



## DISPOSAL

- Please respect the environment!
- Dispose of the packaging according to the local recycling regulations.
- Dispose of paper and cardboard packaging separately from plastic bags into the corresponding containers.
- Dispose of the appliance at the end of its life span according to environmental considerations.

## WARNING

This product is intended for domestic use only.

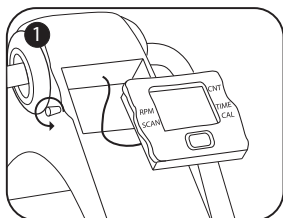
## TECHNICAL SPECIFICATION

Maximum load: 70kg Measurements: H23.5xW49.5xL37cm (including pedals)

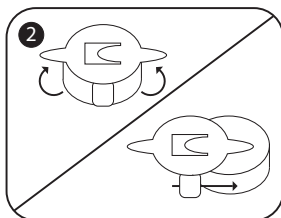
Voltage supply: 1x LR44 (supplied)

## CHANGING THE BATTERY

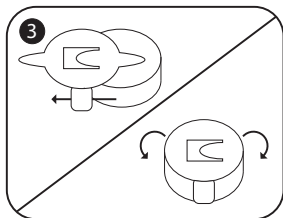
Battery required LR44 (supplied)



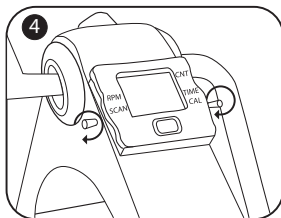
1) Remove the screen from the socket



2) On the back of the screen unit, lift up the battery tabs and slide out the battery



3) Insert a new 1.5V AG13 battery, positive side down and close the tabs



4) Replace the screen unit in its socket and secure with the screws

Imported and distributed by EasyLife Group Ltd, London NW1 0JP

**Support Line: 0303 031 0777**

For more innovative products from EasyLife please visit:

[www.easylifegroup.com](http://www.easylifegroup.com)



# Portable Pedal Exerciser

## INSTRUCTION MANUAL



Model No. EL5952

Please read carefully before use and keep for future reference



## Dear Customer

Thank you for purchasing the Portable Pedal Exerciser.

### ASSEMBLY

Carefully remove mini exercise bicycle from the packaging.

Fully extend both legs so that they click in place and position the mini exercise bicycle on a flat surface. The mini exercise bicycle is now ready to use.

When you have finished using the mini exercise bicycle simply pull on the pin underneath each leg to retract the leg into its closed position.

### HOW TO USE

Make sure you are sitting in a comfortable position that enables you to freely rotate your legs without interference. Position both feet on the pedals and in the stirrups for additional support. Begin to cycle as you would do if you were riding a bike.

In order to increase or decrease the resistance simply turn the black knob clockwise to increase the resistance and anti-clockwise to decrease the resistance.

The device is able to withstand a maximum weight of 70kg

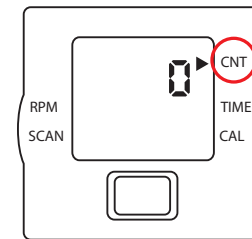
### PLEASE NOTE

Please check to make sure the mini exercise bicycle is on a flat surface. Always set the resistance to low when starting and then gradually increase the resistance as you continue.

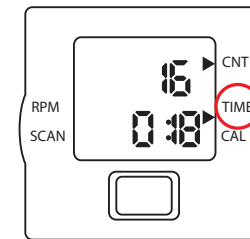
As soon as you start pedalling the on-board computer will automatically begin, please follow the following instructions to set your time, calories and rotations:

### DISPLAY FUNCTIONS

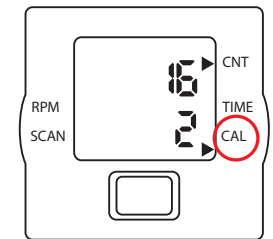
To turn on the display press the red button once or start pedalling. The display will automatically turn off after 4 minutes of inactivity. To scroll between functions simply press the red button until the arrow points to the function you require.



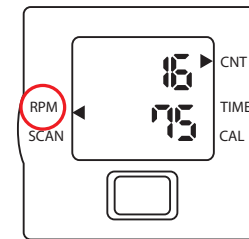
CNT:  
Number of rotations completed



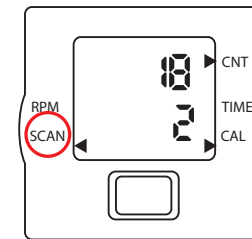
TIME:  
Workout duration



CAL:  
Estimated calories burned



RPM:  
Rotations per minute



SCAN:  
Toggle (TIME > CNT > RPM > CAL)

### SPECIFICATIONS

TIME – 00:00 – 99:59 mins, COUNT – 0-9999 rotations, REPS / MIN – 0-999 rotations / minute  
 CALORIES – 0-9999Kcal

### FUNCTIONS

TIME – Press the red button until the ► points to TIME. When you start pedalling the timer will automatically begin counting. In order to stop the timer simply stop pedalling.

REPS PER MIN – Press the red button until the ► points to RPM. When you start pedalling the on-board computer will automatically begin calculating how many reps you will do per minute. In order to stop the timer simply stop pedalling.

CALORIES – press the red button until the ► points to CAL. When you start pedalling the on-board computer will automatically begin calculating how many calories you will have burnt. In order to stop the timer simply stop pedalling.

COUNT – The ► button will always show next to CNT. Depending on which function you select the on-board computer will always count how any rotations you have achieved.

SCAN – Press the red button until the ► points to SCAN. The arrow will flash, this is perfectly normal. Once you start pedalling the on-board computer will scan all four functions (TIME, CALORIES, COUNT and REPS).

In order to reset the on-board computer simply hold the red button down for around 4 – 5 seconds and the screen will go back to zero on all functions. Any previous data recorded will be deleted.