

VAUNN[®] MEDICAL PEDAL EXERCISER with DIGITAL DISPLAY (M565N-ESBK-HCVM) USER MANUAL



Scan - How to use
Secure Strap



Vaunn Medical

GENERAL WARNINGS

Read all instructions and warnings carefully before attempting to assemble or use the product.

WARNINGS

- ⚠ Consult your physical therapist or health care professional before starting any exercise program.
- ⚠ Check to ensure all fixtures (i.e. screws, joints and fittings) on the pedal exerciser are tight and secure.
- ⚠ Check for damage parts, rips, tears, cracks or wear. DO NOT use if product shows any signs of damage.

A. PARTS - PEDAL EXERCISER



- ⚠ When unfolding pedal exerciser, keep hands away from the joint to prevent pinched fingers.
- ⚠ DO NOT place product on uneven surfaces. Ensure all four feet are in contact on a smooth, hard surface.
- ⚠ DO NOT use product if it's wobbly or unstable.
- ⚠ DO NOT use product for anything other than its intended purpose.

PARTS – DIGITAL DISPLAY

Stores data from current/most recent workout
Press the red button to select a function. A black arrow will move through the functions.



FUNCTION

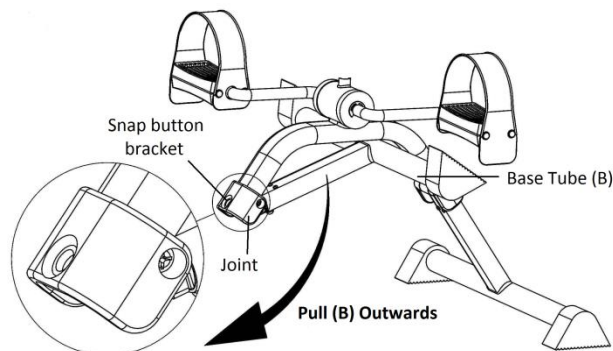
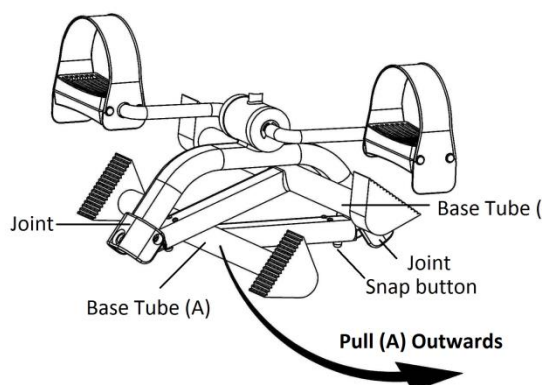
TIMER (TIME) – Duration of workout
COUNT (CNT) – Cycle count
TOTAL COUNT (T.CNT) – Total cycle counts recorded
CALORIE (CAL) – Amount of calories burned
SCAN – Recall data of most recent workout. The LED will automatically display the results of "TIME", "CAL" and "T.CNT" circularly.

FEATURES:

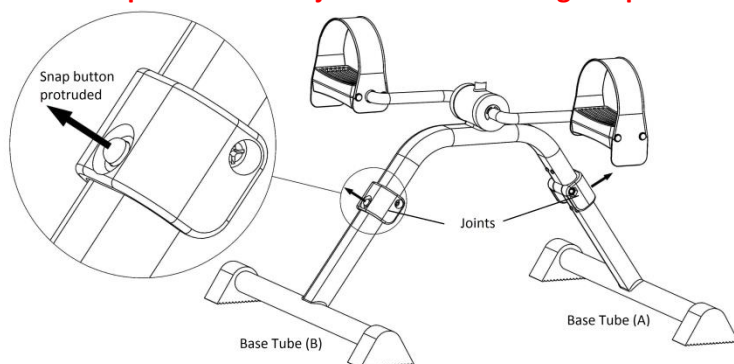
- **Auto Power On** - Display turns on automatically when you start to pedal
- **Auto Power Off** – Display turns off automatically after 5 minutes of inactivity.
- **Pause Timer** - Timer is paused when exerciser is idle for 3 seconds. "STOP" sign will appear on the top left corner of the display.
- **Restart** – Erase data of most recent workout. Press and hold red button for 2 seconds. To reset the Total Count, remove battery.
- **Battery** – 1 x 1.5V (AAA) battery (included). Replace battery when faded numbers or unusual characters are displayed.

B. INSTRUCTIONS TO USE

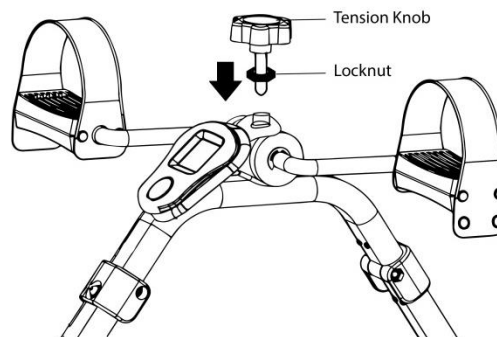
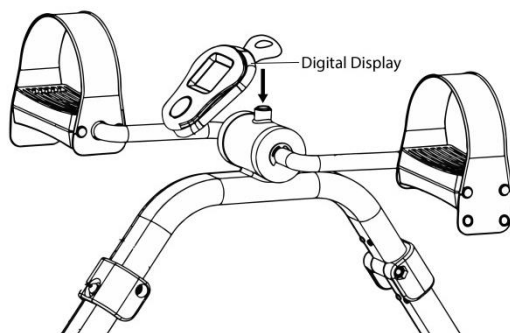
1. **UNFOLD PEDAL EXERCISER.** Pull Base Tube (A) outwards until snap button on the joint fully protrudes through the hole in the bracket and an audible click is heard. Repeat on Base Tube (B).



CAUTION!!! Do not place hands on joint when unfolding the pedal exerciser. Your fingers may be pinched.

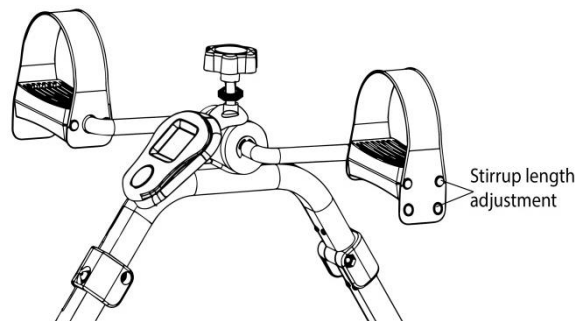
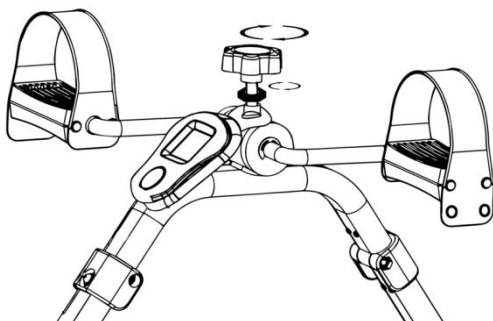


2. **ATTACH DIGITAL DISPLAY.** Place round hang-tag of digital display on exerciser, press down to ensure back clasp is firmly securely.
3. **INSERT TENSION KNOB WITH LOCKNUT** on top of exerciser, turn knob clockwise to tighten it.



4. **Tension Adjustment:** Turn knob clockwise for high tension, and counter clockwise for low tension. "High" means heavy resistance, "Low" means light resistance. Once tension level is selected, turn locknut clockwise to lock screw knob in position.
5. **STIRRUP LENGTH ADJUSTMENT.** Adjust the pedal stirrups to fit your foot/shoe size.

IMPORTANT: Clean and lubricate product regularly for optimal performance. To lubricate, remove the tension knob, apply lubricant into the inner moving parts of the exerciser.



6. **TO USE,** place pedal exerciser on a flat surface. Sit on a comfortable chair, place each foot (or hand) on pedal in stirrup and rotate pedals. Adjust chair height where necessary.
Note: When using the pedaler as a leg exerciser, use the anchor strap to connect the main frame of the exerciser to a chair to prevent sliding.

CAUTION!!! Metal frame around the tension knob particularly the area above the joints, may feel warm/hot after prolonged pedaling. Do not touch with bare hands.

One Year Warranty

This warranty is solely for the benefit of the original consumer purchaser. This device was built to precise standards and carefully inspected prior to shipment. Your Vaunn® Medical product is warrantied to be free of defects in materials and workmanship for a period of one year. If within such warranty period, the product proves defective, the product will be repaired or replaced, at the option of Vaunn® Medical. This warranty does not cover device failure due to owner misuse or negligence, or normal wear and tear. This warranty does not extend to non-durable components, such as rubber accessories and grips, which are subject to normal wear and will require periodic replacement. For questions regarding your Vaunn® Medical products, please contact our authorized dealer – Beyond Med Shop, Tel: 832-939-8290.