

Instruction Manual

CE-165 Auto-mini Bike



BEFORE USE

- Before using the product, please read the instruction manual completely for your safety while using this product.
- 15-20 minutes of usage equals 30 minutes of exercise.
- Works on the hand and wrist.
- Get a complete workout for arms and legs.
- Look younger by exercising daily with the CE-165 auto-mini bike.

CAUTIONS FOR USING THE AUTO-MINI BIKE

- Before using this product please check to see if the product is in working order. If there are loose or missing parts, DO NOT attempt to use it.
- This product is intended to be used by one user at a time.
- Consult a physician before using this product. Someone with a pacemaker and or similar products should use this product with caution and with a physician's approval.
- DO NOT use this product if you are pregnant, if you have high blood pressure, and a high risk of heart attack, and if a physician says to refrain from exercise.
- If you feel uncomfortable while using this product please stop immediately, and consult a physician.
- DO NOT use this product while sick or under the influence of alcohol.
- DO NOT attempt to fix this product if it breaks; take it to your retailer.
- DO NOT use this product within an hour after eating.
- Amount of time recommended for using this product is 15 minutes at a time.
- Due to safety reasons please unplug the product and store the electrical cord properly.
- After the use of this product, please store it away in a safeplace out of reach of children.

HOW TO OPERATE THE AUTO-MINI BIKE

This product is operated by a remote control. No other remote control products will be able to activate this product.

- 1) Turn on the power.
- 2) Push the + or - (set the timer) 5-30 minutes.
- 3) Push the change function button.
- 4) Push the + or - to set the desired speed for the bike, there are 15 different speeds. (The lower speed does 6 revolutions per min while the fastest speed does 60 revolutions per minute.) The up and down arrow control the speed of the cycle.
- 5) Push the change function button again and the desired

- distance will display on the panel. (1-10 meters)
- 6) Push the change function button and the amount of calories burnt will show up.
- 7) Push the Direction button will change rotational direction of the bike and then you will be asked to set the desired speed that you would like the auto-mini bike to turn.

This device will stop automatically when the preset time is reached. Pushing the power button again will turn off the power to the bike. Turning off the bike will reset all the previously selected information.

TAKING CARE OF THE AUTO-MINI BIKE

- 1) Keep the auto-mini bike out of direct sunlight, dusty area, and high temperature area.
- 2) Keep the auto-mini bike out of damp and moist areas.
- 3) DO NOT place heavy items on the product.
- 4) DO NOT use strong abrasive cleaning substance to clean the product.
- 5) Wipe the auto-mini bike with a dry cloth if the product gets dirty.
- 6) DO NOT use cloth with fibers that can fall off and get caught in the product, which may potentially cause an electrical fire.
- 7) DO NOT remove the plug with wet hands.
- 8) DO NOT take apart the product for it might cause problems after it is reassembled again.

DIFFERENT WAYS TO USE THE AUTO-MINI BIKE

Please use the product as directed in the way that it is intended to be use to achieve maximum results.



PRODUCT DETAIL

Product materials: ABS plastic/Steel

Product dimension: 43cm x 43cm x 27cm

Electrical usage: 220V 13W 0.13A

Usage time: 5-30 minutes

Revolutions: 6-60 per minute Automatic stop after 1 hour of continuous use

Weight: Approx.: 5.5kg