



EXERCISE BIKE

USE GUIDE

FITNESS



12/2024 741011

AFTER SALES SUPPORT

☎ 0800 046 5805 www.envivo.nu
☎ +353 (818) 223835 support@envivo.nu

MODEL: 1721 PRODUCT CODE: 741011 12/2024

12
MONTH
WARRANTY



PRODUCED IN CHINA FOR:
ALDI STORES LTD, PO BOX 26, ATHERSTONE,
WARWICKSHIRE, CV9 2SH.
ALDI STORES (IRELAND) LTD,
PO BOX 726, NAAS, CO. KILDARE.
Visit us at www.aldi.co.uk | www.aldi.ie



TABLE OF CONTENTS

GENERAL	3
SYMBOL EXPLANATION	3
SAFETY	3
WARNING	3
IN THE BOX	4
ASSEMBLY	5
INSERT BATTERIES	9
HOW TO USE	10
DISPLAY	11
CARE AND MAINTENANCE	11
SPECIFICATIONS	12
FAQ	12
DISPOSAL	12

GENERAL

READ CAREFULLY BEFORE USE

SYMBOL EXPLANATION



For safe and proper use, follow these instructions.
Keep this user manual for future reference.

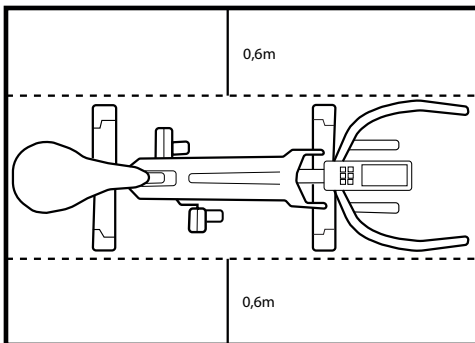
SAFETY

Read and follow the safety instructions

WARNING

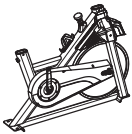






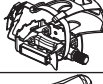



CAUTION:










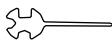
1. It is the responsibility of the owner to ensure that all users of this product are properly informed as to how to use this product safely.
2. Injuries to health may result from incorrect or excessive training.
3. Do not use in any commercial, rental or institutional settings.
4. Keep hands away from all moving parts.
5. Do not use the exercise bike without proper footwear.
6. Do not wear any clothing that might catch on any moving parts of this exercise bike.
7. Keep hands and feet clear at all times from moving parts to avoid injury.
Never turn the pedal arms by hand.
8. Do not dismount the exercise bike until the pedals are at a complete stop.
9. If the user experiences dizziness, nausea, chest pain, or other abnormal symptoms, stop the workout and seek immediate medical attention.
10. Please do not expose the unit to rain.
11. Please do not disassemble, repair or modify the unit.
12. This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the product in a safe way and understand the hazards involved. Children shall not play with the product. Cleaning and user maintenance (inc. changing batteries) shall not be made by children.
13. Set up product in an area where there is a free area of at least 0.6 meters at each side of the exercise bike. See illustration below.



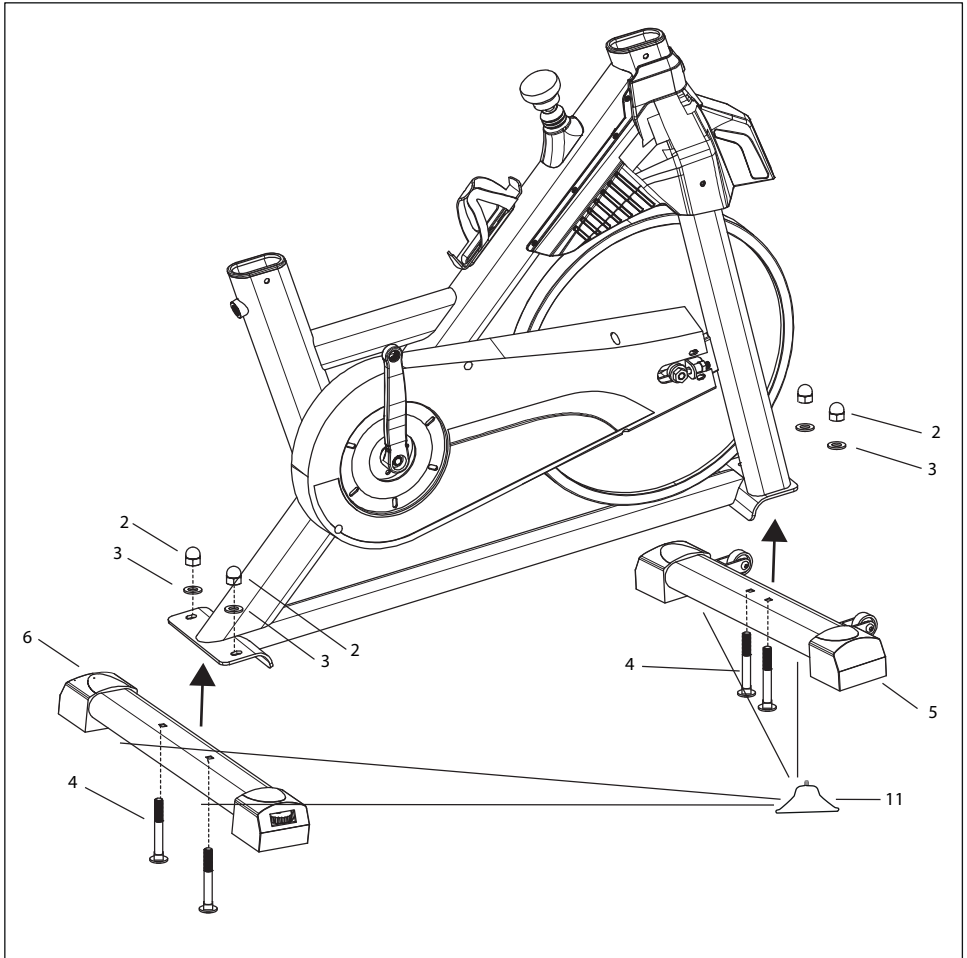
14. Install and use equipment on a stable and levelled base.

IN THE BOX

	Name	Pic	Qty
1	Bike Body Assembly		1
2	M8 Cap Nut		4
3	D 8 Gasket		4
4	M8-53 Screw		4
5	Front Foot Tube		1
6	Back Foot Tube		1
7	Right Pedal		1
8	Left Pedal		1
9	Seat Cushion		1
10	Slider		1
11	Suction Cups		4

	Name	Pic	Qty
12	Seat post		1
13	Seat adjustment knob		1
14	Pull Pin Knob		2
15	Display		1
16	M8 Screw		2
17	Handlebar		1
18	Phone Holder		1
19	Front Supporting		1
20	Hex key 5mm		1
21	Multi tool		1

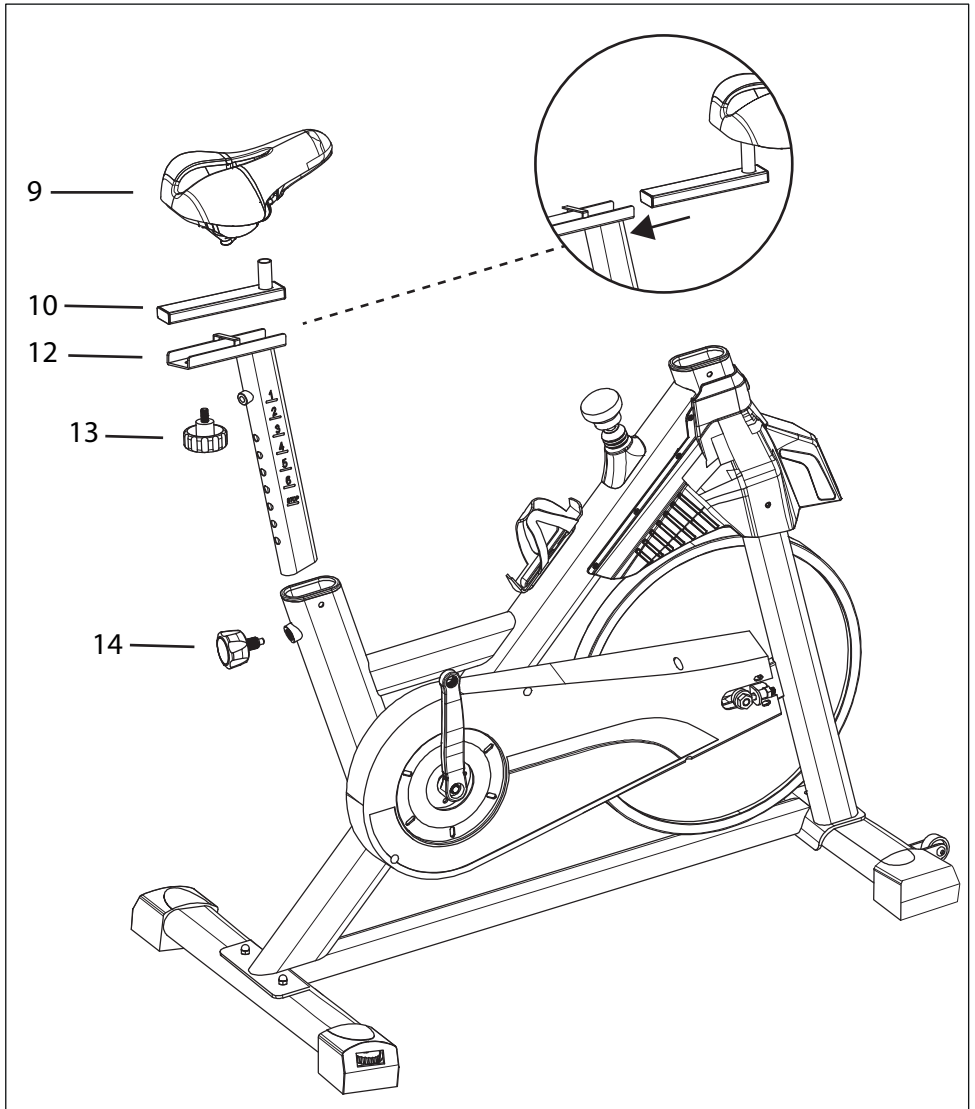
ASSEMBLY



Tools required: Philips screwdriver, 5mm hex key, 13mm,14mm, and 15mm wrench.

Attach part 5 and 6 to the bottom of the exercise bike (part 1) using part 4, 3 and 2.

Insert part 11 under part 5 and 6, if needed.

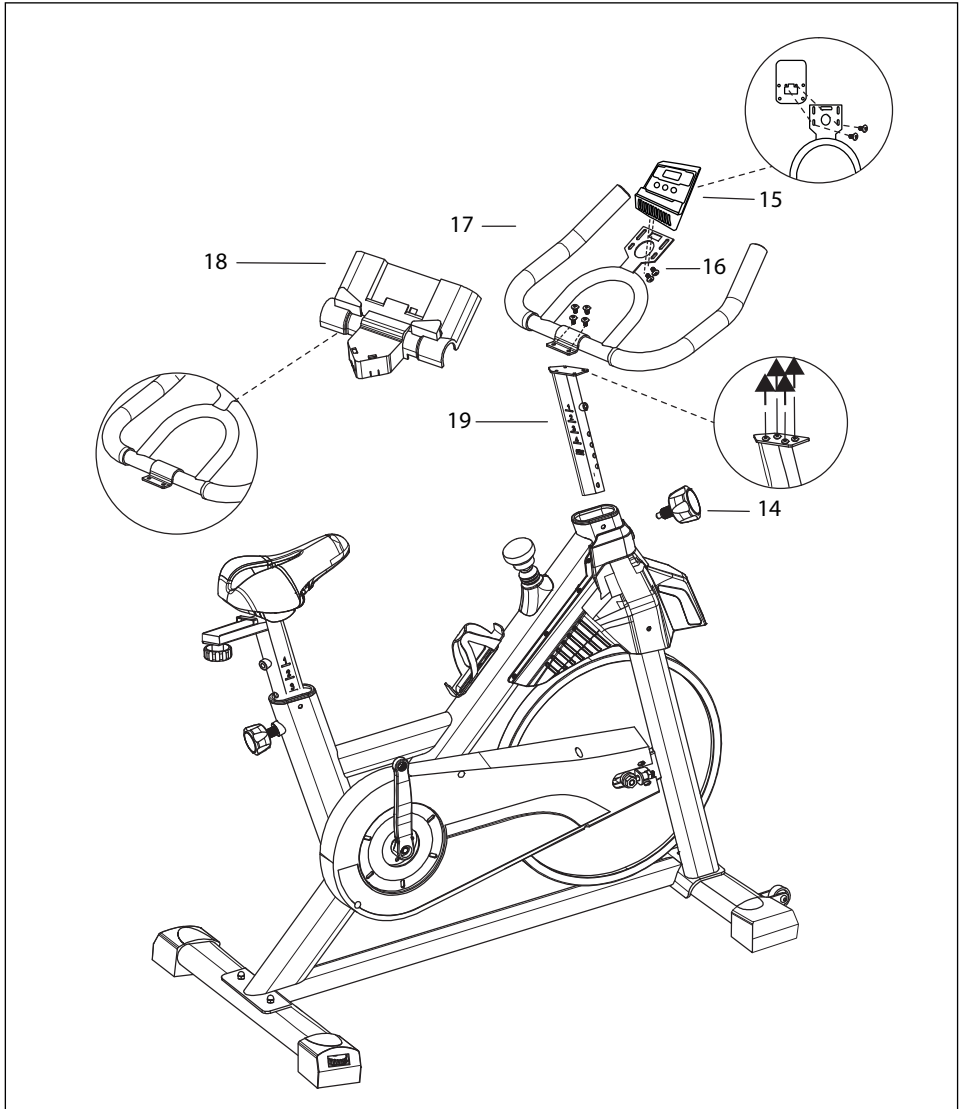


Attach part 14 as shown in the photo. Screw the handle until it is about halfway in.

Insert part 12 into saddle bar holder.

Assemble part 9 and 10 together.

Slide part 10 into saddle bar (part 12) and attach it using part 13.



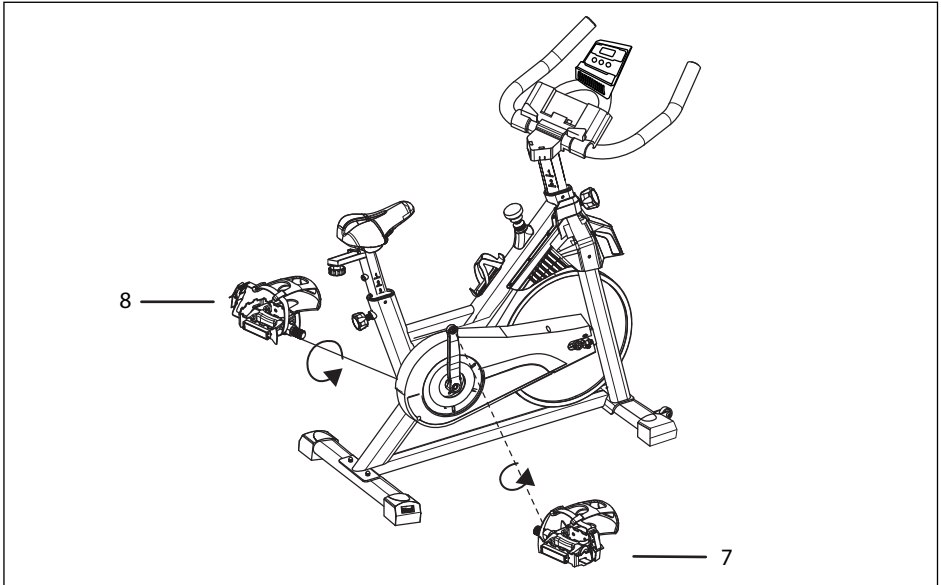
Attach part 14 as shown in the photo. Screw the handle until it is about halfway in.

Insert part 19 into handlebar holder.

Attach part 17 onto part 19 using already installed screws.

Attach display (part 15) onto handlebar (part 17) and fasten using the 2 screws part 16.

Place part 18 onto handlebar.

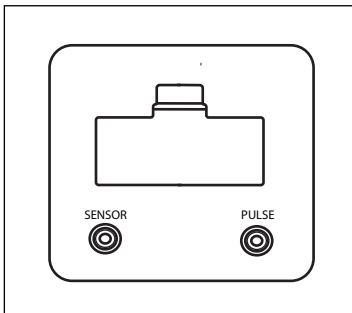


Install pedal 7 and 8 onto pedal arms.

Left pedal is marked with a "L" letter and right pedal is marked with a "R" letter.

Fasten the left pedal by turning it in an anticlockwise direction.

Fasten the right pedal by turning it in a clockwise direction.



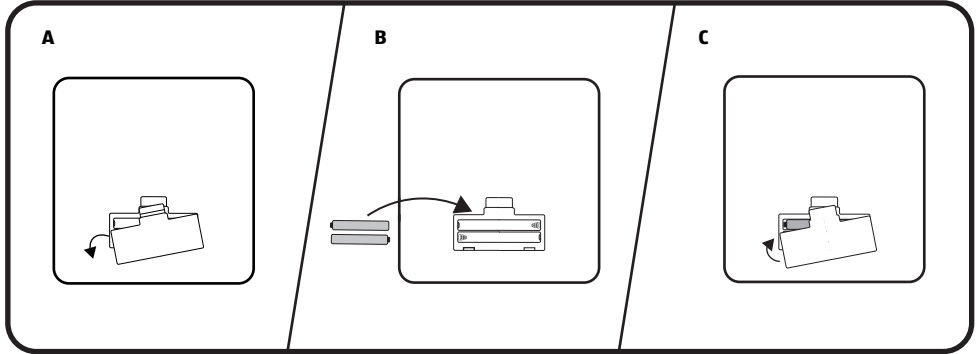
Insert sensor cable from exercise bike into the back of the display sensor port.

Insert pulse cable from handlebar into the back of the display pulse port.

INSERT BATTERIES

Requires 2 AAA batteries (not included)

- A) Remove the display compartment cover
- B) Insert new batteries. Remember to use the + and – terminals correctly.
- C) Close the compartment.



WARNING: Keep batteries out of reach of toddlers and small children because of the risk of ingestion, which may result in potentially fatal internal damage, or choking.
If battery leakage with skin wash with soap thoroughly. In case of eye contact, seek medical attention immediately.

WARNING: Remember to use the + and – terminals correctly. Never mix new and used batteries together or mix different battery brands together. If the electrical product is not used over an extended period, the batteries should be removed from the product. Do not short-circuit, disassemble, charge, and keep the batteries away from open flames. Do not charge non-rechargeable batteries

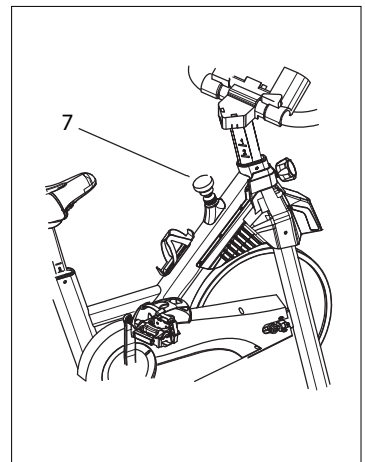
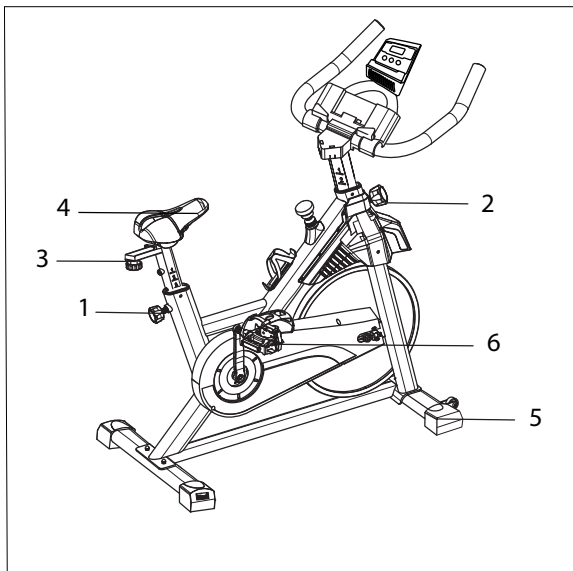
HOW TO USE

1. To adjust seat height, pull and hold out the knob while moving seat bar up or down.
To tighten the seat bar, turn the seat bar knob clockwise.
2. To adjust handlebar height, pull and hold out the knob while moving handlebar up or down.
To tighten the handlebar, turn the handlebar knob clockwise.
3. To move seat forward or backward loosen the screw below the seat bar and move seat position and then tighten screw to lock in position.
4. To adjust seat angle, loosen bolt below seat and adjust seat to preferred angle. Tighten bolt again.
5. Feet can be adjusted if exercise bike is not stable on the floor.
6. Use pedals to use exercise bike.
Always place feet into pedal socket while using bike.
7. Keep both hands on the handlebar while using the exercise bike.
8. Emergency stop. Press the knob to instantly stop the exercise bike.
To increase pedal resistance, turn the knob clockwise. Turn the knob anticlockwise to reduce resistance.
9. Do not stop pedaling immediately before the product comes to a complete stop. Slow down or use the emergency stop device to stop the product from rotating.

WARNING: Check that all bolts and adjustment knobs are secured before using the product. Make sure bolts and adjustment knobs are not interfering the use of the product.

WARNING: Lock the equipment when not in use by fully turning the red knob clockwise!

WARNING: Be careful not to move the stem and seat bar over the minimum (STOP) settings.
See bar markings.



DISPLAY



Auto ON/OFF: the display will automatically turn on when using the exercise bike or by pressing the button on the display. The exercise bike will automatically turn off after 4-5 minutes when not using the exercise bike and not pressing button on the display.

By pressing the Mode button, the display will show different information.

- **Scan:** The display will change between showing time, speed, distance, odometer, calories, and pulse.
- **Time:** Shows how long the display has been powered on.
- **Speed:** The display will show the current speed.
- **Distance:** Will show the current distance since starting up display.
- **Odometer:** Shows total distance covered on exercise bike.
- **Calories:** shows total calories burned since starting the display.
- **Pulse:** shows current pulse, measured in heartbeats per minute. Place hands over pulse readers located on handlebars to use this function.

WARNING: Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately".

Reset: Press and hold the reset button for at least 3 seconds to reset display. Will also reset when removing the batteries.

Set: Press this button to set a target value for time, distance or calories. Multiple press to increase value. Press Reset button to clear set value.

Toggle Unit: Select between Imperial (miles) and Metric (kilometres). Press and hold Mode button for minimum 10 seconds to swap between miles and kilometres. The display will flash two times during this process.

CARE AND MAINTENANCE

Periodically examine the exercise bike for any damage or wear.

Periodically apply light oil on moving parts to increase the lifetime of the product.

Check and tighten all parts before using the exercise bike.

If any defective parts found, stop using the exercise bike until the defective parts are replaced.

Do not repair this equipment yourself, contact the manufacturer.

If any issues during assembly or use of the product contact the manufacturer.

The exercise bike can be cleaned using a damp cloth and a mild non-abrasive detergent.

Do not use solvents.

SPECIFICATIONS

Weight: 24.5 kg

Dimensions: 1140 x 540 x 1240 mm

Max user weight: 150 kg

DISPLAY

Batteries: 2 x AAA Batteries 1.5V
(not included).

FAQ

Q: Display will not turn on.

A: Replace battery in display unit.

Q: Pulse reader not working.

A: Check that pulse cable is connected to the back of the display unit.



Declaration of Conformity: (See provided document).

Products marked with this symbol comply with all applicable community regulations of the European Economic Area.

DISPOSAL



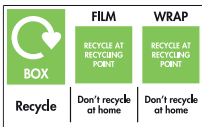
Electrical and electronic equipment (EEE) contain materials, parts and substances, which can be dangerous to the environment and harmful to human health if waste of electrical and electronic equipment (WEEE) are not disposed of correctly.



Electrical and electronic equipment, which are marked with the WEEE logo (as shown on the left), should not be thrown away with your household waste. Contact your Local Authority Waste Disposal Department, as they will be able to provide details of the recycling options available in your area.



This symbol on the battery or on the packaging indicates that the battery provided with this product shall not be treated as household waste. The recycling of the materials will help to conserve natural resources. Contact your Local Authority Waste Disposal Department, as they will be able to provide details of the recycling options available in your area.



The packaging is recyclable.

Use the recycling option in your area.

Imported by:

Accession ApS, Pioner Alle 16D, 9200 Aalborg SV, Denmark

Date of issue: 08/2024

Version: ENV-1721



EXERCISE BIKE

Your details

Name _____

Address _____

 _____ E mail _____

Date of purchase* _____

*Please keep your receipt of purchase to validate your product's warranty. No need to register the product.

Location of purchase _____

Description of malfunction:

Return your completed warranty card to:

Accession ApS

Pioner Alle 16D

9200 Aalborg SV

Denmark

E-mail: support@envivo.nu

AFTER SALES SUPPORT

  0800 046 5805  www.envivo.nu
  + 353 (818) 223835 support@envivo.nu

MODEL: 1721 PRODUCT CODE: 741011 12/2024

Phone lines available Monday to
Friday, 9am - 14pm.

12
MONTH
WARRANTY



PRODUCED IN CHINA FOR:
ALDI STORES LTD, PO BOX 26, ATHERSTONE,
WARWICKSHIRE, CV9 2SH.
ALDI STORES (IRELAND) LTD.
PO BOX 726, NAAS, CO. KILDARE.
Visit us at www.aldi.com