

User Set-Up Guide

Physiotherapy Room Pedal Exerciser with Digital Display

Product Model No.:TD001P-3

Thank you for purchasing your Pedal Exerciser with Digital Display. 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

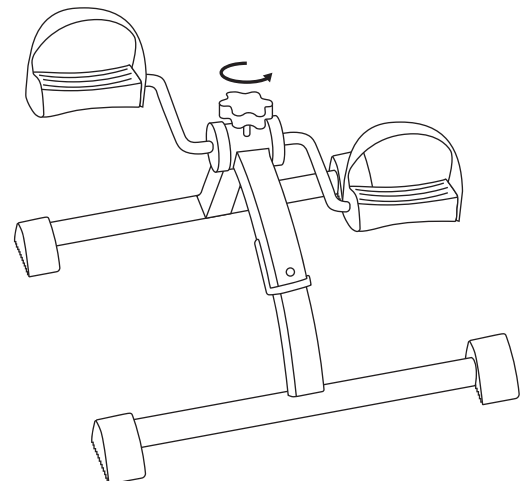
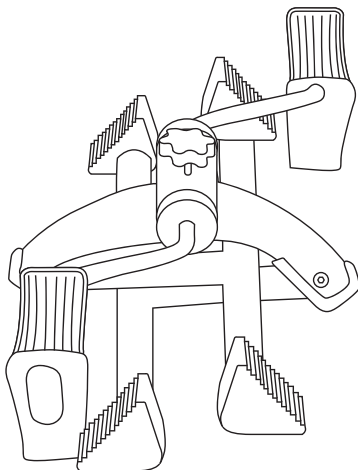
Remove all packaging carefully and check that all parts are present and correct. If there are any signs of damage, contact your supplier.

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. To open, pull the legs in opposite directions until they lock in place - you will hear a 'click' sound. To close, pull the locking ring and reverse the above action.
2. Use the tension knob to increase/decrease the amount of tension on the unit - insert this into the top of the unit and loosen/tighten accordingly until you reach a comfortable level.



Pedal Exerciser with Digital Display

Operation

- The red 'Mode' button allows you to select your function. Press and hold this button for 4 seconds to switch the unit on.
- Once the unit is switched on, use the 'Mode' button to scroll through functions and select your programme - the unit will calculate once selected.
- The 'Time' display tells you how long the unit has been in use.
- The 'Count' display counts the amount of steps.
- The 'Calorie' display advises how many calories have been burned.
- 'R.P.M' calculates reps per minute.
- Use 'Scan' to automatically review all functions.

Replacing the Batteries

When the display does not switch on as normal, the batteries will require replacement. Remove the display panel using a small screwdriver and replace the batteries - these are watch-style batteries.