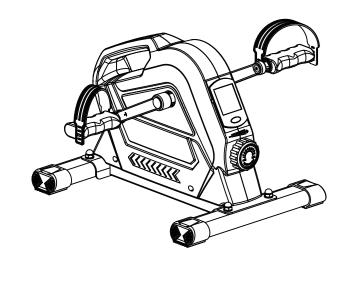
105mm

# **User Manua**



Thank you for purchasing our product! Please read the instruction carefully before operating the mini bike exerciser. Please note that any update of the manual is made without prior notice.

# **1.TECHNICAL SPECIFICATIONS**

Product Information Dimensions (L x W x H): Approx. 44 x 34 x 33 cm Max User Weight: 150 KG Total Weight: Approx. 9.05 KG Number Of Batteries: 1 piece Flywheel Weight: 1.6 KG Battery Type: AAA (1.5V) Display Monitor Functions: Speed, Distance, Approximate calorie consumption, Time, ODO

### 2.SAFETY PRECAUTIONS

Please read the insturction carefully before you start training on this mini bike exerciser.

**1).** It's important to read this entire manual before

assembling and using the equipment. Safe and efficient 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 **6**). Before every time exercise on this machine, check the your doctor to determine if you have any physical or health conditions that could create a risk to your health and safety, or prevent your 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).** Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. Never use it near water. For safety reasons, the equipment should have at least 0.5 metre of free space all around it.

**4).** Batteries can be fatal if swallowed. Therefore, keep batteries out of the reach of children. If a battery is swallowed, seek medical help immediately.

**5).** Parents and other supervisors should be aware of their responsibility. Children are not aware of the dangers of the product can cause. Keep children away product. This product is not a toy.

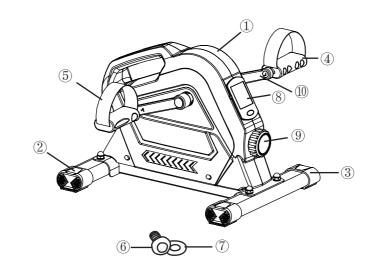
and security will be affected. the pedal straps with your feet. workshops or similar workshops. polarity (+ and -).

damage that can result from leaks.

- product to ensure that it is in perfect condition. Defective parts must be replaced immediately, otherwise the function
- **7).** Wear suitable clothing while using the equipment. Avoid wearing over-loose clothing which may get caught in the equipment or that may restrict or prevent your exercising. Please run it slowly in the beginning. And make sure tighten
- 8). Do not make any changes to the product, only use original spare parts. Repair only conducted by professional
- **9).** Make sure that the batteries are inserted with the correct
- **10).** Remove batteries if they are flat or if you will not be using the product for a long time. In this way you avoid
- **11).** The equipment is not suitable for therapeutic use.

**12).** Must be careful when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and/or use assistance. **13).** If you feel any pain, or if you become dizzy while exercising, stop immediately, rest and consult a physician.

# 3.PARTS LIST:

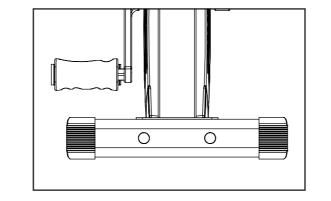


Number	Description	Quantity
1	Main body	1
2	Front Stabilizer	1
3	Rear Stabilizer	1
4	Right Pedal	1
5	Left Pedal	1
6	Carriage Bolt Φ8*40	4
$\overline{O}$	Cap Nut M8	4
8	Display Monitor	1
9	Resistance Knob	1
10	Crank Arm	1

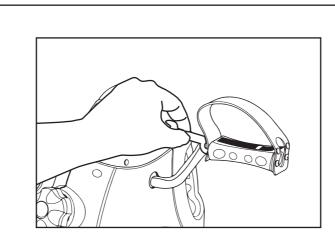
# 4.ASSEMBLY INSTRUCTIONS

Carefully remove all parts from the packaging and place them on a flat surface. Use a protective floor mat. Before assembling, check the completeness of the individual parts supplied using the parts list.

(1). Fix the stabilizer (2) & (3) to the main body (1) with carriage bolts 6 and cap  $\mathsf{nut} \textcircled{7}$  with 4 sets



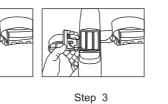
(2). Now fit the pedals ((4) & (5)). The right pedal is marked with an R and must be connected to the right end of the crank arm . The right pedal should be threaded in clockwise. The left pedal is marked L, it should be screwed counterclockwise

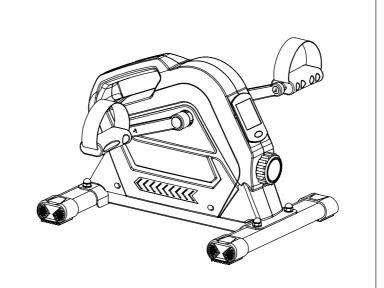


(3). Insert 1 AAA batterry with correct polarity into the compartment, which on the back of display monitor (8).

Step 1	Step 2

All nuts and bolts must be properly tightened before using the mini bike.





#### **5.FUNCTION BUTTON:**

Press the red button to turn on the maschine. You can select the function you want by pressing the red button. The time, speed, distance and calories functions are selected with this button. To reset, press and hold the button for 2 seconds.

#### AUTO ON / OFF:

• The monitor turns on automatically when the exercise device is operated. If you do not pedal for 3 minutes, the monitor will turn off automatically.

- Press the "Red" button repeatedly until a rectangle appears on the display in the upper left corner next SCAN to "Scan". All functions and values are now displayed one after the other on the LCD display Seconds the next function is displayed. TIME Automatically measures the time as soon as you start exercising. \_\_\_\_\_ COUNT Display the number of pedal laps
- Total count: Accumulate the total numbers of pedal laps ODO since you start using this machine. This total count cannot be reset unless you remove the battery.
- CAL Estimate the total calories consumption from the beginning of the exercise.

**IMPORTANT:** The calorie burn calculation is an estimate and should not be considered medically reliable. We recommend that you consult your doctor or nutritionist to adjust your diet and energy expenditure depending on your physical condition and the sporting activities you wish to participate in. We also recommend that you consult your doctor before starting any new exercise.

### 6.TRAINING

#### TRAINIING TIPS:

All recommendations within these operating instructions are aimed exclusively at healthy people and not at people with cardiovascular diseases. All tips are only rough suggestions for a training program. If necessary, consult your doctor for advice based on your personal needs.

#### TRAINING PHRASES:

Each training session should consist of 3 training phases: Warm-up phase

- Training phase
- Cooling down phase

During the "warm-up" phase, your body temperature and oxygen uptake should be increased slowly. This can be achieved through gymnastic exercises or stretching for 5 to 10 minutes.

After the warm-up, the real training should begin (" training phase "). The training intensity should be low for the first few minutes and should then be increased to the appropriate training intensity for a period of 15 to 30 minutes. In order to calm the circulation after the training phase and to prevent muscle spasms and tension, you should insert a "cooling phase" after the "training phase". In this phase, which should last about 5 to 10 minutes, do 30-second stretching exercises and / or light gymnastics exercises.

#### WARNING!

Over-exercising could result in serious injury or de heart rate reading could be inaccurate. If you get d exercising immediately.

#### 7.MAINTENANCE, CLEANING AND CARE

 After assembly and before using the device, check that all bolts / nuts are fully and correctly tightened. Clean the device regularly with a slightly damp clothusing a mild detergent. Empty batteries are hazardous waste; Please dispose of them in accordance with regulations and do not dispose of them together with normal household waste. If you no longer want to use the device, first remove the batteries from the computer and dispose of them separately.

# 8.COMPLAINTS AND SUPPORT

For technical questions, informations or other inquires about the product please free free to contact the seller shop customer service where you purchase from. Thank you.

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dizzy,	stop

Please make sure that you have the following information to hand.

 Model number Description of the accessories

 Accessory number • Proof of purchase with date of purchase

Order number

**IMPORTANT NOTE:** 

Please do not send your product to our address without a request from our service team. The costs and the risk of loss Address: Unit 1, Kiwi Park Commerce Way, Trafford Park, Manchester, or unsolicited mailings are borne by the sender.

We reserve the right to refuse to accept unsolicited deliveries or to return the relevant goods to the sender freight collect or at the sender's expense.



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