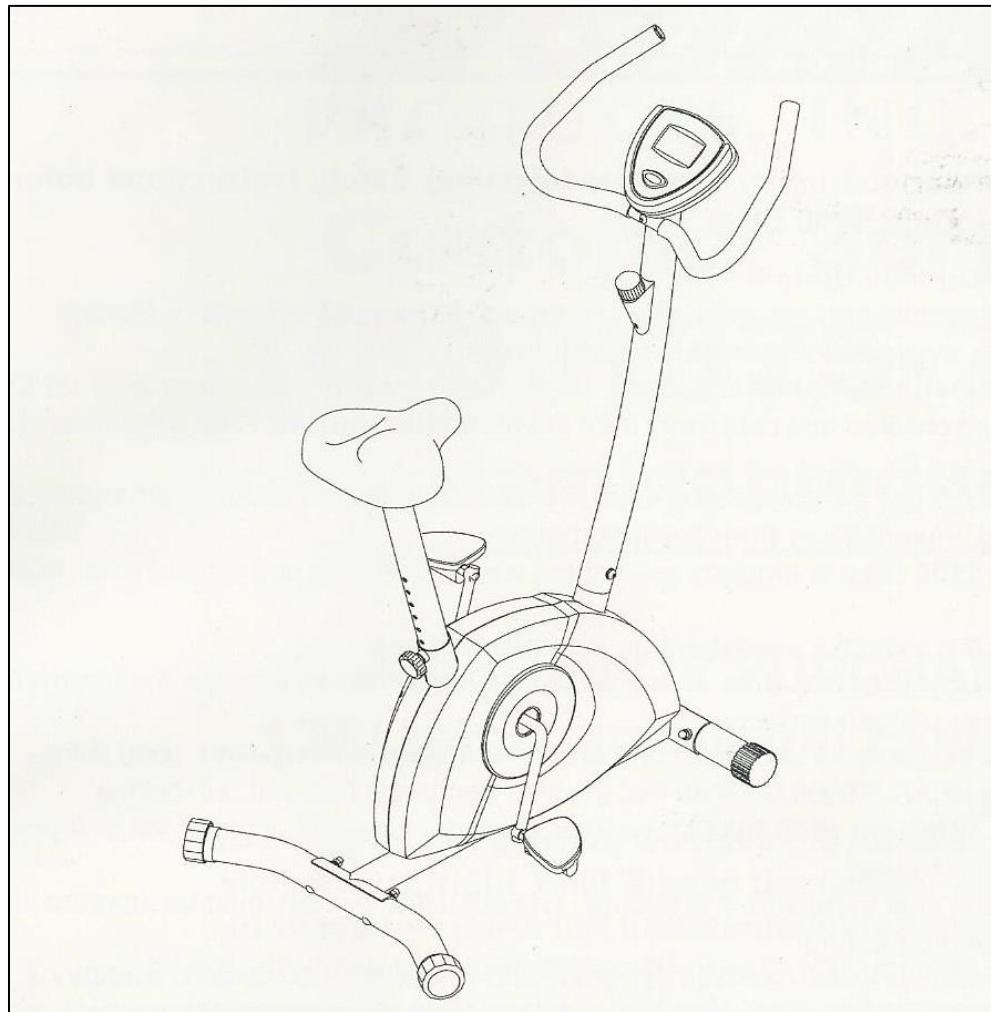


**CARDIO KIDS HOME BIKE**

**MODELS: 155**



**"Motivating Kids to Move!"**

**[www.kidsfit.com](http://www.kidsfit.com)**

**2130 Cainhoy Road**

**Huger, SC 29450**



## ***Important Instructions***

Please read these instructions carefully before using the equipment for the first time. They contain information which is important for your safety as well as for the use and maintenance of the unit. Keep these instructions in a safe place for reference purposes, to assist you when ordering spare parts, and maintenance work.

## ***For Your Safety***

- ATTENTION! For indoor use only!
- ATTENTION! This training device should be used only for its intended purpose.
- ATTENTION! Any other use of the equipment is prohibited and may be dangerous. The manufacturer cannot be held liable for damage or injury caused by improper use of the equipment.
- Incorrect repairs and structural modifications may endanger the safety of the user.
- Worn or damaged parts should be replaced immediately and the equipment taken out of use until they have been repaired. Damaged components may endanger your safety or reduce the lifetime of the equipment.
- If the equipment is in regular use, check all its components thoroughly every 1-2 months. Pay particular attention to the tightness of bolts and nuts.
- ATTENTION! Instruct children on possible sources of danger during exercising.
- Always wear suitable shoes when using exercise equipment.
- In choosing the location of the equipment, ensure it is a safe distance from any obstacles.
- The surface on which the unit is placed must be firm and even. Place rubber or straw mats under it to deaden any noise or impacts.

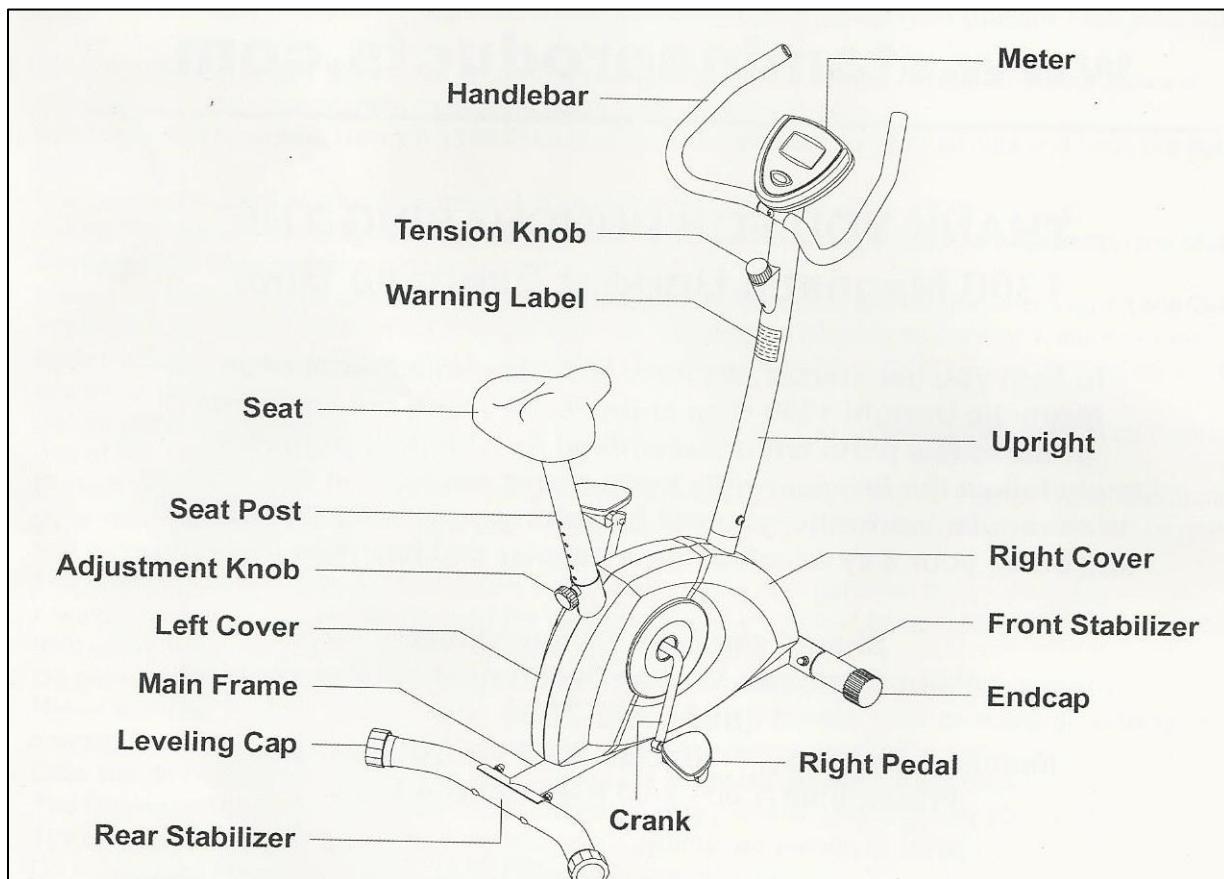
## ***Handling the equipment***

- It is not recommended to use or store the unit in a damp room as this may cause it to rust. Please ensure that no part of the machine comes in contact with liquids (drinks, perspiration, etc.). This may cause corrosion.
- Damaged components may endanger your safety or reduce the lifetime of the equipment. For this reason, worn or damaged parts should be replaced immediately and the equipment taken out of use until this has been done. Use only original Kidsfit spare parts.
- To ensure that the safety level is kept to the highest possible standard, determined by its construction, this product should be serviced regularly (once a year) by a qualified service tech.
- Please ensure that liquids or perspiration never enter the machine or the electronics.
- Before beginning your first training session, familiarize yourself thoroughly with all the functions and settings of the unit.
- When choosing a place for the equipment please ensure that the floor can withstand the additional weight/ load.

## **Proper Procedures for Use:**

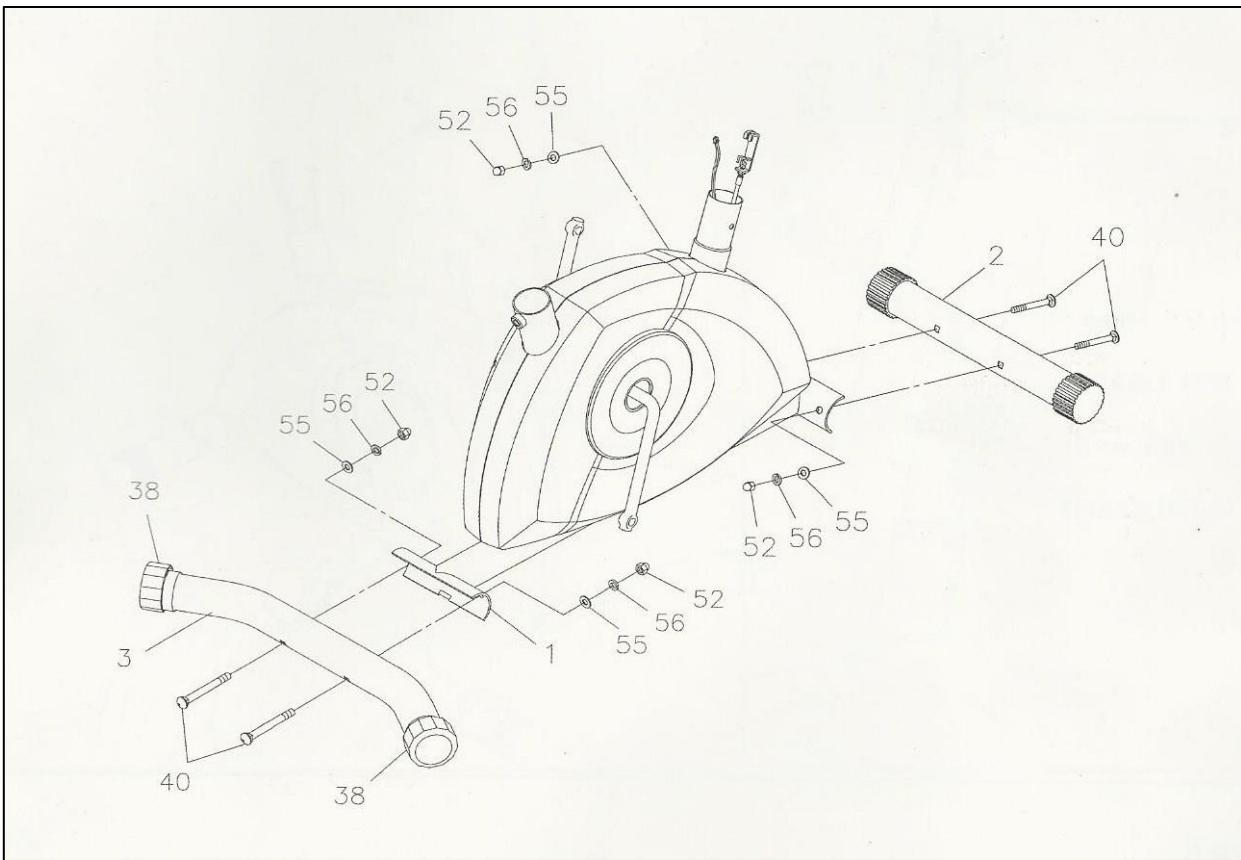
---

1. When seated on the bike make sure knees are in a slightly bent position when the ball of the foot is at its lowest point near the floor.
2. Back should be in a near flat position when user is gripping the handlebars.
3. Begin pedaling slowly and gradually increase speed.
4. The supervisor should make sure each child:
  - a. Maintains correct form and posture while on the bike.
  - b. Comes to a complete stop before stepping off the bike.



## ***Assembly Instructions:***

---



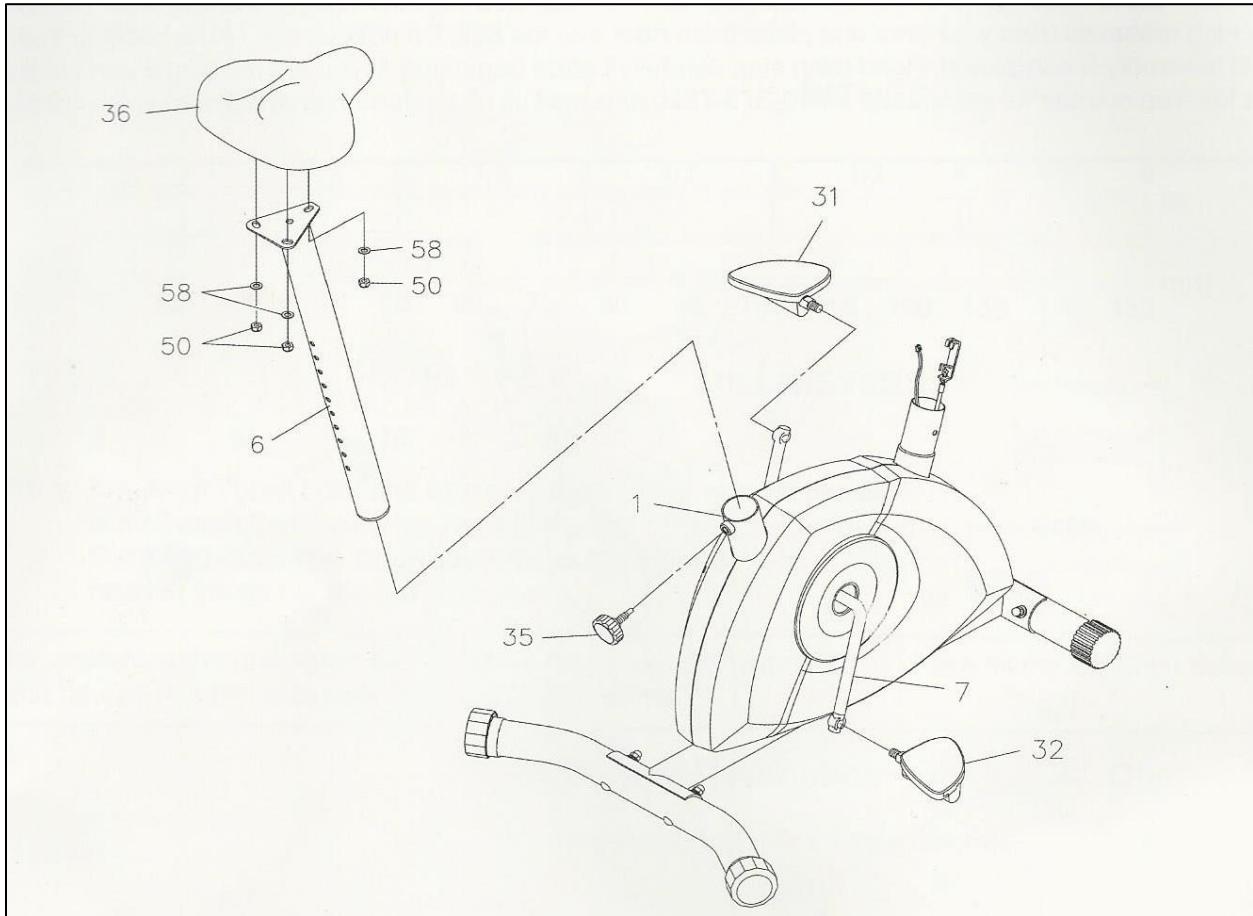
### **Step 1**

Attach the FRONT STABILIZER (2) to the front of the MAIN FRAME (1) with CARRIAGE BOLTS (40), ARC WASHERS (55), LOCK WASHERS (56), and ACORN NUTS(52).

### **Step 2**

Attach the REAR STABILIZER (3) to the MAIN FRAME (1) with CARRIAGE BOLTS (40), ARC WASHERS (55), LOCK WASHERS (56), and ACORN NUTS (52).

NOTE: You can adjust the LEVELING CAPS (38) on the REAR STABILIZER (3) to keep the bike stable.



### **Step 3**

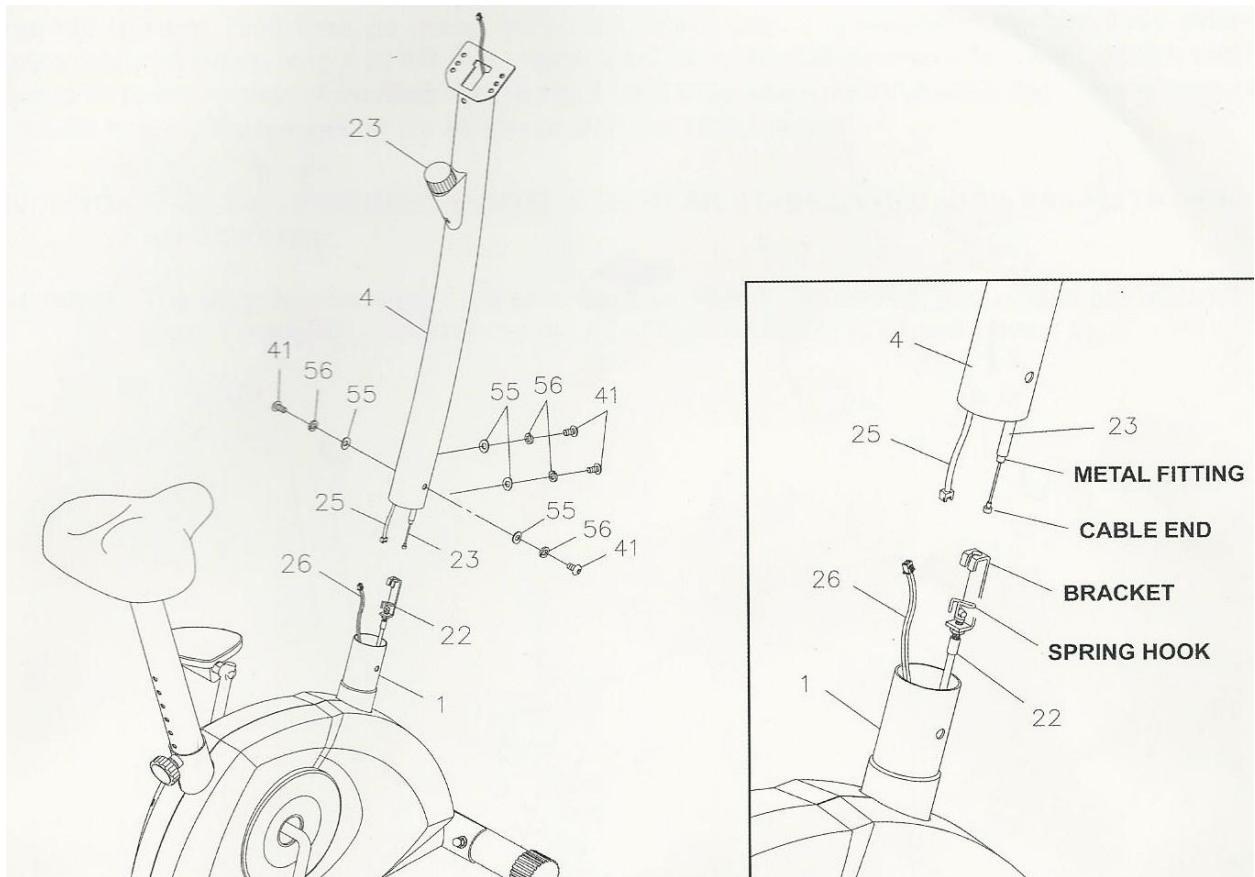
NOTE: The RIGHT PEDAL (32) has R stamped on the end of the pedal shaft. The RIGHT PEDAL (32) has right hand threads and is tightened by turning clockwise. The LEFT PEDAL (31) has L stamped on the end of the pedal shaft. The LEFT PEDAL (31) has left hand threads and is tightened by turning counterclockwise.

Thread the RIGHT PEDAL (32) to the right side of the CRANK (7) as shown. Tighten the pedal securely. Do the same to attach the LEFT PEDAL (31) to the left side of the CRANK (7).

### **Step 4**

Attach the SEAT (36) to the SEAT POST (6) with NYLOCK NUTS (50) and WASHERS (58). Insert the SEAT POST (6) into the MAIN FRAME (1) and secure with the ADJUST<EMT KNOB (35).

NOTE: The ADJUSTMENT KNOB (35) should be screwed in tight to make the SEAT POST (6) fit securely in the MAIN FRAME (1).

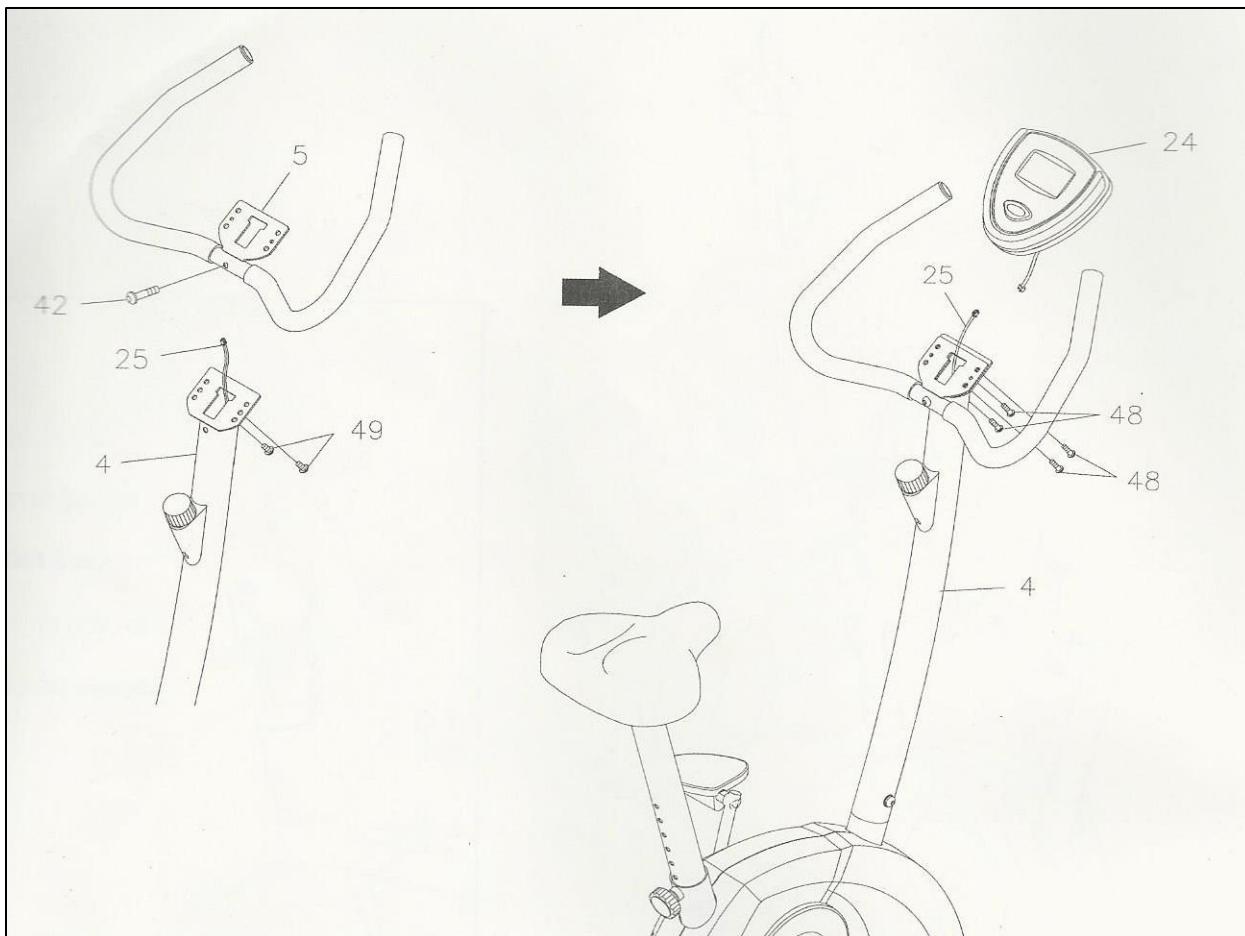


### Step 5

Turn the TENSION KNOB (23) on the UPRIGHT (4) counterclockwise as far as it can go, so the cable end extends out of the metal fitting as far as possible. Pull the ends of the TENSION CABLE (22) and SENSOR WIRE (26) out of the MAIN FRAME (1). Refer to the inset drawing. Connect the CABLE END of the TENSION KNOB (23) into the SPRING HOOK on the end of the TENSION CABLE (22). Pull on the Cable of the TENSION KNOB (23) firmly so that enough cable is available to insert the cable through the slot in the BRACKET. Then insert the METAL FITTING on the cable of the TENSION KNOB (23) into the hole at the end of the slot in the BRACKET. Adjust the TENSION KNOB (23) and verify that the SPRING HOOK moves when the TENSION KNOB (23) is adjusted.

### Step 6

Connect the CONNECTION WIRE (25) to the SENSOR WIRE (26). Insert the UPRIGHT (4) onto the MAIN FRAME (1) and secure with BUTTON HEAD BOLTS (41), LOCK WASHERS (56), and ARC WASHERS (55).



### **Step 7**

Run the CONNECTION WIRE (25) through the hole in the plate on the HANDLEBAR (5). Attach the HANDLEBAR (5) to the UPRIGHT (4) with BUTTON HEAD BOLT (42) and ROUND HEAD SCREWS (49).

### **Step 8**

Install two AA batteries into the METER (24), two batteries included. Plug the CONNECTION WIRE (25) to the METER (24), and push the excess wires back into the UPRIGHT (4). Place the METER (24) onto the plate on the HANDLEBAR (5) and secure with ROUND HEAD SCREWS (48)

NOTE: Be careful not to damage the wires when attaching the METER (24)

# **Programming the Computer**

## **USING THE METER**

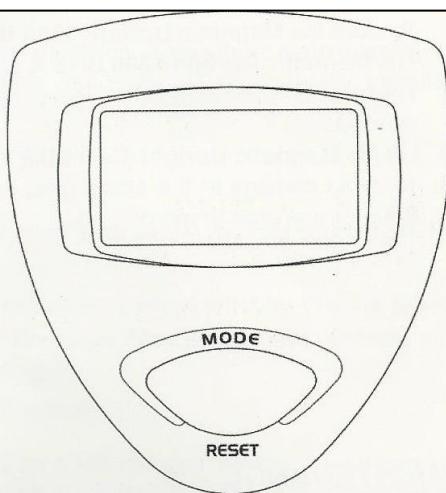
**POWER ON :** Pedal movement or push the button.

**POWER OFF :** Automatic shut off after four minutes of inactivity.

### **MODE/RESET BUTTON:**

Press to select display functions, include **SCAN, TIME, SPEED, DISTANCE, and CALORIES**.

Press and hold for three seconds to reset all functions to zero.



### **FUNCTIONS:**

**SCAN:** Automatically scans each function of **TIME, SPEED, DISTANCE, and CALORIES** in sequence with change every four seconds. Press and release the button until "SCAN" appears on the display.

**TIME:** Displays the time from one second up to 99:59 minutes.

**SPEED:** Displays the current speed from zero to 999.9 miles per hour.

**DISTANCE:** Displays the distance from zero to 99.99 miles.

**CALORIES:** Displays the calorie consumption from zero to 999.9 Kcal.

The calorie readout is an estimate for an average user. It should be used only as a comparison between workouts on this unit.

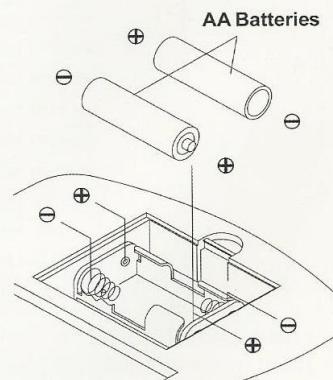
**NOTE:** The meter will shut off automatically after four minutes of inactivity. All function values will be kept. Push the button and hold it down for three seconds to reset all functions to zero.

### **HOW TO INSTALL AND REPLACE BATTERIES:**

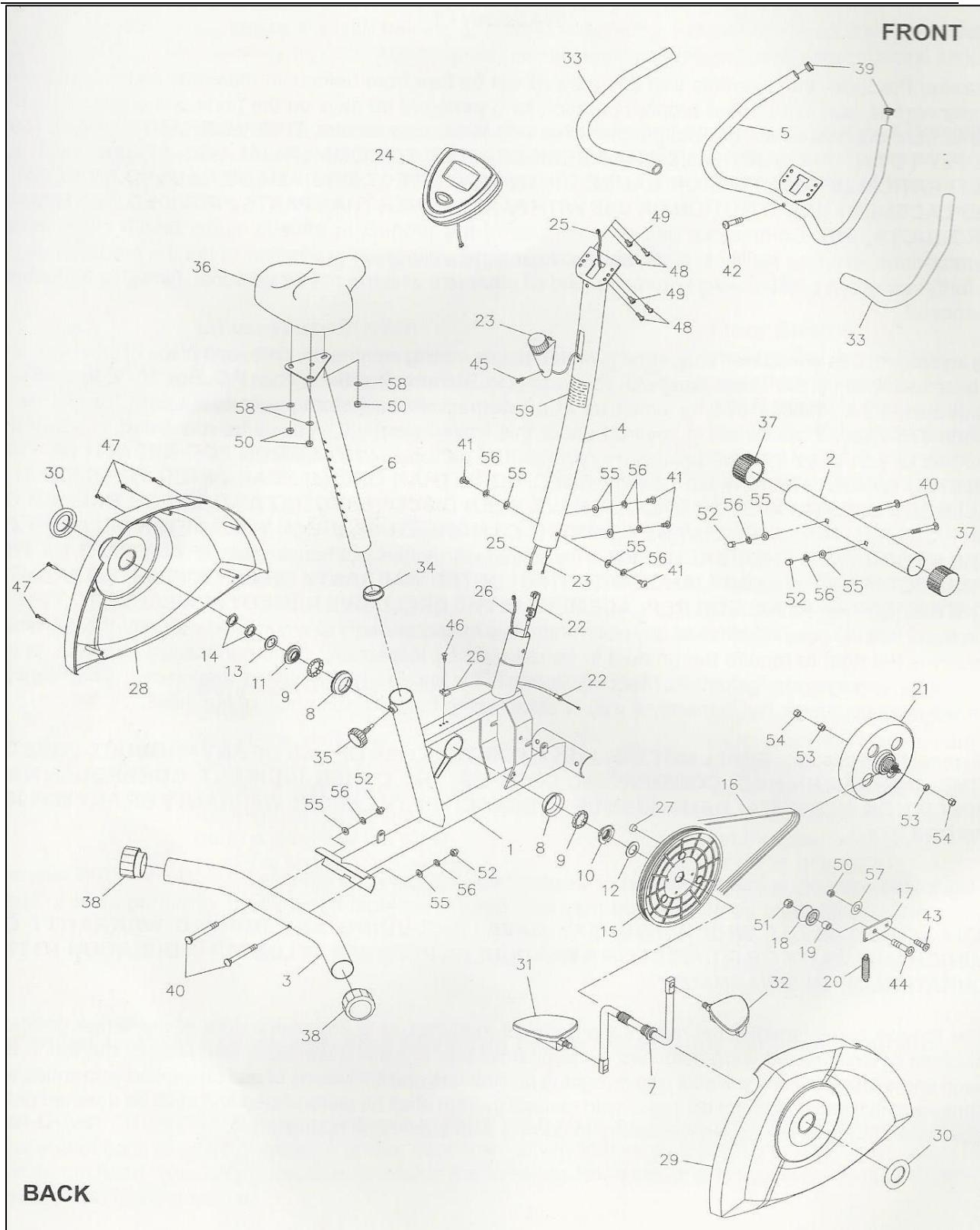
1. Open the Battery Door on the back of the meter.
2. The meter operates with two AA batteries, two batteries included.  
Refer to the illustration to install or replace the batteries.

#### **NOTE:**

1. Do not mix a new battery with an old battery.
2. Use the same type of battery. Do not mix an alkaline battery with another type of battery.
3. Rechargeable batteries are not recommended.



# *Replacement Parts List*



PART#	PART NAME	QTY
1	Main Frame	1
2	Front Stabilizer	1
3	Rear Stabilizer	1
4	Upright	1
5	Handlebar	1
6	Seat Post	1
7	Crank	1
8	Bearing Housing	2
9	Ball Bearing	2
10	Inside Bearing Collar	1
11	Outside Bearing Collar	1
12	Bearing Washer	1
13	Bearing Snap Washer	1
14	Bearing Nut	2
15	Pulley	1
16	V-Ribbed Belt	1
17	Idler Arm	1
18	Idler Wheel	1
19	Idler Wheel Spacer	1
20	Tension Spring	1
21	Magnetic Unit	1
22	Tension Cable	1
23	Tension Knob	1
24	Meter	1
25	Connection Wire	1
26	Sensor Wire	1
27	Magnet	1
28	Left Cover	1
29	Right Cover	1
30	Cover Cap	2
31	Left Pedal	1
32	Right Pedal	1
33	Foam Grip	2
34	Post Plug	1
35	Adjustment Knob	1
36	Seat	1
37	Endcap (50.8mm)	2
38	Leveling Cap (50.8mm)	2
39	Round Plug (22mm)	2
40	Carriage Bolt (M8 x 1.25 x 65mm)	4
41	Bolt, Button Head (M8 x 1.25 x 15mm)	4
42	Bolt, Button Head (M8 x 1.25 x 30mm)	1
43	Bolt, Flat Head (M8 x 1.25 x 20mm)	1
44	Bolt, Flat Head (M10 x 1.5 x 35mm)	1
45	Screw, Flat Head (M5 x 15mm)	1
46	Screw, Big Round Head (M5 x 15mm)	1
47	Screw, Round Head (M4 x 25mm)	5

<b>PART#</b>	<b>PART NAME</b>	<b>QTY</b>
48	Screw, Round Head (M5 x 0.8 x 15mm)	4
49	Screw, Round Head (M6 x 1 x 8mm)	2
50	Nylock Nut (M8 x 1.25)	4
51	Nylock Nut (M10 x 1.5 x 7mm thick)	1
52	Acorn Nut (M8 x 1.25)	4
53	Thin Nut (3/8" - 26 x 5/32" thick)	2
54	Nut (3/8" - 26 x 9/32" thick)	2
55	Arc Washer (M8)	8
56	Lock Washer (M8)	8
57	Large Washer ( $\varnothing$ 16.5 x $\varnothing$ 32 x 0.5mm thick)	1
58	Washer (M8)	3
59	Warning Label	1
60	Wrench	1
61	Allen Wrench (6mm)	1
62	Manual	1