

CONFIDENCE **FITNESS**



Electric Mini Exercise Bike

INTRODUCTION

Please make sure you have read and understood these instructions, before assembling and using this Min-Exercise Bike

BEFORE USE

- Carefully remove all packaging. Avoid using any knives or other sharp instruments as this may damage the surface of the product.
- Check the product for any visible damage. If you see any damage or suspect a fault, do not use your product, but contact your supplier for support.

INTENDED USE

The mini cycle exerciser can help to improve circulation and muscle strength and is ideal for those keen to exercise from the comfort of their own homes. It can be used to exercise your legs seated or lying down, or on a table for arm exercises.

GENERAL INSTRUCTIONS

Carefully read through the instructions contained in this manual. It provides you with important information about safety, use and maintenance of the appliance.

1. Make sure that the mains supply Voltage is suitable for the machine before plugging it in.
2. This unit has been designed for home use only.
3. Never leave the unit unattended when it is plugged in. Unplug it from the wall socket after each exercise session.
4. Place the appliance on a flat surface, with at least 0.5 metres of free space at the sides and rear.
5. It is not advisable to keep your unit in a damp place for long periods as it will be prone to rust.
6. Do not use the machine if the mains cable becomes worn or damaged.
7. Keep the mains cable away from hot surfaces.
8. Do not use the machine outdoors.
9. Do not use in bathrooms, or in wet or damp locations.
10. To unplug the machine first put the switch to the "0" position and then unplug from the wall socket.
11. Please consult a medical professional before undertaking a new form of exercise or using new exercise equipment.
12. As with all forms of exercise, do not use the machine if you feel unwell or immediately after eating.
13. Make sure you perform an adequate warm up before and cool down after exercising.
14. Wear suitable clothing and footwear.
15. Do not touch or insert any objects into the moving parts while the machine is in use.
16. Do not let children play with this machine.
17. Do not place the mains lead beneath a carpet or rug.
18. Ensure that the cable does not come into contact with the pedals while in use.

ASSEMBLY INSTRUCTIONS

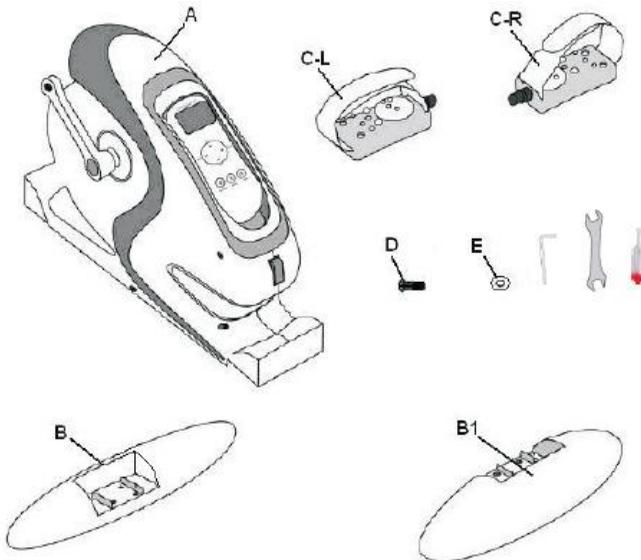
Take the unit out of the box and place it on the floor as show in Figure 1.

The assistance of a second person is advisable for the assembly work.

Make sure that you have all of the pieces:

- A (Main Body)
- CL (Left Pedal)
- CR (Right Pedal)
- B (Stabiliser Bar1)
- B1 (Rear Stabiliser Bar)
- D (Screw M4x25)
- E (Grower Washer M4)
- Pedal Combination Spanner

Figure 1



Fitting the Stabilisers

Take the stabiliser (B) marked with the letter (A) and place it at the front of the unit marked with the letter (A), as shown in Figure 2. Insert with M4x25 screws (D).

Take the rear stabiliser (B1) marked with the letter (B) and go through the same fitting procedure as with the front stabiliser. Refer to Figure 3.

Figure 2

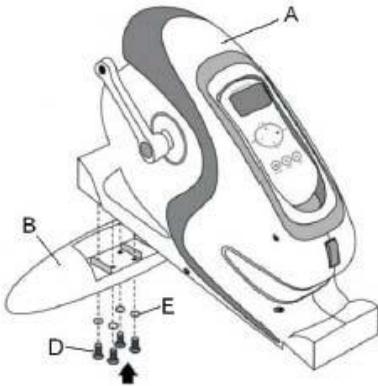
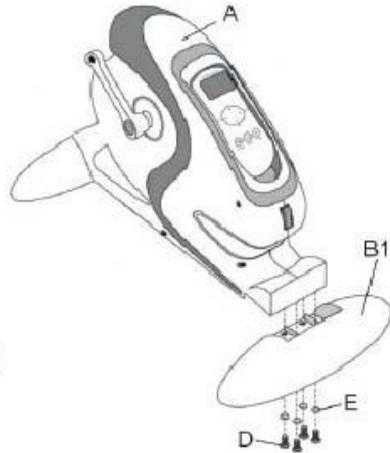


Figure 3



Attaching the Pedals

Right and left refer to the position that the user adopts when exercising. Insert the right hand pedal (CR), marked with the letter (R), onto the righthand crank, also marked with an (R). Insert the lefthand pedal (CL), marked with the letter (L) onto the lefthand crank, also marked with an (L). See Figure 4.

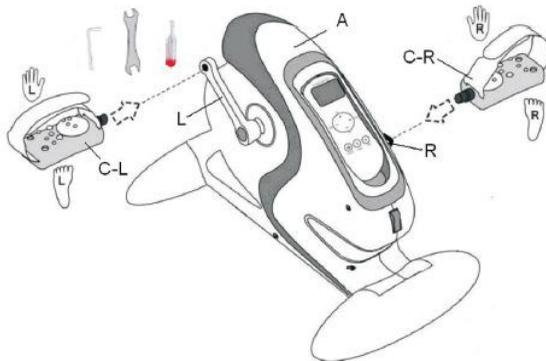


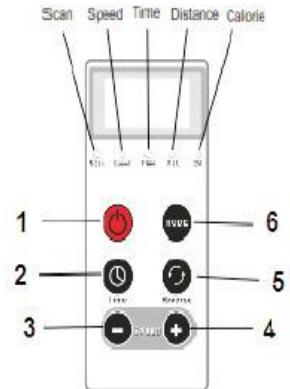
Figure 4

REMOTE CONTROL

Display Indicator

Speed, Time, Distance (Distance travelled km), Calories, Scan (random display).

- 1 Power On/Off
- 2 Time (Time selection button; 115 min)
- 3 Decrease Speed (12 settings)
- 4 Increase Speed (12 settings)
- 5 Forward/Reverse (Pedal direction)
Mode (Press to display speed, time,
distance or calories)
- 6



NB. For faster adjustment of Time or Speed press and hold the relevant button.

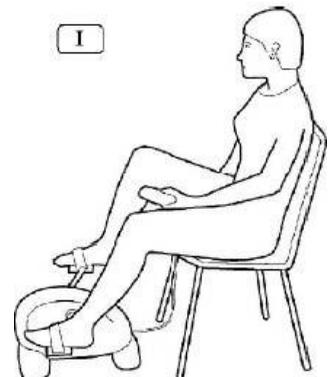
SWITCHING ON/OFF

1. Plug the socket into the wall. Switch the red button below the remote control support to position I. To switch the machine on press (1) on the remote control.
2. To switch the machine off press (1) on the remote control. Switch the red button below the remote control support to position 0 and then unplug the unit from the wall.

EXERCISES

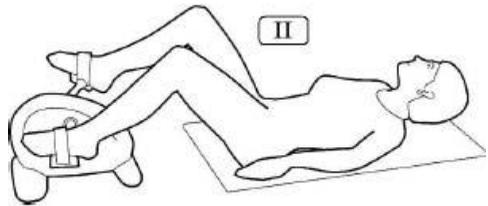
Position 1: Seated (Lower Body)

- Use a stable, sturdy chair.
- Place the unit at a comfortable distance from the chair to avoid overstretching your legs.
- Make sure that your lower back is supported; we recommend that you place a small cushion at the base of your back.
- Sit on the chair and place your feet on the pedals.
- Remove the Remote Control from the surround on the unit. Follow the instructions for switching the unit on/off and use of the Remote Control.



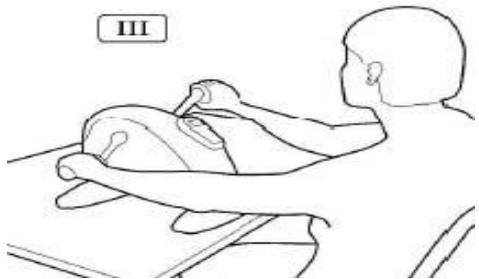
Position 2: (Lying)

- When lying down place the unit at a comfortable distance to avoid overstretching your legs.
- Make sure that your lower back is supported; we recommend that you place a small cushion at the base of your back.
- Place your feet on the pedals.
- Remove the Remote Control from the surround on the unit. Follow the instructions for switching the unit on/off and use of the Remote Control.
- Get up slowly after finishing exercising



Position 3: Seated (Upper Body)

- Use a raised, fixed surface such as a table so that the unit is at chest height with the Remote Control area facing you and sit on a stable chair.
- Place the unit at a comfortable distance to avoid overstretching your arms.
- Follow the steps for Position 1 to begin the session.



CLEANING

Switch off and unplug the unit, then clean using a nonabrasive cleaner or mild detergent with a soft cloth. Abrasive cleaners and/ or abrasive cleaning pads may seriously damage the product beyond repair and should not be used. Always ensure that you wipe dry the equipment after cleaning.

CARE & MAINTENANCE

Please make a safety check of the product at regular intervals or if you have any concerns. Pay particular attention to fastening elements and tighten if necessary. If in doubt about the safety of the unit do not use it. Please contact your supplier in the first instance for Technical Assistance and if you require spare parts to replace worn components

TECHNICAL SPECIFICATION

Power supply:	230 V ~
Power consumption:	70 W
Maximum Operating current:	0.3 A
Average running cost:	1p/3 hours

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