



## Operating Instructions



Art. No. CST-ASS004

FSCSTASS004.01.01

## 1 GENERAL SAFETY INSTRUCTIONS

### 1.1 Personal Safety

#### ⚠ WARNING

- + Before you start using the device, you should check with your general physician whether it is suitable for you.
- + This equipment may not be used by children under the age of 14.
- + Children should not be allowed unsupervised access to the equipment.
- + People with disabilities must have a medical license and must be under strict observation when using the equipment.
- + The equipment is strictly for use by one person at a time
- + Keep your hands, feet and other body parts, hair, clothing, jewellery and other objects well clear of moving parts.
- + If you experience any unusual discomfort during use, turn the device off and do not use it any further. Contact your general physician.

#### ⚠ CAUTION

- + This device is not a medical device. This device should never replace medical treatment.

#### ▶ ATTENTION

- + Do not insert any objects of any kind into the openings of the device.
- + Do not place any heavy objects on the device.

### 1.2 Set-Up Place

#### ⚠ WARNING

- + Do not place the equipment in main corridors or escape routes.
- + To prevent fire, do not place the device near or in areas with high heat (e.g. near a heater).

#### ▶ ATTENTION

- + The device may only be used in one building, in sufficiently tempered and dry rooms (ambient temperatures between 10°C and 35°C). The equipment should not be used outdoors or in rooms with high humidity (over 70%) like swimming pools.

#### Intended Use

The equipment may only be used for its intended purpose.

The equipment is only suitable for home use. The equipment is not suitable for semi-professional (e.g. hospitals, associations, hotels, schools, etc.) and commercial or professional use (e.g. fitness studios).

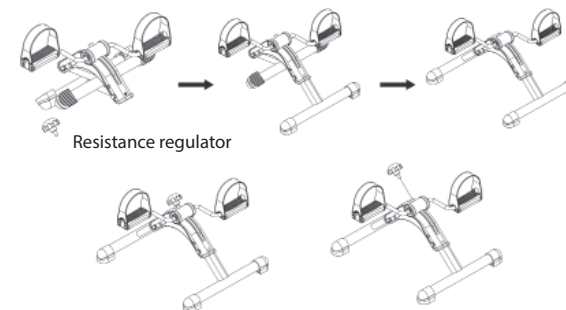
## 2 TECHNICAL DATA

Article weight (gross, incl. packaging):	2.15 kg
Article weight (net, without packaging):	2 kg
Packaging dimensions (L x W x H):	38 cm x 30 cm x 18 cm
Set-up dimensions (L x W x H):	44 cm x 38 cm x 28 cm
Folded dimensions (L x W x H):	27 cm x 38 cm x 16 cm
Maximum load:	40 kg
Use class:	H

## 3 ASSEMBLY AND FOLDING MECHANISM

### 3.1 Assembly

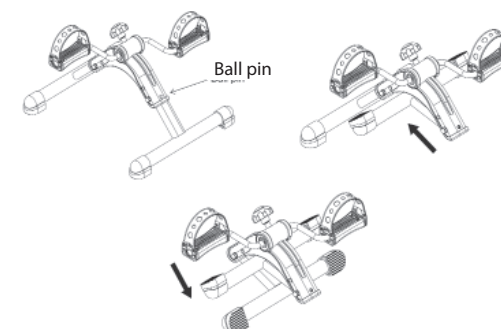
1. Unfold the Mini Bike.
2. Insert the resistance regulator.
3. Adjust the resistance with the regulator.



### 3.2 Folding Mechanism

1. Press the ball pin.
2. Fold the front tube.
3. Fold the rear tube.

The Mini Bike can now safely be stored or transported.



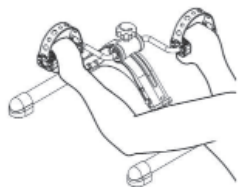
Folded Mini Bike

## 4 OPERATING INSTRUCTIONS

The Folded Mini Bike can be used to train both arm and leg muscles.

### Training Arm Muscles

Place the Folded Mini Bike on a flat table with a nonslip surface.



### Training Leg Muscles

#### ⚠ CAUTION

Do not stand on the Folded Mini Bike.

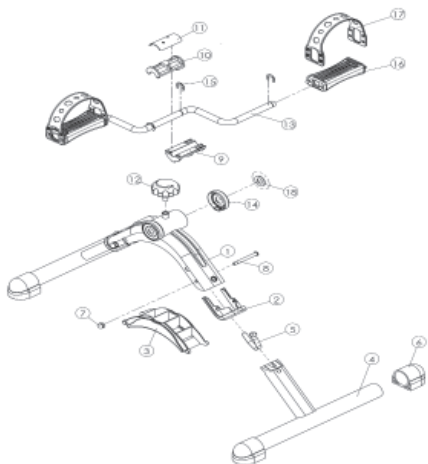
Sit on a chair and place the Folded Mini Bike in front of you.

## 5 ORDERING SPARE PARTS

### 5.1 Parts List

Item No.	Description	Qty.	Item No.	Description	Qty.
1	Casing	1	10	Brake – B	1
2	Cover-A	2	11	Curved plate	1
3	Cover-B	1	12	Button	1
4	Main body	2	13	Crank	1
5	Elastic buckle	2	14	Cover-C	2
6	Theaded cap	4	15	E ring	4
7	HEX CAP NUTS	2	16	Footrest	2
8	Screw M6 x 60	2	17	Belt	2
9	Brake – A	1	18	Wasser	2

### 5.2 Exploded Drawing



## 6 WARRANTY INFORMATION

Training equipment from cardiostrong® is subject to strict quality control. However, if a fitness equipment purchased from us does not work perfectly, we take it very seriously and ask you to contact our customer service as indicated. We are happy to help you by phone via our service hotline.

### Warranty period

The warranty periods, shown on our web shop, begin on delivery of the fitness equipment. The respective warranty periods for your equipment can be found on its product website.

Please refer to the website of your cardiostrong® device for the exact warranty conditions.

## 7 CARE, MAINTENANCE AND STORAGE

### ⚠ WARNING

The storage location should be chosen so that improper use by third parties or children is prevented.

1. Clean the device with a dry soft cloth.
2. Store the device in the supplied carton in a dry environment.

## 8 DISPOSAL

At the end of its operational life, this equipment cannot be disposed of in normal household waste. Instead, it must be disposed of via a recycling centre. Further information can be obtained from your local authority's recycling service.

## 9 CONTACT

### DE TECHNIK

☎ +49 4621 4210-900

✉ technik@fitshop.de

### SERVICE

☎ 0800 20 20277 (kostenlos)

✉ info@fitshop.de

### UK

#### CUSTOMER SUPPORT

☎ 00800 2020 2772

+494621 4210 944

✉ info@fitshop.co.uk

### FR

#### TECHNIQUE & SERVICE

☎ +33 (0) 189 530984

+49 4621 42 10 933

✉ info@fitshop.fr

### DK

#### TEKNIK OG SERVICE

☎ 80 90 16 50

+49 4621 4210-945

✉ info@fitshop.dk

### ES

#### TECNOLOGÍA Y SERVICIOS

☎ 911 238 029

✉ info@fitshop.es

### BE

#### TECHNIQUE & SERVICE

☎ 02 732 46 77

+49 4621 4210 933

✉ info@fitshop.be

### NL

#### TECHNISCHE DIENST & SERVICE

☎ +31 172 619961

✉ service@fitshop.nl

### AT

#### TECHNIK & SERVICE

☎ 0800 20 20277 (kostenlos)

+49 4621 42 10-0

✉ info@fitshop.at

### CH

#### TECHNIK & SERVICE

☎ 0800 202 027

+49 4621 42 10-0

✉ info@fitshop.ch

### PL

#### DZIAŁ TECHNICZNY I SERWIS

☎ 22 307 43 21

+49 4621 42 10-948

✉ info@fitshop.pl

### INT

#### TECHNICAL SUPPORT & SERVICE

☎ +49 4621 4210-944

✉ service-int@fitshop.de