

SPORTNOW

IN230900009V01_UK

A90-176V01



IMPORTANT, RETAIN FOR FUTURE REFERENCE: READ CAREFULLY

INSTRUCTION MANUAL

1. Cautions for safety

Thank you for purchasing this product. Please use it safely and correctly after reading the instruction manual properly.

- Please make sure to check if all fastening bolts and alignment pin and nuts are properly fastened before using the product.
- Avoid getting the product wet to prevent rust and damage.
- Do not disassemble or remodel to avoid damage on the product.

△ Please do not install or keep the product in the following places.

- Uneven surfaces
- Places that are not well ventilated; moist or dusty area
- Places with temperatures that are extremely high and low












△ Please do not put foreign substances in the product.

2. Cautions in use

- Use of the product by the following persons are prohibited:
 - Person who requires bed rest including pregnant women, women having periods, person with fever and fatigue, person with heart failure and bronchial diseases.
 - Person who is prohibited to exercise by the doctor.
 - Person weighing more than 120 kilograms.
- Please do not allow children to use the product without adult supervision.
- Do not use the product in a standing position.
- Please wear proper work- out attire.
- Make sure to be in good condition by warming up 5 minutes before using the product.
- When heart rate increases rapidly or experiencing difficulty in breathing, discontinue use of the product. Consult a doctor before using again.

3. Please check the following things before assembly.

Please check if the following parts are included before assembly.

<p>1. Main body</p> 	
<p>2. Support frame (Front, Back)</p>  <p>(The nuts, washers, and front wheels are attached on the frame.)</p>	<p>3. Handle, monitor</p> 
<p>4. Left and right pedals</p> 	<p>5. Saddle/ Saddle frame</p>  <p>Saddle Saddle frame</p>
<p>6. Tools</p>  <p>— Small wrench — Allen wrench</p>	<p>7. Fastening bolt for saddle height</p> 
<p>8. Handle bar</p> 	<p>9. Backrest</p> 
<p>10. Backrest frame</p> 	<p>11. Backrest frame</p> 

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4. Parts Assembly View



Size(Unfolded)	68.50 * 40 * 110 cm
Size(Folded)	37 * 40 * 130 cm
Weight	16kg
Material	Steel pipe, Urethane, ABS resin

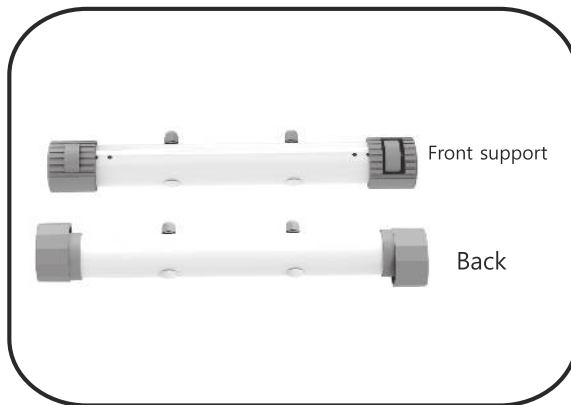
5. Assembly sequence

Cautions in assembly

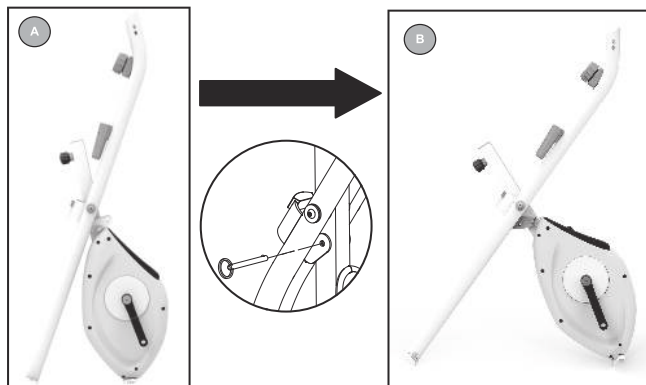
Please follow the instructions in order.

Please wear gloves to protect your hands while assembling.

Tools necessary to connect the front support to the back support



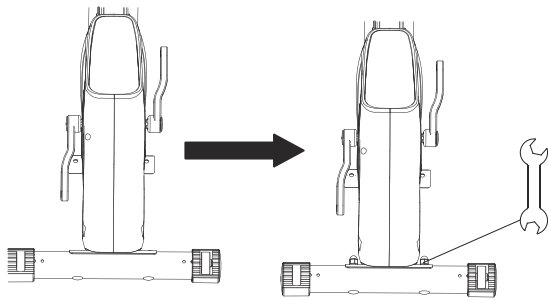
1. Please spread the main bodies A and B together



2. Please assemble the front and back support frames in order. The front and back support frames can be distinguished. install the frame with wheels on the front. Fasten the nuts and washers on the support frame using a small wrench.

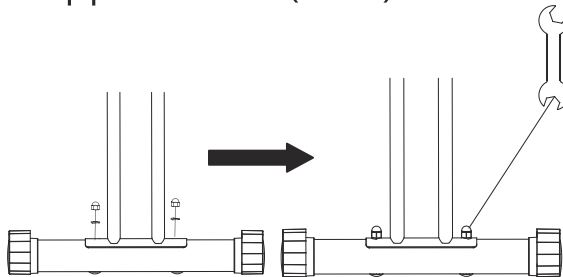
6

Support frame(Front)

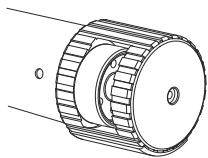


First, as shown in the picture, please fasten bolts on the front frame with your hand, and then, do them again with a small wrench.

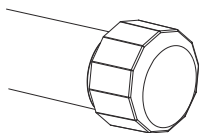
Support frame(Back)



As shown in the picture, please fasten bolts on the back frame with your hand, and then, do them again with a small wrench.



Movable wheels and a front sticker are attached on the front frame.

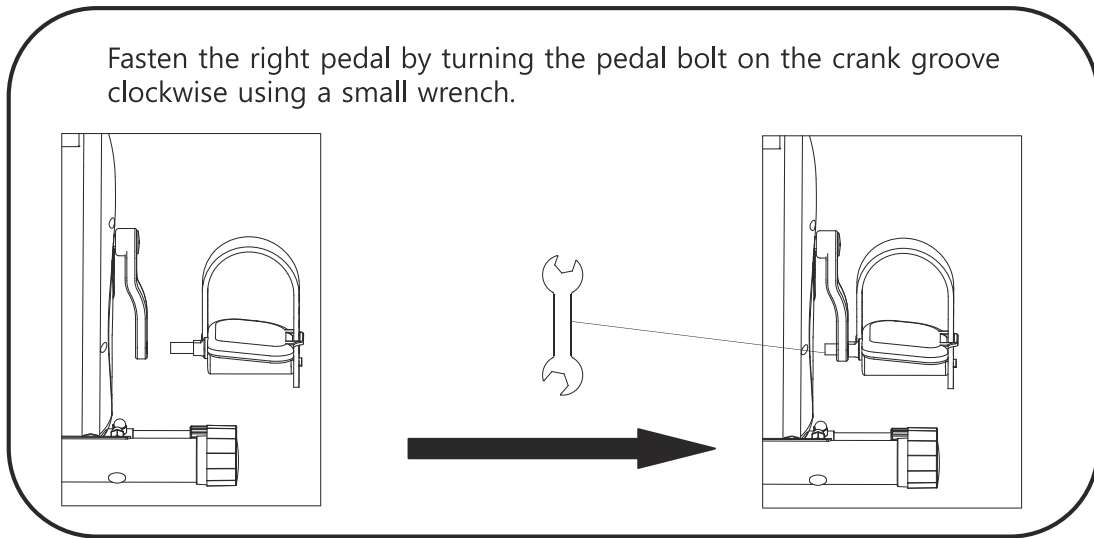


Horizontal caps and a back sticker are attached on the back frame.

3. Please attach the right pedal on the right side while the left pedal on the left side.
Please assemble them with a small wrench as shown in the picture.

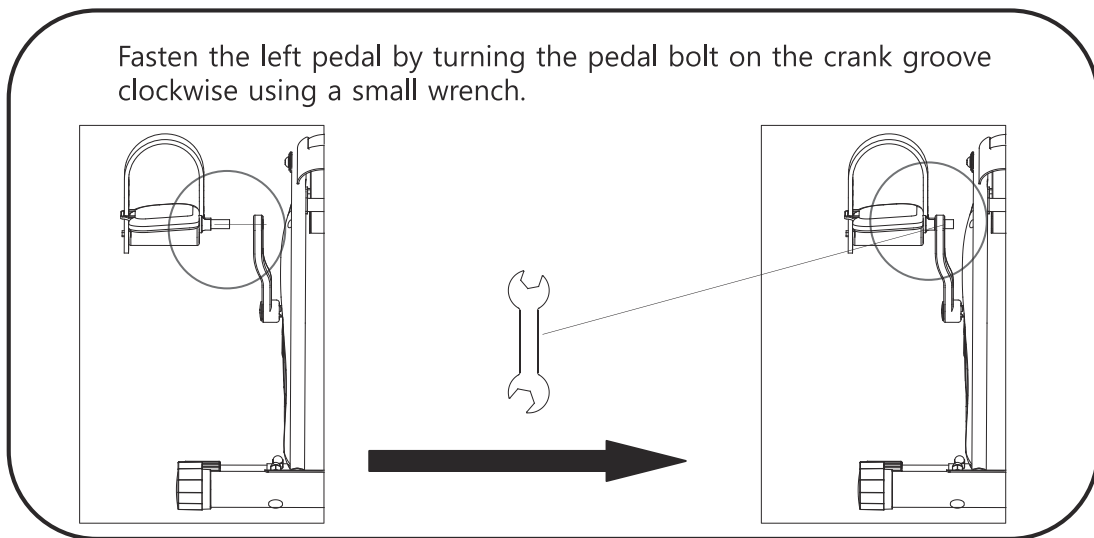
Right pedal

Fasten the right pedal by turning the pedal bolt on the crank groove clockwise using a small wrench.



Left pedal

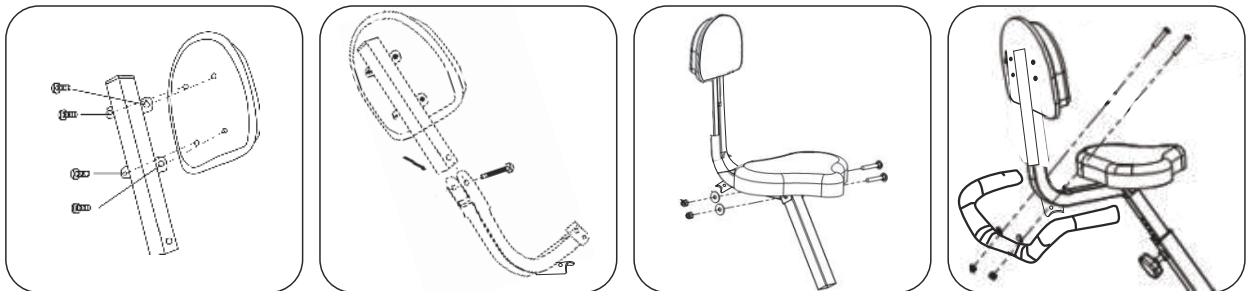
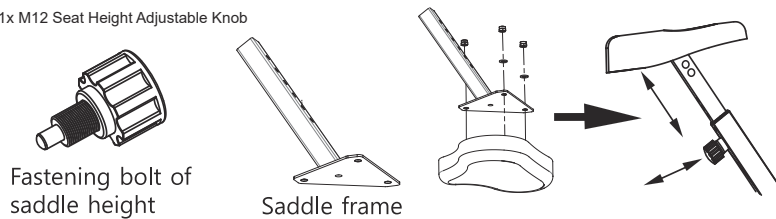
Fasten the left pedal by turning the pedal bolt on the crank groove clockwise using a small wrench.



4. Saddle assembly

- As shown in the picture, please insert the saddle into the saddle frame and tighten the lever.
- Please connect the assembled saddle frame to the main body and fasten it with the fastening bolt of saddle height.
- Attach the backrest to the main body, and secure with screws.
- Attach the handle bar into the backrest, and secure with screws.
- Tools necessary for assembling the saddle.

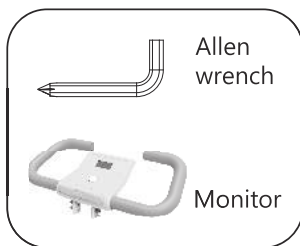
1x M12 Seat Height Adjustable Knob



5. Installation of the LCD monitor and handle.

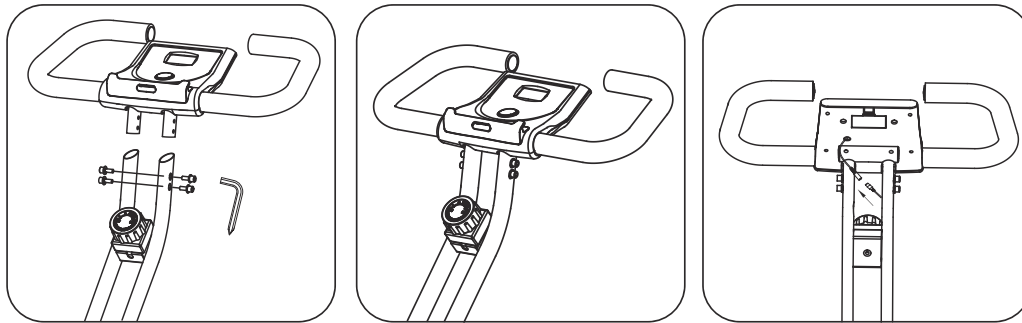
Please connect the monitor to the groove of the lower main body and tighten the screw with an allen wrench.

∴ Required tools: ○ How to install the LCD monitor and handle



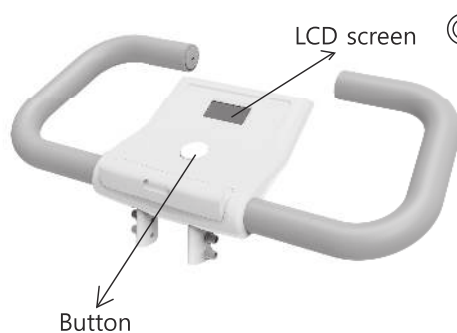
- 4 x M6x15 Hexagon Bolts
- 2 x $\Phi 6$ Flat Washers
- 2 x $\Phi 6$ Arc Washers

1. Please insert the handle into the main body as shown in the picture.
◀ The monitor and handle are assembled. Please loosen the bolt connected to the monitor and connect them to it according to the direction in the picture.



6. How to use the monitor

You can track the status of your work out as time, speed, distance, calories, and the total distance are shown on the screen.



⊙ Description of the button

Button

If you continue pressing the button, functions are selected in order of [SCAN – TIME – SPEED – DISTANCE – CALORIE – ODO].

∴ If you press the button for more than 3 seconds, all the contents are initialized and "0" is shown.

⊙ Functions

- SCAN [Automatic conversion] : All the functions are changed in the order below and automatic conversion is continuously done for 5 seconds.

TIME - SPEED - DISTANCE - CALORIES - ODO[Total]

⇒ TIME : Shows the total period that you exercise ranging from 0.00 minute to 99.99 minutes.

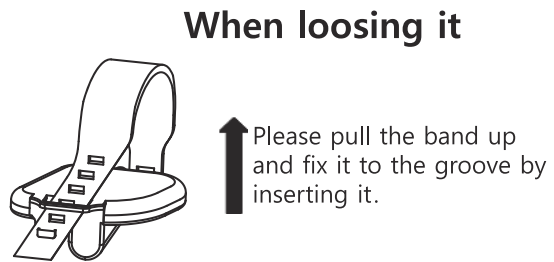
⇒ SPEED : Shows the current speed that you are Maximum 99.99 is shown.

⇒ DISTANCE : Shows the distance that you exercise ranging from 0.00 to 99.99km and increases by 0.01.

⇒ CALORIES : Shows the total calories burned ranging from 0 to 9999 and increases by 1 Cal.

⇒ ODO[Total distance] : Shows the distance that you exercise ranging from 0.00 to 99.99km and increases by 0.01.

7. Adjusting Belts



8. Advice on training

It is proper to exercise for 15 minutes twice per day.

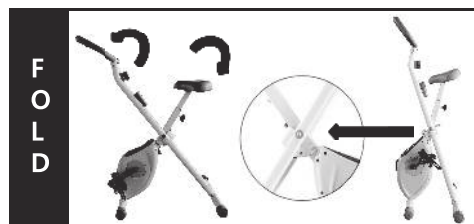
For the pedal load control, it is best to exercise by setting it as stage 5 to 6.

- Warm thoroughly before exercising.
- After exercising, it is advisable to stretch to prevent muscle pain.

© How to fold / unfold

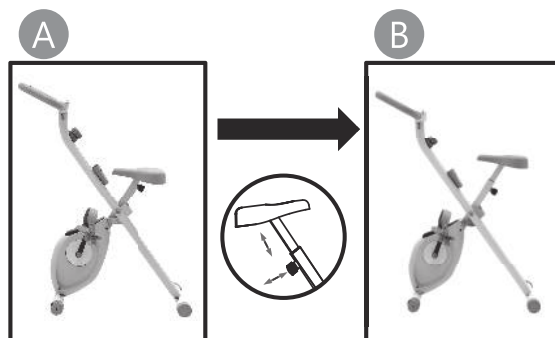
Please lift the main body by holding the handle and saddle and pulling them to fold the product.

∴ When you fold the product, please make sure to make the saddle position closer to the back and fold it.



※ Cautions

When you fold the product, please fasten the saddle to the highest stage and fold it.



© Troubleshooting

Symptoms	Check list
When you cannot connect the handle to the main body	For the fastening bolts and washers of the handle, please temporarily fasten both sides with your hand and do them again with tools.
When values are not shown on the monitor screen	Please check if [+] and [-] of the batteries are correctly set. If it is not operated even though they are correct, please change other batteries.
When values are shown but do not increase on the monitor screen	Please check if the connection lines from the main body and monitor are inserted into the exact locations.
When you cannot insert the fastening pin of saddle height into the main body	Please adjust the fastening pin of the main body to be at right angle from it and try it again
When you cannot connect pedals to the main body	Please turn the right pedal clockwise and do the left pedal counterclockwise.

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.

C/ ROC GROS, N° 15. 08550, ELS HOSTALETS DE

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

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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:

MH Handel GmbH

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

IMPORTATO DA:

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Centro Direzionale Milanofiori

Strada 1 Palazzo F1

20057 Assago (MI)

P.I.: 08567220960

FATTO IN CINA