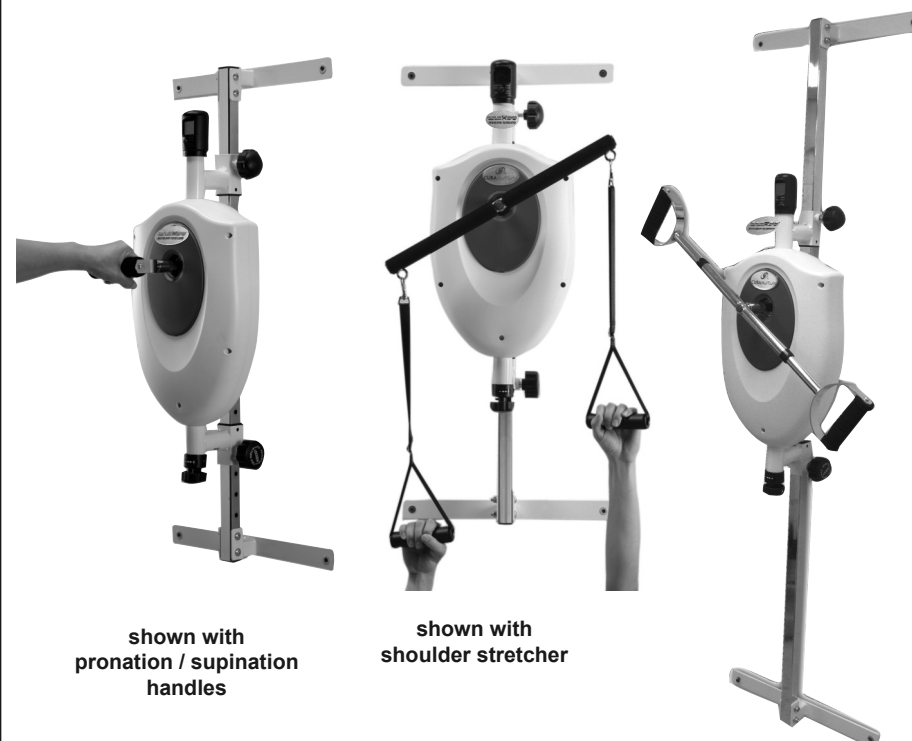


CANDo®

Upper Body Exerciser

1 height adjustable exerciser - 3 attachments

bi-directional exerciser for the upper body



shown with
pronation / supination
handles

shown with
shoulder stretcher

shown with
shoulder swing

**MAGNETIC™
RESISTANCE**


with magnetic resistance for smooth operation

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ver 0821

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UPPER BODY EXERCISER

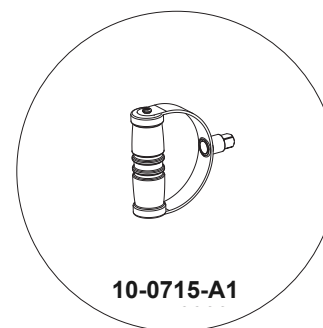
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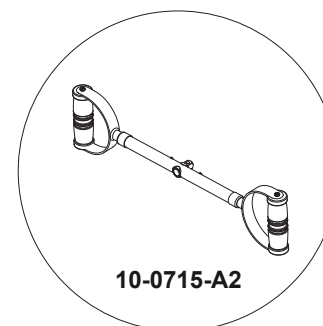
UPPER BODY EXERCISER



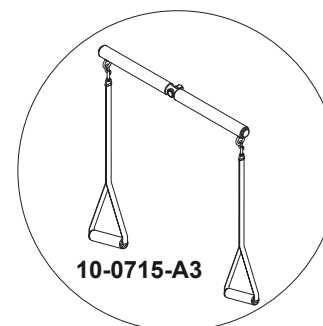
ASSEMBLY DIAGRAM



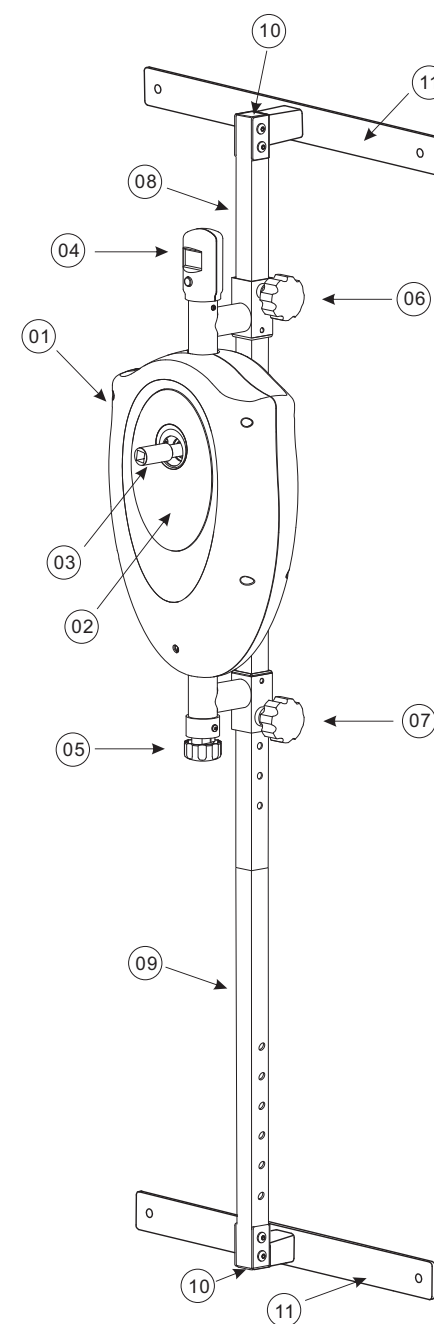
Pronation Supination Handle



Shoulder Swing



Shoulder Stretcher





UPPER BODY EXERCISER

PARTS LIST

NO.	DESCRIPTIONS	QTY
01	Main Unit.....	1
02	Decoration Plate	2
03	Adaptor	1
04	Electronic Monitor	1
05	Resistance Control Knob	1
06	Knob	1
07	Pop Knob	1
08	Upper Upright Tube.....	1
09	Lower Upright Tube.....	1
10	Square Plug	2
11	Main Frame Mounting	2

UPPER BODY EXERCISER



SAFETY INSTRUCTIONS

Read this instruction guide before using your Upper Body Exerciser and follow all safety precautions.

CAUTION

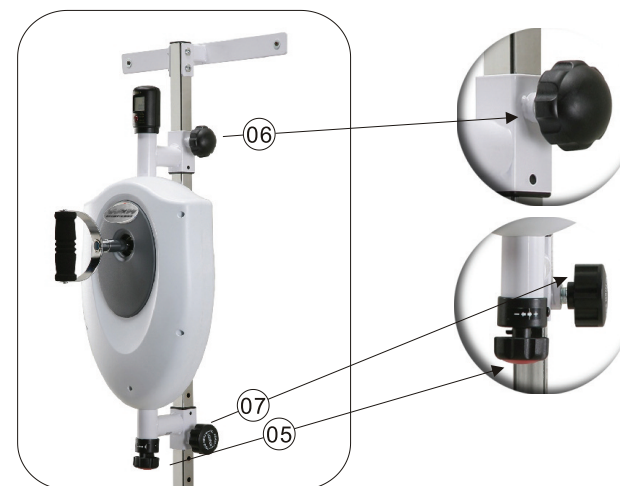
- Consult your healthcare professional before beginning an exercise program with this machine. Ask what exercise program is best for you including warm-up, amount of exercise, and cool-down. No specific health claims are made or implied as they relate to the equipment.
- Check unit before each use to make sure it is in working condition. Never operate this unit if it is not functioning properly.
- Make sure unit is securely fastened to wall before each use.
- Handle unit with care.
- **DO NOT** permit any foreign materials or liquids to enter the unit.
- **DO NOT** modify or remodel the unit.
- This unit should not be used by or near children.
- Handicapped or disabled people must have medical approval before using unit, and should be under close supervision when using any exercise equipment.
- Do not put hands, feet, or any foreign objects on or near this unit when in use by other people.
- Use caution to prevent fingers or hands from being pinched in moving parts when operating the unit.
- Use this unit only for its intended purpose described in this manual.
- If you have difficulty operating the unit after carefully reviewing this operator's guide, contact your dealer for assistance.
- Failure to use and maintain the Exerciser in accordance with the instructions outlined in this manual will invalidate your warranty.
- Dispose of product in accordance with applicable regulations and codes.
- Know your heart rate and pulse, as well as your physician recommended target heart rate. Monitor these during exercise.
- If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, stop the exercise at once and consult a physician immediately.
- Warm up before exercise program with stretching or as advised by your healthcare provider.



UPPER BODY EXERCISER

- Wear comfortable clothes that allow freedom of movement and are not tight or restricting.
- Wear comfortable shoes with good support and nonslip soles.
- Breathe naturally, and never hold your breath during an exercise.
- Perform exercises consistently with proper technique, and with a full range of motion.
- Avoid over-training.
- Start exercising slowly and gradually increase the amount of resistance on the exerciser.
- After exercise session, cool down with slow stretching, cycling, or walking.

UPPER BODY EXERCISER



Note:

1. Main Unit Height Adjustment
Loosen the Knob (#06) and Pop Knob (#07) to adjust the Main Unit up or down to your desired position, then fasten them.
2. Resistance Control Knob (#05)
This is to control the amount of resistance applied during exercise.

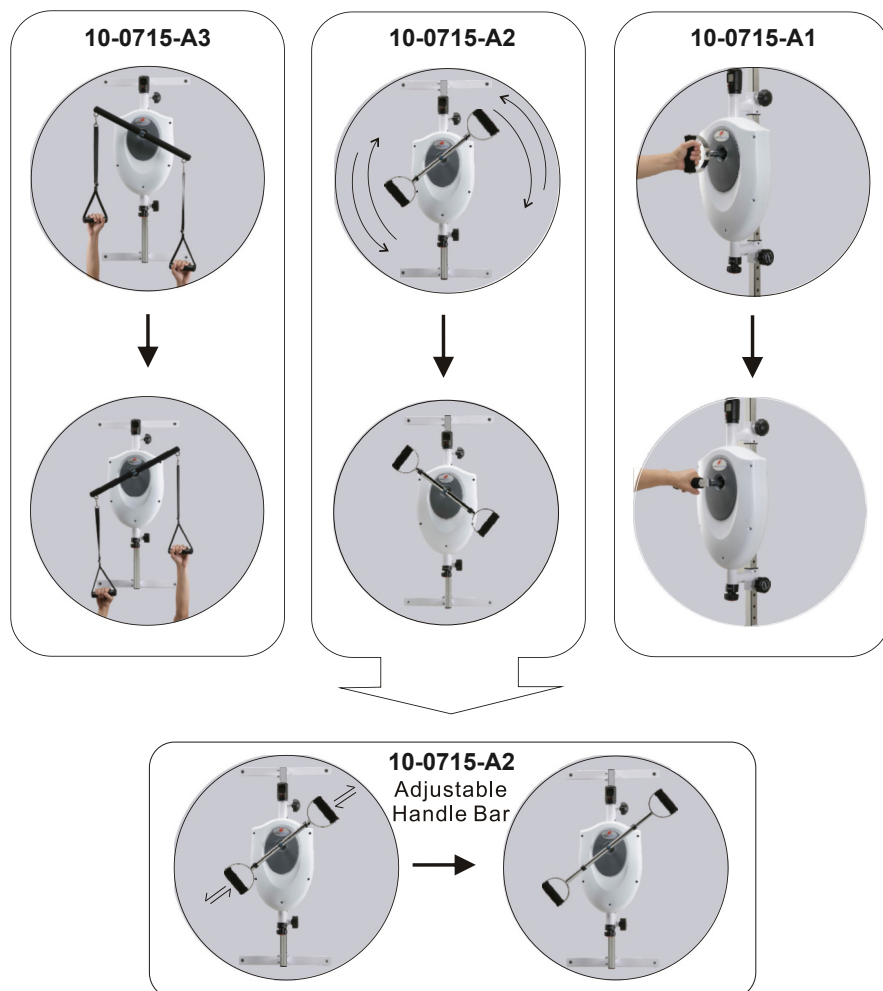
Turn the Resistance Control Knob clockwise (+) for a more difficult workout, and counter-clockwise (-) for a less difficult workout.

It is recommended for a beginner to start the exercise from the lightest resistance to avoid injury. Gradually increase the resistance for increased difficulty.



UPPER BODY EXERCISER

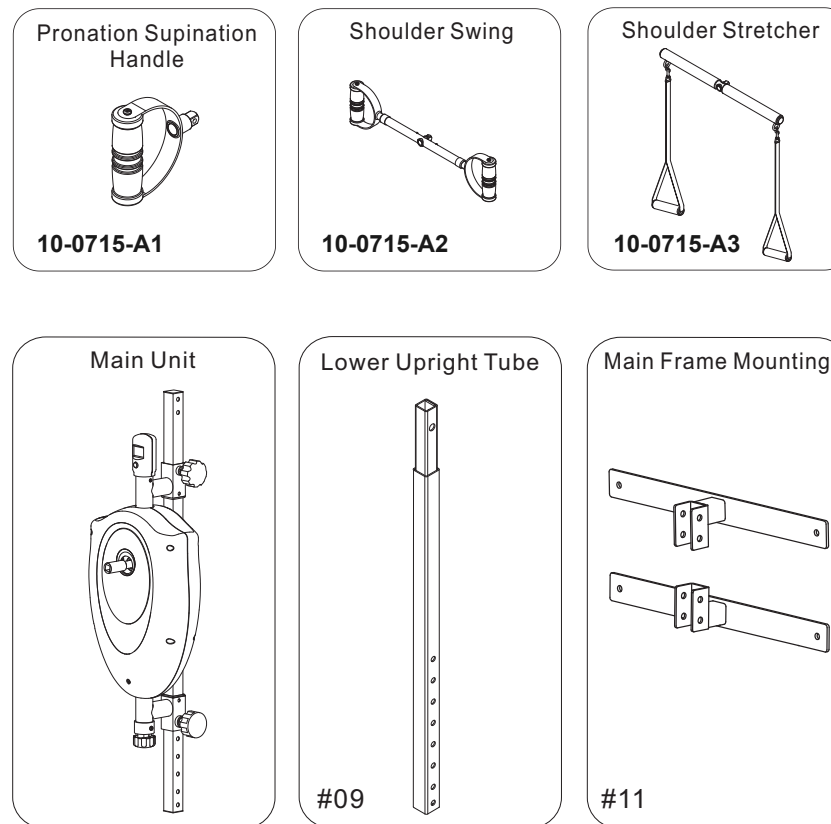
OPERATION INSTRUCTIONS



UPPER BODY EXERCISER



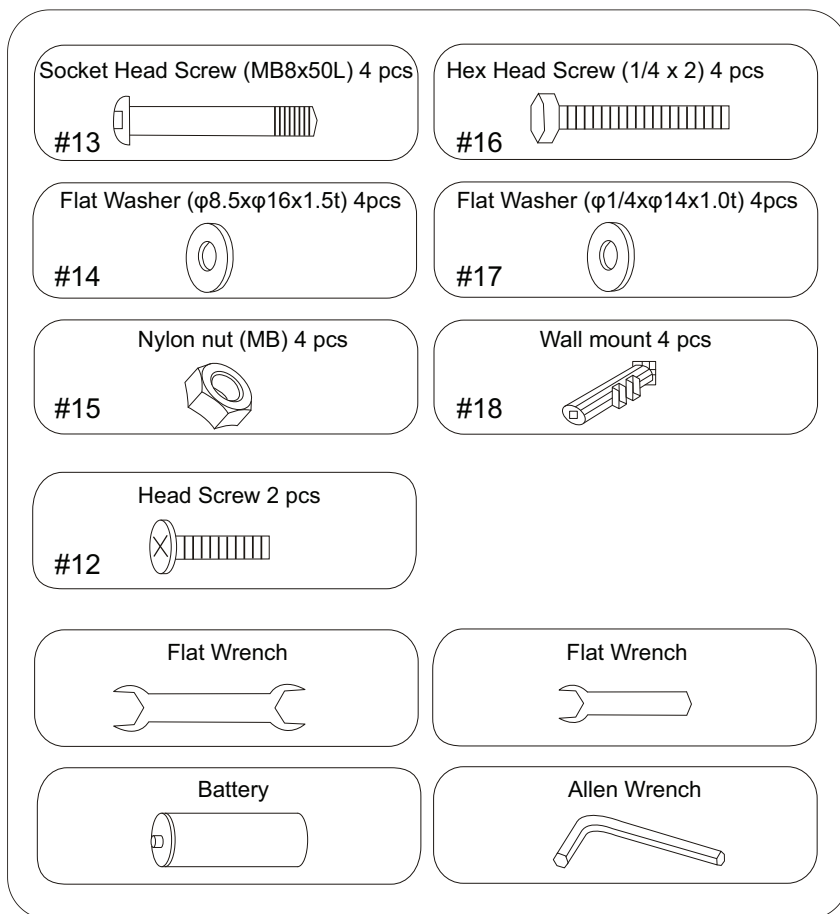
ASSEMBLY PARTS





UPPER BODY EXERCISER

HARDWARE PACK



UPPER BODY EXERCISER



ELECTRONIC MONITOR

FUNCTION "MODE" BUTTON

Use "MODE" button to select functions: time, revolutions per minute, and total revolutions. Hold the "MODE" button for 2 seconds to reset all values.



FUNCTIONS

SCAN

Press "MODE" button to select "SCAN" mode with a "SCAN" sign on the upper left corner of the monitor. This function will automatically scan through all the functions displayed on the bottom line of the monitor.

TIME

Automatically accumulates workout time when starting exercise.

REVOLUTIONS / MIN

Displays current number of revolutions per minute.

TOTAL REVOLUTIONS

Displays number of revolutions completed during exercise session.

STOP

"STOP" displays on LCD when exercise ends.

NOTE

1. If an improper display is seen on the monitor replace the batteries.
2. Monitor uses two 1.5v "AA" batteries for power supply.
3. The monitor will automatically shut off if no input signal is received for a 4 to 5 minute period.
4. Monitor will automatically start when you start exercising or press the button.



UPPER BODY EXERCISER

STEP 4.

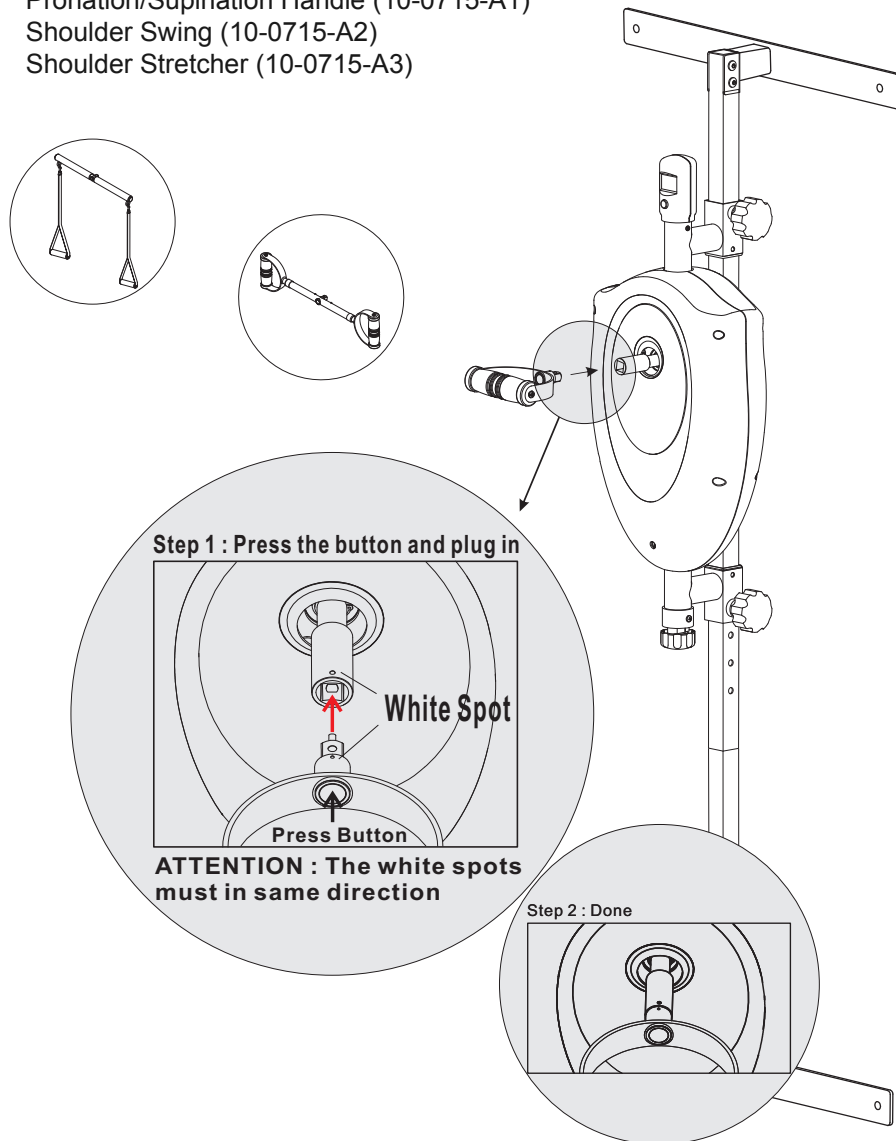
Press the quick release button, then plug in the adaptor of the Main Unit.

Insert any 1 of the 3 attachments:

Pronation/Supination Handle (10-0715-A1)

Shoulder Swing (10-0715-A2)

Shoulder Stretcher (10-0715-A3)



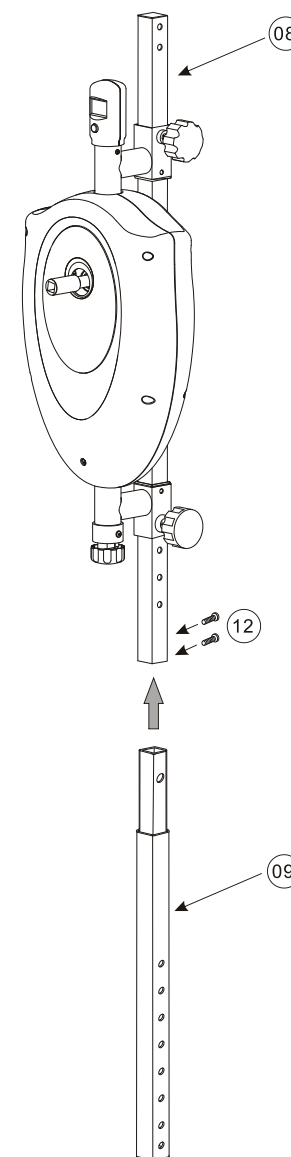
UPPER BODY EXERCISER



ASSEMBLY

STEP 1.

Insert the Lower Upright Tube (#09) into the Upper Upright Tube (#08) and secure it with two Head screws (#12).

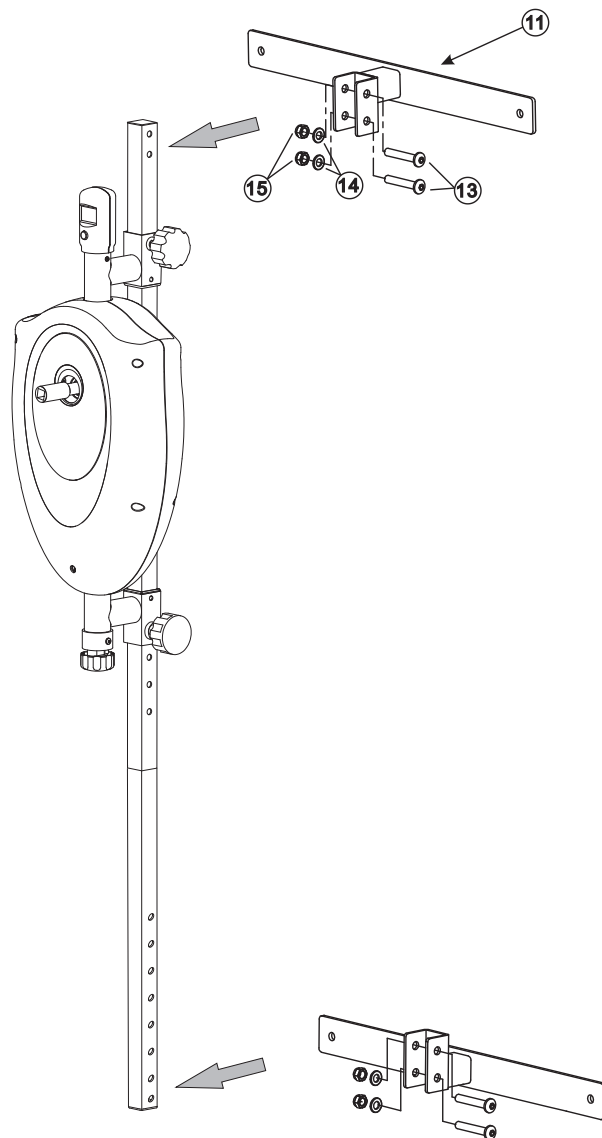




UPPER BODY EXERCISER

STEP 2.

Attach the Main unit to the Main Frame Mounting (#11). Then secure it with four M8x50L Socket screws (#13), four Flat washers (#14) and four M8 Nylon nut (#15).



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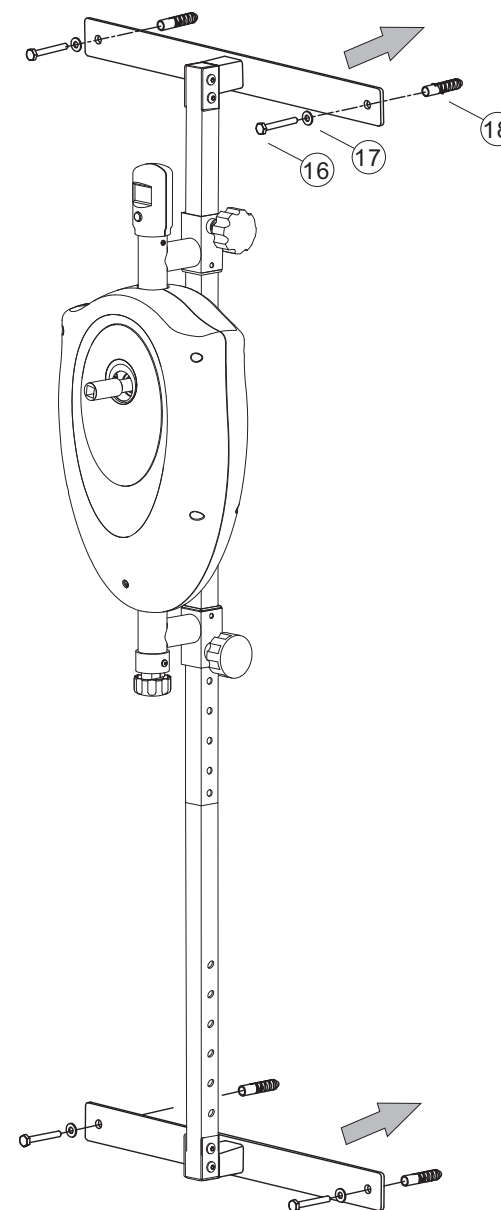
UPPER BODY EXERCISER



STEP 3.

Secure the main unit to a level wall, board with four Hex Head screw (#16), four Flat washers (#17) and four Wall mounts (#18).

CAUTION: Make sure unit is securely fastened to wall.



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