SMART MAGNETIC PEDAL EXERCISER

RHB3007BLK

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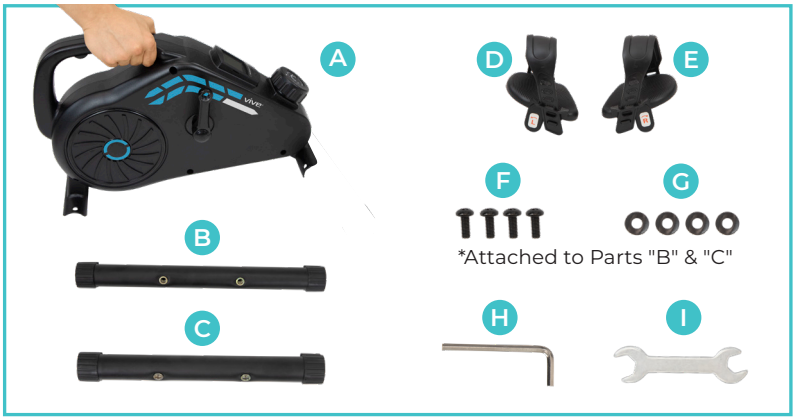
OWNER'S MANUAL

SMART MAGNETIC PEDAL EXERCISER

WHAT'S IN THE PACKAGE

- 1x Main Frame (A)
- 1x Front Leg (B)
- 1x Back Leg (C)
- 1x Left Pedal (D)
- 1x Right Pedal (E)
- 4x Screws (F)
- 4x Gaskets (G)
- 1x Wrench (H)
- 1x Double Open Wrench (I)





CONNECT TO OUR VIVE NOW APP

Download the Vive Now app through Google play or Apple Store:

vive now

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ANDROID APP ON Google play

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Connect your Pedal Exerciser to the App

Check out **vhealth.link/dxw** for instructions on how to connect the Pedal Exerciser to the Vive Now app

Visit our Amazon Store

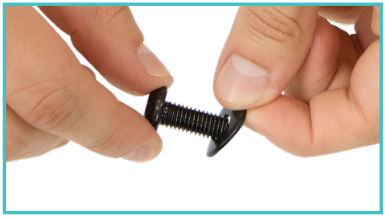
Check this product out and other Vive Health products on Amazon at **vhealth.link/29u**

WARNING:
Consult with your physician before beginning any exercise regime, especially if you have pre-existing health conditions.

ASSEMBLY INSTRUCTIONS

Want to watch us do this?
Check out vhealth.link/kzl
for an easy instructional video.

1. The screws (F) and gaskets (G) already come attached to the front and back legs, remove them first before assembly.

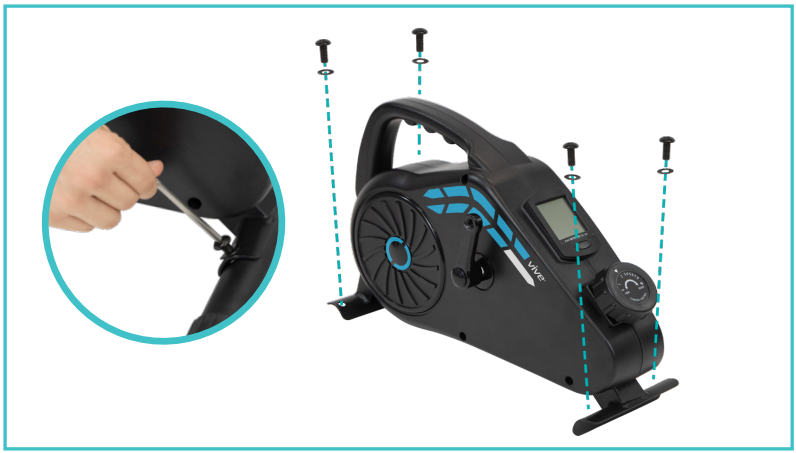


2. Place front leg (B) and back leg (C) into the main frame (A).





3. Use the wrench (H) provided to install screws (F) and gaskets (G) into the four holes.



4. Use the double open wrench (I) provided to install the left and right pedals in place.



MOTOR FUNCTIONS



Speed
(MPH - Always on Display)

Scan
(Cycles through all available setting while in use)

Odometer

Time
(min:sec)

Calories

Distance
(miles)

Rotations Per Minute

- Press the button to switch between modes.
- Press and hold the button for 4 seconds to reset back to zero.
- Display requires 2 AAA batteries.
- The readings from the display monitor may vary and are used only as a guide.

OPERATING INSTRUCTIONS



TENSION ADJUSTMENT:

- For tension adjustment, simply use the tension adjustment knob found beneath the monitor.
- To increase tension, turn the knob clockwise (+). To decrease tension, turn it counter-clockwise (-).
- The lowest force is level 1, while the highest is level 8.

BATTERY REPLACEMENT



- Open the lid of the monitor.
- Place 2 AAA batteries.
- Install the monitor cover back in place.

SAFETY INSTRUCTIONS

Please read all instructions carefully before use.

- Warm-up exercises before use can help prevent strains and injury.
- Ensure all product parts are not damaged and the equipment is resting on a flat surface. Using a mat or similar cover on the ground is recommended.
- Wear appropriate clothing and shoes during use. Be careful of any items that may get caught in the equipment.
- Do not attempt any maintenance or adjustments other than described in this manual. Contact an authorized service representative if there is damage to any part.
- Use indoors only. Do not use outdoors.
- Only one person should use the equipment at a time.

- Keep children and pets at least two meters away from the equipment while in use. This machine is for adults only.
- If you experience any chest pains, nausea, dizziness, shortness of breath, or similar symptoms, stop use immediately and contact your physician before reusing.
- The maximum weight capacity is 264 lbs (120kgs).

WARNING ⚠

Consult with your physician before beginning any exercise regime, especially if you have pre-existing health conditions.

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HAVE MORE QUESTIONS?

Check out our list of Frequently Asked Questions at **vhealth.link/kbn** for helpful answers.

And if that doesn't answer your question, our customer service team would love to help! Feel free to connect with them by phone, e-mail, or chat on our website

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