



**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-20140905

Seat Cushion Disclosure
ALL NEW MATERIALS Consisting of: PP+PU+FOAM
Date of Manufacture: Oct. 2014
Model # SMB-XBIKE
Lot # CF168

SAFETY INSTRUCTIONS

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. Follow all safety instructions in this manual.*
2. *Read this Owner's Manual and follow it carefully before using the equipment. Make sure that it is properly assembled and all fasteners are tightened before use.*
3. *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. *This equipment must be placed on a level and stable hard flooring or carpet. 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. *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.*
8. *Do not wear loose or dangling clothing while using the equipment.*
9. *Never exercise in bare feet or socks; always wear correct footwear, such as running, walking, or cross-training shoes.*
10. *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.*
11. *The equipment must not be used by persons weighing over 300 pounds /136 kgs.*
12. *The equipment should be used by only one person at a time.*
13. *The equipment is for home usage only.*
14. *Maintenance: Replace the defective components immediately and / or discontinue the use of the equipment until it is repaired.*
15. *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.*
16. *If you feel faint or dizzy, discontinue use of this equipment immediately. 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.*
17. *Follow your Doctor's recommendations in developing your own personal fitness program. You must NOT use the Sit N Cycle without your doctor's consent if you:*
 - a. *Are pregnant*
 - b. *Have had a recent operation or surgery*
 - c. *Have knee, shoulder, back or neck injuries*
 - d. *Have a Heart condition or cardiovascular disease • High blood pressure • Acute thrombosis • Acute hernia*
 - e. *Have Severe diabetes • Epilepsy • Severe migraines • Malignant tumour*
 - f. *Have a Pacemaker, implants, artificial joint(s) or limb(s), stents or IUD • Any recent illnesses or infections*
 - g. *Have Cancer*

WARNING: Before starting any exercise or conditioning program you should consult with your personal Doctor 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

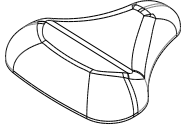

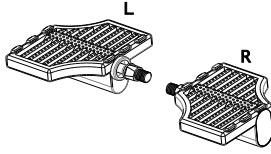

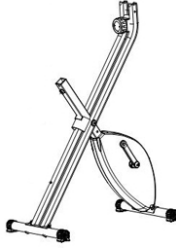






Thank you for choosing the **smoothXbike**. We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better and enjoy life to its fullest.

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

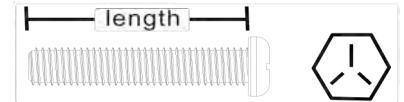
Unpack the box in a clear area. Follow the **List of Assembly Parts** below to check and make sure all of the assembly parts are present and in good condition. Do not dispose of the packing material until the trial period has expired. The tools needed for assembly have been included. If anything is missing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

<p>Seat Cushion (1)</p> 	<p>Seat Post (23)</p> 	<p>Pedal (13L) (8R)</p> 
<p>Back Pad Frame(14)</p> 	<p>Main Frame Assembly (7)</p> 	<p>Console Assembly (2)</p> 
<p>Seat Knob(14)</p> 	<p>Front Support (11F)</p> 	<p>Rear Support (11R)</p> 
<p>Seat Handlebars (20)</p> 	<p>Back Pad (21)</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. For your convenience most of the hardware is preinstalled. Do not dispose of the packing material until the trial period has expired. If it is needed you can measure the hardware with a metric ruler.

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.

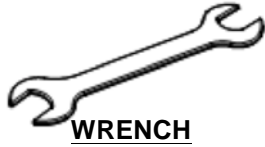
The hardware and some small parts may have been pre-attached for shipping. If a part is not in the hardware bag, check to see if it has been pre-assembled. You can refer to the exploded diagram on page 16 for hardware placement

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)	4pcs
	#22 Flat washer (M8)	7pcs
	#9 Curved washer (M8)	4pcs
	#19 M8 Spring washer	6pcs
	#12 Cap nut (M8)	4pcs
	#16 Nylock nut (M8)	5pcs

ASSEMBLY TOOLS

PLEASE NOTE: WE DO NOT RECOMMEND USING POWER TOOLS FOR ASSEMBLY

THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY



WRENCH



ALLEN WRENCH

ASSEMBLY INSTRUCTIONS

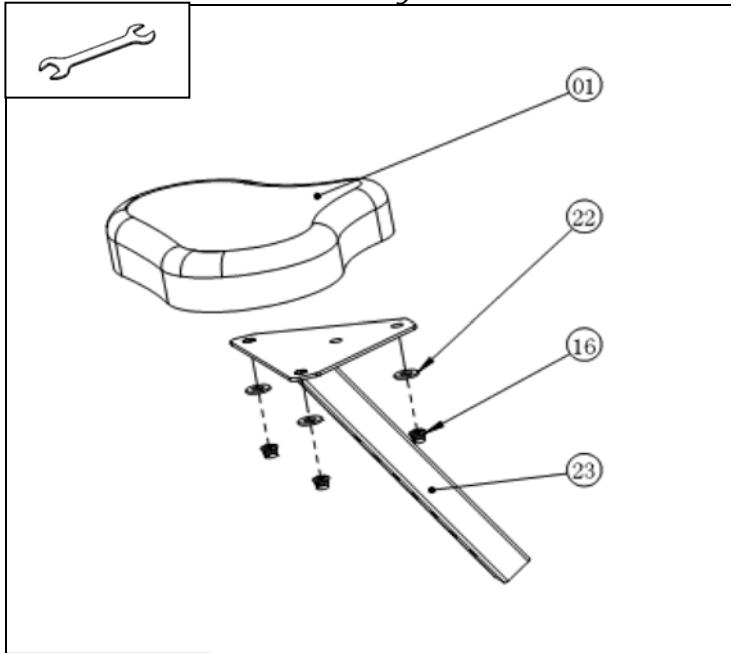
STEP1-Base Support Frame Assembly

<p>After unpacking the smoothXbike, remove the locking pin from the first position</p>		<p>Open the frame of the bike by pulling the upper portion of the bike outward. Then install the locking pin in to the second position ensuring the bike does not fold</p>	



	<p><u>This hardware is pre-installed</u></p> <table border="1" data-bbox="842 1120 1519 1339"> <tr> <td data-bbox="842 1120 1179 1193"> </td> <td data-bbox="1179 1120 1519 1193">4x #10</td> </tr> <tr> <td data-bbox="842 1193 1179 1267"> </td> <td data-bbox="1179 1193 1519 1267">4x #9</td> </tr> <tr> <td data-bbox="842 1267 1179 1339"> </td> <td data-bbox="1179 1267 1519 1339">4x #12</td> </tr> </table> <ol style="list-style-type: none"> 1. Attach the front support to the front of the main frame. <p><u>NOTE: the front support has the transport wheels attached. The support should positioned so that the wheels face forward</u></p> <ol style="list-style-type: none"> 2. 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. 3. Attach the rear support to the front of the main frame. <p><u>NOTE: There are no transport wheels on the rear support.</u></p> <ol style="list-style-type: none"> 4. 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. 		4x #10		4x #9		4x #12
	4x #10						
	4x #9						
	4x #12						

ASSEMBLY INSTRUCTIONS

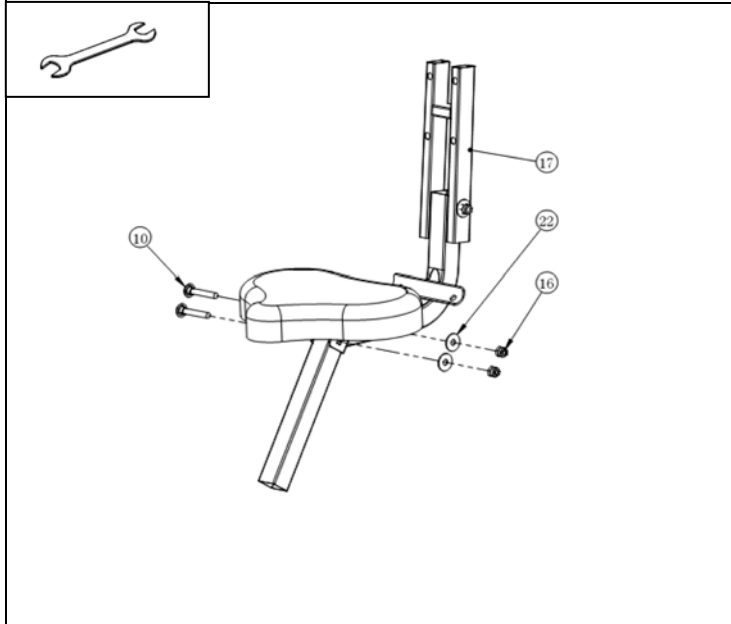
STEP2-Seat Assembly






This hardware is pre-installed

	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 3xM8 flat washers (22) and 3x M8 Nylock nuts (16).
3. Tighten all fasteners now

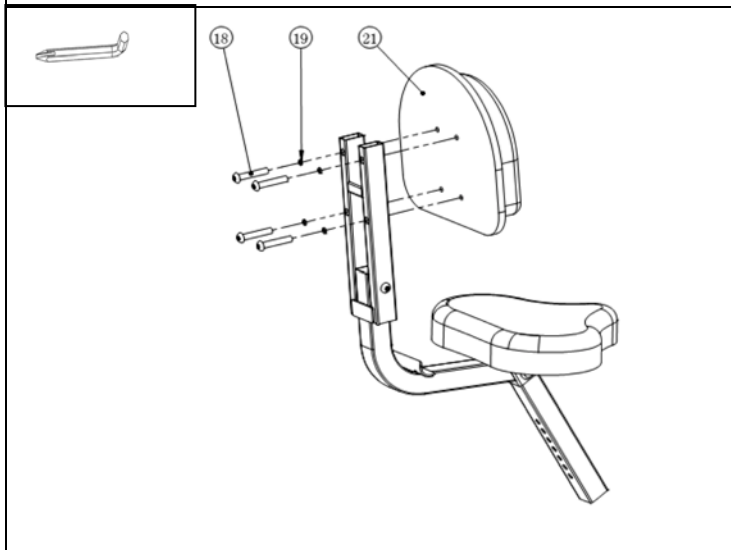


This hardware is pre-installed

	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



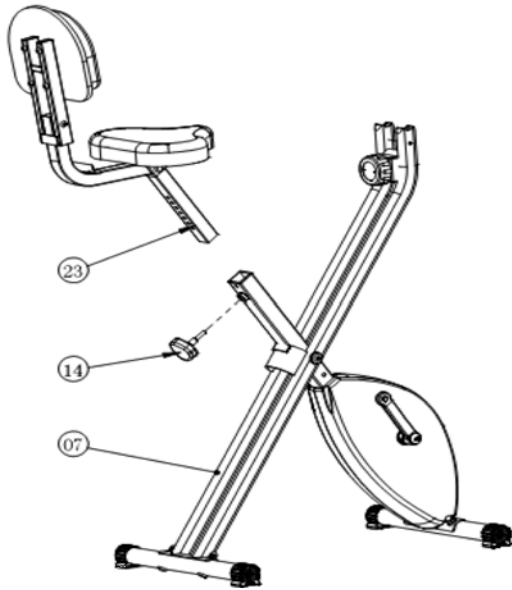
This hardware is located in the hardware bag

	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



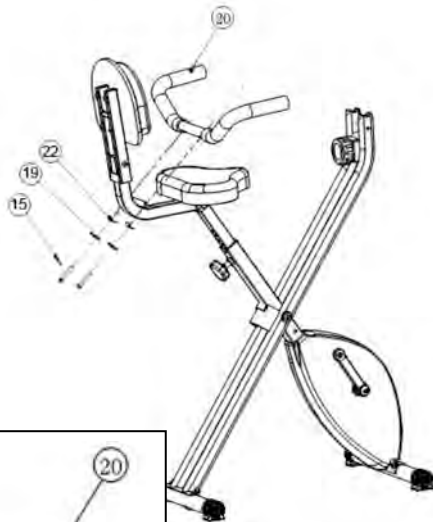
This hardware is located in the hardware




Seat Adjuster Knob

bag

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.



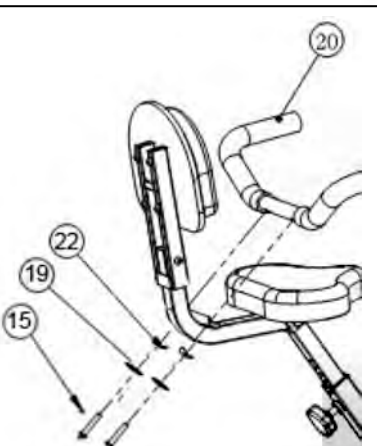
This hardware is pre-installed

	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

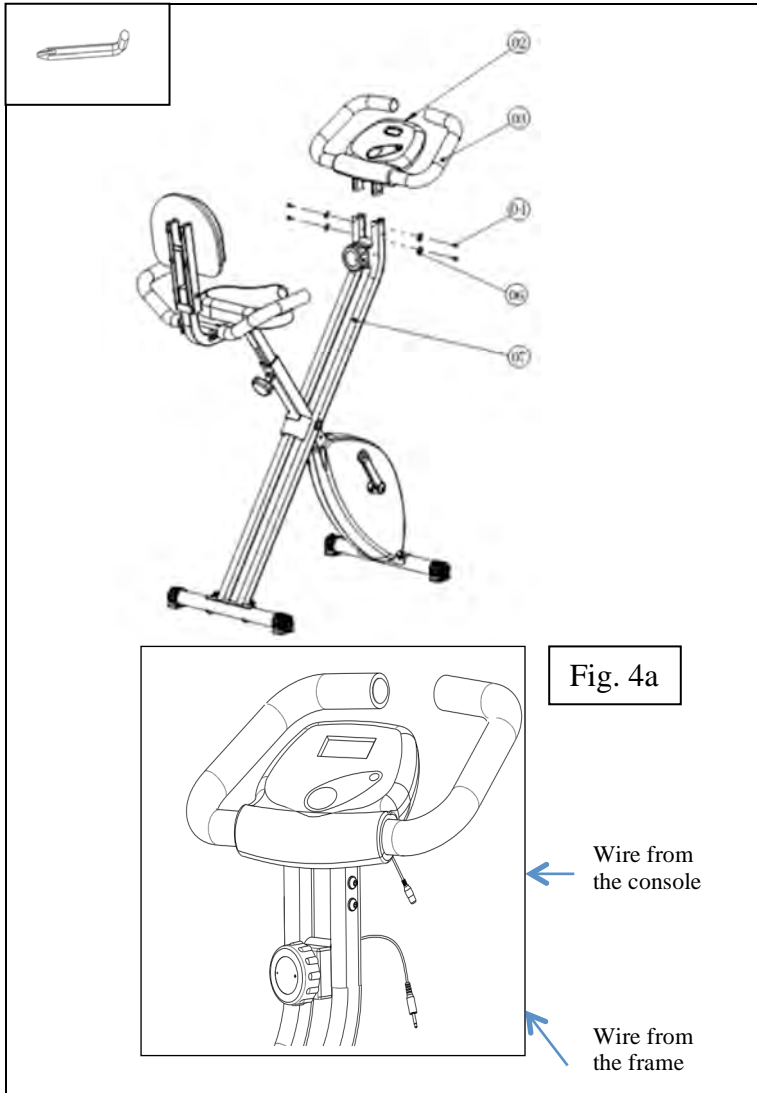
2. Secure the handlebar to the bracket using 2x M8*55mm bolts(15), 2x M8 spring washers(19) and 2x M8 flat washers(22)
3. Completely tighten all fasteners now





ASSEMBLY INSTRUCTIONS

STEP4-Console Assembly

NOTE: Do not tighten the computer bolts until all bolts are installed



This hardware is pre-installed

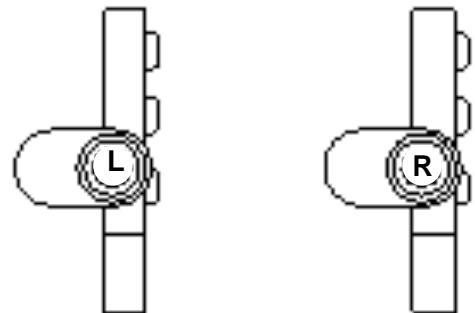
	4x #4
	4x #6

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. Do not completely tighten the bolts until all of the are installed. Secure the left and right sides of the console frame to the main frame using 4x M6*12mm bolts(4) and 4x M6 flat washers(6).
4. Fully tighten all fasteners now
5. Connect the computer wire from the frame to the computer wire from the console. See Fig. 4a.

STEP5 – Pedal Assembly

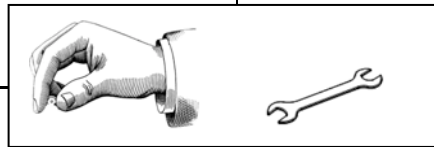
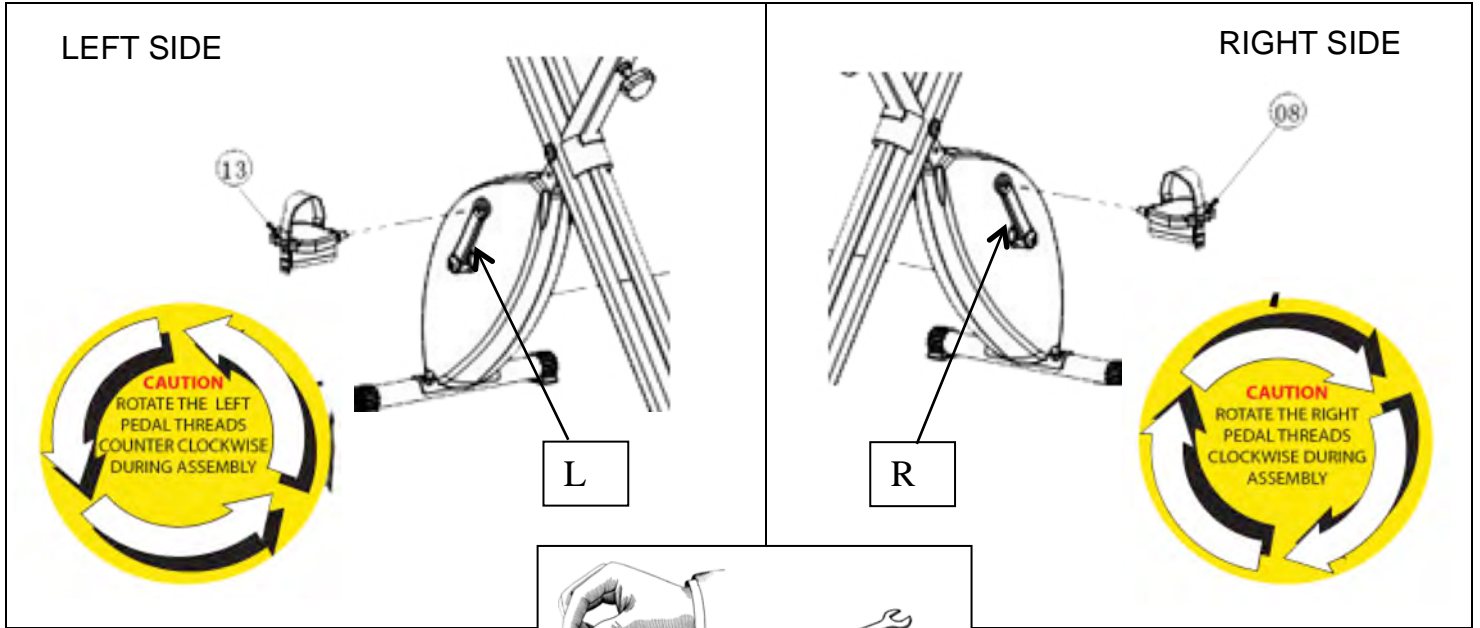
NOTE: THE PEDALS ARE STAMPED, L AND R ON THE PEDAL THREADED SHAFT.

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. The left and right crank arms are also marked with an L and R



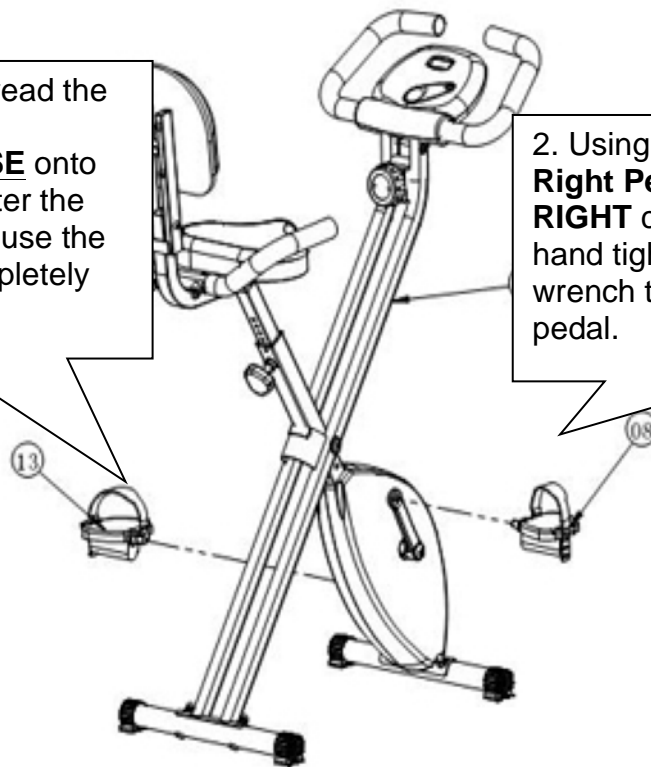
ASSEMBLY INSTRUCTIONS

STEP5-Pedal Assembly



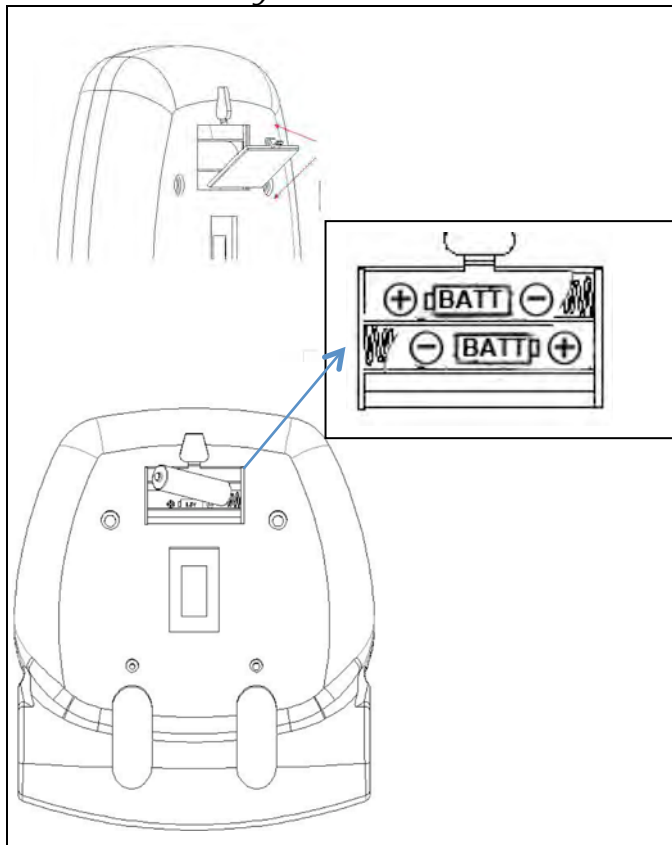
1. Using your hands, thread the **Left Pedal COUNTER-CLOCKWISE** onto the **LEFT** crank arm. After the pedal is hand tightened use the supplied wrench to completely tighten the pedal.

2. Using your hands, thread the **Right Pedal CLOCKWISE** onto the **RIGHT** crank arm. After the pedal is hand tightened use the supplied wrench to completely tighten the pedal.



ASSEMBLY INSTRUCTIONS

STEP6–Battery Installation



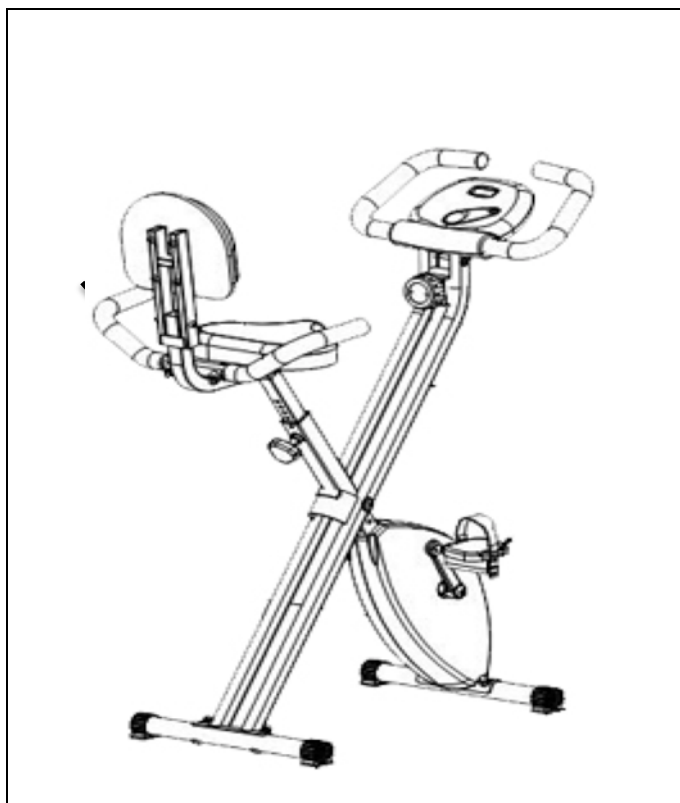
Note: The computer monitor will not function without 2 AA batteries. Batteries not included.

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
4. Verify that the computer wire from the bike frame and the console are connected.

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

SEAT INSTALLATION and ADJUSTMENT

Seat Installation

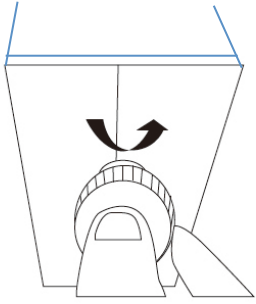
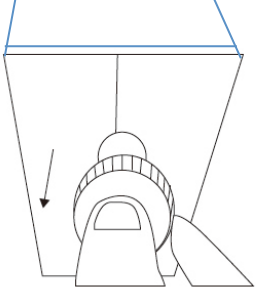
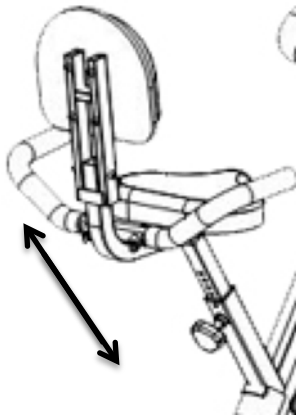
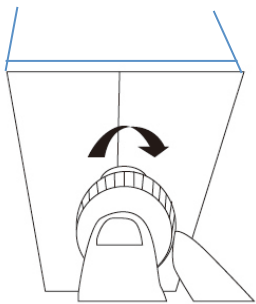


Note: Do not completely remove the adjustment knob from the frame. To adjust the seat you will need to loosen the knob and then pull the knob outward.

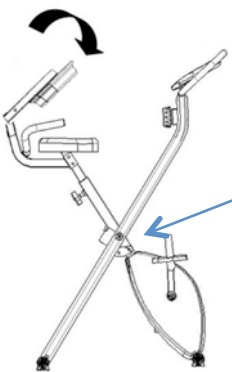
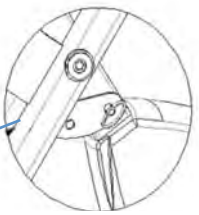
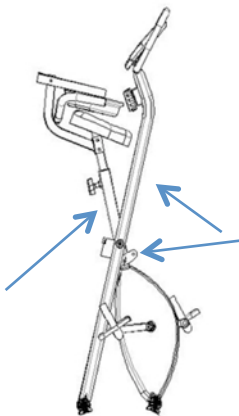
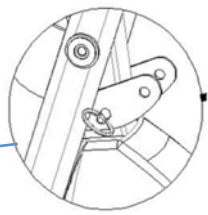
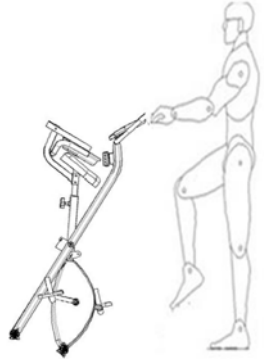
1. To insert the seat, turn the adjustment knob counter clockwise to loosen.
2. Pull the knob outward and insert the seat at the same time, until the seat post is fully inserted and the seat rests on the main frame.
3. Release the knob and slowly pull up on the seat until it locks in place.
4. After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

SEAT INSTALLATION and ADJUSTMENT

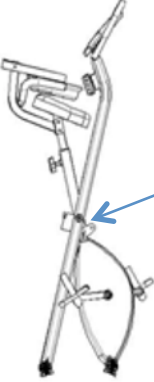
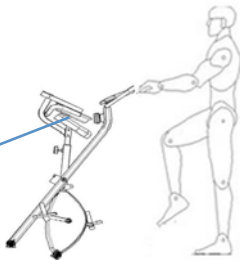
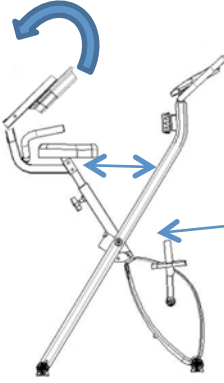
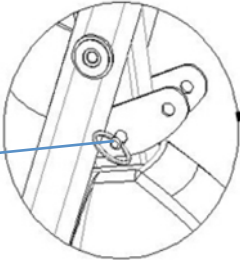
Warning: Do not use the smoothXbike without verifying that the seat is locked in place. Before moving or using the bike, pull upward on the seat to verify it cannot be removed.

	<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. There are 7 different seat positions. 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 smoothXbike

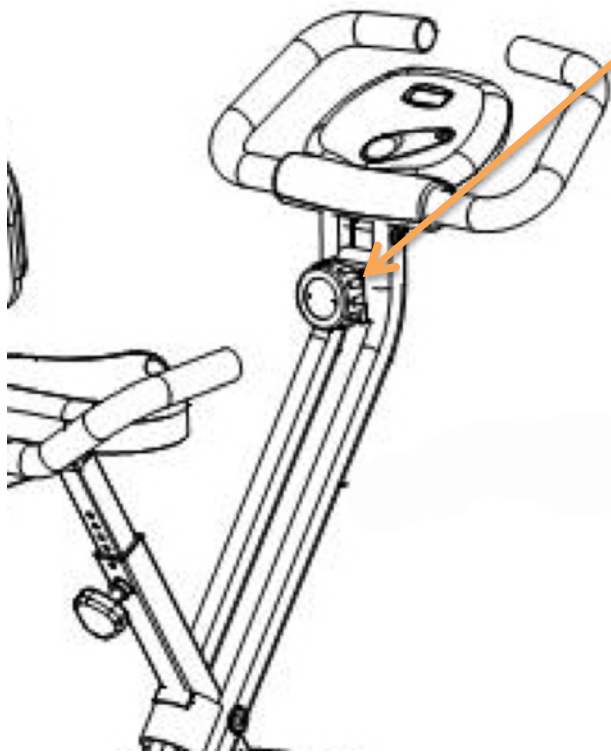
				
<p>Fold the back pad down</p>	<p>Remove the frame locking pin</p>	<p>Fold the upper portion of the bike inward</p>	<p>Place the locking pin in the first pin hole to lock the frame together</p>	<p>Check that the frame is locked in the folded position. Tilt the bike forward on to the front wheels. Then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

UNFOLDING the smoothXbike

			
<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

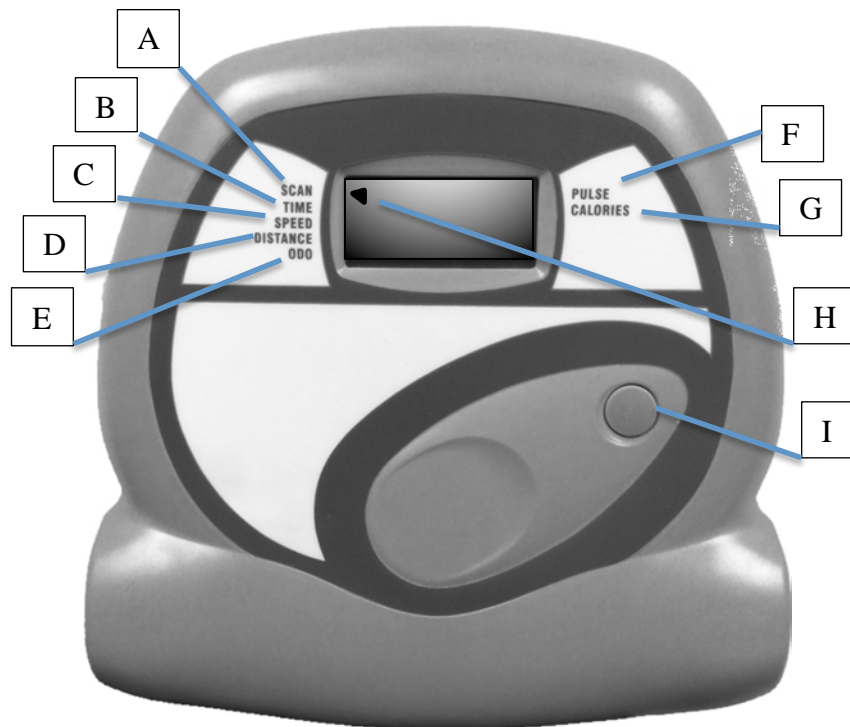


Just below the computer console there is a resistance dial. To adjust the resistance settings please follow the steps below

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.

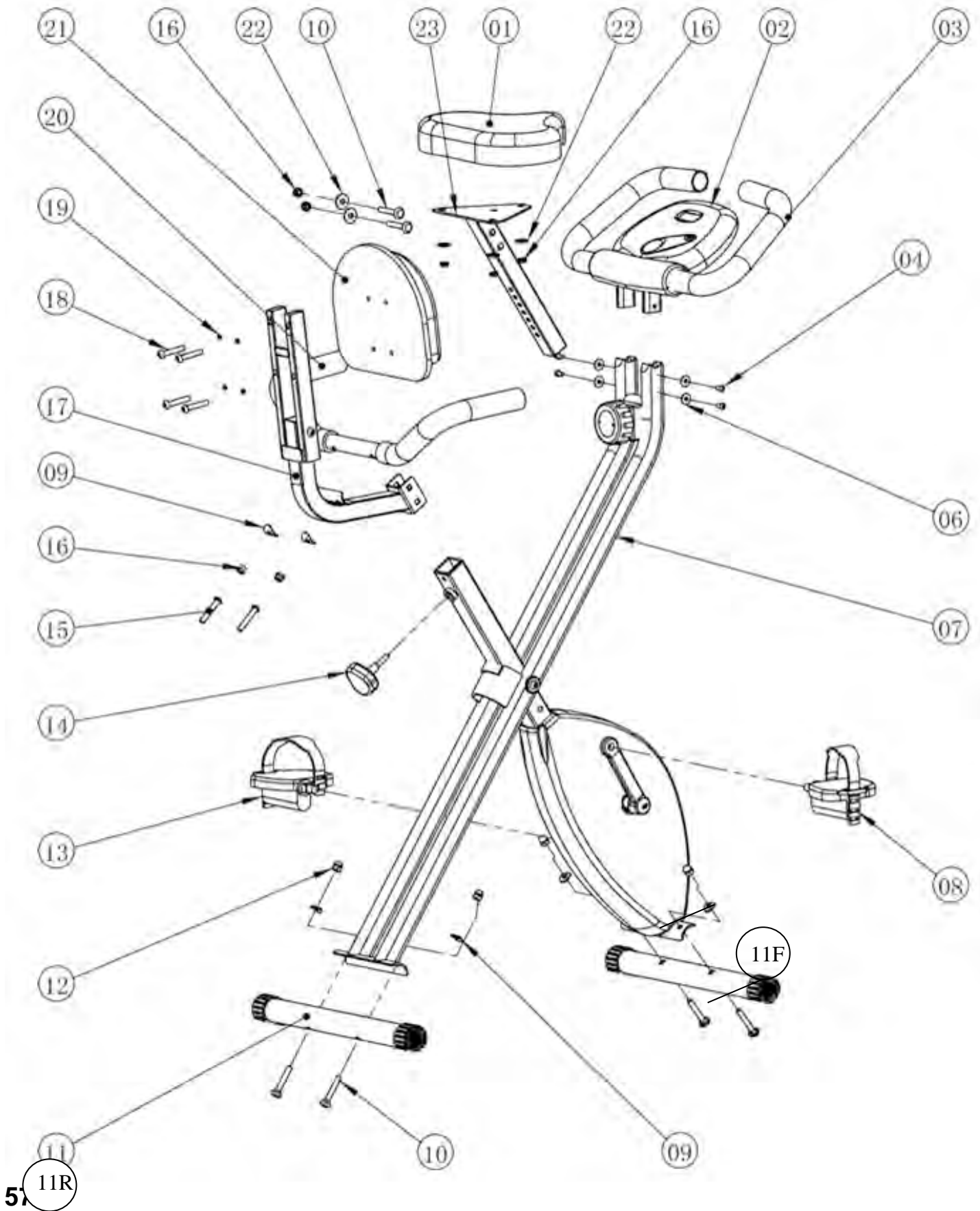
Pulse

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-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 – smoothXbike Warranty

Warranty Coverage: smoothXbike 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
smoothXbike	90 days	1 year

smoothXbike 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 smoothXbike: smoothXbike will provide a replacement part free of charge if a defect is found during the Warranty period. smoothXbike 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 smoothXbike, smoothXbike 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 smoothXbike, by personnel approved by smoothXbike.

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. smoothXbike 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 smoothXbike 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. SMOOTHXBIKE IS NOT LIABLE FOR CONSEQUENTIAL OR INCIDENTAL DAMAGES RESULTING FROM ANY DEFECT IN PARTS NOR FOR ANY BREACH OF EXPRESS OR IMPLIED WARRANTIES. SMOOTHXBIKE'S 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.

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