

User Manual

YPLA™

SPORTS

THANK YOU FOR YOUR ORDER



Pedal Exerciser

Safety Instruction

1. It is important to read this entire manual before assembling and using the equipment .Safe and efficient use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.
2. Before starting any exercise program you should consult your doctor to determine if you have any physical or health conditions that could create a risk to your health and safety, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
3. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising *if* you experience any of the following symptoms: Pain, tightness in your chest, irregular heartbeat, extreme shortness of breath. feeling light headed, dizzy or nauseous, if you do experience any of these conditions you should consult your doctor before continuing with your exercise program.
4. Before using the equipment. check the nuts and bolts are securely tightened.

Assembly Instruction



1. Join the parts with the screws and Allen key provided.
2. Install the resistor to the frame with screws and Allen key provided.
3. Install the tension knob to the hole and turn it against the resistor (It control the tension of the Pedal exerciser)

Use Instruction

The Pedal exerciser is ideal for individuals who are unable to sit and ride on a regular bicycle, Or for those limited to wheelchair use. The Pedal Exerciser can be used on the floor for leg exercises or on a table top for arm exercises.

Floor use:

-Adjust the tension knob to the desired level of resistance.

Turn the tension knob clockwise to increase resistance and counter-clockwise to reduce the resistance.

-Once you are seated, place the pedal exerciser on carpet or floor mat in a comfortable position in front of you.

-Place each foot on the pedals underneath the straps. The straps help hold the feet firmly in place.

-Begin pedaling.

-You can pedal forward or backward to work different muscles groups.



Table Top Use:

-Adjust the tension knob to the desired level of resistance.

Turn the tension knob clockwise to increase resistance and counter-clockwise to reduce the resistance.

-Place pedal exerciser on the table top and sit in a chair with the pedal exerciser comfortably positioned in front of you. Keep your back straight .

-Grasp each pedal with your hands and begin pedaling trying not to lean forward.

-You can pedal forward or backward to work different muscles groups.



WARNING: Do not stand on the pedal exerciser.

CAUTION: The metal components on the tension knob may become hot when in use.

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

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