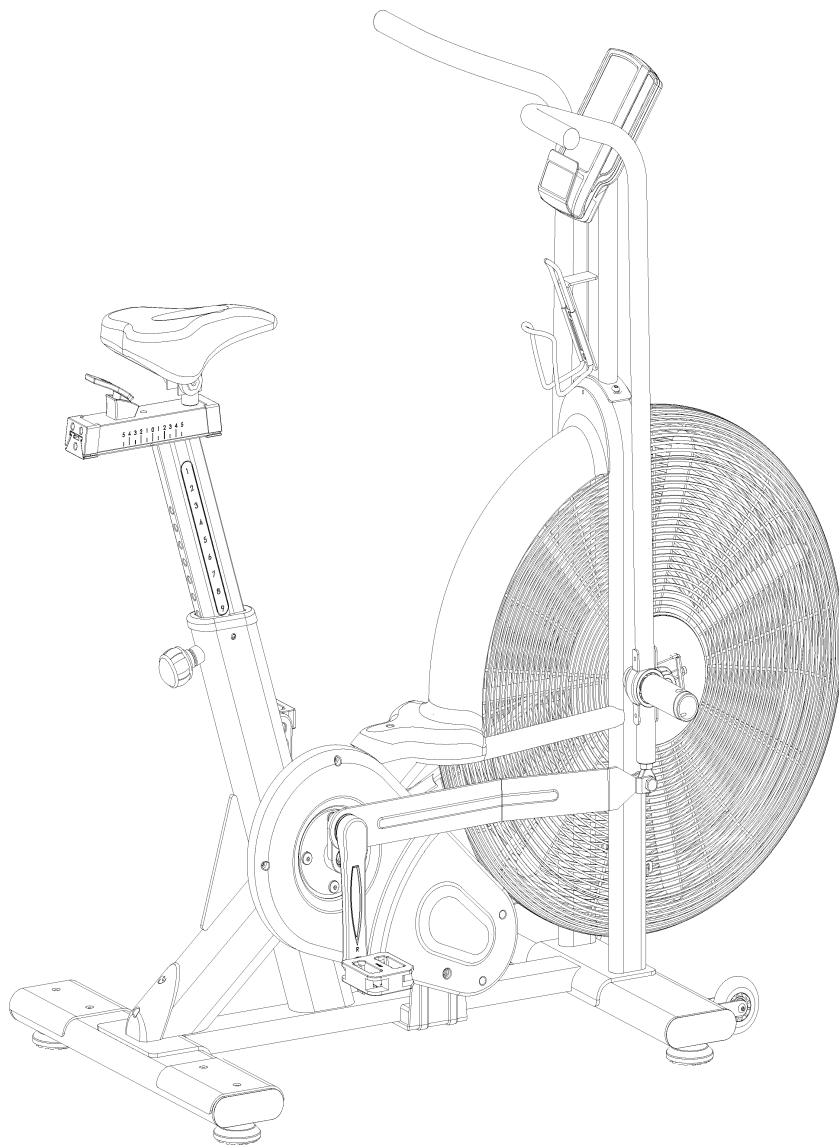


XMARK

ASSEMBLY INSTRUCTIONS



XM-5600

XMARKFITNESS.COM



We at XMARK truly appreciate your business and are grateful for the trust you've placed in us. We sincerely hope you are satisfied with your purchase.

Don't forget to register your product. We've made registration fast and easy by using this QR code to the left or by visiting xmarkfitness.com/register. By doing so, you'll also have an opportunity to receive our product promotions, newsletters and more.



If we can be of assistance with your product assembly or any other concern, please reach out to us at service@xmarkfitness.com. Our staff is trained and ready to assist you.

IMPORTANT SAFETY INFORMATION

Before using this equipment or starting any exercise program, consult your physician. This is especially important for people over the age of 35 and/or people with pre-existing health problems. XMARK assumes no responsibility for personal injury or property damage sustained by or through the use of this equipment. It is the owner's responsibility to ensure that all users of this equipment have read the Owner's Manual and are familiar with safety information and precautions.

SAFETY PRECAUTIONS

- This equipment should only be used on a level surface and is intended for indoor use only. XMARK recommends an equipment mat be placed under the equipment to protect the floor or carpet.
- Walking or running shoes and the appropriate clothing should be worn when using this equipment.
- Always examine your equipment before using to ensure all parts are in working order.
- Keep children and pets away from the bike at all times. Do NOT leave children unsupervised in the same room as the bike.
- Service to your equipment should only be performed by an authorized service representative, unless authorized and/or instructed by a XMARK technician. Failure to follow these instructions will void the warranty.

ASSEMBLY INSTRUCTIONS:

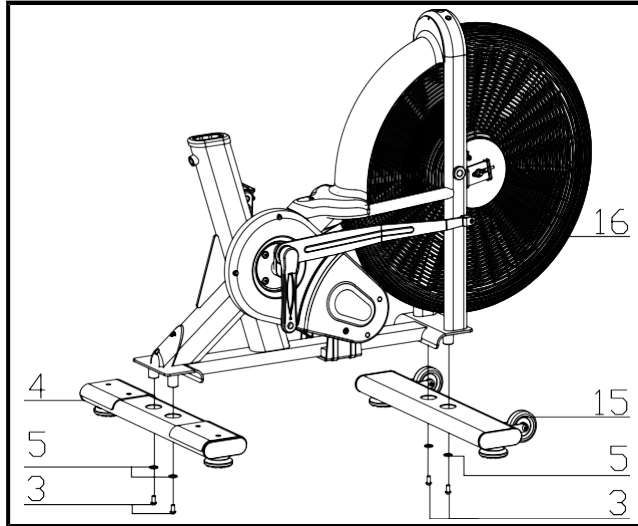


FIGURE 1: INSTALL STABILIZERS

Attach #15 (front stabilizer) under the front of #16 (main frame) using #5 (flat washers) and #3 (bolts). Thread by hand initially. Once complete, use allen key to tighten completely.

Attach #4 (rear stabilizer) under the back of #16 (main frame) using #5 (flat washers) and #3 (bolts). Thread by hand initially. Once complete, use allen key to tighten completely.

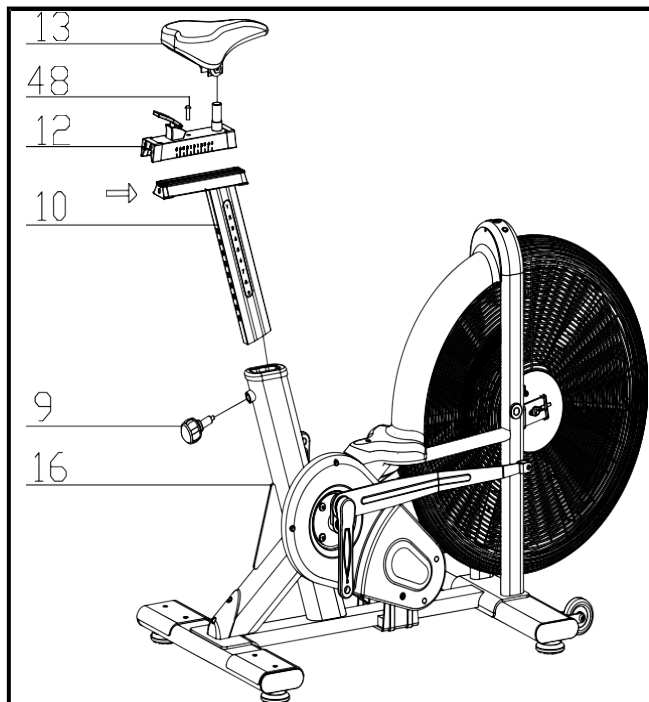


FIGURE 2: INSTALL SEAT

Slide #10 (vertical seat post) into the seat post housing on #16 (main frame). Push the knob up on #12 (seat post) to release #48 (bolt). Slide the seat post onto #10 (vertical seat post) and replace part #48 (bolt).

Attach #13 (seat) to the seat post as shown. Tighten the bolts under the seat.

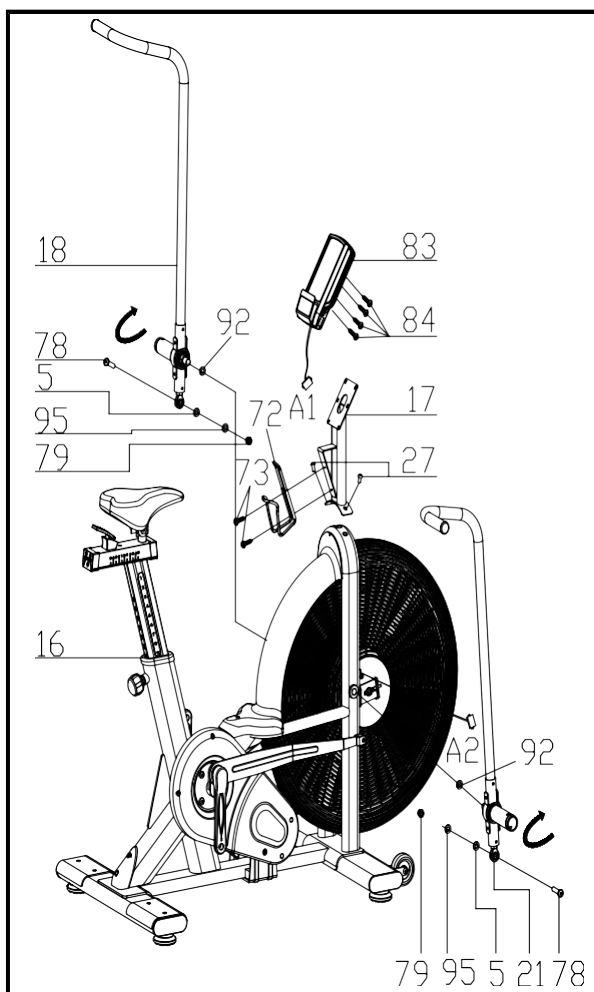


FIGURE 3: INSTALL ARMS & CONSOLE

Align #18 (left handlebar assembly) and #92 (spring washer) to the mainframe assembly on the left side, (left as if sitting on the bike). Tighten by hand, being careful not to cross thread.

Once hand tightened, connect the left handlebar assembly to #11 (drive assembly) using #78 (bolt), #5 (flat washer), #95 (spring washer), and #79 (nut). Tighten this by hand also. Using the provided tools, now tighten the left handlebar assembly at the drive assembly and where you attached to the mainframe. **Be sure to tighten until there is no slack.**

Repeat for the right handlebar assembly.

Attach #17 (electronic watch connecting assembly) to the #16 (main frame) using #27 (bolts). Next, attached #72 (bottle holder) using #73 (screws).

Connect #83 (computer) to #17 using #84 (screws). Connect plug A1 and A2.

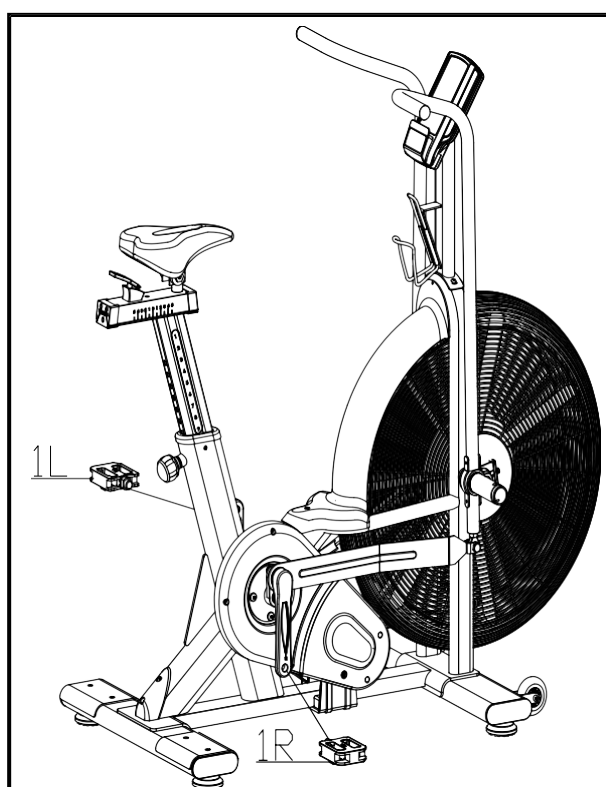


FIGURE 4: INSTALL PEDALS

Attach #1 (left pedal - "L" to #33 (left crank). The left pedal should be threaded counterclockwise. Tighten by hand, then use the included multi-use tool to tighten properly.

Follow these same steps to attach the right pedal to #36 (right crank) keeping in mind the right pedal should be threaded clockwise.

Assembly is now complete.

ADJUSTMENTS

Vertical Seat Adjustment: To adjust the seat height, loosen the spring knob on the vertical post, pull back the knob positioning the seat post to the desired height. Ensuring all holes are aligned, release the knob, and tighten.

Horizontal Seat Adjustment: Loosen the adjusting knob and washer and pull the knob back. Slide the horizontal seat post into the desired position. Align holes and then tighten the adjusting knob.

Handlebar adjustment: Loosen the spring knob and secondary knob pulling back both knobs. Slide the handlebar post along the housing on the main frame to the desired height. With holes aligned correctly, tighten the spring adjusting knob and then the secondary knob.

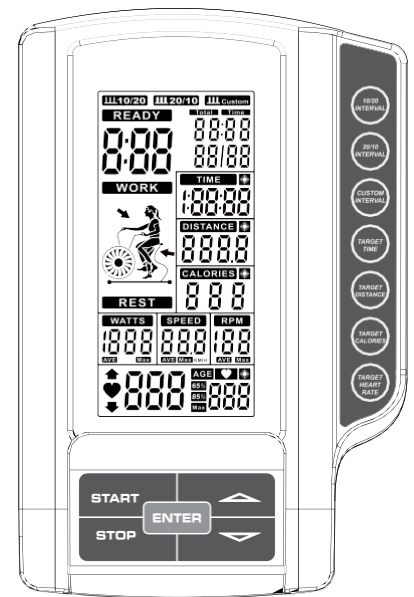
Monitor Instruction Manual

DISPLAY FUNCTIONS

TIME	DESCRIPTION
RPM	• Display the rotation per minute with range from 0~ 199.
SPEED	• Display current training speed. Maximum speed is 99.9 KM/H or ML/H.
TIME	• Count up - No preset target, time will count up from 00:00 to maximum 1:59:59 with each increment is 1 minute. • Count down – The console will countdown from preset time to 00:00:00 and each preset increment or decrement will be 1 minute between 00:01:00 to 1:59:00.
DISTANCE	• Accumulates total distance from 0.0 up to 999.9 KM or ML or count down from preset value. User may preset target distance value with UP/DOWN key. Each increment is 1.0KM or ML.
CALORIES	• Accumulates calories consumption or count down during training from 0 to maximum 999 calories. User may preset target Calories with UP/DOWN key.
WATT	• Display the power consumption during training. • Display Range: 0~1999.
PULSE	• User may set up target pulse value from 0~30 to 230 and the console buzzer will beep when the actual heart rate is over the target value during workout.

BUTTON FUNCTION

TIME	DESCRIPTION
START	• To start work out quickly or resume workout in stop mode.
STOP	• To stop/pause workout. • To clear up all settings. • Hold on this key for 2 seconds to reboot the console
DOWN	• To adjust Distance, Calories, Heart rate, Time, Age value down.
UP	• To adjust Distance, Calories, Heart rate, Time, Age value up.
Target Distance	• Fast access to Target Distance training mode.
Target Calories	• Fast access to Target Calories training mode.
Target Heart-rate	• Fast access to Target Heart Rate training mode.
Target Time	• Fast access to Target Time training mode.
Interval	• There are 3 programs: INTERVAL 10/20, INTERVAL 20/10, Custom.
ENTER	• To confirm settings or enter program.



Parts List

PART#	NAME	QTY	PART#	NAME	QTY
1	PEDAL	1	51	BELT WHEEL	1
2	END CAP3	4	52	FRONT COVER	1
3	BOLT 1	4	53	HANDLE BASE	1
4	REAR STABILIZER	1	54	LOCK NUT	2
5	FLAT WASHER	6	55	CHAIN WHEEL 1	1
6	FRONT COVER	2	56	WHEEL	2
7	BOLT 1	4	57	FIXING NUT	1
8	BOLT 2	2	58	FIXING NUT 2	3
9	SHAPE KNOB	1	59	BEARING	4
10	VERTICAL SEAT POST	1	60	BEARING	2
11	DRIVE ASSEMBLY	2	61	RIM ASSEMBLY	1
12	SEAT POST	1	62	FLYWHEEL SHAFT	1
13	SEAT	1	63	DOUBLE DRIVE ASSEMBLY	1
14	STOPPER	4	64	DOUBLE DRIVE INNER SLEEVE	1
15	FRONT STABILIZER	1	65	BELT	1
16	MAIN FRAME	1	66	CHAIN COVER 3	1
17	ELECTRONIC WATCH CONNECTING ASSEMBLY	1	67	SHORT FIXING TUBE	1
18	LEFT HANDLEBAR ASSEMBLY	1	68	BOLT 1	2
19	PLASTIC SLEEVE	1	69	HANDLE	1
20	SENSOR	1	70	NUT	2
21	RIGHT HANDLEBAR ASSEMBLY	1	71	FLYWHEEL INNER CASING	1
22	NUT	6	72	BOTTLE HOLDER	1
23	FIXING NUT 2	1	73	SCREW 3	6
24	FLAT WASHER	2	74	THE LEFT WHEEL COVER	1
25	FIXING BOLT	2	75	RIGHT WHEEL COVER	1
26	FIXED PIECE	2	76	FAN BAFFLE	1
27	BOLT 1	10	77	HANDLE ROTARY COPPER SLEEVE	1
28	NUT	10	78	BOLT 3	2
29	CRANK END CAP	4	79	NUT	2
30	SPROCKET BUCKLE	9	80	BOLT 16	1
31	NUT	10	81	HANDLE COVER	1
32	PLASTIC RING	1	82	NUT	2
33	LEFT CRANK	1	83	COMPUTER	1
34	LONG FIXING TUBE	1	84	UNIVERSAL JOINT	2
35	BEARING	2	85	FOOT LEVER	2
36	RIGHT CRANK	1	86	BEARING	4
37	OUTER SPRING	4	87	FOOT LEVER	2
38	CRANK DRIVE ASSEMBLY	2	88	FOOT LEVER BUSHING	2
39	COVER	2	89	SMALL RETAINING PLATE	4
40	COVER	2	90	CORRUGATED GASKET	4
41	SCREW 1	6	91	FIXING NUT 1	1
42	SCREW 2	16	92	SPRING WASHER 2	2
43	SCREW 3	6	93	BEARING	4
44	CHAIN COVER 1	1	94	FAN BAFFLE	1
45	CHAIN COVER 2	1	95	SPRING WASHER	2
46	AXIS	1	96	SPRING WASHER 2	10
47	BOLT 7	6	97	BELT WHEEL	1
48	BOLT 8	1	98	PLASTIC PLUG	1
49	SWEAT PROOF COVER	1	99	FIXING BOLT	4
50	SHORT CHAIN WHEEL	1	100	SERRATED GASKET	4
			101	SCREW 2	2

EXPLODED-VIEW & PARTS LIST

