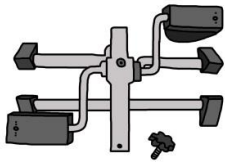


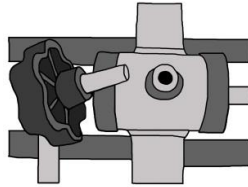
Assembly Guide

Parts



This product is already pre-assembled with only the tension adjustment bolt packed separately to reduce the overall carton size.

Step 1



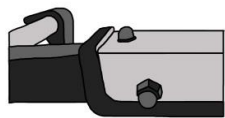
After removing all the plastic wrapping insert the tension adjustment bolt into the top of the central housing and lightly tighten.

Step 2



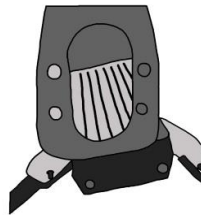
Unfold each of the lower leg sections and ensure the spring release buttons are engaged / clicked into place.

Step 3



The spring release buttons can be pressed in to allow the lower leg sections to be re-folded under the central housing.

Step 4



The pedal straps have 2 sets of holes to allow you to adjust the length of the strap around your foot or shoe.

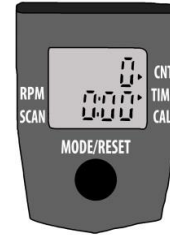
Finished Assembly



When assembled your pedal exerciser should look like this.

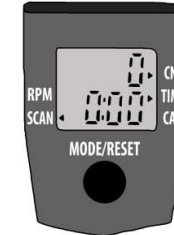
Operating Guide

Counter 1



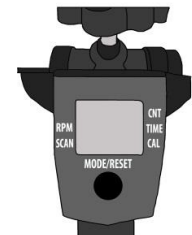
Press the MODE / RESET button on the multi-function counter to turn it on. Press it again to select the TIME, CAL and RPM displays.

Counter 2



The SCAN option will cycle through the TIME, CAL and RPM displays with each one being displayed on the screen for a few seconds.

Counter 3



The multi-function counter will stop "counting" if you stop turning the pedals. After a few minutes without any movement it will turn itself off.



Safety Warnings



Care when folding



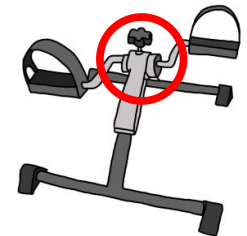
Take care when folding the pedal exerciser and keep fingers, feet and legs clear of the folding mechanism or frame.

Limited use design



This pedal exerciser is designed for limited or domestic usage and is not designed for high or commercial usage.

Heat from friction



Parts of this pedal exerciser, including the pedal shaft near the central housing, may become warm or hot during use.