

# LEMCO

## Bed Bike<sup>®</sup>

### USER MANUAL



Lemco Mobility

# Lemco Mobility

## DISPLAY



The Display on the BedBike displays time, speed and distance. Please read **Instructions** section on how to operate the Display.

- **Speed:** Your pedaling speed
- **Dist:** Distance
- **Time:** Time spend exercising
- **Scan:** Automatic change of modes
- **Alarm:** >30 km/h (slow down)

## INSTRUCTIONS

- Press the button to change between modes.
- Press the button and hold to initiate 5 seconds to reset.
- The display enters sleep mode when inactive for 5 minutes and resets.
- The backlit is engaged when you start exercising.
- Use an appropriate battery AA 3.6 V
- Change the battery when the digits start to fade.

## CHANGING THE BATTERY



The battery is located in the bottom of the carrying handle. It can be changed by tightening the knob fully (Clockwise) and flipping the battery case, which is held in place by a magnet, out of the carrying handle.

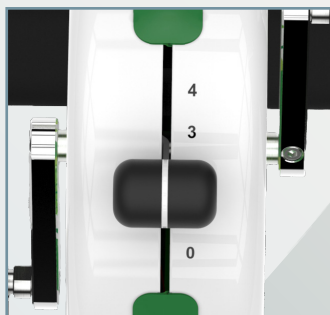
Li-ion 3.6V, 2400mAh, type AA is the long lasting original battery and is recommended.  
(Can be found on our website)

## CLEANING

You can disinfect the Lemco BedBike with disinfectant wipes.  
The pedals can be cleaned with a humid cloth and soap.  
**Do not wipe the screen with Alcohol or wet wipes.**

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## OPERATING



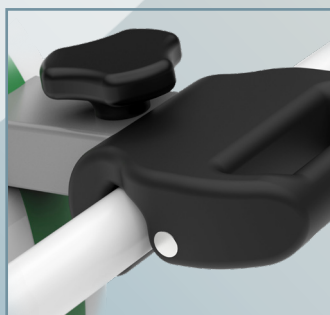
The resistance lever can be operated from the top of the BedBike from level zero to four.

**Level Zero:** least resistance.

**Level Four:** most resistance.

**The BedBike is designed for up to 40 Watt and might overheat if you exercise above maximum for a longer period. Let the exerciser cool for 30 minutes in case it feels overheated.**

## ATTACHMENT



Turning the knob clockwise tightens the grip and anti-clockwise to loosen the grip.

Our innovative grip attaches easily to most Hospital bed frames, even care-beds and Dialysis chairs.

**Make sure to tighten the knob firmly to ensure stability when exercising.**

## SAFETY



### FOR YOUR SAFETY:

Before you start exercising please consult your therapist or doctor to insure you are fit to use this exerciser and have the correct training program. Excessive exercise may result in serious damage to your health or cause death. Should you feel dizzy or weak, stop the training immediately and call a doctor.



**KEEP HANDS AWAY  
FROM ROTATING PARTS**



Keep hands, loose clothes, scarf etc. clear of moving parts on the BedBike during use. This is also applicable for assistants or helpers when you use the exerciser. Keep away from small children. Children below 15 years of age are not allowed to use the BedBike exerciser without adult supervision.

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## SPECIFICATIONS

- **Warranty Professional:** 1 Year
- **Warranty Home Use:** 1+2 years
- **Maximum User Weight:** 120 kg
- **Display:** Time, Distance, Speed
- **Battery:** Li-ion 3.6V, 2400mAh, type AA, non-rechargeable.
- **Weight:** 9.3 kg
- **CE:** Sporting Device EN957
- **Magnetic Resistance:** 4 Levels



## ENVIRONMENT

**Lemco BedBike is designed for indoor use only.**

Temperature: 15°C - 35°C.

Humidity: 40% - 60% RH, non-condensing.

Pressure: 960 hPa - 1060 hPa.

IP Classification: IP22

### **Storage & transport.**

Temperature: 5°C - 35°C.

Humidity: 40% - 60% RH, non-condensing.

Pressure: 700 hPa - 1060 hPa.

EMC: IEC 60601-1-2

**Do not place the exerciser in direct sunlight, discoloration might occur.**

## DISCLAIMERS

Damage to the BedBike by not following the manuals instructions results in void of warranty.

The BedBike is designed for Hospital beds, Dialysis chairs and care-beds.

Lemco-Mobility cannot be held responsible for any damages caused to beds or chairs.

Lemco-Mobility cannot be held responsible if you do not follow the manual and cause injury to self or others while using the BedBike.

The BedBike is not a spinning exerciser and is not to be used as one.

The BedBike may only be used according to therapist or doctor's Instructions.

Only use original Lemco-Mobility parts. Un-original parts results in a void of warranty.

Using the BedBike for unintended purposes results in a void of warranty.

It is prohibited to self-repair on the Lemco BedBike without guidance from Lemco.

Lemco-Mobility cannot be held responsible for damage caused by wrongful use of the exerciser.

Inventor, Manufacturer and Designer

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