

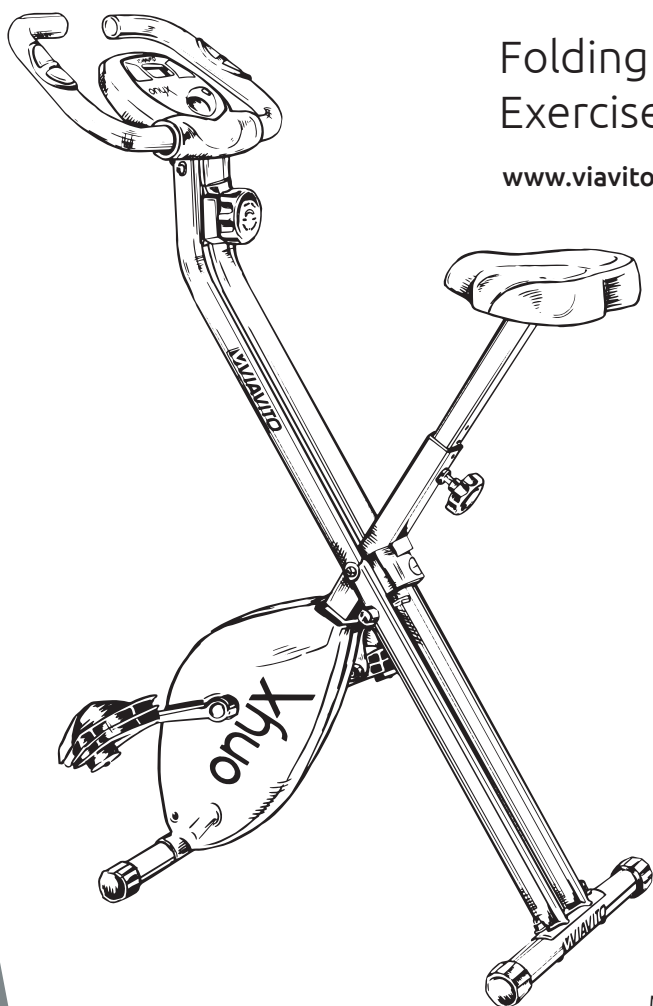
VIAVITO®

Owner's Manual.

ONYX

Folding
Exercise Bike

www.viavito.com



Manual version 2.1



Congratulations on purchasing your very own **ONYX** Folding Exercise Bike.

You have chosen a high-quality, safe and innovative piece of exercise equipment as your training partner and we are certain it will keep you motivated on the way to achieving your personal fitness goals.

Please take the time to read this owner's manual as it will help you to get the most out of your new exercise bike.

For more information, or if you require any assistance please email us at **support@viavito.com**

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Safety Information.

- Please read all the 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.

**IMPORTANT SAFETY NOTICE:
note the following precautions before
assembling or operating the machine.**

- 01** Assemble the machine exactly as per the instructions in this manual, using only the supplied tools to assemble it.
 - 02** Check all the screws, nuts and other connections before using the machine for the first time and ensure that it has been built correctly and is safe to be used.
 - 03** This machine is for indoor, home use only. Position the machine on a clear, dry and level surface. DO NOT position it near water or outdoors.
 - 04** Place a suitable base (e.g. rubber mat, wooden board etc.) beneath the machine in the assembly area to protect it from dirt.
 - 05** Make sure there is sufficient free space around the exercise bike when you set it up.
 - 06** Before beginning training, remove all objects within a 2-metre radius of the machine.
 - 07** Use the machine only for its intended purpose as described in the manual.
- This machine is not suitable for therapeutic or medical purposes.
- 08** This machine may only be used by one person at a time.
 - 09** Always wear appropriate workout clothing when exercising. Running or aerobic shoes are required when using this machine.
 - 10** Before exercising on this machine, always warm up and do the stretching exercises listed in this manual first.
 - 11** When altering any adjustable parts, make sure they are adjusted properly and note the marked maximum position for each part, for example on the saddle support. Saddle post: the minimum insertion depth should not be higher than the mark of MAX. There is a 95mm adjusting range.
 - 12** DO NOT use aggressive cleaning products, such as detergents, to clean the machine. Remove drops of sweat from the machine immediately after finishing training.
 - 13** Your health can be affected by incorrect or excessive training. Consult a doctor before beginning a training program.
 - 14** WARNING! Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you experience dizziness, nausea, chest pain, or any other abnormal symptoms STOP EXERCISING IMMEDIATELY AND CONSULT A PHYSICIAN WITHOUT DELAY.

- 15 Disabled persons should not use this machine without a qualified person or physician in attendance.
- 16 Children should be kept away from the machine at all times.
- 17 The maximum user weight should be 100kg (220lbs). The product weight is 13.9kg (30.6lbs). Safety standards: EN-957 Certificate - European Safety compliant.
- 18 **WARNING:** the safety level of the machine can be maintained only if it is examined regularly for damage and wear, e.g. bearings, connection points.
- 19 Examine the machine carefully before you use it, especially the components most susceptible to wear, e.g. handlebar, cranks, pedals and the connection points.
- 20 Stop using the machine immediately if there are any defective components and keep it out of use until you replace

the components or it is repaired by a qualified engineer.

- 21 Use only original spare parts for any necessary repairs.
- 22 **WARNING!** Inappropriate use or of this machine such as while under the influence of drugs or alcohol, not in line with instructions or excessive usage, may result serious injury or death.

WARNING: Before beginning using this machine or doing any exercise program, consult your doctor. This is especially important for people over the age of 35 or those with pre-existing health problems. Read all instructions before using this elliptical cross trainer.

Viavito assumes no responsibility for personal injury or property, and/or damage sustained by or through the use of this product.

SAVE THESE INSTRUCTIONS.



RECYCLING INFORMATION

Used electrical and electronic equipment (WEEE) should not be mixed with general household waste. For proper treatment, recovery and recycling, please take this product to designated collection points where it will be accepted free of charge. Alternatively, in some countries you may be able to return your products to your local retailer upon purchase of an equivalent new product. Disposing of this product correctly will help save valuable resources and prevent any potential negative effects on human health and the environment, which could otherwise arise from inappropriate waste handling. Please contact your local authority for further details of your nearest designated collection point. Penalties may be applicable for incorrect disposal of this waste, in accordance with your national legislation



SAFETY STANDARDS

This equipment meets the requirements of European safety directives such as: the Electromagnetic Compatibility (EMC) Directive and the Low Voltage Directive (LVD).



Machine Assembly.

WARNING: Before beginning to use this exercise bike or starting any exercise program, consult your doctor. This is especially important for people over the age of 35 or those with health problems. Read all the instructions before using the exercise bike.

NOTE:

Most of the listed assembly components have been packaged separately, but some items have been pre-installed. In these instances, simply remove and reinstall the hardware as assembly is required.

Please refer to the individual assembly steps and make a note of all pre-installed hardware.

PREPARATION:

Before assembling, make sure that you will have enough space around the item.

Before assembling, please check whether all the parts listed are present. To assemble, use only the supplied tools. It is strongly recommended that this machine be assembled by two people to avoid possible injury.



Please also view our Youtube Assembly Guide video, should you require extra assistance in setting up this product:

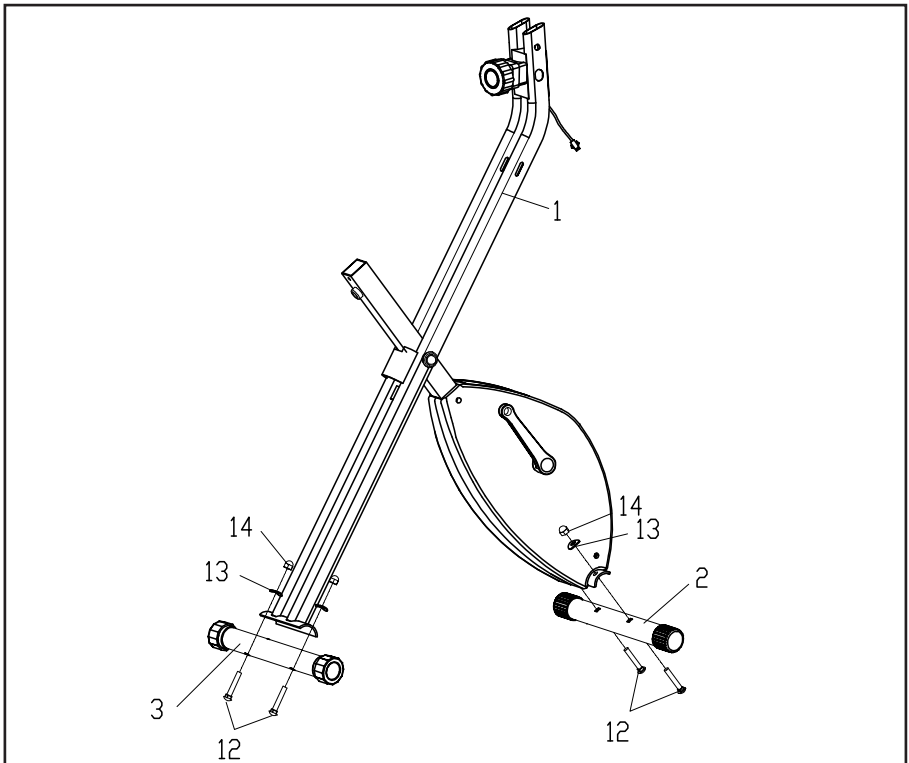
<https://youtu.be/p6SjHrGLkBc>

Assembly Instructions

Attention: Please follow these assembly instructions step by step to assemble this bike:

Step One.

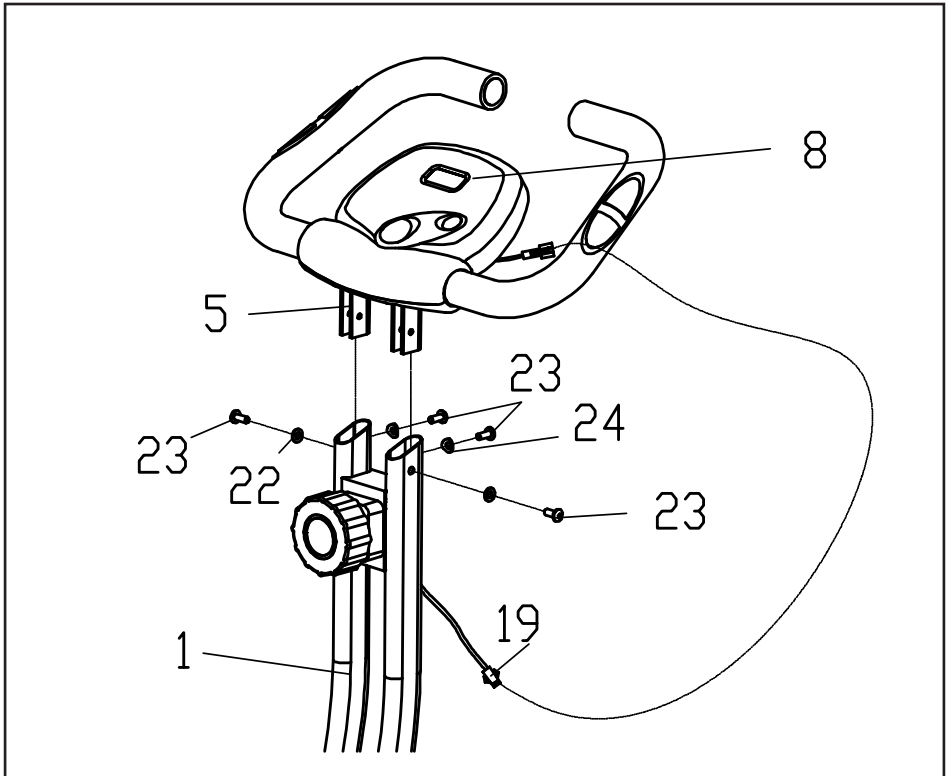
- 01** Attach the front stabiliser (2) and the rear stabiliser (3) to the main frame (1), using the carriage bolts (12) arc washers (13) and acorn nuts (14) which have been pre-assembled onto the stabilisers. Simply remove the pre-assembled parts, slide the stabilisers onto the main frame and tighten them with the bolts, washers and nuts.
- 02** When both stabilisers have been attached, stand the bike up, remove the locking pin, unfold the bike and then reinsert the locking pin.



Step Two.

01 Attach the handlebar (5) to the main frame (1) using the Allen bolts (23), curved washers (24) and flat washers (22). The flat washers go at the side of the main frame and the curved washers at the front.

02 Connect the sensor wire (19) to the cable coming out of the computer (8).

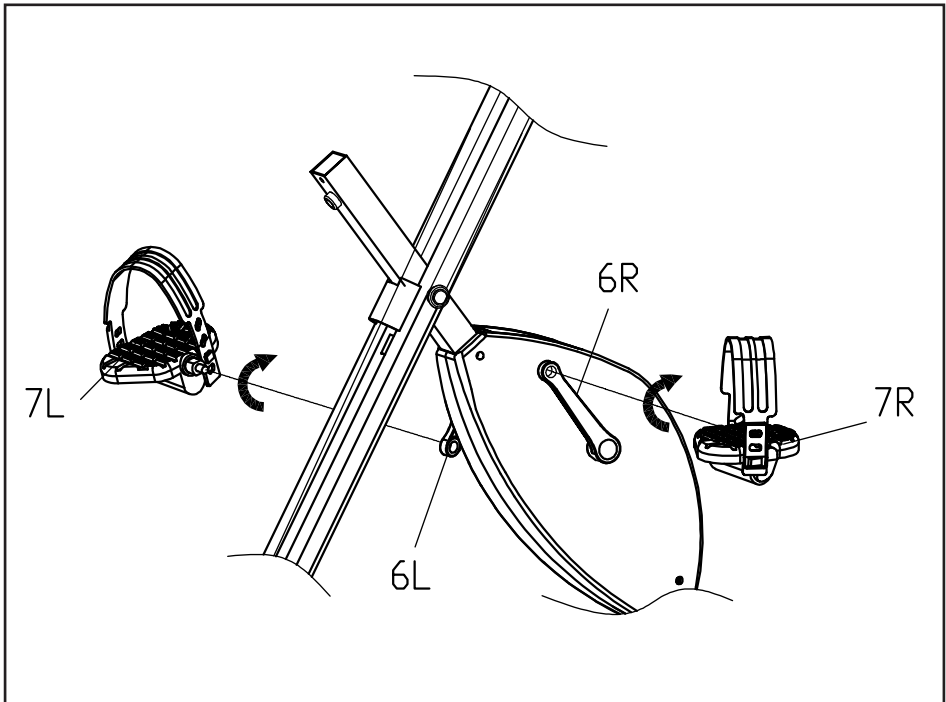


Step Three.

Attach the pedals (7L/R) to the respective cranks (6L/R).

Note: The pedals are labelled L for LEFT and R for RIGHT.

Important: To tighten them, turn the left pedal ANTI-CLOCKWISE and the right pedal CLOCKWISE.

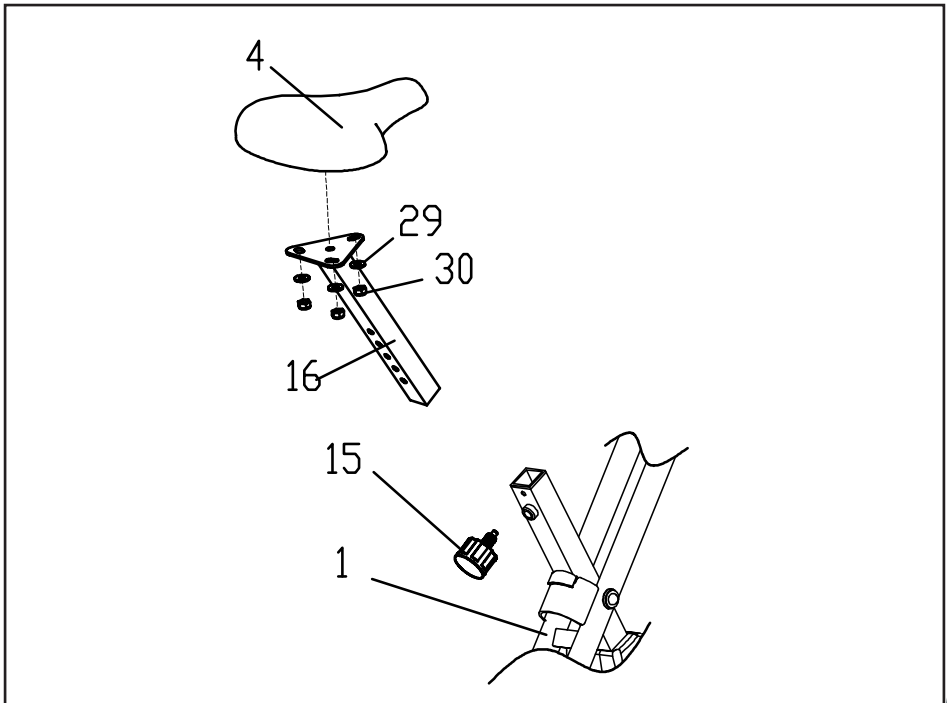


Step Four.

- 01** Fasten the saddle (4) to the saddle post (16) using flat washer (29) and nylon nut (30).
- 02** Insert the saddle post (16) into the post of the main frame (1).
- 03** Adjust to the desired height and align the hole on the saddle post (16) with

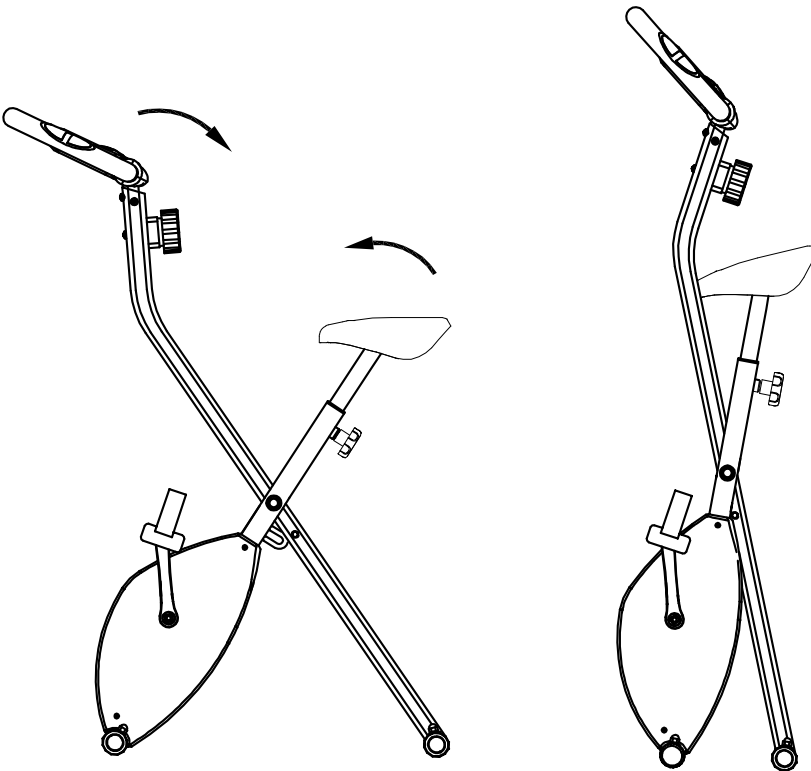
the hole on the post of the main frame (1) so that the pin of the seat-post knob (15) clicks into the hole. Then tighten the seat-post knob to secure.

Note: Partially unscrew the seat-post knob (15) and pull backwards to adjust the height of the saddle post (16). Once the desired height is reached, re-tighten seat-post knob to secure.



Folding & Storage

The Onyx bike is foldable. There is a locking pin in the centre of the frame. Remove the locking pin, fold or unfold the bike as required, and then reinsert the locking pin to secure the bike in place. Take care not to trap fingers when folding or unfolding the bike!





Console Instructions.

Display Functions

TIME	Shows the total workout time with a display range of 00:00-99:59
SPEED	Shows your current speed with a display range of 0.0-99.9KM/H
DISTANCE	Shows the total distance done for your current workout with a display range of 0.00-999.9KM
CALORIES	Shows the number of calories burnt during your workout with a display range of 0.0-9999KCAL
ODOMETER	Shows the total accumulated distance done on the bike, with a display range of 0-9999KM
PULSE	Shows your current heart rate when holding the pulse sensors, with a display range of 40-240BPM

All data displayed is approximate guidance and cannot be used in any medical application.

Heart rate displayed is an approximate read-out, and may not be used as guidance in any cardio-vascular related medical or paramedical program.

Button Functions

The red button on the console is the MODE button and lets you turn on the console, select functions and change the units viewed during your workout.



Operation

1. Auto ON/OFF

The console will turn on when the button is pressed or when you start pedalling. The console will automatically turn off when no buttons are pressed or you have not pedalled for approximately 4 minutes.

2. Reset

The units can be reset either by changing the batteries in the console or by pressing and holding the MODE key for 3 seconds.

3. Scan/Lock

During your workout, the console can be locked to display a single unit of feedback or scan through all your metrics (speed, distance, time, odometer, calories, pulse). Hold the MODE button to switch between SCAN and LOCK.

Changing The Resistance

Resistance is increased and decreased by turning the resistance knob (part number 18) clockwise and anti-clockwise respectively.



Conditioning Guidelines.

The following guidelines will help you to plan your exercise program and exercise safely. Remember that proper nutrition and adequate rest are essential for successful results.

WARNING: Before beginning to use this machine or any starting any other exercise program, consult your doctor. This is especially important for pregnant women and new mothers, all people over the age of 35, and those with medical problems such as heart disease, high or low blood pressure, injuries, joint problems, obesity and asthma.

Why Exercise?

Exercise has been proven essential for good health and general wellbeing. Regular exercise will:

- Relieve tension and stress
- Boost self-image
- Provide enjoyment and fun
- Improve muscle tone and strength
- Stimulate the mind
- Improve flexibility
- Help maintain stable weight
- Lower blood pressure
- Control appetite
- Relieve insomnia



Target Heart Rate

To train effectively you should aim to work in the heart rate zone appropriate to your age as stipulated below. Please note this is a guide and your heart rate at rest and during training is determined by your fitness level and other lifestyle factors as well as your age. If you reach the recommended beats per minute below and feel you're over-exerting yourself stop, rest and when you feel recovered return to exercise at a lower intensity.

AGE	TRAINING ZONE - MIN - MAX (BPM)
20	133 - 167
25	132 - 166
30	130 - 164
35	129 - 162
40	127 - 161
45	125 - 159
50	124 - 156
55	122 - 155
60	121 - 153
65	119 - 151
70	118 - 150
75	117 - 147
80	115 - 146
85	114 - 144



Beginners Guide to Exercise

If you're beginning an exercise program for the first time or starting a new exercise program, you must check with your doctor that you are fit to do so particularly if:

- You have been diagnosed with heart problems, high blood pressure or other medical conditions
- You have not exercised for over a year
- If you are over 35 and do not currently exercise
- You are pregnant or are a new mother
- You have diabetes
- You have chest pain, or experience dizziness or fainting spells
- You are recovering from an injury or illness

Workout Tips

- Always perform a warm-up and stretching exercises before your workout and a cool-down and stretching exercises at the end
- Start slowly and build up your time, speed and resistance gradually; doing too much too soon can lead to injuries
- If you are sore or tired, give yourself a few extra days to recover



How To Begin

- Start with two or three 15-minute sessions per week with a rest day between workouts
- Warm up for 5 to 10 minutes with gentle movements incorporating the whole body such as walking while swinging your arms in a circle and then stretch the muscles you'll use during your workout. Seated cycling works mainly the quadriceps (thighs) and hamstrings
- Increase the pace and resistance to slightly harder than comfortable and exercise for as long as you can. You may only be able to exercise for a few minutes at a time, but that will change quickly when you exercise regularly
- End each workout with a 5-minute cool-down with the resistance set to a low level. You should then stretch the muscles you've just worked to develop flexibility, reduce muscle soreness and prevent injury
- Increase your workout time by a few minutes each week until you can work continuously for 30 minutes per session
- Don't worry about distance or pace for the first few weeks, focus on endurance and conditioning.

How Hard Should You Work?

When exercising, you should try to stay within your target heart rate (THR) zone.

The table on page 14 will tell you the THR for your age.

Always be aware of how you feel when you exercise. If you feel dizzy or light-headed, stop immediately and rest.

Tips For Stretching

- Begin with small mobility exercises of all the joints e.g. simply rotate the ankles, bend the knees and roll your hips. Gradually make the movements larger and faster. This will allow the body's natural lubrication (synovial fluid) to protect the surface of your bones at these joints
- Always warm up the body before stretching, as this increases blood flow around the body, creating warmth which makes the muscles more supple
- Start with your legs, and steadily work up the body
- Each stretch should be held for at least 10 seconds (working up to 20 to 30 seconds) and usually repeated about 2 or 3 times
- Do not stretch until it hurts. If there's any pain, ease off
- Don't bounce. Stretching should be gradual and relaxed
- Don't hold your breath during a stretch
- Stretch after exercising to prevent muscles from tightening up
- Stretch at least three times a week to maintain flexibility.



Warm-Up and Cool-Down

A successful cardio-vascular exercise program consists of a full-body 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.

WARM-UP

The purpose of warming up is to prepare your body for exercise and to minimise injuries. Warm up for five minutes before strength training or exercising aerobically. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running on the spot. Try to incorporate moves that take the joints through their full range of motion.

STRETCHING

Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretching develops flexibility and reduces muscles soreness.

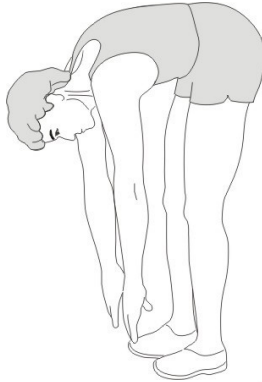
Stretches should be held for 15 to 30 seconds.

DO NOT BOUNCE OR OVER-STRETCH

Take your time in each stretch. Gradually take each stretch a little deeper on every out breath to your personal maximum.



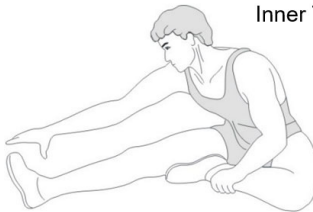
Side Stretch



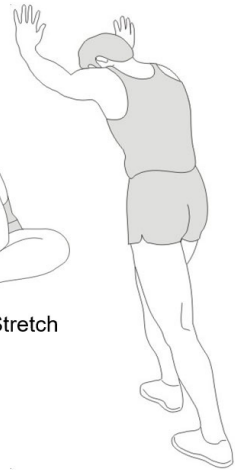
Toe Touch



Inner Thigh Stretch



Hamstring Stretch



Calf-Achilles Stretch

COOL-DOWN

The purpose of cooling down is to return the body to its normal or near normal, resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate, allows blood to return to the heart and helps prevent muscle soreness caused by the build-up of lactic acid in the muscles.



Customer Support.

Contact Information

Should you require any assistance regarding this product please gather the following information and then contact us using the details below:

- Serial No. - This can be found on a label on the product itself
- Original purchase date
- Place of purchase
- Information about the place and conditions of use
- Precise description of the issue or defect.

The best way to contact us is via the website: **www.viavito.com**

Viavito Ltd

Sabichi House

5 Wadsworth Road

Perivale, Middlesex

UB6 7JD

Email: **support@viavito.com**

IMPORTANT!! - Please retain your sales receipt, Viavito Customer Care may request proof of purchase to validate eligibility for warranty service. Warranty cover starts from the date shown on the proof of purchase.



<https://www.facebook.com/MyViavito>



<https://plus.google.com/+Viavito>



<https://twitter.com/MyViavito>



Manufacturer's Warranty

Viavito Ltd warrants this product to be free of defects of material and workmanship, under normal use and conditions, for a period of 12 months from the date of the original purchase.

Warranty extensions may apply to this product subject to registering this product with Viavito. To qualify for this, please complete the warranty registration form on the Viavito website at **www.viavito.com** Full details of warranty extensions and the Viavito Manufacturer's Warranty are available online at **www.viavito.com**

Terms.

This warranty extends only to the original purchaser and is not transferable. The warranty does not cover:

- 01** Normal wear and tear
- 02** Any changes to upgrade this product from its normal state or use other than as described in the user manual
- 03** Damage resulting from:
 - a) Transport
 - b) Abuse, misuse, failure to follow instructions or improper or abnormal use

- c) Non-home use - including commercial, professional, or rental purposes
- d) Repairs not provided by Viavito Ltd
- e) Accidents, lightning, water, fire, or any other causes beyond the control of Viavito
- f) Improper location including, but not limited to, humid, dusty, or outdoor environments.

Viavito is not responsible or liable for direct, indirect, or consequential losses arising out of or in connection with the use of this product or damages with respect to any loss of property, revenue, profits, enjoyment or use, nor for any costs of removal or installation of this product.

This warranty covers products purchased as new inside the United Kingdom.

In the event of the machine requiring a repair, this may need to be performed at a Viavito authorised repair centre.

This warranty is in addition does not in any way affect your statutory rights.



Technical Information.

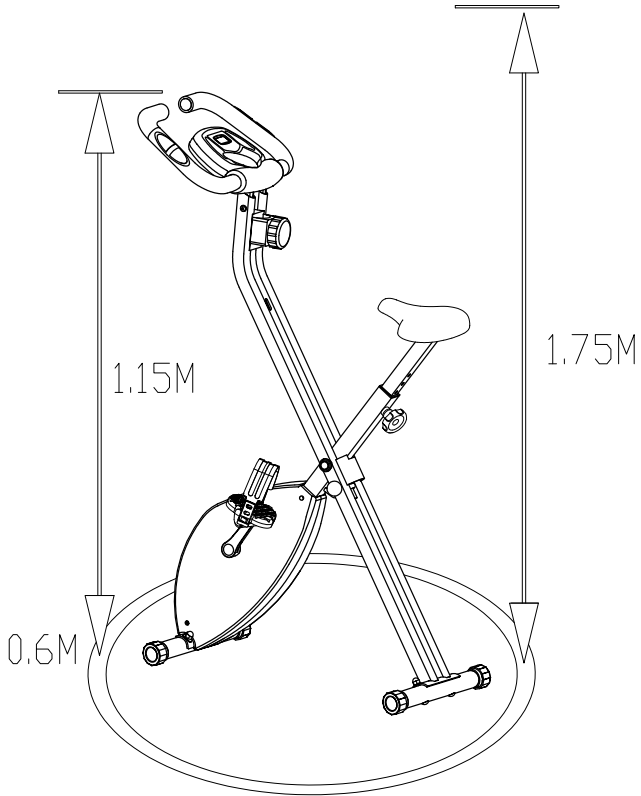
Troubleshooting

The left pedal won't screw in	Ensure it is screwed in anti-clockwise
There's no power to the console	Ensure that the batteries are inserted correctly. If there's still no power, change the batteries for new ones
The nuts on the seat don't tighten	The nuts on the seat have a nylon centre to ensure they don't come undone. Keep turning them clockwise and they will tighten
Something is damaged	Please contact customer support
Something is missing from the pack	Please contact customer support
There is no resistance	Please ensure the bike has been set up according to the instructions. If after checking the problem is not resolved, please contact customer support

If you require further assistance, the best way to contact us is via our website:
www.viavito.com



Space Required



Parts List

Part No.	DESCRIPTION	Qty	Part No.	DESCRIPTION	Qty
1	Main Frame	1	16	Saddle	1
2	Front Stabiliser	1	17	Plastic Bushing	1
3	Rear Stabiliser	1	18	Resistance Knob	1
4	Saddle	1	19	Sensor Wire	1
5	Handlebar	1	20	Flat Washer	1
6 L/R	Crank	1pr.	21	Phillips Screw	1
7 L/R	Pedal	1pr.	22	Flat Washer	2
8 a/b	Computer Cover	2	23	Allen Bolt	4
9	Rear End Cap	2	24	Curved Washer	2
10	Phillips Screw	2	25	Foam Grip	2
11	Front End Cap	4	26	Hand Pulse Wire	2
12	Carriage Bolt	4	27	Handlebar End Cap	2
13	Arc Washer	4	28	Cross Tapping Screw	4
14	Acorn Nut	4	29	Flat Washer	3
15	Seat-Post Knob	1	30	Nylon Nut	3

Exploded Diagram

