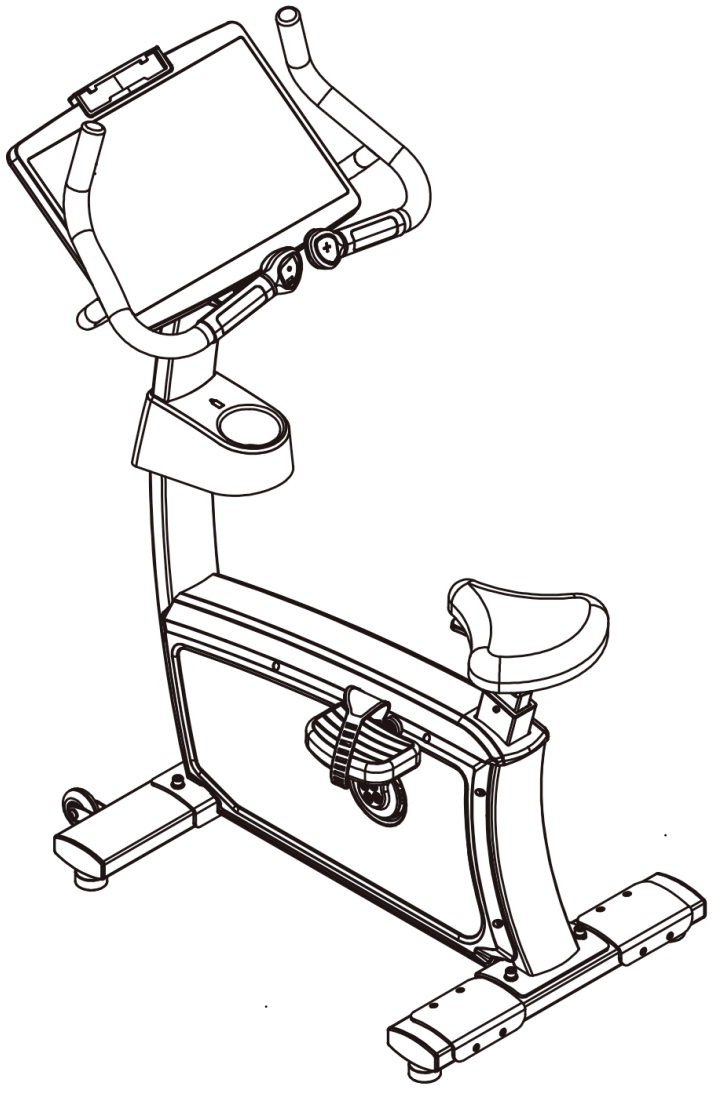
BINOM FITNESS

BA83

ADVANCED

Assembly Instructions



! CAUTION

Read all precautions and instructions in this manual before using this equipment.

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IMPORTANT SAFETY INSTRUCTIONS

When using an electrical appliance, basic precautions should always be followed, including the following:
Read all instructions before using this Treadmill:

DANGER - To reduce the risk of electric shock:

1. Always unplug this appliance from the electrical outlet immediately after using and before cleaning.
2. Do not reach for a plug that has fallen into water. Unplug immediately.
3. Do not use while bathing or in a shower.
4. Do not place or store the treadmill where it can fall or be pulled into a tub or sink. Do not place in or drop into water or other liquid.

WARNING - Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.

WARNING - To reduce the risk of burns, fire, electric shock, or injury to persons:

1. An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
2. Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to users.
3. Close supervision is necessary when this treadmill is used by, on, or near children, invalids, or disabled persons. Keep children away from extended back, foot support (or other similar parts).
4. Use this treadmill only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
5. Never operate this treadmill if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the Treadmill to a service center for examination and repair.
6. Do not carry this treadmill by supply cord or use cord as a handle.
7. Keep the cord away from heated surfaces.
8. Never operate the treadmill with the air openings blocked. Keep the air openings free of lint, hair, and the like. Never operate on a soft surface such as a bed or couch where the air openings may be blocked.

9. Never drop or insert any object into any opening.
10. Do not use outdoors.
11. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
12. To disconnect, turn all controls to the off position, then remove plug from outlet.
13. Connect this Treadmill to a properly grounded outlet only. See Grounding Instructions.
14. The equipment is designed for commercial use.
15. The product should only be used on a level surface and is with 1x2 meters space around the product.

SAVE THESE INSTRUCTIONS

GROUNDING INSTRUCTION

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER - Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product - if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

This product is rated more than 15 amperes and is for use on a circuit having a nominal rating of 120 volts and is factory-equipped with a specific electric cord and plug to permit connection to a proper electric circuit. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product. If the product must be reconnected for use on a different type of electric circuit, the reconnection should be made by qualified service personnel.

Important Safety Instructions

CAUTION - Risk of Injury to Persons - To Avoid Injury, use extreme caution when stepping onto or off of a moving belt. Read Instruction Manual Before Using.

ATTENTION - Risque des blessures aux personnes - Pour éviter des blessures, avec une extrême prudence en marchant sur ou hors d'une ceinture mobile. Lisez le manuel d'instruction avant utilisation.

CAUTION - To Reduce The Risk Of Injury From Moving Parts - Unplug Before Servicing.

ATTENTION - Pour réduire le risque de plessures des pièces mobiles - Débranchez avant l'entretien.

WARNING - To Reduce the Risk of Electric Shock - Unplug Before Cleaning or Servicing.

AVERTISSEMENT - Pour réduire le risque du choc électrique - Uébranchez avant le nettoyage ou l'entretien.

Training Zones and Free Zones

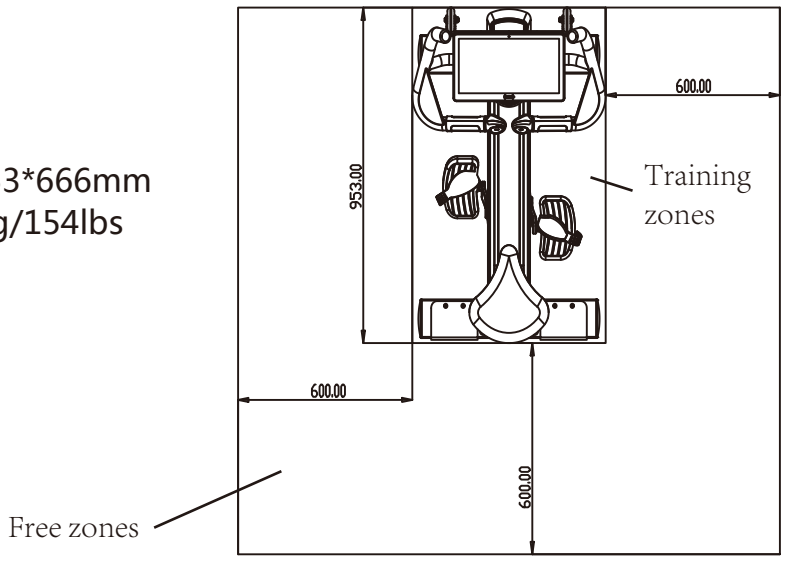
Specifications

Class: S

Maximum User Weight:

Product Total Surface: 953*666mm

Product Total Mass: 70Kg/154lbs



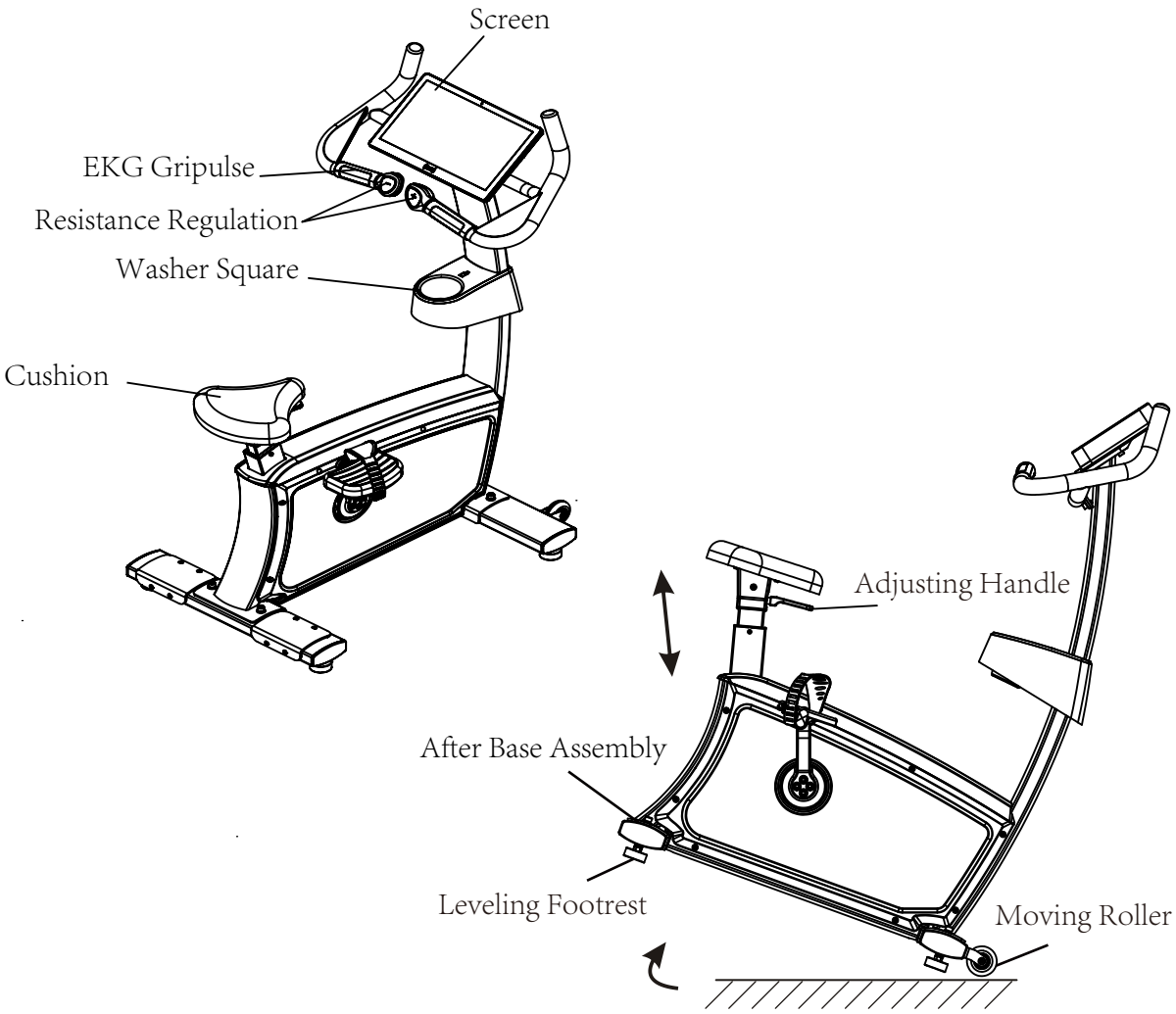
Unit: mm

Before You Start

Remember to take the time to review owner's manuals before you start.

1. Before using this treadmill or starting any exercise program, consult your physician and accompanied by specialized person. Adjust the speed not over 8KMH.
2. Take the time to perform the stretching exercise provided to avoid injury.
3. If you have heart problems, and/ or the other diseases, do not use the treadmill programs without receiving approval from your physician.
4. Stop exercising or call physician if you feel uncomfortable.
5. Do not leave children unsupervised and disabled person near or on the treadmill. Should be accompanied by supervisors.
6. Running is oxygen exercise, recommended 30 minutes per time is reasonable.
7. Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not with fibre clothing to avoid electrical shock and damage the treadmill.
8. Do note us the treadmill with bare feet, sandals, socks of stockings to avoid any risk of injuries. Wear comfortable shoes or cotton socks.
9. Failure to follow these instructions will void the treadmill warranty.
10. If the supply cord is damaged, it must be replaced by the manufacturer or its service agent or a similarly qualified person in order to avoid a hazard.

Maintenance Schedule



Use instruction

1.to land the moving roller on the front ground tube to move the machine.

2.When using the equipment, make sure that the equipment is attached to the ground stably. If it is unstable, please rotate the leveling foot pad until it is attached to the ground stably.

3. When you use this equipment, put your feet on the left and right feet, hold the handrail with both hands and exercise the upper and lower limbs;

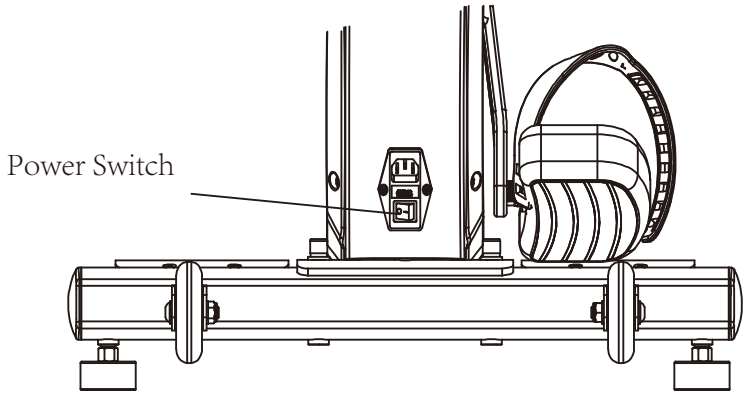
4. This equipment has no free flywheel device. Due to the inertia, the inertia wheel will drive the feet to move together during training. In order to avoid human injury, please train according to the correct operation under the guidance of professionals.

Maintenance instructions

It is recommended to add lubricating oil to the self-aligning bearing every 3 months to prolong its service life. The lubricating oil is located at the inner side of the lower end of the right vertical shaft. If the screw is loose, please lock it in time.

Warning

Note Before using this upright bike or starting any exercise program, It is important to review this manual and the following precautions.

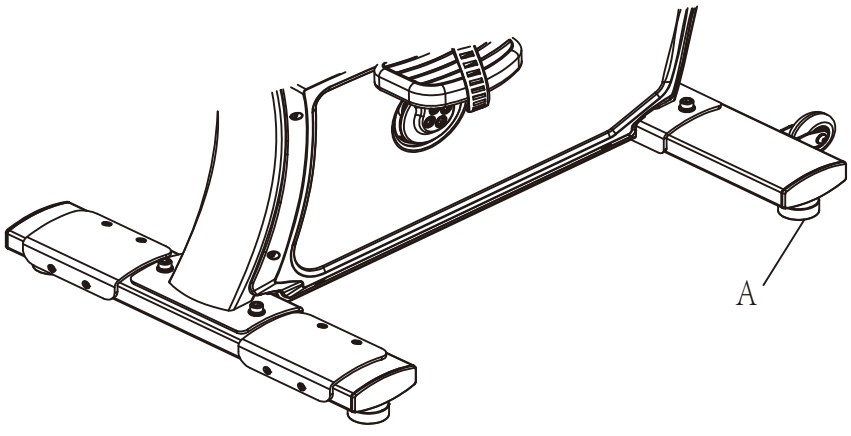


Precautions:

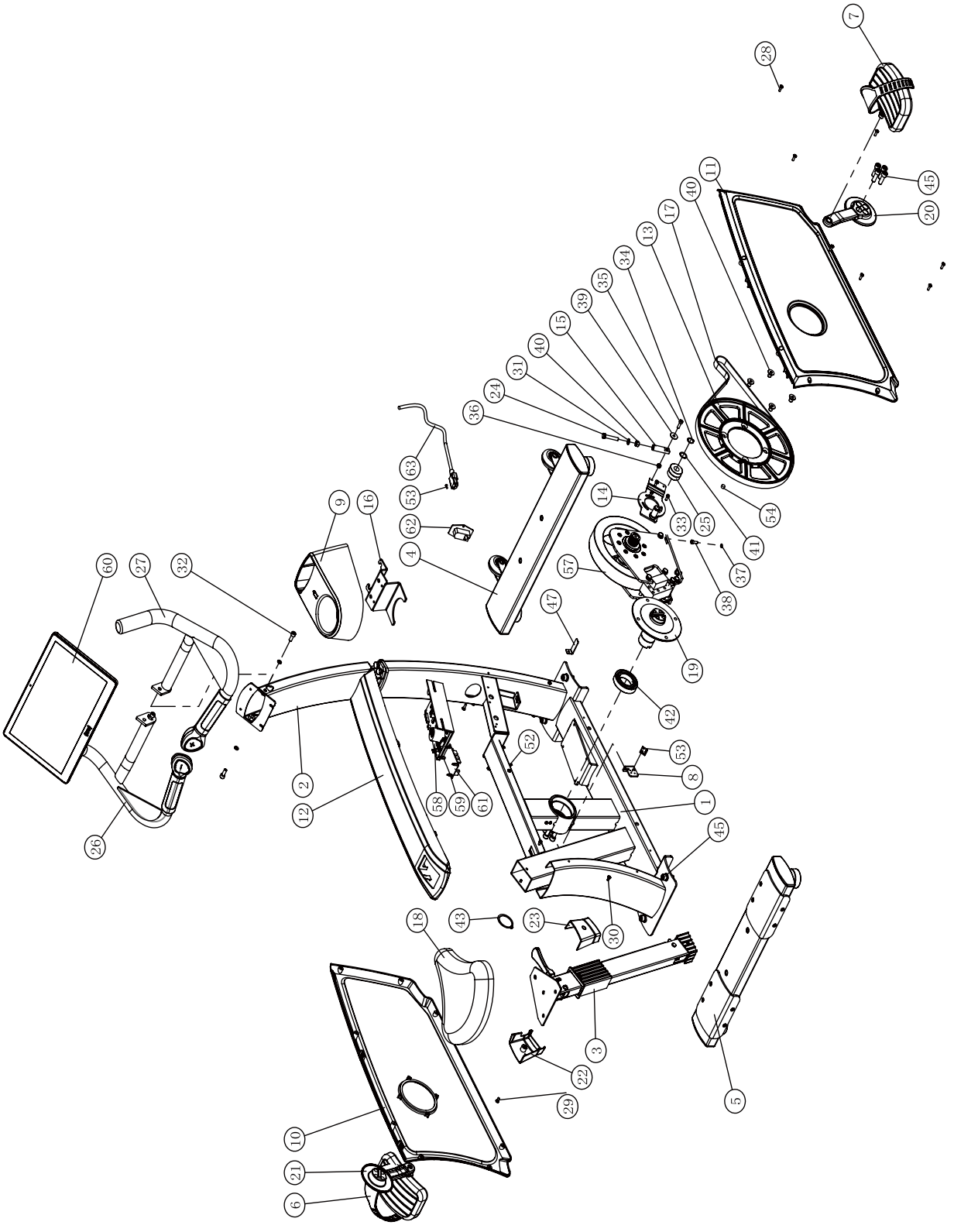
1. Always unplug the upright bike after using to keep the life of upright bike and avoid any risk of injuries.
2. In order to protecting your upright bike, spattering water on the machine must be forbidden.

Adjustment and Use remote controller

If the ground in user's house is not level, please adjust the adjust support properly which is marked as A in the below figure to make the machine at a leveled place. After adjusting tighten the hex nut by using the double-ended spanner.



Explosion Diagram



Explosion Diagram

No.	Name	Number
1	Main Frame	1
2	Top Cross Brace	1
3	Seat Pad Adjustment Bracket	1
4	Front Bottom Cross Brace	1
5	Rear Cross Brace	1
6	Left Foot Pedal 9/16"-20 Left Thread	1
7	Right Foot Pedal 9/16"-20	1
8	L Fixed Plate	1
9	Cup Holder	1
10	Left Shroud	1
11	Right Shroud	1
12	Top Shroud	1
13	Pulley	1
14	Tensioning Device	1
15	Tensioning Nut Sleeve	1
16	Cup Support Frame	1
17	Multi Wedge Belt 500J87	1
18	Cushion	1
19	Pedal Axle and Disc	1
20	Right Crank	1
21	Left Crank	1
22	Left Shroud Under The Seat Cushion	1
23	Right Shroud Under The Seat Cushion	1
24	Hex Head Bolt M8×45	1
25	Bearing6203	2
26	Left handle assembly	1
27	Right handle assembly	1
28	Philips Button Head Cap Screw M5×15	16
29	Socket Head Cap Screw M5×10	2
30	Philips Button Head Cap Screw M5×10	5
31	Flat Washer Φ9×Φ16×Φ1.6	9
32	Socket Head Cap Screw M8×25	4

No.	Name	Number
33	Socket Head Cap Screw M5×12	3
34	External Retaining Ring Φ17	1
35	Socket Head Cap Screw M6×20	1
36	Hex Nut M6	1
37	Spring washer Φ6	4
38	Socket Head Cap Screw M6×15	5
39	Flat Washer Φ6.6×Φ15×2	1
40	Hex Nut M8	1
41	Flat Washer Φ17.2×Φ23×0.35	1
42	Bearing6009	2
43	External Retaining Ring Φ45	1
44	Socket Countersunk Head Screw M10×15	4
45	Socket Head Cap Screw M10×3	5
46	Socket Head Cap Screw M8×15	4
47	Shield Support Plate	1
48	Socket Countersunk Head Screw M6×16	2
49	Flat Washer Φ6.5×Φ12×1.6	2
50	Nylon Lock Nut M6	2
51	PCB Spacer Column Φ3×10	4
52	Philips Button Head Cap Screw M3×5	6
53	Philips Button Head Cap Screw M3×10	2
54	Strong Magnet Φ10×6	1
55	Left Metal Dome	1
56	Right Metal Dome	1
57	Magnetron Device	1
58	Magnetic Controller	1
59	Central Control Adapter Board	1
60	Magnetic Control Car Touch Screen	1
61	Sensor	1
62	Power Cord Pin Holder Switch Combination	1
63	Power Cord	1

Exercise bike Interactive System Functional Specification

Login

The system login provides four entrances, one is wechat scanning code login, the second is tourist login, the third is email account login, and the fourth is XMore Fitness APP scanning code login. Click the wifi icon in the upper right corner of the main interface to connect to the network, and when visitors log in, click the icon in the upper left corner of the interface. When the QR code appears normally, users can directly scan the QR code or XMoreAPP. Users without an account can click to register for free and can register successfully after email verification.

XMore Download the guidance instructions:

① IOS system, in the APP Store store, search XMore Fitness, search after success directly download the software.

② Android system, in the app store, search magic, search success directly download the software.

③ Other stores, currently on the Google store, search XMore Fitness, search after success directly download the software.

④ Wechat official account enter the official website address to download, wechat scan the login QR code, long press to follow the lower right corner of the official account, enter the official website, download the software.

⑤ Download the official website directly, enter the official website address http://www.xmorefitness.com, enter the official website, download the software.

The download steps of
Xmore Fitness mobile app

login interface

Home page interface and key description

After successful login, enter the home page interface, the home page interface displays the avatar, target setting (time mode, distance mode, calorie mode), fast start, real scene movement, program mode, leaderboard, entertainment, setting and other functions.

Home page interface

Console Panel Functions

Photo picture (personal center): Personal data statistics, exit the login operation.

Time / distance / calorie mode: Cycling goals can be set according to time, distance and calories consumed.

Quick start: Click on for a quick start and start cycling.

Real motion: You can choose different scenarios, such as: runway mode, real road map, etc.

Program schema: Exercise according to the good movement pattern specified by the system.

Ranking list: According to the movement distance to rank, you can see the user's current ranking and segment position.

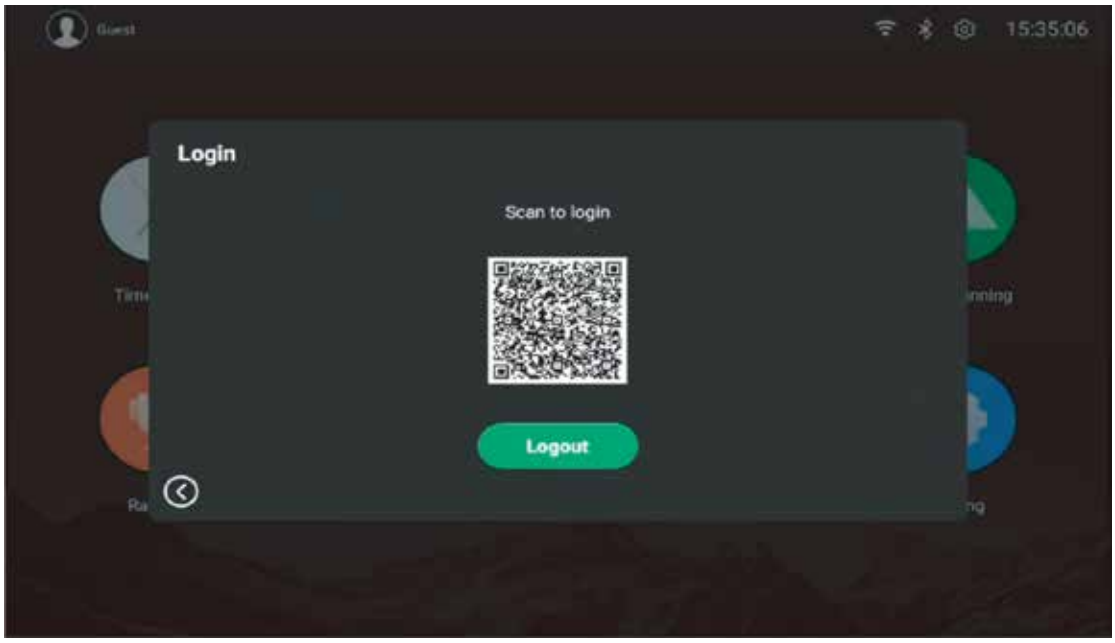
Fun: Online entertainment needs to be connected to the Internet, in listening to music, watching videos, browser surfing operations. Local entertainment is about downloading good videos, music as well as pictures.

Setting:system related settings, including network, Bluetooth, universal, device information, language switching, etc.

Apps: Entertainment software installed in the system.

Personal center

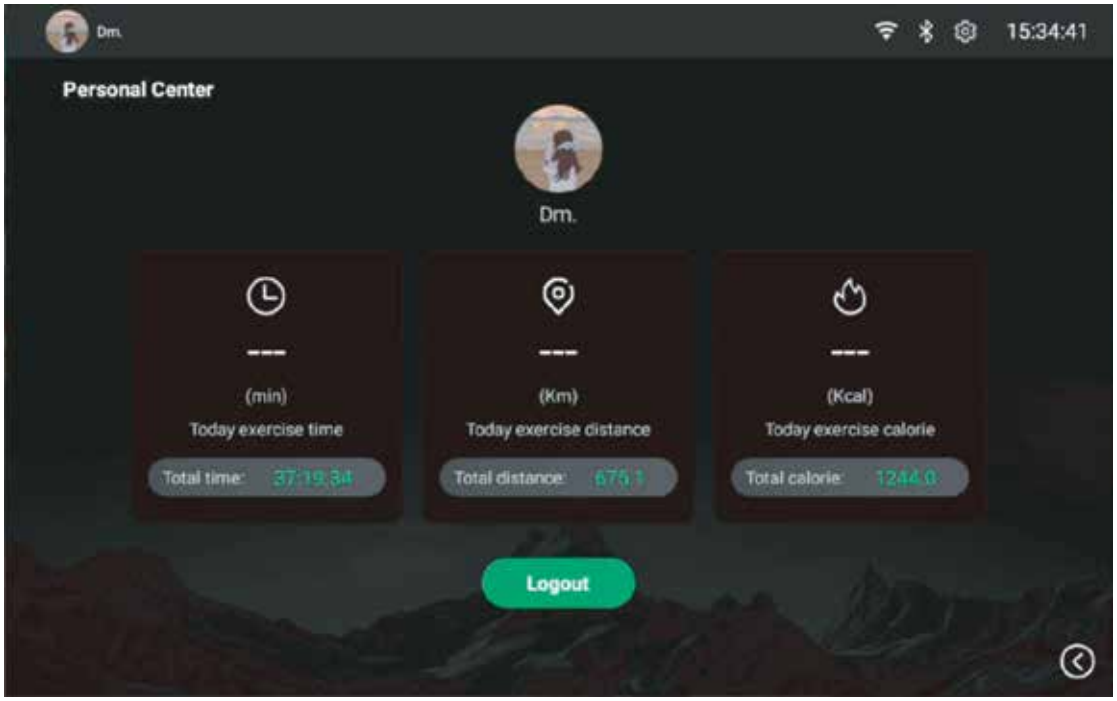
When tourists are selected to log in and click on the personal center interface, the wechat scan QR code is displayed.



The QR code scanning interface

Personal center key definition

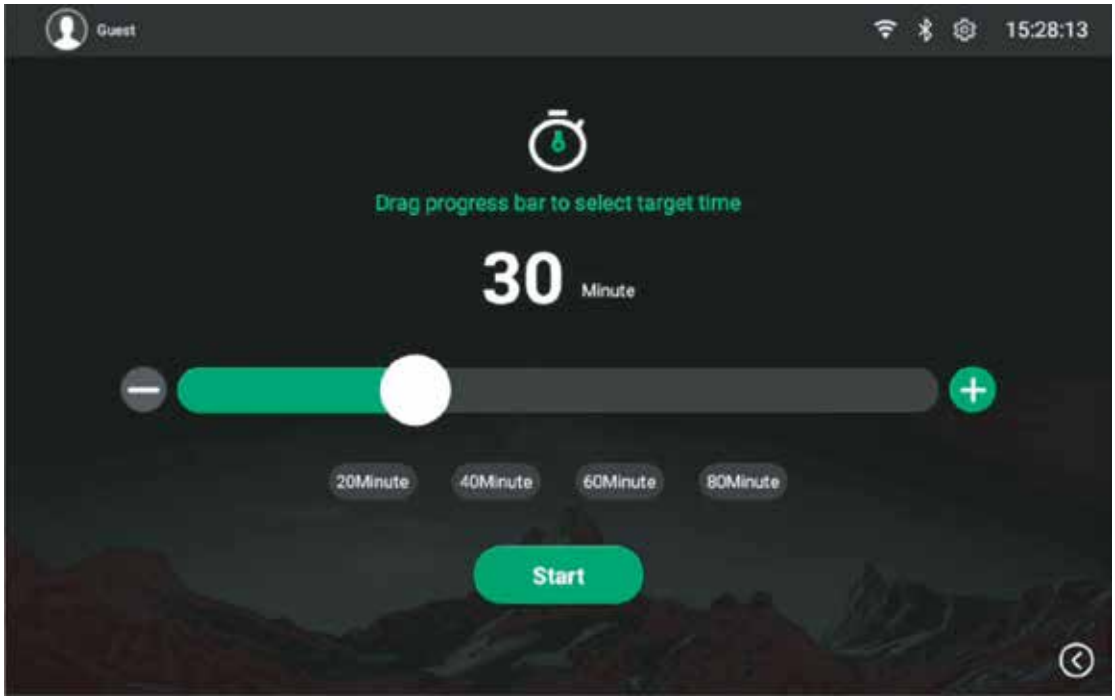
If you use the QR code wechat code login, click the upper left corner, enter the personal center interface, display the total data and today's movement data, click "Exit login", exit the current user login, return to the login interface; click "return key" to return to the home interface.



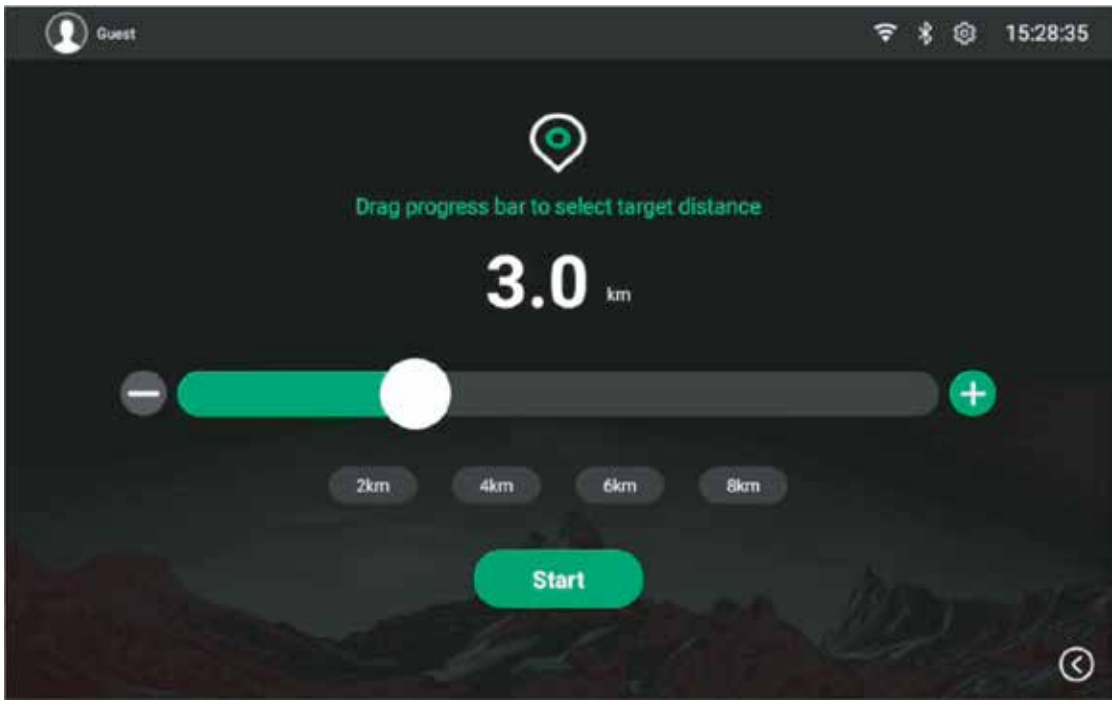
Personal Center Interface

Time / distance / calorie mode

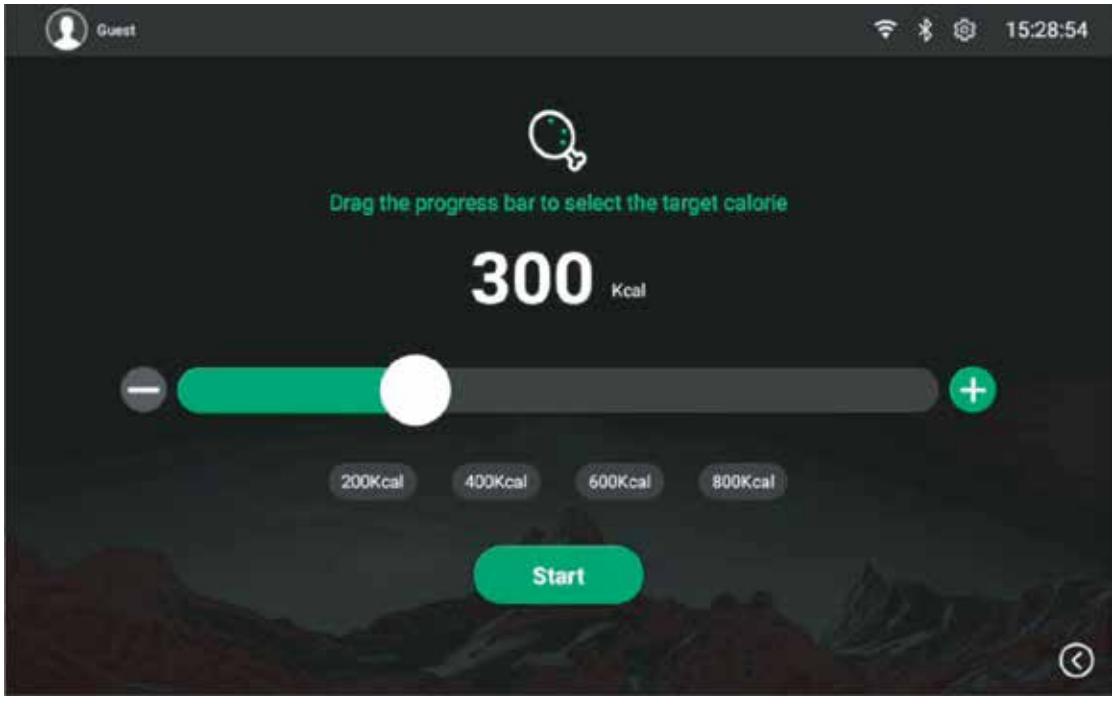
Click the three modes on the home page, which are divided into three target setting modes: time, distance and calorie. Slide the red bar to set the cycling data or click the + / -button to set the data, click "Start moving" to move, after reaching the set data, the Horizontal exercise bike will automatically stop.



Set the movement target according to the time



Set the movement target according to the distance



Set the motion targets based on the number of calories consumed

Quick start

Click the "Quick Start" icon on the home page to directly enter the exercise interface. If you need to connect to a Bluetooth device to test the heart rate, click the Bluetooth icon in the upper right corner of the home page to connect the heart rate, and then start the exercise.

During the exercise, the exercise interface displays the user exercise related data, including exercise distance, real-time heart rate, calorie consumption, speed, equipment speed, current total power, equipment resistance, and exercise time.

Movement interface

resistance adjustment

In the Horizontal exercise bike operation, click the lower add and subtract icon to adjust the resistance.

The Horizontal exercise bike is suspended

If the user does not move within the set time, the interface will pop up the pause movement prompt box. When the user continues to generate data, the prompt box will disappear and the user can continue to move. If "Click End", the

movement will end and return to the main interface.

The Horizontal exercise bike stops

Enter the cycling movement main interface, click the "stop" button, can stop the Horizontal exercise bike, this time will pop up page, display the movement time, distance, consumption of heat, through the graph to show the change of heart rate, slope, speed, can click the "end" button to end the current movement, click the "continue to move" button to continue the movement.

Click Stop Interface

Other key definitions of the cycling interface

1. "Home page" button: return to the home page interface.

2. "Entertainment" button: enter the entertainment interface.

3. "General Settings" button: enter the general Settings interface.

4. "Hidden" control bar button: click the hidden control bar, and click the appearing control bar again.

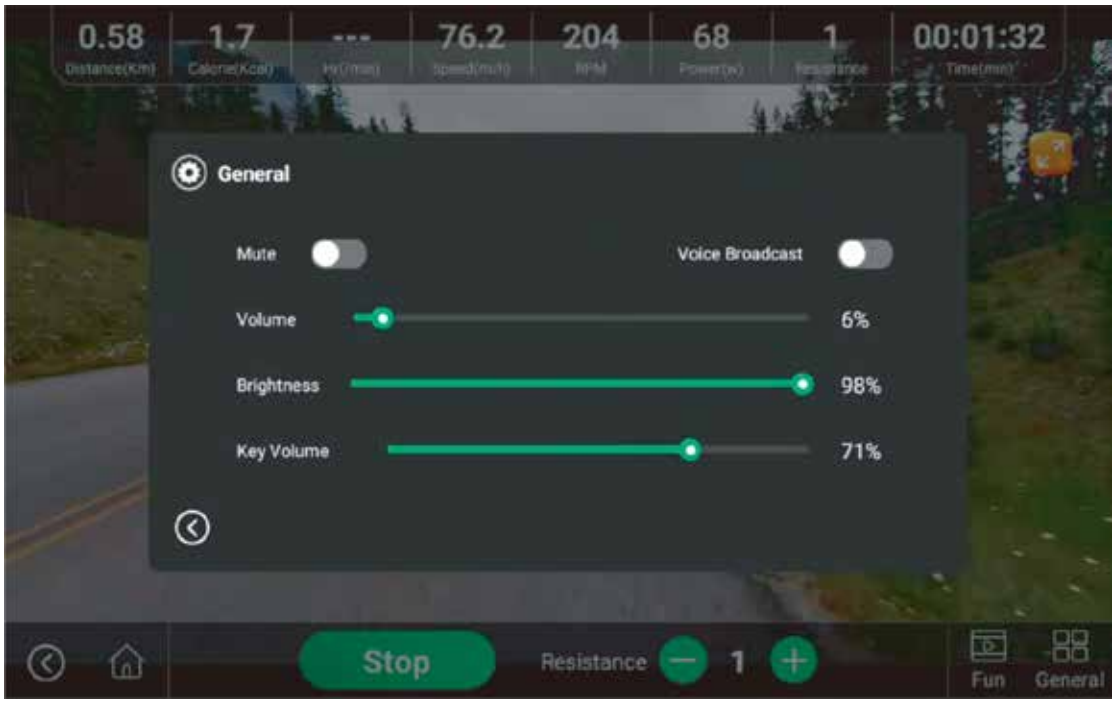
Sports-the entertainment interface

In the process of exercise, click the "entertainment" button, network entertainment is online, through the installed entertainment software to watch movies, listen to listen to music, radio and other operations.

Sports interface- -Entertainment

Motion- -Settings interface

During the exercise, click "General Settings" in the lower right corner to enter the general Settings interface to adjust the volume and brightness of the system,and close or open voice broadcast.

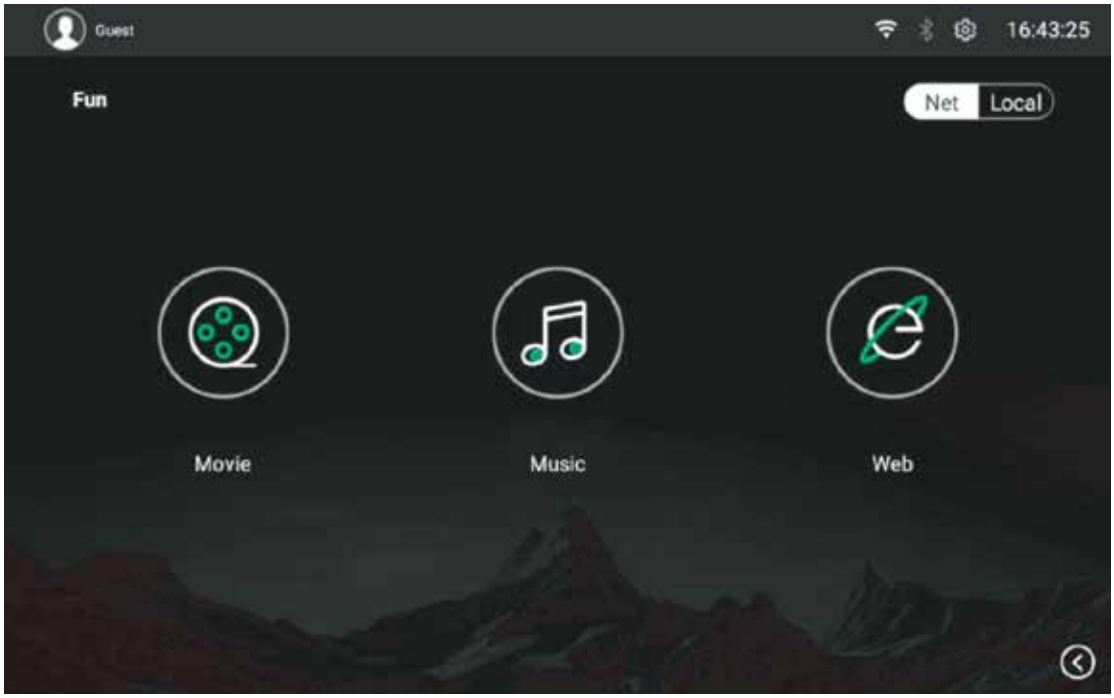


Home page interface entertainment

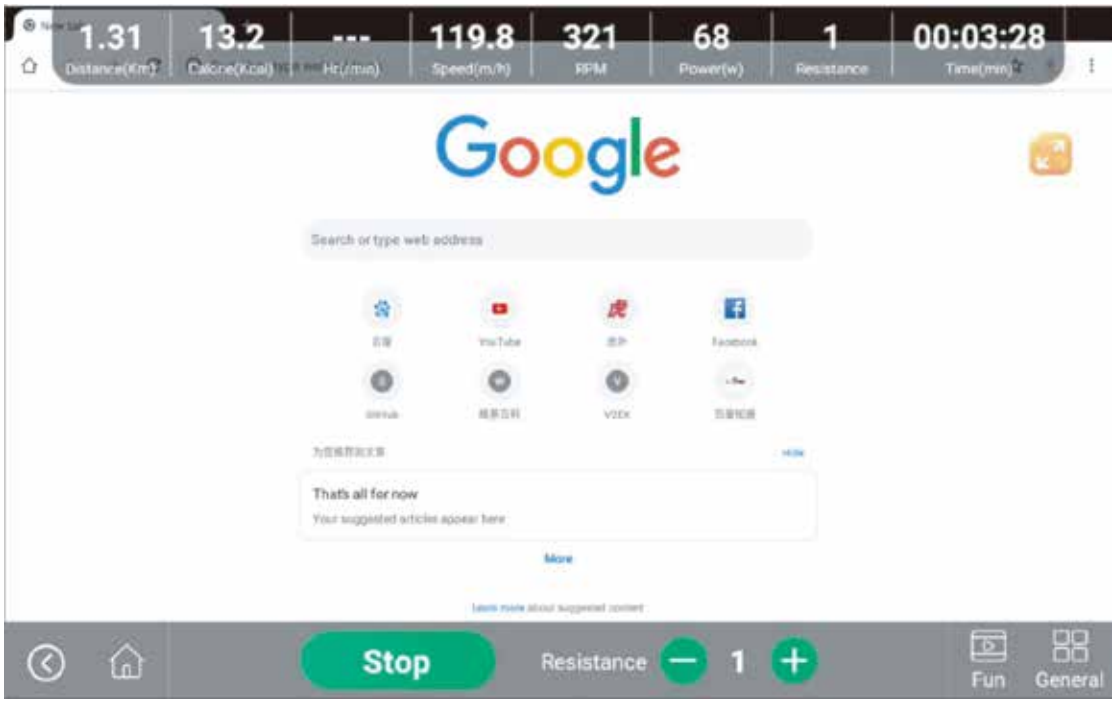
Click the "Entertainment" icon on the home page to enter the entertainment interface, or click the "Entertainment" icon interface in the lower right corner of the cycling interface.

Select the network,you need to connect to the network, before you can enter the network platform, such as video, music (QQ music), radio, browser, etc.

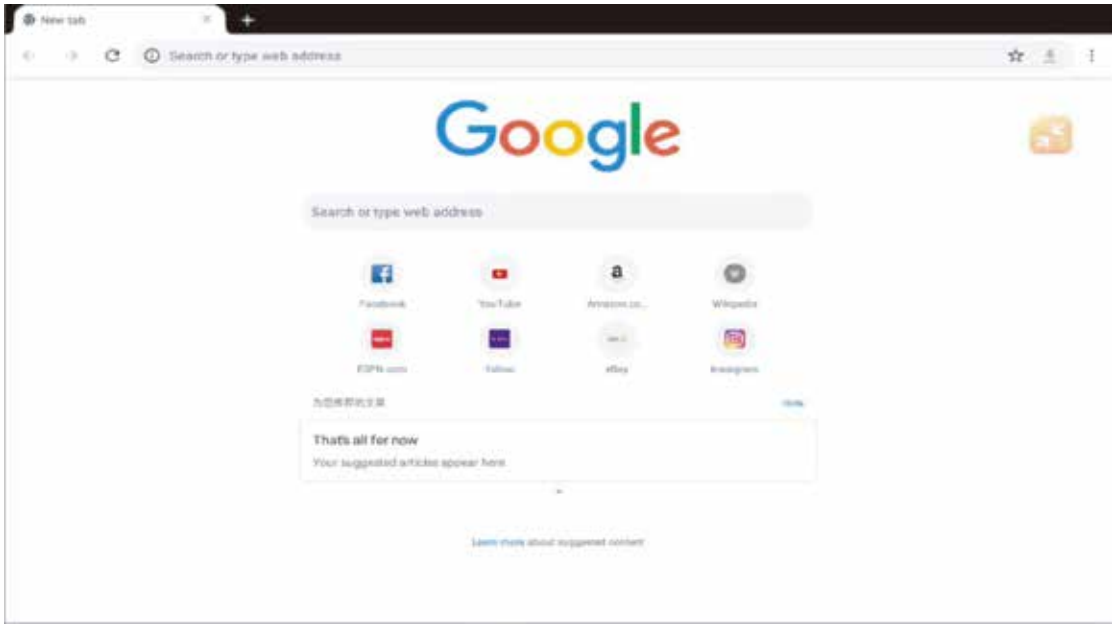
If you want to display the player in the full screen, you can click the orange "hide" button to hide the ride control bar. Click here again for the control bar to appear.



Entertainment- - -the Web interface



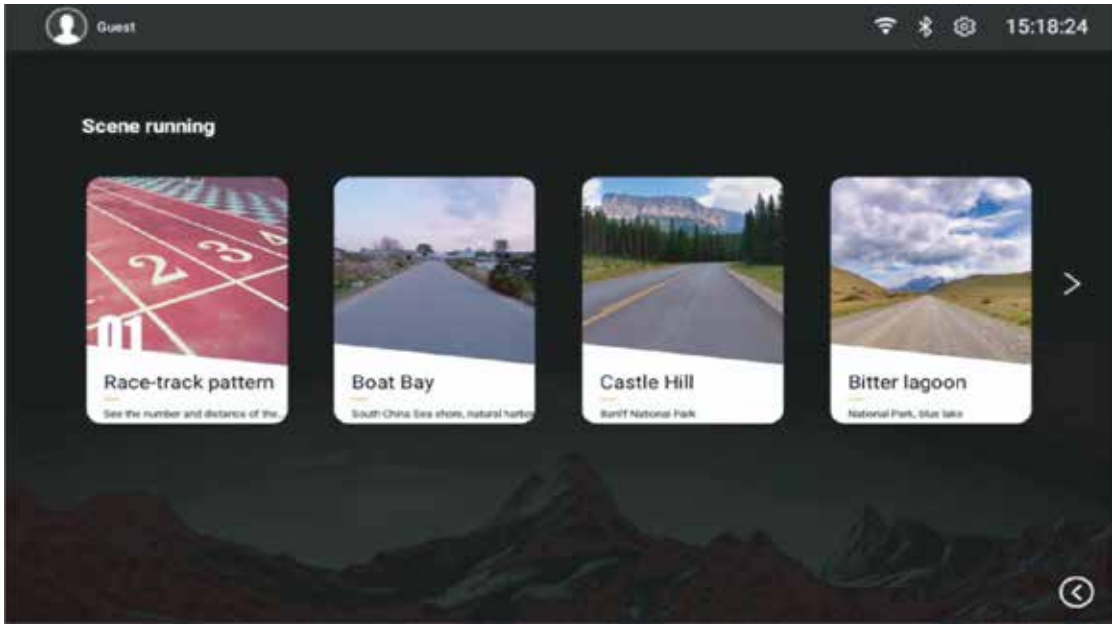
Cycling interface



Hidden control bar

Real movement

Click the "real motion" icon on the home page to enter the real motion interface. Real scene movement is to play the scene video at the same time during the movement process, so that users can have a feeling of immersive in the cycling process. Users can choose the scene of the cycling interface according to the user's preferences. There are runway mode, map mode and other scenarios for users to choose.



Real-scene motion selection interface

Real-scene motion selection interface

Real ride interface

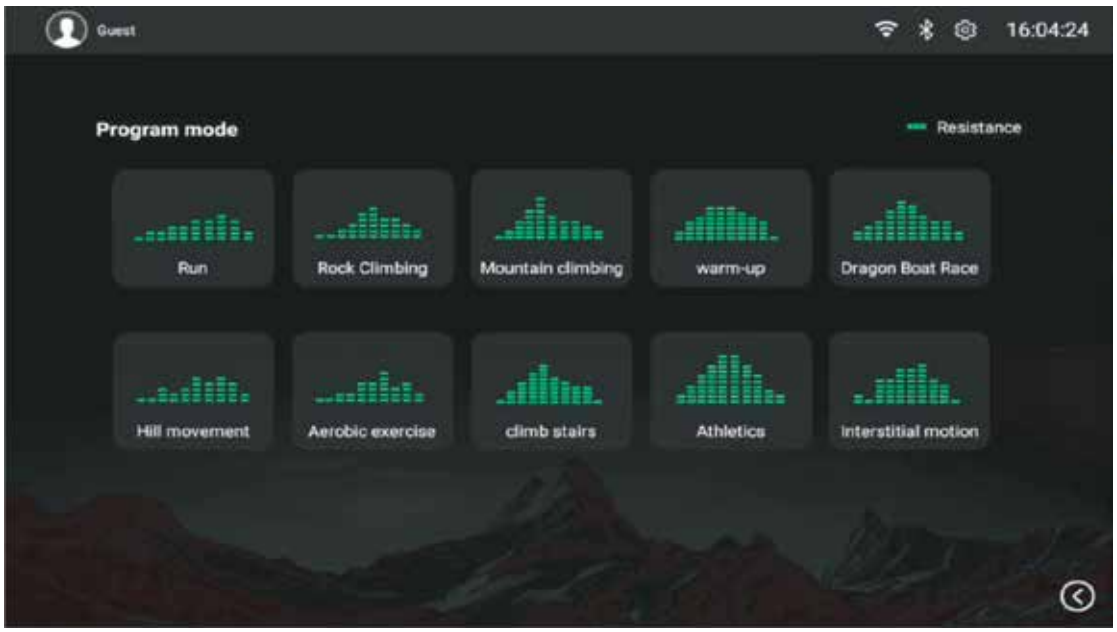
Click any scene mode to enter the scene cycling interface. The runway interface is a simulation map of the playground scene, with map mode input starting point setting and end point, and 2D map mode.

Playground scene cycling interface

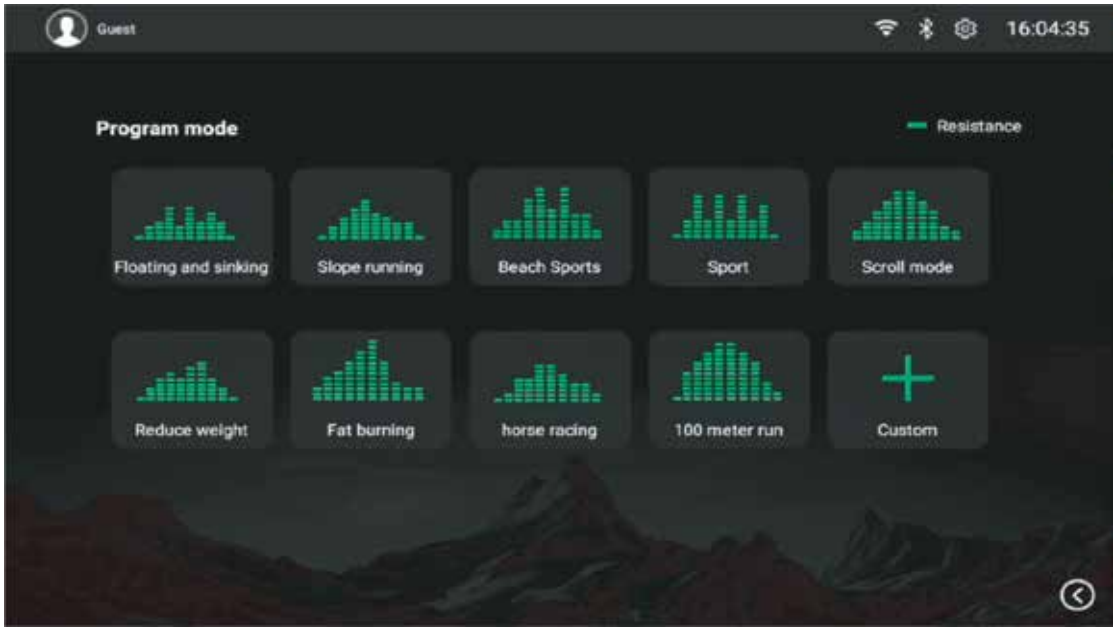
program schema

Click "program mode" into the program movement interface, the system made a variety of sports mode (jogging, rock climbing, climbing, warm up,

exercise, hill sports, aerobic exercise, climbing stairs, track and field mode), choose according to their own situation, click the "custom exercise" according to individual habits choose exercise time, speed, slope, set up a movement program.



Program Pattern Figure 1



Program Pattern Figure 2

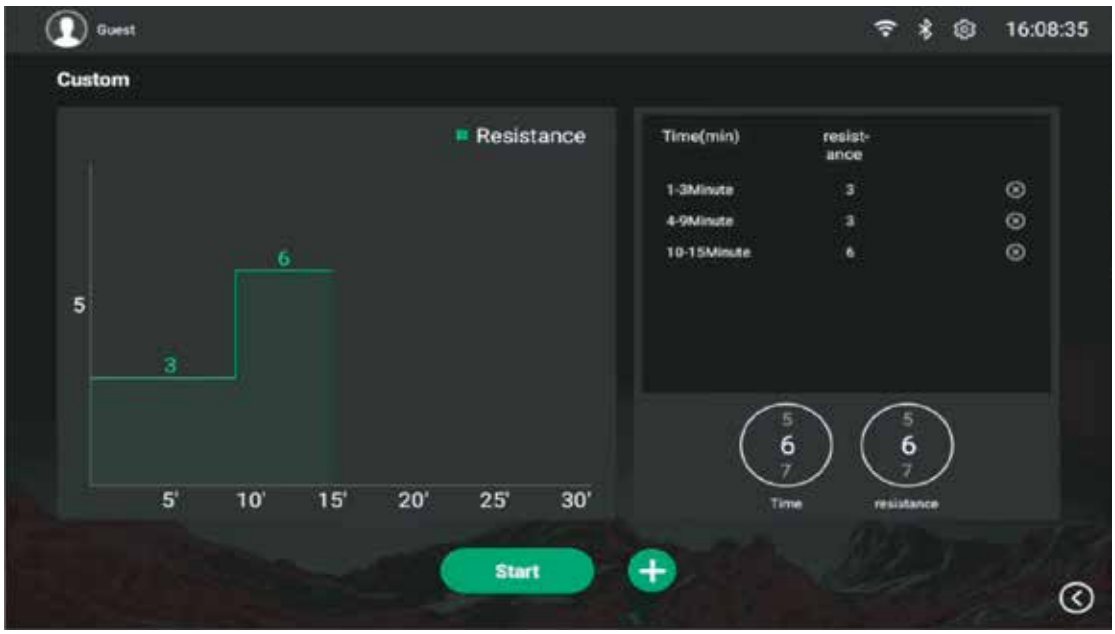
System to set up a good model

After selection, you can view the detailed exercise data, the time, distance, heat consumption, resistance and slope at different time periods.

System customization mode

Custom motion patterns

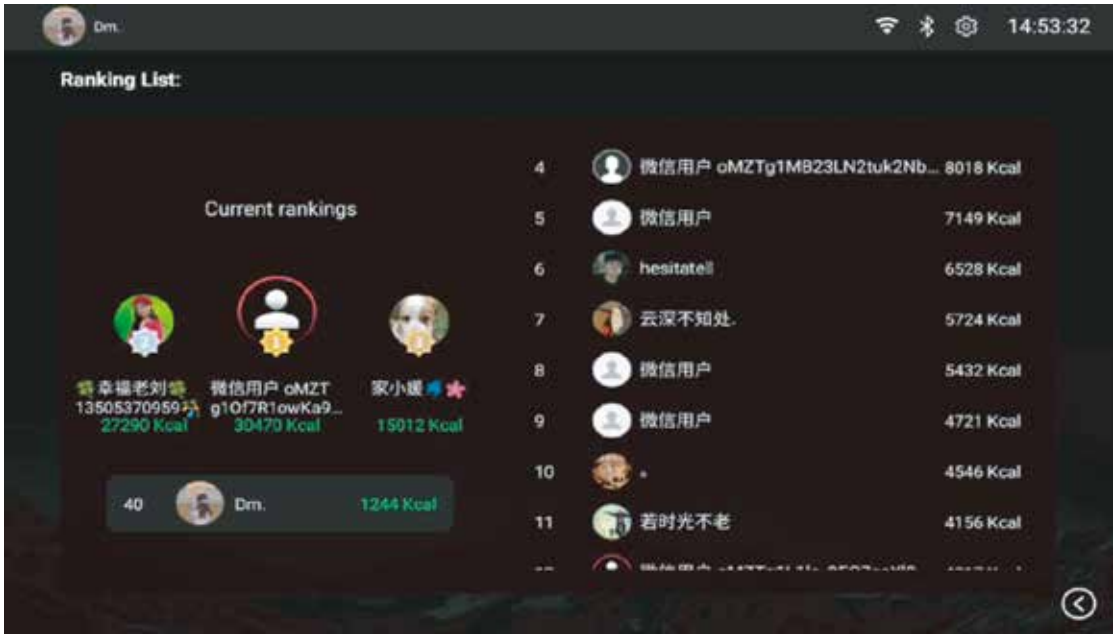
Click "Custom +", select the time and resistance, click "add" button to add a motion rule. Choose the exercise time, resistance, slope according to individual exercise habits, to set a movement program, which can be composed of multiple movement sections. Click the Start Move button to start moving. Click the "Delete" button to delete the rule.



Custom mode

Ranking

Click the "Ranking", enter the ranking list interface, rank according to the calories consumed by the movement, and can view the user's current ranking and calorie data. Click the "Back" button to return to the main interface.



Ranking interface

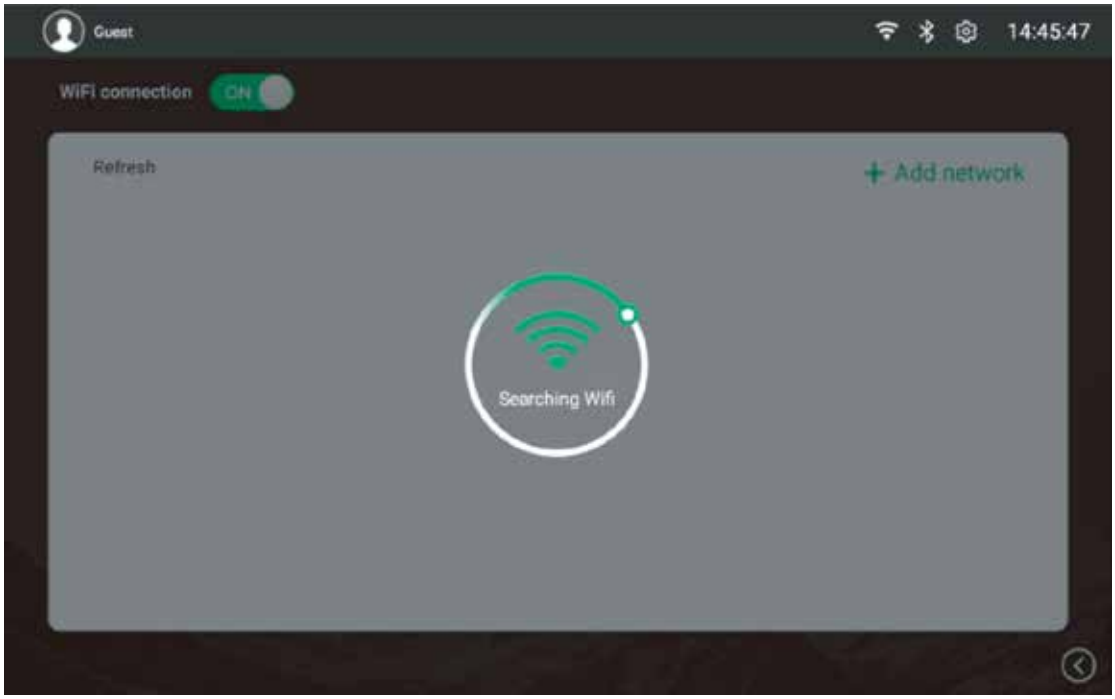
Setiting

Click "Settings" to enter the Settings interface with one key, including system related Settings, wifi Settings, Bluetooth Settings, general Settings, language switching and other information.

Set the interface

WiFi

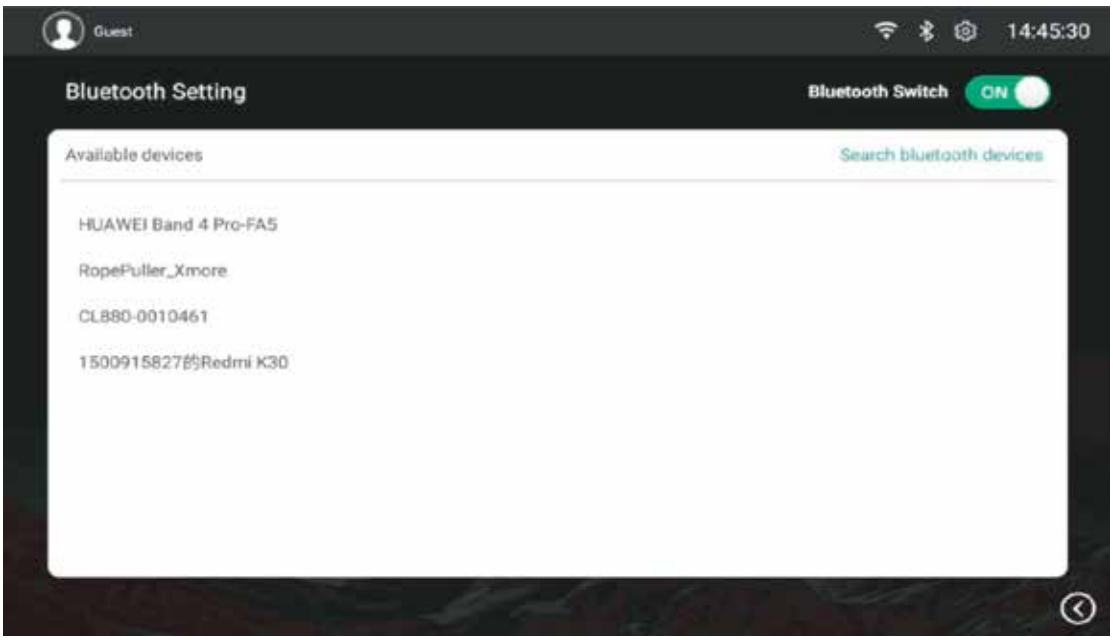
Click the "WiFi" signal button, select the wifi that can be connected, enter the wifi password, the system automatically connects to the network, and prompt the network connection is successful. The interface contains turning on or off wifi and adding a new network.



WiFi

Bluetooth

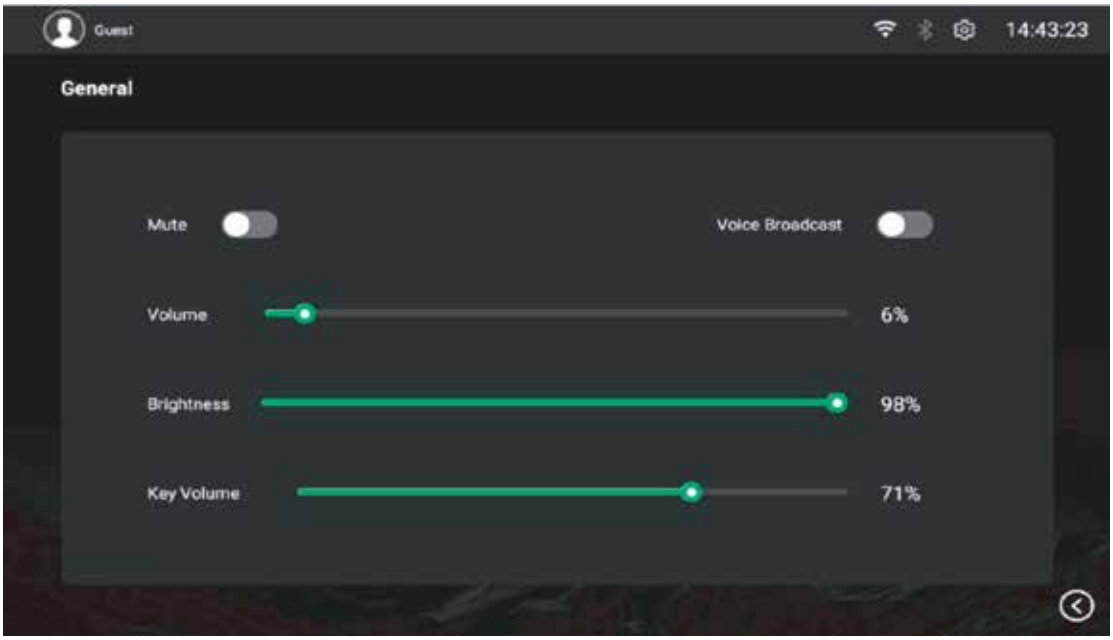
Click the "Bluetooth" button at the top of the screen to select the bluetooth devices to connect to, including: headset, wristband, watch, weight meter, and heart rate band. Click "Search for Bluetooth Devices" to search for nearby Bluetooth devices.



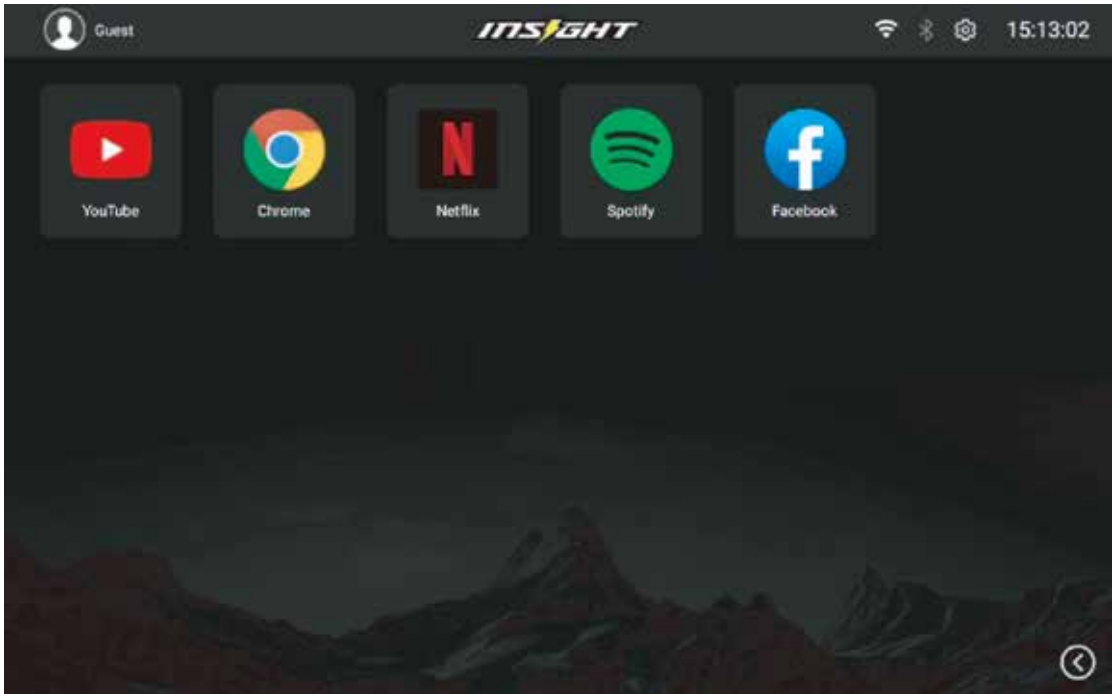
Bluetooth

General settings

Can turn on or off the mute, adjust the volume, screen brightness and button tone. The following figure is to click "General Settings" in the Settings interface to enter the general Settings interface, or to enter the General Settings icon in the upper right corner of the home page.



General settings interface

APPS

Click to display all third-party entertainment software installed by the system.