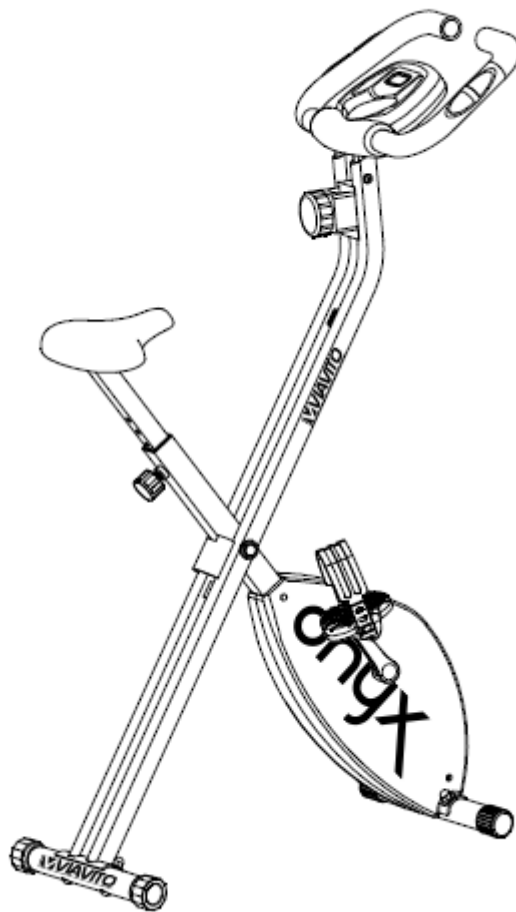


VIAVITO®

onyx

Folding Exercise Bike Owner's Manual



IMPORTANT!

Please read all instructions carefully before using this product.

Retain this manual for future reference.

The specifications of this product may vary slightly from the illustrations and are subject to change without notice.

IMPORTANT SAFETY NOTICE:

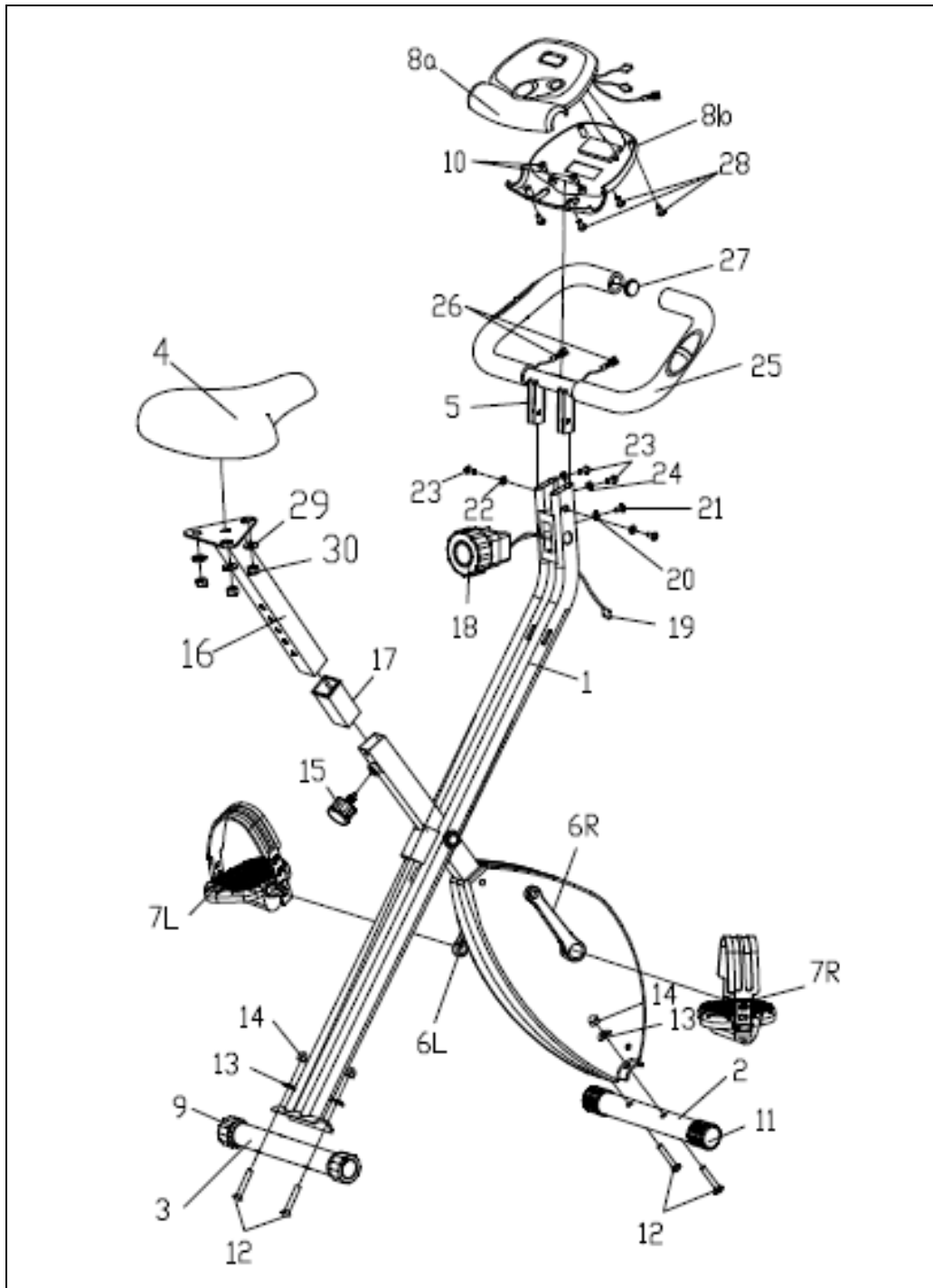
NOTE THE FOLLOWING PRECAUTIONS BEFORE ASSEMBLING OR OPERATING THE MACHINE.

1. Assemble the machine exactly as the descriptions in the instruction manual.
2. Check all the screws, nuts and other connections before using the machine for the first time and ensure that the trainer is in the safe condition.
3. Set up the machine in a dry level place and keep it away from moisture and water.
4. Place a suitable base (e.g. rubber mat, wooden board etc.) beneath the machine in the area of assembly to avoid dirt etc.
5. Before beginning training, remove all objects within a radius of 2 meters from the machine.
6. DO NOT use aggressive cleaning products such as detergents to clean the machine, only use the supplied tools to assemble the machine. Remove drops of sweat from the machine immediately after finishing training.
7. Your health can be affected by incorrect or excessive training. Consult a doctor before beginning a training program. This machine is not suitable for therapeutic or medical purpose.
8. Only do training on the machine as per instructions. Use only original spare parts for any necessary repairs.
9. This machine can be used by only one person at a time.
10. Wear training clothes and shoes which are suitable for fitness training with the machine.

11. **WARNING!** Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.
12. People such as children and handicapped persons should only use the machine in the presence of another person who can give aid and advice.
13. The power of the machine increases with increasing the speed, and the reverse. The machine is equipped with adjustable knob which can adjust the resistance. Reduce the resistance by turning the adjusting knob for the resistance setting towards stage 1. Increase the resistance by turning the adjusting knob for the resistance setting towards stage 8.
14. The maximum user's weight is 100kg. This machine is for indoor, home use only.
15. **WARNING:** the safety level of the equipment can be maintained only if it is examined regularly for damage and wear, e.g. bearings, connection points.
16. Please examine the equipment carefully before you use it, especially the components most susceptible to wear, e.g. handlebar, end caps and screws which touching the ground or the connection points frequently.
17. Please stop using the equipment immediately if there are any defective components and keep it out of use before you replace the components or it is repaired by a qualified engineer.
18. Unsupervised children should be kept away from the equipment at all times.
19. Saddle post: the minimum insertion depth should not be higher than the mark of MAX. There is a 95mm adjusting range.
20. **WARNING!** Inappropriate use of this machine such as while under the influence of drugs or alcohol or not in line with or excessive usage instructions may result serious injury or death.
21. The braking system is adjustable to increase or decrease the load.

WARNING: Before beginning this or any exercise program, consult your doctor. This is especially important for people over the age of 35 or those with health problems. Read all instructions before using the exercise bike.

Exploded Diagram



Parts List

Part No.	Description	QTY	Part No.	Description	QTY
1	Main Frame	1	16	Saddle Post	1
2	Front Stabiliser	1	17	Plastic Bushing	1
3	Rear Stabiliser	1	18	Tension Controller	1
4	Saddle	1	19	Sensor Wire	1
5	Handlebar	1	20	Flat Washer	1
6 L/R	Crank	1pr.	21	Phillips Screw	1
7 L/R	Pedal	1pr.	22	Flat Washer	2
8 a/b	Computer Cover	1pr.	23	Allen Bolt	4
9	Rear End Cap	2	24	Arc Washer	2
10	Phillips Screw	2	25	Foam Grip	2
11	Front End Cap	2	26	Hand Pulse Wire	2
12	Carriage Bolt	4	27	Handlebar End Cap	2
13	Arc Washer	4	28	Cross Tapping Screw	4
14	Acorn Nut	4	29	Flat Washer	3
15	Pop-pin Knob	1	30	Nylon Nut	3

Note:

Most of the listed assembly hardware has been packaged separately, but some hardware items have been pre-installed in the identified assembly parts. In these instances, simply remove and reinstall the hardware as assembly is required.

Please refer to the individual assembly steps and make a note of all pre-installed hardware.

Preparation

Before assembling, make sure that you will have enough space around the item. Before assembling, please check whether all the parts needed are included. To assemble, use the supplied tools. It is strongly recommended that this machine be assembled by two or more people to avoid possible injury.

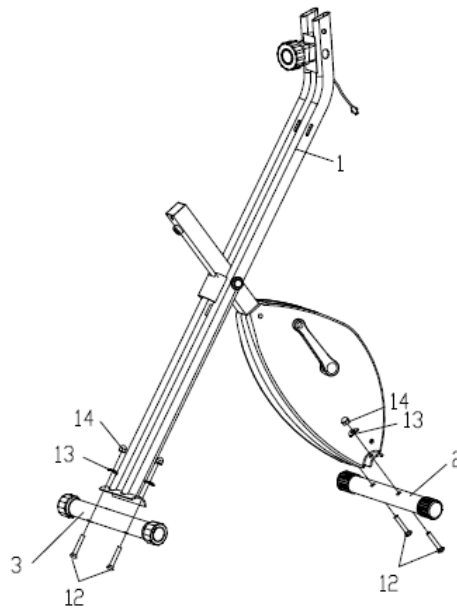
Assembly instructions

Attention:

Please follow these assembly instructions step by step to assemble this bike:

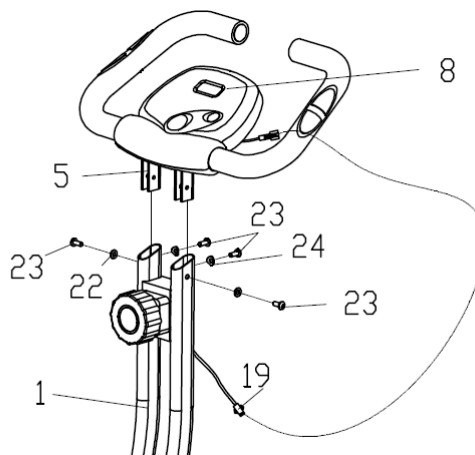
Step1

Attach the Front bottom tube (2) and Rear bottom tube (3) to the main frame (1) with Carriage bolt (12), Arc washer (13) and Acorn nut (14).



Step 2

Lock the handlebar (5) to the main frame (1) with Allen bolt (23), arch washer (24) and flat washer (22). Connect the sensor wire (19) and pulse wire (21) to the relevant cables coming from the Meter (8), and then insert the meter to the bracket of the handlebar (5).

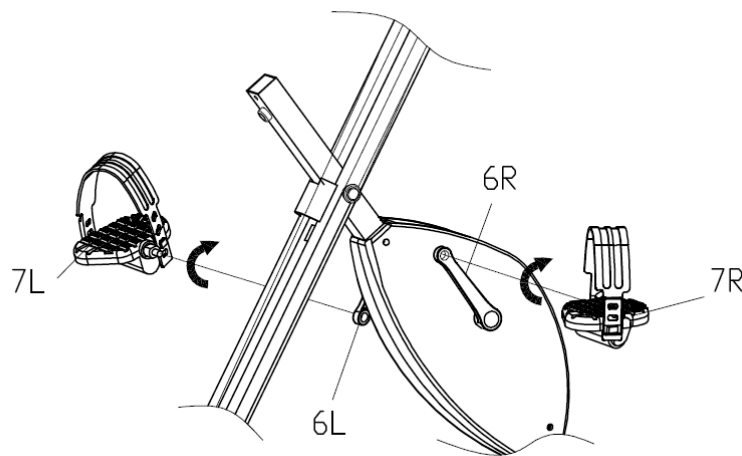


Step 3

Fix the Pedal (7L/R) to the Crank (6L/R) separately.

Note: Both pedals are labelled L FOR LEFT and R FOR RIGHT.

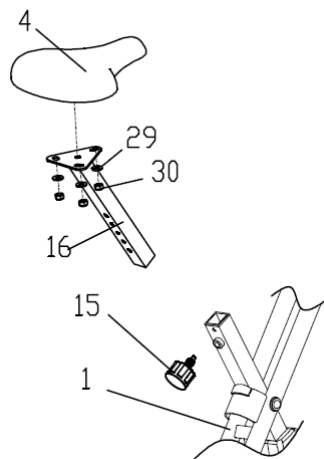
Important: To tighten, turn the left pedal ANTI-CLOCKWISE and the right pedal CLOCKWISE.



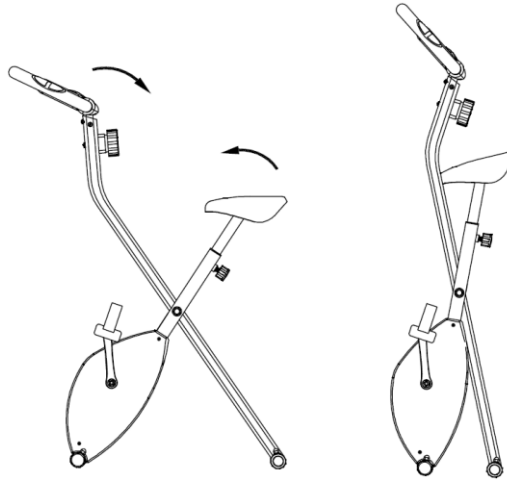
Step 4

Fasten the Saddle (4) to the Saddle post (16) with Flat washer (29) and Nylon nut (30). Insert the Saddle post (16) into the post of the Main frame (1).

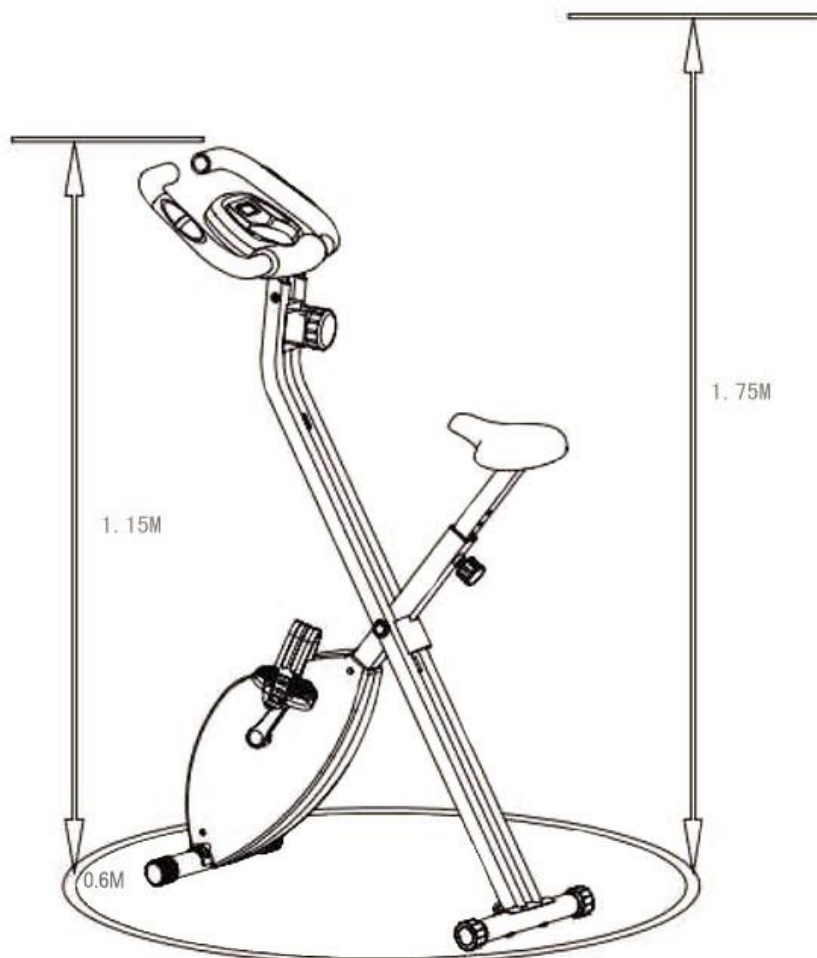
Align the hole on the Saddle post (16) with the hole on the post of the Main frame (1) with the pop-pin knob (15). **Note:** Release the pop-pin knob (15) to adjust the height of the Saddle post (16).



The Onyx bike is foldable. Please be careful when folding or unfolding the bike!
Product Weight 13.9 kg



0.6 Meter minimum radius of free space is required to use this machine



Computer information

All data displayed is approximate guidance and cannot be used in any medical application.

Heart rate displayed is an approximate read-out, and may not be used as guidance in any cardio-vascular related medical or paramedical program.

Operating Resistance Levels

Resistance is increased or decreased by turning the resistance knob (part number 18) clockwise and anti-clockwise respectively. Once resistance is set start pedaling to begin your exercise.

Using The Bike Safety precautions

- **Always ensure the only one person at a time uses the machine**
- **Never push too hard in your exercise. If you feel faint STOP EXERCISING immediately when the pedal is at its lowest point**
- **Seat height should allow a slight bend in the knee**
- **Never use the machine when another person is standing within the free space as shown in the diagram above**
- **Always put one foot firmly on the floor before mounting or dismount the bike**
- **This product is not suitable for children**

CONDITIONING GUIDELINES

The following guidelines will help you to plan your exercise program and exercise safely. Remember that proper nutrition and adequate rest are essential for successful results.

WARNING: Before beginning this or any other exercise program consult your doctor. This is especially important for pregnant women and new mothers, all people over the age of 35, and those with medical problems such as heart disease, high or low blood pressure, injuries, joint problems, obesity and asthma.

WHY EXERCISE?

Exercise has been proven essential for good health and general wellbeing. Regular exercise will:

- Relieve tension and stress
- Provide enjoyment and fun
- Stimulate the mind
- Help maintain stable weight
- Control appetite
- Boost self-image
- Improve muscle tone and strength
- Improve flexibility
- Lower blood pressure
- Relieve insomnia

TARGET HEART RATE

To train effectively you should aim to work in the heart rate zone appropriate to your age as stipulated below. Please note this is a guide and your heart rate at rest and during training is determined by your fitness level and other lifestyle factors as well as your age. If you reach the recommended beats per minute below and feel you're over-exerting yourself stop, rest and when you feel recovered return to exercise at a lower intensity.

	TRAINING ZONE
AGE	MIN-MAX (BPM)
20	133-167
25	132-166
30	130-164
35	129-162
40	127-161
45	125-159
50	124-156
55	122-155
60	121-153
65	119-151
70	118-150
75	117-147
80	115-146
85	114-144

BEGINNERS GUIDE TO EXERCISE

If you're beginning an exercise program for the first time or starting a new exercise program, you must check with your doctor that you are fit to do so particularly if:

- You have been diagnosed with heart problems, high blood pressure or other medical conditions.
- You have not exercised for over a year.
- If you are over 35 and do not currently exercise,
- You are pregnant or are a new mother
- You have diabetes
- You have chest pain, or experience dizziness or fainting spells.
- You are recovering from an injury or illness.

WORK-OUT TIPS

- Always perform a warm-up and stretching exercises before your work-out and a cool down and stretching exercises at the end
- Start slowly and build up your time, speed and resistance gradually; doing too much too soon can lead to injuries.
- If you are sore or tired, give yourself a few extra days to recover.

HOW TO BEGIN

- Start with two or three 15-minute sessions per week with a rest day between work-outs.
- Warm-up for 5 to 10 minutes with gentle movements incorporating the whole body such as walking while swinging your arms in a circle and then stretch the muscles you'll use during your work-out. Seated cycling works mainly the quadriceps (thighs) and hamstrings.
- Increase the pace and resistance to slightly harder than comfortable and exercise for as long as you can. You may only be able to exercise for a few minutes at a time, but that will change quickly when you exercise regularly.
- End each work –out with a 5-minute cool down with the resistance set to a low level. You should then stretch the muscles you've just worked to develop flexibility, reduce muscle soreness and prevent injury.
- Increase your work-out time by a few minutes each week until you can work continuously for 30 minutes per session.
- Don't worry about distance or pace for the first few weeks, focus on endurance and conditioning.

HOW HARD SHOULD YOU WORK?

When exercising, you should try to stay within your target heart rate (THR) zone.

The table on the previous page will tell you the THR for your age.

Always be aware of how you feel when you exercise. If you feel dizzy or light-headed, stop immediately and rest.

STRETCHING GUIDE

TIPS FOR STRETCHING

- Begin with small mobility exercises of all the joints e.g. simply rotate the ankles, bend the knees and roll your hips. Gradually make the movements larger and faster. This will allow the body's natural lubrication (synovial fluid) to protect the surface of your bones at these joints.
- Always warm up the body before stretching, as this increases blood flow around the body, creating warmth which makes the muscles more supple
- Start with your legs, and steadily work up the body.
- Each stretch should be held for at least 10 seconds (working up to 20 to 30 seconds) and usually repeated about 2 or 3 times.
- Do not stretch until it hurts. If there's any pain, ease off.
- Don't bounce. Stretching should be gradual and relaxed.
- Don't hold your breath during a stretch.
- Stretch after exercising to prevent muscles from tightening up.
- Stretch at least three times a week to maintain flexibility.

WARM-UP and COOL-DOWN

A successful cardio-vascular exercise program consists of a full body warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

WARM-UP

The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for five minutes before strength-training or exercising aerobically. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running on the spot. Try to incorporate moves that take the joints through their full range of motion.

STRETCHING

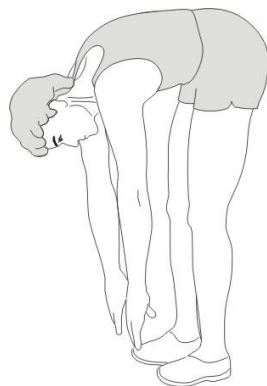
Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretching develops flexibility and reduces muscles soreness.

Stretches should be held for 15 to 30 seconds.

DO NOT BOUNCE OR OVER-STRETCH. Take your time in each stretch. Gradually take each stretch a little deeper on every out breath to your personal maximum.



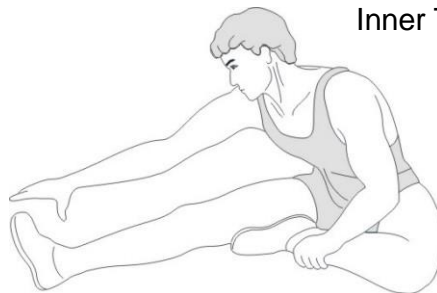
Side Stretch



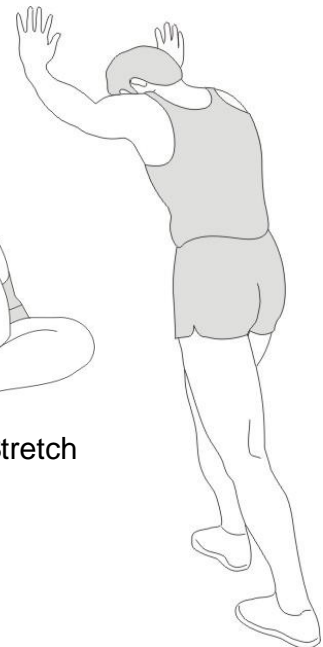
Toe Touch



Inner Thigh Stretch



Hamstring Stretch



Calf-Achilles Stretch

Remember always to check with your physician before starting any exercise program.

COOL-DOWN

The purpose of cooling down is to return the body to its normal or near normal, resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate, allows blood to return to the heart and helps prevent muscle soreness caused by the build-up of lactic acid in the muscles.

CUSTOMER SUPPORT

Please check out the trouble shooting guide prior to contacting us. Most common issues and remedies are addressed there, saving you time.

Should you require any assistance regarding this product please gather the following information and then contact us using the details at the bottom of the page.

- Serial No. - This can be found the product itself
- Original purchase date
- Place of purchase
- Information about the place and conditions of use
- Precise description of the issue or defect

IMPORTANT!! - Please retain your sales receipt, Viavito Customer Care may request proof of purchase to validate eligibility for warranty service. Warranty cover starts from the date shown on the proof of purchase.

Trouble Shooting

Left pedal won't screw in	Ensure it is screwed in anti-clockwise
No power to the console	Ensure that the battery is inserted correctly
The nuts on the seat don't tighten	The nuts on the seat have a nylon centre to ensure they don't come undone. Keep turning them clockwise and they will tighten.
Something is damaged	Please contact customer support
Something is missing from the pack	Please contact customer support
There is no resistance	Please ensure the bike has been set up according to the instructions. If after checking the problem is not resolved please contact customer support

The best way to contact us is via our website: www.viavito.com

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