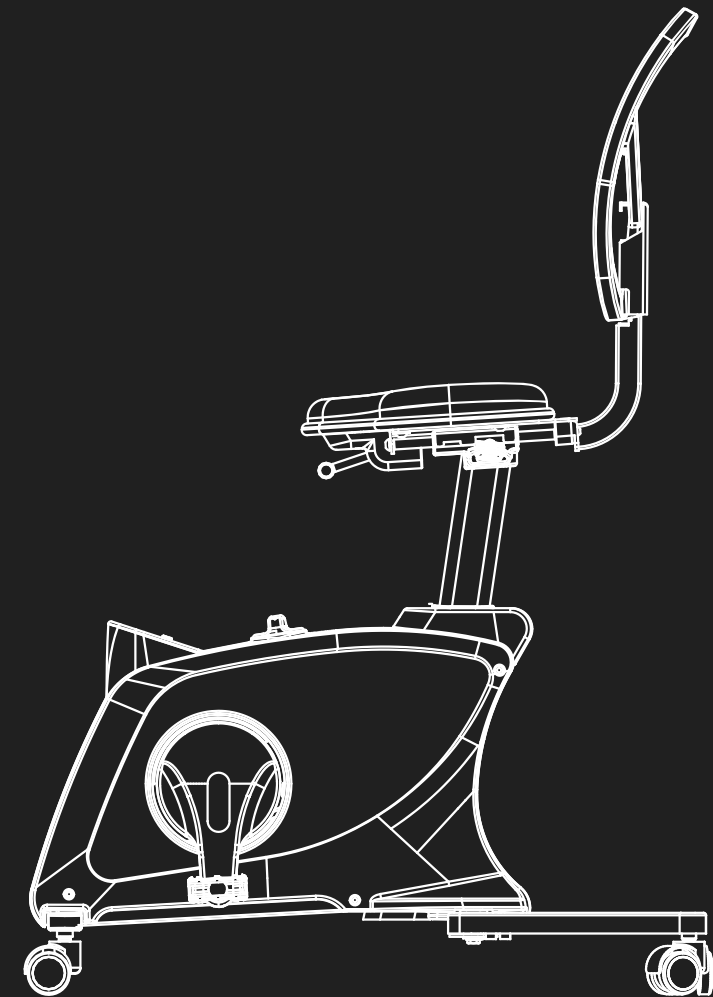


# Ergo Exercise Chair

Imported by iiglo  
Østre Kullerød 4,  
N-3241 Sandefjord  
Norway | [www.iiglo.com](http://www.iiglo.com)  
Made in China

**iiglo®**



Installation Manual

**iiglo®**

## Caution

Please 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.


1. Make sure you read and fully understand this instruction manual.
2. It is the user's responsibility to read and understand all potential hazards of this exercise equipment.
3. Consult a physician before you begin a new exercise program. If you should experience pain, or you feel faint, short of breath, or dizzy, stop exercising and consult a physician. Incorrect or excessive use of this machine can result in injury.
4. Your exercise bike should be operated on a stable, level surface.
5. You should mount and dismount your exercise bike carefully.
6. Loose clothing, untied shoelaces, jewelry, and towels should be kept away from the bike pedals.
7. This machine is designed for adults but allows children to use it under the supervision of the adults.
8. Children are not allowed to play on this product and should never put their fingers near any moving parts of this machine.
9. Remain seated while using this bike - do not stand on pedals.
10. The maximum weight capacity of this bike is 100kg/220lbs.

**Ignoring the warnings in this manual could lead to hazardous situations that might result in serious injury or death.**


Package Included

Accessory package list


1.



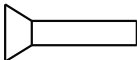
5\*5 Inner Hexagon Allen Key (with cross head) (1 PC)
2.




Screws M8x20 (6 PCS)
3.



Washer  $\Phi 8.5 \times \Phi 16 \times 1.2$  (6 PCS)
4.

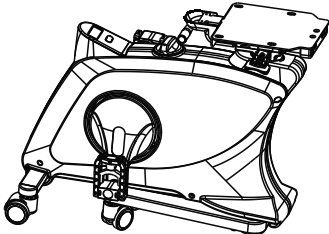

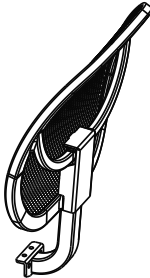


M6x20 Cross Recessed Countersunk Head Screws (2 PCS)
5.

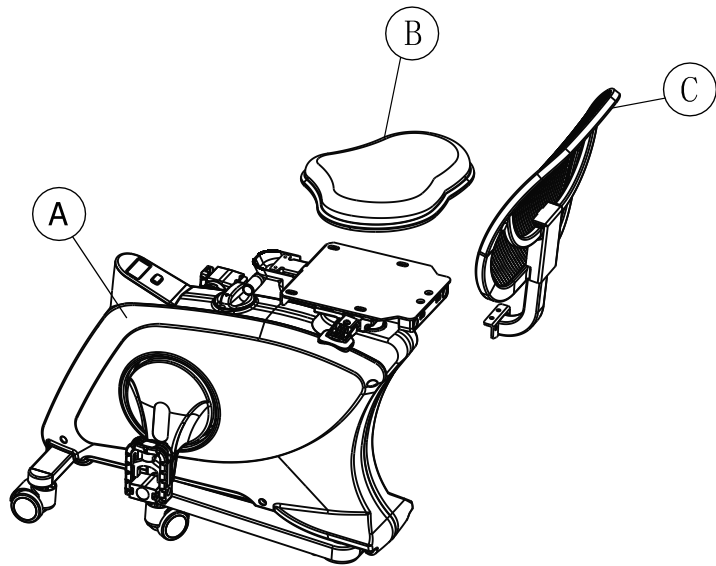


Spring Washer 8- $\phi 8.5 \times \phi 2.05 \times 5.1$  (2 PCS)

Part list

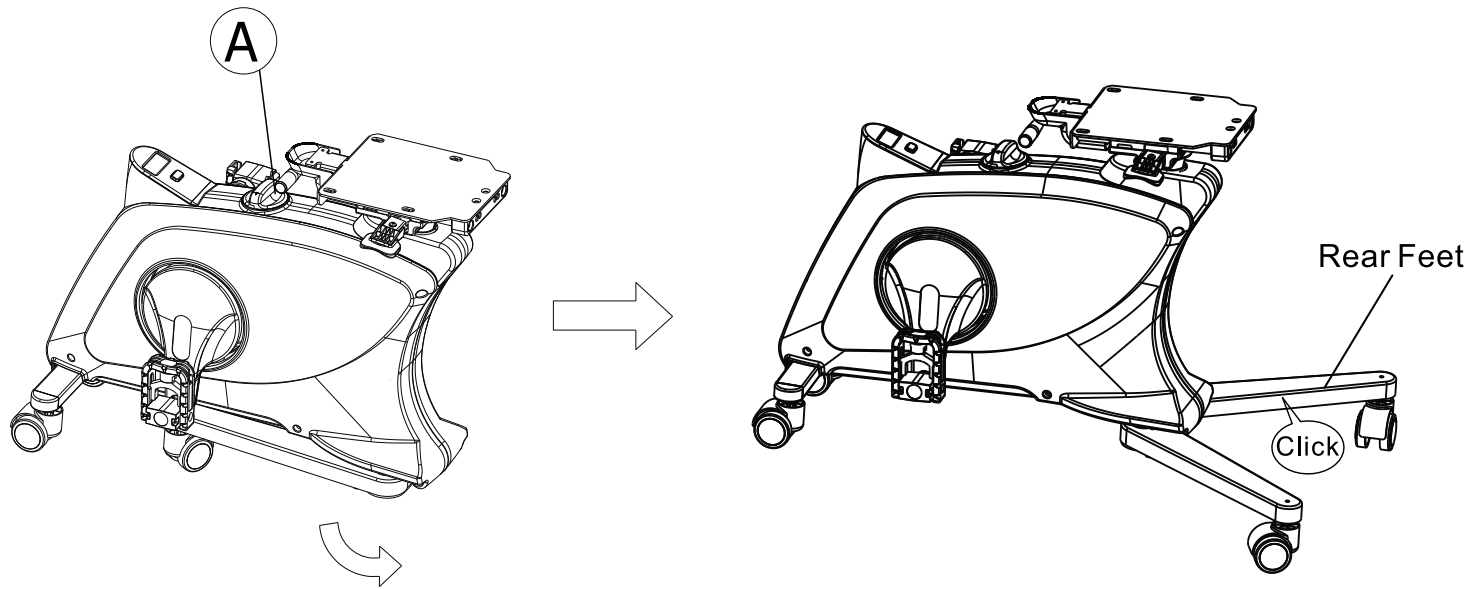
| No. | Part   | Qty | No. | Part   | Qty |
|-----|--|-----|-----|--|-----|
| A   |   | 1   | B   |  | 1   |
| C   |  | 1   |     |  |     |

Installation Diagram



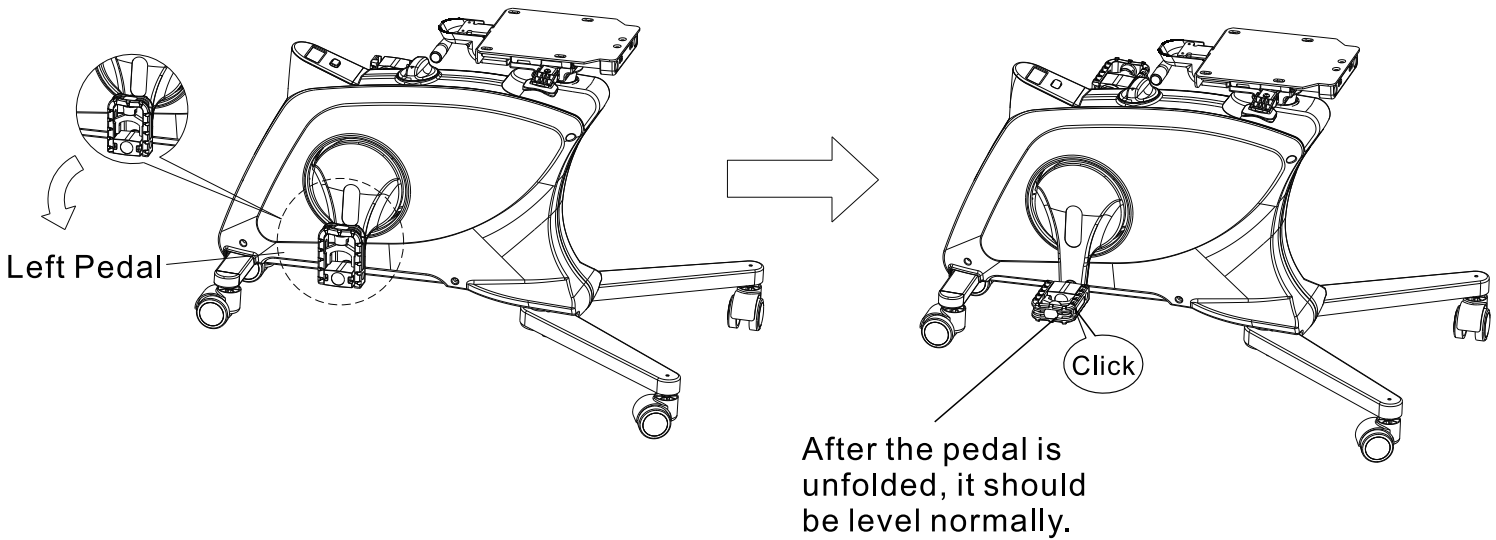
Assembly step 1

1. Unfold the two rear feet of the bike base (A) follow the direction as shown. This step is not completed until a "click" sound is heard.



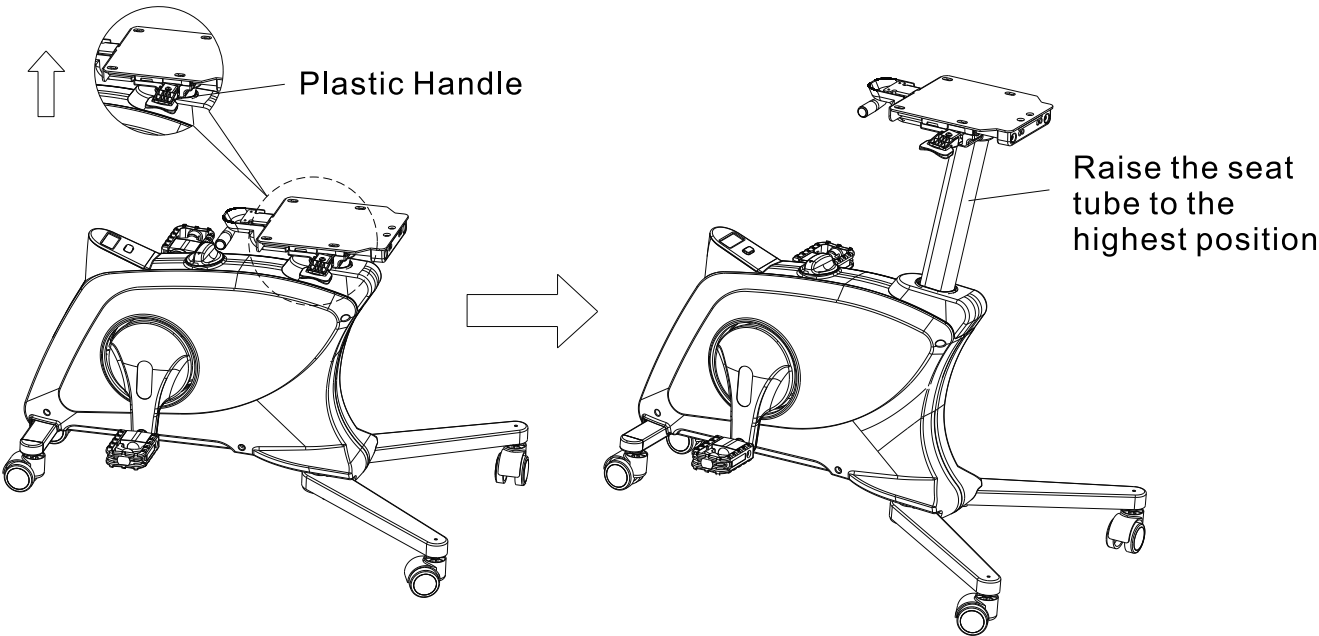
Assembly step 2

2. Unfold the left and right pedals of the bike base(A) as shown until a 'click' sound is heard. After the pedal is unfolded, it should be level normally.



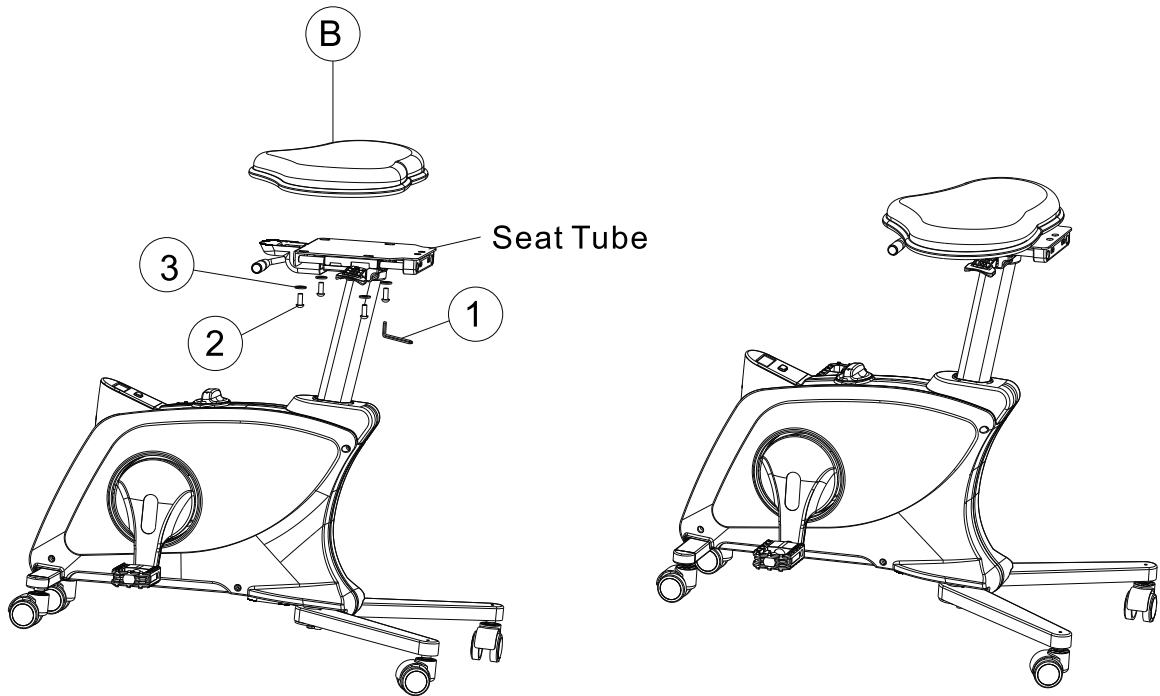
Assembly step 3

3. Pull up the plastic handle to raise the seat tube to the highest position.



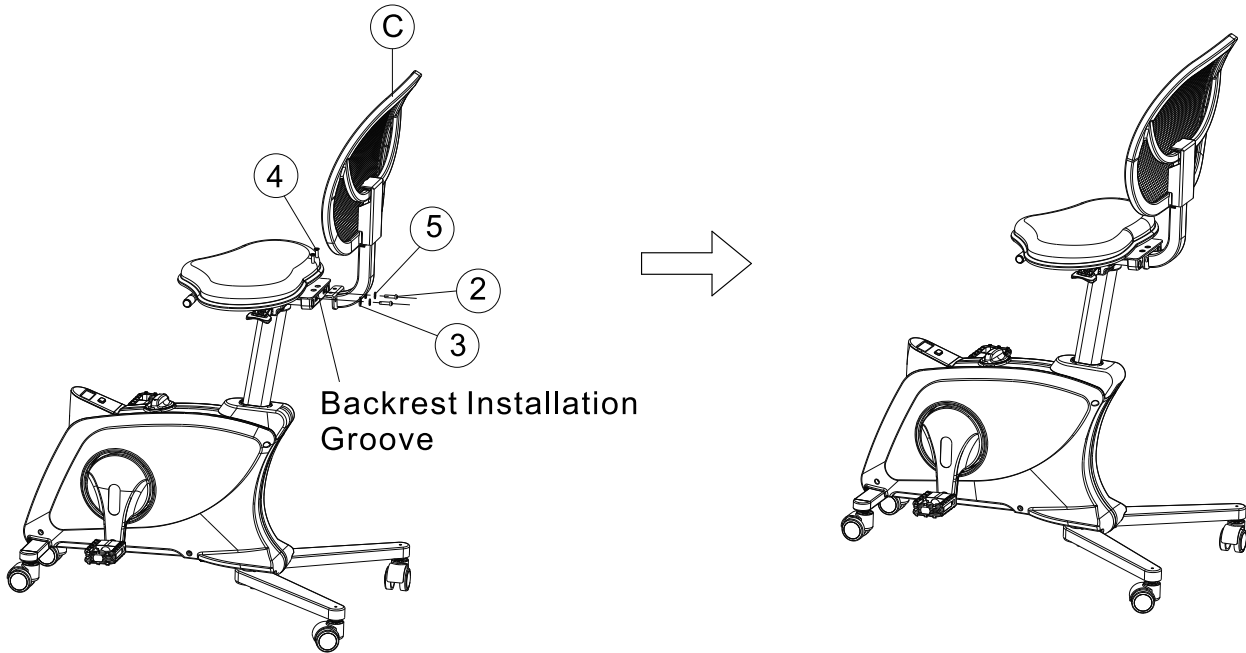
Assembly step 4

4. Place cushion (B) on the seat tube. Use an Allen key ① to tighten the 4 screws ② and 4 washers ③ to fix the seat cushion on the seat tube.



Assembly step 5

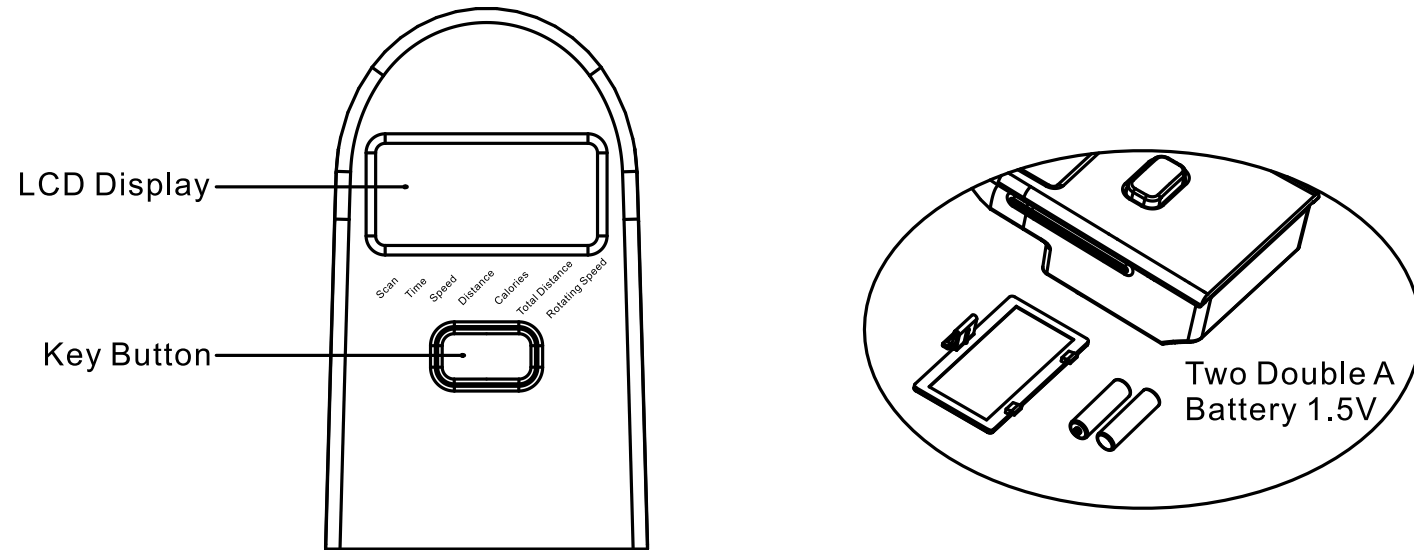
5. Insert the backrest (C) in to the backrest installation groove, use the cross side of the allen key(1) to tighten the two screws(4), use to 2 screws (2) with spring washer (5) and washer (3) to fix the backrest.



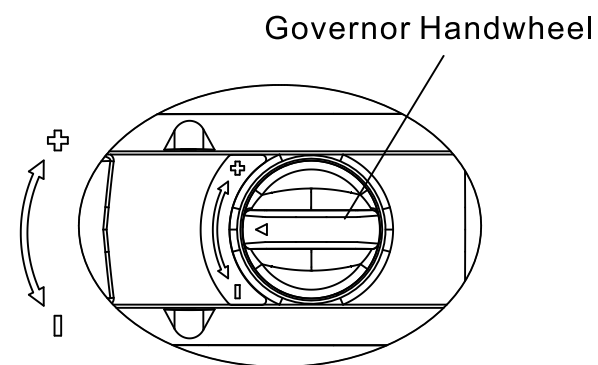


## Display Operation Instruction&Button Function Description

1. Press the key button at the bottom of the LCD display to switch and show exercise time, speed, distance, calories, total distance, rotating speed and other parameters.
2. If stop exercising for more than 4 minutes, the display will enter sleep mode and the LCD display will automatically turn off.
3. Press the Key button or step on the pedal for one round to reactivate the LCD display.

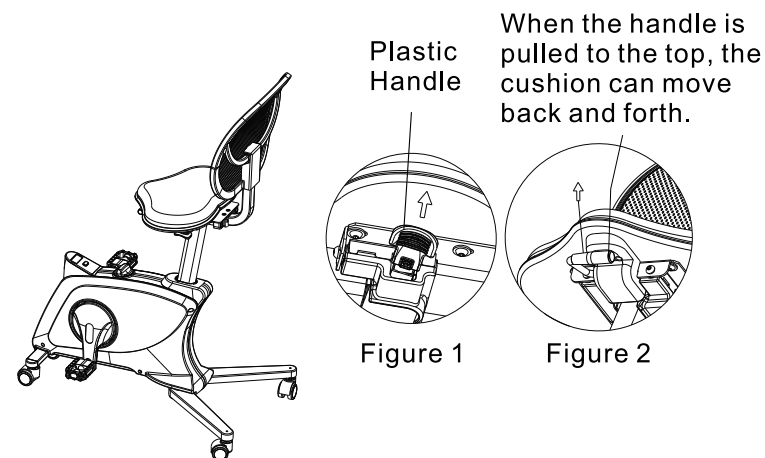


## Instruction 1



**Resistance Adjustment Method:**  
Rotate the governor handwheel towards the "+" direction to increase resistance, towards the "-" direction to decrease the resistance force.

## Instruction 2



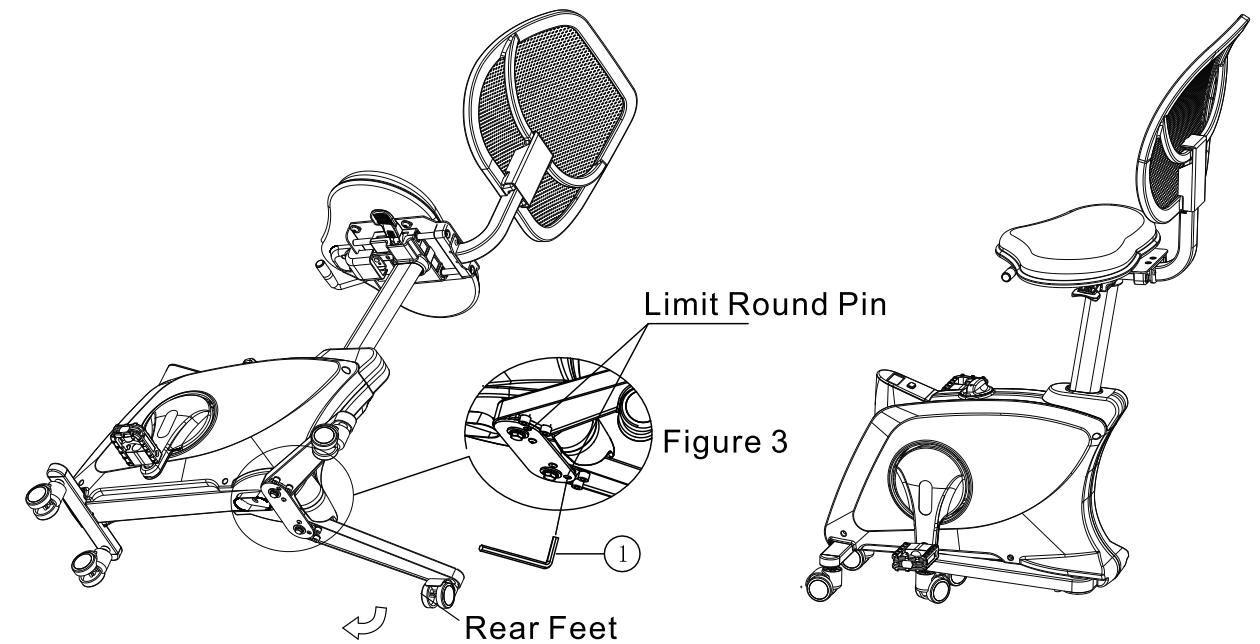
**How to adjust the height of the cushion:** Slightly raise the buttocks, pull up the plastic handle (as shown in figure 1) to raise the cushion, release the handle to lock the cushion at current position; Pull up the plastic handle, lower the height of the cushion by the weight of the human body, release the handle to lock the cushion at current position.

**The front and back sliding adjustment method of the seat cushion:** (As shown in Figure 2), when the handle is pulled up to the highest position, the seat cushion can be pushed back and forth until it is adjusted to a suitable position, slightly move the body so that the limit pin under the cushion can smoothly enter the limit hole to fix the position of the cushion.

## Instruction 3

**Note:** this method is only recommended for return or exchange before entering the box.

**Unfolding function of rear feet:** Tilt the product appropriately, and use an Allen key ① to push the limit pin into the hole (as shown in Figure ③), at the same time, fold the rear feet completely in the direction of the arrow as shown.



## Instruction 4

**The front and back sliding adjustment method of the seat cushion:** (As shown in Figure 4), when the handle is pulled up to the highest position, the seat cushion can be pushed back and forth until it is adjusted to a suitable position, slightly move the body so that the limit pin under the cushion can smoothly enter the limit hole to fix the position of the cushion.

