

# Total Body Exerciser Cycle 8829

# Instructions for Use

Please read and retain these instructions for future reference

v002: 13/03/17



## Parts List

4x End Caps  
2x Foot Pedals  
2x Handlebar pedals

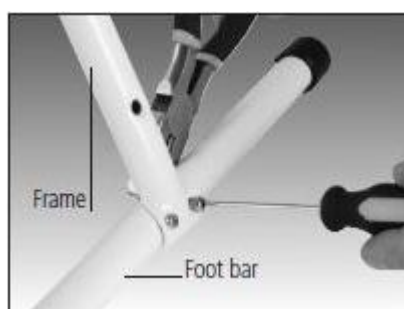
4x Bolts for pedals/handlebar  
2x Tension control knobs  
4x Nuts for foot bar  
4x Bolts for foot bar

2x Foot bar  
1x Frame  
1x Upper tube  
1x Lower tube

1x Plastic sleeve  
1x Screw for plastic sleeve  
2x Locking nuts  
2x Bolts



Fit plastic cap onto each end of the foot bars.



Secure the foot bar to the frame. Using nuts and bolts supplied.



Place the two bearings around the steel pedal rod with the metal tension piece fitting in the groove.



Slide the bearings and steel rod into the bearing case.



Tighten down the tension control knob before putting on the pedals.



Push pedal onto the steel rod. Tighten bolts with the Allen key.

\*Calls cost 7 pence per minute plus your telephone company's network access charge.

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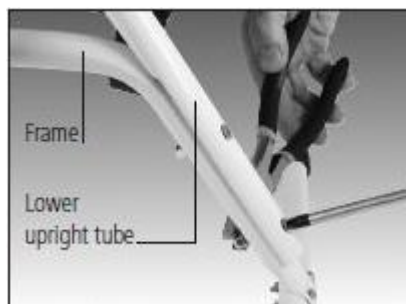
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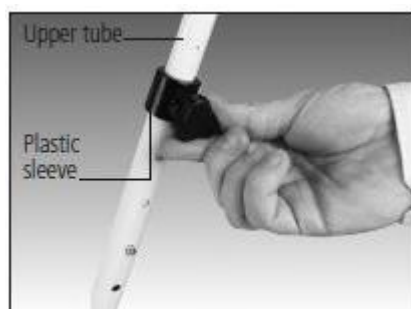
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Push the second pedal onto the steel rod and tighten bolt with the Allen key. Repeat steps A to E to assemble the handlebar pedals.



Assemble the lower upright tube to the base unit using the locking nuts and bolts supplied.



Put the upper into the lower tube, and slot black plastic sleeve on. Adjust to correct height and tighten screw before use.



Turn tension knob to adjust the resistance of the pedals for easy or harder pedalling.

## WARNING:

- Do not over tighten the tension knob. Do not use tools to tighten. Damage may occur to the bearing case if over tightened.
- Surface around the tension knob and crank bearings may get hot if used continuously for 20 mins. Please stop and allow to cool before re-use.

## CAUTION:

- Please remember the Exerciser is for use when sitting.
- Do not stand or place your weight over the top portion of the Exerciser.
- Always use the foot straps when pedalling.
- Maximum pedal force of 80Kg
- Warning! Surface around the tension knob and crank bearings may get hot if used continuously for 20 mins. Please stop and allow to cool before re-use.

## DISPOSAL:

- Dispose of all packaging, paper, cartons and plastic, 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 waste recycling centre.