

2-IN-1 EXERCISE PEDALER



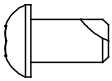
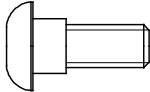
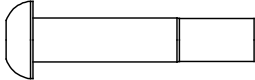

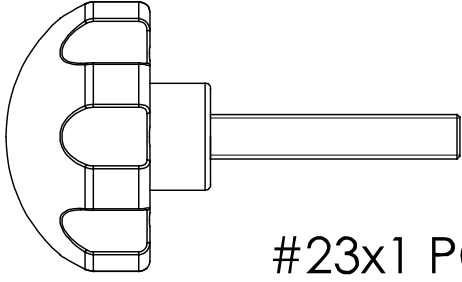
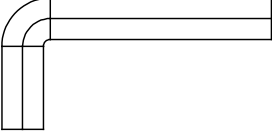
USER'S MANUAL

CAUTION:

Read these instructions before using your Exercise Pedaler!

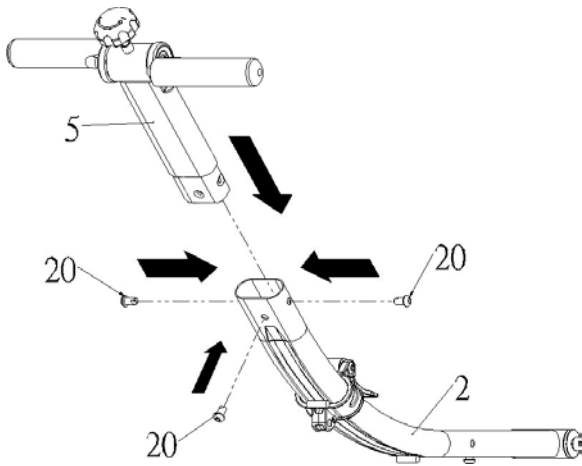
- Always follow your physician's recommendations when planning your personal exercise program.
- You should be aware of your limits and adapt your exercise accordingly. Always use common sense when exercising.
- Keep children or pets away from the trainer when you are using it or when you leave it unsupervised.
- Any of the adjustment devices that could interfere with the user's movement should not be left projecting.
- Before daily use, make sure all screws are firmly tightened.
- Damaged parts have to be changed immediately and keep the equipment out of use until repair.
- Always use the trainer on a flat and level surface.
- Be sure to wear suitable shoes and proper clothing during exercise
- Injuries to health may result from incorrect or excessive training.
- Max. loading weight: 40 kgs.

SCREW SETS LIST:

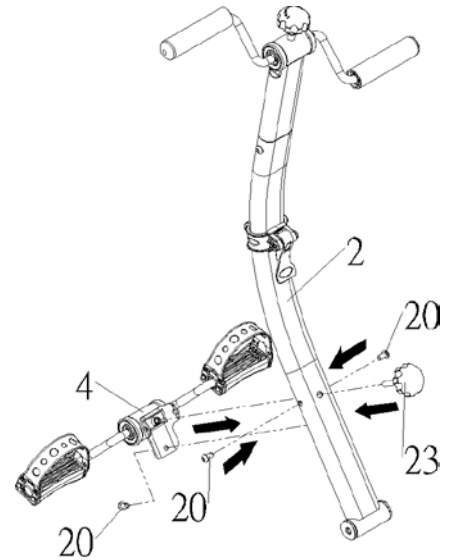
A	M8x14mm	B	M8x21mm
 <p data-bbox="544 703 799 757">#20x6 PCS</p>		 <p data-bbox="1114 703 1353 757">#8x2 PCS</p>	
C	M8x40mm	D	M8
 <p data-bbox="544 1099 778 1153">#28x1 PC</p>		 <p data-bbox="1102 1099 1342 1153">#30x1 PC</p>	
E	M8x45mm	F	M8
 <p data-bbox="544 1491 778 1545">#23x1 PC</p>		 <p data-bbox="1225 1491 1326 1545">1PC</p>	

ASSEMBLY INSTRUCTIONS:

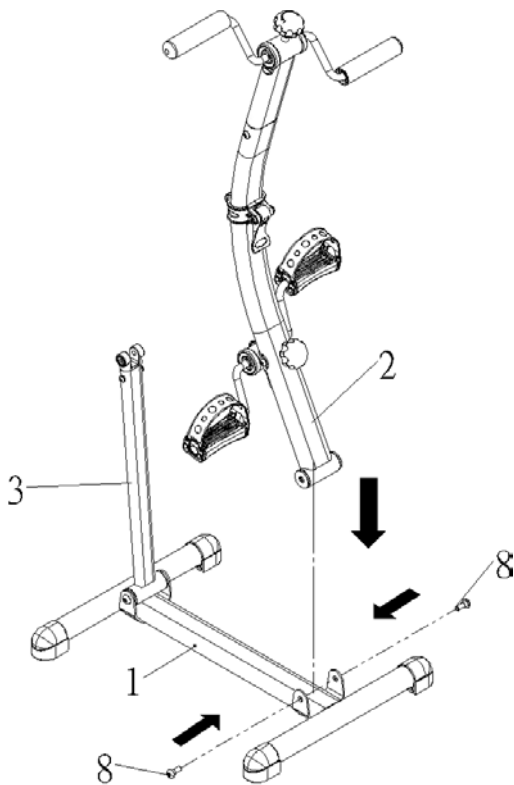
STEP 1 Assemble parts (2) & (5) by securing 3 screws (20).



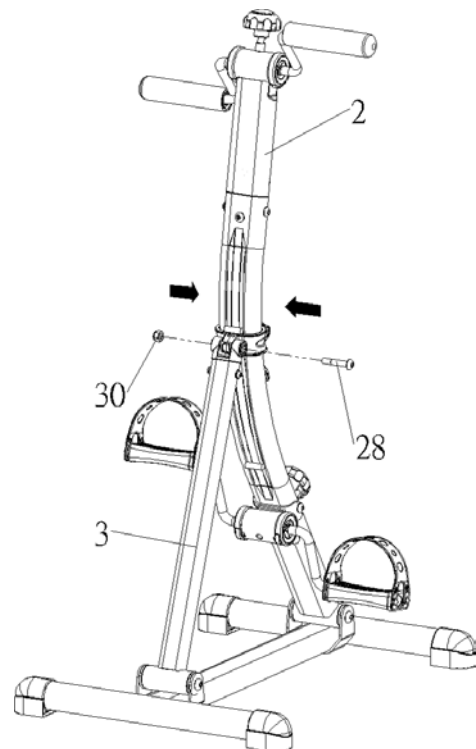
STEP 2 Assemble the pedal set (4) on the upright post (2) by securing 3 screws (20) and bottom knob (23).



STEP 3 Put the upright post (2) on the main base (1) and attach by 2 screws (8).

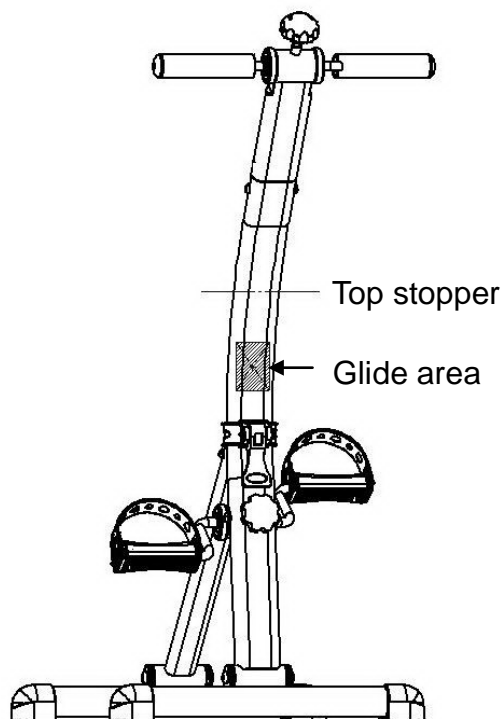


STEP 4 Attach the front tube (3) to the upright post (2) and secure with screw (28) and nut (30).



USER'S INSTRUCTIONS

Position adjustable:



✂ According to your Favorite position

Procedure:

Pull apart the latch, adjust the position to your desired location, secure the latch.

- When securing the latch, avoid the "Glide area" (where the indent in the metal is. Also, the shaded area on the picture above). Make sure the latch is tight or the handle bars will move during use.

Fine adjustment of resistance:

The tension regulator allows you to increase or decrease the resistance during your exercise session.

EXERCISES:

This trainer can be used for an outstanding aerobic exercise of your legs as well as your arms.

To use the trainer as bicycle (see figure 1), place it on the floor where the pedal movements will not be hindered by other objects. Make sure the surface is horizontal and non-skid.

Arms & Legs exercise

To exercise your hands & lower abdomen, place the trainer on a non-skid floor and comfortably sit on a chair with the trainer directly in front of you so that your knee joint is in an angle of not more than 90°. When using the trainer, be sure to wear shoes with rubber soles so as to avoid from slipping off the pedals during training.

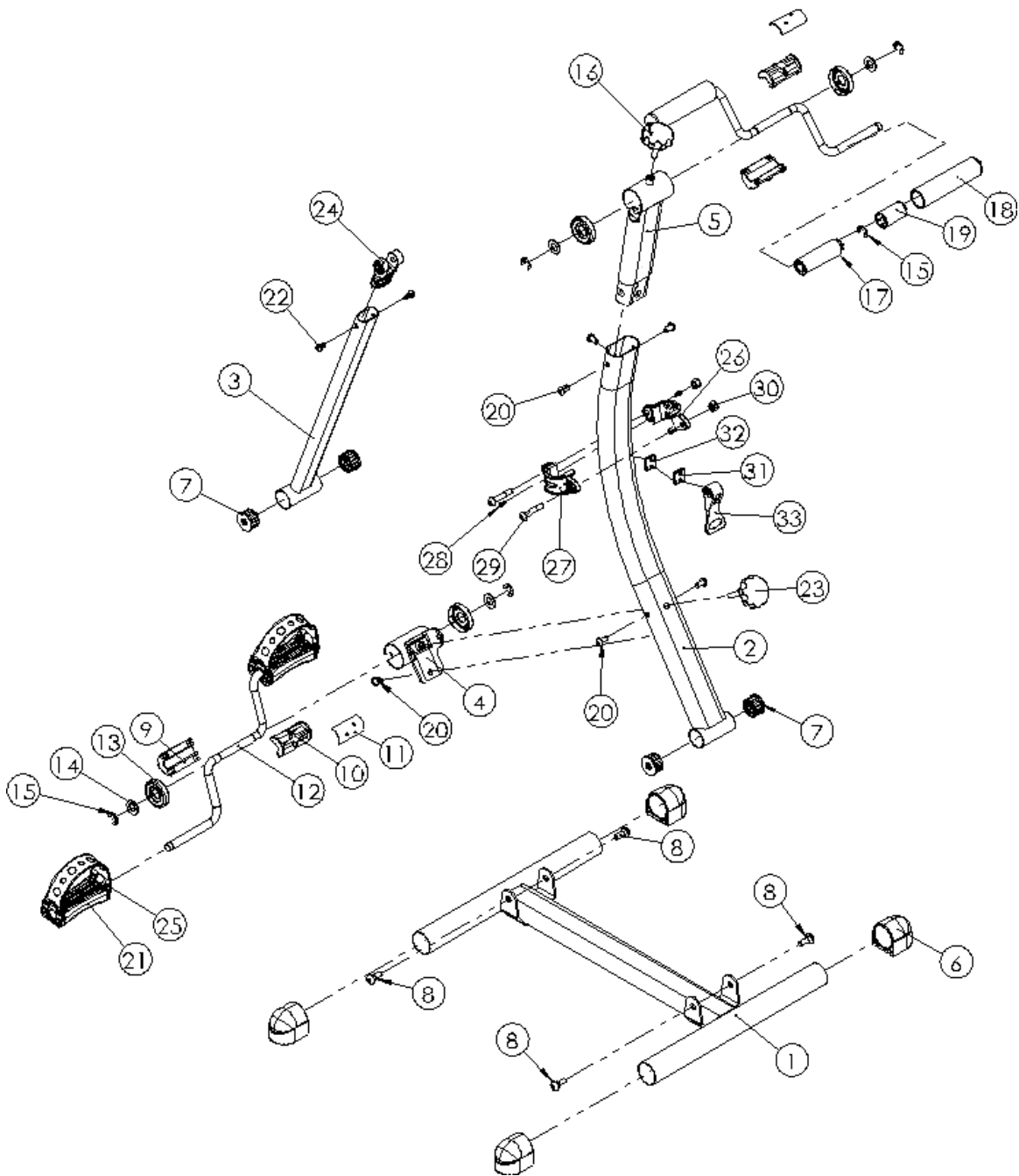
- Put your feet onto the pedals as soon as you are seated correctly on a stable chair and put your hands on the handle (please make sure you are able to easily reach the handle without overstretching the elbow joint, if not, please adjust the position again). Firmly grip the handle with your hand and rotate them with the support of your shoulders, arms and your wrists. At the same time, you could start stepping onto the pedals of the Exercise Pedaler.
- The resistance can be increased or decreased by rotating the tension regulator in the respective direction.

Do not stand on the trainer during exercise. Only exercise in a seated position. Make sure the seat does not move or tilt.



figure 1

Explosion drawing:



Parts List:

Item No.	Description	Qty.	Item No.	Description	Qty.
1	Main Base	1	18	Handle	2
2	Upright Post	1	19	Plastic Bushing-B	2
3	Front Tube	1	20	Hex Head Bolt M8 X 14	6
4	Pedal Set	1	21	Footrest	2
5	Handgrip Set	1	22	Screw M6 x 15	2
6	End Cap	4	23	Bottom Tension Knob	1
7	Plastic Tube Cover	4	24	Plastic Connector	1
8	Hex Head Bolt M8 X 21	4	25	Strap	2
9	Brake – A	2	26	Switch Base-A	1
10	Brake – B	2	27	Switch Base-B	1
11	Curved plate	2	28	Hex Head Bolt M8 X 40	1
12	Crank	2	29	Hex Head Bolt M4 X 40	1
13	Cover	4	30	Nylon Nut M8	1
14	Washer M12	4	31	Fastener	1
15	E Ring	4	32	Brake	1
16	Up Tension Knob	1	33	Latch	1
17	Plastic Bushing-A	2			