



Out of this world savings.

User Manual

Model: **3331**



Mini Exerciser

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Safety Information

Please ensure you read and fully understand instructions before use

While every attempt is made to ensure the highest degree of protection in all equipment, we cannot guarantee freedom from injury. The user assumes all risk of injury due to use. All merchandise is sold on this condition, which no representative of the company can waive or change.

- Before starting any exercise programme, consult your doctor to determine if you have any physical or health conditions that could create a risk to your health and safety.
 - If at any point you become dizzy whilst exercising, stop immediately and consult a doctor.
 - Never stand on the pedal exerciser.
 - Before using the exerciser, check that all parts and bolts are in place properly and securely.
 - Be aware that some metal parts may become hot when in use, due to the friction depending on the resistance.
 - Only use the product on stable, level and dry ground.
 - This product is intended for indoor use only.
 - Make sure loose clothing and hair are kept away from any pinch points that could cause injury.
 - Clean only with a damp cloth. Do not use any industrial or abrasive substances, as these may damage the metal frame.
 - If the product is damaged or defective, please contact cservice@oypla.com
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What's In The Box?

Please note that you will be referring to the below parts list during assembly

If any of the below parts are missing or damaged, please contact our dedicated team at cservice@oypla.com.

Part	Quantity
Allen Key	1
Spanner	1
Small Bolt + Washer	4 Sets
Large Bolt + Washer	2 Sets
Locking Nut	2
Leg Base	2
Middle Connector	1
Pedal Connector	1

Assembly Instructions

Please refer to the below information to help assemble your Oypla product

If you require assistance with the assembly of your Oypla product, please contact our dedicated team at cservice@oypla.com.

1. Start by connecting the leg bases to the middle connector. Do this using two small bolt and washer sets for each one. They can be tightened using the allen key provided.

2. Connect the structure you have created to the pedal connector using the two large bolt and washer sets provided, tightening the locking nuts accordingly with the allen key and spanner provided.

3. Your exerciser is ready to use! Ensure to check the bolts before each use to ensure that they are nice and tight.

The operation is incredibly simple, simply tighten or loosen the tension knob accordingly to achieve the desired resistance.

Have a Question About Your Purchase?

Our dedicated customer services team are happy to help. Contact them via:

Telephone: 020 3600 22 55

Email: cservice@oypla.com

Live Chat: www.oypla.com

Consider the Environment!

By recycling the cardboard box in which this product was packed, you contribute towards helping the environment. If you see a recycling logo such as the below on the packaging, it can be recycled. If a recycling logo is not present, please check with your local authority before recycling.



PLEASE RETAIN A COPY OF THESE INSTRUCTIONS FOR FUTURE CONSULTATION

An Official Oypla Branded Product

Imported by Oypla.com LLP, Uxbridge, UB8 2FX

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