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CanDo 10-0718

CanDo Pedal Exerciser (Model 10-0718) Instruction Manual

INTRODUCTION

The CanDo Fold-Up Pedal Exerciser (Model 10-0718) is a portable and versatile exercise device designed for both upper and lower body workouts. It arrives pre-assembled for convenience and features a compact, foldable design for easy storage and transport. This manual provides detailed instructions for setting up, operating, maintaining, and troubleshooting your pedal exerciser.



Image: The CanDo Fold-Up Pedal Exerciser, showcasing its compact design with pedals and tension knob visible.

SETUP AND ASSEMBLY

Your CanDo Pedal Exerciser is largely pre-assembled. Only the tension knob needs to be attached, and the legs need to be unfolded for use.

1. Attaching the Tension Knob

1. Locate the tension knob.
2. Screw the knob into the threaded hole located on the top of the exerciser, between the pedals.
3. Turn clockwise until securely fastened. Do not overtighten.

2. Unfolding the Legs

1. Hold the main body of the exerciser.
2. Pull each leg outwards from the center until it is fully extended.
3. Ensure the button near the fulcrum of each leg snaps out, locking the leg securely in place.

3. Folding the Legs for Storage

1. To fold, press the button on each leg.

2. While holding the button, push the leg back towards the center of the exerciser.
3. For easier folding, pull up slightly on each leg as you press the button to ensure it unlocks completely before pushing it in.

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Video: Demonstrates the simple assembly of the tension knob and the folding/unfolding mechanism of the legs for the CanDo Pedal Exerciser.

OPERATING INSTRUCTIONS

The CanDo Pedal Exerciser can be used for both upper and lower body conditioning.

Lower Body Exercise (Foot Pedaling)

1. Place the exerciser on a flat, stable surface, such as the floor, in front of a chair.
2. Sit comfortably in a chair, ensuring your feet can reach the pedals.
3. Place your feet into the adjustable foot straps. The straps can be used with or without shoes.
4. Adjust the tension knob to your desired resistance level. Turn clockwise for more resistance, counter-clockwise for less.
5. Begin pedaling forward or backward in a smooth, controlled motion.
6. Ensure the exerciser remains stable during use. The wide leg spread and non-marring feet are designed to prevent movement.

Upper Body Exercise (Hand Pedaling)

1. Place the exerciser on a stable tabletop or desk.
2. Sit in front of the exerciser, ensuring your hands can comfortably reach the pedals.
3. Grasp the pedals with your hands.
4. Adjust the tension knob as needed.
5. Begin pedaling forward or backward with your hands in a smooth, controlled motion.

MAINTENANCE

To ensure the longevity and optimal performance of your CanDo Pedal Exerciser, follow these simple maintenance guidelines:

- **Cleaning:** Wipe down the exerciser regularly with a damp cloth to remove dust and sweat. Avoid abrasive cleaners.
- **Storage:** When not in use, fold the exerciser and store it in a cool, dry place away from direct sunlight and extreme temperatures.
- **Inspection:** Periodically check all nuts, bolts, and moving parts to ensure they are secure. Tighten if necessary.
- **Lubrication:** No regular lubrication is typically required for this type of exerciser. If you notice any squeaking, a small amount of silicone-based lubricant can be applied to the axle, but avoid over-lubricating.

TROUBLESHOOTING

If you encounter any issues with your pedal exerciser, refer to the following common solutions:

- **Exerciser slides during use:**

- Ensure the exerciser is placed on a non-slip surface.
- Verify that the legs are fully extended and locked into place.
- Consider placing a non-slip mat or rug underneath the exerciser.

- **Pedals feel jerky or catch:**

- Check that the tension knob is not overtightened, which can cause excessive friction.
- Ensure the exerciser is on a level surface.
- Inspect the pedal mechanism for any obstructions or damage.

- **Metal axle heats up:**

- Some heat generation is normal during extended or high-resistance use due to friction.
- If it becomes excessively hot, reduce the intensity or duration of your workout.
- Ensure the tension knob is not set to an extreme level for prolonged periods.

- **Squeaking noise:**

- Check for any loose parts and tighten them.
- A small amount of silicone-based lubricant can be applied to the main axle if the squeaking persists.

SPECIFICATIONS

Product Dimensions:	11 x 22 x 17 inches
Item Weight:	5.29 Pounds
Model Number:	10-0718
Brand:	CanDo
Color:	Black
Material:	Plastic
Controls Type:	Knob
Handle Type:	Adjustable

WARRANTY AND SUPPORT

For warranty information or technical support, please contact the manufacturer directly.

- **Manufacturer:** CanDo
- **Contact Number:** 1-800-431-2830
- Please have your model number (10-0718) and purchase date available when contacting support.

