

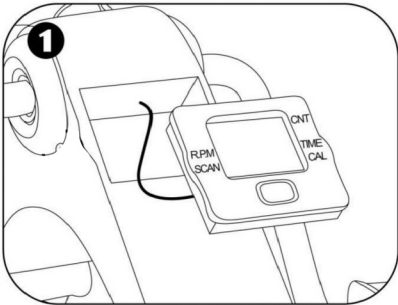
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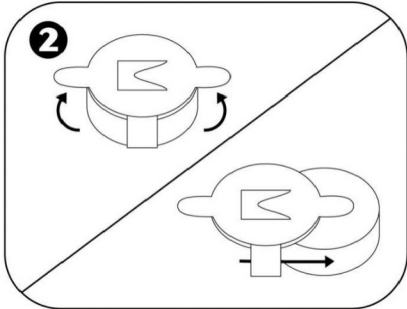


This Pedal exerciser is a compact exercise bike that stores conveniently out of the way when not in use. Use it regularly to stimulate blood circulation and increase muscle strength: it is a great way to enjoy a moderate cardiovascular workout. Place it on a tabletop to exercise your arms or on the floor to enjoy a bicycle-type exercise from your chair.

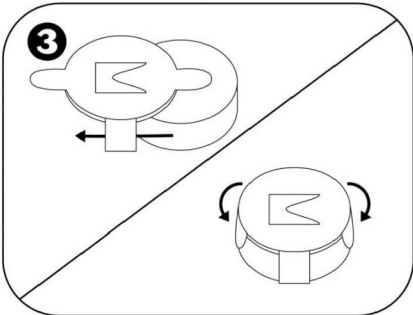
# Monitor functions



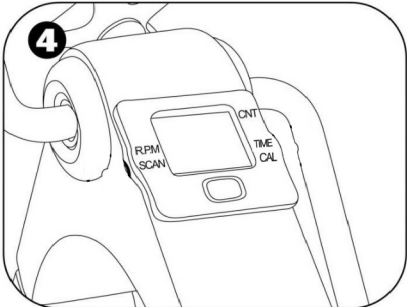
Remove the screen unit from its socket.



On the back of the screen unit, lift up the battery tabs and slide out the battery.

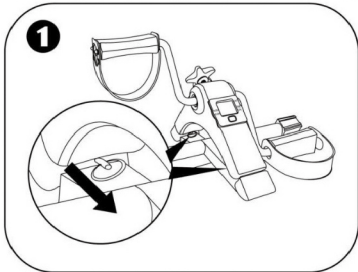


Insert a new 1.5V AG13 battery, positive side down and close the tabs.

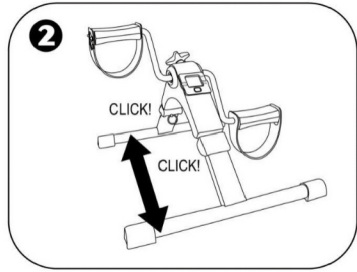


Replace the screen unit in its socket

# Easy Set up in 2 steps!



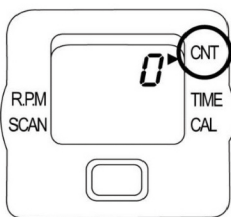
Pull firmly on the ring at the joint of the frame leg.



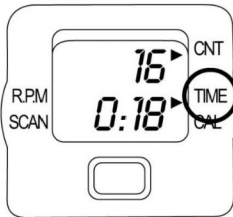
Pull leg out until it clicks in place; repeat with other leg.

## Display functions

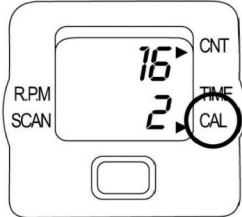
To turn on the display, press once on the red button or start pedaling. The display automatically shuts off after 4 minutes of inactivity. All of the display functions are activated as soon as you begin pedaling and pause when you stop. To toggle between them, press the red button until the arrow points to the desired function.



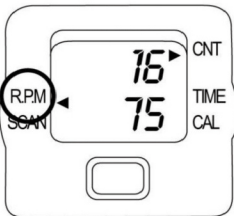
**CNT:**  
Number of rotations completed.



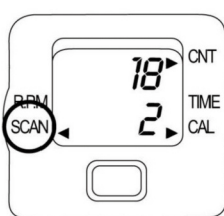
**TIME:**  
Workout Duration.



**CAL:**  
Estimated calories burned.



**R.P.M.:**  
Rotations per minute.



**SCAN:**  
Toggle ( TIME > CNT > RPM > CAL ).