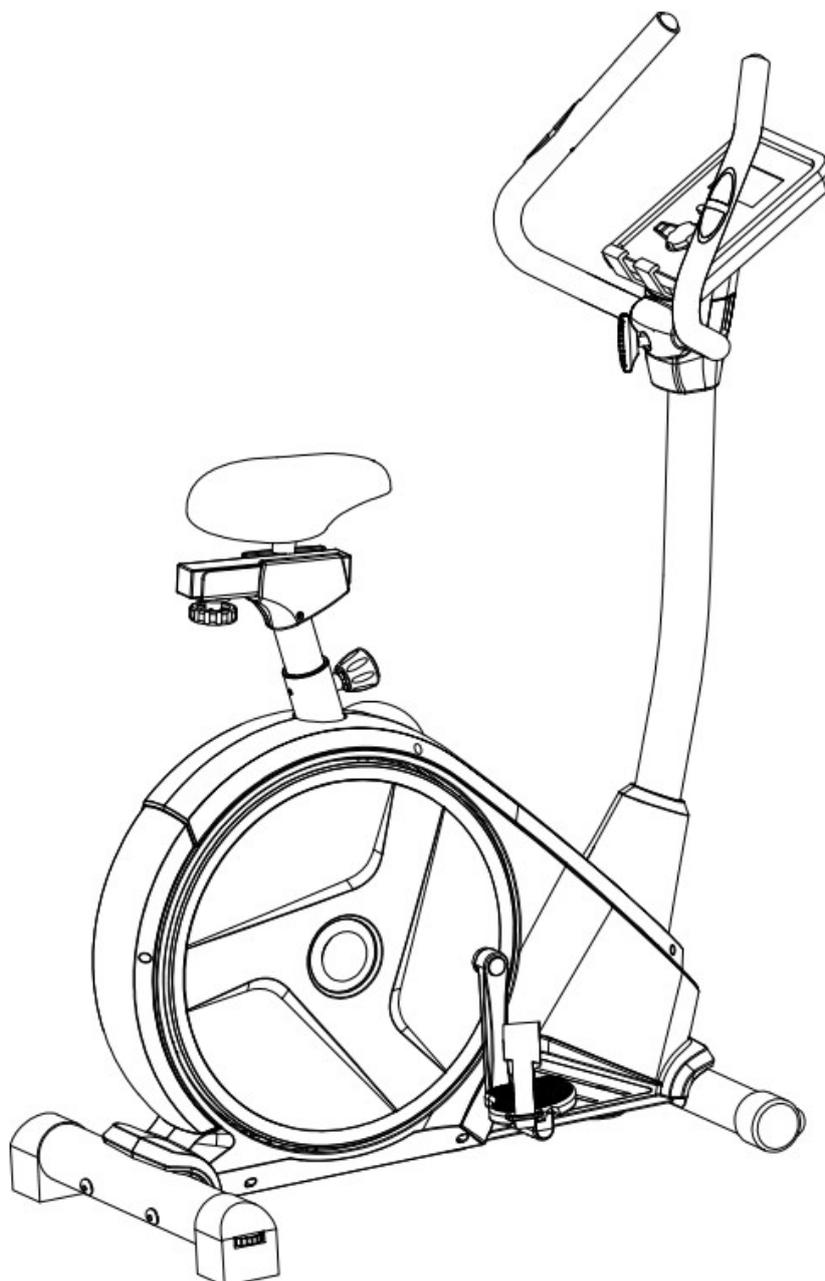


FitNord Cyclo 500E

OWNER'S MANUAL



IMPORTANT!

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.

Before You Start

Thank you for purchasing this Product! For your safety and benefit, read this manual carefully before using the machine.

Prior to assembly, remove components from the box and verify that all the listed parts were supplied. Assembly instructions are described in the following steps and illustrations.

IMPORTANT SAFETY NOTICE

PRECAUTIONS

BE SURE TO READ THE ENTIRE MANUAL BEFORE YOU ASSEMBLE OR OPERATE YOUR MACHINE. IN PARTICULAR, NOTE THE FOLLOWING SAFETY PRECAUTIONS:

- 01- Check all the screws, nuts and other connections before using the machine for the first time and ensure that the trainer is safe to use.
- 02- Position the machine in a dry, level place and keep away from moisture and water.
- 03- 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 meters** of free space all around it.
- 04- DO NOT use aggressive cleaning articles to clean the machine. Only use the supplied tools or suitable tools of your own to assemble the machine or repair any parts of machine. Remove drops of sweat from the machine immediately after finishing training.
- 05- Your health can be affected by incorrect or excessive training. Consult a doctor before beginning a training program. He can define the maximum settings (Pulse. Watts. Duration of training etc.) to which you may train yourself and can get precise information during training. This machine is not suitable for therapeutic purposes.
- 06- Only train on the machine when it is working correctly. Use only original spare parts for any necessary repairs.
- 07- Only one person at a time on the machine.
- 08- Wear training clothes and rubber sole shoes which are suitable for fitness training on the machine.
- 09- If you have a feeling of dizziness, sickness, or other abnormal symptoms, stop training and consult a doctor as soon as possible.
- 10- Children and disabled persons should only use the machine in the presence of another adult who can give aid and advice.
- 11- The machine's power increases with speed. The machine is equipped with an adjustable knob that can be used to adjust the resistance. Reduce the resistance by turning the knob towards stage 1. Increase the resistance by turning the knob towards stage 15.

WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT.

SAVE THESE INSTRUCTIONS / Maximum user's weight: **130KG**

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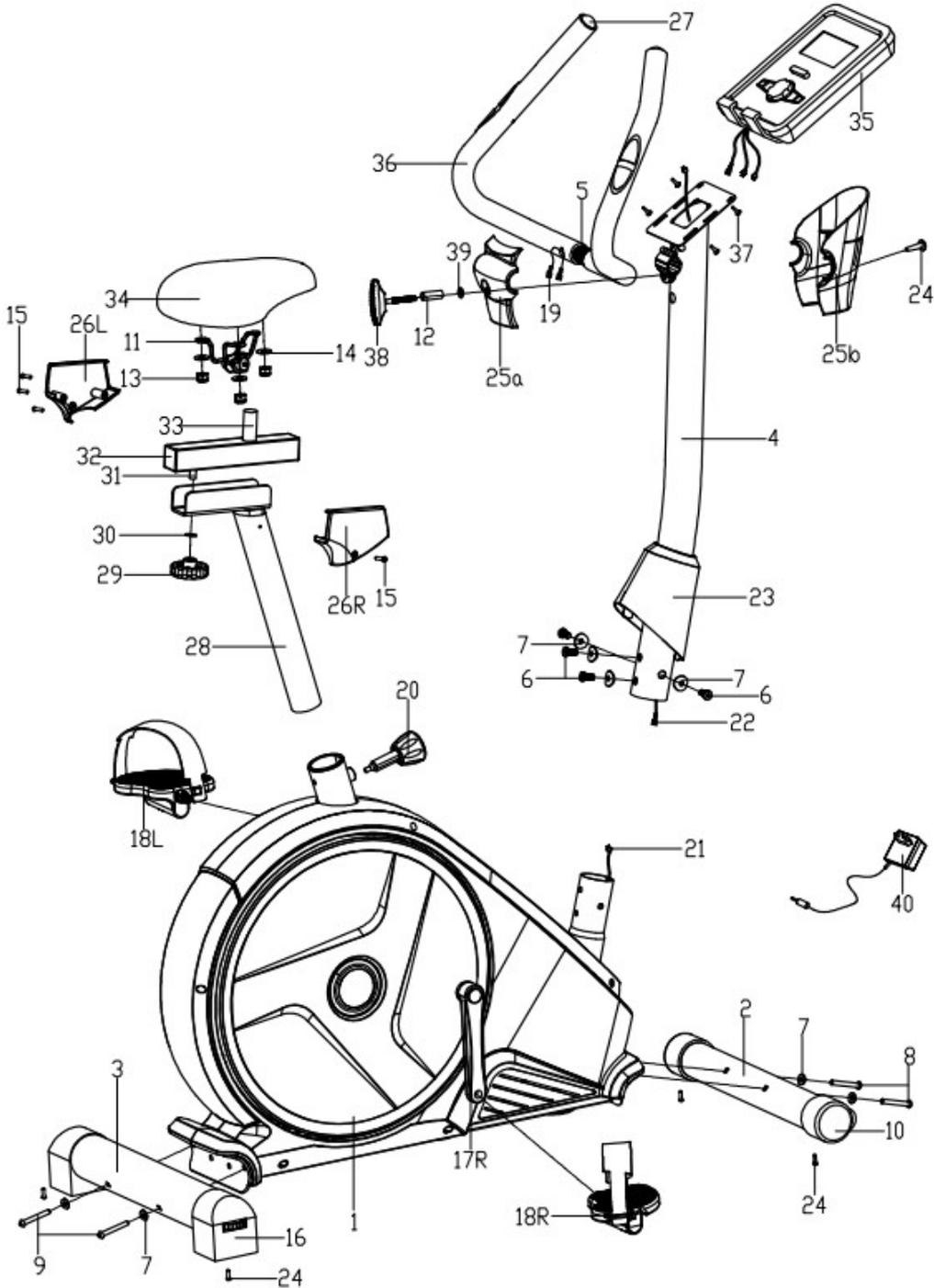
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EXPLODED DIAGRAM



PARTS LIST

Part No.	Description	Qty	Part No.	Description	Qty
1	Main frame	1	21	Sensor wire	1
2	Front bottom tube	1	22	Extension sensor wire	1
3	Rear bottom tube	1	23	Handlebar post cover	1
4	Handlebar post	1	24	Cross tapping screw ST4.2×18	5
5	Handlebar	1	25a/b	Computer cover	1pr
6	Allen bolt M8×18	4	26L/R	Protective guard for saddle post	1pr
7	Arc washerΦ8×1.5×Φ25	8	27	Round end cap	2
8	Hex bolt M8×L72	2	28	Saddle post	1
9	Hex bolt M8×L90	2	29	Knob	1
10	Front end cap	2	30	Flat washer D10×Φ25×2	1
11	Seat bracket	1	31	U-shaped slider	1
12	BushingΦ13×2×35	1	32	Square end cap	2
13	Nylon nut	3	33	Saddle Slider	1
14	Flat washer	3	34	Saddle	1
15	Cross tapping screw ST4.2×12	4	35	Computer	1
16	Rear end cap	2	36	Foam grip	2
17L/R	Crank	1pr	37	Cross screw	4
18L/R	Pedal	1pr	38	Knob	1
19	Pulse wire	2	39	Flat washer D8×Φ13×1.5	1
20	Pop-pin knob	1	40	Adapter	1

NOTE:

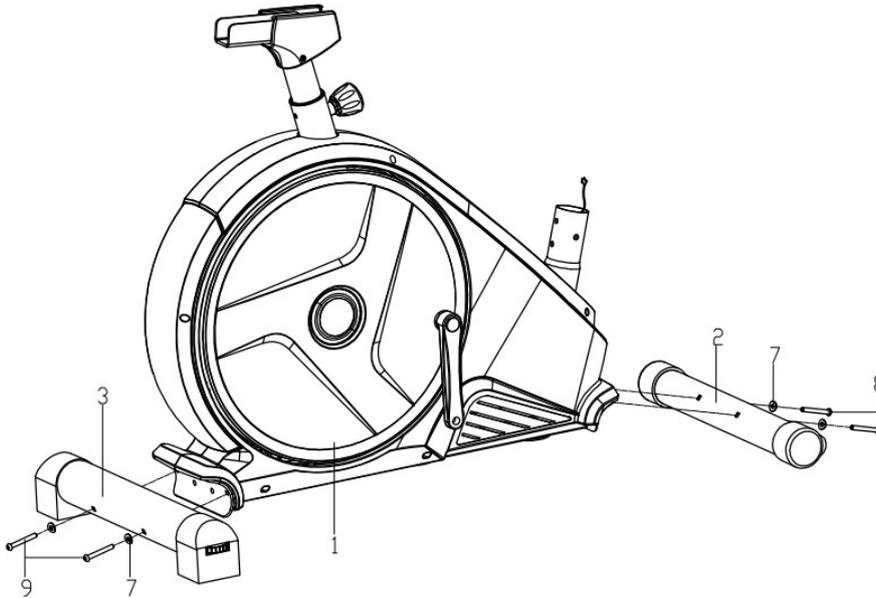
Most of the listed assembly hardware has been packaged separately, but some items have been preinstalled in the identified assembly parts. In these instances, simply remove and reinstall the hardware when required.

Reference the individual assembly steps and make note of all preinstalled hardware.

ASSEMBLY INSTRUCTIONS

Step 1.

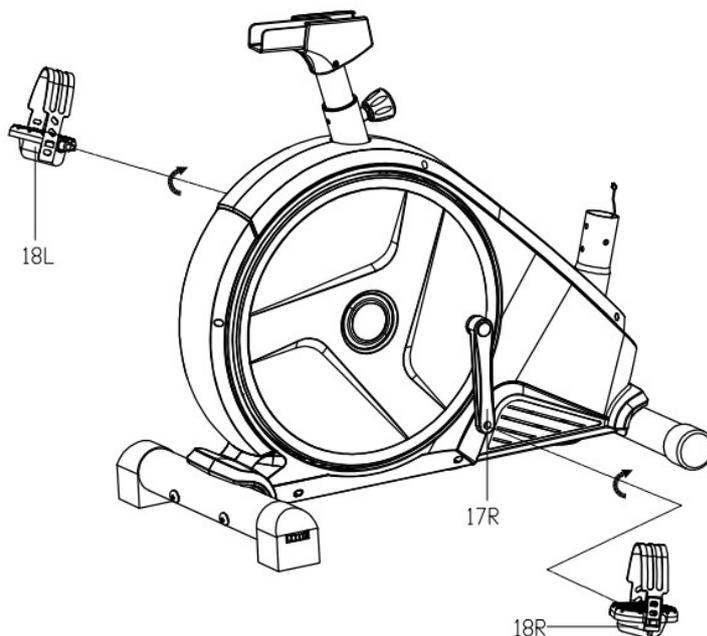
1. Attach the Front bottom tube (2) to the Main frame (1) with Hex bolts (8) and Arc washers (7).
2. Attach the Rear bottom tube (3) to the Main frame (1) with Hex bolts (9) and Arc washers (7).



Step 2.

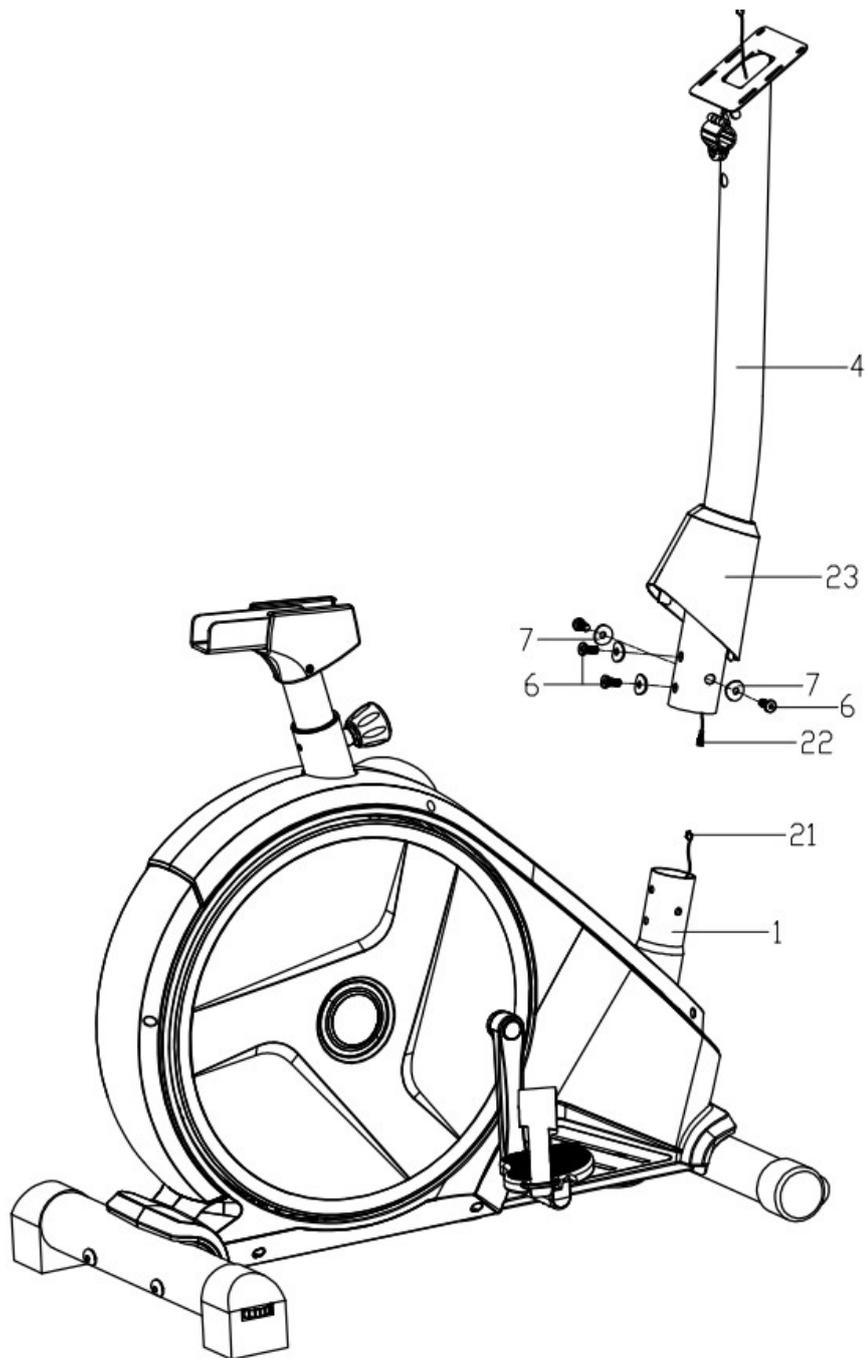
Attach the Pedals (18L/R) to the Cranks (17L/R) accordingly with the **wrench**.

Note: Secure the left pedal in a **clockwise** direction and the right pedal in a **counter-clockwise** direction as the following picture. Make sure the Pedals (18L/R) are securely tightened to avoid damage to the pedals.



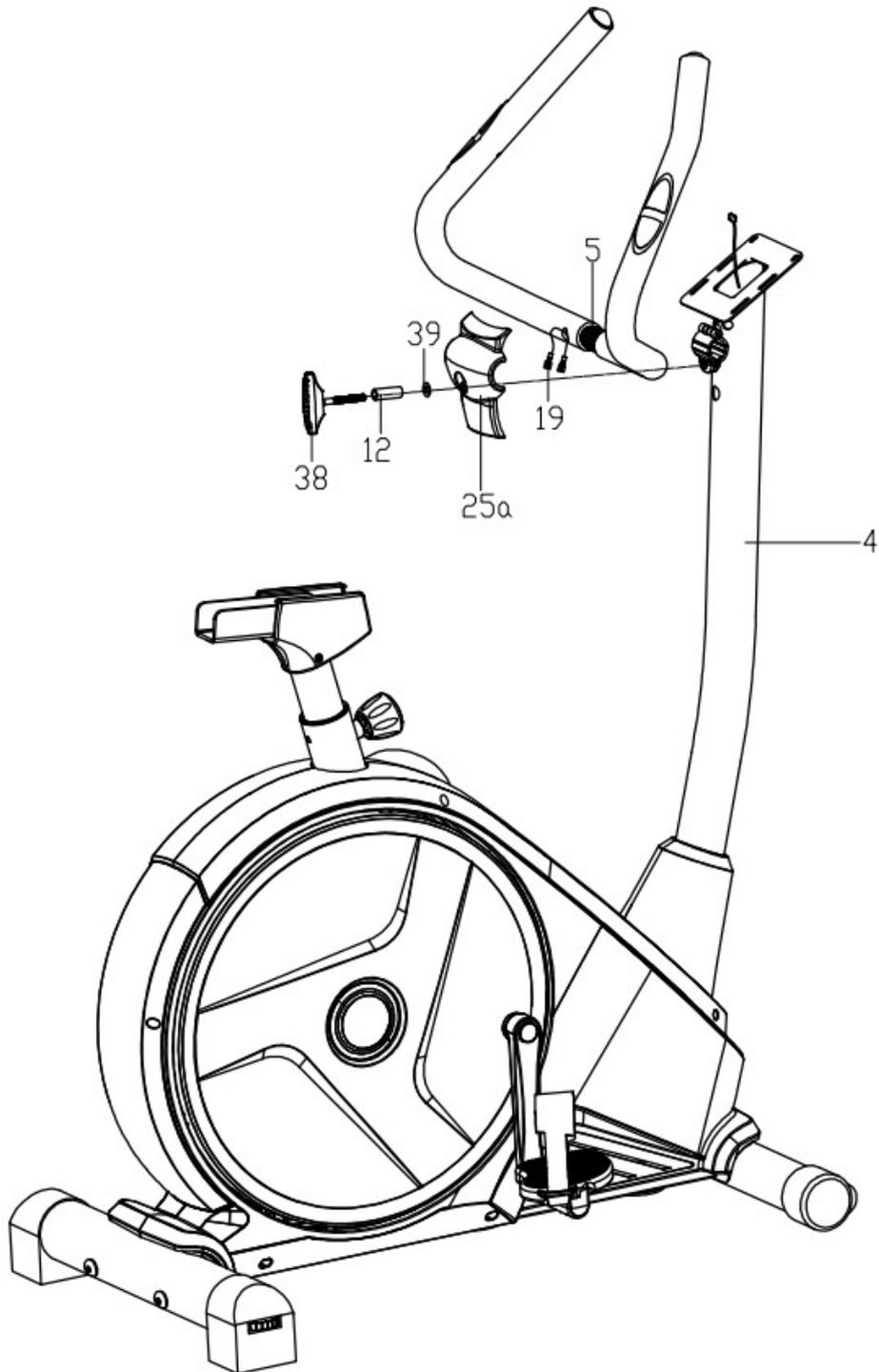
Step 3

1. Insert the Handlebar post cover (23) onto the Handlebar post (4).
2. Connect the Extension Sensor wire (22) with Sensor wire (21).
3. Attach the Handlebar post (4) to the Main frame (1) with Allen bolts (6) and Arc washers (7).
4. Slide down the Handlebar post cover (23) and fit in place.



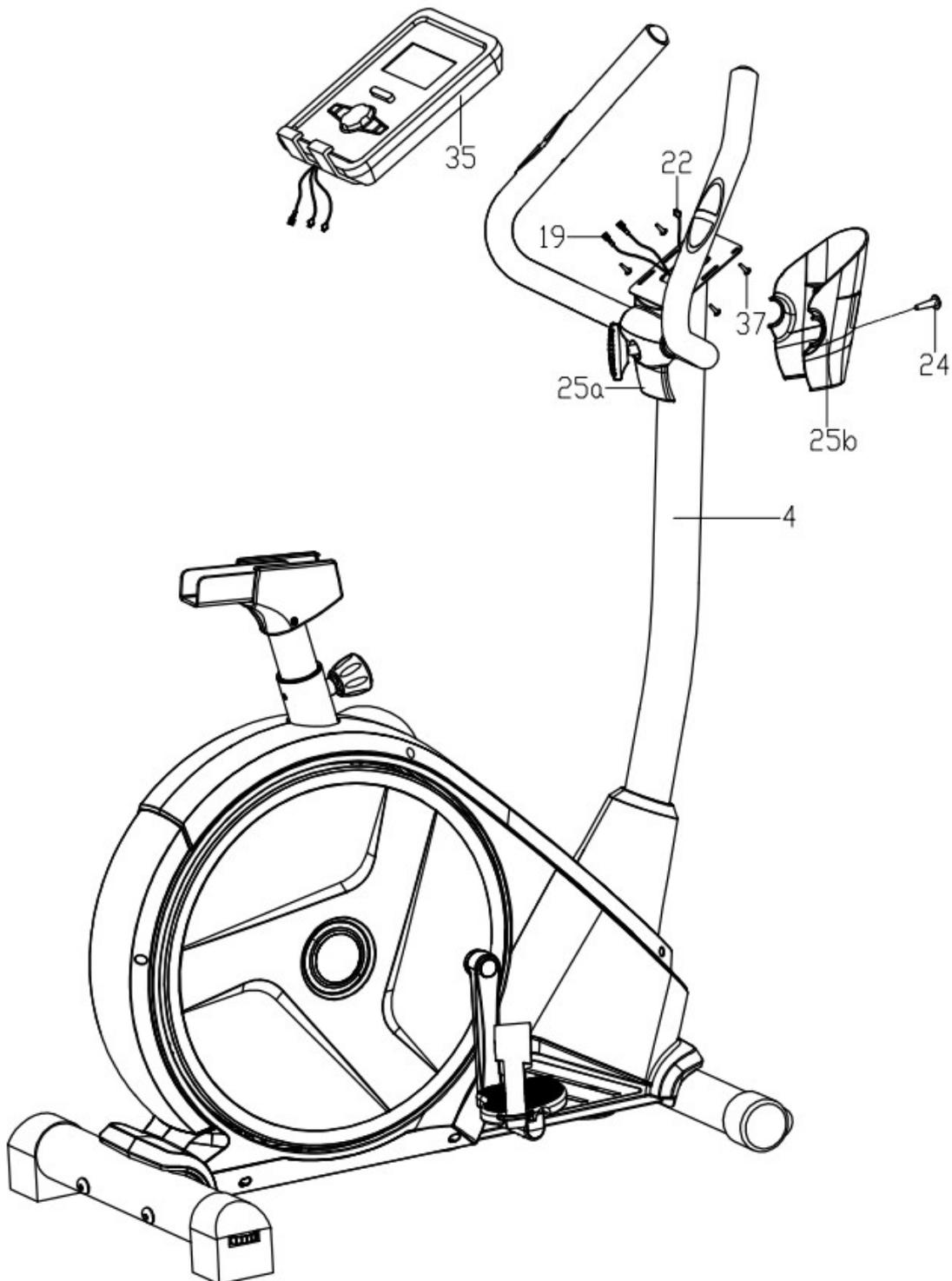
Step4.

1. Insert the Pulse wires (19) through the hole on the Handlebar post (4) and pull them out from the top of the computer bracket.
2. Attach the Handlebar (5) to the Handlebar post (4) with the Knob (38), bushing (12), Computer cover (25a) and flat washer (39).



Step 5.

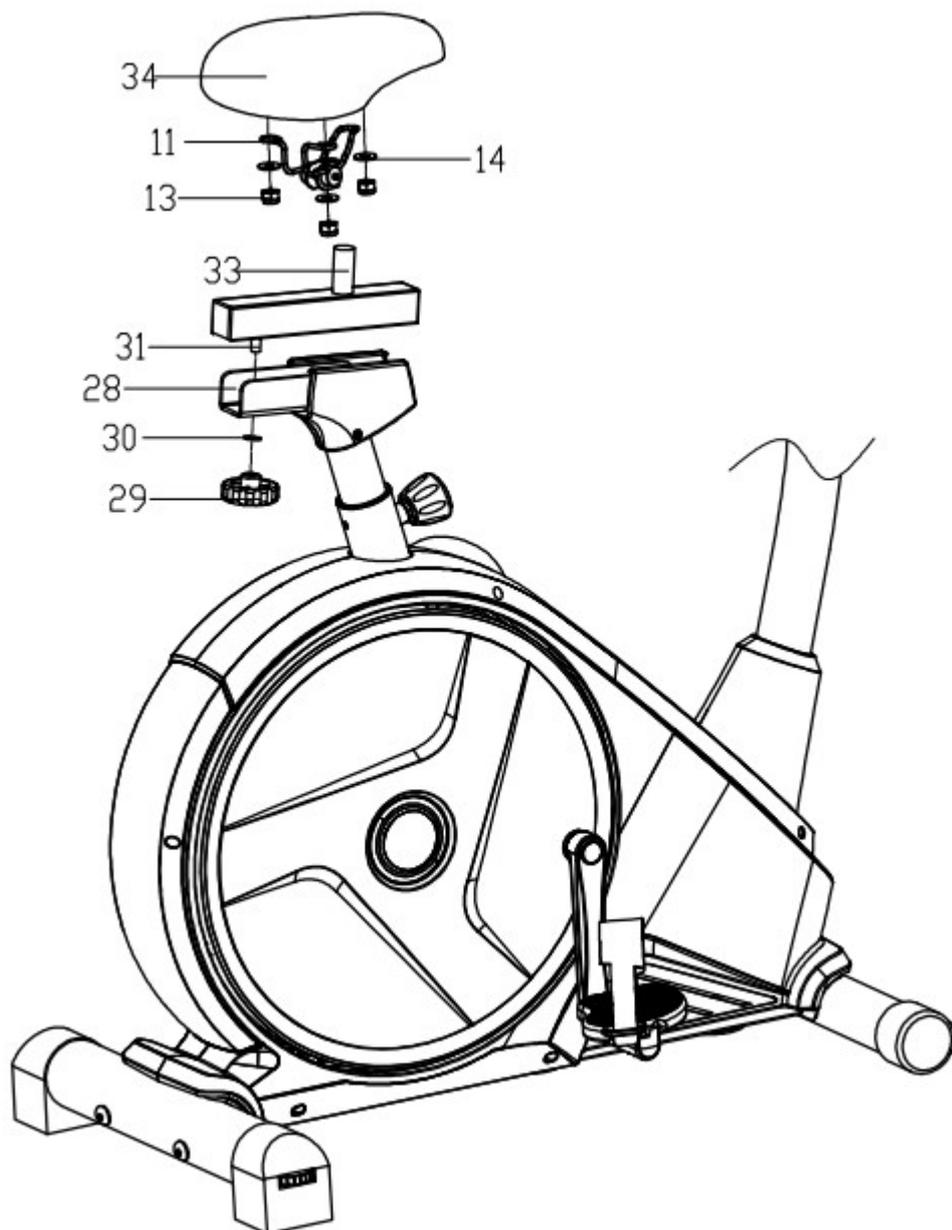
1. Connect the Extension sensor wire (22) and Pulse wire (19) with the Computer (35) wires,
2. Attach the Computer (35) to the computer bracket of the Handlebar post (4) with Cross screws (37).
3. Tighten the Handle and Computer cover (25a/b) on the Handlebar post (4) with Cross tapping screws (24).



Step 6.

1. Attach the Saddle bracket (11) to the Saddle (34) with Flat washers (14) and Nylon nuts (13).
2. Attach the saddle (34) to the Saddle slider (33) with the **wrench** tightly.
3. Attach the Saddle Slider (33) to the Saddle post (28) with the Knob (29), Flat washer (30) and U-shaped slider (31).

Note: Always make sure the saddle (34) has been tightly fastened on the Saddle slider (33) before exercising.



DISPLAY MANUAL

DISPLAY FUNCTIONS

ITEM	DESCRIPTION+
TIME	Count up - No preset target, Time will count up from 00:00 to maximum 99:59 with 1-minute increments. Count down - If training with preset Time, Time will count down from preset to 00:00. Each preset increment or decrement is 1 minutes between 00:00 to 99:00.
SPEED	Displays current training speed. Maximum speed is 99.9 km/h or mph.
RPM	Displays the Rotation Per Minute. Display range 0~15~999
DISTANCE	Accumulates total distance from 0.00 up to 99.99 km/h or mph. The user may preset target distance data by using WHEEL+/- . Each preset increment or decrement is 0.1 km or m between 0.00 to 99.90.
CALORIES	Accumulates calorie consumption during training from 0 to maximum 9999 calories. (This data is a rough guide for comparison of different exercise sessions and cannot be used for medical purposes.)
PULSE	User may set up target pulse from 0 - 30 to 230; buzzer will beep when actual heart rate is over the target value during workout.
WATTS	Display current workout watts. Display range 0-999.
MANUAL	Manual mode workout.
BEGINNER	4 PROGRAM selection.
ADVANCE	4 PROGRAM selection.
SPORTY	4 PROGRAM selection.
CARDIO	Target HR training mode.
WATT PROGRAM	WATT constant training mode.

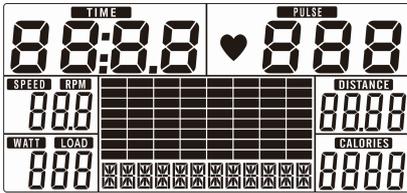
KEY FUNCTIONS

ITEM	DESCRIPTION
WHEEL +	Increase resistance level Setting selection.
WHEEL -	Decrease resistance level Setting selection.
Mode / Enter	Confirm setting or selection.
Reset	Press and hold for 2 seconds, computer will reboot and start from user setting. Reverse to main menu during preset workout value or stop mode.
Start/ Stop	Start or Stop workout.
Recovery	Test heart rate recovery status.
Body fat	In stop mode, press for body fat measurement

OPERATIONS

1. POWER ON

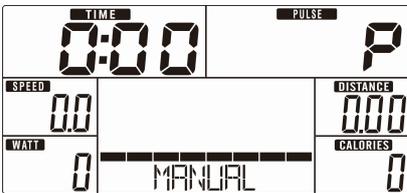
Plug in power supply, computer will power on and display all segments on LCD for 2 seconds (Picture 1).



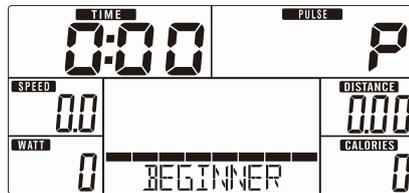
Picture 1

2. WORKOUT SELECTION

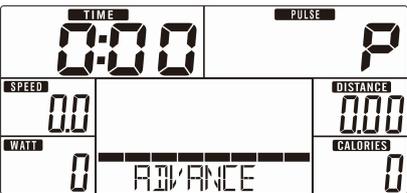
Use **WHEEL+/-** to select workout **Manual** (Picture 2) → **Beginner** (Picture 3) → **Advance** (Picture 4) → **Sporty** (Picture 5) → **Cardio** (Picture 6) → **Watt** (Picture 7).



Picture 2



Picture 3



Picture 4



Picture 5



Picture 6

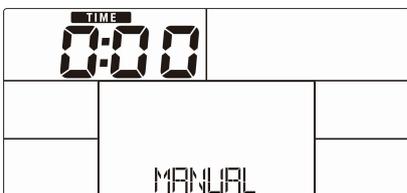


Picture 7

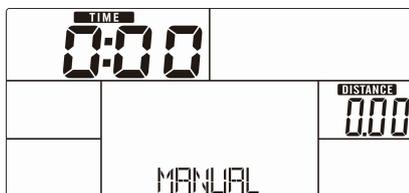
Manual Mode

Press **START** in the main menu to workout in manual mode.

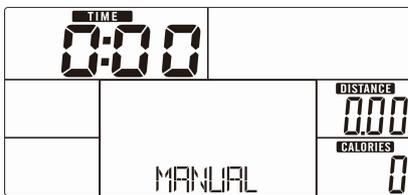
1. Use **WHEEL+/-** to select workout program, choose **Manual** and press **MODE / ENTER**.
2. Use **WHEEL+/-** to set **TIME** (Picture 8), **DISTANCE** (Picture 9), **CALORIES** (Picture 10), **PULSE** (Picture 11) and press **MODE / ENTER** to confirm.
3. Press **START/STOP** to start exercising. Use **WHEEL+/-** to adjust load level. Load level displays in **WATT** window. After 3s of no input it will switch to display **WATT** (Picture 12).
4. Press **START/STOP** to pause. Press **RESET** to reverse to main menu.



Picture 8



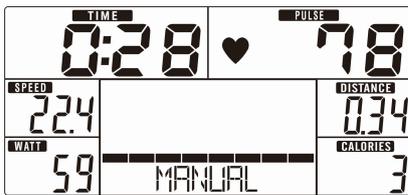
Picture 9



Picture 10



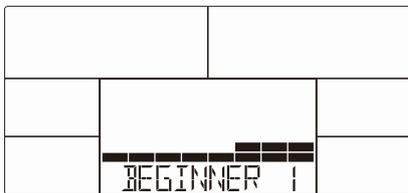
Picture 11



Picture 12

Beginner Mode

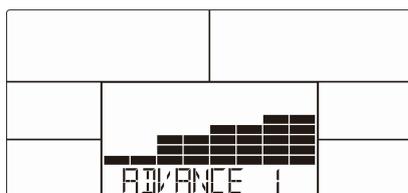
1. Use **WHEEL+/-** to select workout program, choose **Beginner** and press **MODE / ENTER**.
2. Use **WHEEL+/-** to browse Beginner programs 1-4 (Picture 13) and select with **MODE / ENTER**.
3. Use **WHEEL+/-** to set **TIME**.
4. Press **START/STOP** to start exercising. Use **WHEEL+/-** to adjust load level.
5. Press **START/STOP** to pause. Press **RESET** to reverse to main menu.



Picture 13

Advance Mode

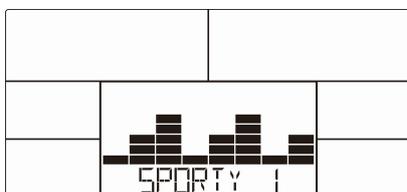
1. Use **WHEEL+/-** to select workout program, choose **Advance** and press **MODE / ENTER**.
2. Use **WHEEL+/-** to browse Advance programs 1-4 (Picture 14) and select with **MODE / ENTER**.
3. Use **WHEEL+/-** to set **TIME**.
4. Press **START/STOP** to start exercising. Use **WHEEL+/-** to adjust load level.
5. Press **START/STOP** to pause. Press **RESET** to go back to main menu.



Picture 14

Sporty Mode

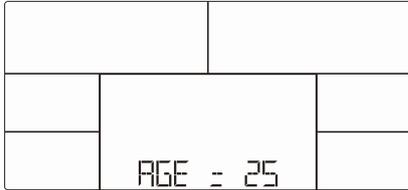
1. Use **WHEEL+/-** to select workout program, choose **Sporty** and press **MODE / ENTER**.
2. Use **WHEEL+/-** to browse Sporty programs 1-4 (Picture 15) and select with **MODE / ENTER**.
3. Use **WHEEL+/-** to set **TIME**.
4. Press **START/STOP** key to start exercising. Use **WHEEL+/-** to adjust load level.
6. Press **START/STOP** to pause. Press **RESET** to go back to main menu.



Picture 15

Cardio Mode

1. Use **WHEEL+/-** to select workout program, choose **H.R.C.** and press **MODE / ENTER**.
2. Use **WHEEL+/-** to set **Age** (Picture 16).
3. Use **WHEEL+/-** to select 55% (Picture 17), 75%, 90% or **TAG** (TARGET H.R.) (default: 100).
4. Use **WHEEL+/-** to set workout **TIME**.
5. Press **START/STOP** to start or stop the workout. Press **RESET** to go back to main menu.



Picture 16



Picture 17

Watt Mode

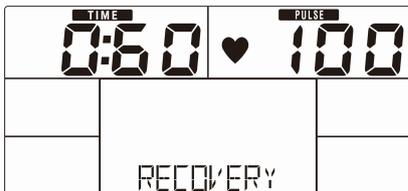
1. Use **WHEEL+/-** to select workout program, choose **WATT** and press **MODE / ENTER**.
2. Use **WHEEL+/-** to set **WATT** target. (default: 120, Picture 18)
3. Use **WHEEL+/-** to set **TIME**.
4. Press **START/STOP** to start exercising. Use **WHEEL+/-** to adjust Watt level.
5. Press **START/STOP** to pause. Press **RESET** to go back to main menu.



Picture 18

RECOVERY

1. After exercising for a period, keep holding the hand grips or wearing the chest strap and press **RECOVERY**.
2. All function displays will stop. "**TIME**" starts counting down from 00:60 to 00:00 (Picture 19).
3. Screen will display your heart rate recovery status as F1, F2.... to F6. F1 is the best, F6 is the worst (Picture 20).
4. User may keep exercising to improve the heart rate recovery status. (Press the **RECOVERY** button again to return to the main display.)



Picture 19



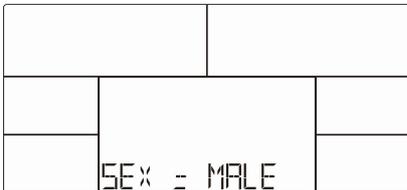
Picture 20

BODY FAT

1. When **STOPPED**, press **BODY FAT** to start body fat measurement.
2. Console will remind to input user **GENDER** (Picture 21), **AGE**, **HEIGHT** and **WEIGHT**, then begin to measure.
3. Hold both hands on the hand grips during the measurement.
4. The LCD will display “= ” “= = ” (Picture 22) for 8 seconds, until computer finishes measuring.
5. The LCD will display **BODY FAT** advice symbol, **BODY FAT** percentage (Picture 23) and **BMI** (Picture 24) for 30 seconds.

Error messages:

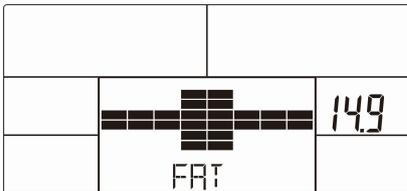
1. The LCD displays “= = ” “= = ” (Picture 25): User is holding the handgrips incorrectly, or the chest strap is not correctly worn.
2. E-1: No heart rate signal input detected.
3. E-4: Occurs when FAT% is below 5 or exceeds 50 and BMI result is below 5 or exceeds 50 (Picture 26).



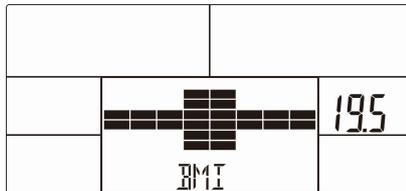
Picture 21



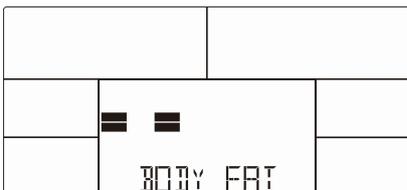
Picture 22



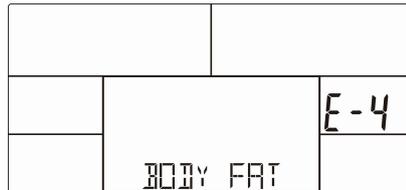
Picture 23



Picture 24



Picture 25



Picture 26

Note:

1. After 4 minutes without pedaling or heart rate input, console will enter into power saving mode. Pressing any key will wake the console up.
2. In case the computer is slow or works abnormally, unplug the power cord and plug it back in.

APP

User can scan the QR code label to download i-Console+ training APP to a tablet or mobile device.

Turn on Bluetooth on your tablet, search for the console device and connect.

iConsole Global

