OPERATION

There are 2 ways you can use this exerciser: for legs or arms. The Pedal Exercise will strengthen and tone your legs and arms as well as offer a great cardio work-out.
Note: You may also use this mini trainer as part of your Chair Gym exercise routine.

FOR LEGS: Place the unit on the flat, hard surface and in a space large enough to allow safe access and movement around the product. Sit down in a chair, so the exerciser is in front of you. Refer to Diagram on right. Slide feet into the pedals.

FOR ARMS: Place the unit on your lap or table in front of you. Place hands into the pedals.

Press the red button to turn on the LCD control panel. You can select the desired function by pressing the red button. Refer to Computer Description on Page4.





MINI TRAINER



Assembly Manual

Battery Installation / Replacement

1. Remove the Computer from the top of the Main Body.
2. Insert or replace one 1.5V AAA in the compartment, matching the indicated polarity symbols.
3. Press the Computer back onto the top of Main body.





NOTE: When you remove Computer from the top of the Main Body, the wire connecting the Computer to the sensor bar may become disconnected. Before pressing the Computer back, please check the wire is connected the Computer and sensor bar.

Maintenance

•Product only requires minimal maintenance.
• Avoid contact with water.
• Clean with a slightly damp sponge. Dry with a clean dry cloth.
• Avoid prolonged exposure to the sun.

List of Parts



① ② ③ ④ ⑤ ⑥

① **Main Body**
② **Front Stabilizer**
③ **Rear Stabilizer**
④ **Left & Right Pedal**
⑤ **Knob screw & tools**
⑥ **Manual**

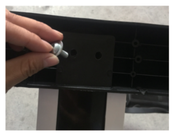
Important Safety Warnings: Please Read Before Using Product

• Consult with a physician to ensure that you are of proper physical condition before using the Mini Trainer.Use at your own risk.
• Read all the instructions in this manual before construction and using the product. Follow all warnings and operating instructions prior to use. Keep this manual for the entire life of the product.
• It is important before using that Mini Trainer is properly assembled as instructed by the manual.
• Do not allow children on or around the machine. Keep children and pets away from the product all the times.
• Keep hands,feet and loose articles away from moving parts.
• The owner is responsible for ensuring that all users of this product are properly informed on how to use this product safely.
• Product is intended for domestic use only.
• Do not store this product in a damp place.
• Use this product indoors. Keep away from humidity and dust.
• When using product, place on a flat,hard surface and in a space large enough to allow safe access and movement around the product.
• VERY IMPORTANT:To protect flooring, place a rug under Health and Mini Trainer. Wear athletic shoes to protect your feet while exercising.
• DO NOT wear loose or baggy since it mat get caught in the machine. Take off all jewelry.

If you feel any pain or dizziness, stop immediately, rest and consult a physician.

Assembly steps

1.With rug underneath, flip product over with knob facing you. Take smaller of the two stabilizers ③ , slide, the fasten onto main body ① using hex key ⑤ and two of the washers provided.





2. Repeat (1) with the larger, front stabilizer ② .
3. The Right pedal ④ is marked “R” on the end of the pedal axle. Connect it to the right Crank Arm. Right pedal is fastened by rotating clockwise.





4. The Left pedal ④ is marked “L” on the end of the pedal axle. Connect it to the right Crank Arm. Left pedal is fastened by rotating counterclockwise.

All bolts and nuts need to be securely tight before using the Mini Trainer.

OPERATION

There are 2 ways you can use this exerciser: for legs or arms. The Pedal Exercise will strengthen and tone your legs and arms as well as offer a great cardio work-out.
Note: You may also use this mini trainer as part of your Chair Gym exercise routine.

For Leg Workout

• Sit in a comfortable position.
•Adjust the mini trainer. So that the adjustment knob is facing you.
• Place each foot in pedal strap one by one. Adjust till there is a snug fit.
• Set desired tension using the adjustment knob.
• Cycle forward in a controlled motion.
• This motion will engage your quadriceps(upper legs), hamstrings(lower legs), and lower abdominals.

For Arm Workout

• Place mini trainer on floor.
• Adjust mini trainer so that knob is facing you.
•Set desired tension using the adjustment knob.
•Place each hand in pedal.
• Move arms forward in a controlled circular motion.
• This motion will engage your triceps(lower arms) and forearms.

Important:

The calculation of calories expended should be treated as just as estimation and should not be considered medically reliable. For more accurate calorie expenditure, it is recommended that you consult with your doctor or dietitian to better pinpoint your metabolic profile. Consult with your physician before using product.

Using the computer

PARTS IDENTIFICATION



Display shows TIME

T- Time
D- Distance
C- Count
T-C - Total Count
CA - Calories
SCAN - Allows to scan through all the functions

Press the red button to turn on the computer.
You can select the desired functions by pressing the red button.

Designation on Computer	Meaning	Description
T	Time	Display how much time has elapsed since training session started
D	Distance	Covers the distance in kilometers
C	Count	Accumulates # of movements made by cycling during workout session
T-C	Total Count	Accumulates # of movements made by cycling during different sessions. Cannot be reset unless you replace the battery
CA	Calories	Estimates the total calories consumption from beginning of exercise