CAUTION

- If an irregular heartbeat or dizziness occurs during usage, stop immediately and contact your physician.
- Be extra careful of long hair and loose clothing for they might get caught in the machine.
- If the machine becomes damaged in any way both appearance and mechanical do not use the machine. Unplug the machine and contact HealthCare International.
- During usage if a strange odor occurs, or the machine begins to smoke or over heats, unplug the machine immediately.
- Please make sure that the wheel chair or chair that you are sitting on is properly secure before usage.
- Please do not use the machine barefooted. Wear proper shoes when using the machine.
- This machine is intended for one individual to use at one time. Do not attempt to use the machine with more two or more people.
- If the electrical cord is damaged in any way please do not use the machine in case it will cause an electrical fire.
- If there is water or water vapors on the electrical cord, please do not use the machine.
- Do not use the machine in high temperature or in a sauna, it might cause damage to the machine.
- Please do not use a foreign object to strike the machine or drop the machine it will cause damage to the machine.
- Make sure to unplug the machine after usage.
- Please do not attempt to repair or alter the machine in any for it might cause the machine to malfunction.
- When using please remember to set the timer, speed and settings.

PRODUCT CARE

- Do not store the product in high temperature or heavy moisture.
- Always unplug the electrical cord.
- If the machine is dirty, use a basic cleaning solution to clean the machine. Do not use an acidic cleaning solution.
- Do not place heavy objects on the machine it might cause the machine to become deformed and cause malfunctions.
- Do not take apart the machine or try to modify it in any way.
- Over time if any damage occurs to the machine or the electrical wires, please contact HealthCare International

ADVANTAGES

I. Maintains flexibility
II. Strengthens muscles
III. Improves circulation
IV. Improves stamina
V. Enhances overall wellness

SPECIFICATIONS

- Material: Steel and ABS
- Grip and pedal: Polyurethane
- Dimension: approx. 27 x 22 x 32-40 (high) in
- Power: 115V/60Hz
- Timer: 1-30 minutes
- Rotation frequency: approx. 18 to 80 per minute
- Electrical cord length: approx. 8'
- Unit weight: approx. 30 lbs
- Automatic Stop Protection System
ACCESSORIES

1. HANDLE X 2 PCS
2. PEDAL X 2 PCS
3. BOTTOM STAND X 1 PCS

TOOLS

1. WRENCH X 2 PCS
2. MULTI-FUNCTION WRENCH X 1 PCS

HOW TO ASSEMBLE

1. Use to tighten the “Air Pressure Shock”

2. Use to tighten the Handles.

3. Use “L” in the left side (Reverse Thread)
   “R” in the right side

4. Use “L” in the left side (Reverse Thread)
   “R” in the right side

Use to screw the “Bottom Stand”

Use to tighten the “Pedals”.
HOW TO OPERATE THE AUTO-EXERCISE BIKE

- Please insert the power plug into the socket
  (panel will display the red light)
- Please power on the handle and pedal button
  (panel will display the time)
- Place both arms / legs on cranks / pedals
- Please use the up and down button to set the time
  (from 1 to 30 minutes)
- Switch display speed button (the speed light will show up)
- Please use the up and down button to adjust the speed that
  you want (from 1 to 15 levels)

Caution: The user must put their both feet on the pedal when
set up the speed and the speed must to match the user’s
situation. Excessive speed may cause harm.

--- The distance and calories will be showed on the panel.
--- The distance is from 0-6 miles
--- When the setting time is up, the machine will automatically
turn off. All the data will turn to zero.
--- Turn off the machine before leaving.
--- Time, distance and calories are for reference.
  The actual data may vary.

COMPANY INFORMATION

HealthCare International
PO Box 1509 Langley, Wa 98260
Tel: 360.321.7090
Fax: 360.321.7091
Web: www.HCIFitness.com
E-Mail: sales@hcifitness.com

WARRANTY INFORMATION

<table>
<thead>
<tr>
<th>Product Name</th>
<th>eTrainer</th>
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<tr>
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<td>Warranty Information</td>
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