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ELECTRIC MINI BIKE



INSTRUCTION MANUAL

Fig.1

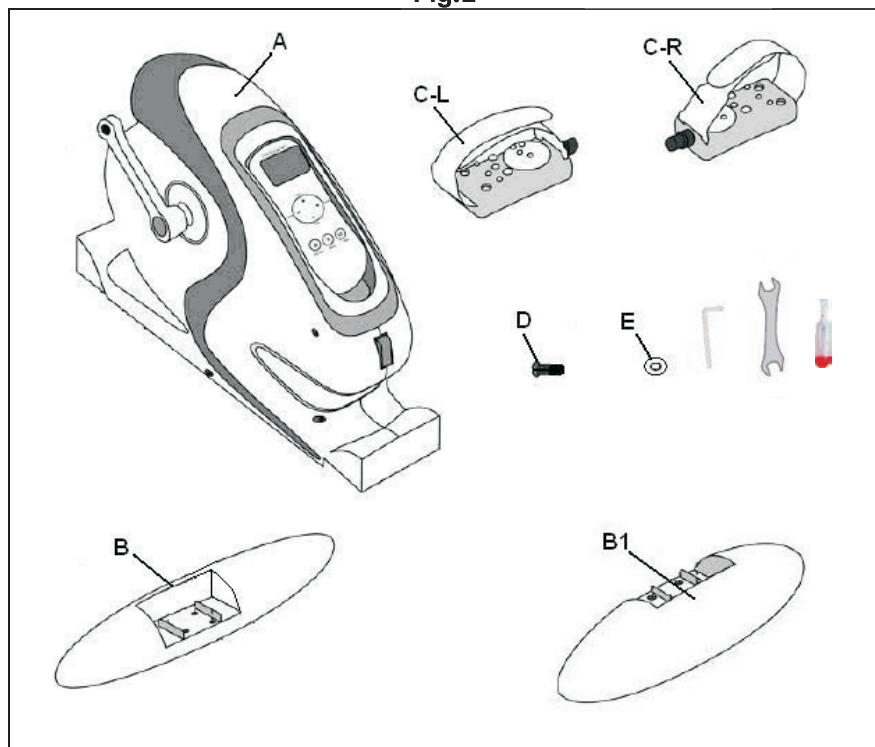


Fig.2

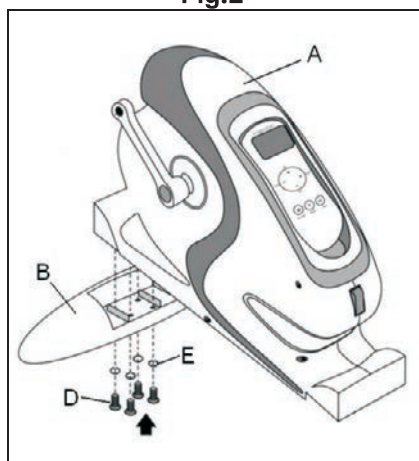


Fig.3

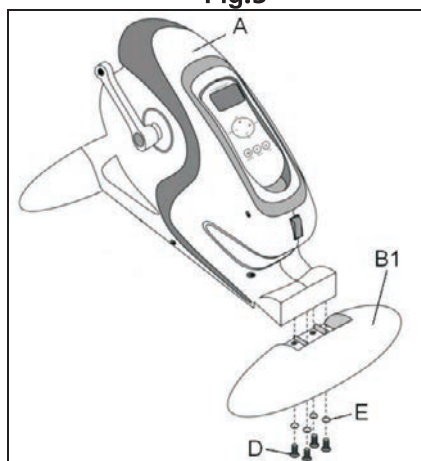


Fig.4

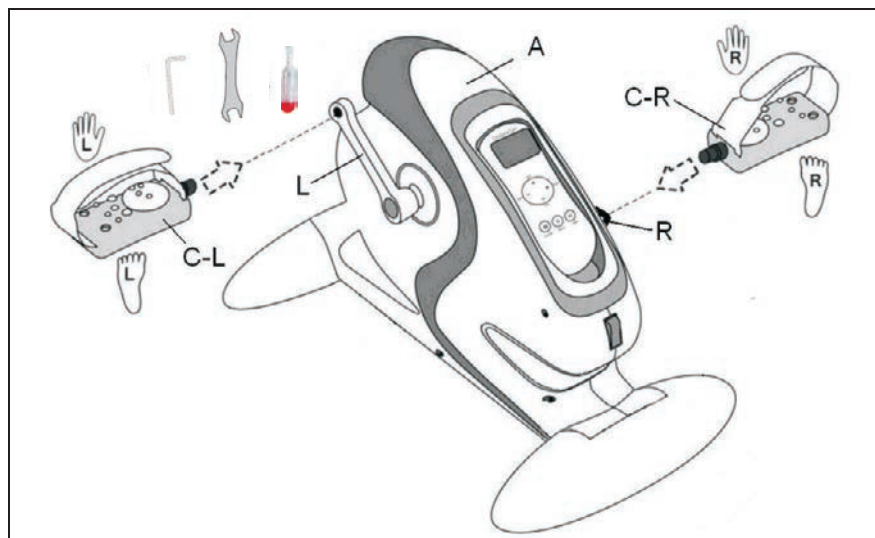


Fig.5

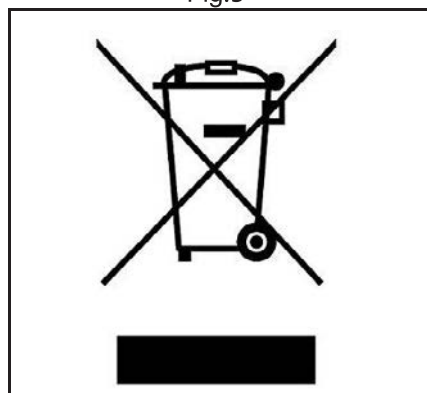
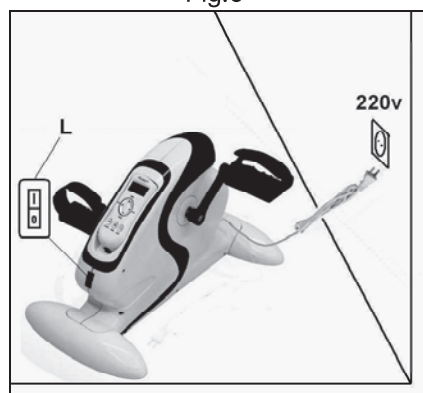


Fig.6



GENERAL INSTRUCTIONS.-

You should always observe certain safety precautions when using electrical appliances, including the following.

It provides you with important information about safety, use and maintenance.

Important: Deposit electronic components in special containers, Fig.5.

ATTENTION! To reduce the risk of electrical shock:

Unplug the appliance from the mains socket immediately after use and before proceeding to clean it.

Carefully read through the instructions contained in this manual. It provides you with important information about safety, use and maintenance of the treadmill.

1 Make sure that the mains supply voltage is suitable for the machine before plugging it in (220v) Fig.6.

The supply voltage must be the same as that stated on the characteristics plate and the holes in the wall socket outlet must match the pin configuration for the plug on the machine. If this is not the case, please consult your supplier.

2 This unit has been designed for home use only.

3 Never leave the unit unattended when it is plugged in. Unplug it from the wall socket after each exercise session.

4 Place your unit on a flat surface, with at least 0,5 metres of free space at the rear.

5 Parents and/or those responsible for children must always be aware of their curious nature and how this can often lead to hazardous situations and behaviour which could cause accidents. This is why they should always be supervised. Under no circumstances should this appliance be used as a toy.

6 Keep your hands well away from any of the moving parts.

7 Use suitable clothing and footwear. Make sure that all laces/cords are tied correctly.

8 It is not advisable to keep your unit in a damp place for long periods as it will be prone to rust.

9 Do not use the machine if the mains cable becomes damaged or worn.

10 Keep the mains cable away from hot surfaces.

11 Do not use the machine outdoors.

12 To unplug the machine, first put the switch to the '0' position and then unplug it from the wall socket.

PRECAUTIONS.-

Consult your doctor before using the mini bike or any other fitness product. Especially if you suffer from any of the following conditions:

1. Cancer patients.
2. Convalescence after recent surgery.
3. History of heart problems.
4. Hip problems.
5. Thrombosis.
6. Fractured bones.
7. Epileptic fits.
8. DO NOT USE during pregnancy.

ASSEMBLY INSTRUCTIONS.-

Take the unit out of the box and place it on the floor as shown in Fig.1.

The assistance of a second person is advisable for the assembly work.

Make sure that all of the pieces are there:

(A) Main body; (C-L) Left pedal (C-R) Right pedal; (B) Stabiliser bar; (B1) Rear stabiliser bar; (D) Screw M-4x25; (E) Grower washer M-4; Pedal combination spanner.

1.- FITTING THE STABILISERS.-

Take the stabiliser (B) marked with the letter (A) and place it at the front of the unit marked with the letter (A), as shown in Fig.2, insert the M-4x25 screws (D).

Next, take the rear stabiliser (B1) marked with the letter (B), Fig.3, and go through the same fitting procedure as with the front stabiliser.

2 ATTACHING THE PEDALS.-

Right and left refer to the position that the user adopts when to do the exercises.

Insert the right-hand pedal (C-R), marked with the letter (R), onto the right-hand crank, also marked with an (R).

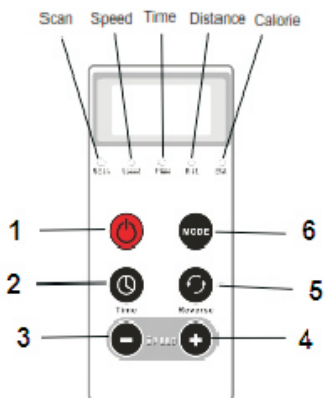
Next, Fig.4.

Insert the left-hand pedal (C-L), marked with the letter (L), onto the left-hand crank, also marked with an (L), Fig.4.

MAINS CONNECTION.-

Connect the unit to a plug provided of a ground (220v). Put the switch (L) in position [1] Fig.6.

REMOTE CONTROL.-



Display indicator: Speed, Time. Distance (Distance traveled km) Calorie, Scan (The random sample data display speed, time, distance, calories).

1: **Power**

2: Time-Time selection button. (1-15 min).

3: Speed-- Select key for increasing speed (12 speed levels).

4: Speed+- Select key for increasing speed (12 speed levels).

5: Forward/reverse- Change pedal direction key

6: Mode-Select key for parameter display speed, time, distance, calories

OPERATION.-

Plug the adaptor plug to the DC and press the red button below the remote support placing it in the position I.

Pressing the button (1) the unit will work with the speed at level 1 and time 5 min. The display will show randomly, data speed, time, distance, calories (Scan).

Pressing the button (2) Time, you can adjust the time period from 1 to 15 minutes. For faster adjustment you may hold the key (2) down until you see the desired time.

The device automatically turns off when the selected minutes have elapsed.

To increase the speed press button (4) Speed+. To reduce the speed, press the button (3) Speed-. For faster adjustment you may hold the key (4) or (3) down until you see the desired speed level.

Using the button (5) Reverse it can change the direction of rotation of the pedals.

Press (6) MODE one or more times to display data speed (Speed), time (Time), distance (Dist.), calories (Cal.).

To display random parameters press the button several times until the red light show beneath the Scan letters.

To turn off press (1). After finishing, press the red button below the remote support by placing it in the 0 position to completely shut down the unit.

OPERATING INSTRUCTIONS.-

PHYSICAL FITNESS.

It is advisable to POWER off with short exercise sessions of 3 to 6 minutes at a low speed, twice per day. See examples of exercises on the next page

Gradually build up to a maximum of 15 minutes per session, twice per day. Once you feel comfortable exercising you can try higher speeds.

FINAL NOTE.

We hope that you enjoy your unit. You will soon notice the benefits of your controlled exercise program, you will feel better, have more energy and suffer less stress.

INSPECTION & MAINTENANCE.-

Switch the unit off and unplug the mains cable.

ATTENTION:

Periodically check that all of the fastening elements are duly tightened and connected correctly.

Check and tighten all the parts on your unit every three months.

When in doubt about any parts on the machine, do not hesitate to get in touch with the Technical Assistance Service by phoning customer services (see last page in manual).

We recommend that your use original spare parts to replace any worn components. The use of other spare parts may cause injuries or affect the performance of the machine.

BH RESERVES THE RIGHT TO MODIFY THE SPECIFICATIONS OF ITS PRODUCTS WITHOUT PRIOR NOTICE.

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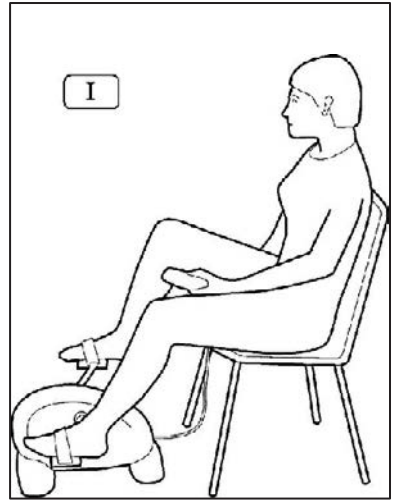
EXERCISES

Position I

Seated.-

Lower extremities

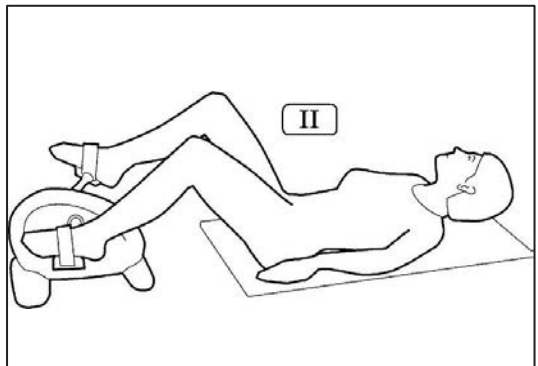
1. Use a stable, sturdy chair.
2. Be sure to place the Mini-Bike at a comfortable distance from the chair (so as not to overstretch your legs).
3. Make sure that your lower back (lumbar region) is supported when using the Mini-Bike. We recommend placing a small cushion at the base of the lumbar region.
4. Sit and place your feet on the pedals.
5. Take the control unit off of its support and press the button (1), the pedals will begin to rotate.
6. To stop the unit press (1).



Position II

Lying.-

1. When lying down make sure that your lower back (lumbar region) is supported when using the Mini-Bike. We recommend placing a small cushion below the lumbar region and under your head.
2. Lie with both feet on the pedals (you can use the support straps if you wish).
3. Place your arms at your side and follow the steps in Position I.



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4. When you finish the session, you can continue lying in the same position for a few moments and then get up slowly.

Important Note If you are using the appliance on the bed make sure that the Mini-Bike is stable. Place it on top of a board or stable support so that it does not rest directly on the mattress or bedclothes.

Position III

Seated.-

Upper body.

1. Be sure to place the Mini-Bike on a stable surface and at a comfortable distance from the chair (so as not to overstretch your arms).

2. Place the Mini-Bike on a sturdy table (for example) and sit on a stable chair. Position the Mini-Bike at chest height with the support for the control unit facing you.

3. Follow the steps for Position I to begin the session.

4. When you finish the session, stay in the same position for a few moments and then get up slowly.

