



## Magnetic Pedal Exerciser

READ AND SAVE THESE INSTRUCTIONS FOR FUTURE USE

# ASSEMBLY INSTRUCTION

## Precautions

Failure to observe these warnings could result in physical injury or damage to the device.

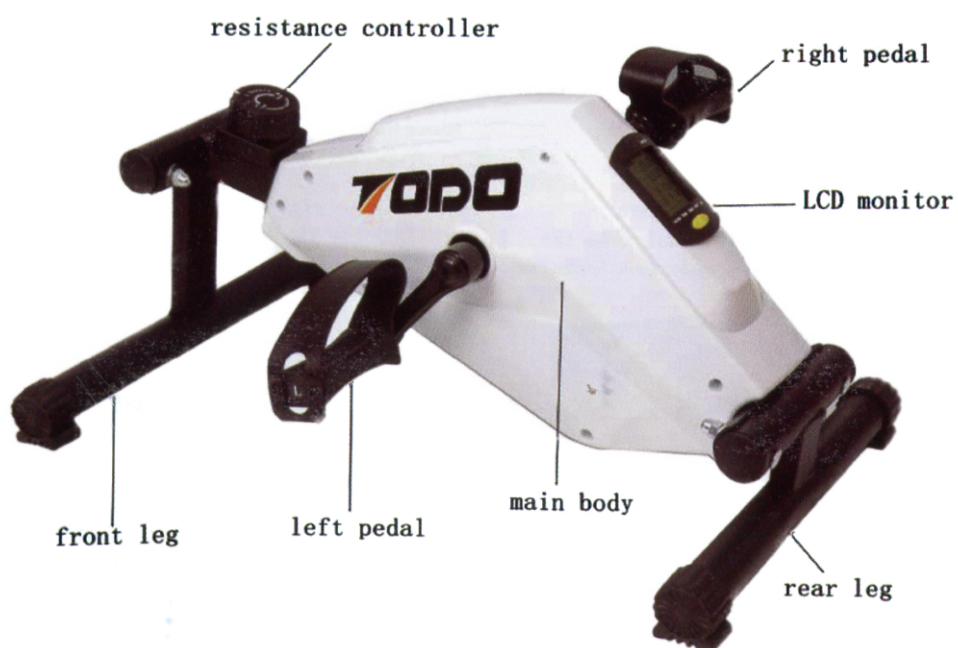
1. Use the device indoors on flat floor. Keep the device away from moisture and dust.
2. Make sure that the pedals are on tight. Loose pedals will slowly come undone. Using the bike with loose pedal will damage the threads on the crank arms.
3. Do not subject the bike to heavy shock or treat it excessively. Do not disassemble or modify it.
4. The device has sealed bearings and is maintenance free. Lubricants are not necessary and maybe damage the bike(if you use it).
5. Do not place the bike in a location where it will be exposed to high temperatures or excessive humidity.
6. Do not stand on the pedals while pedaling. The device is not designed for standing pedaling.
7. Never use this device after drinking alcohol; it's dangerous and could be in serious injury or accident.
8. Do not place this device in a location where it may cause an obstruction.
9. It is essential to consult your physician before starting an exercise program. This is particularly true if any of the following apply to your current medical condition:
  1. Chest pain or pain in the neck and/or arm
  2. Shortness of breath
  3. A diagnosed heart condition
  4. Joint and/or bone problems
  5. Currently taking cardiac and/or blood pressure medications
  6. Have not previously been physically active
  7. Dizziness or blurred vision
  8. Those with physical handicaps should use this device only under supervision.

## BEFORE ASSEMBLY



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## AFTER ASSEMBLY



## -----ASSEMBLE-----

### Step 1: Install the rear bar

- Remove the nuts and washers from the rear bar.
- Align the bolts of the rear bar with the holes in the device, and push the bolts through the holes.
- Attach a Washer and a Nut to each bolt. Do NOT tighten the nuts until step 3.

### Step 2: Install the front bar

- Remove the nuts and washers from the front bar.
- Align the bolts of the front bar with the holes in the device, and push the bolts through the holes.
- Attach a Washer and a Nut to each bolt. Do NOT tighten the nuts until step 3.

### Step 3: Level the exerciser & tighten nuts

At this point the four nuts that attach the legs to the device should be loose.

- Place the Bike onto a smooth flat surface.
- Tighten the four leg nuts using the supplied Tool. Do not over-tighten the nuts!

### Step 4: Install the Pedals

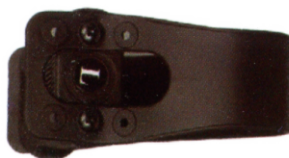
MAKE THE PEDALS AS TIGHT AS POSSIBLE!!! Using the exerciser with loose pedals will damage the pedal arm threads!

- Screw the left pedal into the left pedal arm counter-clockwise and screw the right pedal into the right pedal arm clockwise. (each pedal and each pedal arm marked L,R and Direction, shows as following pictures)



left pedal arm  
Screw the left pedal into the  
left pedal arm counter-clockwise

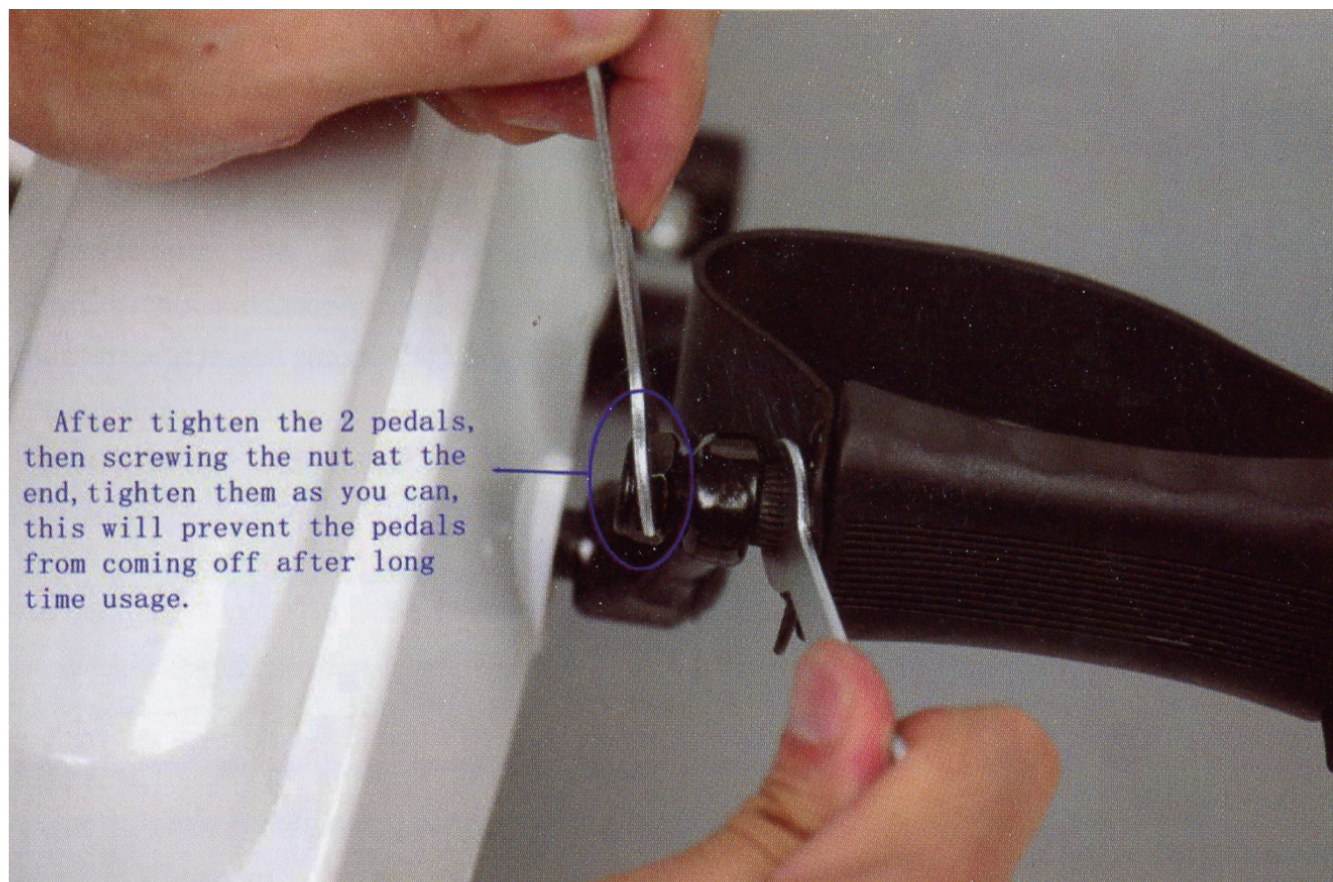
right pedal arm  
Screw the right pedal into  
the left pedal arm clockwise



Note: Make sure the pedal is straight when you screw it in. Rotate the shaft with your fingers to get the threads started. If you can't get the threads started with your fingers then it is cross threaded. If you failed to screw the pedal, make sure the pedal is straight, and then try it again.



### Step 5: Screwing the nut to lock the pedal



## -----MONITOR-----

### Monitor function:



shows speed only

shows time, odo, distance and calories burned

function/reset button

short press to switch the shows  
long press to reset the monitor

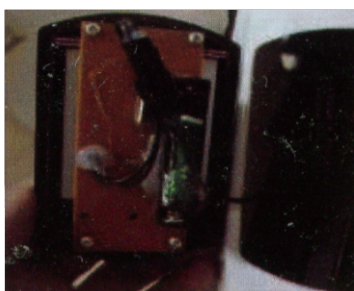
1. SPEED (The speed you pedal)
2. TIME (total Time pedaled)
3. DIST (Distance pedaled, in km)
4. CAL (Calories burned)
5. ODO (total distance pedaled, in km)
6. SCAN (switch display functions automatic)

### Change battery:



#### step one

Pry the monitor with the wrench, and then take out the monitor carefully as it connects with the sensor inside



#### step two

take out the old battery and insert a new one. then put back the monitor to the machine. (make sure the wire fixed well before put back the monitor, or it will touch the flywheel inside and get broken)



## -----QUESTIONS-----

### ---What is SCAN?

When SCAN is selected, the number will cycle between displaying Time, Distance ODO and Calories. Each will be displayed for about 5 seconds. Another Indicator Arrow will point to the function (Time, Distance, ODO or Calories) that is being displayed.

### ---How to Reset Total Time, Total Distance and Calories?

Time, Distance and Calories are accumulated as you pedal. To reset these all to zero, press and hold the Reset Button for at least 3 seconds. ODO can not be reset to zero, it record and add up the distance from the first time You pedal it.

### ---How to Turn the Display On and Off?

The display turns on automatically when you pedal the bike. You can also turn the display on by pressing the Function Button. You do not need to turn the display off. It will turn off automatically a few minutes after you stop pedaling.

### ---Are the Calories on the Display Accurate?

The Calories are most accurate if the pedal resistance is at maximum. All mini exercise bikes (and many full-sized bikes) do not measure the power put into the bike. Measuring power is very expensive, but it is required for a reasonable calculation. We've come up with a solution that does not add cost to the bike.

### ---Troubleshooting

Problem: I can not install one or both of the pedals Are you installing the correct pedal into the correct pedal arm?

The first thing to keep in mind is that there is a left pedal and a right pedal. They are different from each other.

- 1 The Left pedal is marked with an L, and the Right pedal is marked with an R.
- 2 The marking is on the end of the pedal shaft. Make sure you install the left pedal into the left pedal arm and the right pedal into the right pedal arm.

Are you screwing the pedals in correctly?

- Make sure the pedal is straight when you screw it in. The pedals should not be screwed in at an angle. This will cause cross-threading which can damage the threads. Rotate the shaft with your fingers to get the threads started. If you can't get the thread started with your fingers then it is cross threaded. Unscrew the pedal, make sure the pedal is straight, and then try again.

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