

HealthRider Bike H40 X PRO:

Setup:

- 1) Put it on even ground with room around it.
- 2) Change the seats and handlebars to make them more comfortable.
- 3) Right pedal turns to the right, left pedal turns to the left.

How to use it:

- 1) Turn the resistance knob to change how hard it is.
- 2) Pull the brake lever to stop fast.
- 3) Pedals don't glide- they slow down slowly.

Safety tips:

- 1) Talk to your doctor before you begin.
- 2) Wear the right shoes and don't wear baggy clothes.
- 3) Get on and off slowly.
- 4) Stop if you feel dizzy or hurt.

Exercises (Beginner Friendly):

- 1) Begin with 5 to 10 minutes.
- 2) Sit up straight and relax your shoulders.
- 3) Have water close by.
- 4) Check and tighten the parts every week.