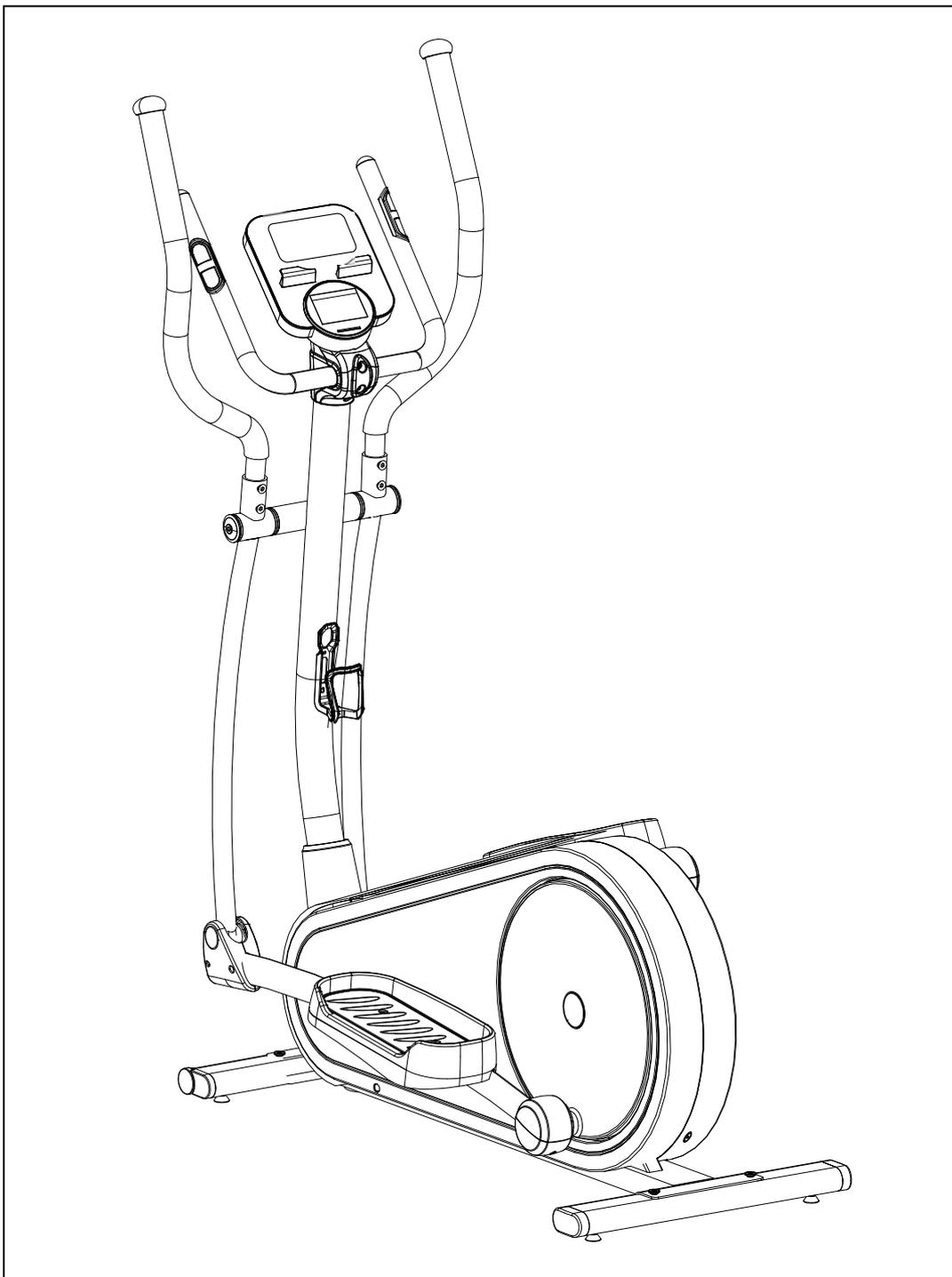
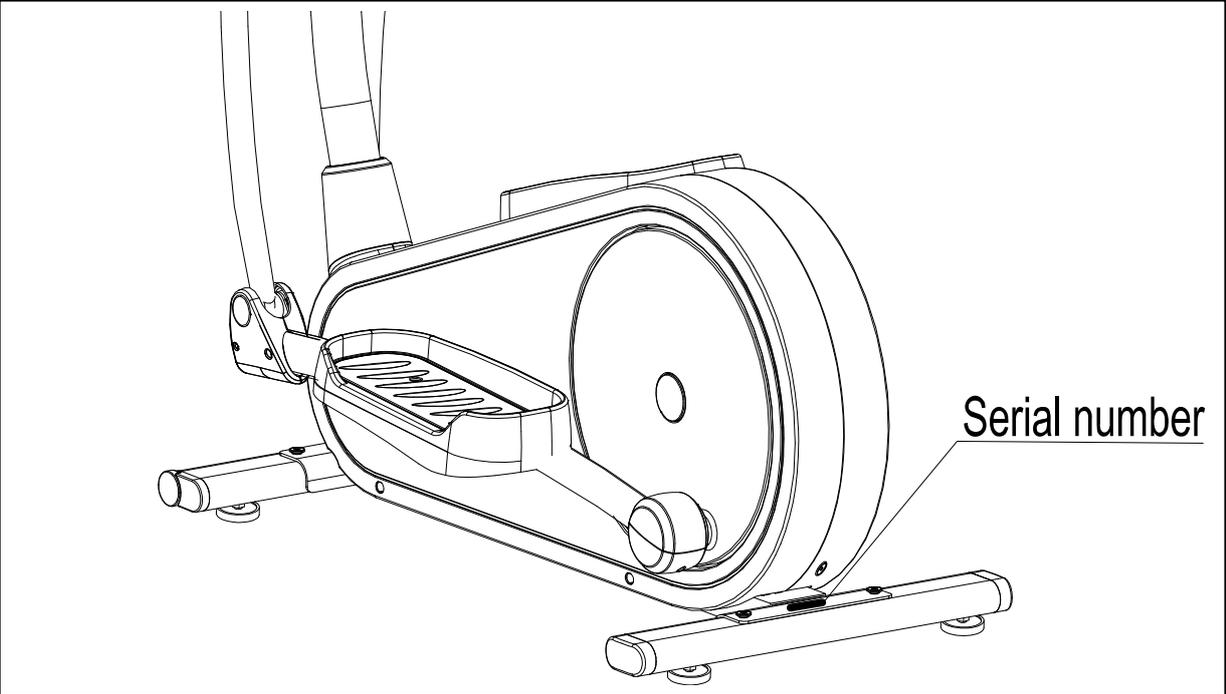


Casall INF 2.0 PLUS CROSSTRAINER 93017

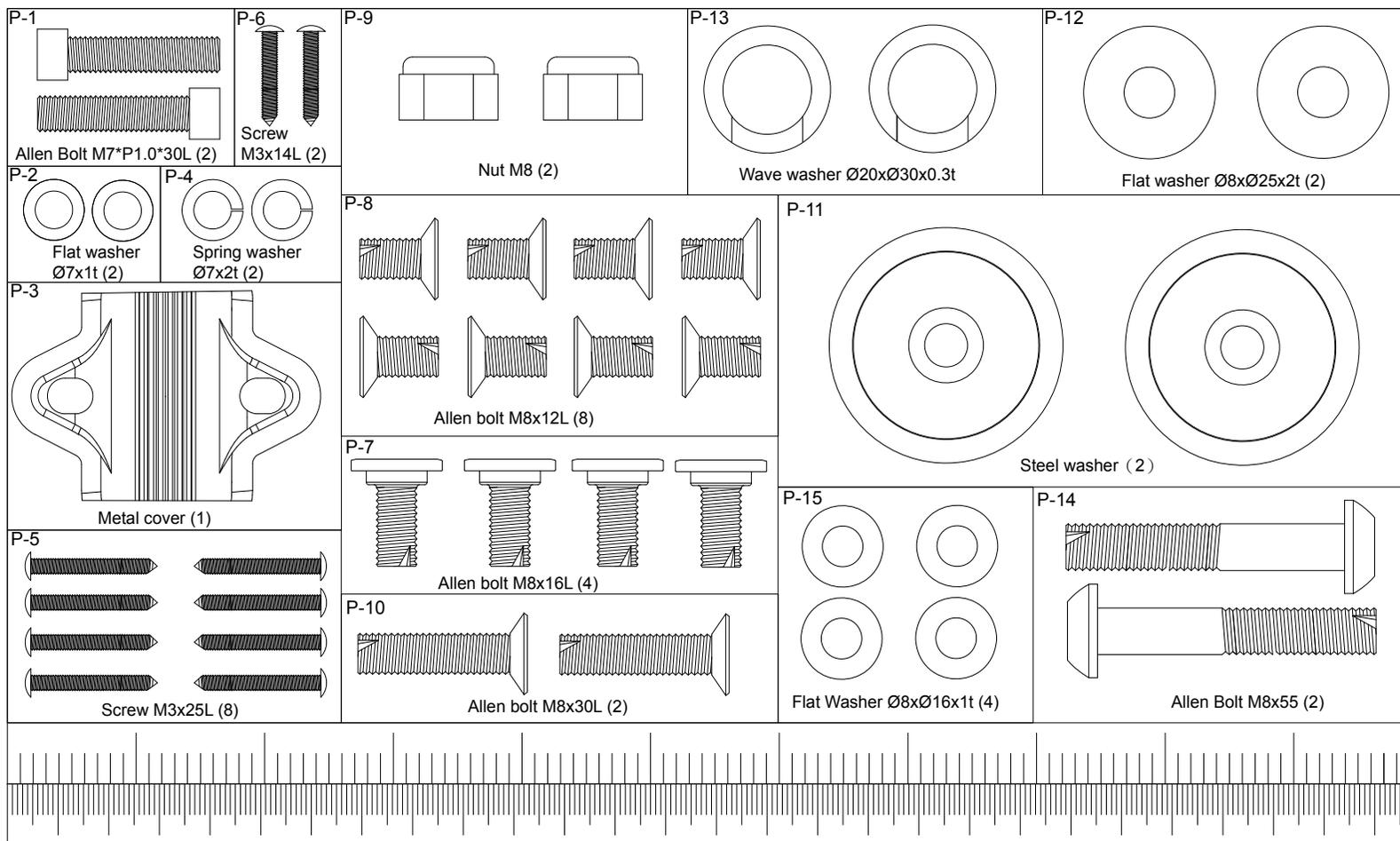


Important: Please locate your serial number and record in the box below for service support purposes.



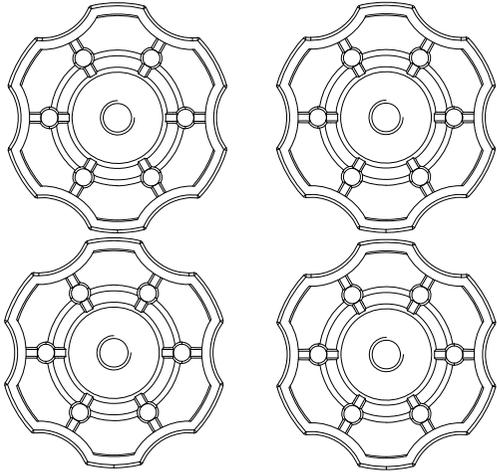
Serial number here:

93017 INF2.0 plus



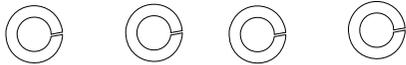
93017 INF2.0 plus

P-16



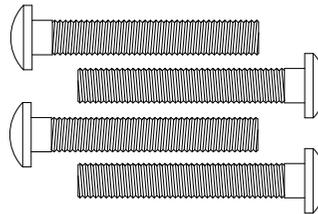
Knob M6*P1.0 (4)

P-18



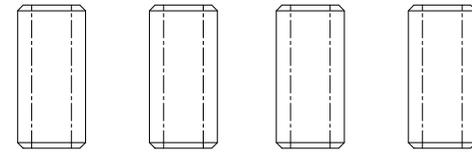
Spring washer Ø6 (4)

P-17

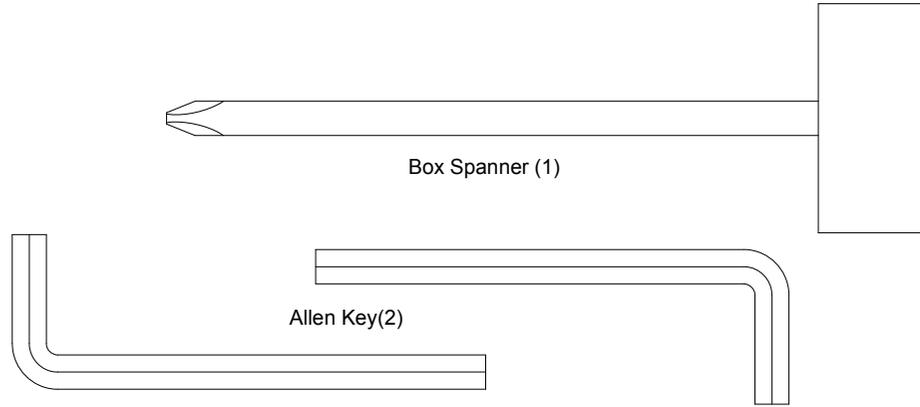


Carrage bolt M6*P1.0*40L (4)

P-19

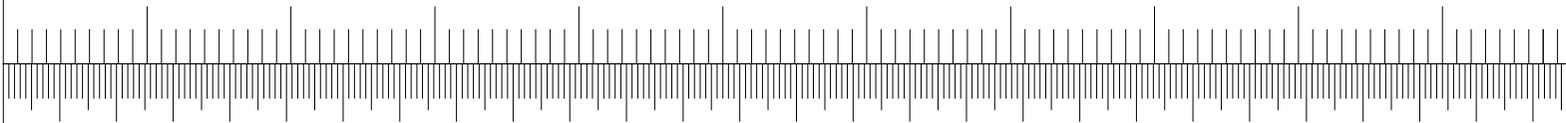


Bushing (4)

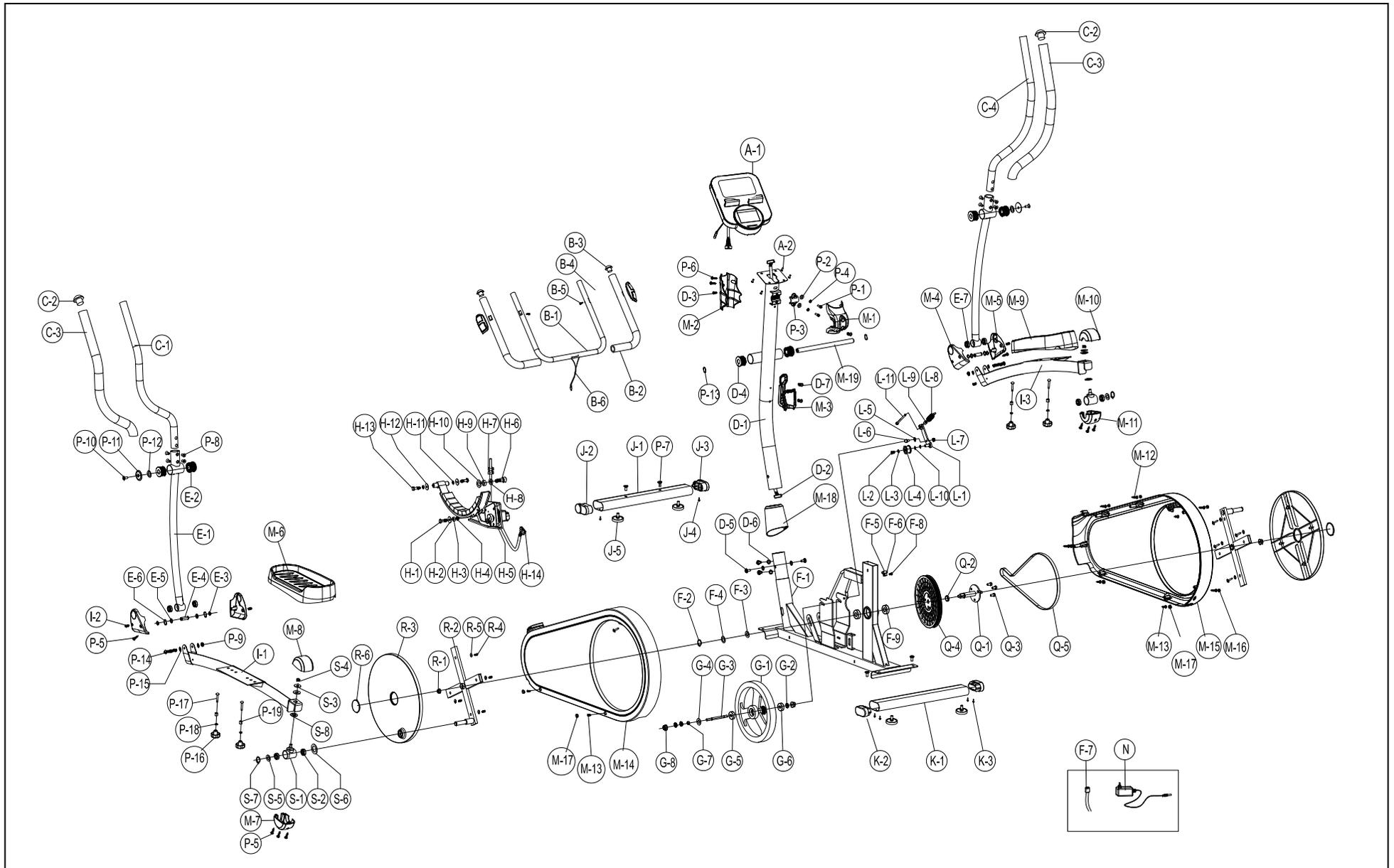


Box Spanner (1)

Allen Key(2)



EXPLODED DIAGRAM



PARTS LIST

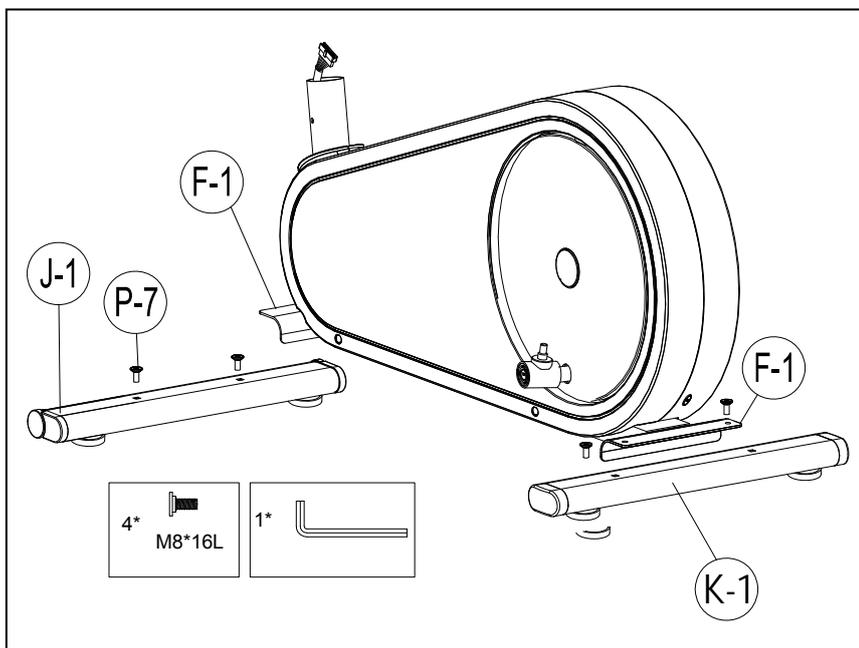
No.	Item	spec.	Q'ty
A , A-1	Computer & Screw for computer		1SET
B-1	Front handlebar		1PC
B-2	Foam grip for front handlebar		2PCS
B-3	End cap for foam grip	φ 7/8"	2PCS
B-4	Hand pulse	WP1007-33B	1SET
B-5	Screw	M3x20L	2 PCS
B-6	Wire for hand pulse		1 PC
C-1	Upper handlebar (L)		1SET
C-2	End cap for upper 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

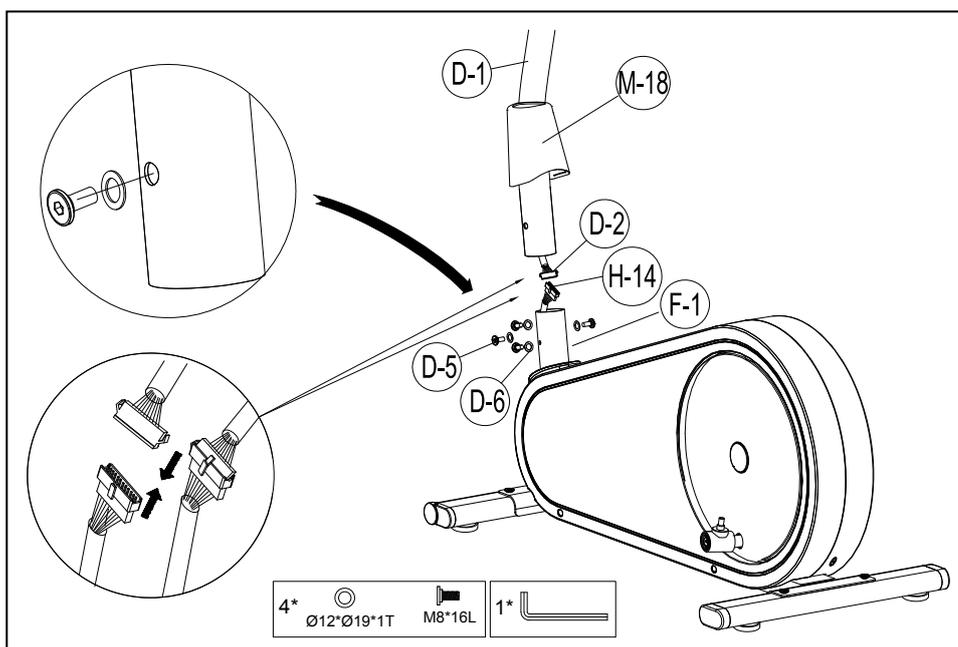
STEP 1

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



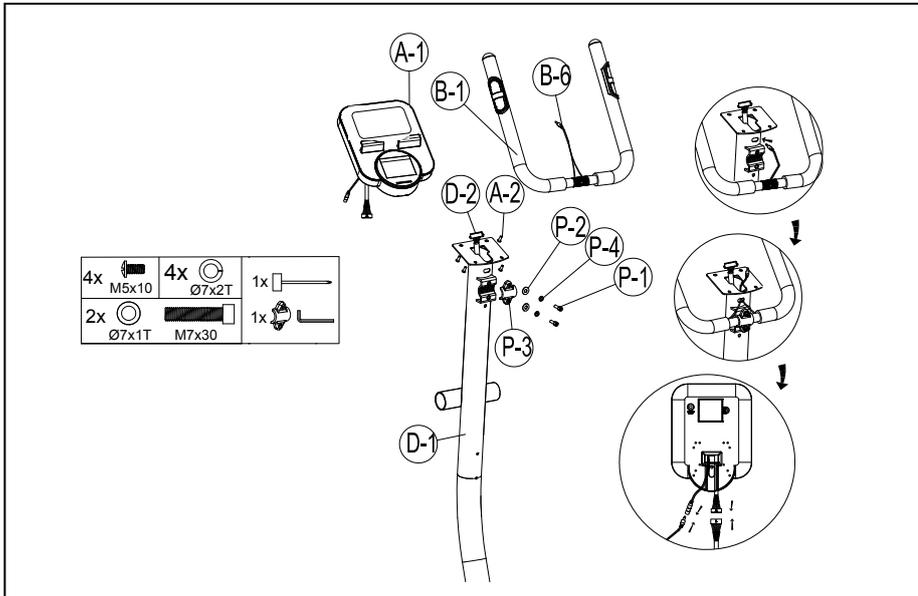
STEP 2

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



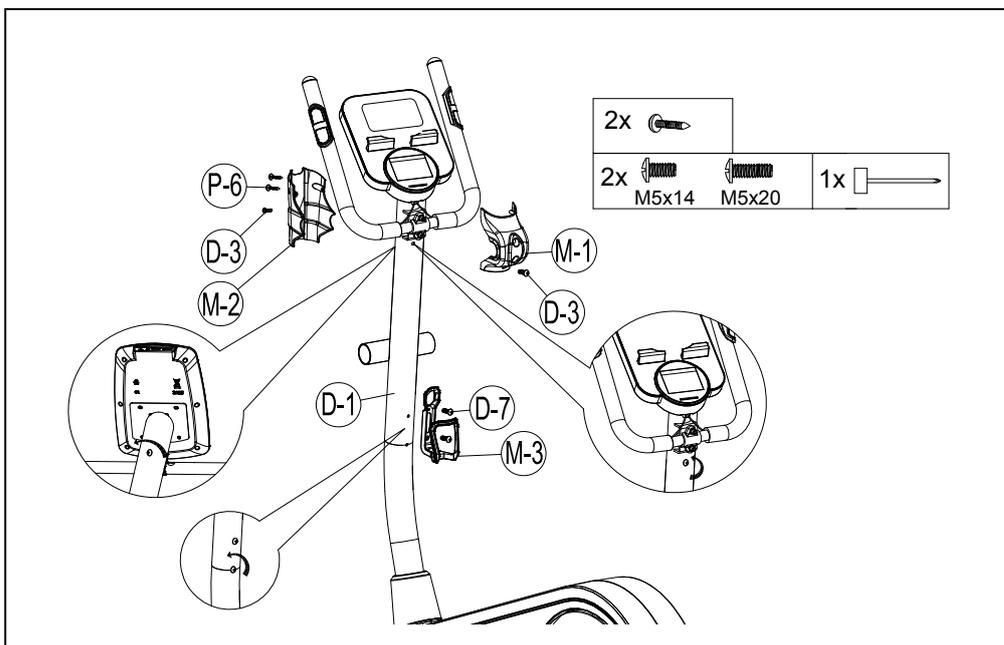
STEP 3

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



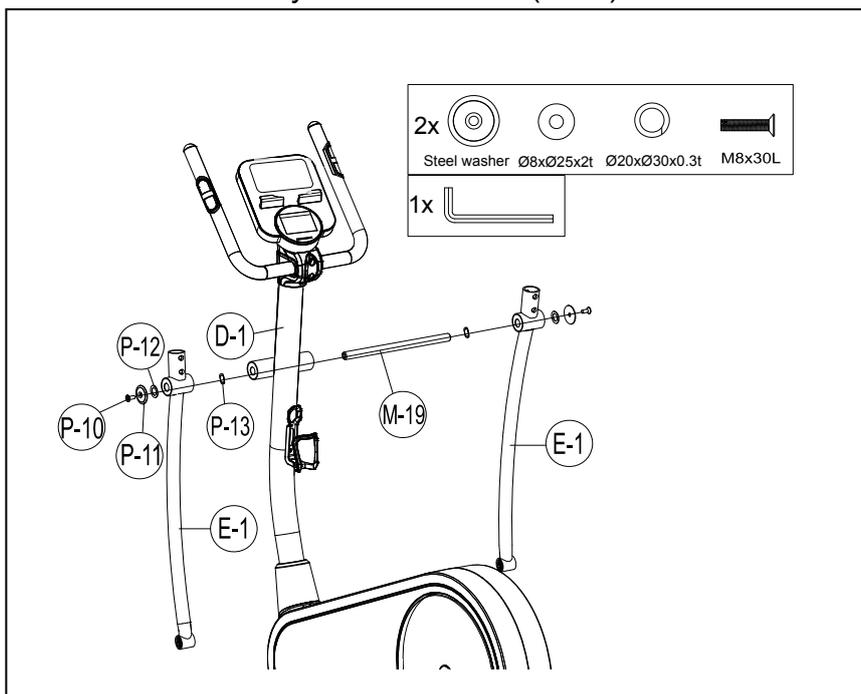
STEP 4

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



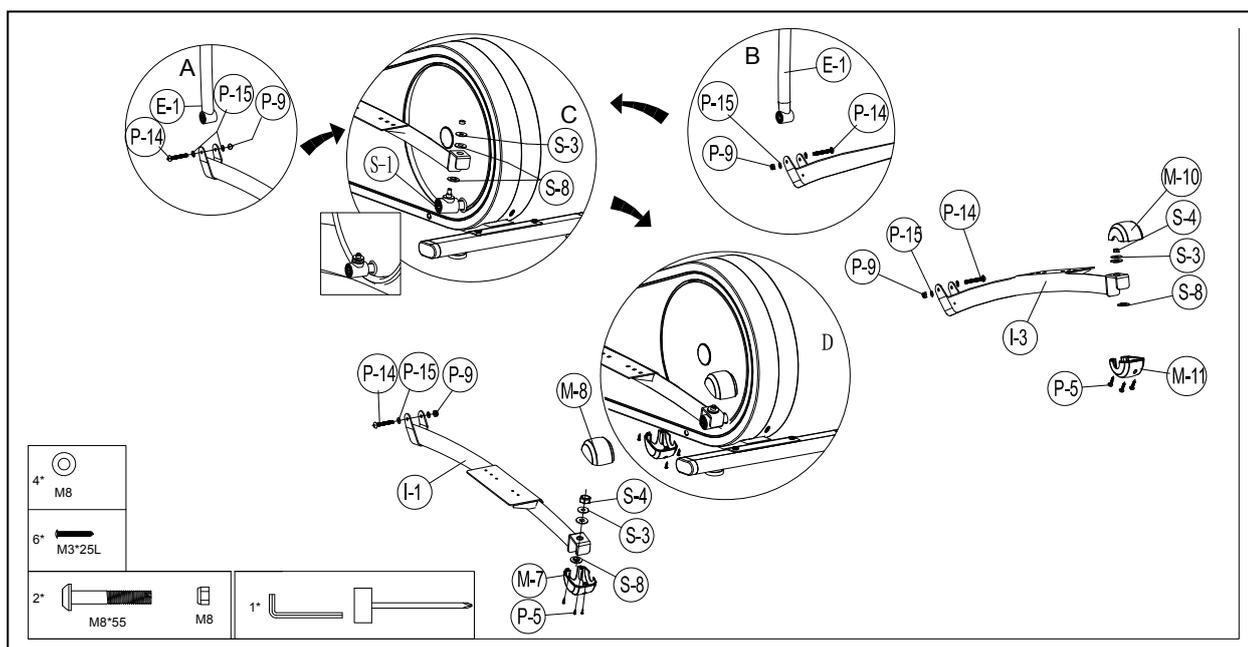
STEP 5 Fix the two Lower handlebar (E-1) to the Handlebar Post (D-1) with one Axle (M-19), two sets of Wave washer (P-13), Flat washers (P-12) and Gasket (P-11) and Allen bolt (P-10).

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



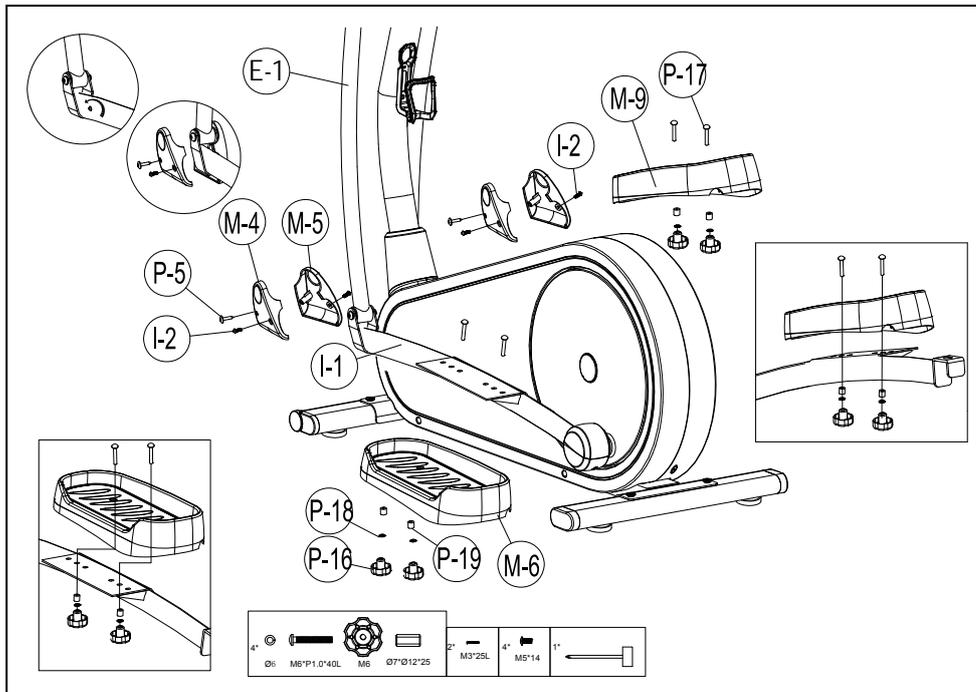
STEP 6

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

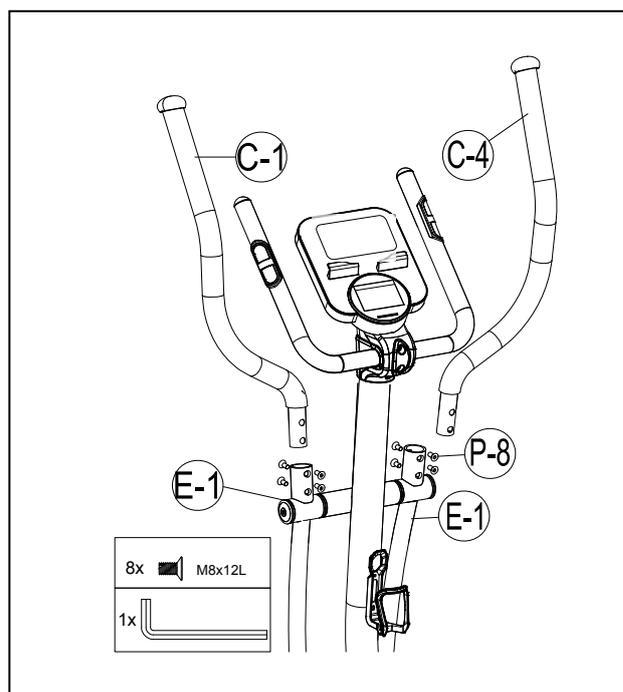


STEP 7

1. Remove the pre-installed screws (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 (P-5 & I-2).
3. Assemble the Right pedal (M-9) onto the Pedal post (I-3) with 2 Knobs (P-16), 2 Spring washers (P-18), 2 Bushings (P-19) and 2 Carriage bolts (P-17).
4. Assemble the Left pedal (M-6) onto the Pedal post (-3) with 2 Knob (P-16), 2 Spring washers (P-18), 2 Bushings (P-19) and 2 Carriage bolts (P-17).

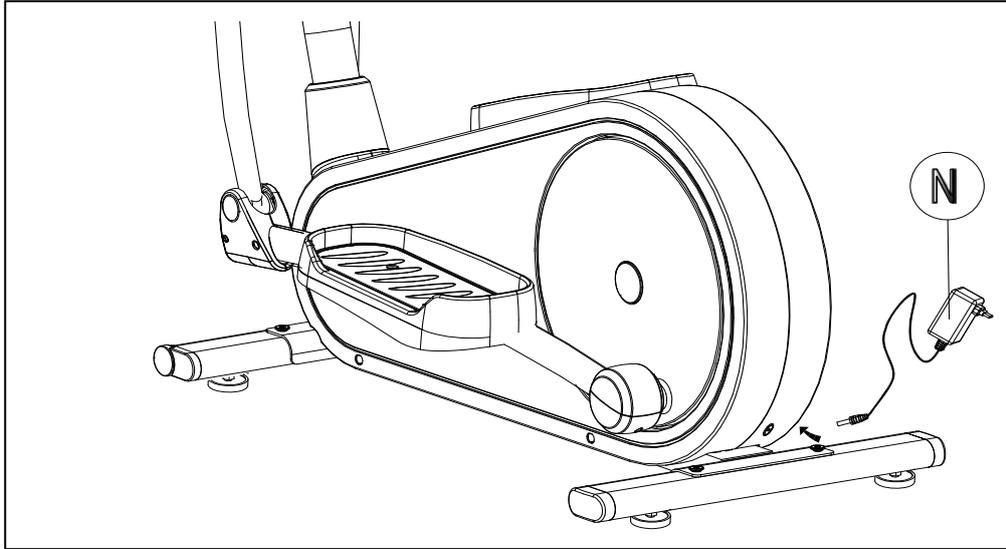


- STEP 8** Slide the Upper handlebar post (C-1,C-4) (R/L) into the Lower handlebar (E-1) and then fix with the eight Allen bolts (P-8)

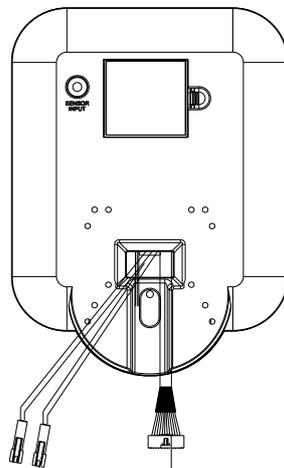


STEP 9

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



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

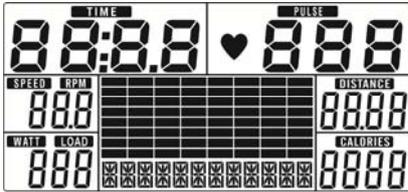
ITEM	DESCRIPTION
Up (Encoder)	Increase resistance level Setting selection.
Down (Encoder)	Decrease resistance level Setting selection.
Mode / Enter	Confirm setting or selection.
Reset	Press and hold for 2 seconds, computer will reboot and start from user setting. Reverse to main menu during preset workout 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

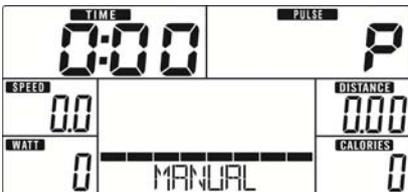
Plug in power supply, computer will power on and display all segments on LCD for 2 seconds (Drawing 1).



Drawing 1

WORKOUT SELECTION

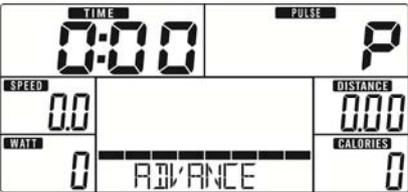
Use UP or DOWN (Encoder) to select workout Manual (Drawing 2)→ Beginner(Drawing 3) → Advance (Drawing 4) → Sporty(Drawing 5) → Cardio(Drawing 6) → Watt(Drawing 7).



Drawing 2



Drawing 3



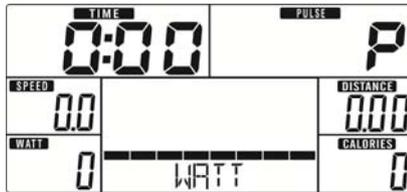
Drawing 4



Drawing 5



Drawing 6

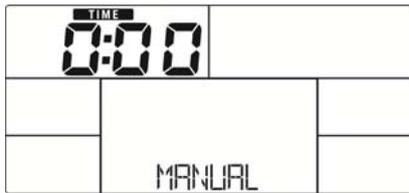


Drawing 7

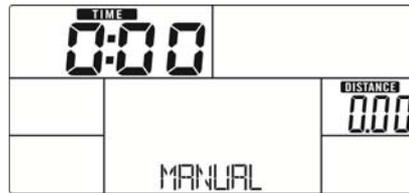
Manual Mode

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

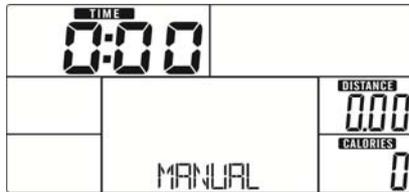
1. Use UP or DOWN (Encoder) to select workout program, choose Manual and press MODE / ENTER to get into.
2. Use UP or DOWN (Encoder) to set TIME (Drawing 8), DISTANCE (Drawing 9), CALORIES (Drawing 10), PULSE (Drawing 11) and press MODE / ENTER to confirm.
3. Press START/STOP keys to start workout. Use 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.



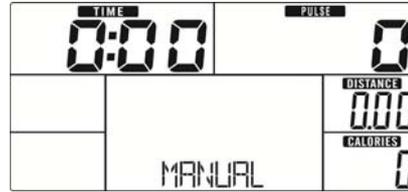
Drawing 8



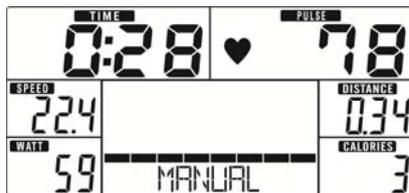
Drawing 9



Drawing 10



Drawing 11



Drawing 12

Beginner Mode

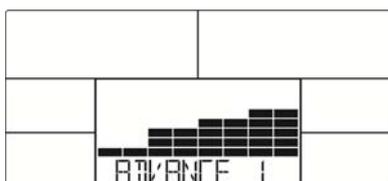
1. Use UP or DOWN (Encoder) to select workout program, choose Beginner mode and press MODE / ENTER to get into.
2. Use UP or DOWN (Encoder) to select Beginner program 1~4 (Drawing 13) and press MODE / ENTER to get into.
3. Use UP or DOWN (Encoder) to set TIME.
4. Press START/STOP key to start workout.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

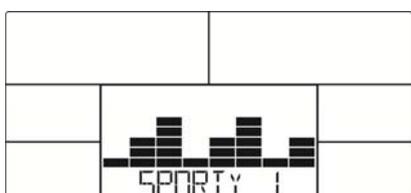
1. Use UP or DOWN (Encoder) to select workout program, choose Advance mode and press MODE / ENTER to get into.
2. Use UP or DOWN (Encoder) to select Advance program 1~4 (Drawing 14) and press MODE / ENTER to get into.
3. Use UP or DOWN (Encoder) to set TIME.
4. Press START/STOP key to start workout.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

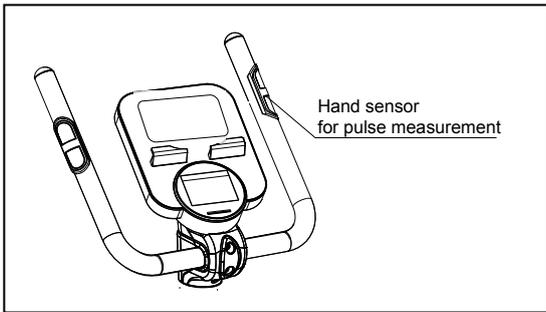
1. Use UP or DOWN (Encoder) to select workout program, choose WATT and press MODE / ENTER to get into.
2. Use UP or DOWN (Encoder) to set WATT target. (default: 120, Drawing 18)
3. Use UP or DOWN (Encoder) to set TIME.
4. Press START/STOP key to start workout. Use UP or DOWN (Encoder) to adjust Watt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

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".