# Instruction manual Mobifit Pro Motion trainer

# **Guarantee Certificate**

**Product:** 

Model Name: Mobifit Pro

Serial No.:\*

\* (to be filled in by retailer)

**Retailer:** 

Date & stamp



## **Bischoff & Bischoff GmbH**

Becker-Goering-Straße 13 • D-76307 Karlsbad Tel.: +49 7248/ 9209-2 • Fax: +49 7248/ 9209-3 www.bischoff-bischoff.com info@bischoff-bischoff.de





# 1. Important safety instructions

When using the electric device, always carefully mind the safety instructions as well as following:

Before use read all instructions.

**Danger** – to minimize risk of electric shocks: Pull plug connector out of power socket immediately after use and before cleaning.

**Warning** – to minimize risk of burns, fire, electric shocks or physical injury:

- 1. Never leave device unattended, while plugged in, even though add on or remove other parts.
- 2. Never use underneath a blanket or pillow. Ultra heat can lead to fire, electric shocks and physical injury.
- 3. Proper observation is necessary if device is used in the nearness of children, sick or handicapped persons.
- 4. Device is to be used for destined purpose only, as written in this instruction. Do not use options that have not been recommended by the manufacturer.

- 5. Device is not to be used if cable or plug connecter are damaged. If it doesn't work properly, if it has been dropped down or damaged, if it has fallen into water, please bring device to customer service for examination and repair.
- 6. Do not carry device and cable like a handle.
- 7. Keep cable away from heated surfaces.
- 8. Device is not to be used if air outlets are blocked. Keep air outlets free from fuzz, hair etc.
- 9. Do not let objects fall into openings, neither put something in it.
- 10. Device is not to be used outside.
- 11. Device is not to be used near sprays or the use of oxygen.
- 12. To unplug the device, switch off all switches, than unplug connector from power outlet.
- 13. Keep children away from out-folded pedals.
- 12. Um das Gerät aus zu stecken, schalten Sie alle Schalter auf aus und ziehen dann den Stecker aus der Steckdose.
- 13. Halten Sie Kinder fern von den ausgeklappten Pedalen.



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## 2. Remote control

## Main Power Switch (ON/OFF)

The red-colored main power switch is located at the bottom of the controller. When the button is pushed to "0" position, the power will be disconnected. To switch on the unit, just push the button to "-" position and its red indicator light will turn on.

#### **Power**

When the main power switch is turned on, press "Power" button once and the LCD display will be turned on. All function keys are now ready to use.

#### Mode

This function key is use to select for operation modes. 5 operation modes are available for choices (0 to 5).

Mode 0: Manual operation; time, speed and direction can be set according to individual's preference.

Mode 1: Auto operation(km/h) with a speed change of 3-4-3-4.

Mode 2: Auto operation(km/h) with a speed change of 3-4-5-4-3-5

Mode 3: Auto operation(km/h) with a speed change of 3-4-5-6-5-4

Mode 4: Auto operation(km/h) with a speed change of 4-5-6-5-4-3

Mode 5: Auto operation(km/h) with a speed change of 4-3-4-5-6-5

## **Speed**

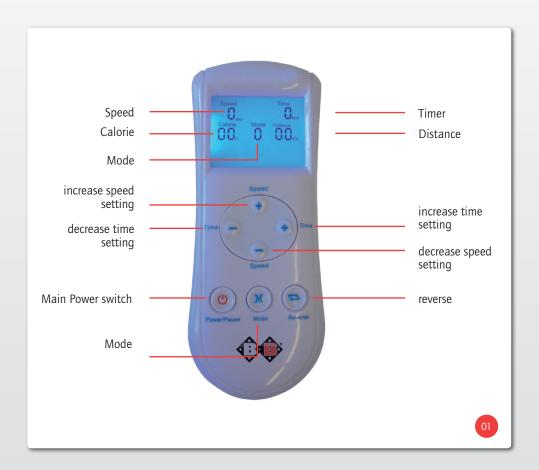
Mode 0: Manual operation. Press "+" or "-" to adjust speed levels of 3km/h, 4km/h, 5km/h or 6km/h.

#### Time

Mode 0: Manual operation. Press "+" or "-" to adjust its running time of 3min, 6min, 9min or 12 min.

#### Reverse

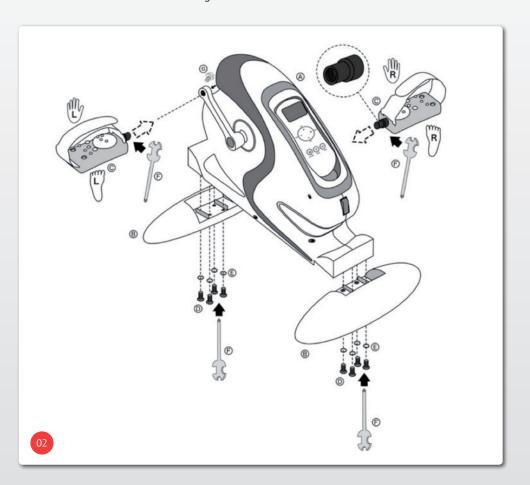
When the unit is turned on and running in any operation mode, press "reverse" button once to change the motor rotating direction.





## 3. Assembling

Please kindly note that you need to tighten the head screw ( D ) & Anti-slip screw ( G ) tightly with the tool ( F ). Please do match the Foot with the Crank as the picture showed, that means the Left Foot needs to be fixed to the Crank on the left side of the product, it is the same for the right one.



## 4. Auto-Protection Function

When the unit is running abnormally due to sudden break down of the motor or human error, the power will automatically cut off after 10 seconds to protect its motor and other electronic components.





When the unit is not in used, it will turn off automatically after 60 seconds. To restart the unit, just press the "Power" button once to switch it on again.



When using the unit, the legs and arms must be fully relaxed so that proper physical exercise can be carry out on the legs and arms. Do not stop exercise by external force or perform reverse-direction exercise that can harm the legs and arms.



Over weight might cause mechanism damage, do not use if weight over 100kgs

# 5. Additional Informations

Power source: AC220V – 50Hz

Engine power: 40 W

Motor: AC220V – 50Hz

Weight: 5,5 kg

Measures: 410 x 290 x 480 mm