GIMA

PROFESSIONAL MEDICAL PRODUCTS

# *MINI CYCLETTE ELETTRICA*
# *MOTORIZED PEDAL EXERCISER*
# *PÉDALIER D'EXERCICE ÉLECTRIQUE*
# *BICICLETA ESTÁTICA ELÉCTRICA*
# *EXERCITADOR MOTORIZADO A PEDAIS*
# *ELEKTRO-MINI-HEIMTRAINER*
# *ΗΛΕΚΤΡΙΚΗ ΣΤΑΤΙΚΗ ΠΕΤΑΛΙΕΡΑ*
# *МИНИ ВЕЛОЕРГОМЕТЪР*
# *MOTORIZOVANÝ PEDÁLOVÝ TRENAŽÉR*
# *ELEKTRISK MINI-MOTIONSCYKEL*
# *MOOTORIGA PEDAALTRENAŽÖÖR*
# *MOOTTOROITU POLJINLAITE*
# *MOTORIZIRANI PEDALNI TRENAŽER*
# *MOTORIZÁLT PEDÁLOS EDZŐGÉP*
# *MOTORIZUOTAS PEDALINIS TRENIRUOKLIS*
# *MOTORIZĒTS PEDĀĻU TRENAŽIERIS*
# *MOTORISERT PEDALTRENER*
# *ELEKTRISCHE MINI HOMETRAINER*
# *ZMOTORYZOWANY MINI ROWEREK TRENINGOWY*
# *MINI BICICLETĂ FITNESS ELECTRICĂ*
# *MOTORIZOVANÝ PEDÁLOVÝ TRENAŽÉR*
# *MINI ELEKTRIČNO KOLO ZA VADBO*
# *MOTORISERAD PEDALTRÄNARE*

# العربية: جهاز تمارين بدواسة آلية

***Manuale utente - User manual - Manuel de l'Utilisateur - Manual del usuario - Manual do utilizador - Benutzerhandbuch - Εγχειρίδιο Χρήσης - Ръководство за потребителя - Uživatelská příručka - Brugsvejledning - Kasutusjuhend - Käyttöopas - Korisnički priručnik - Felhasználói kézikönyv - Naudotojo vadovas - Lietotāja rokasgrāmata - Bruksanvisning - Gebruikershandleiding - Instrukcjaobsługi - Manual de utilizare - Návod na použitie - Navodila za uporabo - Bruksanvisning -*** دليل المستخدم

**GIMA 43153**

Fabbricato da/Manufactured by/Fabriqué par/Fabricado por/Fabricado por/Hergestellt von/Κατασκευασμένο από/Výrobce/Fremstillet af/Tootja/Valmistaja/Proizvođač/Gyártó/Gamintojas/Produsert av/Gefabriceerd door/Wyprodukowane przez/Fabricat de/Vyrába/Proizvajalec/Tillverkad av/ قطاوب اه تصنيع ت م

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Made in China

**REF** **TD001-P8**

Importato da/Imported by/Importé par/Importado por/Importado por/Eingeführt von/ Εισαγωγή από/Dovezeno uživatelem/Importeret af/Importija/Tuoja/Uvezeno od strane/Importálta/Importavo/Importēja/Importert av/Geïmporteerd door/Importowane przez/Importat de/Uvozil/Dovážal/ Importerad av/ قطاوب دروتسم

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M-43153-M-REV.1.11-25

## A. IMPORTANT SAFETY WARNINGS

1. Read all the introductions in this manual before using the product. Follow all warnings and operating introductions prior to use.
2. Do not use it alone or in a place where children and pets can touch it. Under no circumstances should this appliance be used as a toy.
3. The owner is responsible for ensuring that all users use this product safely.
4. This product is intended for domestic users only.
5. Do not store this product in a damp place.
6. DO not wear loose or baggy clothing, since it may get caught in the machine. Take off all jewelry.
7. If you feel any pain, or become dizzy while exercising, stop immediately, rest and consult a physician.
8. Please be sure that he holes in the wall socket outlet must match with the power plug on the machine. If this is not the case, please consult your supplier

## B. PRECAUTIONS

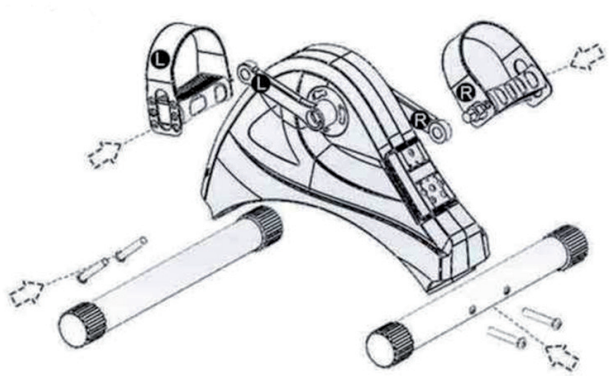
Consult your doctor before using this product or any other fitness product. Especially if you are in the following conditions, such as cancer patients, convalescence after surgery, history of heart problems, fractured bones, pregnancy and so on.

## C. PARTS LIST




| No. | Part Name | Quantity |
|---|---|---|
| A | Main body | 1 |
| B | Pedal | 2 |
| C | Power plug | 1 |
| D | Stabilizers | 2 |
| E | Remote control | 1 |
| F | Bolts | 4 |
| G | Screwdriver | 1 |
| H | Spanner | 1 |

## D. ASSEMBLY




**It will take you two minutes to complete all the assembly.**

1. Take the Stabilizers(D) and fix it as show on the picture, just use the screwdriver to tighten the bolts.
2. Right and left refer to the position that the user adopts when to do the exercises. Insert the right-hand pedal(marked “R”) onto the right hand crank, insert the left-hand pedal (marked “L”) onto the left-hand crank.

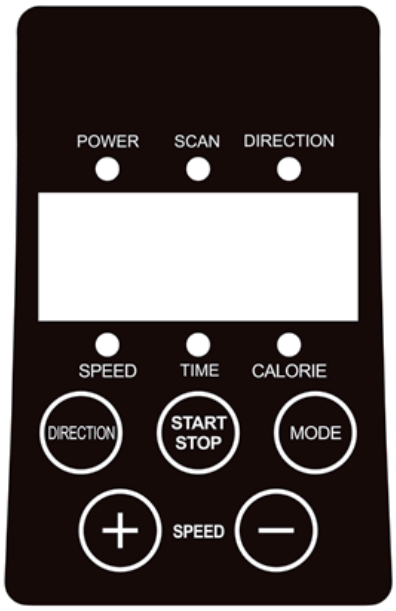
**Use the spanner to assemble pedals. Right pedal towards clockwise, left pedal towards counterclockwise.**

## E. CONNECTING POWER




Connect the unit to a socket.

## F. INSTRUCTIONS OF DISPLAY PANEL AND REMOTE CONTROL

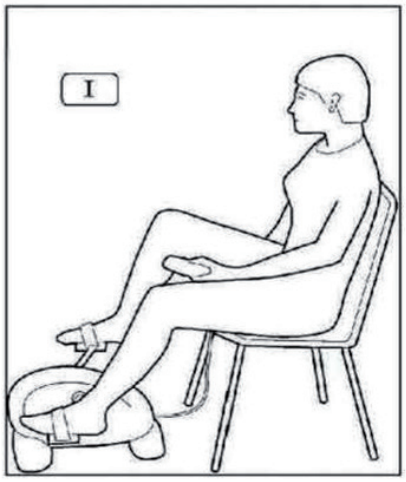



**Display Panel:**

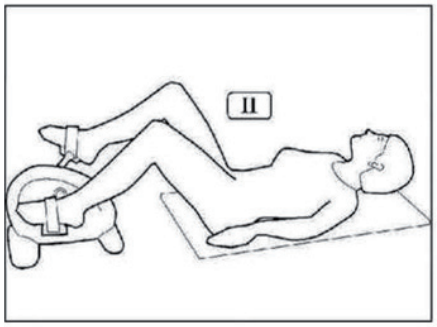
**1.SCAN:** The data display speed, time, calories.
**2.START/STOP**: Start or stop the machine.
**3.DIRECTION:** Change the direction of pedal movement.
**4.MODE:** Press button to select automatic modes or manual mode.
**5.SPEED +-:** When machine is on manual mode, you can press button to adjust the speed

**OPERATION**
1.Plug the adaptor plug to the direct current.
2.On the stop status, press the **MODE** button to select different modes, there are automatic modes and manual mode. On the manual mode, screen flashes **-HA-. On the** automatic modes, screen shows **P1, P2, P3.**
3.Press the **MODE** button, screen flashes **-HA-**, then press the **START** button, the unit will work at the speed level 1, you can use the **SPEED** button to adjust the speed from 1 to 6 levels.
4.Press the **STOP** button, the unit will stop working.
5.The default working time is 30 minutes, device will automatically stop work when the working time is over 30 mins.
6.Press the **DIRECTION** button, the machine will change the direction of rotation of the pedals.
**About the remote control:**
**The button introduction of the remote control is the same as above.**
**User need to insert 2 AAA batteries.**

## G. EXERCISING




**Leg exercising when sitting**
1.Use a stable and sturdy chair.
2.Be sure to place the machine at a comfortable distance from the chair.
3.Sit and place your feet on the pedals.
4.Use the remote control to operate this machine and start your exercising.




**Leg exercising when lying**
When lying down, make sure that your lower back(lumbar region) is supported when using this product. We recommend placing a small cushion below the lumbar region and under your head.




**Arm exercising**
1.Be sure to place the machine at a comfortable distance from the chair.
2.Sit and place your hands on the pedals.
3.Use the remote control or control panel to operate this machine and start your exercising.

## H. TECHNICAL SPECIFICATION

| | |
|---|---|
| Rated Voltage | 24V |
| Power | 80W |
| G.W./N.W. | 4.8/4.2 kg |
| Default Working Time | 30 mins |
| Max. Bearing Weight | 40 kg |
| Packing Size | 40.2*32*14.5 cm |

GIMA WARRANTY TERMS
The Gima 12-month standard B2B warranty applies.