

MOVES CYCLE

OWNER'S MANUAL



Active and passive trainer for upper & lower body exercise

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The specifications of this product may vary from this photo, subject to change without notice.

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General information and precautions

Intended purpose

Prevention, reduction, and improvement of the consequences of loss or lack of movement through exercise therapy for arms and legs.

Intended user

Lay person and healthcare professional.

Indications

Prevention, reduction, and improvement of the consequences of loss or lack of movement, mainly in the following medical conditions: neuromuscular, orthopedic, cardiovascular, metabolic and other medical conditions resulting in limitations in movement or becoming confined to bed.

Contra-indications

Use should be discontinued in case of unusual swelling, discomfort, dizziness, severe muscle or joint pain or pain in the chest.

Precautions

- Read this manual carefully. Understand and practice all instructions. Know the limitations and hazards associated with using this device. Observe the precautionary and operational decals placed on the unit.
- Strenuous exercise on this equipment should not be undertaken without first consulting a physician. No specific health claims are made or implied regarding the equipment. Always consult a healthcare professional before use.
- Use on a flat, stable, non-slip surface.
- Do not wear loose clothing while exercising.
- During leg exercises: always remain seated, do not sit in a chair with casters, never stand on the pedal exerciser.
- Check the unit before each use to determine if all controls function normally.
- Handle the unit with care. Improper handling can adversely affect the product's characteristics.
- DO NOT allow any foreign materials or liquids to enter the unit. Prevent any substances, including but not limited to flammables, water, and metallic objects, from entering the unit, as these may cause damage, malfunction, or personal injury.
- DO NOT modify or remodel the unit. This may cause damage, malfunction, or personal injury.
- If you have difficulties operating the unit after carefully reviewing this user guide, contact your dealer for assistance.
- Failure to use and maintain the Moves Cycle in accordance with the instructions outlined in this manual will invalidate your warranty.

General information

- Exercises should be done at a slow, comfortable pace.
- Do not use when device is damaged.

Report any serious incident (death, serious deterioration of health, serious public health threat) to the manufacturer and your competent authority.

Safety instructions

The input power is 100v ~ 240v, the type of the plug depends on the country. Be sure the plug type fits your environment. Safety always comes first. Please keep the following points in mind at all times. Read and follow this instruction guide completely before using your Moves Cycle. Keep this guide in a safe place and make sure everyone who uses the machine also reads this guide. Have a safe exercise.

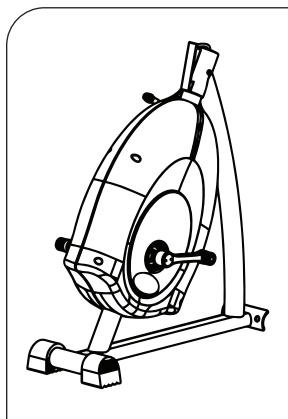
Assembly & operational instructions

Tips before using

1. After plugging in the device, the LED light above the buttons will be lit.
2. Press MODE button to enter exercise Mode selections. the LED light above MODE button will be lit.
3. You will hear a long beep after completing the exercise. The exercise status report will be shown on the screen for 2 minutes, press the MODE button to see every function.

P.S.: Passive Mode (RPM) Active Mode (Watt) are averaged values.

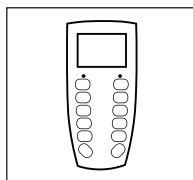
Components



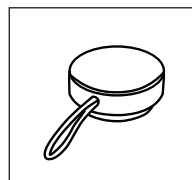
Main unit



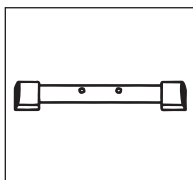
#2 adaptor



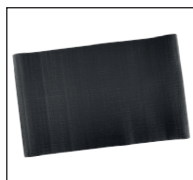
#3 console



#4 safety key



Rear stabilizer

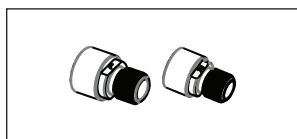


Mat

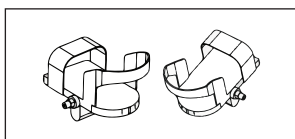


#10 AC cord

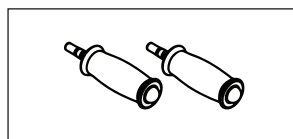
Quick-release set



Adapter
quick release

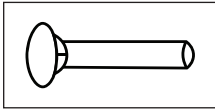


Big pedals
quick release

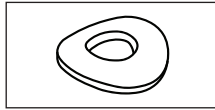


Grips
quick release

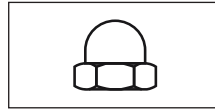
Hardware kit



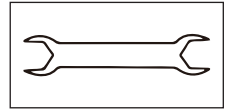
Square head bolts
(2 pcs)



Curved washer
(2 pcs)



Nuts
(2 pcs)

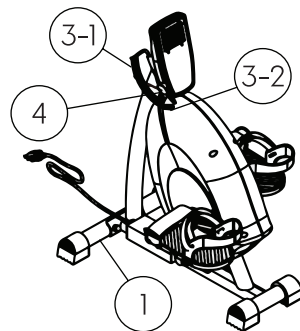
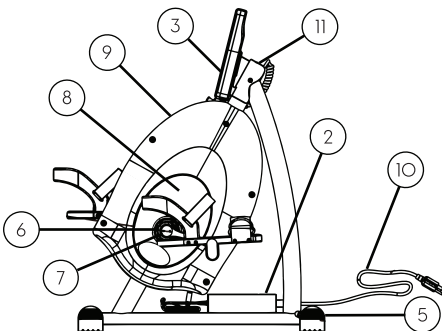


Flat wrench

Parts list

NO.	DESCRIPTION	QTY
1	Main unit	1
2	Power adaptor	1
3	Console	1
3-1	Console connector A	1
3-2	Console connector B	1
4	Safety key	1
5	End caps	4
6	Cranks (L & R)	2
7	Quick-release grips / big pedals	1
8	Decoration plate	2
9	Housing	2
10	AC power cord	1
11	Console holder	1

Assembly diagram



Console display



PAU



End



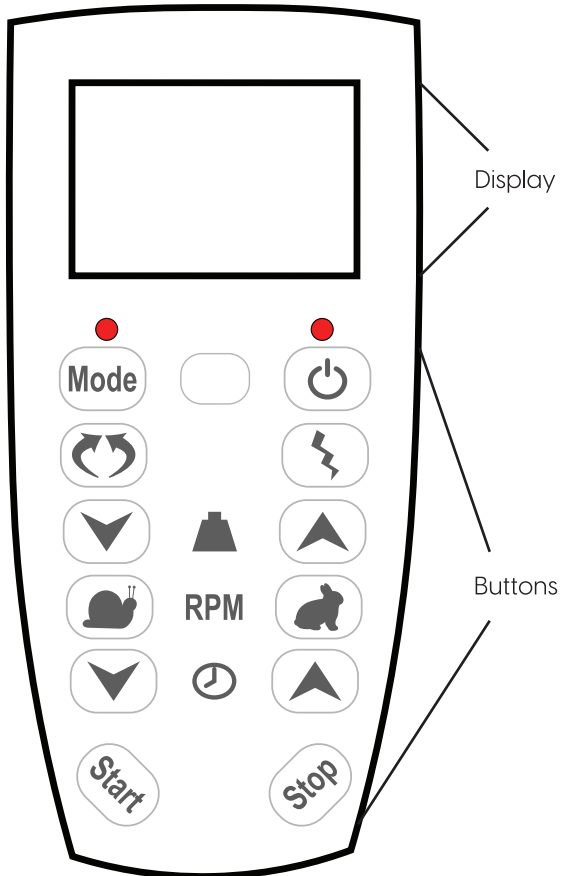
Standby



E1



Spasm



Button definition






: screen ON/OFF. Idle time over 10 minutes, the screen will shut down automatically for energy saving.





: Exercise mode selections: A (Active) > P (Passive) > U1 (Preset 1) > U2 (Preset 2) > U3 (Preset 3)



(1) in A(ctive) mode, press  to reduce resistance and press  to increase resistance. The weight sign  will also be shown, the max is 6 signs.

(2) Not a function in passive or U1 - U3 modes.

RPM

(1) in P(assive) mode or preset programs (U1-U3), press the snail sign  to reduce speed, press the rabbit sign  to increase speed.

(2) not a function in active mode.



Time setting



Time up



Time down

Start

Press this button to start exercise after setting.

Stop

During exercising, press this button to pause. Press again to end, one more press, go back to "Stand-by" for new mode selection.



In P(assive) and U1 - U3, press the button for the direction.



Forward (Clockwise)










Backward (Counter-Clockwise)













In P(assive) Mode or preset Modes (U1-U3). After time setting, you can press it to set anti-spasm detecting, the sign will be shown. Once the machine gets stuck, running direction will turn around and stop immediately. "END" will be shown on LCD. Press STOP button to go back "STAND-BY".

During exercising, press STOP for the chance to have or the function or not.










Active mode

1. When the machine is on standby, press MODE for exercise selections:
A(ctive) > P(assive) > U1 (preset passive 1) > U2 (preset passive 2) > U3 (preset passive 3).
2. When selecting A, press    to set your exercise time, preset is 10 minutes. You can press the arrow buttons to increase or reduce time.
3. After time setting, press START to begin your exercise routine.
4. After pressing START, the screen will show a count-down (3 > 2 > 1) and then start to run.
5. You can select your desired resistance before or after starting, the preset is LO1 and the display will also show 1 weight sign. Press    to select a different resistance level.
6. During exercise, you can press MODE to scan the function status: TIME/Mile/Km, RPM/WATT. To scan automatically, press MODE for 3 seconds, "auto" will appear on the display. Each function will be shown in turn automatically. (You can still press MODE to check).
7. During exercise, press STOP to pause (LCD will show PAU). Either press START to continue, or press STOP again to end exercise. Under PAU:
 - a. You can press MODE to change the mode A  P.
 - b. You can press STOP for 3 seconds to reset.
8. The last 3 seconds before a program finishes, the LCD starts counting down 3 > 2 > 1. After a long bleep the machine stops.



Passive mode

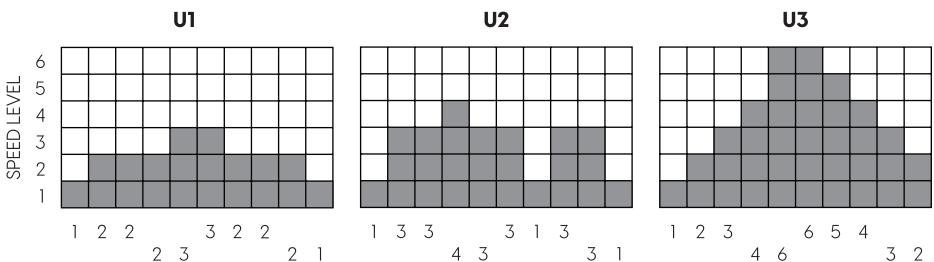
1. When the machine is on standby, press MODE for exercise selections:
A(ctive) > P(assive) > U1 (Preset passive 1) > U2 (Preset passive 2) > U3 (Preset passive3).
2. When selecting P, press    to set your exercise time, preset is 10 min. You can press the arrow buttons for reducing or increasing the exercise time.
3. After time setting, you could press  to set anti-spasm detecting, the LCD will show the lightning bolt sign (it is not necessary to set this if you don't need). With this function: when the machine gets stuck for over 8 seconds, the running direction will turn around and stop immediately. Meanwhile, the LCD will show END. You can press STOP to go back to standby and reset.
4. After step 2, press START, the screen will show a count-down (3 > 2 > 1) and after one bleep the machine begins to run. If you want to change the exercise MODE, press STOP then MODE to select other modes, press START to exercise.
5. While exercising, you can press  RPM  for speed adjustments from LO1-LO9.
6. While exercising, press  to change directions,  is forward (clockwise),  is backward (counter-clockwise). LCD also shows the sign.
7. During exercise, you can press MODE for scanning the function status: TIME/Mile/Km, RPM/WATT. To scan automatically, press MODE for 3 seconds, "auto" will appear on the display. Each function will be shown in turn automatically. (You can still press MODE to check).
8. During exercising, press STOP to pause and change P  A. After changing, press START to continue your exercise. On PAU, press STOP button for 3 seconds to reset.
9. The machine will stop after a long bleep.

User modes (U1~U3): 3 preset programs

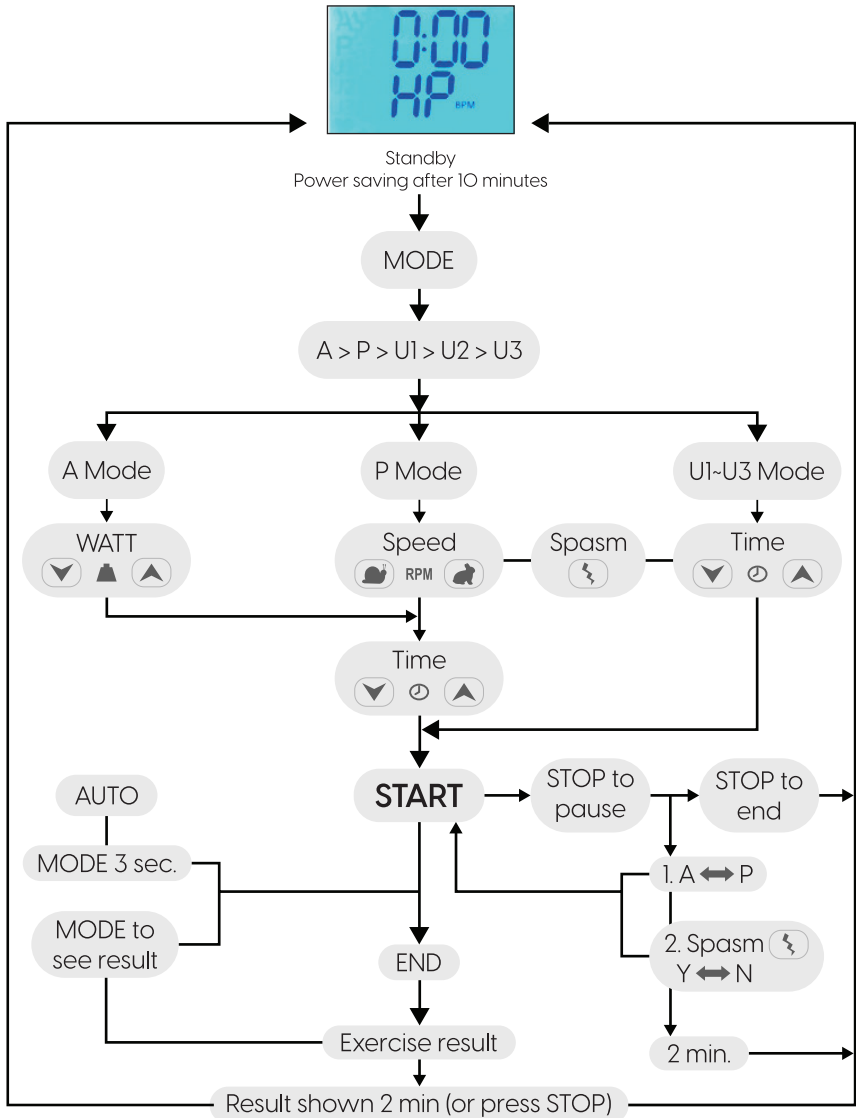
- When the machine is on standby, press MODE for exercise selections:
A(ctive) > P(assive) > U1 (preset passive 1) > U2 (preset passive 2) > U3 (preset passive 3).
- When selecting U1, U2, or U3, press    to set your exercise time, preset is 10 minutes. You can press the arrow buttons to increase or reduce time.
- After time setting, you could press  to set the anti-spasm detection (same way to set passive mode).
- After step 2, press START, the screen will start counting down (3 > 2 > 1). After a bleep, the machine starts running, or press MODE to select other modes.
- While exercising, you can still press  **RPM**  for speed adjustments from LO1-LO9.
- While exercising, press  to change directions.  is forward (clockwise),  is backward (counter-clockwise). The screen will show the signs too.
- You can press MODE to see your exercise status: TIME/mile/Km, RPM/WATT. To scan automatically, press MODE for 3 seconds, "auto" will appear on the display. Each function will be shown in turn automatically.

Program profile

-  : forward (clockwise)
 : backward (counter-clockwise)



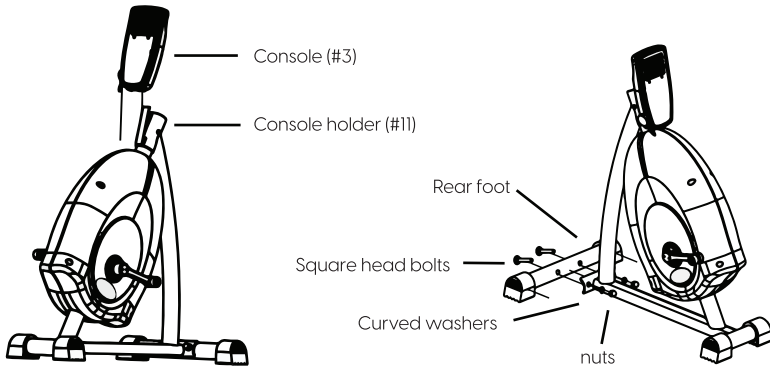
Operation chart



Assembly notes

After opening the carton, be sure to check all the components according to the parts list. Assemble all components using the following steps:

1. Insert the console (#3) into the console holder (#11). Tighten the rear foot with 2 square head bolts/curved washers/nuts.

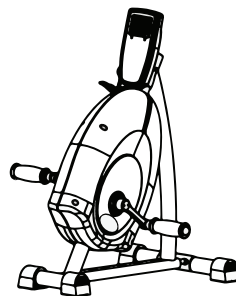
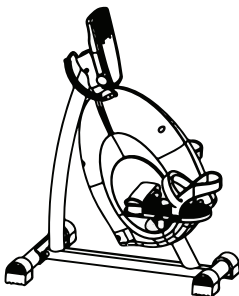


2. Put the console connector A (#3-1) and console connector B (#3-2) together.



3. After step 1 and 2, connect the power adaptor (#2) and AC power cord (#10), then plug the cord of the power adaptor into the housing (shown AC sticker)

4. Adaptors are pre-installed on the cranks. By pulling the outer sliding bushings you can insert either the quick-release hand grips or quick-release big pedals into the adaptors.




Troubleshooting & operation warning

1. Troubleshooting for the machine

EI: When the LCD shows EI, the machine stops. You may have to check the following:

- Press the STOP button to return to standby
- According to p. 8 - 10, you can restart all procedures
- If the machine works normally, you can continue
- If the problem persists (EI), contact the dealer for further checking.

SPAS: when you see SPAS on the LCD, you press the  button.
You can press STOP to renew the settings, or shut down the screen.

2. Operation warning:

In passive mode:

- Please do not run the speed over the set RPM, only press the buttons to increase or reduce the speed if needed.
- When you run the speed over the set RPM, the protection starts by beeping. If you continue over-speeding, the resistance will work at the max level stop your speeding. Once you follow the set RPM, the resistance stops.
- When you hear the beeping, please be aware that you are speeding the machine without pressing the button selection.
- Over-speed will cause the motor to generate sudden reverse current to flow back to the control board, and damage it. Once the control board gets damaged, the passive mode will not work.

Please do not run the machine while unplugged. If you run the machine while it is unplugged, the motor will still generate the current, which could damage the control board because of overload without any alert beeping.

We strongly advise the user to follow the instructions above. Take care of the machine during exercise. Improper use will invalidate your warranty right.

Your attention would be greatly appreciated. We sincerely wish you obtain the benefits from the exercise with this machine.



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