

Pedal EXERCISER

PLEASE READ PRIOR TO USE

SAFETY SUMMARY

- ▶ Consult your physical therapist or health care professional before starting any exercise program. This is especially recommended if you have a risk factor for coronary disease, such as high blood pressure, diabetes, obesity, cigarette smoking or a family history of heart disease.
- ▶ Establish your own exercise routine, (frequency, intensity and time) that best suits your particular needs and condition.
- ▶ If you experience pain or tightness in your chest, an irregular heartbeat, shortness of breath, feel faint or have any discomfort while exercising, STOP immediately! Consult your physician or health care professional before continuing any exercise routine.

INSTRUCTION USE

The Pedal Exerciser is ideal for individuals who are unable to sit and ride on a regular bicycle, or for those limited to wheelchair use. The Pedal Exerciser can be used on the floor for leg exercises or on a table top for arm exercises.

Floor Use:

- ▶ Insert the tension control knob into the pedal cylinder located on top of the Pedal Exerciser. Turn the tension control knob clockwise to tighten.
- ▶ Adjust the tension control knob to the desired level of resistance. Turn the tension control knob clockwise to increase resistance and counter clockwise to reduce the resistance.
- ▶ Once you are seated, place the Pedal Exerciser on a flat, floor surface in a comfortable position in front of you.
- ▶ Place each foot on the pedals underneath the straps. The straps help hold the feet firmly in place.
- ▶ Begin pedaling.
- ▶ You can pedal forward or backward to work different muscles groups.

Table Top Use:

- ▶ Insert the tension control knob into the pedal cylinder located on top of the Pedal Exerciser. Turn the tension control knob clockwise to tighten.
- ▶ Adjust the tension control knob to the desired level of resistance. Turn the tension control knob clockwise to increase resistance and counter clockwise to reduce the resistance.
- ▶ Place Pedal Exerciser onto a flat, stable, table top surface and sit in a chair with the Pedal Exerciser comfortably positioned in front of you. Keep your back straight.
- ▶ Grasp each pedal with your hands and begin pedaling trying not to lean forward.
- ▶ You can pedal forward or backward to work different muscles groups.



WARNING: Do not stand on the pedal exerciser.

CAUTION: The metal components on the tension knob may become hot when in use.

Manufactured for:

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Made in China

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