



Pedal Exerciser



H4000

Designed In The USA and Distributed By:
LIFESTYLE MOBILITY AIDS
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USER MANUAL - H4000 PEDAL EXERCISER

GENERAL EXPLANATION OF YOUR PEDAL EXERCISER



USER GUIDE

⚠ Prior to use, please read all instructions.

We recommend you keep this User Guide in a safe place for future reference.

This product should not be used without proper instruction from a healthcare professional.

Lifestyle Mobility Aids assumes no responsibility for any damage or injury caused by improper installation, assembly or use of this product.

If components are damaged or missing, contact your dealer immediately. Do not use substitute parts. Before use, ensure that all assembled parts are secure and all hardware is tightened.

Inspect weekly for proper function and wear. If any component is not in proper working order or appears worn, contact your Lifestyle Mobility Aids dealer for repair and/or appropriate replacement parts.

Assemble as instructed to ensure safe use.

SAFETY

- 1 Before you undertake any program of exercise, please be sure to consult with your doctor.
- 2 Please keep children away from exercise units when in use. Do not allow children to climb or play on them.
- 3 For your own safety, always ensure that there is at least 1 meter of free space in all directions around your unit while you are exercising.
- 4 Before use, always ensure that your exerciser is positioned on a solid, flat surface. If necessary, use a rubber mat underneath to reduce the possibility of slipping in use.
- 5 Always wear appropriate clothing and footwear, such as training shoes, when exercising. Do not wear loose clothing that could become caught or trapped during exercise.
- 6 Remember, breathe correctly, exercise at your own pace and do not over-train as injury may result.
- 7 Do not use your pedal exerciser in a standing position.

MAINTENANCE

⚠ Do not use high pressure cleaners, steam cleaners or harsh, caustic chemicals for cleaning.

- › Regularly check to see that all nuts, bolts and fittings are securely tightened.
- › Periodically, check all moving parts for obvious signs of wear or damage.
- › Clean with a dry cloth. Do not use solvent cleaners.
- › Do not use an abrasive cleaner or cloth with this product, as damage may ensue.

WARRANTY

Lifestyle Mobility Aids company warrants all products for one year from the date of purchase from defects and craftsmanship. The warranty does not cover wear and tear or misuse of the equipment. Lifestyle Mobility Aids company reserves the right to decide if an item needs to be repaired or replaced.