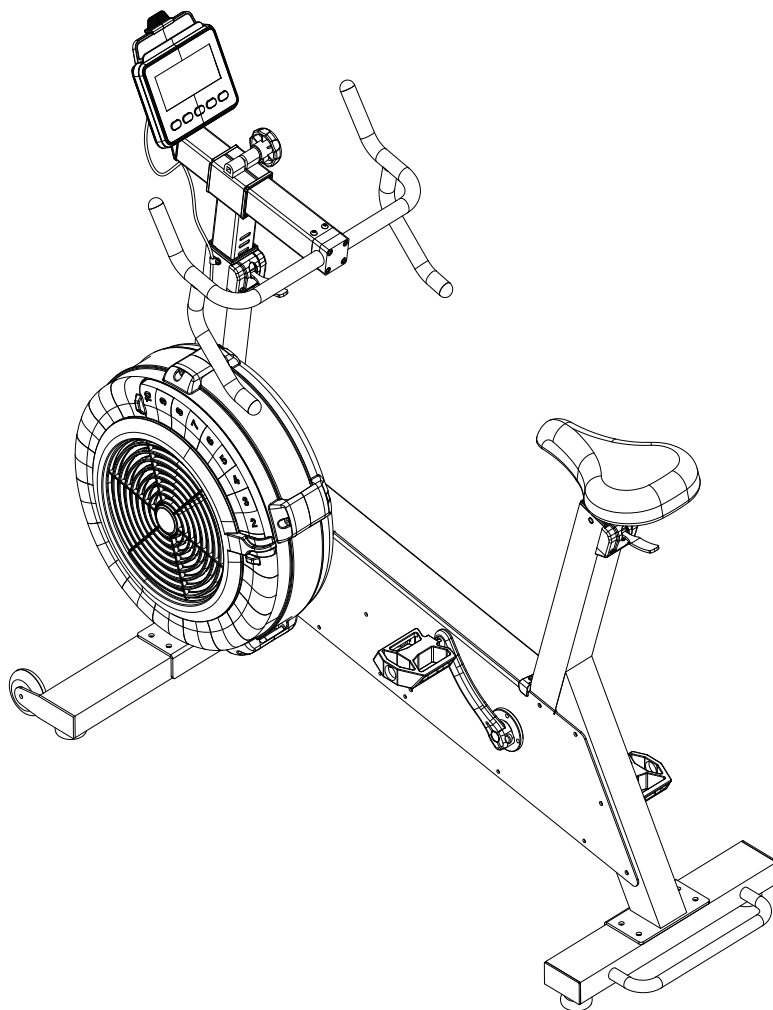


H Δ L F | H U M Δ N

BIKE ERG HH30013
Installation Guide and Owners
Manual



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SAFETY INSTRUCTIONS

1. To reduce the risk of serious injury, read the following Safety Instructions before using the **BIKE**.
2. Save these instructions and ensure that other exercisers read this manual prior to using the **BIKE** for the first time.
3. Read all warnings and cautions posted on the **BIKE**.
4. The **BIKE** should only be used after a thorough review of the Owner's Manual. Make sure that it is properly assembled and tightened before use.
5. We recommend that two people be available for assembly of this product.
6. Keep children away from the **BIKE**. Do not allow children to use or play on the **BIKE**. Keep children and pets away from the **BIKE** when it is in use.
7. It is recommended that you place this exercise equipment on an equipment mat.
8. Set up and operate the **BIKE** on a solid level surface. Do not position the **BIKE** on loose rugs or uneven surfaces.
9. Make sure that adequate space is available for access to and around the **BIKE**.
10. Before using, inspect the **BIKE** for worn or loose components, and securely tighten or replace any worn or loose components prior to use.
11. Consult a physician prior to commencing an exercise program and follow his/her recommendations in developing your fitness program. If at any time during exercise you feel faint, dizzy, or experience pain, stop and consult your physician. Failure to follow all warnings and instructions could result in serious injury or death.
12. Always choose the workout which best fits your physical strength and flexibility level. Know your limits and train within them. Always use common sense when exercising.
13. Do not wear loose or dangling clothing while using the **BIKE**.
14. Never exercise in bare feet or socks; always wear proper footwear such as running, walking, or cross training shoes that fit well, provide foot support, and feature non-skid rubber soles.
15. Be careful to maintain your balance while using, mounting, dismounting, or assembling the **BIKE**, loss of balance may result in a fall and bodily injury.
16. Do not use the SEAT CUSHION (67) to move the **BIKE**. It may cause danger. When assembling or separating the unit, keep all children away and make sure your hands are clear of any pinch point.

17. The **BIKE** should not be used by person weighting over 352 lbs / 160 kgs.
18. The **BIKE** should be used by only one person at a time

B E F O R E Y O U B E G I N

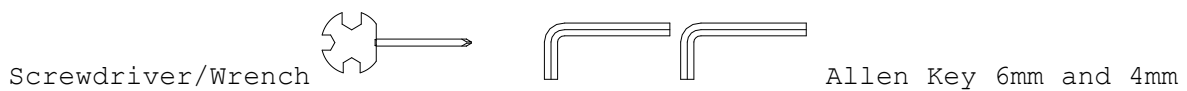
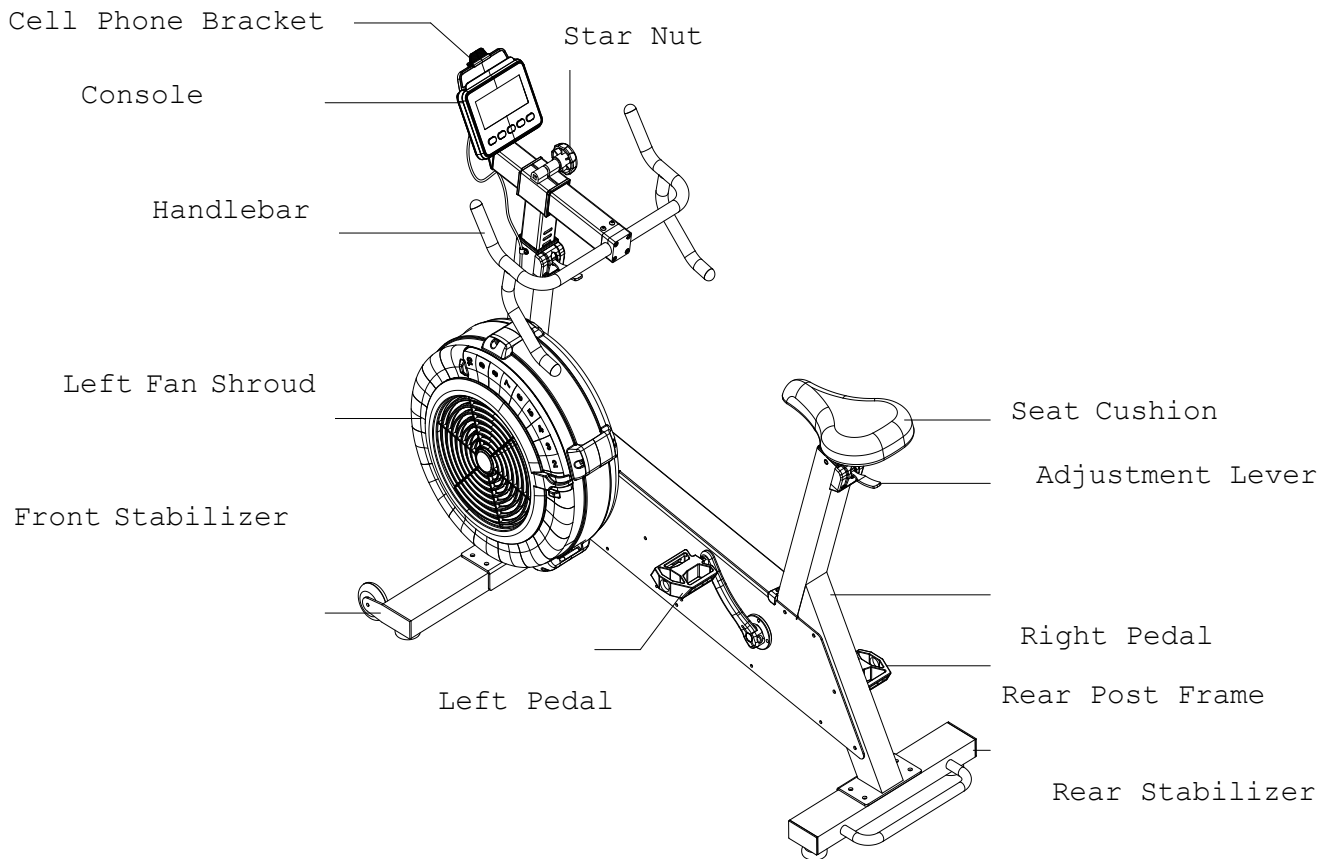
Thank you for choosing the BIKE ERG. We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better, and enjoy life to its fullest.

It's a proven fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise. The BIKE ERG provides a convenient and simple method to begin your journey of getting your body in shape and achieving a happier and healthier


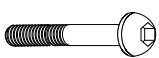






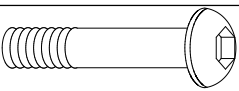




lifestyle.

Before reading further, please review the drawing below and familiarize yourself with the parts that are labelled.

Read this manual carefully before using the BIKE ERG.



HARDWARE IDENTIFICATION CHART

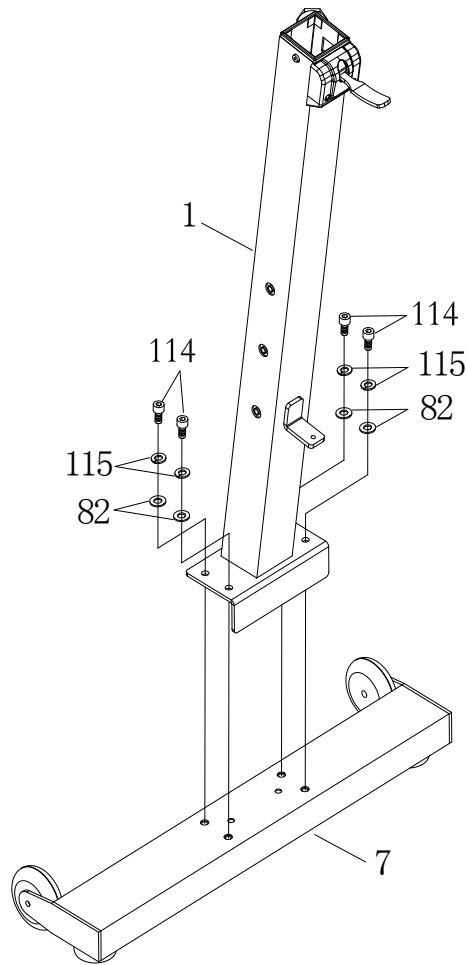
Drawings	Part No.	Description	QTY
	84	Button Head Cap Screw M6 x 12mm	9
	102	Button Head Cap Screw M6 x 70mm	3
	114	Socket Head Cap Screw M8 x 15mm	8
	115	Spring Washer M8	8
	82	Flat Washer M8	9
	92	Phillips Pan Head Self-Tapping Screw ST4.2X6mm	1
	93	Wire Pin	2
	96	Phillips Pan Head Self-Tapping Screw ST4.2X16mm	4
	81	Button Head Cap Screw M8 x 75mm	1
	83	Nylon Nut M8	1
	162	Socket Head Cap Screw M8 x 12mm	1
	163	Nylon Nut M8	1
	164	Socket Head Cap Screw M5 x 8mm	1

ASSEMBLY STEPS

STEP 1

Attached Front Stabilizer Tube (7) to Front Post Frame (1) using: Socket Head Cap Screw, M8x15mm (114), Spring Washer M8 (115), and Flat Washer M8 (82).

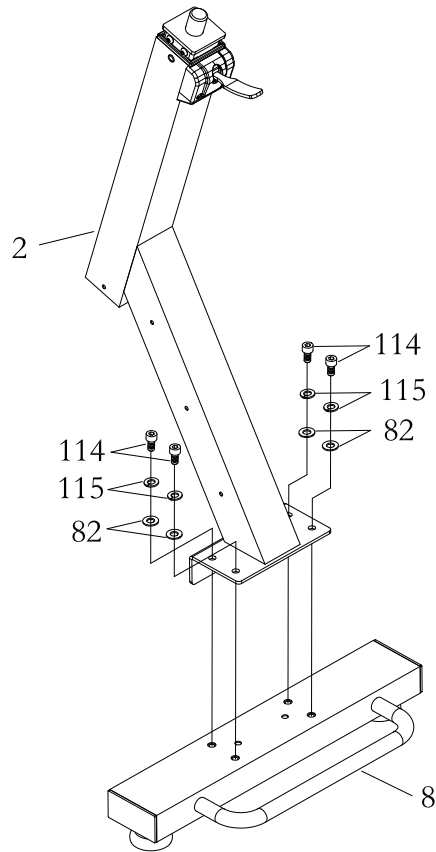
NOTE: Fully tighten screws at end of this step.



STEP 2

Attached Rear Stabilizer Tube (8) to Rear Post Frame (2) using: Socket Head Cap Screw, M8x15mm (114), Spring Washer M8 (115), and Flat Washer M8 (82).

NOTE: Fully tighten screws at end of this step.

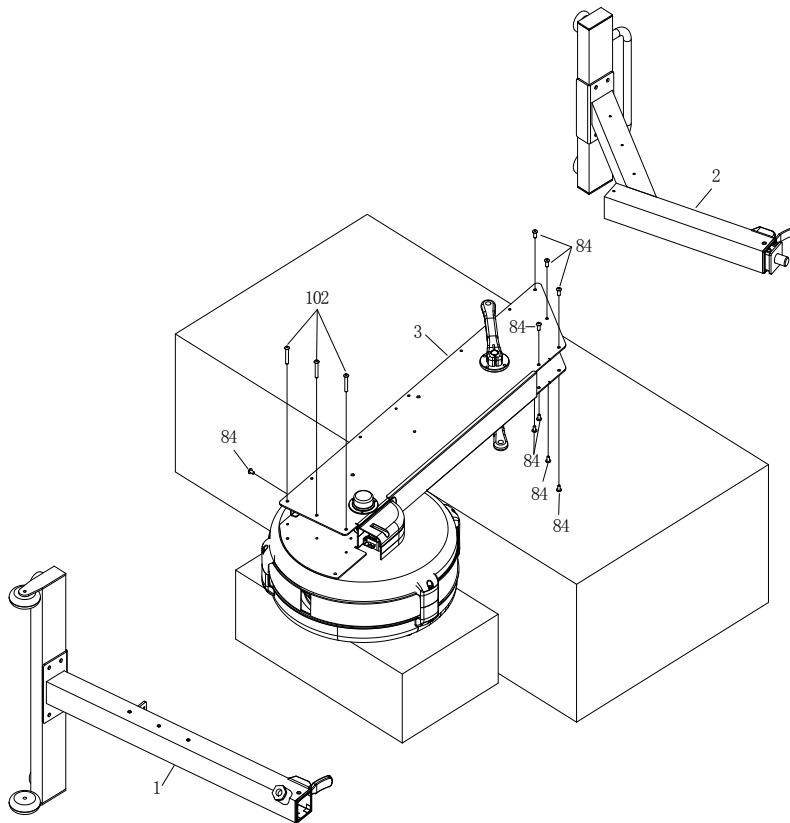


STEP 3

Take out the Main Frame (3), and the largest cardboard from the carton. Turn over the cardboard to make a platform. Put back the carton upper cover to make a complete carton as another platform for easy assembly. Place Main Frame (3) as illustrated. The Left Fan Shroud (50) should face down on the cardboard, and the other end of Main Frame (3) should be placed onto carton.

NOTE: Fan Shroud will be easily damaged if the whole product is placed on the ground directly.

Assemble Front Post Frame (1) onto Main Frame (3), using 3 pcs of Button Head Cap Screw, M6x70mm (102) and 1 pc of Button Head Cap Screw, M6x12mm (84). Continue to assemble Rear Post Frame (2) onto Main Frame (3), tighten by using 8 pcs of Button Head Cap Screw, M6x12mm (84)



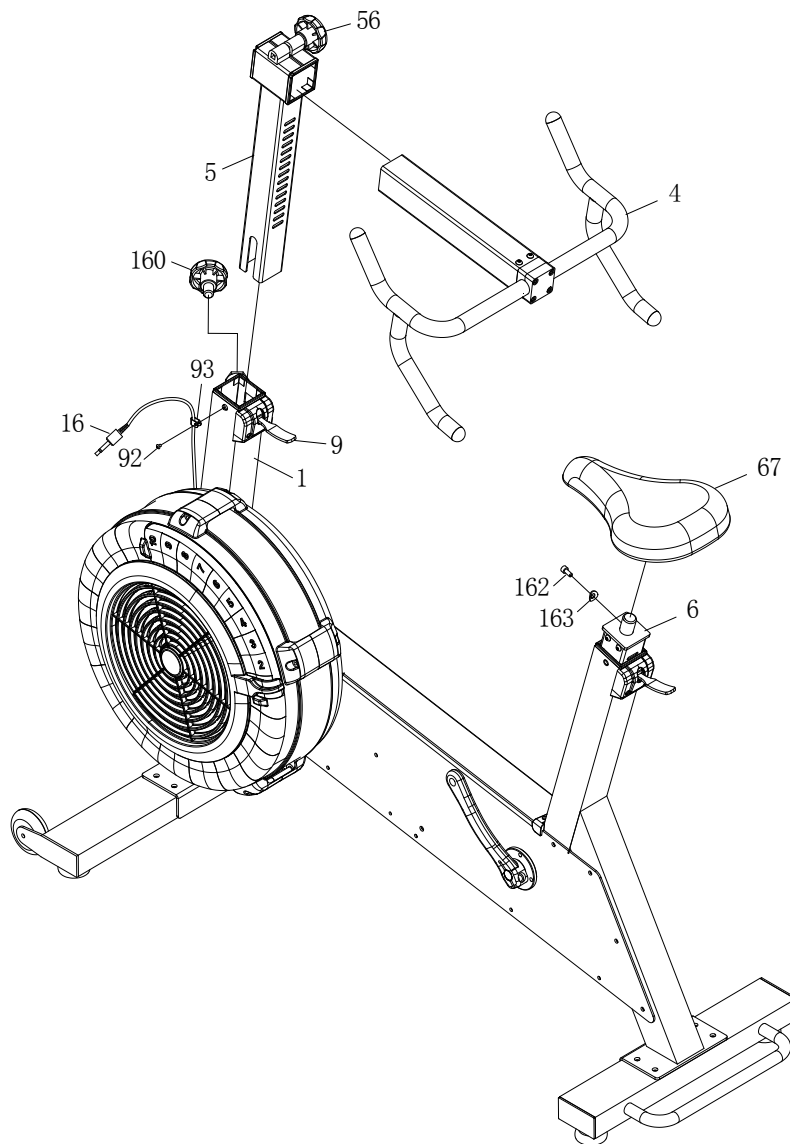
STEP 4

Press Monitor Wire (16) into Wire Pin (93), and tighten it onto Front Post Frame (1), using 1 pc of Phillips Pan Head Self-Tapping Screw ST4.2x6mm (92).

STEP 5

Insert Handlebar Adjustment Post (5) into Front Post Frame (1) while pressing and holding Adjustment Lever (9). At the same time, tighten Handlebar Adjustment Post (5) with Front Post Knob (160) to avoid shaking. Then loosen Star Nut (56) a little, install Handlebar (4) into Handlebar Adjustment Post (5) and tighten with Star Nut (56). Last install Seat Cushion (67) into Seat Adjustment Post (6) and use Wrench (122) to tighten it well with Socket Head Cap Screw, M8x12mm (162) & Arc Washer M8 (163).

NOTE: Fully tighten bolts at end of this step.

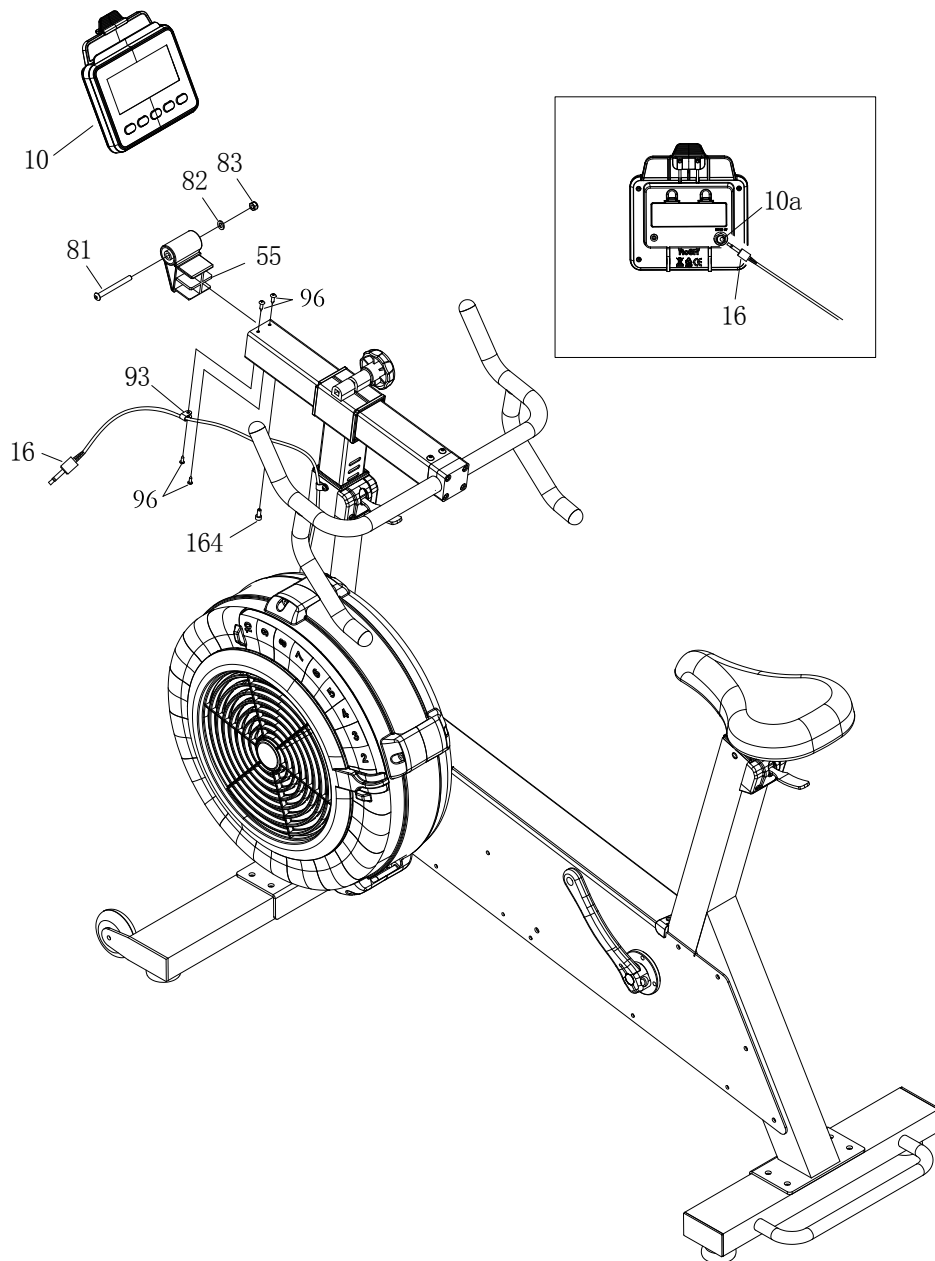


STEP 6

Attach Monitor Holder (55) to Handlebar (4) and tighten Monitor Holder (55) and Monitor Wire (16) to Handlebar (4) together, using 1 pc of Wire Pin (93) and 4 pcs of Phillips Pan Head Self-Tapping Screw ST4.2x16mm (96).

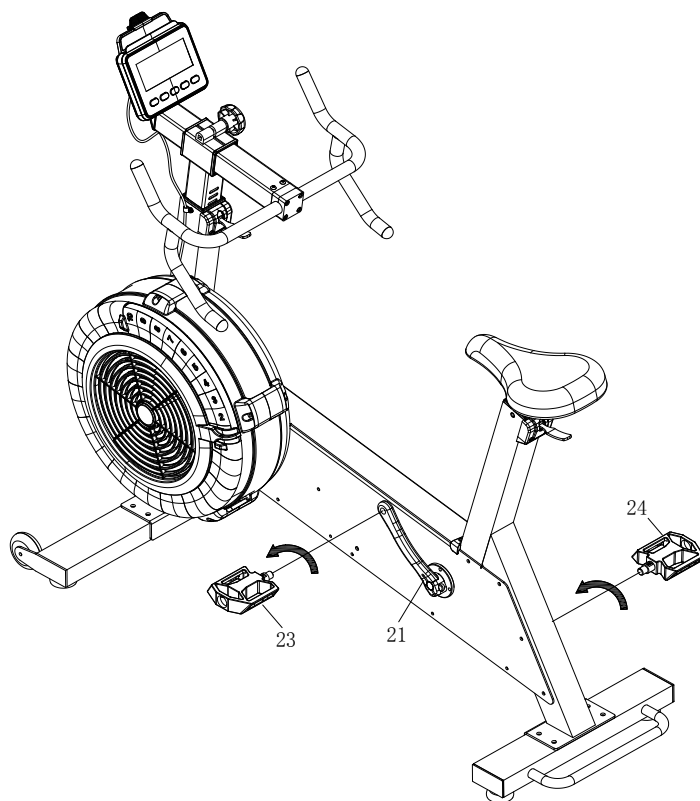
Attach Monitor (10) to Monitor Holder (55), using 1 pc of Button Head Cap Screw M8x75mm (81), Flat Washer M8 (82), and Nylon Nut M8 (83). Plug Monitor Wire (16) to Monitor (10a) as illustrated. Then using 1pc Socket Head Cap Screw, M5x8mm (164) locked tightly onto Handlebar (4).

NOTE: Fully tighten screws at end of this step.



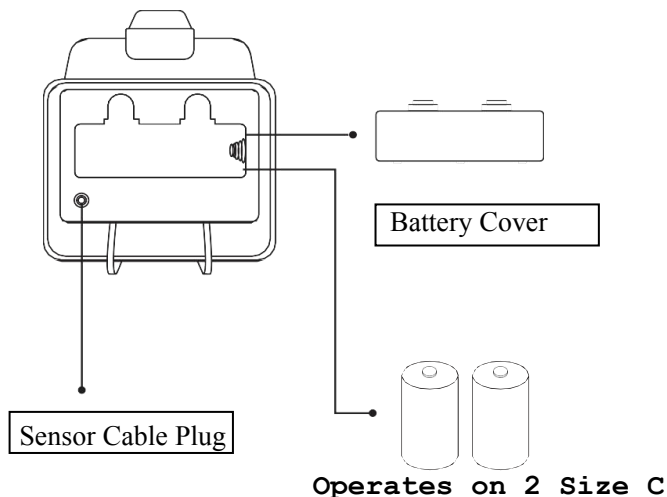
STEP 7

Tighten Left Pedal (23) to Left Crank (21), and attach Right Pedal (24) to Right Crank (22)

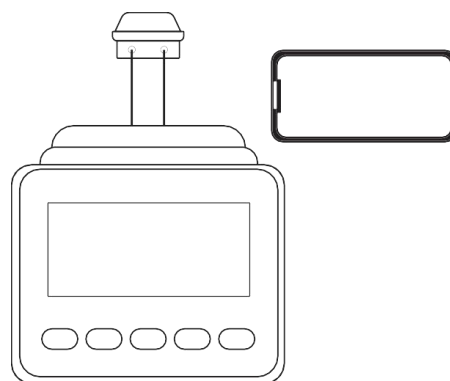


CONSOLE INSTRUCTION

BACK VIEW



FRONT VIEW Smartphone Holder



Your BIKE utilizes an air fan system to create resistance for your workout. We recommend that You use this computer console to vary your workout from session to session and note your progress toward your fitness goals. When used regularly in this way, the computer console can become an important source of motivation and interest which will help keep you on track.

Initial Setup

POWER ON

- Press any button wakes up the console. The LCD display lights up, and a “beep” sound is emitted for 2 seconds, entering the IDLE MODE.
- If a speed signal is detected by the speed sensor, it directly enters the NORMAL exercise mode for workout.

IDLE MODE

- The window displays a static ripple screen. Press the SELECT button to switch between various exercise modes (NORMAL, DISTANCE, TIME, CALORIES, GAME, 20/10 (interval mode), 10/20 (interval mode), 10/10 (USER)). The default exercise mode upon power on is NORMAL.
- In the IDLE MODE state, if there is no button or RPM input detected continuously for 1 minute, the console automatically shuts down.

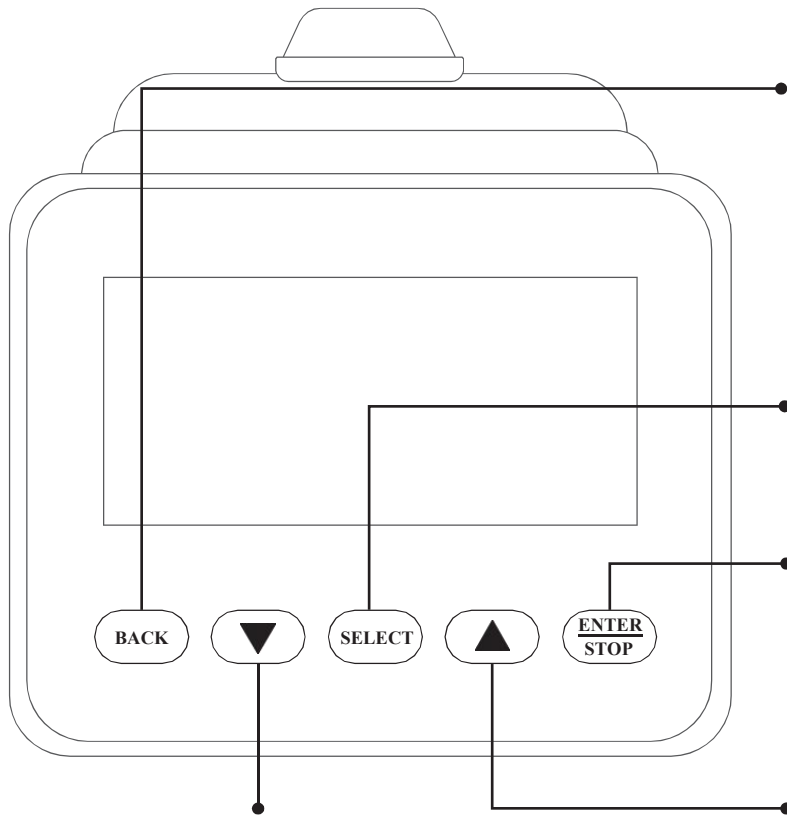
POWER OFF

- In the power-on state, if there is no button or RPM input detected continuously for 1 minute in the IDLE MODE state, the console automatically shuts down. Press any button to wake it up.
- In the power-off mode, pressing any button restarts the console.

EXERCISE PROGRESS

- In the standby state, directly input RPM to enter the NORMAL mode for exercise.
- In any exercise mode, when the set exercise goal parameters are reached, the exercise is finished. After the exercise ends, continuing to input RPM allows for repeated counting of the exercise.

Function Buttons



BACK BUTTON:

- When selecting the programs, press the button to return to the previous program.
- When you finish a running program, press the button to jump into the IDEL mode.

SELECT BUTTON:

- In IDLE mode, press and release SELECT to cycle through each program option. Stop on the program of your choosing.

NOTE: Default exercising mode is Quick start program.

ENTER/STOP BUTTON:

- When selecting the programs and presetting target values, press the button to confirm.
- Press the button and hold it down for three seconds to reset all functions to zero and restart the computer.

▼ DOWN BUTTON :

- Press to decrease the preset values. Press the button and hold it down, the presetting value will go faster, release the button to stop.

▲ UP BUTTON :

- Press to increase the preset values. Press the button and hold it down, the presetting value will go faster, release the button to stop

When the back light is lit, press STOP button the first time to pause the counting of all function values. Press STOP button the second time to view the workout summary. Press STOP button the third time to go back to IDLE mode.

*** When back light is turned off , press any button or keep pedaling to turn on the back light.**



Console Display

TIME

- Total workout time
- In TIME mode, it functions as a countdown timer, displaying the remaining exercise time.
- For user-defined interval exercise modes, the time is not saved.

RPM

Display the revolutions per minute.

-  represents the RF input for heart rate.
-  represents the Bluetooth input for heart rate

BLUETOOTH

- Display Bluetooth icon at the upper side of monitor screen when monitor is connected to an app.

CAL/HOUR

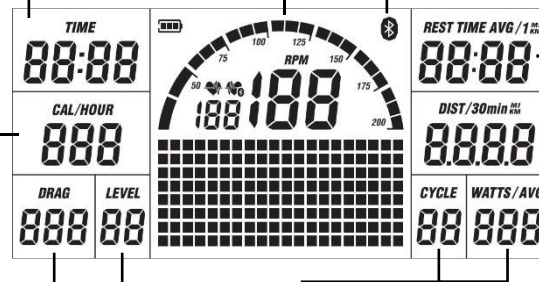
- CAL displays the calorie conversion for each RPM input during exercise.
- CAL/HOUR displays the average calories burned per hour

DRAG

- Displays the drag coefficient which can be adjusted by moving the resistance adjustment lever located on the flywheel.

LEVEL

- Displays the resistance level during exercise



WATTS & WATTS / AVG

- WATTS displays the current wattage for each rpm during the exercise.
- WATTS / AVG displays the average wattage throughout the exercise.

CYCLE

- Displays the current interval exercise segment value during interval exercise mode

REST TIME, /1 MI KM & AVG /1 MI KM

- REST TIME display as the count down of the remaining resting time during the interval programs.
- /1 MI KM display as the amount of time it takes to complete 1 mile or 1 km.
- AVG /1 MI KM display as the average amount of time it takes to complete 1 mile or 1 km.

DIST / 30MIN

- The unit is displayed in km or mile.
- DIST is the distance accumulated in the exercise.
- DIST/30MIN displays the distance that can be achieved by maintaining the current speed for 30 minutes.

PULSE/Bluetooth PULSE

- Display the heart rate range from 40 to 220 BPM
- If no heartbeat signal is detected, the PULSE window will not display anything
- If both wireless and Bluetooth heartbeats are detected, the Bluetooth heartbeat will take priority

LOW BATTERY

- Display battery symbol only when the battery is low.

SUMMARY

- Press ENTER/STOP button 3 times to enter summary mode. The SUMMARY interface shows RPM, TIME, TIME AVG/1 MI KM,CAL/HOUR, DIST/30MIN, DRAG, LEVEL, CYCLE, WATTS/AVG.

PROGRAMS

The console monitor has 8 programs. Press **SELECT** to change workout programs according to the following sequence.

Quick Start Program > Distance Countdown > Time Countdown > Calories

Countdown > Game > 20/10 Interval > 10/20 Interval > 10/10 Customize Interval

1. QUICK START PROGRAM

To Quick Start the program, you can step on the pedals to start. All function values for the console will count up.

- Press “STOP” button once to temporarily stop counting all values (Pause function). Step the pedals again to continue the counting. Long press “STOP” button to delete all counting data.
- For Quick Start and all three countdown programs, press “SELECT” button to choose the data displayed in the same display window, including REST TIME, /1 MI KM & AVG /1 MI KM.
- For the other seven programs, press “BACK” button to enter IDLE mode. Or press and hold “ENTER/STOP” button for over 3 seconds to re-start the console. Use “SELECT” button to toggle between programs. Use “UP” and “DOWN” buttons to adjust the value and press “ENTER/STOP” to confirm.

2. DISTANCE COUNTDOWN PROGRAM

During the workout, the “DISTANCE” program will count down from preset value.

- The program will start once the user begins pedaling. When the program is finished, the monitor will show “WINNER” with an audible alarm. Press the “BACK” button to go to the IDLE mode.
- The target distance value can be set from 100 to 9999 meters.

3. TIME COUNTDOWN PROGRAM

- During the workout, the “TIME” program will count down from preset value. The program will start once the user begins pedaling. When the program is finished, the monitor will end with an audible alarm. Press “BACK” button to go to the IDLE mode.
- The target time value can be set from 1:00 to 99:00 minutes.

4. CALORIES COUNTDOWN PROGRAM

- During the workout, the “CALORIES” program will count down from preset value. The program will start once the user begins pedaling. When the program is finished, the monitor will show “END” with an audible alarm. Press “BACK” button to go to the IDLE mode.
- The target calories value can be set from 10 to 999 cal.

PROGRAMS

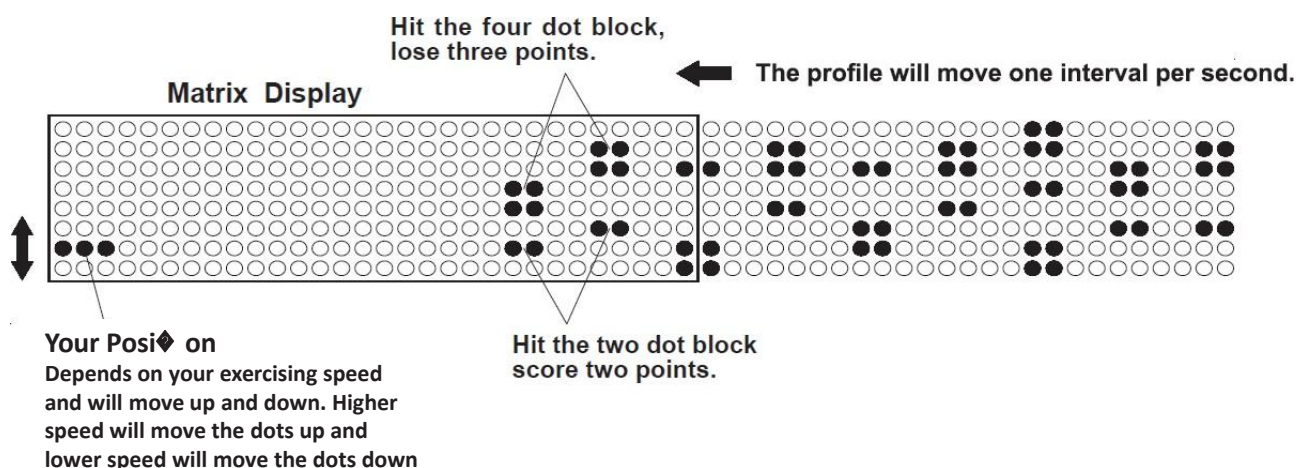
The console monitor has 8 programs. Press **SELECT** to change workout programs according to the following sequence.

Quick Start Program > Distance Countdown > Time Countdown > Calories

Countdown > Game > 20/10 Interval > 10/20 Interval > 10/10 Customize Interval

5. GAME PROGRAM

- When the "GAME" program is selected, the program will start once the user begins pedaling. There is no presetting value to be entered. When the program is finished, the monitor will show your score with an audible alarm. Press the "BACK" button to go to the IDLE mode.



6. 20/10 INTERVAL PROGRAM

- When it is in the "20/10 INTERVAL" program, the console monitor will display flashing "8" for presetting value of cycle. "20" is 20 seconds for exercising, and "10" is 10 seconds for resetting. Then user can use "UP" and "DOWN" buttons to input the value from 1 - 99 rounds for cycles. The user will workout for 20 seconds and then rest for 10 seconds. When the program is finished, the monitor will end with an audible alarm. Press the "BACK" button to go to the IDLE mode.

7. 10/20 INTERVAL PROGRAM

- When it is in the "10/20 INTERVAL" program, the console monitor will display flashing "8" for presetting value of cycle. Then user can use "UP" and "DOWN" buttons to input the value from 1 to 99 rounds for cycles. User will workout for 10 seconds and then rest for 20 seconds. The program will start once the user begins pedaling the bike. When the program is finished, the monitor will end with an audible alarm. Press the "BACK" button to go to the IDLE mode.

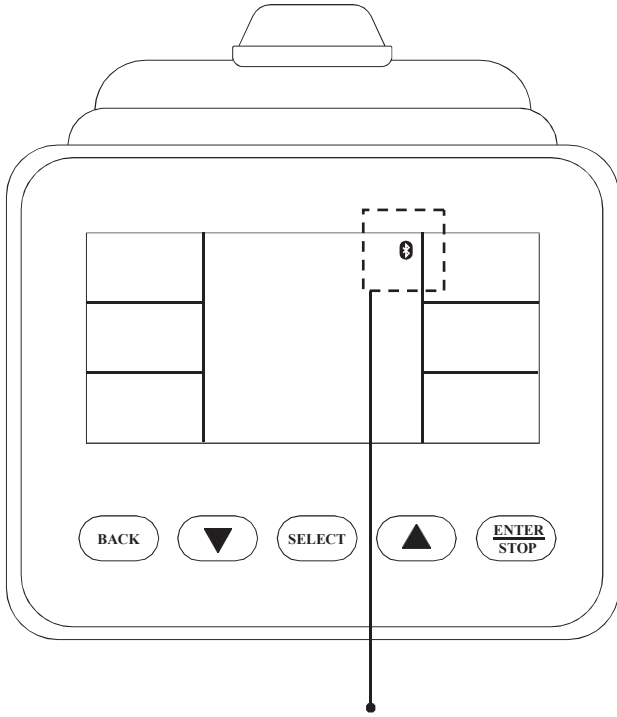
8. 10/10 CUSTOMIZE INTERVAL PROGRAM

- When it is in the "10/10" INTERVAL" program, the console monitor will display flashing "8" for presetting value of cycle. Then user can use "UP" and "DOWN" buttons to input the value from 1 to 99 for number of cycle, workout time, and rest time. The program will start once the user begins pedaling. When the program is finished, the monitor will end with an audible alarm. Press the "BACK" button to go to the IDLE mode.

COMPUTER INSTRUCTIONS

BLUETOOTH CONNECTION

Please make sure the console is activated in order to proceed Bluetooth connection with your smart-phone or tablet devices.



AVAILABLE APPS



Kinomap



D-fit



Zwift



BTMS PROTOCOL

The icon will be displayed at the top right of console screen when it's connected to an app.

*Please go to settings on your device to allow the apps to access Bluetooth connection

SCAN TO DOWNLOAD



Android

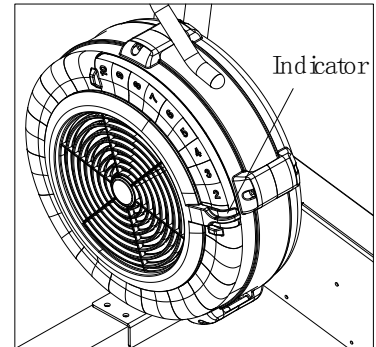


IOS

FAN RESISTANCE OPERATIONAL INSTRUCTIONS

LOAD ADJUSTMENT

There is a Damper (49) built into the Left Fan Shroud (50). Move the Indicator in the Damper (49) to point to the numbers on the Left Fan Shroud (50) to adjust the load. There are settings from 1 to 10. Setting #1 will provide the lowest resistance. Setting #10 will provide the highest resistance.

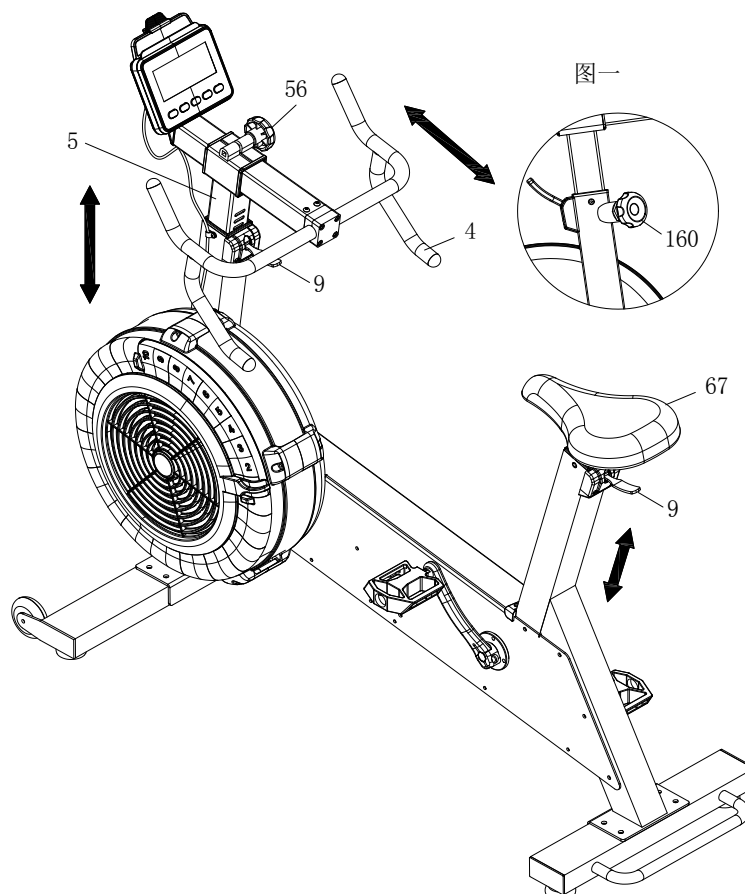


HANDLEBAR & SEAT POSITION ADJUSTMENT

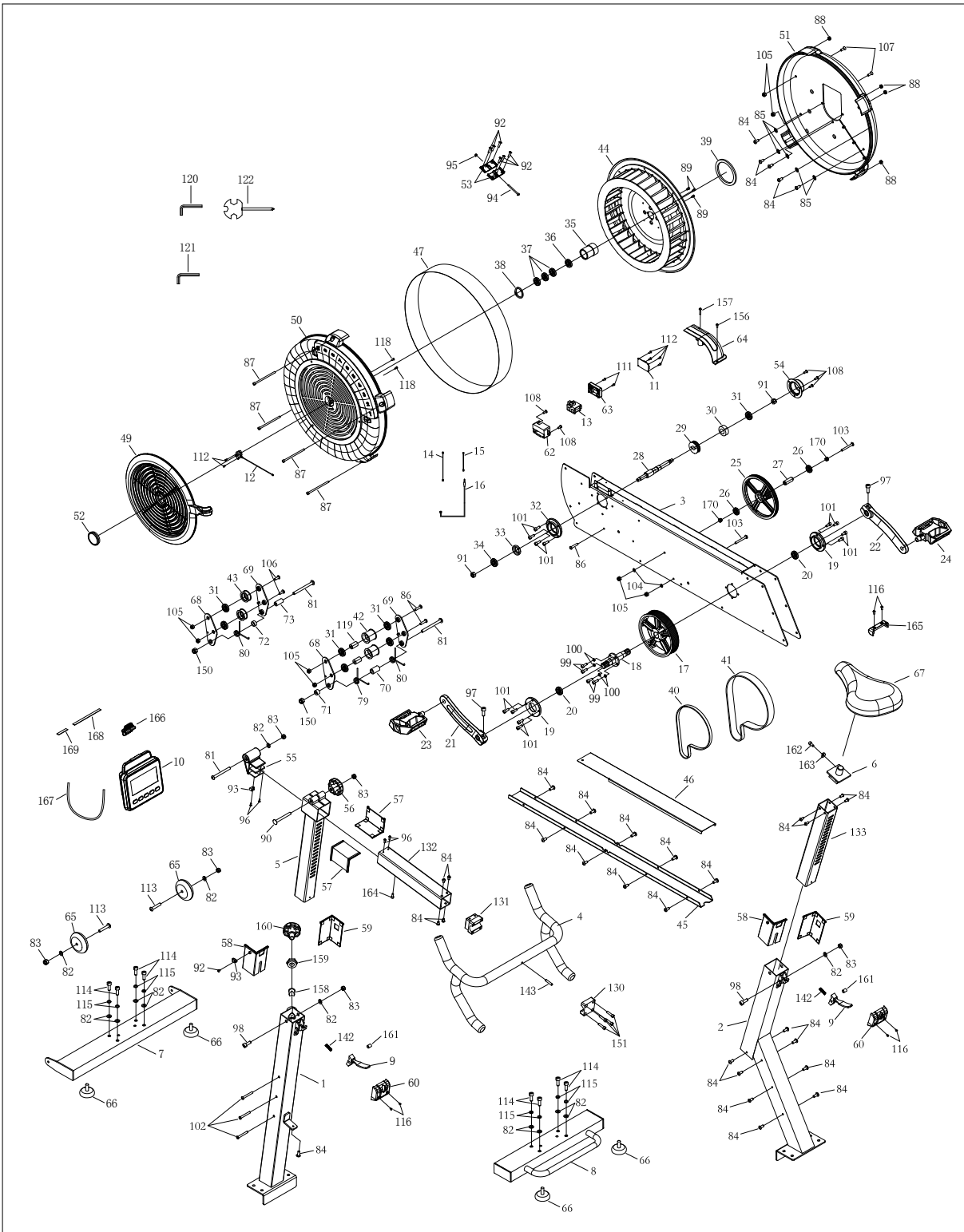
Adjust Seat Cushion (67) by pressing down adjustment Lever (9) when legs are too close or too far from the pedals.

Adjust Handlebar (4) height: First loosen Front Post Knob (160) as illustrated shown. Press down adjustment Lever (9) and then adjust the height of Handlebar adjustment Post (5).

Adjust Handlebar (4) frontward or backward: Slightly loosen Star Nut (56) and then adjust Handlebar (4) to desired position.



EXPLODED PARTS DRAWING



PARTS LIST

Part No.	Description	QTY
1	Front Post Frame	1
2	Rear Post Frame	1
3	Main Frame	1
4	Handlebar	1
5	Handlebar Adjustment Post	1
6	Seat Adjustment Post	1
7	Front Stabilizer Tube	1
8	Rear Stabilizer Tube	1
9	Adjustment Lever	2
10	Console	1
11	Adaptor Board	1
12	VR	1
13	Generator	1
14	VR Wire	1
15	Generator Wire	1
16	Console Wire	1
17	Large Single Belt Pulley	1
18	Pulley Bearing	1
19	Bearing Holder 6004	2
20	Ball Bearing 6004ZZ	2
21	Left Crank	1
22	Right Crank	1
23	Left Pedal	1
24	Right Pedal	1
25	Double Belt Pulley	1
26	Ball Bearing 6000ZZ	2
27	Pulley Spacer $\Phi 14 \times \Phi 10 \times 39.5 \text{mm}$	1

28	Fan Axle	1
29	Single Belt Pulley	1
30	Rubber Bushing 6001	1
31	Ball Bearing 6001ZZ	7
32	Bearing 6003	1
33	Bearing Holder 6003	1
34	Ball Bearing 6003ZZ	1
35	Bearing Spacer $\Phi 40.2 * \Phi 38 * 54.2$	1
36	One Way Bearing	1
37	Ball Bearing 6201RS	3
38	C Ring $\Phi 32$	1
39	Magnet	1
40	Drive Belt 380J4	1
41	Drive Belt 400J11	1
42	Long Pinch Roller $\Phi 38 * \Phi 24 * 34.5$	2
43	Short Pinch Roller $\Phi 38 * \Phi 26.4 * 14$	2
44	Flywheel	1
45	Bottom Cover	1
46	Stainless Steel Upper Cover	1
47	Stainless Steel Mesh	1
49	Damper	1
50	Left Fan Shroud	1
51	Right Fan Shroud	1
52	Damper Cap	1
53	Steel Plate	2
54	Axle Cover	1
55	Console Holder	1
56	Star Nut	1
57	Handlebar Post Bushing	2
58	Post Bushing A	2
59	Post Bushing B	2
60	Protection Cover for Seat Post Lever	2

62	Generator Base	1
63	Generator Cover	1
64	Protection Cover	1
65	Transport Wheel	2
66	Stabilizer Foot Pad	4
67	Seat Cushion	1
68	Left Pinch Roller Bracket	2
69	Right Pinch Roller Bracket	2
70	Large Spacer for Long Pinch Roller $\Phi 18*\Phi 12*29.5$	1
71	Small Spacer for Long Pinch Roller $\Phi 10*\Phi 6*9.5$	1
72	Large Spacer for Short Pinch Roller $\Phi 18*\Phi 12*8$	1
73	Small Spacer for Short Pinch Roller $\Phi 10*\Phi 6*31$	1
79	Left Torsion Spring	1
80	Right Torsion Spring	2
81	Button Head Cap Screw, M8x75mm	3
82	Flat Washer M8	13
83	Nylon Nut M8	6
84	Button Head Cap Screw, M6x12mm	31
85	Inner Star Washer, M6	5
86	Button Head Cap Screw, M6X43mm	3
87	Socket Head Cap Screw, M5X92mm	4
88	Hex Nut M5	4
89	Socket Head Cap Screw, M4X12mm	3
90	Carriage Bolt, M8x85mm	1
91	Nylon Nut M10	2
92	Phillips Pan Head Self-Tapping Screw, ST4.2X6mm	7
93	Wire Pin	2
94	Phillips Pan Head Screw, M4X45mm	1
95	Hex Nut M4	1
96	Phillips Pan Head Self-Tapping Screw, ST4.2X16mm	4
97	Socket Head Cap Screw, M8X25mm	2
98	Socket Head Cap Screw, M8X35mm	2

99	Socket Head Cap Screw M6X20mm	4
100	Spring Washer M6	4
101	Socket Head Cap Screw, M6X12mm	12
102	Button Head Cap Screw, M6X70mm	3
103	Button Head Cap Screw, M6X75mm	2
104	Flat Washer M6	2
105	Nylon Nut M6	8
106	Button Head Cap Screw, M6X22mm	2
107	Hex Head Cap Screw, M6X12mm	2
108	Phillips Rounded Washer Head Screw, M4X10mm	5
111	Phillips Pan Head Self-Tapping Screw, ST3.0X20mm	2
112	Phillips Pan Head Self-Tapping Screw, ST3.0X8mm	6
113	Button Head Cap Screw, M8X40mm	2
114	Socket Head Cap Screw, M8X15mm	8
115	Spring Washer M8	8
116	Phillips Pan Head Screw, M5X12mm	6
118	Phillips Pan Head Self-Tapping Screw, ST4.2X25mm	2
119	Bearing Spacer $\Phi 16 * \Phi 8.1 * 20.5$	2
120	Allen Wrench 4mm	1
121	Allen Wrench 6mm	1
122	Wrench 13-15-17	1
130	Back Handlebar Holder	1
131	Front Handlebar Holder	1
132	Horizontal Handlebar Adjustment Post	1
133	Seat Adjustment Post	1
142	Spring	2
143	Handlebar Pin	1
150	Nylon Nut M8 (thin)	2
151	Socket Head Cap Screw, M6X25mm	4
156	Phillips Pan Head Screw, M5X10mm	1
157	Phillips Pan Head Screw, M5X30mm	1
158	V shaped stopper	1

159	Spacer Nut	1
160	Front Post Knob	1
161	Sleeve	2
162	Socket Head Cap Screw, M8X12mm	1
163	Arc Washer M8	1
164	Socket Head Cap Screw, M5X8mm	1
165	Sweat Stopper	1
166	Cell Phone Bracket	1
167	Bungee Cord for Cell phone bracket	1
168	Long EVA Glue (for Console)	1
169	Short EVA Glue (for Cell phone bracket)	1
170	Aluminum Sleeve	2

BEGINNER'S GUIDE TO EXERCISE

The following guidelines will help you to plan your workout program and exercise safely.

Remember

that proper nutrition and adequate rest are essential for successful results.

WARNING: Before beginning this or any other exercise program consult your doctor. This is

especially important for pregnant women and new mothers, all people over the age of 35, and those with medical problems such as heart disease, high or low blood pressure, injuries, joint problems, obesity and asthma.

WHY EXERCISE?

Exercise has been proven essential for good health and general wellbeing. Regular exercise will:

- Relieve tension and stress
- Provide enjoyment and fun
- Stimulate the mind
- Help maintain stable weight
- Control appetite

- *Boost self-image*
- *Improve muscle tone and strength*
- *Improve flexibility*
- *Lower blood pressure*
- *Relieve insomnia*

B E F O R E Y O U S T A R T

If you're beginning an exercise program for the first time or starting a new exercise routine, you must check with your doctor that you are fit to do so particularly if:

- *You have been diagnosed with heart problems, high blood pressure or other medical conditions*
- *You have not exercised for over a year*
- *You are over 35 and do not currently exercise*
- *You are pregnant or are a new mother*
- *You have diabetes*
- *You have chest pain, or experience dizziness or fainting spells*
- *You are recovering from an injury or illness*

T A R G E T H E A R T R A T E

To train effectively you should aim to work in the heart rate zone appropriate to your age as stipulated below. Please note this is a guide and your heart rate at rest and during training is determined by your fitness level and other lifestyle factors as well as your age.

If you reach the recommended beats per minute below and feel you're over-exerting yourself stop, rest and when you feel recovered return to exercise at a lower intensity.

HEART RATE TRAINING ZONES

TRAINING ZONE	
AGE	MIN/MAX (BPM)
20	133-167
25	132-166
30	130-164
35	129-162
40	127-161
45	125-159
50	124-156
55	122-155
60	121-153
65	119-151
70	118-150
75	117-147
80	115-146
85	114-144

HOW HARD SHOULD YOU WORK?

When exercising, you should try to stay within your target heart rate (THR) zone. The table above will tell you the THR for your age. Always be aware of how you feel when you exercise.

If you feel dizzy or light-headed, stop immediately and rest.

WORKOUT TIPS

- Always perform a warm-up and stretching exercises before your workout and a cool-down and stretching exercises at the end.
- Start slowly and build up your time, speed and resistance gradually, doing too much too soon can lead to injuries.
- If you are sore or tired, give yourself a few extra days to recover.

HOW TO BEGIN

- Start with two or three 15-minute sessions per week with a rest day between workouts.
- Warm up for 5 to 10 minutes with gentle movements incorporating the whole body such as walking while swinging your arms in a circle and then stretch the muscles you'll use during your workout.

- Increase the pace and resistance to slightly harder than comfortable and exercise for as long as you can. You may only be able to exercise for a few minutes at a time, but that will change quickly when you exercise regularly.
- End each workout with a 5-minute cool-down with the resistance set to a low level. You should then stretch the muscles you've just worked to develop flexibility, reduce muscle soreness and prevent injury.
- Increase your workout time by a few minutes each week until you can work continuously for 30 minutes per session.
- Don't worry about distance or pace for the first few weeks, focus on endurance and conditioning.

TRAINING SAFETY WARNINGS

Consult a physician before starting an exercise program.

Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint.

Contact your doctor before using the equipment again.

Choose your training intensity according to the training difficulty, training time, etc.

For more training moves, check out professional exercise manuals, books, and videos or consult a personal trainer to learn the correct posture, technique, and methods.

CUSTOMER SUPPORT

CONTACT INFORMATION

Should you require any assistance regarding this product please gather the following information and

contact us using the details below:

Serial No – this can be found on the label on the product.

Original purchase date

Place of purchase

Precise details of the issue of defect

Information about the place and conditions of use

Important- please retain your sales receipt, Half Human customer care may request proof of purchase

to validate eligibility for warranty service. Warranty cover starts from the date shown on the proof of

purchase.

The best way to contact us is via the website:

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