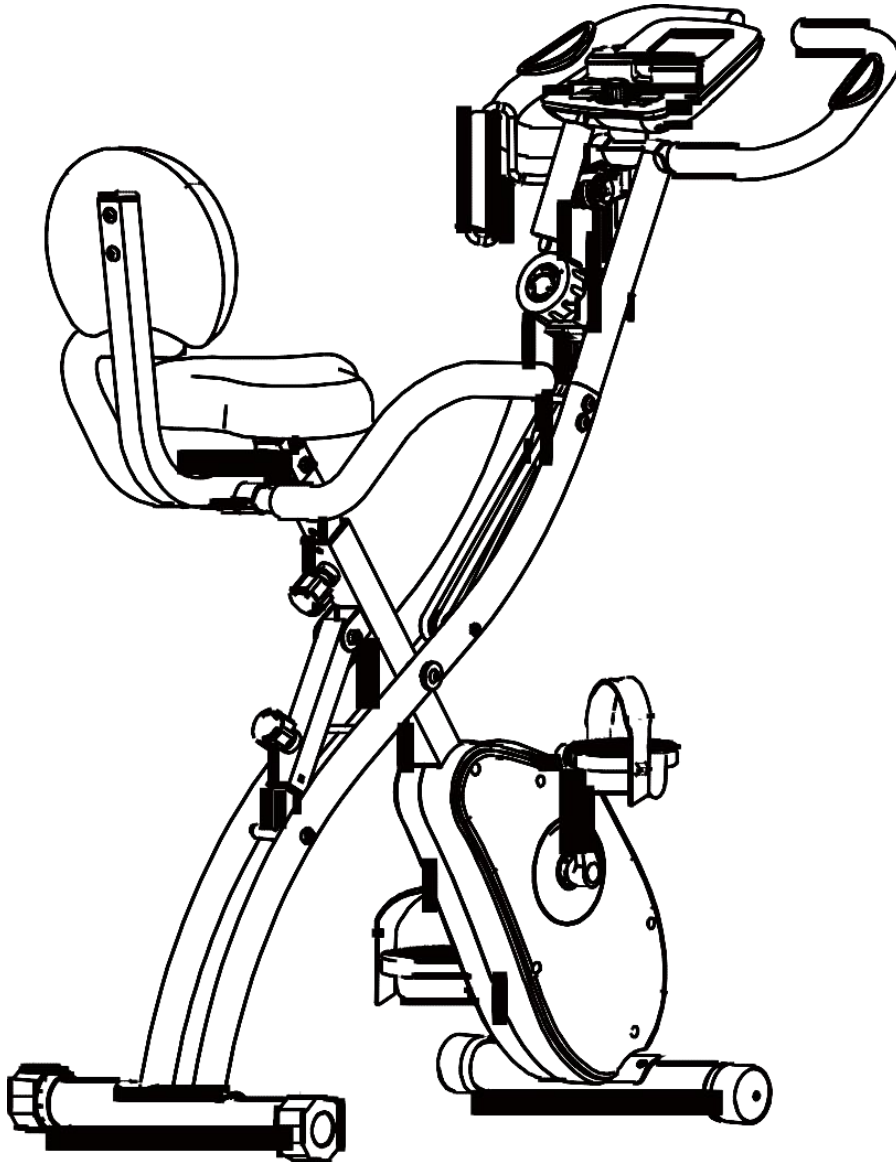


powertrain

HSM-135 X-BIKE OWNER'S MANUAL



Read all instructions carefully before use.

Due to constant improvements some images and features may not be applicable

FOR DOMESTIC INDOOR USE ONLY

WARNING: Keep young children away from this machine at all times.

SAFETY INSTRUCTIONS

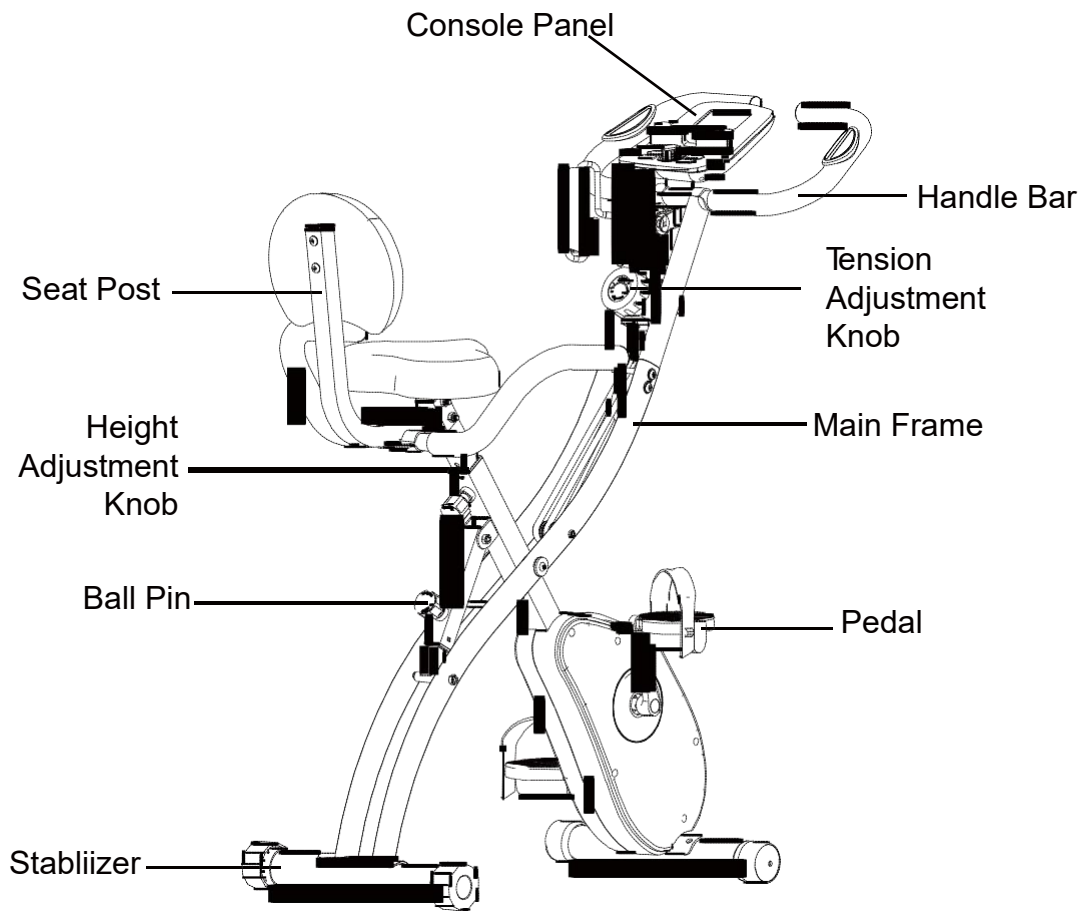
Basic precautions should always be followed, including the following safety instructions when using this equipment: Read all instructions before using this equipment.

- Read all the instructions in this manual before using this equipment.
- Before exercise, in order to avoid injuring the muscle, warm-up exercise of every position of the body is necessary.
- Refer to Warm Up and Cool Down Routine page. After exercise, relaxation of the body is suggested for cool-down.
- Please make sure no parts are damaged and are all secure before use.
- This equipment must be placed and used on a flat surface only.
- Using a rubber mat or other covering material on the ground is recommended.
- Please wear proper clothes and shoes when using this equipment; do not wear loose clothes that might catch on any part of the equipment.
- Do not attempt any maintenance or adjustments other than those described in this manual.
- Should any problems arise, discontinue use and consult an authorized service representative.
- Do not use the equipment outdoors.
- This equipment is for domestic household use only.
- Only one person should be on the equipment while in use.
- Keep children and pets away from the equipment while in use.
- This machine is designed for adults only.
- The minimum free space required for safe operation is not less than two meters.
- If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
- The maximum user weight capacity for this product is 120kgs.

WARNING: Before beginning any exercise program consult your physician. This is especially important for the persons who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment.

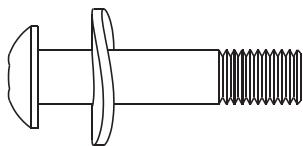
CAUTION: Read all instructions carefully before operating this product. Retain this Owner's Manual for future reference.

MAIN PARTS



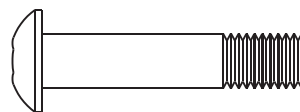
HARDWARE PACKING LIST

A.



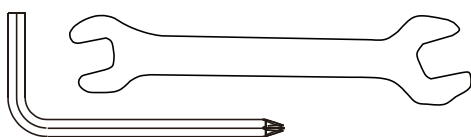
- 1. Socket Head Cap Screw x 2
- 2. Curved Gasket x 2

B.



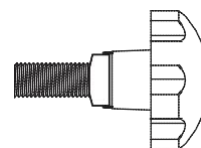
- Socket Head Cap Screw x 2

C.



Allen Wrench
and Spanner

D.

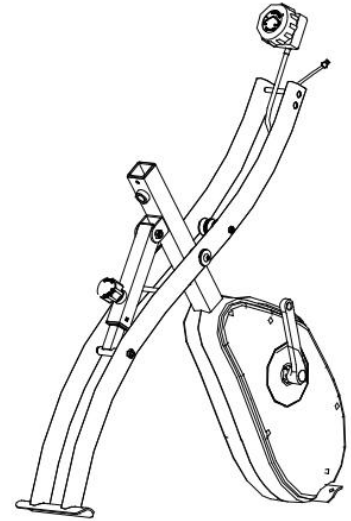


Knob

ASSEMBLY INSTRUCTIONS

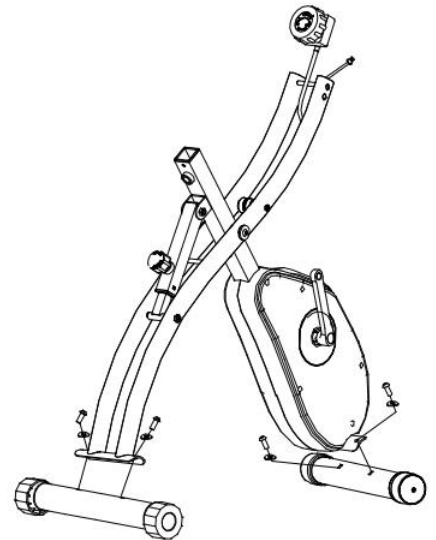
1. Install the Ball Pin.

Pull the ball pin out to expand the main frame, and then insert the ball pin back.



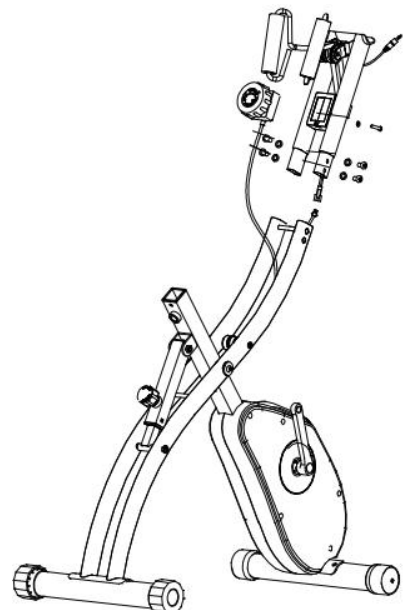
2. Install the Front and Rear Stabilizers

Loosen the screws in the stabilizer, and insert them into the corresponding grooves and tighten in each stabilizer.
The stabilizer with wheels attaches to the front frame.



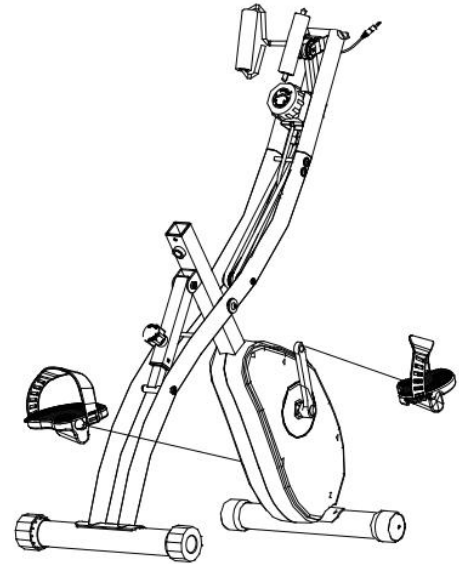
3. Install the Frame and Resistance Adjuster

Place the upper frame onto the main frame, tighten it with the bolts.
Place the resistance adjuster onto the corresponding groove, tighten it with the bolts.



4. Install the Left & Right Pedals

Attach the left & right pedals on to their corresponding axles.



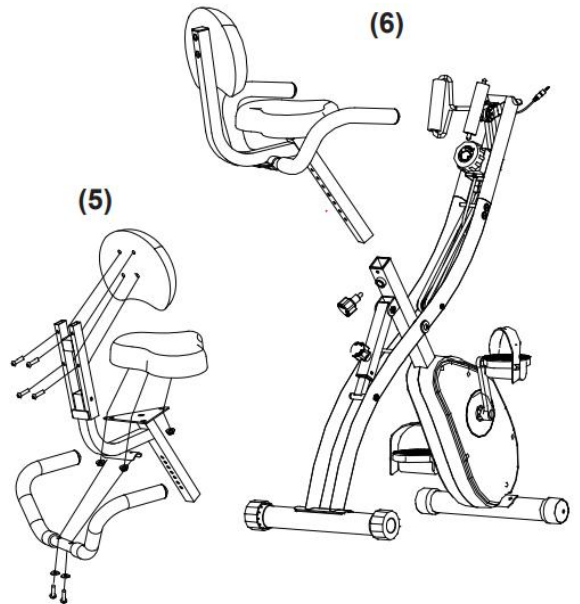
5. Install the Back Handlebar and Seat Cushion

a) Loosen the nylon nuts & washers, place the Seat Handlebar back on to the triangle plate & tighten securely.

b) Place the Seat Cushion on to the triangle plate & tighten securely.

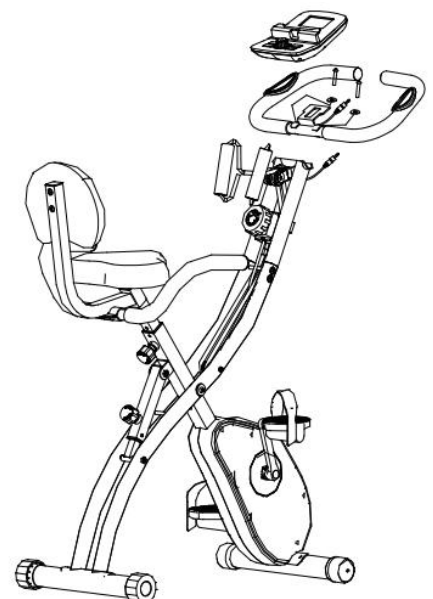
6. Install the seat cushion to the bicycle

Install the seat cushion onto the bike and fix it with the height adjustment knob.

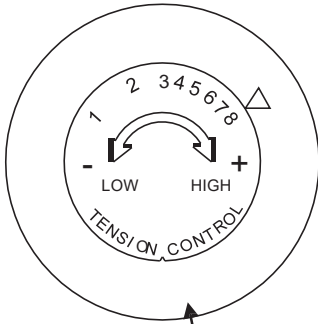


7. Install the Handlebar & Control Panel

Place the handlebar onto the corresponding grooves in the main frame, tighten it with bolts and gaskets. Slide the control panel onto the main frame and tighten. Connect the cords into the corresponding slots.



OPERATING INSTRUCTIONS

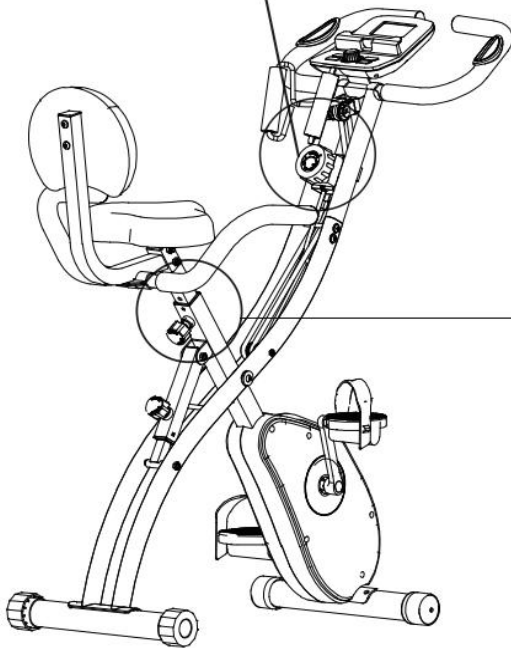


TENSION ADJUSTMENT

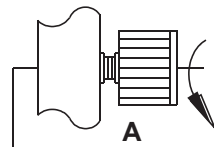
For tension adjustment, simply use the tension adjustment knob (18) found beneath the Computer. To increase tension, turn clockwise (+), to decrease tension, turn anti-clockwise (-).

It sets the lowest magnetic force on the level 1

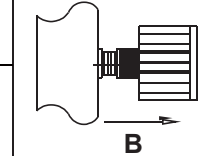
It sets the highest magnetic force on the level 8



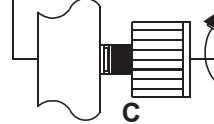
HOW TO ADJUST THE SEAT'S HEIGHT:



A. Loose the knob off.



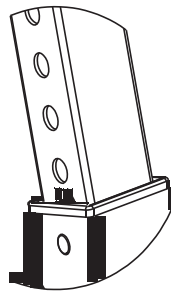
B. Adjust to the required height.



C. Finally tighten the knob

SAFE Storage Instructions

Store your X-BIKE in a dry area away from children and high traffic areas. be sure

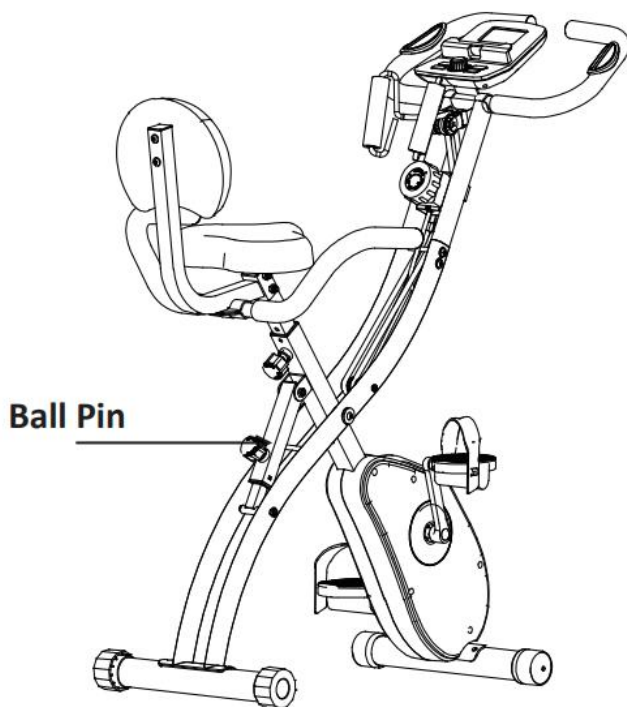


it is secure and cannot fall forward onto small animals or children.

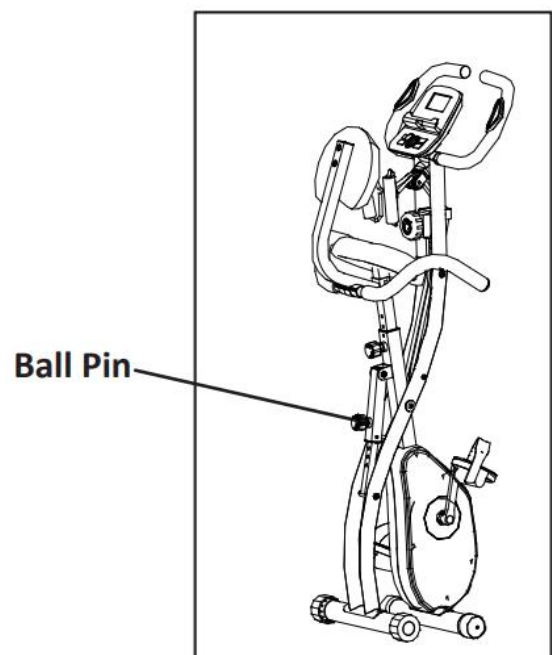
CAUTION:

Don't adjust the height of the seat post over the "STOP" marking shown on the seat post. Or it is dangerous.

How to fold the X-BIKE:



1. Pull out the ball pin into the position.



Folding for Storage

Carefully remove the **Ball Pin**, and slide the **Stabilizer Bars** together to fold the bike up. Re-insert the **Ball Pin** and secure in place.

Transporting

Holding the Handlebar, tilt the bike forward until the wheels on the front stabilizer engage and contact the floor. Roll the bike to the desired location, then gently lower the rear stabilizer back down to the ground.

OPERATION



FUNCTIONS:

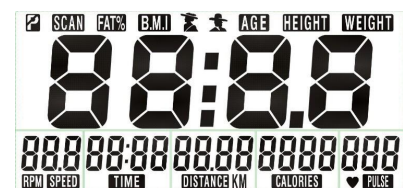
| | |
|----------|--|
| SCAN | Displays all function TIME→DISTANCE →CALORIES →PULSE→ RPM/SPEED in sequence |
| RPM | Displays the pedaling Rotation Per Minute. The RPM and SPEED will switch to another display in every 6 seconds after exercise |
| SPEED | Displays the user's exercise speed |
| TIME | <ol style="list-style-type: none"> You can use joggle wheel to set target time between 0:00 to 99:00 for count down function. It can be set up by the user or accumulated automatically for count up function. |
| DISTANCE | <ol style="list-style-type: none"> Your can use joggle wheel to set target distance between 0.00 to 99.50 for the count down function. It can be set up by the user or accumulated automatically for the count up function. |
| BODY FAT | In STOP mode, press the BODY FAT button to start body fat measurement. During measuring, user has to hold both hands on the handgrip. And the LCD will display “-” “-““---” “----“ for 8 seconds until computer finish measuring. LCD will display BMI, FAT% by turn every 3 |

BUTTONS:

| | |
|---------------------|---|
| MODE | To confirm all settings |
| JOGGLE WHEEL - | Rotate right (or press it) to select training mode and adjust function value up. Rapidly rotate to increase the value faster |
| JOGGLE WHEEL - DOWN | Rotate left (or press it) to select training mode and adjust function value down. Rapidly rotate to decrease the value faster |
| RESET | To clear the set-up value. Press the RESET key and hold for 2 seconds to reset all function figures |
| TOTAL RESET | To power on the console again |
| RECOVERY | To test heart rate recovery status |
| BODY FAT | To start or stop body fat testing |

1. BMI/BODY FAT

When starting the exercise, the monitor will require the personal data setting (GENDER, AGE, HEIGHT AND WEIGHT) to press "MODE" button for confirmation. The personal data will be stored in the monitor and used for the BODY FAT measurement.



In STOP mode, press the BODY FAT button to start body fat measurement.

During measuring, user has to hold the both hands on the pulse sensor of the handle bar. And the LCD will display "-" "----" for 8 seconds until computer finish measuring. LCD will display BMI, FAT% by turn every 3 seconds.

2. RECOVERY :

(1) When the user presses "RECOVERY" button, the RECOVERY function is active. At this time only PULSE and TIME is working, other functions will not be displayed, and the Sensor Input is not available. TIME starts to count down from "0:60", Pulse signal will be blinking according user's heart rate BPM. When Time counts down to "0", it will show F1~F6 (F1 is the best, F6 is the worst).

(2) LCD display as follows: (RECOVERY start condition & end condition).



(3) If the count down action to **0:00** is not completed and there is no pulse signal, the count down action has to be done and shown F6.

(4) If you press the RECOVERY button prior to count down to **0:00** it will end and return to the main menu.

2. BATTERY REPLACEMENT

The Monitor uses two AA batteries. Replace the batteries when the display begins to fade or the values become very inaccurate.

To replace the batteries: Remove the battery cover on the back of the Monitor, install new batteries, ensuring the polarity is in the correct direction, and replace battery cover. When the batteries are removed, all data will be cleared to zero.

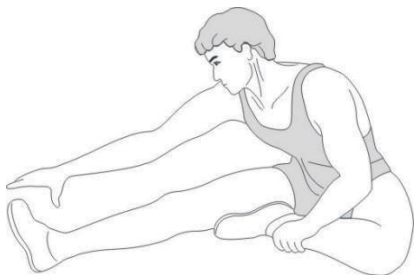
Warm Up Exercises

A successful exercise program consists of a 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.

Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the following warm-up and cool-down exercises:

Inner Thigh Stretch

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.

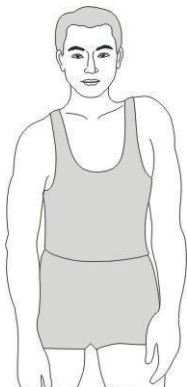


Hamstring Stretch

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.

Head Roll

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.

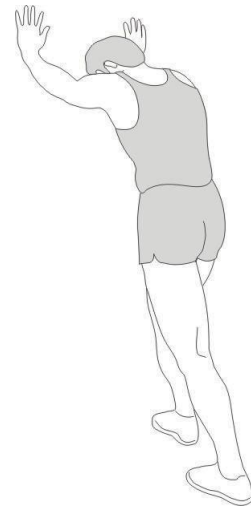


Shoulder Lift

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.

Calf-Achilles Stretch

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.



Toe Touch

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.

Side Stretch

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.



TROUBLE SHOOTING GUIDE

1. Verify that all the bolts and nuts are locked properly and rotating parts should turn freely.
2. Clean the equipment with mild soap and a slightly damp cloth only. Do not use any solvent to clean the equipment.

| Problem | Potential Cause | Corrections |
|-------------------------------------|--|---|
| Base is unstable. | <ol style="list-style-type: none"> 1. Floor is not flat or there is small object under the front or rear stabilizer. 2. The rear stabilizer end caps have not been leveled when adjusting. | <ol style="list-style-type: none"> 1. Remove the object. 2. Adjust the rear stabilizer end caps. |
| Handlebar is shaking. | The Bolts are loose. | Tighten the Bolts. |
| Loud noise from the moving parts. | The interval of the parts is improper tighten. | Open the covers to adjust. |
| No resistance when riding the bike. | <ol style="list-style-type: none"> 1. The interval of the magnetic resistance increases. 2. Tension control knob is damaged. 3. Belt slips. | <ol style="list-style-type: none"> 1. Open the covers to adjust. 2. Change the tension control knob. 3. Open the covers to adjust. 4. Change the bearing set. |

Warranty and Contact Details

Kmate Pty Ltd provides a 12 month warranty for this product when used for domestic purposes. This product is not intended for commercial use and any such use will void all warranty.

The benefits of this warranty are provided in addition to other rights and remedies you may have under a law in relation to the goods and services to which this warranty relates. Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and for compensation for any other reasonably foreseeable loss or damage. You are also entitled to have goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.

Before making a claim under warranty, please refer to your user/installation manual to ensure that you have followed correct operating procedures of your product, and refer to the trouble shooting section (if such exists) to assist solving any problems.

The warranty period begins from the day of purchase.
Your proof of purchase must be produced before assistance will be provided.

Where the Product is replaced pursuant to this Warranty, the replacement Product will be subject to the warranty terms and warranty commencement date of the original product.

This warranty is only valid if the product is operated and maintained in accordance with the manufacturer's instructions.

Damage to property including but not limited to furniture, carpets, walls, ceilings or any other event either directly or indirectly are excluded from warranty as well as any losses or expenses incurred by you in relation to the product or making a claim under this warranty including without limitation any costs associated with installation, reinstallation or transporting the product.

A claim may be refused if the defective claim has arisen for reasons other than a manufacturers fault or defective parts or workmanship. Circumstances in which a warranty claim may be declined include, but are not limited to the following:

- Normal wear and tear;
- Misuse or abuse including but not limited to failure to properly maintain or service the equipment;
- Damages caused by improper or incorrect installation, force-majeure, are not eligible for warranty repair;
- Insect or vermin infestation;
- Failure to clean or improper cleaning and / or operation of the product;
- If the product is modified without authorisation from Kmate Pty Ltd in writing;
- If you are unable to supply a certificate of compliance for installation of any type as required by State & Territory Laws

Warranty Contact Details: Powertrain Sports (Australia) (Kmate Pty Ltd)
PO Box 133 Braeside Vic 3195
warranty@powertrain.com.au 03 9790 0055

You can download the latest version of this manual here:

<https://kmate.com.au /X35>

