

# BetaFlex<sup>®</sup>

## Motorized Smart Exercise Bike

**Ride to Vitality | Workout in Your Way**  
The Ultimate Bike for Health Inspiration



Instruction Manual

Model: **KH516**

\*\*\* Keep this manual for future reference \*\*\*

## READ AND SAVE IMPORTANT SAFETY INSTRUCTION

Read the following safety information carefully before using this product. If you have any medical conditions (such as pacemaker and pregnant) or have any underlying health conditions, we advise that you should consult with your doctor before use.

### **SAFETY NOTE:**



**Warning:** This product does NOT have water-proof, do not immerse water. Do not use this product under any covers. This is NOT a toy.



**Attention:** This product is designed for private use, not intended for medical or commercial purpose. Children should be supervised to ensure that they do not use this product as a toy.

### **PRECAUTIONS:**

- Check and make sure all parts are assembled properly before use.
- Leave enough space around the product and keep children and pets away from the product when pedaling.
- Keep body and clothing free and clear of all moving parts.
- Do not stand up on the pedals, always be seated on a stable and sturdy chair or couch to use this product on a flat surface.
- Make sure the Master Power Switch is in OFF position before

connecting power cord to wall outlet. Switch the Master Power Switch to OFF position immediately when the operation is not smooth during pedaling.

- Always start the pedaling with low speed to avoid injury.
- During pedaling, never try to use the force from legs to reverse the pedaling direction; the reaction force may damage the motor or cause injury to the user. Always use the Reverse button on controller to change pedaling direction.

### **SAFETY INSTRUCTION:**

- This product is NOT for children without adult supervision.
- Make sure leg or ankle is free of ornamentation (Ankle bracelets, bands, etc.) before using this product.
- Do not immerse water in any circumstances.
- Do not use this product near fireplace or heater. Care should be exercised near open flame or with burning cigarettes.
- Do not use the product if you are hungry, right after meal, drunk, or right after extreme exercise.
- Do not use the product if you have wound or are after surgery and not yet fully recovered.
- Do not use this product continuously for more than 30 minutes at a time. The product has default working time of 1 to 15 minutes. It'll automatically turn off when the time is up. It is recommended that you should take 10 to 15 minutes break for every 30 minutes of use.
- Do not use this product while you are sleeping, and avoid falling asleep while the product is in use.
- Always unplug the product from the wall outlet after use. Never leave

this product unattended while its power is connected or turned on.

- Always escort and pay attention while children, patients, disabled and elderly people are using this product.
- Never use the product if the plug/wire/product is damaged, if it is not in a smooth operation as it should be, or if it immerses water.
- Unauthorized person is not allowed to reconstruct or replace the component of this product.
- Do not use this product in sauna room or bathroom, or in area where has high humidity.
- Close supervision is necessary when this product is used by, close or next to children, invalids, or disabled person.
- Never let children, mental retarded and people with difficulty in action to operate this product and to reach the power cord.
- If the product has not been used for a long time, check it before use again.
- Excessive use can lead to overheat and shorter product life. Should this occur, turn off and unplug the power, and allow the product to cool down before use again.
- Do not use this product as a substitute for medical treatment.
- Always check and make sure all screws / bolts / knobs / frames / brackets are properly fixed before using this product for exercise.
- People with heart disease or prohibited to have excited exercise should reduce workout time unless you have consulted with your doctor.
- People with wounded or after surgery and not well recovered should not use this product unless you have consulted with your doctor.
- This product is designed for home use only. Its maximum pedaling

resistance is 12kgs.

- This product is designed for HOUSEHOLD USE only.

### **MEDICAL NOTES:**

1. To avoid excessive exercising, the pedaling time should not exceed the recommended minutes at a time.
2. If you are under medical treatment and your doctor does not particularly forbid pedaling, you can enjoy the exercising following your doctor's instruction.
3. Pedaling should never feel unpleasant. Should pain or discomfort result, discontinue use and consult with a healthcare professional.
4. Excessive exercising can also have harm to body.
5. People who are unable to feel normal temperature, the ill persons undergoing medical treatment and children should not use this product. If in doubt, talk to your doctor in advance.

### **WARNING** — TO REDUCE RISK OF BURN, FIRE, ELECTRIC SHOCK, OR INJURY TO USERS:

1. This product should never be left unattended when it is plugged in. Unplug from wall outlet when it is not in use.
1. Close adult supervision is necessary when this product is used by or close to children, invalids, or disabled persons. This product should not be operated by child under age 18. THIS PRODUCT IS NOT A TOY.
2. Do NOT reach for a unit that has been immersed in water. Immediately unplug the unit.
3. Use this product only for its intended use as described in this manual.

4. Never operate this product if it has a damaged power cord or plug, if it is not working properly, if it has been damaged on shell or immersed water. Return the product to service center for examination and repair. Never try to take apart or repair this product by yourselves.
5. Do not carry this product with its power cord or use the power cord or pedals as a handle.
6. Turn off the product on the control panel and turn off the Master Power Switch before removing plug from wall outlet.
7. Use only the original adaptor that comes with the product.
8. Keep this product and its power cord away from fireplace or wet sources.
9. Always unplug the power cord from the wall outlet after using and before cleaning.
10. Do not use attachments that are not recommended by manufacturer for this product.

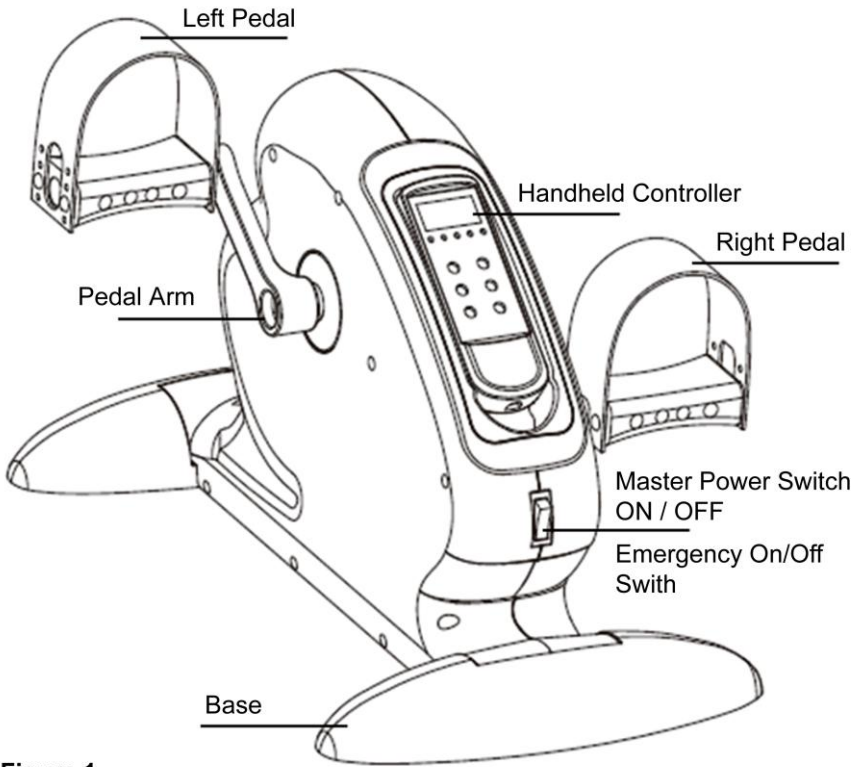
**NOTICE:** this product should not be used in the following circumstances:

- Pedaling should be comfortable and pleasant. If you experience pain in a muscle or joint for a prolonged period, discontinue use and consult your doctor.
- Avoid using an uncertified extension cord because the extension cord may lead to overheat and risk of fire.
- This product should never be used by an individual with a medical condition that will limit the user's capability to operate the product.
- Never use this product if there is wound or injury on targeted area.
- Do not use this product after taking pain relief medications, sedatives or alcohol. Consult with your doctor if you are under these

circumstances.

- Do not use this product when you have insensitive skin in your targeted areas or in the environment of poor air circulation. The unattended use of heat by children or incapacitated persons may be dangerous.
- It is recommended not to use this product 30 minutes before or after your meal.

### **PRODUCT STRUCTURE:**



**Figure 1**

## Product Parts:

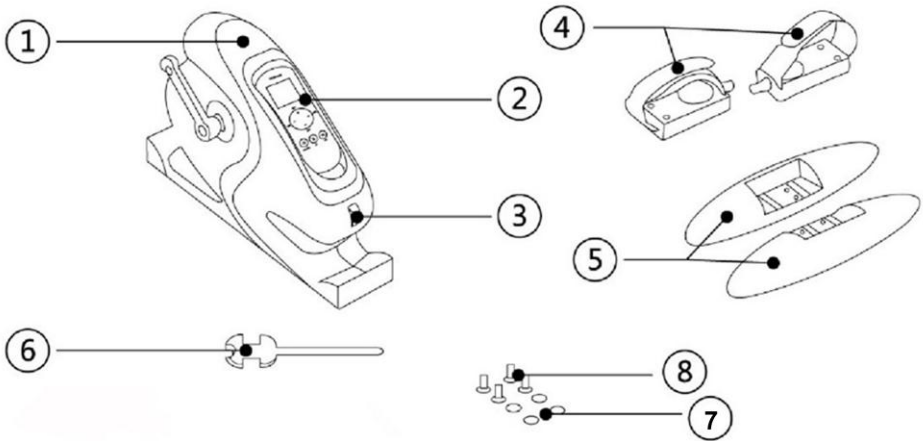


Figure 2

## Parts Included:

1. Main unit
2. Handheld Controller (removable)
3. Master Power Switch ON/OFF (emergency power switch)
4. Left and Right Pedals
5. Plastic bases
6. Assembly Wrench
7. 2 pcs nuts for plastic base
8. 2 pcs screws for plastic base.

## OPERATION INSTRUCTION:



**Warning:** do NOT stand up or sit on the product. This product is not a footstool.

## Handheld Controller:

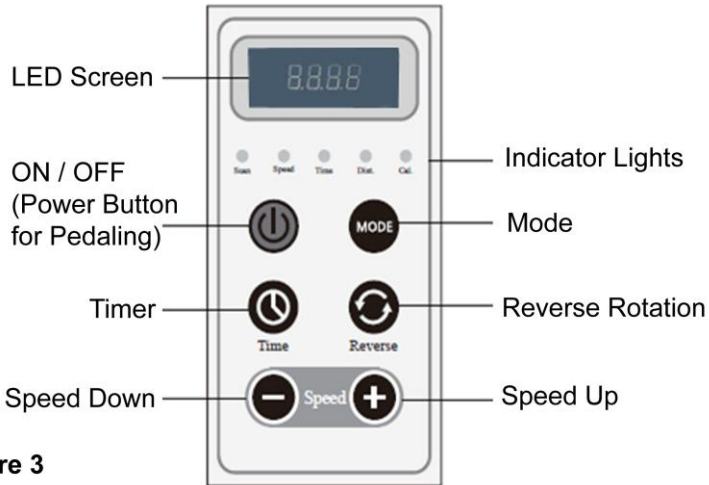


Figure 3

- **ON/OFF** button: to **Start** or **Stop** pedaling.
- **Timer** button: to choose different workout time: 1 to 15 minutes.
- **Speed** button: to increase or decrease rotating speed levels: from level 1 to level 12.
- **Mode** button: to display different workout data on the screen with indicator lights: Current speed level, Countdown timer, Distance, Calories burned.
- **Reverse** button: to change rotating direction: Forward or Reverse.

## ASSEMBLY GUIDE:

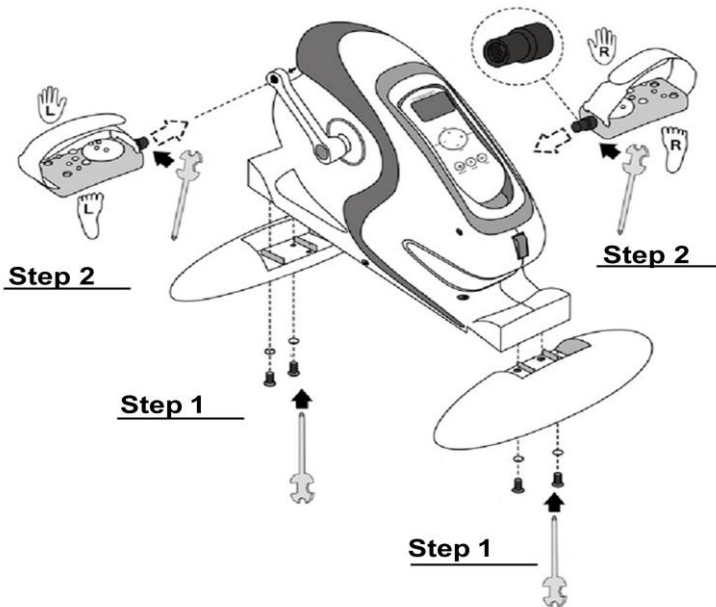


Figure 4

**STEP 1:**

- Do NOT plug in power.
- Refer to Figure 4, assemble the base with the 4 screws and nuts, using the assembly wrench to secure the base to the main body firmly.

**STEP 2:**

- Refer to Figure 4, assemble the left and right pedals to the pedal arms (cranks) on the main body, using the assembly wrench to tighten and secure the pedal bolt on the pedal arm firmly.
- Place the wrench on the pedal bolt and rotate the wrench until the pedal bolt is tightened on the pedal arm completely.

- NOTE: the pedal bolt will not be secured on the pedal arm firmly without using the assembly wrench. Never try to assemble the pedal by rotating or turning the pedal bar with your hands. It will not work.

### **STEP 3:**

- Turn on the power for the machine.
- Make sure the **Master Power Switch** is in **OFF** position, refer to Figure 1 and Figure 2.
- Plug the power cord to wall outlet.
- Turn the **Master Power Switch** to **ON** position. The machine is powered on now.

### **STEP 4:**

1. After turning on power for the machine, you can now use the handheld controller to **START** or **STOP** pedaling, refer to Figure 3.
2. Be seated on a stable and sturdy chair or couch to use this product on a flat surface, and put feet in the pedals with its strap secured.
3. Press the **ON/OFF** button on controller once to **START** pedaling. The indicator lights and LED monitor on controller are on.
4. Press the **Timer** button to choose different workout time: 1 to 15 minutes. The default workout time is 5 minutes.
5. Press the **Speed** button to increase or decrease rotating speed levels: from level 1 to level 12.
6. Press the **Mode** button to view different workout data on the screen with indicator lights: Current speed level, Countdown

timer, Distance, Calories burned.

7. Press the **Reverse** button to change rotating direction: Forward or Reverse.
8. Press the **ON/OFF** button on controller again to STOP pedaling.
9. Switch the **Master Power Switch** to **OFF** position to turn off power on the machine.
10. Unplug the power cord from wall outlet.

**NOTE:**

- Need to turn on power for the machine before you can turn on the controller.
- Always turn off the power on the controller first whenever you want to stop pedaling on the bike.
- When pressing the **Reverse** button to change the rotating direction, the machine will first slow down and then rotate in different direction. Once you press the **Reverse** Button to change direction, always wait for few seconds before you change back the direction again, giving enough time for the rotating arm to reactivate. Otherwise, it may cause damage to the mechanism.
- **Master Power Switch:** refer to Figure 1 and Figure 2, when the unit is running abnormally due to malfunction or other mechanical issues, should this happen, switch the **Master Power Switch** to OFF position, and unplug the power cord from wall outlet.
- Left Pedal and Right Pedal are different in terms of rotating direction, do NOT switch them with each other during assembly.

## **WARNING:**

- When using the unit, the legs and arms must be fully relaxed so that proper physical exercise can be carried out on the legs and arms.
- Make sure the bike is at a comfortable distance from the chair.
- Do not try to stop pedaling by using external force or performing reverse-direction exercise because it can cause harm to the legs and arms.
- Reverse-direction exercise may cause harm to the legs and arms.
- Excessive exercising is not recommended. Choose your workout time based on your physical condition.
- Place the bike on solid, flat floor. When the bike is placed on wooden floor or carpet, put a mat between bike and floor to protect the floor / carpet from being damaged during exercise.
- The maximum user weight capacity of this bike is 220 lbs.
- Lifting or moving this bike may cause harm to your back or arms. To avoid injury to your body, always pay attention to safety or ask helpers when you are trying to move this bike.
- Stretching your body properly before exercising on this bike may prevent body injury from cycling.

## **Care and Maintenance:**

- This product has no waterproof. Do not immerse water.
- Before cleaning, you must turn off the device completely.
- Clean the product with a soft, dry towel. Never use strong abrasives, detergents or cleaning agents for cleaning.

### **Storage:**

- Turn off the device or unplug the power cord from the electrical outlet and allow it to cool down.
- Place it in a clean, dry location.
- Do not drag or carry the unit with its power cord or pedals.
- This product is designed for household use only.

### **Specifications:**

- Timer: 1 to 15 minutes.
- Speed levels: 1 to 12 levels.
- Pedaling direction: Forward / Reverse.
- Display speed, time, distance, calories.
- Product Name: Betaflex® Smart Exercise Bike
- Model: KH516
- Input: AC 110V 60Hz, 70W



Correct Disposal of This Product:

This marking indicates that this product should not be disposed with other household wastes. To prevent possible harm to the environment or human health from uncontrolled waste disposal, recycle it responsibly to promote the sustainable reuse of material resources. To return your used product, please use the return and collection system or contact the retailer where the product was purchased from.

## **Troubleshooting:**

Problem	Cause	Solutions
No power	The master power switch is not on.	Switch the Master Power Switch to ON position, refer to Figure 1, 2.
Stops working after few minutes	Default working time is 5 minutes.	Press the Time button to choose workout time, from 1 to 15 minutes.
Unable to assemble the pedals	Need to use the assembly wrench from the tool kits pack.	Put the wrench on the pedal bolt and rotate the bolt until the pedal bolt is tightened on the crank completely.

**Note:** This product is not intended to diagnose, treat, cure, or prevent any disease.

**Note:** pictures in the manual are only for demonstration. Its appearance and technical parameters may be changed without further notice.

### **Limited Warranty:**

Please contact seller for warranty. Limited warranty from manufacturer only for original purchaser against manufacturing or workmanship defect under normal use. If for personal care items, due to the hygiene or rehabilitation nature of the product, it is non-returnable.

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