

Exercise Peddler with Digital Display

PRODUCT MANUAL



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EXERCISE PEDDLER

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Exercise Peddler

with Digital Display

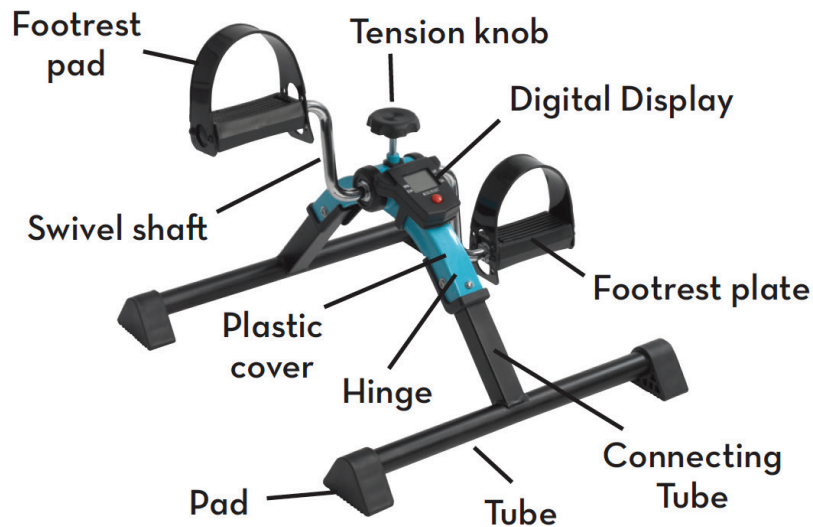
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Welcome to Journey Health & Lifestyle

Thank you for purchasing your Exercise Peddler. It's designed to offer low-impact indoor cardio and strength conditioning. The peddler is lightweight and portable with a non-slip base that can be used for exercising your legs on the floor or your arms on a table or other solid surface.

Safety Warnings

- Always consult your doctor or other healthcare professional before using the exercise peddler, especially if you have heart, lung, circulation, joint, or balance problems, or if you have not exercised regularly.
- Do not use the peddler if your doctor has advised you to avoid exercise or limit activity.
- If you feel chest pain, shortness of breath, dizziness, or unusual joint or muscle pain while using the peddler, stop immediately and contact your doctor.
- Use the peddler only while seated on a stable, non-rolling chair; do not stand on the device. Make sure the chair cannot move or tip.
- Place the peddler on a flat, level, non-slip surface so all feet or legs of the unit are touching the floor during use.
- Keep hands, feet, clothing, and assistive devices away from moving parts. Do not allow fingers, loose pants, or long skirts near the pedal arms.
- Wear closed-toe, non-slip shoes and, if possible, socks that cover the ankle and lower leg to help protect the skin from friction with moving parts.
- Start with low resistance and short sessions to avoid muscle fatigue or injury; do not use the peddler for long periods without breaks.
- The unit may become hot with extended use; allow it to cool before handling, folding, or moving.
- Keep children and pets away from the peddler during use and do not allow unsupervised use.
- Do not use the peddler if it is damaged, unstable, or if any parts are loose or missing. Inspect the unit before each use.
- Use the peddler only as described in the manual; do not modify the device.



Step 1: Unpack the Peddler

Carefully remove all parts from the box and place them on a flat surface. Check that all components are present and undamaged.

Step 2: Open the Legs

Pull the legs in opposite directions until the locking button “snaps” into the locking receiver, as shown in Figure A. Make sure both legs are fully locked before use.



Step 3: Attach the Digital Display

Slide the loop on the digital display over the tension knob receptacle on top of the peddler. Press down gently so the clasp on the back of the display locks onto the peddler frame, as shown in Figure B.



Step 4: Install and Adjust the Tension Knob

Insert the tension knob into the opening on top of the peddler and turn it clockwise to tighten. Turning the knob will increase or decrease the pedaling resistance; adjust to a level that feels comfortable for you.

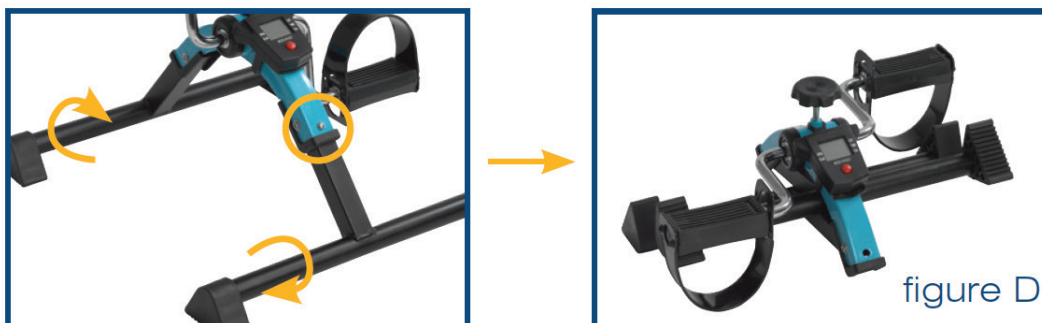
Step 5: Adjust the Pedal Straps

Each pedal strap has two sets of holes to let you shorten or lengthen the strap around your foot or shoe, as shown in Figure C. Choose the hole that gives a secure but comfortable fit.



Folding the Peddler

To fold the peddler for storage, press the pushpin and fold one leg inward, then repeat for the second leg, as shown in Figure D. Make sure the unit is cool before handling after longer exercise sessions, as it may become hot with extended use.



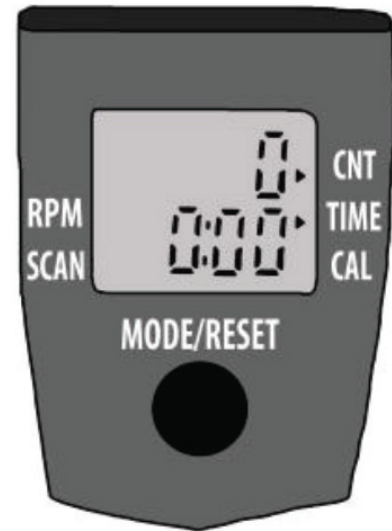
Battery Replacement

If the display does not turn on or the numbers look faint or incorrect, the battery needs to be replaced. Use a small screwdriver to remove the display panel, turn it over, and remove the watch-style battery. Insert a new battery of the same type, then reattach the display panel.

WARNING — DEVICE MAY BECOME HOT WITH EXTENDED USE.

Operation – Digital Display

- **MODE (Red Button):** Press and hold the red button for about four seconds to start the display and cycle through the functions. After a few minutes without movement, the unit will automatically shut off to save power.
- After the initial setup, press the red button briefly to move the arrow through the available functions. When your desired function is shown, begin pedaling and the unit will record your exercise.



Display Functions

TIME: Shows how long you have been exercising.

COUNTER (CNT): Shows the number of pedal rotations during your session.

CALORIE (CAL): Estimates how many calories you have burned during exercise.

REPS PER MINUTE (R.P.M.): Shows how many pedal rotations you complete in one minute.

SCAN: Automatically cycles through all available values so you can review your exercise results without pressing any buttons.

Exercise Peddler 12-Month Limited Warranty

Journey Health & Lifestyle warrants the frame and mechanical components to be free from defects in materials and workmanship for a period of twelve (12) months from the original purchase date. The originally supplied equipment is all warranted to be free from defects in materials and workmanship for a period of six (6) months from the original purchase date. If within such warranty period the components or parts referenced in this paragraph shall be proven to Journey Health & Lifestyle's satisfaction to be defective, the product shall, at Journey Health & Lifestyle's option, be repaired or replaced with new or refurbished product components. In some cases, an installation kit with instructions may be provided to the owner to facilitate installation of a replacement product component. This warranty does not include any labor charges incurred in product component installation. The warranty period of the repaired or replaced product shall terminate with the termination of the warranty product. Journey Health & Lifestyle's sole obligation and your exclusive remedy under this warranty shall be limited to such repaired or replaced product.

Contact Journey Health & Lifestyle before sending any product for warranty repair or replacement. Do not send any product without prior written consent.

Limitations and Exclusions:

This warranty does not cover damage, deterioration or malfunction resulting from accident, negligence, misuse, abuse, occupancy by more than one user and cargo weight above that specified in this Product Manual; improper storage; improper operation or failure to follow instruction according to this Product Manual; damage in shipment of the product (claims must be presented to the carrier); repair, attempted repair or modifications made by anyone other than Journey Health & Lifestyle; any unit on which the serial number has been defaced, modified or removed; normal wear items; any periodic maintenance; deterioration due to perspiration, corrosive atmosphere, or ground covering such as pine needles or crushed limestone dust, or other external causes such as punctures, extremes in temperature or humidity; damages related to lighting, flood or circumstances beyond Journey Health & Lifestyle's control; or product subjected to commercial or institution use.

This warranty applies in North America only and is extended only to the original purchaser of the Exercise Peddler product when purchased directly from Journey Health & Lifestyle (USA) or an authorized reseller. The warranty is nontransferable beyond the initial purchaser. This warranty gives you specific legal rights and you may also have other legal rights which vary from place to place.

The foregoing warranty is exclusive and in lieu of all other express warranties, implied warranties, including but not limited to the implied warranties of merchantability and fitness for a particular purpose, and shall not extend beyond the duration of the express warranty provided herein. Journey Health & Lifestyle shall not be liable for any consequential or incidental damages whatsoever and disclaims any liability beyond the initial purchase price of the Exercise Peddler product.

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If you have any questions, call us at our toll free number:

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