



Assembly Guide



E3100 AND E3000
UPRIGHT FITNESS BIKES

Assembly Guide

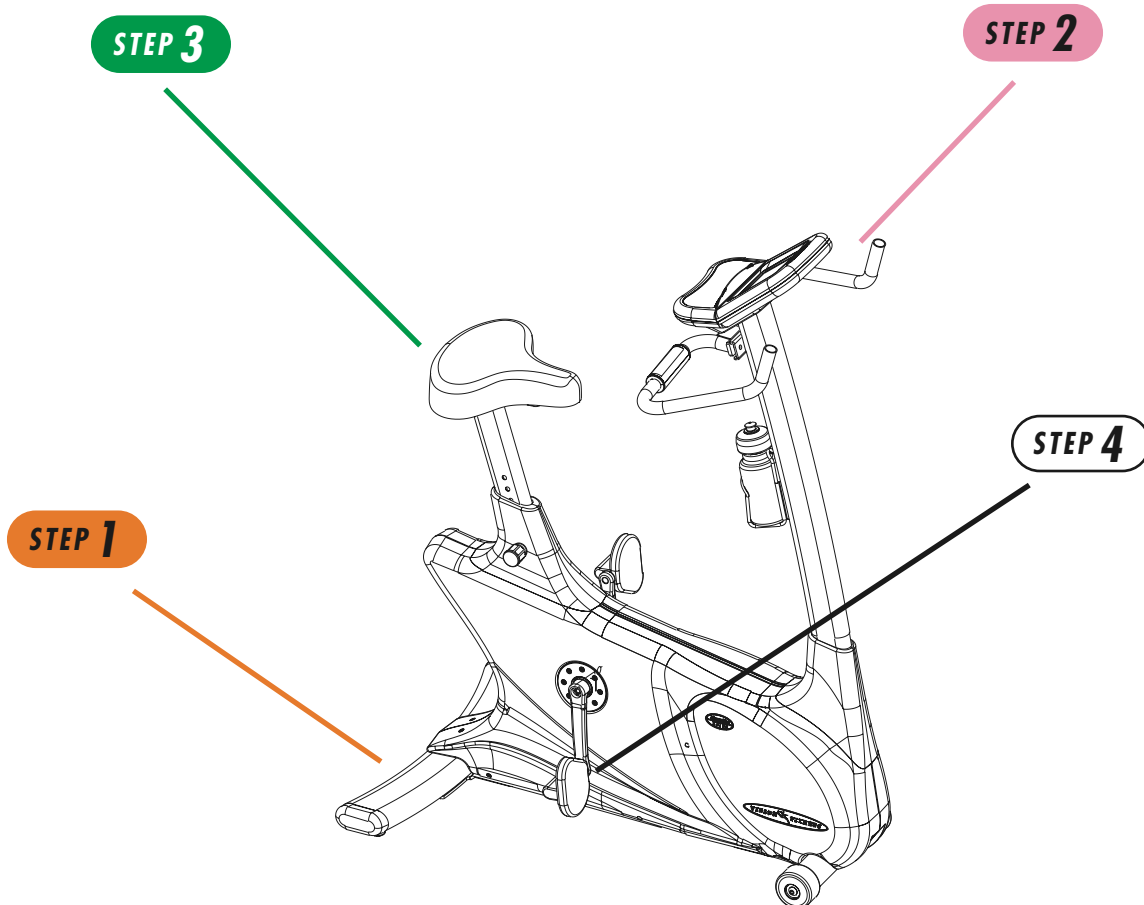
E3100 AND E3000 UPRIGHT FITNESS BIKES

To avoid possible damage to this Fitness Bike, please follow these assembly steps in the correct order. Before proceeding, find your new Fitness Bike's serial number located on the front axle tube, and enter here:

Refer to this number when calling for service, and enter this serial number on your Warranty Card and in your own records. Be sure to read your Owner's Guide before using your new Fitness Bike.

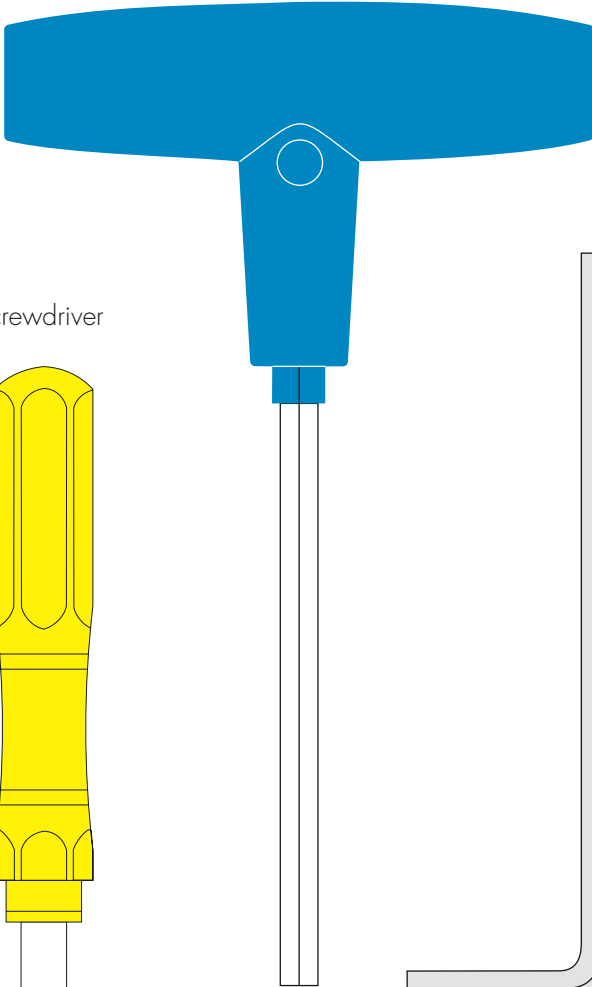
If any parts, hardware or tools are missing, please call 1.800.335.4348, Extension 12

NOTE: It is recommended that you apply grease to the threads of each screw as you assemble your Fitness Bike to prevent loosening and noise. Also, during each assembly step, ensure that ALL screws are in place and partially threaded in before completely tightening any ONE screw.

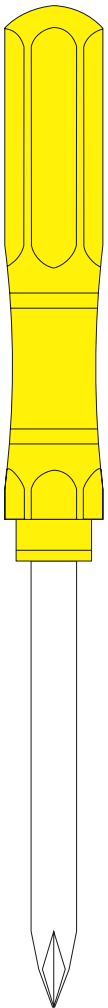


TOOLS & PARTS INCLUDED

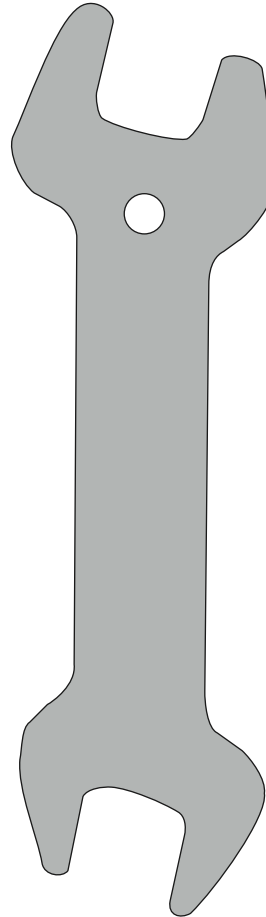
5mm T-Shaped Wrench



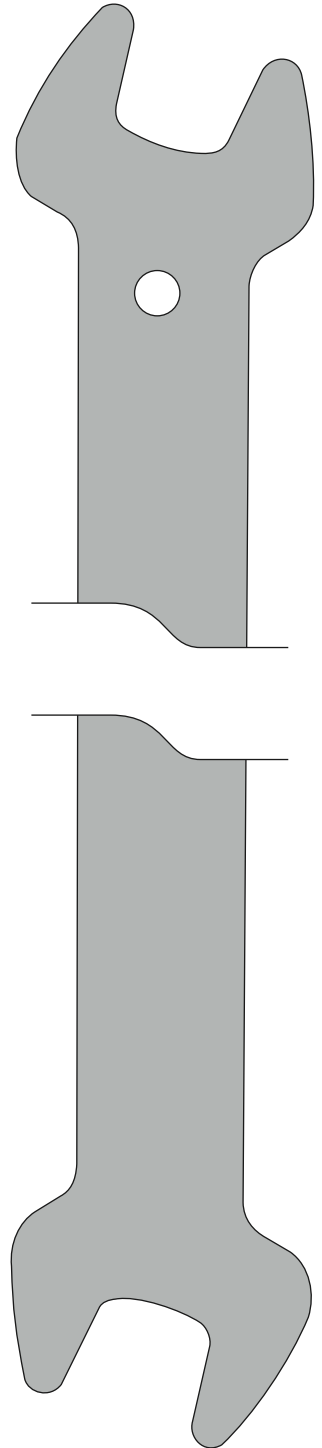
Screwdriver



14mm Seat Wrench



15mm Pedal Wrench



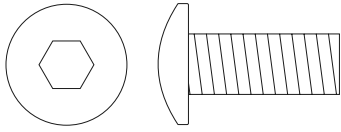
5mm L-Shaped Wrench

PARTS BOX

Water Bottle & Bracket
Power Supply (E3100 ONLY)
Tension Control Knob and bracket
(E3000 ONLY)
Pedals
Seat Post Knob
Color-coded Hardware Bags
Owner's Guide
Assembly Guide
Warranty Card

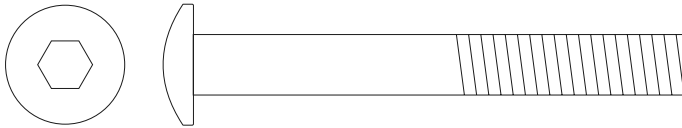
HARDWARE INCLUDED

ORANGE BAG



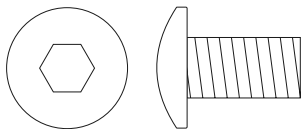
M8 x 20L Screw
Quantity: 2

M8 Lockwasher
Quantity: 4

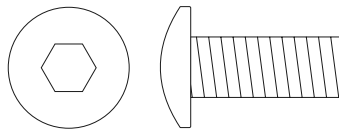


M8 x 65L Screw
Quantity: 2

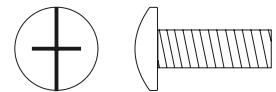
PINK BAG



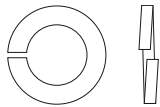
M8 x 15L Screw
Quantity: 7



M8 x 20L Screw
Quantity: 2



M5 x 15L Screw
Quantity: 2



M8 Lockwashers
Quantity: 8



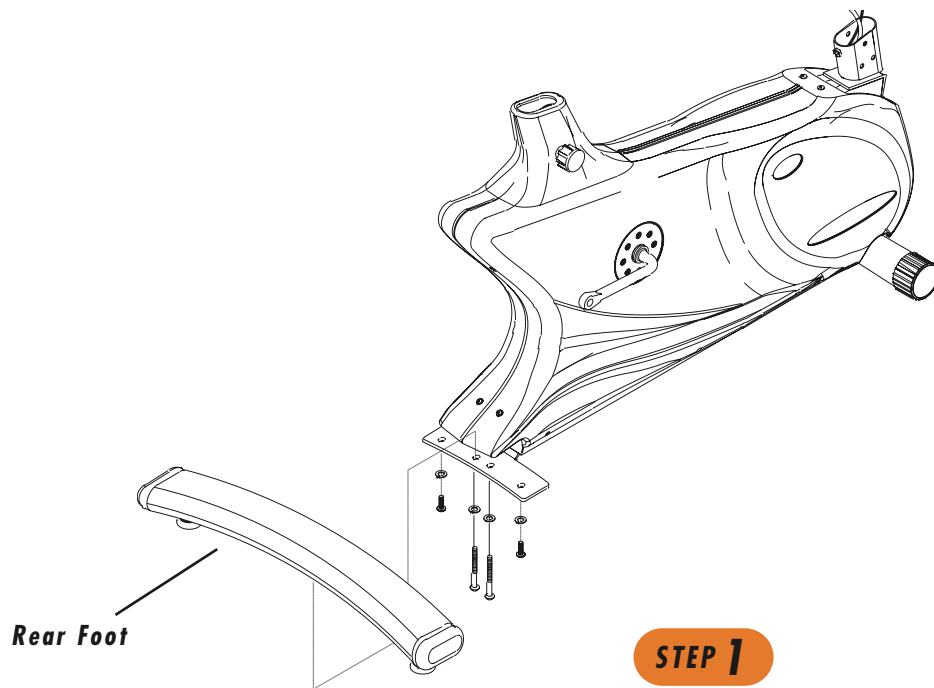
M5 Washer
Quantity: 1
(E3000 ONLY)



M5 x 70L Screws
Quantity: 1
(E3000 ONLY)

STEP 1**ORANGE BAG**

- Slide the rear foot into place and insert two screws (M8x20L) with two lock washers (M8) to the outside holes. Insert two screws (M8x65L) with two lock washers (M8) to the inside holes. Tighten all screws with the 5mm T-Shaped wrench.



STEP 2

PINK BAG

- Slide the console mast cover onto the console mast.

- With the included wire-tie, pull the wire harness, or sensor wire through the console mast. Insert the console mast into the mast mounting-bracket. Secure in place with seven screws (M8x1.5L) and six lock washers (M8). Tighten with the 5mm T-Shaped wrench. **NOTE:** The screw facing the seat does not use a lock washer. Tighten this screw until snug with the 5mm L-Shaped wrench. Slide the console mast cover down over the screw heads.

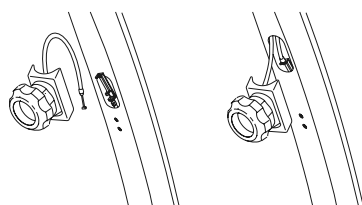
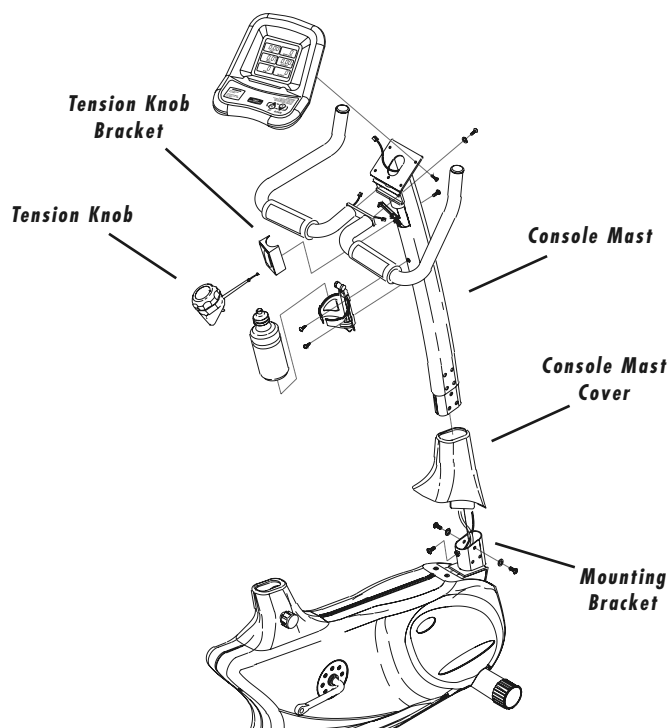
- **MODEL E3000:** Snap the tension knob mounting bracket onto the tension knob. Turn the tension knob to level 16. Connect the cable to the tension cable located inside the console mast. Secure the tension knob to the console mast with the washer (M5) and screw (M5x70L). Tighten with screwdriver.

- Slide the heart rate wires of the handlebar through the hole in the handlebar bracket on the console mast. Secure the handlebar onto the handlebar bracket with two screws (M8x20L) and two lock washers (M8). Tighten with the 5mm T-Shaped wrench.

- Remove the four mounting screws from the back of the console. Connect the wire harness and the heart rate wires to the console. Attach the console to the console mast using the four mounting screws that were just removed.

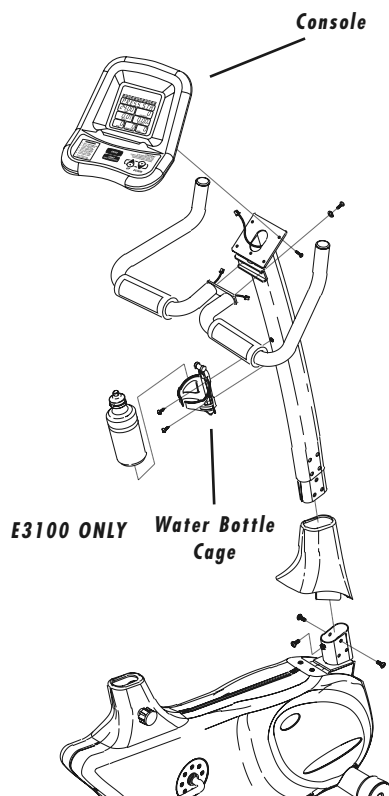
- **E3000 ONLY:** Insert the two AA batteries into the console.

- Attach the water bottle cage to the console mast with two screws (M5x1.5L) using the screwdriver. Insert the water bottle into the cage.



E3000 ONLY

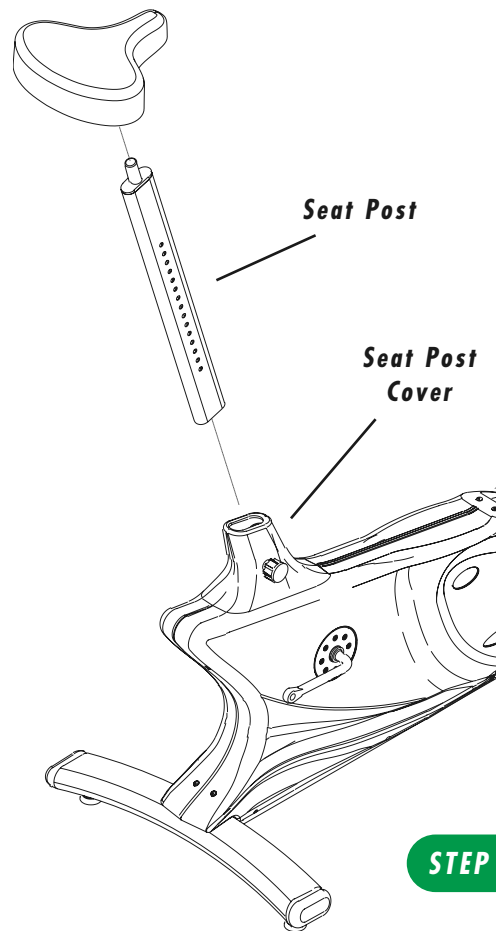
STEP 2



STEP 3

GREEN BAG

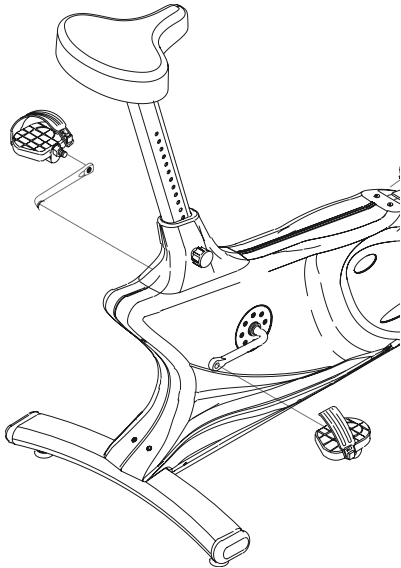
- Slide the seat post cover onto the seat post
- Slide the seat post into the frame and lower the seat post cover into place.
- Insert the adjustment knob through the seat post cover and tighten in place.
- Attach the seat to the seat post by tightening the 14mm nuts on the underside of the seat.



STEP 3

STEP 4**PEDALS**

- Attach the left and right pedals to the left and right crank arms, tighten using the 15mm pedal wrench.

**STEP 4**

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