

## Index

Index & Introduction.....	14
Safety Precautions.....	15
Electrical Safety.....	16
Overview Drawing.....	17
Parts List.....	18
Assembly Instructions.....	19
Digital Display.....	21
Workout Principal.....	22
Exercises.....	23

### Introduction

The Deluxe Pedal Exerciser III is a great tool for personalized, low-stress workouts that can be used anywhere. The adjustable speed makes it a great product to progressively strengthen your arms and legs.

Recommended for ACTIVE & PASSIVE training.

This pedal exerciser provides low impact exercise to increase strength and flexibility and is versatile for both upper and lower body. It promotes the blood circulation and can be used for rehab as well as for fitness.

The Deluxe Pedal Exerciser III has a lightweight compact design, adjustable speed, a 15-minutes timer switch and a multi-function LCD display.

Non-skid mat and interchangeable handpedals are included.

## SAFETY PRECAUTIONS

Read all instructions carefully before operating this product. Retain this owner's manual and keep all original transaction receipt for future reference.

1. Consult your physician before beginning this or any other exercise program.
2. If you experience any irregular physical conditions such as dizziness, severe muscle or joint pain, pain in the chest, stop exercising and consult with your physician immediately.
3. Keep children and pets away from the machine while in use.
4. Do not operate this or any exercise equipment if it is damaged.
5. Set up Deluxe III Pedal Exerciser as directed in Assembly Instructions and place unit on a level, non-slip surface.
6. Keep hands and feet away from any moving parts. Do not insert any object into any openings.
7. Perform 3 to 5 minutes of warm-up and stretching before beginning your exercise.
8. Never exercise to exhaustion.
9. Do not stand on the Deluxe III Pedal Exerciser, only exercise in seated position.
10. Keep a minimum safety clearance during operation. The Deluxe III Pedal Exerciser is designed as a home use exercise device. User must have full control of their muscles to operate this unit. It may not be suitable for people who are quadriplegic or paraplegic. Please consult your doctor or physician.
11. Exercise equipment is to be regularly inspected for maintenance for loose or broken parts.
12. Exercise equipment is for consumer only.
13. Wear comfortable and suitable clothing when using Deluxe III Pedal Exerciser.
14. Each exercise should be performed in a controlled manner and always begin exercises slowly.
15. Have the unit serviced by a qualified service technician. Do not attempt to service the unit yourself.

**WARNING: The Deluxe Pedal Exerciser III is designed for SEATED POSITION USE ONLY on a flat and stable surface.**

### Storage Precautions:

Do not store the unit in any place where it will be subjected to high or low temperature. Do not expose to direct sunlight or outdoor for extended periods of time. Do not store the unit in a humid or dusty area.

## ELECTRICAL SAFETY

When using an electrical appliance, basic precautions should always be followed, including the following:

Read all instructions before using this unit.

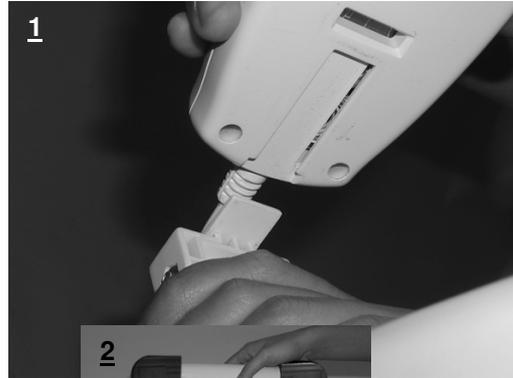
**DANGER** - To reduce the risk of electric shock:

**WARNING** - To reduce the risk of burns, fire, electric shock, or injury to persons:

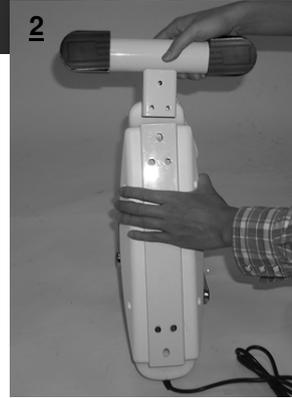
1. An appliance should never be left unattended when plugged in. Unplug from outlet when not in use and before putting on or taking off parts.
2. Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
3. Close supervision is necessary when this unit is used by, on, or near children, invalids or disabled persons.
4. Use this unit only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
5. Never operate this unit if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the appliance to a service center for examination and repair.
6. Do not carry this appliance by supply cord or use cord as a handle.
7. Keep the cord away from heated surface.
8. Never operate the unit with the air openings blocked; keep the air openings free of lint.
9. Never drop or insert any object into any opening.
10. Do not use outdoors.
11. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
12. To disconnect, turn the speed and resistance knobs to the off position, then remove plug from outlet.
13. Always unplug this appliance from the electrical outlet immediately after using and before cleaning.
14. For Household Use Only.
15. Power requirement: 220VAC

OVERVIEW DRAWING  
PARTS LIST  
**ASSEMBLY INSTRUCTIONS**

1. Slide the Controller (5) onto the Controller Bracket A (6).



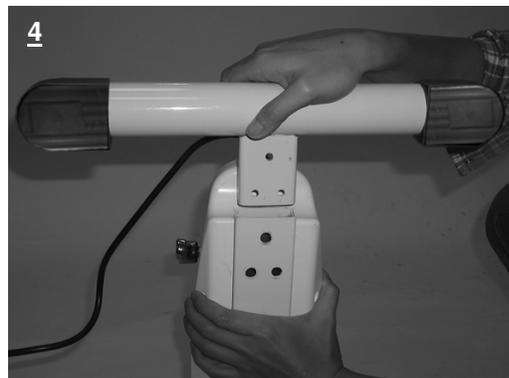
2. Hold the unit in an upright position. The Controller (5) side facing up and the AC Power Cable (8) side is on the bottom. Then insert the Front Stabilizer (11) into the Main Frame (1).



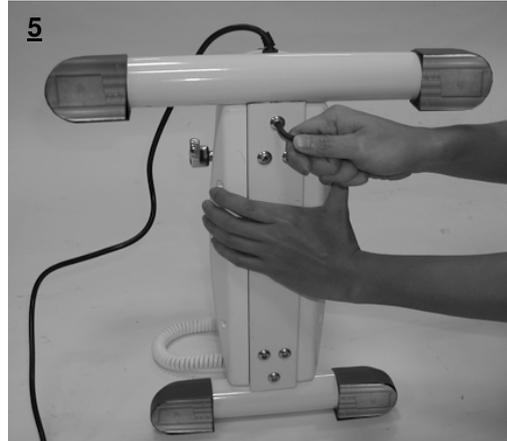
3. Attach the Front Stabilizer (11) to the Main Frame (1) with three M8x15mm Bolts (16).



4. Insert the Rear Stabilizer (12) into the Main Frame (1).



5. Attach the Rear Stabilizer (12) to the Main Frame (1) with three M8x15mm Bolts (16).



6. Connect the Left Pedal (22L) to the Left Crank (13L) assembly where you would position your left foot when exercising. Thread it into the crank assembly in the counter-clockwise direction by the tool provided.

( See figures 6 and 7).

Connect the Right Pedal (22R) to the Right Crank (13R) assembly by threading it in the clockwise direction.

**NOTE: The Left/Right Pedals and Left/Right Cranks are marked with "L" & "R" (left and right)**



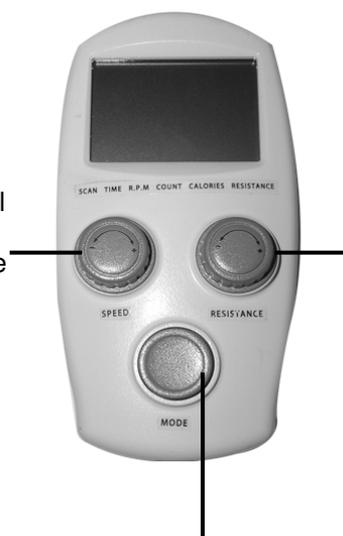
# HOW TO USE

## CONTROLLER

### **SPEED control knob**

Turn knob clockwise to increase speed.

Make sure the speed control knob is set to off position before turning the resistance control knob.



### **RESISTANCE control knob**

Turn knob clockwise to increase resistance.

Make sure the resistance control knob is set to off (0 level) position before turning the speed control knob.

### **MODE button**

Press MODE button to select function display.

## **Display Function:**

**SCAN:** Displays each function for 6 seconds.

**TIME:** Displays the time remaining or the time elapsed in your workout.

You may also set exercise time for your workout. Press MODE button to select TIME function and then press and hold MODE button for 2 seconds, TIME will flash for setting exercise time. Press MODE button to set exercise time. Each increment is 1 minute. The set exercise time range is from 5:00 to 30:00 minutes. Once you set exercise time and then start to exercise with the motor assisted, time starts counting down from the set exercise time to 0:00 per 1 second backward. Once reach setting value, controller will alarm for 8 seconds and pedals will stop to revolve automatically. The STOP sign will appear and flash on the screen of the controller. Press MODE button once, the STOP sign will stop flash, and then you can start to pedal again.

**RPM:** Displays the current pedal RPM (Revolutions per Minute).

**COUNT:** One count for each pedal revolution.

**CALORIES:** Estimated calories burn during exercise.

**RESISTANCE:** When using the Deluxe Pedal Exerciser III with the active mode, the amount of resistance can be adjusted by turning the resistance control knob on the controller. The resistance levels vary from level 0 to 5.

To select function display: Press MODE button.

Press and hold MODE button for 2 seconds to reset all functional values to zero when it is not in TIME function.

If stop exercising for over 4 minutes, monitor will turn off.

## **SPECIFICATIONS:**

TIME: 0:00~99:59 (Minute:Second)

RPM: 0~10~99 Revolutions per Minute

COUNT: 0~9999 Revolutions

CALORIES: 0~9999 KCAL

RESISTANCE: 0~5 Levels

## WORKOUT PRINCIPAL EXERCISES

### **Workout Principal**

1. Personal goals includes shaping, strengthening, available time, present fitness level, previous injuries, and cardiovascular. By using the Deluxe II Pedal Exerciser correctly and on a regular basis, you can achieve your goals.
2. Available time is one of a major element in determining what we do in our daily lives. If you can only exercise for 15 minutes, develop a 15 minute program with the Deluxe II Pedal Exerciser.
3. Exercising and working out on the Deluxe II Pedal Exerciser should be an enjoyable part of your daily life.
4. Focus on the exercises for your muscles work. No matter what your level of fitness, you can complete each exercise in a short range of time and sense the increase level of strength and endurance.
5. Always start your exercise slowly to warm up muscles.
6. The design of the Deluxe II Pedal Exerciser allows you to exercise your muscles with movements that are natural and efficient.

### **The Overload Principal**

In order for you to strengthen your body, you must develop a series of exercise workouts each day. When you work out on a regular basis, your body specifically your muscles, adjust to the new level of workout. It's called increasing local metabolic efficiency. As a result, your muscles work better and you get stronger. If you keep working at the same level of metabolic efficiency, you can't improve muscle efficiency. So from time to time you need to increase the frequency and/or duration of the exercise. Thus, in order to improve your fitness level, you must progressively increase your work load to reach your personal goal.

### **Range of motion and flexibility**

This device can be used both upper and lower body. As a lower body device, it works with passive motion to increase tone of the quadriceps muscles (muscles in the thigh) and circulate blood flow to the entire lower leg and foot. For upper body use, it perform as a resistance device allowing the user to use the pedals as hand grips to exercise the muscles of the arm (biceps, triceps, deltoids and the smaller muscles of the forearms).

### **Routine**

People vary in how they adapt to repetitive exercise. In developing an exercise routine pay attention to how you feel especially after an exercise is completed. You may feel tired but you should not feel exhausted. When you first start exercising, the principal muscles you use will ache slightly, especially the next day. However, they should not hurt to cramp. No matter what the recommended exercise routine, never exercise beyond the point of discomfort.

For the first two weeks, you should begin with 5-10 minutes once a day at a low speed. After the first two weeks, you can increase the time on the device

to 15-20 minutes as you become more accustomed to the exercise. The speed can also be increased to the high setting once you have adapted to the device. Longer periods of exercise will result in greater gains for you.

### **Leg Exercise**

For use as a lower body device-place the Deluxe II Pedal Exerciser on a non-slip mat prior to use, and sit comfortable in a chair with the device directly in front of you such that the knee joint is not flexed less than 90 degrees. It is important that the user wears rubber soled shoes and adjusts the proper length of foot pedal straps when on the foot pedals so they do not slip off the foot pedals during the exercise. When the user wants use the Deluxe II Pedal Exerciser barefoot, always adjust the proper length of foot pedal straps on the foot pedals so they do not slip off the foot pedals during the exercise.

#### **WARNING**

Do not stand on the unit to exercise, only exercise at seated position. Make sure the seat does not move or pivot. Do not sit in a chair with casters.

**NOTE: Please use the Right/Left Foot Pedals (17/18) to do the leg exercise.**

**Arm Exercise**

When using the device for upper body exercise-it should be placed directly in front of the user on a table top, and the user should be seated in a comfortable chair such that they can easily reach the handgrip pedals without hyper extending (over straightening) the elbow joint. This can be accomplished by either placing a seat cushion on top of the seat or by moving the device closer to the user.

**NOTE: Please use the Right/Left Handgrip Pedals (33/34) to do the arm exercise.**

Produced for and distributed by:



[www.chiroform.dk](http://www.chiroform.dk)