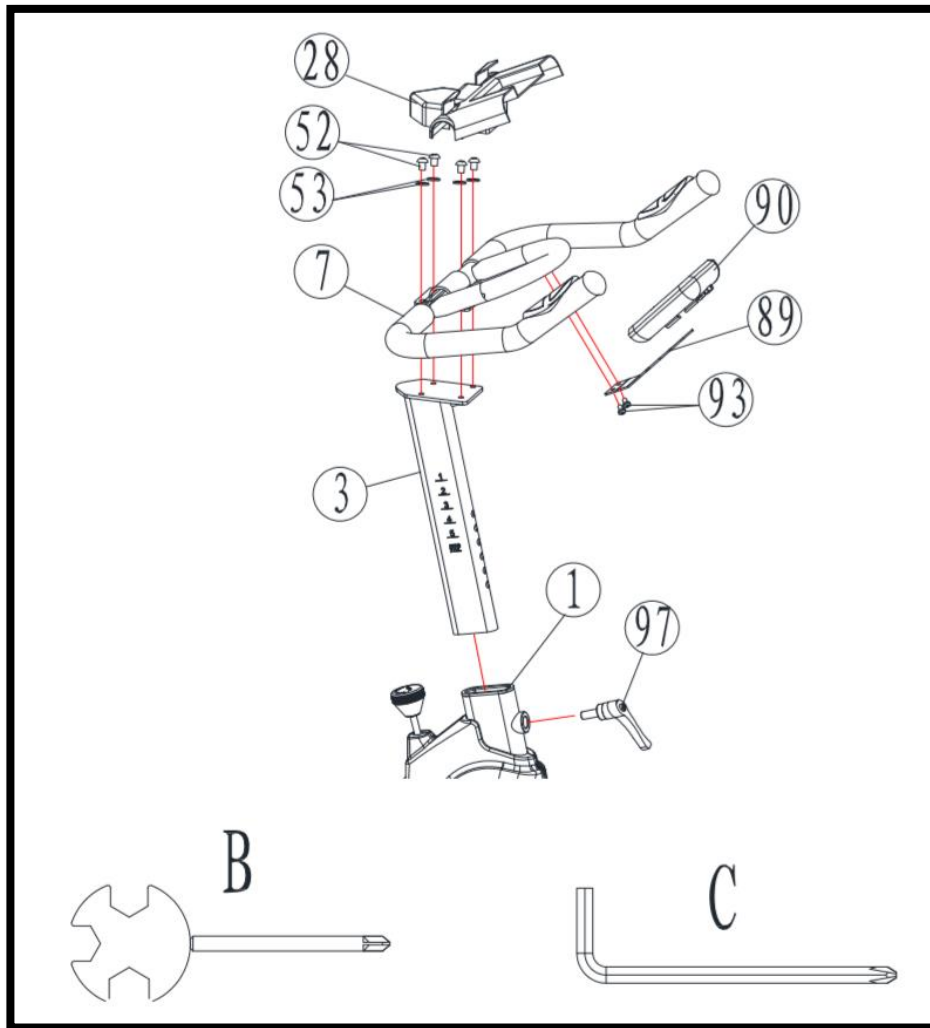
5. Assembly



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RACE 4



EnglishUser instructions



PUSH BUTTON To navigate through the different information displays.

DISPLAY	DISPLAY	FUNCTION
TIME	00:00 – 99:59	Current training time
SPEED (SPD)	00.00 – 99.99	Current speed
DISTANCE (DIST)	0000 – 9999	Current distance
PULSE	0000 – 9999	Current heart rate
TOTAL DISTANCE (ODO)	0000 – 9999	Total distance covered on the device
CALORIES (CAL)	0000 – 9999	Current burned calories

General usage:

1. With the push button you can navigate through the different information displays.
2. Press and hold the push button to do an entire RESET.
3. If the device does not receive a signal for a few minutes, it will switch off and erase the values automatically (with the exception of the total distance 'ODO').

Other information:

- This display offers the possibility to pair with a smartphone/tablet so that training can be done with an application. View: www.betersport.nl/fitness-apps
- If the device is not used for four minutes, the sleep mode will be activated.

Nederlands

Gebruikersinstructies

**DRUKTOETS**

Om te navigeren door de verschillende informatieweergaven.

DISPLAY	WEERGAVE	FUNCTIE
TIME	00:00 – 99:59	Huidige trainingstijd
SPEED (SPD)	00.00 – 99.99	Huidige snelheid
DISTANCE (DIST)	0000 – 9999	Huidige afstand
PULSE	0000 – 9999	Huidige hartslag
TOTAL DISTANCE (ODO)	0000 – 9999	Totale afstand afgelegd op het apparaat
CALORIES (CAL)	0000 – 9999	Huidige verbrande calorieën

Algemeen gebruik:

1. Met de druktoets kan er genavigeerd worden door de verschillende informatieweergaven.
2. Houd de druktoets ingedrukt om een gehele RESET plaats te laten vinden.
3. Indien het apparaat enkele minuten geen signaal krijgt, zal deze uitschakelen en de waarden automatisch wissen (m.u.v. de totale afstand 'ODO').

Overige informatie:

- Dit display biedt de mogelijkheid tot het koppelen met een smartphone/tablet zodat er getraind kan worden met een applicatie. Zie: www.betersport.nl/fitness-apps
- Indien het apparaat enkele minuten niet gebruikt wordt, zal de slaapmodus geactiveerd worden.

DeutschBenutzeranweisungen



DRUCKKNOPF Zur Navigation zwischen den unterschiedlichen Informationsdarstellungen

DISPLAY	WIEDERGABE	FUNKTION
TIME	00:00 – 99:59	Aktuelle Trainingszeit
SPEED (SPD)	00.00 – 99.99	Aktuelle Geschwindigkeit
DISTANCE (DIST)	0000 – 9999	Aktueller Abstand
PULSE	0000 – 9999	Aktuell Herzfrequenz
TOTAL DISTANCE (ODO)	0000 – 9999	Gesamter auf dem Gerät zurückgelegter Abstand
CALORIES (CAL)	0000 – 9999	Aktuell verbrannte Kalorien

Allgemeine Verwendung:

1. Mit dem Druckknopf können Sie zwischen unterschiedlichen Informationsdarstellungen wechseln.
2. Halten Sie den Druckknopf fest, um einen vollständigen RESET durchzuführen.
3. Wenn das Gerät über mehrere Minuten kein Signal erhält, schaltet es sich ab und löscht sämtliche Werte automatisch (mit Ausnahme des Gesamtabstandes 'ODO').

Sonstige Informationen:

- Dieses Display lässt sich mit einem Smartphone/Tablet koppeln, sodass mit einer App trainiert werden kann. Siehe: www.betersport.nl/fitness-apps
- Wenn das Gerät über mehrere Minuten nicht verwendet wird, schaltet es in den Ruhemodus.

FrançaisInstructions utilisateur



BOUTONS-POUSSOIRS Pour naviguer à travers les différentes fenêtres d'information.

DISPLAY	AFFICHAGE	FONCTION
TIME	00:00 – 99:59	Durée d'entraînement en cours
SPEED (SPD)	00.00 – 99.99	Vitesse actuelle
DISTANCE (DIST)	0000 – 9999	Distance parcourue
PULSE	0000 – 9999	Rythme cardiaque actuel
TOTAL DISTANCE (ODO)	0000 – 9999	Distance totale parcourue sur l'appareil
CALORIES (CAL)	0000 – 9999	Calories brûlées

Utilisation générale :

1. Avec le bouton poussoir, vous pouvez naviguer parmi les différentes fenêtres d'informations.
2. Appuyer sur le bouton poussoir et le maintenir enfoncé pour effectuer une réinitialisation complète.
3. Si l'appareil ne reçoit pas de signal pendant quelques minutes, il s'éteint et efface automatiquement les valeurs (sauf la distance totale 'ODO').

Informations complémentaires:

- Cet écran offre la possibilité de se coupler avec un smartphone/tablette pour que la formation puisse se faire avec une application. Voir : www.betersport.nl/fitness-apps
- Si l'appareil n'est pas utilisé pendant quatre minutes, le mode veille sera activé.

EspañolInstrucciones para el usuario



PULSE EL BOTÓN Para navegar a través de las diferentes pantallas de información.

DISPLAY	PANTALLA	FUNCIÓN
TIME	00:00 – 99:59	Tiempo de entrenamiento actual
SPEED (SPD)	00.00 – 99.99	Velocidad actual
DISTANCE (DIST)	0000 – 9999	Distancia actual
PULSE	0000 – 9999	Ritmo cardíaco actual
TOTAL DISTANCE (ODO)	0000 – 9999	Distancia total recorrida en el aparato
CALORIES (CAL)	0000 – 9999	Calorías actuales quemadas

Uso general:

1. Con el botón, puede navegar por las diferentes pantallas de información.
2. Mantenga presionado el botón para permitir que se RESETEE por completo.
3. Si el dispositivo no recibe una señal durante unos minutos, se apagará y borrará los valores automáticamente (con la excepción del total 'ODO').

Información adicional:

- Esta pantalla ofrece la posibilidad de emparejarse con un smartphone/tablet para que el entrenamiento se pueda hacer con una aplicación. Ver: www.betersport.nl/fitness-apps
- Si el dispositivo no se utiliza durante cuatro minutos, se activará el modo de descanso.

ItalianoIstruzioni per l'utente

**PULSANTE**

Per navigare tra le diverse visualizzazione di informazioni.

DISPLAY**TIME****VISUALIZZAZIONE**

00:00 – 99:59

FUNZIONE

Tempo di allenamento attuale

SPEED (SPD)

00.00 – 99.99

Velocità attuale

DISTANCE (DIST)

0000 – 9999

Distanza attuale

PULSE

0000 – 9999

Frequenza cardiaca attuale

**TOTAL DISTANCE
(ODO)**

0000 – 9999

Distanza totale percorsa sul macchinario

CALORIES (CAL)

0000 – 9999

Calorie attuali bruciate

Utilizzo generale:

1. Con il pulsante si può navigare tra le diverse visualizzazioni di informazioni.
2. Tenere premuto il pulsante per avviare un RESET completo.
3. Nel caso in cui il macchinario non riceve segnali per alcuni minuti, si spegnerà e cancellerà automaticamente i dati (con l'eccezione della distanza totale "ODO").

Informazioni supplementari:

- Questo display offre la possibilità di accoppiarsi con uno smartphone/tablet in modo che l'allenamento possa essere fatto con un'applicazione. Visualizza: www.betersport.nl/fitness-apps
- Se il dispositivo non viene utilizzato per quattro minuti, si attiva la modalità sleep.