



IMPORTANT, RETAIN FOR FUTURE REFERENCE: READ CAREFULLY

ASSEMBLY INSTRUCTION

Dear customer,

Thank you for purchasing this product. So that your appliance serves you well, please read all the instructions in this user's manual. If you have any questions, please contact our customer care center.

Our contact details are below:

Country	 Phone	 Email
UK	0044-800-240-4004	enquiries@mhstar.co.uk

IMPORTER ADDRESS:

MH STAR UK LTD
Unit 27, Perivale Park,
Horsenden lane South
Perivale, UB6 7RH

MADE IN CHINA

IMPORTANT SAFETY INFORMATION

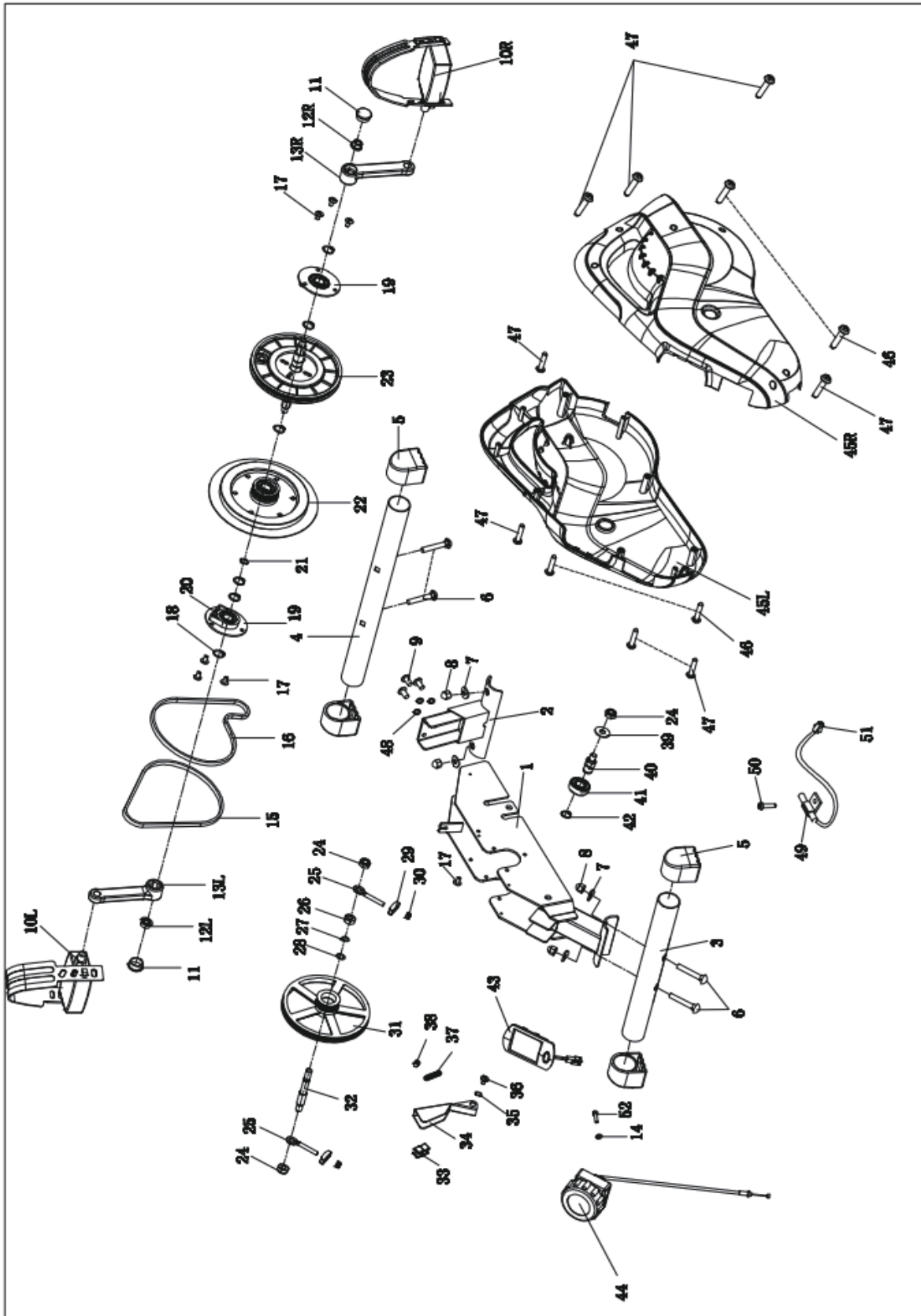
Please note the following items before assembling and using the equipment:

- 1、 Please follow the instructions;
- 2、 To ensure the safety of users, please check whether all the bolts and connecting parts on the equipment are locked before using.
- 3、 Do not expose the equipment to damp places, which will cause failure;
- 4、 When assembling, it is best to place parts on a mat (rubber or wood) to avoid soiling;
- 5、 Before exercise, make sure that no other items are placed within 2 meters around the equipment;
- 6、 Clean only with a damp cloth, do not use solvent cleaners and also note after each exercise should be wiped off the sweat on the equipment.
- 7、 Incorrect or excessive exercise can damage your health. It is recommended to consult a doctor before exercising. He will give you a maximum amount of training (including pulse, watts, duration, etc.) so that you can Exercise and get accurate information. Note: This equipment is not suitable for therapeutic use;
- 8、 only when the machine is in normal conditions to exercise, maintenance can only use the original accessories provide by the factory;
- 9、 This machine can only be used by one person at a time;
- 10、 Always wear sport clothes and sports shoes when exercising, especially the sports shoes must fit.
- 11、 If at any time during exercise you feel faint, dizzy or experience pain, stop and consult your physician.
- 12、 Children and disabled persons can only use when they are under guardianship;
- 13、 The design of this car can adjust the size of the resistance to adjust the motion intensity, and can be adjusted back and forth between light and heavy to select your suitable resistance.
- 14、 The maximum weight capacity of this unit is 100 KG.
- 15、 This equipment is designed for indoor use only! It is not intended for commercial use!

ATTENTION: MAKE SURE ALL SCREWS AND NUTS ARE TIGHTENED BEFORE EXERCISE

EXPLODED DRAWING AND PARTS LIST

EXPLODED DRAWING:



Parts list :

No	Spe	Qty	No	Spe	Qty
1	Main frame	1	27	Axis block D10	1
2	Front support tube	1	28	Washer D10	1
3	Front bottom tube	1	29	U metal blade	2
4	Rear bottom tube	1	30	Nylon nut M6	2
5	Q feet cap	4	31	Idler belt	1
6	Bolt M8×50	4	32	Idler axis	1
7	Washer D8	4	33	Magnetic	4
8	Nut M8	4	34	Magnetic board	1
9	Screw M8×15	3	35	Washer D8	1
10L/ R	L&R Pedals	2	36	Screw M6×12	1
11	Crank cap	2	37	Tube cap	1
12L/ R	L&R nut	2	38	Compress spring	1
13L/ R	L&R crank	2	39	Washer D10	1
14	Washer φ18xφ5x1.5	1	40	Idler axis	1
15	Belt	1	41	Axis 6202	1
16	Belt	1	42	Axis block D15	1
17	Screw M6×10	7	43	Monitor	1
18	Axis block D17	6	44	Tension control	1
19	Axis seat	2	45L/ R	L&R chain cover	2
20	Axis 6003	4	46	Bolt ST4.2×16	4
21	Curved washer D17	1	47	Bolt ST4.2×18	8
22	Flywheel	1	48	Spring washer D8	3
23	Belt disk	1	49	Sensor	1
24	Nut M10×1.0	3	50	Screw M4×10	1
25	Bolt	2	51	Sensor	1
26	Nut M10×1.0	1	52	Screw M5*20	1

Assembly Instructions

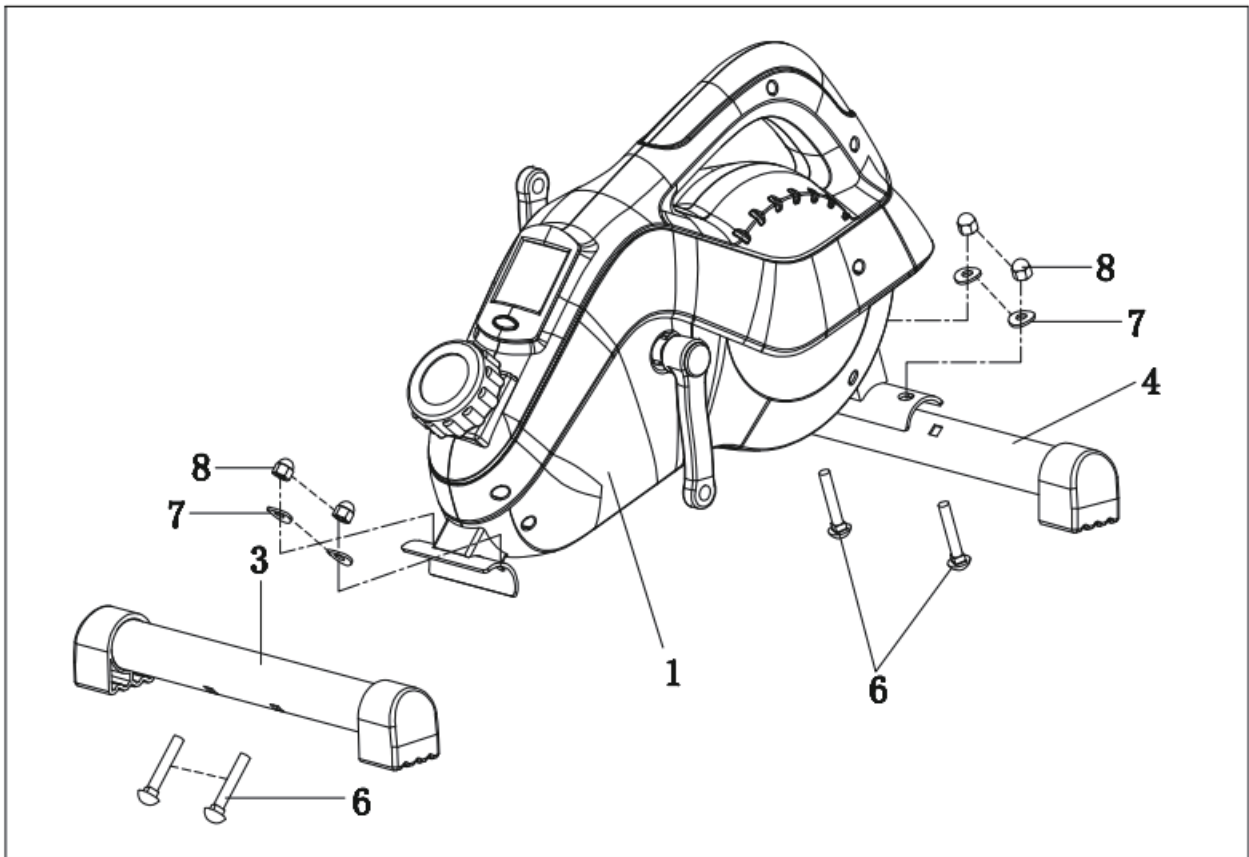
1. NOTICE:

- A. Please make sure there has enough space around the machine before assembly
- B. Please use the provided tools or right tools by yourself.
- C. Check the parts and the hardware first

2. Assembly instructions:

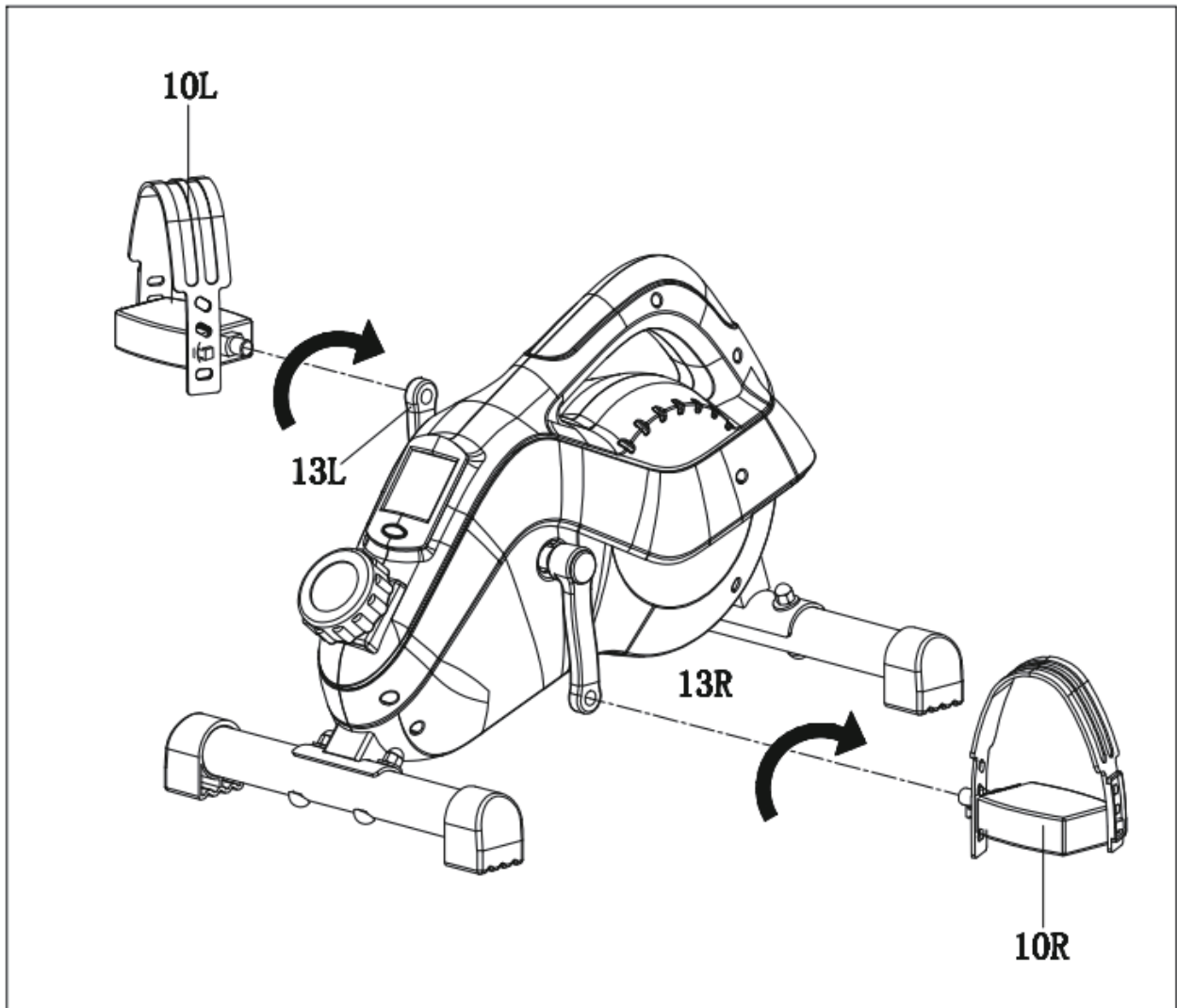
Step 1 :

Secure front bottom tube (3) to main frame (1) with rear bottom tube(4) with bolt (6) curved washer (7) nut (8) .



Step 2 :

Secure L&R Pedals (10L) (10R) to L&R crank (13L) (13R),ATTEN: lock R Pedals (10R) with clock wise, Lock L pedal(10L)with anti-clock, lock well L&R pedals (10L) (10R) when you are exercising .

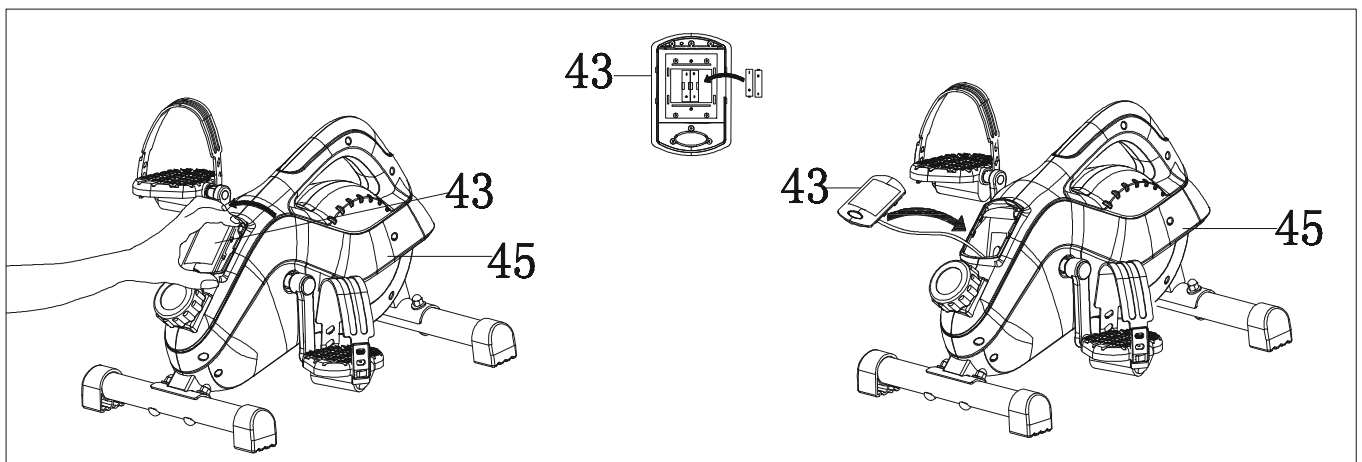


Step 3

Please dig out Monitor (43) after installation .Insert batteries into the battery slot.

Then, please install Monitor (43) well .

Note : Batteries should be purchased by yourself .



ADJUSTING TENSION CONTROLLER

Tension Indicator



- 1, There are 8 tension settings.
- 2, The Tension Indicator arrow points to the current tension setting.
- 3, The higher the number, the higher the pedal resistance.

EXERCISE MONITOR INSTRUCTION MANUAL



KEY FUNCTION

1. This key lets you to select and lock on to a particular function you want.

SCAN→TIME→CALORIES(CAL)→DIST→RPM

SLEEP MODE

2, The system sleep mode automatically when the sensor has no signal input or no keys are pressed for approximately 4 minutes.

3, The system turns on when the MODE key is depressed or a signal input from the sensor, in the system sleep mode.

FUNCTION:

4, SPEED: The current speed will be shown when starting exercise.

5, SCAN: Display automatically changes according to the next diagram every 6 seconds.

SCAN→TIME→CALORIES(CAL)→DIST →RPM

6, TIME: The total working time will be shown when starting exercise.

7, CALORIE: The calorie burned will be shown when starting exercise.

8, DISTANCE: The distance of each workout will be shown when starting exercise.

9, RPM: The rotation of min

FUNCTION	SCAN	6S
	TIME	0:00-99:59(M :S)
	SPEED	0~99.99KM(MILE/H)
	DIST	0~999.9KM(MILE)
	RPM	0~999(R/S)
	CAL	0~999.9Kcal
BATTERY		SIZE-AAA 2PCS
Operating temperature		0~40°C(32°F-104°F)
Storage temperature		-10~60°C((14°F-168°F)

Follow the steps below to remove the straps.

PROBLEM: it has noise WHEN I PEDAL IT

Try each solution below to see if it solves your problem. If the noise is still there after you've tried these solutions, contact us so that we can help you solve the problem.

Solution 1: Tighten The Pedals

Make the pedals as tight as possible using a 15mm wrench.

Important! Using the bike with loose pedals will eventually damage the pedal arm threads. If the pedals ever come loose, you should immediately stop using the bike and apply the pedal threads. See section below for instructions.

Solution 2: Tighten The Nuts That Attach The Legs

Each leg is attached to the bike using two nuts. You can use a 13mm wrench to tighten these nuts. Be careful not to over-tighten the nuts.

PROBLEM: THE PEDALS CAME LOOSE WHEN I USE THE BIKE

This can happen if the pedals were not properly tightened when the bike was first assembled.

If this happens you should immediately stop using the bike and apply the pedal threads. See section below for instructions.

PROBLEM: THE PEDALS WON'T STAY TIGHTENED OR ARE STRIPPED

Using the bike with loose pedals will eventually damage the pedal arm threads. If caught early, applying the pedal threads will solve the problem. See section below for instructions.

If the threads are too damaged, the pedal won't stay tightened even with applied.

In this case you can contact us about replacing the pedal arm. If the bike is under warranty we will replace the first pedal arm for free. Important! Once the pedal arm has been replaced, you should apply the threads of both pedals. This will eliminate the chance of this happening again

EXERCISE INSTRUCTIONS

The Warm Up Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, STOP.

1. Down Stretch

Bend your knees slightly and body slowly, let your back and shoulders relax, and try to touch your toes. Keep it for 10 ~15 seconds, repeat 3 times.

2. Hamstring Stretch

Sitting on a clean cushion, then bend your right foot. Place your left foot against the inner thigh of your right foot. Try to touch your toes. Keep it for 10 ~15 seconds, repeat each foot 3 times.

3. Calf and Foot Stretching

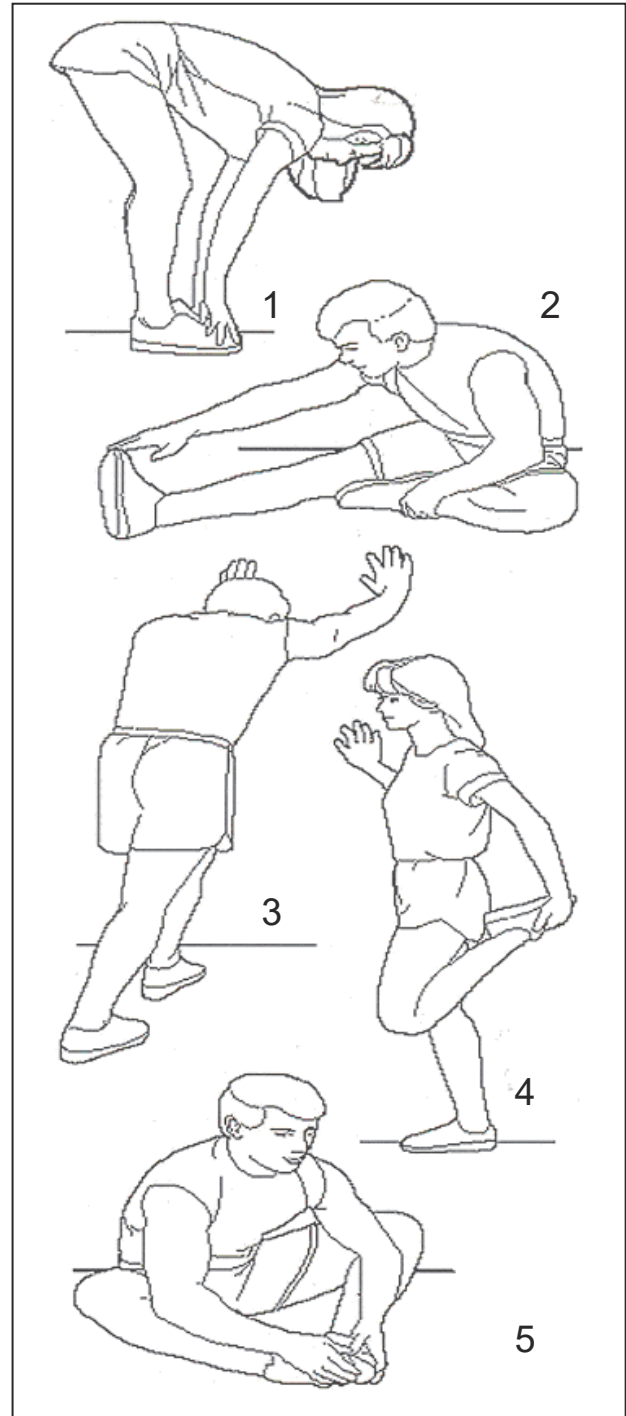
Stand and place both hands on a wall or a tree, one foot behind. Keep the behind foot stand and its heel on the floor, then tilt to the wall or tree. Keep it for 10 ~15 seconds, repeat each foot 3 times.

4 Quadriceps Stretch

Place your left hands against a wall or a desk to aid your balance. Then grasp your ankle with your left hand and pull your foot toward your buttocks. Keep it for 10 ~15 seconds, repeat each foot 3 times.

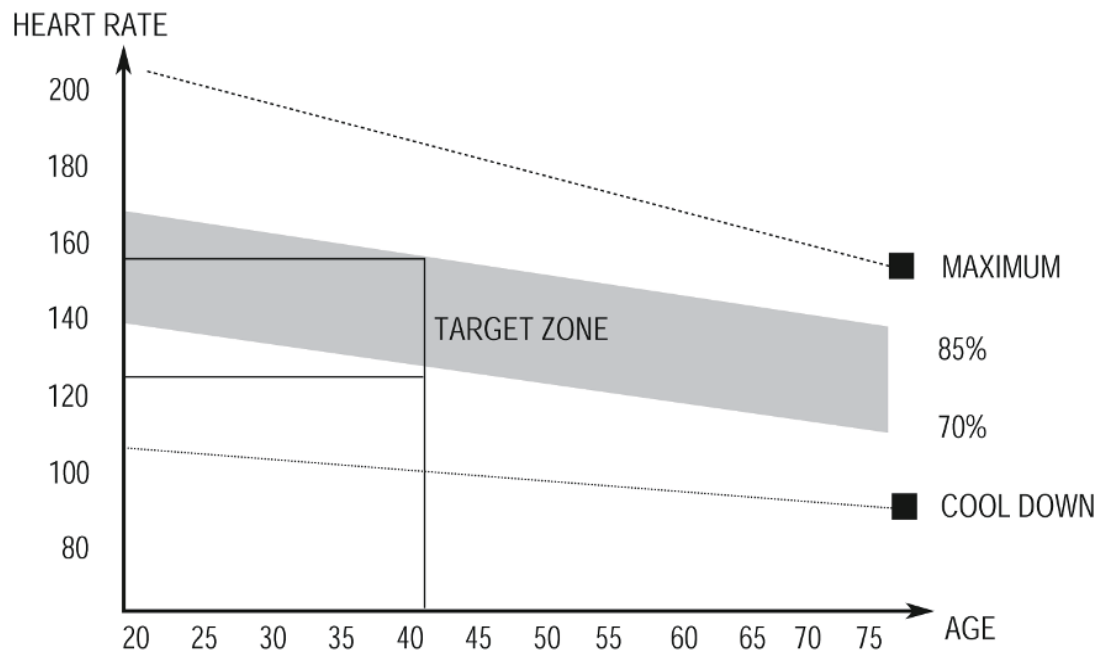
5. Groin Stretch

Sit with your knees flexed and soles of feet together. Hold your ankles and bend at your hips. Keep it for 10 ~15 seconds, repeat 3 times.



Exercise Stage

This stage should last for a minimum of 12 minutes though most people start at about 15~20 minutes. After repeat it easily for several times, you can increase training strength. After exercising for a period of time, your heart beat will be close to the best position in the graph as below (Shaded part). Note : This exercising is for your whole life, it can't complete in one night, so you should keep it .



Recovery Phase

This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. Then repeat the exercise phase, please be careful not to force or jerk your muscles.

When using elliptical fitness exercises, please don't increase training intensity arbitrarily. It may make your leg muscles sprain, which means you can't continue exercising for a long time.

Equipment Tip

Adjusting the Tension Control can change the resistance of the equipment, the high resistance the harder to step. Users can use this device to find a suitable speed.