

MINI BIKE

Keycode: 42333869



WARNING! READ ALL INSTRUCTIONS CAREFULLY BEFORE USING THIS PRODUCT. FAILURE OF INCORRECT OR EXCESSIVE TRAINING MAY CAUSE INJURIES TO HEALTH.

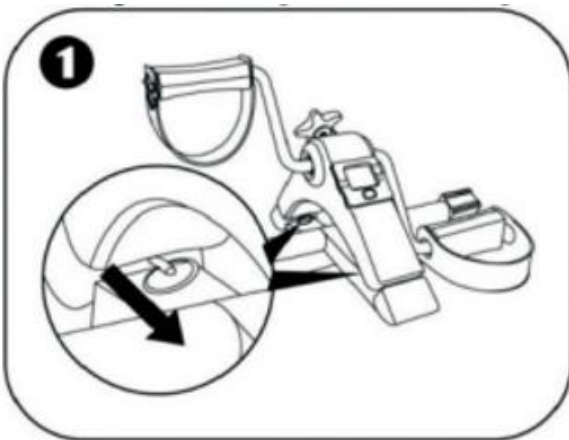
IMPORTANT SAFETY INSTRUCTION

Please read this manual carefully before using this equipment and make sure that you read the information supplied before commencing any exercise with this product.

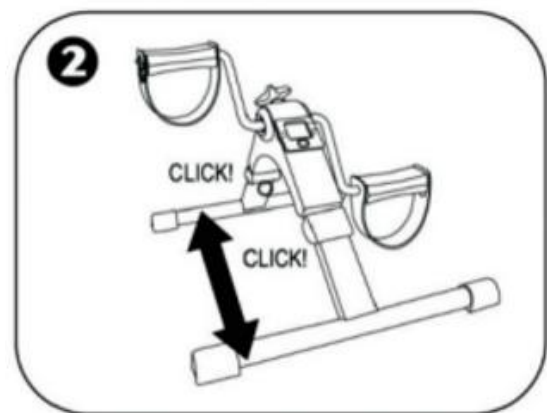
1. Please consult a doctor before commencing any exercise with this equipment and if you develop any uncommon symptoms during use you should seek further medical advice.
2. The mini bike must be placed on a hard, flat surface, cover the floor with carpet to prevent damage to the ground. For safety, please keep distance between equipment and other obstacles not less than 0.6 meters.
3. Please be sure that you operate mini bike according to the instruction manual, periodically checking all the parts for signs of wear or damage. If you find defective parts or there is noise when use in the process of assemble and repair, stop operating and use at once, making sure all problems are solved prior to continuing to use.
4. Please check the equipment carefully before use, and check bike strictly according to installation principle every 1-2 month after use to keep the equipment running normally.
5. While using, please wear suitable clothes and shoes for training to avoid anything getting caught in the bike.
6. Make sure the sensor is fixed on the position before exercise.
7. Check all parts first before doing exercises.
8. Keep children away from the equipment unless they are supervised by an adult.
9. Create a realistic training plan before use, and use this product according to the instructions of use in this instruction manual.
10. The resistance of the product can be adjusted, please select the appropriate resistance.
11. Product is in comply with EN ISO 20957-1 & 5 CLASS HC. Suitable for domestic home use only.
12. WARNING —This mini bike is not suitable for high accuracy purposes.

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 and repeat another one.



PRODUCT PARAMETERS

Overall size	480*395*260mm	Product total surface area	0.2m ²
Maximum exercise weight on pedal	50kg	Product total weight	2.2kg

DISPLAY INSTRUCTION

1, Function

Red button: press to select each function of SCAN, TIME, CNT, CAL, R.P.M.

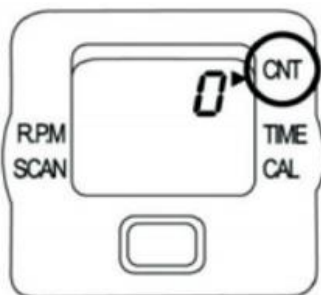
SCAN: automatically scans through each function in sequence as TIME→CAL→RPM→SCAN; CNT will display all the time. While in this mode, the Scan will flash.

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.

CAL: accumulates the total calories consumption during exercise from zero to 9999. This is a rough guide.

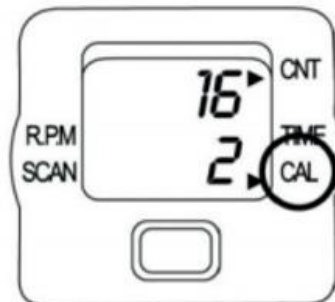
RPM: display the current rotations per minute from zero to 9999.



CNT:
Number of rotations completed.



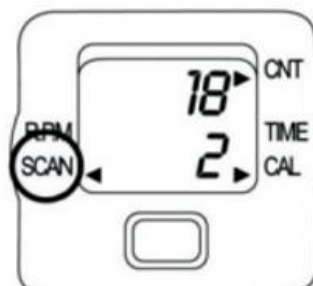
TIME:
Workout Duration.



CAL:
Estimated calories burned.



R.P.M.:
Rotations per minute.



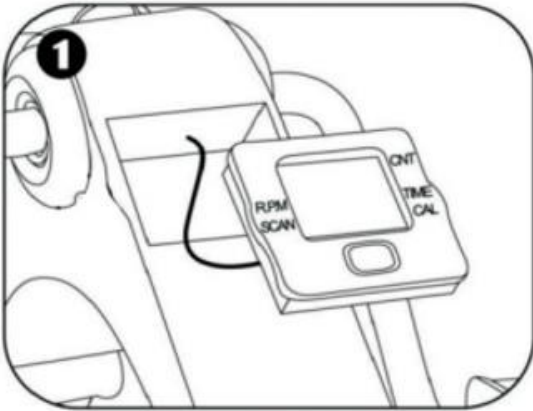
SCAN:
Toggle (TIME > CNT > RPM > CAL).

2, Note

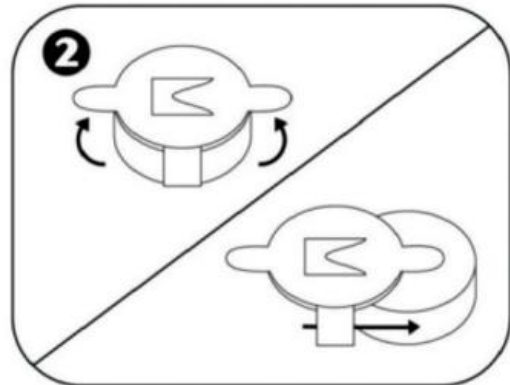
1. The display will be auto-powered when you start to exercise, or you can push button to signal in.
2. The display will automatically shut off when no movement is made for 5 minutes.
3. Hold the red button for 4 seconds to reset all the values.
4. The display operates with one piece LR44 button battery. Don't litter it and not bet able to make children play with or eat it.

BATTERY CHANGING GUIDE

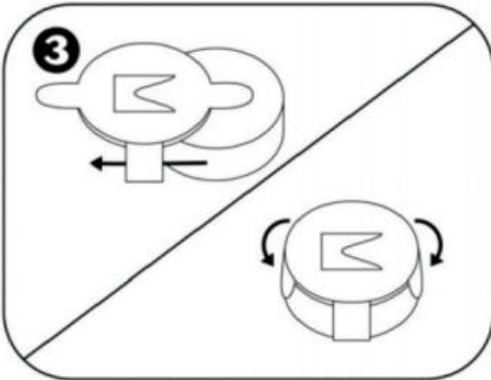
1, Remove the screw from the side by using screwdriver (not included), carefully take out the display from the socket of main body.



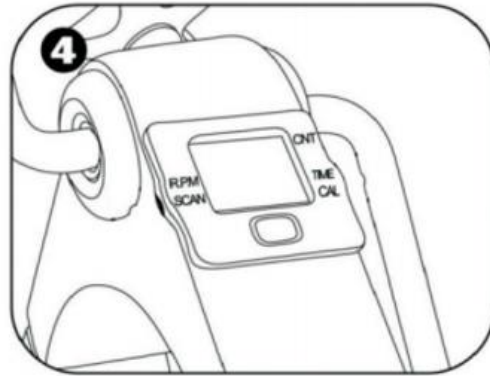
2, On the back of the display lift up the battery tabs and slide out the old battery.



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



4, Push down the display back to its socket and lock it by the screw.



WARNING: BUTTON CELL BATTERIES ARE HAZARDOUS (NEW OR USED). KEEP AWAY FROM CHILDREN. BUTTON CELL BATTERIES CAN CAUSE SEVERE OR FATAL INJURIES IN 2 HOURS OR LESS IF THEY ARE SWALLOWED OR PLACED INSIDE ANY PART OF THE BODY. IF YOU SUSPECT YOUR CHILD HAS SWALLOWED OR INSERTED A BUTTON CELL BATTERY, CALL THE 24HOUR POISONS INFORMATION CENTRE IN AUSTRALIA ON 131126 OR IN NEW ZEALAND 0800 764 766 OR CONTACT YOUR COUNTRY'S EMERGENCY DEPT. USED BATTERIES MUST BE DISPOSED OF IN THE GARBAGE OR A BATTERY RECYCLE FACILITY.



THIS PRODUCT CONTAINS
BUTTON CELL BATTERIES
SCAN THE QR CODE FOR
MORE INFORMATION.

HOW TO USE

This Pedal exerciser 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.

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 lose.

3, Periodical check all moving parts, pedals 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 longevity and optimal performance of the equipment. Wipe clean with damp cloth. Do not use abrasive material or solvents.

5, Check welds to be free of cracks which is the most susceptible to wear.

6, Failure to perform routine maintenance could result in personal injury and /or equipment damage.

7, Keep far away from children when not in use.

8, Always store in a dry and ventilated area.

MADE IN CHINA
CUSTOMER SERVICE:
KMART AU: 1800 124 125
KMART NZ: 0800 945 995
TARGET AU: 1300 753 567