

# User Guide

## Pedal Exerciser

Thank you for purchasing your Pedal Exerciser. This is designed to help improve circulation and muscle strength and is ideal for those who want to exercise in the comfort of their own homes. It is manufactured from the finest quality materials and when used correctly will last for years to come.

### Before Use

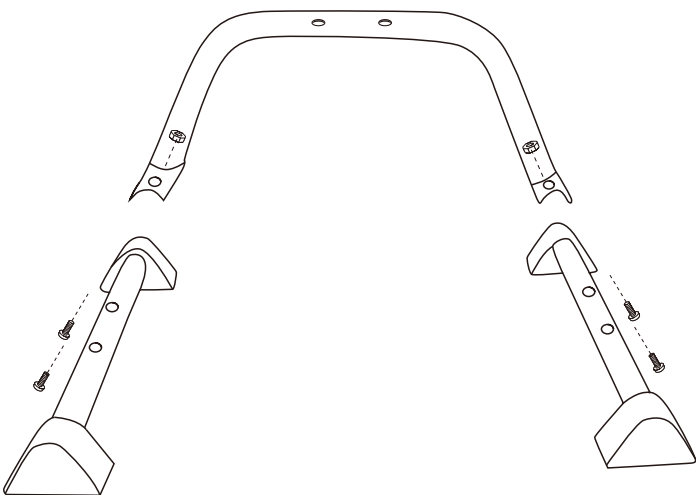
Remove all packaging carefully and check that all parts are present and correct. If there are any signs of damage contact your supplier.

### Warnings

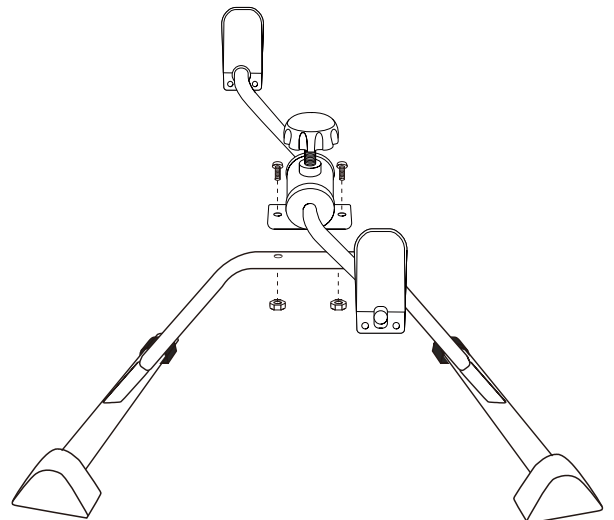
- Read this manual carefully before use retain for your reference and ensure anyone else using the product refers to it.
- Only use indoors.
- Only use on a firm flat surface and ensure there is sufficient free space surrounding the unit.
- Regularly inspect the product for any signs of damage - if any appear stop using and contact your supplier immediately.
- Do not use in the bathroom or anywhere damp or wet.
- Consult a medical professional before use.
- As with all exercise do not proceed if you feel unwell or immediately after eating. Ensure you have warmed up and cooled down sufficiently.
- Ensure suitable clothing and footwear are worn at all times.
- Do not allow children to play with this appliance - it is suitable for use by people of 8 years and above and people with reduced physical sensory or mental capabilities if they are supervised or instructed correctly.

### Set Up

1. Join the legs to the main frame with the 4 smaller included screws and the Allen Key provided.



2. Attach the pedals and tensioner to the stand using the 2 larger bolts 2 nuts and the spanner provided. Your pedal exerciser is now ready for use.



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## Floor Use

- Before use adjust the tension knob until the desired level of resistance is reached.
- Sit in a stable chair and place the pedal exerciser on a carpet or mat in front of you a comfortable distance away.
- Place your feet on the pedals and secure in place using the straps.
- Start pedalling in a forwards or backwards motion depending on which muscle group you want to work on.

## Table Top Use

- Before use adjust the tension knob until the desired level of resistance is reached.
- Place the unit on a table or similar stable surface so that it is level with your chest and sit on a stable chair facing towards it.
- Ensure the unit is placed at a comfortable distance away to avoid over-stretching the arms.
- Grip the pedals with your hands and rotate in a forwards or backwards motion depending on which muscle group you want to work on.
- Keep your back straight and try not to lean forwards.

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