

# Mini Cycle



## User's Manual

We are constantly improving our products so specifications are subject to change without notice.

# Mini Cycle™ by HealthMate Products™

Thank you for purchasing the Mini Cycle by HealthMate Products™. With normal care and proper treatment it will provide years of reliable service. Please read all operating instructions carefully before use.

The Mini Cycle is an arm and leg exercise machine that allows you to exercise at any time, any place.

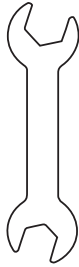
## FEATURES

- Small and light enough to store anywhere
- Use while seated at home or office to improve circulation
- Place on desk and operate with your hands to exercise arms
- Adjustable resistance
- Digital multi-function computer display: Time, Count, Step/Min, Calories, Scan
- Requires 1 AAA battery

## ALSO INCLUDED



Hex Screw



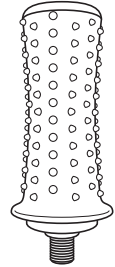
Wrench



4 Screws



4 Washers




2 Hand grips

## IMPORTANT PRECAUTIONS

**⚠ WARNING: To reduce the risk of serious injury, read all precautions and instructions in this manual and on the unit before using the Mini Cycle. Use the Mini Cycle only as described in this manual.**

1. It is the responsibility of the owner to ensure that all users of the Mini Cycle are adequately informed of all the precautions.
2. The Mini Cycle is intended for personal use only. Do not use the Mini Cycle in a commercial or institutional setting.
3. Keep the Mini Cycle indoors, away from moisture and dust. Place the Mini Cycle on a level surface, with a mat beneath it to protect the floor or carpet. Make sure there is enough clearance around the Mini Cycle to mount, dismount, and use it.
4. Inspect and properly tighten all the parts regularly. Replace any worn parts immediately.

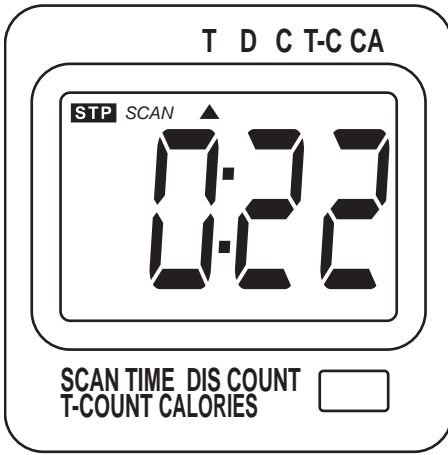
5. Keep children under the age of 12 and pets away from the Mini Cycle at all times.
6. The Mini Cycle should not be used by persons weighing more than 100 kg.
7. Wear appropriate clothes while exercising. Do not wear loose clothes that could become caught on the Mini Cycle. In addition, wear athletic shoes for foot protection while exercising.
8. Always keep your back straight while using the Mini Cycle. Do not arch your back.
9. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
10. The Mini Cycle does not have a freewheel; the pedals will continue to move until the flywheel stops.

** WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.**

### ASSEMBLY

1. Attach the front and back base supports to the main unit with the washers and screws using the included hex tool.
2. Use the included wrench to install the foot pedals. Note which pedal is on the left and right side with the L and R markings.

MULTI FUNCTION COMPUTER



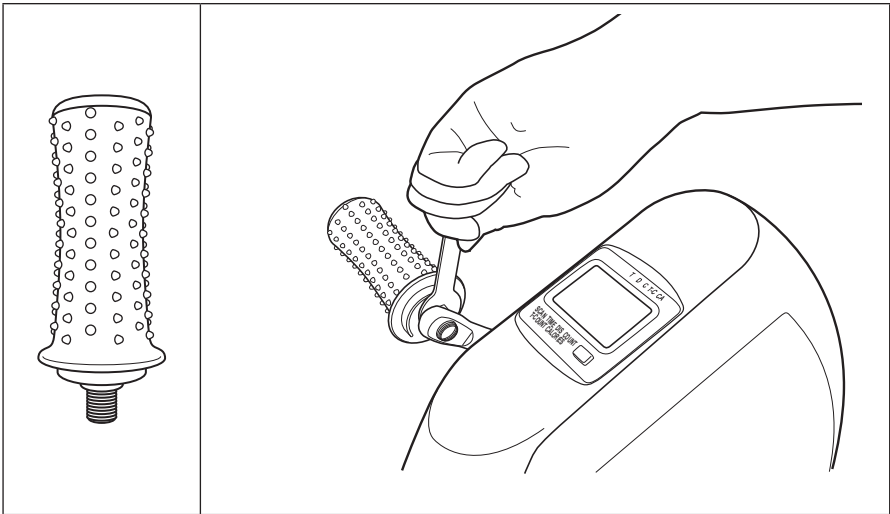
- T** Time
- D** Distance
- C** Count
- T-C** Steps/Minute
- CA** Calories

HOW TO OPERATE THE DIGITAL COUNTER

Start	When you start exercising by turning the pedals, the power will automatically turn on and the counter will start operating.
Stop	Once you stop exercise, (STOP) will be displayed at the bottom left of the LCD screen in about 4 seconds. The power will be turned off after several minutes.
Reset	To reset the counter, press and hold the button for 3 seconds
Function selection	Tap the button until the function which you would like to display is selected. Confirm your selected function by the arrow (▲) displayed at the top of the LCD screen.
Scan	Once (SCAN) is displayed at the top of the screen, the display will be changed every 5 seconds from current frequency, calories burnt to steps/minute.
Misc.	When it is difficult to see the screen display or there is no display, change the battery.

- If the counter doesn't operate properly, take out the battery and insert it again. If you change the battery, the count will be changed to "0".
- Reset counter before using. Due to vibrations that occur during transportation, your counter may not be set to "0" when you start use. This is not an indication of malfunction.

## USING HAND GRIPS



1. Detach the foot pedals using the wrench.
2. Attach the hand grips in the same manner.
3. Place the Mini Cycle on a table or other flat surface high enough to operate comfortably.

## ADJUSTING RESISTANCE

Twist the resistance knob at the back of the Mini Cycle to increase or decrease the resistance.

## REPLACING THE BATTERY

Lift up the display from the main cycle unit. The battery is attached to the bottom of the display.