

01-8010



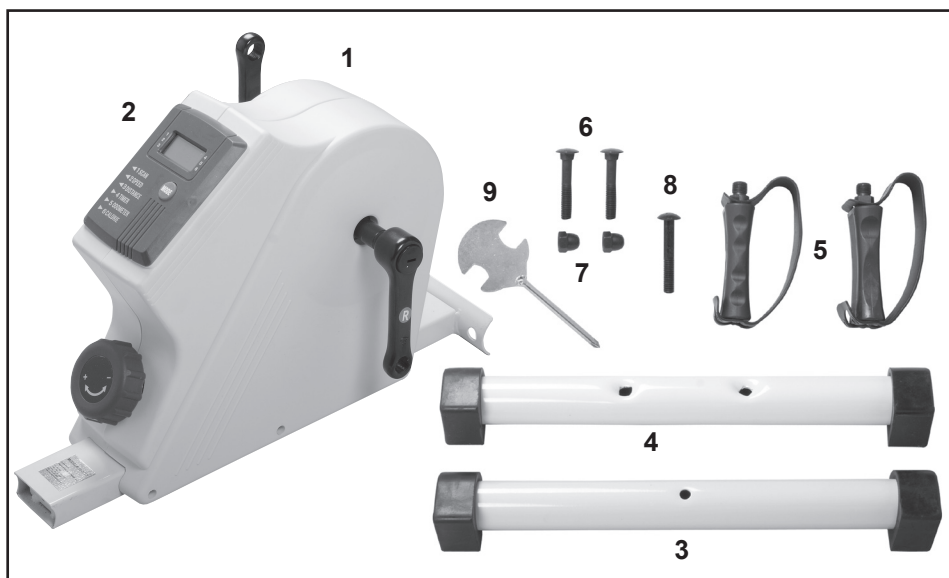
DELUXE PEDAL EXERCISER



Bi-directional upper and lower
body exerciser

Fabrication Enterprises Inc. PO Box 1500 White Plains, NY 10602 (USA)
tel: 914-345-9300 fax: 914-345-9800 www.Fab-Ent.com

ver 8/11



No.	Part	Quantity
1	main body	1
2	digital display	1
3	front foot	1
4	rear foot	1
5	pedals	2
6	carriage bolts (M8 x 45mm)	2
7	carriage bolt nuts	2
8	cross-head bolt (M8 x 50mm)	1
9	tool	1

DIGITAL READOUT FEATURES

Mode Functions:

Scan - Scans settings for each of the modes every four seconds.

Speed - Displays the speed in miles per hour (m.p.h.) exerciser is "traveling".

Distance - Displays the distance "traveled" in miles for each session.

Timer - The time elapsed during exercise session.

Odometer - Total cumulative mileage recored by the exerciser.

Calories Burned - Estimated calories burned during a session.

DELUXE PEDAL EXERCISER



Auto Power ON/OFF

Auto Start/Stop Timer Turn timer on or off with a single touch

Machine shuts off automatically if unoperated for more than four (4) minutes.

OPERATION

Push MODE key one time to change function of digital readout.

To reset all values, push MODE key and hold for three (3) seconds.

ASSEMBLY



1. Attach the front foot (3) onto the body using the cross head bolt (8) and the tool (9).



2. Attach the rear foot (4) with the two carriage bolts (6) and nuts (7). Make sure the feet are securely tightened to the exerciser.



3. Attach the pedals (5) to the exerciser. Insert threaded end of pedal onto the shaft and tighten with the tool.

4. Digital display requires (2) AA batteries (included). Remove display cover to install batteries.

EXERCISES

Lower body exercise: (For strengthening muscles and increasing blood circulation) Sit in a chair with the **Cando® Deluxe Pedal Exerciser** on the floor in front of you. Position yourself so your legs are bent at 90°

Upper body exercise: (For strengthening muscles in the arms, wrists and shoulder). Place the exerciser on a table in front of you. You may sit at the table or stand. "Pedal" the exerciser with your hands.



CAUTIONS and WARNINGS

- Consult your healthcare professional before beginning an exercise program with this machine.
- Protect unit from water and strong shock
- If display becomes unclear or blinks when keys are pressed, the batteries may need to be replaced.
- DO NOT expose to direct sunlight for extended periods of time.
- **WARNING: DO NOT** stand on the exerciser.

90 Day Limited Warranty

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