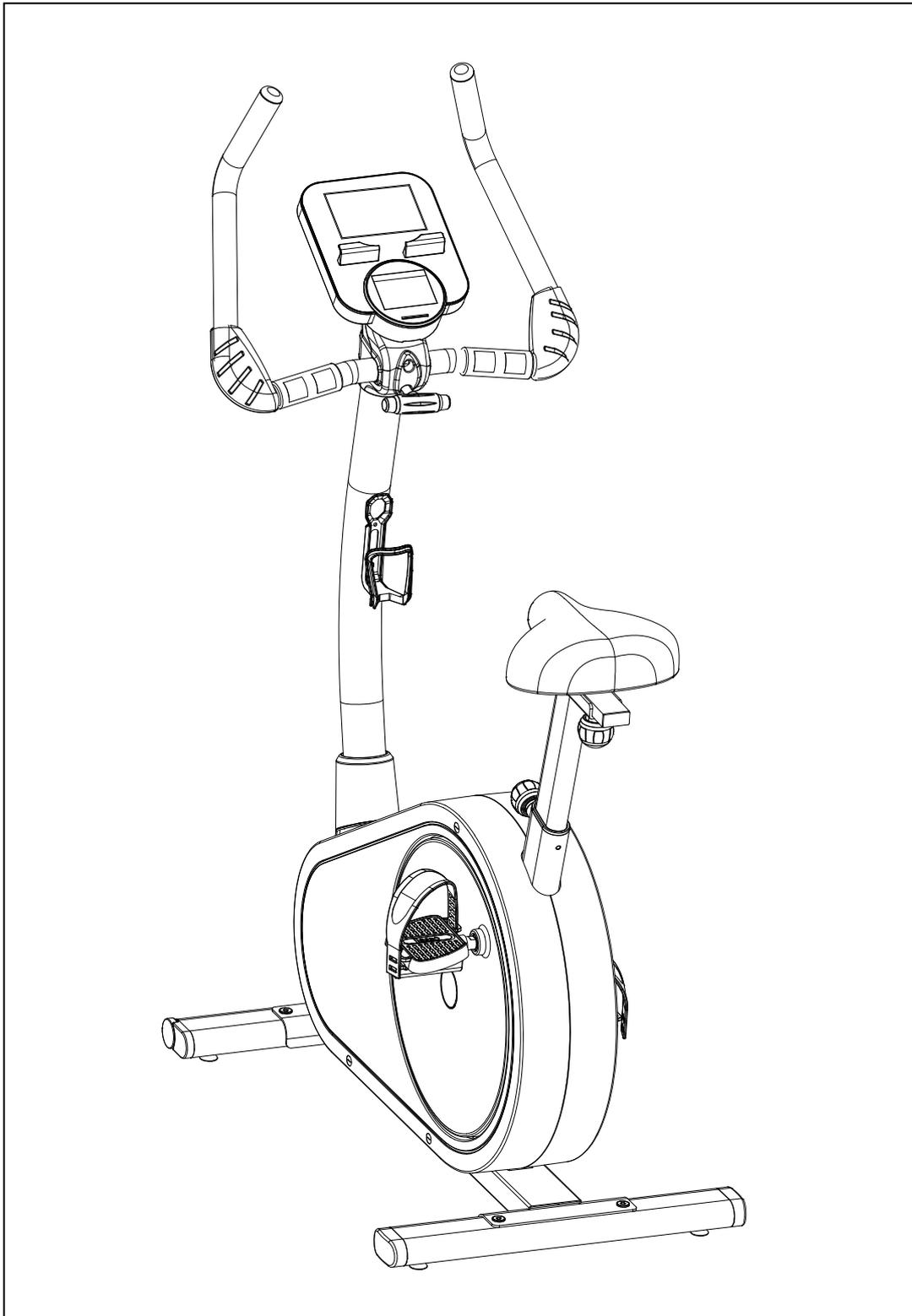


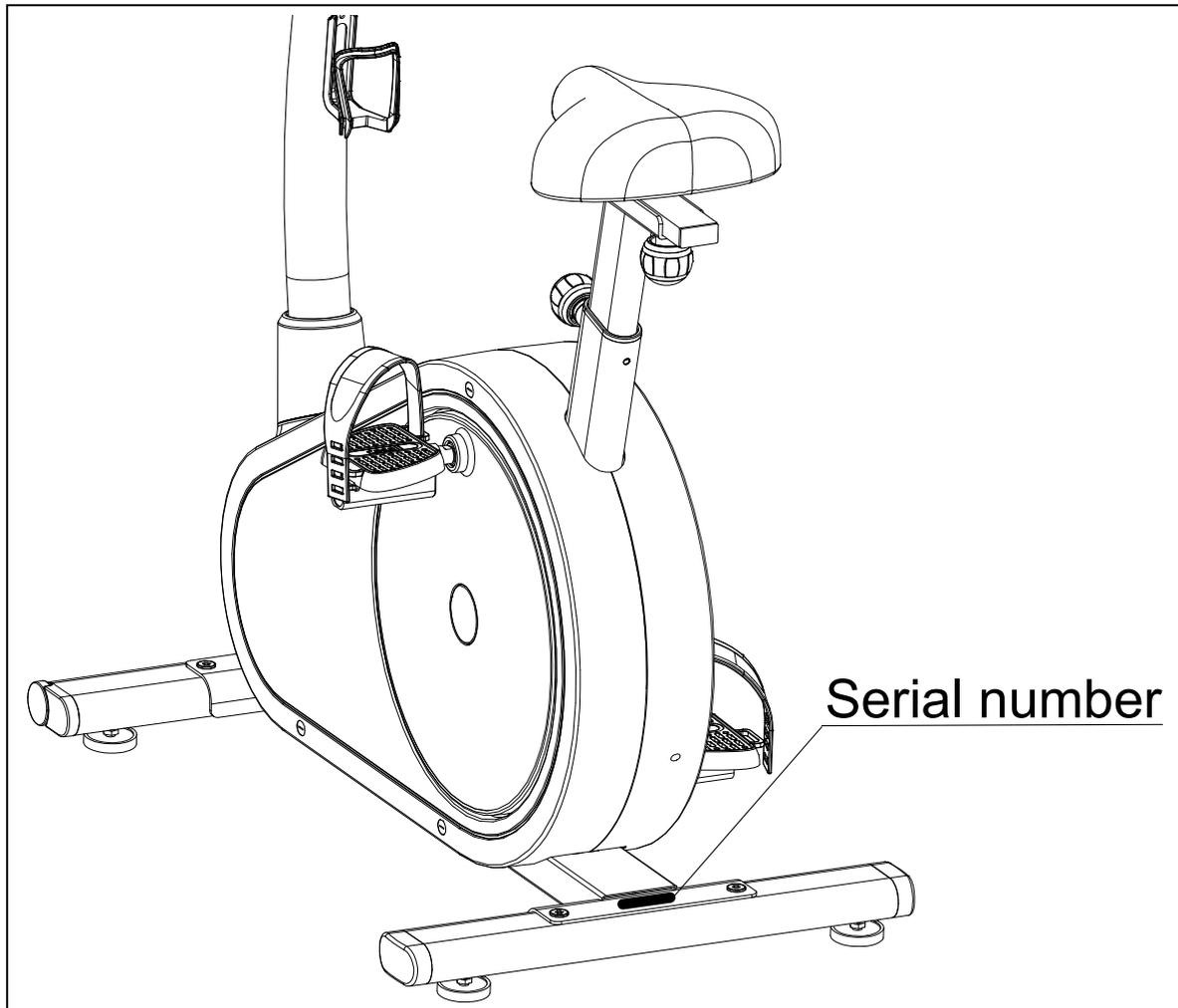
CasallNF 2.0 PLUS

Bike

91032

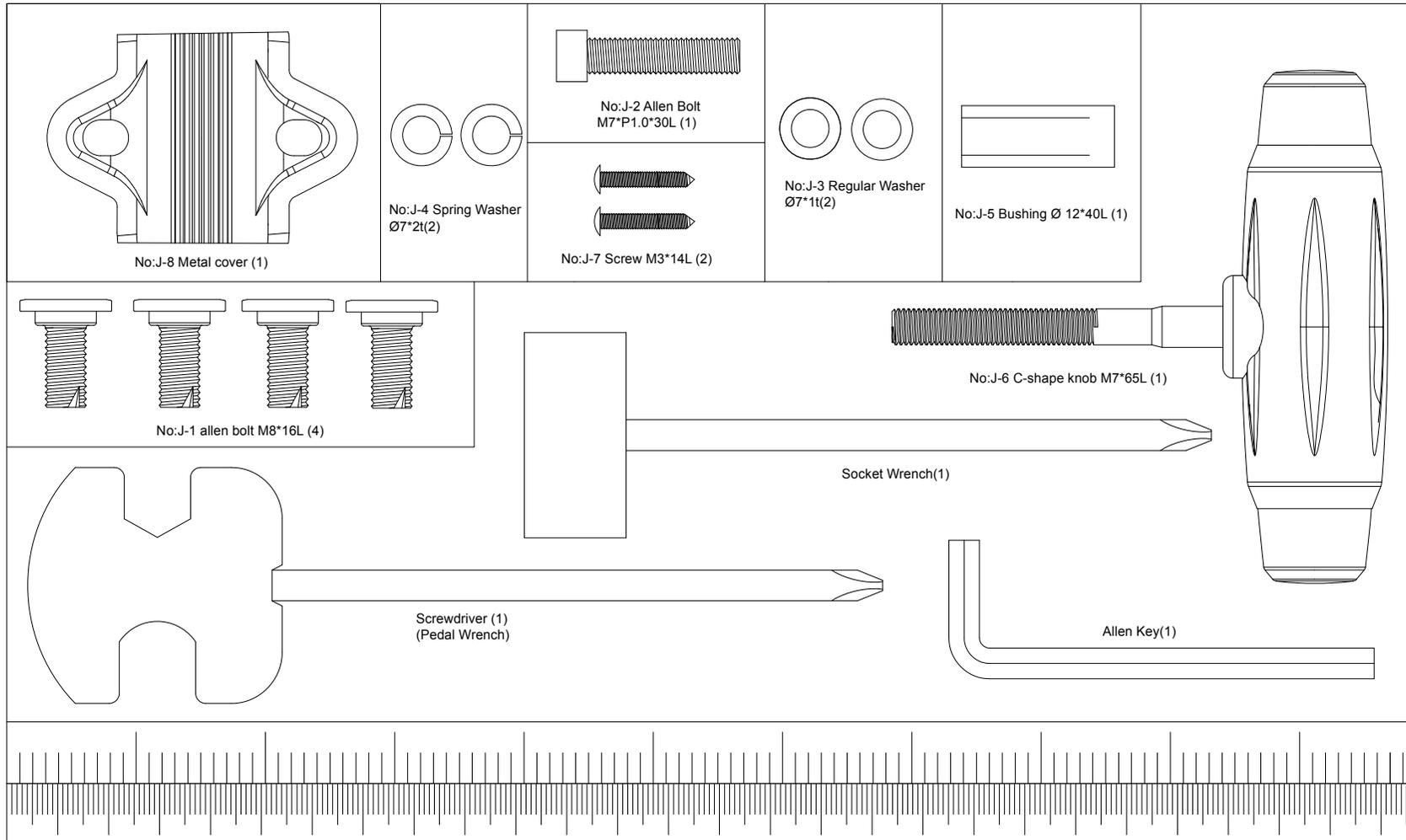


- Important: Please locate your serial number and record in the box below for service support purposes.

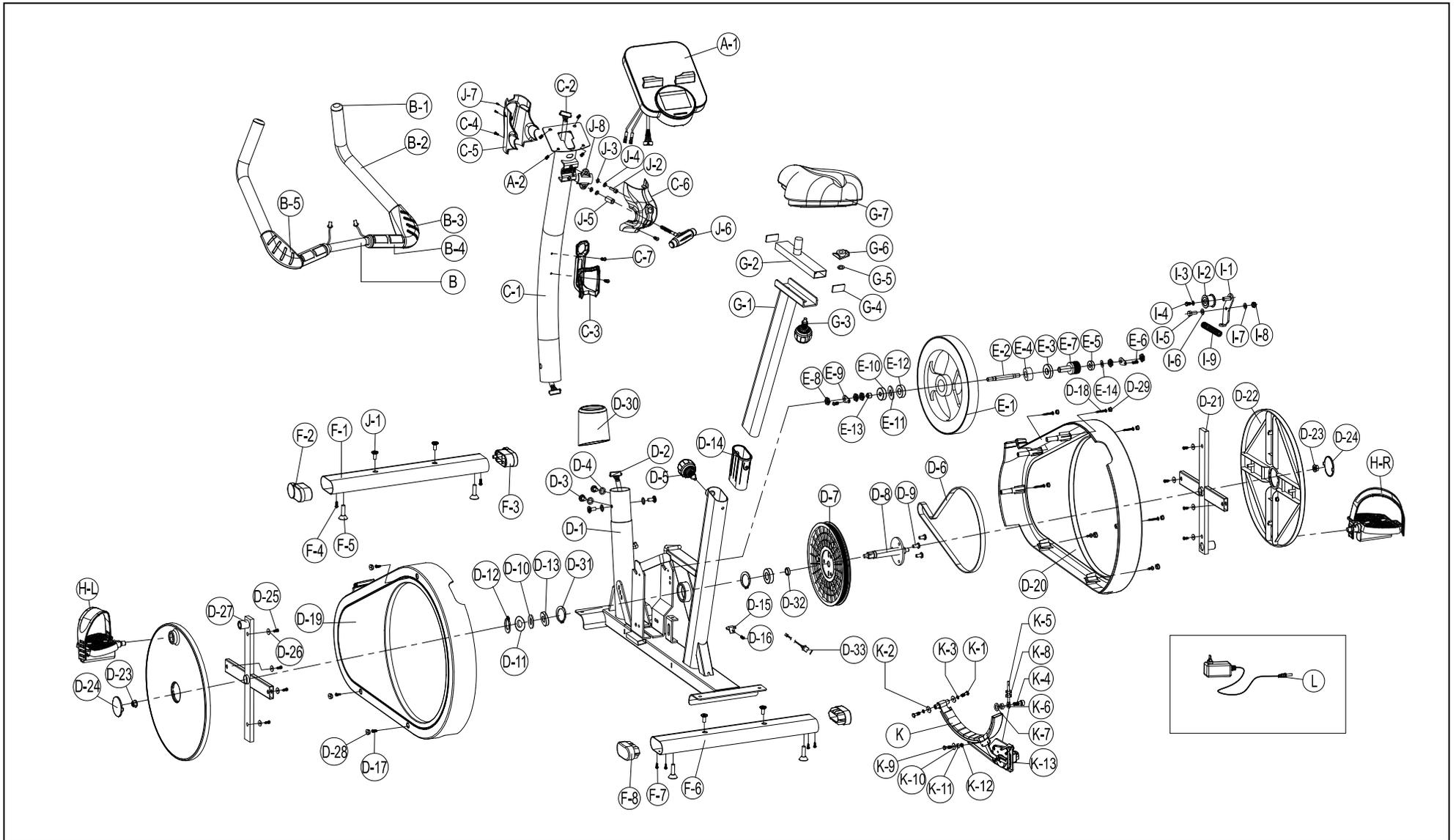


- Serial number here:

INF 2.0 PLUS



EXPLODED DIAGRAM



PARTS LIST

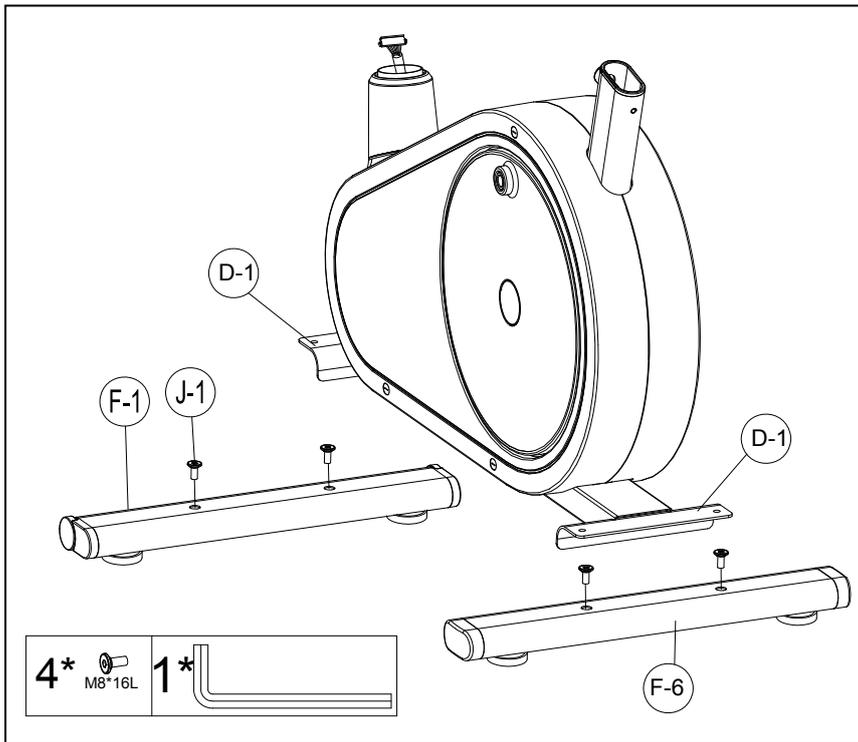
NO.	Description	Specifications	Q'TY
A-1,A-2	COMPUTER & SCREW		1SET
B	HANDLEBAR		1 PC
B-1	CAP FOR HANDLEBAR		2 PC
B-2	FOAM GRIP		2 PC
B-3	ELBOW HOLDER (R)		1PC
B-4	HAND PULSE SET W/WIRE		1SET
B-5	ELBOW HOLDER (L)		1PC
C-1	HANDLEBAR POST		1 PC
C-2	COMPUTER CABLE (UPPER)		1 PC
C-3	BOTTLE HOLDER		1 PC
C-4	SCREW FOR F/R COVER	M5xP0.8x14L	2 PC
C-5	REAR COVER FOR COMPUTER		1 PC
C-6	FRONT COVER FOR COMPUTER		1 PC
C-7	SCREW FOR BOTTLE HOLDER	M5x20L	2 PC
D-1	MAIN FRAME		1 PC
D-3	ALLEN BOLT FOR HANDLEBAR POST	M8x16	4 PC
D-4	FLAT WASHER	$\phi 12 \times \phi 19 \times 1t$	4 PC
D-5	ADJUSTING KNOB FOR MAIN FRAME		1 PC
D-6	BELT	J6 1016m/m	1 PC
D-7	BIG PULLEY		1 PC
D-8	SHAFT		1 PC
D-9	SCREW	M8xP1.25x12Lx5t	3 PC
D-10	FLAT WASHER	$\phi 17.5 \times \phi 25 \times 0.3t$	2 PC
D-11	Wave WASHER	$\phi 17.5 \times \phi 25 \times 0.3t$	1 PC
C-12	C-TYPE RING	$\phi 17$	1 PC
D-13	BEARING	6203 (RS)	2 PC
D-14	PLASTIC BUSHING		1 PC
D-15	SENSOR BOX		1 PC
D-16	SCREW FOR SENSOR BOX	M4x10L	1 PC
D-17	SCREW FOR CHAIN COVER	M5x16L	4 PC
D-18	SCREW FOR CHAIN COVER	M4x50L	5 PC
D-19	CHAIN COVER (L)		1 PC
D-20	CHAIN COVER (R)		1 PC
D-21	CROSS DISC (R)		1 PC
D-22	ROUND DISC		2 PC
D-23	NUT FOR DISC	M10xP1.25x10T	2 PC
D-24	CAP FOR ROUND DISC		2 PC
D-25	SCREW FOR DISC	M4x14L	8 PC

D-26	FLAT WASHER	φ15xφ16x1t	8 PC
D-27	CROSS DISC (L)		1PC
D-28	CAP FOR CHAIN COVER SCREW HOLES	OVAL	4 PC
D-29	CAP FOR CHAIN COVER SCREW HOLES	ROUND	5 PC
D-30	COVER FOR HANDLEBAR POST		1 PC
D-31	SPRING RING		2 PC
D-32	BUSHING	φ22xφ17x7.5mm	1 PC
D-33	DC CABEL		1 PC
E-1~E-14	FLYWHEEL SET		1SET
F-1	FRONT STABILIZER		1 PC
F-2	LEFT CAP FOR FRONT STABILIZER		1 PC
F-3	RIGHT CAP FOR FRONT STABILIZER		1 PC
F-4	SCREW	M5x16L	2 PC
F-5	ADJUSTING PAD FOR R/L STABILIZER		4 PC
F-6	REAR STABILIZER		1 PC
F-7	SCREW	3/16"x11/8"	2 PC
F-8	CAP FOR REAR STABILIZER		2 PC
G-1	SEAT POST SET		1 SET
G-2~G-6	SEAT SLIDER		1SET
G-7	SEAT		1 PC
H-RL	PEDAL		1SET
I-1~I-8	IDLER WHEEL.SET		1SET
J-1~J-8	BOLT & NUT PACK		1 SET
K~K-12	MAGNETIC SET		1 SET
K-13,D-2	GEAR BOX SET		1 SET
L	ADAPTOR		1 PC

Step 1 Foot Tube Assembly

Attach the Front Stabilizer (F-1) to the Main Frame (D-1) using two M8x16 Allen bolt (J-1).

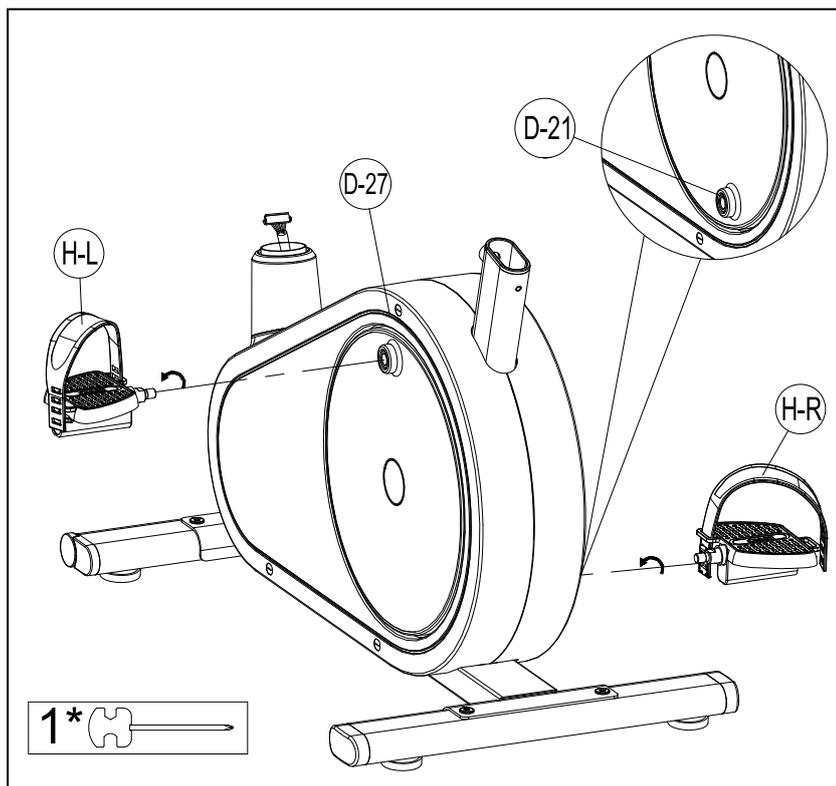
Attach the Rear Stabilizer (F-6) to the Main Frame (D-1) using two M8x16 Allen bolt (J-1).



Step 2 Pedal Assembly

1. Assemble the two Pedals (H-R+L) onto the Cross disc (D-21 + D-27) with a screw driver.

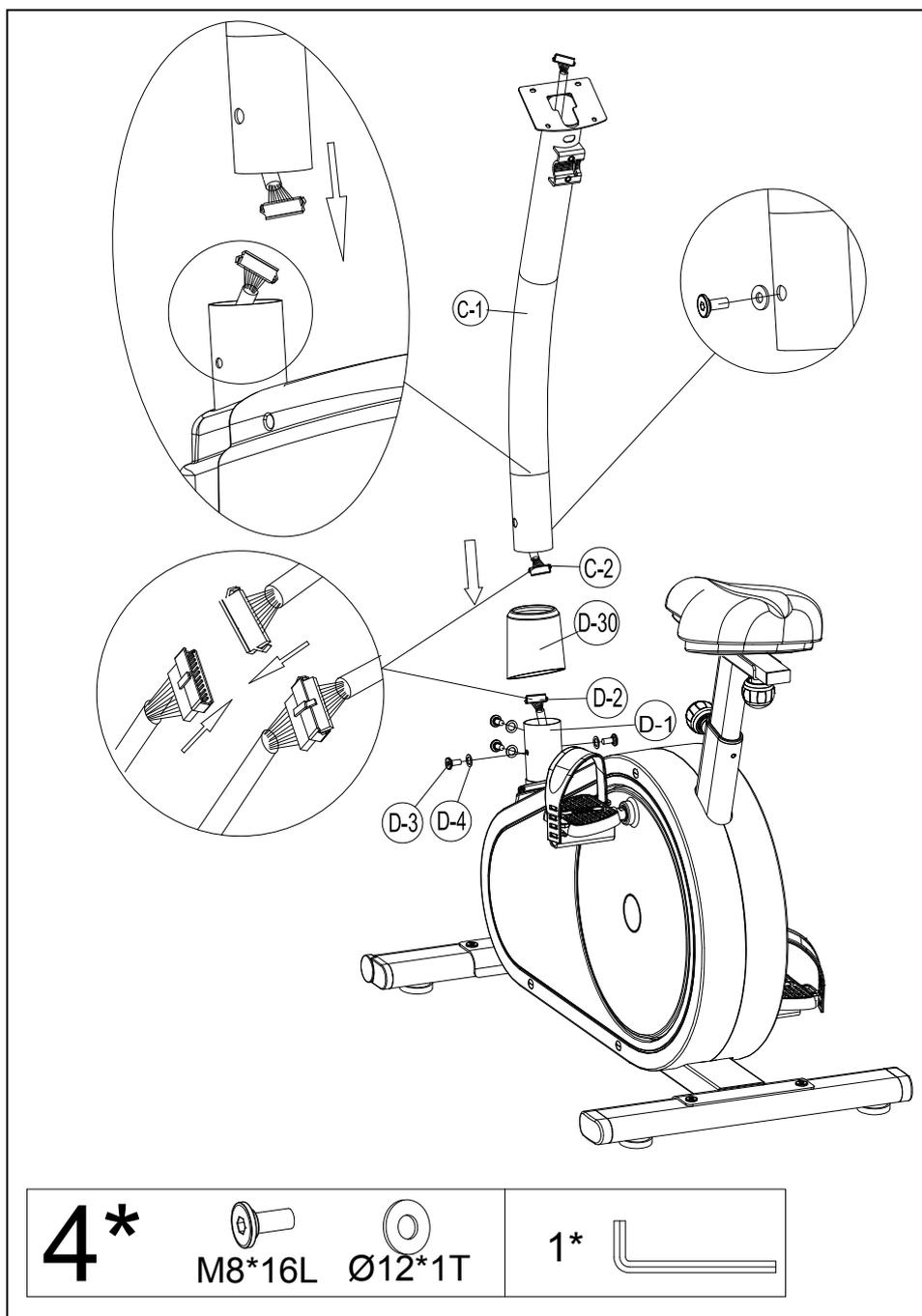
Remarks: Screw the left pedal's spindle counter-clockwise and the right pedal's spindle clockwise. Use a wrench (or screwdriver) to screw the two spindles completely.



Step 4-Handlebar post Assembly

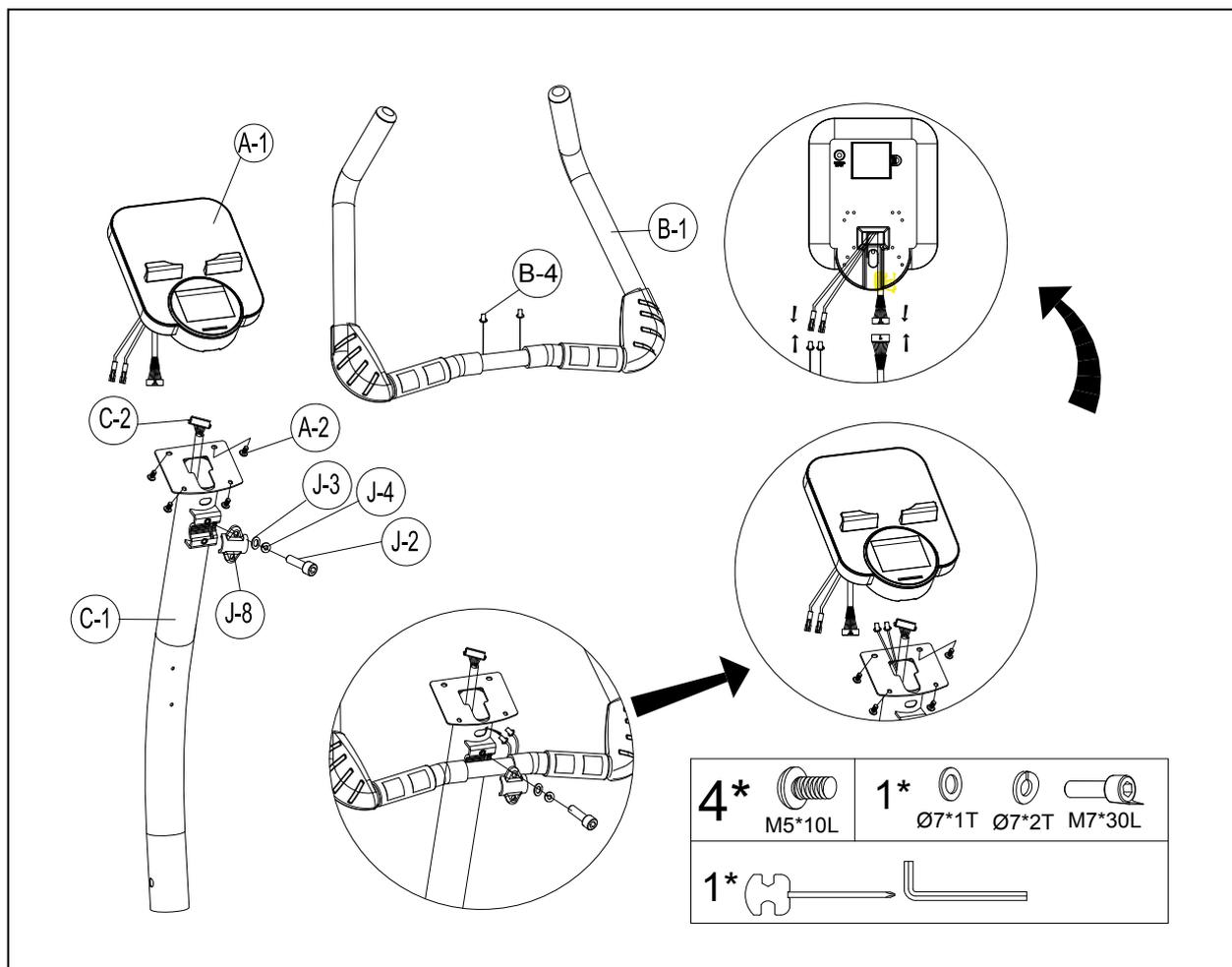
1. Please remove the M8x16 Allen bolt (D-3) and flat washers (D-4) from the main frame (D-1)
2. Take the Handlebar post cover (D-30) and pass it through Handlebar post (C-1)
3. Hold the Handlebar post (C-1) and connect the Lower computer cable (D-2) to the Upper computer cable (pt. C-2)
4. Slide the Handlebar Post (pt.C-1) into the Main frame then fix it with four sets of M8X16 Allen screws (D-3) and Flat washers (pt.D-4)..

Remarks: Do not screw one set of the M8X16 Allen Screws and Flat washers too firm at one time. It is better to fix the four sets firmly at the same time because it helps you to change angles and to fix easily.



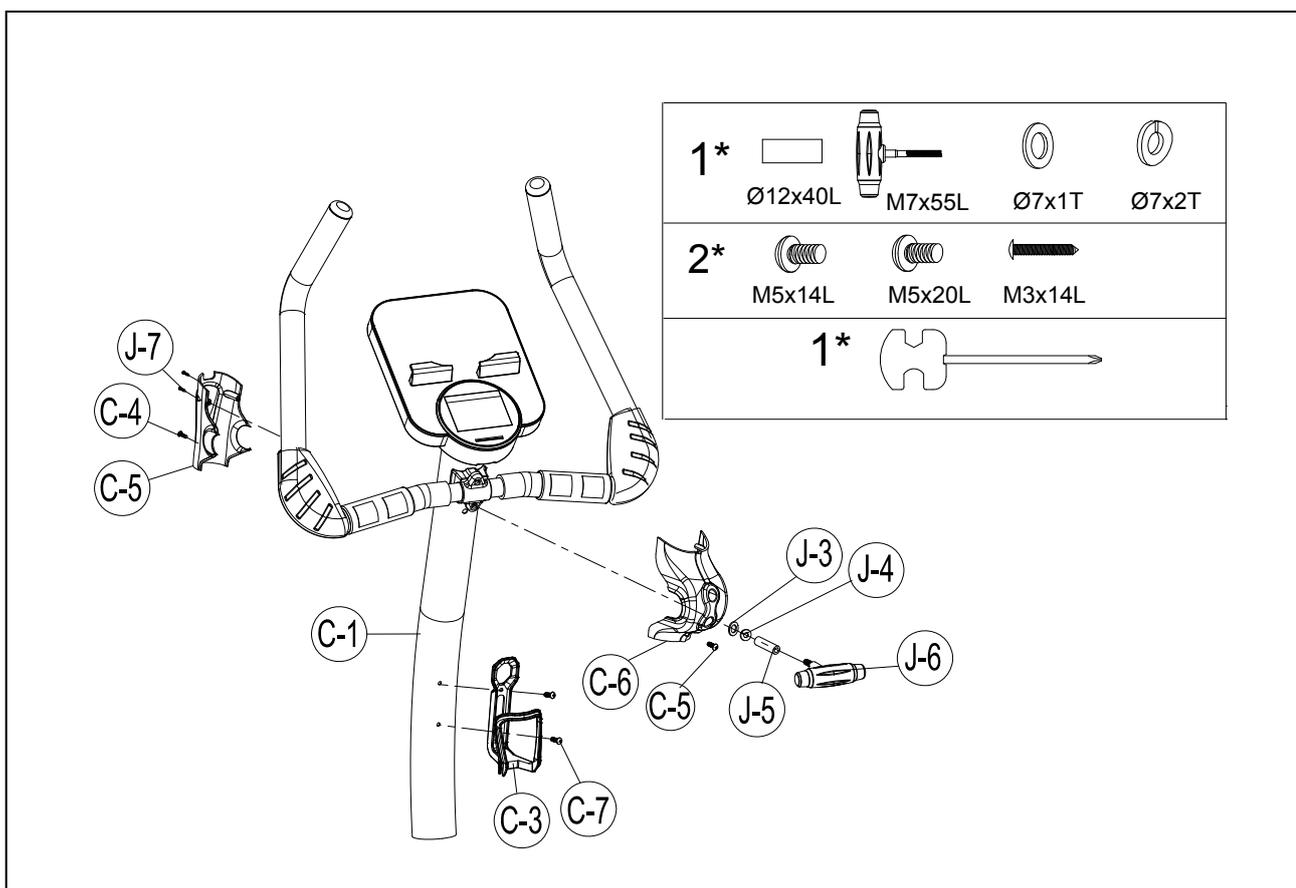
Step 5- Handlebar and Computer Assembly

1. Attach the Handlebar (B) to the Handlebar post (C-1) using the clamp (J-8). Fix firmly with one Flat washers (J-3), one Spring washer (J-4) and one Fixing bolt (J-2).
2. Pass the hand-pulse wire (B-4) through the hole.
3. Connect the Computer cables (C-2) and hand pulse wire (B-4). Then attach the Computer (A-1) to the Computer bracket with the enclosed Screws (A-2).



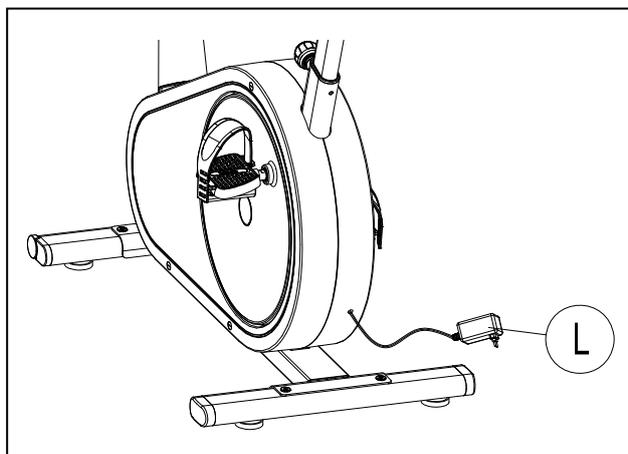
Step 6- R/L Cover and Bottle holder Assembly

1. Attach the Rear cover (C-5) using two of M3x14L Screws (J-7) and one of M5xP0.8x14L Screws (C-4).
2. Attach the Front cover (pt.C-6) using M5x14L Screws (C-4) the Handlebar T-Knob (J-6) using one set of Flat Washer (J-3), Spring Washer (J-4) and one Bushing (J-5).
3. Remove the pre-installed Screws (C-7) on the handlebar post first, and then assemble the Bottle holder (C-3) using screw (C-7).

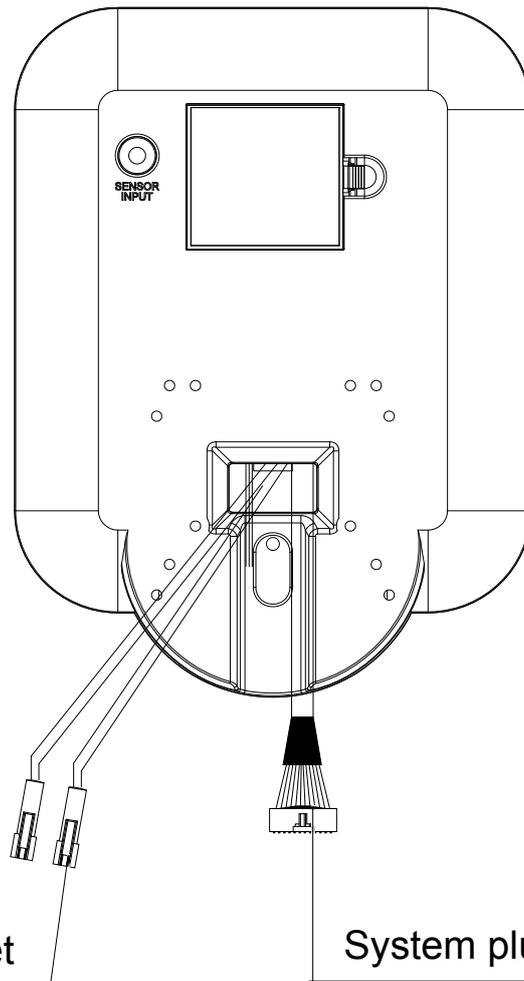


Step 7-

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



Fit hi way App INSTRUCTION MANUAL



Hand pulse socket

System plug connection socket

DISPLAY FUNCTIONS

ITEM	DESCRIPTION
TIME	Count up - No preset target, Time will count up from 00:00 to maximum 99:59 with each increment is 1 minute. Count down - If training with preset Time, Time will count down from preset to 00:00. Each preset increment or decrement is 1 minute between 00:00 to 99:00.
SPEED	Displays current training speed. Maximum speed is 99.9 KM/H or ML/H.
RPM	Displays the Rotation Per Minute. Display range 0~15~999
DISTANCE	Accumulates total distance from 0.00 up to 99.99 KM or ML. The user may preset target distance data by using UP/DOWN button. Each preset increment or decrement is 0.1KM or ML between 0.00 to 99.90.
CALORIES	Accumulates calories consumption during training from 0 to maximum 9999 calories. (This data is a rough guide for comparison of different exercise sessions which can not be used in medical treatment.)
PULSE	User may set up target pulse from 0 - 30 to 230; and computer 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 FUNCTION

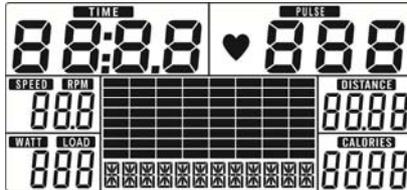
ITEM	DESCRIPTION
Up (Encoder)	Increase resistance level Setting selection.
Down (Encoder)	Decrease resistance level Setting selection.
Mode / Enter	Confirm setting or selection.
Reset	Press and hold for 2 seconds, computer will reboot and start from user setting. Reverse to main menu during preset workout value or stop mode.
Start/ Stop	Start or Stop workout.
Recovery	Test heart rate recovery status.

PS. According to different console design, not all consoles have total reset function key.

OPERATION:

POWER ON

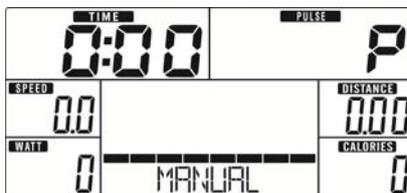
Plug in power supply, computer will power on and display all segments on LCD for 2 seconds (Drawing 1).



Drawing 1

WORKOUT SELECTION

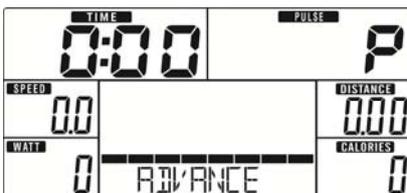
Use UP or DOWN (Encoder) to select workout Manual (Drawing 2) → Beginner (Drawing 3) → Advance (Drawing 4) → Sporty (Drawing 5) → Cardio (Drawing 6) → Watt (Drawing 7).



Drawing 2



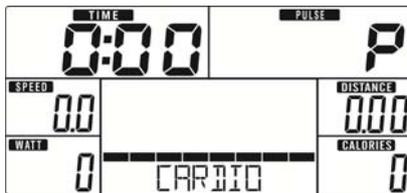
Drawing 3



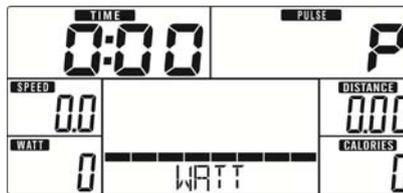
Drawing 4



Drawing 5



Drawing 6

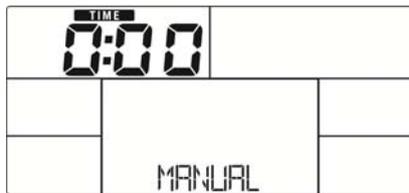


Drawing 7

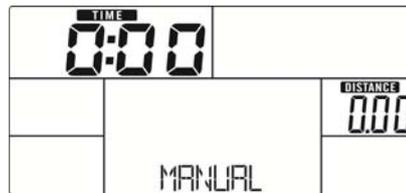
Manual Mode

Press START in main menu may start workout in manual mode.

1. Use UP or DOWN (Encoder) to select workout program, choose Manual and press MODE / ENTER to get into.
2. Use UP or DOWN (Encoder) to set TIME (Drawing 8), DISTANCE (Drawing 9), CALORIES (Drawing 10), PULSE (Drawing 11) and press MODE / ENTER to confirm.
3. Press START/STOP keys to start workout. Use UP or DOWN (Encoder) to adjust load level. Load level display in WATT window, no adjusting for 3s, it will switch to display WATT (Drawing 12).
4. Press START/STOP keys to pause workout. Press RESET to reverse to main menu.



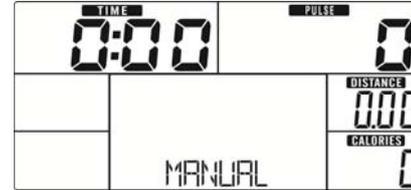
Drawing 8



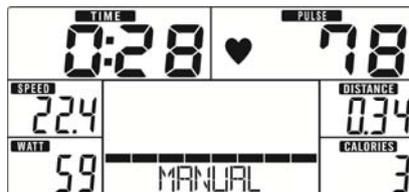
Drawing 9



Drawing 10



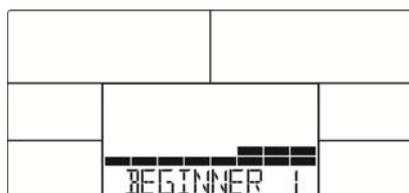
Drawing 11



Drawing 12

Beginner Mode

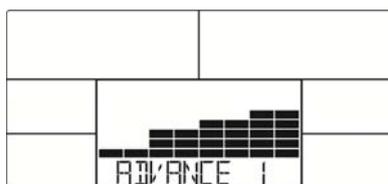
1. Use UP or DOWN (Encoder) to select workout program, choose Beginner mode and press MODE / ENTER to get into.
2. Use UP or DOWN (Encoder) to select Beginner program 1~4 (Drawing 13) and press MODE / ENTER to get into.
3. Use UP or DOWN (Encoder) to set TIME.
4. Press START/STOP key to start workout. Use UP or DOWN (Encoder) to adjust load level.
5. Press START/STOP key to pause workout. Use RESET to reverse to main menu.



Drawing 13

Advance Mode

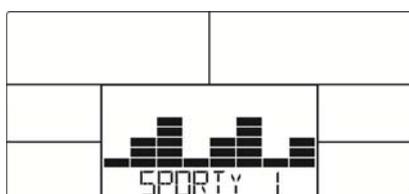
1. Use UP or DOWN (Encoder) to select workout program, choose Advance mode and press MODE / ENTER to get into.
2. Use UP or DOWN (Encoder) to select Advance program 1~4 (Drawing 14) and press MODE / ENTER to get into.
3. Use UP or DOWN (Encoder) to set TIME.
4. Press START/STOP key to start workout. Use UP or DOWN (Encoder) to adjust load level.
5. Press START/STOP key to pause workout. Use RESET to reverse to main menu.



Drawing 14

Sporty Mode

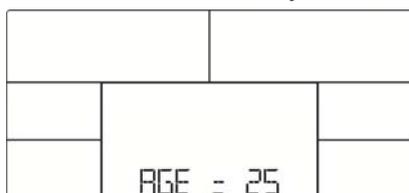
1. Use UP or DOWN (Encoder) to select workout program, choose Sporty mode and press MODE / ENTER to get into.
2. Use UP or DOWN (Encoder) to select Sporty program 1~4 (Drawing 15) and press MODE / ENTER to get into.
3. Use UP or DOWN (Encoder) to set TIME.
4. Press START/STOP key to start workout. Use UP or DOWN (Encoder) to adjust load level.
5. Press START/STOP key to pause workout. Use RESET to reverse to main menu.



Drawing 15

Cardio Mode

1. Use UP or DOWN (Encoder) to select workout program, choose H.R.C. and press MODE / ENTER to get into.
2. Use UP or DOWN (Encoder) to set Age (Drawing 16).
3. Use UP or DOWN (Encoder) to select 55%.75%.90% or TAG (TARGET H.R.) (default: 100).
4. Use UP or DOWN (Encoder) to set workout TIME.
5. Press START/STOP key to start or stop workout. Use RESET to reverse to main menu.



Drawing 16



Drawing 17

Watt Mode

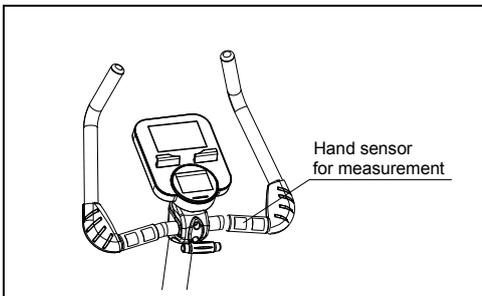
1. Use UP or DOWN (Encoder) to select workout program, choose WATT and press MODE / ENTER to get into.
2. Use UP or DOWN (Encoder) to set WATT target. (default: 120, Drawing 18)
3. Use UP or DOWN (Encoder) to set TIME.
4. Press START/STOP key to start workout. Use UP or DOWN (Encoder) to adjust Watt level.
5. Press START/STOP key to pause workout. Use RESET to reverse to main menu.



Drawing 18

Measuring your pulse with the hand sensors

The hand sensor are not medical products, but rather exercising tools designed for the approxi-mate 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

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



Drawing 19



Drawing 20

Noted:

1. After 4 minutes without pedaling or pulse input, console will enter into power saving mode. Press any key may wake the console up.
2. When computer act abnormal, please plug out the adaptor and plug in again.

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 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.

https://drive.google.com/drive/folders/0B_a5atcMnWbpbWwyMII0VDFqNzQ

Fit Hi Way INSTRUCTION :



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