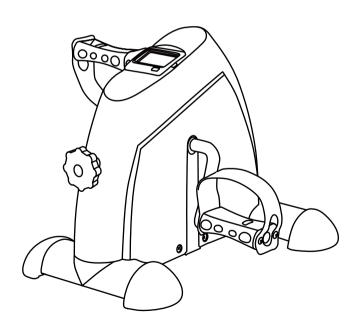
ARM AND LEG TRAINER

operation manual



General

Read and keep the operating instructions

- 1. Accidental injury or damage occurs. Keep this manual for future reference.
- 2. Failure to follow this instruction manual may result in serious injury or damage to the arm and leg trainer.
- 3. If you pass the arm and leg trainer on to third parties, be sure to include this user manual.

Explanation of symbols

The following symbols and signal words are used in this user manual, on the arm and leg trainer or on the packaging.



This signal symbol/word indicates a hazard with a medium level of risk which, if not avoided, can result in death or serious injury.

A WARNING!

This signal symbol/word indicates a hazard with a low level of risk which, if not avoided, may result in minor or moderate injury.

NOTICE!

This signal word warns of possible damage to property.



This symbol gives you useful additional information on assembly or operation.

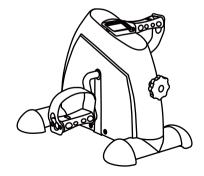


Do not use the device while standing!

INHALT

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1. TECHNICAL SPECIFICATIONS

Product In Formation

Dimensions (L x W x H):

Approx. $40.5 \times 35 \times 31$ cm

Packaging Dimensions (L × W × H):

Approx. 41 x 32 x 19 cm

Class: H.C (household use), DIN EN ISO

20957-1/DIN EN957-5 Max.

User Weight: 100 kg

Total Weight: approx. 4.2 kg

Internal Processor:

Number of Batteries: 1 piece

Battery Type: AAA (1.5V)

Computer Functions: duration, speed, distance,

approximate calorie consumption

Package List:

Mini Exercise Bike Host * 1

Front and Rear Stabilizer *1

Left and Right Pedals *1

Anti-slip Pad *1

Anti-slip Tape *1

Tool Kit *1

User Manual *1

2. SAFETY PRECAUTIONS

This arm and leg trainer corresponds to the Requirements of the European standards EN ISO 20957-1:2013 and EN ISO 20957-5:2016, Application class H(H= domestic use) and accuracy class C (=low accuracy). The arm and leg trainer is not suitable for high accuracy purposes. The arm and leg trainer was designed in accordance with European standards, taking into account the specified safety factors

EN ISO 20957-1:2013 and EN ISO 20957-5:2016 tested.

PURPOSE OF USE:

- The product is designed for private use and is not suitable for medical, therapeutic or commercial purposes.
- The maximum weight allowed on this product is 100 kg.



CAUTION - CHILD DANGER:

- Batteries can be fatal if swallowed. Therefore, keep batteries out of the reach of children. if a battery has been swallowed, medical help must be sought immediately.
- Children do not recognize the danger that this product can pose. Therefore, keep children away from this product. The product is not a toy.
- The product should be stored in a place inaccessible to children and pets.
- Parents and other supervisors should be aware of their responsibility, since children's natural play instinct and willingness to experiment can lead to situations and behavior that the training equipment is not designed for.
- If you allow a child to use the product, do not leave the child unattended with the product. Make the appropriate settings on the product yourself and supervise the exercise process.
- Make sure that the packaging material does not get into the hands of children. There is a risk of suffocation!
- The manufacturer or retailer assumes no liability for damage caused by improper or incorrect use.

A WARNING!

CAUTION - RISK OF INJURY:

- Do not use a damaged or defective product. in this case, contact a specialist workshop or our customer service.
- Before each use, check the product to ensure that it is in perfect condition. Defective parts must be replaced immediately, otherwise function and safety will be impaired.
- Make sure that no more than one person uses the product at the same time.
- Always use the product on a horizontal, level, non-slip and solid surface. Never use it near water and, for safety reasons, keep a clearance of one meter to the side and two meters behind the product around it.
- Keep your arms and legs clear of moving parts.
- Do not insert materials into existing openings in the product.

CAUTION - PRODUCT DAMAGE:

- Do not make any changes to the product and only use the original. Spare Parts. Only have repairs carried out in a specialist workshop or similar.
- Qualified persons to carry out If you have this roduct repaired by improper repairs, considerable dangers can arise for the user.
- Protect the product from splashes of water, moisture, high temperatures and direct sunlight.

CAUTION - HANDLING INSTRUCTIONS BATTERIES: DANGER OF EXPLOSION!

Batteries can explode if overheated.

- Do not heat the batteries or throw them into an open fire.
- · Do not short-circuit the batteries.
- Be sure to insert the batteries with the correct polarity (+ and –).
- Do not charge non-rechargeable batteries.
- Remove batteries when they are dead or when you will not be using the product for a long time.

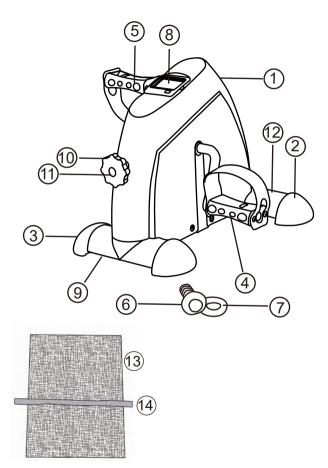
This will help you avoid damage that can result from leakage.

- Batteries must not be charged or reactivated by any other means, taken apart, thrown into fire or shortcircuited. There is a RISK OF EXPLOSION!
- It is preferable to use alkaline batteries as they last longer than conventional zinc.carbon batteries.
- Battery replacement becomes necessary as soon as the display becomes weak or completely fades.
- Always replace all old batteries with new ones and pay attention to the correct polarity when inserting them.

CAUTION - CONGREGATIONAL MATTERS

- The assembly of the product must be carried out carefully and by an adult. If in doubt, enlist the help of another technically skilled person.
- Before you start assembling the product, read the assembly steps carefully and look at the assembly drawing.
- If necessary, place a protective mat (not included) under the product to protect your floor. since it cannot be ruled out that e.g. rubber feet leave marks.

3. EXPLODED DRAWING



4. PARTS LIST:

Nummer	Description	rowd
1	Main Body	1
2	Front Stabilizer	1
3	Rear Stabilizer	1
4	Right Pedal	1
(5)	Left Pedal	1
6	Hex Bolt M6	4
7	Washer Φ16	4
8	Computer	1
9	Base Reinforcement	2
10	Knob	1
11)	Knob Screw	1
12	Knob Screw	1
13	Anti-slip pad	1
14)	Anti slip tape	1

5. INSTALLATION INSTRUCTIONS

5.1 Assembly of the stand

Use a screwdriver to remove the screws on the bottom of the main unit, and then reattach the corresponding front and rear stands. Attach the long stand at the front and the short stand at the back



5.2 Pedal Installation:

Caution: Pay attention to the direction of the arrow when installing.

The right pedal is marked R and connects to the end of the crank arms where R is engraved, following the direction of the arrow. The left pedal is marked L and connects to the end of the crank arms where L is engraved, following the direction of the arrow.



5.3 Adjusting the pedal width:

Use a Phillips screwdriver to remove the screws and adjust the width of the pedal. Adjust it to a comfortable position and then tighten the screws. If none of the given widths fit your foot size, you can remove the adjustment strap and use the pedal separately.



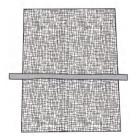
5.4 Resistance setting:

Rotate left to decrease resistance and rotate right to increase resistance.

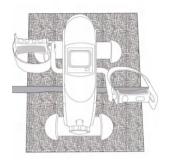
Note: The resistance setting of the product has no level. When adjusting the resistance, please stop rotating it if it is too difficult to move. This is the minimum or maximum of resistance. Therefore, stop the current resistance adjustment, so as not to damage the product's adjustment model.



5.5 Use of anti-slip pads and tapes Step 1: Lay the anti-slip pad flat on the place where it will be used, and put the anti-slip tape on the anti-slip pad.



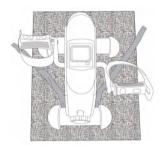
Step 2: Put the assembled machin e on it.



Step 3: Place the ends of the anti-slip tape on the front footrests on both sides of the machine



Step 4: Pass the anti-slip tape under the front footrest and wrap it twice around the front footrest.



Step 5: Finally, attach the anti-slip tape to the leg of the chair.



6. FUNCTION KEY:

Press the red button to turn on the computer. You can select the desired function by pressing the red button. Each time you press the red button, you switch to the next function. The display contains 5 functions: T (time time), D (distance distance), C (COUNT number), T-C (T-COUNT total number) and CA (calories), which you can select one by one with the red button. To reset the training data, press and hold the red button for 5-8 seconds.

AUTO ON/ OFF:

 The monitor turns on automatically when the exercise machine is operated. If you don't pedal for 4 minutes, the monitor will turn off automatically.

SCAN:

Press the 'Mode' button repeatedly until 'Scan' appears on the display in the top left corner triangle is displayed. All functions and values are now displayed one after the other on the LCD display shown. The next function is displayed after approx. 6 seconds.

TIME(T):

Automatically measures the time as soon as you start exercising.

0:00~99:59 MIN

DISTANCE (D):

Shows the distance covered in the training.

0.0~999.9 ML (KM)

Number of Rounds (C):

Display the total number of pedal laps 0~9999

Total Laps (T-C):

Display the total number of pedal laps.

0~9999

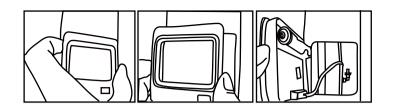
Calories(CAL):

Shows the calories burned during training.

This is an estimated value.

0.0~999.9 KCAL





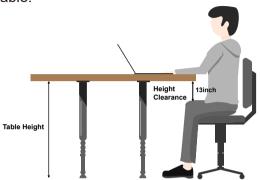
INSERTING THE BATTERIES

- 1. Remove the battery compartment cover on the back of the monitor.
- Insert 1 AAA battery with correct polarity into compartment and attach cover.
- 3. If the display becomes illegible or only a few segments are visible, please remove the batteries and wait 15 seconds before inserting new batteries. Dispose of dead batteries properly according to local regulations. The monitor display will be cleared as soon as you remove the batteries.

IMPORTANT: Calories burned calculation is an estimate and should not be relied on medically. We recommend that you consult your doctor or nutritionist to adjust your diet and energy consumption based on your physical condition and the sporting activities you wish to participate in. We also recommend that you consult your doctor before beginning any new exercise.

7. For Use Under Desk

When use under a desk, it will need a height clearance of at least 13 inches from your knee to the table.



8. TRAINING

TRAINING 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 according to your personal needs.

The following pages explain in detail how to use your new exercise equipment and serve to clarify the basics of fitness training. In order to achieve your set training goal, it is essential that you use this manual as a guide to inform yourself about important points on the general development of a training program and the precise use of the device. We therefore ask you to read these points through in full and to give them the utmost attention.

PUTTING A TRAINING PROGRAM TOGETHER

In order to achieve noticeable physical and health improvements, the following factors should be considered before determining the amount of exercise required.

INTENSITY

The level of physical exertion during exercise must be higher than normal exertion, but not cause shortness of breath or fatigue. A good guide to training effectiveness is your heart rate.

The heart rate should be at a level of 70% to 85% of our maximum heart rate during training. During the first

week your heart rate should be below 70% of your maximum heart rate during training. During the following weeks and months, your heart rate should slowly increase to a higher level of 85% of your maximum heart rate. As your physical condition improves, your exercise requirements must increase. This can be achieved by increasing the exercise duration and/or the difficulty level. If you want to measure and track your heart rate manually, you can use the following methods:

- a) Pulse control measurement in the usual way (e.g. feeling your pulse on your wrist and counting the beats for one minute).
- b) Pulse control measurement with suitable and calibrated pulse measuring devices (available in drugstores and pharmacies).

TRAINING PHASES

Each training session should consist of 3 training phases:

- Warm-up phase
- Training phase
- Cool down period

During the "warm-up phase" your body temperature and oxygen consumption should be increased slowly. This can be achieved by doing gymnastic exercises or stretching for 5 to 10 minutes. After the warm-up the actual training should begin ("training phase"). The training intensity should be low for the first few minutes and then 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 cramps and tension, you should insert a "cooling-off" phase after the training phase. In this phase, which should last about 5 to 10 minutes, do 30 seconds of stretching exercises and/or light gymnastic exercises.

MOTIVATION

The key to a successful exercise program is regularity. Choose a committed time and place for each training day and also prepare yourself mentally for your training session. Only train when you are in a good mood and always focus on your training goal. With regular training you will see improvements every day and see how you are getting closer and closer to your personal training goals.

These are very general training tips. These have no medical value and are only used to provide information on different types of training.

To develop a personalized detailed training program, consult an expert. Individuals who have heart problems or other medical conditions that could be aggravated by an unusual or improper exercise program or activity MUST consult their physician prior to engaging in any type of exercise.

When training, everyone has a different goal. Some are driven by a desire to build muscle, while others are looking for a way to improve their physique and overall health. Muscles respond to impulses; the higher the impulse, the stronger the result. In layman's terms, this means that when a muscle has to make a great effort, it will grow in size to be able to make the same effort in the future. In contrast, muscles that need to exert effort over a longer period of time begin to shrink in size in order to be able to sustain the effort over a longer period of time.

When training, everyone needs to define their personal goals and then stick to those goals.

Weight loss

In order to lose weight, it is necessary to burn fat. Our body only burns body fat when the last sugar reserve has been used up.

A long workout is therefore apt to first use up all the sugar in your blood and then burn body fat. To trigger this process, exercise on your machine for 30-40 minutes with the resistance dial set to a very low level.

Muscle building

To build muscles, they have to be trained hard. Set the resistance adjustment knob (46) to a very high level and pedal hard. An interesting variation is interval training.

This training method alternates between short, highintensity efforts and long ones very low-intensity efforts. This variant combines the advantages of the training goals "muscle building" and "weight loss".

WARNING!

Your heart rate reading may be inaccurate. Over training could result in serious injury or death. If you get dizzy, stop the exercise immediately.

REGULARITY

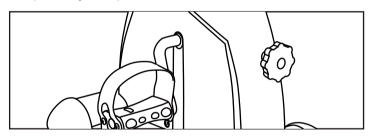
Most experts recommend a combination of healthy eating, which is consistent with the exercise goal, and exercise three to five times a week. A typical adult needs to exercise twice a week to maintain his/her current fitness level. To improve condition and change body weight, a person must do at least 3 training sessions per week.

8. TROUBLESHOOTING PROBLEMS WITH THE

Problem	Solution
No screen display	Replace the batteries with new ones.
Bad screen display	Check the cables leading to the Remove the batteries and reinsert them after one minute.

10. 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 cloth and a mild detergent. Empty batteries are hazardous waste; please dispose of them according to regulations and never 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 as special waste.



11. ENTSORGUNGSHINWEISE



Packaging materials are raw materials and can be reused. Separate the packaging by type and, in the interest of the environment, dispose of it properly. You can also get more information from your responsible administration

Old devices do not belong in the household waste



Also dispose of old devices properly! In doing so, you contribute to environmental protection.

Your local administration will inform you about collection points and opening times

Batteries do not belong in household waste



As an end user, you are legally obliged to return used batteries. You can hand in your old batteries at the public collection points in your community or wherever batteries of the type in question are sold.

Conformity of the equipment to the UK directives is confirmed by the UKCA symbol.

Conformity with EU directives is confirmed by the CE mark.

Disposal Note

This device complies with the WEEE Directive 2012/19/EU on Waste Electrical and Electronic Equipment (WEEE). This device complies with the European Electromagnetic Compatibility (EMC) Directive 2014/30/EU and its amendments and the Low Voltage Directive (LVD) 2014/35/EU and its amendments. This symbol (the crossed-out wheeled bin) means that in the UK and EU this product should not be mixed with other household waste. To avoid possible harm to the environment or human health from uncontrolled waste disposal, please dispose of it responsibly to promote sustainable reuse of material sources. To return your used device, please use the return and collection systems or contact customer service for more recycling and WEEE information

12. CLAIMS AND WARRANTIES

For technical questions, information about our products and for ordering spare parts, our service team available as follows

Please ensure that you have the following information to hand.

- Operation manual
- Model number (this can be found on the cover of this manual)
- · Description of accessories
- Accessory number
- · Proof of purchase with date of purchase
- Order number

13. WARRANTY POLICY

- The manufacturer's product guarantee period is 2 years.
- Failure to follow the company's usage guidelines will void all product warranties

Important NOTE:

Please do not send your product to our address without a request from our service team. The costs and risk of loss for unsolicited mailings are borne by the sender. We reserve the right to refuse to accept unsolicited consignments or to return the corresponding goods to the sender freight collect or at the sender's expense.