

# GANDDO®



## Deluxe Pedal Exerciser

***IMPORTANT!***

*Please read all instructions carefully before using this product.*

*Retain this manual for future reference.*

E

REF 10-0717

# **IMPORTANT SAFETY NOTICE**

## **PRECAUTIONS**

This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

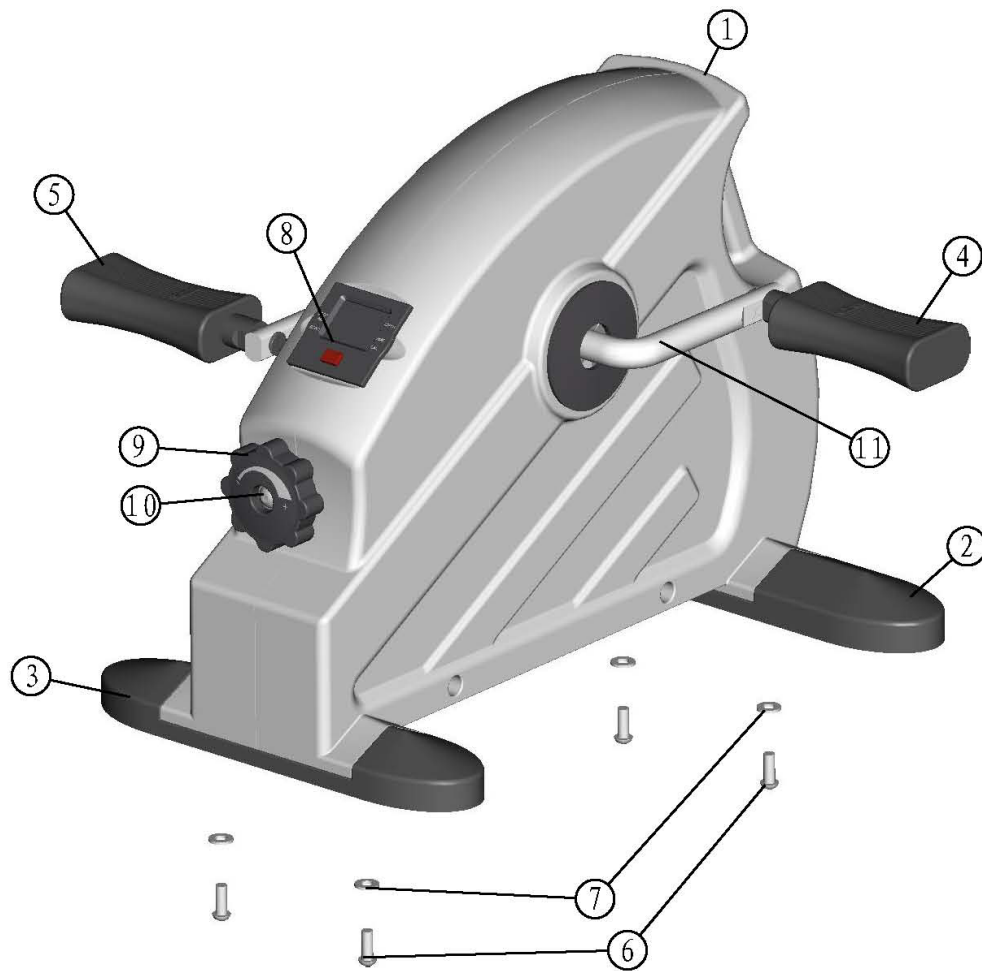
1. Keep children and pets away from the machine at all times. **DO NOT** leave children unattended in the same room with the machine.
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, **STOP** the workout at once. **CONSULT A PHYSICIAN IMMEDIATELY.**
4. Position the machine on a clear, leveled surface. **DO NOT** use the machine near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. **DO NOT** wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
7. Use the machine only for its intended use as described in this manual. **DO NOT** use attachments not recommended by the manufacturer.
8. Do not place any sharp object around the machine.
9. Disabled person should not use the machine without a qualified person or physician in attendance.
10. Before using the machine to exercise, always do stretching exercises to properly warm up.
11. Never operate the machine if the machine is not functioning properly.
12. The max user's weight: 100KGS

**WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT.**

**MANUFACTURER ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.**

**SAVE THESE INSTRUCTIONS.**

# EXPLODED DIAGRAM

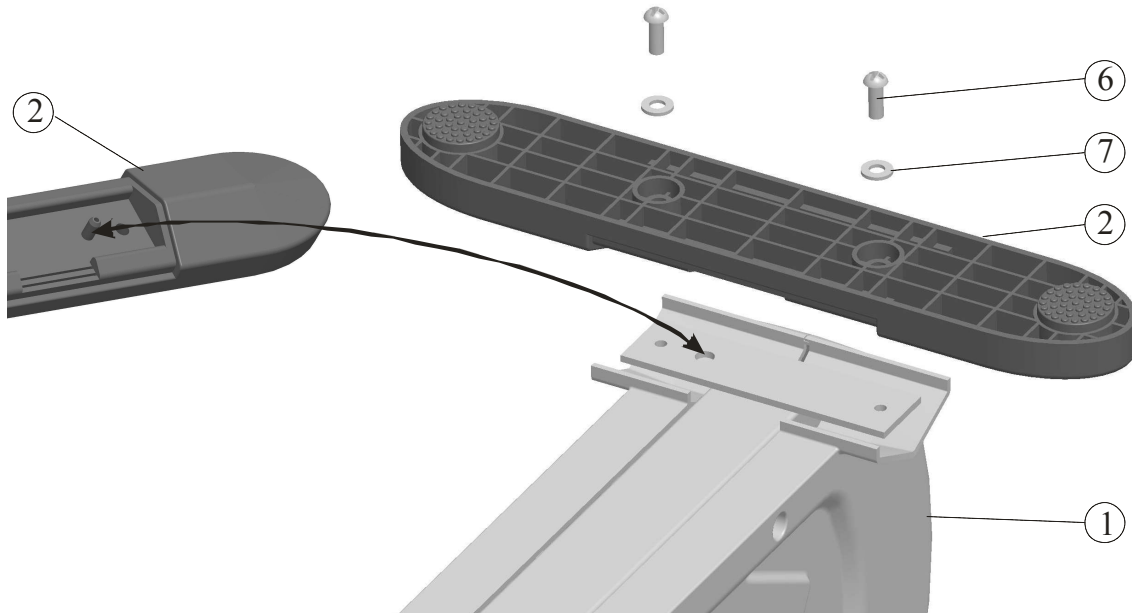


## PARTS LIST

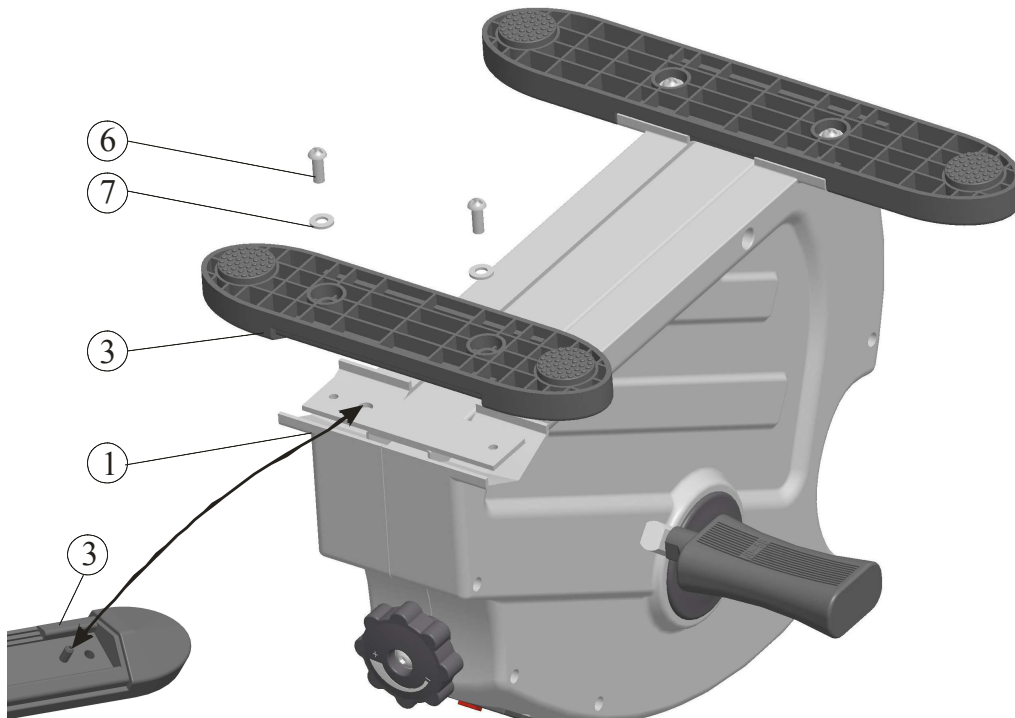
NO.	DESCRIPTION	Q'TY
1	Main Body	1
2	Front Stabilizer	1
3	Rear Stabilizer	1
4	Right Pedal	1
5	Left Pedal	1
6	M6 Hex Bolt	4
7	Φ12 Washer	4
8	Computer	1
9	Knob	1
10	Knob Screw	1
11	Crank Arm	1

## ASSEMBLY STEPS:

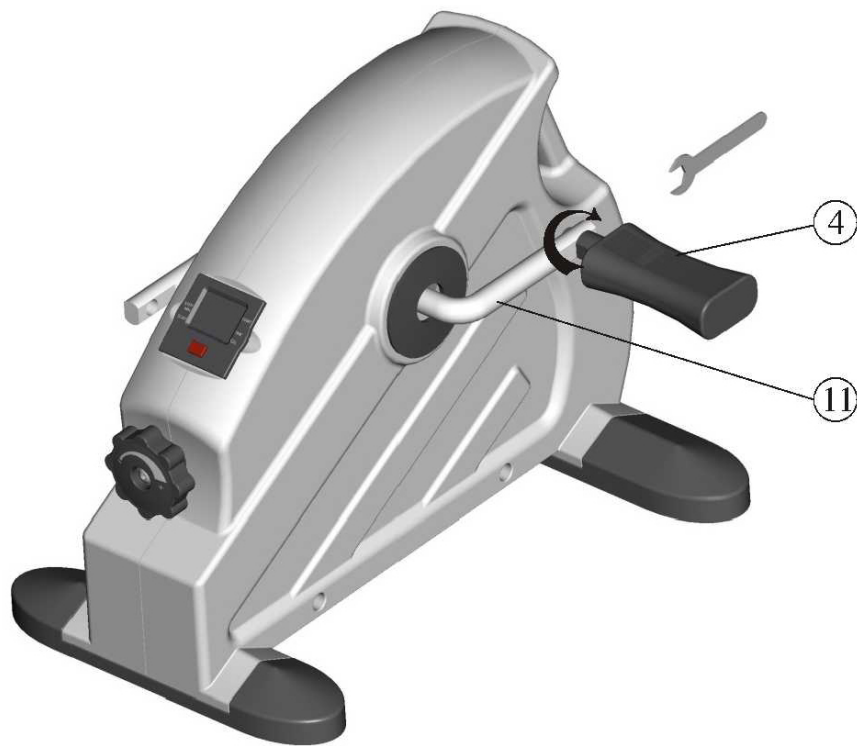
1. Fix the Front Stabilizers (2) to the Main Body (1) with 2 sets of M6 Hex Bolts (6) And  $\text{\O}12$  Washers (7).



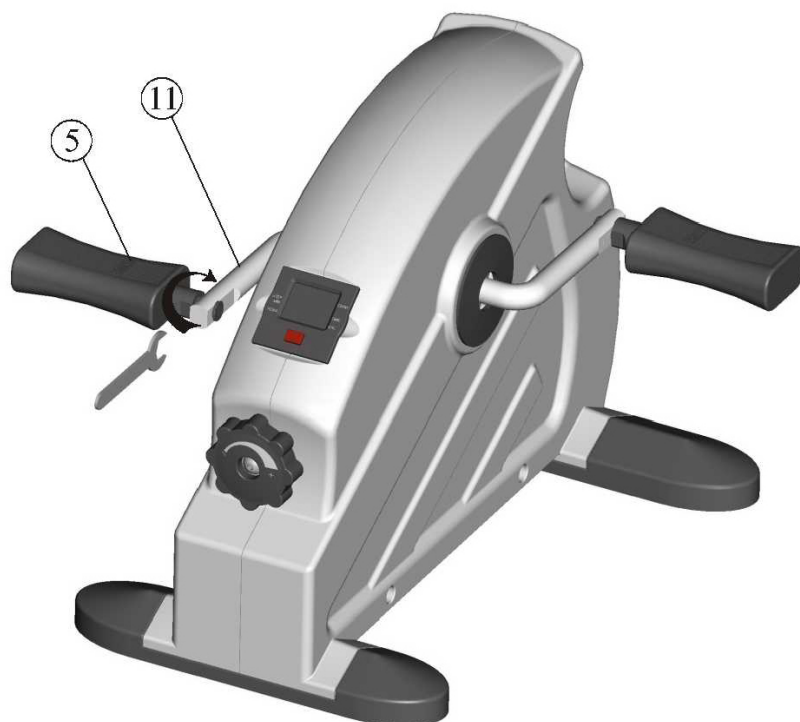
2. Fix the Rear Stabilizers (3) to the Main Body (1) with 2 sets of M6 Hex Bolts (6) And  $\text{\O}12$  Washers (7).



3. The Right Pedal (4) are marked "R" on the end of the pedal axle. Connect to the appropriate Crank Arm (11). Note that the right pedal should be threaded on clockwise.



4. The Left Pedal (5) are marked "L" on the end of the pedal axle. Connect to the appropriate Crank Arm (11). Note that the left pedal should be threaded on anti-clockwise.



**Recheck all bolts and nuts are tightened securely before using the machine**



# EXERCISE COMPUTER



## FUNCTION BUTTON

**SCAN** : Press “mode” key to select “scan”, then this function will automatically scans through all the functions displayed on the bottom line of the monitor.

**TIME** : Automatically accumulates workout time when starting exercise.

**COUNT** : Accumulates total pedale during working session..

**RPM** : Displays the exerciser pedale on the machine per minute..

**CAL** : Automatically accumulates calories amount consumed when starting exercise.

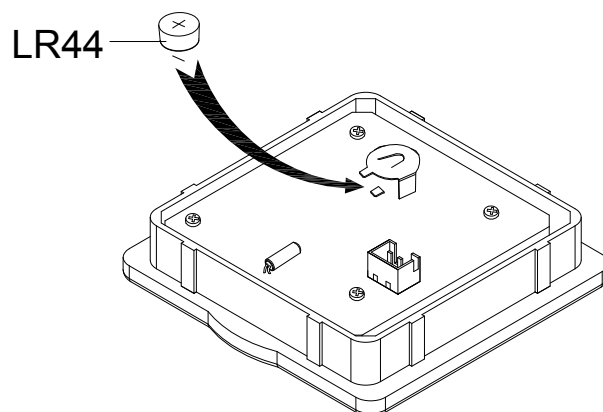
**DIST** : It shows how many Kilometer or Miles you have worked on the machine.

## FUNCTION BUTTON

**MODE** : To select functions or TIME, CAL, RPM, SCAN, DIST. Hold the button for 3 seconds to have a total reset.

## NOTE:

1. If there is a possibility to see an improper display on the monitor, please replace the batteries to have a good result.
2. Please use 1pcs of BUTTON CELL LR44 1.5V batteries as a power supply.
3. The monitor will be automatically shut off if there is no signal coming in for 4 to 5 minutes.
4. The monitor will be auto-powered when start exercise, push button w/signal in.
5. All functions will automatically stop calculating w/a “stop” sign on the upper left corner of the monitor when there is no signal coming in for a period of 4 seconds. The meter will automatically start calculating w/”stop”sign off when taking exercise.
6. The meter will automatically start calculating by simply starting exercising, and will automatically stop calculating when stop exercising for 4 seconds.

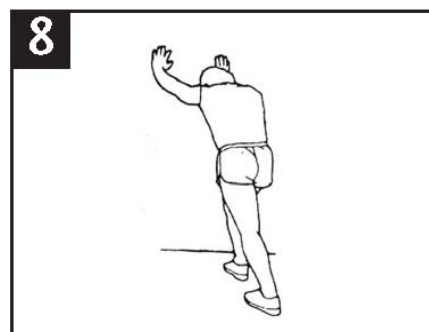
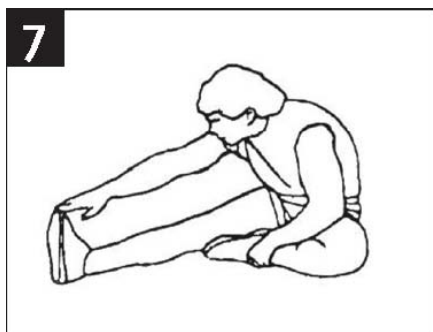
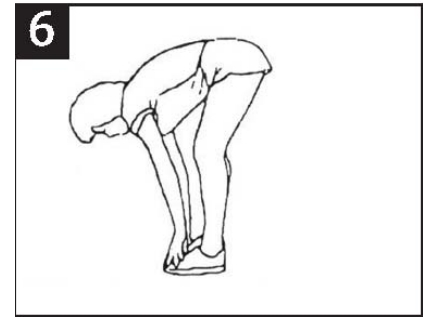
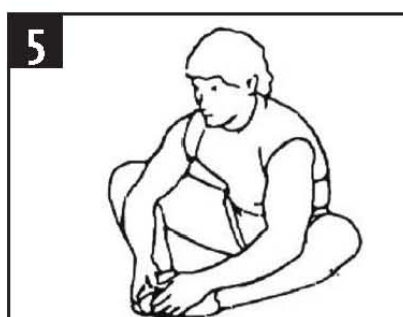
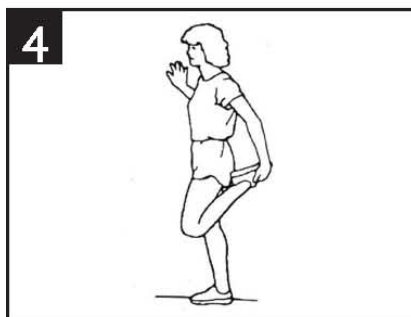
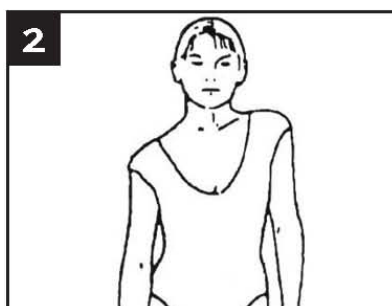
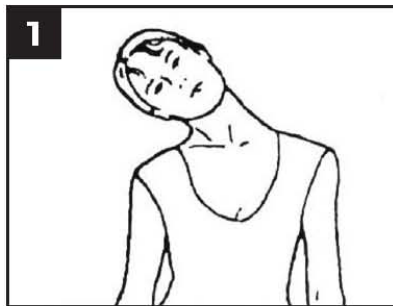


## EXERCISE TIP

### WARM-UP/STRETCHING/COOL-DOWN

A successful exercise session begins with warming up exercises and ends with exercises for cooling down and relaxing. These warming up exercises prepare your body for the subsequent demands made upon it. The cooling down/relaxation period after the exercise session ensures that you do not experience any muscular problems. In the following, you will find stretching exercise instructions for warming up and cooling down. Please pay attention to the following points:

- Carefully warm up every muscle group you will be using in the exercise session for about 5 to 10 minutes. The stretching exercises are carried out correctly if you feel a comfortable tension in the corresponding muscle.
- Speed does not play a role during the stretching exercises. Fast and jerky movements must be avoided.



## User Information related to the WEEE:



Decree n° 2005-829 of July 20, 2005 relating to the composition of electric and electronic equipments and to the waste disposal resulted from these equipments.

### TITLE III

### PROVISIONS RELATING TO THE COLLECTION OF HOUSEHOLD WASTE ELECTRIC AND ELECTRONIC EQUIPMENTS

#### Article 12

Municipalities or their groupings, producers, distributors and coordinating organizations implement the actions that they deem appropriate to inform users of household electric and electronic equipments:

- Of the obligation not to dispose the waste of electric and electronic equipment with unsorted municipal waste; of the collection systems available to them;
- Of the effects on the environment and human health from the presence of dangerous substances in the electric and electronic equipments.

