

Motorised Mini Exercise Bike

K004 v01: 01/09/21

Please read and retain these instructions for future reference



Dimensions

48.5 x40 x30cm

Electric cable length: 120cm



2 person assembly recommended

Max load: 100kg

- YOU DO THE MOVEMENT IT DOES THE HARD WORK
- THE BIKE THAT DOES THE EXERCISE FOR YOU
- DESIGNED TO IMPROVE CIRCULATION AND JOINT MOBILITY
- COMES WITH A HANDY REMOTE CONTROL ON SPRING CABLE SO YOU CAN SIT BACK, RELAX AND CONTROL IN THE COMFORT OF YOUR ARMCHAIR AND SAVES BENDING DOWN TO CHANGE THE FUNCTION
- SIMPLE ON OF SWITCH AT BASE
- REMOTE CONTROL DISPLAYS : TIME, SPEED, DISTANCE AND CALORIES
- 1-15 MIN TIME SETTING WITH 12 SPEEDS
- FORWARD AND REVERSE FUNCTION

ASSEMBLY INSTRUCTIONS / INSTRUCTIONS FOR USE:

Unpack the components carefully. Please check all parts have been removed from the packaging.

General instructions

You should always observe certain safety precautions when using electrical appliances, including the following.

Attention! To reduce the risk of electric shock:

Unplug the appliance from the mains socket immediately after use and before proceeding to clean it. Carefully read through the instructions contained in this manual. It provides you with important information about safety and maintenance of the Motorised Mini Exercise Bike.

1. Make sure that the mains supply voltage is suitable for the machine before plugging it in (220V). The supply voltage must be the same as that stated on the rating label and the holes in the wall socket outlet must match the pin configuration for the plug on the machine.
2. The 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 your unit on a flat surface, with at least 0.5m of free space at the rear.
5. Parents and those responsible for children must always be aware of their curious nature and how this can often lead to hazardous situations and behaviour which could cause accidents. This is why they should always be supervised. Under no circumstances should this appliance be used as a toy.
6. Keep your hands well away from any of the moving parts.
7. Use suitable clothing and footwear. Make sure that all laces/cords are tied correctly.
8. It is not advisable to keep your unit in a damp place for long periods as it will be prone to rust.
9. Do not use the machine if the mains cable becomes damaged or worn.
10. Keep the mains cable away from hot surfaces.
11. Do not use the machine outdoors.
12. To unplug the machine, first put the switch to the "0" position and then unplug it from the wall socket.

Precautions

Consult your GP before using the Mini Exercise Bike or any other fitness product. Especially if you suffer from any of the following conditions:

1. Cancer patients
2. Convalescence after recent surgery
3. History of heart problems
4. Thrombosis
5. Fractured bones
6. Epileptic fits
7. DO NOT USE during pregnancy

Parts

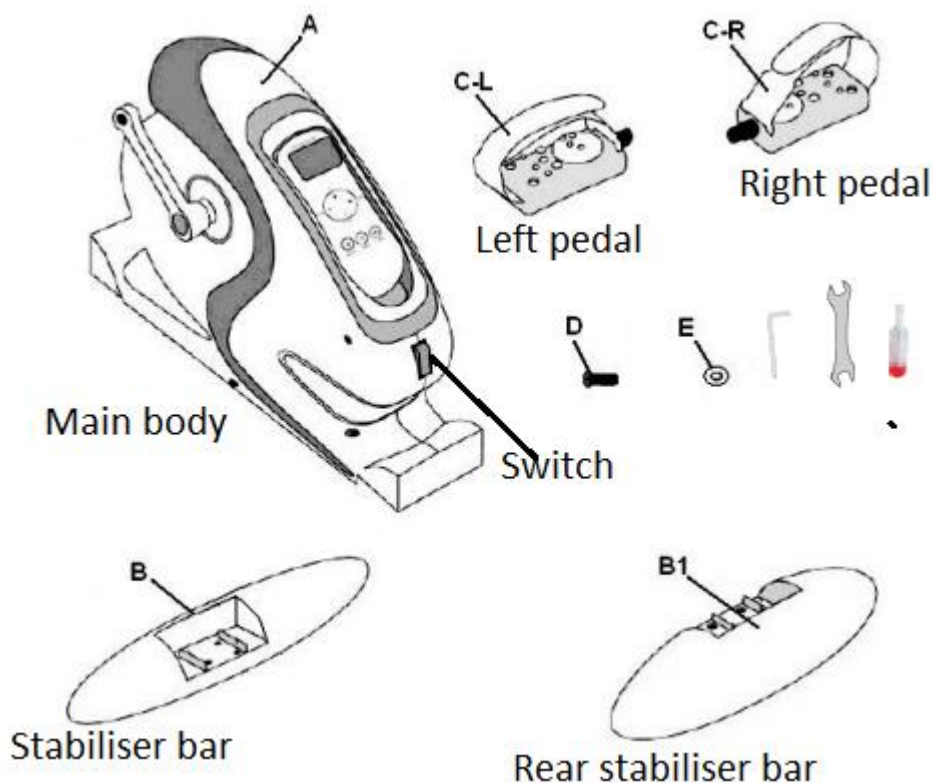
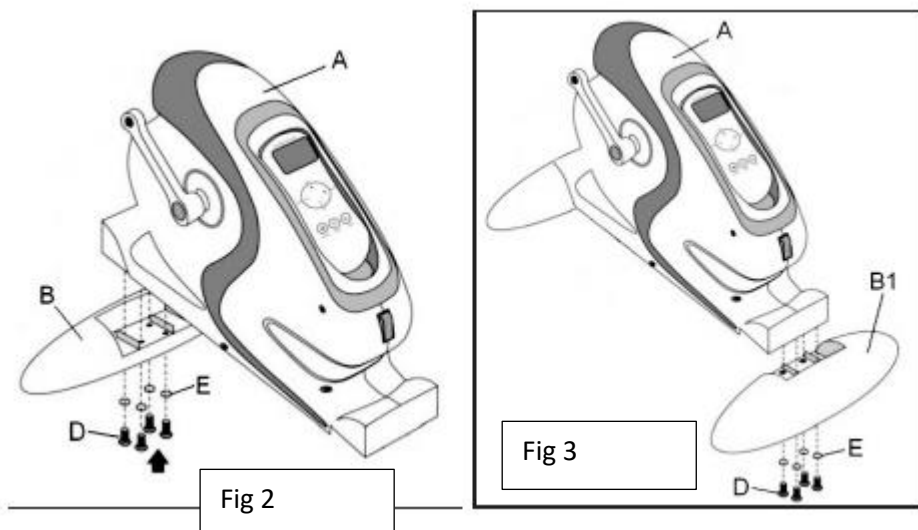


Fig. 1

Assembly



Take the unit out of the box and place it on the floor as shown in Fig. 1.

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

Make sure that all the pieces are there:

(A) Main body, (C-L) left pedal, (C-R) right pedal, (B) Stabiliser bar, (B1) rear stabiliser bar, (D) Screw M-4x25, (E) Grower washer M-4, Pedal combination spanner.

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 Fig. 2, insert the M-4x25 screws (D).

Next, take the rear stabiliser (B1) marked with the letter (B), Fig. 3 and go through the same fitting procedure as with the front stabiliser.

Attaching the Pedals

Right and left refers to the position that the user adopts when to do the exercises.

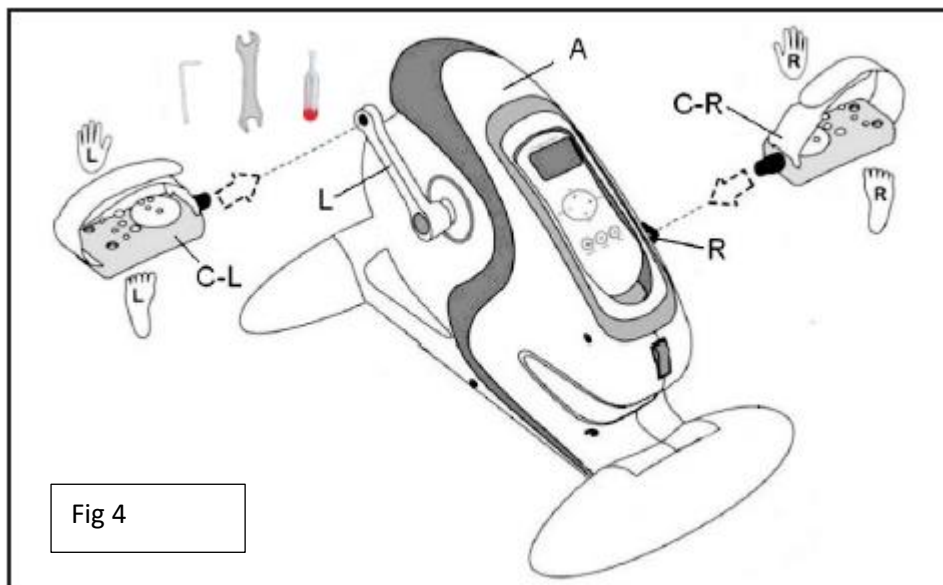
Insert the right-hand pedal (C-R), marked with the letter (R).

Next, Fig. 4

Insert the left-hand pedal (C-L) marked with the letter (L) onto the left-hand crank, also marked with an (L).

Fig. 4.

The pedal straps can be adjusted with a screwdriver.

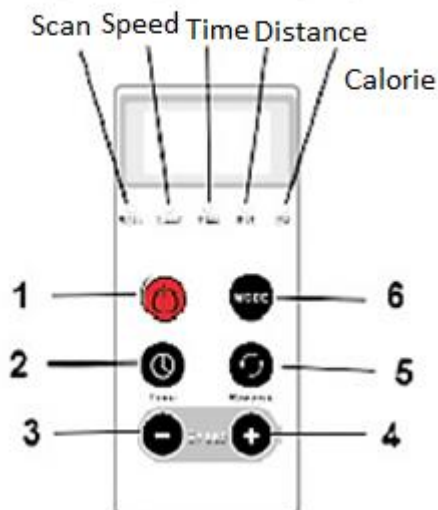


Mains connection

Connect the unit to a socket. Put the switch (L) in position (1).

Remote control

REMOTE CONTROL.-



Display indicator: speed, time, distance travelled km), calorie, Scan (The random sample data display speed, time, distance, calories)

- 1: **Power**
- 2: **Time-Time selection button. (1-15 min).**
- 3: **Speed-- Select key for increasing speed (12 speed levels).**
- 4: **Speed+- Select key for increasing speed (12 speed levels).**
- 5: **Forward/reverse- Change pedal direction key**
- 6: **Mode-Select key for parameter display speed, time, distance, calories**

Operation

- Plug the adaptor plug to the DC and press the red button below the remote support placing it in the position I. Pressing the button (1) the unit will work with the speed at level 1 and time 5 min. The display will show randomly, data speed, time, distance, calories (Scan).
- Pressing the button (2) Time, you can adjust the time period from 1 to 15 minutes. For faster adjustment you may hold the key (2) down until you see the desired time.
- The device automatically turns off when the selected minutes have elapsed.
- To increase the speed press button (d). Speed+. To reduce the speed, press the button (3) Speed-. For faster adjustment you may hold the key (4) or (3) down until you see the desired speed level.
- Using the button (5) Reverse it can change the direction of rotation of the pedals. It takes a moment for this function to work. Do not keep pressing.
- Press (6) MODE one more time to display data speed (Speed), time (Time), distance (Dist.), calories (Cal.). To display random parameters press the button several times until the red light shows beneath the Scan letters. To turn off press (1). After finishing, press the red button below the remote support by placing it in the 0 position to completely shut down the unit.

OPERATING INSTRUCTIONS

Physical Fitness

It is advisable to cool down with a short exercise session of 3 to 6 minutes at a low speed, twice per day. See examples of exercises below.

Gradually build up to a maximum of 15 minutes per session, twice per day. Once you feel comfortable exercising you can try higher speeds.

INSPECTION & MAINTENANCE

Switch the unit off and unplug the mains cable.

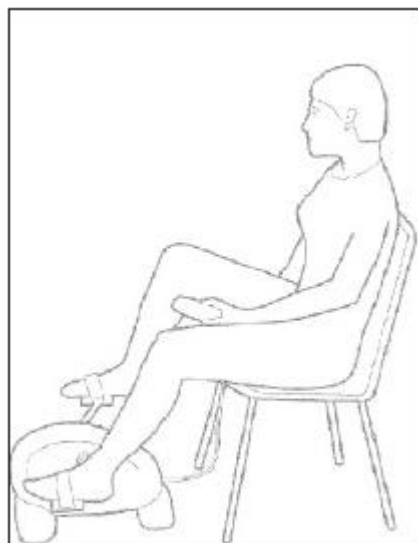
ATTENTION

Periodically check that all of the fastening elements are duly tightened and connected correctly.

Check and tighten all the parts on your unit every three months.

Exercises

Seated position



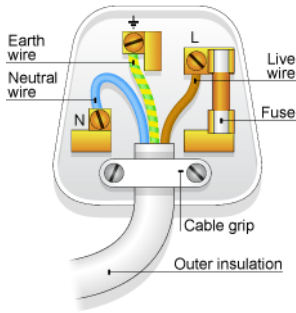
1. Use a stable, sturdy chair.
2. Be sure to place the Mini Bike at a comfortable distance from the chair (so as not to overstretch your legs.)
3. Make sure that your lower back (lumbar region) is supported when using the Mini Bike. We recommend placing a small cushion at the base of the lumbar region.
4. Sit and place your feet on the pedals.
5. Take the control unit off its support and press the button (1), the pedals will begin to rotate.
6. To stop the unit press (1).

PLUG WIRING (UK & IRELAND)

This appliance is fitted with a BS 1363 13-amp plug. If you have to replace the fuse, only those that are ASTA or BSI approved to BS1362 and with a rated current of 13-amps should be used. If there is a fuse cover fitted, this cover must be re-fitted after changing the fuse. If the fuse cover is lost or damaged the plug must not be used. Spare fuse holders and fuses are available from electrical outlets. If the socket outlets in your home or office are not suitable for this product's plug, the plug must be removed and disposed of safely. Attempts to insert the plug into the wrong socket is likely to cause electric hazard. A replacement plug should be wired according to the following instructions:

The cable

A mains electricity cable contains two or three inner wires. Each has a core of copper and an outer layer of flexible plastic. This product is earthed; the wires in the cord set are colour coded in the following way:





BLUE	NEUTRAL
BROWN	LIVE
GREEN & YELLOW	EARTH

The diagram shows the key features of a correctly wired three-pin mains plug.

DISPOSAL

- Coopers of Stortford use recyclable or recycled packaging where possible.
- Please dispose of all packaging, paper, cartons, packaging in accordance with your local recycling regulations.
- Plastics, polybags – this is made from the following recyclable plastic.



Code & Symbol	 PVC	 OTHER
Type of Plastic	Polyvinyl Chloride	ABS
Commonly used for	Pipes, construction material, flooring, windows, guttering, plaster packs	CD's, crisp packets, various flexible packaging, baby bottles, sunglass lenses
Notes	Not usually collected from household recycling bins, Sometimes recycled at local waste management centres.	Not often or widely recycled

- At the end of the product's lifespan please check with your local council authorised household waste recycling centre for disposal.

