

MOTORIZED EXERCISER

MODEL: SupaPedal

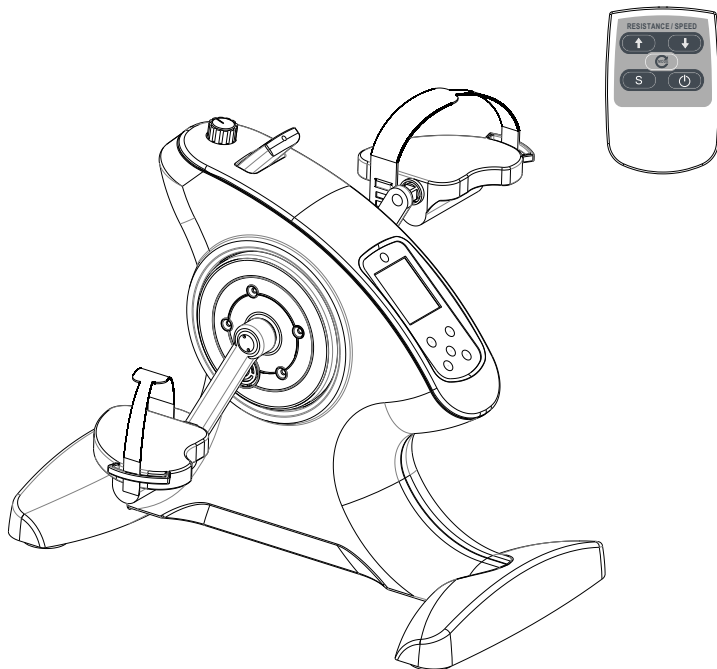


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Read and understand all instructions thoroughly before using the exerciser

RETAIN OWNER'S MANUAL FOR FUTURE REFERENCE

IMPORTANT PRECAUTIONS



IMPORTANT: Read all instructions and warnings before using the exerciser.

IMPORTANT SAFETY INSTRUCTIONS

- Stop exercise if you feel faint, dizzy, or experience pain at any time.
- Disconnect all power before servicing the exerciser.
- Connect the machine to a properly grounded outlet only.
- Do not operate electrically powered exerciser in damp or wet locations.
- Inspect the exerciser for worn or loose components before each use.
- Do not operate the exerciser if:
 1. The power cord is damaged.
 2. the exerciser is not working properly.
 3. The exerciser has been dropped or damaged.
- Read and understand this owner's manual completely before using.
- Set up and operate the exerciser on a solid, level surface.
- Do not modify the exerciser in any way.
- **Maximum user's weight : 100kgs.**
- **Machine weight: 8kgs.**

IMPORTANT VOLTAGE INFORMATION !

Before plugging the power cord into an electrical outlet, verify that the voltage requirements for your area match the voltage of the exerciser that you have received.

Check with your dealer for the exact voltage requirements. Use of wrong voltage will damage the exerciser.

GROUNDING INSTRUCTIONS

This exerciser must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.



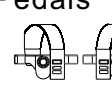

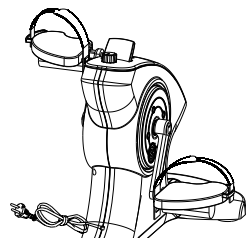



UNPACKING & ASSEMBLY

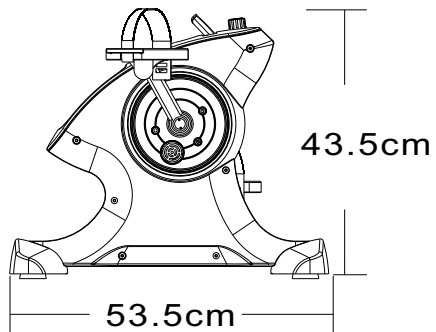
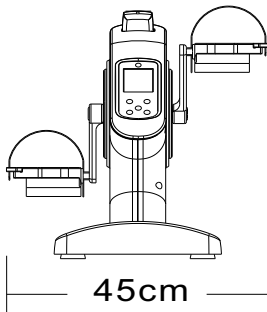
UNPACKING

⚠ WARNING :Use caution when assembling the bike. Failure to do so could result in injury.

NOTE: Each step number in the assembly instructions tells you what you will be doing. Read and understand all instructions thoroughly before assembling the exerciser.

1. Unpack the carton and take out all of the separated parts outside the carton.
2. Keep all packing materials for possible future need.

Main body 	Foot step  X2pcs	Pedals  X2pcs	Remote controller 
ASSEMBLY DRAWING 		M6 Bolt  X4pcs	Washer  X4pcs
		Wrench 	

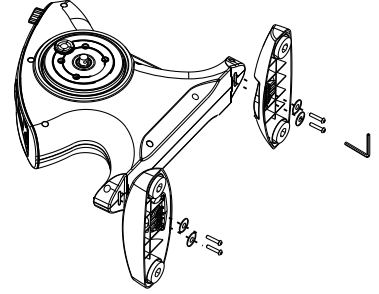


UNPACKING & ASSEMBLY

ASSEMBLY

ASSEMBLE TWO FOOT STEPS

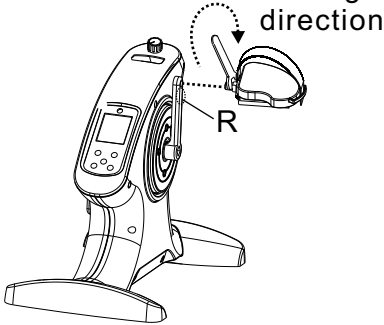
1. Secure two foot steps to the main body with four M6 bolts and four washers by using the wrench (Tighten the bolts).



ASSEMBLE TWO PEDALS

Assemble “R” pedal at right side by using the wrench.
Assemble “L” pedal at left side by using the wrench.

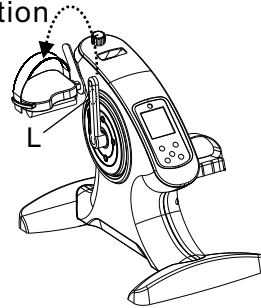
right side



right side

locking
direction

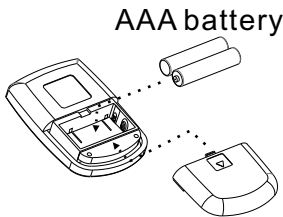
left side



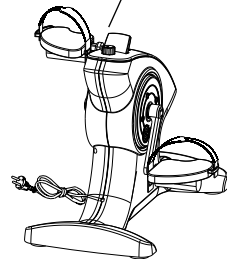
left side

PUT REMOTE CONTROLLER ON

Put AAA battery X2PCS into remote controller



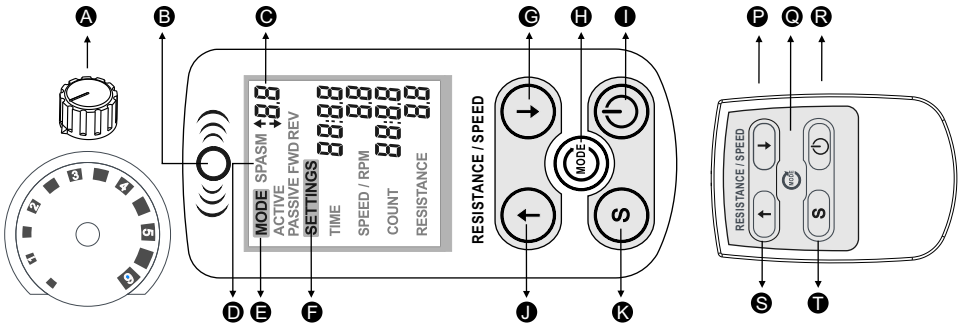
remote controller



* Remove batteries from remote controller when not in use for extended time.

COMPUTER OPERATIONS

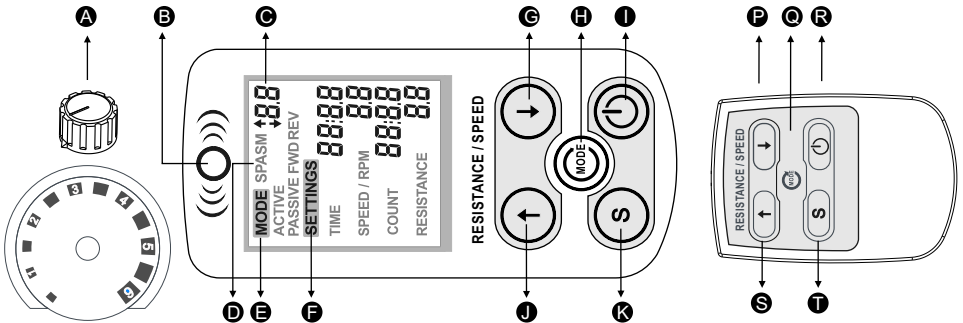
CONTROL PANEL FUNCTION



- A) **SAFETY KNOB**: adjust the intensity of motor power in **PASSIVE FWD / PASSIVE REV**. Scale 1 is least power. Scale 6 is most power.
- B) **INFRARED RECEIVER**: Receive the signal from remote controller.
- C) **DIGITAL DISPLAY**:
1. Indicate speed level – 1~10 level.
 2. Indicate E1 after RPM is over 90 – over speed protection. Press “S” to reset.
- D) **SPASM** : Light on when anti-spasm happen. Press “S” to reset.
- E) **MODE : TRAINING MODE**
- ACTIVE** – Resistive training mode. Resistance 1~10 level
 - PASSIVE FWD** – Motorized forward rotation. Speed 1~10 level
 - PASSIVE REV** – Motorized reverse rotation. Speed 1~10 level
- F) **SETTING**:
- TIME** – Indicate countdown time you exercise. 5~30 minutes
 - SPEED/RPM** – Indicate Revolutions Per Minute.
 - COUNT** – Indicate number of turns.
 - RESISTANCE** – Show resistance level under **ACTIVE**. 1~10 level
- G) **↓ DOWN KEY**:
1. Adjust speed down at passive training mode (**PASSIVE FWD / PASSIVE REV**).
 2. Adjust resistance down at active resistive training mode (**ACTIVE**).
 3. Set workout time.
- H) **MODE KEY**: Set training mode (**ACTIVE / PASSIVE FWD / PASSIVE REV**)

COMPUTER OPERATIONS

CONTROL PANEL FUNCTION



I) **POWER:** Start/stop exercise, wake up.

J) **↑ UP KEY:**

1. Adjust speed up at passive training mode (**PASSIVE FWD /PASSIVE REV**).
2. Adjust resistance up at active resistive training mode (**ACTIVE**).
3. Set workout time.

K) **S KEY:** Setting key

1. Press “S” to reset while in temporary stop.
2. Press “S” to reset while showing SPASM or E1(error 1)

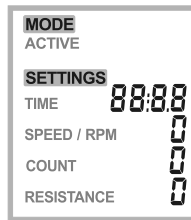
SCREEN WAKE UP: screen will be shut down 5 minutes later automatically when not in use, press any key to wake up screen.

COMPUTER OPERATIONS

COMPUTER OPERATIONS:

ACTIVE – Active resistive training(without motor power)

- 1). Power on.
- 2). Press “MODE” to select **ACTIVE**.
- 3). Press “ ↑/↓ ” to set workout time(5~30minutes).
- 4). Press “ ⏻ ” to start workout– pedaling by hands or feet.
- 6). Press “ ↑/↓ ” to adjust resistance level (1~10level).
- 7). Press “ ⏻ ” to stop temporarily, press “ ⏻ ” again to resume workout or press “ S ” to re-set.

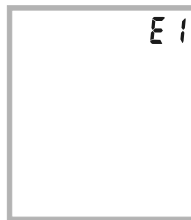


ACTIVE



OVER SPEED SAFETY FUNCTION

The machine is designed so that if the speed is over 90 RPM, the machine will beep and stop and show an E1 error screen (as seen below).



HOW TO SOLVE IT?

There are 3 methods to do the reset after showing E1.

1. Press “S” to reset from the machine.
2. Press “S” to reset from the remote controller.
3. Pull out the plug, then put it on to reset.



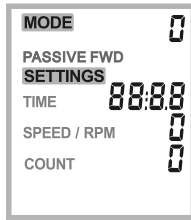
COMPUTER OPERATIONS

COMPUTER OPERATIONS:

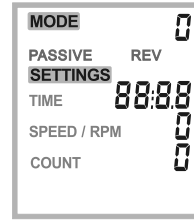
PASSIVE FWD /PASSIVE REV –

Passive training(motor power)

- 1). Power on.
- 2). Press “MODE” to select PASSIVE FWD or PASSIVE REV.
- 3). Press “↑/↓” to set workout time(5~30minutes).
- 4). Press “⏻” to start workout.
- 5). Press ↑/↓ to adjust speed level (1~10level).
- 6). Press “⏻” to stop temporarily, press “⏻” again to resume workout or press “S” to reset .



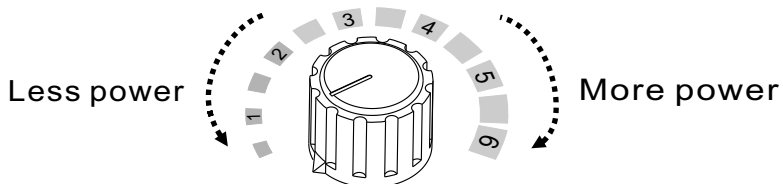
PASSIVE FWD



PASSIVE REV

MOTOR POWER CONTROL (AVOID RISK OF INJURY)

Care should be taken to avoid injury by using the lower power settings. Seek advice from a health professional before using higher power settings.

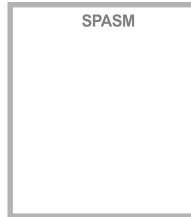


SAFETY KNOB

ANTI-SPASM FUNCTION



The machine is programmed with an anti-spasm function. While the user does the workout in passive exercise – PASSIVE FWD / PASSIVE REV. If the user has spasm. The machine will stop automatically.



HOW TO SOLVE IT?

There are 3 methods to do the reset after showing E1.

1. Press “S” to reset from the machine.
2. Press “S” to reset from the remote controller.
3. Pull out the plug, then put it on to reset.



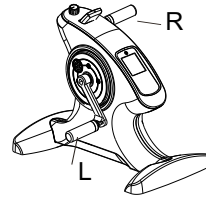
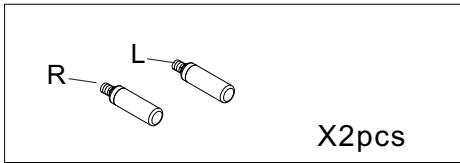
The sensitivity of the anti-spasm function will vary according to the motor power and extreme care must be taken to ensure that the motor power is adjusted according to the users physical condition. The lowest setting must be used when using for the first time.

OPTIONAL FUNCTION

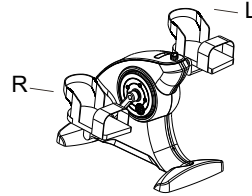
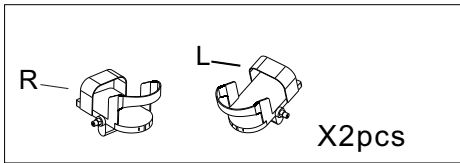
1. HAND USE HANDLEBARS
2. PROFESSIONAL FOOT USE PEDALS
3. REAR METAL BASE

1~3 are optional devices for some different and extra training. They are not standard specifications. Please check with your dealer or purchasing store when you need to purchase.

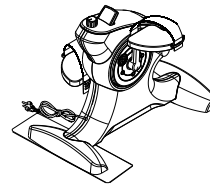
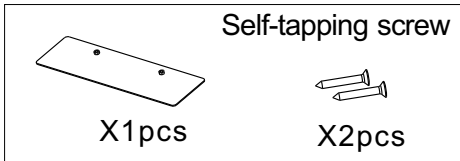
1. HAND USE HANDLEBARS



2. PROFESSIONAL FOOT USE PEDALS



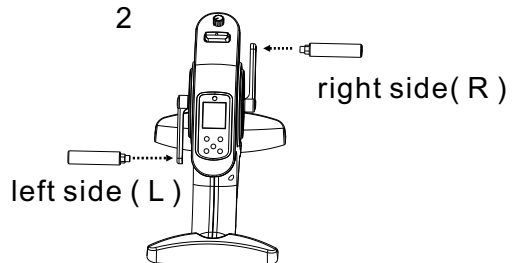
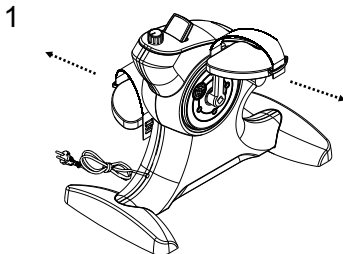
3. REAR METAL BASE



ASSEMBLY---HAND USE HANDLEBARS (right & left)



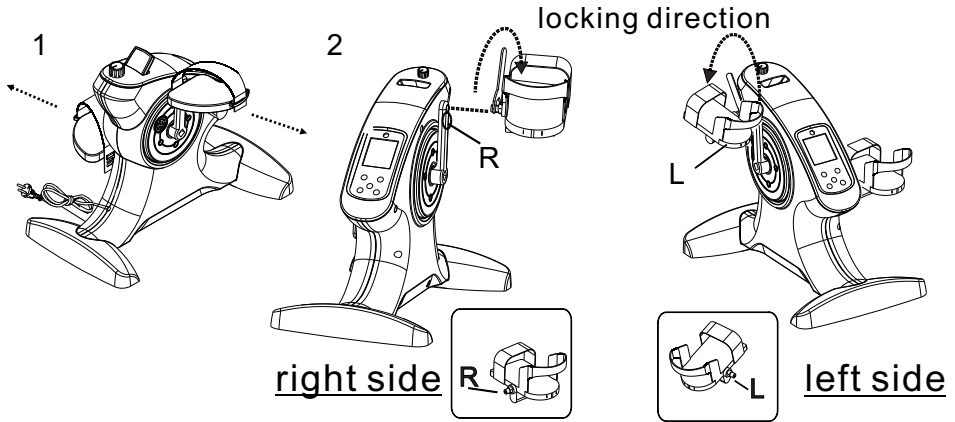
1. Remove standard pedals (right & left) by using the wrench.
2. Assemble hand use handlebars(right & left) on by using the wrench.



OPTIONAL FUNCTION

ASSEMBLE PROFESSIONAL FOOT USE PEDALS

1. Remove standard pedals(right & left) by using the wrench.
2. Assemble professional foot use pedals (right & left) on by using the wrench.

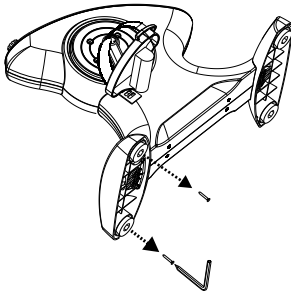


ASSEMBLE THE REAR METAL BASE ON

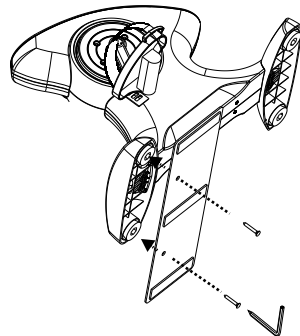
1. Remove two shorter self-tapping screws from the foot pads by using the wrench.
2. Secure the rear metal base and two foot pads to the main body with two longer self-tapping screws by using the wrench.



1



2



WARRANTY

WARRANTY

The importer warrants that the exerciser will be free from defects under normal use for a period of 12 months from the date of purchase by the original customer.

The importer will repair or replace, at our option free of charge any part found on examination to be defective in material and or workmanship within the warranty period.

Exclusions

All transportation costs associated with the submission and return of the repair or replacement under warranty as determined by the importer are the responsibility of the original customer.

Damage caused by misuse, negligence, accident, water, power surges or commercial use.

MOTORIZED EXERCISER	
MODEL No.	SupaPedal
VOLTAGE	240V
MOTOR POWER	30W cont./50W peak
SPEED	12~55rpm
MACHINE WEIGHT	8kgs
WARRANTY	12 months
ORIGINAL	Made in Taiwan

SupaPedal