

Me-Mover Fitness

Designed in Copenhagen

FIT

QUICKSTART GUIDE

Me-Mover Fitness Home Trainer

GET FIT, GET STRONG
WITH THE ME-MOVER FITNESS HOME TRAINER

Congratulations on your Home Trainer!


Now it is easier than ever to exercise all year round. Here is a Quick Guide to get you started. This Home Trainer is only with the Me-Mover Fit compatible.

Check the video!

Visit our Youtube channel to find useful tutorial videos on how to assemble and use our products. <https://www.youtube.com/thememover>

Safety notifications

To highlight some of the most important safety concerns, this Quick Guide contains safety warnings that are featured throughout this guide.

The following symbol  **WARNING!** calls attention to a potential hazard that, if not properly addressed or avoided, could cause **serious injury or death, property damage and/or void your warranty.**

The Home Trainer system is not a toy and should only be used by adults. Keep away from children or animals. Fast rotating components can cause serious injuries or even death.

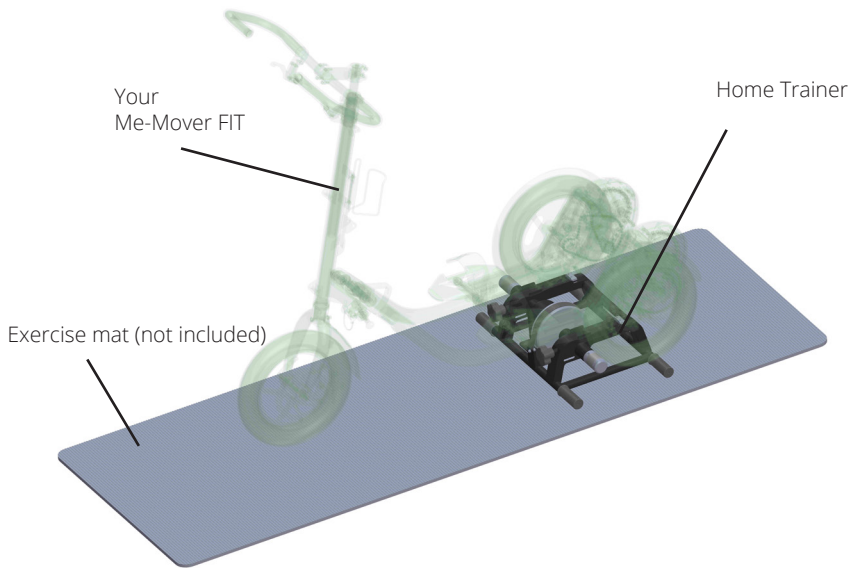
WARNING!

You must always obey your local road laws and regulations. Me-Mover Fitness is not liable for any legal infringements. It is up to the individual rider to remain up to date with the laws in their respective area.

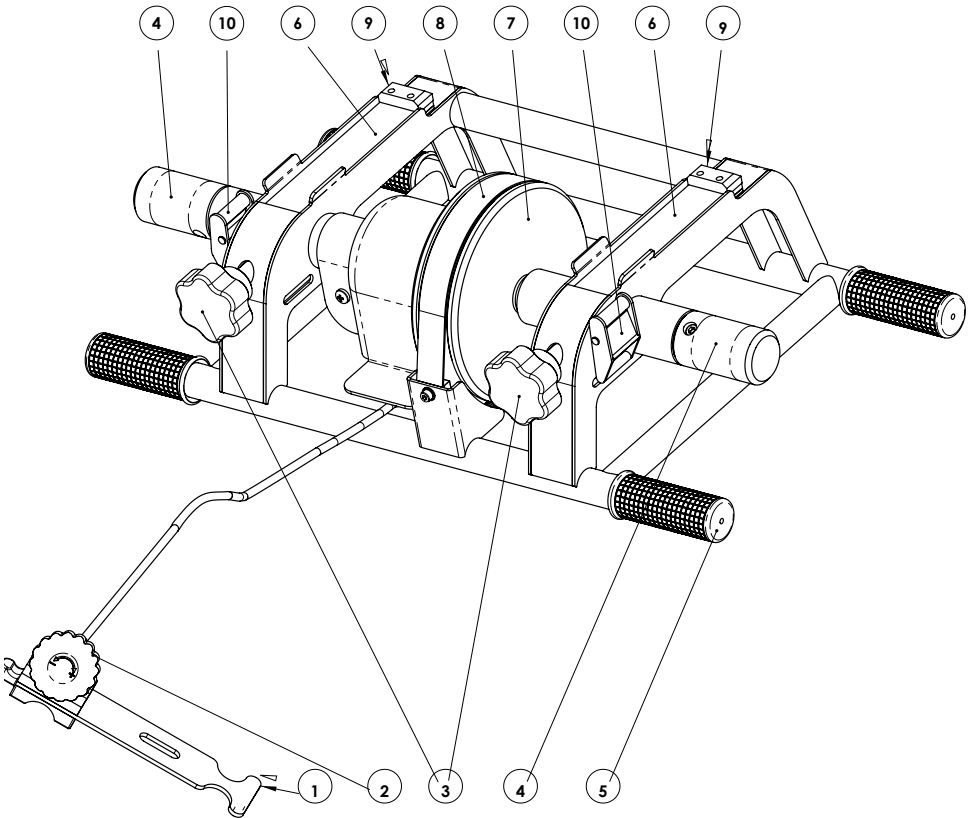
WARNING!

Any unapproved modification to the Home Trainer can make it unsafe and voids your warranty. A component that is not approved, or assembly that is not correct can put high stress on your Me-Mover FIT, Home Trainer or components.

AN OVERVIEW OF THE HOME TRAINER



BOX CONTENT



- 1 Mounting rubber strap
- 2 Load adjustment handle
- 3 Friction adjustment handles
- 4 Rollers
- 5 Support-rubbers
- 6 Support-bed
- 7 Fly-wheel
- 8 Friction-belt
- 9 Rear support bracket
- 10 Strap buckles and straps

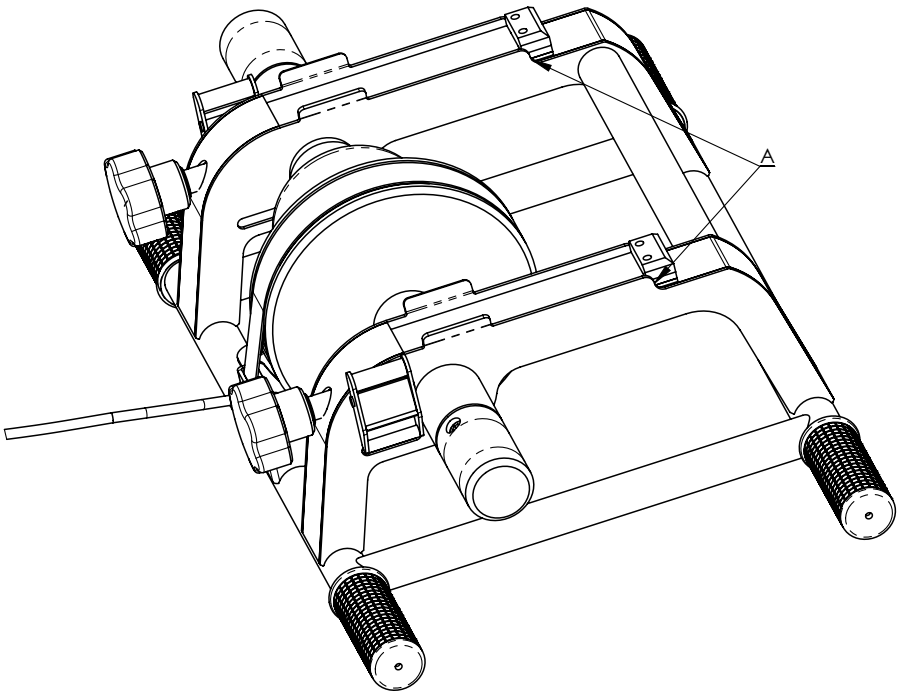
Refer back to this page when setting up your Me-Mover Home Trainer.



SETTING UP YOUR HOME TRAINER

To set up your Home Trainer just follow these simple steps:

1. Lay out your Home Trainer on the exercise mat on a flat surface with the rubber feet securely on the floor. The exercise mat will provide some noise reduction. Ensure that there are no obstacles in your immediate vicinity. You should always ride on a flat and even surface. Failure to do so may result in injury.
2. Before placing your Me-Mover on the Home Trainer you must adjust the friction adjustment handles. Unscrew them counter-clockwise until the rear support brackets are nearly at the edge of the support-bed (A) like shown.



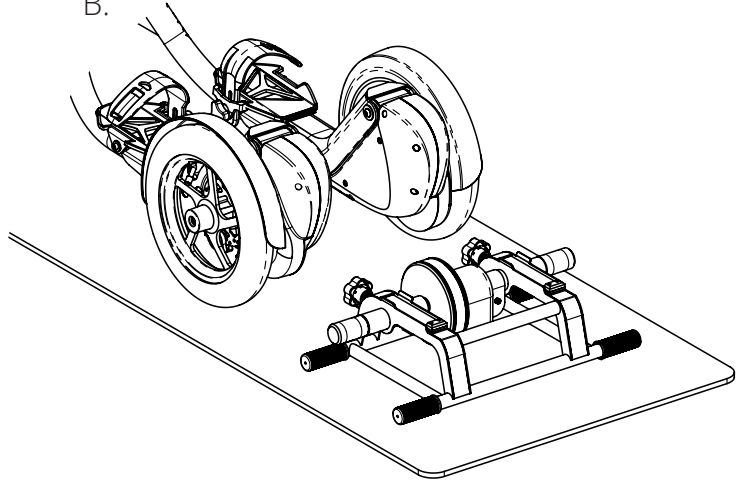
⚠ WARNING!

Always ride on a flat and even surface. Failure to do so may result in injury and/or damage to your Me-Mover and/or Home Trainer.

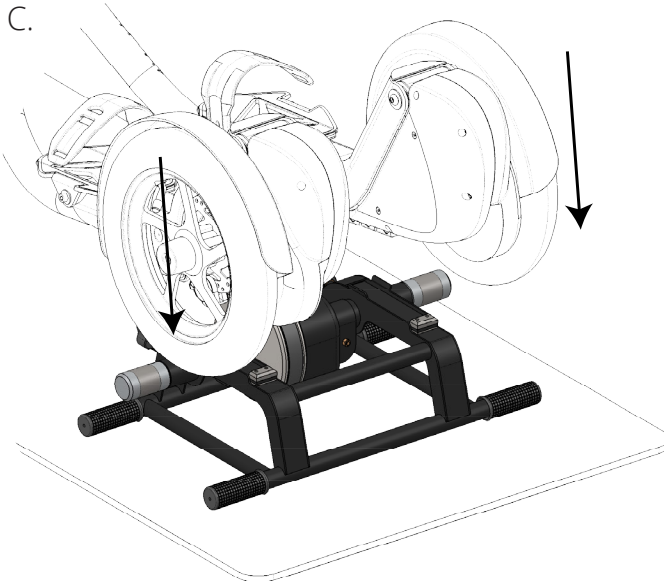
3. Place the Me-Mover in front of the Home Trainer system like shown (B)

4. Lift the Me-Mover from the rear wheels and position above the rollers (C). When lifting heavy objects from ground level, always bend your knees not your back.

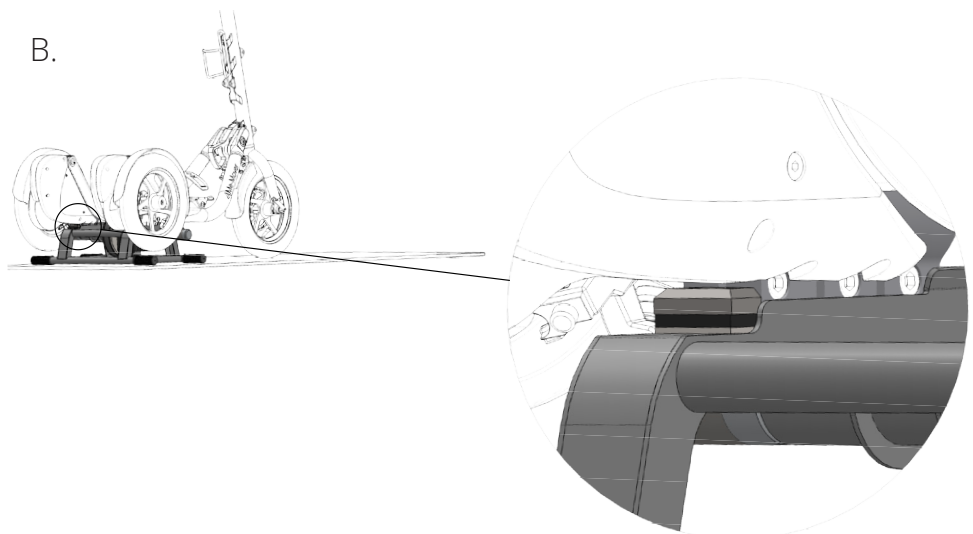
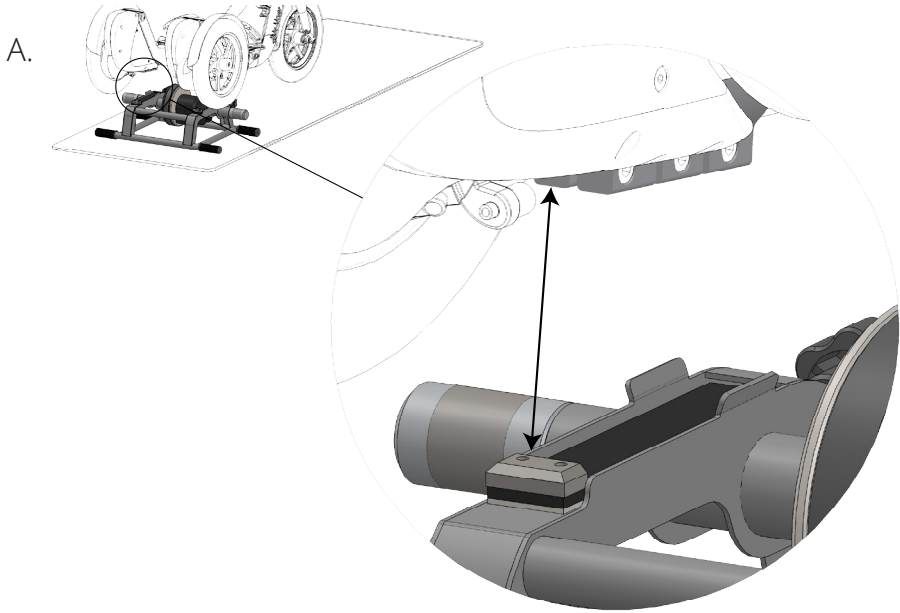
B.



C.



5. When placing the rear wheels down on the rollers, align the rear transmissions with the rear support bracket and support bed. The transmissions should sit inside the rear support bed (B). The transmissions should NOT rest on top of the support brackets or surrounding frame. If they do, you may need to further adjust the friction adjustment handles and realign (see step 2.)



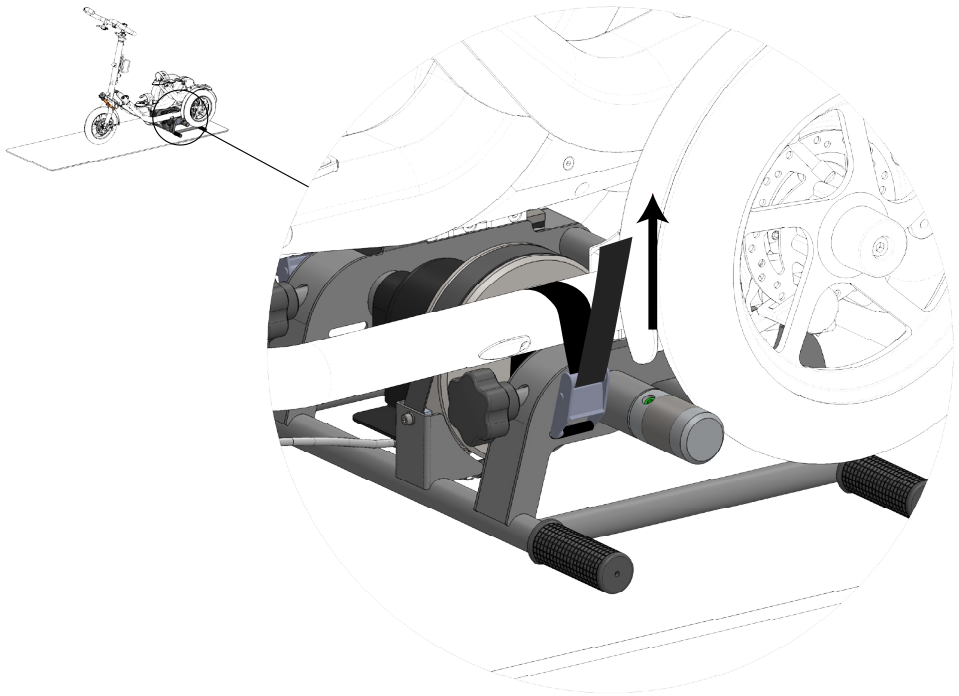
TIGHTENING THE STRAPS

6. Thread the straps around the Me-Mover FIT frame. Pull the strap up from the buckle to tighten the Me-Mover whilst pressing down on the Me-Mover like shown. The straps are in place to make sure the Me-Mover does not hop off the Home Trainer. Do not ride the Me-Mover Home Trainer without the straps securely in place.

Don't forget to do both sides!

⚠ WARNING!

Always tighten the straps. Never use the Home Trainer without correctly tightening the straps. Failure to do so could result in injury or damage.



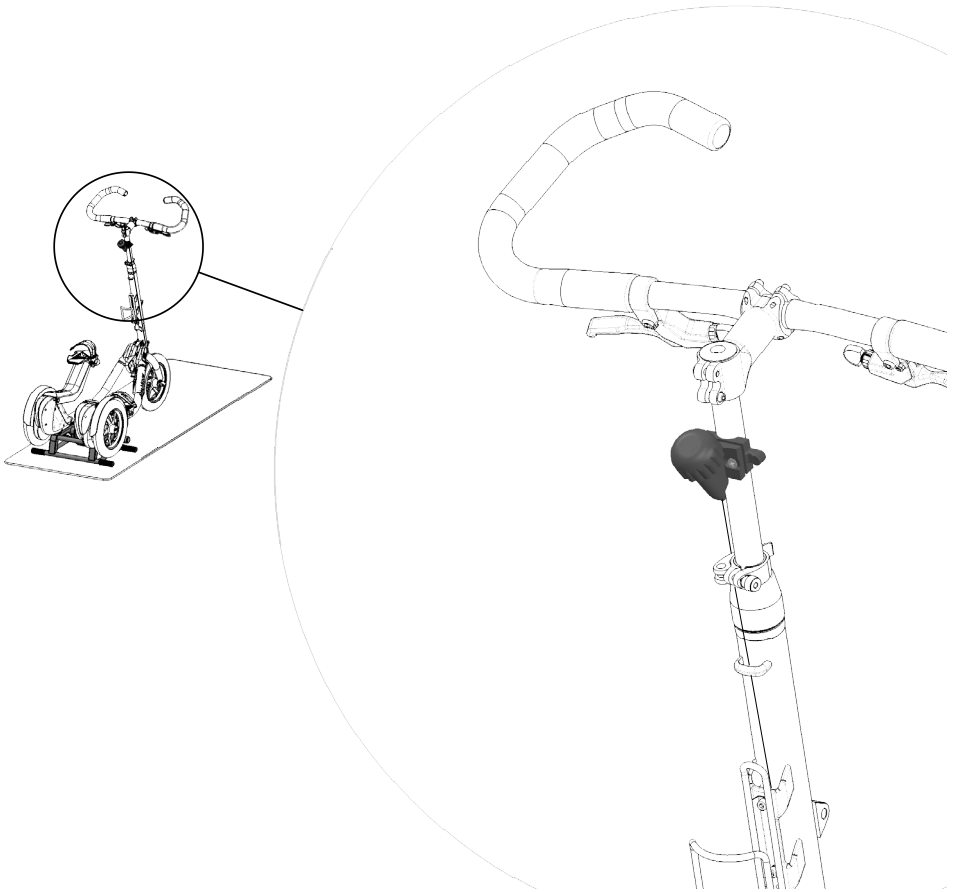
⚠ WARNING!

Always set up your Home Trainer on a flat surface in an open space.

HOW TO MOUNT THE LOAD-ADJUSTMENT HANDLE

7. Attach the load-adjustment handle to the inner steerer of your Me-Mover FIT as shown. This is a simple mounting rubber strap that wraps around the Me-Mover.

Ensure that the cable is not interfering with your Me-Mover FIT, or the Home Trainer.



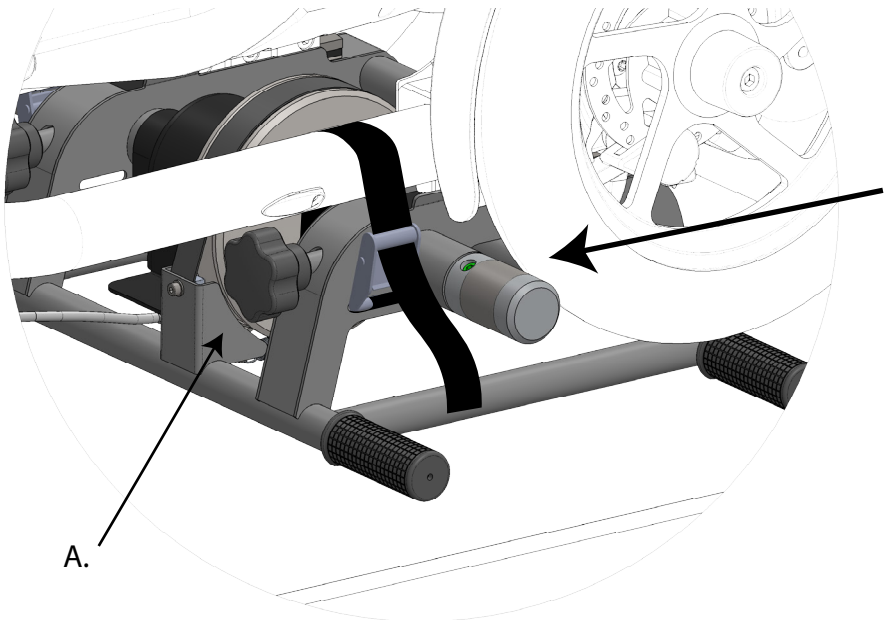
⚠ WARNING!

Ensure that the cable is not interfering with your Me-Mover FIT, or the Home Trainer

RELEASE THE LOAD AND TEST

8. Tighten the friction adjustment handles by turning them clockwise. This will pull the Me-Mover forwards, squeezing the tyres towards the rollers. Stop tightening the friction adjustment handles when there is no skidding between the tyres and the rollers.

Don't forget to do both sides! It may help to do each one incrementally, bit by bit.



9. Check one last time that the Me-Mover is securely attached and strapped to the Home Trainer. Make sure that there is no skidding or slippage between the tyres and the rollers.

10. Make sure there is enough pressure in the tyres. The pressure should be at the maximum for the tyre you are using. This should be written on the wall of the tyre. If you cannot find the required pressure, check the manufacturer's website.

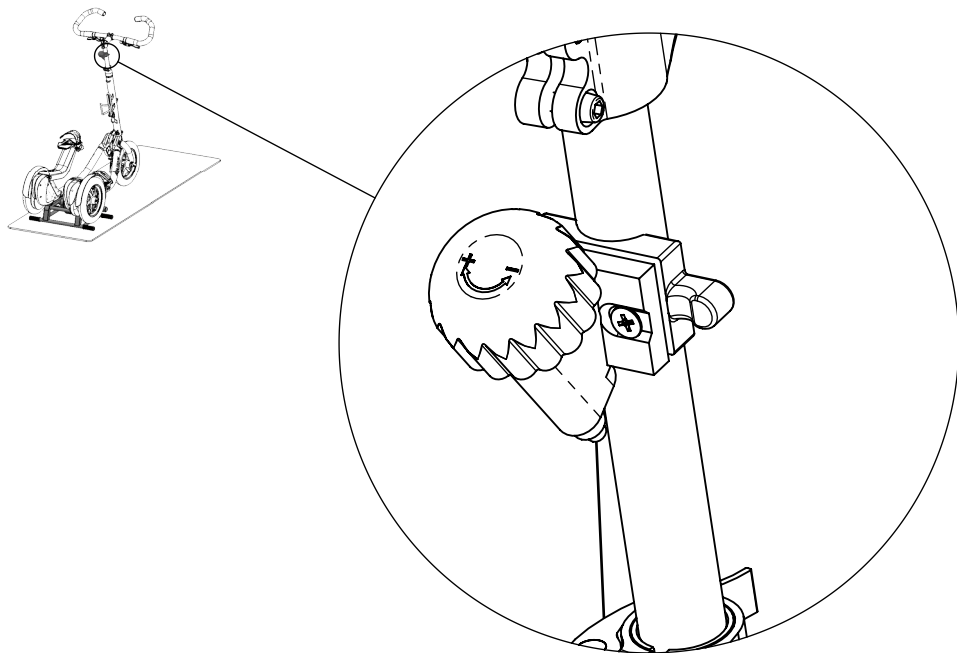
⚠ WARNING!

Always check your tyre pressure is correct, that the straps are secure, and that nothing is in the way or interfering with your Home Trainer.

ADJUSTING THE DIFFICULTY

11. You can adjust the difficulty when riding with the load adjustment handle. Turn clockwise to make riding harder. Turn counter-clockwise to make riding easier.

If you find it too difficult to ride straight away, you may have overtightened the friction adjustment handles. To correct this, get off the Me-Mover and turn the friction adjustment handles counter-clockwise until riding becomes easier. Refer back to step 8. for proper adjustment.

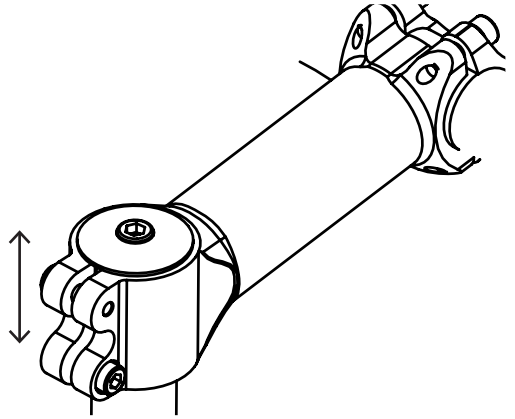


SETTING UP YOUR ME-MOVER FOR THE HOME TRAINER

1. Adjust the handlebar height to a comfortable position before mounting the Me-Mover FIT on your home trainer. Release the steering column quick release clamp, and slide the steering column up and down to your desired height. Hold the clamp OPEN while you rotate the nut clockwise. Rotate the nut until you cannot close the clamp anymore. At this point release the nut slightly so you can JUST close the clamp.



Hold the clamp
OPEN position



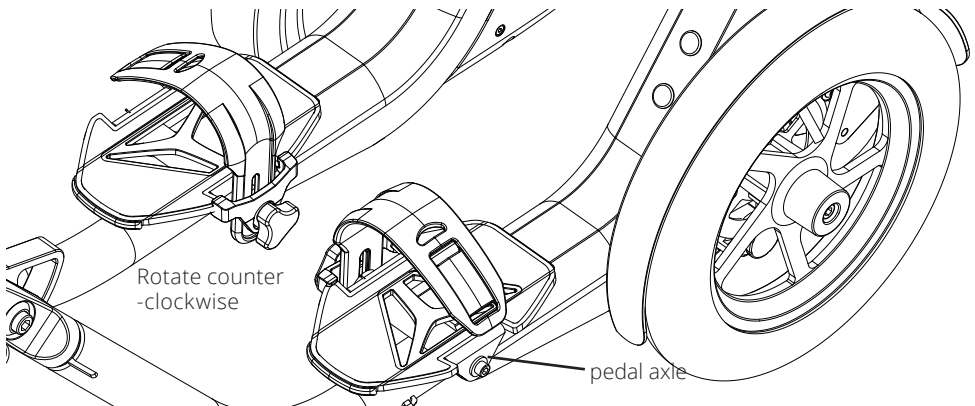
⚠ WARNING!

Always be sure that the quick release is fastened securely! For detailed instructions refer to “How To Use The Quick Releases” on page 6 in your Me-Mover FIT Quick Guide

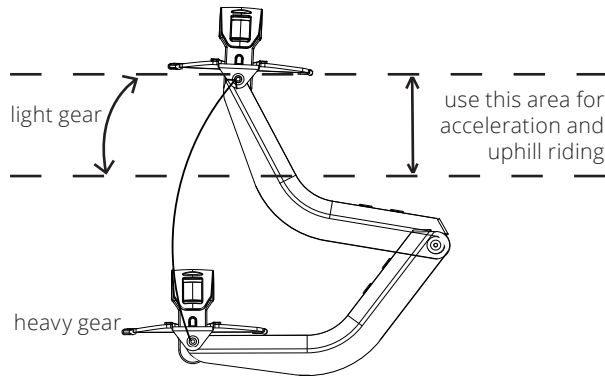
⚠ WARNING!

Do not heighten past the maximum mark. If the maximum mark on the inner steerer is visible you have heightened it too much. This will weaken the stability of the inner steerer and will risk injury and/or damage to your Me-Mover FIT.

2. Adjust the foot straps: loosen the foot strap by gently rotating the foot strap screw in a counterclockwise direction. Do not unscrew it entirely. Slide your foot onto the pedal until the ball of your foot is slightly ahead of the pedal axle. This will put less strain on your achilles tendon and calf muscle. Tighten the strap by rotating the foot strap screw in a clockwise direction. The strap should fit comfortably around your foot.



3. Stand next to your Me-Mover FIT. Grab the handlebar and hold the FRONT brake tight. Place one foot onto the pedal at a time. For the purpose of stability, place your foot closest to the Me-Mover FIT on the pedal first.
4. Keep holding the FRONT brake tight and when you have placed both of your feet on the pedals, lean gently to either side to find your balance.
5. Remember: **Only concentrate on the lifting motion.** Alternate lifting your feet as though you are walking up a flight of stairs. There is no need to forcibly push the pedal downwards because your body weight will automatically push the pedal down.
6. The higher the pedal rises, the lower the gear is. The position of the pedal stroke determines the gear.



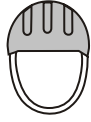
⚠ WARNING!

Positioning the ball of your feet behind the pedal axle can cause injury and/or cramp in your calf muscle over time. Make sure the straps are securely tightened. For more information, refer to the ME-Mover FIT User Guide

⚠ WARNING!

Due to the very compact design and short wheel-base it is easy to do an unintended 'wheelie'. Stand naturally, keeping your weight centered, and your arms flexed when riding the Me-Mover FIT. Keep your centre of gravity between the front wheel and the rear wheels at all times. Do not lean backwards or jump.

RIDING YOUR ME-MOVER SAFELY



Always wear a helmet!



Use lights at night!



Maximum weight of rider:
100 kg / 220 lbs



No riding on ice!



No stunt driving!



No wheelies!

USING THE HOME TRAINER SAFELY



Ride in an open
space



Always ride on a
flat surface



Ensure pets are at a
safe distance



Ensure children are
at a safe distance



USEFUL LINKS

The online User Manual includes a detailed description of usage, storage, repairs and maintenance: <https://me-mover.com/user-manual-and-how-to-videos/>

Share tips and tricks about the Me-Mover FIT on our online forum:
www.me-mover.com/forums

Join the Me-Mover Ambassador group on Facebook to join the conversation and share your own ideas: <https://www.facebook.com/groups/185521488228560/>

You are welcome to check our Youtube channel for videos, we have a playlist with instructional videos: www.youtube.com/user/TheMemover

We also have a Spotify playlist to get you moving! <https://open.spotify.com/user/117528657/playlist/4ypkK35ZmKQr4qUMhdcepv>

If you have any further questions, contact us at support@me-mover.com and we will get back to you as soon as possible.

Thank you for purchasing a Me-Mover FIT and the Home Trainer. We hope you have as much fun on it as we did designing it. We look forward to hearing about your Me-Mover journey.

Happy Me-Moving!



Jonas Eliasson
CEO and Founder

