

# smooth X bike

by  **SMOOTH**  
FITNESS & HEALTH



**CAUTION: THE MAXIMUM USER WEIGHT LIMIT ON THIS PRODUCT SHOULD NOT EXCEED  
136KG / 300LBS**

The Product May Vary Slightly From the  
Picture Shown Above  
**MADE IN CHINA**

VER-021114

Seat Cushion Disclosure  
ALL NEW MATERIALS Consisting of: PP+PU+FOAM  
Date of Manufacture: 2014.02  
Model # SMB-XBIKE  
Lot # DD6321-1

## SAFETY INSTRUCTION



**WARNING: To reduce the risk of serious injury, read the following safety instructions before using the item**

1. Read all warnings posted on the equipment.
2. Read this Owner's Manual and follow it carefully before using the equipment. Make sure that it is properly assembled and tightened before use.
3. Keep children and pets away from the equipment. Do not allow children and pets to use or play on the equipment. Always keep children and pets away from the equipment when it is in use.
4. Set up and operate the equipment on a solid level surface. Do not position the equipment on loose rugs or uneven surfaces.
5. Inspect the equipment for worn or loose components prior to each use.
6. Tighten / replace any loose or worn components prior to using the equipment.
7. Follow your physician's recommendations in developing your own personal fitness program.
8. Always choose the workout which best fits your physical, strength and flexibility level. Know your limits and train within them. Always use common sense when exercising.
9. Do not wear loose or dangling clothing while using the equipment.
10. Never exercise in bare feet or socks; always wear correct footwear, such as running, walking, or cross-training shoes.
11. Be careful to maintain your balance while getting on this product, using this product and getting off this product; loss of balance may result in a fall and/ or serious bodily injury.
12. The equipment should not be used by persons weighing over 300 pounds /136 kgs.
13. The equipment should be used by only one person at a time.
14. The equipment is for home use only.
15. Maintenance: Replace the defective components immediately and / or discontinue the use of the equipment until it is repaired.
16. Make sure that adequate space is available for access to and passage around the equipment; keep at least a distance of 1 meter from any obstruction object while using the machine.
17. If you feel faint or dizzy, discontinue use of this equipment immediately.
18. Serious bodily injury can occur if this equipment is not assembled and used correctly. Serious bodily injury can also occur if all instructions are not followed.
19. Keep children and pets away from equipment when in use. Always make sure all bolts and nuts are tightened prior to each use. Follow all safety instructions in this manual.

**WARNING:** Before starting any exercise or conditioning program you should consult with your personal physician to see if you require a complete physical exam. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any illness



**READ AND FOLLOW THE SAFETY PRECAUTIONS. FAILURE TO FOLLOW THESE INSTRUCTIONS CAN RESULT IN SERIOUS BODILY INJURY**

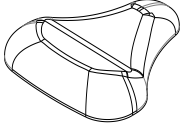

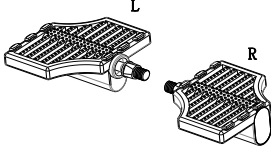
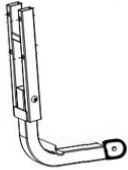
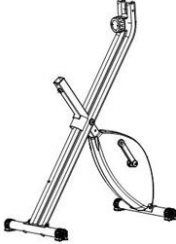

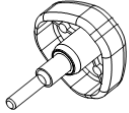




Thank you for choosing the **Smooth XBIKE**. We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better and enjoy life to its fullest.

Too often, our busy lifestyles limit our time and opportunity to exercise. This equipment provides a convenient and simple way to get your body in shape and achieve a happier and healthier lifestyle.

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled. Read this manual carefully before using the equipment.

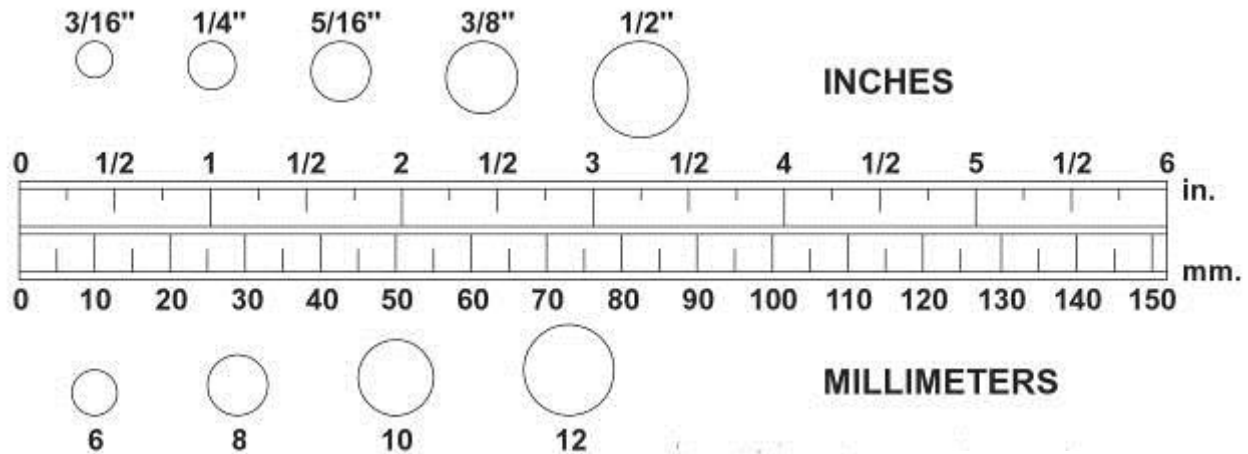
## ASSEMBLY PARTS

Unpack the box in a clear area. Follow the **List of Assembly Parts** below to check and make sure all of the assembly parts are present and in good condition. Do not dispose of the packing material until the trial period has expired. The tools needed for assembly have been included. If anything is missing please check the packing materials to verify it was not concealed in this material.

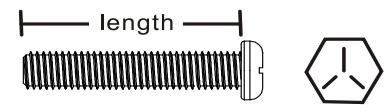
<p><b>Seat Cushion (1)</b></p> 	<p><b>Seat Post (23)</b></p> 	<p><b>Pedal (13L) (8R)</b></p> 
<p><b>Back Pad Frame(14)</b></p> 	<p><b>Main Frame Assembly (7)</b></p> 	<p><b>Console Assembly (2)</b></p> 
<p><b>Seat Knob(14)</b></p> 	<p><b>Front Support (11F)</b></p> 	<p><b>Rear Support (11R)</b></p> 
<p><b>Seat Handlebars (20)</b></p> 	<p><b>Back Pad (21)</b></p> 	

# HARDWARE IDENTIFICATION CHART

Unpack the box in a clear area. Review the **Hardware Kit List** below. This chart is provided to help identify the hardware used in the assembly process. Place the washers, the ends of the bolts, or screws on the circles to check for the correct diameter. Use the small ruler to check the length of the bolts and screws. Do not dispose of the packing material until the trial period has expired



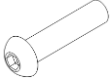

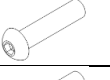
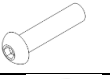







**NOTICE:** The length of all bolts and screws, except those with flat heads, are measured from below the head to the end of the bolt or screw. Flat head bolts and screws are measured from the top of the head to the end of the bolt or screw



**Note: The assembly hardware has been pre-assembled.**

Please review the contents of the hardware kit pictured below.

The hardware and some small parts may have been pre-attached for shipping. If a part is not in the hardware bag, check to see if it has been pre-assembled. You can refer to the exploded diagram on page 16 for hardware placement

HARDWARE	Part No. and Description	Q'TY
	#4 Bolt (M6 X 12mm)	4pcs
	#10 Carriage bolt (M8x50mm)	6pcs
	#18 Bolt(M8X45mm)	4pcs
	#15 Screw(M5x15mm)	2pcs
	#6 Flat washer (M6)	2pcs
	#22 Flat washer (M8)	7pcs
	#5 Curved washer (M6)	2pcs
	#9 Curved washer (M8)	4pcs
	#19 M8 Spring washer	6pcs
	#12 Cap nut (M8)	4pcs
	#16 Nylock nut (M8)	5pcs

# ASSEMBLY TOOLS

THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY:



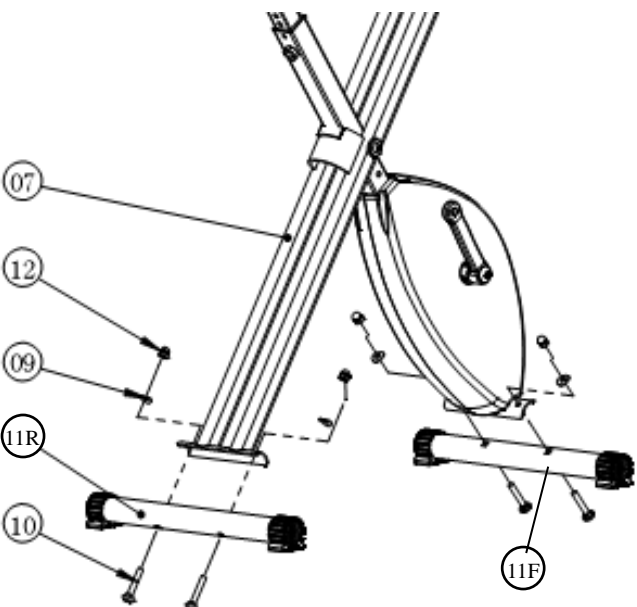
Wrench






ALLEN WRENCH

# ASSEMBLY INSTRUCTIONS

## STEP1-Base Support Frame Assembly



	4x #10
	4x #9
	4x #12

1. Unpack the Smooth XBIKE from the shipping carton and remove the packing materials.
2. Attach the front support to the front of the main frame.

**NOTE: the front support has the transport wheels attached.**

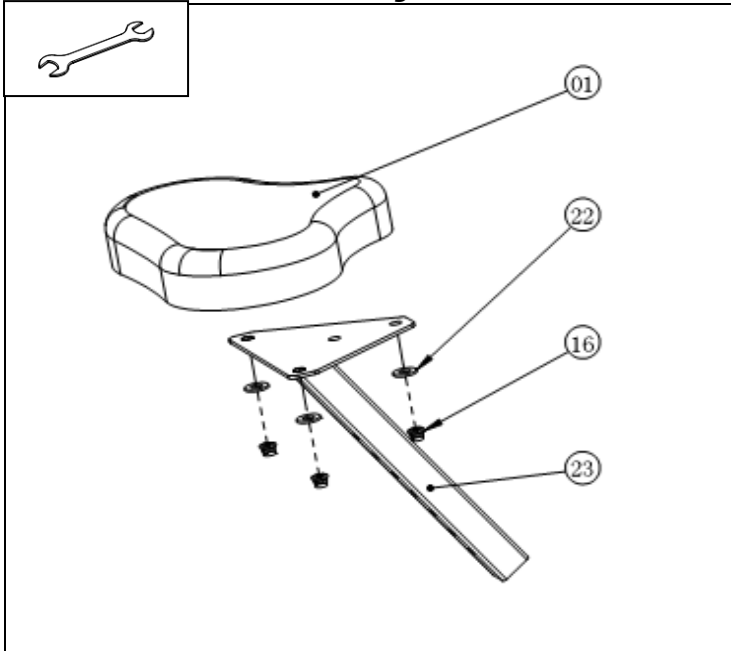
3. Secure the front support to the mainframe using 2xM8\*50mm carriage bolts (10), 2x M8 curved washers (9) and 2x M8 cap nuts (12). Completely tighten all bolts.
4. Attach the rear support to the front of the main frame.


**NOTE: There are no transport wheels on the rear support.**

5. Secure the rear support to the mainframe using 2xM8\*50mm carriage bolts (10), 2x M8 curved washers (9) and 2x M8 cap nuts (12). Completely tighten all bolts.

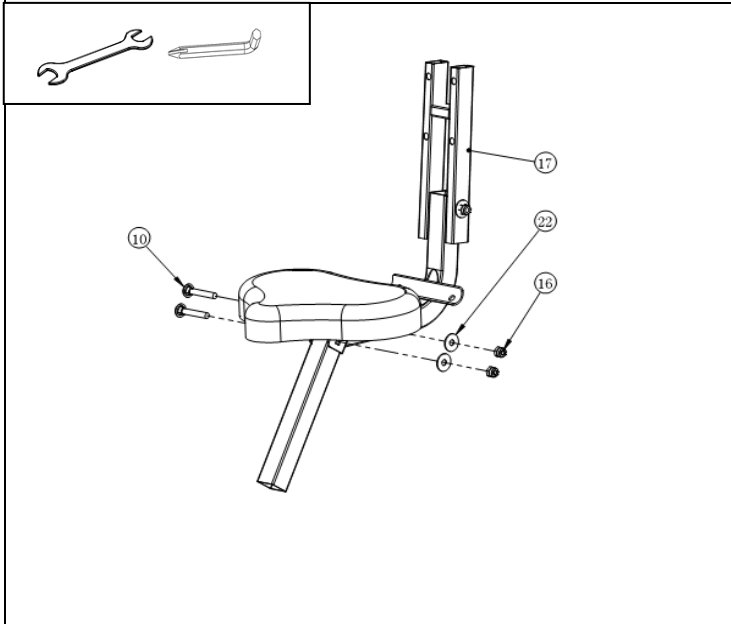
# ASSEMBLY INSTRUCTIONS




## STEP2-Seat Assembly



	3x #22
	3x #16

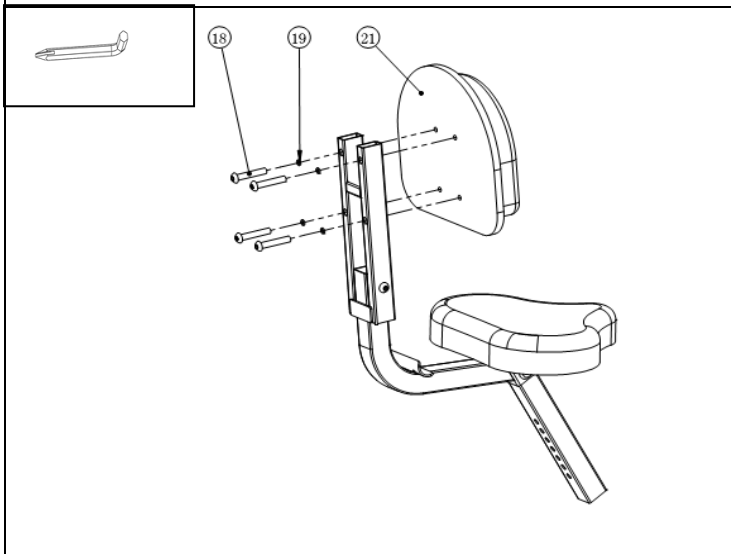
1. Attach the seat to the seat post. The seat studs will insert through the seat post holes
2. Secure the seat to the seat post using 2xM8 flat washers (22) and 3x M8 Nylock nuts (16).
3. Tighten all fasteners now




	2x #10
	2x #22
	2x #16

**After the seat has been attached and the fasteners are completely tightened.**

1. Secure the back pad frame to the seat post using 2x M8\*50mm carriage bolts (10), 2x M8 flat washers (22) and 2x M8 cap nut (16).
2. Tighten all fasteners now

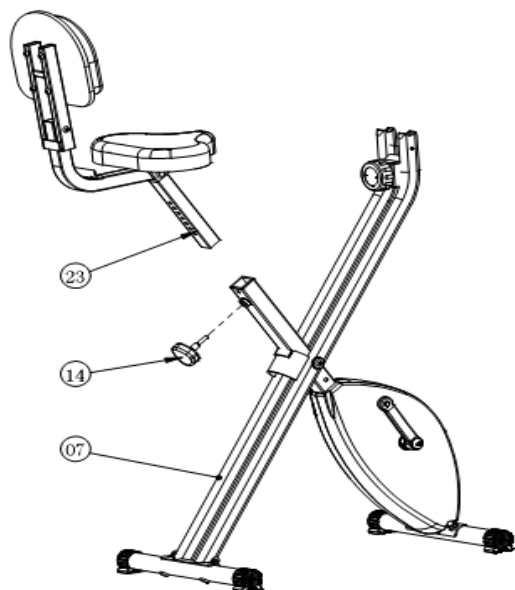


	4x #19
	4x #18

1. Attach the back pad to the back pad frame and secure it, using 4x M8 spring washers (19) and 4x M8\*45mm bolts (18).
2. Tighten all fasteners now

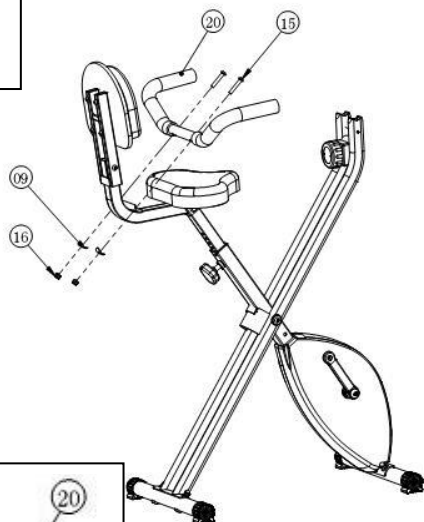
# ASSEMBLY INSTRUCTIONS

## STEP3-Seat Installation and Handlebar Assembly



Seat Adjuster Knob

1. Insert the seat adjustment knob into the mainframe by turning the knob 5 times clockwise.
2. After threading the adjustment knob in to the mainframe, pull the knob outward while inserting the seat post into the mainframe.
3. Once the seat is at the preferred height, release the knob and slide the seat downward until the seat locks in place.
4. Confirm that the seat is locked in place by lifting upward on the seat verifying that it does not move upward.
5. Turn the knob clockwise until the knob is completely tight.

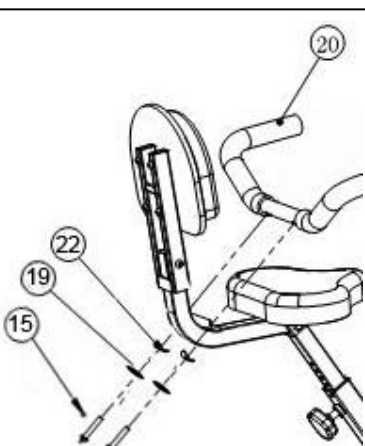


	2x #19
	2x #22
	2x #15

1. Place the seat handlebars onto the handlebar mounting bracket and align the two holes on the handlebar with the two holes on the handlebar bracket.

**Note:** Make sure the handlebar is facing forward as pictured on the left

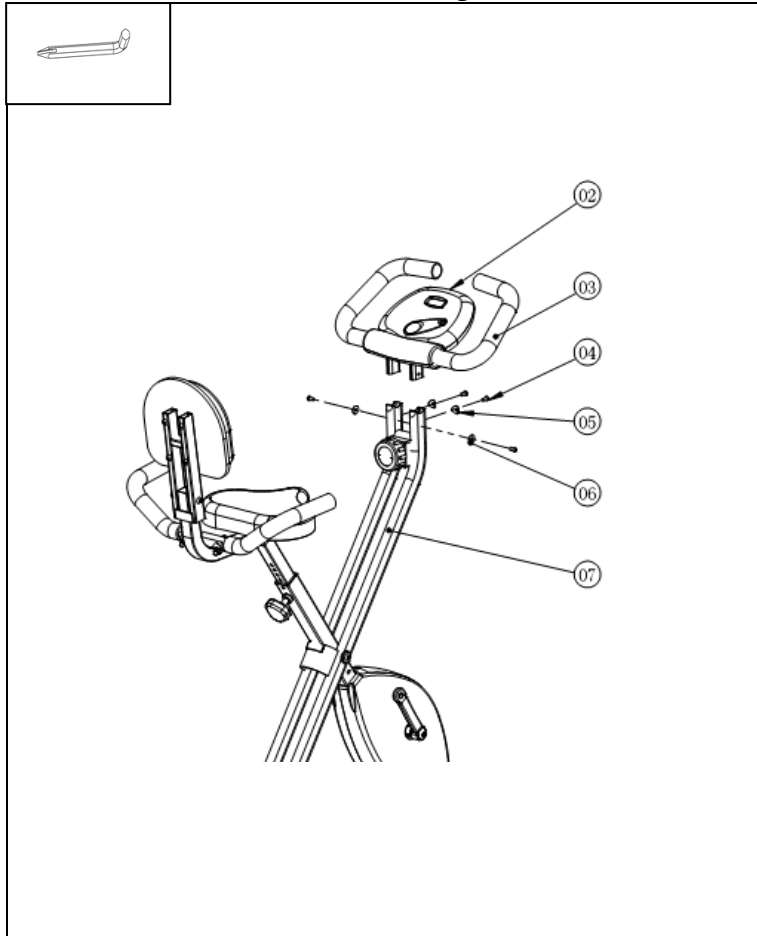
2. Secure the handlebar to the bracket using 2x M8\*55mm bolts(15), 2x M8 spring washers(19) and 2x M8 flat washers(22)
3. Completely tighten all fasteners now








# ASSEMBLY INSTRUCTIONS

## STEP4-Console Assembly



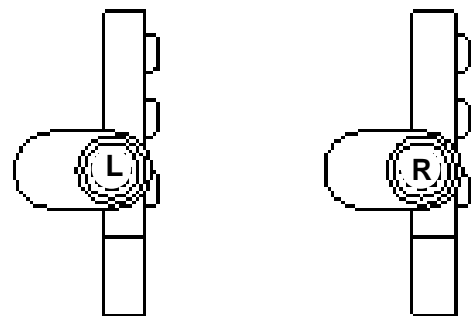
	4x #4
	2x #5
	2x #6

1. Insert the console frame into the bike main frame as pictured on the left.
2. Align the bolt holes in the main frame with the bolt holes in the console frame.
3. Secure the front of the console frame to the main frame using 2x M6\*12mm bolts(4) and 2x M6 curved washers(5). Do not fully tighten the bolts at this time.
4. Secure the left and right sides of the console frame to the main frame using 2x M6\*12mm bolts(4) and 2x M6 flat washers(6).
5. Fully tighten all fasteners now

## STEP5 - Pedal Assembly

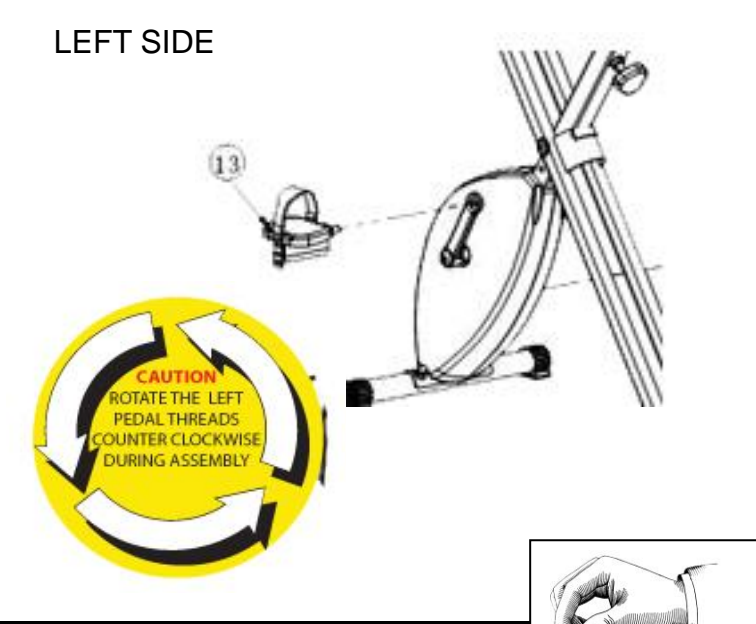
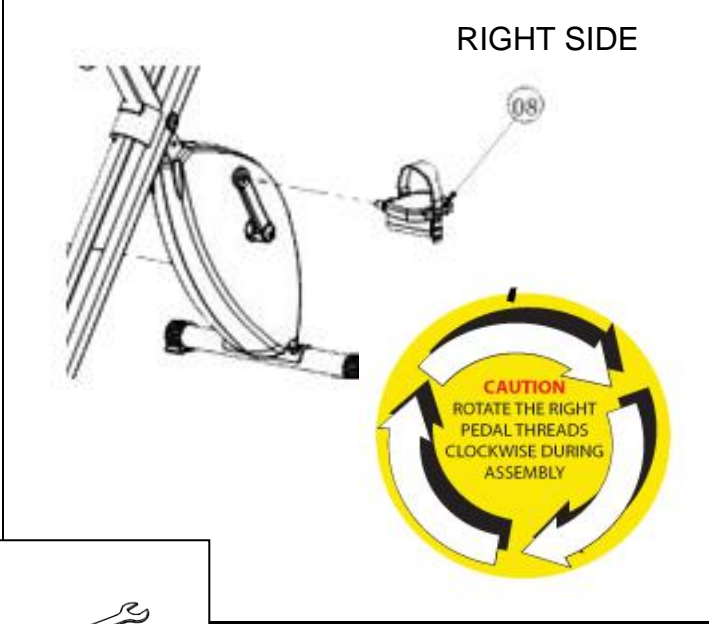

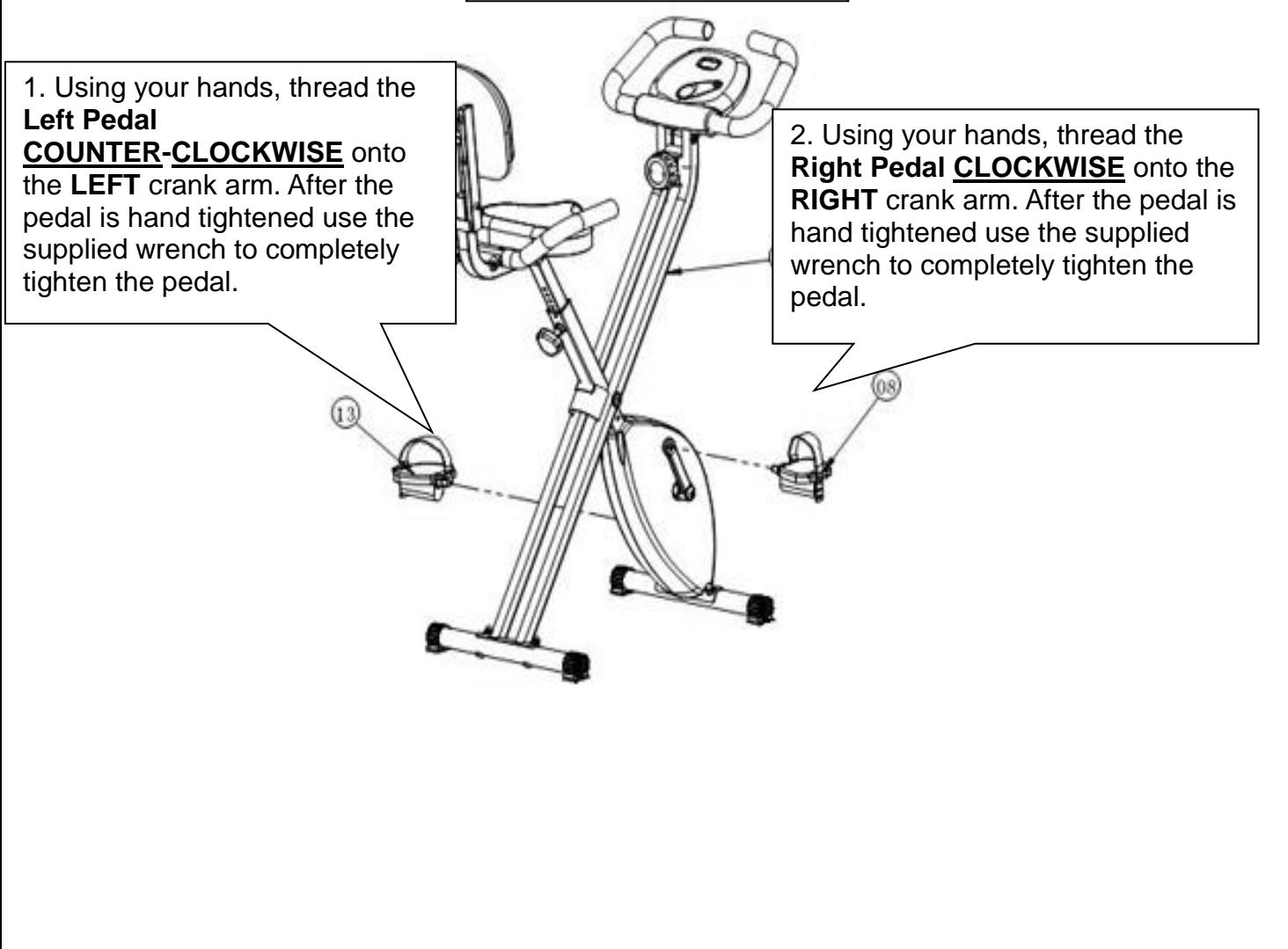
**NOTE: THE PEDALS ARE STAMPED, L AND R ON THE PEDAL THREADED SHAFT.**

The left and right pedals are not interchangeable. You must only assemble the right pedal to the right side crank arm and the left pedal to the left side crank arm. The left and right side are determined from the seated position. Failure to follow the above instructions may cause damage.



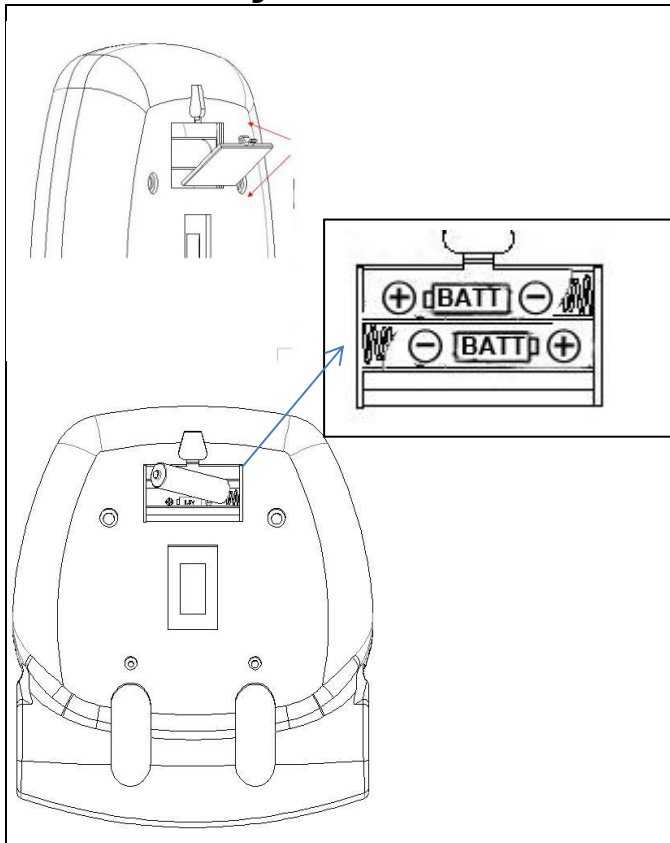
# ASSEMBLY INSTRUCTIONS

## STEP5-Pedal Assembly

LEFT SIDE	RIGHT SIDE
   	

## ASSEMBLY INSTRUCTIONS

### STEP6–Battery Installation



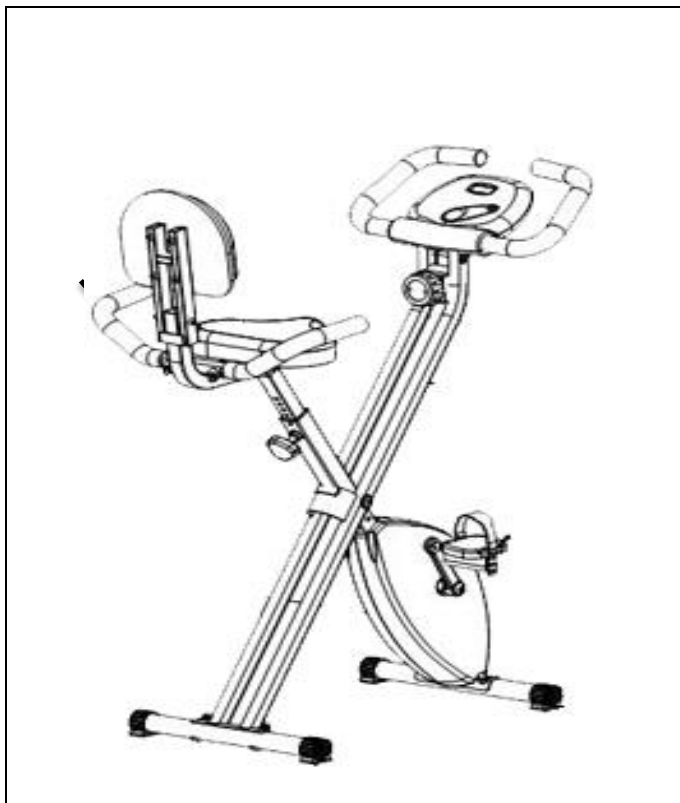
**Note: The computer monitor will not function without 2 AA batteries.**

1. Open the battery door on the back of the computer
2. Insert the batteries in the direction shown on the left.
3. Replace the battery door

**Note: Batteries should be recycled or disposed of as per state and local guidelines.**

## SEAT INSTALLATION and ADJUSTMENT

### Seat Installation

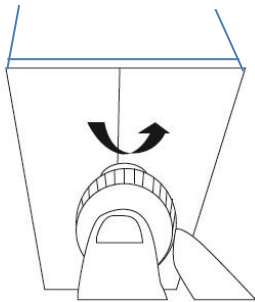
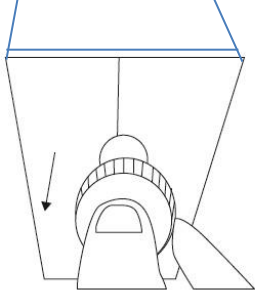
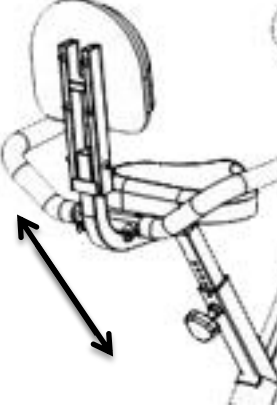
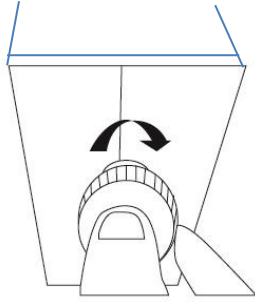


**Note: Do not completely remove the adjustment knob from the frame. To adjust the seat you will need to loosen the knob and then pull the knob outward.**

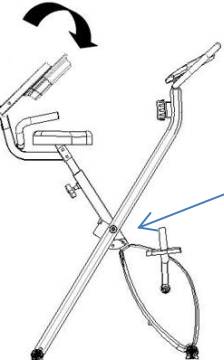
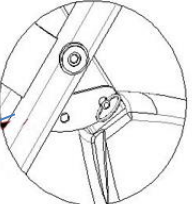
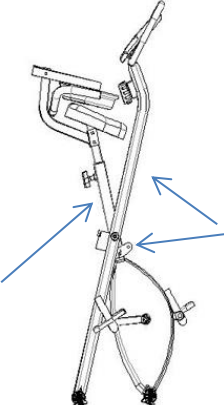
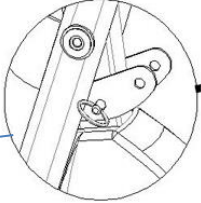
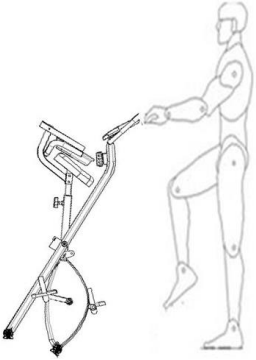
4. To insert the seat, turn the adjustment knob counter clockwise to loosen.
5. Pull the knob outward and insert the seat at the same time, until the seat post is fully inserted and the seat rests on the main frame.
6. Release the knob and slowly pull up on the seat until it locks in place.
7. After releasing the pin and the seat is locked in place, verify that the seat will not move up or down.
8. Tighten the knob by turning it clockwise until it is completely tight.

## SEAT INSTALLATION and ADJUSTMENT

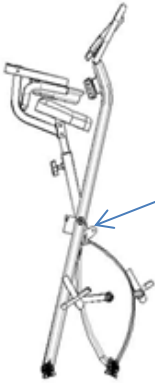
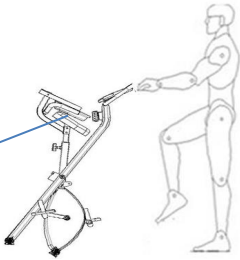
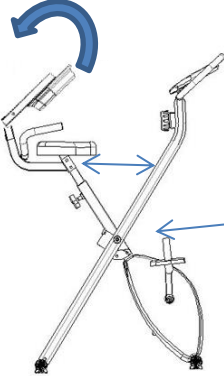
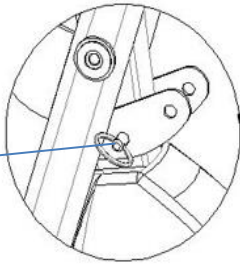
**Warning: Do not use the Smooth XBIKE without verifying that the seat is locked in place. Before moving or using the bike, pull upward on the seat to verify it cannot be removed.**

	<p>1. Turn the seat adjustment knob counter-clockwise to loosen. (do not completely remove the adjustment knob)</p>		<p>2. Pull back the seat adjustment knob to release the seat.</p>
	<p>3. While holding the knob out, move the seat up or down. <b><u>There are 7 different seat positions.</u></b> The seat will move in a 45 degree motion. Once the required height is reached, release the knob and slowly push the seat downward until the pin snaps in place. Verify that the seat is locked in place by pulling upward on the seat. If the seat is properly locked, the seat will not move up or down.</p>		<p>4. Turn the seat adjustment knob clockwise to tighten the adjuster knob. Completely tighten the knob prior to use.</p>

## MOVING the SMOOTH XBIKE

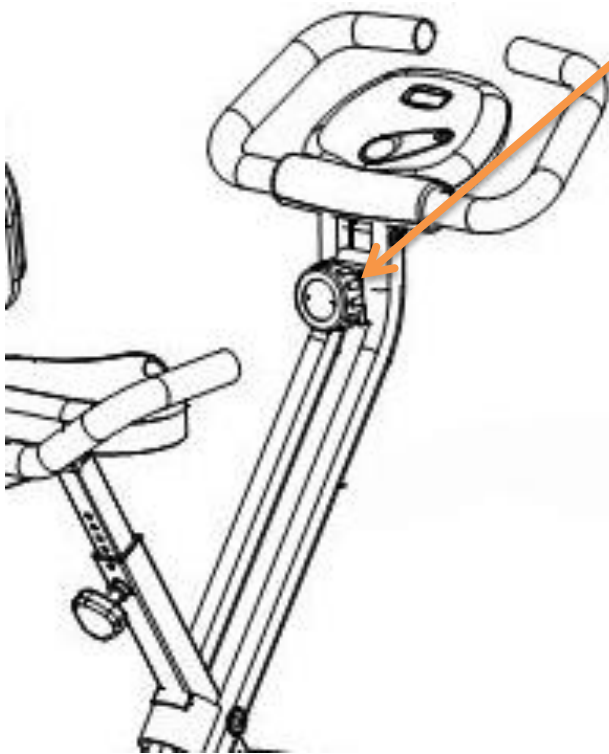
				
<p>Fold the back pad down</p>	<p>Remove the frame locking pin</p>	<p>Fold the upper portion of the bike inward</p>	<p>Place the locking pin in the first pin hole to lock the frame together</p>	<p>Check that the frame is locked in the folded position. Tilt the bike forward on to the front wheels. Then roll the bike to the new location</p>

## UNFOLDING the SMOOTH XBIKE

			
<p>Remove the frame locking pin from the first locking position.</p>		<p>Open the frame of the bike by pulling the upper portion of the bike outward. Then rotate the seat back pad upward.</p>	<p>Place the locking pin in the first pin hole, to lock the frame in place. Before using the bike; test to make sure that the bike does not fold.</p>

## RESISTANCE ADJUSTMENT

### Adjusting the Resistance

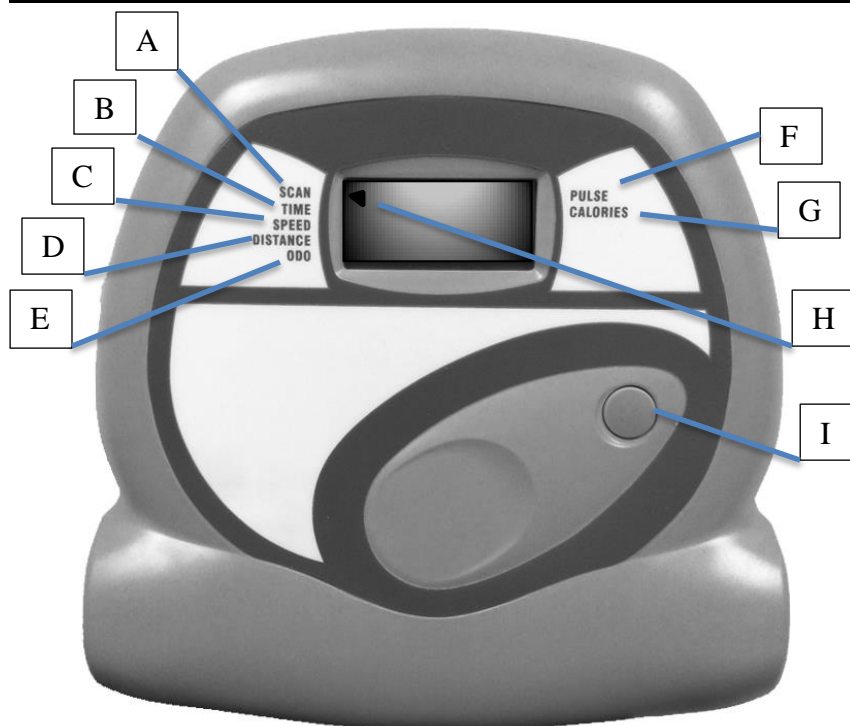


**Just below the computer console there is a resistance dial. To adjust the resistance settings please follow the steps below**

1. There are numbers on the resistance dial ranging from 1 through 8. Number 1 is the least amount of resistance offered and number 8 is the maximum amount offered.
2. To increase the resistance, turn the dial clockwise.
3. To decrease the resistance, turn the dial counter-clockwise.

# COMPUTER DISPLAY

**Note: The computer will not function without 2 AA batteries.**



A	Scan: This function allows the computer to scan through each workout data readout automatically (Time, Speed, Distance, Odometer (ODO) Pulse, Calories). To enable the scan function press the selection button (I) until the selection symbol (H) is pointing at scan.
B	Time: Displays the time spent during your workout. To view the time press the selection button (I) until the selection symbol (H) is pointing at time.
C	Speed: Displays the workout speed. To view the speed press the selection button (I) until the selection symbol (H) is pointing at speed.
D	Distance: Displays the distance you have traveled during your workout. To view the distance press the selection button (I) until the selection symbol (H) is pointing at distance.
E	ODO: Displays the total distance you have traveled on the bike. To view the odometer press the selection button (I) until the selection symbol (H) is pointing at ODO.
F	Pulse: Displays your pulse when using the pulse handgrips. To use the pulse grips place the palm of your hands on the silver pulse grips located on the computer handlebars. After placing your hands on the pulse grips your heart rate will be displayed in approximately 10 seconds. To view the pulse press the selection button (I) until the selection symbol (H) is pointing at pulse. (Note: This is not to be used for medical purposes. The heart rate reading may be affected by outside interference and poor connections and can be inaccurate.)
G	Calories: Displays the calories you have burned during your workout. To view the calories press the selection button (I) until the selection symbol (H) is pointing at calories. The calorie count is based on an average weight therefore the results are only an estimate. This result should not be used for medical purposes.
H	Selection Symbol: This is a small triangle that indicates which workout data is being displayed at the moment.
I	The Selection Button: This button is used to select which workout data will be displayed on the LCD screen. Press and hold the selection button to reset the workout data.

## COMPUTER DISPLAY

### Workout Data Ranges

Time	00:00 to 99:59 Min
Speed	0.0 to 999.9MPH
Distance	0.00 to 999.9Mi
Calories	0 to 9999 Cal
Pulse	40 to 240 BPM

## COMPUTER DISPLAY OPERATION

### Selecting the Data on the Display

Press the selection button to display the preferred data reading. The selection symbol will highlight the current data being displayed.

### Scan

When scan is highlighted the computer will display each of the seven data readings in sequence. Each data reading will be displayed for approximately 5 seconds before displaying the next data reading.

### Auto On

To turn the bike on simply press the selection button or begin to pedal the bike.

### Auto Shut Off

The computer will automatically shut off when the bike is left inactive for 4 minutes.

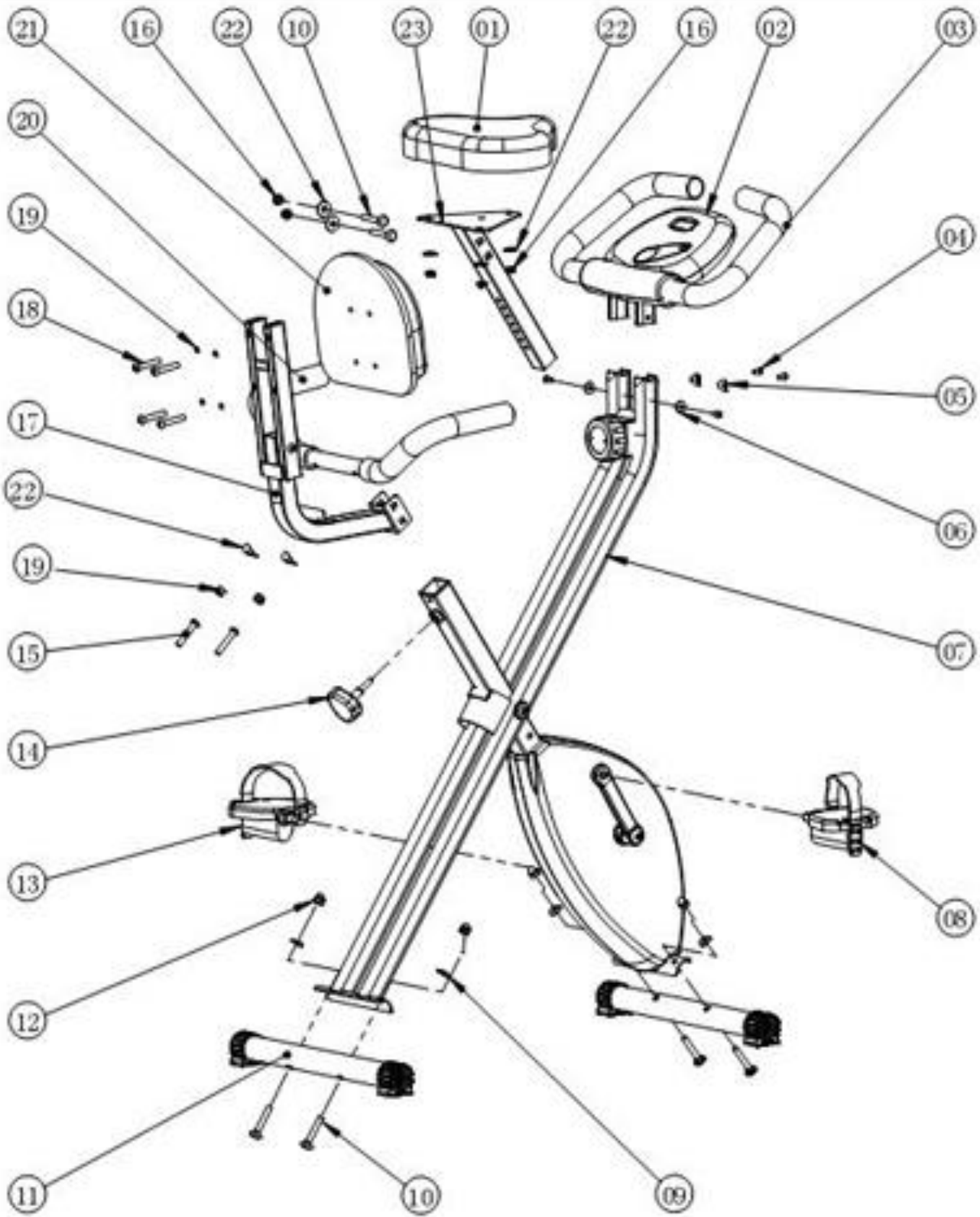
### Pulse

To operate the pulse feature simply place your hands over the silver hand grips on the handle bars. The heart rate will be displayed in approximately 10 seconds or less

## TROUBLE SHOOTING

Symptom	Solution
Computer does not function	Make sure all computer connections are properly connected.
	Replace the batteries
Seat is not stable	Check that the seat pin is locked in place
	Check that the seat knob is tightened completely
Seat will not adjust	Loosen the seat knob

# EXPLODED DIAGRAM





## PART LIST

NO.	Item Name	Q'TY
XB-1	Seat pad	1
XB-2	Computer	1
XB-3	Handlebar	1
XB-4	Bolt M6X12	4
XB-5	Curved washer M6	2
XB-6	Flat washer M6	2
XB-7	Main frame	1
XB-8	Pedal(right)1/2-20 with strap	1
XB-13	Pedal(left)1/2-20 with strap	1
XB-9	Curved washer M8	6
XB-10	Carriage bolt M8*50	6
XB-11F	Front support	1
XB-11R	Rear support	1
XB-12	Cap nut M8	4
XB-14	Seat adjuster knob M12*1.75	1
XB-15	Bolt M8*15	2
XB-16	Nylock nut M8	5
XB-17	Back pad frame	1
XB-18	Bolt M8*45	4
XB-19	Spring washer M8	6
XB-20	Seat handlebar	1
XB-21	Back pad	1
XB-22	Flat washer M8	7
XB-23	Seat post frame	1

**LIMITED HOME USE WARRANTY – SMOOTH FITNESS Bikes Warranty**

**Warranty Coverage:** Smooth Fitness LLC. ("Smooth Fitness") warrants to the original owner that each new product will be free from defects in workmanship and material, under normal use and conditions.

**Period of Coverage:** The Warranty on this product runs from the date of original purchase using the following schedule:

Model Name	Plastics, Upholstery and Wear and Tear Parts	Frame and Mechanical Parts
<b>SMOOTH XBIKE</b>	90 days	1 year

Smooth Fitness reserves the right to inspect damaged parts for misuse. Your Original Receipt is proof of purchase and should be kept with the product manual. You may be required to show proof of purchase prior to warranty fulfillment.

**Remedy Provided by Smooth Fitness:** Smooth Fitness will provide a replacement part free of charge if a defect is found during the Warranty period. Smooth Fitness may at its discretion choose to provide any of the stipulated parts or repair options. In the event that a part is determined to be in need of replacement, upon receipt of the defective part by Smooth Fitness, Smooth Fitness may send out the part by UPS Ground or another such carrier directly to the customer's home at the customer's expense.

Any redemption may be by repair or replacement of the affected part(s) and/or product at the sole discretion of Smooth Fitness, by personnel approved by Smooth Fitness.

Parts repaired or replaced pursuant to this Warranty shall be warranted for the unexpired portion of the Warranty applying to the original product. Any technical advice furnished before or after delivery in regard to the use or application of Smooth Fitness products is furnished without charge and on the basis that it represents Smooth Fitness' best judgment under the circumstances, however, the advice is used solely at the customer's discretion.

**Procedure for Obtaining Your Remedy Under This Warranty:** To help the technician assist you over the phone, please have the following information ready:

- Model name or number from the cover of the manual;
- Serial number located on the frame of the unit; and
- The part description and the order number.

**Limitations on Warranty:** This Warranty does not cover any problems, damage or failure that are caused by accident, improper assembly, failure to observe cautionary labels on the product, failure to operate the product correctly, power grid failures or spikes from your local electricity provider, abuse or freight damage. Smooth Fitness does not warrant against any damage or defects that may result from repair or alterations made to the product by an unauthorized repair facility. In order for this warranty to be valid, all Smooth Fitness exercise equipment must be stored and used in a fully finished and livable room within the residence (not including an indoor swimming pool room).

This Warranty shall terminate if you sell or otherwise transfer this product. This Warranty does not apply to any product shipped or handled outside of the United States or Canada. This Warranty does not apply if the product is used as a rental product or in commercial use. Consequential and incidental damages are not recoverable under this Warranty. (Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.)

THIS WARRANTY IS EXPRESSLY IN LIEU OF ALL OTHER WARRANTIES. ALL IMPLIED WARRANTIES, INCLUDING WARRANTIES OF MERCHANTABILITY OR FITNESS FOR ANY PARTICULAR PURPOSE ARE LIMITED IN DURATION TO ONE (1) YEAR FROM THE EFFECTIVE DATE OF THIS WARRANTY. SMOOTH FITNESS IS NOT LIABLE FOR CONSEQUENTIAL OR INCIDENTAL DAMAGES RESULTING FROM ANY DEFECT IN PARTS NOR FOR ANY BREACH OF EXPRESS OR IMPLIED WARRANTIES. SMOOTH FITNESS' SOLE LIABILITY UNDER THIS WARRANTY IS LIMITED TO THE TERMS DESCRIBED IN THIS FORM. THIS WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS, AND YOU MAY ALSO HAVE OTHER RIGHTS WHICH VARY FROM STATE TO STATE.

FORM WS-1 (rev. 03/2012)



by  **SMOOTH**  
FITNESS & HEALTH

Customer Service Toll Free  
**855-663-5643**