

# SMART MAGNETIC PEDAL EXERCISER

RHB3007BLK

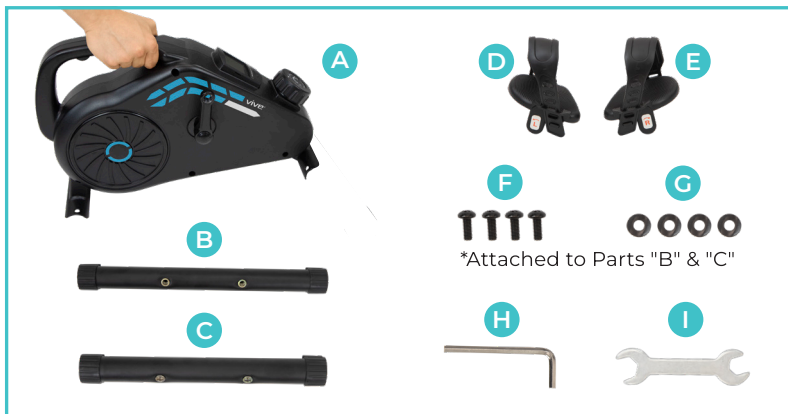


OWNER'S MANUAL

# SMART MAGNETIC PEDAL EXERCISER

## WHAT'S IN THE PACKAGE

- 1x Main Frame (A)
- 1x Front Leg (B)
- 1x Back Leg (C)
- 1x Left Pedal (D)
- 1x Right Pedal (E)
- 1x Left Pedal (D)
- 1x Right Pedal (E)
- 4x Screws (F)
- 4x Gaskets (G)
- 1x Wrench (H)
- 1x Double Open Wrench (I)

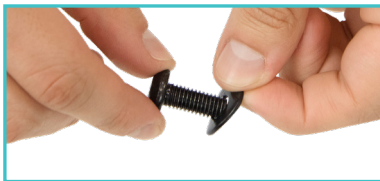


## WARNING:

Consult with your physician before beginning any exercise regime, especially if you have pre-existing health conditions.

## ASSEMBLY INSTRUCTIONS

1. The screws (F) and gaskets (G) already come attached to the front and back legs, remove them first before assembly.



2. Use the double open wrench (I) provided to install the pedals in place.



**MOTOR FUNCTIONS**

**Speed**  
(MPH - Always on Display)



**Scan**  
(Cycles through all available setting while in use)

**Odometer**

**Time**  
(min:sec)

**Calories**

**Distance**  
(miles)

**Rotations Per Minute**

- Press the button to switch between modes.
- Press and hold the button for 4 seconds to reset back to zero.
- Display requires 2 AAA batteries.
- The readings from the display monitor may vary and are used only as a guide.

## OPERATING INSTRUCTIONS



### TENSION ADJUSTMENT:

- For tension adjustment, simply use the tension adjustment knob found beneath the monitor.
- To increase tension, turn the knob clockwise (+). To decrease tension, turn it counter-clockwise (-).
- The lowest force is level 1, while the highest is level 8.

## BATTERY REPLACEMENT



- Open the lid of the monitor.
- Place 2 AAA batteries.
- Install the monitor cover back in place.

## SAFETY INSTRUCTIONS

Please read all instructions carefully before use.

- Warm-up exercises before use can help prevent strains and injury.
- Ensure all product parts are not damaged and the equipment is resting on a flat surface. Using a mat or similar cover on the ground is recommended.
- Wear appropriate clothing and shoes during use. Be careful of any items that may get caught in the equipment.
- Do not attempt any maintenance or adjustments other than described in this manual. Contact an authorized service representative if there is damage to any part.
- Use indoors only. Do not use outdoors.
- Only one person should use the equipment at a time.

- Keep children and pets at least two meters away from the equipment while in use. This machine is for adults only.
- If you experience any chest pains, nausea, dizziness, shortness of breath, or similar symptoms, stop use immediately and contact your physician before reusing.
- The maximum weight capacity is 264 lbs (120kgs).

## WARNING

Consult with your physician before beginning any exercise regime, especially if you have pre-existing health conditions.