



Mini Exercise Bike

Safety Instructions

Notice: Ensure you read and fully understand instructions before use

While every attempt is made to ensure the highest degree of protection in all equipment, we cannot guarantee freedom from injury. The user assumes all risk of injury due to use. All merchandise is sold on this condition, which no representative of the company can waive or change.






- This product is not a toy, and is only to be used for its designated purpose.
- Never carry out any alterations or modifications to this product.
- This product is intended for indoor use only.
- Only use this product on stable, level and dry ground.
- If at any time during the activity you feel faint, dizzy, experience pain, stop and consult your physician or doctor.
- Make sure loose clothing and hair are kept away from the holes on the side.
- This product is not intended for use by persons (including children) with reduced physical, sensory and mental capacities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the product by persons responsible for their safety.
- Clean only with a damp cloth. Do not use strong industrial cleaning substances or abrasive materials as these will damage the product.
- If the product is damaged or has any defects, please contact cservice@oypla.com

Operating Instructions

Parts List:

If you are missing any of the below parts please contact cservice@oypla.com

Please be aware that you will be referring to this parts list throughout the assembly process.

<p>Base Stand</p>  <p>2pcs</p>	<p>Mini Exercise Bike</p>  <p>1pcs</p>
<p>Pedals</p>  <p>2pcs</p>	
<p>Washer</p>  <p>4pcs</p>	
<p>Hex Cap Screw</p>  <p>4pcs</p>	



1. Place a base stand over one of the ends of the mini exercise bike, ensuring that the holes in the base stand align with the holes in the mini exercise bike (smallest base stand goes at the front of the bike). After this, place a washer over the hole (as seen in the image to the top left) and screw the hex cap screw through the base stand and into the bottom of the mini exercise bike (as seen in the image to the top right). Repeat this for the other hole in the base stand. Once done, repeat this step on the opposite side of the mini exercise bike.

2. To attach the pedals to the rotary arm, align the screw section of the pedal to the hole in the rotary arm and rotate the nut (found attached to the side of the pedal) to secure the pedal into the rotary arm. **The left pedal has to be screwed in an anti-clockwise movement.** Make sure you tighten it into the rotary arm correctly to avoid the pedal becoming loose easily.



3. The LED display screen will automatically switch on when the pedals are turned. The small red button underneath the screen will change the different displays on the screen, the top set is always Speed, and this will update when using the product. There are different modes which can be set which are Time, Calories, Distance, RPM and ODO (Odometer). These can be changed whilst using the product and when not using the product.

Changing the battery for the LED Screen

The battery which powers the LED Screen is replaceable. There are four screws on the black plastic shell (two on each side) which need to be unscrewed, once this has been done the shell should pop off. On the underside of the shell there should be a battery case which houses one AAA battery. (See Images Below For Reference).



Resetting the LED Screen

To reset the LED Screen and the different statistics that the product measures, hold down the red button for approximately five seconds. The screen should go blank for a split second, then you should see the statistics re-appear on the screen but reset to zero.

HAVE A QUESTION ABOUT YOUR PURCHASE?

OUR DEDICATED CUSTOMER SERVICES TEAM ARE HAPPY TO HELP
CONTACT THEM VIA:

TELEPHONE: 020 3600 2255

EMAIL: cservice@oypla.com

LIVE CHAT: www.oypla.com

PLEASE RETAIN A COPY OF THESE INSTRUCTIONS FOR FUTURE CONSULTATION



Environmental Protection

Products bearing the symbol shown below means that used electrical and electronic equipment (WEEE) should not be mixed with general household waste. For proper treatment, recovery and recycling, please take this product(s) to designated collection points where it will be accepted free of charge. Disposing of this product correctly will help save valuable resources and prevent any potential negative effects on human health and the environment, which could otherwise arise from inappropriate waste handling. Please contact your local authority for further details of your nearest designated collection point. Penalties may be applicable for incorrect disposal of this waste, in accordance with your national legislation.



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USER MANUAL Model No: 3576