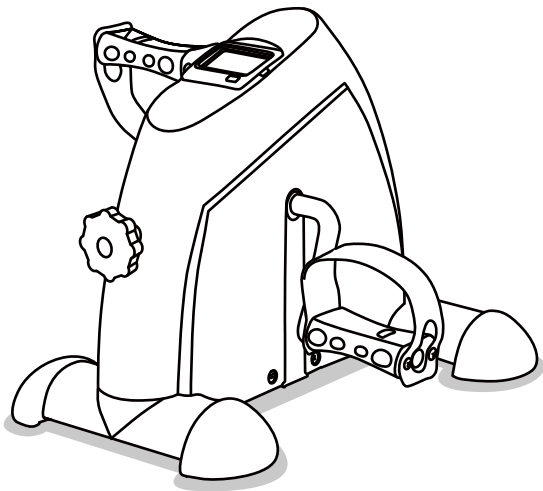




MINI EXERCISE BIKE



Operation Manual

Read and keep the operating instructions

1. Accidental injury or damage may occur. 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 to third parties, be sure to include this user manual.

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1. TECHNICAL SPECIFICATIONS

Product Name: Mini Exercise Bike
Class: H.C (Household use), DIN EN ISO
20957-1/DIN EN957-5.
Weight: 100 Kg / 220 Pounds Max

Internal Processor:

Number of Batteries: 1 piece

Battery Type: AAA (1.5V)

Computer Functions: TIME (T) / DISTANCE (D) /Count (C) / Total
Count (T-C) /Calories (CAL)

Pedal Strap Width: Manual Adjustment

Resistance Setting: Rotate left to decrease resistance and rotate right
to increase resistance.

2. SAFETY INSTRUCTIONS

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.
- 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.

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 arms and legs away from 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.
- Only qualified persons should carry out repairs.
- If this product is improperly repaired, it can pose considerable dangers to 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.

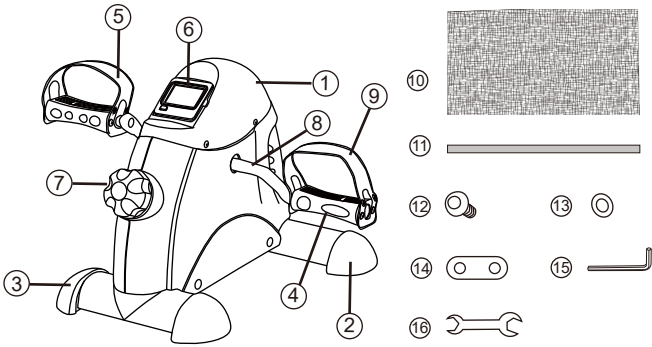
- Batteries must not be charged or reactivated by any other means, taken apart, thrown into fire or short-circuited. There is a RISK OF EXPLOSION!
- It is preferable to use alkaline batteries as they last longer than conventional zinc-carbon batteries.
- Battery replacement becomes necessary as soon 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 - ASSEMBLY INSTRUCTIONS

- 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.



3. DRAWING

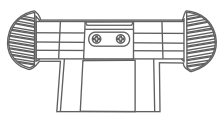


Number	Description	Quantity
①	Main Body	1
②	Front Stabilizer	1
③	Rear Stabilizer	1
④	Right Pedal	1
⑤	Left Pedal	1
⑥	Display Screen	1
⑦	Resistance Adjustment Knob	1
⑧	Crank Arm	2
⑨	Adjustable Pedal Strap	2
⑩	Anti-slip Pad	1
⑪	Anti-slip Strap	1
⑫	Hex Bolt M6	4
⑬	Washer Φ16	4
⑭	Base Reinforcement	2
⑮	L-shaped Hex Screwdriver	1
⑯	Wrench	1

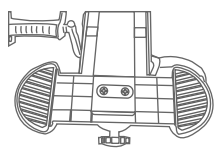


4. ASSEMBLY INSTRUCTIONS

4.1 Fix the front stabilizer ② to the main body ① with ② sets of hex bolts ⑫ and washers ⑬.

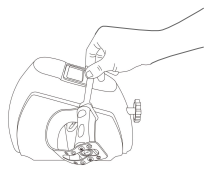


4.2 Fix the rear stabilizer ③ to the main body ① in the same way.



4.3 Pedal Installation:

Caution: Pay attention to the direction of the arrow on the pedal ④/⑤ when installing. Fix the pedals (④ & ⑤). The right pedal is marked R, connect it to the right end of the crank arm marked R, following the direction of the arrow on the right pedal ④. The left pedal ⑤ is marked L, it should be threaded to the crank arm in the direction of the arrow on the right pedal ⑤.



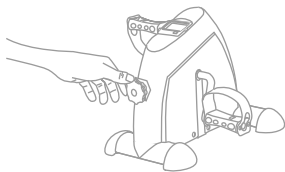
4.4 Adjusting the width of pedal strap Use the Phillips screwdriver to remove the screws from the pedal strap ⑨. Adjust the strap to a comfortable width and tighten the screws. If none of the specified widths fit your foot size, you can remove the adjustment strap and use the pedal separately.



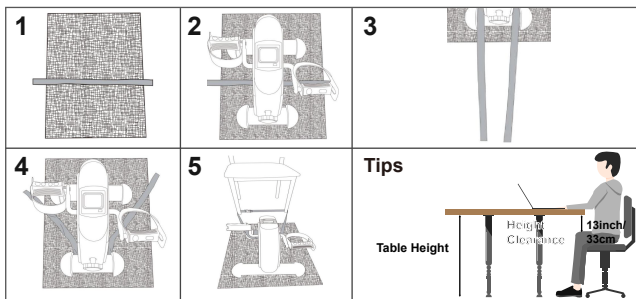
4.5 Resistance setting:

Turn left to decrease resistance and right to increase resistance.

Note: The product's resistance setting has no level. When adjusting the resistance, if it is difficult to turn, the resistance reaches the maximum or minimum value at this time. Please stop turning to avoid damaging the resistance mechanism.



4.6 Use of anti-slip pad and strap.



Step 1: Lay the anti-slip pad flat on the place where it will be used, and put the anti-slip strap on the anti-slip pad.

Step 2: Put the assembled machine on it.

Step 3: Place the ends of the anti-slip strap on the rear stabilizer ③ on both sides of the machine

Step 4: Pass the anti-slip strap under the rear stabilizer ③ and wrap it twice around the rear stabilizer ③.

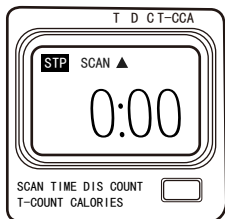
Step 5: Finally, attach the anti-slip tape to the leg of the chair.

Tips: For Use Under Desk

When used under a table, there should be at least 13 inches/33cm of knee-to-table height clearance.

5. FUNCTION BUTTON

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), D (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.

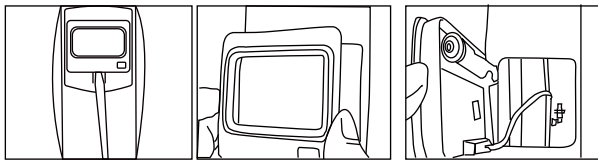
TIME(T)	Automatically measures the time as soon as you start exercising.0:00~99:59 MIN
DISTANCE(D)	Shows the distance covered in the training. 0.0~999.9 ML (KM)
Number of Laps(C)	Display the number of pedal laps 0~9999
Total Laps(T-C)	Display the total number of pedal laps 0~9999
Calories(CAL)	Shows the calories burned during training. This is an estimated value.0.0~999.9 KCAL
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 a triangle appears in the upper left corner of the display next to 'Scan'. All functions and values are now displayed one after the other on the display. The next function is displayed after approx. 6 seconds.

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.

INSERTING THE BATTERIES

1. You can pry it out from below the display screen using a screwdriver
2. Insert 1 AAA battery with correct polarity into the compartment.
3. If the display is unreadable or only a few segments are visible, remove the battery and wait 15 seconds before inserting a new battery. Dispose of dead batteries in accordance with local regulations. The monitor display will clear when the battery is removed.



6. 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 your 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. It's best to train when you're 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 method alternates between short, high-intensity efforts and longer, 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.

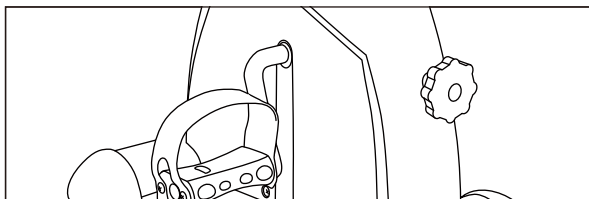
7. TROUBLE SHOOTING

Problem	Solution
Screen does not display	Replace the batteries with new ones.
Screen Display Wrong	Check the cables leading to the remove the batteries and reinsert them after one minute.

8. 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.



9. DISPOSAL INSTRUCTIONS



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.

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.

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

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.

10. COMPLAINTS & WARRANTIES

For technical questions, information about our products and for ordering spare parts, our service team available as follows:
service@uten.com

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

WARRANTY TERMS

- 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.

UK REP (Importer)

Company: OBERO INTERNATIONAL LIMITED

Contact: Mr. Tian

Email: Service@iobero.com

Address: Unit 1, Kiwi Park Commerce Way, Trafford Park, Manchester, M17 1HW, United Kingdom

Manufacturer: SHENZHEN RBU TECHNOLOGY GROUP CO., LTD

Address: No.2016 Xuegang Road, Gangtuo Community, Bantian Street, Longgang District, Shenzhen, China

Importer & Distributor: AGM USA, LLC

Address: 3690 E. Jurupa Street, Ontario, CA 91761, USA

For more information please contact us at: service@uten.com

Warning: Keep the appliance and its cord out of reach of children less than 8 years



MADE IN CHINA