



② Installing the stabilizers

Place the trainer upside down. Mount the front and rear stabilizers on the bottom of the trainer with two pairs of screws.



③ Installing/replacing the battery

Remove the display by disconnecting it from its slot. The battery compartment is situated behind the counter. Install or replace a 1.5V AAA battery (NOT PROVIDED). Re-assemble the display.

Operations

Press the red button to turn on the display. You can select the desired function by pressing the red button. Refer to the right upper corner of the display for functions.

TIME	Total time pedaled.
DISTANCE	Total distance pedaled, in meters.
COUNT	Total movement times during the workout session.
TOTAL COUNT	Total movement times during different sessions. This value cannot be reset unless you replace the battery
CALS	Total calories burned.

IMPORTANT: The calculation of calories burned is an estimation and should not be considered medically reliable. We suggest consulting your doctor or dietician to adapt your diet and energy consumption depending on your physical condition, and the sporting activities you intend to be involved in. We also recommend that you consult your doctor prior to beginning any new exercise.

Notes

The functions change automatically after a couple of seconds so that during your session you can keep track of the time, distance, number of exercises and the total estimated calorie consumption. If you prefer one particular function, then press the red button till you have found the desired function and "SCAN" is off the display.

The display will automatically switch on when you start exercising or when you press the red button.

The display will automatically switch off when not in use for around 4 minutes.

Reset the exercising data by pressing the red button for 3 to 5 seconds.

MINI TRAINER



User Manual

Please thoroughly read this manual before use and keep it for future reference.

Warnings

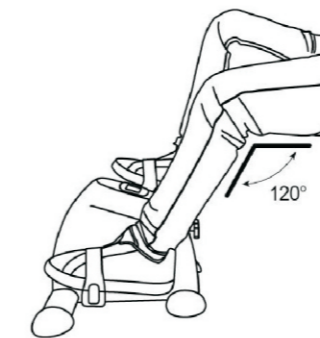
- The trainer must be kept away from children.
- It is forbidden to use the trainer if damaged or defective.
- Keep hands, feet, and loose articles away from moving parts.
- The trainer can't be used by persons with physical or mental disabilities or children or persons with insufficient experience, and/or insufficient knowledge..
- The product is intended for indoor use only.
- Do not place the bike in a location where it will be in contact with direct sunlight or where it will be exposed to high temperatures or excessive humidity.
- Do not place this device in a location where it may cause an obstruction.
- Make sure that the pedals are on tight. Loose pedals will slowly come undone. Using the trainer with loose pedals can damage the threads on the pedal arms.
- Do not wear loose or baggy clothing, since it may get caught in the machine. Take off all jewelries when exercising.
- It is always important to consult your physician before starting an exercise program.
- Do not subject the bike to heavy shock or treat it excessively.
- Do not place the trainer on a slippery flat which may result in injury.

Care

- Make sure the pedals are as tight as you can possibly make them. This is especially important if you pedal backwards.
- Do not stand on the pedals. The pedal was not designed to be used while standing.

Attention

- The pedals of mini trainer are close to the ground so your feet are very likely to touch the ground if you sit on a low height chair. Please sit on a chair of proper height when doing exercise.
- It's recommended to keep the angle between your thigh and calf less than 120°, otherwise the trainer may slide forward



Parts List



Assembly Steps



① Installing the pedals

Attach the right and left pedals (identified by R= right and L=left) to the corresponding crank arms.

Screw the right pedal clockwise and screw the left pedal anti-clockwise during installation. Afterwards, secure the pedals with a wrench.

Tips for Installing the Pedals

Make sure the pedal is straight when you screw it in.

Rotate the shaft with your fingers to get the threads started.

If you can't get the threads started with your fingers then it is cross threaded. Unscrew the pedal, make sure the pedal is straight, and then try again.