

FOLDING PEDAL EXERCISER

QUICK START GUIDE

WHAT'S IN THE PACKAGE

- 1x Folding Pedal Exerciser

PRODUCT OVERVIEW

We are constantly answering questions and recording helpful videos to make using your Folding Pedal Exerciser as easy as possible. Throughout the manual we will include QR codes and links to important videos that you can visit to help you.



For more information, check out vhealth.link/r14

QUICK SETUP

1. Unfold the Pedal Exerciser legs. You will hear an audible click when the legs securely lock into place.
2. Press and hold the red Mode button to turn on the screen.

3. Place the Pedal Exerciser on a flat surface.
4. Begin pedaling, using either your arms or legs. The screen will begin counting.
5. Turn the adjustment knob to increase or decrease the pedal tension.
6. When you're done working out, the screen will automatically shut off after a few minutes of inactivity.

HOW TO USE THE DISPLAY SCREEN



Component	Description
Red (Mode) Button	Turns the Folding Pedal Exerciser on. Hold the button down to reset any previous information to zero. Press it quickly to cycle through the four (4) different display modes: Time, Calories, Revolutions per Minute, and Scan.
CNT (Count) Display	Shows the current number of full revolutions on the Pedal Exerciser since the last reset.

TIME Indicator	Shows when the Exerciser is in Time Display mode, showing how long the current workout has lasted. This is the default display mode.
CAL (Calories) Indicator	Shows when the Exerciser is in Calories Display mode, showing approximately how many calories have been burned during the current workout.
RPM (Revolutions per Minute) Indicator	Shows when the Exerciser is in RPM Display mode, showing approximately how many revolutions are made on average during the current workout.
SCAN Indicator	Shows when the Exerciser is in Scan Display mode, cycling through Time, Calories, and RPM Display modes for the current workout.

REPLACING THE BATTERY

If the display will not turn on, it may require a new battery.

1. Use a flathead screwdriver in the divot on the right side of the display to remove the display from the Exerciser (this may require a bit of force). The display will be wired to the device even after it's popped free, so do not pull forcefully on the removed display.



2. Slide the old battery from the socket on the underside of the display, and replace it with a new LR44 button-cell battery.
3. Insert the display into the left side of the frame in the Exerciser, and press the right side down to snap it into place (this may require a bit of force).

ADDITIONAL INFORMATION AND SAFETY WARNINGS

- If the Pedal Exerciser is wobbling, make sure that it is on a flat, level surface.
- The pedal arms can heat up after extended use. This is normal and is created by the friction in the resistance mechanism. Allow the Exerciser time to rest and cool down before handling to prevent injury.

SPECIFICATIONS

- Height: 9 in.
- Pedal Width: 4 in.
- Depth: 19 in.
- Weight: 5.15 lb.
- Width: 14.5 in.
- Display Battery: LR44 button-cell

WARRANTY INFORMATION



VIVE GUARANTEE

You are protected by Vive Health's industry leading guarantee and customer service.

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