

## Folding Pedal Exerciser

### For Safety:

**REF** 10-0718

- Consult your doctor before starting any exercise program.
- Keep children away from Pedal Exerciser while in use.
- Ensure that the 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.



Twist to change resistance:  
Use the tension control knob to increase or decrease the pedal resistance. Twist knob clockwise to increase resistance or twist knob counterclockwise to decrease resistance.