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Crivit 4251082957928

Crivit 2-in-1 Arm and Leg Exercise Bike User Manual

Model: 4251082957928

INTRODUCTION

Thank you for choosing the Crivit 2-in-1 Arm and Leg Exercise Bike. This device is designed to strengthen the musculature of both your arms and legs, offering a versatile and convenient way to exercise. It features an integrated computer with an LCD display to track your workout progress. Please read this manual carefully before initial use to ensure proper assembly, operation, and maintenance.

SAFETY INFORMATION

- Always consult with a healthcare professional before starting any new exercise program.
- Ensure the exercise bike is placed on a stable, level surface during use.
- Keep children and pets away from the device during operation.
- The maximum user weight for this device is 100 kg. Do not exceed this limit.
- Wear appropriate clothing and footwear during exercise. Avoid loose clothing that could get caught in moving parts.
- Stop exercising immediately if you feel dizzy, faint, or experience any pain.
- Regularly inspect the device for any signs of wear or damage. Do not use if damaged.

PACKAGE CONTENTS

Please check that all components are present and undamaged:

- Crivit 2-in-1 Arm and Leg Exercise Bike main unit
- Pedals with adjustable straps
- Integrated LCD computer (with battery included)
- User Manual

SETUP

1. **Unpacking:** Carefully remove all components from the packaging.

2. **Placement:** Place the main unit on a flat, stable surface. The anti-slip feet ensure secure support.
3. **Attaching Pedals:** The pedals are designed for easy attachment and removal without tools. Ensure they are securely fastened before use. The adjustable straps allow for a comfortable and secure fit for your feet or hands.



Image: Close-up view of the pedal with adjustable strap and the resistance adjustment knob on the Crivit 2-in-1 Exercise Bike. This shows the robust metal crank and the mechanism for adjusting workout intensity.

OPERATING INSTRUCTIONS

1. Using for Leg Exercise

1. Sit comfortably in a chair, ensuring your feet can reach the pedals without straining.
2. Place your feet into the pedal straps and adjust them for a snug fit.
3. Begin pedaling in a smooth, controlled motion.
4. Adjust the resistance knob to increase or decrease the workout intensity. Turn clockwise for more resistance, counter-clockwise for less.



Image: A person comfortably seated on a sofa, using the Crivit 2-in-1 Exercise Bike for leg training. The device is placed on the floor in front of them, demonstrating its use in a relaxed home environment.

2. Using for Arm Exercise

1. Place the exercise bike on a stable table or elevated surface.
2. Sit in front of the device, ensuring your hands can comfortably reach the pedals.
3. Place your hands into the pedal straps and adjust them for a secure fit.
4. Begin rotating the pedals with your arms in a smooth, controlled motion.
5. Adjust the resistance knob to increase or decrease the workout intensity.



Image: A person seated at a table, using the Crivit 2-in-1 Exercise Bike for arm training. The device is placed on the tabletop, allowing for comfortable upper body exercise.

3. LCD Display Functions

The integrated LCD computer provides real-time feedback on your workout. It typically displays the following 7 functions:

- **TIME:** Duration of your current workout session.
- **SPEED:** Current pedaling speed.
- **DISTANCE:** Total distance covered during the current session.
- **CALORIES:** Estimated calories burned during the current session.
- Other functions may include Odometer (total distance), Scan (cycles through all functions), and RPM (revolutions per minute).

The display is easy to read and operates with an included battery.

MAINTENANCE

- **Cleaning:** Wipe the device with a damp cloth after each use. Do not use abrasive cleaners or solvents.
- **Storage:** Store the exercise bike in a cool, dry place away from direct sunlight and moisture. Its compact form and integrated handle make it easy to move and store.
- **Battery Replacement:** If the LCD display becomes dim or unresponsive, replace the battery. Refer to the computer unit for battery type and replacement instructions.
- **Inspection:** Periodically check all screws and connections to ensure they are tight.



Image: A person carrying the Crivit 2-in-1 Exercise Bike using its integrated handle. This illustrates the device's portability and compact design, making it easy to store or move between locations.

TROUBLESHOOTING

- No display on LCD:** Check if the battery is correctly inserted or needs replacement.
- Resistance not changing:** Ensure the resistance knob is turning freely and is not stuck. If the issue persists, contact customer support.
- Pedals feel loose:** Tighten the pedal connections. If the issue persists, inspect for damage.
- Unusual noises during operation:** Stop using the device and inspect for any loose parts or obstructions. Ensure all connections are secure.

SPECIFICATIONS

Model Number	4251082957928
Brand	Crivit
Type	2-in-1 Arm and Leg Exercise Bike
Material	Metal
Resistance Mechanism	Friction
Power Source	Pedal-powered (no electrical connection required)
Maximum User Weight	100 kg
Flywheel Mass	Approx. 1.5 kg

Product Dimensions (L x W x H)	38 cm x 42 cm x 38 cm
Product Weight	Approx. 4.8 kg
Computer Dimensions (L x H)	Approx. 7 cm x 10 cm
LCD Display Dimensions (L x H)	Approx. 4.8 cm x 5 cm

WARRANTY AND SUPPORT

For warranty information or technical support, please refer to the purchase documentation or contact your retailer. Keep your proof of purchase for any warranty claims.