

Essential Pedal Exerciser Monitor



Instructions for Use

1. Caution: When unfolding pedal exerciser legs, take care not to pinch fingers where unit folds and locks into place.
2. Place pedal exerciser on floor for leg use or on flat surface to use unit with arms.
3. Sit at a comfortable distance from the unit and begin to rotate pedals.
4. For units with monitor, the monitor will automatically power on when you start to exercise.
5. When the pedal exerciser is not used for 5 seconds a “STOP” indicator in the top left corner of the window will appear and the time will also stop. The timer will resume when you continue exercising.
6. The monitor will shut off after 5 minutes of inactivity.
7. To reset the monitor, hold the red button for 10 seconds.

Readout

1. You can get data on all of the following:
 - A.) Workout Time
 - B.) Number of cycles from last reset
 - C.) Total cycles for all sessions
 - D.) Calories burned from last reset
2. To choose the information you want, press red button so that arrow points to desired data or until it points to “SCAN” which will then scan through all the data in the order above.
3. If you see faded numbers or unusual characters, replace the battery.

To Install Battery

1. The unit uses one 1.5V (AAA) battery.
2. Turn unit so rear of monitor is facing you and pull monitor toward you.
3. Release battery compartment door using tab at rear top of monitor and replace battery.
4. Reposition monitor on bracket on the unit.

Please Note: Battery is not included.