

## **Manual Foot Pedals – Pedal Exerciser**

### **Simple Setup:**

1. Place the pedal exerciser on a flat, non-slip surface.
2. Adjust the resistance knob in the center to your desired level.
3. Sit in a sturdy chair with your feet flat on the pedals and your back straight.

### **Basic Use:**

1. Begin pedaling slowly and gently to warm up.
2. Use with or without shoes, depending on comfort and pedal grip.
3. Pedal forward or backward depending on your exercise goals.
4. Start with short sessions and increase time gradually.
5. Rest in between sessions to avoid strain.

### **Safety Tips:**

1. Talk to your doctor before starting any exercise routine.
2. Always make sure the pedal exerciser is stable before use.
3. Don't stand on the pedals or use it while standing.
4. Stop exercising if you feel dizzy, faint, or in pain.
5. Keep the unit away from children or pets when in use.

### **Maintenance:**

1. Wipe the pedals and frame with a damp cloth after each use.
2. Check the resistance knob and pedal straps regularly for wear.
3. Tighten any loose screws or bolts every few weeks.
4. Store in a dry place when not in use.