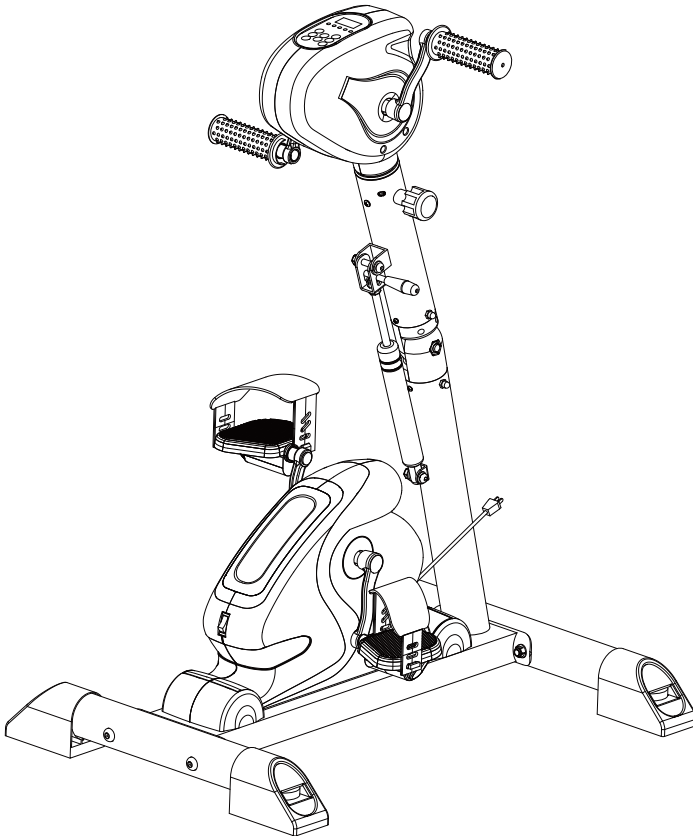


Multifunctional Exercise Bike



INSTRUCTION MANUAL

Fig.1

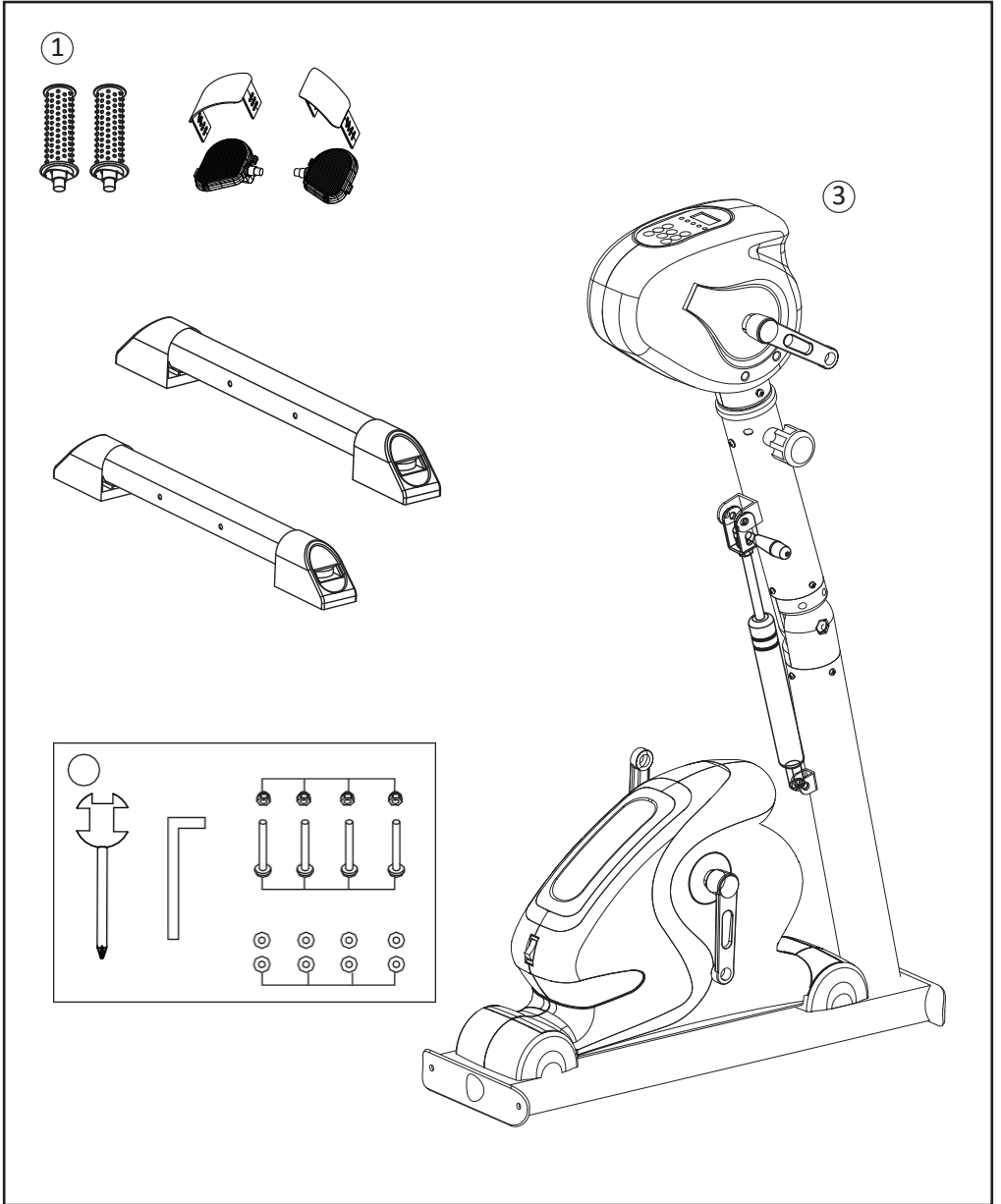


Fig.2

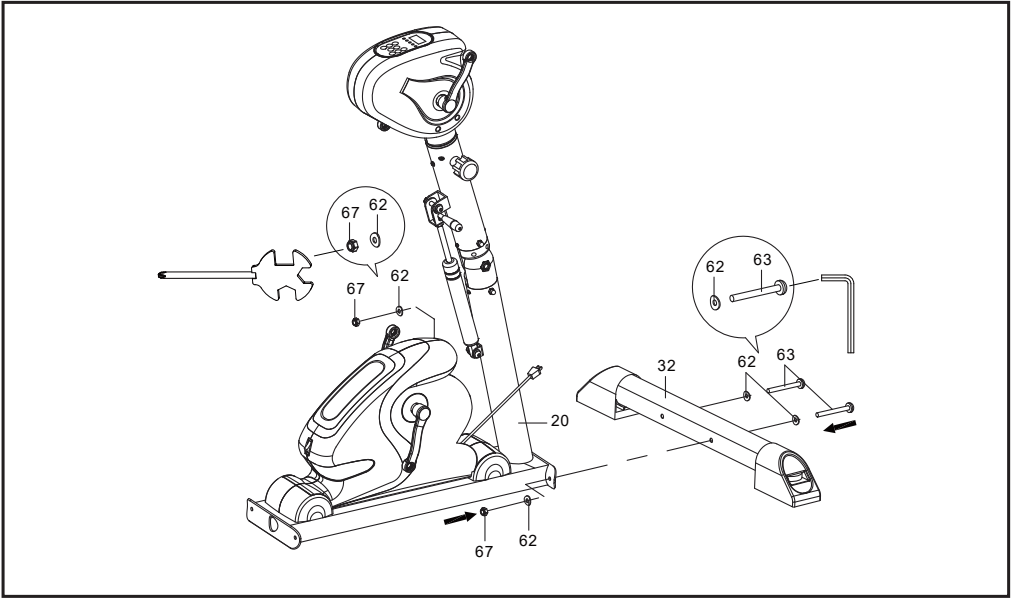


Fig.3

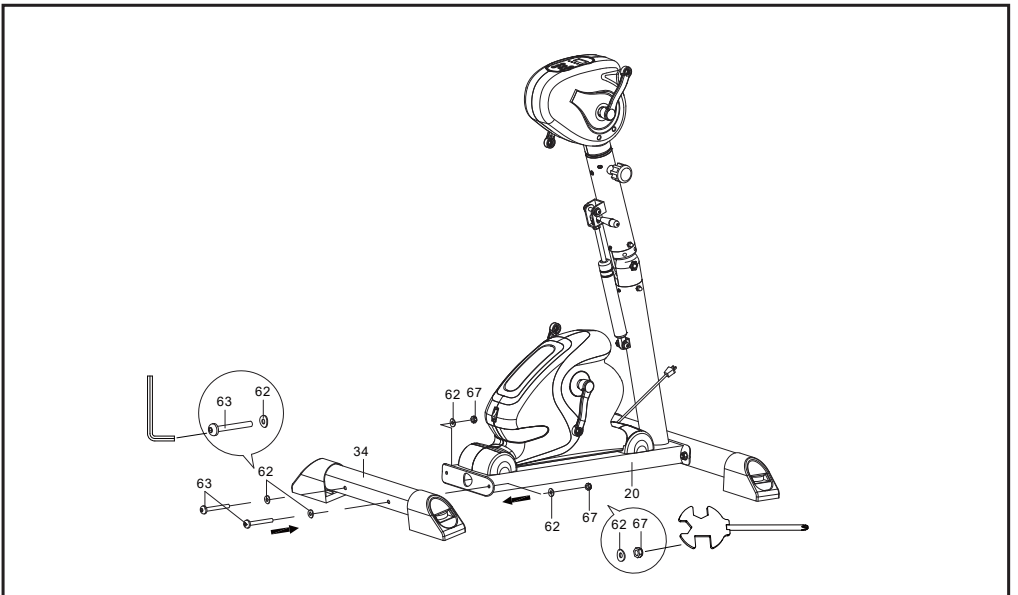


Fig.4

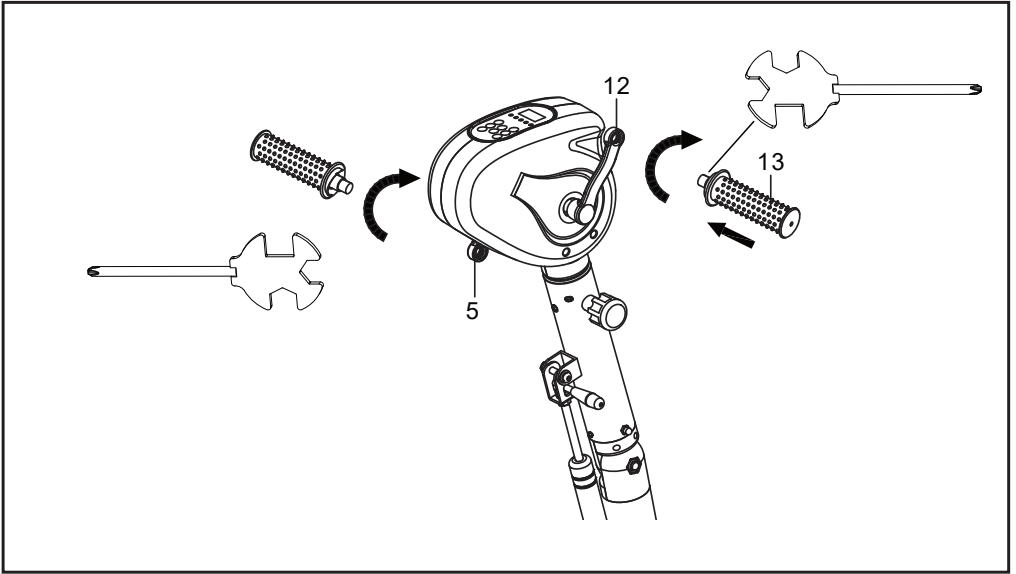


Fig.5

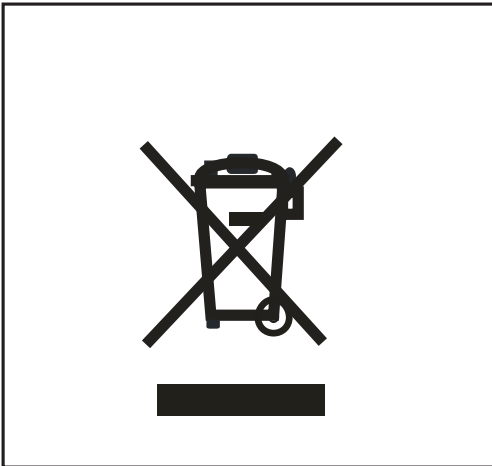
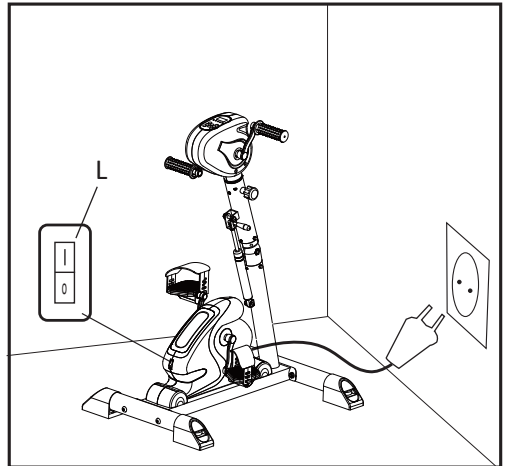


Fig.6



GENERAL INSTRUCTIONS.-

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

It provides you with important information about safety, use and maintenance.

Important: Deposit electronic components in special containers, Fig.5.

ATTENTION! To reduce the risk of electrical 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, use and maintenance of the treadmill.

1 Make sure that the mains supply voltage is suitable for the machine before plugging it in correct voltage Fig.6.

The supply voltage must be the same as that stated on the characteristics plate and the holes in the wall socket outlet must match the pin configuration for the plug on the machine. If this is not the case, please consult your supplier.

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 your unit on a flat surface, with at least 0,5 metres of free space at the rear.

5 Parents and/or 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 doctor before using the mini 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. Hip problems.
5. Thrombosis.
6. Fractured bones.
7. Epileptic fits.
8. DO NOT USE during pregnancy.

ASSEMBLY INSTRUCTIONS.-

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 of the pieces are there:

- ① Main body
- ② Accessories
- ③ Kits bag

1. - FITTING THE RETAINER.-

Take the retainer and place it at the inner unit, Insert and fasten it with M8*40 Screws and Nuts. As showed in FIG . 2

2.-FITTING THE STABILISERS.-

Take the short front stabiliser and place it at the front of the unit, as showed in FIG.3, insert the M8*75 SCREWS (2PCS.). Next, Take the Long rear stabiliser and go thought the same fitting procedure. As with the front stabiliser.

2. -ATTACHING THE PEDALS.-

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

Inset the foot pedals onto the cranks on the bottom half of the unit.

Inset the hand pedals onto the cranks on the top half of the unit.As showed on Fig. 4.

3. - MAIN CONNECTION.-

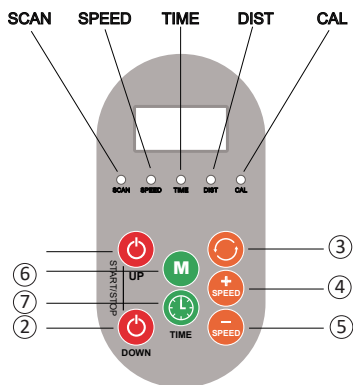
Connect the unit to a plug provided of a ground (correct voltage). Put the switch (L) in

Position (I) Fig.6 .

I --- MEANS " POWER ON"

O ---MEANS "POWER OFF"

REMOTE CONTROL.-



Display indicator: Speed,
Time. Distance (Distance traveled km) Calorie, Scan (The random sample data display speed, time, distance, calories).

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

OPERATION.-

1. Pressing the button (1) Power, the unit of the top half will work with the speed at level 1 and time 5 mins. The display will show randomly, data speed, time, distance, calories (scan way).

2. Pressing the button (2) Power, the unit of the bottom half will work with the speed at level 1 and time 5 mins. The display will show randomly, data speed, time, distance, calories (scan way).

3. Pressing the button (7) Time, you can adjust the time period from 1 to 15 minutes. For faster adjustment you may hold the key (7) down until you see the desired time. The device automatically turns off when the selected minutes have elapsed.

4. To increase the speed press the button (4) Speed + .

5. To reduce the speed press the button (5) speed - .

For faster adjustment you may hold the key (4) or (5) down until you see the desired speed level.

6. Using the button (3) Forward / reverse, it can change the direction of rotation of the pedals.

7. Pressing the button (6) Mode one or more times to display data speed (SPEED), time (TIME), distance(Dist.), calories (Cal.). To display random parameters press the button several times until the red light show beneath the Scan letters.

In the standby status, press this MODE button, you can choose function between automatic program and manual program.

There's 5 automatic programs : P1, P2, P3, P4, P5.

P1 : level 1 - level 2 - level 3 - level 4 -level 5, work in a continuous loop every 30 seconds.

P2 : level 2 - level 3 - level 4 -level 5 - level 6, work in a continuous loop every 15 seconds.

P3 : level 3 - level 5 - level 7 - level 9 -level 11, work in a continuous loop every 20 seconds.

P4 : level 4 - level 6 - level 8 - level 10 -level 12, work in a continuous loop every 20 seconds.

P5 : level 5 - level 10 - level 5- level 10, work in a continuous loop every 30 seconds.

8. To turn off press (1) or (2) again.

9. After finishing, press the red button below the bottom half by placing it in the "O" position to completely shut down the unit.

OPERATING INSTRUCTIONS.- PHYSICAL FITNESS.

It is advisable to POWER off with short exercise sessions of 3 to 6 minutes at a low speed, twice per day. See examples of exercises on the next page

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

FINAL NOTE.

We hope that you enjoy your unit. You will soon notice the benefits of your controlled exercise program, you will feel better, have more energy and suffer less stress.

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.

We recommend that your use original spare parts to replace any worn components. The use of other spare parts may cause injuries or affect the performance of the machine.

TECHNICAL SPECIFICATION:

Model No.: HSM-20CE
Rated Voltage: 220-240V
Rated Frequency: 50Hz
Power: 70W
G.W./N.W. : 18/16KGS
Max. Bearing Weight: 80KG
Expand Size : 72x63x110CM
Packing Size: 81x69x21.5 CM
Products Materials:
Outer Shell: Plactical ABS
LED Displayer
Bell Crank : Aluminum Die-Casting
Step Pedal: ABS, plactical
Main Body: Metal

Origin of Country:
MADE IN CHINA

EXERCISES

Position I

Seated.-

Lower extremities

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. Press the button (2), the pedals will begin to rotate.
6. To stop the unit press (2).



Position II

Lying.-

1. When lying down make sure that your lower back (lumbar region) is supported when using the Mini-Bike. We recommend placing a small cushion below the lumbar region and under your head.
2. Lie with both feet on the pedals (you can use the support straps if you wish).



3. Place your arms at your side and follow the steps in Position I.

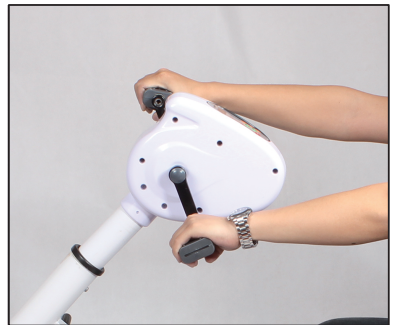
4. When you finish the session, you can continue lying in the same position for a few moments and then get up slowly.

Important Note If you are using the appliance on the bed make sure that the Mini-Bike is stable. Place it on top of a board or stable support so that it does not rest directly on the mattress or bedclothes.

Position III

Seated.- Upper body.

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 arms on the pedals.
5. Press the button (1), the pedals will begin to rotate.
6. To stop the unit press (1).



Position IV

Seated.- Whole body.

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 and arms).
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 legs and arms on the pedals.
5. Press the button (1&2), the pedals will begin to rotate.
6. To stop the unit press (1&2).





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