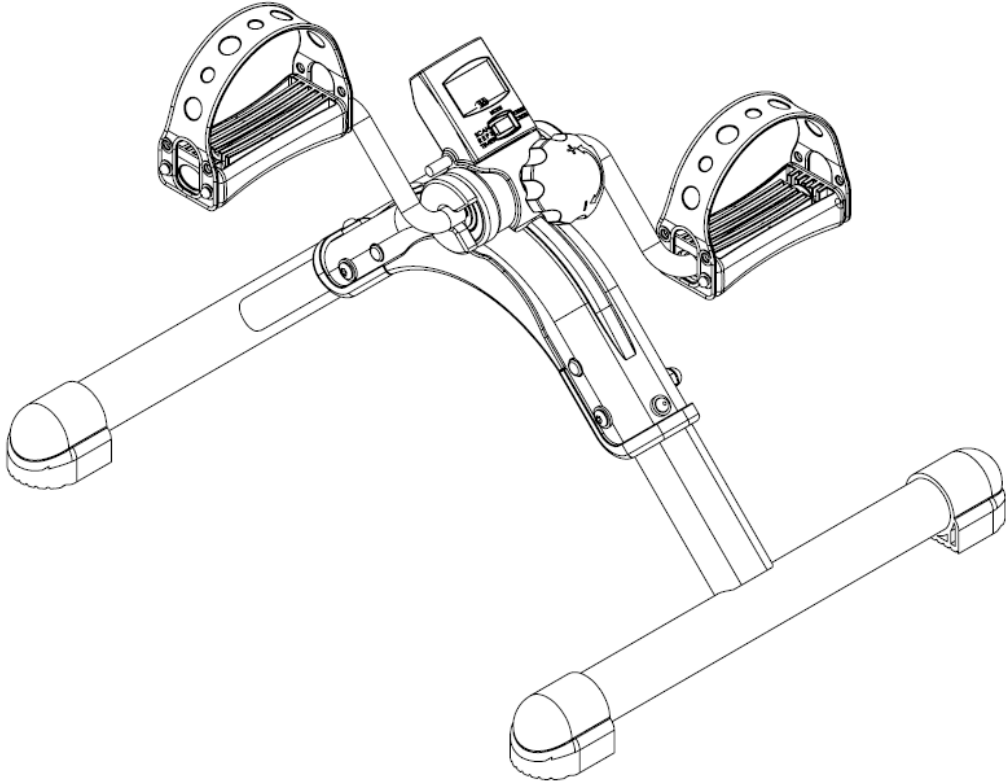


FOLDABLE MINI-BICYCLE



USER MANUAL

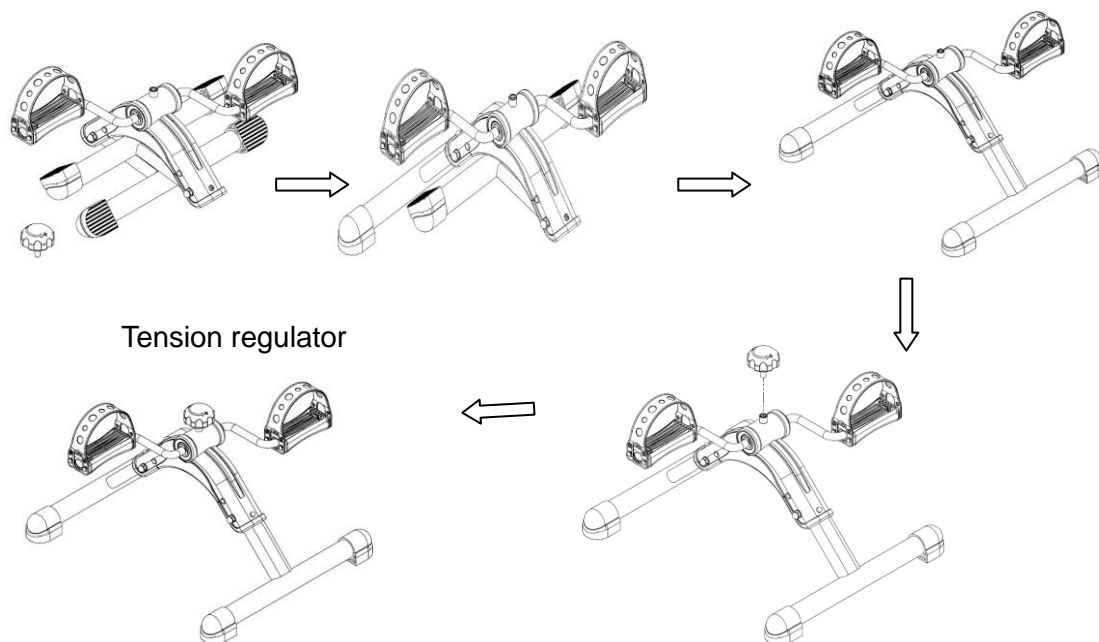
CAUTION:

Read these instructions before using your MINI-bicycle!

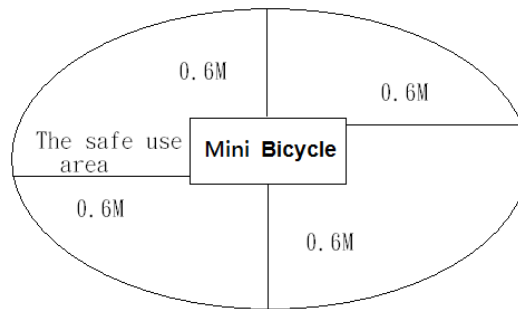
- Always follow your physician's recommendations when planning your personal exercise program.
- You should be aware of your limits and adapt your exercise accordingly. Always use common sense when exercising.
- Keep children or pets away from the trainer when you are using it or when you leave it unsupervised.
- Before daily use, make sure all screws are firmly tightened.
- Always use the trainer on a flat and level surface.
- Be sure to wear suitable shoes and proper clothing.
- Hint: Not suitable for therapeutic use.
- Hint: speed-independent device.
- Warning: the safety level of the equipment can be maintained only if it is examined regularly for damage and wear.
- Replace defective components immediately and keep the equipment out of use until repair.
- Pay special attention to components most susceptible to wear: e.g. elastic buckle, pedal.
- The mini cycle is for indoor and home use, class H.
- The free area shall be not less than 0.6 m greater than the training area in the directions from which the equipment is accessed.
- Where equipment is positioned adjacent to each other the value of the free area may be shared.
- Maximum load of the device: 40 kg

Total mass: 2 KGS

ASSEMBLY INSTRUCTIONS:



Total surface area:0.6 M



EXERCISES:

This trainer can be used for an outstanding aerobic exercise of your legs as well as your arms.

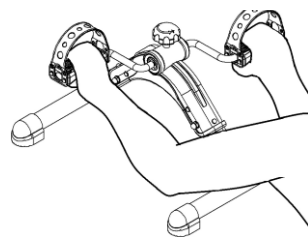
Turn the tension regulator to increase or reduce the resistance.

Warning: Injuries to health may result from incorrect or excessive training.

To use the trainer as bicycle, place it on the floor where the pedal movements will not be hindered by other objects. Make sure the surface is horizontal and non-skid. If you wish to

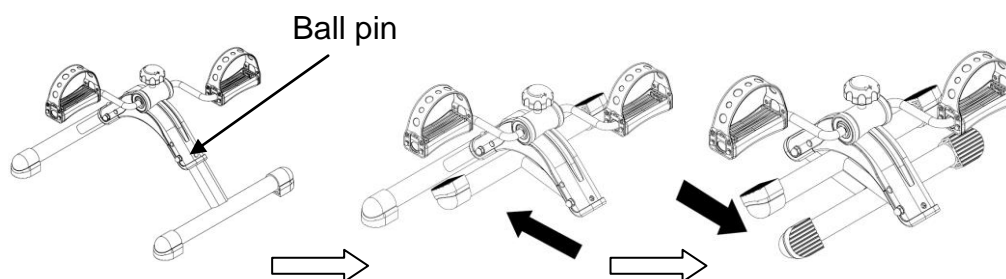
Arms exercise

To exercise your abdomen, put the trainer directly in front of you onto a table und sit on a comfortable chair so you are able to easily reach the pedals without overstretching the elbow joint. This can be done by putting a cushion onto the chair or by placing the trainer closer to yourself. Firmly grip the pedals with your hands and rotate them with the support of your shoulders, arms and your wrists.

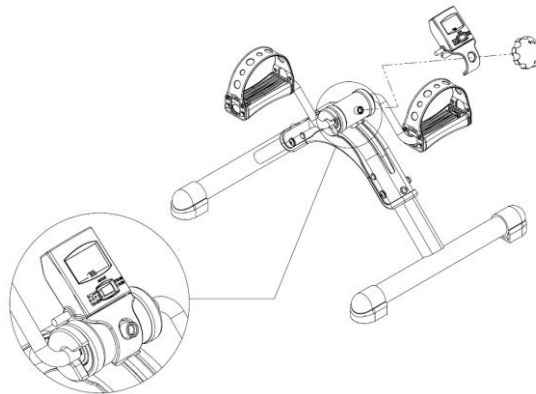


STORAGE:

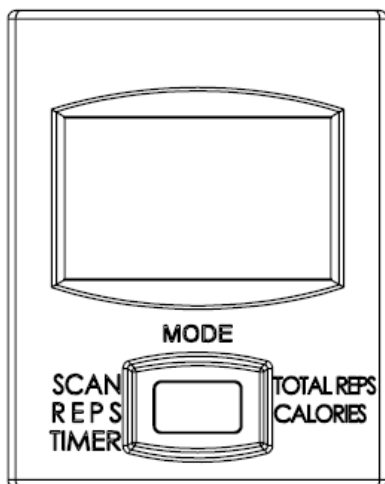
- 1- For storage please press on the ball pin, fold the front tube and then the rear tube upwards.



2-Insert the batteries into the Computer.



OPERATION & INSTRUCTION FOR METER:



FUNCTION BUTTON:

MODE: To select functions or scan, reps, timer, total reps, calories. Hold the button for 2 seconds to have a total reset. Except TOTALREPS.

NOTE:

1. If there is a possibility to see an improper display on the monitor, please replace the batteries to have a good result.
2. Please use 1pcs of 1.5V LR44 or AG13 batteries as a power supply.
3. The monitor will be automatically shut off if there is no signal coming in for 4 to 5 minutes.
4. The monitor will be auto-powered when start exercise, push button w/signal in.

The meter will automatically start calculating by simply starting exercising, and will automatically stop calculating when stop exercising for 4 seconds

SCAN:

Press "mode" key to select "scan", then this function will automatically scans through all the functions displayed on the bottom line of the monitor.

TIMER:

Automatically accumulates workout time when starting exercise.

REPS :

Automatically accumulates workout reps when starting exercise..

TOTAL REPS:

Automatically accumulates different sessions workout counts when starting exercise.

CALORIES:

Automatically accumulates calories amount consumed when starting exercise.