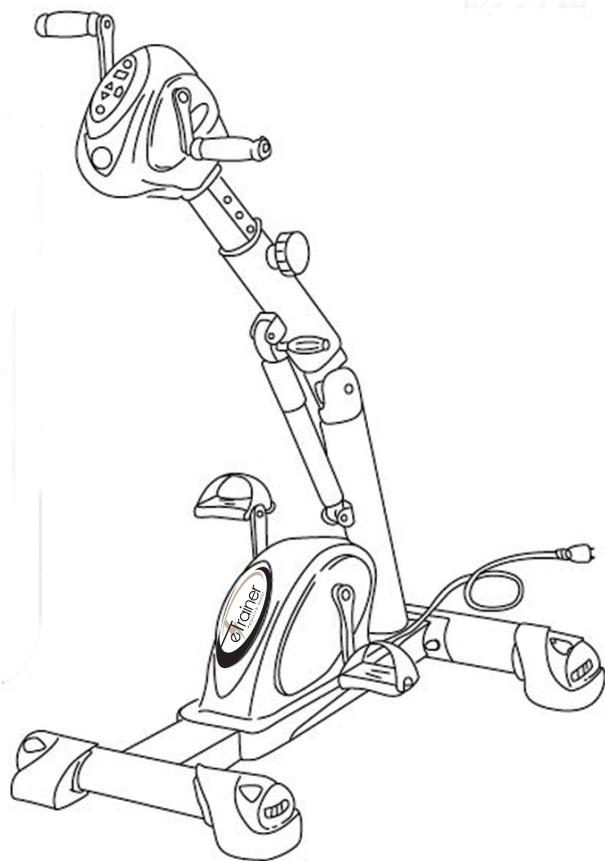


# Instruction Manual

eTrainer



## 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 screw the "Bottom Stand"

3.



Use  to tighten the Handles.

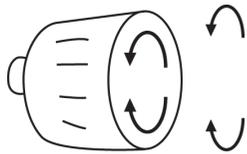
4.



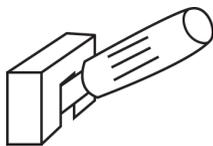
Use  to tighten the "Pedals".

## OPERATING THE MACHINE

- When using the product, please make sure that the machine does not slide and is properly secured. It is suggested that the machine be use on a level surface.
- Make sure that wheel chair or chair is properly secure in place. Make sure that it does not move or slide around for it might cause accidents.
- If the place where you are using the machine is not on a level surface, please adjust the machine so that it is secure and safe to use.
- The display can be adjusted to fit to a user's specific needs.
- To adjust the display for a user's needs, use the nut to extend or contract the machine.



**To adjust the level of the arm panel / handle**



**To adjust the angle of the arm panel / handle**



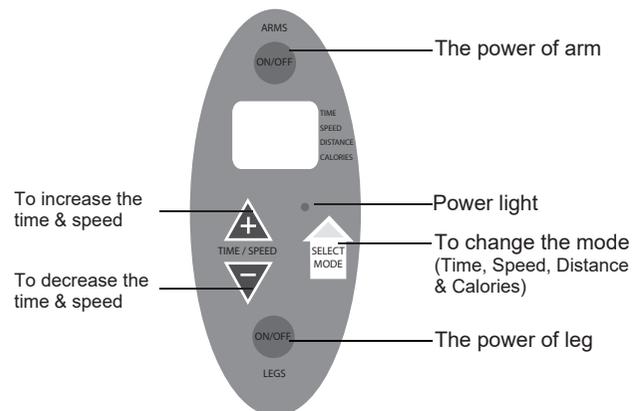
**To adjust the bottom of the machine**

## HOW TO OPERATE THE AUTO-EXERCISE BIKE

- Please inset 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 booth 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

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 Fax: 360.321.7091  
 Web: www.HCIFitness.com  
 E-Mail: sales@hcfifitness.com.com

## WARRANTY INFORMATION

Product Name	eTrainer
Item Number	E-PAT
Warranty Information	Parts: 1 Year Frame: Lifetime
Record Serial No.	
Customer Information & Notes	