

SERIAL NO. FC2916-UK

Xer Fit



FOLDABLE MAGNETIC X BIKE

**☎ Call FREEPHONE 0800-3-101-202 for
CUSTOMER SUPPORT (UK ONLY)**

If anything is wrong with your order, or if you have any questions or queries relating to the assembly or operation of this product, please get in touch by e-mail (support@benysports.co.uk) or, by calling our FREEPHONE Number 0800-3-101-202 (for the UK)

or

+44 (0) 1535-637711 (outside the UK),
so we have the opportunity to resolve any problems

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Protect the environment by not disposing of this product with household waste.



General Information

Quality

This exercise product has been designed and manufactured to comply with the latest (BS EN 957) British and European Safety Standards.

Questions

Should you encounter any difficulty with the assembly, operation or use of your exercise product or if you think that you may have parts missing, please **DO NOT** return it to your retailer but contact us first for help and advice, asking for **CUSTOMER SUPPORT**, by any of the following means.

Tel:- 0800 3 101 202 or
+44 (0) 1535 637711
Email:- support@benysports.co.uk
Website: www.benysports.co.uk

CUSTOMER SUPPORT open from 9.00am to 5.00pm
from Monday to Friday

Beny Sports Co. UK Ltd.
Unit 8 Riparian Way,
The Crossings Business Park,
Cross Hills,
West Yorkshire.
BD20 7BW

Queries

If you do have any queries, please ensure that you have the following information ready for our Customer Support Staff:

YOUR NAME
YOUR ADDRESS
YOUR PHONE NUMBER
PRODUCT MAKE OR BRAND
PRODUCT MODEL
PRODUCT SERIAL NUMBER
DATE OF PURCHASE
NAME OF RETAILER
PART NUMBERS REQUIRED

Guarantee

This product is guaranteed for **DOMESTIC USE ONLY** for a period of **1 YEAR** from the original certified date of purchase. During this period we have the right to: -

- a). Provide parts for the purchaser to effect repair.
- b). Repair the product, returned to our warehouse (at the purchaser's cost).
- c). Replace the product if it is deemed (by us) to be economical to do so.

This guarantee does not cover wear and tear on upholstery or consumables.

This guarantee does not cover abuse, defects caused by storage or use outside those intended.

If you need to advise us of a defect with your product and in order for us to service any requirement for replacement parts or repairs, we will ask for proof of purchase. Failure to do so will result in any claim for replacement parts or repairs being refused.

This guarantee, (both given and implied) applies to the original purchaser only, is not transferable and will be invalidated if used outside of the above criteria.

This guarantee is valid only in the United Kingdom and Eire.

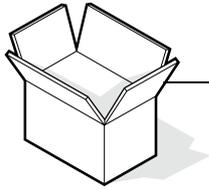
This does not affect your statutory rights as a consumer.

Customer Support

Tel:- 0800 3 101 202 or
+44 (0) 1535 637711
Email:- support@benysports.co.uk
Website: www.benysports.co.uk

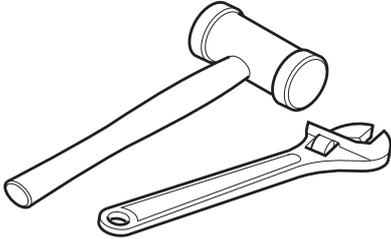
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Before you Start

Tools



If required, most of our products are supplied with basic tools, which will enable you to successfully assemble your product. However, you may find it beneficial to have a soft-headed hammer and perhaps an adjustable spanner handy as this may help.

Prepare the Work Area

It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and will reduce the possibility of injury during assembly.

Work with a Friend

You may find it quicker, safer and easier to assemble this product with the help of a friend as some of the components may be large, heavy or awkward to handle alone.

Open the Carton.

Carefully open the carton that contains your product, taking note of the warnings printed on the carton to ensure that the risk of injury is reduced. Be aware of sharp staples that may be used to fasten the flaps as these may cause injury. Be sure to open the carton the right way up, as this will be the easiest and safest way to remove all the components.

Unpack the Components

Carefully unpack each component, checking against the parts list that you have all the necessary parts to complete the assembly of your product.

Please note that some of the parts may be pre-fitted to major components, so please check carefully before contacting our CUSTOMER SUPPORT team.

In any event, please do not return the product to your retailer before contacting us first.



Safety

Before you undertake any programme of exercise that will increase cardiovascular activity please be sure to consult with your doctor. Frequent strenuous exercise should be approved by your doctor and proper use of your product is essential. Please read this manual carefully before commencing assembly of your product or starting to exercise.

**Please keep all children away from exercise products when in use. Do not allow children to climb or play on them when they are not in use.*

**For your own safety, always ensure that there is at least 1 Metre of free space in all directions around your product while you are exercising.*

**Regularly check to see that all nuts, bolts and fittings are securely tightened. Periodically checking all moving parts for obvious signs of wear or damage.*

**Clean only with a damp cloth, do not use solvent cleaners. If you are in any doubt, do not use your product, but contact CUSTOMER SUPPORT by any of the means listed on the opposite page.*

**Before use, always ensure that your product is positioned on a solid, flat surface. If necessary, use a rubber mat underneath to reduce the possibility of damaging flooring or slipping in use.*

**Always wear appropriate clothing and footwear such as training shoes when exercising. Do not wear loose clothing that could become caught or trapped during exercise.*



Warning

If any part of your product becomes damaged, broken or badly worn do not use the equipment until the defective parts have been replaced

Storage and Use

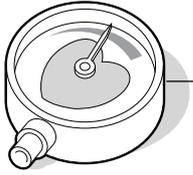
Your product is intended for use in clean dry conditions. You should avoid storage in excessively cold or damp places as this may lead to corrosion and other related problems that are outside our control.

Weight Limit

*Your product is suitable for users weighing:
220 LBS / 15.6 Stones / 100 KG or less.*

Conformity

*This product conforms to:
BS EN ISO 20957-1 and BS EN 957-5- HOME USE - Class (HC).
It is NOT suitable for therapeutic purposes.*



Exercising Information

Basic Aerobic Training Programme

For your basic Aerobic Exercise routine we suggest that you try the following. Remember, breathe correctly, exercise at your own pace and do not over-train as injury may result.

Week 1 & 2

Warm Up 5 - 10 Minutes
Cool Down 5 Minutes

Exercise 4 minutes at 'A'
Rest 1 minute
Exercise 2 minutes at 'A'
Exercise slowly 1 minute

Week 3 & 4

Warm Up 5 - 10 Minutes
Cool Down 5 Minutes

Exercise 5 minutes at 'A'
Rest 1 minute
Exercise 3 minutes at 'A'
Exercise slowly 2 minutes

Week 5 & 6

Warm Up 5 - 10 Minutes
Cool Down 5 Minutes

Exercise 6 minutes at 'A'
Rest 1 minute
Exercise 4 minutes at 'A'
Exercise slowly 3 minutes

Week 7 & 8

Warm Up 5 - 10 Minutes
Cool Down 5 Minutes

Exercise 5 minutes at 'A'
Exercise 3 minutes at 'B'
Exercise 2 minutes at 'A'
Exercise slowly 1 minute
Exercise 4 minutes at 'A'
Exercise slowly 3 minutes

Week 9 & beyond

Warm Up 5 - 10 Minutes
Cool Down 5 Minutes

Exercise 5 minutes at 'A'
Exercise 3 minutes at 'B'
Exercise 2 minutes at 'A'
Exercise slowly 1 minute
Repeat entire cycle 2 or 3 times

This is only a suggested programme and may not suit every individual's needs.



Exercising Information

Beginning

*How you begin to exercise will vary from person to person. If you have not exercised for a long period of time, have been inactive for a while, or are severely overweight you **MUST** start slowly, increasing your exercise time gradually, by perhaps only a few minutes for each session per week.*

Combine a carefully structured nutritious diet with a simple but effective exercise routine and this can help make you feel better, look better and will almost certainly enable you to enjoy life more.

Aerobic Fitness

Aerobic exercise is simply defined as any sustained activity that increases the supply of oxygen to your muscles via the blood pumped by your heart. With regular exercise, your cardiovascular system will become stronger and more efficient. Your recovery rate i.e. the time taken for your heart to reach its normal resting level, will also decrease.

Initially you may only be able to exercise for a few minutes each day. Do not hesitate to breathe through your mouth should you need more oxygen. Use the "talk test". If you cannot carry on a conversation while exercising, you are working too hard! However, aerobic fitness will be gradually built up with regular exercise, over the next six to eight weeks.

Do not be discouraged if it takes longer than this to begin to feel less lethargic, everyone is different and some will achieve their targets quicker than others. Work at your own, comfortable pace and the results will come. The better your aerobic fitness the harder you will have to work to stay in your target zone.



Exercising Information

Warm Up

A successful exercise programme consists of three parts, Warm Up, Aerobic Exercise and Cool Down. Never start a training session without warming up. Never finish one without cooling down correctly. Perform between five and ten minutes of stretching before starting your workout to prevent muscle strains, pulls and cramps.

Aerobic Exercise Session

Those new to exercise should exercise no more than every other day to start with.

As your fitness level increases, increase this to 2 in every 3 days.

When you are comfortable with your routine, exercise for 6 days per week. Always take at least one day off per week.

Exercising in your Target Zone

To ensure that your heart is working in its exercise target zone, you need to be able to take your pulse. If you do not have a pulse monitor (either from the product you are using or a proprietary independent unit) you will need to locate the pulse in your carotid artery. This is situated in the side of the neck and can be felt by using the index and middle fingers. Simply count the number of beats you feel in 10 seconds and then multiply by six to get your pulse rate. This should be taken before you start to exercise for easy reference.

People who have a greater aerobic fitness, have a lower resting pulse level and will also be able to exercise with a higher pulse level.

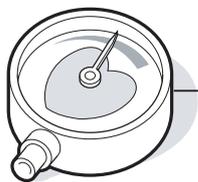
Target Zone

To determine your target zone, see the chart opposite. If you are new to exercise and by definition unfit, refer to the left column. If you exercise regularly and have good aerobic fitness, refer to the right column.



Note

Incorrect or excessive training may damage your health. Please read the exercise information first.



Exercising Information

Target Zone (con't)

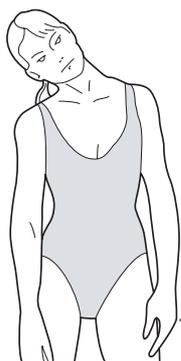
USERS AGE	UNCONDITIONED TARGET ZONE - A	CONDITIONED TARGET ZONE - B
(Years)	(Beats per Minute)	(Beats per Minute)
20-24	145 - 165	155 - 175
25-29	140 - 160	150 - 170
30-34	135 - 155	145 - 165
35-39	130 - 150	140 - 160
40-44	125 - 145	135 - 155
45-49	120 - 140	130 - 150
50-54	115 - 135	125 - 145
55-59	110 - 130	120 - 140
60 and over	105 - 125	115 - 135

Cool Down

To decrease fatigue and muscle soreness, you should also cool down by walking at a slow relaxed pace for a minute or so, to allow your heart rate to return to normal.

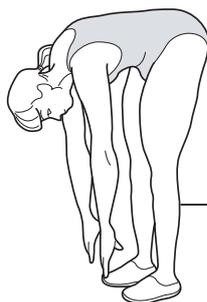
Warm Up and Cool Down Exercises

Hold each stretch for a minimum of ten seconds and then relax. Repeat each stretch two or three times. Do this before your Aerobic Exercise session and also after you have finished.



Head Roll

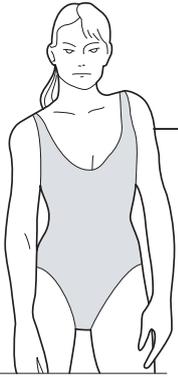
Rotate your head to the right for one count, feeling a slight pull on the left side of your neck. Next, rotate your head back for one count, stretching your chin. Then rotate your head to the left for one count, feeling a slight pull on the right side of your neck. Lastly, drop your head to your chest for one count. Repeat 2 to 3 times.



Toe Touch

Slowly bend forward from your waist, letting your back and shoulders relax as you lower your trunk. Gently stretch down as far as is comfortable and hold for 10 seconds.

Exercising Information

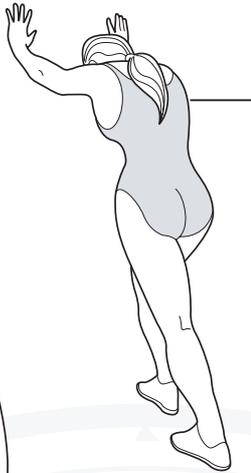


Shoulder Lift

Rotate and lift your right shoulder up towards your ear for one count. Relax then repeat for the left shoulder. Repeat 3 - 4 times.

Calf / Achilles Stretch

Turn towards the wall and place both hands on it. Support yourself with one leg while the other is placed behind you with the sole flat on the floor. Bend the front leg and lean towards the wall, keeping the rear leg straight so that the calf and Achilles tendon are stretched hold for 5 seconds. Repeat with the other leg. Repeat 2 - 3 times.



Side Stretch

Open both arms to the side and gently lift them above your head. Reach your right arm as high as you can for one count, gently stretching the muscles of the stomach and lower back. Repeat the action with your left arm. Repeat 3 - 4 times.

Inner Thigh Stretch

Sit on the floor and pull your legs toward your groin, the soles of your feet together. Hold your back straight and lean forward over your feet. Tighten the thigh muscles and hold for 5 seconds. Release and repeat 3 - 4 times.



Hamstring Stretch

Sit on the floor with your right leg extended and place your left foot flat against the right inner thigh. Stretch forward toward the right foot and hold for 10 seconds. Relax and then repeat with the left leg extended. Repeat 2 - 3 times.



Exercising Information



RESISTANCE ADJUSTMENT

To ensure smooth efficient cycling action, the tension belt braking system on your Exercise Cycle has been correctly adjusted by our factory during production.

To adjust the pedalling resistance during use, start by turning the Tension Control (33) fully ANTI-CLOCKWISE at the start of your workout. Gradually increase the pedalling resistance by turning the Tension Controller Knob CLOCKWISE as required.

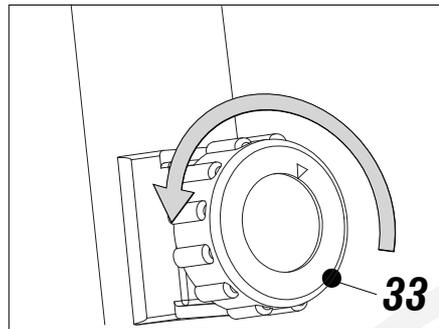


Note

There may be a small amount of built in resistance present at first due to the general tight fit of the new bearings, bushes and the drive belt.

LEVELLING THE CYCLE

For security and stability, your Cycle has a factory welded frame and once fully assembled correctly, should not need further alignment. However, in the interest of safety, please always ensure that your Cycle is positioned on a solid, flat surface. If necessary, use a rubber mat underneath to reduce the possibility of slipping in use. If you need to make a fine adjustment, simply twist the end of either Adjustable End Cap (38) to compensate for uneven floors.



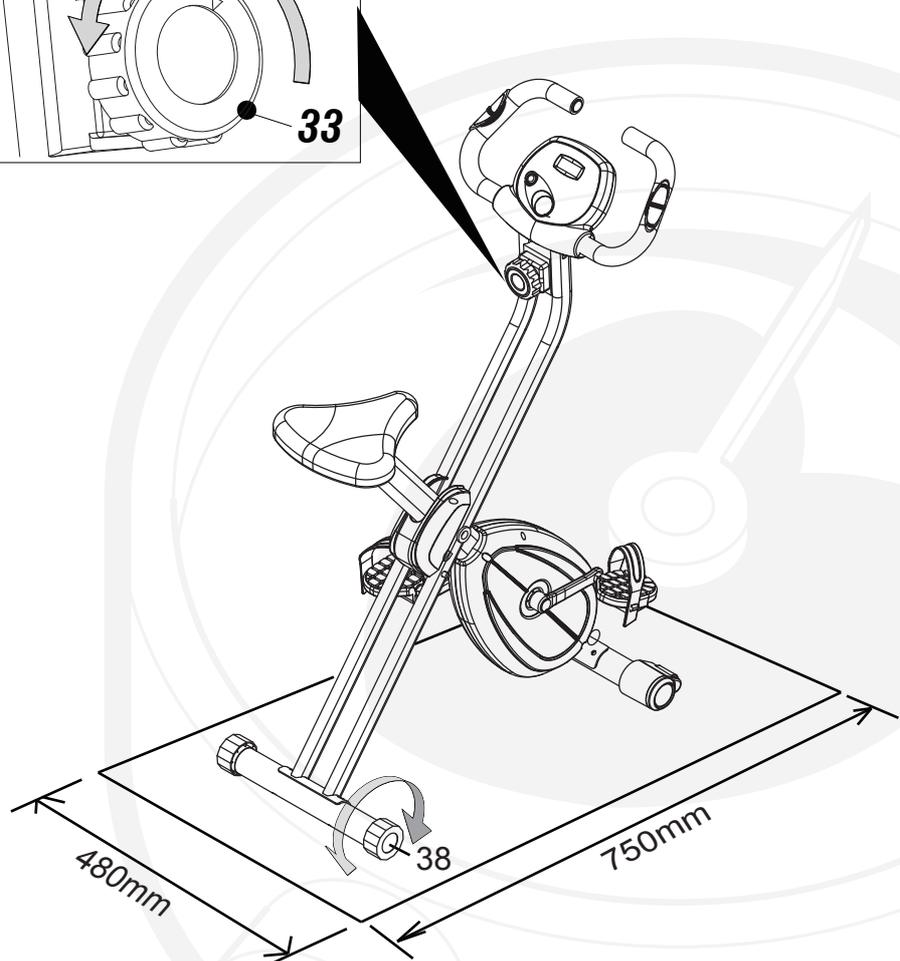
Note

In accordance with BS EN 957, the braking system on your Cycle is speed-independent.



Note

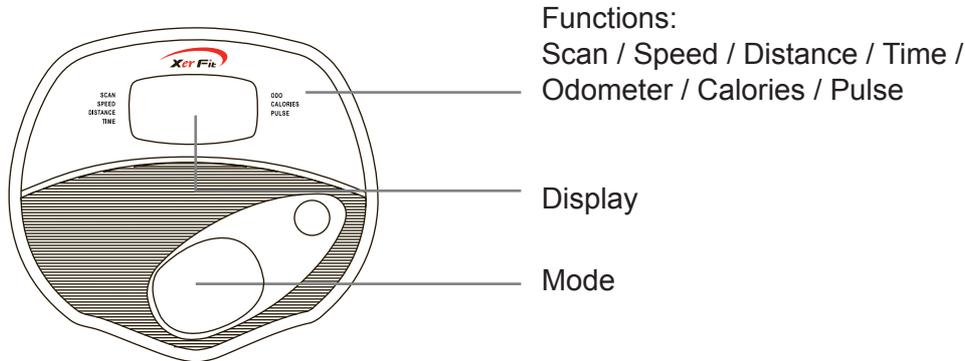
The foot print for this product is 750mm x 480mm.
The assembled weight is 15.5kg.





Exercise Monitor User Instructions

Your Exercise Monitor has been specially designed to help you plan and view your exercise performance.



To provide ease of use, there is only 1 button on your Exercise Monitor: - **MODE**

Press the **MODE** button to manually move through each of the Exercise Monitor's functions in turn.

These are in order: **TIME, SPEED, DISTANCE, CALORIES, ODO, PULSE and SCAN.**

If you press the **MODE** button until you reach the **SCAN** mode and then release it, the display will change approximately **EVERY 4 SECONDS** to show each function in turn.

Pressing and holding the **MODE** button when you are in each mode will enable you to set to zero any previous figures remaining in each individual function. **START** to exercise or press the **MODE** button and the Exercise Monitor will begin to register the various functions.

MOISTEN your HANDS before using the Pulse Function to ensure good contact is made on the Sensor Pads. Failure to do this may result in a bad connection and erratic Pulse readings. **Refer to the guide in your Assembly and Training Manual for guidance on Pulse Limits.**

Functions:

TIME: COUNT UP [minutes and seconds]

SPEED: CYCLE SPEED [KM/H]

DISTANCE: EXERCISE DISTANCE [KM]

CALORIES: COMPUTED THEORETICAL CALORIE BURN

ODO: Accumulated Exercise Distance

PULSE: ACTUAL EXERCISE PULSE RATE

SCAN: CHANGING FROM FUNCTION TO FUNCTION

Specifications		
Function	TIME	0.00 - 99.59 MINUTES (COUNT UP)
	SPEED	SHOWS EACH FUNCTION EVERY 4 SECONDS
	DISTANCE	0.0~999.9KM/H
	CALORIES	0.0~999.9KM (COUNT UP)
	ODO	0~9999KM
	PULSE	0.0 - 999.9 Kcal (THEORETICAL)
	SCAN	40 - 240 BEATS per MINUTE
POWER SOURCE	2 x AAA (1.5v) POWER CELLS	
STORAGE TEMPERATURE	-10°C - +60°C	
NORMAL OPERATING TEMPERATURE	0°C - +50°C	



Assembly & Adjustments

EXERCISE MONITOR FUNCTIONS

With your Cycle the single screen, 7 function Exercise Monitor is set to start automatically when you begin to cycle.

However, it is possible to switch on the monitor by pressing the Mode Button at the bottom of the monitor. To save battery consumption, the monitor will also switch off after it has been idle for approximately four minutes.

Please refer to the leaflet supplied with the Exercise Monitor for all operational functions.



Note

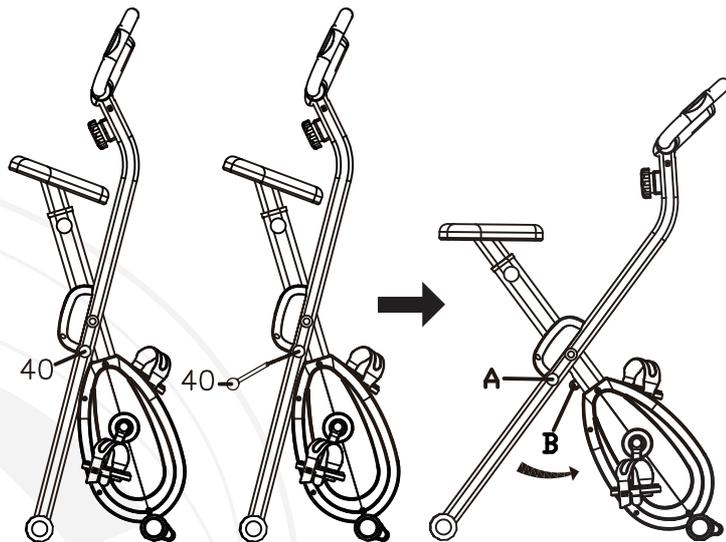
In the interest of safety, do **NOT** use polish or any lubricant on the saddle, foam handgrips or pedals.

LUBRICATION and MAINTENANCE

The moving parts in your Cycle are all pre-lubricated at assembly and should not require further attention. We recommend however that the cycle is used inside and stored in a dry condition. To clean the metal and plastic components, a general household cleaner can be used, but please be sure to dry the cycle and any attachments before use.

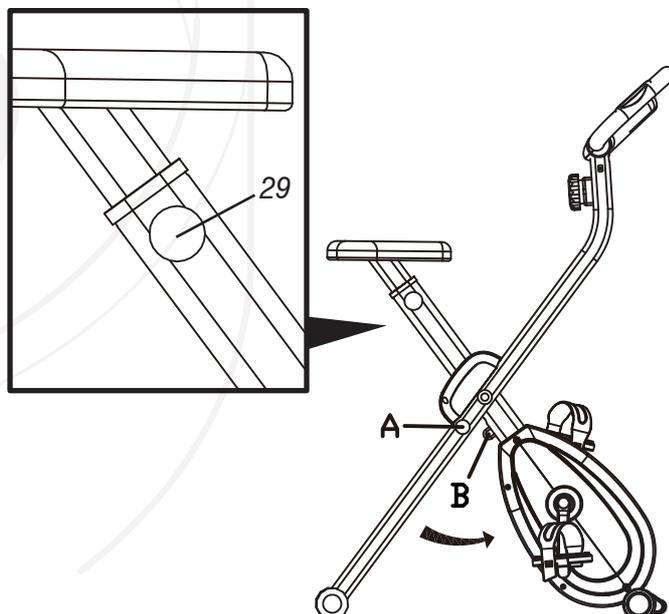
HOW TO FOLD

Using Locking Pin (40) to fold and unfold the Bike. When using, the Locking Pin (40) is in position A. When folded, the Locking Pin (40) is in position B.

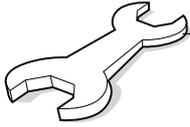


HOW TO ADJUST

The Saddle Support has "Max" Sign to show the maximum height of Saddle. You should not exceed this height. Unscrew the Seat Adjustment Knob (29) a couple of turns then pull the knob outwards to release the Saddle Support (6). Position the Seat Support Tube to the desired height allowing for a slight bend in the knee at the lowest pedal position and retighten the Seat Adjustment Knob (29).



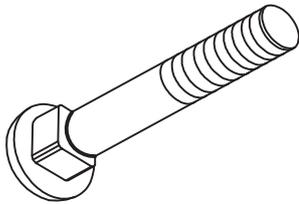
Assembly



ACCESSORY FITMENT LIST

These are all the accessories you will need to complete the assembly of your product.

The following accessories are supplied in a pack and should be checked before attempting assembly.



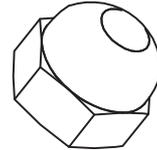
Item 44
Qty 4



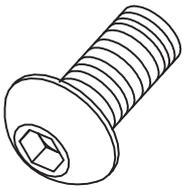
Item 47
Qty 4



Item 46
Qty 4



Item 45
Qty 4



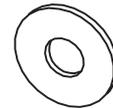
Item 52
Qty 4



Item 43
Qty 2

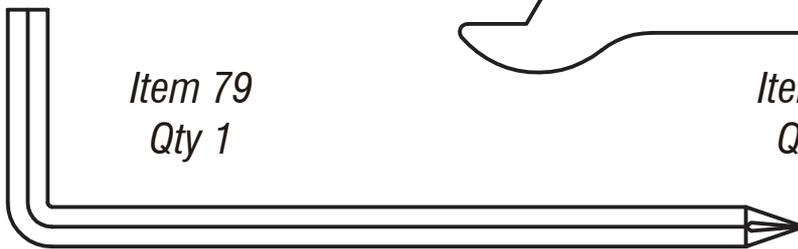


Item 61
Qty 4

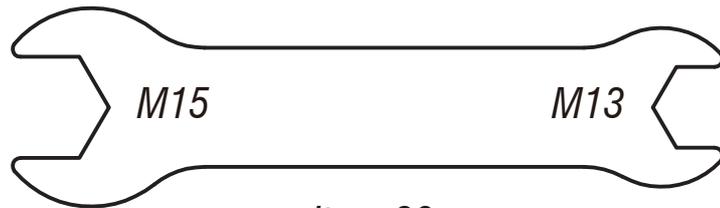


Item 53
Qty 2

M5



Item 79
Qty 1



Item 80
Qty 1

Assembly



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BD20 7BW

Carefully unpack each component, checking against the parts list that you have all the necessary parts to complete the assembly of your product.

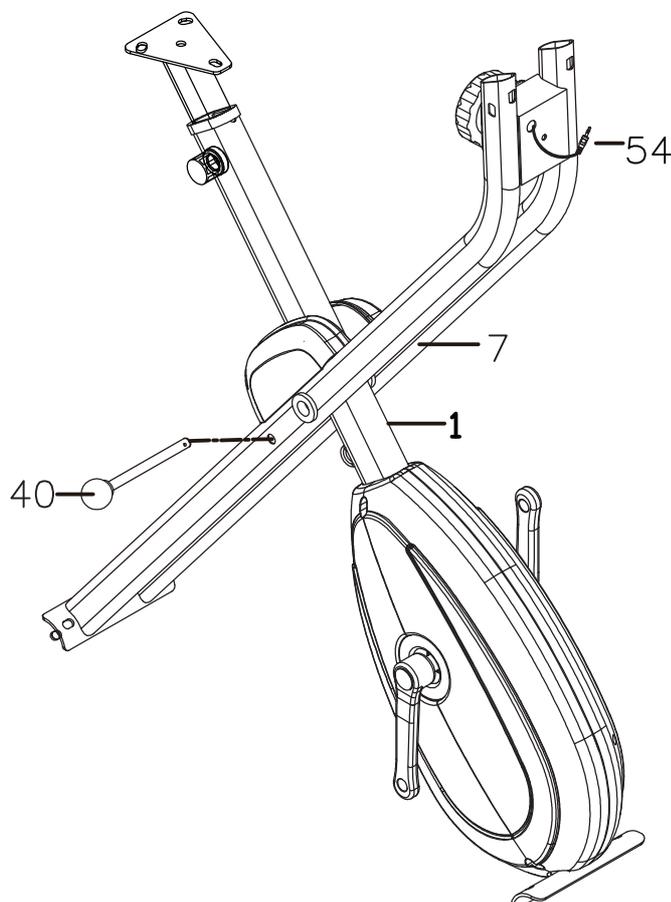
Please note that some of the parts may be pre-fitted to major components, so please check carefully before contacting our CUSTOMER SUPPORT team.

In any event, please do not return the product to your retailer before contacting us first.

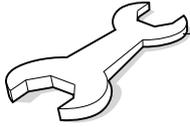
Tel:- 0800 3 101 202 or
+44 (0) 1535 637711
Email:- support@benysports.co.uk

CUSTOMER SUPPORT is open from 9.00am to 5.00pm from Monday to Friday

- 1.** *Unfold the Main Frame (1) and Rear Frame (7). Lock into position using 1 x Locking Pin (40).*



Assembly

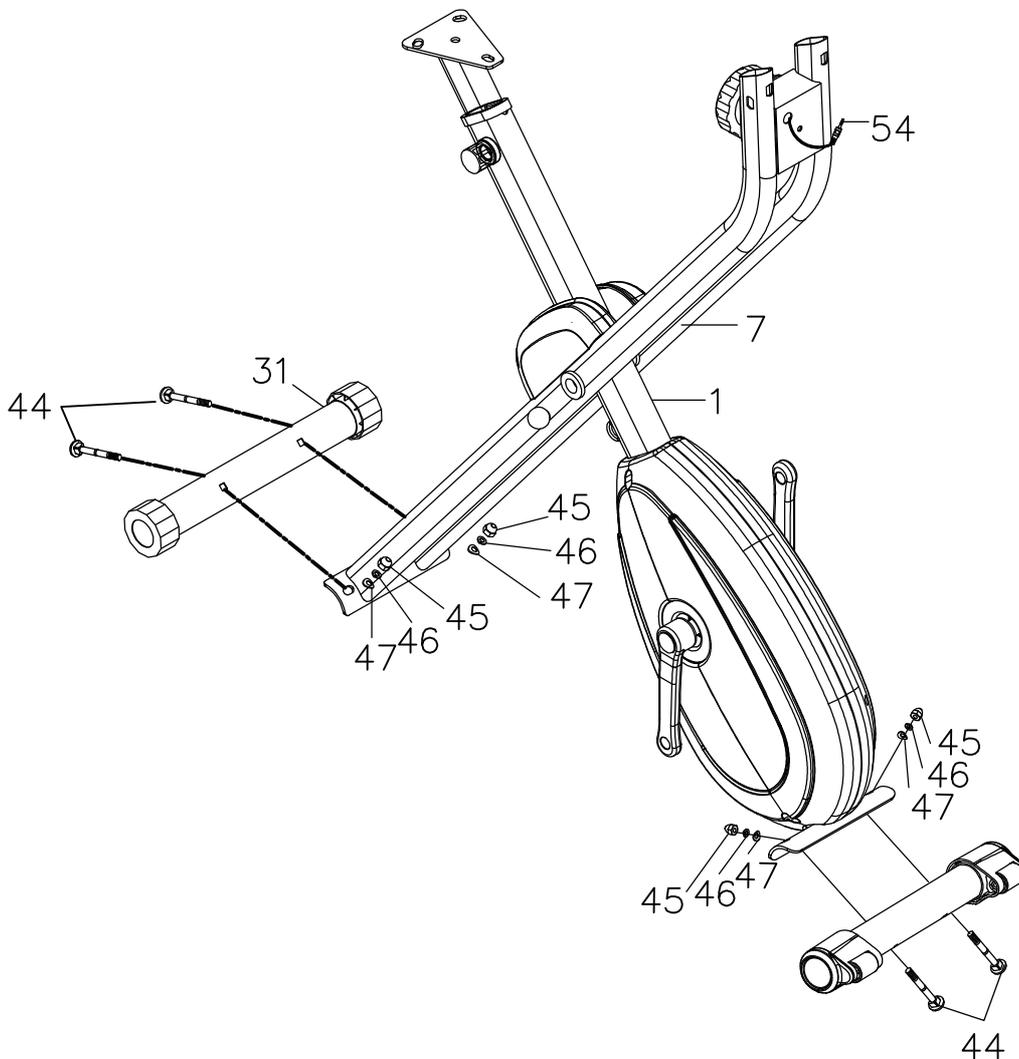


- 2.** Connect the Rear Stabilizer (31) to the Rear Frame (7) with 2 x M8 x 65 Carriage Bolts (44), 2 x M8 Curved Washers (47), 2 x M8 Spring Washers (46) and 2 x M8 Dome Nuts (45). Repeat for the Front Stabilizer and tighten all Nuts and Bolts securely.



Note

Do NOT FULLY TIGHTEN any Bolts, Nuts or Fittings at this stage unless specifically instructed to do so



Assembly



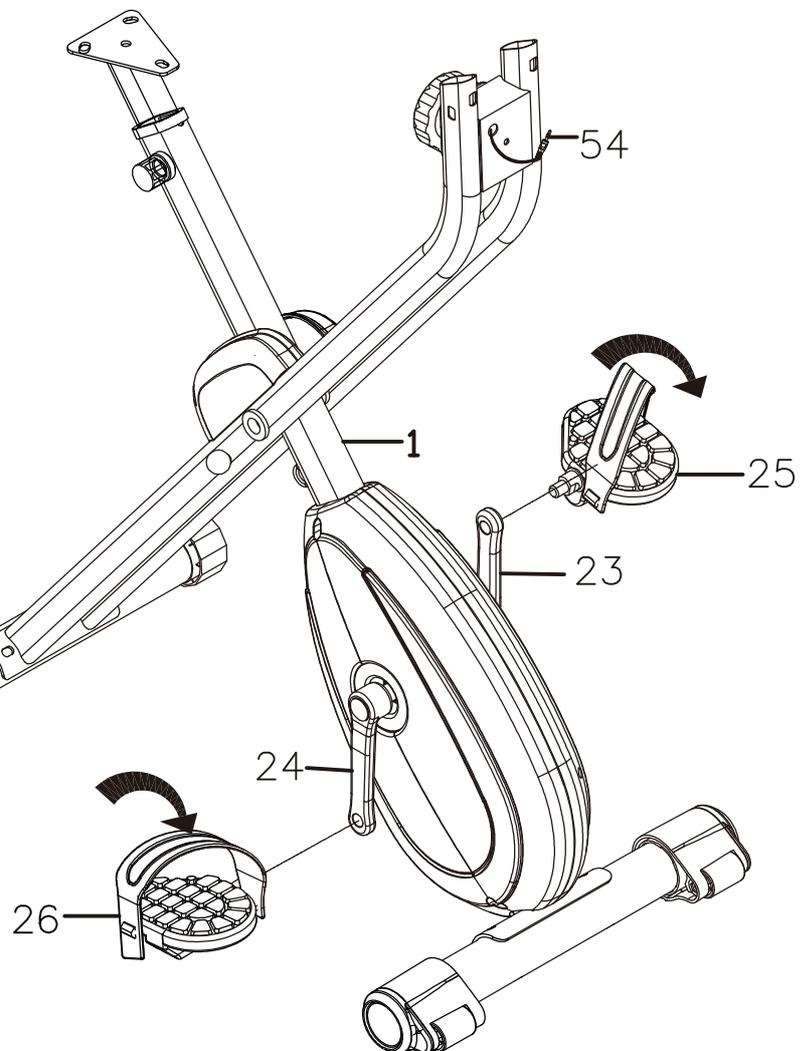
- 3.** Assemble the Pedals (Left and Right) (25L & 26R) to the Pedal Cranks (23L & 24R) (See note). Both Pedals **MUST** be tightened securely other wise damage may occur to the Crank.

Fasten the Pedal Straps ensuring a snug, but not tight fit with your normal footwear.

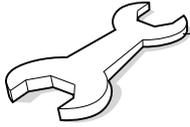


Note

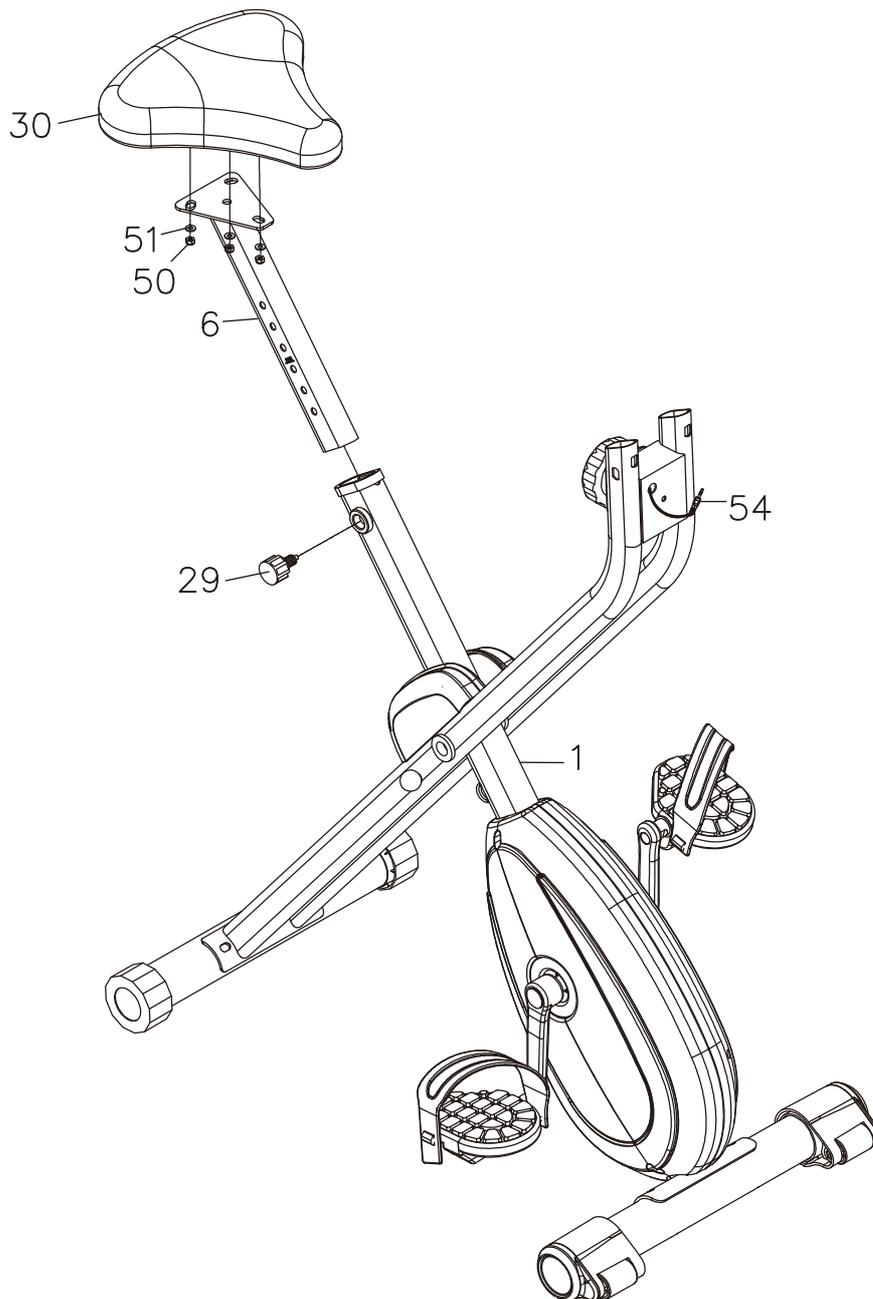
One Pedal is supplied with a **RIGHT HAND THREAD** for the **RIGHT HAND SIDE** of the cycle and must be fitted by turning **CLOCKWISE**. The other Pedal is supplied with a **LEFT HAND THREAD** for the **LEFT HAND SIDE** and must be fitted by turning **ANTI-CLOCKWISE**.



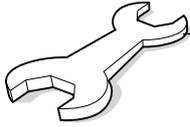
Assembly



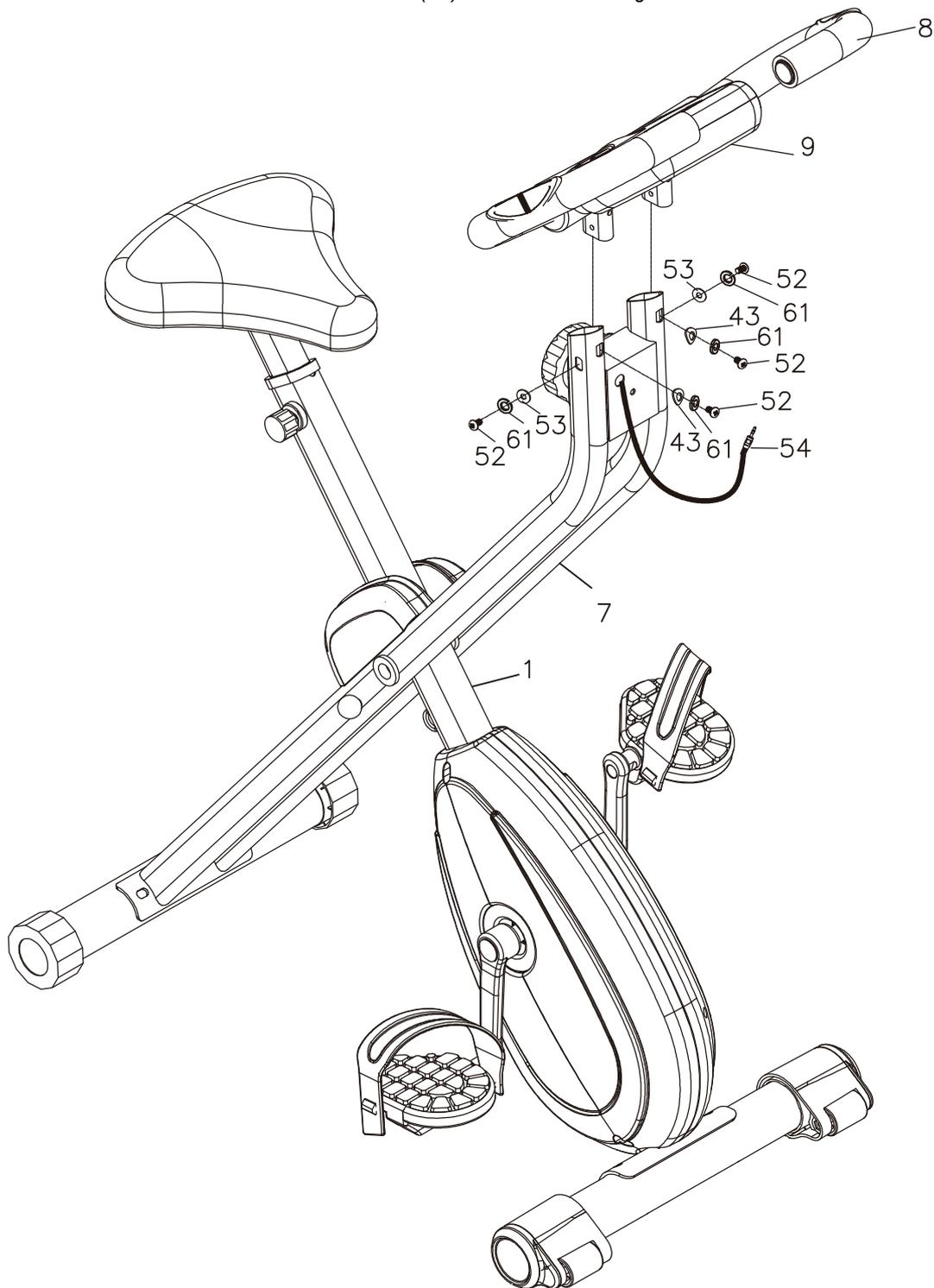
- 4.** Remove the 3 x M8 Flat Washers (51) and 3 x M8 Nylon Locknuts (50) from the Saddle (30). Fit the Saddle to the Saddle Support (6) refitting the Washers and Nuts previously removed. Unlock the Seat Adjustment Knob (29) and Set the Saddle to the desired height, allowing for a slight bend in the knee at the bottom of the pedal stroke and Re-tighten the Seat Adjustment Knob (29).



Assembly



- 5.** Carefully connect the Handlebar (8) onto the Handlebar Support using 2 x M6 x 15mm Allen Bolts (52), 2 x M6 Spring Washers (61) and 2 x M6 Flat Washers (53) from left and right sides. 2 x M6 x 15mm Allen Bolts (52), 2 x M6 Spring Washers (61) and 2 x M6 Curved Washers (43) in front as drawing.



Assembly

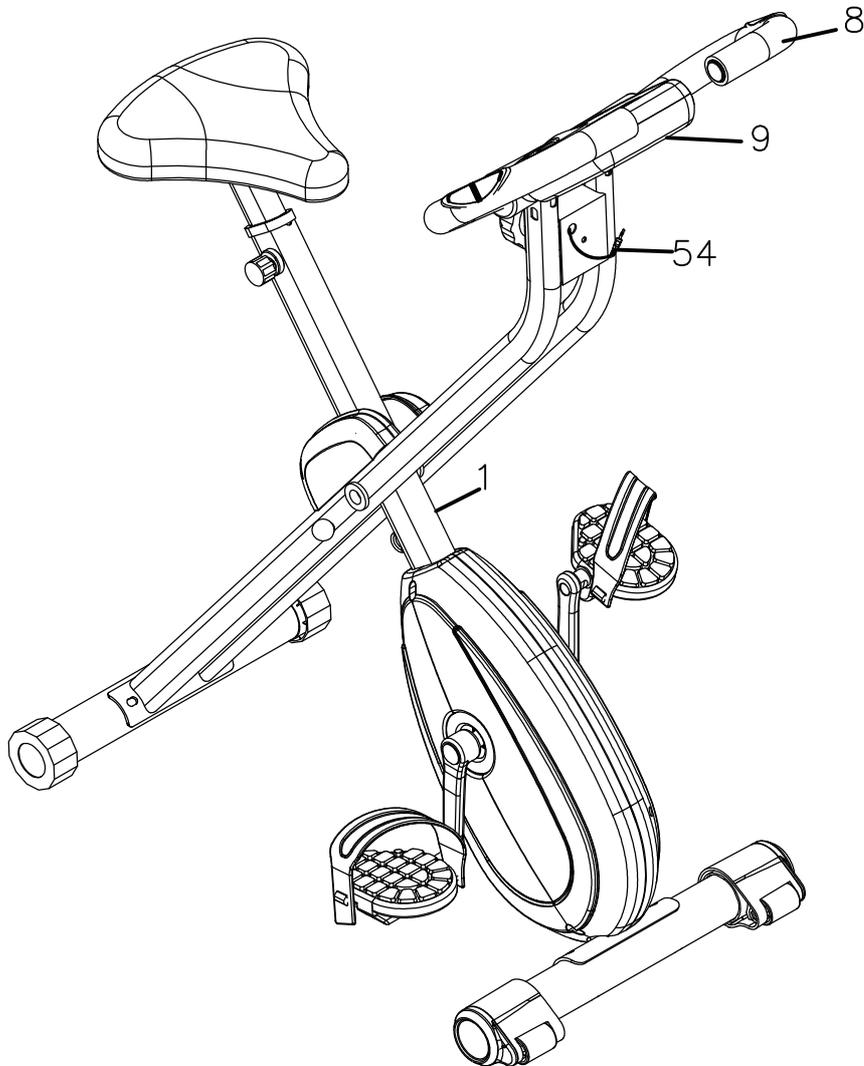


- 6.** Plug the Sensor Wire (54) into the socket at the back of the Exercise Monitor (9).

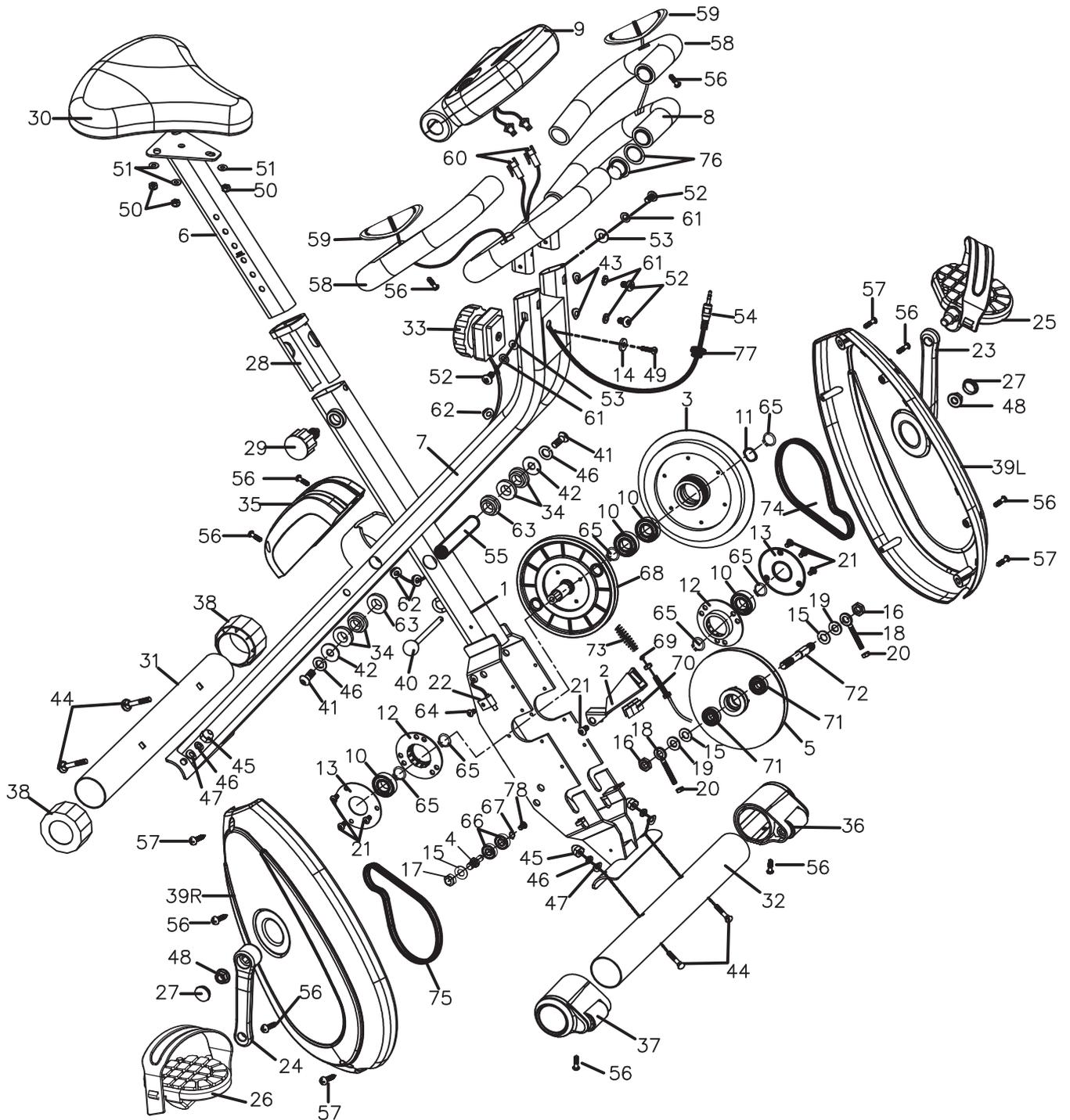


Note

FULLY TIGHTEN all Bolts, Nuts and Fittings now, ensuring that your product is located on a clear flat surface before doing so. Your product will now be ready to use.



Assembly



Assembly



PARTS LIST

PART No.	DESCRIPTION	QTY			QTY
1	Main Frame	1	44	M8 x 65 Carriage Bolt	4
2	Bracket	1	45	M8 Dome Nut	4
3	Wheel	1	46	M8 Spring Washer	6
4	Axle	1	47	M8 Curved Washer	4
5	Belt Plate	1	48	M10 Nylon Nut	2
6	Saddle Support	1	49	M5 x 50mm Screw	1
7	Rear Frame	1	50	M8 Nylon Locknut	3
8	Handlebar	1	51	M8 Flat Washer	3
9	Exercise Monitor	1	52	M6 x 15mm Allen Bolt	4
10	6003Z Bearing	4	53	M6 Flat Washer	2
11	Wave Washer	1	54	Sensor Wire	1
12	Bearing Bracket	2	55	Rotate Axle	1
13	Round Bracket	2	56	M4X20 Screw	10
14	M5 Flat Washer	1	57	M4 x 20mm Self-tapping Screw	4
15	M10 Flat Washer	3	58	Foamgrip	2
16	M10 Nylon Nut	2	59	Hand Pulse Pad	2
17	M10 Nylon Nut	1	60	Pulse Wire	2
18	M6 x 40mm screw	2	61	M6 Spring Washer	4
19	M10 Flat Washer	2	62	Grommet	3
20	M6 Nylon Nut	2	63	Cap	2
21	M6 x 12mm Screw	7	64	M3 x 10mm Screw	1
22	Sensor Bracket	1	65	Spring	6
23	Crank / L	1	66	608Z Bearing	2
24	Crank / R	1	67	M5 Flat Washer	1
25	Pedal / L	1	68	Wheel Assembly	1
26	Pedal / R	1	69	Adjustable Cable	1
27	Crank Round Cap	2	70	Magnet	6
28	Saddle Stem Insert	1	71	6000Z Bearing	2
29	Seat Adjustment Knob	1	72	Wheel Axle	1
30	Saddle	1	73	Spring	1
31	Rear Stabiliser	1	74	220J Belt	1
32	Front Stabiliser	1	75	230J Belt	1
33	Tension Control	1	76	Ø25.4 Round Cap	2
34	Cap	4	77	Grommet	1
35	Rear Cover	1	78	M5 x 10mm Screw	1
36	Front Stabiliser End Cap / L	1	79	M5 Allen Key	1
37	Front Stabiliser End Cap / R	1	80	M13-15 Spanner	1
38	Adjustable End Cap	2			
39	Chain Cover L/R	2			
40	Locking Pin	1			
41	M8 x 20mm Allen Bolt	2			
42	M8 Flat Washer	2			
43	M6 Curved Washer	2			



Note

Some of the above accessories are pre-fitted to the master component. They may not be supplied separately



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