

reviber[®]

MINI EXERCISE BIKE



instruction manual



Thank you for choosing the Reviber Mini Exercise Bike.
Please read these instructions carefully and keep for future reference.

Safety & Instructions

It is important to read this entire manual before using the equipment. Safe and effective use can only be achieved if the equipment is maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.

Before starting any exercise programme you should consult your doctor to determine if you have any conditions that could put your health and safety at risk, or prevent you from using the equipment properly. This is especially important if you are over the age of 40, have not exercised before, are pregnant, suffer from any illness, or if you are taking medication that affects your heart rate, blood pressure or cholesterol level.

Avoid excessive exercise. Additionally, build up the use slowly on slow speeds and for a short time so that your body can get used to the exercise.

Be aware of your body's signals. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, light-headedness, dizziness, or feelings of nausea. If you do experience any of these conditions, or anything unusual, you should consult your doctor before continuing with your exercise programme.

Use the Mini Bike on a solid, flat, non-slip surface . Place a non-slip support under the machine if necessary. Do not use the machine outdoors or in a damp room.

Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during use, stop immediately. Do not use the equipment until the problem has been rectified.

Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and/or seek assistance if necessary.

The Reviber Mini Bike is intended to be used for training arm muscles, and training leg muscles while seated. It is not suitable for training legs while standing.



The Mini Exercise Bike is designed for private, home use. It is not suitable for commercial use.

The manufacturer is not liable for any damage arising from improper use.

Please retain this manual for future reference. If you transfer the machine to someone else, please include this user manual.

The maximum user body weight is 120kgs (19 stone).

Children are not permitted to use the machine. Do not let children play with the machine unsupervised.

This is a motorised mini bike; giving you the option to use the motor for assistance. You must familiarise yourself with how the bike moves before putting your feet or hands in the pedals. Do this by first plugging in the bike to a power socket. Next, switch on the power button. Then take the handset control off the machine. Stand back from the bike and press the red power button – the pedals will begin to move. Familiarise yourself with how to adjust the speed and how to stop the device. The operation of these buttons is covered later in this manual.

We hope this bike will make you feel and look your best by providing you with a convenient form of exercise in the comfort of your home.

Handset Instructions

Some instructions have been covered in the Safety section at the beginning of this manual. Please read it if you haven't already done so.

The Mini Exercise Bike may be used without a power supply or plugged in if you wish to use the motor for assistance. Please take time to understand the operation of the control buttons.

There is a **power switch** shown in the diagram below that must be switched on before the handset controls will work.



HANDBSET CONTROLS

We recommend that you keep the handset in your hand at all times when the power is on.

On/Off – This starts and stops the machine. The pedals will begin to turn as soon as this button is pressed. Once ON, the display will begin to show you the speed and other information.

Time - the Time button corresponds with the time indicator light below the display. Press this to show you how long is left before the bike will stop. If the display is already showing you the time, pressing the time button will increase the time.

Speed – There is a speed up button and a speed down button. Use a speed you are comfortable with.

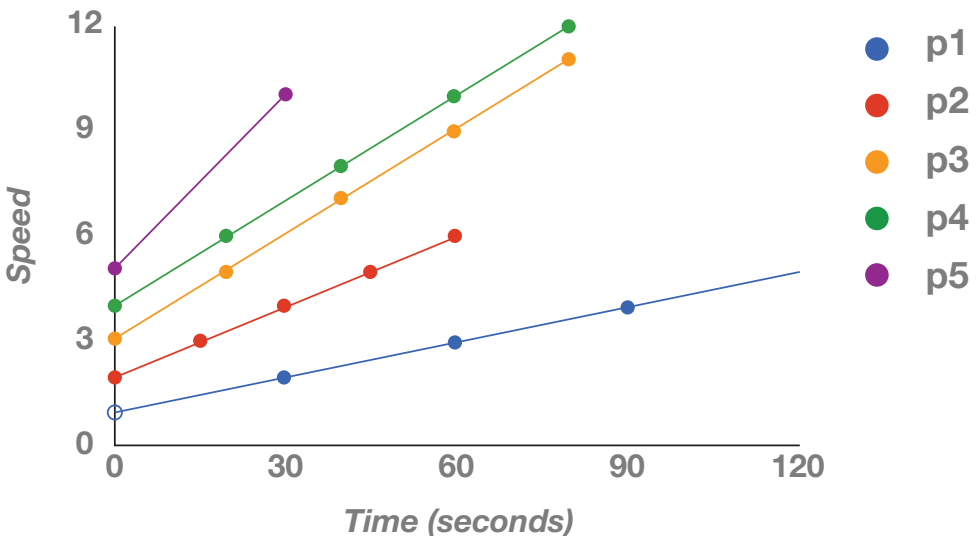
Reverse – Changes the direction of rotation, from forward-to-backwards or backwards-to-forwards. Most people will be most comfortable with the default forwards motion.

Mode – If you don't press the mode button, you will see the red "Scan" light. Scan means that the display will rotate the information it gives you. It will show you the Speed, then the Time, then the Distance, then Calories (an approximation of the energy used). Pressing the Mode button will stop the display from rotating the information – keep pressing the Mode button until it shows you the Speed/Time/Distance/Calorie information that you want to see.

Unit of Time: Minutes/Seconds
Unit of Distance: Kilometres/Metres

If the mode button is pressed before the On button is pressed, the bike will start more quickly. Most people will prefer not to use this function and we suggest that you increase the speed yourself after the power button is pressed.

Mini Bike : Auto Programme Speed Changes Before Reverse of Direction



Auto Programmes

There are five preset auto programmes in the Reviber Mini Exercise Bike.

To select the Auto Programmes switch the machine on at the power switch. Then press the mode button on the handset and choose between setting 1-5.

Each of the five programmes runs at different speeds over the time of ten minutes. Each different programme runs through preset speeds in both forward and reverse actions. The different changes between the speed settings of each programme are as follows.

P1. This is the most gentle Auto Programme. It starts at speed 1 and increases in speed every 30 seconds until it reaches speed 5. It will then begin this process again (from 1-5) in reverse. P1 will alternate between these speeds forwards and backwards two times over ten minutes.

P2. The second Auto Programme increases in intensity from the first. It starts at speed 2 and increases in speed every 15 seconds until it reaches speed 6. It will then begin the process again (from 2-6) in reverse. P2 will alternate between these speeds forwards and backwards four times over ten minutes.

P3. Like P1 and P2, this programme increases in speed throughout. It starts at speed 3 and increases through speeds 5,7,9 and 11. The speeds increase every 20 seconds. It will then begin the process again (from 3-9) in reverse. P3 will alternate between these speeds forwards and backwards three times over ten minutes.

P4. Starting at speed 4 and increases through speeds 6,8,10,12. The speeds increase every 20 seconds. It will begin the process again (from 4-12) in reverse. P4 will alternate between these speeds forwards and backwards three times over ten minutes.

P5. This programme alternates between speeds 5 and 10. It changes speed every 30 seconds. It also does this in reverse. P5 alternates between forward and reverse four times over ten minutes.

Use the non-slip mat provided for extra stability when using the mini bike



Guarantee

This product meets the highest quality standards and is CE marked. For domestic use, the guarantee is 2 years. This guarantees the Reviber Mini Exercise Bike to be free from defects in material and workmanship, covering both parts and labour from the date of purchase. The owner must show proof of purchase.

1. This guarantee only applies providing the product has been used in accordance with the manufacturer's recommendations.
2. The product has been used under recommendation of the manufacturer and all reasonable care taken, in agreement with the company.
3. Does not cover damage, malfunction or failure, resulting from misuse, neglect, abuse or use other than that for which it was designed.
4. No repairs, alterations or modifications have been attempted, other than by an authorised service agent, dealer or the company except with permission.
5. No additional liability is taken pursuant to this guarantee for the cost of travel or transportation of the product or parts to or from the service agent, dealer or company.

Specifications

Product Name: Reviber Mini Exercise Bike

Product Code: ER08

Rated Power: 70W

Rated Voltage: 220V /

Weight: 5.5Kgs

Maximum Load: 120Kgs (19 STONE)

Materials: Plastic ABS, Metal, Silicone.

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This product must not be disposed of together with domestic waste. All users are obliged to hand in all electrical or electronic devices, regardless of whether they contain toxic substances, at a local or commercial collection point so that they can be disposed of in an environmentally acceptable manner.

Consult your local authority or your dealer for information about disposal

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