

10502101100 YC-890A

21x28.5CM 12P

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Product and User Manual

Mini Exercise Bike
Keycode: 42333869



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This Mini Exercise Bike is a compact exercise bike that stores conveniently out of the way when not in use. Use it regularly to stimulate blood circulation and increase muscle strength: it is a great way to enjoy a moderate cardiovascular workout. Place it on a tabletop to exercise your arms or on the floor to enjoy a bicycle-type exercise from your chair.

IMPORTANT SAFETY INFORMATION

We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. Please read the information below carefully before using this equipment. It is important to read this entire manual before setting up and using the equipment. Safe and effective use can only be achieved if the equipment is set up, maintained and used properly.

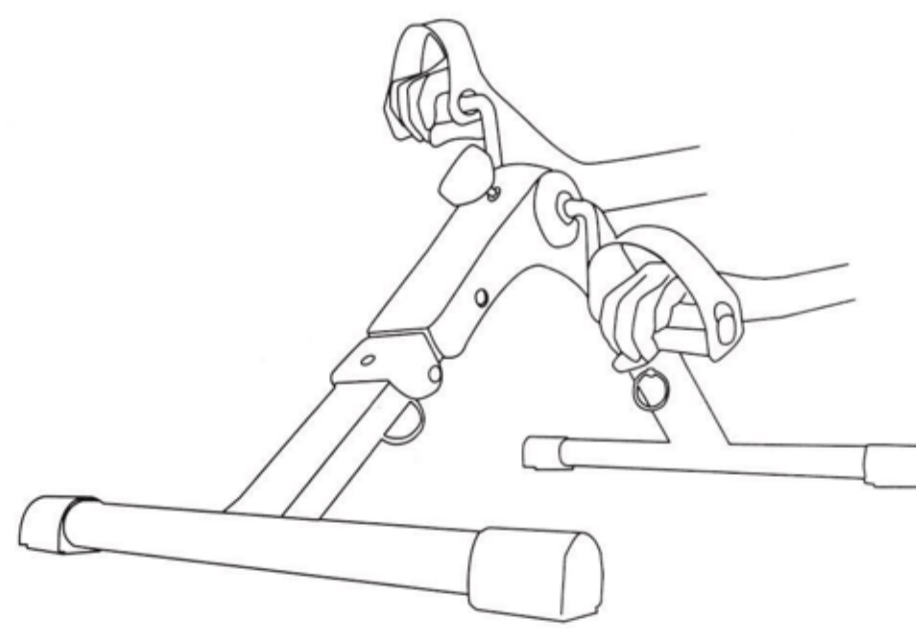
- This equipment is meant specially for home use only.
- Do not stand the entire body on product, user should be sitting on chair for exercising your feet or placing product on table for exercising your hands.
- This training apparatus is extended for the standard and commonly practiced art of mini exercise bike only. Anything other than this is inappropriate.

Please keep this manual in a safe place for easy reference.

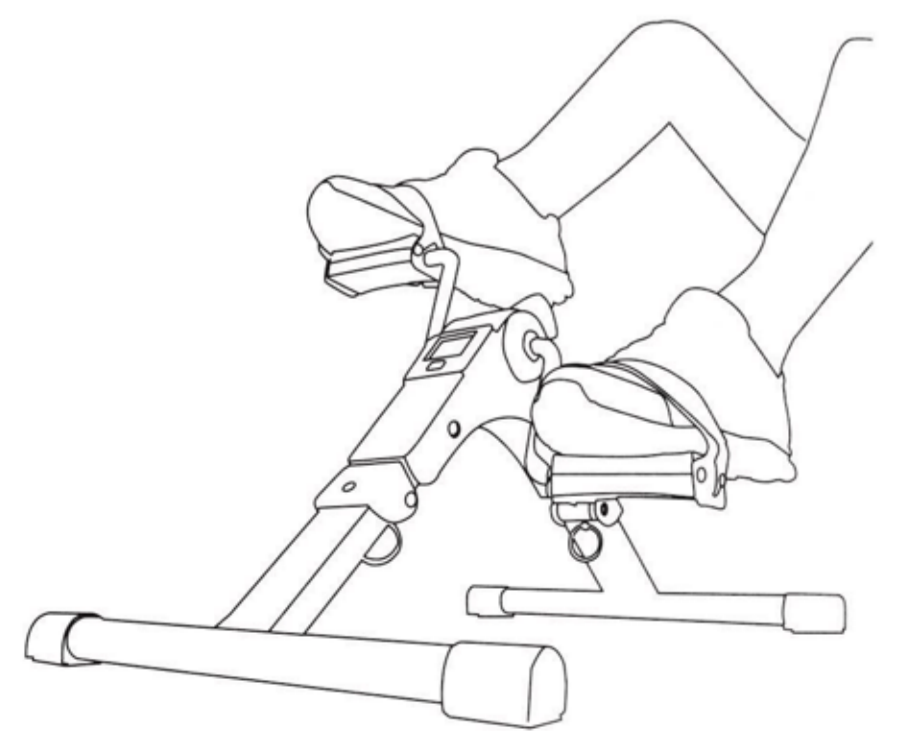
1. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.
2. Before starting any exercise program you should consult your doctor to determine if you have any medical or physical conditions that could put your health and safety at risk, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
3. Prior to every workout, perform a warm-up consisting of 5 to 10 minutes of light aerobic activities such as walking following by stretching exercise.
4. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, lightheadedness, dizziness or feelings of nausea. If you do experience any of these conditions you should consult your doctor before continuing with your exercise program.
5. Start off slowly and increase intensity gradually. Even if you are an experienced athlete, start with the beginner's programme and familiarize yourself with the exercises before you move on to the more advanced programs.
6. Cool down after every workout with 5 to 10 mins of easy exercises such as walking following by stretching exercises.
7. Keep children and pets away from the equipment. The equipment is designed for adult use only.

EXERCISE INSTRUCTION

Place product on a tabletop to exercise your arms:



Place product on the floor to enjoy a bicycle-type exercise from your chair:



EXERCISE INSTRUCTION

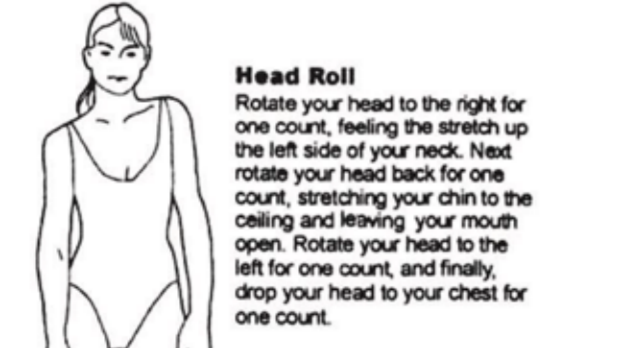
Warm Up
BEFORE YOU START ANY FITNESS PROGRAM, YOU MUST DO SOME EXERCISE/ MOVEMENTS SUCH AS THE FOLLOWING

A successful exercise program consists of a warm-up, aerobic, exercise and cool-down. Do the entire program at least five and no more than three times a week, leaving for a day between workouts. After several months, you can increase your workouts to two or three times per week. Warming up is an important part of your workout, and should be done every time. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the following warm-up and cool-down exercises:

Hamstring Stretch
Sit with your right leg extended. Press the sole of your right foot against your left thigh. Stretch forward you be able to feel a pull. Hold for 15 counts. Repeat and then repeat with left leg extended.



Head Roll
Roll your head to the right for one count. Roll the entire top of the left side of your neck. Then roll your head back for one count, ensuring your chin to the ceiling and keeping your mouth open. Rotate your head to the left for one count, and finally drop your head to your chest for one count.



Inner Thigh Stretch
Sit with the soles of your feet together with your knees pointing outward. Put your feet as close to your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.



Shoulder Lift
Lift your right shoulder all the way up and hold for one count. Then lift your left shoulder all the way up and hold for one count.



Side Stretch
Stand on your left side and lean your right arm to the right side and continue rising then with one arm at the upward toward the ceiling as you can for one count. Repeat the stretch on your right side.



Toe Touch
Stand facing forward from your feet, with your neck and shoulders also as you stretch through your toes. Reach down as far as you can and hold for 15 counts.



Cool-Down Phase

This stage lets your cardio-vascular system and muscles wind down. This is a repeat of the warm-up phase. First, reduce your tempo and continue at this slower pace for approximately 5 minutes before you get off your product. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch. As you get fitter, you may need to train longer and harder. It is advisable to train at least three times a week, and if possible to space your workouts evenly throughout the week.

Weight Loss

The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. This is effectively the same as if you were training to improve your fitness, the difference being the goal.

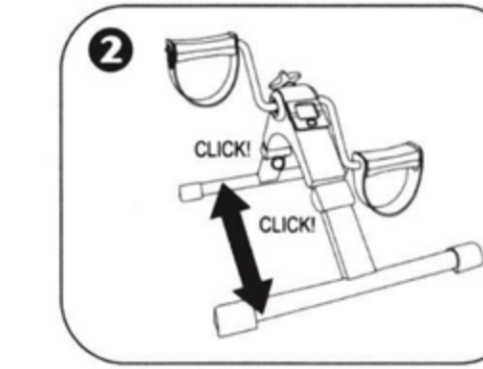
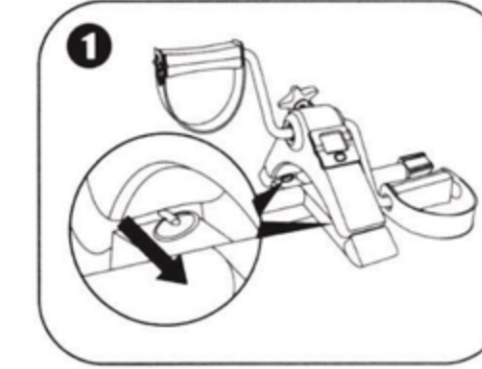
CARE AND MAINTENANCE

1. WARNING: Check before the equipment is first used, and again at regular intervals, that all screws, bolts, nuts and other connections have been done up tightly, to ensure that the equipment is in safe operation at all times.
2. WARNING: Please follow instructions for correct adjustment for moving part and ensure the part is locked properly without loss.
3. Periodically check all moving parts, upholstery and grips for signs of wear or damage. If there is a problem or replacement part that is necessary, STOP USING THE EQUIPMENT. DO NOT use the equipment until repaired.
4. Lubrication of all moving parts is essential to the longevity and optimal performance of the equipment. We recommend a clear aerosol, silicone or Teflon spray.
5. As needed, upholstery may be cleaned with a mild solution of soap and water. Regular use of a vinyl treatment will add to the life and appearance of your upholstery.
6. All chrome plating surfaces should be cleaned regularly to prolong the life and luster of the finish. Wipe machine down with a commercial grade or automotive type chrome polish.
7. Check wheels to be free of cracks.
8. Failure to perform routine maintenance could result in personal injury and/or equipment damage.

8. Use the equipment on a solid, flat level surface with a fitness mat for your floor or carpet. To ensure safety, the equipment should have at least 1 meter of free space all around it.
9. Before using the equipment, check that the nuts and bolts are securely tightened.
10. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
11. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during use, stop immediately. Do not use the equipment until the problem has been rectified.
12. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may get caught in the equipment or that may restrict or prevent movement.
13. The equipment has been tested and certified to EN957:EMC suitable for home use only.
14. The equipment is not suitable for therapeutic use.
15. Only one person may use this equipment at a time.
16. Ensure no hands, feet or foreign objects are on or in this equipment when it is being used by another person. Be careful that you do not crush fingers or hands in the movable parts.
17. Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and/or seek assistance if necessary.
18. All movable accessories require weekly maintenance. Check them before use every time. If anything broken or loose, please fix them immediately. You may continue using the product after they return to good conditions.
19. Please check that guards and safety devices are correct fitted.

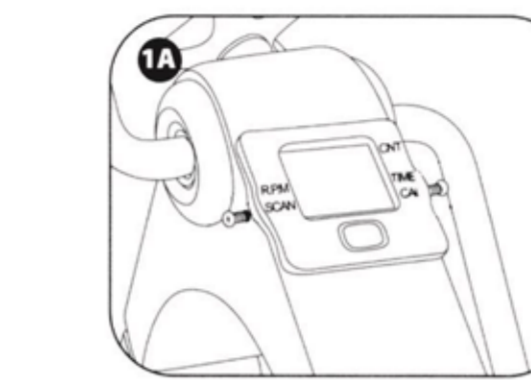
PRODUCT SET UP

1. Pull firmly on the ring at the joint of the frame leg.
2. Pull leg out until it clicks in place; repeat with other.

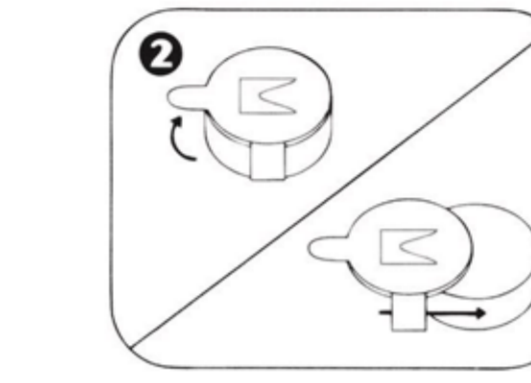


BATTERY CHANGING GUIDE

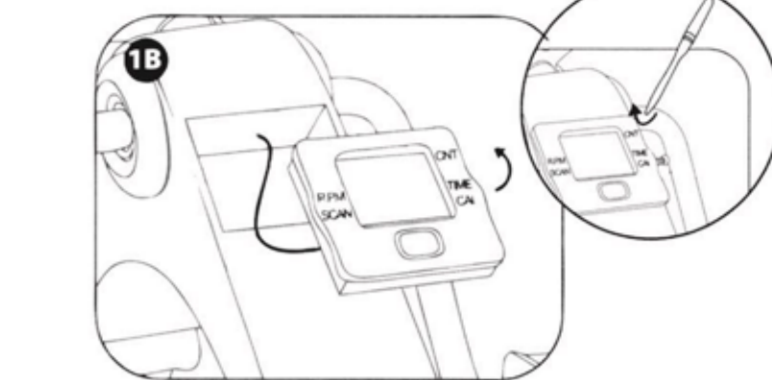
1A. Remove the screws on each side of the socket of main body (hold the right side of the computer by using screwdriver (not included)).



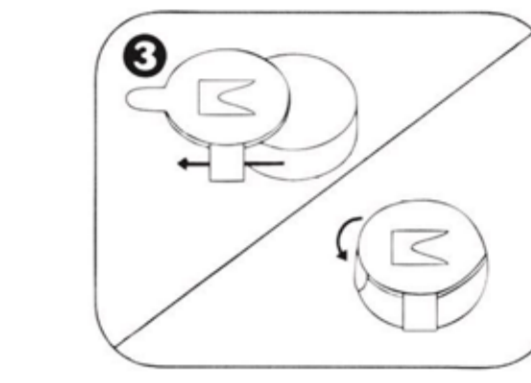
2. On the back of the computer lift up the battery tabs and slide out the old battery.



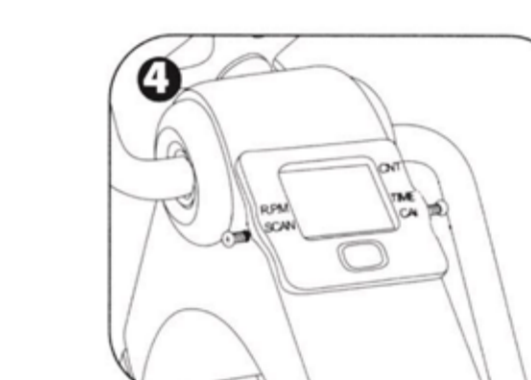
1B. Carefully take out the computer from the socket of main body (hold the right side of the computer and pull out slightly as the direction the below arrow pointed), get a thin and firm object to open it (not included).



3. Insert a new 1.5V LR44 battery, positive side up and close the tab.



4. Push down the computer back to its socket (get the left side of the computer into the locating slot firstly then push down the right side into the locating slot), and then lock the computer by the screws.



WARNING: BUTTON CELL BATTERIES ARE HAZARDOUS WHEN USED. KEEP AWAY FROM CHILDREN. BUTTON CELL BATTERIES CAN CAUSE SEVERE OR FATAL INJURIES IF SWALLOWED. IF THEY ARE SWALLOWED OR PLACED INSIDE ANY PART OF THE BODY, YOU SHOULD STOP USING THEM IMMEDIATELY AND CONTACT YOUR COUNTRY'S EMERGENCY SERVICE. USED BATTERIES MUST BE DISPOSED OF IN THE GARAGE OR A BATTERY RECYCLE FACILITY.

CAUTION: INSTALL BATTERIES TO CORRECT POLARITY. DO NOT MIX DIFFERENT TYPES OR NEW AND USED BATTERIES. INSTALLATION BY ADULT IS RECOMMENDED. DISPOSAL OF BATTERIES RESPONSIBLY. DO NOT DISPOSE OF IN FIRE.

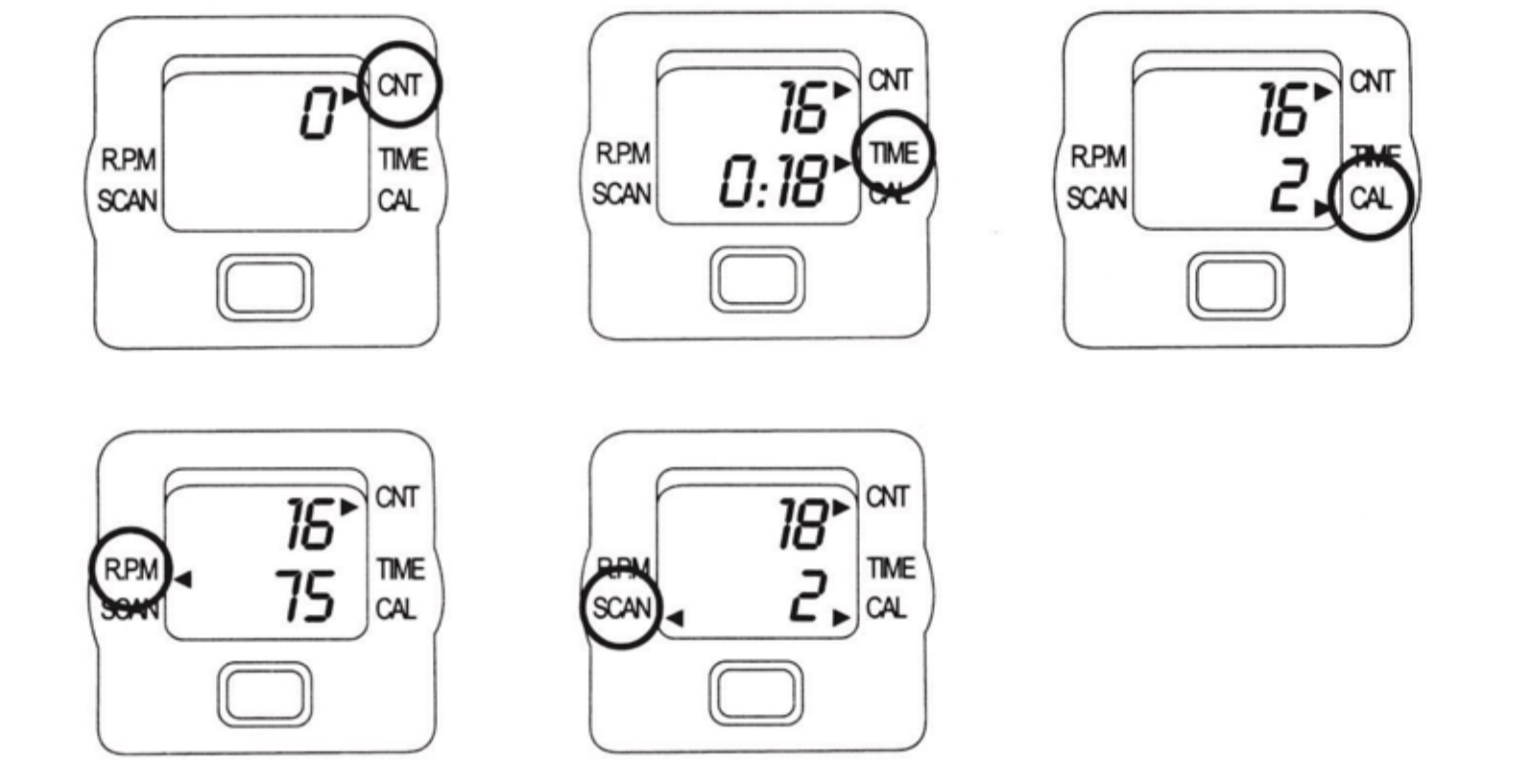
COMPUTER MANUAL

Function Buttons
Red button: Press to select each function of TIME, CNT, CAL, RPM, SCAN.

Function
SCAN: Automatically scans through each function in sequence as TIME → CAL → RPM → SCAN. CNT will display all the time. While in this mode, the Scan will flash.
TIME: Counts the workout duration upwards to 99:59 from zero in one second increment.
CNT: Accumulates the total numbers of rotations during the workout session from zero to 9999.
RPM: Display the current rotations per minute from zero to 9999.
CAL: Accumulates the total calories consumption during exercise from zero to 9999. This is a rough guide.

NOTE

1. The Computer will be auto-powered when you start to exercise, or you can push button to signal it.
2. The Computer will automatically shut off when no movement is made for 5 minutes.
3. Hold the MODE button for 4 seconds to reset all the values.
4. The Computer operates with one piece LR44 button battery. Don't litter it. And not able to make children play with or eat it.
5. LCD display diagram as below (the arrow point where the function in work).



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WARRANTY

Hunter Products warrants this item against defects in material and workmanship from original date of purchase for a period of **One (1) Year**. A proof of purchase must be given when claiming this warranty; the original Sales Receipt is considered such proof.

Hunter Products' warranty covers new products if a defect arises and a valid claim is received within the **One (1) Year warranty** period. At its own discretion, Hunter Products will either:

- Repair the product at no charge, using new or refurbished replacement parts.
- Replace the product with a product that is new or has been manufactured from new or serviceable used parts and is equivalent to the original product.
- Refund the original purchase price of the product.

Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and for compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.

EXCLUSIONS:

This warranty does not apply to:

- Damage caused by misuse, accident or abuse.
- Damage caused by service performed by anyone other than Hunter Products.
- A product or part that has been modified without the written permission of Hunter Products.

WARRANTY DOES NOT COVER:

- Product repair and/or part replacement because of improper installation, connections to improper voltage supply abuse, neglect, accident, unauthorised repair or other cause not within control of Hunter Products.
- Damage or claims for products not being available for use, or for lost data or lost software.
- Damage occurring to product during shipping.
- A product that requires modification or adaptation to enable it to operate in any country other than the country it was designed, manufactured, approved and/or authorised for; or repair of products damaged by the modifications.
- Product lost in shipment and no signature verification receipt can be provided.
- Failure to operate per Owner's Manual.

For spare parts or enquiry,
please contact Hunter Products Customer Service at enquiries@hunterproducts.com.au
or Free-call 1800 224 094