

## CanDo 01-8030

# CanDo Magneciser Pedal Exerciser

Model: 01-8030

Brand: CanDo

## INTRODUCTION

The CanDo Magneciser Pedal Exerciser is a versatile and compact device designed for both upper and lower body workouts. It features ultra-quiet magnetic resistance, making it suitable for use in various environments without disturbance. This manual provides detailed instructions for the assembly, operation, maintenance, and troubleshooting of your Magneciser.

Key features include:

- **Smooth Quiet Operation:** High-quality components ensure a quiet exercise experience.
- **Compact and Convenient Size:** Portable design for use at home, work, or school.
- **Fat Burning and Strength Building:** Supports both cardiovascular exercise and muscle toning.
- **Versatile Use:** Can be used for exercising arms or legs.
- **Digital Display:** Monitors speed, time exercised, calories consumed, and distance.

## SAFETY INFORMATION

**WARNING: Before beginning any exercise program, consult with your physician. Improper use of this equipment can result in injury.**

- Always place the exerciser on a stable, level surface during use.
- Ensure all parts are securely assembled and tightened before each use.
- Keep hands and feet clear of moving parts during operation.
- Do not stand on the exerciser. It is designed for seated use only.
- Keep children and pets away from the exerciser during use.
- If you experience pain, dizziness, or shortness of breath, stop exercising immediately and consult a physician.

## PARTS LIST

Please ensure all the following components are present before assembly:

- Main Exerciser Unit
- Front Support Tube
- Locking Knob
- Left Pedal (marked 'L')
- Right Pedal (marked 'R')
- Digital Monitor
- 2 x AA Batteries (included)
- Assembly Tool (small wrench)

## SETUP AND ASSEMBLY

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Follow these steps to assemble your CanDo Magneciser Pedal Exerciser:

### 1. **Attach the Front Support Tube**

Insert the front support tube into the designated slot at the front base of the main exerciser unit. Slide it in until it reaches your desired position for stability. The tube can be adjusted for wider or narrower support.



*Image: The main exerciser unit with the front support tube being inserted into its base.*

## **2. Secure the Front Support Tube**

Once the front support tube is in place, attach the locking knob into the threaded hole on the main unit, just above the inserted tube. Turn the knob clockwise to tighten it securely, ensuring the support tube is firmly held.



*Image: A close-up view of the resistance knob, which is similar in appearance to the locking knob for the support tube.*

### 3. **Attach the Pedals**

Identify the Left (L) and Right (R) pedals. The pedals are labeled at the end of their screws. The left pedal must be tightened counter-clockwise, while the right pedal tightens clockwise. Use the provided assembly tool to firmly secure each pedal to its corresponding crank arm on the main unit.



*Image: A close-up of one of the pedals, showing the adjustable strap and the screw end where the 'L' or 'R' label is located.*

#### **4. Install Batteries in the Digital Monitor**

Open the battery compartment on the back of the digital monitor. Insert the two included AA batteries, ensuring correct polarity (+/-). Close the battery compartment securely.



*Image: A close-up view of the digital display, which houses the battery compartment on its underside.*

#### 5. **Connect and Mount the Digital Monitor**

Locate the monitor wire extending from the main unit. Plug this wire into the corresponding port on the back of the digital monitor. Once connected, slide the monitor completely onto the monitor tab located at the top of the main exerciser unit until it clicks securely into place.

#### **Assembly Video Guide:**

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*Video: A step-by-step guide on assembling the CanDo MagneCiser Pedal Exerciser.*

## **OPERATING INSTRUCTIONS**

### **Adjusting Resistance**

The MagneCiser features a convenient tension control dial. Turn the resistance knob clockwise to increase the magnetic resistance, making pedaling more challenging. Turn it counter-clockwise to decrease resistance for an easier workout.





*Image: A close-up view of the resistance knob, showing the '+' and '-' indicators for increasing and decreasing resistance.*

### **Using for Lower Body Workout**

Place the MagneCiser on a flat, stable surface on the floor. Sit comfortably in a chair with your feet positioned in the pedal straps. Adjust the straps for a secure fit. Begin pedaling in either direction. The bi-directional pedal rotation allows for varied muscle engagement.



*Image: A woman seated, using the MagneCiser for a leg exercise, demonstrating proper positioning.*

### **Using for Upper Body Workout**

Place the MagneCiser on a sturdy table or desk at a comfortable height. Sit in front of the unit and grasp the pedals with your hands. Adjust the hand straps for a secure grip. Begin rotating the pedals with your arms. This provides an effective upper body workout.





*Image: A woman seated at a table, using the Magneciser for an arm exercise, demonstrating proper positioning.*

## Digital Display Functions

The 5-function digital display automatically tracks your workout progress:

- **SPEED:** Displays current pedaling speed.
- **TIME:** Shows the duration of your exercise session.
- **CAL:** Estimates calories consumed during the workout.
- **DIST:** Indicates the simulated distance "traveled".
- **SCAN:** Cycles through all functions automatically.

Press the red button on the monitor to cycle through modes or reset values. The monitor will automatically turn on when pedaling begins and turn off after a period of inactivity to conserve battery life.



Image: A close-up view of the digital display, showing the various metrics and the red control button.

## MAINTENANCE AND CARE

- **Cleaning:** Wipe down the exerciser with a damp cloth after each use. Avoid abrasive cleaners or solvents.
- **Storage:** Store the unit in a cool, dry place away from direct sunlight. The front support tube can be retracted for more compact storage.
- **Battery Replacement:** Replace the AA batteries in the digital monitor when the display becomes dim or unresponsive.
- **Lubrication:** The magnetic resistance system is designed for smooth, maintenance-free operation and does not require lubrication.
- **Inspection:** Periodically check all nuts, bolts, and moving parts to ensure they are secure and functioning correctly.

## TROUBLESHOOTING

Problem	Possible Cause	Solution
Digital display not working.	Dead batteries; Loose battery connection; Loose monitor wire connection.	Replace AA batteries; Ensure batteries are correctly inserted; Check that the monitor wire is securely plugged into the monitor.
Pedals are loose or wobbly.	Pedals not tightened sufficiently; Incorrect pedal attachment (left/right).	Retighten pedals using the assembly tool (remember left pedal is counter-clockwise); Ensure 'L' pedal is on the left crank arm and 'R' on the right.

Problem	Possible Cause	Solution
Exerciser slides during use.	Used on a smooth surface without proper grip; Front support tube not extended or tightened.	Place the exerciser on a non-slip mat or carpet; Ensure the front support tube is fully extended and the locking knob is tightened.
Resistance knob has no effect.	Internal mechanism issue.	Contact customer support for assistance.

## SPECIFICATIONS

- **Model Number:** 01-8030
- **Brand:** CanDo
- **Manufacturer:** Fabrication Enterprises
- **Product Dimensions:** Approximately 10"D x 18"W x 16"H (adjustable width)
- **Item Weight:** 10 Pounds
- **Color:** Grey
- **Material:** Plastic, Metal
- **Resistance Type:** Magnetic, Bi-directional
- **Display Functions:** Speed, Time, Calories, Distance, Scan
- **Power Source (Monitor):** 2 x AA Batteries

## WARRANTY AND SUPPORT


For warranty information and customer support, please contact Fabrication Enterprises directly. Keep your purchase receipt as proof of purchase.





**Manufacturer Contact Information:** 1-800-431-2830

You may also refer to the official user manual PDF for additional details [CanDo MagneCiser User Manual \(PDF\)](#)

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### Related Documents - 01-8030

	<p><a href="#">CanDo Digital Folding Pedal Exerciser 10-0712: Safety, Usage, and Counter Guide</a></p> <p>Provides essential safety guidelines, maintenance tips, usage instructions, and details on the digital counter functions for the CanDo Digital Folding Pedal Exerciser (Model 10-0712).</p>
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 <p><b>CANDO balance disc</b> exercises for use</p> <p>Make sure you are performing any of these exercises on a flat, non-slip surface.</p> <p><b>KEY FEATURES</b></p> <ul style="list-style-type: none"> <li>• Made from high-quality, non-toxic, non-slip material</li> <li>• Available in a range of sizes and colors to suit your needs</li> <li>• Can be used for a variety of exercises and activities</li> <li>• Can be used for a variety of exercises and activities</li> <li>• Can be used for a variety of exercises and activities</li> </ul> <p><b>EXERCISES</b></p> <p><b>One Step Balance Training</b></p> <ol style="list-style-type: none"> <li>1. Stand on the disc with your feet shoulder-width apart.</li> <li>2. Lift one foot and hold it for 10 seconds.</li> <li>3. Repeat with the other foot.</li> <li>4. Repeat the exercise 10 times.</li> </ol>	<p><a href="#">Cando Balance Disc: Exercises for Use and Key Features</a></p> <p>A comprehensive guide to using Cando balance discs for exercises, including key features, step-by-step instructions for various balance and core strengthening movements, and important exercise tips. Learn how to improve stability and posture with Cando vestibular discs.</p>
 <p><b>Instruction Manual</b> <b>CANDO Digi-Extend n' Squeeze®</b> Progressive hand and finger exerciser</p> <p>Develops finger, hand and forearm strength, flexibility and coordination.</p> <p><b>PRODUCT INFORMATION</b></p> <ul style="list-style-type: none"> <li>• Available in a range of sizes and colors to suit your needs</li> <li>• Can be used for a variety of exercises and activities</li> <li>• Can be used for a variety of exercises and activities</li> <li>• Can be used for a variety of exercises and activities</li> </ul> <p><b>EXERCISES</b></p> <p><b>One Step Balance Training</b></p> <ol style="list-style-type: none"> <li>1. Stand on the disc with your feet shoulder-width apart.</li> <li>2. Lift one foot and hold it for 10 seconds.</li> <li>3. Repeat with the other foot.</li> <li>4. Repeat the exercise 10 times.</li> </ol>	<p><a href="#">CanDo Digi-Extend n' Squeeze® Instruction Manual: Hand and Finger Exerciser</a></p> <p>Instruction manual for the CanDo Digi-Extend n' Squeeze® progressive hand and finger exerciser. Learn about its benefits, features, product codes, and detailed exercise instructions for improving hand and finger strength, flexibility, and coordination.</p>
 <p><b>Selected Rehab Products</b></p> <p>Explore the comprehensive catalog of CanDo rehabilitation and exercise products, featuring resistance bands, tubing, therapy putty, weights, pedal exercisers, and more. Ideal for clinics, therapists, and home fitness.</p>	<p><a href="#">CanDo Rehabilitation and Exercise Products Catalog   Resistance Bands, Therapy Tools &amp; More</a></p> <p>Explore the comprehensive catalog of CanDo rehabilitation and exercise products, featuring resistance bands, tubing, therapy putty, weights, pedal exercisers, and more. Ideal for clinics, therapists, and home fitness.</p>
 <p><b>Hand exercisers</b></p> <p>Explore the CanDo range of hand exercisers, including ultimate hand helpers, finger helpers, thumb helpers, fixed resistance grips, and rubber band exercisers for rehabilitation and strength training. Featuring various resistance levels and latex/latex-free options.</p>	<p><a href="#">CanDo Hand Exercisers: Ultimate, Finger, Thumb Helpers &amp; Resistance Grips</a></p> <p>Explore the CanDo range of hand exercisers, including ultimate hand helpers, finger helpers, thumb helpers, fixed resistance grips, and rubber band exercisers for rehabilitation and strength training. Featuring various resistance levels and latex/latex-free options.</p>