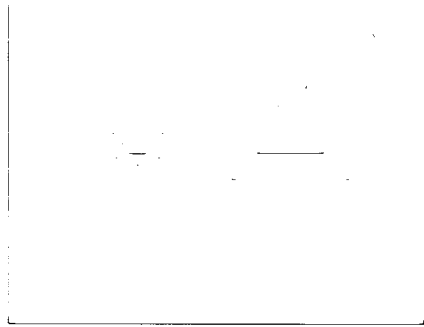
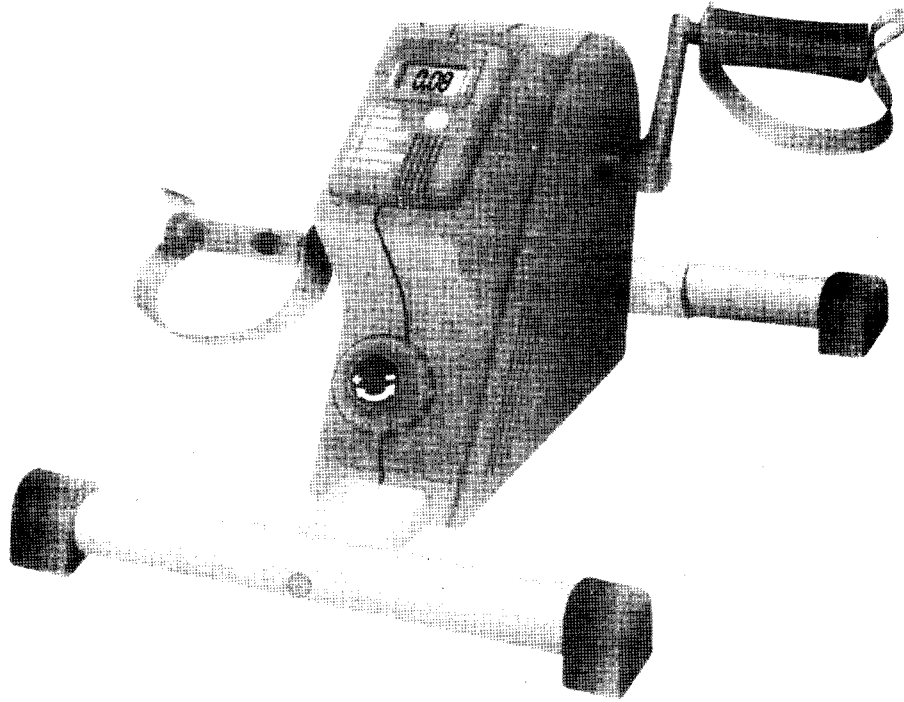
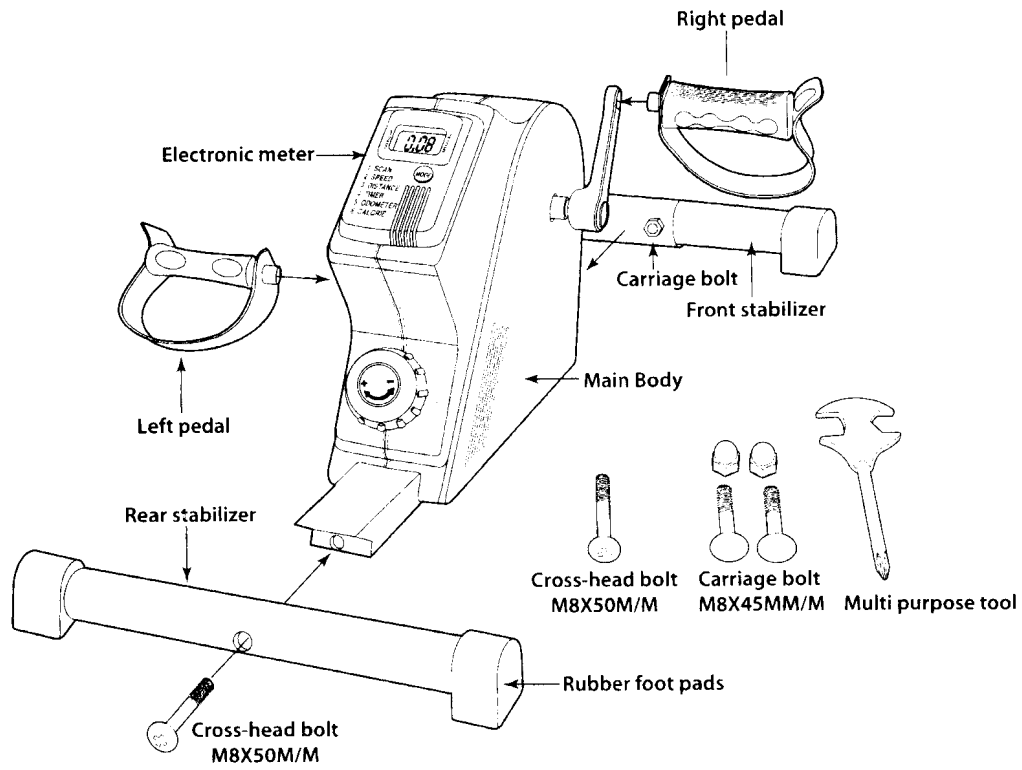

DELUXE PEDAL EXERCISER

ASSEMBLY INSTRUCTIONS & USER'S MANUAL



COMPONENTS FOR ASSEMBLY



ASSEMBLY

PEDAL INSTALLATION

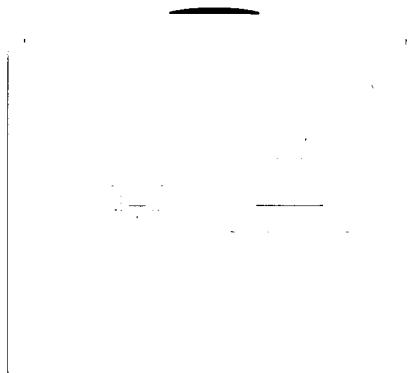
1. Attach left pedal to pedal arm by screwing it into pedal arm. Screw in pedal by turning screw (which is attached to pedal arm) counterclockwise. Tighten with multi-purpose tool.
2. Attach right pedal to pedal arm by screwing it into pedal arm. Screw in pedal by turning screw (which is attached to pedal arm) clockwise. Tighten with multi-purpose tool.

FRONT STABILIZER INSTALLATION

1. Attach front stabilizer to frame using carriage bolts and nuts (included).
NOTE: Make sure that flat side of rubber foot pads face floor.
2. Insert carriage bolts from front of the machine, aligning square plug of bolt head with square opening in stabilizer.
3. Use the multi-purpose tool (included) to tighten nuts securely to bolts.

REAR STABILIZER INSTALLATION

1. Make sure flat side of rubber foot pads on rear stabilizer face floor.
2. Align hole in rear stabilizer with hole in frame.
3. Attach rear stabilizer to frame with cross-head bolt (included) using multi-purpose tool.



INSTALLING BATTERIES

- The unit comes with 2 AA batteries already installed.
- To replace batteries, remove display faceplate with your hand by simply pulling it directly away from the body of the unit. Batteries are located on back of faceplate. Remove old batteries and replace with new.

NOTE: If display is unclear or flashes, you may need to replace batteries.

PLACEMENT OF YOUR DELUXE PEDAL EXERCISER

Your Deluxe Pedal Exerciser can be used for both your legs and arms for an excellent aerobic workout.

To use as a bicycle, place on the floor in a location where pedaling motion is unencumbered. Make sure surface is level and made of a non-slippery material.

To use for your arms, place on level table or desk with non-slippery surface.

USING THE MULTI-FUNCTION DISPLAY

The multi-function display measures speed, distance, elapsed time of workout, and estimated calories burned.

THE SIX MODES

- To choose any of the six modes, press the MODE button until the small black arrow points to the desired mode.
- To reset display, press and hold MODE button for three seconds.



-
1. SCAN MODE: The SCAN mode causes the display to cycle thru the six modes at four second intervals. Whenever the Deluxe Pedal Exerciser is idle for four minutes or longer, the display will automatically reset to scan mode. To deactivate SCAN function, press the MODE button once.
 2. SPEED MODE: Measures your speed in miles per hour (mph) .
 3. DISTANCE MODE: Measures distance of your current workout in miles in $\frac{1}{10}$ increments.
 4. TIME MODE: Measures elapsed time in minutes and seconds.
 5. ODOMETER MODE: Measures total distance pedaled for all workouts in miles in $\frac{1}{10}$ increments.
 6. CALORIE MODE: Measures estimated calories burned for current workout.

USING THE RESISTANCE KNOB

The resistance knob allows you to increase or decrease the amount of resistance during your workout. Turn the knob in the direction of the +/- indicators to adjust resistance.

EXERCISING WITH YOUR DELUXE PEDAL EXERCISER

Your Deluxe Pedal Exerciser can be used to exercise legs, arms and abdomen, and provides an excellent aerobic or anaerobic workout when used properly.

LEG, ARM AND ABDOMINAL EXERCISES

Leg and arm exercises can be performed in a variety of ways: Sitting in a chair, stool or laying/sitting on the floor (see Figs. 1, 2 and 3).



LEG EXERCISES

- As depicted in Fig 1, the Deluxe Pedal Exerciser should be placed directly under your knees so that a 90° angle is formed between your thighs and lower legs.
- If the chair is too short to create a 90° angle, place a towel or cushion on the chair to elevate your body into the correct position.
- Once you have positioned yourself correctly in a sturdy chair, put your feet in the pedals and slowly begin pedaling the Deluxe Pedal Exerciser
- For balance, you can hold either side of the chair/seat or place your hands on your knees.
- To increase or decrease resistance, turn resistance knob in appropriate direction.

ARM EXERCISES

- As depicted in Fig 2, place Deluxe Pedal Exerciser in center of table. Sit on a chair/stool so your chest is level with the pedals.
- Hold the pedals in your hands and turn using shoulders, arms and wrists.

LEG AND ABDOMINAL EXERCISES

- As depicted in Fig 3, the Deluxe Pedal Exerciser can be placed at an angle against the wall and floor to work both legs and abdomen.
- The Deluxe Pedal Exerciser can also be positioned flat on the floor and used while lying with your back on the floor to work additional leg/abdominal muscles.
- Support your torso by placing your hands behind you on the floor.
- Operate pedals in the regular fashion.



FIG. 1

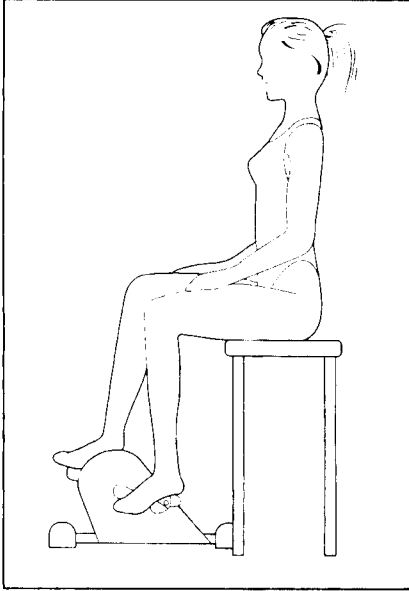


FIG. 2

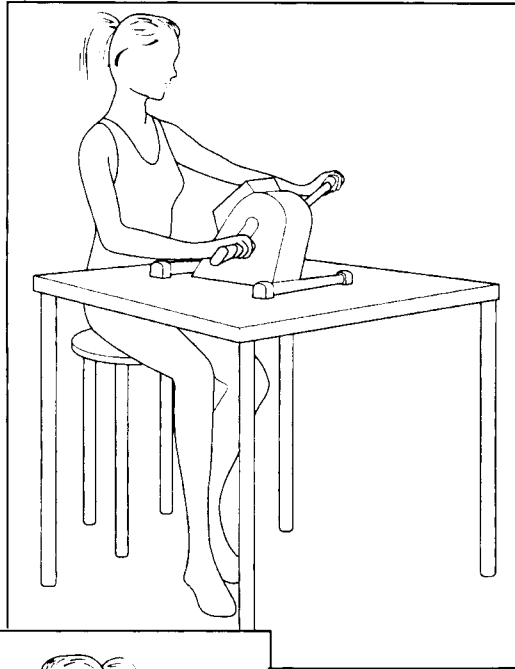


FIG. 3

