



Owner's Manual



The specification of this product may vary from this photo, subject to change without notice.

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SAFETY INSTRUCTIONS

Safety always comes first. Please keep the following points in mind at all times.

Read and follow this instruction guide completely before using your upper/lower body exerciser.

Keep this guide in a safe place and make sure everyone who uses the machine also reads this guide. Have a safe exercise.

CAUTION

- Read, understand, and practice the precautionary and operating instructions. Know the limitations and hazards associated with using any upper/lower body exercise device. Observe the precautionary and operational decals placed on the unit.
- Exercise of a strenuous nature, as customarily done on this equipment, should not be undertaken without first consulting a physician. No specific health claims are made or implied as they relate to the equipment.
- Check unit before each use of determine all controls function normally.
- Handle unit with care. Inappropriate handling of the unit may adversely affect its characteristics.
- DO NOT permit any foreign materials or liquids to enter the unit. Take care to prevent any foreign materials including, but not limited to, inflammables, water, and metallic objects from entering the unit. These may cause unit damage, malfunction, of personal injury.
- DO NOT modify or remodel the unit. This may cause unit damage, malfunction, or personal injury.
- If you have difficulty in operating the unit after carefully reviewing this operator's guide, contact your dealer for assistance.
- Failure to use and maintain the upper/lower body exerciser in accordance with the instructions outlined in this manual will invalidate your warranty.
- Know your heart rate and pulse, as well as your physician recommended target heart rate training zone. Monitor these during exercise.
- Proper medical clearance is recommended for anyone beginning an exercise program, especially if you are over 35 years of age or suffer from heart or respiratory problems.

CAUTION

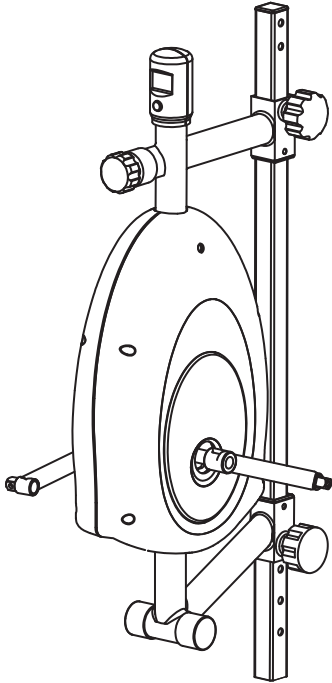
- Warm up before any exercise programs with 8 minutes of aerobic activity.
- Wear comfortable clothes that allow freedom of movement and are not tight or restricting.
- Wear comfortable shoes with good support and nonslip soles.
- Breathe naturally, and never hold your breath during an exercise.
- Perform exercises consistently with proper technique, and with a full range of motion.
- Avoid over-training.
- After an exercise session, cool down with slow stretching, cycling, or walking.
- This unit should not be used by or near children.
- Handicapped or disabled people must have medical approval before using this unit, and should be under close supervision when using any exercise equipment.
- Use this unit only for its intended purpose as described in this manual.
- This unit should only be used by one person at a time.
- Do not put hands, feet, or any foreign objects on or near this unit when in use by other people.
- Always operate this unit on a level surface.
- Never operate this unit if it is not functioning properly.
- Start exercise slowly and gradually increase the amount of resistance.
- If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, stop the exercise at once and consult a physician immediately.
- Use caution to prevent fingers or hands from being pinched in moving parts when operating the unit.

WARNING

- Use of controls or adjustments or performance of procedures other than those specified herein may result in a hazardous exercise related injury.
- Dispose of all products in accordance with local and national regulations and codes.

ASSEMBLY PARTS

Main Unit

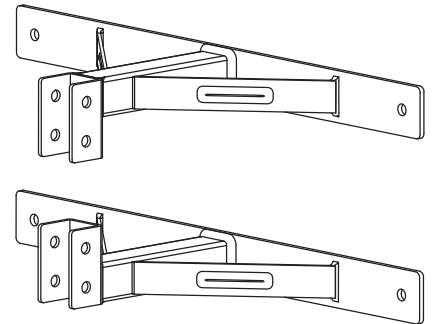


Lower Upright Tube



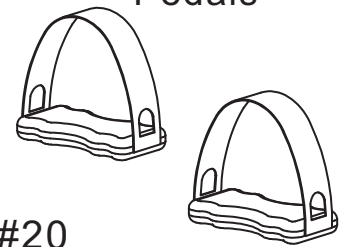
#09

Main Frame Mounting



#11

Pedals



#20

HARDWARE PACK

Head Screw 2pcs



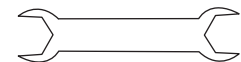
#12

Hex head screw (1/4 x 2) 4pcs

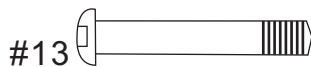


#16

Double Open End Wrench



Socket Head Screw (M8x50L) 4pcs



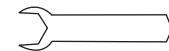
#13

Flat Washer (φ1/4xφ14x1.0t) 4pcs



#17

Open End Wrench

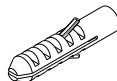


Flat Washer (φ8.5xφ16x1.5t) 4pcs



#14

Wall mount 4pcs



#18

Allen wrench



Nylon nut (M8) 4pcs



#15

1.5v AA Battery 1Pc

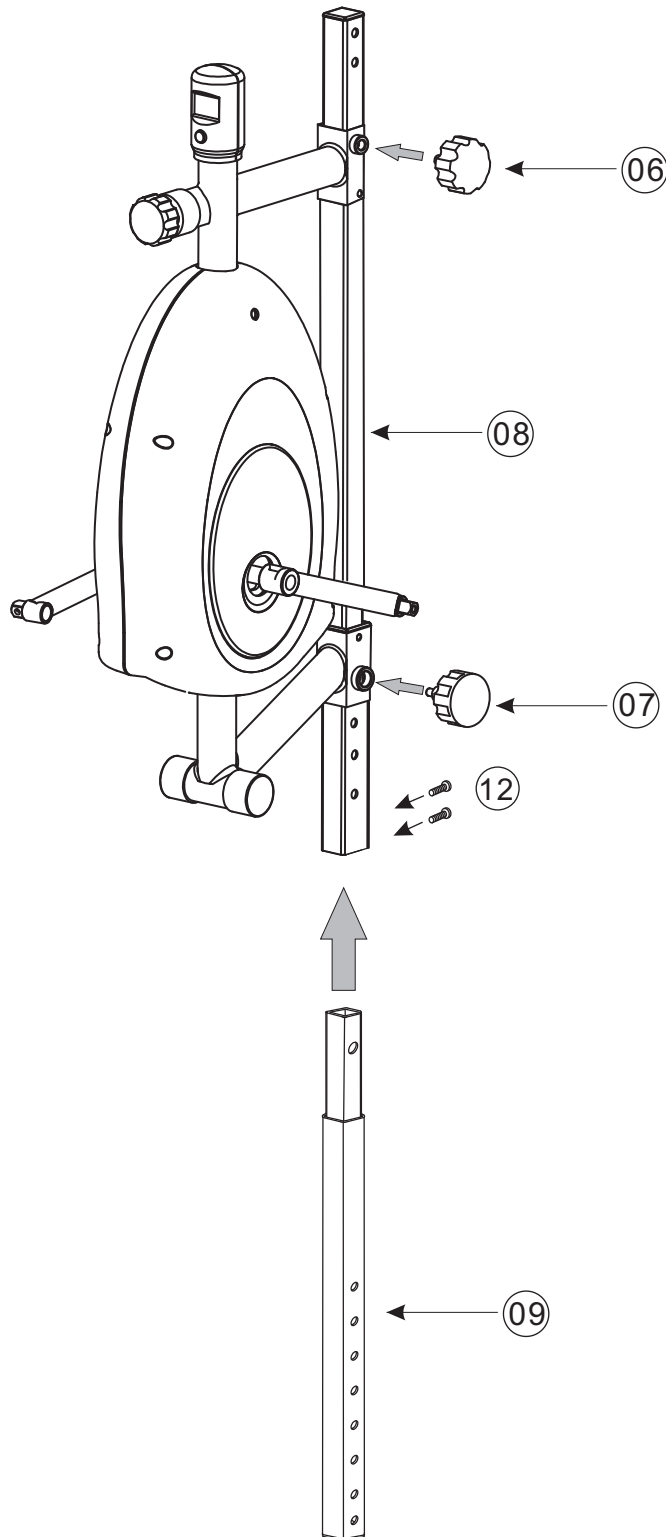


ASSEMBLY

STEP 1.

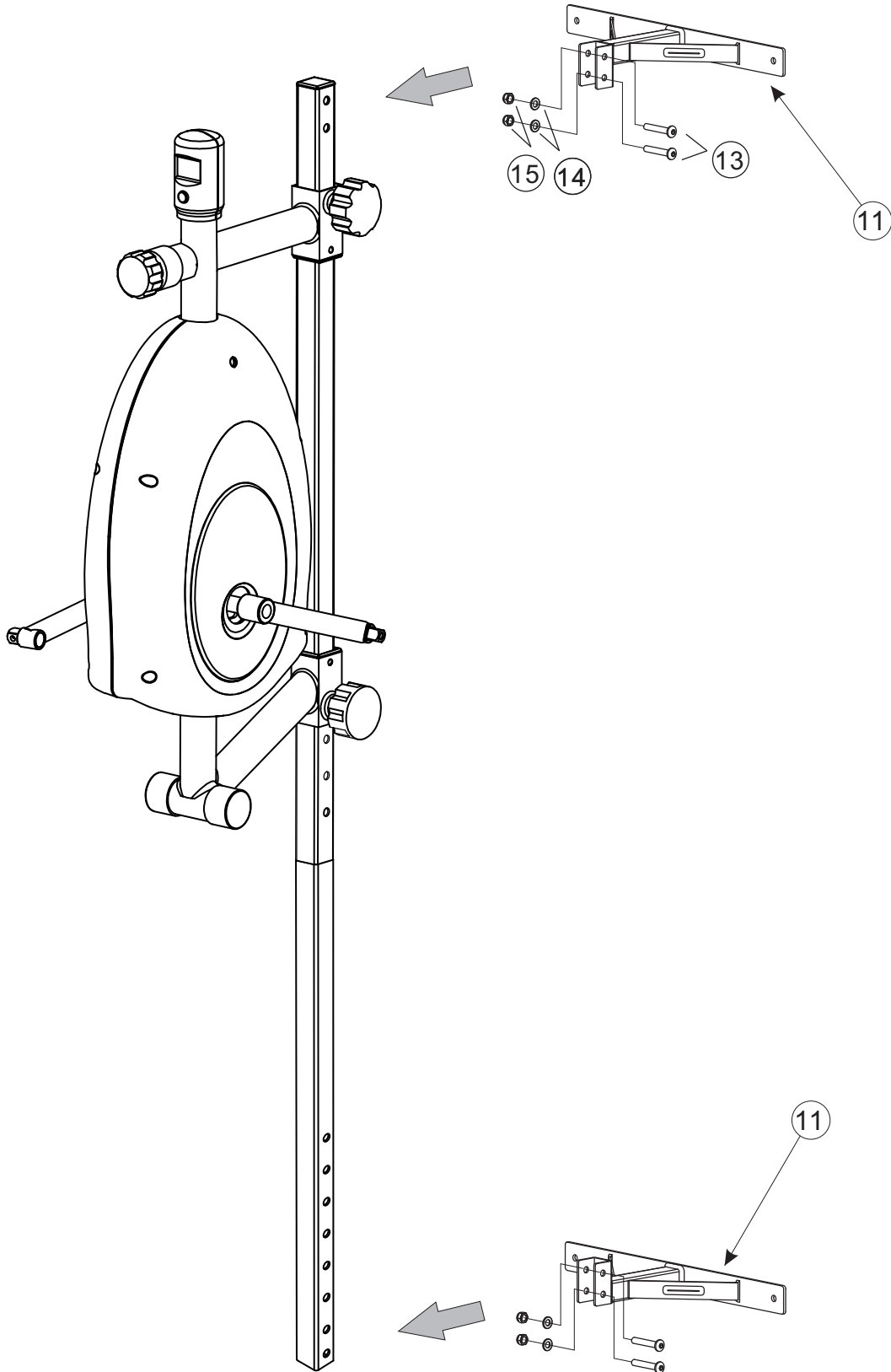
Attach Quick Release Knob (#06) and Quick Release Pop Knob (#07) and tighten.

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



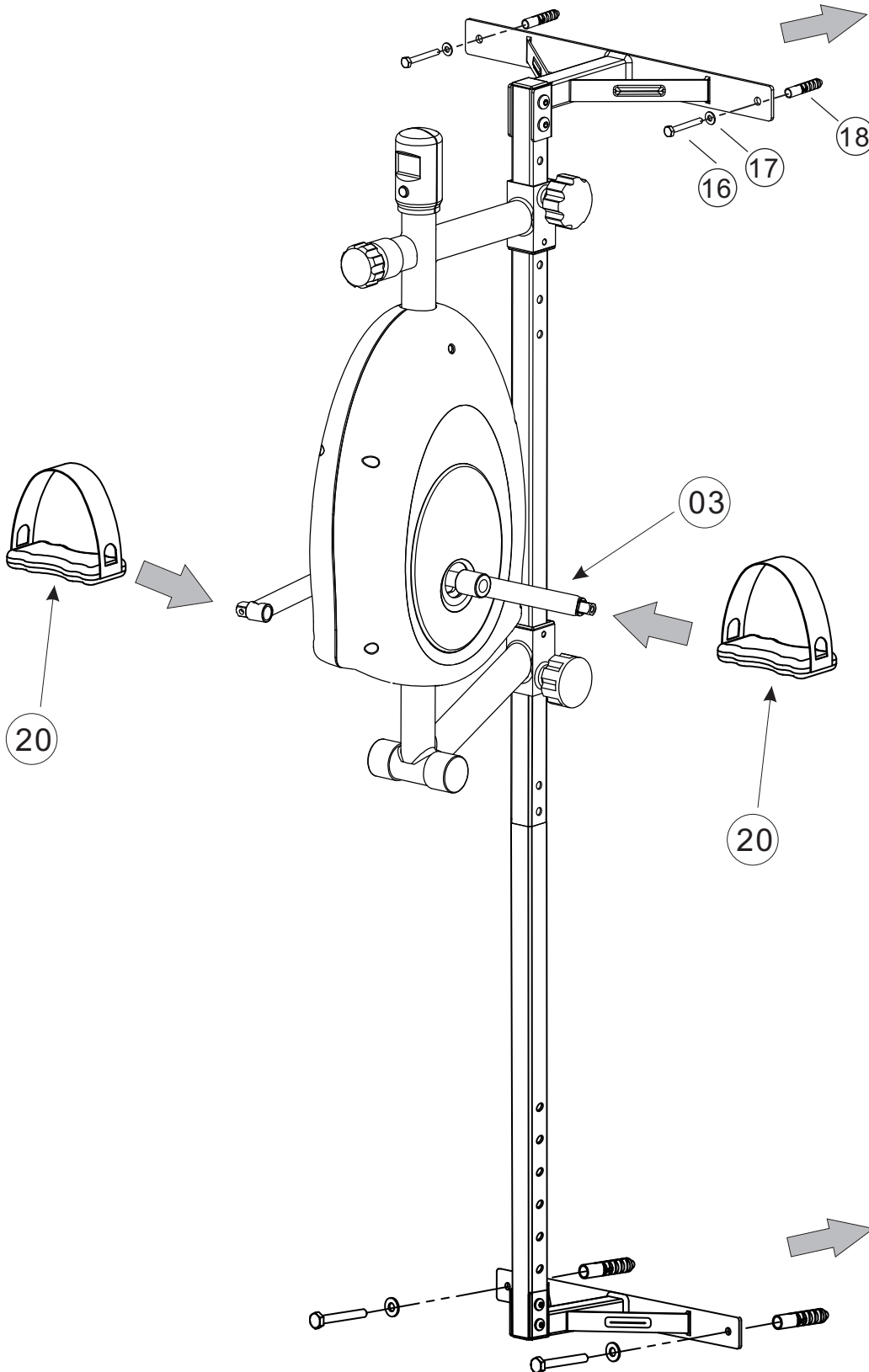
STEP 2.

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).



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).
Attach the Pedals (#20) to the Crank (#03) and tighten them.



PARTS LIST

<u>NO.</u>	<u>DESCRIPTIONS</u>	<u>Q'TY</u>
01	Main Unit	1
02	Decoration Plate	2
03	Crank	2
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
20	Pedal	2

ELECTRONIC MONITOR

FUNCTION BUTTON

MODE/RESET PRESS TO SELECT FUNCTIONS
RESET, OR HOLD ON CAN BE
TOTAL RESET FOR ALL FUNCTION
VALUES.

FUNCTIONS

STOP WHEN STOP PEDALING, "STOP"
DISPLAYS ON LCD.

STRIDES/MIN DISPLAYS NUMBERS EXERCISER
STRIDES EVERY MINUTE.

SCAN AUTOMATICALLY SCAN THROUGH
EACH FUNCTION IN SEQUENCE.

TOTAL STRIDES ACCUMULATES TOTAL NUMBERS
OF STRIDE DURING WORKING
SESSION.

TIME ACCUMULATES TOTAL WORKING
TIME UP TO 99:59



NOTE :

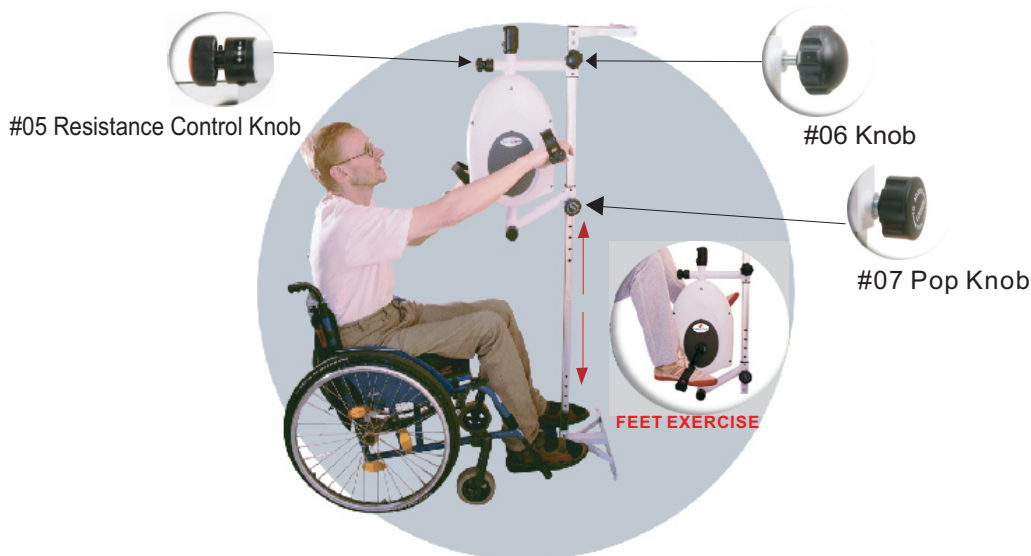
1. WITHOUT ANY SIGNAL FOR A PERIOD OF 4 MINUTES, THE LCD DISPLAY WILL SHUT OFF AUTOMATICALLY, AND ALL PREVIOUS WORKING VALUES ARE TO RESET.
2. WHEN THERE IS SIGNAL IN, THE MONITOR IS AUTO POWER ON.
3. IF IMPROPER DISPLAY ON MONITOR, PLEASE RE-INSTALL THE BATTERY TO HAVE A GOOD RESULT.
4. BATTERY SPEC : 1.5V AA (1PC).

OPERATION INSTRUCTION

Upper Body Exercise : Put your hands on the Pedals (#20), then exercise forward or backward.
Lower Body Exercise : Put your feet on the Pedals (#20), then exercise forward or backward.



Before using your Exer II, please adjust the height of the Main Unit to a proper height.



1. Main Unit Height Adjustment

Loose the Knob (#06) and Pop Knob (#07), then adjust the Main Unit up or down to your desire 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 count clockwise (-) for a less difficult workout.

It is recommend for beginner to star the exercise form the lightest resistance avoid any injury. Then increase the resistance gradually to strong the joint should, back and wrist and the muscles.