



Mini Bike



User Manual

MAX-MC0194H





COMPANY PROFILE

After two decades of experience in the health industry, **maxcare** founder utilized his knowledge and expertise in massage therapy from an Asian-Pacific perspective to establish our brand - **maxcare**. Our massage therapy business was expanded to Hong Kong in 2012 and is conferred 2017 Hong Kong Top Brand Award. Based in Hong Kong, we are specializing in design & innovation, manufacturing, and retailing of massage and healthcare products.

Believing in the value of 'Technology improves our quality of life' and 'Caring for your family', **maxcare** has been innovating highly qualified products with international patents. Besides, **maxcare** products fulfill various international safety standards, namely EU CE Mark, US UL/ETL Mark, Germany GS Mark, TUV certification, and China CCC Mark.

Motivated by our value, **maxcare** founder has been leading us to be one of the most competitive brands in Hong Kong health industry. **maxcare** applies the contemporary fashion design – neat and modern – on the mechanical engineering of massage chairs. To deliver our value and offer incredible massage experience and healthcare solution to the public, **maxcare** devotes to the innovation, design, manufacturing the top-notch family massage products. By integrating the company philosophy – Spirit Of Healthy Life - into our products, **maxcare** brings health to everyone.

Mini Bike

Thank you for purchasing the Maxcare products. Before using the product, please read this manual thoroughly, particularly the Safety Precautions section, for the correct use of the product.

This manual should be well kept for easy reference. It enables you to perform a safe and efficient operation.

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Safety Precautions



1. Important safety warning

- Please read this manual instruction carefully before operation.
- Keep children and pets away from the movable parts of this product to avoid accidents caused.
- When in use, sliding or transporting, please ensure that there are no people or pets nearby (the back, bottom, front and sides of the product), to avoid accidents.
- Please use well-grounding power supply suited to this product.
- Please pull out the plug after use or before cleaning to avoid injury or damage to the product.
- Don't use accessories which are not recommended.
- Any other usage that is not listed in this manual instruction is forbidden.
- Please don't use it if the cover or accessories is damaged.
- Please don't use it within one hour after having meal.
- Do not use excessive force when using this product to avoid injury.
- Don't abruptly start intense exercise on the machine, especially for those who don't work out often.
- If the power cord is damaged, don't attempt to change on your own. Please contact us for repair for safety reason.
- It is forbidden to place heavy objects on top of the product.
- It is forbidden to let children use or play with the product.
- It is forbidden to sleep on the product.
- It is forbidden to use while drunk or sick.
- It is forbidden to put fingers or other foreign objects into the gaps, to prevent harm or malfunction.
- It is forbidden to operate the console with wet hands.
- People whose bodies are wet are forbidden to use this product.
- Do not disassemble the internal components of the product to avoid the potential damage.
- Anyone else, except maintenance personnel specified by our company, should not disassemble, maintain, or remodel this product. If any problem, please contact us immediately.



2. Environment for usage

CAUTION

- Please don't use it under high temperature and moist environment such as bathrooms.
- Please don't use it immediately while the environmental temperature changes sharply.
- Please don't use it under heavy-dusty or caustic environment.
- Please don't use it where there is not enough space or not good ventilation.
- Please switch off the power and unplug the machine after use.
- Please don't use it when surrounding temperature is up to 40°C.
- Please don't use it when surrounding temperature is below 5°C. The lubricant can thicken quickly and increase the friction between parts.
- Do not use during lightning strikes and pull the power plug away from the power socket.
- Don't use outdoor.
- Don't place it near fire or directly under the sun.
- Place the product on a flat surface.
- When moved from a low-temperature storage to a warm environment, the moisture inside the machine may affect, or damage, its functionality. Please rest the product within room temperature for 1 hour before use.



Safety Precautions



3. People who have the below symptoms, please consult a doctor before use

- People who are receiving medical treatment, especially physically unfit, are not suitable to use this product.
- People who have cancers, acute illnesses, heart diseases, or severe high blood pressure, etc. are not suitable to use this product.
- Pregnant women or women that are in menses period are not suitable to use this product.
- People who are suffering from fever are not suitable to use this product.
- People who are suffering from heart diseases or carrying electronic medical equipment such as a heart pacemaker are not suitable to use this product.
- People who got injured or skin diseases are not suitable to use this product.
- Children under 14-year old or people mentally unbalanced without being supervised are not allowed to use this machine.
- People who are told by doctor to have rest or people who feel unwell.
- People who have/ had back pain, or legs, waist, neck numbness/ injuries (disc herniation, spondylosis and cervical protrusion, etc. patients) are not suitable to use this product.
- People who have rheumatoid arthritis, rheumatism, gout are not suitable to use this product.
- People who have osteoporosis are not suitable to use this product.
- People who have respiratory difficulties are not suitable to use this product.
- People who have blood circulation problems such as thrombosis, severe aneurysm, or acute venous tumor, or infectious skin diseases are not suitable to use this product.
- People who have perception disorders due to diabetes are not suitable to use this product.
- People who have open wounds are not suitable to use this product.
- People who have spinal abnormalities or spine curvature disorders are not suitable to use this product.
- People whose health condition is poor are not suitable to use this product.
- People who aim for recovery are not suitable to use this product.



4. Safety

OPERATION INSTRUCTIONS

CAUTION

- This device have auto-protection function; When any accident happened (like sudden stop manually or other reason), the machine will automatically terminate power supply after 10 seconds in order to protect motor and other electronic components.
- The correct usage of this product is to relax the legs/ arms. The machine will direct the physical movements of the said legs/ arms. No external force to move in the opposite direction is allowed.
- Only one person at a time.
- Recommended usage time of this product is within 30 minutes/ session.
- Please make sure the product is correctly and firmly assembled every time before use to avoid accidents.
- This is a household item - not suitable for public use such as in schools or gyms.
- Please don't use it other than for training purpose.
- Please wear suitable clothing to avoid any clothing items being pulled into the machine.
- Please don't treat it as a toy, guardians should pay extra attention.
- Don't use other therapy devices while using this product.
- This product is not to be used for medical treatment purpose.
- It is possible to place a mat underneath the machine to avoid damage to the floor.



Safety Precautions

- For safety reason, maintain a minimum of 0.5m between the product and others when use.
- Before use, check if the machine and its parts are damaged. If so, don't use it and contact us for repair.
- Check if the voltage is suitable to the specification of this product.
- Do not use wet hands to pull the plug.
- Do not allow water to get into the product, to avoid electric shock or damage to this product.
- Do not pull or drag the power cord when unplugging. Please be gentle.
- Do not damage the wires or change the circuit of this product.
- Do not use wet cloths to clean the electric parts such as the switch and plug.
- Be away from this product during power cut to prevent injury in case power resumes suddenly.
- Stop using this product if there appears any irregularity, and please contact us immediately.
- Stop using this product if it causes discomfort, and please consult a doctor.
- This appliance is not intended for people (including children) with reduced physical, sensory or mental capabilities, or a lack of experience and knowledge, unless they are under supervision or instruction concerning the use of the appliance by a person responsible for their safety.
- Children should be supervised to ensure that they don't play with the appliance.
- This product is not designed for long-time use. Allow a 30-minute break (power off) for every one hour use. Long-time use could cause overheating and malfunction.
- Please plan workout routine according to own health condition and fitness. Inappropriate or excessive training could be harmful.
- If the power cord is damaged, it must be replaced by us in order to avoid a hazard.
- Keep the power cord away from hot or moving objects.
- Please cut off power and pull out plug before moving.
- If the product is found damaged, broken, suffering from power leakage, or with exposed parts, please stop using it.



5. Maintenance

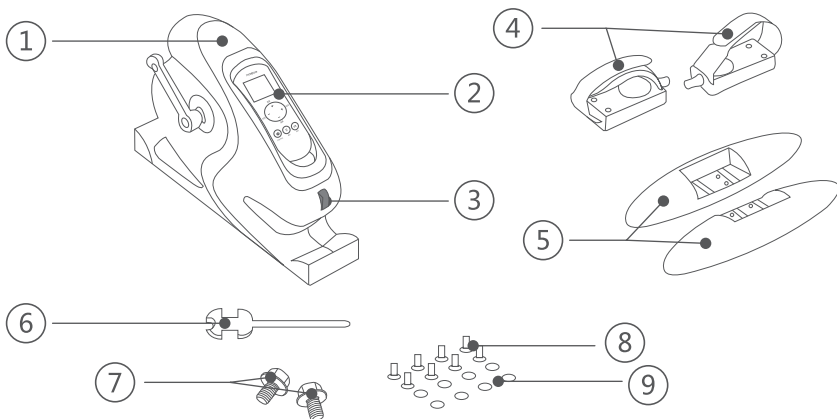
- This product should be maintained by us, users are prohibited to disassemble or maintain by themselves.
- Please always turn off the main power after use.
- Do not use this product if the socket is loose.
- If this product is to be left idle for long, please tie up the power cords and keep it in dry and dustless environment.
- Don't keep this product at a high temperature or near fire. Don't keep under direct sunlight.
- Please clean this product with dry cloths. Don't use thinner, benzene or alcohol.
- The mechanical components of this product are specially designed and made, it is not necessary to be specially maintained.
- Don't point sharp objects at this product.
- Don't roll or pull this product above uneven ground, it should be lifted before moving.
- Please use it intermittently; don't keep it continuously running for long.



6. Solution of ordinary malfunctions

- If can't work normally, please check the plug and socket if they are connected, and make sure the switch is turned on.

Name and Function of Components

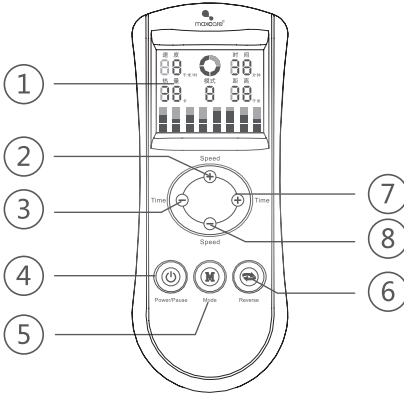


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|------------------|----------------------|
| 1) Main Unit | 6) Installation Tool |
| 2) Controller | 7) Anti-slip Screw |
| 3) On/Off Switch | 8) Head Screw |
| 4) Pedal | 9) Spacer |
| 5) Base | |

Function

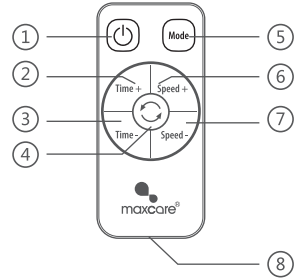
- Mini Bike can drive muscles at waist and belly to movement through arms and legs exercising as well as remove the extra fattiness to get a perfect body shape.
- Mini Bike adopts the passive dragging theory to take arms and legs to exercise. It can improve the flexibility of arthritis, enhance the muscles, and accelerate arms and legs movement recovering. It also can increase life quality for old people as well as provide a complementary therapy.
- Slimming It can exercise the arms and legs muscles together drive the belly and waist into movement. It enhances the skin and build up the slim body shape.
- Caring Arthritis It provides great help to prevent the arthritis, increasing the nerves centralis and maintain the enthusiastic energy.
- Complementary Recovering It increases the blood circulation and accelerates the arms and legs function recovering. It also can increase life quality for old people as well as provide a complementary therapy.

⚙️ Name and Function of Components



Main Controller

- 1) LCD Display
- 2) Increase Speed
- 3) Decrease Time
- 4) On/Off
- 5) Select Mode
- 6) Rotation Direction
- 7) Increase Time
- 8) Decrease Speed

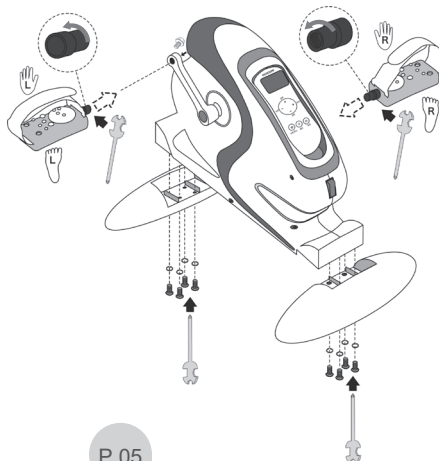


Remote Controller

- 1) On/Off
- 2) Increase Time
- 3) Decrease Time
- 4) Rotation Direction
- 5) Select Mode
- 6) Increase Speed
- 7) Decrease Speed
- 8) CR2025 Battery Cover

⚙️ Product Installation

Assembly



Product Installation

Using Remote Controller

Please target the IR emitting point(Diagram 1) to IR receptor in main unit(Diagram 2) then you can operate the machine by choosing different buttons.



IR emitting point
(Diagram 1)



(Diagram 2)

Changing Battery

Please open battery compartment(Diagram 3), follow the "+" mark on the cover to install CR2025 battery correctly(Diagram4).



Battery Cover
(Diagram 3)



(Diagram 4)



How to Use

Button Function

I. Power Switch

Red rectangular switch located under main controller. When the switch is "O", the power supply is turned off. When the switch is turned to "I", the red indicating light will light and the power supply will be connected.

II. "⏻" Button

After power supply connected, please press this button, LCD display will light and the machine will enter "Standby" mode for setting operation with any buttons.

III. "M" Button

This button is mainly for choosing program mode. Pressing this button can toggle the switching from Mode 0 to Mode 5.

Mode 0: Manual Mode Time, Speed, Direction can be set with function buttons at your will.

Mode 1: Automatic Mode Speed Mode(km/h) : 3 - 4

Mode 2: Automatic Mode Speed Mode(km/h) : 3 - 4 - 5 - 4 - 3 - 4

Mode 3: Automatic Mode Speed Mode(km/h) : 3 - 4 - 5 - 6 - 5 - 4

Mode 4: Automatic Mode Speed Mode(km/h) : 4 - 5 - 6 - 5 - 4 - 3

Mode 5: Automatic Mode Speed Mode(km/h) : 4 - 3 - 4 - 5 - 6 - 5

IV. "Speed" button "+" and "-"

Under Manual Mode (Mode 0), "+" and "-" can set the rotating speed: 3km/h <-> 4km/h <-> 5km/h <-> 6km/h. Under other modes, this button will be set invalid.

V. "Time" button "+" and "-"

Under Manual Mode (Mode 0), "+" and "-" can set the operation time: 3min <-> 6 min <-> 9 min <-> 12 min <-> 15min. Under other modes, this button will be set invalid.

VI. "↺" button

Under any modes, pressing this button can change rotating direction.

Operation instructions

- Plug in power supply. Turn on power switch, enter "Standby" mode;
- Press ON/OFF button on controller, LCD display will light, Default mode will be under Mode 0; Press "Speed +" button, the machine start working, then adjust the time with "Time +" & "Time -" button, speed with "Speed +" & "Speed -" to set for your desired speed and time.



How to Use

Important Notes

- Before using the product, consult a doctor and get a body check-up. It is advised to get doctor's approval prior to any frequent and intense workout. In case of discomfort while using the product, stop immediately and consult a doctor. Correctly use this product as it is designed to be, read carefully this manual before workout.
- When unattended or idle, keep away children and pets.
- Before use: Plan workout routine based on body condition. Those who have not exercised for years, or are overweight, increase workout duration gradually – adding a few minutes every weekly is fine.



Warning

- Mindfully assemble the product, do not break.



Cleaning and Maintenance

Cleaning

- Use a vacuum cleaner or soft cloth to clean the surface of the product and the surrounding area to extend its expected lifespan.
- Do not use corrosive cleaning agents like benzene or thinner to clean the product.

Maintenance

- No additional maintenance is needed for this product.
- If the screen is not working or error, please check with the table below.
- Remove the batteries if you are not using the product for a long period of time.



FAQs and Solutions

Issues	Solutions
Product not functioning	<ol style="list-style-type: none"> 1. Check if the power cord is well 2. Check if the power plug is connected to power source 3. The product has automatically stopped working after long time of operation to protect the engine from overheating. Please stop using for 30 to 50 minutes
Control panel is not reacting and the product stops working	<ol style="list-style-type: none"> 1. Auto timer is up. Press the power button again to start massage. 2. Turn off power and restart again.
No response to the remote control	<ol style="list-style-type: none"> 1. Battery low, please replace battery

If the abnormal situations persist after taking the above solutions, please contact us.



Technical Specifications

Product Name	: Mini Bike
Product Model	: MAX-MC0194H
Input Voltage	: 220V
Rated Frequency	: 50Hz
Rated Power	: 70W
Rated Time	: 3-15minutes (adjustable)
Battery	: DC 3V
Remote Control	: CR2025 Button Cell
Product Gross Weight	: 5.67 kg
Product Net Weight	: 4.99 kg
Product Size	: 490 x 450 x 290mm
Packing Size	: 425 x 295 x 235mm



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