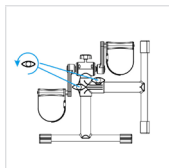


Introduction

The PedalPro Folding Exerciser is a convenient exercise tool designed to boost your blood flow, reduce inflammation and even improve your fitness from the comfort of your home.



Instructions for Use



Step 1: Loosen the knobs by turning counter-clockwise. Do not remove the knobs.

	<p>Step 2: Rotate both legs 90 degrees in the direction shown in the image.</p>
	<p>Step 3: Place the PedalPro on the floor or a table with the oval knobs on the left side of the tube. Adjust them as necessary. Twist both knobs clockwise until secure.</p>

Using the PedalPro Stability Strap

Recommended for use on slippery or unstable surfaces or when travelling on planes, cruises, ships etc.

1. To unbuckle the strap, squeeze the centre part of the plastic buckle together and pull both parts in opposite directions.
2. Unwind the strap and wrap it around the two front legs of your chair. If there isn't enough room to wrap around both chair legs, just wrap around one.
3. Adjust the strap so that the PedalPro is secure and at a comfortable distance for pedalling.

