



ASSEMBLY INSTRUCTIONS / INSTRUCTIONS FOR USE:

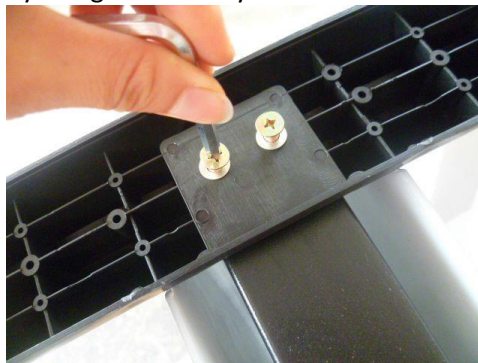
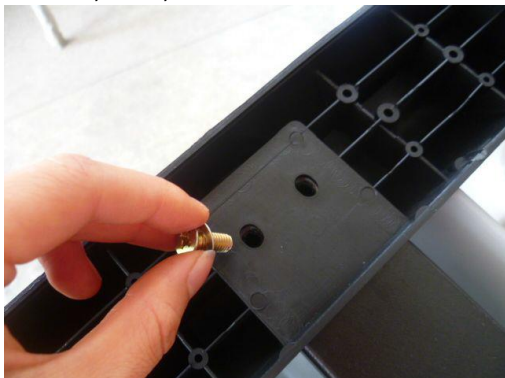


List of parts

1. Main body (x1)
2. Front stabilizer (x1)
3. Rear stabilizer (x1)
4. Right pedal (x1)
5. Left pedal (x1)
6. Hex bolt M8 (x4)
7. Washer Ø16 (x4)
8. Counter(x1)
9. Base reinforcement (x2)
10. Knob (x1)
11. Knob screw (x1)
12. Crank arm (x1)

Assembly

1. With a rug underneath, flip over the Mini Walker with the knob facing you. Take the smaller of the two stabilizers, slide, then fasten it onto the main body using the hex key and two of the washers provided.



2. Repeat (1) with the larger, front stabilizer.



3. Fasten each pedal by rotating it in. The right pedal is fastened by rotating clockwise. The left pedal is fastened by rotating counter-clockwise.

Using the computer

- T - Time
- D - Distance
- C - Count
- T-C - Total Count
- CA - Calories
- SCAN - Allows to scan through all of the functions

Display shows **TIME**

Press the red button to turn on the computer. Press the red button again to select the desired functions.

The function selected is displayed in the LCD control panel.

Designation on computer	Meaning	Description
T	Time	Displays how much time has elapsed since training session started
D	Distance	Covers the distance in meters
C	Count	Counts number of movements made by cycling during workout session.
T-C	Total Count	Counts number of movements made by cycling during different sessions. Cannot be reset unless you replace the battery.
CA	Calories	Estimates the total calorie consumption from beginning of exercise.

Battery placement

Remove the mechanism from the counter by disconnecting it from its slot (see diagram below). The battery compartment is situated behind the counter. Install or replace a 1.56VAAA. Replace the counter.



To Use:

There are 2 ways you can use this Mini Walker Exercise Cycle: for legs or arms. The Mini Walker Exercise Cycle will strengthen and tone your legs and arms as well as offer a great cardio work-out.

Note: You may also use this exercise cycle as part of your chair gym exercise routine.

For Leg Workout

- Place the unit on a flat, hard surface and in a space large enough to allow safe access and movement around the product.
- Sit in a comfortable position with the exerciser in front of you.
- Adjust the Mini Walker Exercise Cycle so that the knob is facing you.
- Place each foot in the pedal strap one by one. Adjust till there is a snug fit.
- Set desired tension using the adjustment knob.
- Cycle forward in a controlled motion
- This motion will engage your quadriceps (upper legs), hamstrings (lower legs), and lower abdominals.



For Arm Workout

- Place Mini Walker on a flat, stable surface in front of you (table).
- Adjust Mini Walker so that the knob is facing you.
- Set desired tension using the adjustment knob.
- Place hands in pedals.
- Move arms forward in a controlled circular motion.
- This motion will engage your triceps (lower arms) and forearms.
- Important: The calculation of calories burnt should be treated as only an estimate and should not be considered medically reliable. For more accurate calorie expenditure, it is recommended that you consult with your doctor or dietitian to better pinpoint your metabolic profile. Consult with your physician before using the product.



Important Safety Warnings: Please Read Before Using Product

- Consult with a physician to ensure that you are of proper physical condition before using the Mini Walker Exercise Cycle. Use at your own risk.
- Read all the instructions in this manual before assembling and using the product. Follow all warnings and operating instructions prior to use. Keep this manual for the entire life of the product.
- It is important before using that Mini Walker Exercise Cycle is properly assembled as instructed by the manual.
- Do not allow children on or around the machine. Keep children and pets away from the product at all times.
- Keep hands, feet, and loose articles away from moving parts.
- The owner is responsible for ensuring that all users of this product are properly informed on how to use this product safely.
- Product is intended for domestic use only.
- Do not store this product in a damp place.
- Use this product indoors. Keep away from humidity and dust.
- When using product, place on a flat, hard surface and in a space large enough to allow safe access and movement around the product.
- VERY IMPORTANT: To protect flooring, place a rug under the Mini Walker Exercise Cycle. Wear trainers to protect your feet while exercising.
- DO NOT wear loose or baggy clothes since it may get caught in the machine. Take off all jewellery.
- If you feel any pain or dizziness, stop immediately, rest and consult a physician.

CARE AND CLEANING INSTRUCTIONS:

- Product only requires minimal maintenance.
- Avoid contact with water.
- Clean with a slightly damp sponge. Dry with a clean dry cloth.
- Avoid prolonged exposure to the sun.
- Store the item in a cool, dry place.

BATTERIES

- Keep batteries away from children and pets.
- Do not mix used and new batteries.
- Install batteries in accordance with its polarity symbols.
- Remove the batteries if left for long periods.
- Never dispose of batteries in a fire.
- Keep batteries away from children and pets.
- Battery disposal, spent or expired batteries must be properly disposed of and recycled in compliance with local regulations. For detailed information, contact your local authority.
- Follow the battery manufacturer's safety, usage, and disposal instructions.

DISPOSAL

- Dispose of all packaging, paper, cartons, plastic and plastic bags in accordance with your local recycling regulations.
- At the end of the product's lifespan please dispose of it at an authorised household WEEE waste recycling centre.

