



**MEDIC
THERAPEUTICS**

MINI ELLIPTICAL PEDAL EXERCISE BIKE



User Manual

CAUTION

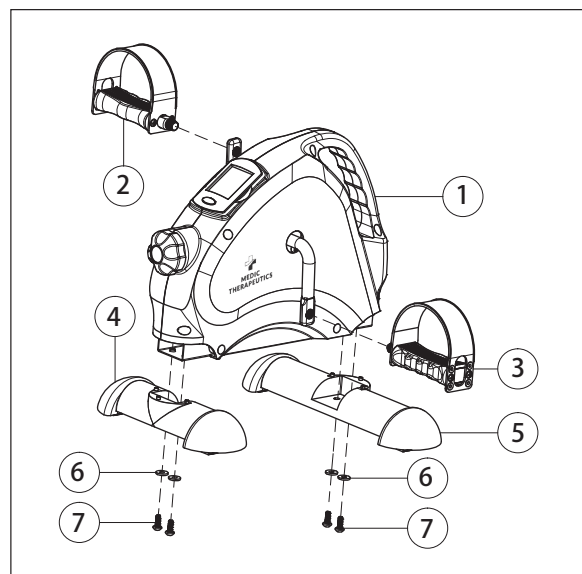
1. It is important to read this entire manual before assembling and using the equipment. Safe and efficient use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.
2. Before starting any exercise program you should consult your doctor to determine if you have any physical or health conditions that could create a risk to your health and safety, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
3. Be aware of your body's movement. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: Pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, feeling light headed, dizzy or nauseous. If you do experience any of these conditions, you should consult your doctor before continuing with your exercise program.
4. Keep children and pets away from the equipment. The equipment is designed for adult use only.
5. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. For safety, the equipment should have at least 2 feet of free space all around it.
6. Before using the equipment, check the nuts and bolts are securely tightened.
7. The safety level of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
8. Always use the equipment as indicated. If you find any defective components whilst assembling or checking the equipment, or if you hear any unusual noise coming from the equipment during use, stop. Do not use the equipment until the problem has been rectified.
9. Wear suitable clothing whilst using the equipment. Avoid wearing loose clothing which may get caught in the equipment or that may restrict or prevent movement.
10. The equipment has been tested and certified to EN957 under class H.C. Suitable for domestic, home use only. Maximum weight of user: 220lbs. Braking is speed independent.
11. The equipment is not suitable for therapeutic use.

PRODUCT SPECIFICATIONS

- Battery (QTY & Type): 2 x 1.5V AAA BATTERIES
- Certifications: CE,EN20957
- Size of product itself: 42*38.5*30CM
- Materials: ABS.METAL.TPR

PRODUCT OVERVIEW

1. Mini Elliptical Pedal Exercise Bike Main Body
2. Left Foot Pedal
3. Right Foot Pedal
4. Front Base Leg of Machine
5. Rear Base Leg of Machine
6. Plain Washer
7. Screws

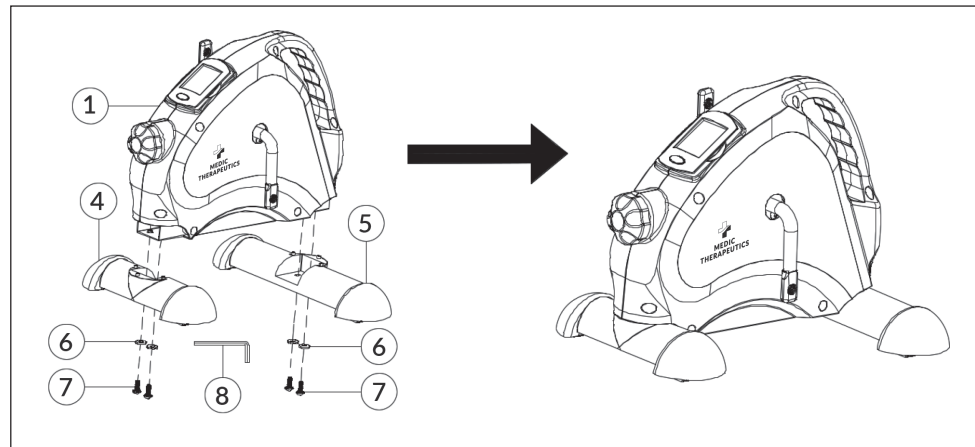


HOW TO INSTALL

Step 1

Install the Front Base Leg of Machine ④ and Rear Base Leg of Machine ⑤ to the Mini Elliptical Pedal Exercise Bike Main Body ① with the screws ⑦ and the plain washer ⑥. Use the supplied screwdriver for this.

Note: Ensure that the Front Base Leg of Machine ④ and Rear Base Leg of Machine ⑤ are correctly positioned.

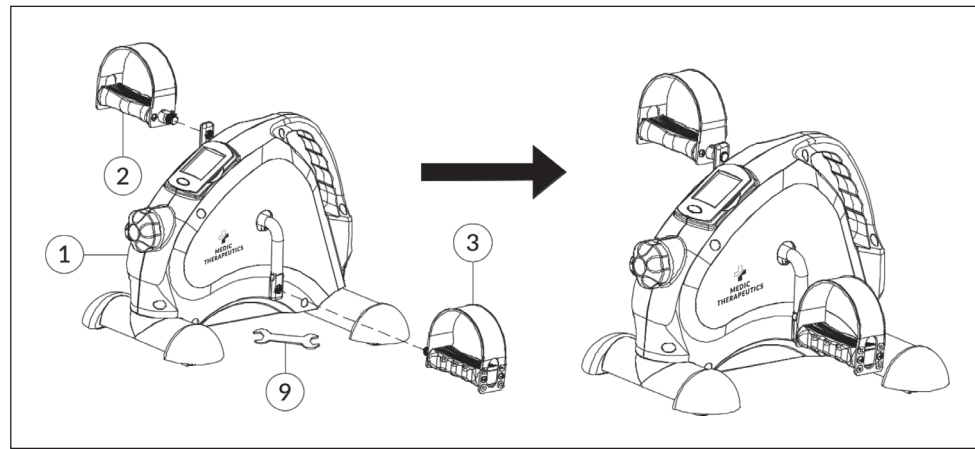


Step 2

Attach the left foot pedal ② and right foot pedal ③ to the corresponding crank arms. Use the supplied open-ended spanner ⑨ to fasten the pedals.

Note: The foot pedals and crank arms are marked with "L" for left and "R" for right. Make sure the markings on pedals and crank arms are matched during assembling.

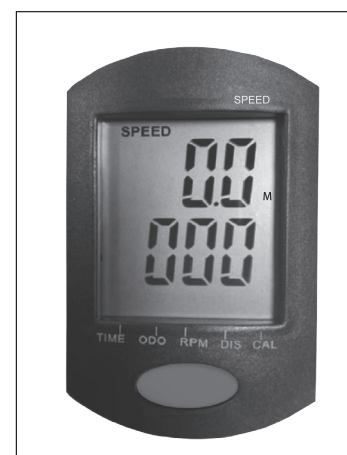
- Left pedal should be threaded anti-clockwise.
- Right pedal should be threaded clockwise.



DISPLAY SCREEN

The computer has a two-line display on which the different functions can be displayed. The speed is displayed in the upper line. There are different displays available to you in the lower line. Press the oval key below the display to switch between the following display values:

- **SCAN:** Each display is shown for a few seconds.
- **TIME:** Previous training time in minutes: seconds (0:00 - 99:59).
- **ODO:** Total distance covered since the last insertion of the battery (0 - 999.9 miles) (note: This value is reset to 0 as soon as the exhausted battery is removed and replaced by a new battery).
- **RPM:** Shows the speed of rotation per minute. (0 - 9999)
- **DIST:** Shows the distance covered. (0.00 - 999.9 miles)
- **CAL:** Shows the number of calories burned (this display states an approximate value. The actual calorie consumption depends on the condition of the person training)
- **SPEED:** Speed in m / h (0.0 - 9999 miles) Keep the oval key pressed down for approximately three seconds to delete all of the values (except for the ODO).
- **On/OFF:** The computer automatically turns on and starts taking measurements as soon as you start exercising on the Mini Elliptica Pedal Bike. The computer turns off automatically when the equipment is not used for longer than approximately 4 minutes.



REPLACING THE BATTERY

- Take the training computer carefully out of the holder.
- Remove the exhausted battery.
- Insert a new battery (1.5 V, AAA) into the battery compartment on the underside of the training computer.

Note: Make sure you fit the battery the right way matching the polarity. The correct polarity is shown inside the battery compartment. Check that the plug-in connector is correctly inserted. Insert it again if necessary. Place the training computer back into the holder and lightly press it into position.

LIMITED LIFETIME WARRANTY

Your Medic Therapeutics product is backed by a limited lifetime manufacturer's warranty. Medic Therapeutics will repair or replace your device at any time should it fail due to a defect in material or workmanship, subject to the certain limitations. This limited warranty does not cover any damage that results from unauthorized or improper use, service, or repair. Further, it does not cover damage caused by accident, impact, negligence, or normal wear and tear.

Should you discover your Medic Therapeutics product is not functioning properly, please send your device to our repair center for evaluation. If your product cannot be repaired or serviced, we will reserve the right to change it for a similar or newer model. Please note that a flat rate of \$30.00 will be charged to cover a service evaluation fee and return shipping of your device. All warranty claims must be accompanied by a copy of your proof of purchase from an authorized retailer. Please send your device, proof of purchase, and a check or money order in the amount of \$30.00 made out to Medic Therapeutics to:

Address:

Medic Therapeutics Service Center
3069 Taft Street
Hollywood, FL 33021

Contact:

warranty@medictherapeutics.com



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