

How To Use Your Pedal Exerciser



The Pedal Exerciser is ideal for individuals who are unable to sit and ride on a regular bicycle, or for those limited to wheelchair use. The Pedal Exerciser can be used on the floor for leg exercises or on a table top for arm exercises.

Floor Use

1. Insert the tension control knob into the pedal cylinder located on top of the Pedal Exerciser. Turn the tension control knob clockwise to tighten.



2. Adjust the tension control knob to the desired level of resistance. Turn the tension control knob clockwise to increase resistance and counter clockwise to reduce the resistance.



3. Once you are seated, place the Pedal Exerciser on a flat, floor surface in a comfortable position in front of you.



4. Place each foot on the pedals underneath the straps. The straps help hold the feet firmly in place. Begin pedaling. You can pedal forward or backwards to work different muscle groups.



Table Top Use

1. Insert the tension control knob into the pedal cylinder located on top of the Pedal Exerciser. Turn the tension control knob clockwise to tighten.



2. Adjust the tension control knob to the desired level of resistance. Turn the tension control knob clockwise to increase resistance and counter clockwise to reduce the resistance.



3. Place the Pedal Exerciser onto a flat, stable, table top surface and sit in a chair with the Pedal Floor Exerciser comfortably positioned in front of you. Keep your back straight.



4. Grasp each pedal with your hands and begin pedaling trying not to lean forward. You can pedal forward or backwards to work different muscle groups.



Consult your physical therapist or health care professional before starting any exercise program. If you experience pain or tightness in your chest, shortness of breath or have any discomfort while exercising,

STOP immediately!