



จักรยานไฟฟ้า แบบปั่นมือ/ปั่นเท้า  
Multifunctional Exercise Bike  
ASW-B003B



## Contents

Intended Use	3
Safety Handbook	3
Accessories List	5
About Product	6
Installation Steps	7
Before Initial Use	8
Use Device	9
Cleaning and Storage	11
Troubleshooting	11
Technical Data	12
Waste Treatment	12

Dear Customer,

We are delighted that you have chosen this Therapy rehab Bike.






Before using the device for the first time, please read the operation instruction carefully and keep it properly for future reference and other users.

They form an integral part of the device.

The manufacturer and importer shall not be liable if the information in the operating instructions is not followed.

Please contact us through customer service if you have any questions about the device and spare parts / accessories.

### Symbol Explanations

-  Danger symbols: these symbols represent the danger of injury (e.g. electricity or fire).
-  Read the relevant safety precautions carefully and follow them.
-  Please read the operating instructions before use.
-  Circuit symbol for DC voltage.
-  Supplementary information

### Explanation of signal words

- |         |  |
|---------|--|
| Danger  | Warning of serious injury and danger to life       |
| Warning | Warning of possible serious injury and life danger |
| Alert   | Warning of minor to moderate injury                |
| Notices | Material damage warning                            |



Aswellcare.com

ที่อยู่ : เลขที่ 131 อาคาร 1616 ซอยพระราม 2 ซอย 42  
ถนนพระราม 2 แขวงบางมด เขตจอมทอง กรุงเทพฯ  
10150

เบอร์โทร : 02-898-4534-5

Email: Sales@assvices.com

Facebook : Aswellcare

Youtube : Aswellcare



## Intended Use

- The device has the advantages that the exerciser can train arms, legs, feet and knees at the same time; It is suitable for adults and children. The rotation function is clockwise and counterclockwise.
- This device is not applicable for therapeutic purposes!
- The user weighs is no heavier than 100 kg.
- The device can only be used by one person at a time.
- This device is only for personal use only, and it can't be used for commercial purposes.
- The device can only be used in accordance with the operating instructions. Any other use is considered inappropriate.
- The warranty does not cover faults caused by improper operation, damage, assembly or attempted repair. It is also applicable for normal wear.

## Safety Handbook

- This device can be used by children in the age of 8 years or older and people with reduced physical, sensory or mental abilities or lack of experience and knowledge, on the premise that they are supervised or have received instructions on how to use the device safely and are familiar with the hazards caused by non-compliance with relevant safety precautions.
- Children are not allowed to play with this device.
- Children are not allowed to clean and maintain without supervision.
- Children under the age of 8 and animals must stay away from device and connecting cables.
- When the device is not in use, the power supply must always be disconnected before assembly, disassembly or cleaning.
- Before the device is put into use, check whether the device and accessories are damaged. Do not use the device if there are obvious signs of damage to the device and connecting cables.
- If the connecting cable of the device is damaged, it must be replaced with a special connecting cable provided by the manufacturer or customer service department.
- Do not make any modifications to the device. If the device is damaged, it must be replaced by the manufacturer or customer service department or personnel with similar qualification (such as professional workshop) to avoid any danger.



### Danger – Danger of electric shock

- The device can only be used indoors.
- Do not use this device in rooms with high humidity.
- Do not immerse the device and the connecting cables in water or other liquids, and ensure that these parts do not fall into water or become wet.
- If the device falls into the water, cut off the power supply immediately. When the device is still connected to the power supply, do not try to pull it out of the water!
- When the mains electricity is connected, it is strictly prohibited to touch the device and connecting cables with wet hands.

## Technical Data

Model:	HL-MB002
Voltage Parameters :	220-240V ~ 50 – 60 Hz
Power:	max. 60 W
Electrical Category:	II
Max Capacity:	100 kg
Device Size:	700x605x1050 mm
Device Weight:	approx. 15 kg
Length of Cable:	1.5 m
Exercise Level:	10

The training device complies with EN ISO 20957-1:2013 and DIN EN 60335-1:2012 + A11:2014 + A13:201 7



Class H (Home use)

## Waste Treatment



The packaging material is treated in the form of environmentally friendly manner so that it could be "recycled".



This equipment is regulated by the European Directive 2012/19/EU on Waste Electrical And Electronic Equipment (WEEE). The device should not be treated as an ordinary household waste, but it should be treated by an officially recognized waste disposal company in an environmentally friendly manner.

## Cleaning and Storage



### Attention please!

- Do not use corrosive or abrasive cleaning agents or cleaning pads to clean the equipment. These may damage the surface.
- 
- If necessary, wipe the equipment and accessories with a wet soft cloth and a small amount of mild detergent. Then wipe it thoroughly.
  - Put the equipment in a dry place to avoid frost and direct sunlight, and “children and animals shall not touch it”.

## Troubleshooting

If the equipment does not work properly, check whether you can solve the problem by yourself firstly. If the following steps do not solve the problem, contact customer service.



Do not attempt to repair electrical equipment yourself!

Problems	Possible Reasons	Solution
The I/O main power switch is off when the device does not work.	The connecting cable is not correctly connected to the equipment or plug socket.	Check whether the plug connector matches correctly.
	There is something wrong with the plug socket.	Have a try of another plug socket.
	No power voltage.	Check the connection fuse of main electricity.
The device turns off before the set exercise time.	The device is overloaded.	Dial the I/O main power switch to the position of I and wait for a while; then connect with power supply again.
The equipment makes unusual noise or operates incorrectly.	The force distribution on the pedal or handle is uneven or there is a loading only on one side of the equipment.	The stress of the equipment must be balanced in order to make the equipment work normally.
	The maximum load capacity has been exceeded.	Please note that the device can accommodate a maximum load of 100 kg.
Error "E2"	Motor jammed, all buttons are disabled during this time.	To restore normal operation, turn off the power switch, disconnect the power, and then reconnect it.
Error "E3"	Error "E3" is stall protection	To restore normal operation, turn off the power switch, disconnect the power, and then reconnect it.



### Warning – Danger of fire.

- Do not use this device in rooms containing flammable and explosive substances. Do not operate the device near the air source.
- Do not operate the device near flammable materials.
- Do not wrap the device during operation to avoid fire.



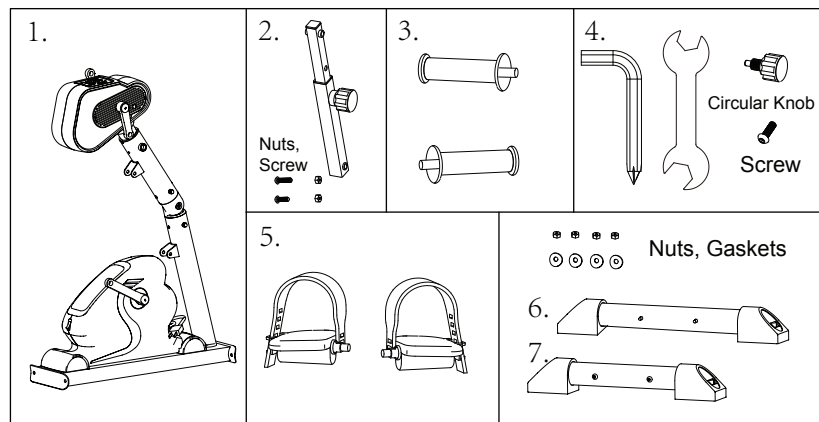
### Warning – Danger of injury

- Danger of suffocation! Keep children and animals away from packaging materials.
- Do not use this device if you have a recent fracture or surgical scar that has not healed.
- If you are in a health risk group and have problems in orthopedics, please consult your doctor before use. If necessary, the training program should be agreed with the doctor.
- Pregnant women should be accompanied to use the device at the same time.
- Tripping hazard! Make sure that the connecting cable does not cause a tripping hazard.

### Notices - Risk of damage to materials and property

- If an error occurs during operation or before a thunderstorm, turn off the device and pull the power plug out of the plug socket.
- When you unplug it from the socket, be sure to unplug the power plug the power cable! Do not tow or handle the device with mains cables of mains electricity.
- Do not exceed the maximum bearing capacity of the device to avoid damage to the device.
- Only the original accessories could be used to ensure no interference and prevent the possible damage of device operation.
- Protect the device from high temperature, open fire, temperature below zero, continuous moisture, humid conditions and direct influence of sunlight.

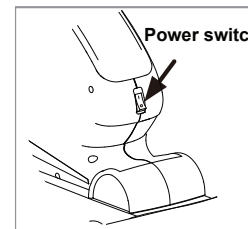
## Accessories List



- |                      |                             |
|----------------------|-----------------------------|
| 1. Host (1 x)        | 5. Pedal (2 x)              |
| 2. Support bar (1 x) | 6. Front fixed foot (1 x)   |
| 3. Handle (2 x)      | 7. Back fixed foot (1 x)    |
| 4. Tool (4 x)        | Operation Instruction (1 x) |

### Attention please:

Check whether the items provided are complete and whether the parts are damaged during transportation. Do not use this device and contact our customer service department if you find any damage.



Plug in the power supply and turn the I/O main power switch to position I; the buzzer sends out "whistle -", the nixie tube displays "00", "00" and the LED light emitting diode is not on, so it enters the standby state.

Turn on the power switch. Display windows 01 and 02 should show "00" "00". Window 01 displays the status of Arms exercise, while window 02 displays the status of Legs exercise.

Press the "06 Arms Mode" button to select either "Power" mode or "Resis" mode. When the "Arm Power" indicator light turns on, press the "05 ON/OFF" start button to begin passive training. Use the "Arms 08 Speed-" and "Arms 09 Speed+" buttons to adjust the movement speed. Change the exercise direction by pressing the "Arms 07 Reverse" button. Press the "Arms 06 Mode" button to select "Arms Resis," and when the "Arms Resis" indicator light turns on, press the "Arms 05 ON/OFF" start button to begin fitness training. Adjust the resistance level using the "Arms 08 Speed-" and "Arms 09 Speed+" buttons. Press the "Arms 05 ON/OFF" button to stop the exercise.

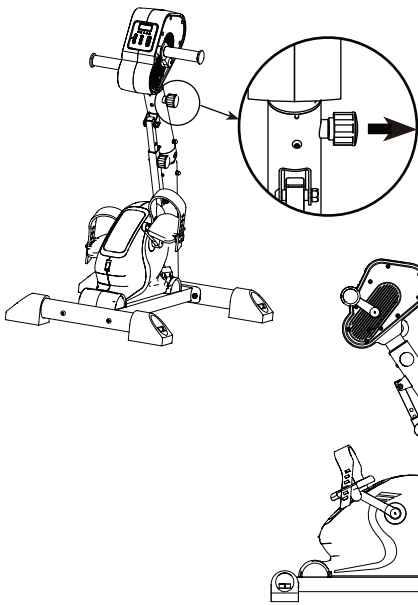
Press the "Legs 11 Mode" button to select either "Power" mode or "Resis" mode. When the "Legs Power" indicator light turns on, press the "Legs 10 ON/OFF" start button to begin passive training. Use the "Legs 13 Speed-" and "Legs 14 Speed+" buttons to adjust the movement speed. Change the exercise direction by pressing the "Legs 12 Reverse" button. Press the "Legs 11 Mode" button to select "Legs Resis," and when the "Legs Resis" indicator light turns on, press the "Legs 10 ON/OFF" start button to begin fitness training. Adjust the resistance level using the "Legs 13 Speed-" and "Legs 14 Speed+" buttons. Press the "Legs 10 ON/OFF" button to stop the exercise.

After selecting the desired mode, use the "ON/OFF" button to start and stop the machine.

In "Power" mode: Use the "ON/OFF" button to start and stop the machine. The "Reverse" button toggles the motor rotation direction. After starting the exercise, use the "Mode" button to toggle the display. The "Power" light indicates the gear level, for example, "01" represents Gear 1, "10" represents Gear 10. The "Time" light shows the remaining time, for example, "01" represents 1 minute remaining, "29" represents 29 minutes remaining (default time is 30 minutes). The "Dist" light displays the distance, for example, "01" represents 10 meters, "10" represents 100 meters. Use the "Speed+" button to increase the gear level and the "Speed-" button to decrease the gear level. Adjust the speed from 1 to 10 gears based on the desired intensity and the use of upper and lower limb motors.

In "Resis" mode: Use the "ON/OFF" button to start and stop the machine. The "Reverse" button is inactive, and the "Mode" button toggles the display. The "Resis" light indicates the gear level, for example, "01" represents Gear 1, "10" represents Gear 10. The "Time" light shows the running time, for example, "01" represents 1 minute, "29" represents 29 minutes (no time limit). The "Dist" light displays the distance, for example, "01" represents 10 meters, "10" represents 100 meters. Use the "Speed+" button to increase the resistance and the "Speed-" button to decrease.

#### 4. Adjust the height of the machine head.



Turn the round knob on the support rod to the left and loosen the bolt (do not completely disassemble). Lift and hold the machine head with one hand, and at the same time use the other hand to pull the knob to adjust the height of the machine head up or down as required. After the adjustment, lock the knob. There are five heights to choose from.

### Use Device



Attention please!

- Stop using the device immediately if you begin to feel weak or dizzy. Go to see a doctor immediately if you feel uncomfortable, chest or arm pain, irregular heartbeat or other unusual symptoms.
- Be careful -- Be careful not to pinch your hands when adjusting the angle of the support bar!
- Wear loose and comfortable clothes and non-slip sports shoes when doing sports.
- Start with the slowest exercise intensity and gradually increase the exercise intensity. We clearly point out that improper and excessive use will cause damage to your health.
- Do not hit or step on the product to avoid injury and damage to the equipment.

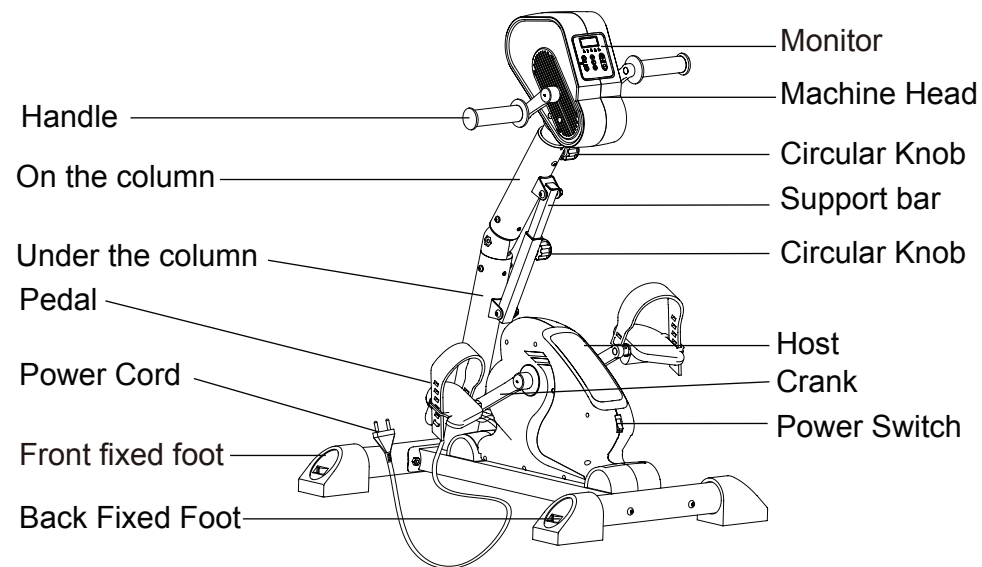
### Basic Use of Device

The basic usage of the device is described below.

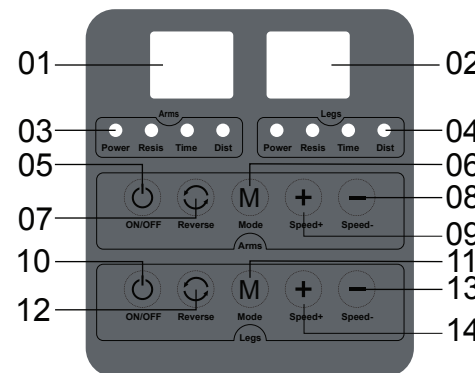
The automatic training program is stored in the device. Each program has a different sequence of different exercise intensities. For a variety of exercises, we recommend that you choose a training program.

Please make sure you have fully warmed up before using the equipment.

### About Product



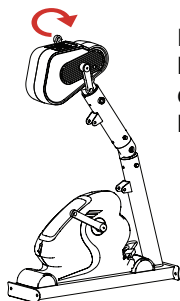
### Control Panel



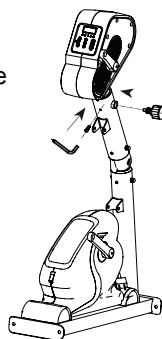
01. Arms exercise status display window
02. Legs exercise status display window
03. Indicator lights display Arms' Power, Resis, Time, and Dist
04. Indicator lights display Legs' Power, Resis, Time, and Dist
05. "ON/OFF" for Arms
06. "Mode" button on Arms selects Power mode and Resis mode
07. "Reverse" button on Arms toggles Arms exercise direction
08. "Speed-" button on Arms decreases Arms exercise intensity
09. "Speed+" button on Arms increases Arms exercise intensity
10. "ON/OFF" for Legs
11. "Mode" button on Legs selects Power mode and Resis mode
12. "Reverse" button on Legs toggles Legs exercise direction
13. "Speed-" button on Legs decreases Legs exercise intensity
14. "Speed+" button on Legs increases Legs exercise intensity

## Installation Steps

### Step 1

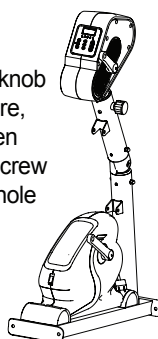


Rotate the machine head 180° in the direction indicated by the arrow.

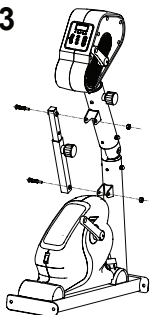


### Step 2

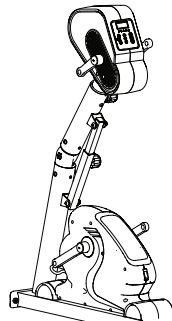
Twist in the circular knob as shown in the figure, and then use an Allen wrench to lock the screw into the positioning hole and tighten it.



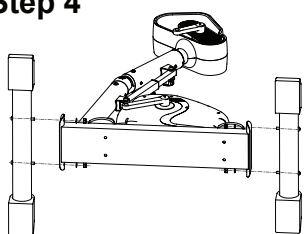
### Step 3



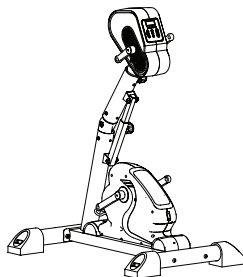
Install the Support bar into column and collocate them as picture.



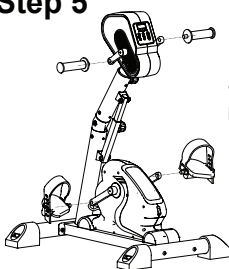
### Step 4



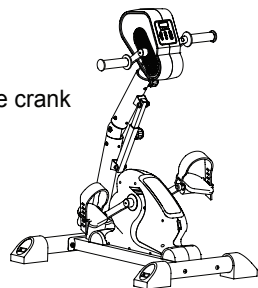
Put the host steadily and install fixed feet according to picture.



### Step 5



Screw the handles and pedals into the crank respectively.



## Before Initial Use

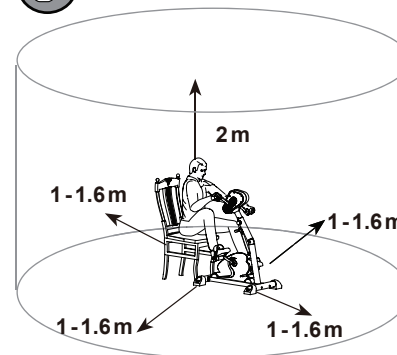
Do not remove the rating plate or any possible trim when you remove any possible film, sticker, or shipping protection from the device.



### Attention please!

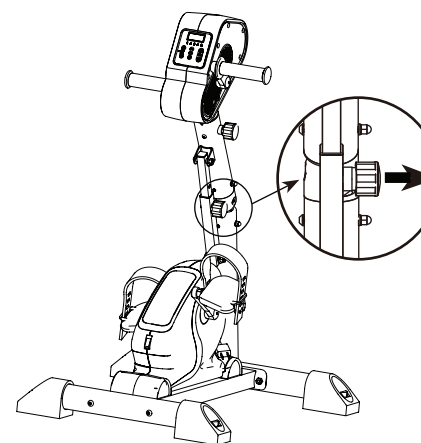
- Please connect the device to the socket installed correctly and matched with the technical parameters of the device. The plug and socket must also be easily accessible after connection, so that the connection with the power supply could be quickly isolated.
- Lay the connecting cable so that it would not be crushed or kinked without touching with the hot surfaces.

1. Put the device on the dry, flat and solid surface.



According to your body shape, leave enough space on all sides of the training device (at least 1 meter on the side and at least 2 meters above) so that you have enough activity space during exercise. In addition, the free area in the direction of your contact with the training device must be at least 0.6m larger than the exercise area. The free area must include the space required for emergency leaving. If the training devices are set in close proximity to each other, they can share a free area.

2. Connect the cable to a fixed and easily accessible plug socket
3. Adjust the tilt angle of the machine head.



Turn the round knob on the support rod to the left and loosen the bolt (do not completely disassemble). Lift and hold the machine head with one hand, while adjusting the angle by pulling the knob with the other hand. After the adjustment, lock the knob tightly. There are four angles to choose from.

