

figure 1



Arms & Legs Exercise

To exercise your hands & lower abdomen, place the trainer on a non-skid floor and comfortably sit on a chair with the exerciser directly in front of you so that your knee joints are at an angle of not more than 90°

Once seated correctly on a stable chair, place feet onto the pedals and hands on handles, they should be easy to reach without overstretching, if not, adjust position.

Wear footwear with rubber soles to avoid slipping off the pedals.

Firmly grip the handles with your hands and rotate them with the support of your shoulders, arms and your wrists.

Commence pedalling. Adjust resistance to suit.

IMPORTANT SAFETY INFORMATION BEFORE USE

Read these instructions before using your Mini Bike

- DO NOT STAND ON THE TRAINER DURING EXERCISE. Only exercise in a seated position. Make sure the seat does not move or tilt.
- Always follow your physician's recommendations when planning your personal exercise program.
- You should be aware of your limits and adapt your exercise accordingly. Always use common sense when exercising.
- Keep children or pets away from the trainer when you are using it or when you leave it unsupervised.
- Any of the adjustment devices that could interfere with the user's movement should not be left projecting.
- Before use, make sure all screws are firmly tightened. The effect that the safety level of the equipment can be maintained only if it is examined regularly for damage and wear, e.g. ropes, pulleys, connecting points.
- Damaged parts have to be changed immediately and keep the equipment out of use until repair.
- Always use the trainer on a flat and level surface.
- Be sure to wear suitable shoes and proper clothing during exercise
- Injuries to health may result from incorrect or excessive training.
- **Max. loading weight: 40kg**

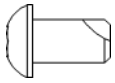
The RITZ range

RTZ-E-100 Arm & Leg Exerciser

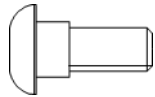


SCREW SETS LIST

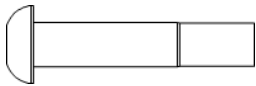
A #20 x 6pcs (M8 x 14mm)



B #8 x 2pcs (M8 x 21mm)



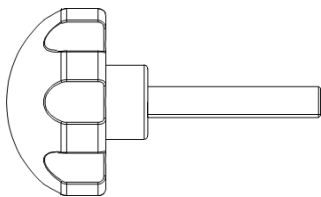
C #28 x 1pc (M8 x 14mm)



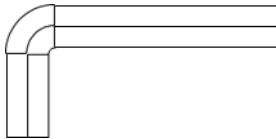
D #30 x 2pcs (M8 x 21mm)



E #23 x 1pc (M8 x 14mm)



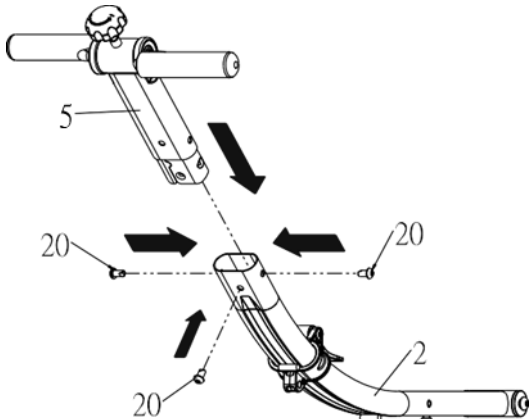
F Hex Key x 1pc M8 x 21mm



ASSEMBLY

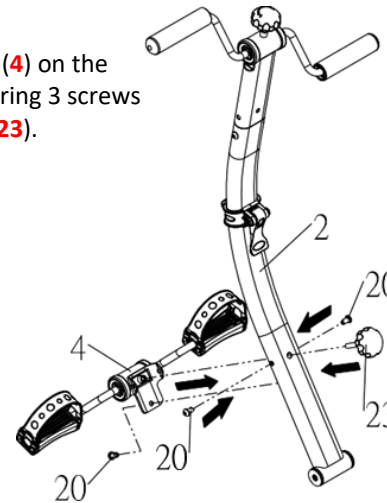
Step 1

Assemble parts (2) & (5) by securing 3 screws (20)



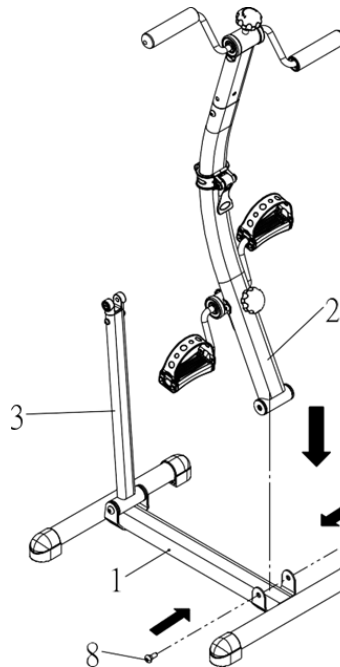
Step 2

Assemble the pedal set (4) on the upright post (2) by securing 3 screws (20) and bottom knob (23).



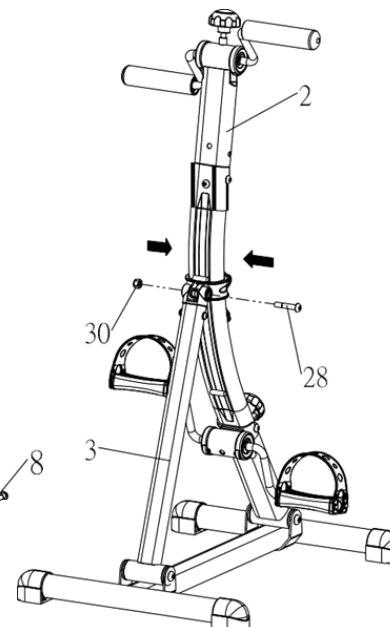
Step 3

Put the upright post (2) on the main base (1) and attach by 2 screws (8).



Step 4

Attach the front tube (3) to the upright post (2) and secure with screw (28) and nut (30)

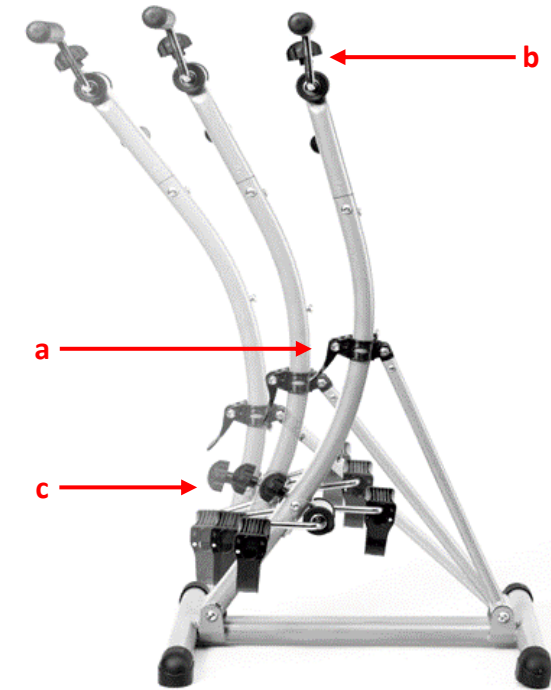


ADJUSTING HANDLE POSITION

Pull up LATCH (a) to unlock, adjust position of your reach.

ADJUSTING RESISTANCE

The TENSION REGULATOR for arms (b) and legs (c) allows you to adjust the resistance during exercise - clockwise to increase and anti-clockwise to reduce.



EXERCISES

This trainer can be used for effective aerobic exercise of your arms and legs.

To use the trainer as bicycle (figure 1)

Place it on the floor where the pedal movements will not be hindered by other objects. Make sure that the surface is horizontal and non-skid.

