

# **Ultrafit®**

## **Mini Bike 50**



**User Manual**  
[www.ultrafit.de](http://www.ultrafit.de)

# Manufacturer

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**WARNING :**

Safety Instruction before using the ULTRAFIT Mini Bike 50.

To reduce the risk of serious injury, read the following.

ULTRAFIT Mini Bike is intended to be used for the following activities: training arm muscles / training leg muscles while seated. The machine is not suitable for training leg muscles while standing.

ULTRAFIT Mini Bike is designed for private use. It is not suitable for commercial or therapeutic use.

Any other use constitutes improper use. The manufacturer is not liable for any damage arising from improper use.

**User's manual**

- Read these instructions in full before using the ULTRAFIT Mini Bike 50.
- Please retain this manual for future reference. If you transfer the machine to someone else please include the user's manual.
- Disregard of these instructions can lead to injury or equipment damage.
- The manufacturer is not liable for any damage arising from disregard of these instructions

**General safety instructions**

- Brake resistance system: this is a speed-independent system
- Defective parts must be replaced immediately. The machine must not be used until it has been completely repaired.
- The maximum user body weight is 100 kg.
- Please keep the batteries for the training computer out of reach of children. The batteries could be swallowed. If a battery has been swallowed seek medical assistance immediately.
- Exercise machines are not toys. Children are not permitted to use the machine. Do not let children play with the machine unsupervised.
- People with mental or physical disabilities may only use the machine if they been instructed on its use and are supervised.
- Before using the machine ask your doctor if you may use it without restriction.

### **Environmental requirements**

The machine can only be used safely if certain environmental requirements are met. Please follow the safety instructions below:

- Install the machine on a stable, nonslip, horizontal surface.
- Some coated surfaces can attack the rubber feet of the machine and soften them. If necessary place a non-slip support under the machine.
- So do not use the machine outdoors or in damp rooms.



#### **WARNING**

Before starting any exercise or conditioning program you should consult with your personal physician to see if you require a complete physical exam. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any illness.

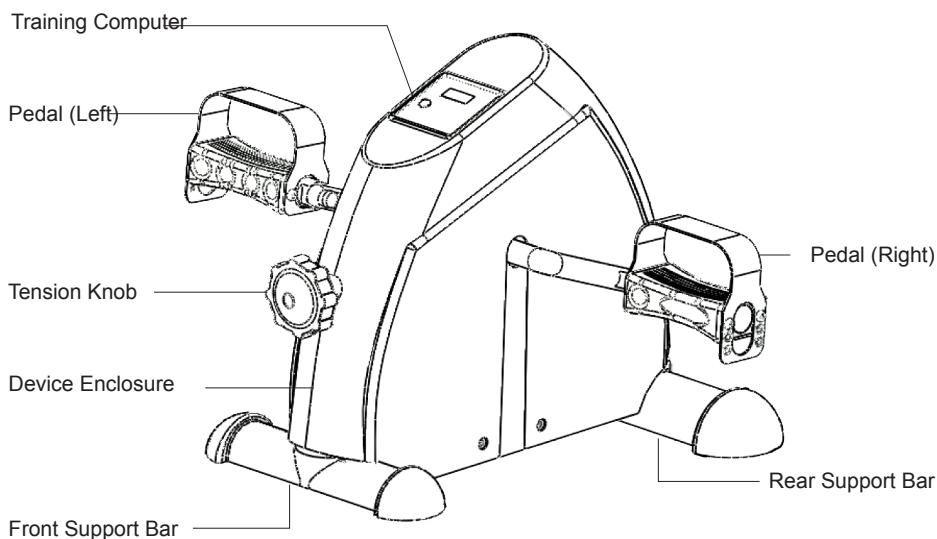
## BEFORE YOU BEGIN

Thank you for choosing the ULTRAFIT Mini Bike 50. We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better and enjoy life to its fullest.





Yes, it's a proven fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise. ULTRAFIT Mini Bike 50 provides a convenient and simple method to begin your assault on getting your body in shape and achieving a healthier lifestyle.

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

- Read this manual carefully before using the ULTRAFIT Mini Bike 50.



## HARDWARE LIST

No.	Description	Q'ty	No.	Description	Q'ty
8	 Socket Screw	4pcs	9	 Washer	4pcs
10	 Spanner (/15mm)	1pc	11	 Phillips Screwdriver	1pc

### NOTE :

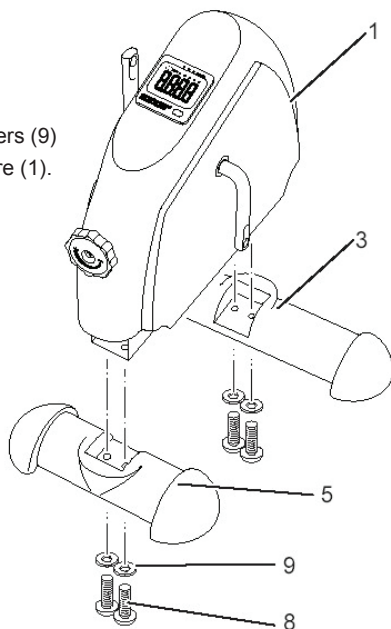
The described parts are all you need to assemble this machine.

Before starting assembly, please check the hardware packing to make sure they are included.

## ASSEMBLY STEP

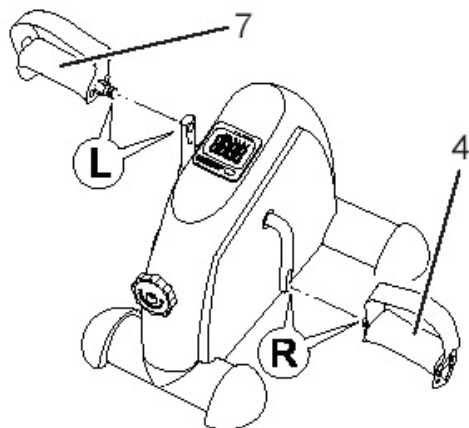
### Step 01

- To fasten the socket screws (8) use the supplied hexagon key(11).
- Secure the support bars (3) and (5) with the washers (9) and the socket screws (8) to the machine enclosure (1).



### Step 02

- Screw the right pedal (4) with the "R" stamped on it in the middle of the thread clockwise on to the right crank arm using the open ended spanner(10).
- Screw the left pedal (7) with the "L" stamped on it in the middle of the thread anticlockwise on to the left crank arm using the open ended spanner (10).



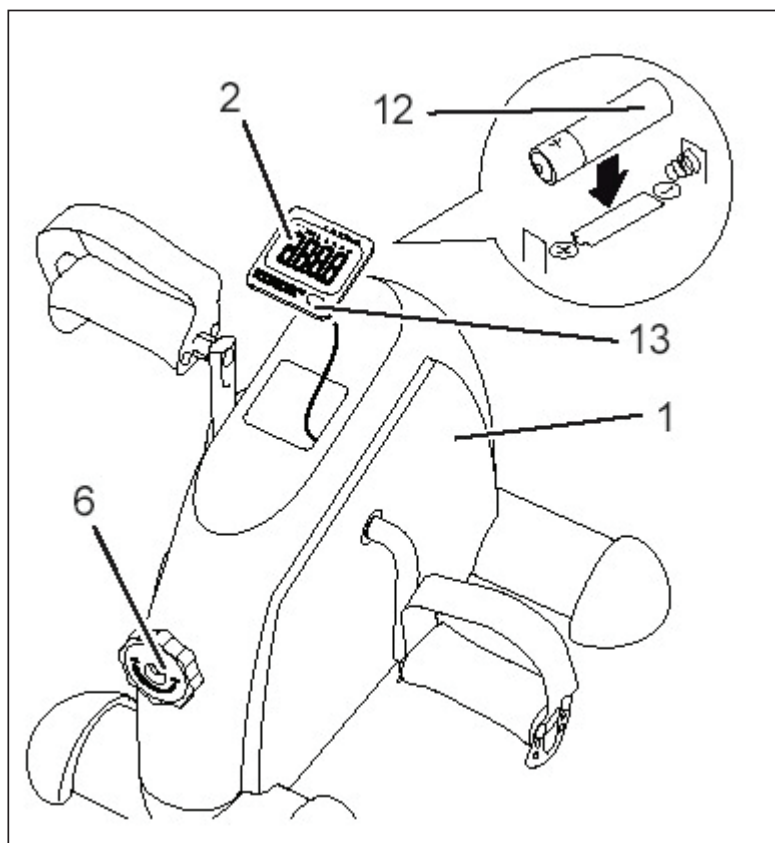
## Recheck

all bolts and nuts are  
tightened securely  
before use the machine

## COMPUTER FUNCTION

### Inserting the battery

1. Carefully pull the training computer (2) out of the device enclosure(1). The training computer (2) is attached to the enclosure (1) by a cable and may be pulled out of the enclosure (1) a maximum of 10cm.
2. Insert the battery (12) into the battery compartment as illustrated in the battery compartment on the back of the training computer (2). Observe polarity(+/-).
3. Insert the training computer (2) into the device enclosure(1). The select button(13) on the training computer (1) should be on the side nearest the resistance dial(6).



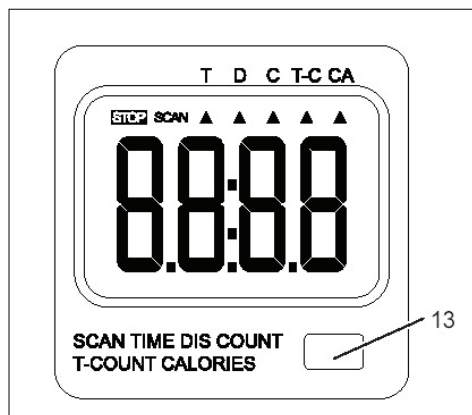


## COMPUTER FUNCTION

### Adjusting the training computer

The training computer displays various training data.

Press the select button (13) The training computer switches on.



Press the select button (13) repeatedly until the desired function is selected. You can switch between the following functions:

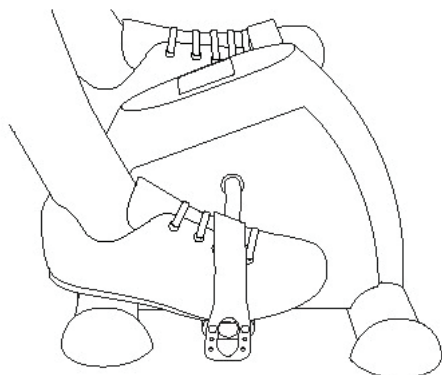
STOP	The training computer automatically stops the measurement if the pedals have not been pressed for more than four seconds. If you stop the exercise for more than four seconds the STOP function will be selected automatically. The training computer will stop measuring the training data until you continue the exercise.
SCAN	If you select this function the display will switch between the functions T,D,C,T-C and CA automatically every six seconds.
T=Time	This function shows you how long you have been doing an exercise.
D=Distance	This function shows you the distance you have traveled during an exercise.
C=Pedal revolution count	This function shows you how many pedal revolutions you have completed during an exercise.
T-C=Total pedal revolution count	The monitor will accumulate total numbers of different training period. This data can be reset to zero by replacing battery.
CA=Calories	This function shows you approximately how many calories you have burnt during an exercise. The training computer switches off automatically after about four minutes if: - The pedal arms have not been turned within the four minutes end. - You have not pressed the select button during that time. The training computer then resets all training data except for T-C to zero.

## TRAINING MUSCLES

Place the machine on the floor.

Sit down on a chair in front of the machine.

Insert your feet into the pedal straps and pedal uniformly.

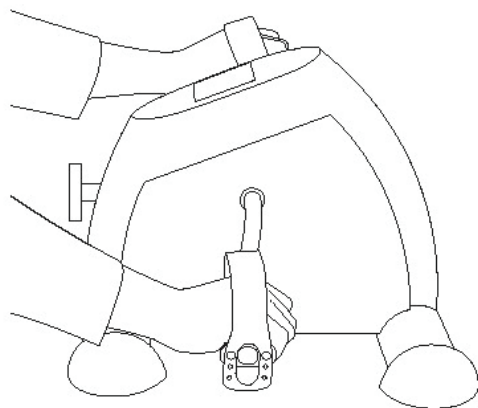


### Training arm muscles

Place the machine on a table.

Sit down on a chair in front of the machine.

Insert your hands into the pedal straps and move the pedals uniformly.



# CONDITIONING GUIDELINES

How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must start slowly and increase your time on the equipment; a few minutes per workout.

Initially, you may be able to exercise only for a few minutes in your target zone, however, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. The better your aerobic fitness, the harder you will have to work to stay in your target zone. Please remember these essentials :

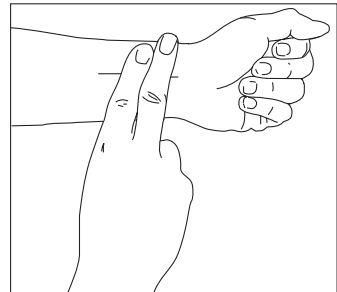
- Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Begin your training program slowly with realistic goals that have been set by you and your doctor.
- Monitor your pulse frequently. Establish your target heart rate based on your age and condition.
- Set up your equipment on a flat, even surface at least 3 feet from walls and furniture.

## EXERCISE INTENSITY

To maximize the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 70% and 85% of your maximum heart rate as you exercise. This is known as your target zone. You can find your target zone in the table below. Target zones are listed for both unconditioned and conditioned persons according to age.

During the first few months of your exercise program, keep your heart rate near the low end of your target zone as you exercise. After a few months, your heart rate can be increased gradually until it is near the middle of your target zone as you exercise.

To measure your heart rate, stop exercising but continue moving your legs or walking around and place two fingers on your wrist. Take a six-second heartbeat count and multiply the results by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute. (A six-seconds count is used because your heart rate will drop rapidly when you stop exercising.) Adjust the intensity of your exercise until your heart rate is at the proper level.



AGE	UNCONDITIONED TARGET ZONE (BEATS/MINS)	CONDITIONED TARGET ZONE (BEATS/MINS)
20	138-167	133-162
25	136-166	132-132
30	135-164	130-158
35	134-162	129-156
40	132-161	127-155
45	131-159	125-153
50	129-156	124-150
55	127-155	122-149
60	126-153	121-147
65	125-151	119-145
70	123-150	118-144
75	122-147	117-142
80	120-146	115-140
85	118-144	114-139

## WARM-UP AND COOL-DOWN

### WORKOUT GUIDELINES

Each workout should include the following three parts:

A warm-up, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training zone exercise, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. (Note: During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.)

A cool-down, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

### Exercise Frequency

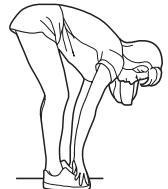
To maintain or improve your condition, plan three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is when exercising becomes a regular and enjoyable part of your life.

### Suggested Stretches

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

#### 1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.



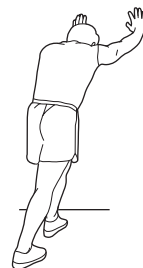
#### 2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.



#### 3. Calf/Achilles Stretch

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.



#### 4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.



#### 5. Inner Thigh Stretch

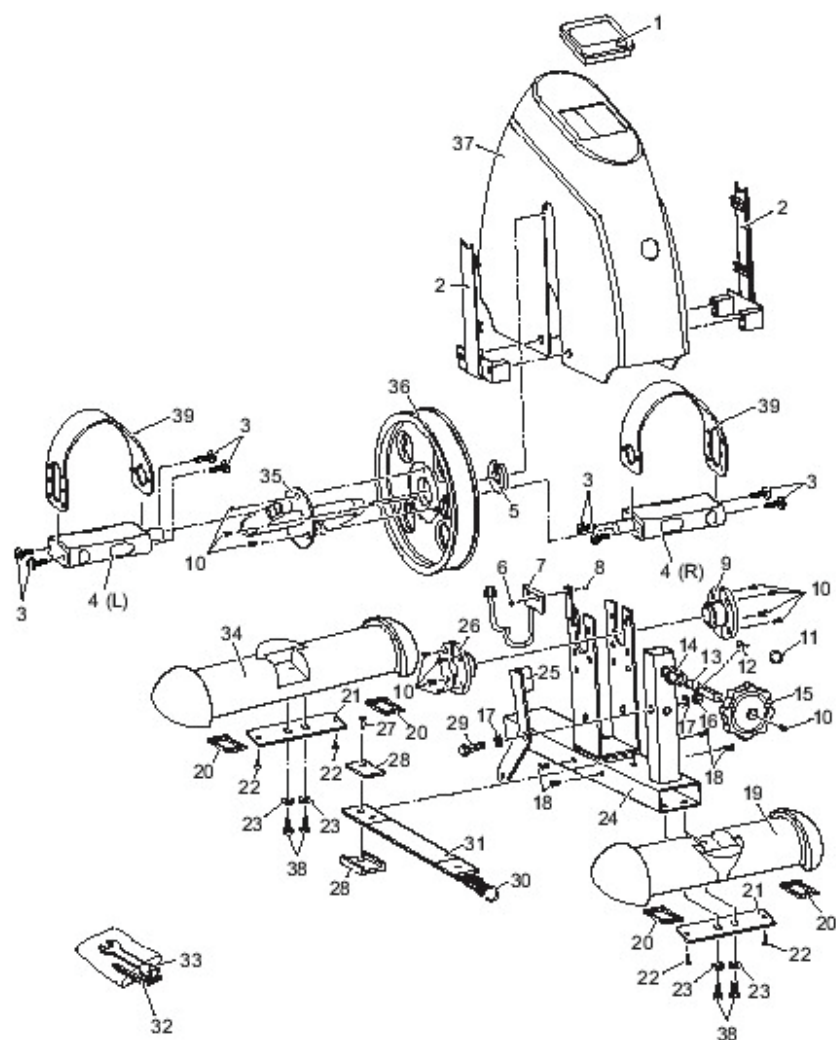
Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



## PART LIST

No.	Description	Q'ty	No.	Description	Q'ty
01	Training computer	1	21	Mounting plate	2
02	Side brace	2	22	Screw, M4x20mm	4
03	Phillips screw,9mm	8	23	Washer, 6x12x1mm	4
04	Pedal	R/L	24	Main frame	1
05	Spacer	1	25	Tension lever for brake band	1
06	Nut, M3	1	26	Counter-flange	1
07	Computer sensor	1	27	Screw, M5x16mm	1
08	Screw, M3x12mm	1	28	Band brake bracket	1
09	Flange	2	29	Screw, M8x145mm	1
10	Screw, M6x12mm	12	30	Tension spring for brake band	1
11	Circlip	1	31	Brake band	1
12	Split pin	1	32	5mm hexagon key / size 1 Phillips screwdriver	1
13	Dial rod	1	33	Open ended spanner, 13mm / 15mm	1
14	Dial shaft	1	34	Front support bar	1
15	Resistance dial	1	35	Pdeal crank	1
16	Screw cap, M8	1	36	Flywheel	1
17	Plug	2	37	Device enclosure	1
18	Screw, M5x32mm	4	38	Screw, M6x16mm	4
19	Rear support bar	1	39	Pedal strap	R/L
20	Non-slip pad	4			

# EXPLODED DRAWING



# ***Ultrafit***<sup>®</sup>

## **Mini Bike 50**

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### **Warranty Card**

In the event of a warranty claim,  
please first contact our service hotline or send us an e-mail.

## **2-year Warranty**



### **Manufacturer & Service**

**Summary Gmbh**

Service hotline: 00800 880 880 08

Email: [Service.uk@ultrafit.de](mailto:Service.uk@ultrafit.de)

Internet: [www.ultrafit.de](http://www.ultrafit.de)