

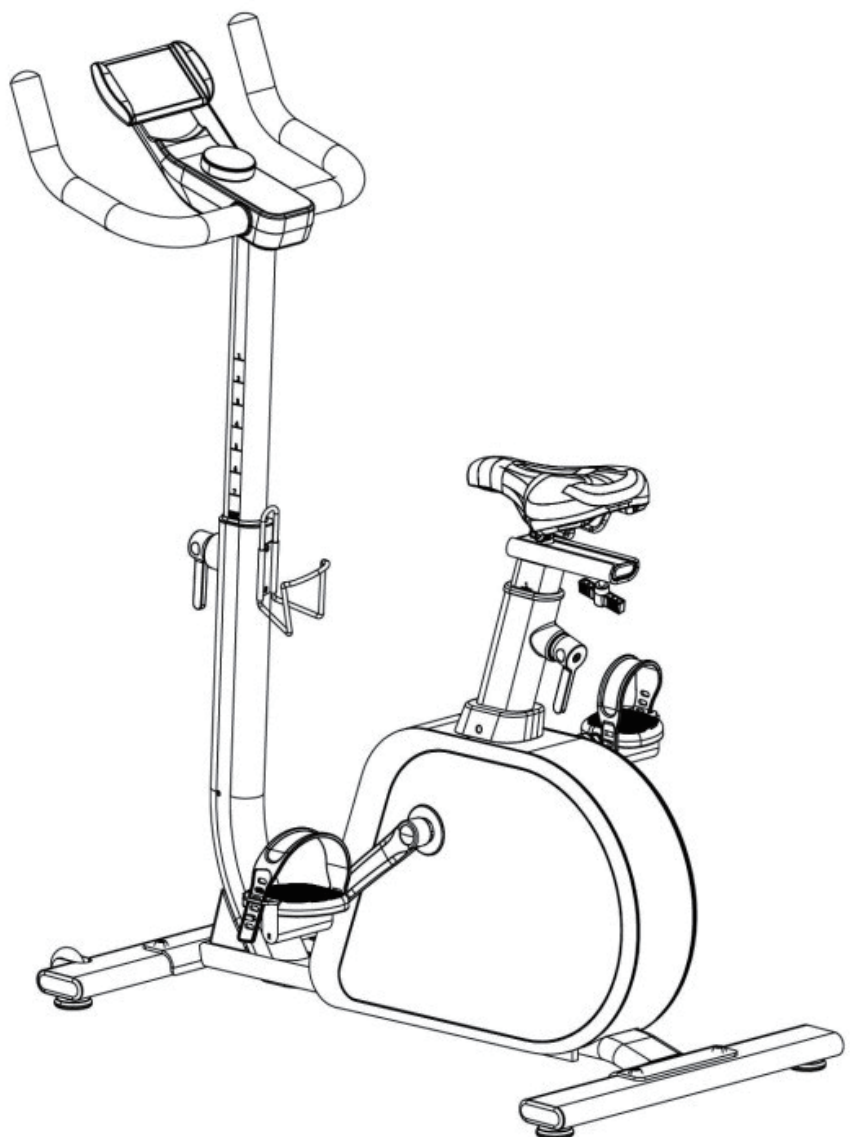


Indoor Cycle Owner's Manual.

S-Line Bike

Cycling Bike

www.viavito.com





Thank you for purchasing the Viavito **S-Line Bike.**

You have chosen a high quality, safe and innovative piece of exercise equipment as your training partner and we are certain it will keep you motivated on the way to achieving your personal fitness goals.

Please take the time to read this owner's manual as it will help you to get the most out of your new piece of equipment.

For more information, or if you require any assistance please email us at **support@viavito.com**

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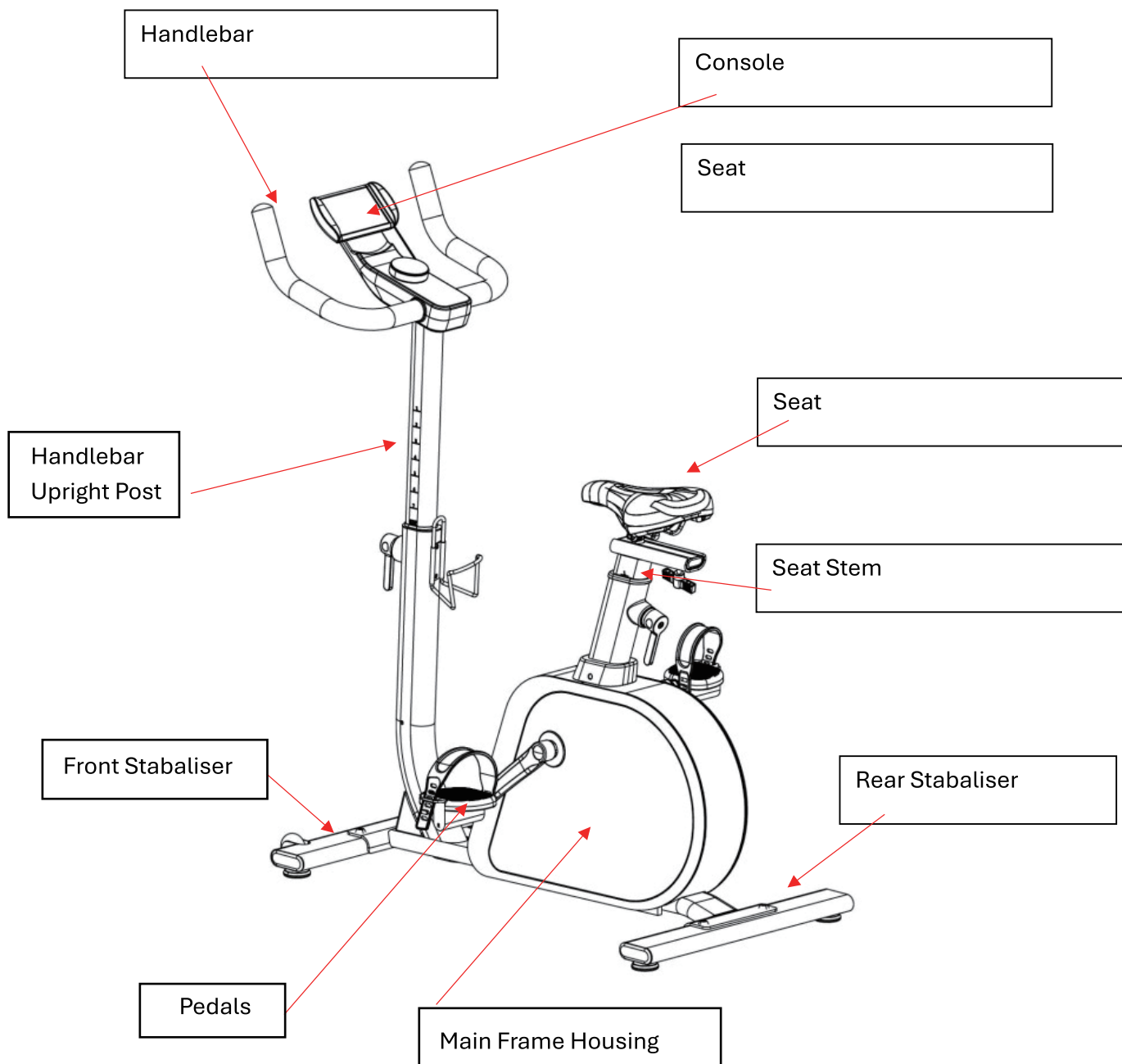
Safety Information.

- 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 using the product.

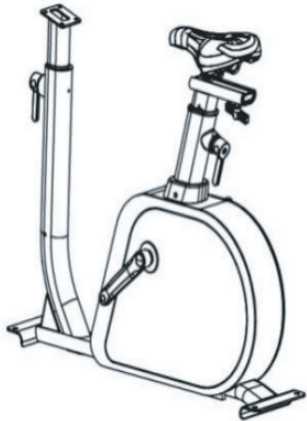
- 01** Before starting any exercise program, you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk or prevent you from using the equipment properly. Your physician's advice is essential if you are taking medication that affects your heart rate, blood pressure, or cholesterol level.
- 02** Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, shortness of breath, lightheadedness, dizziness, or feelings of nausea. If you do experience any of these conditions, you should consult your physician before continuing with your exercise program.
- 03** Keep children and pets away from the equipment. The equipment is designed for adult use only.
- 04** Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 2 feet (60 CM) of free space all around it.
- 05** Ensure that all nuts and bolts are securely tightened before using the equipment. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
- 06** Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during exercise, discontinue use of the equipment immediately and do not use until the problem has been rectified.
- 07** Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may become entangled in the equipment.
- 08** Do not place fingers or objects into the moving parts of the equipment.
- 09** The equipment is not suitable for therapeutic use.
- 10** To avoid bodily injury and/or damage to the product or property, proper lifting and moving are required.
- 11** Your product is intended for use in cool and dry conditions. You should avoid storage in extreme cold, hot or damp areas as this may lead to corrosion and other related problems.
- 12** This equipment is designed for indoor and home use only; it is not intended for commercial use.

Product Overview.



Assembly Instructions.

Before you start to assemble, please make sure all parts are included.

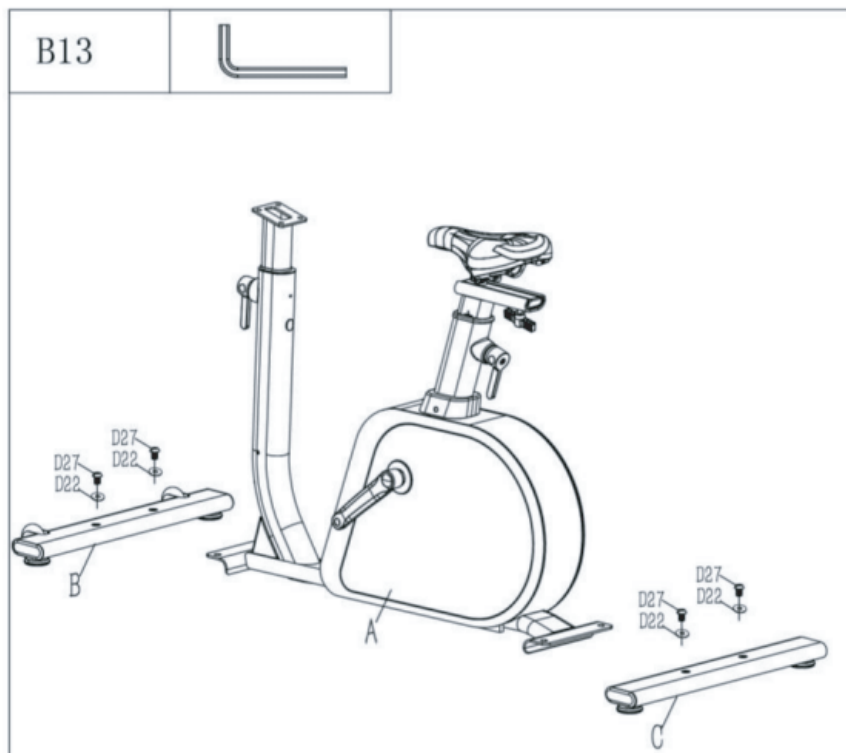
				
	B	D	B18	E10
				
A	C	E	C14(R/L)	

Fixing tools

B12 S15 (1X)	D15 M8*20 S5 (4X)	D27 M10*20 S6 (4X)	D22 Φ 10*Φ 20*2 (4X)
			
B14 S5 (1X)	B13 S6 (1X)	D29 M5*10 (2X)	
			

Step One.

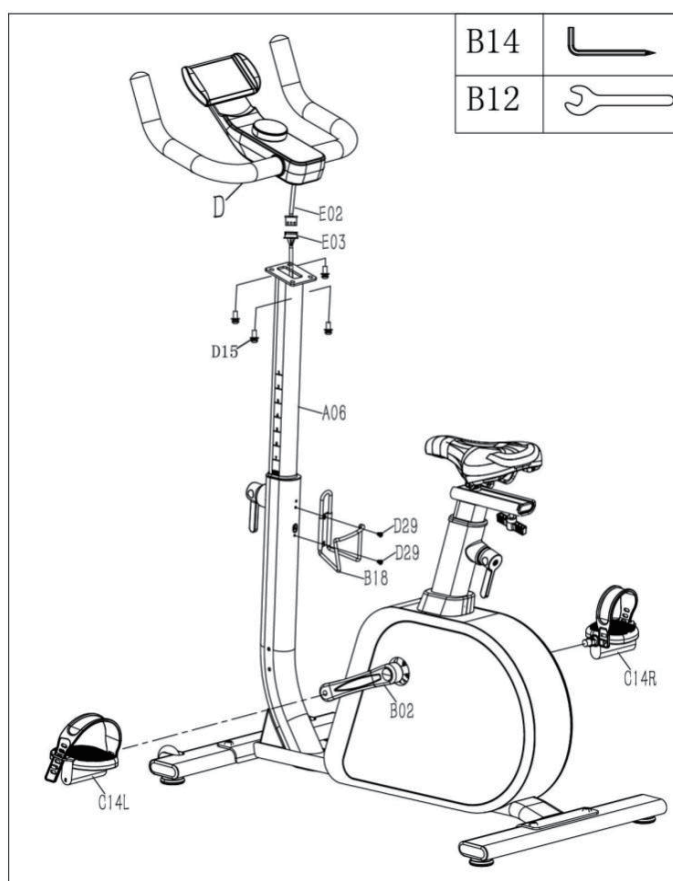
- 01** Use 6# Wrench (B13), Screw (D27) and Flat Washer (D22), lock the Front Stabilizer (B) and Back Stabilizer (C) onto the main frame (A) and lock them tightly.



Step Two.

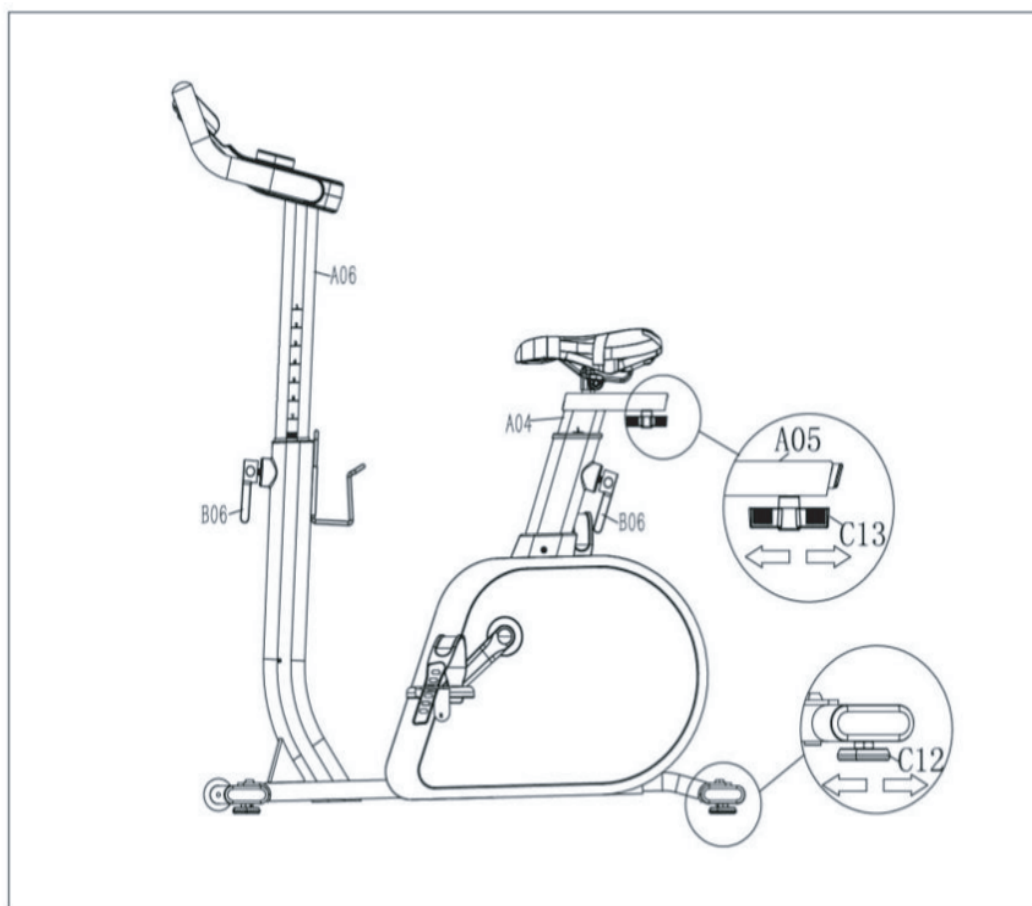
- 01** Pull up the Upright tube (A06) slightly, don't let the Spring wire(E03) drop into the tube, connect AC top Signal Wire(E02) with the Spring Wire(E03).
- 02** Use Cross solid wrench (B14) and Bolt (D15), lock Handlebar(D) onto Upright Tube(A06),
- 03** Use Cross solid wrench (B14) and Bolt (D29), lock bottle holder (B18) onto front upright tube
- 04** screw left Pedal /right pedal(C14L/R) to left crank/right crank(B02/B03),and lock them tightly by Wrench(B12).

Caution! Screw Right Pedal (C14R) onto Right Crank (B03) clockwise, likewise, screw Left Pedal (C14L) onto Left Crank(B02) anticlockwise. make sure lock them tightly.

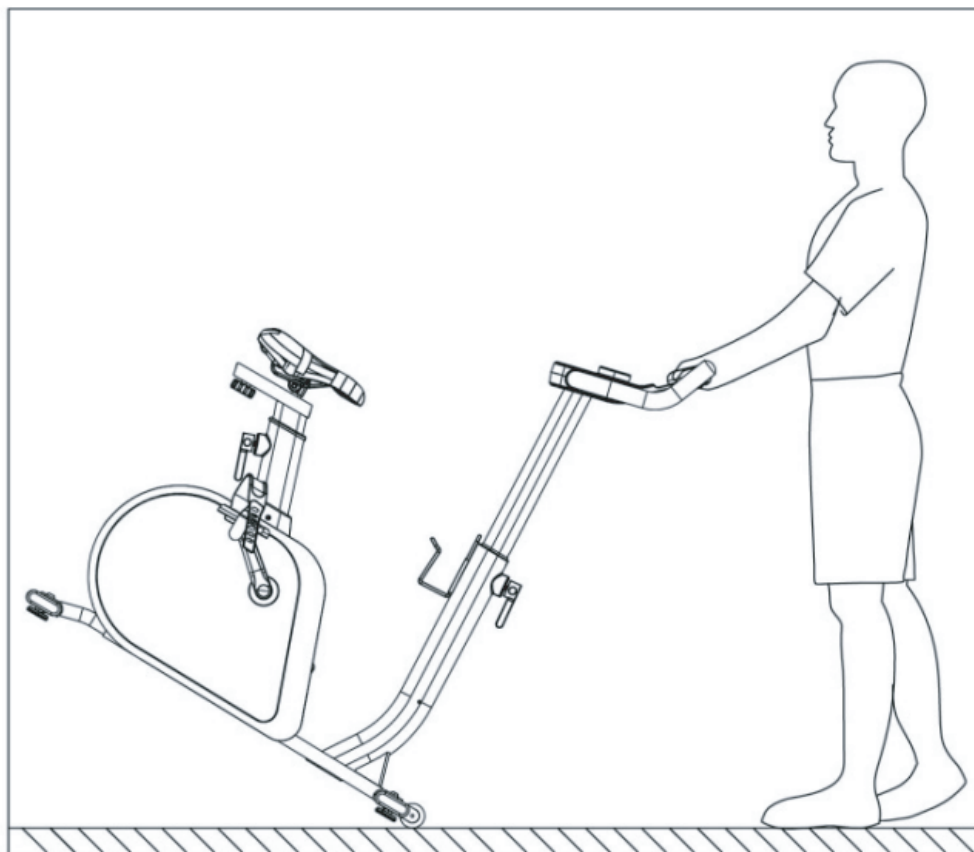


Adjustment guide.

- 01** Turn the Knob (B06) left to loosen it, and adjust the Upright Tube (A06)/Seat Post (A04) to your suitable height, and turn right to lock it.
- 02** When the floor is uneven and the machine shakes, adjust the Foot Pad (C12) to the left or right as picture shown to keep balance.
- 03** Turn the seat cushion Seat Knob (C13) left to loosen it, and adjust Seat Post (A05) to comfortable position and then turn right to lock it.



Moving Instructions





Operation Guide.

FUNCTION BUTTONS

Display Switch Button:

Short press the **Console** to change **start or stop** mode;

Long press the **Console** for 3 seconds to reset all value to zero.

Adjust the resistance:

Turn the **Console** clockwise, increase the resistance value from 1 to 16.

Turn the **Console** counter-clockwise: reduce the resistance value from 16 to 1.

When adjusting the resistance, console will display resistance value.

When staying on the resistance value, short press the Console to change start or stop mode



FUNCTIONS:

**Display: Cycles through all Functions:
Resistance-Heart rate-Calories-Time-Distance-Speed.**

	Display current resistance "1,2,3,...,16".
	Display the calories has consumed. Accumulate total calories from 0.0 to 999.9.
	Display the time has run. Accumulates total time from 00:00 to 99:59.
	Display the distance has run. Accumulates total distance from 0.0 to 99.9
	Display current speed from 0.0 to 72.0 KM/H.
	When connected with Bluetooth, you will find Model #SB1.Can connect to KINOMAP, ZWIFI APP.
	Heart rate icon, the icon lights up display the current heart rate. (Need BT heart rate belt)

HOW TO CHANGE FROM KPH TO MPH

Press the console in stop mode,Turn on and press the console, display the switch to the current imperial system, 1 represents KPH,0 represents MPH.

Confirm the selections and press the console again to standby mode. The system defaults the selection you set.

CAUTION

- 01** When not in use, please remove the power plug.
- 02** The minors must be accompanied by guardians when they use the bike to avoid misoperation,causing damage and accidental injury to personnel

CAN CONNECT TO KINOMAP AND ZWIFT

1.Kinomap

STEP1: Download Kinomap app and create an account

STEP2: Go to the "More" page and click on the "Equipment Management" button

STEP3: Click on the "+" button in the top right corner to add a new equipment

STEP4: Select the machine type that you are going to use

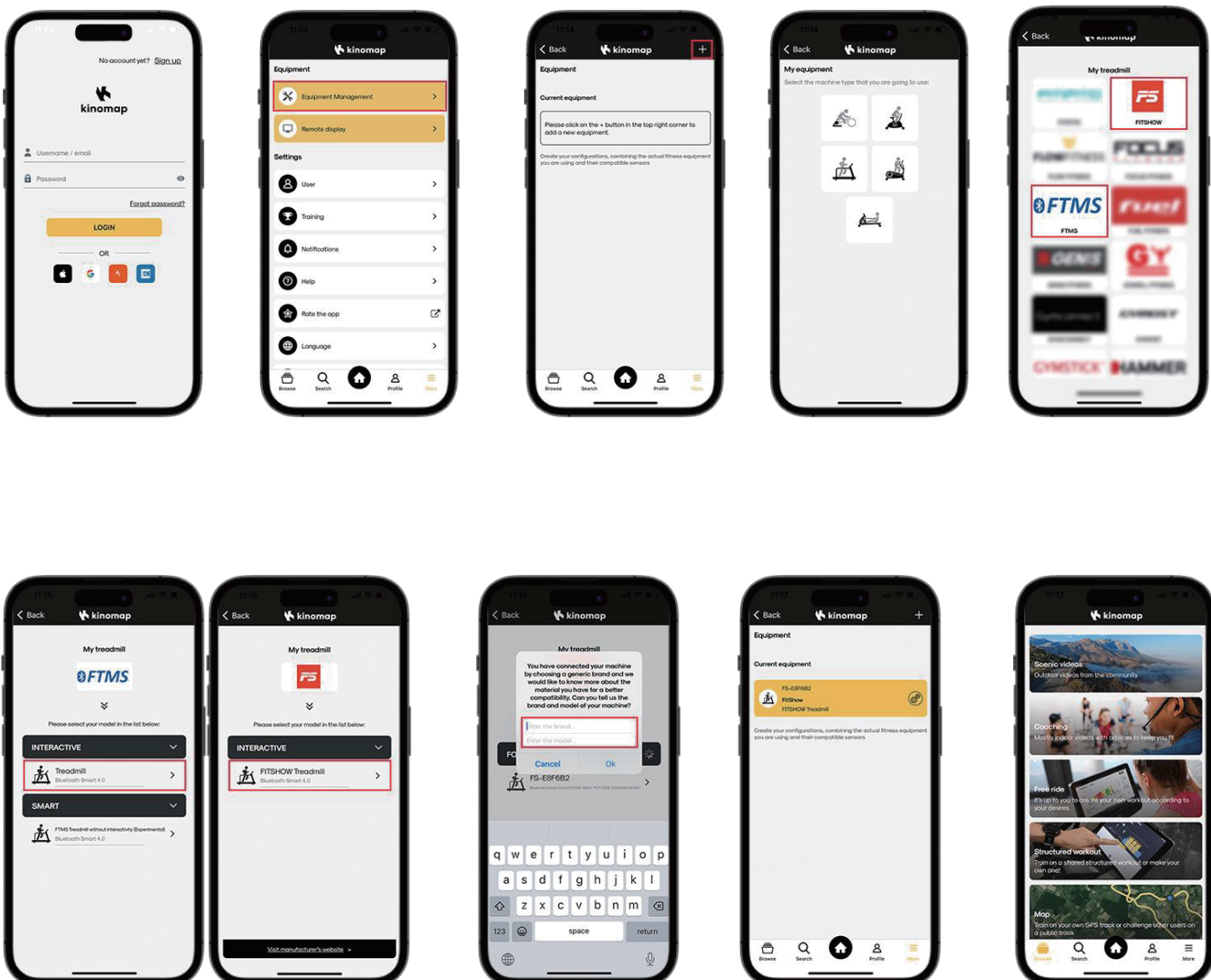
STEP5: Select the brand of FitShow or FTMS

STEP6: Select your model in the list below

STEP7: Enter the brand and model of your equipment

STEP8: Equipment add success

STEP9: Go To Browse page to start your favorite workout



2.ZWIFT

STEP1: Download ZWIFT app and create an account

STEP2: Select "RIDE" or "RUN" mode

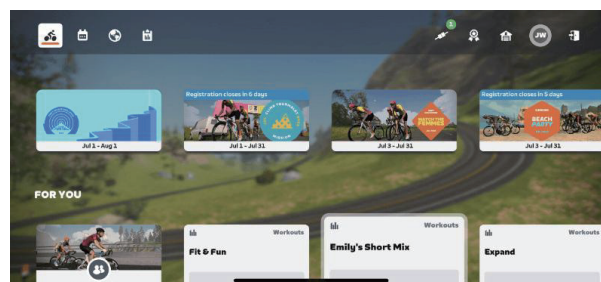
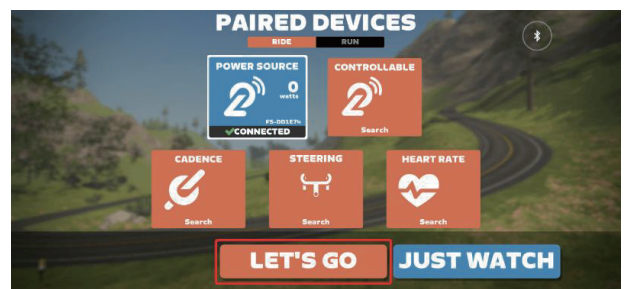
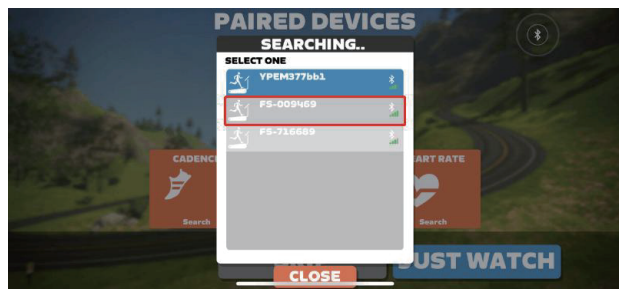
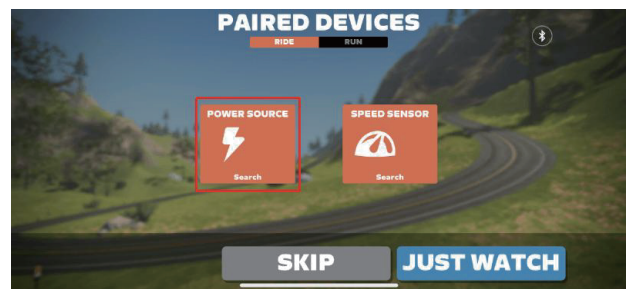
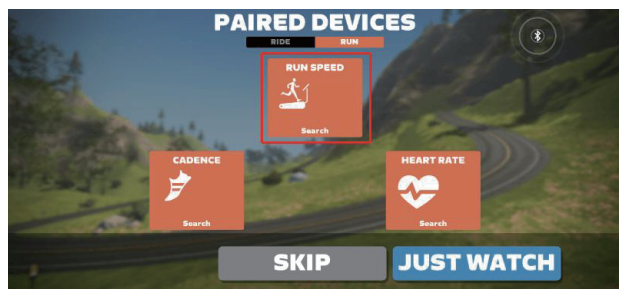
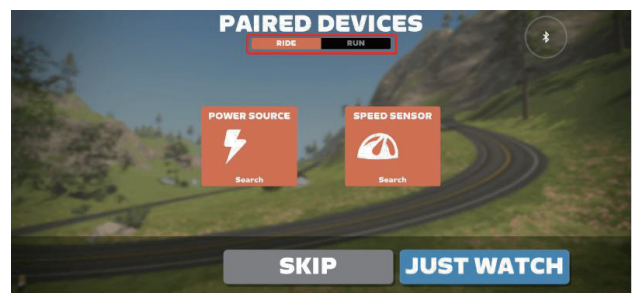
STEP3: If your equipment is a treadmill, click on the "RUN SPEED" button

If your equipment is an indoor bike, click on the "POWER SOURCE" button

STEP4: Select the paired devices 'Fs-XXXX. as our chip's name; (XXX... means random digit)

STEP5: Click on the "LET'S GO" button

STEP6: Find related map to start your favorite workout





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.

AGE	TRAINING ZONE - 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 are pregnant or are a new mother
- You have not exercised for over a year
- You have diabetes
- If you are over 35 and do not currently exercise
- You have chest pain, or experience spells of dizziness or fainting
- You are recovering from an injury or illness

Workout Tips

- Always perform a warm-up and stretching exercises before your workout 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 workouts
- 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 workout
- 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 workout 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 workout 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 two pages previous will show 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.

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 cardiovascular 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 minimise 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.

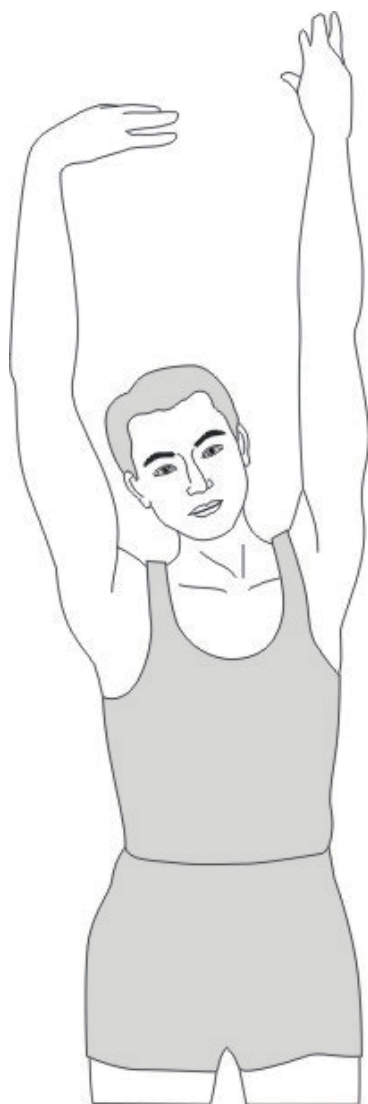
STRETCHING

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.

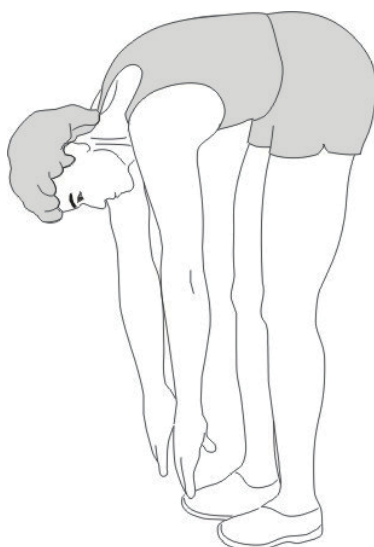
Stretches should be held for 15 to 30 seconds.

DO NOT BOUNCE OR OVER-STRETCH

Take your time on each stretch. Gradually take each stretch a little deeper on every out breath to your personal maximum.



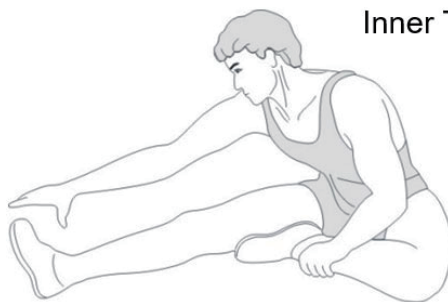
Side Stretch



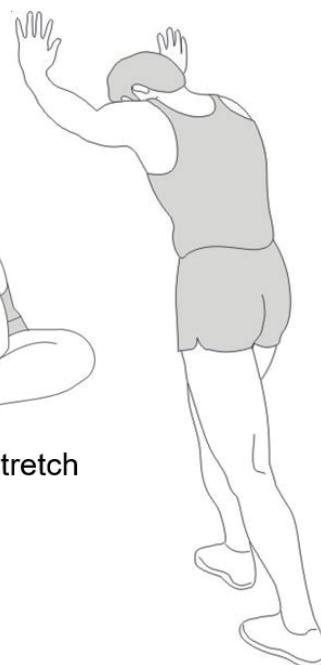
Toe Touch



Inner Thigh Stretch



Hamstring Stretch



Calf-Achilles Stretch

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.

Contact Information

Should you require any assistance regarding this product please gather the following information and then contact us using the details below:

- Serial No. - This can be found on a label on 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.



<https://www.facebook.com/MyViavito>



<https://plus.google.com/+Viavito>



<https://twitter.com/MyViavito>

VIAVITO®				
				 Max User Weight = 100kg
www.viavito.com		SB1 EXERCISE BIKE		Class: HC
Viavito	EN/ISO 20957	SN :		
Unit 5 – Mill Square, Featherstone Road Wolverton Mill, Milton Keynes MK12 5ZD				

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

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51429 Bergisch Gladbach

Email: **service@cardiofitness.de**



Manufacturer's Warranty

Viavito Ltd warrants this product to be free of defects of material and workmanship, under normal use and conditions, for a period of 24 months from the date of the original purchase.

Warranty extensions may apply to this product subject to registering this product with Viavito. To qualify for this, please complete the warranty registration form on the Viavito website at **www.viavito.com**. Full details of warranty extensions and the Viavito Manufacturer's Warranty are available online at **www.viavito.com**.

Terms.

This warranty extends only to the original purchaser and is not transferable. The warranty does not cover:

- 01** Normal wear and tear
- 02** Any changes to upgrade this product from its normal state or use other than as described in the user manual
- 03** Damage resulting from:
 - a) Transport
 - b) Abuse, misuse, failure to follow instructions or improper or abnormal use
 - c) Non-home use - including commercial, professional, or rental purposes

- d) Repairs not provided by Viavito Ltd
- e) Accidents, lightning, water, fire, or any other causes beyond the control of Viavito
- f) Improper location including, but not limited to, humid, dusty, or outdoor environments.

Viavito is not responsible or liable for direct, indirect, or consequential losses arising out of or in connection with the use of this product or damages with respect to any loss of property, revenue, profits, enjoyment or use, nor for any costs of removal or installation of this product.

This warranty covers products purchased as new inside the United Kingdom.

In the event of the machine requiring a repair, this may need to be performed at a Viavito authorised repair centre.

This warranty is in addition to and does not in any way affect your statutory rights.

Parts List

No.	Description	Spec.	Qty	No.	Description	Spec.	Qty
A01	Main Frame		1	C25	Console top cover		1
A02	Front Stabilizer		1	C26	Console bottom cover		1
A03	Rear Stabilizer		1	C27	Silicone pad		1
A04	Seat Post		1	C28	Sponge Grip		2
A05	Seat Slider Tube		1	C29	Plug		2
A06	Upright Tube		1	C30	Plastic spacer sleeve		2
A07	Handlebar		1	C31	Crank cover		2
A08	Magnetic frame		1	D01	screw	M5*6*S4	1
A09	Belt pulley assembly		1	D02	screw	ST4.2*8	1
A10	Press pulley board		1	D03	bolt	MM6*65	1
B01	Flywheel	6KG	1	D04	nut	M6	1
B02	Left crank	170,9/16	1	D05	screw	ST4.2*13	9
B03	Right crank	170,9/16	1	D06	screw	M6*12*S5	2
B04	Seat slider plate	25*20*δ5	1	D07	screw	M8*30	1
B05	knob	M30*1.5	2	D08	flat washer	Φ8*Φ24*2.0	1
B06	Aluminum handle		2	D09	Elastic retaining ring for shaft - B-type	φ12	2
B07	Ball plunger	Φ6*7	2	D10	nut	M8	1
B08	Tension spring		4	D11	screw	M8*45*S5	1
B09	Magnetic shaft	φ12*58	2	D12	nut	M6	2
B10	Square Magnet	40*25*10	6	D13	screw	M6*32*S5	2
B11	deep groove ball bearing	6002ZZ	2	D14	Elastic retaining ring for shaft - B-type	17	1
B12	Wrench	S15 L=135	1	D15	screw	M8*20	4
B13	6# Wrench	S6	1	D16	Wave shape spring pad	Φ21x17.5x0.3	1
B14	Cross solid wrench	S5	1	D17	Nut	M10*1.25	2
B15	Press pulley shaft	φ22*20.5*M8	1	D18	R type pin	1.2*20	1
B16	deep groove ball bearing	6203-ZZ	2	D19	Screw	ST2.2*6.5	10
B17	Tension spring	φ13.5*65	1	D20	Screw	ST2.9*7	12
B18	bottle holder		1	D21	Screw	ST3.5*10	4
C01	Left chain cover		1	D22	Flat washer	Φ10*Φ20*2	5
C02	Right chain cover		1	D23	Big flat washer	Φ5*Φ10*1.5	2
C03	belt	350PJ6	1	D24	Screw	M5*15	1
C04	Sleeve		1	D25	Nut	M5	1
C05	Sleeve		1	D26	Screw	ST4.2*12	3
C06	Sleeve		1	D27	Screw	M10*20*S6	4
C07	Oval inner tube plug		4	D28	Flat washer	Φ6*Φ18*1.5	2

No.	Description	Spec.	Qty	No.	Description	Spec.	Qty
C08	Oval inner tube plug		2	D29	Screw	M5*10	2
C09	console fixing block		1	D30	Screw	M5*8	4
C10	seat post fixing block		1	D31	Screw	ST2.9*10	8
C11	roller		2	D32	screw	M5*10*S4	8
C12	Foot pad		4	D33	screw	ST4.2*13	2
C13	Knob		1	D34	screw	M4*15	2
C14	Pedal set		1	E01	Console		1
C15	Seat		1	E02	AC top signal wire		1
C16	R type clamp		2	E03	Middle wire		1
C17	motor cable		1	E04	Lower wire		1
C18	Magnetic fixing grid		1	E05	Sensor		1
C19	Crank plug		2	E06	heart rate wire		1
C20	Device holder upper plate		1	E07	Heart rate monitoring tablet		2
C21	Device holder lower plate		1	E08	master controller		1
C22	Device holder		1	E09	Power wire		1
C23	Rubber fixing block		2	E10	adaptor		1
C24	Plastic support plate		2	E11	PMS motor		1

Exploded Diagram

