

Use Instruction

The Pedal exerciser is ideal for individuals who are unable to sit and ride on a regular bicycle, or for those limited to wheelchair use. This exercise bike benefits muscles for toning and strengthening and improves blood circulation. The Pedal Exerciser can be used on the floor for leg exercises or on a tabletop for arm exercises.

Floor use:

- Adjust the tension knob to the desired level of resistance. Turn the tension knob clockwise to increase resistance and counterclockwise to reduce the resistance.
- Once you are seated, place the pedal exerciser on carpet or floor mat in a comfortable position in front of you.
- Place each foot on the pedals underneath the straps. The straps help hold the feet firmly in place.
- Begin pedaling.
- You can pedal forward or backward to work different muscles groups.



Tabletop Use:

- Adjust the tension knob to the desired level of resistance. Turn the tension knob clockwise to increase resistance and counterclockwise to reduce the resistance.
- Place pedal exerciser on the tabletop and sit in a chair with the pedal exerciser comfortably positioned in front of you. Keep your back straight.
- Grasp each pedal with your hands and begin pedaling trying not to lean Forward.
- You can pedal forward or backward to work different muscles groups.



WARNING: Do not stand on the pedal exerciser.

CAUTION: The metal components on the tension knob may become hot when in use.

Customer Service

Contact us through our website: www.TeamCustomerService.com

If you have any question about assembly, use or possible missing part, please contact us and we will be glad to assist you.



WAKEMAN

PORTABLE BIKE PEDAL EXERCISER











Safety Instruction

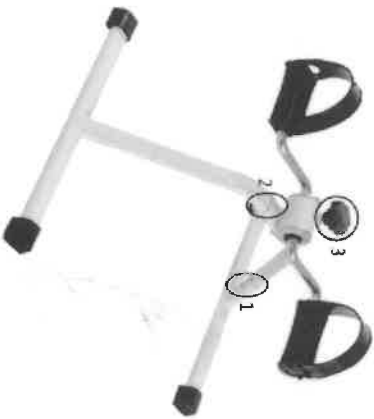
It is important to read this entire manual before assembling and using the equipment.

- Before starting any exercise program, you should consult your doctor to determine if you have any physical or health conditions that could create a risk to your health and safety, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
- Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: Pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, feeling lightheaded, dizzy, or nauseous. If you do experience any of these conditions you should consult your doctor before continuing with your exercise program.
- Before using the equipment, check that the screws are securely tightened.

Assembly Instruction

Package includes:

	Tension knob*1
	Wrench*1
	Allen key*1
	Screw A*4
	Screw B*2
	Brace frame*1
	Leg frame*2
	Resistor*1



3. Screw on the tension knob to the top of hole on the center part of the resistor. This controls the tension of the pedal exerciser. Turn clockwise to tighten, counterclockwise to loosen.



1. Attach the leg frame to the brace frame with screws A using Allen key



2. Attach the resistor to the brace frame with screws B using wrench and Allen key