

# QUICK START GUIDE

- Sit comfortably on a stool or a chair ensuring your feet touch the ground
- Insert your feet into the pedal straps and adjust to a snug fit making sure it is not constricting blood flow during pedalling motion
- Adjust the resistance by turning the knob to your desired levels
- Start with one foot by pressing the ball of your foot and pump downward through your heel
- Pull up with the top of your foot during the upstroke
- Continue pedalling at a comfortable speed in a synchronized way with both feet

**P.S.:** Consult your orthopaedic specialist/Physiotherapist/licensed trainer before ordering this product

## REMEMBER

- Do not hunch over while exercising. Always maintain a straight posture to prevent back pain. Try to keep your chest up, shoulders straight, ears in line with your shoulders, and belly slightly drawn in as per comfort
- Do not pedal using only your toes as it may lead to foot and calf cramps
- Please use this product only in a seated position. Do not attempt to stand on it or be used by children without supervision