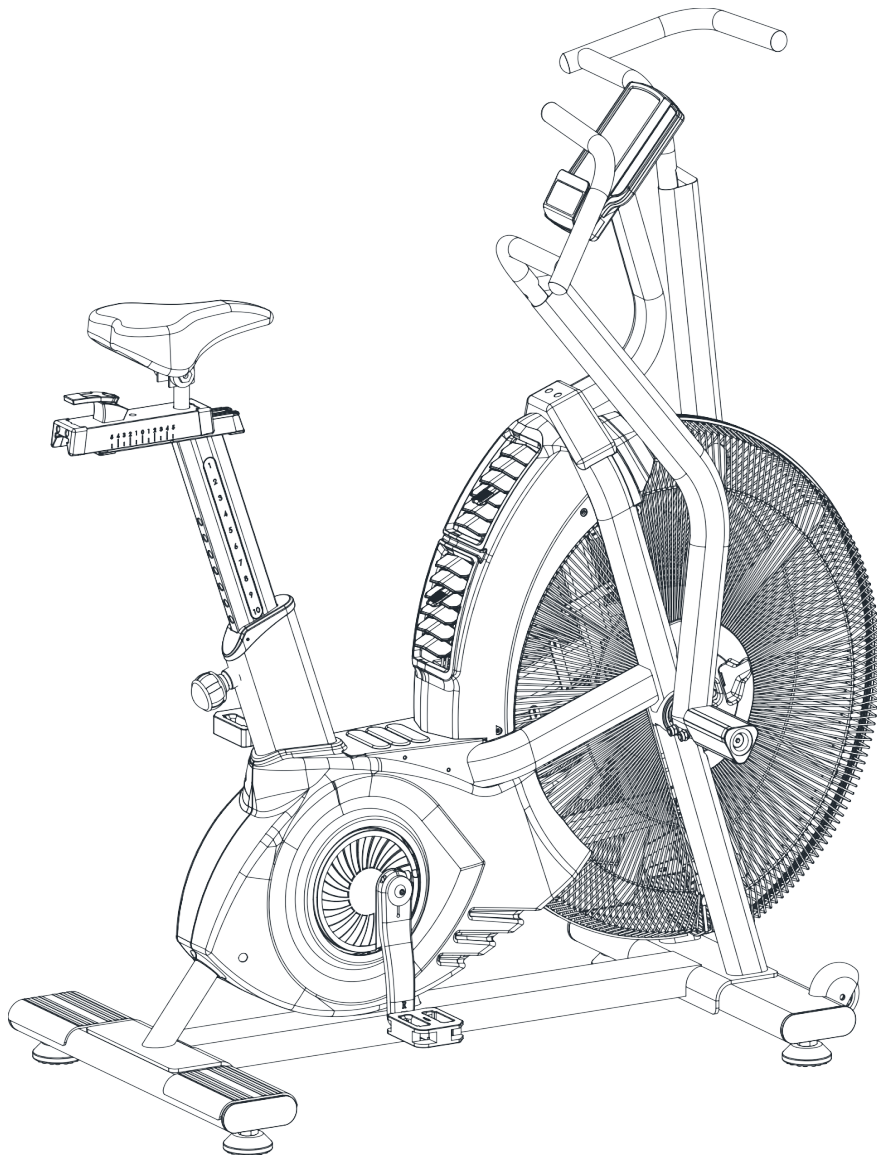


XMARK

ASSEMBLY INSTRUCTIONS



XM-5601

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:

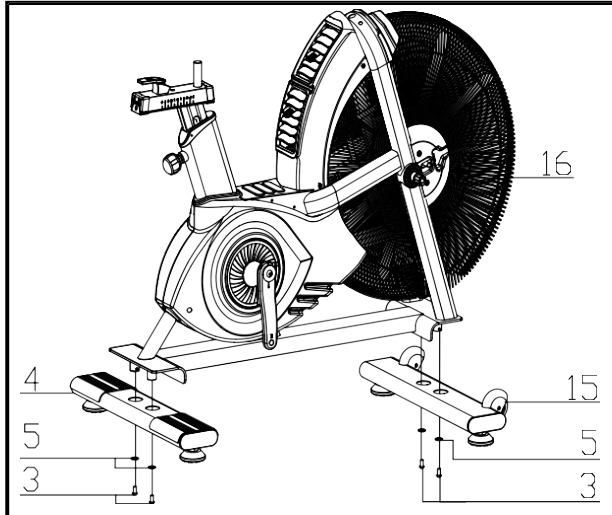


FIGURE 1: INSTALL STABILIZERS

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

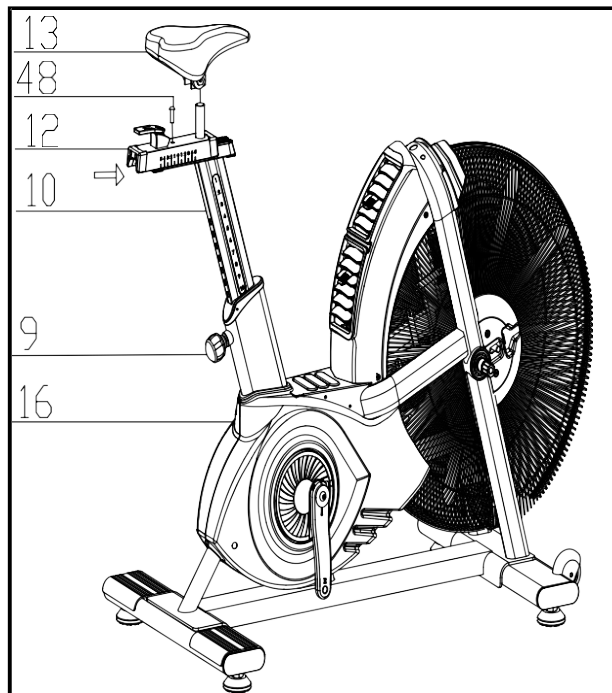


FIGURE 2: INSTALL SEAT

Push the knob up on #12 (seat post) and release #48 (bolt). Slide #12 (seat post) into #10 (vertical seat post), then replace #48 (bolt).

Attached #13 (seat) to #12 (seat post) as shown and tighten bolts under the seat.

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.

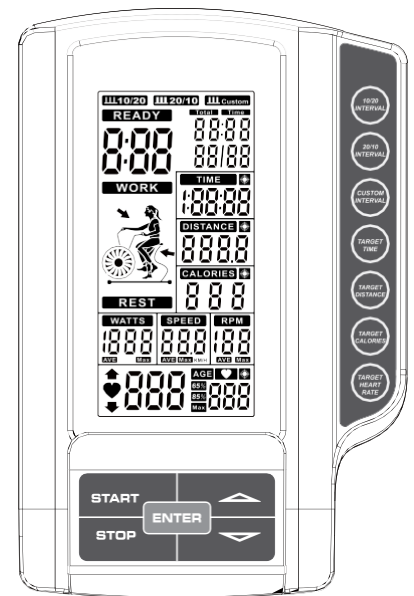
Monitor Instruction Manual

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. Users 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.



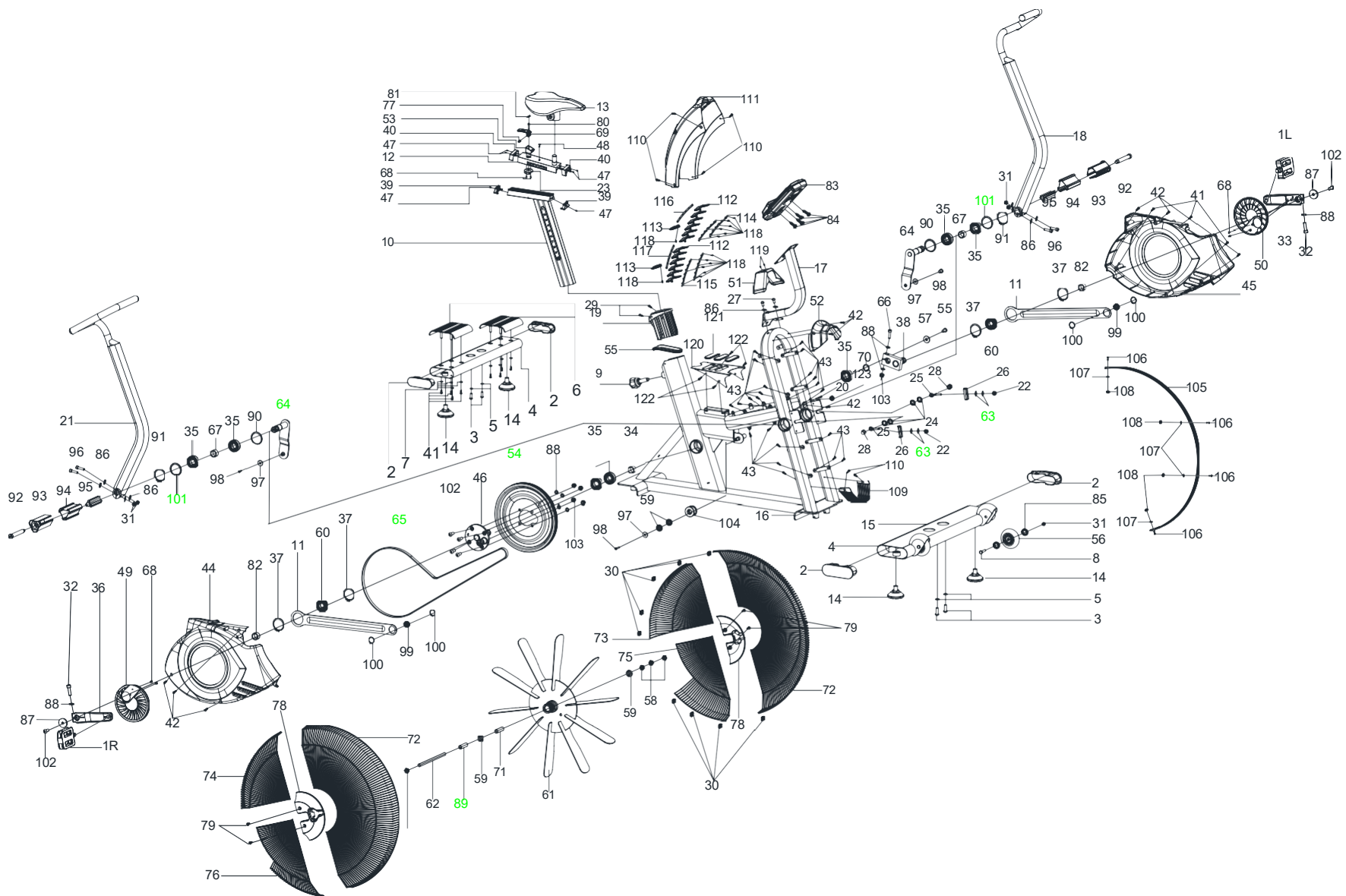
Parts List

PART #	NAME	QTY
1	PEDAL	1
2	END CAP3	4
3	BOLT 1	4
4	REAR STABILIZER	1
5	FLAT WASHER	6
6	FRONT COVER 2	2
7	FLAT WASHER	8
8	BOLT 2	2
9	SHAPE KNOB	1
10	VERTICAL SEAT POST	1
11	DRIVE ASSEMBLY	2
12	SEAT POST	1
13	SEAT	1
14	STOPPER	4
15	FRONT STABILIZER	1
16	MAIN FRAME	1
17	ELECTRONIC WATCH CONNECTING ASSEMBLY	1
18	LEFT HANDLEBAR ASSEMBLY	1
19	PLASTIC SLEEVE	1
20	SENSOR	1
21	RIGHT HANDLEBAR ASSEMBLY	1
22	NUT	2
23	FIXING NUT 2	1
24	SERRATED GASKET	4
25	FIXING BOLT	2
26	FIXED PIECE	2
27	BOLT 1	2
28	NUT	2
29	SCREW 2	2
30	SPROCKET BUCKLE	9
31	NUT	6
32	BOLT 7	2
33	LEFT CRANK	1
34	LONG FIXING TUBE	1
35	BEARING	7
36	RIGHT CRANK	1
37	OUTER SPRING	4
38	LEFT CONNECTING CRANK SHAFT ASSEMBLY	1
39	COVER	2
40	COVER	2
41	SCREW 1	11
42	SCREW 2	9
43	SCREW 3	22
44	CHAIN COVER 1	1
45	CHAIN COVER 2	1
46	AXIS	1
47	BOLT 7	6
48	BOLT 8	1
49	RIGHT CRANK COVER	1
50	LEFT CRANK COVER	1

PART #	NAME	QTY
51	THE INSTRUMENT TUBE TRIM COVER	1
52	FRONT TRIM COVER	1
53	HANDLE BASE	1
54	BELT WHEEL	1
55	SEAT TUBE SPACER	1
56	WHEEL	2
57	CONNECTION BLOCK LARGE GASKET	1
58	FIXING NUT 2	4
59	BEARING	4
60	BEARING	2
61	RIM ASSEMBLY	1
62	FLYWHEEL SHAFT	1
63	FLAT WASHER	4
64	FRONT AXLE ASSEMBLY	2
65	BELT	1
66	BOLT 2	1
67	SHORT FIXING TUBE	2
68	BOLT 1	6
69	HANDLE	1
70	SPACER SLEEVE	1
71	FLYWHEEL INNER CASING	1
72	FRONT COVER	2
73	LEFT UPPER COVER	1
74	RIGHT UPPER COVER	1
75	LEFT LOWER COVER	1
76	RIGHT LOWER COVER	1
77	HANDLE ROTARY COPPER SLEEVE	1
78	GRILLE COVER	2
79	SCREW 1	4
80	BOLT 16	1
81	HANDLE COVER	1
82	CRANK SPACER	2
83	COMPUTER	1
84	SCREW 3	4
85	BEARING	4
86	SPRING WASHER 2	10
87	LARGE CRANK SPACER	2
88	SPRING WASHER 2	8
89	PLASTIC FLYWHEEL OUTER CASING	1
90	ROTARY LARGE GASKET	2
91	OUTER SPRING	2
92	PEDAL SCREW	2
93	PEDAL DECORATIVE COVER	2
94	ALUMINUM ALLOY PEDALS	2
95	PEDAL SHAFT SLEEVE	2
96	BOLT 16	4
97	FLAT WASHER	3
98	BOLT 1	3
99	BEARING	2
100	OUTER SPRING	4

Parts List

PART #	NAME	QTY
101	WAVE GASKET	6
102	BOLT 16	7
103	NUT	5
104	SMALL PRESSURE PULLEY	1
105	ALUMINUM ALLOY EDGE	1
106	SCREW 1	4
107	FLAT WASHER	4
108	NUT	4
109	UNDER THE GRILLE COVER	1
110	SCREW 1	6
111	FAN COVER	1
112	WIND BLADE	12
113	FAN BLADE ADJUSTMENT BLOCK	2
114	ROUNDED FAN BLADE COMPRESSION BLOCK	2
115	RIGHT-ANGLE FAN BLADE COMPRESSION BLOCK	2
116	ROUNDED FAN BLADE LINKAGE	1
117	RIGHT-ANGLE FAN BLADE LINKAGE	1
118	SCREW 1	14
119	SCREW 1	2
120	STAINLESS STEEL UPPER TRIM COVER	1
121	PEDAL DECORATIVE BLOCK	3
122	SCREW 1	4
123	PLASTIC PLUG	1
124	BOTTLE HOLDER	1
125	SCREW 3	2



EXPLODED-VIEW & PARTS LIST :