



Digital Folding Pedal Exerciser

For Safety:

REF 10-0712

- Consult your doctor before starting any exercise program.
- Keep children away from Digital Pedal Exerciser while in use.
- Ensure that the Digital Pedal Exerciser is positioned on a solid flat surface.
- **Do NOT** wear loose clothing that could become caught or trapped during exercise.
- Please exercise at your own pace and **Do NOT** over-exercise which may cause injury.
- **Do NOT** exercise in the standing position.
- Capacity: 150 lbs.

Maintenance:

- Regularly check to see all the nuts, bolts and fittings are securely tightened. Periodically, check all moving parts for signs of wear or damage.
- Clean with a dry cloth. **Do NOT** use solvent cleaners.

Usage:



unfold to use:
pull each leg all the way open until the push button pops to lock in place



fold to store:
push and hold the push button on both legs and bend each leg to fold for storage

 **Fabrication Enterprises Inc.**
PO Box 1500 White Plains, NY 10602 (USA)
tel: +1-914-345-9300 • 800-431-2830
fax: +1-914-345-9800 • 800-634-5370
FabEnt.com



Authorized CE representative:
AJW Technology Consulting GmbH
Königsallee 106
40215 Düsseldorf (Germany)

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additional information**

ver 0220



Digital Folding Pedal Exerciser

Red Mode/Reset Button:

Function selection and confirm key

Function:

- (A) RPM: Displays rotations per minute.
- (B) SCAN: Automatically scans through each function.
- (C) CNT: COUNT UP- Records number of rotations during workout 0 - 9999.
- (D) TIME: COUNT UP- Displays elapsed exercise time 0:00- 99:59 min.
- (E) CAL (CALORIES): COUNT UP- Displays calorie consumption during exercise.

Note

1. Display (LCD panel) shuts off automatically after 4 minutes of non-use. Either press red button or start exercising to restart.
2. Requires three (3) AAA batteries.

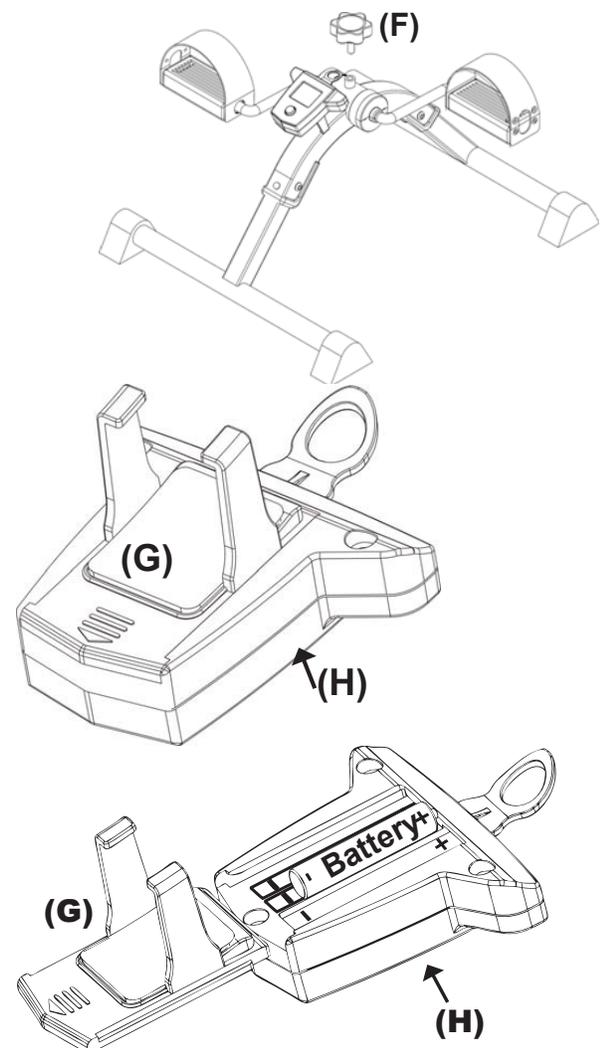
Installation of counter (F) :

1. Untighten and remove knob.
2. Push the counter into the pedal exerciser and make sure the sensor is on the same side of the magnetic ring.
3. Replace knob and tighten.

How to change the battery:

1. Untightened knob and take away the knob
2. Then pull the counter out from pedal exerciser
3. Turn the counter mechanism (H) over to access the battery cover (G).
4. Press and slide the battery cover (G) to open for access to the battery.
5. Replace the battery and make sure that the positive "+" end is on the top as shown.
6. Close battery cover (G). Press red button on front to restart.

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