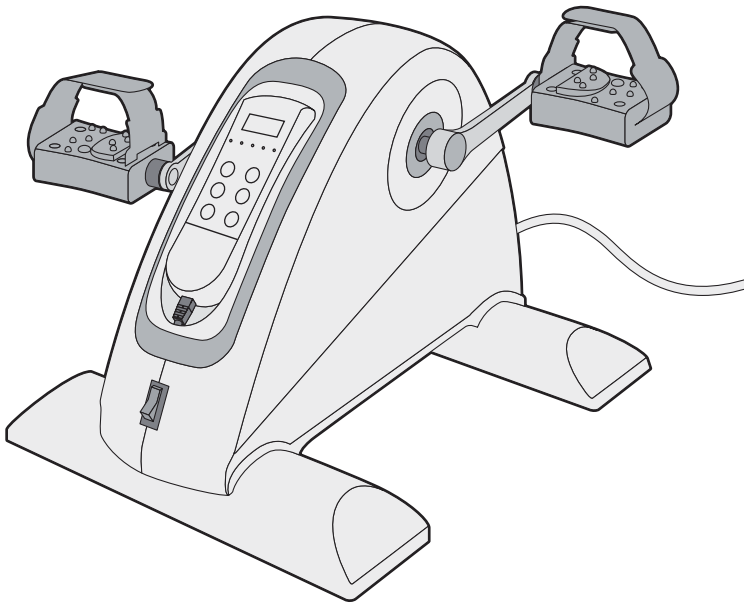


Electric Mini Exercise Bike



INSTRUCTION MANUAL

INTRODUCTION

Thank you for deciding to purchase the Electric Mini Exercise Bike from Aidapt. The Electric Mini Exercise Bike is manufactured from the finest materials and components available, when used correctly it is designed to give many years of reliable trouble-free service.

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 from Aidapt 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

Attention! To reduce the risk of electrical shock:

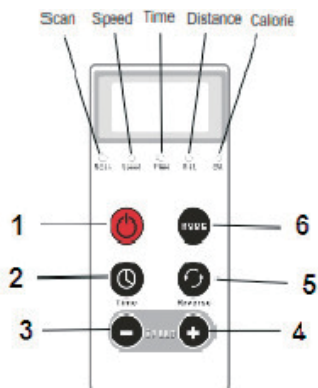
Unplug the appliance from the mains socket immediately after use and before cleaning.

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 (230 V). The holes in the wall socket must match the pin configuration for the plug on the machine. If this is not the case please contact 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 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. Always ensure that 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. This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved.
17. Children shall not play with the appliance.
18. Cleaning and user maintenance shall not be made by children without supervision.
19. Do not place the mains lead beneath a carpet or rug.
20. Ensure that the cable does not come into contact with the pedals while in use.

REMOTE CONTROL



Display Indicator

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

- 1 Power On/Off
- 2 Time (Time selection button; 1-15 min)
- 3 Decrease Speed (12 settings)
- 4 Increase Speed (12 settings)
- 5 Forward/Reverse (Pedal direction)
- 6 Mode (Press to display speed, time, distance or calories)

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

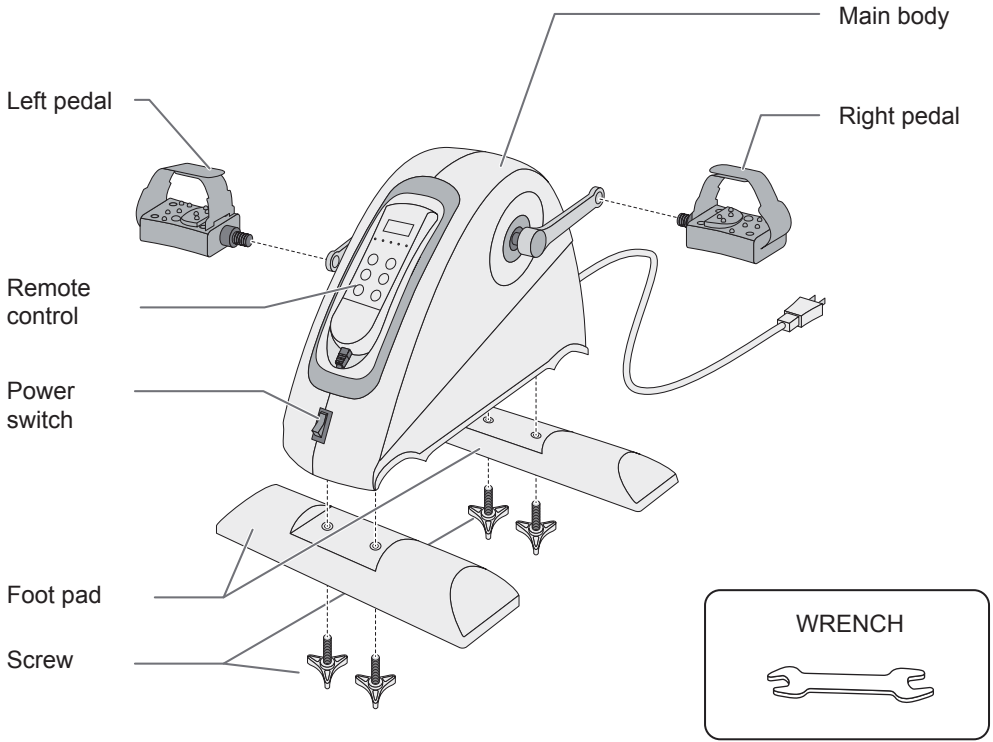
SWITCHING ON/OFF

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.

Technical Specifications

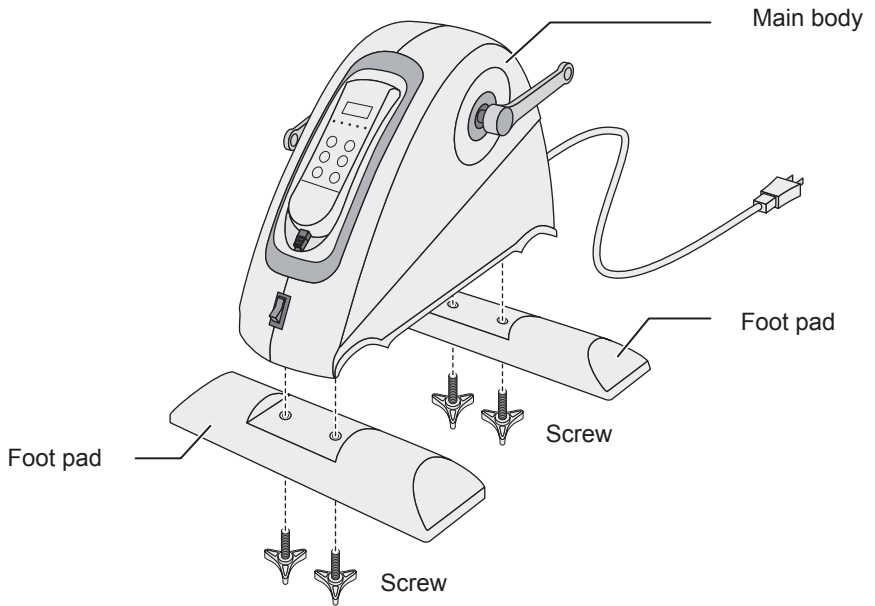
Model:HSM-50CE
Rate Voltage: 220V ~
Rated Frequency:50/60Hz
Power:70W

PRODUCT LIST

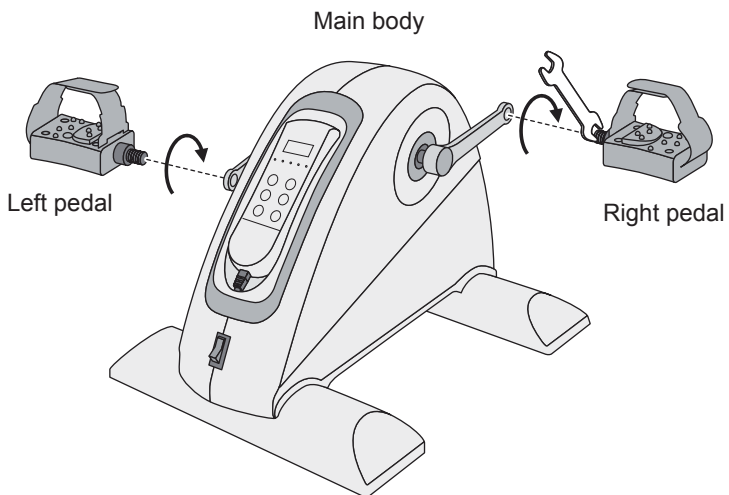


Technical Specifications

1. Please use 4pcs screw to lock the foot pad into main body of machine tightly.



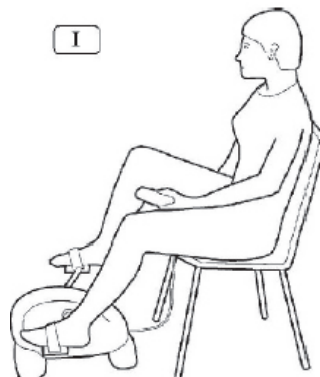
2. Please use the wrench to lock the pedal into the crank of machine tightly.



EXERCISES

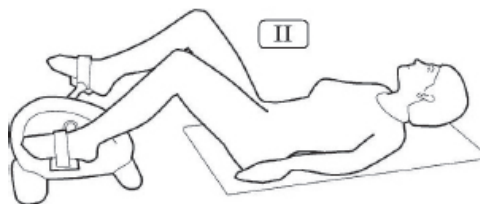
Position 1: Seated (Lower Body)

- Use a stable, sturdy chair.
- Place the unit at a comfortable distance from the chair to avoid overstretching your legs.
- Make sure that your low 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 low 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.
- When you finish the session, continue lying in the same position for a few moments and then get up slowly.



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.



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.



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