



## PEDAL EXERCISER



## PRODUCT FEATURES

### Product Features:

- Durable steel frame with ABS bearings which between pedals
- Non-slip pedals that hold firmly in place while you exercise
- Four anti-slip rubber pads prevent sliding and protect floor included on all units.
- Adjustable tension for a wide range of resistance, can be used with hands as well as feet

### Product Description

Compact, portable design with pedal straps that give a firm grip to your feet. At the same time, it is easy to install and carry. Then this fitness equipment provides an inexpensive way to tone and build muscles at home or other places without large equipment. However, people should pay attention to the thing that the best use places are around chairs and tables.

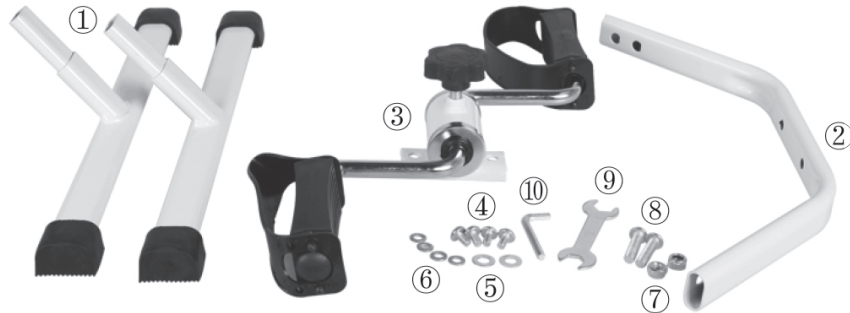
### Product Functions

- Provide a consistent muscle motion, strengthening arm or leg muscles and keeping the joints loose.
- Can be used for shoulder or knee rehabilitation.
- Provide a highly effective, compact exercise.
- Increase strength and improve coordination.
- Provide a low level aerobic workout and stimulates circulation.



## PART LIST

Component	Qty.
1.Support leg tube	2
2.Support tube	1
3.Pedals steel tube	1
4.Little screw	4
5.Big washer	2
6.Small washer	4
7.Big screw	2
8.Nut	2
9.Wrench	1
10.Hexagonal screwdriver	1



## TRAINING METHOD

### Training your feet

- 1.Place your feet in the pedals.
- 2.Turn pedals slowly,
- 3.Repeat this process.



### Training your arms

- 1.Place your arms in the pedals.
- 2.Keep your upper in half a lie prone condition.
- 3.Turn pedals slowly.
- 4.Repeat this process.



## TIPS AND WARNINGS

- 1.Please do related warm-up work before exercise.
- 2.Check all parts before using to ensure the normal use.
- 3.If you feel unwell, please stop using the equipment.
- 4.Do not put in the sun exposure.

After use, you may wipe it clean with a soft cloth to maintain hygiene. Don't expose it in the sun. Don't place it in wet environment. If you are not to use it for a good while, please disassemble it and keep it well.

**(Consult your physician before using the product.)**

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