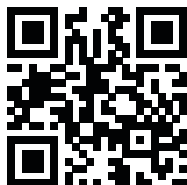


REATHLETE CYCLO



*Compact Electric Pedal Exerciser
for Training and Rehabilitation*

USER MANUAL



Contact us:

www.reathlete.com

support@reathlete.com

Thank you for purchasing the CYCLO!

We are excited for you to experience the wide range of health and wellness benefits that come with using our product.

This User Guide is intended to provide you with guidelines to ensure that the operation of this product is safe and poses no risk to the user. Using this product in a manner that does not comply with the guidelines described in this manual may void the product warranty.

Please read all directions before using the product and retain this guide for reference.

Assembly Instructions:

Take the unit out of the box and place it on the floor as shown in Figure 1.

Make sure that you have all of the pieces:

- 1 Main Frame
- 2 Stabilizer X2
- 3 Right Pedal
- 4 Left Pedal
- 5 Screw X4
- 6 Washer X4
- 7 Right Crank
- 8 Left Crank
- 9 Pedal Straps

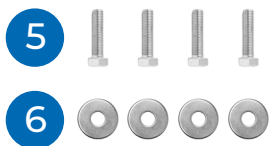


Figure 1.

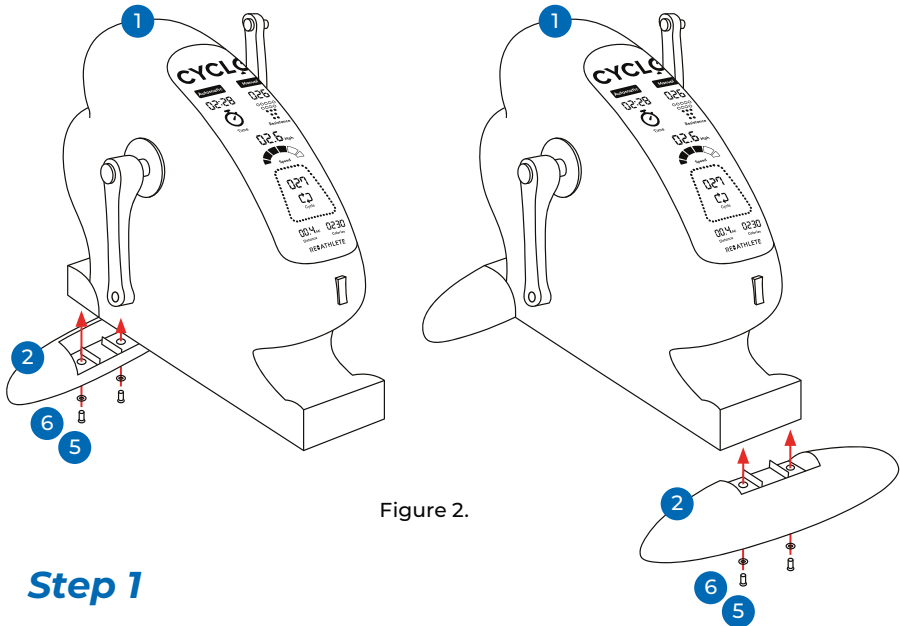


Figure 2.

Step 1

Attach the STABILIZERS (2) to the front and to the back end of the MAIN FRAME (1) with SCREWS (5) and WASHERS (6) as shown in Figure 2.

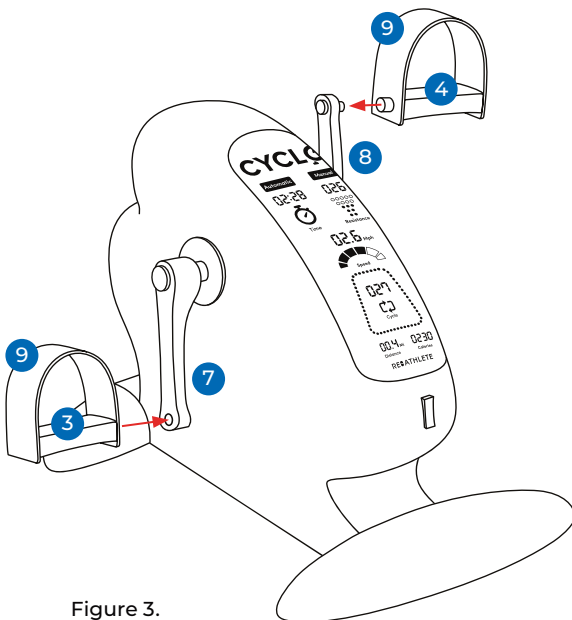
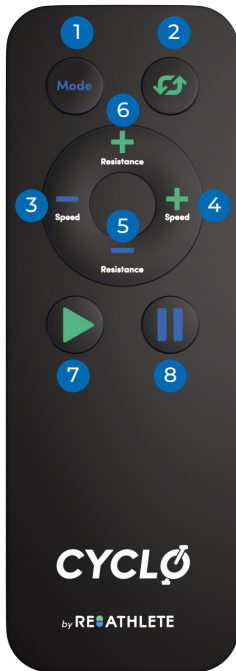


Figure 3.

Step 2

The LEFT PEDAL (3) is labeled with an L. The LEFT PEDAL (3) has left hand threads and is tightened by turning clockwise. The RIGHT PEDAL (4) is labeled with an R. The RIGHT PEDAL (4) has right hand threads and is tightened by turning counterclockwise.

Thread the LEFT PEDAL (3) to the LEFT CRANK (7) as shown in Figure 3. Tighten the pedal securely with an open-end wrench. Use the same procedure to attach the RIGHT PEDAL (4) to the RIGHT CRANK (8). Snap PEDAL STRAPS (9) onto the LEFT PEDAL (3) and RIGHT PEDAL (4).



Remote Control

- 1 Change Mode (Manual/Automatic)
- 2 Forward/Reverse (Pedal Direction)
- 3 Decrease Speed (12 intensity levels)
- 4 Increase Speed (12 intensity levels)
- 5 Decrease Resistance
- 6 Increase Resistance
- 7 Start Workout
- 8 Pause/Reset Workout

Manual Mode

Get cardio and aerobic improvements and exercise different muscle groups of the lower and upper body. Enjoy the training!

Press **7** start to use every time

Press **5** or **6** to adjust between different intensity levels of resistance

Press **8** if you want a break. Within 30 minutes you can press **7** to resume the training with the same settings.

Press **8** for twice to reset the settings.

Automatic Mode

In the Automatic mode CYCLO turns the pedals on behalf of the user in order to therapeutically encourage leg or arm movements. Enjoy the rehabilitation!

Press **7** start to use every time

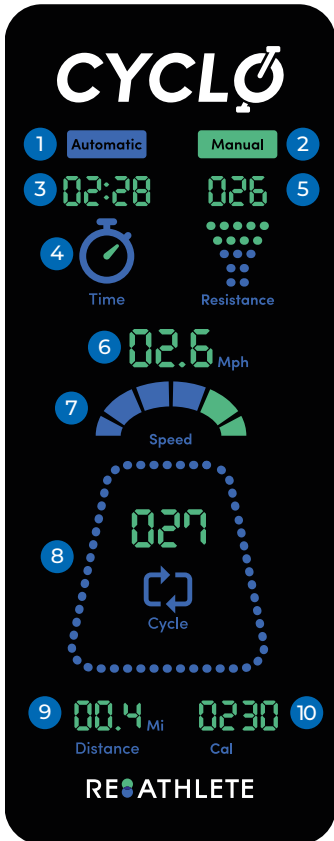
Press **2** to switch between forward and reverse (direction of pedals)

Press **3** or **4** to adjust between 12 different speeds.

Resistance is inactive in this mode.

Press **8** if you want a break. Within 30 minutes you can press **7** to resume the training with the same settings.

Press **8** for twice to reset the settings.



LED Display

- 1 In the manual mode, the Manual mode indicator lights up on the LED screen.
- 2 In the automatic mode, the Automatic mode indicator lights up on the LED screen.
- 3 Displays the time in minutes:seconds.
- 4 The stopwatch handle rotates as the time passes to indicate the duration of exercise.
- 5 The different intensity levels of resistance range from 0 to 100, with power dots lighting progressively from bottom to the top according to the selected resistance level.
- 6 The speed is displayed in miles per hour.
- 7 The speed accelerometer grows as the speed increases.
- 8 The cycle counter counts up every completed lap (0.05 mile) and the dots moving around the running track show how close you are to completing the next lap.
- 9 The total distance of the workout is displayed in miles.
- 10 The number of calories burnt during the workout are displayed.

How to Use

Position 1: Seated (Lower Body).

Place the unit on the floor in front of a chair. Sit in the chair and pedal the bike with your feet.

Position 2: Lying (Lower Body).

When lying down, place the unit at a comfortable distance and make sure that your lower back is supported. You can use a small cushion at the base of your back. Pedal the bike with your feet.

Position 3: Seated (Upper Body).

Place the unit on a table at chest height and at a comfortable distance and sit on a stable chair. Pedal the bike with your hands.

Use the remote control to select the manual or automatic mode and the relevant settings.

To turn the massager OFF, press [PAUSE] button for 3s. To unplug the machine, first turn it off and then unplug from the wall socket.

Important Safety Notice:

- 1) Please unplug the device when it is not in use.
- 2) There are NO user serviceable parts in this product.
- 3) Ensure that the cable DOES NOT come into contact with the pedals while in use.
- 4) DO NOT touch or insert any objects into the moving parts while the machine is in use.
- 5) DO NOT submerge product in water or other liquids.
- 6) Do not touch the power plug with wet hands.
- 7) Pregnant women and children under 12 years old MUST NOT use this product.
- 8) Keep dry: DO NOT operate in a wet or moist condition.
- 9) DO NOT use this product in a high-temperature or humid environment. DO NOT leave this product in direct sunlight for a long time.
- 10) DO NOT leave this device unattended while turned on.
- 11) NEVER operate this device if the cord or plug is damaged.
- 12) DO NOT operate if the item is malfunctioning or has been exposed to water.
- 13) DO NOT crush. DO NOT place heavy objects on this product.

Storage:

Store the device in a safe, dry and cool place. To avoid breakage, DO NOT wrap the power cord around the device.

Cleaning And Maintenance:

Turn off and unplug the unit before cleaning. Clean only with a non-abrasive cleaner or mild detergent with a soft cloth. Wipe dry the equipment after cleaning.

Caution:

- 1) Do not use the device to supplement or replace any medical treatment that you are currently receiving. Please consult your physician before use if you are experiencing any unexplained pain.
- 2) Please contact your physician before using the REATHLETE CYCLO if you have physical health concerns or have any of the following conditions:
 - You have hypertension.
 - You have undergone a recent surgery.
 - You have concerns regarding areas of your health.
- 3) Stop using the product immediately if you feel uncomfortable or if any abnormalities occur.



If you encounter any other problems,
please contact us at support@reathlete.pro