



Sit and Swing Leg Exerciser For Seniors



Instruction Manual

Model: **KH525**

This user manual provides both operation information of this product and its detailed specifications. Please read this manual carefully and understand it thoroughly before operation. Keep this manual for future reference.

SAFETY WARNING

1. Never stand up on the pedals of this product.
2. Always be seated on chairs / sofa / bed side when you do swinging with this product.
3. Always check and make sure all screws / bolts / knobs / frames / brackets are properly fixed before using this product for exercise.
4. Always escort and pay attention while patients, disabled and elderly people are using this product.
5. People with wounded or after surgery and not well recovered should not use this product unless you have consulted with your doctor.
6. Close supervision is necessary when this product is used by, close or next to children, invalids, or disabled person.
7. This product is designed for home use only.

OPERATION GUIDE

Installation Instruction:

Step 1: Remove the machine from the box. Step 2: Extend the main body and keep it straight.



Step 3: Buckle the tension rope on the frame. Step 4: Push the pedal on pedal support.



Step 5: Same as step 4 to assemble the other side pedal. Step 6: Put both tension ropes on the pulley.



Step 7: Assemble the sensor cable.

Step 8: Slide the computer on the computer bracket.



ATTENTION:

- When using this product, the legs must be fully relaxed so that proper physical exercise can be carried out on the legs.
- **Count: Legs should swing all the way up to the end (fully extended) in order to count; the pedometer will not count 1 if legs are not fully extended to the end when swinging.**
- It is recommended to exercise with bare feet or with socks on feet. (Exercising with shoes may slip away from pedal while swinging).
- Excessive exercising is not recommended. Choose your workout time based on your physical condition.
- Place the product on solid, flat floor with the anti-slip mat.
- The maximum user weight capacity on pedal of this bike is 25 lbs.
- Lifting or moving this bike may cause harm to your back or arms. To avoid injury to your body, always pay attention to safety or ask helpers when you are trying to move this bike.
- Stretching your legs properly before exercising on this product may prevent possible injury from swinging.

