



Thank you for choosing the Sit N Cycle. 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.

The Sit N Cycle is not a typical exercise bike; it is designed to be a low resistance long duration exercise product. This is great for the office or the home, and for use during activities where an individual would sit for long periods of time.

CAUTION: WEIGHT ON THIS PRODUCT SHOULD NOT EXCEED 136KG / 300LBS

The Product May Vary Slightly From The
Picture Shown Above
MADE IN CHINA

VER-140226

Seat Cushion Disclosure
ALL NEW MATERIALS
Consisting of
100% Polyurethane
Date of Manufacture 02/15/14
Model # SNC-II
Lot # 140213

SAFETY INSTRUCTION



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.*
2. *Read this Owner's Manual and follow it carefully before using the equipment. Make sure that it is properly assembled and tightened before use.*
3. *Keep children and pets away from the equipment. 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. *Set up and operate the equipment on a solid level surface. 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. *Follow your physician's recommendations in developing your own personal fitness program.*
8. *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.*
9. *Do not wear loose or dangling clothing while using the equipment.*
10. *Never exercise in bare feet or socks; always wear correct footwear, such as running, walking, or cross-training shoes.*
11. *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.*
12. *The equipment should not be used by persons weighing over 300 pounds /136 kgs.*
13. *The equipment should be used by only one person at a time.*
14. *The equipment is for home usage only.*
15. *Maintenance: Replace the defective components immediately and / or discontinue the use of the equipment until it is repaired.*
16. *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.*
17. *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.*
18. *Keep children and pets away from equipment when in use. Always make sure all bolts and nuts are tightened prior to each use. Follow all safety instructions in this manual.*

WARNING: Before starting any exercise or conditioning program you should consult with your personal physician 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 **Sit N Cycle**. 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.

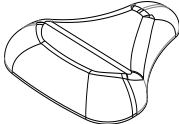
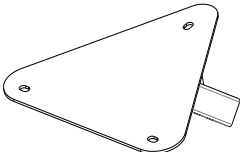
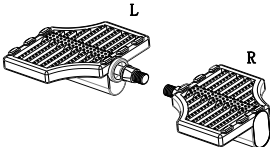
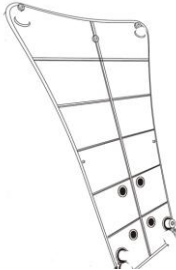
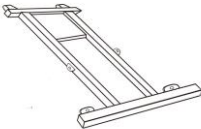
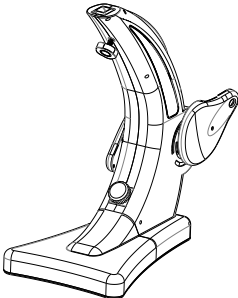


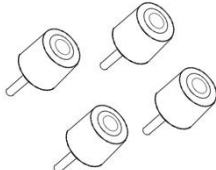
The Sit N Cycle is not a typical exercise bike; it is designed to be a low resistance long duration exercise product. This is great for the office or the home for use during activities where an individual would sit for long periods of time.

Too often, our busy lifestyles limit our time and opportunity to exercise. The 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.

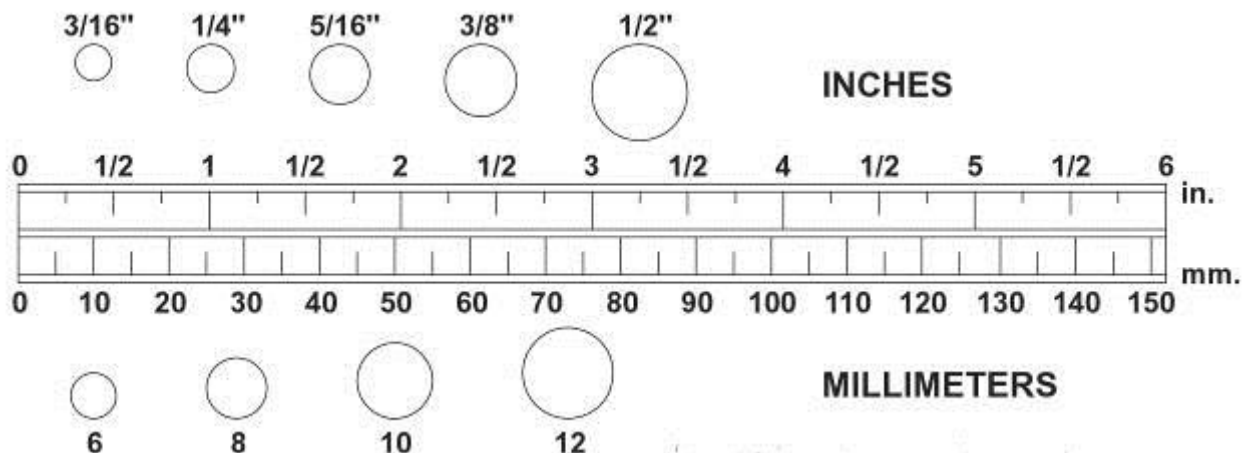
ASSEMBLY PARTS

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.

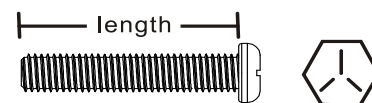
Seat Cushion (1) 	Seat Post (2) 	Pedal (29L) (30R) 
Base Frame Cover Bottom(14) 	Rear Support Frame (12)(13)(14) 	Main Frame Assembly (4) 
Base frame Cover Top(12) 	Transportation Handle(5) 	Foot Pads(15) 

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. Place the washers, the ends of the bolts, or screws on the circles to check for the correct diameter. Use the small ruler to check the length of the bolts and screws. Do not dispose of the packing material until the trial period has expired



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:
Please review the contents of the hardware kit pictured below.
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 13 for hardware placement

HARDWARE KIT	Part No. and Description	Q'TY
	#16 Bolt (M10x13mm)	4 pcs
	#34 Screw (M4x12mm)	4 pcs
	#33 Screw (M5x15mm)	6 pcs
	#35 Screw (M5x30mm)	2 pcs
	#3 Bolt (M8x13mm)	5 pcs

THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY:



Wrench



ALLEN WRENCH (8 mm)



ALLEN WRENCH (6 mm)

ASSEMBLY INSTRUCTIONS

STEP1-Base Support Frame Assembly



Fig1-A

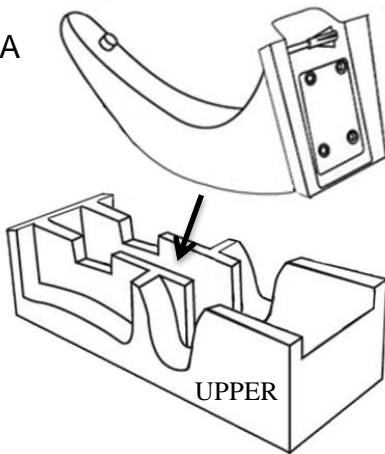


Fig1-B

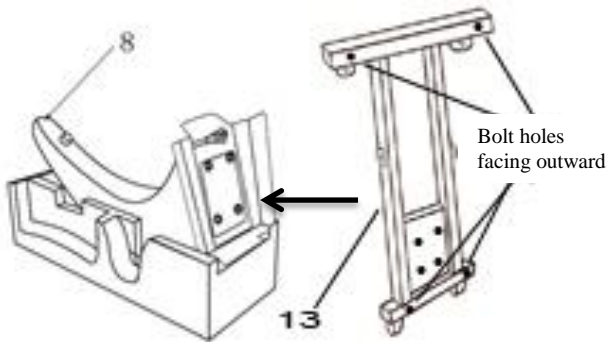
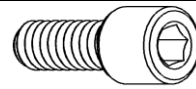
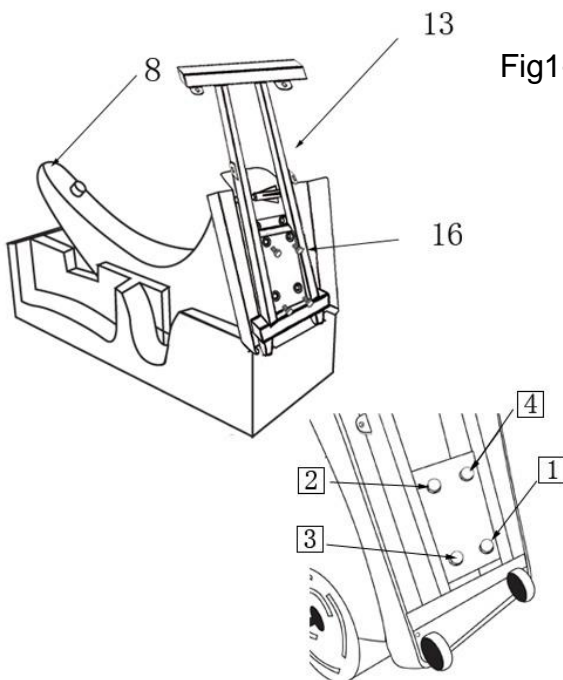


Fig1-C

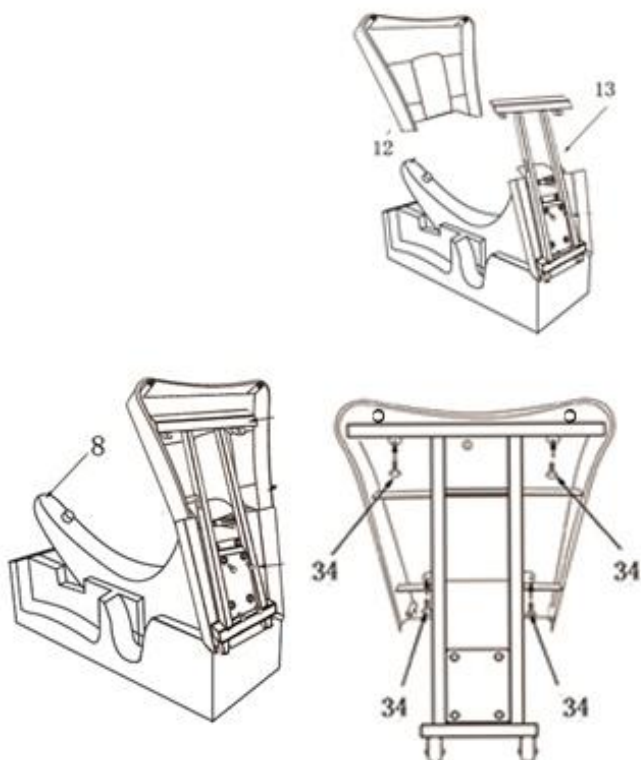
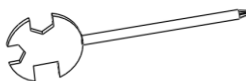


#16 x 4

1. Unpack the Sit N Cycle from the shipping carton and remove the packing materials.
2. Place the upper Styrofoam packaging upside down on the floor. Then remove the Sit N Cycle main frame and place it on to the Styrofoam as pictured on the left in Fig 1-A.
3. Attach the base frame #13 to the main frame #8. To insure proper assemble make sure the frame is facing the correct direction. The bolt holes pictured in Fig. 1-B should be facing away from the main frame.
4. Secure the base frame to the mainframe using 4x #16 bolts (M10*13mm).
5. Follow the bolting pattern in Fig 1-C.
6. Tighten all bolts now.

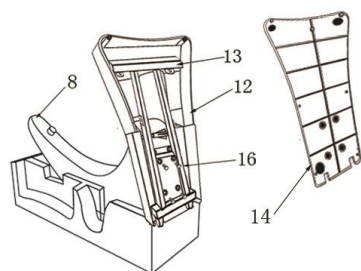
ASSEMBLY INSTRUCTIONS

STEP2-Base Cover Top and Bottom Covers



#34 x 4

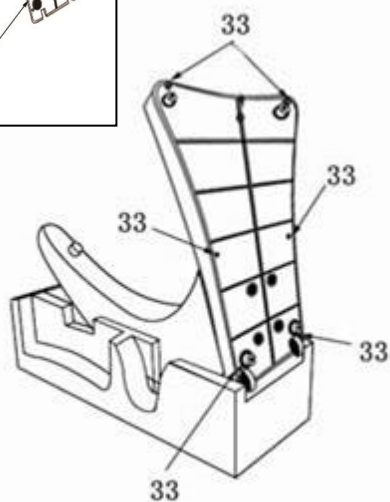
1. Attach the base frame top cover (12) to the base frame (13).
2. Ensure that the base frame top cover overlaps the main frame cover so that the seam between the covers is tight and there are no gaps.
3. Secure the base frame top cover to the base frame using 4x #34 screws (M4*12mm).



#33 x 6

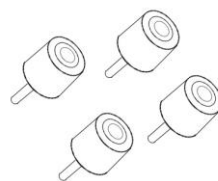
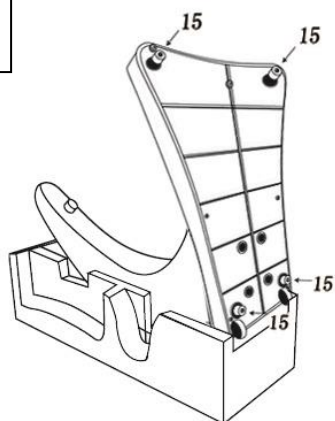
After the base frame has been attached and the bolts are completely tightened.

1. Secure the base frame cover bottom to the base frame using 6 x #33 screws (M5*15mm).



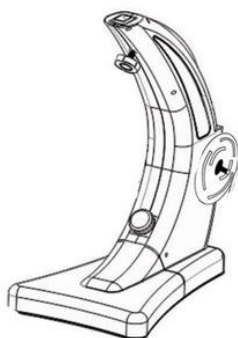
ASSEMBLY INSTRUCTIONS

STEP3-Foot Pads



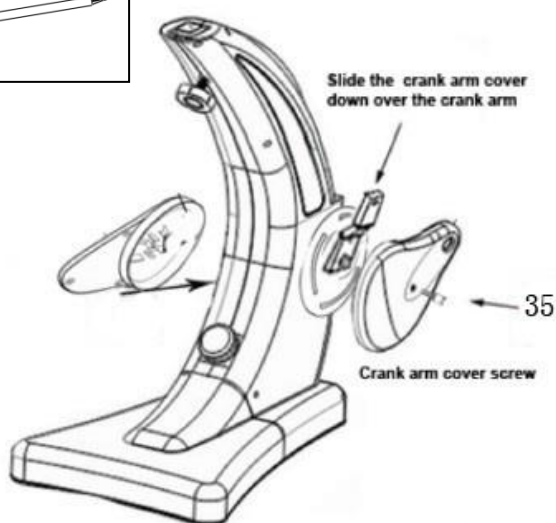
#15 x 4

1. Once the base frame bottom cover is attached, screw the 4 foot pads (15) in to the base frame as pictured on the left.
2. Verify that all of the bolts and fasteners are completely tightened from the previous steps, before moving forward.



Note: For the next steps, stand the bike upright on the foot pads as pictured on the left.

STEP4-Pedal Covers



#35 x 2

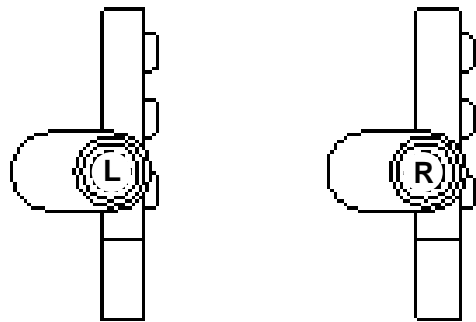
1. Locate the two pedal crank cover sets.
Note: the covers are interchangeable from left to right sides.
2. Slide one crank arm cover over the right side crank arm, round end first. Make sure the end of the crank arm slides between the inner and outer crank arm cover.
3. Secure the crank arm cover set to the crank arm using 1 x #35 screws (M5*30mm). Hand tighten the screw before using the screw driver to fully tighten.
4. Repeat the above steps for the left side.

ASSEMBLY INSTRUCTIONS

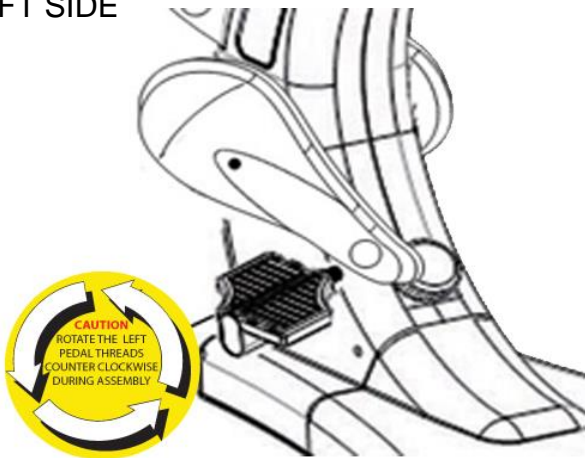
STEP5-Pedals

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.



LEFT SIDE

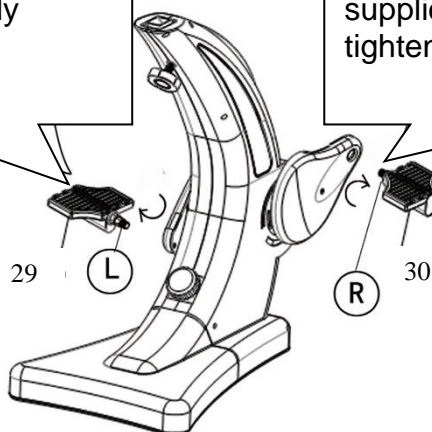


RIGHT SIDE



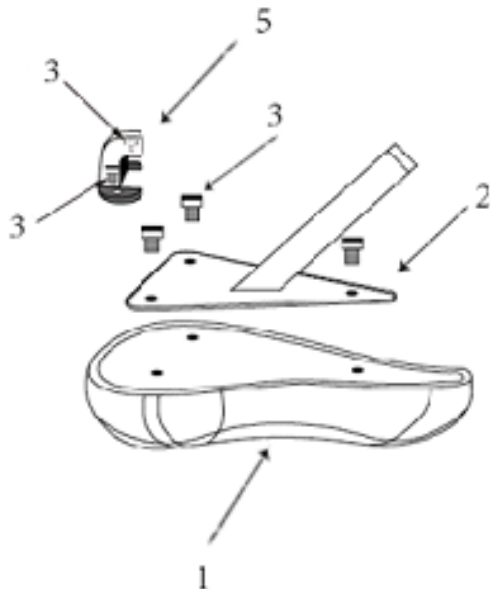
1. Using your hands, thread the **Left Pedal COUNTER-CLOCKWISE** onto the **LEFT** crank arm. After the pedal is hand tightened use the supplied wrench to completely tighten the pedal.

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

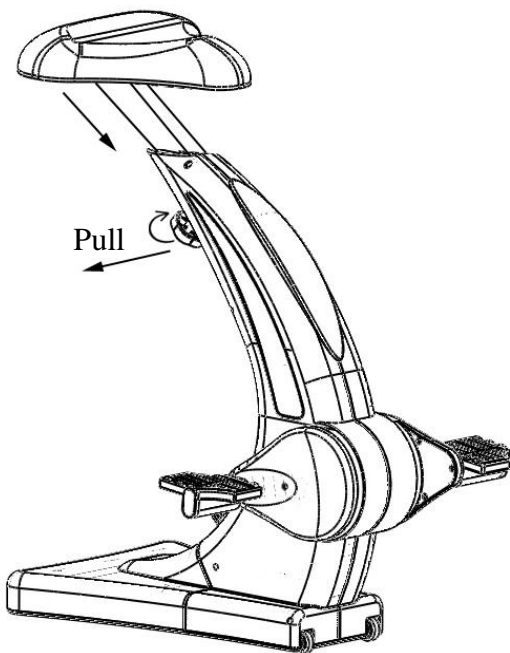
STEP6–Seat Assembly



#3 x 5

1. For ease of assembly, turn the seat upside down and place it on the floor or any flat surface.
2. Line up the holes in the seat post with the threaded holes on the seat.
3. Secure the seat post to the seat using 3 x #3 bolts (M8*13mm).
4. Tighten all bolts now.
5. Align the transportation handle screw holes with the two screw holes on the bottom of the seat towards the rear.
6. Secure the handle to the seat using 2 x #3 bolts (M8*13mm).

STEP7 – Seat Installation

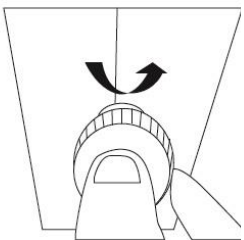
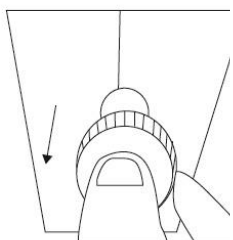
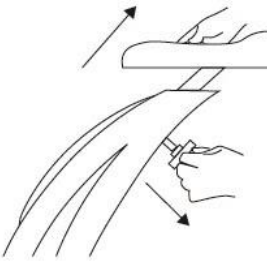
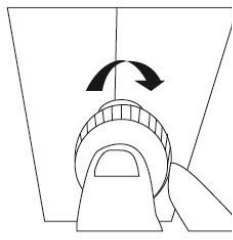


Note: Do not completely remove the adjustment knob from the frame. To adjust the seat you will need to loosen the knob and then pull the knob outward.

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 plastic cover.
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.

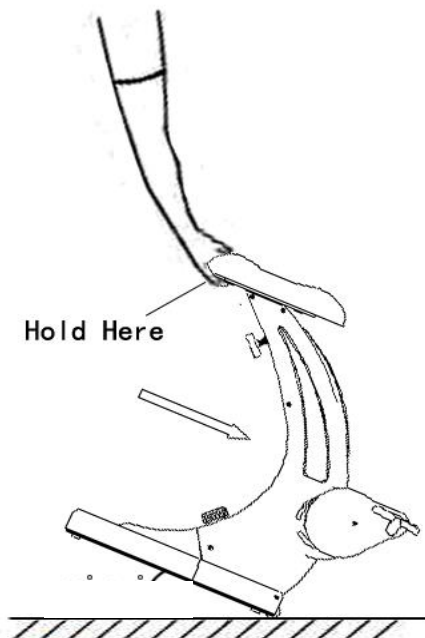
Seat Adjustment

Warning: Do not use the Sit N Cycle 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.</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. 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 Sit N Cycle and Resistance Adjustment

Transporting

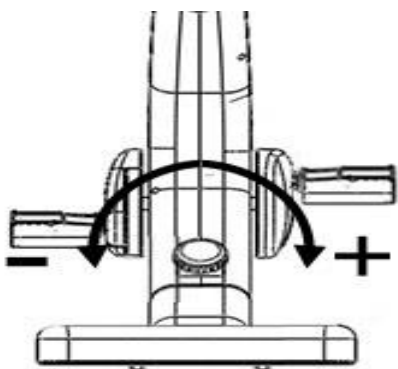


Verify that the seat is locked in place and cannot be removed. Verify the seat adjustment knob is fully tightened.

1. Lower the seat to the lowest height setting. Prior to moving the unit verify that the seat is locked in place and the seat adjustment knob is fully tightened.
2. There is a transportation handle the under the back of the seat.
3. Hold the transportation handle and tilt the unit forward until the wheels are resting on the floor.(about 15 to 20 degrees).
4. Roll the unit forward to the desired location.
5. Once the unit is in place, verify that all 4 stabilizing feet are firmly in contact with the floor.

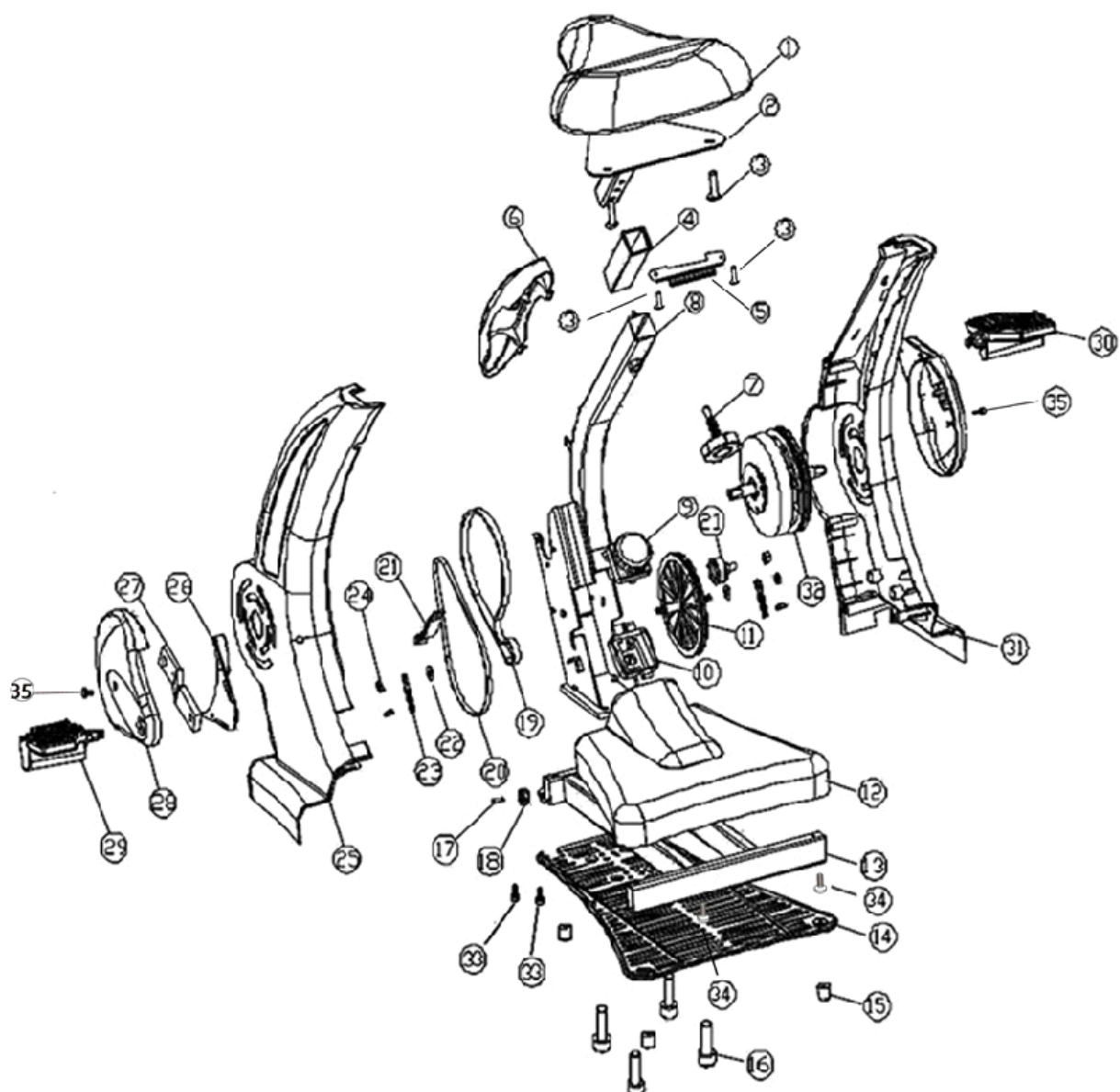
Failure to follow the instructions above may cause the seat to become disengaged from the unit frame during transportation.

Adjusting the Resistance



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.

Exploded Diagram



PART LIST

NO.	Item Name	Q'TY
SNC-1	Seat	1
SNC-2	Seat Post	1
SNC-3	M8xp1.25x13mm Allen head bolts	5
SNC-4	Seat Tube Sleeve	1
SNC-5	Handle	1
SNC-6	Front Decorative Cover	1
SNC-7	Seat Adjustment Knob	1
SNC-8	Main Frame	1
SNC-9	Resistance Adjustment Knob	1
SNC-10	Resistance Adjustment Knob Cable Box	1
SNC-11	Crank Pulley	1
SNC-12	Base Frame Cover Upper	1
SNC-13	Base Frame	1
SNC-14	Base Frame Cover Lower	1
SNC-15	Foot Pad (screw4×M8×9)	4
SNC-16	M10xp1.25x13mm Allen Head Bolts	4
SNC-17	Wheel Pin	2
SNC-18	Wheel	2
SNC-19	Belt 1	1
SNC-20	Belt 2	1
SNC-21	Magnetic Array	1
SNC-22	Shim	2
SNC-23	Bar	2
SNC-24	Nut(M8)	4
SNC-25	Left Main Frame Cover	1
SNC-26	Inside Crank Cover	2
SNC-27L	Crank Arm	1
SNC-27R	Crank Arm	1
SNC-28	Outside Crank Cover	2
SNC-29	Left Pedal	1
SNC-30	Right Pedal	1
SNC-31	Right Main Frame Cover	1
SNC-32	Flywheel	1
SNC-33	Screw M5x15mm	7
SNC-34	BoltM4xp1.25x12mm	4
SNC-35	ScrewM5x30mm	2

LIMITED HOME USE WARRANTY – SMOOTH FITNESS Bikes Warranty

Warranty Coverage: Smooth Fitness LLC.. ("Smooth Fitness") 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
SIT N CYCLE	90 days	1 year

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

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. Smooth Fitness 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 Smooth Fitness 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. SMOOTH FITNESS IS NOT LIABLE FOR CONSEQUENTIAL OR INCIDENTAL DAMAGES RESULTING FROM ANY DEFECT IN PARTS NOR FOR ANY BREACH OF EXPRESS OR IMPLIED WARRANTIES. SMOOTH FITNESS' 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.

FORM WS-1 (rev. 03/2012)



Customer Service Toll Free
855-663-5643