



Pedal Exerciser with Digital Display

RM159

Usage and Maintenance Instructions

INTRODUCTION

Thank you for deciding to purchase the Pedal Exerciser from Aidapt. The Pedal Exerciser is manufactured from the finest materials and components available, when used correctly it is designed to give many years of reliable trouble-free service.

BEFORE USE

- Carefully remove all packaging. Avoid using any knives or other sharp instruments as this may damage the surface of the product.
- Check the product for any visible damage. If you see any damage or suspect a fault, do not use your product, but contact your supplier for support.

INTENDED USE

The Pedal Exerciser enables both upper and lower body exercise from a seated position, pedals can be moved forward or backwards and the resistance can be adjusted with the top adjusting knob.

ASSEMBLY INSTRUCTIONS

1. Unfold the legs till the Locking Pins click (See fig. 1 below)

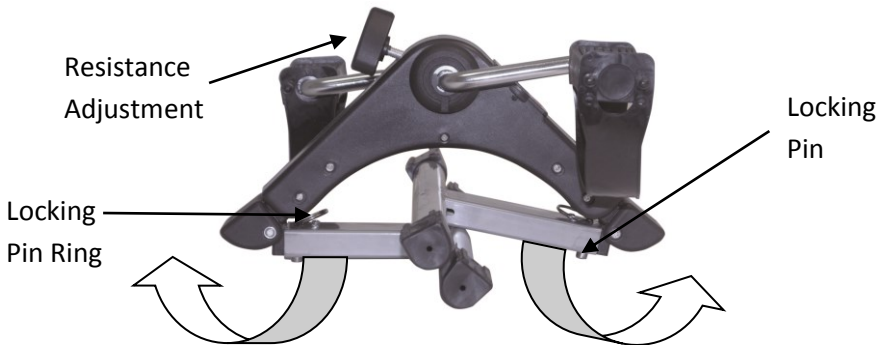


Fig. 1

INSTRUCTIONS FOR USE

1. Simply place the Pedal Exerciser on a flat surface such as a table to use for upper body exercise; grip the solid pedal bar and rotate forwards or backwards.

2. For lower body exercise position the Pedal Exerciser on the floor and slip your feet into the looped pedal straps. Rotate the pedals forwards or backwards as desired.
3. The resistance can be adjusted using the knob on the top of the unit.
4. Requires no external power supply.
5. The unit folds away for easy storage. To do so pull the locking pin ring (see fig 1) to release the leg and fold away underneath. Repeat for the remaining leg.

Fig. 2



Digital Display

To turn the display on press the orange button. The display shows the rotation count and the side indicators show what the Indicated display is currently showing. The display can show the following;

TIME : Time in Use

RPM : Revolutions Per Minute

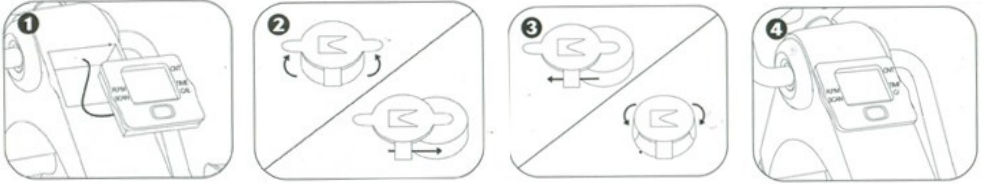
CAL : Calories Used

SCAN : Rotates through the indicated displays pausing for 5s on each

To reset the display press and hold the orange button for 4s till display shows all zero's.

If the unit is not used for 4s the STOP indicator come on and the timer will stop. If the unit is unused for approx. 2 minutes the display will turn off.

Change Battery



If the digital display begins to fade you will need to replace the battery. To do so follow the instructions below.

1. Carefully remove the display from the body of the exerciser.
2. On the back of the display you will see the battery holder. Lift a tab from one side of the holder and slide the battery out.
3. Replace with a new 1.5V AG13 battery and slide into the holder. Close the tab to hold the battery in position.
4. Replace the display into the body of the exerciser.

SAFETY NOTICE



When used on the higher resistance settings and sustained use, this equipment can generate heat, causing the pedal shaft to become hot. Take care when handling the equipment and particularly the pedal shaft after use due to the potential burn risk.



This equipment can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the equipment in a safe way and understand the hazards involved. Children shall not play with the equipment.



Cleaning and user maintenance shall not be made by children without supervision.



A risk assessment should be carried out as to the suitability of the equipment for the particular user.

CLEANING

Clean your Pedal Exerciser using a non-abrasive cleaner or mild detergent with a soft cloth. Abrasive cleaners and/ or abrasive cleaning pads may seriously damage the product beyond repair and should not be used. Always ensure that you wipe dry the equipment after cleaning.

REISSUE

If you reissue or are about to reissue this product, please thoroughly check all components for their safety.

This includes:

- Tightness of all nuts/bolts/castors
- Other screw in/bolt in/push in components.

If in any doubt, please do not issue or use, but immediately contact your supplier for service support.

CARE & MAINTENANCE

Please make a safety check of the product at regular intervals or if you have any concerns.

IMPORTANT INFORMATION

The information given in this instruction booklet must not be taken as forming part of or establishing any contractual or other commitment by Aidapt Bathrooms Limited, Aidapt (Wales) Ltd or its agents or its subsidiaries and no warranty or representation concerning the information is given.

Please exercise common sense and do not take any unnecessary risks when using this product; as the user you must accept liability for safety when using the product.

Please do not hesitate to contact the person who issued this product to you or the manufacturer (detailed below) if you have any queries concerning the assembly/use of your product.

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