

Pedal Exerciser



Usage and Maintenance Instructions

INTRODUCTION

Thank you for deciding to purchase the Pedal Exerciser. The Pedal Exerciser is manufactured from the finest materials and components available, when used correctly it is designed to give many years of reliable trouble-free service.

BEFORE USE

Carefully remove all packaging. Avoid using any knives or other sharp instruments as this may damage the surface of the product.

Check the product for any visible damage. If you see any damage or suspect a fault, do not use your product, but contact your supplier for support.

INTENDED USE

The Pedal Exerciser enables both upper and lower body exercise from a seated position, pedals can be moved forward or backwards and the resistance can be adjusted with the top adjusting knob.

ASSEMBLY INSTRUCTIONS

1. Attach the feet to the main body as follows (Fig. 1):
 - a. Slide the narrow tube on the foot inside the tube of the main body.
 - b. Attach with the screws provided, placing a washer under each screw head.
 - c. Tighten with the Allen key provided.
2. Attach the pedal assembly to the main body as follows (Fig. 2):
 - a. Align the holes in the pedal assembly with the holes in the main body.
 - b. Place the screw through the hole, and attach a nut to the screw.
 - c. Tighten the nut using the Allen key provided to hold the screw, and the spanner provided to hold the nut.
 - d. Note that the nut is fitted with a nylon insert to prevent it from coming loose, so some force will be required to tighten it.



Abb. 1



Abb. 2

INSTRUCTIONS FOR USE

1. Simply place the Pedal Exerciser on a flat surface such as a table to use for upper body exercise; grip the solid pedal bar and rotate forwards or backwards.
2. For lower body exercise position the Pedal Exerciser on the floor and slip your feet into the looped pedal straps. Rotate the pedals forwards or backwards as desired.
3. Requires no external power supply.

SAFETY NOTICE

When used on the higher resistance settings and sustained use, this equipment can generate heat, causing the pedal shaft to become hot. Take care when handling the equipment and particularly the pedal shaft after use due to the potential burn risk.

This equipment can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the equipment in a safe way and understand the hazards involved. Children shall not play with the equipment.

Cleaning and user maintenance shall not be made by children without supervision.

A risk assessment should be carried out as to the suitability of the equipment for the particular user.

CLEANING

Clean your Pedal Exerciser using a non-abrasive cleaner or mild detergent with a soft cloth. Abrasive cleaners and/ or abrasive cleaning pads may seriously damage the product beyond repair and should not be used. Always ensure that you wipe dry the equipment after cleaning.

REISSUE

If you reissue or are about to reissue this product, please thoroughly check all components for their safety.

This includes:

 Tightness of all nuts/bolts/castors

 Other screw in/bolt in/push in components.

If in any doubt, please do not issue or use, but immediately contact your supplier for service support.

CARE & MAINTENANCE

Please make a safety check of the product at regular intervals or if you have any concerns.

IMPORTANT INFORMATION

The information given in this instruction booklet must not be taken as forming part of or establishing any contractual or other commitment by Aidapt Bathrooms Limited, Aidapt (Wales) Ltd or its agents or its subsidiaries and no warranty or representation concerning the information is given.

Please exercise common sense and do not take any unnecessary risks when using this product; as the user you must accept liability for safety when using the product.

Please do not hesitate to contact the person who issued this product to you or the manufacturer (detailed below) if you have any queries concerning the assembly/use of your product.