

vive®



MAGNETIC PEDAL EXERCISER

Owner's Manual
RHB1074

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PARTS LIST

- Ⓐ 1x Front Pipe
- Ⓑ 1x Main Frame
- Ⓒ 1x Rear I-Shaped Pipe
- Ⓓ 1x Meter with wire
- Ⓔ 2x Pedals
- Ⓕ 4x Carriage Screws
- Ⓖ 4x Arc Washers
- Ⓗ 4x Cap Nut
- Ⓘ 1x small wrench
for assembly



HOW TO ASSEMBLE



Want to watch us do this?
Check out <http://vhealth.link/aeO2a>
for an easy instructional video.

NOTE: You will need a small wrench (included) to assemble the exerciser.

Step 1

Attach the Ⓐ Front Pipe to the Ⓑ Main Frame by aligning the screw holes on both parts and inserting two Ⓕ Carriage Screws into the holes with an Ⓖ Arc Washer and Ⓗ Cap Nut on the side nearest the Ⓑ Main Frame. Tighten the nuts securely with the included Ⓘ wrench.



Step 2

Attach the ③ Rear I-Shaped Pipe to the ② Main Frame by aligning the screw holes on the smaller part of the ③ I-Shaped Pipe with the holes in the front of the ② Main Frame. Insert two ④ Carriage Screws into the holes with an ⑤ Arc Washer and ⑥ Cap Nut on the side nearest the ② Main Frame. Tighten the nuts securely with the included wrench.



Step 3

Connect the wire on the ② Main Frame with the wire on the ④ Meter. Insert the ④ Meter onto the pipe on the top of the ① I-Shaped Pipe. Insert two (2) AAA batteries into the monitor.



Step 4

Insert each ⑤ pedal into the correct crank arm on the sides of the ⑥ Main Frame. The foot pedals are marked with "L" for left and "R" for right. Make sure the markings match during assembly. Please note that the left pedal will screw into the crank tightening to the left instead of the typical "righty tighty, lefty loosey".

Note: To adjust the rubber foot straps, loosen the screws with a screwdriver on the side of each pedal and adjust accordingly.



Step 5

Begin pedaling to activate the monitor. Monitor will shut off automatically after 2 minutes of no activity.

NOTE: Make sure to place the exerciser on a firm and flat surface before using. You may use a mat or a rug under the exerciser to prevent sliding and damage to the floor. A strap has also been provided to keep the device from moving as you can secure the strap around the device and the type of chair you are using.



HOW TO READ THE METER

Time, scan, calorie, distance

Speed will always be displayed at the top. Use the red button to toggle between time, scan, calorie, and distance. Choosing scan will toggle automatically between time, calorie, and distance.

Note: Meter requires (2) AAA batteries.



CARE INSTRUCTIONS

- Wipe down the exerciser with a damp cloth and dry immediately.
- Do not allow the exerciser to get wet.
- To preserve the tension mechanism, make sure to completely loosen the tension knob after each use (located in front of the Front Pipe).

WARNINGS

- Before using the exerciser, carefully read this user's guide to ensure correct assembly and use.
- Before starting any exercise, consult your physician for approval in order to prevent accidents and health issues.
- If you are taking any medications that affect heart rate, blood pressure and cholesterol, consult your physician before using the exerciser.
- If you experience any pain, swelling, or discomfort while using the exerciser, stop immediately and consult your physician.
- If you experience headache, choking sensations in your chest, arrhythmia, dizziness or nausea, stop immediately and consult your physician.
- Always warm up your muscles before using the exerciser.
- Keep children and pets away from the exerciser.
- Do not let children use the exerciser.
- For your safety, keep about 2 feet in between the exerciser and any furniture or walls.
- Before using, ensure that all screws and nuts are tight.
- Do not use the exerciser if any part is cracked, worn out or otherwise damaged.
- The maximum weight limit for the exerciser is 330 pounds. Although for safety reasons we do not recommend using the exerciser while standing.
- The exerciser is not suitable for medical use.

QUESTIONS?

Our friendly customer service team is standing by to assist you. Feel free to connect on the phone, email or chat.



service@vivehealth.com



1-800-487-3808



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