

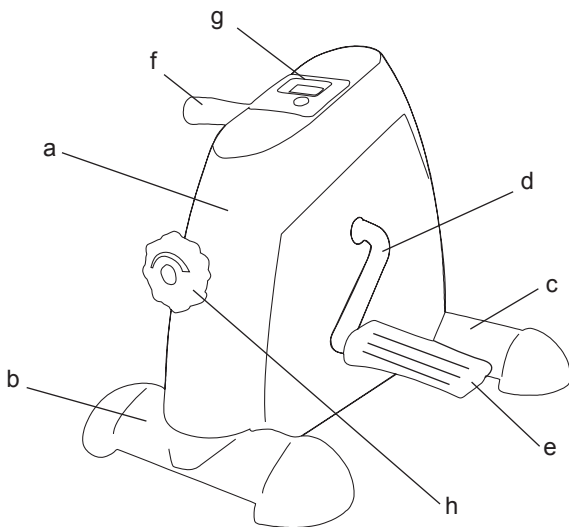


Zhejiang Todo Hardare Manufacture Co.,Ltd
Add:20th FL,Jinshan Building,CBD Centre,Yongkang
Zhejiang,China

MODEL NO.:TD001P

INSTRUCTIONS MANUAL

DESCRIPTION



MINI EXERCICE BIKE

PURCHASE ACKNOWLEDGEMENT

Thanks you for the trust placed in the purchase of our product and we are certain that you will always be satisfied with any of our products.

For better service of all your questions and needs, customer service is at your disposal to solve any query:

PRODUCT DESCRIPTION

- a. Main body.
- b. Front base.
- c. Rear base.
- d. Handle bars.
- e. Right pedal.
- f. Left pedal.
- g. Counter and battery compartment.
- h. Effort regulator.

SAFETY WARNINGS

- These instructions are very important. Please read this instructions manual carefully before using the appliance and keep it at hand to refer to it at any time.
- Vendor declines any responsibility for the improper use of the product, or any other use that is not described in this manual.
- Before using the product for the first time, unpack the product and check that it is in perfect conditions.
- This product is only indicated for domestic use. Do not use the appliance outdoors. Never leave the appliance exposed to climatic agents such as rain, snow, sun, etc.
- This appliance can be used by children of 8 and more years old as well as by disable people, people with reduced sensorial o mental capacities, people with lack of experience and

knowledge, if the appropriate supervision and instruction of use was provided them in reliable way and they understand danger it entails. The cleaning and maintenance allow to be realized by the user, must no be realized by the children, only in case they are more than 8 years old and only under supervision.

-Keep the appliance out of reach of the children younger 8 years old.

-Do not immerse the appliance in water or any other liquid.

-Use the device on a flat and horizontal surface.

-Do not leave the appliance on top of or near a hot electrical or gas burner.

-The machine can only be used by one person at a time.

-Remember that when you are using this machine you are doing exercise and therefore appropriate clothing and footwear must be used. Do not use clothing that might get caught up and obstruct the machine mechanism.

-If abnormal symptoms are felt, such as dizziness, nausea or pains in the chest... stop training immediately and visit your doctor.

-To avoid any possible strains or injury, before using the machine always carry out stretching exercises to warm up your muscles properly.

-Never touch the moving parts of the appliance. Never insert anything that could obstruct or damage the appliance.

-The machine must only be used for what it was designed and the instructions included in this manual must always be adhered to.

-Please remember that if the machine does not work properly it should not be used.

-Please keep your hands away from the moving parts.

REMEMBER THAT PERSONS WITH HEALTH PROBLEMS MUST CONSULT THEIR DOCTOR BEFORE STARTING AN EXERCISE PROGRAMME.

WARNING ABOUT THE BATTERIES:

-Remove the battery from its compartment, if you are not going to use the device for a long period of time.

-Remember that batteries must be deposited in the specialized

containers for battery collection.

-If you want to throw out the device, always remove the batteries before doing it.

-If the battery has some kind of leak never handle it with bare hands.

-Replace the battery when it is worn out.

-Only the batteries of the same model or equivalent to the recommended can be used.

-The battery must be placed in accordance with the indicated correct polarity.

-Never place the battery compartment near fire or heat source.

-Do not throw the batteries into fire or place the control unit to the sun.

-Do not mix new batteries or the old and worn-out.

ASSEMBLY

1-Put the front (Part C) and rear stabilisers in place (Part B) in the main frame (Part A) of the appliance with the screws and washers.

2-For a correct pedal placing you have to put yourself in front of a bike that always has to look on you, other words, with adjusting roulette in the front.

3-Afterwards, take a pedal marked by R (right) at the end of fixing screw and screw it on in the right direction using a supplied wrench.

4-Do the same with a pedal marked by L (left) but screw it on in the left direction.

NOTE: the right way to screw the pedals on - from the front to the backward, if you keep the correct position mentioned before.

BEFORE USING THE MACHINE PLEASE CHECK THAT ALL THE SCREWS ARE TIGHTENED DOWN.

INSTRUCTIONS FOR USE

-This pedaler has 5 different functions:

TIME (T): Counts the effective exercising time.

DIS (D): Count distance in kilometers.

COUNT (C): Laps of the exercise done.

T-COUNT (T-C): Total of laps, from the first exercise done with the device.

CALORIES (CA): Calories burnt during the exercise.

-Before starting the exercise, place the device on a flat surface and adjust the pedaling resistance according to the strength desired for the exercise (h). In order to obtain more resistance, turn the dial counterclockwise (+).

1.-Press the red button located in the counter (g) or start pedaling. In this way the counter (g) will be started.

-The word STP will appear at the display when you stop pedaling and it will disappear when you renew the exercise.

-The display turns off in a few minutes after you stop pedaling.

2.-To check the results obtained with the exercise read carefully the following procedure:

**Automatic mode to see the results:*

-Press the red button once. "SCAN" will flash. All the obtained results (TIME, DIS, COUNT, T-COUNT, CALORIES) will be displayed. They will appear for 5 seconds approximately.

**Manual mode to see the results:*

-In order to set the function you want to see during the exercise, and to pass from one function to the next, press 2 times consecutively the red button to set the desired function on the screen (TIME, DIS, COUNT, T-COUNT, CALORIES). If you press the red button only once, it returns to automatic mode without setting any particular function.

NOTE: To set the counter to "ZERO": press the red button for some seconds. All the indicators will be set to "0", except for the "T-COUNT".

3.-**Batteries replacement:** Remove the counter (g) for its original position using the notches located around the counter. You will reach the battery cabinet and there you can replace it without using any tool.

CLEANING AND STORAGE

-Clean first with a damp cloth and then a dry cloth.

-Keep the appliance in a safe place.

TECHNICAL DATA

1,5V DC (1 x AAA 1,5V) Max Loading: 90KGS

This device conforms to the safety requirements and provisions of directives 2006/95/CE on Low tension devices and 2004/108/CE on Electromagnetic Compatibility.

PROTECTION OF THE ENVIROMENT - DIRECTIVE 2002/96/CE

This product has been designed and manufactured with high quality materials and components that can be recycled and reused.



When you see the symbol of a crossed out litter bin on wheels next to a product, this means that the product conforms to the European Directive 2002/96/CE.

Please obtain information about the local recycling system for electric and electronic products.

Follow the local rules and do not dispose of used products by throwing them in the normal bins at home. Proper recycling of your used product will help avoid negative impacts on the environment and people's health.