

4. Press the ball lock and insert the upper main stem into the lower part until the ball lock stuck into the hole.

5. Use 2pcs 5×58mm smaller screws with 2 washers at each 2 sides to assemble the hand operated pedal on the main stem from the direction of picture A. Tighten the screws until the pedal stable.

Total Dual Bike

Trainer for Hands and Legs



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Welcome to use the Total Dual Bike, which is mainly for hands and legs exercise that improves blood circulation for the elder.

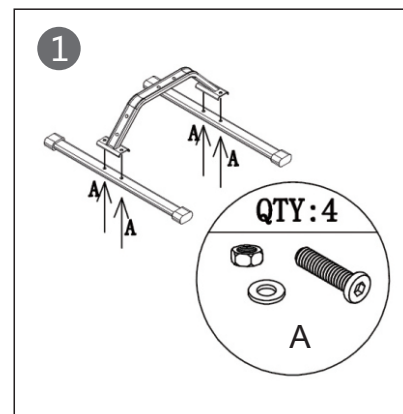


Cautions:

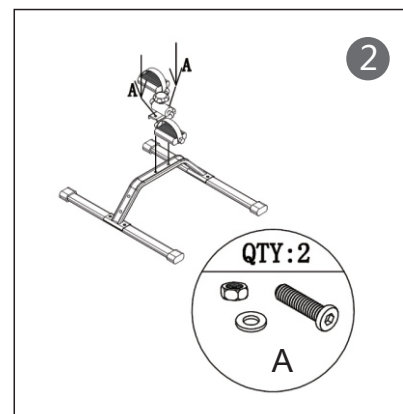
Warn: To reduce the risk of getting hurt, please read the following content carefully to avoid personal injury or property damage.

- When using this product, user should sit on a chair to do exercise.
- Stop using this product when feeling adverse reaction.
- The elder or juveniles should be accompanied by their guardians when using this product.
- This product should be used on flat ground.

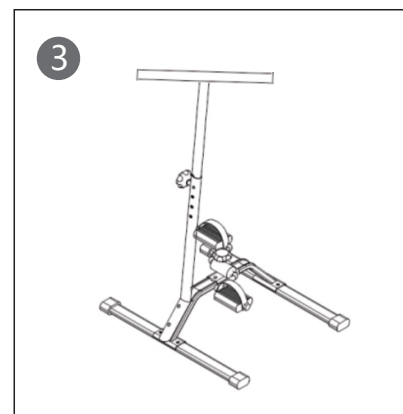
Installation Instructions:



1. Use 4pcs 8×28mm screws with washers to connect the frame and horizontal connection rods from the direction of picture A. Then tighten the screws until the frame and horizontal connection stable (Picture 1)



2. Use 2pcs 8×28mm screws with washers to fixer the pedal on the frame from the direction of picture A.



3. Use 2pcs 8×50mm longer screws with a curved washer at one side and a flat one at another side to assemble the main stem and frame. Tighten the screws until the main stem stable.