

4. ERROR CHECKING

If the display on your console cannot show correctly, please check if all connections are correct.

5. IN SHAPE

A certain training intensity is required. It means pressure on your leg's muscle. Please try your best to exercise within the intensity that your body can handle.

6. LOSE WEIGHT

The important factors are your exercise frequency and intensity. Work harder, burn more calories. We want to improve our health by training. The difference is just our exercise goals.

7. ADJUSTMENT

The seat is four directions adjustable: Up & Down & Forward & Backward. Choose the suitable seat position according to your need. Then tighten the knob. You can +/- the resistance by adjusting the brake knob. The higher the resistance, the harder you can ride. Please exercise according to the condition of your body.



NOTICE

If you want to adjust the handlebar's height, please loosen the adjust knob first, and then adjust the handlebar to your target position. Then re-tighten the knob. Notice: Please kindly noted the adjusting height should not beyond the position marked 'Stop'.

CAUTION: Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

CAUTION: This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

FCC Statement: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

RF exposure compliance statement: This device has been evaluated to meet the general RF exposure requirement. This equipment should be installed and operated with minimum distance 20cm between the radiator and your body.

