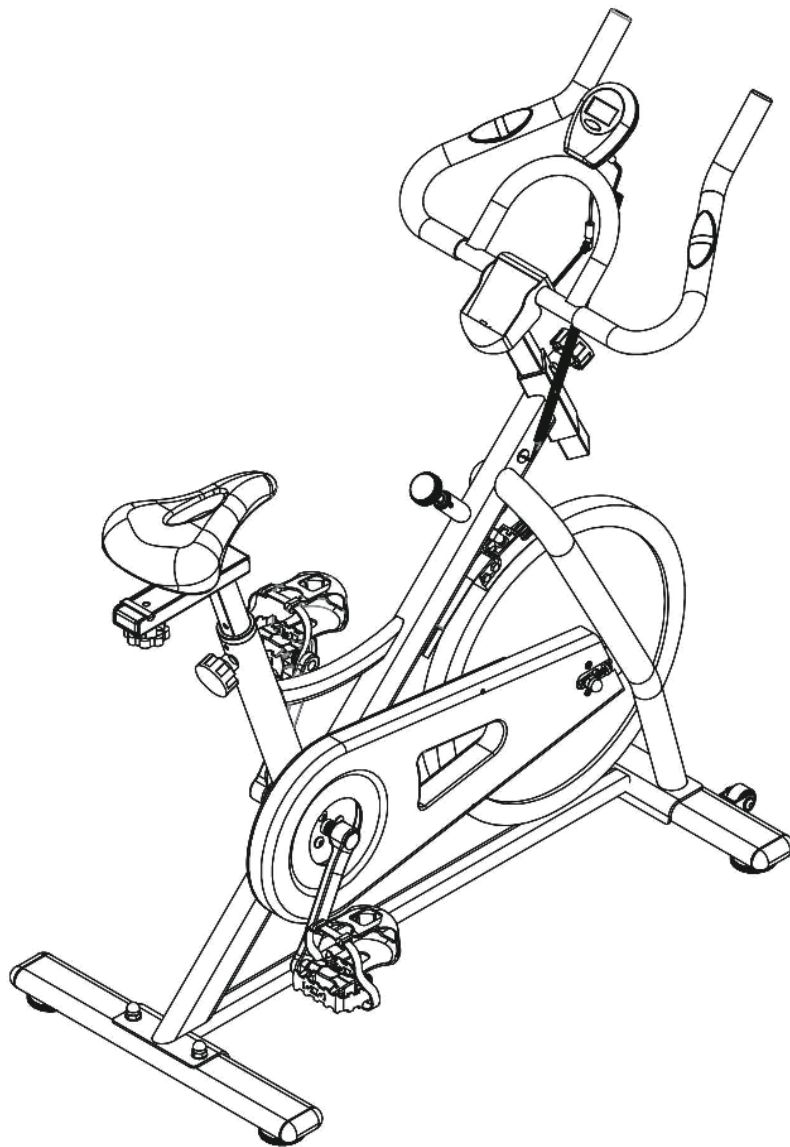




IN230800287V01\_UK

**A90-259**



IMPORTANT, RETAIN FOR FUTURE REFERENCE: READ CAREFULLY

# ASSEMBLY INSTRUCTION

## Before Using!

1. Assembly this product properly using original parts according to the installation instruction. Before assembly, inspect whether packages are in good condition and whether spare parts are complete in accordance with transport precautions and the list of spare parts.
2. Prior to exercise, make sure equipment fasteners are in locking state.
3. Please place the exercise bike on a dry and flat ground.
4. To prevent the bottom of the equipment from damage such as abrasion and stain, put under the bottom an object such as a rubber cushion or a thin wood plate.
5. When starting the exercise, be sure to have no any object within 2m from the exercise bike.
6. Please use the attached or other appropriate tools to assemble or repair the exercise bike. After exercise, please wipe sweat off it.
7. Improper use and excessive exercise endanger your health. Please carry out your exercise plan under the direction of a doctor. He can provide you with excellent suggestions on your exercise gestures, exercise goals and your food. Never make exercise after a meal. This exercise bike is not for the medical purpose.
8. This product is used in home, please do not apply to commercial use, so as to avoid injury or cause accident.
9. Please use the exercise bike when the equipment is in good operation. Make necessary maintenance using original spare parts.
10. Do not modify or modify the product yourself to avoid any abnormality or accident.
11. When regulating the equipment, note to observe the best position and largest adjustable position to ensure the adjusted position is safe.
12. Unless otherwise specified in the instruction, this exercise bike is only for use by one person at one time.
13. During exercise, please wear sports cloths and shoes. The clothes shall not be too long and too wide so as to prevent them from being hooked or hung during exercise. The shoes must be suited for the feet and the soles shall be anti-slip.
14. Exercise should be stopped if any of the following occur: Nausea, Trembling, Extreme Shortness of Breath, Excessively Fast Heart Rate, A Throbbing Head or Pains in the Chest. Your physician should be consulted if any of the symptoms of discomfort persist.
15. Please the sport equipment are not toys for playing with, and thus, shall be used by those people for exercise purpose.
16. Children and disabled persons shall use the equipment in the presence of adults or healthy people. Appropriate measures shall be taken to ensure a child is unable to use the equipment without the supervision of an adult.
17. Make sure any part of another person will not be accessible to the equipment during the exercise.
18. To protect the environment, never discard packages or batteries, and please put them into a designated dustbin or other waste collection point.
19. The exercise bike has a maximum load of **150KG**.

**Attention!**

- 1.If the computer would not be displaying data normally, please install the battery again.
- 2.The battery must be taken out from the computer for safe treatment once it was out of energy for trash.
- 3.This manual is also suitable for equipment without computer.

**MAINTAIN**

Neutral detergent can be used to dilute the water to wipe the cloth carefully wipe the oil, and then dry with a dry cloth.

Do not use alkaline solvents, solvents such as solvent,volatile oils and other solvents.

**MAINTENANCE / INSPECTION**

Avoid high temperature, moisture or direct sunlight, please place in a well-ventilated place.

When not in use please fold the admission, and placed in the children can not touch the Department.

If you do not use it for a while, be sure to check the precautions before using this product and use it for normal use.

When you accidentally wet the product, use a dry cloth to avoid skidding.

In case of malfunction, abnormality or any operational problem, please contact us at the company.

**PRODUCT RECYCLING**

Due to the different national recycling regulations, please refer to the relevant regulations.

Before exercise, it is better Warm muscles stretch more easily, so the first of 5 ~ 10 minutes to warm up. Then in accordance with the following methods to stop and do stretching exercises - do five times, each leg every time 10 seconds or more time to do it again after the end of the exercise.

### 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 left 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

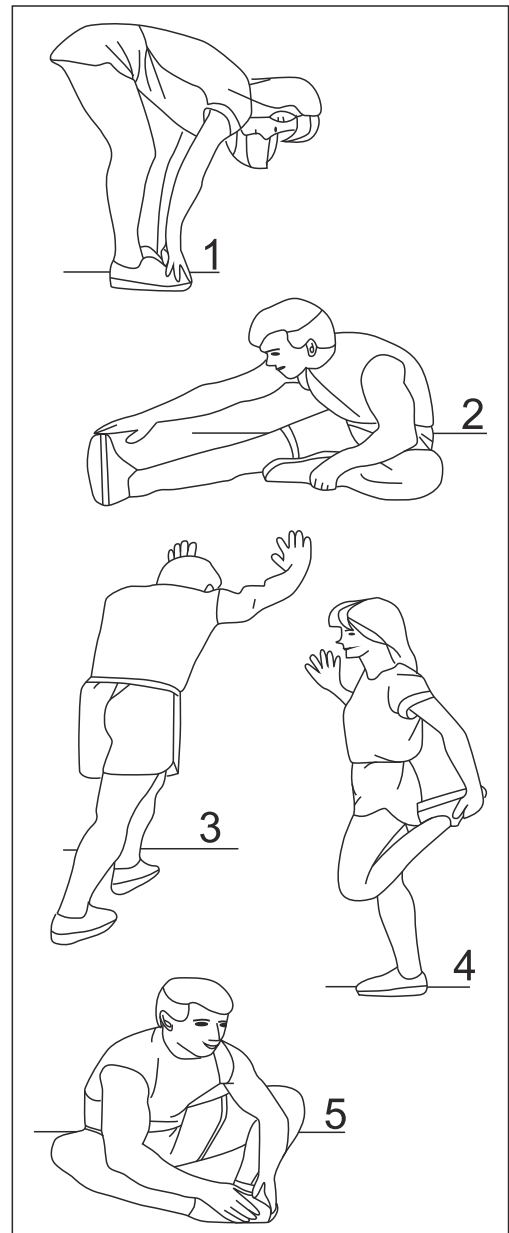
Stand and place both hands on a wall or a tree, one foot behind. Keep the behind foot stand and it is heel on the floor, then tilt to the wall or tree. Keep it for 10~15 seconds, repeat each foot 3 times.

### 4. Quadriceps Stretch

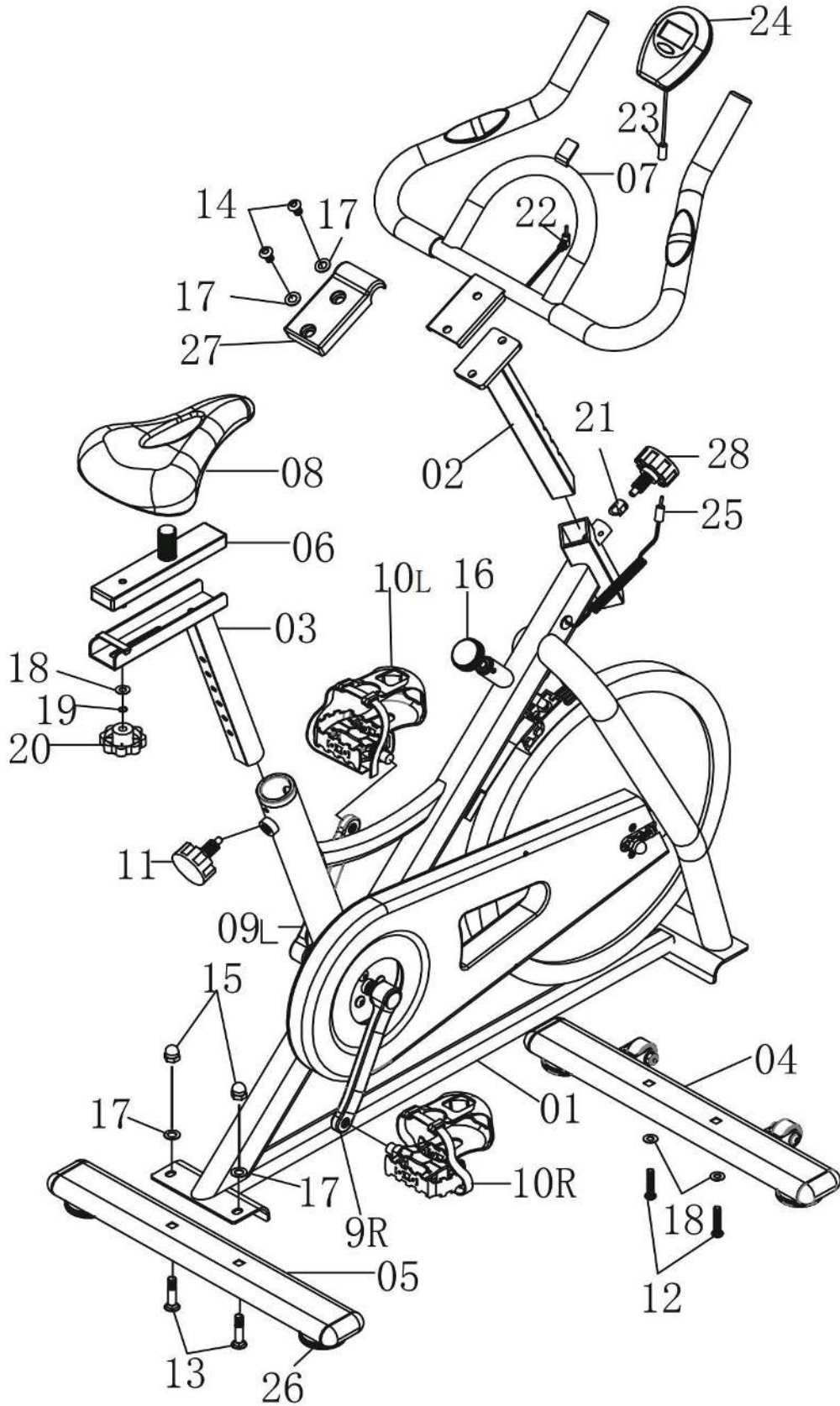
Place your right hands against a wall or a desk to aid your balance. Then grasp your ankle with your left hand and pull your foot toward your buttocks. Keep it for 10~15 seconds, repeat each foot 3 times.

### 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.



EXPLOSIVE VIEW



## SPARE PARTS LIST

No.	Description	Qty	No.	Description	Qty
01	Main Frame	1	14	Inner Hexagon Bolt M10*15mm	2
02	Upright	1	15	Dome Nut M10	2
03	Seat Support	1	16	Brake Knob	1
04	Front Stabilizer	1	17	Flat Washer M10	4
05	Rear Stabilizer	1	18	Flat Washer M8	3
06	Seat Slider	1	19	Spring Washer M8	1
07	Handlebar	1	20	Knob M8	1
08	Seat	1	21	Bushing	1
09L	Left Crank	1	22	Pulse Sensor Wire	1
09R	Right Crank	1	23	Upper Sensor Wire	1
10L	Left Pedal	1	24	Monitor	1
10R	Right Pedal	1	25	Lower Sensor Wire	1
11	Adjustable Knob	1	26	Adjustable Foot Pad	4
12	Inner Hexagon Bolt M8*40mm	2	27	Handlebar Cover	1
13	Carriage Bolt M10*45mm	2	28	Adjustable Knob	1

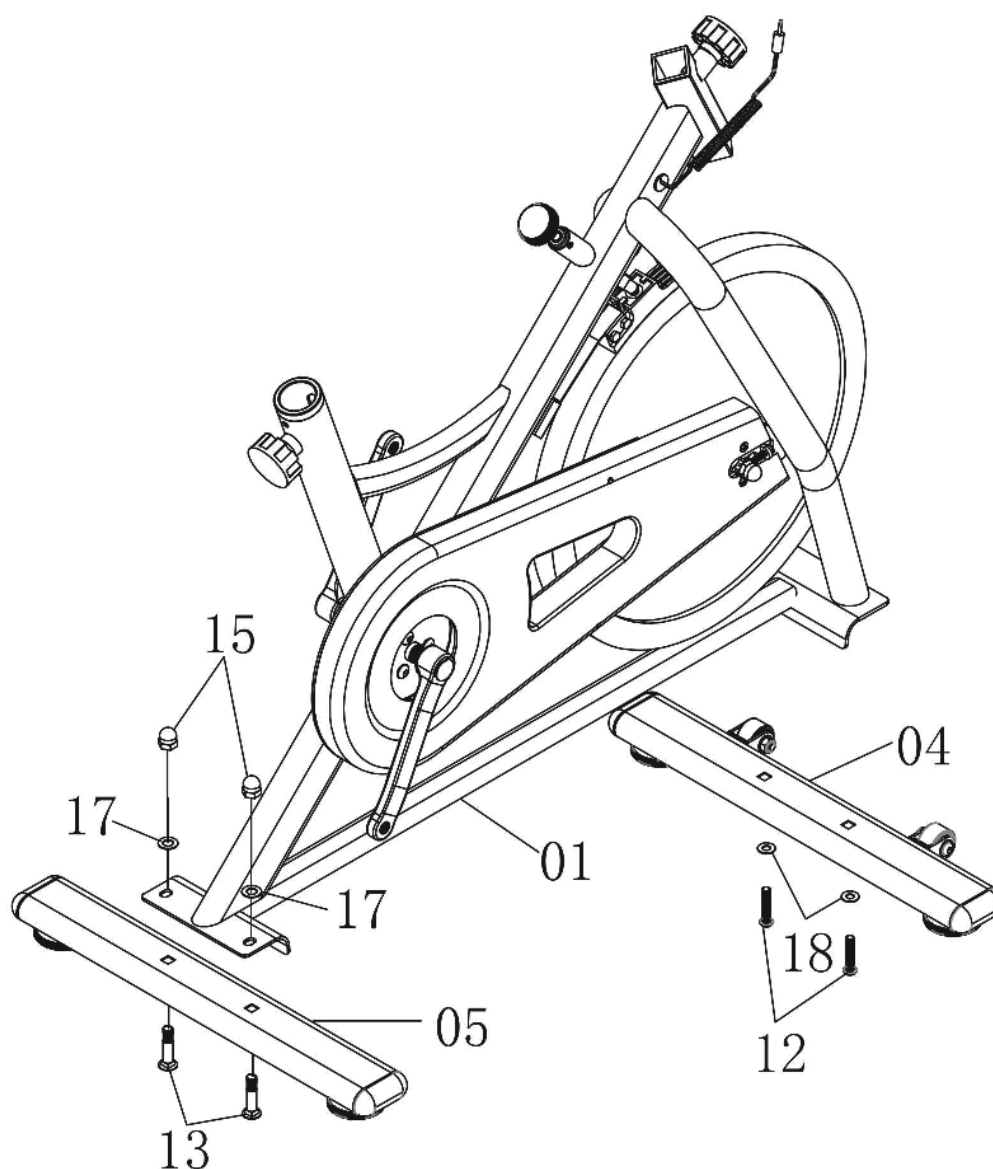


## ASSEMBLY INSTRUCTION

### Step 1

Attach Front Stabilizer(04) to Main Frame(01), using two Inner Hexagon Bolts(12) and two Flat Washer(18).

Attach Rear Stabilizer(05) to Main Frame(01), Using two Carriage Bolts(13), two Flat Washers(17) and two Dome Nuts(15).



## Step 2

Attach the Seat(08) to Seat Slider(06), then put it onto Seat Support(03), tighten with a Flat Washer(18), Spring Washer(19) and Knob(20).

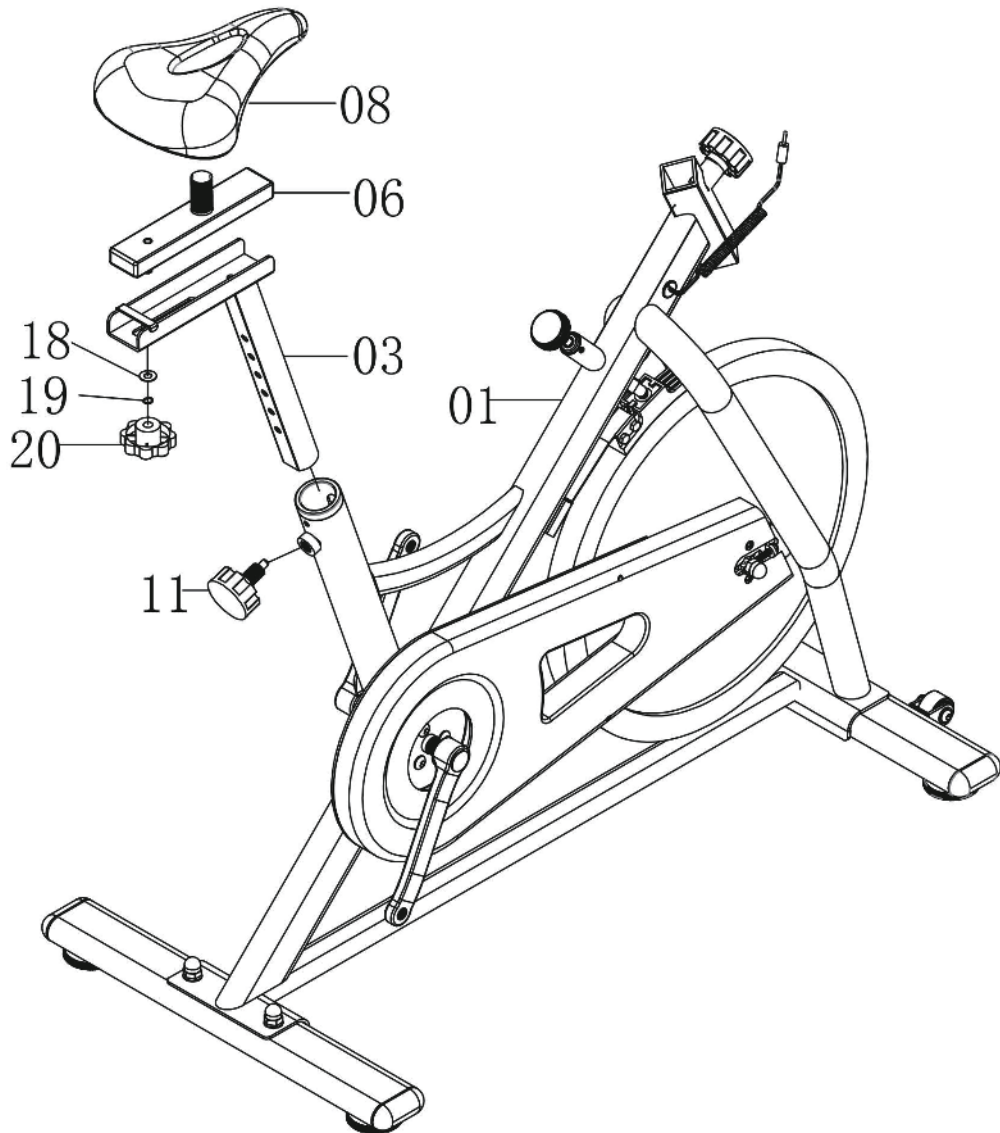
Insert this Seat Support assembly to Main Frame(01), secure by using one Adjustable Knob(11).

Noted:The Adjustable Knob(11) is pre-assembled,when using it please follow below:

1:Turn knob counter-clockwise three times.

2:Pull knob outward and adjust seat simultaneously.

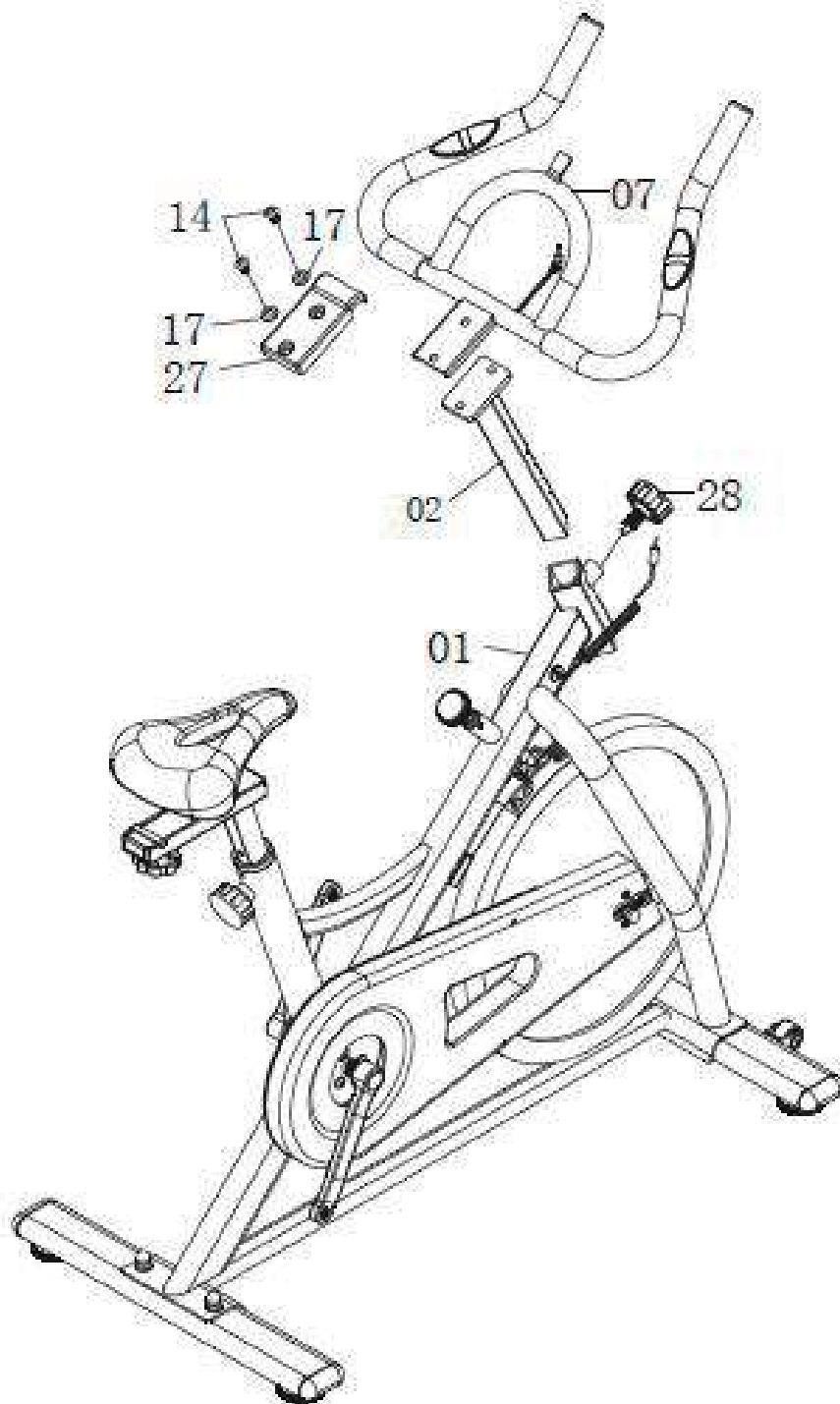
3:Push the Knob back inward until it clicks and the tighten it by turning clockw





### Step 3

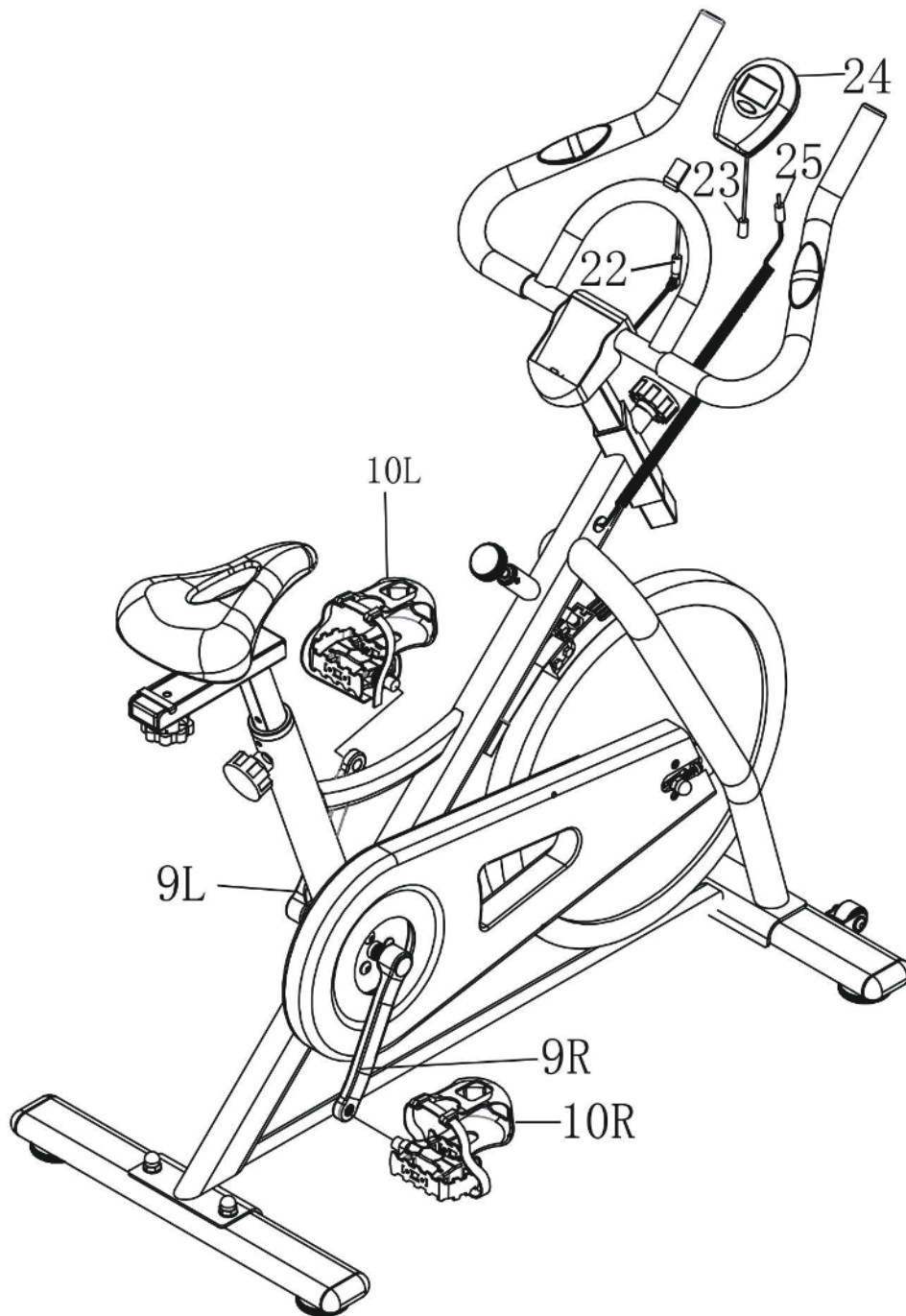
Attach Handlebar(07) to Upright(02) using two Inner Hexagon Bolts(14) and two Flat Washers(17), then put the Handlebar Cover(27) onto Handlebar(07) as showing. Insert Upright assembly to Main Frame(01) secure by using Adjustable Knob(28).



## Step 4

Attache the Monitor(24) to the bracket of Handlebar(07).Connect the Upper Sensor Wire(23) to Pulse Sensor Wire(22) and Lower Sensor Wire(25) to the back of the Monitor(24).

Tighten the Left Pedal(10L) counter-clockwise onto the Left Crank(09L), and tighten the Right Pedal(10R) clockwise onto the Right Crank(09R) .



**UK**

If you have any questions, please contact our customer care center.

Our contact details are below:



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

**ES**

Si tiene alguna pregunta, comuníquese con nuestro Centro de Atención al Cliente. Nuestros datos de contacto son los siguientes:



0034-931294512



atencioncliente@aosom.es

IMPORTADOR:

SPANISH AOSOM, S.L.  
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BALENYÀ, SPAIN.  
B66295775  
WWW.AOSOM.ES  
ATENCIONCLIENTE@AOSOM.ES  
TEL: 931294512  
HECHO EN CHINA

**FR**

Si vous avez la moindre question, veuillez contacter notre centre d'assistance à la clientèle.

Nos coordonnées sont les suivantes:



0033-1-84166106



aosom@mhfrance.fr

Importé par:

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92130 Issy-les-Moulineaux  
France  
Fabriqué en Chine

**PT**

Se tiver alguma dúvida, por favor contacte o nosso Centro de Atendimento ao Cliente. Os nossos dados de contacto são os seguintes:



0034-931294512



info@aosom.pt.

IMPORTADOR:

SPANISH AOSOM, S.L.  
C.ROC GROS N.15, 08550. ELS HOSTALETS DE BALENYÀ  
TEL: 931294512 (SEG-SEX DAS 7:30H ÀS 16:30H)  
INFO@AOSOM.PT  
WWW.AOSOM.PT

**DE**

Wenn Sie Fragen haben, wenden Sie sich bitte an unser Kundendienstzentrum.

Unsere Kontaktdaten stehen unten:



0049-0(40)-88307530



service@aosom.de

ADRESSE DES IMPORTEURE:

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Wendenstraße 309  
D-20537 Hamburg  
Germany  
IN CHINA HERGESTELLT

**IT**

In caso di dubbio, si prega di contattare il nostro centro assistenza clienti. I nostri dettagli di contatto sono di seguito:



0039-0249471447



clienti@aosom.it

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