

MINI EXERCISE BIKE

Item No: P991/ 66394

Instructions for Use

v001: 12/08/25

Please read and retain these instructions for future reference

Java

wellness



**ALWAYS USE ALKALINE BATTERIES.
DO NOT USE LITHIUM BATTERIES.**

Power Details: 1XAAA 1.5V batteries (included)

Accessories:



Please read this instruction manual thoroughly before starting and ensure you are familiar with the operation of your new MINI EXERCISE BIKE.

Assembly Steps

1. Installing the pedals

Attach the right and left pedals (identified by R= right and L=left) to the corresponding crank arms. Screw the right pedal clockwise and screw the left pedal anti-clockwise during installation. Afterwards, secure the pedals with a wrench.



Tips for Installing the Pedals

Make sure the pedal is straight when you screw it in. Rotate the shaft with your fingers to get the threads started. If you can't get the threads started with your fingers, then it is cross threaded. Unscrew the pedal, make sure the pedal is straight, and then try again.

2. Installing the stabilizers

Place the trainer upside down. Mount the front and rear stabilizers on the bottom of the trainer with two pairs of screws.

3. Installing/replacing the battery

Remove the display by disconnecting it from its slot. The battery compartment is situated behind the counter. Install or replace a 1.5V AAA battery (NOT PROVIDED). Re-assemble the display.



Operations

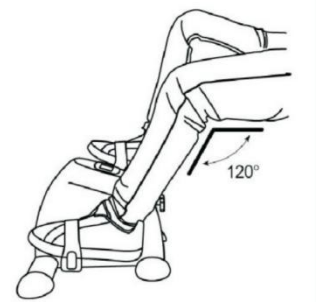
Press the red button to turn on the display. You can select the desired function by pressing the red button, Refer to the right upper corner of the display for functions.

TIME	Total time pedaled.
DISTANCE	Total distance pedaled, in kilometers.
COUNT	Total movement times during the workout session.
TOTAL COUNT	Total movement times during different sessions. This value cannot be reset unless you replace the battery.
CALS	Total calories burned.

IMPORTANT: The calculation of calories burned is an estimation and should not be considered medically reliable. We suggest consulting your doctor or dietician to adapt your diet and energy consumption depending on your physical condition, and the sporting activities you intend to be involved in. We also recommend that you consult your doctor prior to beginning any new exercise.

Attention

- The pedals of mini trainer are close to the ground, so your feet are very likely to touch the ground if you sit on a low height chair. Please sit on a chair of proper height when doing exercise.
- It's recommended to keep the angle between your thigh and calf at less than 120°, otherwise the trainer may slide forward.



Notes

The functions change automatically after a couple of seconds so that during your session you can keep track of the time, distance, number of exercises and the total estimated calorie consumption. If you prefer one particular function, then press the red button till you have found the desired function and "SCAN" is off the display. The display will automatically switch on when you start exercising or when you press the red button. The display will automatically switch off when not in use for around 4 minutes. Reset the exercising data by pressing the red button for 3 to 5 seconds.

Care

Make sure the pedals are as tight as you can possibly make them. This is especially important if you pedal backwards. Do not stand on the pedals. The pedal was not designed to be used while standing.

Warnings

- The trainer must be kept away from children.
- It is forbidden to use the trainer if damaged or defective.
- Keep hands, feet, and loose articles away from moving parts.
- The trainer can't be used by persons with physical or mental disabilities or children or people with insufficient experience, and/or insufficient knowledge.
- The product is intended for indoor use only.
- Do not place the bike in a location where it will be in contact with direct sunlight or where it will be exposed to high temperatures or excessive humidity.
- Do not place this device in a location where it may cause obstruction.
- Make sure that the pedals are on tight. Loose pedals will slowly come undone. Using the trainer with loose pedals can damage the threads on the pedal arms.
- Do not wear loose or baggy clothing, since it may get caught in the machine.
- Take off all jewelry when exercising.
- It is always important to consult your physician before starting an exercise program.
- Do not subject the bike to heavy shock or treat it excessively.
- Do not place the trainer on a slippery flat which may result in injury.

WARNINGS AND SAFETY INSTRUCTIONS:

WHEN USING ANY APPLIANCE, BASIC SAFETY PRECAUTIONS SHOULD ALWAYS BE FOLLOWED:

- READ ALL INSTRUCTIONS BEFORE USE.
- FOR DOMESTIC INDOOR ONLY.
- NOT FOR COMMERCIAL USE.
- BEFORE USE, CHECK THOROUGHLY FOR ANY DEFECTS AND DO NOT USE IF DEFECTS ARE FOUND. TAKE CARE NOT TO DROP THE APPLIANCE AS HEAVY IMPACTS MAY CAUSE INTERNAL DAMAGE.
- THE USE OF ANY ACCESSORY OR ATTACHMENTS NOT RECOMMENDED BY COOPERS OF STORTFORD MAY CAUSE INJURIES AND INVALIDATE ANY WARRANTY YOU MAY HAVE.
- DO NOT PLACE ON OR NEAR HEAT SOURCES.
- DO NOT COVER THE ITEM IN ANY WAY WHEN IN USE AS THIS MAY CAUSE OVERHEATING.
- DO NOT USE THIS APPLIANCE FOR ANY OTHER USE THAN THE INTENDED USE IT IS DESIGNED FOR.
- DO NOT LEAVE SWITCHED ON OR UNATTENDED.

BATTERIES

- **ALWAYS USE ALKALINE BATTERIES. DO NOT USE LITHIUM BATTERIES.**
- **BATTERY WARNING: KEEP OUT OF REACH OF CHILDREN. IF SWALLOWED OR PLACED INSIDE ANY PART OF THE BODY SEEK IMMEDIATE MEDICAL ATTENTION.**
- INSTALL BATTERIES IN ACCORDANCE WITH ITS POLARITY SYMBOLS. DO NOT FIT BATTERIES IN REVERSE.
- DO NOT SHORT CIRCUIT THE BATTERY TERMINALS.
- REMOVE THE BATTERIES IF LEFT FOR LONG PERIODS.
- **KEEP BATTERIES AWAY FROM CHILDREN AND PETS.**
- DO NOT MIX USED AND NEW BATTERIES.
- **NEVER DISPOSE OF BATTERIES IN A FIRE.**
- BATTERY DISPOSAL, SPENT OR EXPIRED BATTERIES MUST BE DISPOSED OF AND RECYCLED IN COMPLIANCE WITH YOUR LOCAL AUTHORITY REGULATIONS.
- FOLLOW THE BATTERY MANUFACTURER'S SAFETY, USAGE, AND DISPOSAL INSTRUCTIONS.

CARE AND CLEANING INSTRUCTIONS

- ALWAYS SWITCH OFF AND REMOVE BATTERIES BEFORE CLEANING.
- DO NOT IMMERSE IN WATER.
- DO NOT USE ABRASIVE CLEANERS OR SHARP UTENSILS TO CLEAN THIS APPLIANCE.
- WIPE SURFACES WITH A SOFT DRY CLOTH. DRY THOROUGHLY BEFORE FURTHER USE.
- STORE THE APPLIANCE IN A COOL, DRY PLACE.

BATTERY DISPOSAL

- SPENT OR EXPIRED BATTERIES MUST BE DISPOSED SAFELY AWAY FROM CHILDREN ACCESS AND RECYCLED IN COMPLIANCE WITH YOUR LOCAL AUTHORITY REGULATIONS AND NOT DISPOSED IN GENERAL HOUSEHOLD WASTE.
- FOLLOW THE BATTERY MANUFACTURER'S SAFETY, USAGE, AND DISPOSAL INSTRUCTIONS.

DISPOSAL

- We use recyclable or recycled packaging where possible.
- Please dispose of all packaging, paper, cartons in accordance with your local authority recycling regulations.
- At the end of the product's lifespan please check with your local council authorised household waste recycling centre for disposal.
- Plastics, polybags – this is made from the following recyclable plastic.

Code & Symbol	 OTHER
Type of Plastic	Please Specify (includes ABS, Nylon)

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