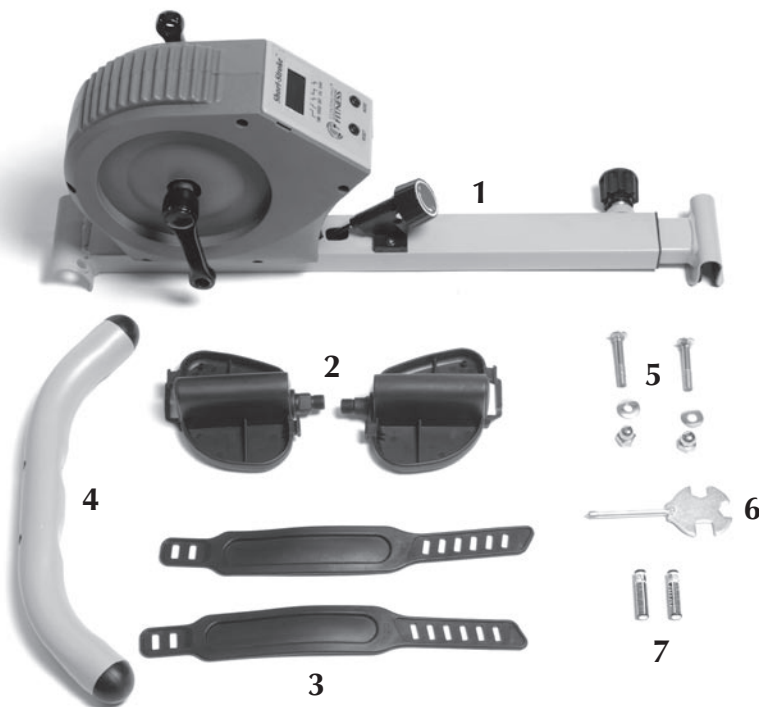




OWNER'S MANUAL

Short Stroke™ Mini-Bike

Model No. CFC-170



Parts included in the box with the CFC-170 "Short Stroke" Mini-Bike:

1. Main frame
2. Pedals (marked "L" and "R")
3. Pedal straps (marked "L" and "R")
4. Frame support bar
5. Bolts for frame support bar
6. Wrench to tighten bolts
7. Batteries for exercise meter

Assembly Instructions



1. First, attach the forward cross bar to the frame. Place bolts in both holes, then add washers and tighten the nuts.



2. Attach right pedal to crank. This pedal is marked "R" for right and tightens by turning clockwise. Tighten by hand and do not over-tighten.



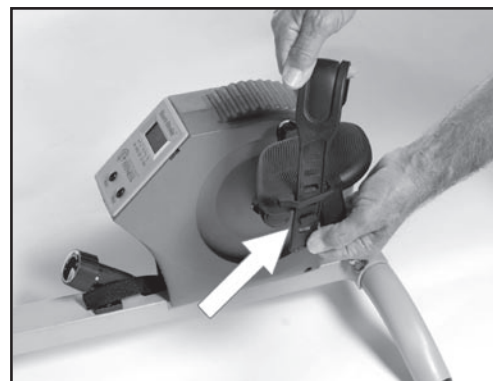
3. Attach left pedal to crank. This pedal is marked "L" for left and tightens by turning **counter-clockwise**. Tighten by hand until snug, then use wrench for last 1/4 turn only.



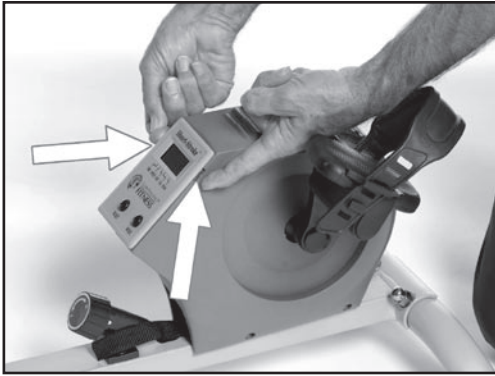
4. After turning pedal bolts by hand, use the wrench to tighten the pedal bolts for the final 1/4 to 1/2 turn only. Do not over-tighten.



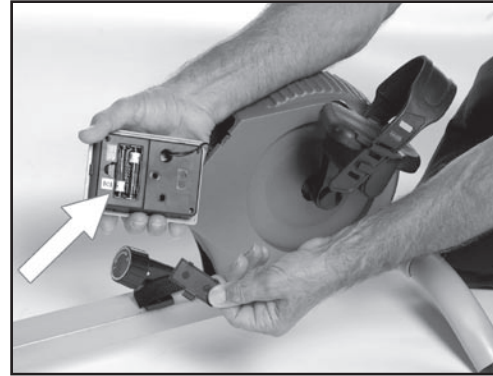
5. Attach the pedal straps to each pedal, starting at the inside of the pedal. Each strap is marked with either an "L" for left side or "R" for right side.



6. Attach the inside of each pedal strap first, then adjust the length of the strap on the outside of the pedal.



7. You must remove the exercise meter to install the batteries. Pull up on the tabs on each side of the meter to lift it from the mounting base.

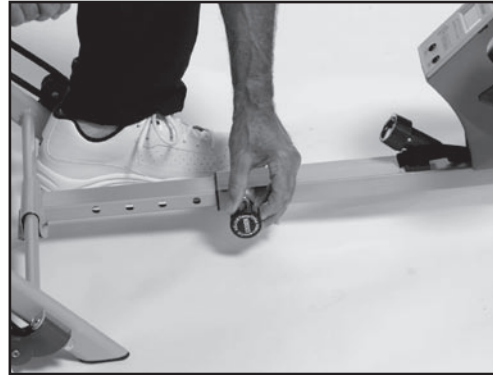


8. Install AA-size batteries into the back of the exercise meter and replace the battery cover prior to re-mounting the exercise meter.

Using Your Mini-Bike



The first step to using the Mini-Bike is to attach it securely to the front crossbar of the Resistance Chair.



The distance to the pedals can be adjusted by this knob. **After selecting distance, turn knob clockwise to lock it in position. This eliminates side-to-side movement.**



Use the knob at the top of the frame to adjust the amount of resistance.



The resistance belt inside the Mini-Bike housing might require occasional tightening. If so, turn the resistance knob counter clockwise to the lightest resistance, pull up on belt buckle, pull strap snug, then close buckle.

Using the Exercise Meter

Functions and Operations

Auto Start: As long as the machine is in motion, the meter is in action. If there is no moving within 3 minutes, the meter turns off automatically.

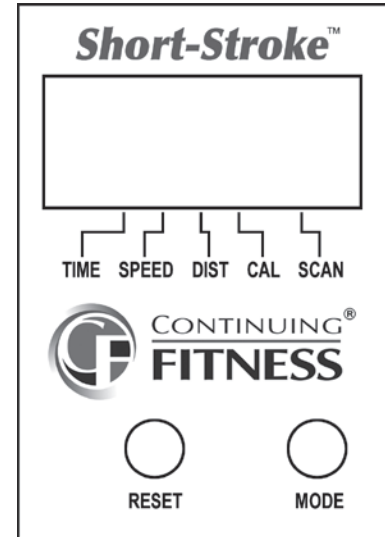
Auto Scan: While pressing the MODE button until the ARROW points to **SCAN**, the meter will rotate through all 4 scannable functions- Speed, Distance, Time, and Calorie. Each display will be held for 5 seconds. The RESET button cannot be used during this function.

Current Speed: While pressing the MODE button until the ARROW points to **SPEED** and the ARROW pointing to SCAN is not displayed on the LCD, the current speed is displayed continuously.

Trip Distance: While pressing the MODE button until the ARROW points to **DIST** and the ARROW pointing to SCAN is not displayed on the LCD, the trip distance is displayed continuously. Pressing the RESET button will reset the function value to zero.

Elapsed Time: While pressing the MODE button until the ARROW points to **TIME** and the ARROW pointing to SCAN is not displayed on the LCD, the elapsed time is displayed continuously. Pressing the RESET button will reset the function value to zero.

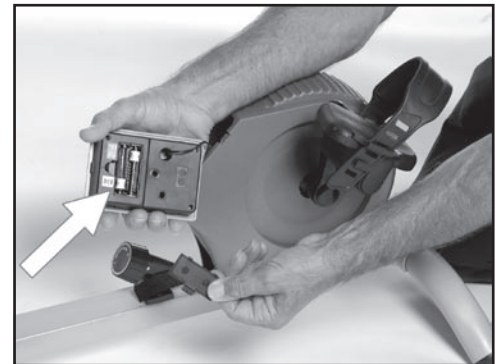
Calories: While pressing the MODE button until the ARROW points to **CAL** and the ARROW pointing to SCAN is not displayed on the LCD, the calorie consumption is displayed continuously. Pressing the RESET button will reset the function value to zero.



PLEASE NOTE: Pressing the MODE button for more than 3 seconds will reset all functional values to zero.

How to remove the battery

1. Pull off the battery cover and place two Size AA or UM-3 batteries into the battery housing on back of meter (see photo).
2. Insure that batteries are correctly positioned and battery springs are in proper contact with batteries.
3. Replace battery cover and insure it is tightly closed.
4. Battery life is approximately one year under normal usage.
5. If the display is illegible or only partial segments appear, remove batteries and wait 15 seconds before reinstalling.
6. Removing batteries will erase the computer memory.



SPECIFICATIONS

	Auto Scan	Every 5 seconds
	Current Speed	Km / h 0.0 - 99.9
FUNCTION	Trip Distance	Kms 0.0 - 999.9
	Elapsed Time	0:00 - 99:59
	Calorie	K.cal 0.1 - 999.9
Controller	4-bit single-chip processor	
Sensor	No-contact magnetic type	
Battery Type	2 pcs. of Size AA or UM-3	
Operating Temperature	0 to +40 C (32 F - 104 F)	
Storage Temperature	-10 to +60 C (14 F - 140 F)	

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