

SCIFIT PRO2 AB 6400 – Upper Body & Recumbent Bike

Simple Setup:

1. Place the machine on a flat, stable surface.
2. Adjust the seat to a comfortable position using the lever or knob.
3. Set the arm cranks to the desired height and width.
4. Plug in the machine if using electronic resistance or display.
5. Make sure all parts feel secure and steady before use.

Basic Use:

1. Sit down carefully on the seat and place your feet on the pedals.
2. Grip the arm cranks with both hands.
3. Begin pedaling with your arms and legs – you can use arms only, legs only, or both.
4. Keep your posture upright with a straight back and relaxed shoulders.
5. Start at a low resistance and gradually increase as you warm up.
6. Adjust workout settings on the console if desired.
7. Listen to your body and rest if you feel discomfort.

Safety Tips:

1. Talk to your doctor before starting a new workout routine.
2. Always check the seat, cranks, and pedals before each use.
3. Use the machine only on level, non-slip surfaces.
4. Avoid sudden or fast changes in movement or resistance.
5. Use support when getting on or off the machine if needed.

Maintenance:

1. Wipe down seat, handles, and display with a damp cloth after each use