



GIMA

PROFESSIONAL MEDICAL PRODUCTS

Gima S.p.A.

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ELECTRIC PEDAL EXERCISER WITH DISPLAY

User manual



ATTENTION: The operators must carefully read and completely understand the present manual before using the product.

REF 43152 / TD001P-1A



Zhejiang Todo Hardware Manufacture co., Ltd
20Th Floor, Jinshan Building, CBD Center,
Yongkang, Zhejiang, China
Made in China

Importato da: Gima S.p.A.
20060 Gessate (MI) - Italy



IMPORTANT PRECAUTIONS

Caution read these instructions before use

1. People with certain medical conditions should consult their doctor before undertaking any form for exercise.
2. If at any time you fell faint, light-headed or dizzy please stop exercising immediately. You should also stop if you experience undue stress, pressure or pain at any time. Contact your physician before continuing with your program.
3. Follow your doctor's recommendations in developing your personal fitness program.
4. Always follow the correct exercising procedure(see enclosed leaflet).
5. Always choose the proper work out which best suits your physical strength and flexibility level.
6. Know your limits and train within them. Always use common sense when exercising.
7. Keep all children and pets away from this machine during use as well as when this machine is unattended.
8. Make sure that all the bolts are tight prior to each days use, Periodic maintenance is required on all exercise equipment in order that it remains in good operating condition.
9. Use the machine on a flat and level surface.
10. Wear proper clothing i.e. work out gear that allows free movement.
11. Maximum weight support for this product is 120 Kgs
12. Make sure that the Power Switch is set to OFF before connecting the AC cord .
13. Before connecting the AC cord, check that the rated voltage shown on the plug matches your local voltage.
14. Use on the supplied AC cord. Use with other cords may result in the risk if fire.
15. This machine designed for indoor use of family property design, not for the use of professional fitness sites.
16. This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
17. Children should be supervised to ensure that they do not play with the appliance.
18. If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.

SPECIFICATION

Requirement: 220-240V/50 Hz

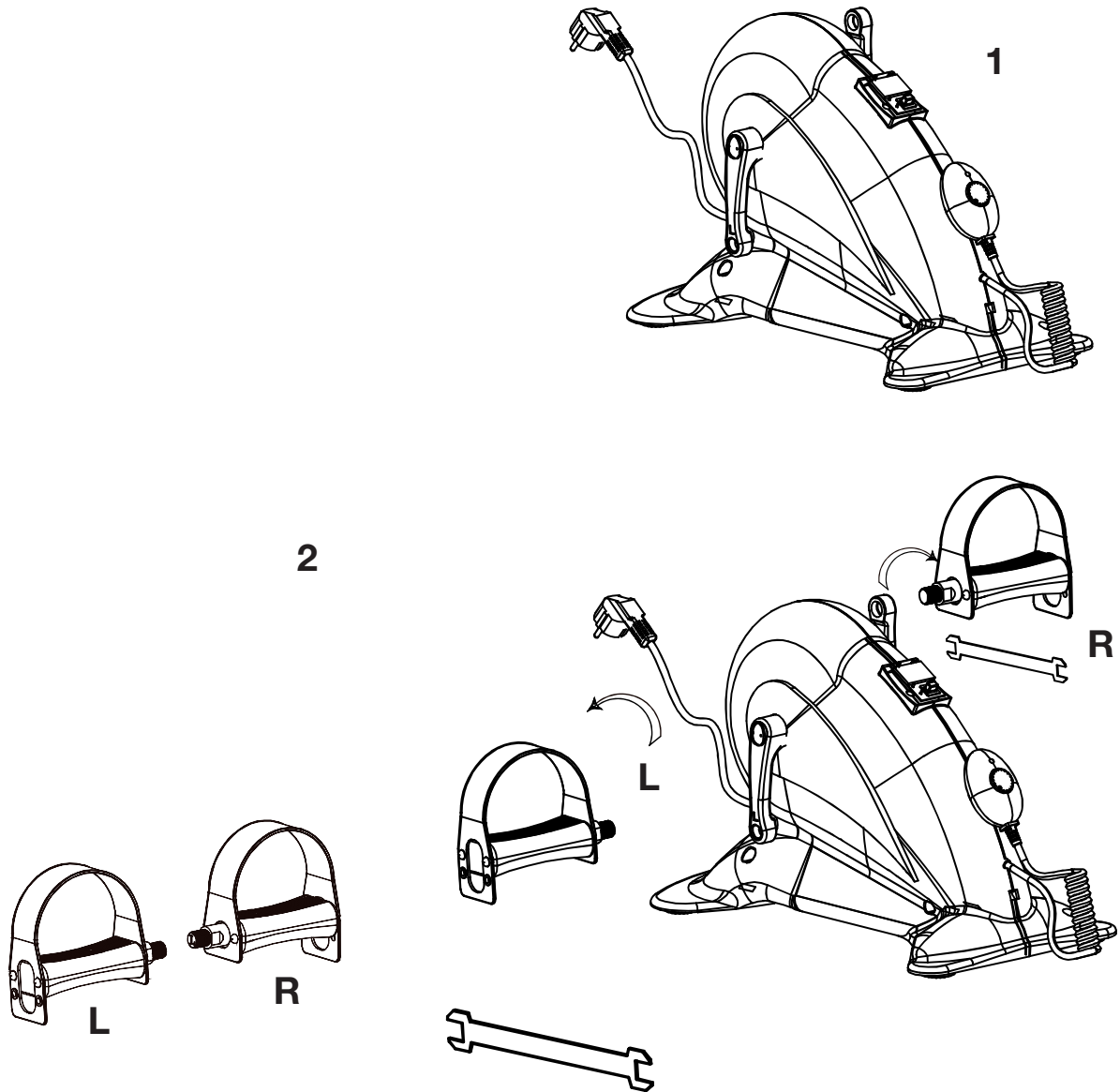
Power Consumption: 65 W

Dimension: 498X308X360 mm

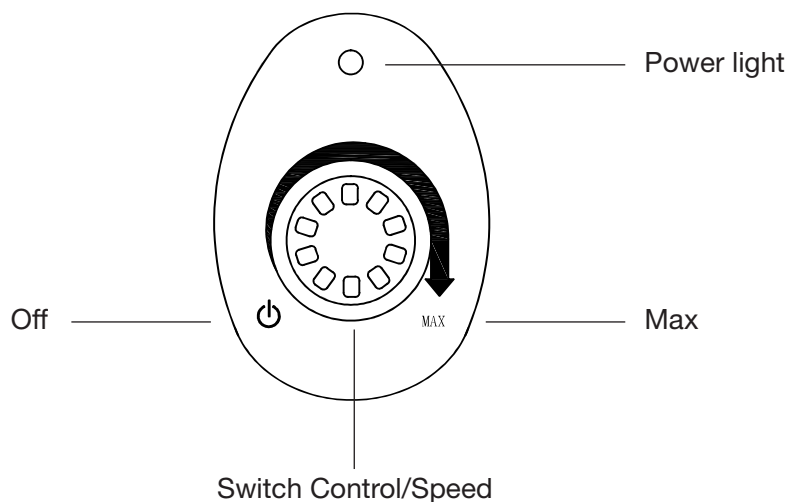
Weight: 5.5 Kgs

Sustain Max. weight: 120 Kgs

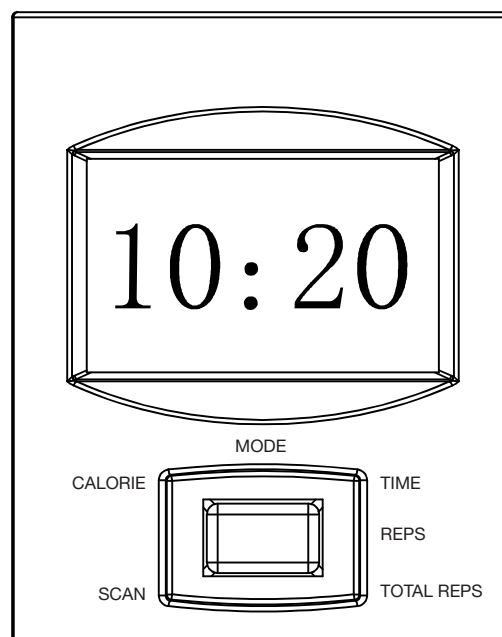
EXPLODE & PARTS LIST



- Step 1. Place the bike on the non-slip mat.
- Step 2. Screw-fasten the pedal marked "L" into the left pedal crank in counterclockwise direction.
Screw the other pedal marked "L" into the right pedal crank in clockwise direction.
- Step 3. Plug in the unit.
- Switch to ON when ready to operate. Adjust the speed by turning the gray knob to the level of your comfort. The timer is 15min/cycle. Switch to OFF when finish.
- For storage,unplug the unit.install to a place where your kids couldnt reach, well pack the equipment and store in dry condition when you dont use it for long term.



EXERCISE MONITOR INSTRUCTION MANUAL



**SPECIFICATIONS**

TIME00:00-99:59MIN
REPS0-9999
CALORIE (CAL)0-9999 KCAL
TOTAL REPS0-9999

KEY FUNCTIONS

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

OPERATION PROCEDURES

1. AUTO ON/OFF
The system turn on when any key is pressed or when it sensor an input from the speed sensor. The system turns off automatically when the speed has no signal input or no key are pressed for approxi-mately 4 minutes.
2. RESET The unit can be reset by either changing battery or pressing the MODE key for 3 seconds.
3. MODE To choose the SCAN or LOCK if you do not want the scan mode, press the MODE key when the pointer on the function you want which begins blinking.

FUNCTIONS

1. TIME: Press the MODE key until pointer lock on to TIME. The total working time will be shown when starting exercise.
2. REPS: Press the MODE key until pointer lock on to REPS . Automatically accumulates workout count when starting exercise.
3. CALORIE: Press the MODE key until pointer lock on to CALORIE. The calorie burned will be displayed when starting exercise.
4. TOTAL REPS (IF HAVE): Press MODE key until pointer lock on to TOTAL REPS. Automatically accumulates workout count when starting exercise.

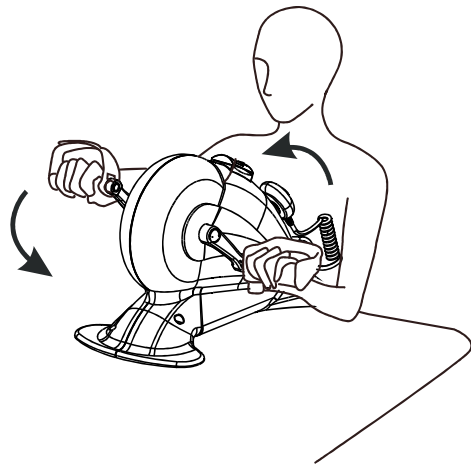
SCAN: Automatically display changes every 4 seconds.

BATTERY:

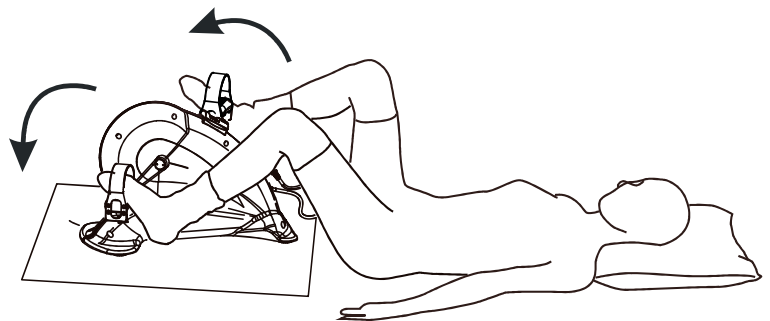
If improper display on monitor, please re install the batteries to have a goo result.

EXERCISE METHOD

1. Arms and shoulders exercise



2. ABS, buttock and thighs exercise



3. Legs exercise

