

User Instructions

Pedal Exerciser with Digital Display

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|---------------|--------------------------------------|---------------|--------------------------|
| M37352 | Black & Silver (pictured) | P01432 | Black & Green |
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General Safety Warning

Please ensure these instructions are fully read and implemented. Failure to do so may result in injury. Retain these instructions in a safe place for future reference.

1.0 Intended Use

Designed for low impact rehabilitation and exercise this Pedal Exerciser is NOT a suitable alternative to a full size gym exercise bike or similar. It is ideal for those with reduced mobility or those who wish to complete a little gentle exercise. It incorporates a digital display to enable users to view cycles completed, RPM, duration and calories burned.

2.0 Safety Precautions

CAUTION! As friction is increased, or during prolonged periods of vigorous exercise, the pedals and housing may become warm to the touch. Stop using the exerciser and allow to cool.

Do not attempt to stand whilst using the exerciser.

Ensure the exerciser is locked in the open position prior to use.

Always place the exerciser on a flat, 'non-slip' surface. Never use on a wet floor or in a bathroom environment.

Not suitable for use by children.

3.0 Unpacking

Remove packaging and check all parts carefully before assembling the product. Do not assemble if any parts are missing or appear damaged and contact your supplier immediately.

4.0 Assembly

The product is supplied folded.

To unfold, gently pull the legs apart until the spring pins click into place and lock the legs open, figure 1.

Check the legs are secure and place the exerciser on the floor in front of your chair at a comfortable distance.



Figure 1 – Pedal Exerciser M37352

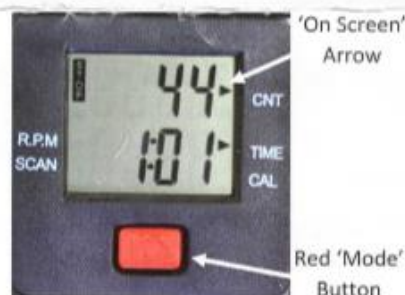


Figure 2 – Digital Display

5.0 Using the Exerciser

From a seated position, place your feet onto the pedals and into the foot straps.

Adjust the foot straps as necessary.

5.1 To adjust the pedal resistance

Try a couple of pedal rotations to determine the desired resistance.

To increase (harder) turn the pedal resistance knob clockwise.

To decrease (easier) turn the pedal resistance knob anti-clockwise.

5.2 Digital Display

The digital display can be set to show the following functions:

- CNT (Counter) – number of complete pedal rotations.
- TIME – duration of exercise.
- CAL (Calories) – number of calories burnt during exercise.
- RPM (Reps per Minute) – calculates repetitions per minute.
- SCAN – reviews the results of all functions.

5.2.1 Setting the Digital Display

Press and hold the red 'mode' button for 4 seconds, Figure 2.

The display will flash through the different functions.

Once complete, press the red 'mode' button to scroll through the functions. *The 'on screen' arrow shows which function is currently selected.*

Please Note: *if the display does not function as described or does not appear, the battery needs replacing. See section 7.1 for details.*

5.3 To fold the Exerciser

Use the pin clip rings (one on each leg) to pull the spring pins out.

Gently push the legs together to close the exerciser.

6.0 Cleaning

Wipe clean using a damp cloth. Take care when wiping the digital display area.

Please check the suitability of the cleaning products before use. Do not use abrasive cleaners or cloths as these could permanently damage the surface and invalidate any warranty.

Allow the product to dry thoroughly prior to use.

7.0 Maintenance

Inspect the product regularly for signs of wear, pay particular attention to the condition of the pedals and rotating mechanism.

Any suspected faults or damage should immediately be reported to the supplier and the product taken out of use.

7.1 Battery Replacement

To access the battery, insert a small, flat ended screwdriver into the slots on both sides of the digital display to release the clips.

Lift the display out of the housing. *Take care not to damage the connecting wires.*

Replace the battery and re-insert the display. *Ensure the clips 'click' back into position securely.*

8.0 Product Disposal

Product should be thoroughly cleaned prior to disposal.

Product is manufactured from metal and plastic and contains electrical components. Do not dispose of this product in a regular disposal bin. Product should be disposed of through Local Authority Household Waste and Recycling Centres or through Local Trade Waste Collectors.

9.0 Product Guarantee

NRS Healthcare guarantee this product for a period of 12 months, from the date of purchase, against faulty materials and workmanship. This guarantee does not cover; abuse, misuse, interference or tampering with any part of the product.

Any guarantee issued by NRS Healthcare does not affect your statutory rights.



NRS Healthcare,
Sherwood House, Cartwright Way,
Forest Business Park, Bardon Hill,
Coalville, Leicestershire, LE67 1UB, UK
Tel. Head Office: 0330 100 0098
Tel. Customer Services: 0345 121 8111
Email: customerservice@nrshealthcare.co.uk

NRS Healthcare is a Leading Supplier of Community Equipment and Daily Living Aids, to view our full range, visit our website:

www.nrshealthcare.co.uk

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