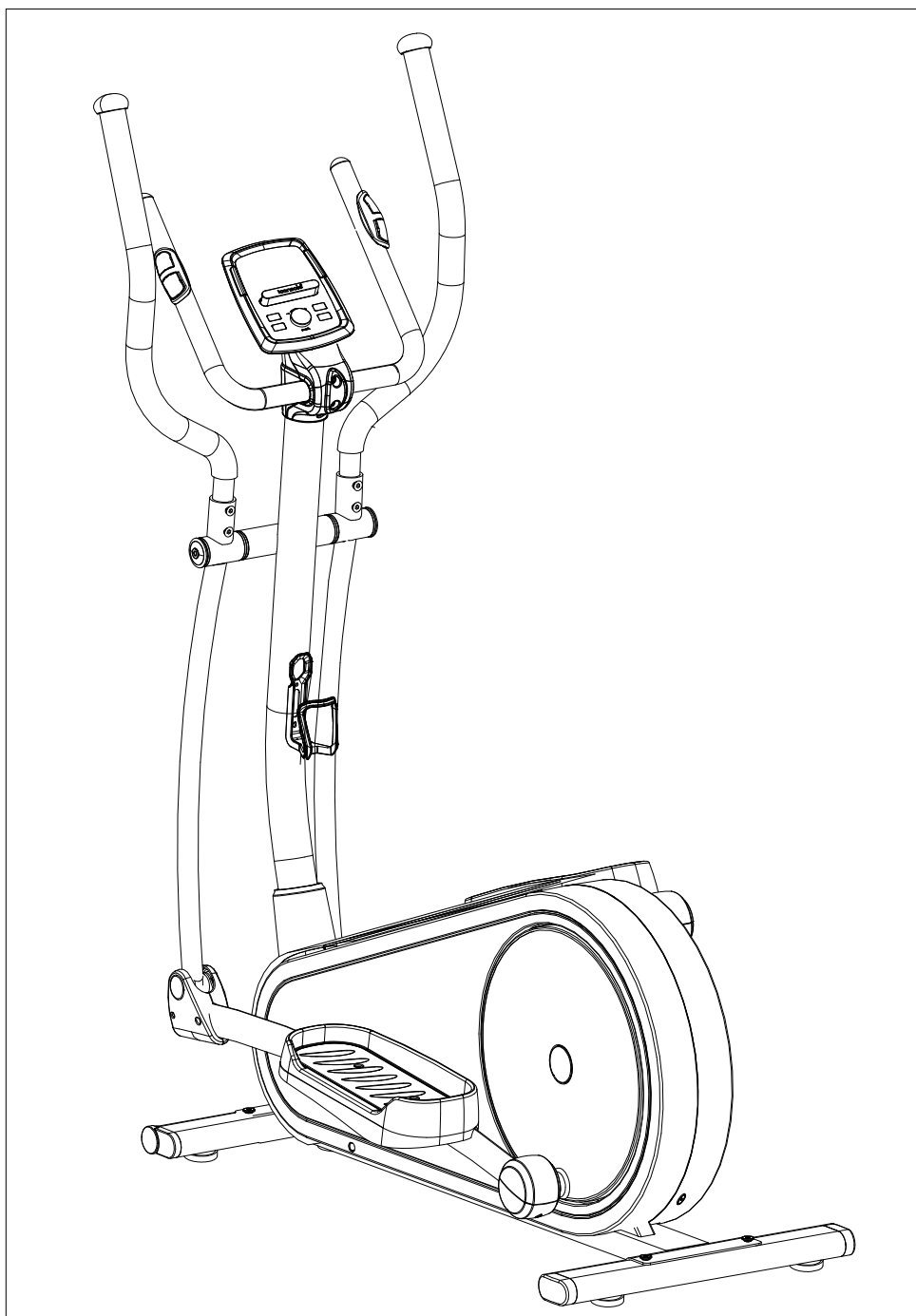
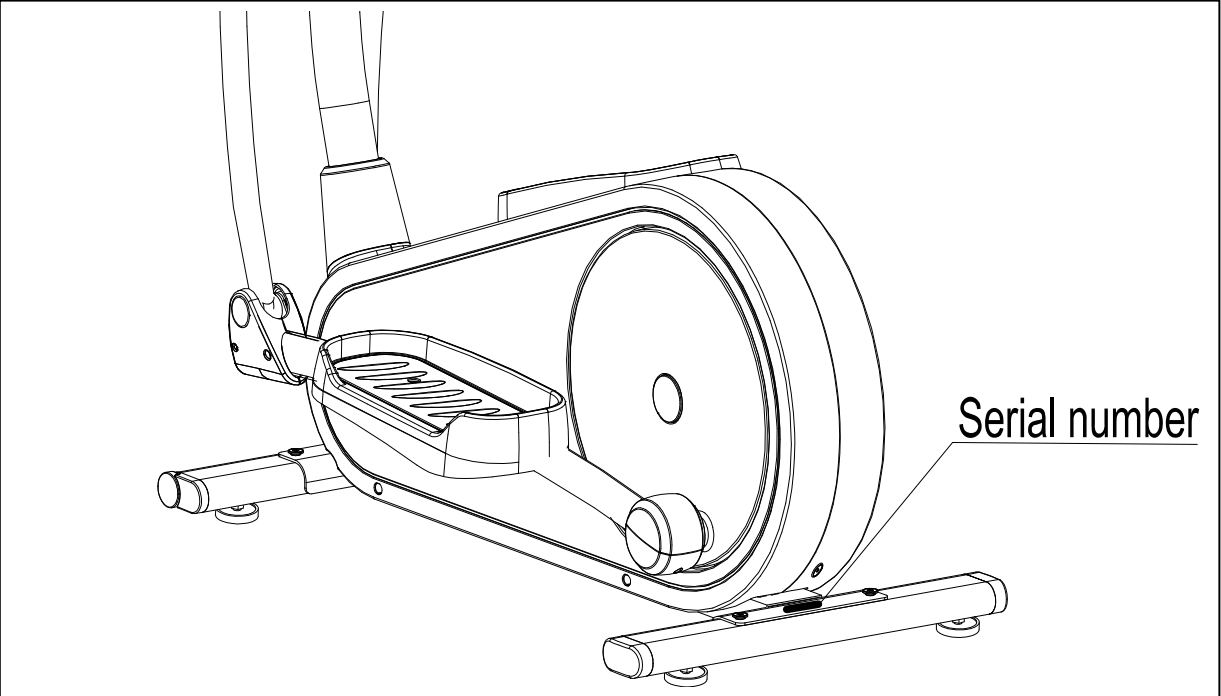


Casall INFINITY 1.3X CROSSTRAINER 93013

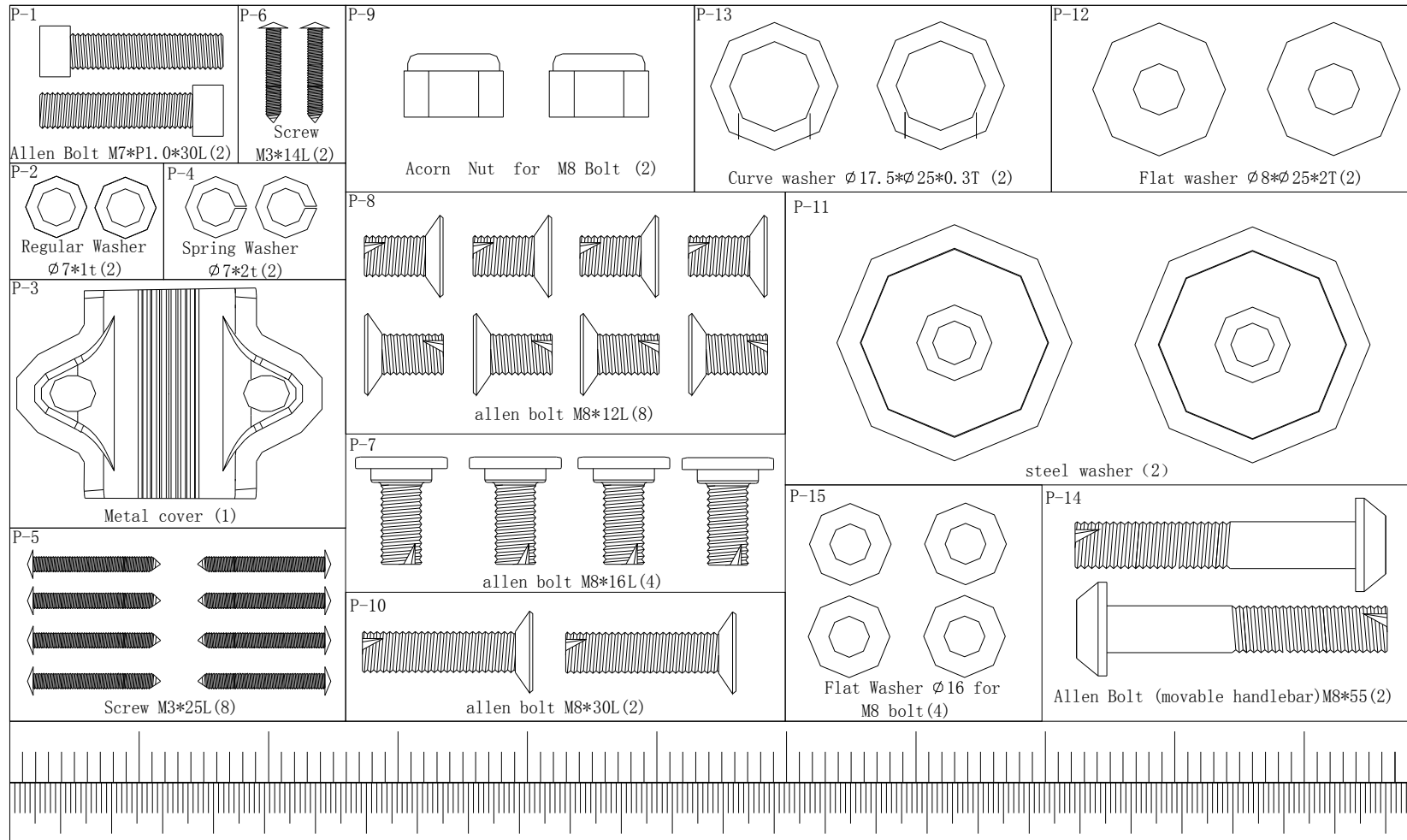


Important: Please locate your serial number and record in the box below for service support purposes.



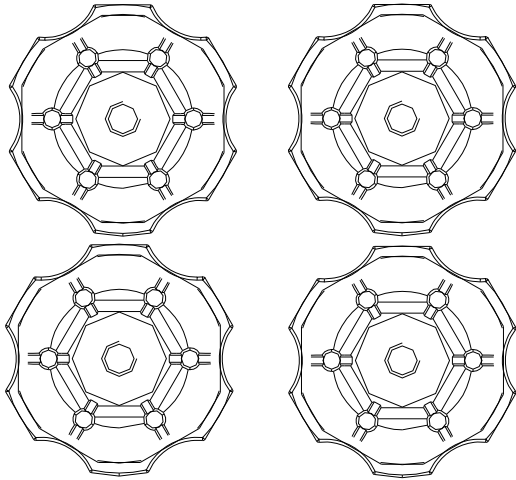
Serial number here:

INFINITY 1.3X



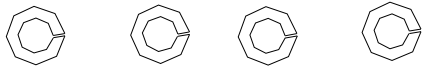
INFINITY 1.3X

P-16



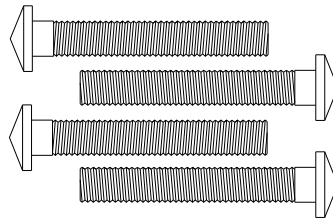
Knob (foot pedal) M6*P1.0 (4)

P-18



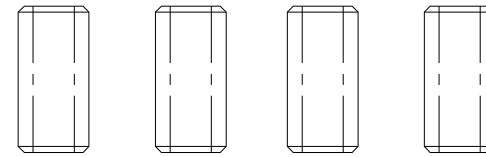
Spring Washer for handlebar bolt $\varnothing 6$ (black) (4)

P-17

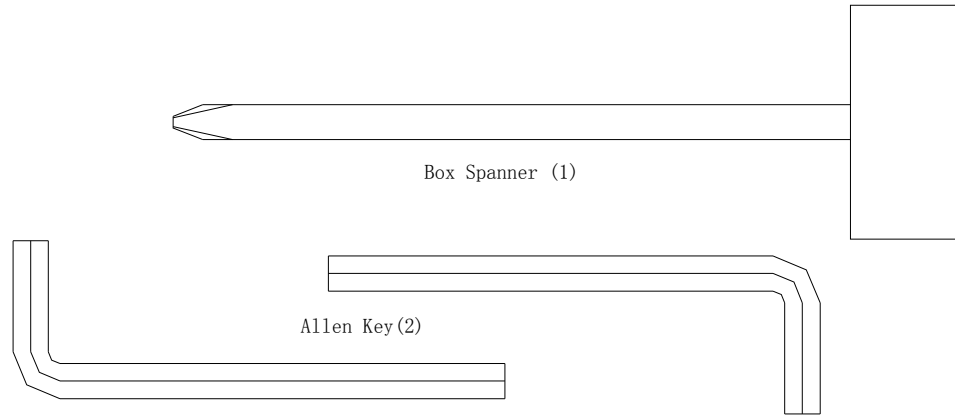


Carrage bolt M6*P1.0*40L (black) (4)

P-19

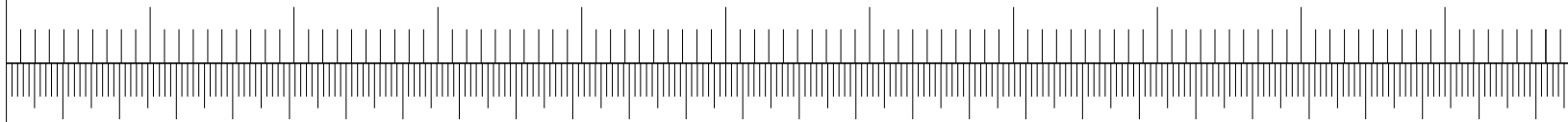


Pivot Tube (4)

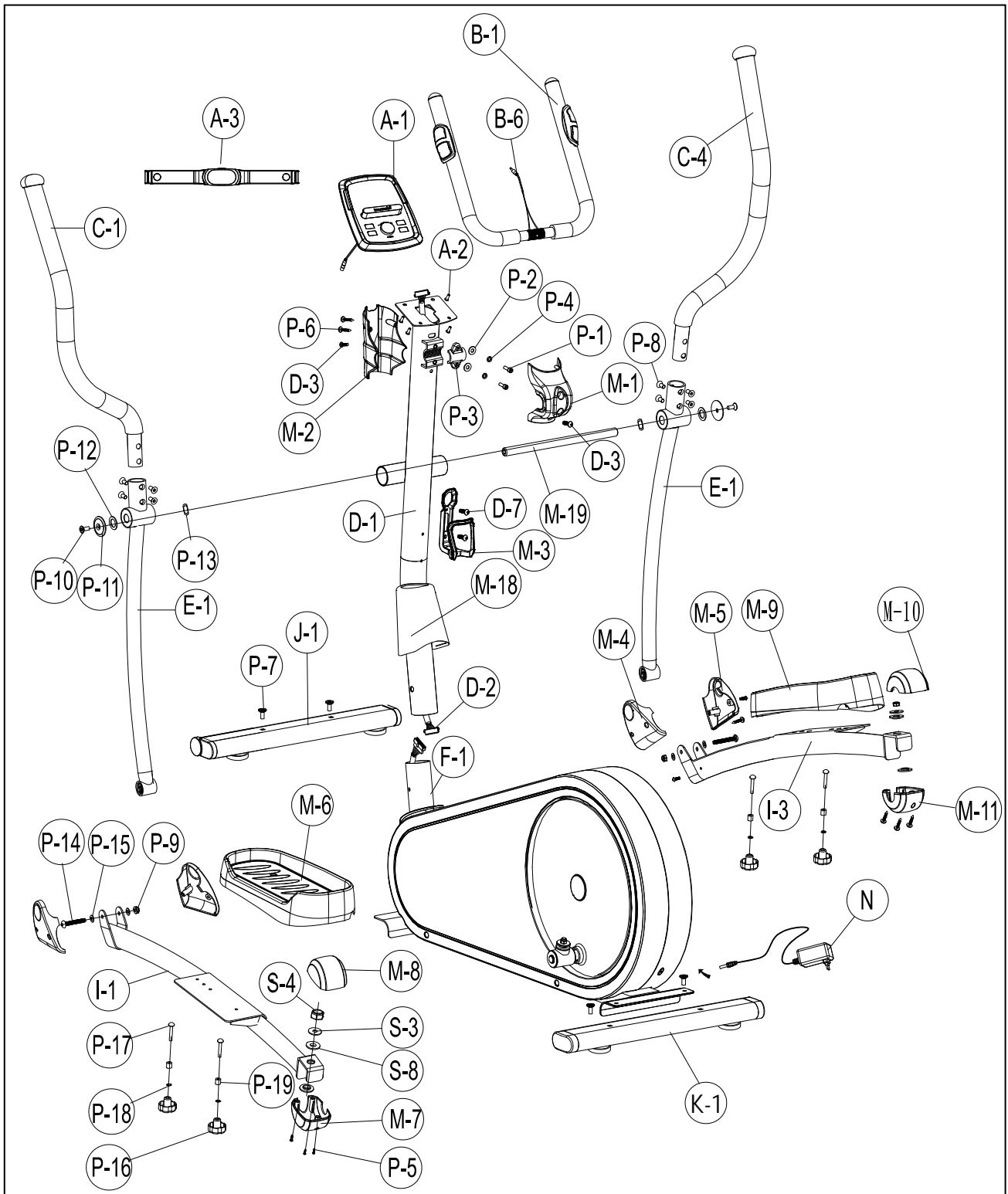


Box Spanner (1)

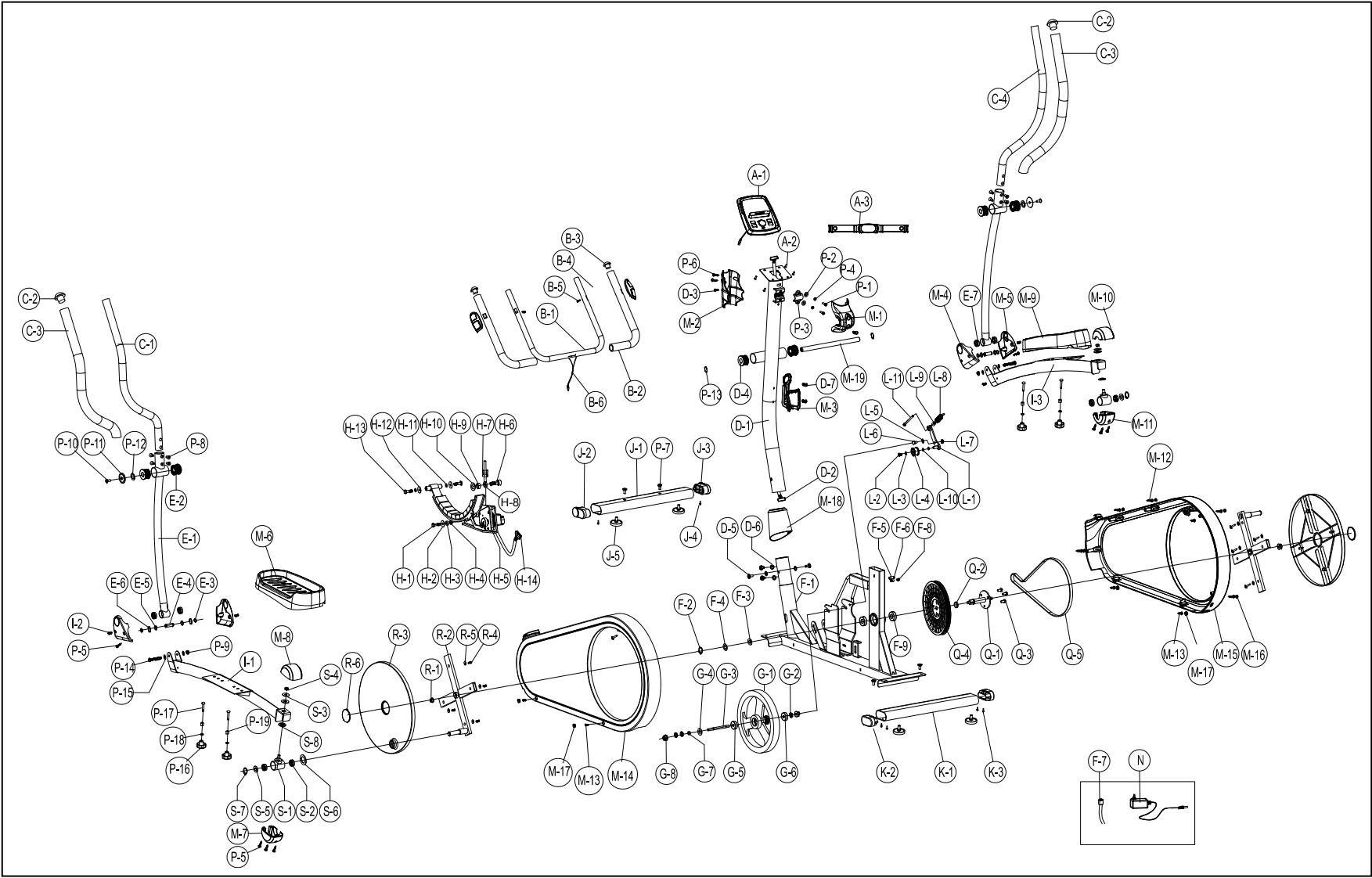
Allen Key (2)



Assembly Diagram



EXPLODED DIAGRAM



PARTS LIST

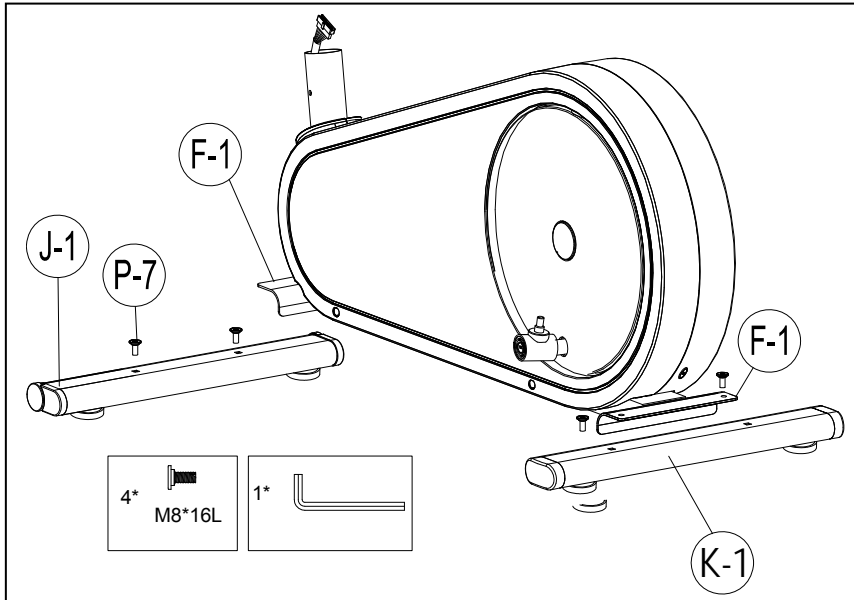
No.	Item	spec.	Q'ty
A , A-1	Computer & Screw for computer		1SET
A-3	Chest belt		1PC
B-1	Front handlebar		1PC
B-2	Foam grip for front handlebar		2PCS
B-3	End cap for foam grip	φ 7/8"	2PCS
B-4	Hand pulse	WP1007-33B	1SET
B-5	Screw	M3x20L	2 PCS
B-6	Wire for hand pulse		1 PC
C-1	Upper handlebar (L)		1SET
C-2	End cap for upper handlebar (R&L)	φ1 1/4"	2PCS
C-3	Foam grip for upper handlebar		2PCS
C-4	Upper handlebar (R)		1PC
D-1	Handlebar post		1PC
D-2	Upper computer cable		1PC
D-3	Screw for computer cover	M5x14L	2PCS
D-4	Bushing		2PCS
D-5	Allen bolt	M8x16	4PCS
D-6	Flat washer	φ 12xφ19x1t	4PCS
D-7	Screw for bottle holder	M5x20L	4PCS
E-1~E7	First-lower handlebar (R& L)		1SET
F-1	Main frame		1SET
F-2	C-type ring	φ 12	1PC
F-3	Wave washer	φ 20xφ30x0.3t	1PC
F-4	Flat washer	φ 20.3xφ30x1t	1PC
F-5	Sensor box		1PC
F-6	Sensor holder		1PC
F-7	DC cable		1PC
F-8	Screw	M4x10L	1PC
F-9	Bearing	6004RS	2PC
G1~G-8	Flywheel set		1SET
H	Magnetic set & Gear box		1SET
I-1	Pedal post (Left)		1PC
I-2	Screw	M5x14L	4PC
I-3	Pedal post (Right)		1PC
J-1~J-3	Front stabilizer set		1SET

K-1~K-3	Rear stabilizer set		1SET
L-1~L-11	Idler wheel set		1SET
M-1	Front cover for computer		1PC
M-2	Rear cover for computer		1PC
M-3	Bottle holder		1PC
M-4	Front cover (Left) for pedal post		2PCS
M-5	Front cover (Right) for pedal post		2PCS
M-6	Pedal (Left)		1PC
M-7,M8	Left rear cover (upper/down) for pedal post		1SET
M-9	Pedal (Right)		1PC
M-10,M-11	Right rear cover (upper/down) for pedal post		1SET
M-12	Screw for chain cover	M4x50L	5PCS
M-13	Screw for chain cover	M5x16L	6PCS
M-14	Left chain cover		1PC
M-15	Right chain cover		1PC
M-16	Cap for chain cover screw holes	Oval	5PC
M-17	Cap for chain cover screw holes	Round	4PC
M-18	Cover for handlebar post		1PC
M-19	Axle for first-lower handlebar		1PC
N	Adaptor		1PC
P-1~P-19	Bolts & nuts pack		1SET
Q-1	Shaft		1PC
Q-2	Bushing	φ 20.5xφ25x7.5mmL	1PC
Q-3	Hexagonal screws	M8xP1.25x12Lx5t	3PCS
Q-4	Big pulley		1PC
Q-5	Belt	J6 1219m/m	1PC
R-1	Nut	M10xP1.25x10T	2PC
R-2	Cross disc		2PCS
R-3	Round disc		2PCS
R-4	Screw	M4x14L	8PCS
R-5	Flat washer	φ 5xφ16x1t	9PCS
R-6	Cap for round disc		2PCS
S-1~S-8	Crank connation set		2SET

ASSEMBLY STEPS

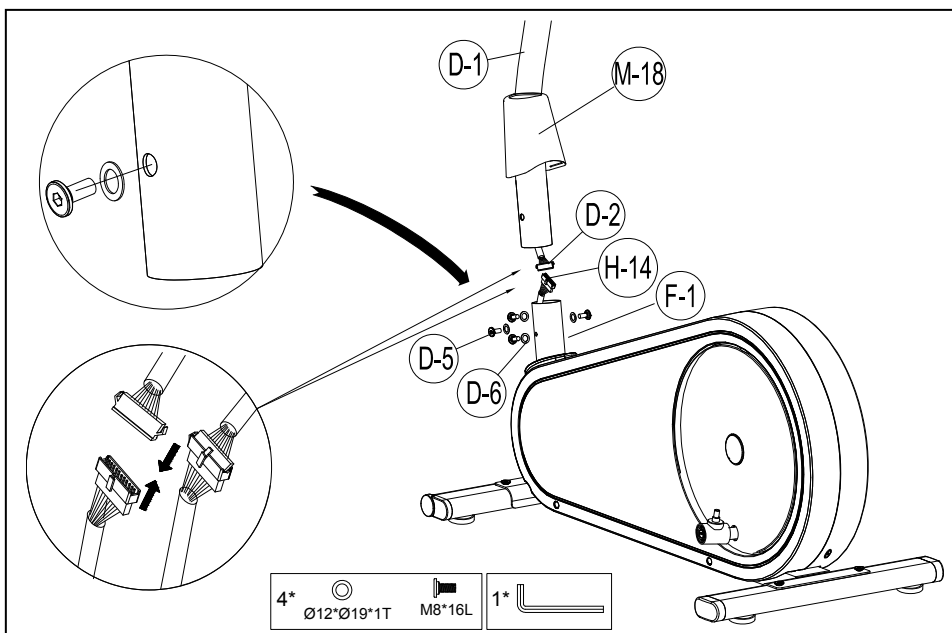
STEP 1

Attach the Front Stabilizer (pt.J-1) to the Main Frame (pt.F-1) using two Allen bolt (pt.P-7)
Attach the Rear Stabilizer (pt.K-1) to the Main Frame (pt.F-1) using two Allen bolt (pt.P-7).



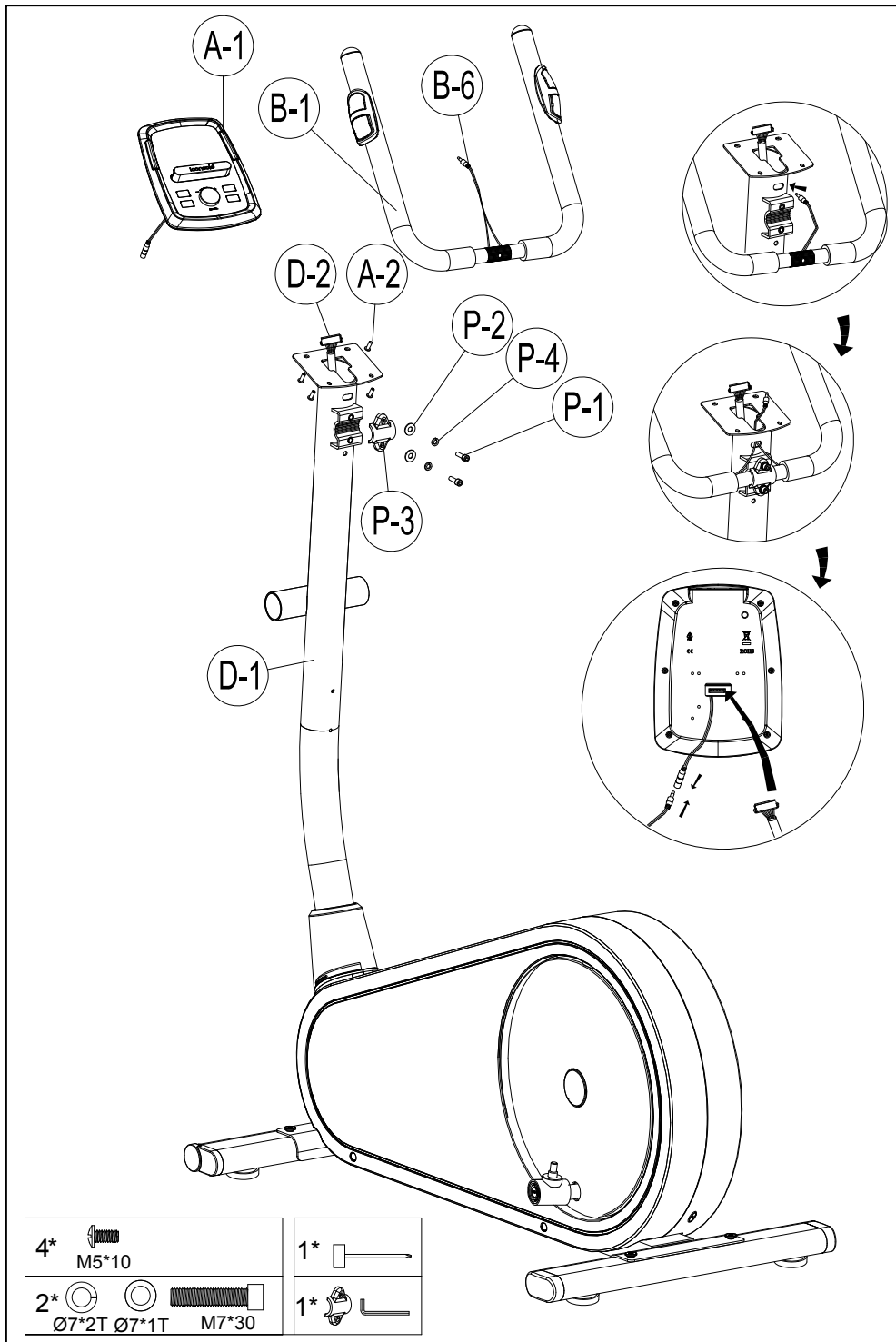
STEP 2

1. Please remove four sets of the M8x16 Allen bolt (pt.D-5) and Flat Washer (pt.D-6) from the Main Frame (pt.F-1)
2. Take the Handlebar post (pt.D-1) and pass it through the Handlebar post cover (pt.M-18).
3. Hold the Handlebar Post (pt.D-1) and connect the Lower Computer Cable (pt.H-14) and the Upper Computer Cable (pt. D-2)
4. Slide the Handlebar Post (pt.D-1) into the Main Frame then fix with four sets of M8x16 Allen bolt (pt.D-5) and Flat Washers (pt.D-6).



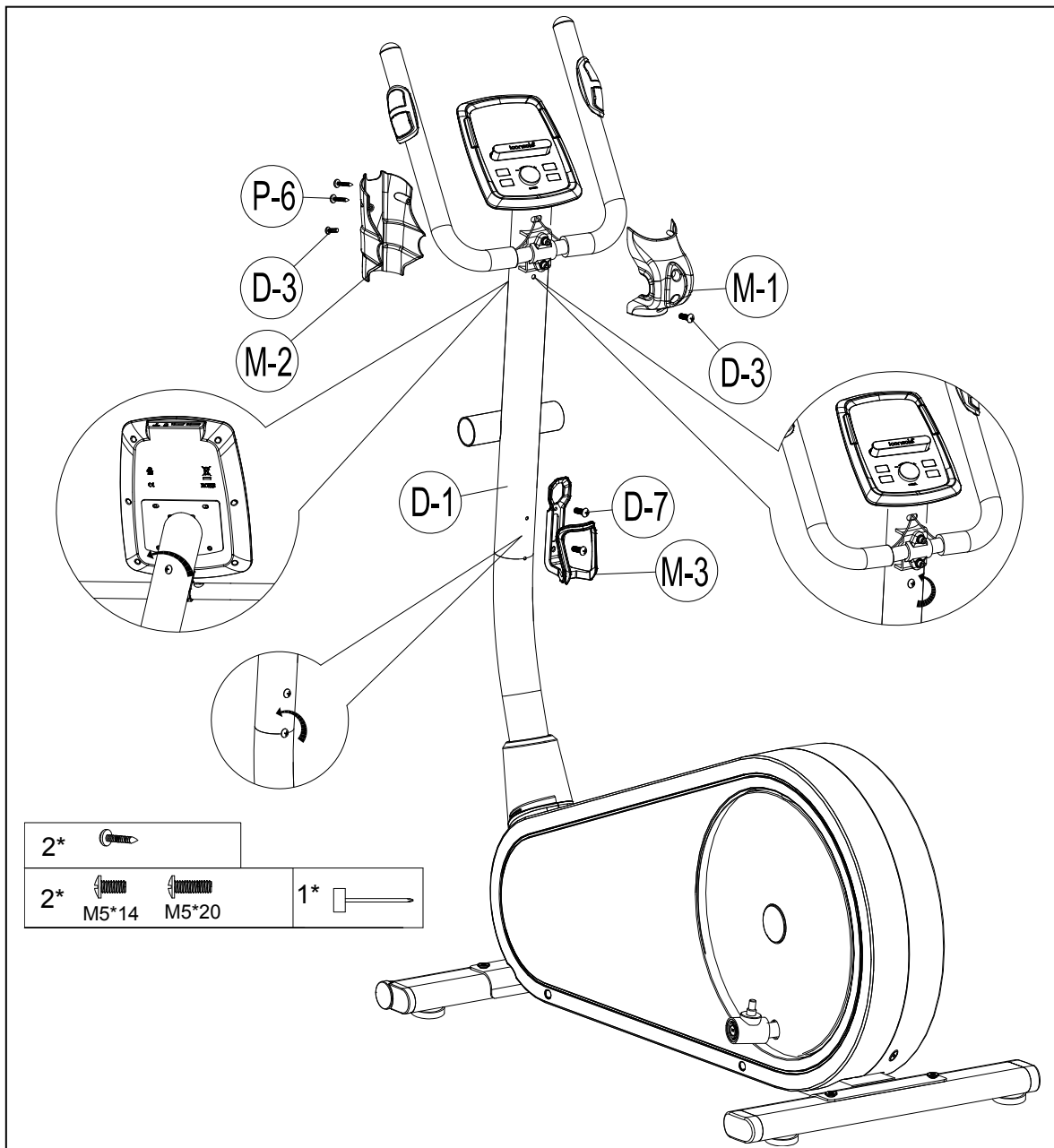
STEP 3

1. Attach the Front handlebar (pt.B-1) to the Handlebar post (pt.D-1) using the clamp cover (pt.P-3), and then fix with two Flat Washers (pt.P-2), two Spring Washers (pt.P-4), two Fixing Bolt (pt.P-1).
2. Pass the hand-pulse wire (pt.B-6) through the hole.
3. Connect the Computer cables (pt .D-2) and connect the Hand pulse wire (pt.B-6), then attach the Computer (pt .A-1) to the Computer bracket with the enclosed Screws (pt .A-2).



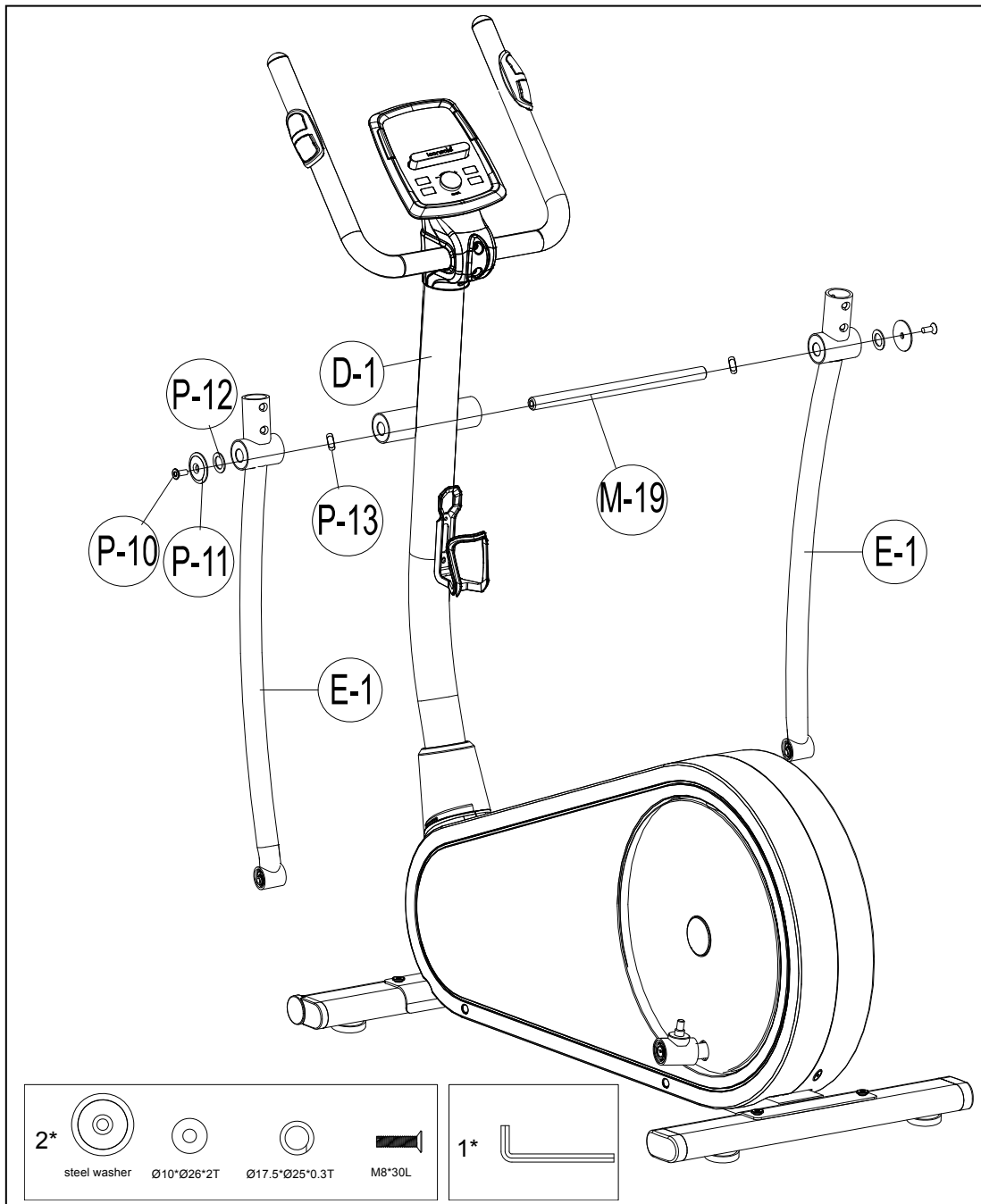
STEP 4

1. Remove the pre-installed Screws (pt.D-3) on the handlebar post first.
2. Attach the Rear cover (pt.M-2) using two of Screws (pt.P-6) and one of Screws (pt.D-3).
3. Attach the Front cover (pt.M-1) using Screws (pt.D-3)
4. Remove the pre-installed Screws (pt.D-7) on the handlebar post, and then assemble the Bottle holder (pt.M-3) by Screw (pt. D-7).



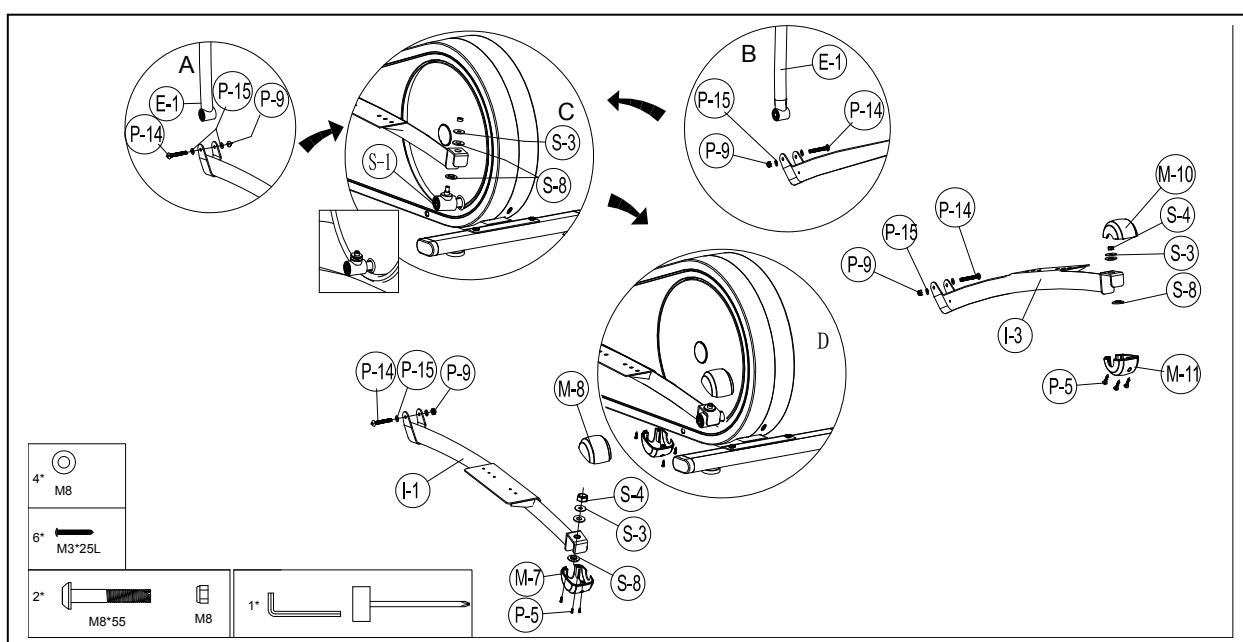
STEP 5 Fix the two Lower handlebar (pt.E-1) to the Handlebar Post (pt.D-1) with one Axle (pt.M-19), two sets of Wave washer (pt.P-13), Flat washers (pt.P-12) and Gasket (pt.P-11) and Allen bolt (pt.P-10).

Pay attention : Please use two allen key tools to fix bolt (P-10) on both side at the same time.



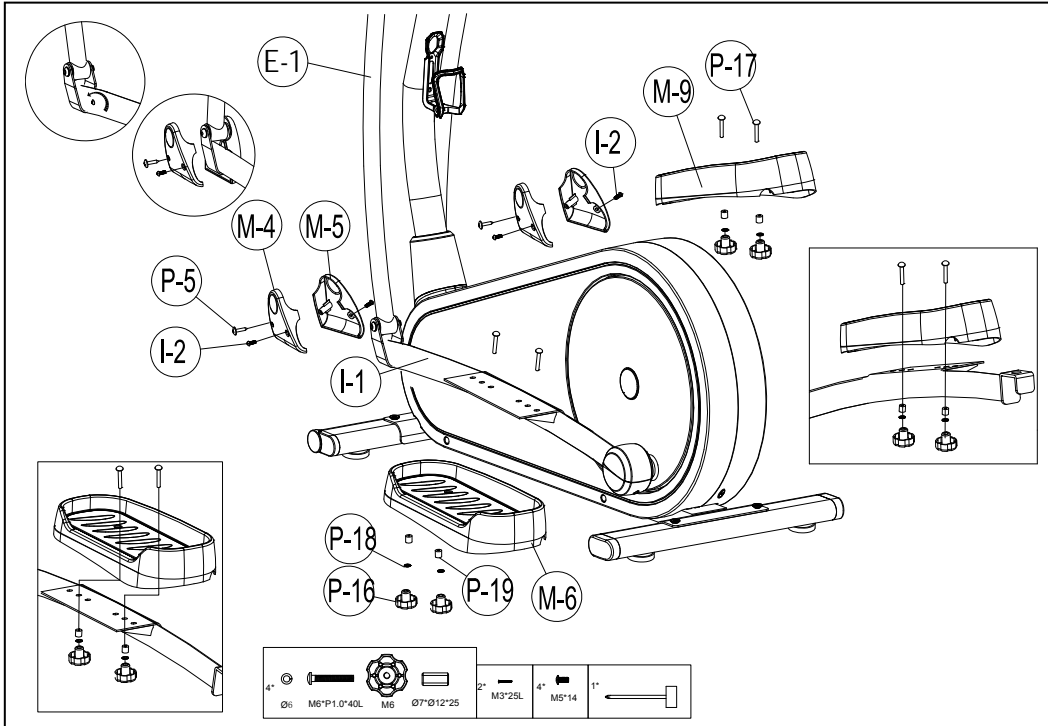
STEP 6

1. Attach the Left and Right lower Handlebar (pt.E-1 L/R) to the Left and Right pedal post (pt.I-1 & I-3) using two Allen bolt (pt.P-14), four Flat washers (pt.P-15) and two Nylon nuts (pt.P-9). --- **Figure A**
2. Attach the Pedal post (pt.I-1 & I-3) onto the Crank connection set using one of Nylon nuts (pt.S-4), Flat washers (pt.S-3) and Plastic washers (pt.S-8). --- **Figure B**
3. Connect the Right rear cover (upper) (pt.M-8) and Right rear cover (lower) (pt.M-7) to the Left pedal post (pt.I-1) using screw (pt.P-5). --- **Figure C**
4. Connect the Left rear cover (upper) (pt.M-10) and Left rear cover (lower) (pt.M-11) to the Right pedal post (pt.I-3) Using screw (pt.P-5).

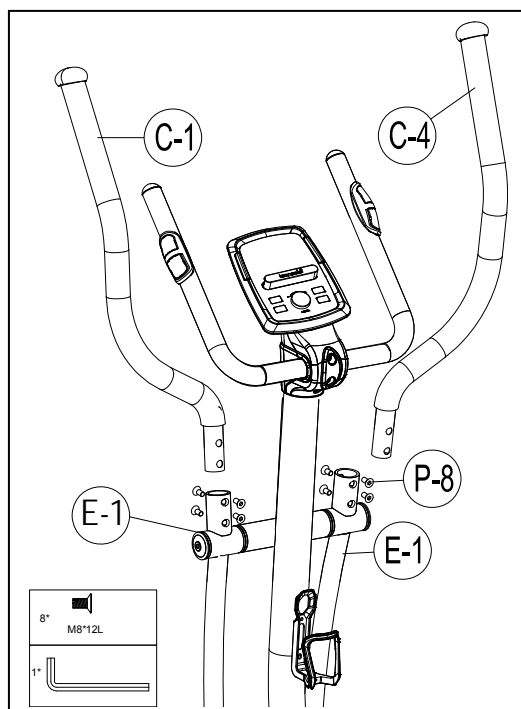


STEP 7

1. Remove the pre-installed screws (pt.I-2) on the Pedal post first.
2. Attach the Lower handlebar (E-1 R/L) to the left and right pedal post (I-1), and then close the cover (M-4 & M-5) using screws (pt.P-5 & I-2).
3. Assemble the Right pedal (pt.M-9) onto the Pedal post (pt. I-3) with 2 Knobs (pt. P-16), 2 Spring washers (pt.P-18),2 Bushings (pt.P-19) and 2 Carriage bolts (pt.P-17).
4. Assemble the Left pedal (pt.M-6) onto the Pedal post (pt. I-3) with 2 Knob (pt. P-16), 2 Spring washers (pt.P-18),2 Bushings (pt.P-19) and 2 Carriage bolts (pt.P-17).

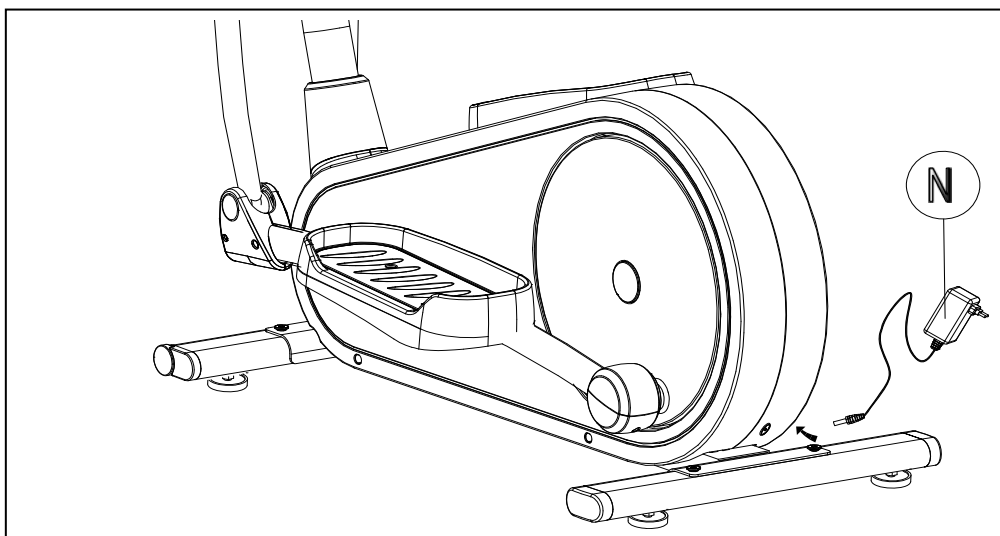


- STEP 8** Slide the Upper handlebar post (C-1,C-4) (R/L) into the Lower handlebar (E-1) and then fix with the eight Allen bolts (P-8)



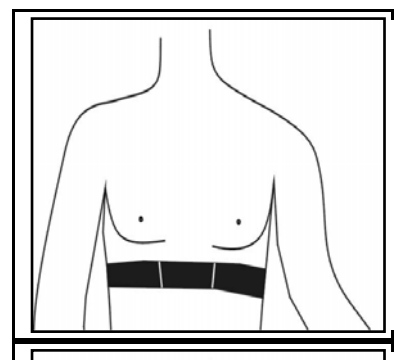
STEP 9

Connect the adaptor (N) to the DC hole (located on the back of the chain cover).



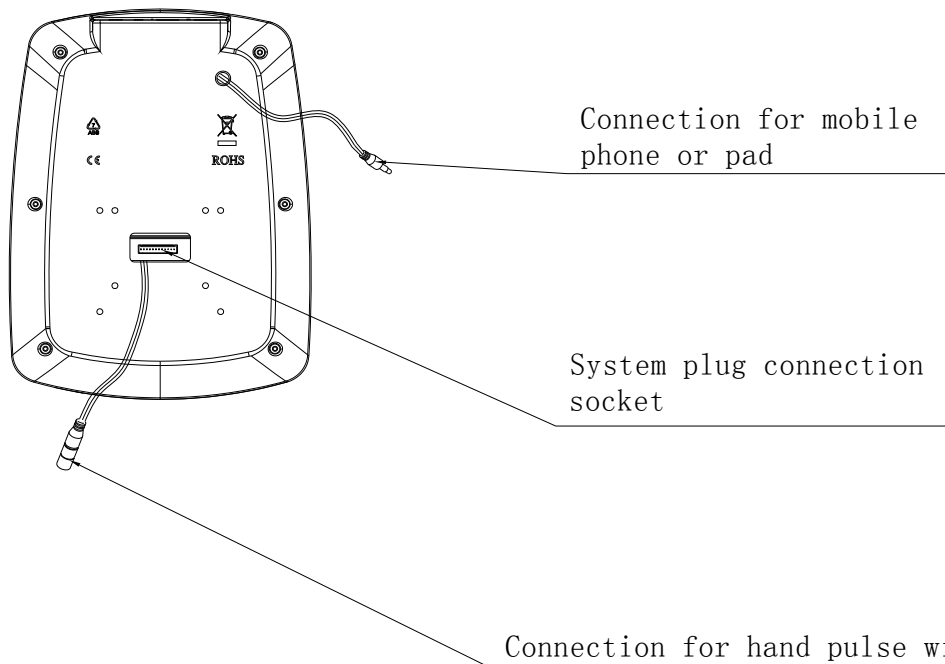
Instruction manual of the transmitter belt fitting

1. Tightly Wrap the transmitter belt around the chest area.
(The belt would only work with direct contact to the skin).
2. Adjust the belt to the position shown on the sketch.
3. The distance between the belt and the monitor should be $80\text{cm} \pm 10$. Make sure user is directly in front of the monitor at all times.

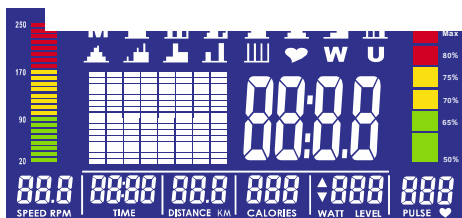


Fit hi way App INSTRUCTION MANUAL

!!! For simple exercise, it is not always necessary to select a training program or manually set the TIME, DISTANCE or other values. You can simply start pedaling .



As soon as the shown on LCE would display



DISPLAYS and BUTTON FUNCTION

Training Values	Display Range	Setting Range
TIME	0:00 ~ 99:59 min.	0:00 ~ 99:00 min.
SPEED	0.0 ~ 99.9 KM	/
DISTANCE	0.0 ~ 99.9 KM	0.0 ~ 99.0 KM
CALORIES	0 ~ 999 Cal.	0 ~ 990 Cal.
WATT	0~999 W	10~350 W
RPM (Revolution/min.)	0 ~ 999	/
PULSE	30-230 BPM	0-30`230 BBPM

BUTTON	FUNCTION
Joggle wheel	- Increase / Decrease Value - Confirm / Setting selection.
Total Reset	- Press it to reboot computer and start from user setting.
Reset	- Hold on pressing for 2 seconds, computer will reboot and start from user Setting - Reset all values to zero during setting workout value or Stop mode.
Start/ Stop	- Start or Stop workout.
Recovery	- Track user Heart rate in recovery phase.

Acoustic Signals

All settings made with the computer are confirmed with an acoustic signal:

1 shot beep = setting confirmed

2 shot beeps =It is impossible to make any settings

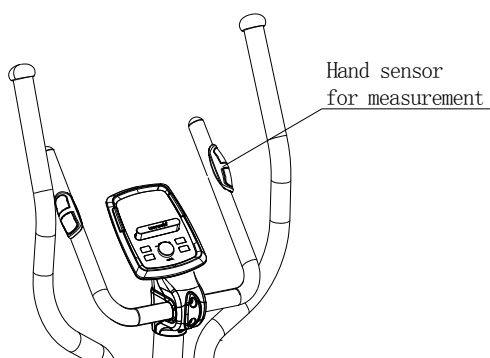
(for example, a training program is running; press START/STOP to end the program.)

Training Data

The computer calculates and displays all values automatically according to user training status (see table).

Take note:

* If only a "P" is shown instead of pulse value, it is impossible to measure the pulse. Grip the handle where all four hand pulse sensors are located or wear chest strap. Moisten your palms first with a little water if necessary.



* The display in the center field depends on the type of exercise that has been set.

The computer provides a number of ways to vary the exercise session and make it more motivating.

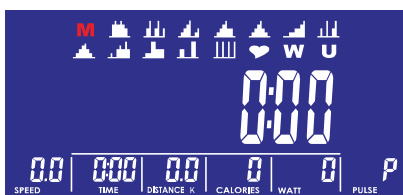
The following exercising are available:

- Manual Training (training without programs)
- Training with Programs (there are 12 programs built-in, P01~P12)
- Training with your own program (User program)
- Training with the Heart Rate program (H.R.C)
- Training with set output value (WATT)

Starting exercise immediately

Once a power connection has been established, the computer will full display 2s and show wheel diameter in SPEED window ,then enter into workout setting mode.

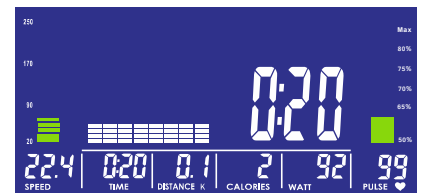
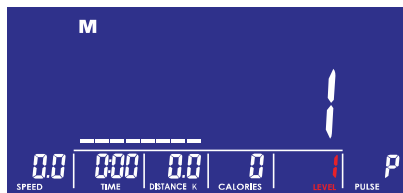
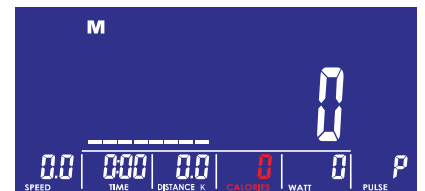
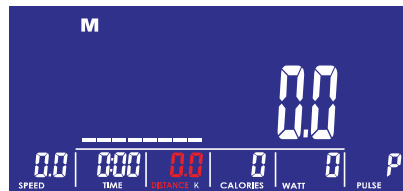
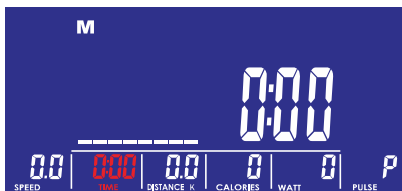
MANUAL is flashing in matrix display with 1Hz.If you have previously selected a program or started your workout, press RESET to return to the starting display.



-Press START/STOP button to start workout immediately without entering further settings.

-Press joggle wheel to enter your personal settings: the following fields will flash in turn

- . TIME
- . DISTANCE
- . CALORIES
- . PULSE



Rotate joggle wheel up or down to set values and confirm your selection.

Press START/STOP to start workout.

As soon as one of the set value reach the preset Target, the icon will flash in the appropriate display window (e.g. TIME) and several beeps sound.

-You can adjust the level of resistance on the pedals while exercising by rotating joggle wheel up or down. The newly set value will be shown under the LOAD window (default value is Level 1).Without KEY entry for 3 seconds, the Load level value will change to WATT value.

-Press START/STOP to end exercising. All exercising value will remain (HR signal would not effect).

Selecting a Program to do training

Once a power connection has been established, MANUAL is flashing in the display.

- Rotate joggle wheel to go between M(Manual)→P(Program)→♥(H.R.C.)→W(Watt)→U(User) cyclically.
- Choose P (Program) and press joggle wheel to confirm. The programs are preset with profiles. Rotate the joggle wheel to select one from the 12 preset profiles. Set the desired session time with joggle wheel press STATR/STOP to start workout.
- You can adjust the level of resistance on the pedals while exercising by rotating joggle wheel up or down. The newly set value will be shown under the LOAD window. Without KEY entry for 3 seconds, the Load level value will change to WATT value.



-Program explain:

Interval programs P2- P3- P7- P12

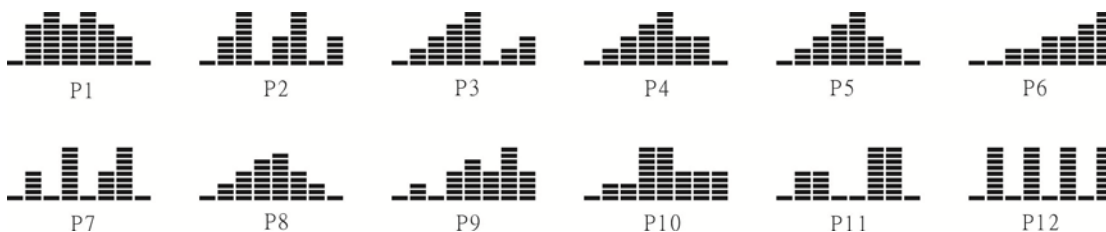
Increasing resistance level programs P6- P9- P11

Increasing and decreasing resistance level programs P1- P4- P5- P8 -P10

The stored training programs are designed especially to enhance aerobic base fitness.

. As a beginner you should start with those programs slowly and set a low pedal resistance.

. You should only graduate to Interval programs once you have been training for several times.



Set program according to heart rate (H.R.C.)

In this program, the exercise bike reacts to your pulse as measured by the hand sensors or chest belt.

This programs allows you to exercise efficiently and safely within your required heart rate zone.

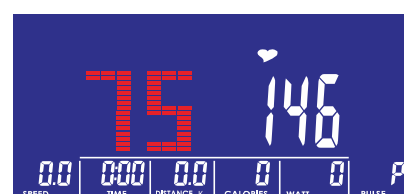
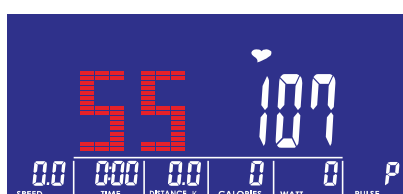
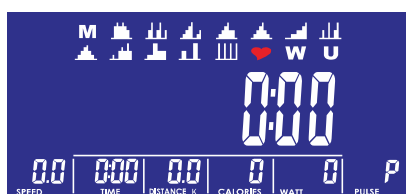
In addition, simple graphics also show you whether you need to need to increase or decrease your stress Level. You can choose between:

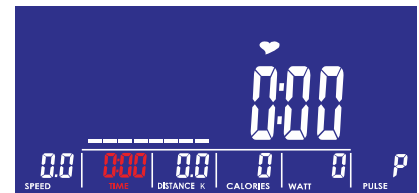
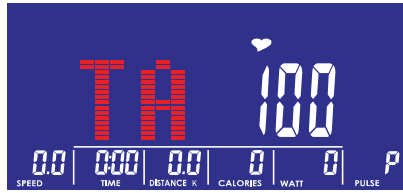
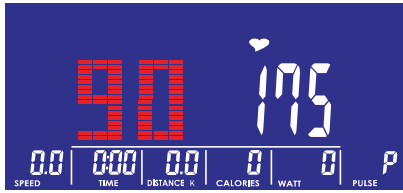
HRC55 Here you are exercising in the very efficient range of 55%, ideal for beginners and for general fat Burning.

HRC75 This range of 75% of the maximum pulse rate is suitable for experienced users and athletes.

HRC90 The anaerobic range of 90% of the maximum pulse rate is only suitable for competitive athletes and short sprint exercises.

TAG The computer uses your Age to calculate a target pulse rate, which you can change as per your willing. Never select a target pulse that is higher than your age-determined maximum pulse rate.





- Press joggle wheel to select H.R.C. and enter by pressing it. Choose HRC55-->HRC75-->HRC90-->TARGET. With HRC55,HRC75,HRC90, the max. Heart rate will be calculated by the computer automatically.
 - With the TARGET program, the preset value 100 will be shown. Rotate joggle wheel to set a value between 30~230 and confirm. The program has been saved.
 - Set the desired session time with joggle wheel and press STATR/STOP to start workout.
- For this program, it is necessary to keep your hands on the sensor grips or wear chest strap while exercising so that computer can detect and display your heart rate value.

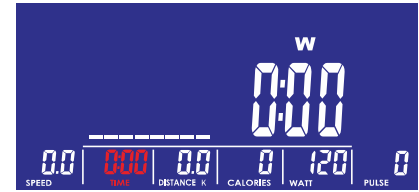
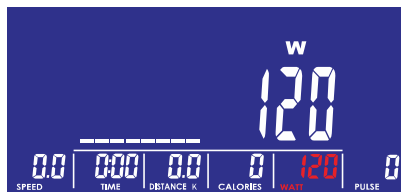
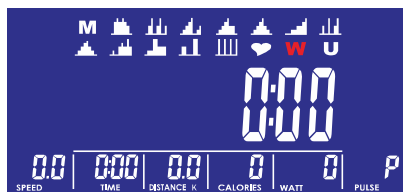
Program sequence:

- The computer sets a pedal resistance that keeps you exercising constantly within your target pulse rate.
- .If you are exercising and go below your preset pulse rate, the pedal resistance will automatically rise by one stress level every 30 seconds.
- .If you are exercising and go above your preset pulse rate, the pedal resistance will automatically decrease by one stress level every 15 seconds. If you have already reached the lowest level "1" and your pulse rate is still higher than your preset value, then after about 30 seconds an acoustic signal will alarm and computer program will end automatically.

Exercising with set output values

Here you can enter a constant output value. The computer automatically adjusts the pedal resistance to your speed so that your output remains constant.

- Press joggle wheel to select WATT and enter by pressing it. Rotate joggle wheel to set desired session output value (default value: 120).
- Set the desired session time with joggle wheel press STATR/STOP to start workout.
- You can adjust WATT level while exercising by rotating joggle wheel up or down. The newly set value will be shown under the WATT window. Without KEY entry for 3 seconds, the Load level value will change to WATT value.

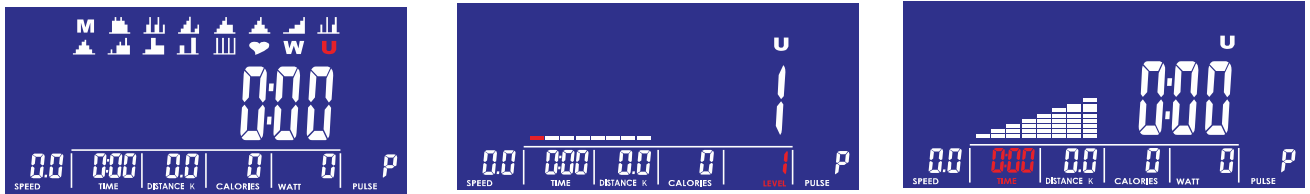


User-defined profile

Here you can design your own profile with bars just like the preset program profiles.

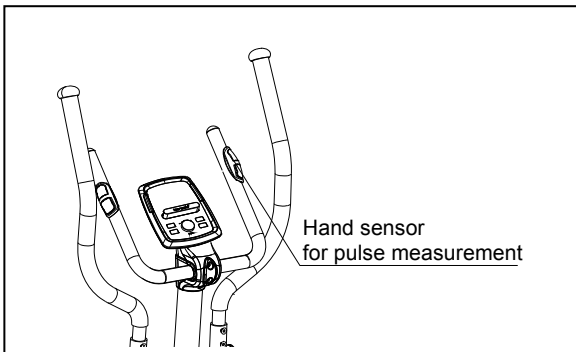
- Press joggle wheel to select USER PROGRAM and enter by pressing it. The first bar will be displayed.
- Rotate joggle wheel to set resistance level and confirm by pressing it. The next bar will be displayed.
- Continue this process till set up 8 bars. The max. Resistance level is 16. Once finishing your desired profile, press and hold joggle wheel for 2 seconds, the profile has been saved.
- Set the desired session time with joggle wheel and press STATR/STOP to start workout.
- You can adjust the level of resistance on the pedals while exercising by rotating joggle wheel up or down.

The newly set value will be shown under the LOAD window. Without KEY entry for 3 seconds, the Load level value will change to WATT value.



Measuring your pulse with the hand sensors

The hand sensor are not medical products, but rather exercising tools designed for the approximate measurement and displaying of the pulse rate when exercising with the exercise bike.



You can measure your pulse with the two hand sensor on the handle.

>> Place both hands on the hand sensor on the handle as you exercise and wait briefly for the pulse value to be displayed.

Recovery phase

It is recommended to end an intensive exercise session with a recovery phase. During this phase you should be able to relax and pedal without strong resistance until your pulse slows close to its usual rate.

-Press RECOVERY button and grip the hand sensors or wear chest strap again. Then only TIME is showing with counting down from 60 seconds to 0, all other functions are not available.

Once the 60 seconds recovery phase is over, an evaluation of the achieved heart rate will be shown:



1.0	OUTSTANDING
1.0 < F < 2.0	EXCELLENT
2.0 < F < 2.9	GOOD
3.0 < F < 3.9	FAIR
4.0 < F < 5.9	BELOW AVERAGE
6.0	POOR

-If your heart rate is still very high after 60s (F is between 4 and 6), you could restart the recovery program to gradually slow your heart rate further.

Fit Hi Way APP

The console has been built-in 4.0 Bluetooth module for APP function. User can connect console to tablet or smart phone for APP function through Bluetooth.

First, search letters [Fit Hi Way] App on APP store or Google Play or Baidu Assistant, download the APP and install it to mobile device.

Then, turn on Bluetooth on tablet, search for console device and press connect.

Pair tablet and console thru BT. Turn on [Fit Hi Way] APP on tablet and start workout with tablet. (APP operation refer to Fit Hi Way Instruction Manual)



NOTE:

1. Once console is connected to tablet via Bluetooth, the console will power off.
2. Please exit Fit Hi Way app and turn off the Bluetooth from the smart device, then the console will power on again.
3. If console operation or display abnormally, please Power-off and restart it.

The manual will be updated from time to time, the consumer can get the newest version by scanning the QR code or link to the website as below.

Fit Hi Way INSTRUCTION :



Attention! All preset data will be lost when unplug the power (adaptor) from the "machine".