

Total Body Exerciser

G840 v02: 01/07/20

Please read and retain these instructions for future reference

vivadia

Dimensions

40.5 x40.5 x97.5cm (highest)/76cm (lowest)

Composition

Steel

- Exercise from your armchair with this all body exerciser
- Use handles and pedals together or in isolation depending on your goal
- Increase cardiovascular health and increase blood flow
- Height adjustable
- Adjustable resistance
- Comfort handles
- Self assembly required

User max weight: 150kg



ASSEMBLY INSTRUCTIONS / INSTRUCTIONS FOR USE:

Unpack the components carefully. Please check all parts have been removed from the packaging.

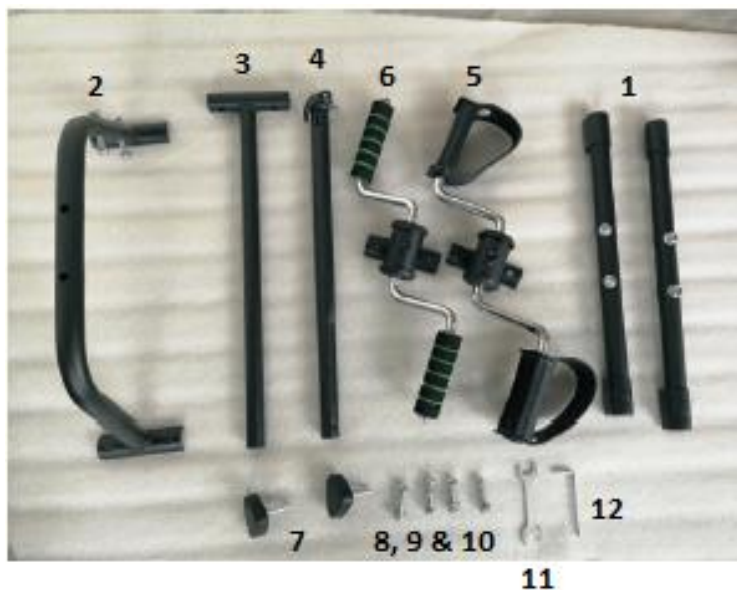
SAFETY INSTRUCTIONS

Warning: Failure to follow the following safety instructions may result in injury.

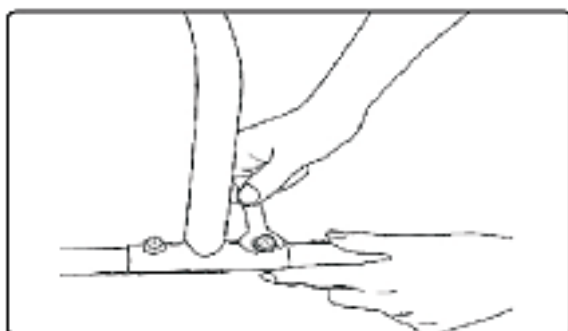
Warning:

1. Do not stand on the pedals.
2. Be sure to sit in a chair, sofa or bed while exercising.
3. Before using the product, please ensure that all screws, bolts, locking screws, frames and supports have been fixed and tightened.
4. Patients, the disabled and the elderly should be supervised whilst exercising.
5. Always consult your GP before taking up exercise.
6. The exerciser should not be used during convalescence.
7. Not suitable for children.
8. Exercise caution when moving the exerciser.
9. Before using the product, please do proper stretching exercises to warm up.

Parts

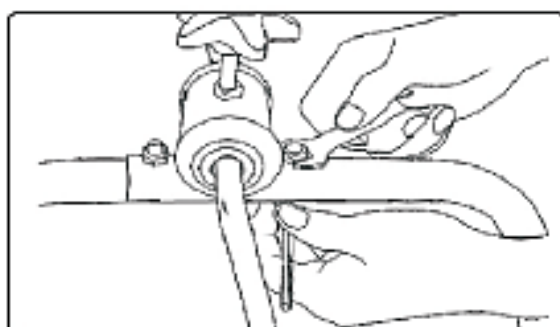


Part name	Quantity
1. Foot tube	2x (with foot set)
2. U frame	1x
3. T column	1x
4. I-column with buckle	1x (side nut)
5. Bike (pedal)	1x (with foot set)
6. Crank cycle	1x
7. Locking screw	2x
8. M8*35MM screw	4x
9. M8x33MM screw	4x
M8 x45mm screw	2x
M8 lock screw	10x
Open end wrench	1x
Allen key	1x



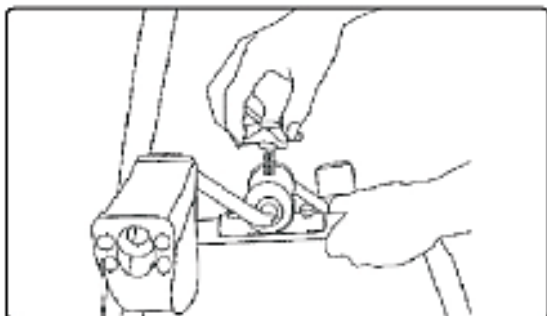
Step 1

To connect the U frame to the pin, use the M8*33MM screw lock nut and ensure the upper pin sleeve of the pin is in the right direction.



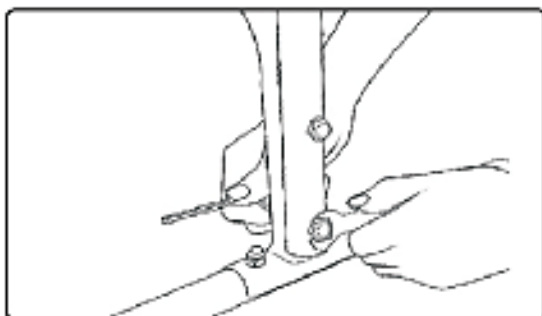
Step 2

M8*40MM screw locket for connecting bicycle pedal (including foot sleeve).



Step 3

To take out the locking screw, twist it. This adjusts the resistance on lower limb movement.



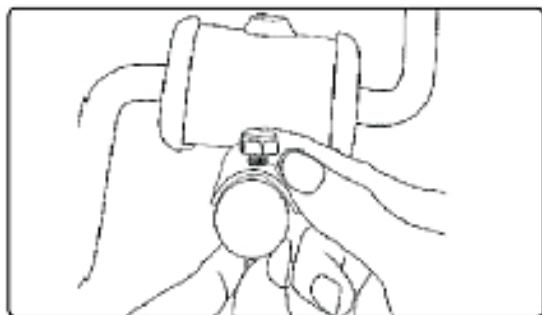
Step 4

Please use M8*60MM screws and nuts to connect the I- column. Pay attention to the direction of the column and the concave connection.



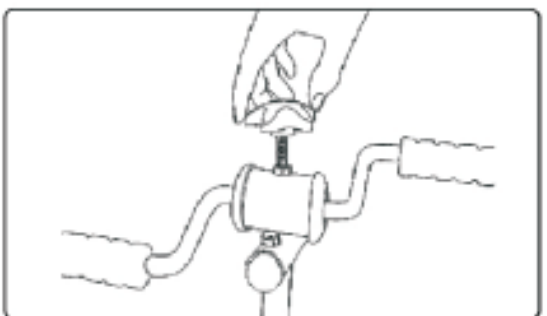
Step 5

Please insert the t-shaped column. Pay attention to the vertical direction of the t-shaped column and fix the t-shaped column with the buckle on the I- column. At the same time, use the Allen key, tighten the adjusting screw on the side of the buckle holding clamp still whilst tightening up.



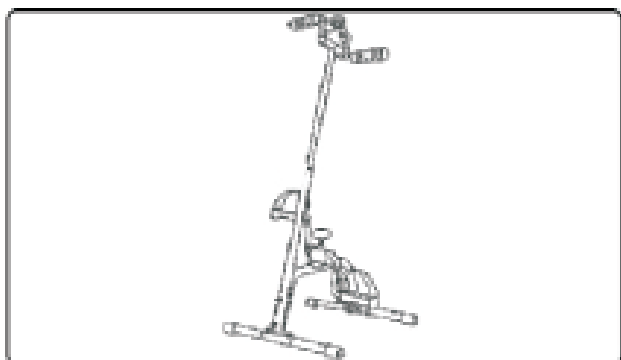
Step 6

Please use M8*38MM screws and nuts to fix the trolley on the T column!



Step 7

Turn the locking screw on the crank cycle/trolley adjusting upper limb resistance at the same time.



Step 8

Complete the assembly and adjust the height of the exerciser to your own requirements.

Precaution for use:

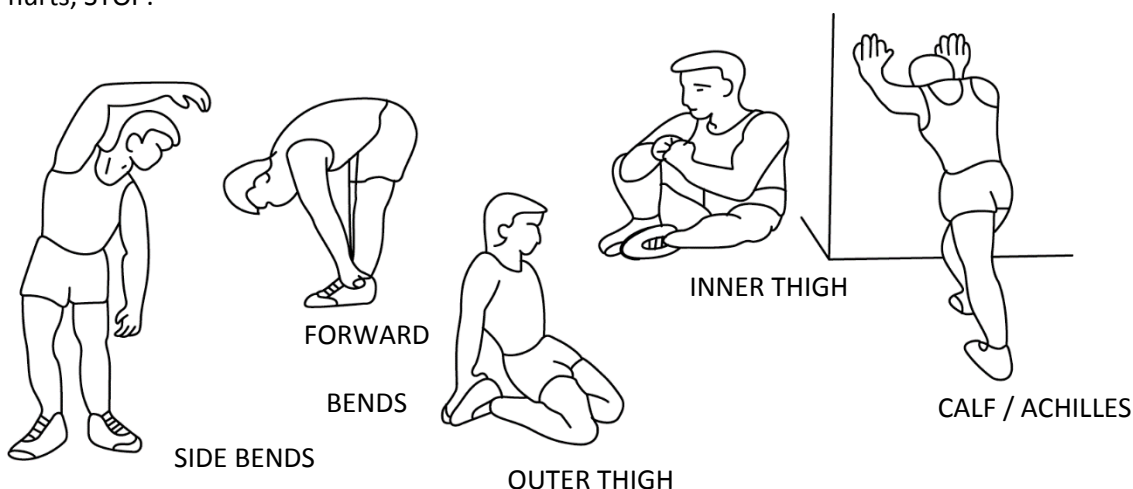
1. Try to relax your legs and arms when using the flexible training machine.
 2. Please wear comfortable clothes when you exercise.
 3. Working out in the opposite direction can hurt your legs and arms. Carefully and slowly increase the length of your workout. Do not overdo it.
 4. Place your exerciser on a flat surface. Carpets and wooden floors should be protected with a mat.
 5. The maximum weight of the user is 150kg.
- In order to avoid injury, please pay attention when moving the exerciser.

EXERCISE INSTRUCTIONS

Using your Total Body Exerciser will provide you with several benefits, it will improve your physical fitness, tone muscle and in conjunction with calorie controlled diet help you lose weight.

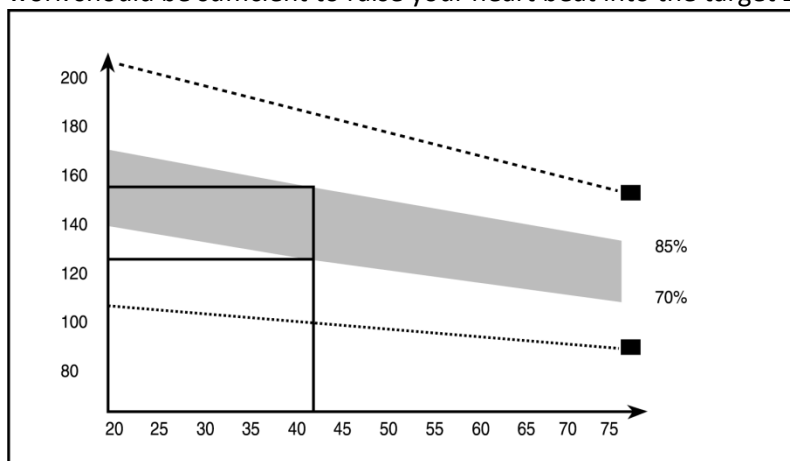
The Warm Up Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, STOP.



THE EXERCISE PHASE

This is the stage where you put the effort in. After regular use, the muscles in your legs will become more flexible. Work to your own pace but it is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heart beat into the target zone shown on the graph below.



This stage should last for a minimum of 12 minutes though most people start at about 15-20minutes.



THE COOL DOWN PHASE

This stage is to let your Cardiovascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch. As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

DISPOSAL

- Coopers of Stortford use recyclable or recycled packaging where possible.
- Please dispose of all packaging, paper, cartons, packaging in accordance with your local recycling regulations.
- Plastics, polybags – Contains the following recyclable plastic.



Code & Symbol	 PVC	 PP
Type of Plastic	Polyvinyl Chloride	Polypropylene
Commonly used for	Pipes, construction material, flooring, windows, guttering, blister packs	Microwaveable food containers, yoghurt pots, butter tubs, disposable plates and cups
Notes	Not usually collected from household recycling bins, Sometimes recycled at local waste management centres.	Commonly recycled and collected from household recycling bins (packaging tape itself not recyclable but does not interfere with cardboard)

- At the end of the product's lifespan please check with your local council authorised household waste recycling centre for disposal.