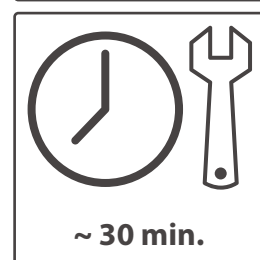
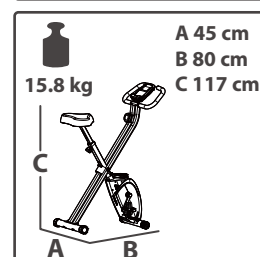
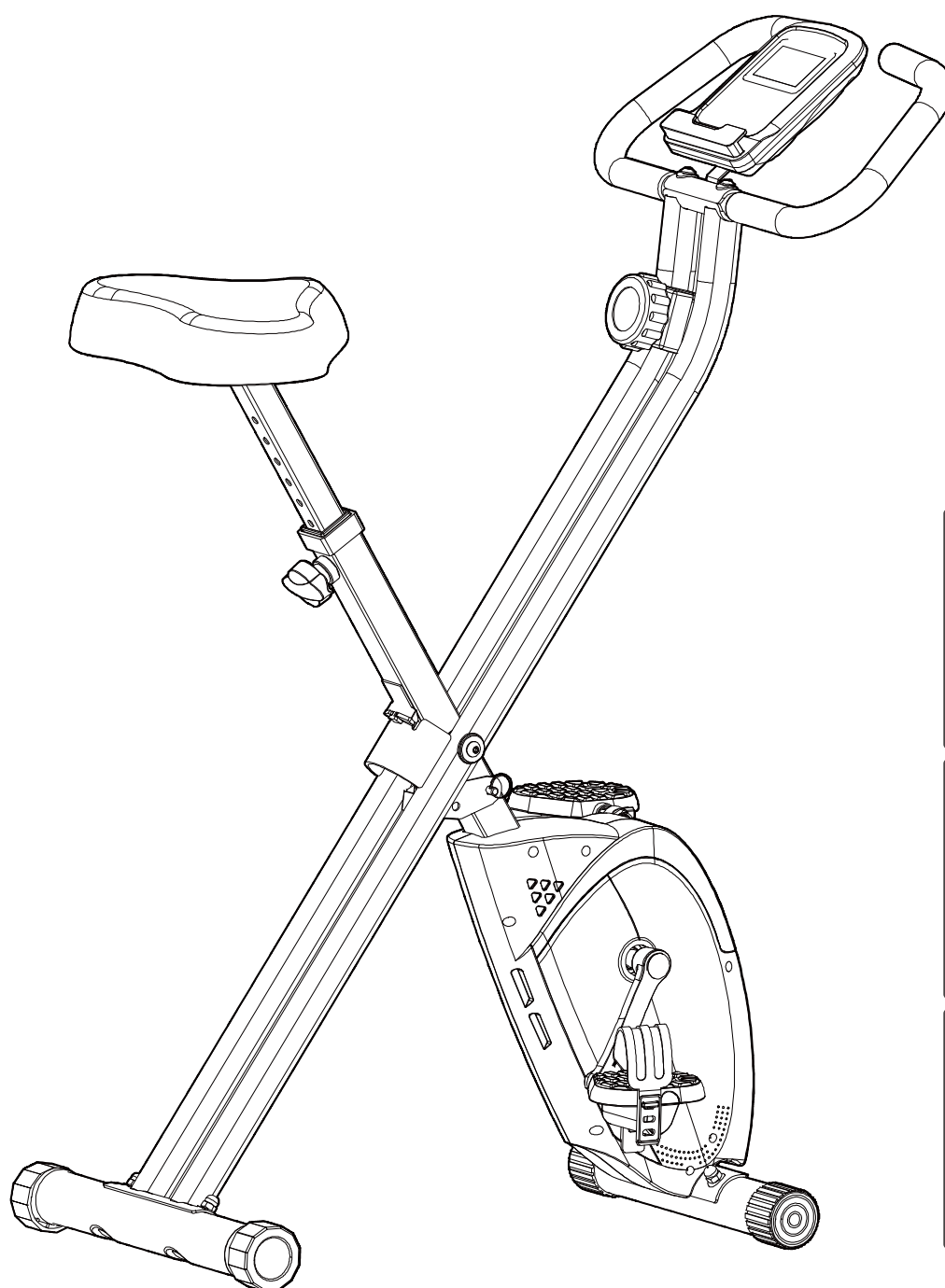




# BodyMax<sup>TM</sup>

PERFORMANCE WITHOUT COMPROMISE

## Assembly and operating instructions



2019.04

Item number CVEB2704

BodyMax<sup>TM</sup> FXB10 X-Bike



**Dear Customer,**

Thank you for deciding for a high-quality training equipment of the brand BodyMax, the brand that makes athlete's hearts beat faster. BodyMax offers a wide range of home fitness equipment like elliptical cross trainers, ergometers, treadmills and rowing machines. BodyMax equipment is the optimal equipment for all those who want to train at home independent of goals and fitness level. For further information please visit [www.powerhouse-fitness.co.uk](http://www.powerhouse-fitness.co.uk) or [www.bodymax-fitness.com](http://www.bodymax-fitness.com).

### **SAFETY NOTICE**



Please read all of the instructions carefully before assembly and first use. These instructions are intended to ensure speedy assembly and explain safe usage. Make sure that all people exercising with the equipment (in particular children and persons with limited physical, sensory, mental or motor capabilities) are informed about these instructions and its content in advance. In case of doubt, a responsible person must supervise the use of the equipment.

This equipment has been manufactured according to the latest safety knowledge. As far as possible, potential safety hazards which could cause injury have been eliminated. Make sure to follow the instructions carefully and that all parts are securely in place. If required, read through the instructions again to correct any mistakes.

Please pay close attention to the safety and maintenance instructions given here. The contract partner cannot be held liable for damage to health, accidents or damage to the equipment when it is not used in accordance with these instructions.

The equipment is only suitable for use at home. The equipment is not suitable for semiprofessional (e. g., hospitals, clubs, hotels, schools, etc.) and commercial or professional use (e. g., health clubs).

Retain these instructions in a safe place for future reference, maintenance or when ordering replacement parts.

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We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.

1. Before starting any exercise program, you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk, or prevent you from using the equipment properly. Your physician's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
2. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, shortness of breath, lightheadedness, dizziness or nauseous feeling. If you do experience any of these conditions, you should consult your physician before continuing with your exercise program.
3. Keep children and pets away from the equipment. The equipment is designed for adult use only.
4. 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 feet (60CM) of free space all around it.
5. Ensure that all nuts and bolts are securely tightened before using the equipment. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
6. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during exercise, discontinue use of the equipment immediately and do not use until the problem has been rectified.
7. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may become entangled in the equipment.
8. Do not place fingers or objects into the moving parts of the equipment.
9. The maximum weight capacity of this unit is 120kg/264.5lb.
10. The equipment is not suitable for therapeutic use.
11. To avoid bodily injury and/ or damage to the product or property, proper lifting and moving are required.
12. Your product is intended for use in cool and dry conditions. You should avoid storage in extreme cold, hot or damp areas as this may lead to corrosion and other related problems.
13. This equipment is designed for indoor and home use only; it is not intended for commercial use.

**WARNING**

BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN FIRST. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING THE SPINNING BIKE. THANE ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

## 2.1 Technical data

### Weight and dimensions:

Article weight (gross, including packaging) : 18 kg

Packaging dimensions (L x W x H) : Parcel - 118 cm x 39.5 cm x 22 cm

Set-up dimensions (L x W x H) : approximately 80 cm x 45 cm x 117 cm

Maximum user weight : 120 kg (264.5 lbs)

## 2.2 Personal safety

- + **Before you start using the equipment, you should consult your physician that this type of exercise is suitable for you from a health perspective. Particularly affected are persons who: have a hereditary disposition to high blood pressure or heart disease, are over the age of 45, smoke, have high cholesterol values, are overweight and/or have not exercised regularly in the past year.**
- + Please note that working out excessively can seriously damage your health.
- + The equipment may only be used for its intended purpose; this means for strength training for adults.
- + Any other usage is prohibited and potentially dangerous. The contract partner cannot be held liable for damage resulting from improper use.
- + The equipment may not be used by several persons at the same time.
- + Children should not be allowed unsupervised access to the equipment.
- + Before starting your training, make yourself familiar with all of the equipment's functions and setting options. Have an expert explain the correct usage of the product to you.
- + Make sure that nobody is in the range of motion of the equipment while exercising.
- + Keep your hands, feet and other body parts, hair, clothing, jewelry and other objects well clear of moving parts.
- + During use, wear suitable sports clothing rather than loose or baggy clothing. When selecting sports shoes, think about the suitability of the sole – preferably this should be made of rubber or other non-slip materials. Shoes with heels, leather soles, studs or spikes are not suitable. Never work out in bare feet.
- + It is also important to take note of the information given in the workout instructions for creating a workout plan.
- + At the first signs of weakness, nausea, dizziness, pain, difficulty in breathing or other abnormal symptoms, stop your workout immediately and, if necessary, consult your physician.
- + Before each training session, check all cables for any possible damage. Immediately replace defective cables and do not use the equipment until it has been repaired. Also pay attention to any material fatigue.
- + Never let go of the handlebars or grips as long as there is resistance in order to avoid crushing and similar injuries.

- + Make sure that the cables are always in the wheel guide. If the cables are stuck while you are training, stop training immediately and check the cable run.
- + If you adjust the seat, make sure that it fully locks in its new position, because otherwise it may slide and lead to injuries.

### 2.3 Set-up place

- + The equipment should only be used indoors, in a sufficiently heated and dry area (ambient temperature between 10°C and 35°C). The equipment should not be used outdoors or in rooms with high humidity (over 70%) like swimming pools. The equipment should only be stored in surroundings with an ambient temperature between 5°C and 45°C.
- + The training room should be well ventilated during training and not be exposed to any draughts.
- + Choose a location in which to place the equipment such that there is enough free space/ clearance to the front, the rear and to the sides of the equipment (at least 1.50 m). Furthermore, the equipment should not be set up in main entrances or on escape routes.
- + No objects of any type should be inserted into the openings of the equipment.
- + The equipment should be placed on a level and solid surface, any unevenness in the floor should be leveled out.
- + A floor protective mat / equipment underlay can help to protect high-quality floor coverings (parquet, laminate, cork, carpets) from dents and sweat and can help to level out slight unevenness.

## 3 ASSEMBLY INSTRUCTIONS, MAINTENANCE AND CARE

### 3.1 General instructions

- + Please check if all parts and tools belonging to the equipment are included in the delivery and if there is any transport damage. If there are any complaints, please contact your contract partner directly.
- + Some of the nuts and bolts to be used in assembly are already pre-mounted in order to make set-up as easy as possible.
- + The equipment must be assembled by adults. In case of doubt, ask for assistance from another person with technical skills.
- + Keep children away from the equipment during assembly, because small parts are included in the delivery and may be swallowed.
- + Make sure that you have enough space (at least 1.50 m) in every direction during assembly.
- + Do not leave any tools and packaging materials like plastic sheeting laying around to avoid danger of suffocation for children.
- + Assemble the equipment on an underlay mat or on the cardboard packaging in order to avoid damage to the equipment and to the floor (scratches).
- + Before starting assembly, all individual parts should be placed on the floor next to each other.
- + Read the assembly instructions carefully and assemble the equipment according to the illustrations. Proceed carefully and cautiously.
- + First loosen all parts and check for their correct fitting. Then tighten the screws using a tool.
- + Modifications to the design or improper repairs may pose a hazard to the user and should not be carried out. The product warranty may be void as a result.

- + Only authorized service technicians are permitted to carry out all servicing and/or repairs – it excludes maintenance and care.
- + Damaged or worn components may impair your safety and the lifespan of the equipment. You should therefore immediately replace damaged or worn components. Please contact your contract partner in such a case. The equipment should no longer be used until it has been repaired. When needed, only use original BodyMax spare parts.
- + Check the tightness of all screw connections once a month.
- + In order to be able to guarantee the constructively defined safety level of this equipment, we recommend having the equipment regularly maintained (at least once a year) by specialists (service technicians of your contract partner).
- + The equipment may be cleaned of dust, dirt and sweat using a damp cloth. The use of solvents should be strictly avoided. Also, make sure that no liquids (e. g. sweat) get into the openings of the equipment (e. g. console).

### 3.2 Faults and Troubleshooting

The equipment runs through regular quality controls during production. Nevertheless, errors or malfunctions on the equipment may occur. Individual parts are often the cause of faults and replacement is usually sufficient. Please use the following overview to see the six most common errors and how to repair them. If the equipment still does not work properly, please contact your contract partner.

Problem	Solution	Solution	Solution
There is no display on the computer console.	Remove the computer console and verify the wires that comes from the computer console are properly connected to the wires that come from the frame.	Check if the batteries are correctly positioned and the battery springs are in proper contact with the batteries.	The batteries in the computer console may be dead. Replace the dead batteries with new batteries.

### 3.3 Maintenance, service calendar and storage

The equipment needs to be cleaned after every training session with a moist towel (no solvent!) in order to avoid damage caused by sweat.

The following routine work must be done in the specified time intervals:

Part	Weekly	Monthly	Annually
Check screws		I	

#### Cleaning

The bike can be cleaned with a soft clean damp cloth. Do not use abrasives or solvents on the plastic parts. Wipe your perspiration off the bike after each use. Be careful not to get excessive moisture on the computer display panel as this might pose an electrical hazard or electronics to fail. Keep the bike, especially the computer console out of direct sunlight to prevent screen damage. Inspect all of the assembly bolts, nuts, screws, and pedals on the machine for proper tightness every week.

#### Storage

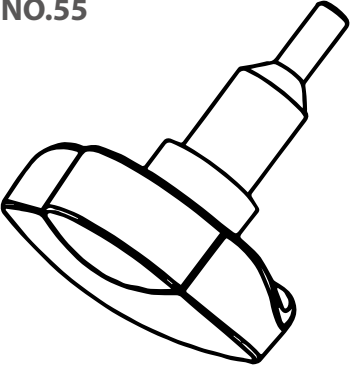
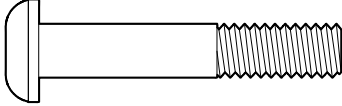
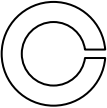
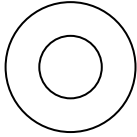
Store the bike in a clean and dry environment away from children and pets.



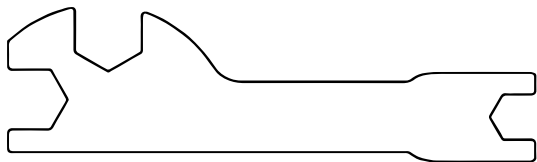
In order to make the assembly of the equipment easier, we recommend that you do not initially fully tighten the screws and bolts. However, you should make sure that all screws and bolts are firmly tightened after assembly.

#### 4.1 Package contents

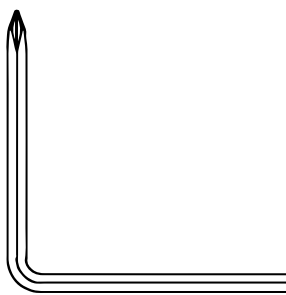
The package contains the parts represented in the illustration. If one of the illustrated parts is missing, please contact your contract partner.

<b>NO.55</b>  Adjustment Knob x 1 pc	<b>NO.27</b>  Hexagon Socket Bolt x 2 pcs
<b>NO.28</b>  Spring Washer x 2 pcs	<b>NO.29</b>  Curved Washer x 2 pcs

## Tools



13-19mm Wrench x 1pc



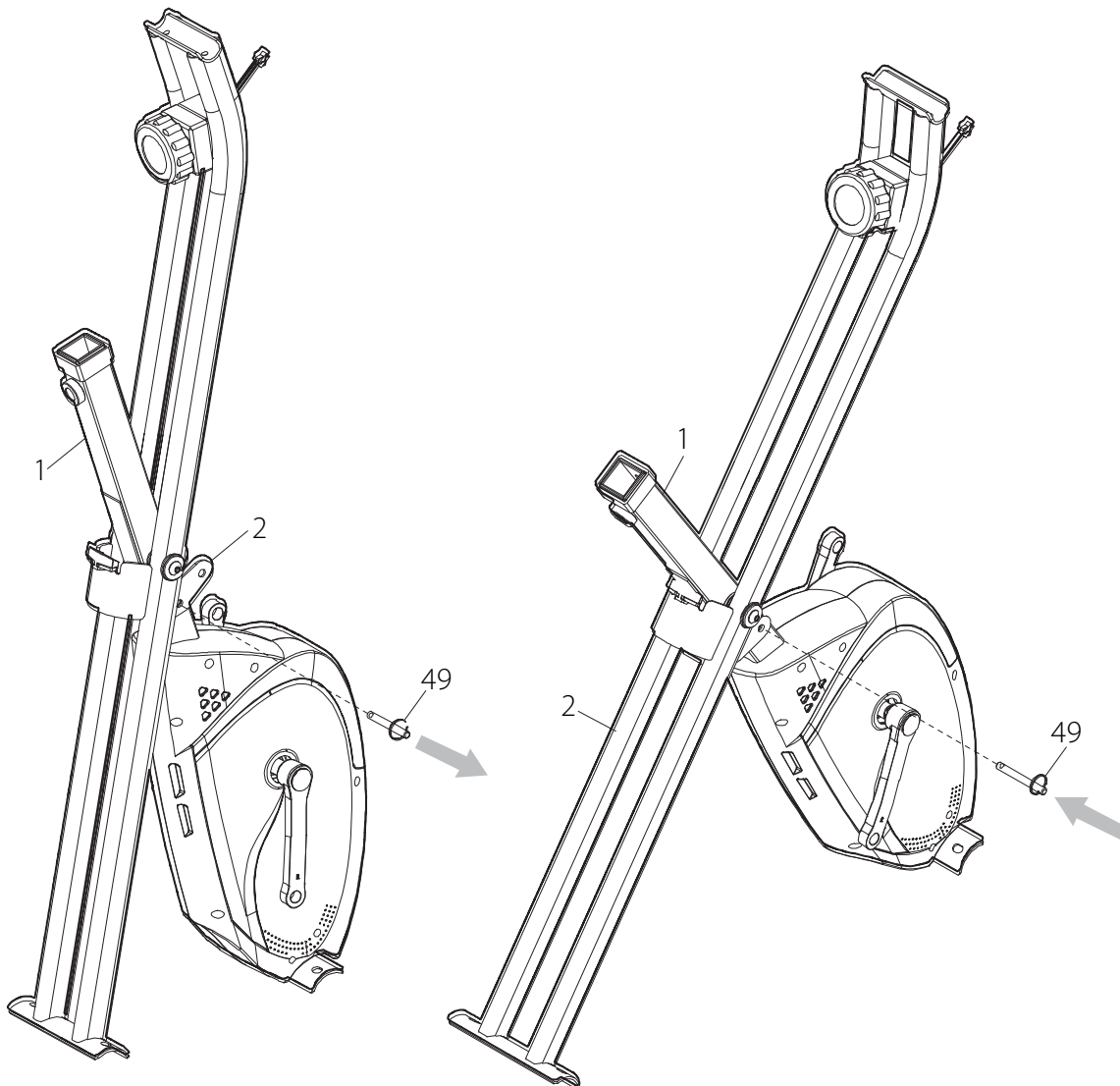
S5 Allen Wrench with Phillips Screwdriver x 1pc

## 4.2 Assembly instructions

- A. Before assembling make sure that you will have enough space around the item.
- B. Use the present tooling for assembling.
- C. Before assembling please check whether all needed parts are available (at the above of this instruction sheet you will find an explosion drawing with all single parts (marked with numbers) which this item consists of.

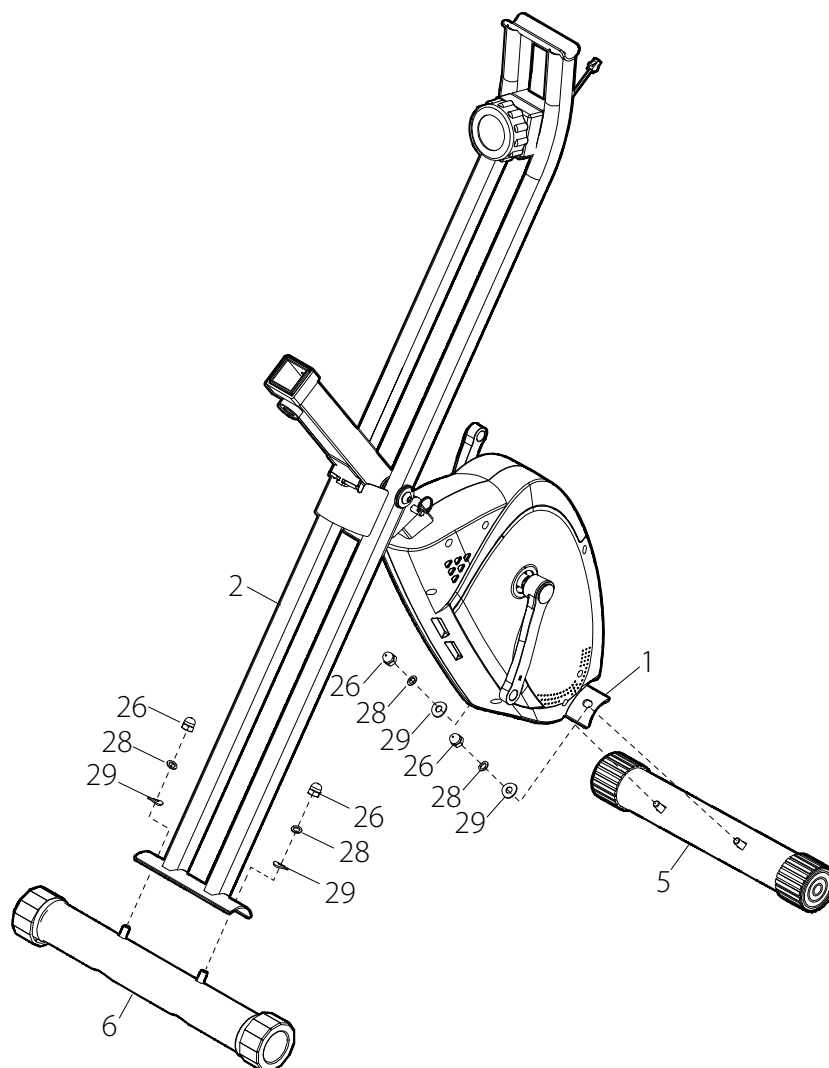
### Step 1:

Remove the Safety Pin (49) from the Rear Frame(2) first. Stand up the base of the Rear & Front Frames (2,1) by pulling them apart from each other. Align the upper pin holes on both frames and then insert the Safety Pin(49) into the uppers holes of the frames to lock the frames in place.



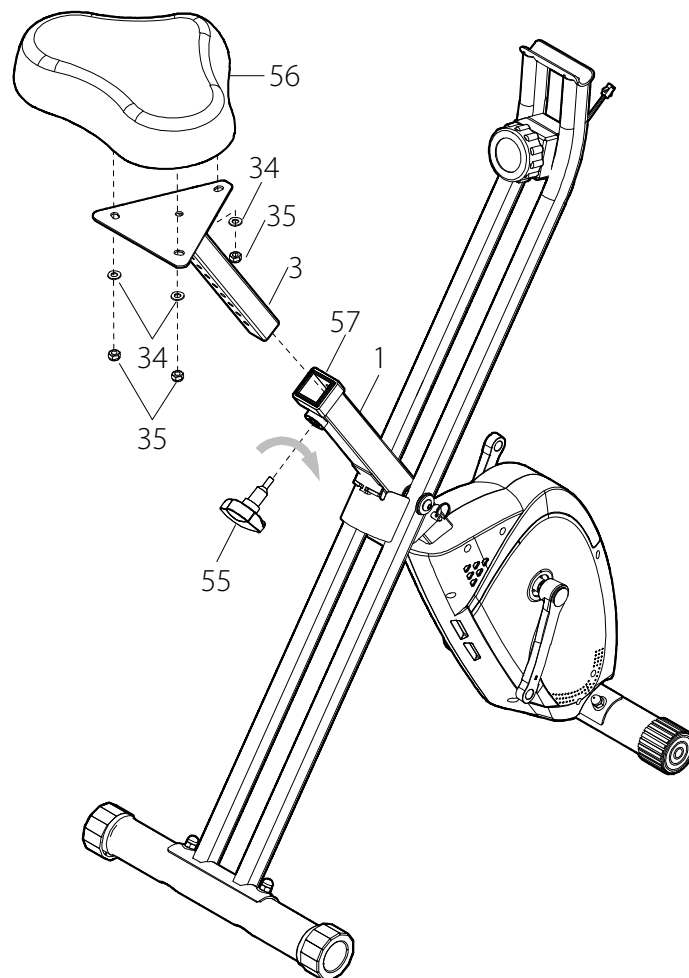
## Step 2:

1. Remove the plastic protective caps from the Rear Frame (2) first. See Fig. A.
2. Remove four Cap Nuts (26) four Spring Washers (28), four Curved Washers (29) from the Front Stabilizer (5) and the Rear Stabilizer (6).
3. Secure the Front Stabilizer (5) with the transport wheels onto the Front Frame (1) with two Cap Nuts (26), two Spring Washers (28), and two Curved Washers (29). Lock the Cap Nut (26) with the 13-19mm Wrench .
4. Secure the Rear Stabilizer (6) onto the Rear Frame (2) with two Cap Nuts (26), two Spring Washers (28), two Curved Washers (29), lock the nuts with the 13-19mm Wrench .



### Step 3:

1. Remove three Flat washers (34) and three Nuts (35) from the Seat Cushion (56).
2. Align the bolt holes on the underside of the Seat Cushion (56) with the holes on top of the Seat Post (3). Secure the Seat Cushion (56) to the Seat Post (3) with three Flat Washers (34) and three Nuts (35). lock the nuts with the 13-19mm Wrench .
3. After securing the Seat Cushion (56) to the Seat Post (3), insert the Seat post (3) through the Seat Post plastic Bushing (57) and into the shaft of the Front Frame (1). Insert the Adjustment Knob (55) into the threaded hole on the backside of the Front Frame (1). Turn the Adjustment Knob (55) in a clockwise direction, make sure that the safety Pin of the Adjustment Knob (55) can reach one of the height adjustment holes of the Seat Post (3) when you start to fully tighten.

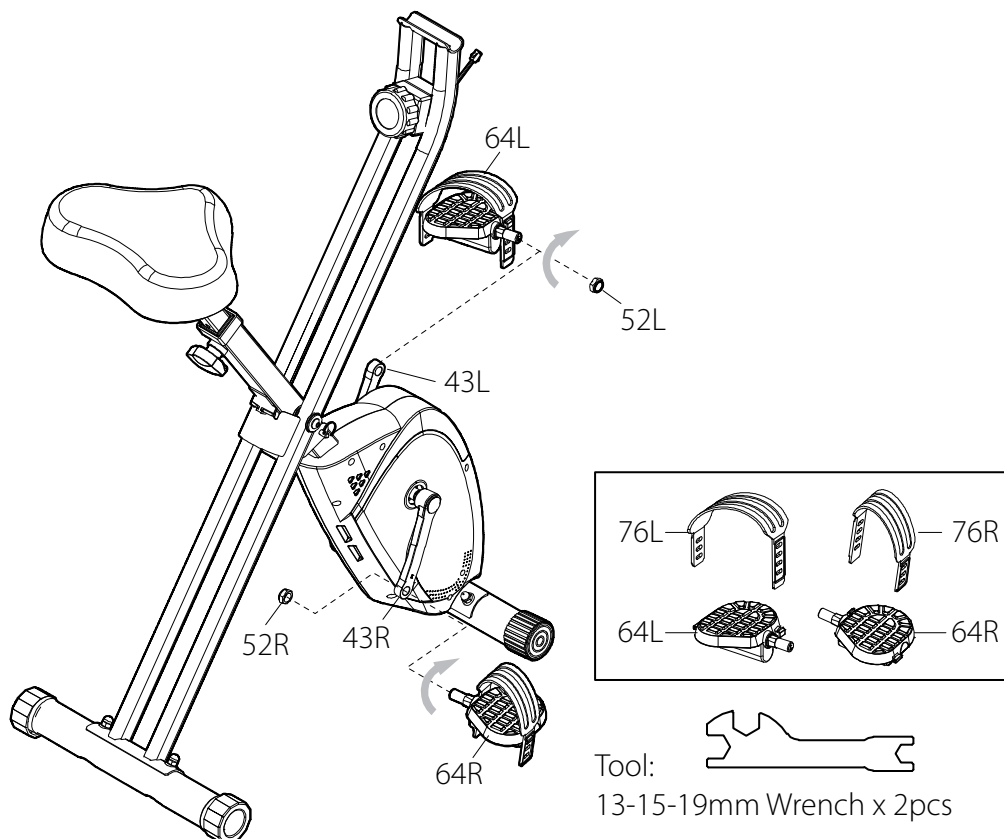


#### Step 4:

1. Remove the Left Nylon Nut (52L) and Right Nylon Nut (52R) from the Left Pedal (64L) and Right Pedal (64R). secure the Left Pedal Strap (76L) onto the Left Pedal (64L) and the Right Pedal Strap (76R) onto the Right Pedal (64R).
2. Installment of the Left Pedal: Make sure that it is straight, insert the Left Pedal (64L) into the threaded hole in the Left Crank (43L). Turn the pedal shaft of the Left Pedal (64L) by hand in a counter-clockwise direction. Lightly screw on the Nylon Nut (52L) that was taken off the Left Pedal (64L) onto the protruding pedal shaft in a clockwise direction. Finish off the tightening of the Left Pedal (64L) with the 13-19mm Wrench. Once the Left Pedal (64L) has been tightened, use the second 13-19mm Wrench to tighten the Left Nylon Nut (52L) by turning the nut in a clockwise direction.

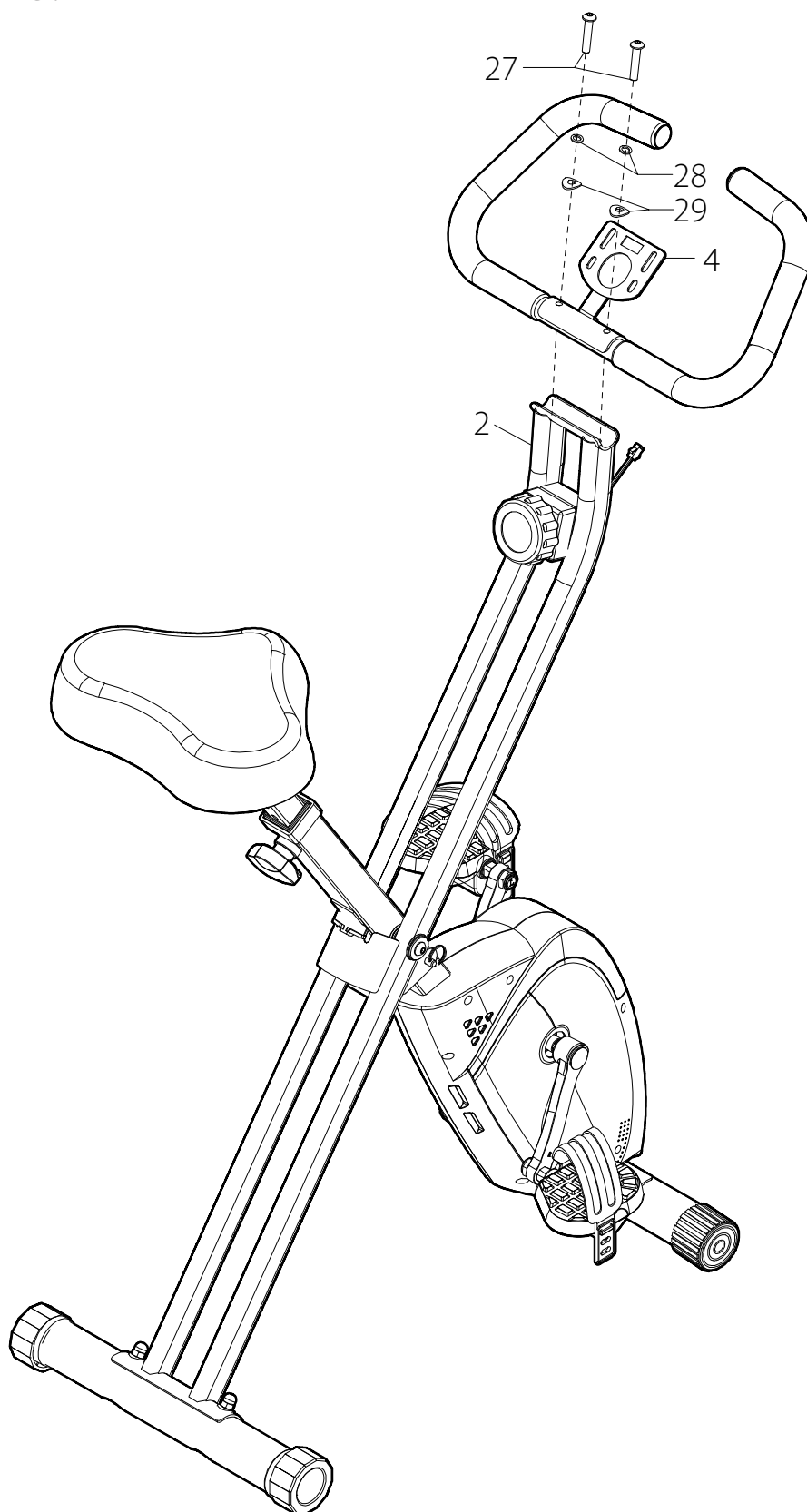
*WARNING: Install the Left Pedal (64L) only with a counter –clockwise direction.*

3. .Installment of the Right Pedal: Repeat the same step from 4A and 4B for the Right Pedal (64R) installation into the Right Crank (43R). However, turn the right pedal shaft clockwise and nut counter-clockwise during installation. **WARNING: Install the Right Pedal (64R) with only with the clockwise direction.** The Cranks, Pedals, Pedal shafts, and the Pedal Straps are marked "R" for Right and "L" for Left. See the ADJUSTMENT pages, P.17 for instructions to install and adjust the pedal straps. This machine is not intended to be pedaled in reverse.



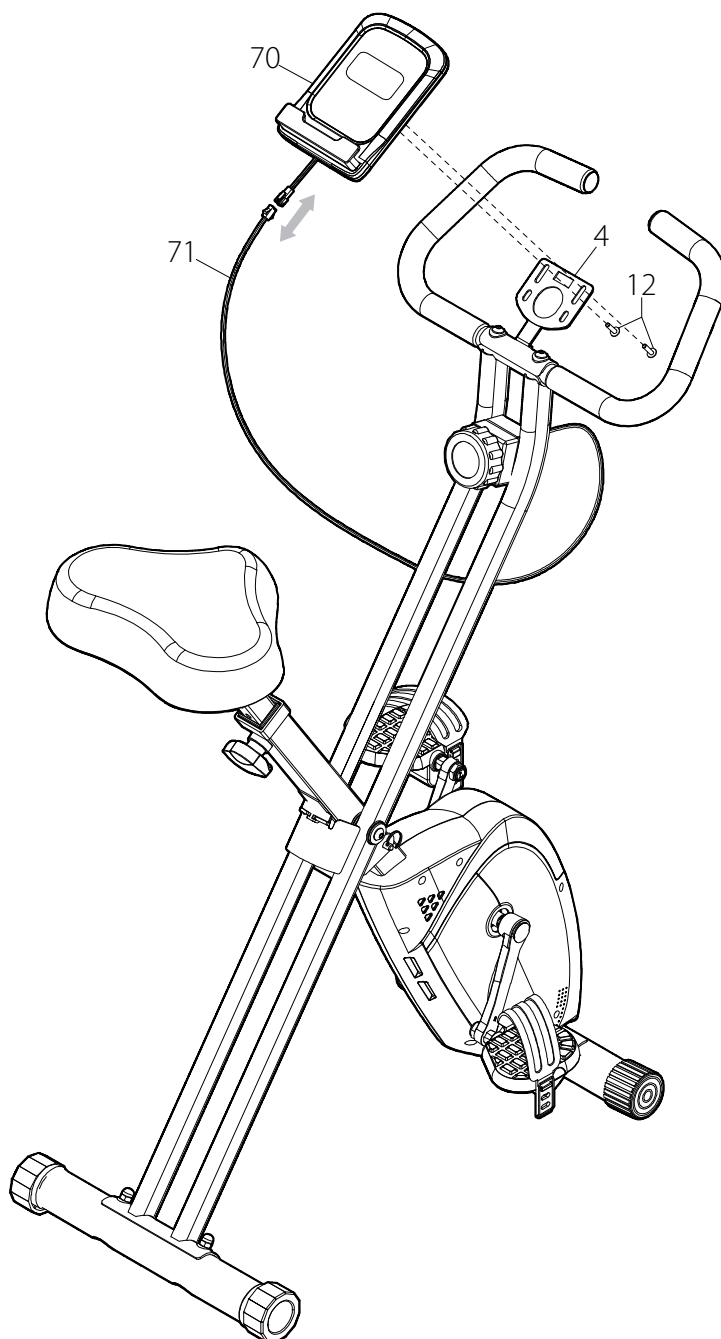
### Step 5:

Secure the Handlebar (4) to the Rear Frame (2) with two Hexagon Socket Bolts (27), two Spring Washers (28) and two Curved Washers (29). Lock the bolts with the 5mm Allen Wrench with Phillips screwdriver.



### Step 6:

1. Remove two screws (12) from the back side of the Monitor (70).
2. Secure the Monitor (70) to the Handlebar (4) with the two Screws (12) that were previously removed. Lock the screws with the 5mm Allen Wrench with Phillips Screwdriver provided.



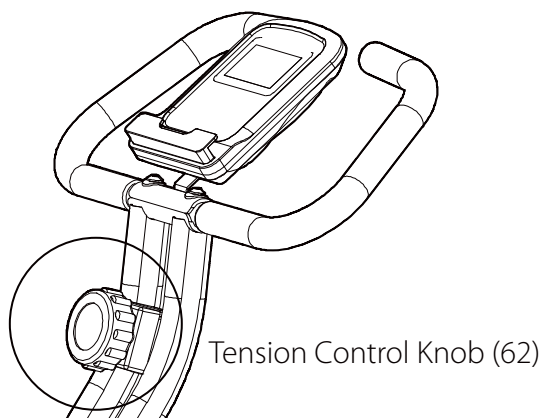


### 4.3 Adjustment Guide

#### Adjusting the Tension Control Knob

Increase the tension, turn the Tension Control Knob (62) in a clockwise direction.

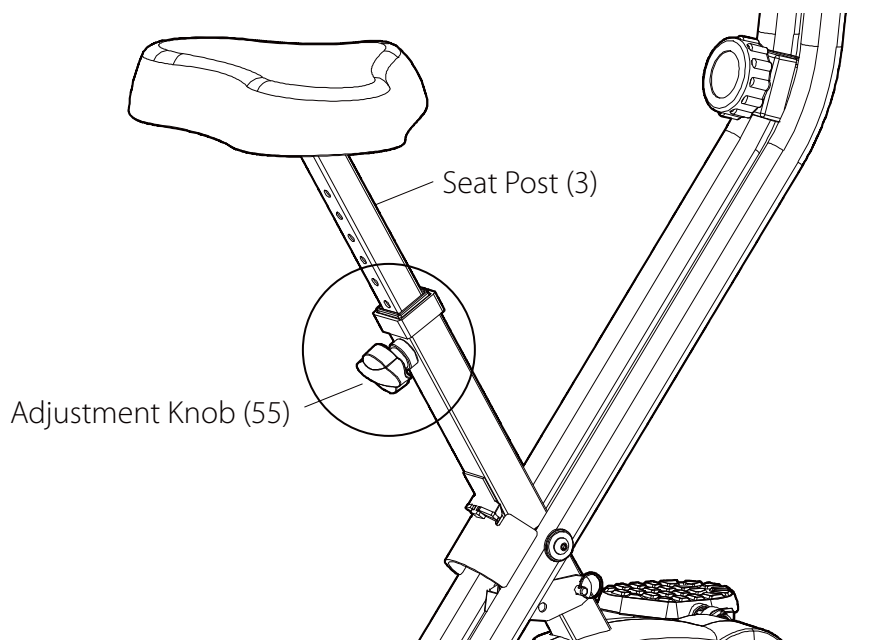
Decrease the tension , turn the Tension Control Knob (62) in a counter clockwise direction.



#### Adjusting the Seat Height

Turn the Seat Height Adjustment Knob (55) in a counter clockwise direction until the Seat Post(3) can be slid up or down and slide the Seat Post (3) up or down to a suitable position. Lock the Seat Post (3) in place by tightening the Seat Height Adjustment Knob (55) in a clockwise direction.

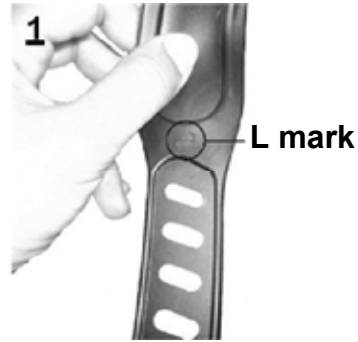
NOTE: When adjusting the height of the seat post, make sure the MAX line stamped on right side of the seat post does not pass the plastic bushing.



### 4.3 Adjustment Guide

#### Adjusting the Pedal Strap

The Left Pedal Strap ( 79) with marked with a L on the strap (see Figure 1).

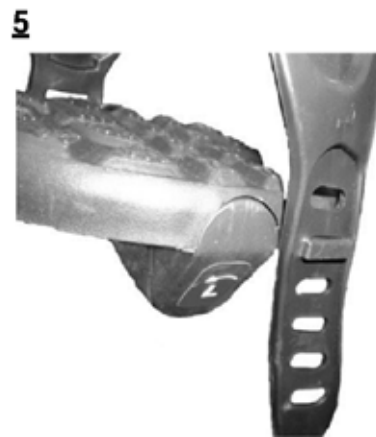


Snap the three hole end into the inside edge of the Left Pedal ( 9). See Fig 2 & 3.



Select one of the adjustment holes which allow your foot to be easily removed from the pedal.

Snap the other end onto the outside edge of the Left Pedal Strap (79) with the L mark on the strap (see Figures 4 and 5).

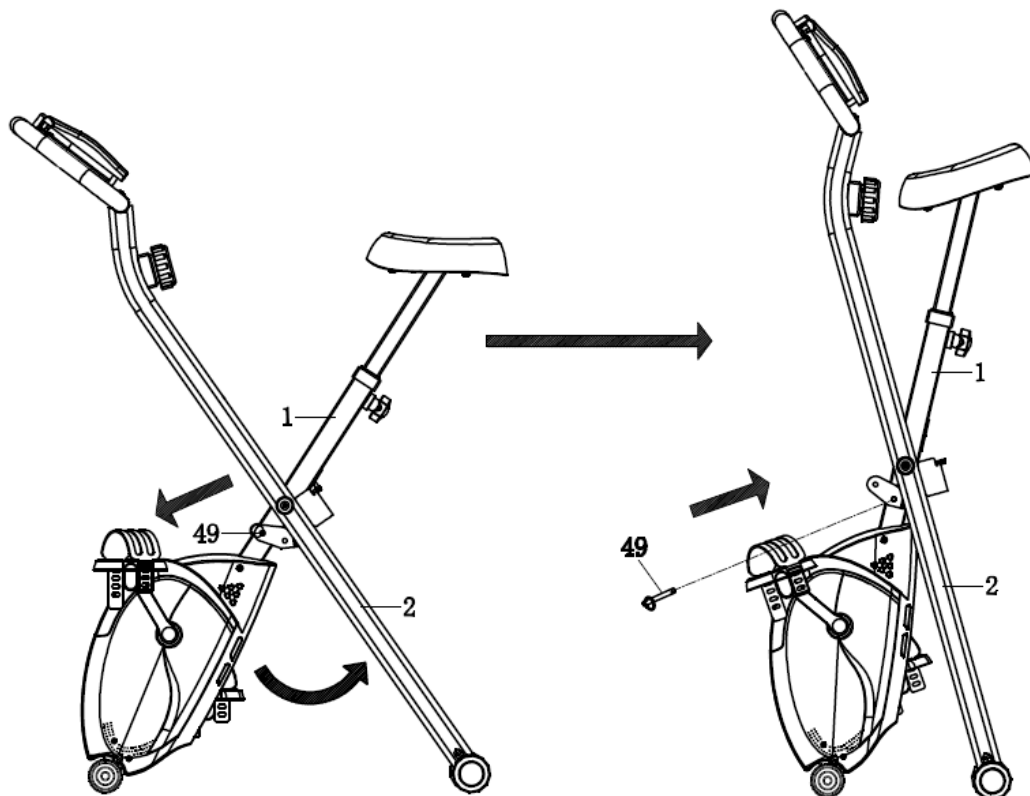


Use the same procedure to snap the Right Pedal Strap (80) onto the right pedal.

## 4.4 Storage

For your convenience, the bike can be folded up for storage.

1. Remove the Safety P in (22) from the upper pin hole of the bike.
2. Fold the Rear Frame (1) and the Front Frame (2) together until the lower pin holes are aligned.
3. insert the Safety Pin (22) into the lower pin hole to secure the frames.
4. Lock the Support Tube (67) into the Support tube holder (4 ).



## 4.5 Computer Function

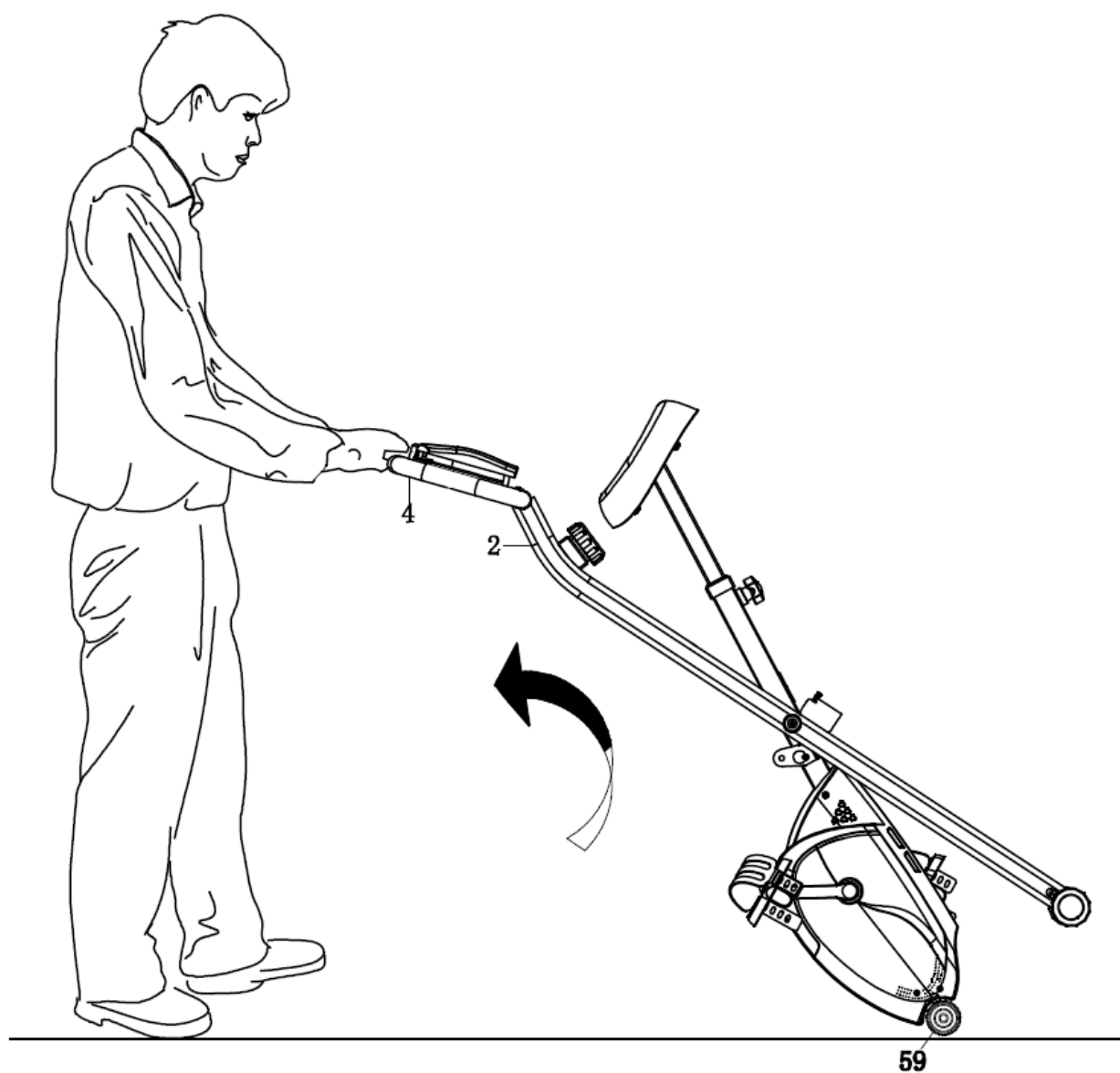
### SPECIFICATIONS

TIME	0:00-99:59 MIN: SEC
SPEED	0.0-99.9 KM/H
DISTANCE	0.00-99.99 KM
CALORIES	0.0-999.9 KCAL
ODOMETER	0.00-999 KM

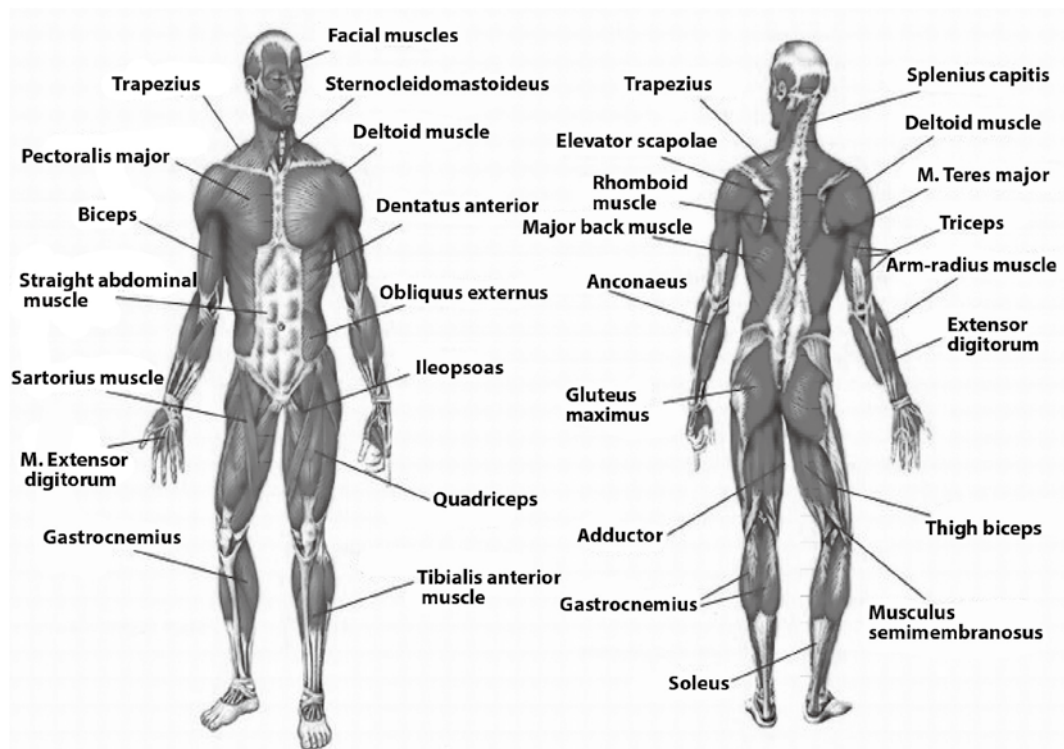
SCAN	Press mode button until " " appears at the scan position. The monitor will then rotate through the following functions: TIME, ODOMETER, CALORIES, SPEED , and DISTANCE, each display will e hold 6 seconds.
TIME	Count the total time form exercise start to end.
ODOMETER	Monitor will display the total accumulated distance.
CALORIES	Count the total calories form exercise start to end.
SPEED	Display current speed.
DISTANCE	Count distance form exercise start to end.

## 4.6 Transporting the Bike

Hold the Handlebar (4) and pull the machine until the wheels on the Front Stabilizer (59) make touch with the floor. Push or pull the unit the desired location , then gently lower the Rear Stabilizer (2) to the ground.

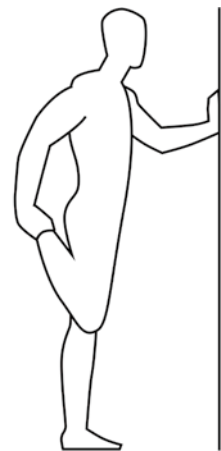


## 5.1 Stretching exercises for leg and chest muscles



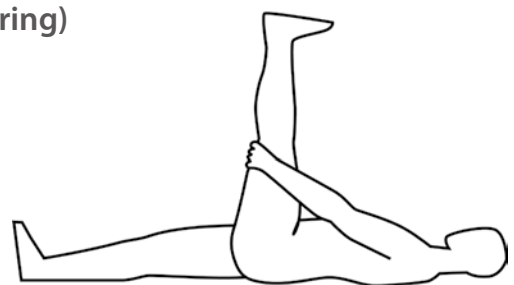
### 1. Exercise: Stretching of front thigh / leg extension (quadriceps)

- Stable position, grab arches of feet
- Pull heel towards buttocks, knee points downwards (no abduction)
- Straight upper body, avoid tilting the pelvic forward (hollow back) by tensing the abdominal muscles
- Change legs



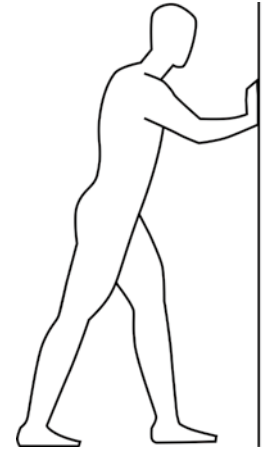
### 2. Exercise: Stretching the back thigh / leg curl (hamstring)

- Pull thigh towards upper body with both hands
- Stretch through increased stretching in the knee joint
- The lower leg maintains contact with the floor, keep hips bent
- Change legs



### 3. Exercise: Stretching the calf muscles (gastrocnemius)

- Place feet parallel to each other pointing forward, the heels touch the floor
- Support yourself on a chair coming from a lunge
- Move your body weight to the front leg, press your heel from the rear leg towards the floor and hold the contact
- Slowly stretch your knee of the rear leg until you feel the stretch in your calves
- Change legs



### 4. Exercise: Stretching the chest muscles (pectoralis major)

- Stand parallel to a wall
- Place your forearm at 90° to the wall with the elbow just above shoulder height
- Turn your head and upper body gradually to the opposite sides until you feel a stretch in the front chest, of the shoulder being leaned on
- Pay attention to tension in your abdominal and gluteal muscles
- Your weight is on your front leg
- Change legs



All recommendations of these instructions apply solely to healthy persons and are not suitable for those with heart or cardiovascular problems. All of the tips are intended only as a guide to help you create a workout. Your physician can offer appropriate advice for particular, personal requirements.

**We hope you enjoy your workout and have a lot of success!**

## 5.2 Workout journal

[illegible]



BodyMax training fitness equipment is subject to strict quality controls. However, if a fitness equipment purchased from us does not work perfectly, we take it very seriously and ask you to contact our customer service as indicated. We are happy to help you by phone via our service hotline.

### **Error descriptions**

Your fitness equipment is developed for long-term, high-quality training. However, should a problem arise, please first read the operating instructions. For further assistance, please contact your contract partner or call our service hotline. To ensure your problem is solved as quickly as possible, please describe the defect as exactly as possible.

In addition to the statutory warranty, we provide a warranty for every fitness equipment purchased from us according to the following provisions.

### **Your statutory rights are not affected.**

#### **Warrantee**

The warrantee is the first/original buyer and/or any person who received a newly purchased product as a gift from the original buyer.

#### **Warranty periods**

The following warranty periods begin on delivery of the fitness equipment.

Model	Use	Full warranty
FXB10 Folding Bike	Home use	24 months

#### **Repair costs**

According to our choice, there will either be a repair, a replacement of individual damaged parts or a complete replacement. Spare parts, that have to be mounted while assembling the equipment, have to be replaced by the warrantee personally and are not a part of repair. After the expiration of the warranty period for repair costs, a pure parts warranty applies, which does not include the repair, installation and delivery costs.

#### **The terms of use are defined as follows:**

- Home use: solely for private use in private households up to 3 hours per day
- Semi-professional use: up to 6 hours per day (e. g. rehabilitation centers, hotels, clubs, company gyms)
- Professional use: more than 6 hours per day (e. g. commercial gyms)

#### **Warranty service**

Within the warranty period, equipment which develops faults as a result of material or manufacturing defects, will be repaired or replaced at our discretion. Ownership of equipment or parts of equipment which have been replaced is transferred to us. The warranty period is not extended nor does a new warranty period begin following repair or replacement under the warranty.

## 6.1 Warranty conditions

For the warranty to be valid, the following steps must be taken:

Please contact our customer service by email or phone. If the product under warranty has to be sent in for repair, the seller bears costs. After expiry of the warranty, the buyer bears the costs of transport and insurance. If the fault is covered by our warranty, you will receive a new or repaired equipment in return.

Warranty claims are invalid in case of damage resulting from:

- misuse or improper handling
- environmental influences (moisture, heat, electrical surge, dust, etc.)
- failure to follow the current safety measures for the equipment
- failure to follow the operating instructions
- use of force (e. g. hitting, kicking, falling)
- interventions which were not carried out by one of our authorized service centers
- unauthorized repair attempts

### **Proof of purchase and serial number**

Please make sure that you are able to provide the appropriate receipt when claiming on your warranty. So that we can clearly identify the model of your equipment, and for the purposes of our quality control, you will need to give the serial number of your equipment, when contacting the service team. Where possible please have your serial number and your customer number ready when you call our service hotline. It will help us to deal with your request swiftly.

If you cannot find the serial number on your training equipment, our service employees are ready to help.

### **Service outside the warranty period**

We are also happy to issue an individual cost estimate if there is a problem with your fitness equipment after the warranty has expired, or in cases which do not fall under the terms of the warranty, e. g. normal wear and tear. Please contact our customer service team to find a quick and cost-effective solution to your problem. In such a case you will be responsible for the delivery costs.

### **Communication**

Many problems can be solved just by speaking to us as your specialist supplier. We know how important it is to you as a user of the fitness equipment to have problems solved quickly and simply, so you can enjoy working out with minimal interruption. For that reason, we also want to resolve your queries quickly and in a straightforward manner. Thus, please always keep your customer number and the serial number of the faulty equipment handy.

## 7 DISPOSAL



At the end of its operational life, this equipment cannot be disposed of in normal household waste. Instead, it must be disposed of via an electricals recycling centre. Further information can be obtained from your local authority's recycling service.

The materials can be recycled as per their symbols. Through the reuse, recycling of materials or other forms of recovery of old equipment, you make an important contribution to the protection of the environment.

## 8 OPTION ACCESSORIES



Bodymax Dumbbell Set

## 9.1 Service hotline

So that we can give you the best possible service, please have your **model name, part number, serial number, exploded drawing and parts list** ready.

### SERVICE-HOTLINE

DE	DK	FR
<p>☎ +49 4621 4210-0</p> <p>☎ +49 4621 4210-699</p> <p>✉ service@sport-tiedje.de</p> <p>Mo. - Fr. 8:00 - 18:00</p> <p>Sa. 9:00 - 18:00</p>	<p>☎ 80 90 16 50</p> <p>☎ +49 4621 4210-945</p> <p>✉ info@t-fitness.dk</p> <p>Ma. - Fr. 8:00 - 18:00</p> <p>Lø. 9:00 - 18:00</p>	<p>☎ +33 (0) 172 770033</p> <p>☎ +49 4621 4210-933</p> <p>✉ service-france@sport-tiedje.fr</p> <p>Lun. - Ven. 8:00 - 18:00</p> <p>Sam. 9:00 - 18:00</p>
NL	UK	INT
<p>☎ +31 172 619961</p> <p>✉ info@fitshop.nl</p> <p>Ma. - Do. 9:00 - 17:00</p> <p>Vr. 9:00 - 21:00</p> <p>Za. 10:00 - 17:00</p>	<p>☎ +44 141 876 3972</p> <p>✉ orders@powerhousefitness.co.uk</p> <p>Mon. - Fri. 9:00 - 17:00</p>	<p>☎ +49 4621 4210-0</p> <p>✉ service-int@sport-tiedje.de</p> <p>Mon - Fri 8:00 - 18:00</p> <p>Sat 9:00 - 18:00</p>

## 9.2 Serial number and model name

Before assembling your equipment, find the serial number on the white sticker and enter it in the appropriate space.

Serial number:

Brand / category:

BodyMax

Model name:

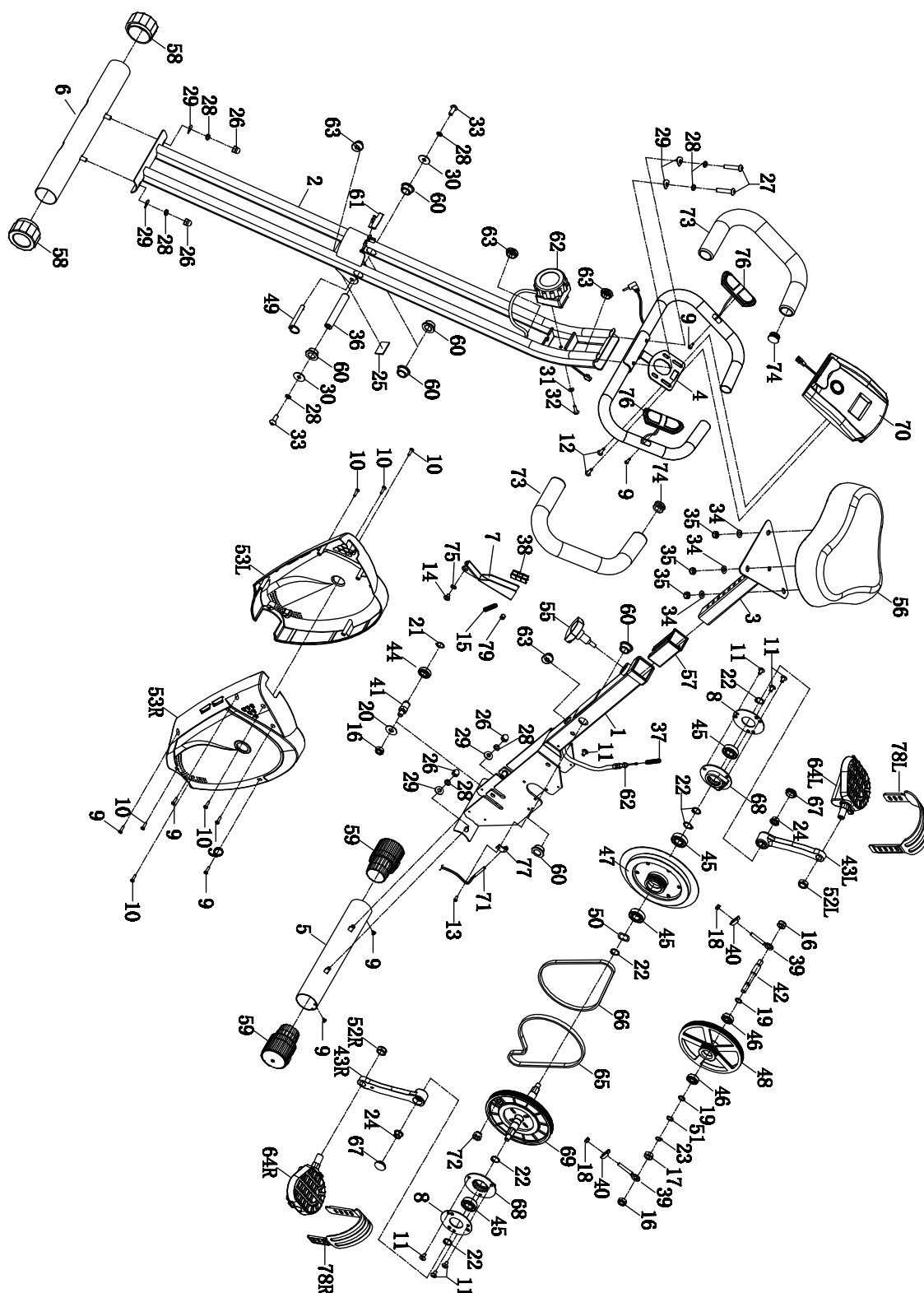
FXB10 Folding Bike

### 9.3 Parts list

No.	Description	Qty.
1	Front Frame	1
2	Rear Frame	1
3	Seat post	1
4	Handlebar	1
5	Front Stabilizer	1
6	Rear Stabilizer	1
7	Magnet Bracket	1
8	Bearing Bracket	1
9	Drilling Screw (ST4.2×18)	4
10	Drilling Screw (ST4.2×16)	6
11	Screw (M6×10)	6
12	Screw (M5×10)	2
13	Screw (M4×10)	1
14	Hexagon Bolt (M5×25)	1
15	Nut (M5)	1
16	Nut (M10×1.0 8mm)	3
17	Nut (M10×1.0 5mm)	1
18	Nylon Nut (M6 )	2
19	Flat Washer (10×1.0t×ø14)	2
20	Wave Washer (10×2.0t×ø14)	1
21	C-ring (ø15)	1
22	C-ring (ø17)	6
23	C-ring (ø10)	2
24	France Nut (M10×1.25)	2
25	EVA (35×20×2)	1
26	Cap Nut (M8)	4
27	Hexagon Socket Bolt (M8x40)	2
28	Spring Washer (ø8)	8
29	Curved Washer (ø8×1.5t×ø20)	6
30	Flat Washer (ø8×ø25×2.0t)	2
31	Flat Washer (ø18xø5x1.5t)	1
32	Screw (M5x20)	1
33	Hexagon Socket Bolt (M6×10)	2
34	Flat Washer (ø8×ø16×1.5)	3
35	Nylon Nut (M8)	3
36	Axle (ø16×95)	1
37	Spring (ø10×53)	1
38	Magnet (15×13×4)	5
39	Bolt (M6×50)	2

No.	Description	Qty.
40	Tension Bracket (31x30xø1.0)	2
41	Idle Wheel (ø17×37.5)	1
42	Axle (ø12.7×95)	1
43	Right/Left Crank	2
44	Bearing (6902RS)	2
45	Bearing (6003RS)	4
46	Bearing (6000RS)	2
47	Flywheel (ø180×34 2kg)	1
48	Belt Wheel (ø150x12)	1
49	Safety Pin (ø8×70×A55)	1
50	Wave Washer (ø17×0.3t×ø22)	1
51	Wave Washer (ø10×0.3t×ø14)	1
52	Right/Left Nylon Nut	2
53	Right/Left Cover	2
55	Adjustment Knob (M16)	1
56	Seat Cushion	1
57	Seat post Plastic Bushing	1
58	Rear Stabilizer End Cap	2
59	Front Stabilizer End Cap	2
60	Round Bushing	6
61	Rubber Cushion	1
62	Tension Control Knob	1
63	Wire Plug	4
64	Right/Left Pedal	2
65	Belt 237PJ4	1
66	Belt 230PJ3	1
67	Crank Cover	2
68	Bearing Bracket	2
69	Belt Wheel with Crank Axle	1
70	Monitor	1
71	Sensor with Wire	1
72	Sensor Magnet	1
73	Handrail Foam Grip	2
74	Handlebar End Cap	2
75	Magnet Socket	1
76	Right/Left Pedal Strap	2
77	P Type Bracket	1
















## 9.4 Exploded drawing



### 10.1 Head office

Powerhouse Fitness  
Cloberfield House,  
57 Beardmore Way,  
Clydebank Industrial Estate,  
Clydebank, Glasgow,  
G81 4HT

#### Hotline for Technical Information

DE	DK	FR
 +49 4621 4210-0  +49 4621 4210-698  service@sport-tiedje.de	 80 90 16 50  +49 4621 4210-945  info@t-fitness.dk	 +33 (0) 172 770033  +49 4621 4210-933  service-france@sport-tiedje.fr
NL	UK	INT
 +31 172 619961  info@fitshop.nl	 +44 141 876 3972  orders@powerhousefitness.co.uk	 +49 4621 4210-0  service-int@sport-tiedje.de

### 10.2 Disclaimer



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Product and instructions are subject to change. Technical data can be changed without advance notice.

Please find a detailed overview including address and opening hours for all specialist fitness stores of the Sport-Tiedje Group in Germany and abroad on the following website.

[www.sport-tiedje.com/en/stores](http://www.sport-tiedje.com/en/stores)

