

GADNIC

MANUAL DE USUARIO

Mini Bicicleta Fija Pedalera



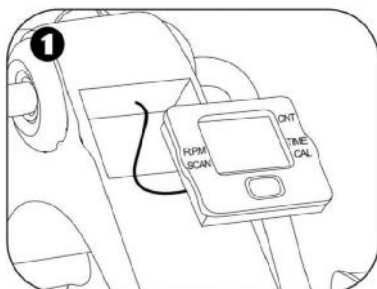
FITNES04

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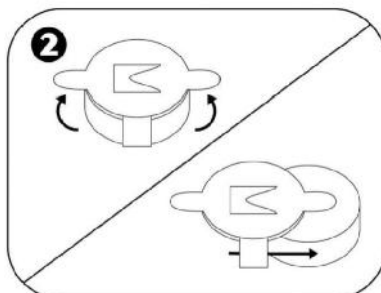
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Este ejercitador de Pedal es una Mini Bicicleta Estática compacta que se guarda convenientemente cuando no está en uso. Úselo regularmente para estimular la circulación sanguínea y aumentar la fuerza muscular. Es una excelente manera de disfrutar de un entrenamiento cardiovascular moderado. Colóquelo sobre una mesa para ejercitar los brazos o en el piso para disfrutar de un ejercicio tipo bicicleta desde su silla.

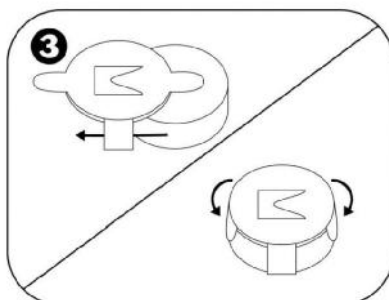
Funciones del Monitor



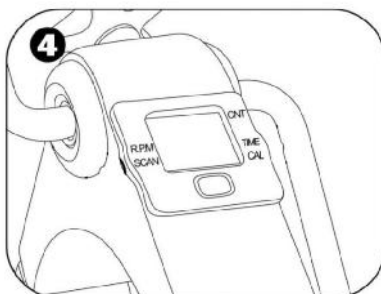
Retire la unidad de pantalla de su zócalo



En la parte posterior de la unidad de pantalla, levante las pestañas de la batería y deslícela hacia afuera.

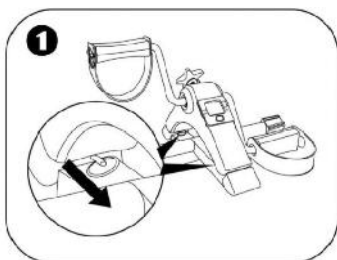


Inserte una nueva batería AG1 3 de 1.5V, Lado positivo hacia abajo y cerrar las pestañas.

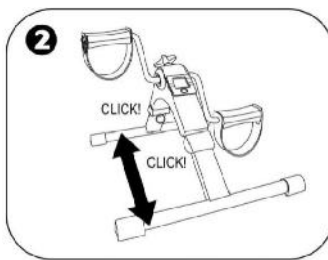


Vuelva a colocar la unidad de pantalla en su zócalo

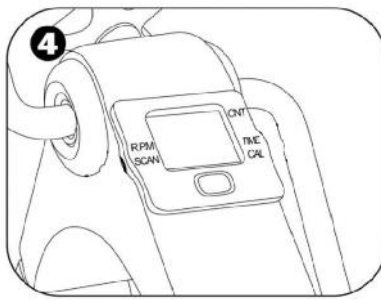
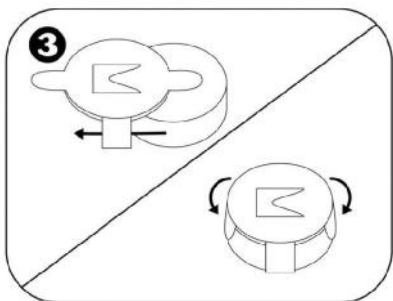
¡Fácil Configuración en 2 pasos!



Tire firmemente del anillo en la articulación de la pata del marco

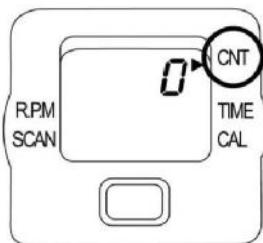


Tire de la pierna hacia afuera hasta que encaje en su lugar; repita con la otra pierna



Funciones de la Pantalla Digital

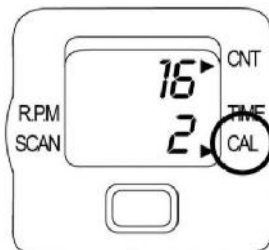
Para encender la pantalla, presione una vez el botón rojo o comience a pedalear. La pantalla se apaga automáticamente después de 4 minutos de inactividad. Todas las funciones de la pantalla se activan apenas comienza a pedalear y se detiene cuando se detiene. Para alternar entre ellos, presione el botón rojo hasta que la flecha apunte a la función deseada.



CNT: Número de rotaciones completadas



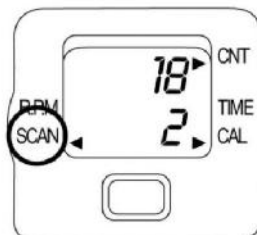
TIME: Duración del entrenamiento.



CAL: Calorías quemadas estimadas



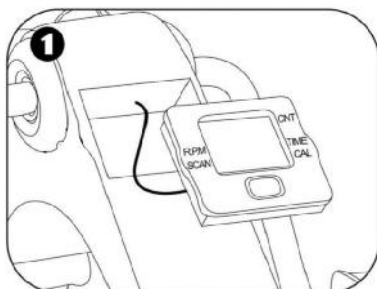
R.P.M.: Rotaciones por minuto



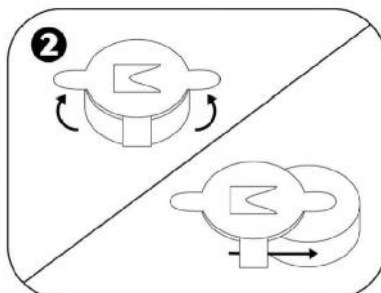
SCAN: Alternar

Esta Pedal Exerciser é uma mini bicicleta ergométrica compacta que pode ser guardada convenientemente quando não estiver em uso. Use-a regularmente para estimular a circulação sanguínea e aumentar a força muscular. É uma ótima maneira de desfrutar de um treino cardiovascular moderado. Coloque-a sobre uma mesa para exercitar os braços ou no chão para desfrutar de um exercício semelhante ao da bicicleta em sua cadeira.

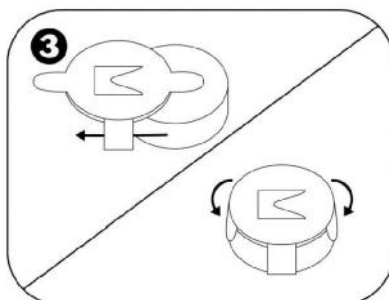
Funções do monitor



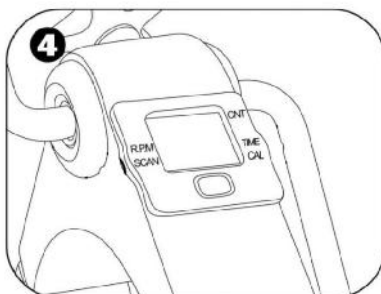
Remova a unidade do monitor de seu soquete



Na parte traseira da unidade de exibição, levante as abas da bateria e deslize a bateria para fora.

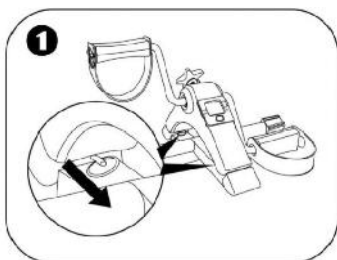


Insira uma nova bateria AG1 3 de 1,5 V, com o lado positivo para baixo, e feche as abas.
Feche as abas.

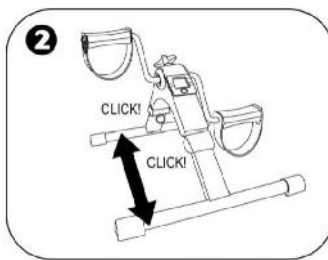


Recoloque a unidade do visor em seu soquete.

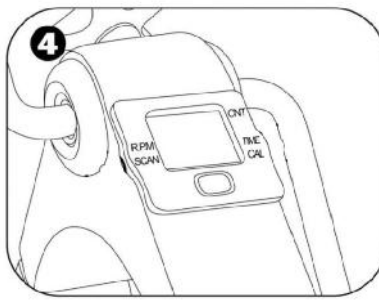
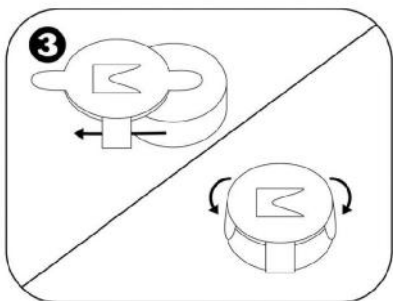
Configuração fácil em duas etapas!



Puxe firmemente o anel na junta da perna da estrutura.

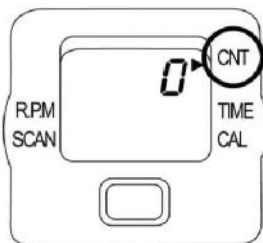


Puxe a perna para fora até que ela se encaixe no lugar; repita o procedimento com a outra perna.



Funções do visor digital

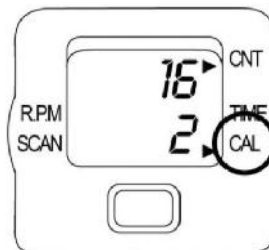
Para ligar o visor, pressione o botão vermelho uma vez ou comece a pedalar. O visor se desliga automaticamente após 4 minutos de inatividade. Todas as funções do visor são ativadas assim que você começa a pedalar e param quando você para. Para alternar entre elas, pressione o botão vermelho até que a flecha aponte para a função desejada.



CNT: Número de rotações concluídas



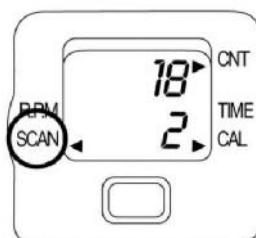
TIME: Duração do treinamento.



CAL: Estimativa de calorias queimadas.



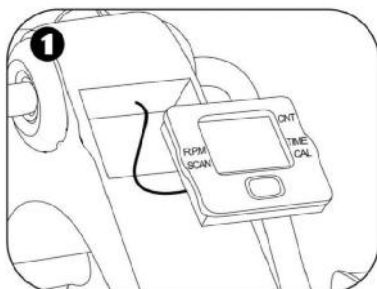
R.P.M.: Rotações por minuto



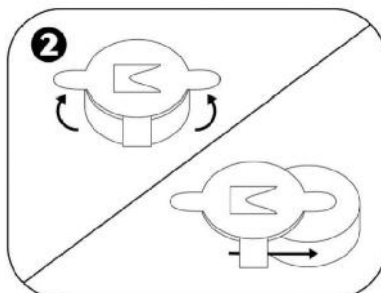
SCAN: Alternativa

This Pedal Exerciser is a compact Mini Exercise Bike that conveniently stores when not in use. Use it regularly to stimulate blood circulation and increase muscle strength. It's a great way to enjoy a moderate cardio workout. Place it on a table to exercise your arms or on the floor to enjoy a bike-like workout from your chair.

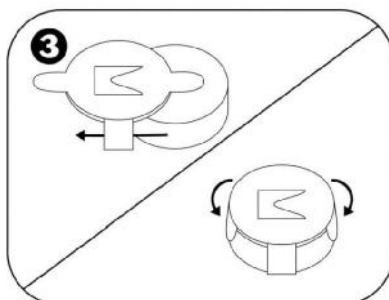
Monitor Functions



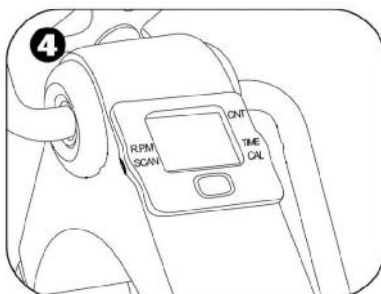
Remove the display unit from its socket.



On the back of the display unit,
lift the battery tabs and slide the battery out.

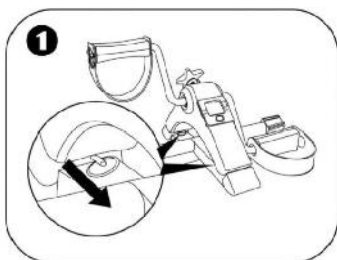


Insert a new 1.5V AG1 3 battery, positive
side down and close the tabs.
close the tabs.

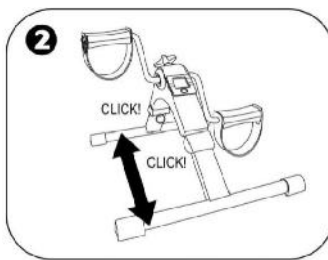


Replace the display unit in its socket.

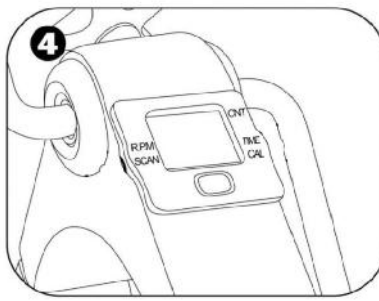
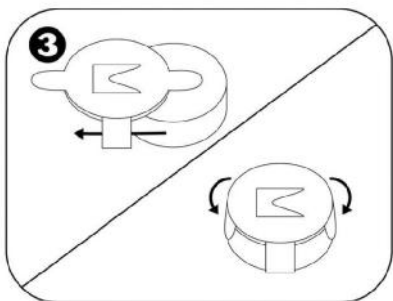
Easy Configuration in 2 steps!



Pull firmly on the ring at the frame leg joint.

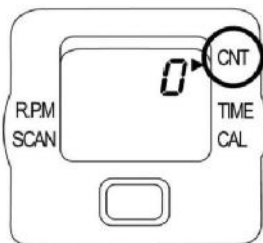


Pull the leg out until it snaps into place; repeat with the other leg.



Digital Display Functions

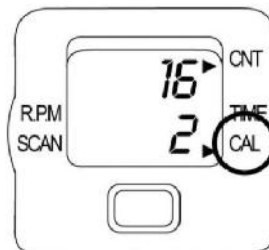
To turn on the display, press the red button once or start pedaling. The display turns off automatically after 4 minutes of inactivity. All display functions are activated as soon as you start pedaling and stop when you stop. To toggle between them, press the red button until the flecha points to the desired function.



CNT: Number of revolutions completed



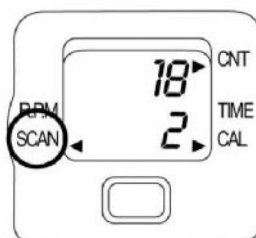
TIME: Duration of training.



CAL: Estimated calories burned



R.P.M.: Rotations per minute



SCAN: Alternate



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