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> Vaunn Medical Under Desk Bike Pedal Exerciser (Model 565-SERIES-E) Instruction Manual

Vaunn 565-SERIES-E

Vaunn Medical Under Desk Bike Pedal Exerciser

MODEL: 565-SERIES-E

Introduction

The Vaunn Medical Electronic Exercise Pedaler is designed to provide a convenient and low-impact exercise option for both legs and arms. This device allows users to engage in light, rotational exercise while seated, making it suitable for use at a desk, at home, or during recovery. It features a multi-functional digital LCD display to track workout progress and a quick-release folding mechanism for easy storage and portability.

Important Note: This product is intended for gentle, low-impact exercise and physiotherapy. It is not designed for rigorous or strenuous workouts.

Safety Information

- Ensure the pedal exerciser is placed on a stable, flat surface before use.
- Always use the provided safety strap to secure the exerciser to your chair to prevent sliding, especially with wheeled chairs.
- Do not stand on the pedal exerciser. It is designed for seated use only.
- Consult a physician before starting any new exercise program, especially if you have pre-existing medical conditions.
- Stop exercising immediately if you experience pain, dizziness, or discomfort.
- Keep children and pets away from the exerciser during use.
- Regularly inspect the device for any signs of wear or damage. Do not use if damaged.

Product Overview

The Vaunn Medical Pedal Exerciser is designed for convenience and effective low-impact workouts. Key features include:

- **Electronic Display:** Tracks time, cycle count, total cycle count, and calories burned.
- **Adjustable Tension Knob:** Allows customization of resistance levels for varied workout intensity.
- **Quick-Release Folding Mechanism:** Enables easy folding for compact storage and portability.

- **Wide Base and Heavy-Duty Frame:** Provides enhanced stability during use.
- **Non-Skid Ribbed Rubber Feet:** Offers additional traction and prevents movement.



Figure 1: Vaunn Medical Under Desk Bike Pedal Exerciser

Setup and Assembly

The Vaunn Medical Pedal Exerciser comes fully assembled and requires no tools for setup. Simply unfold the unit and ensure it is stable before use.

1. Place the pedal exerciser on a flat, stable surface in front of your chair.
2. If using a wheeled chair, utilize the provided safety strap to secure the exerciser to the chair's base. Loosen the strap to create a wider loop, wrap it around the exerciser and a stable part of your chair's base, then pull to ensure a tight fit.
3. Ensure the exerciser is stable and does not wobble.

Video 1: Instructions on how to use the safety strap to secure the pedal exerciser to a chair.

Operating Instructions

1. Using the Electronic Display

The multi-functional LCD display provides real-time data to help you monitor your workout. Press the red button to cycle through display modes or hold it to reset values.

- **SCAN:** Automatically cycles through all functions.
- **TIME:** Displays the duration of your current workout session.
- **CNT (Count):** Shows the number of cycles performed in the current session.
- **T.CNT (Total Count):** Accumulates the total number of cycles over all sessions (resets when battery is removed).
- **CAL (Calories):** Estimates the calories burned during the current session.

Foldable Design



NEW Electronic display with Real-time data



vs.



✓ **Real Time Display**
Display both Count and Time simultaneously

✗ **Isolated Display**

Figure 2: Electronic Display with Real-time Data

2. Adjusting Resistance

The tension knob located on top of the unit allows you to adjust the resistance level. Turn the knob clockwise to increase resistance for a more challenging workout, and counter-clockwise to decrease resistance for an easier session.

3. Proper Usage for Legs and Arms

The exerciser can be used for both leg and arm workouts. For leg exercises, place it on the floor in front of your chair. For arm exercises, place it on a sturdy table.

- **Footwear:** Avoid wearing thick or heavy footwear such as boots, heels, or platform shoes. Shoes with a width greater than 4.25 inches may not fit the pedal straps. The exerciser will not work on shoe sizes larger than 14.

- **Adjust Pedal Straps:** Slide your foot onto the pedal so the ball of your foot is directly over the pedal. Adjust the strap to fit your foot or shoe securely.
- **Maintain Neutral Posture:** Keep your back straight and avoid leaning forward or backward while pedaling.
- **Pedaling Technique:** Drive through each pedal stroke from the ball of your foot, rather than just using your toes.

How to Use Vaunn Medical Pedal Exerciser



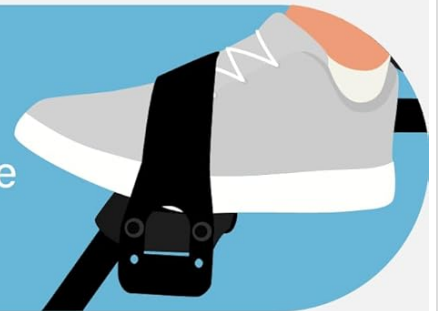
Choose the Right Shoes

Avoid wearing thick and heavy footwear (i.e. boots, heels and platform shoes). Shoes' width **>4.25"** will not fit into the pedal straps.

**Will not work on shoe size >14*

Adjust Pedal Straps

Slide your foot onto the pedal. The ball of your foot should be directly over the pedal. Adjust the strap to fit your foot/shoe.



Maintain a Neutral Posture

Keep your back straight. Do not lean forward/back when pedaling.

Pedaling

Don't pedal with just your toes. Drive through each pedal stroke from the ball of your foot.



Figure 3: Proper Usage Guidelines

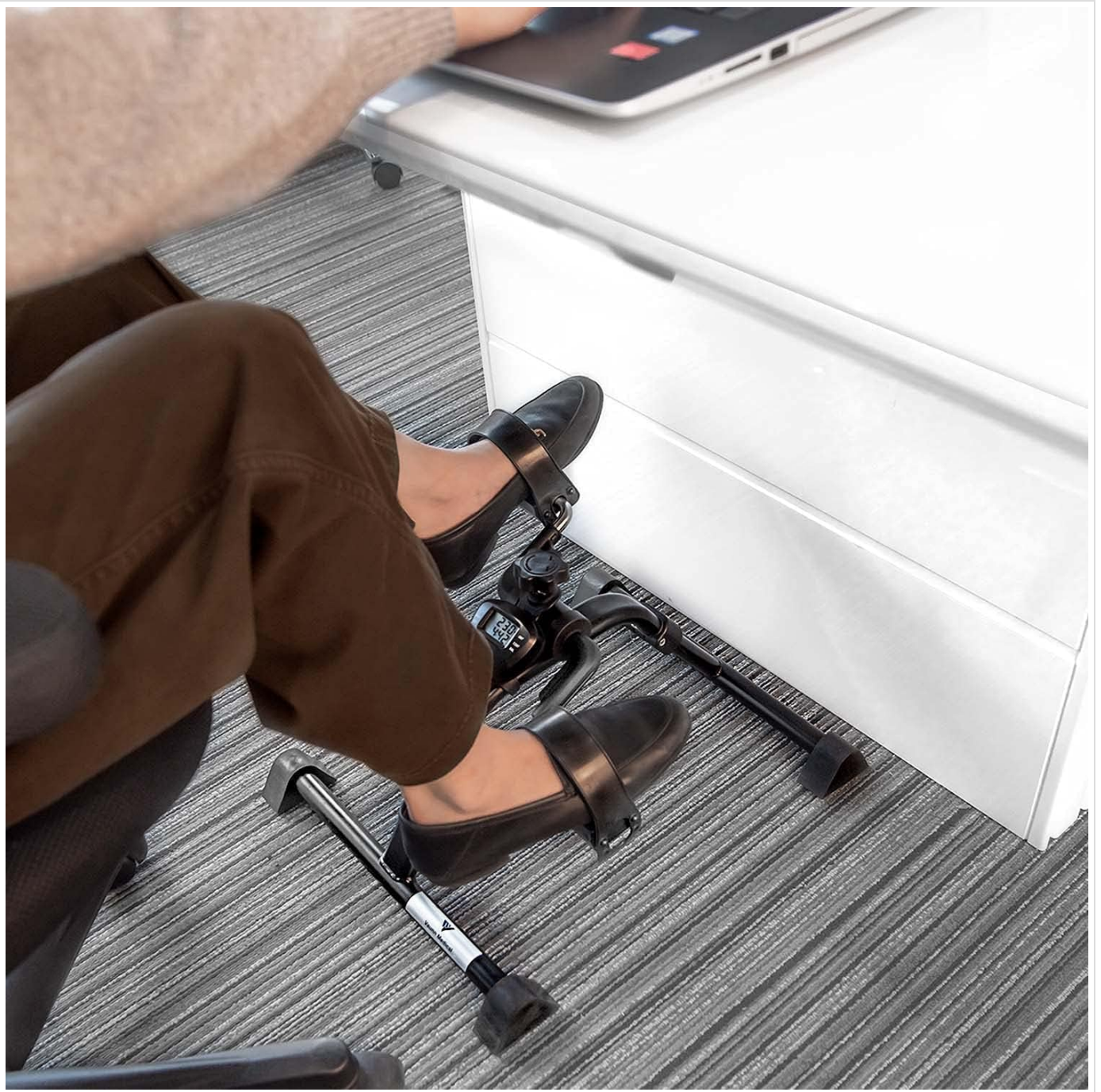
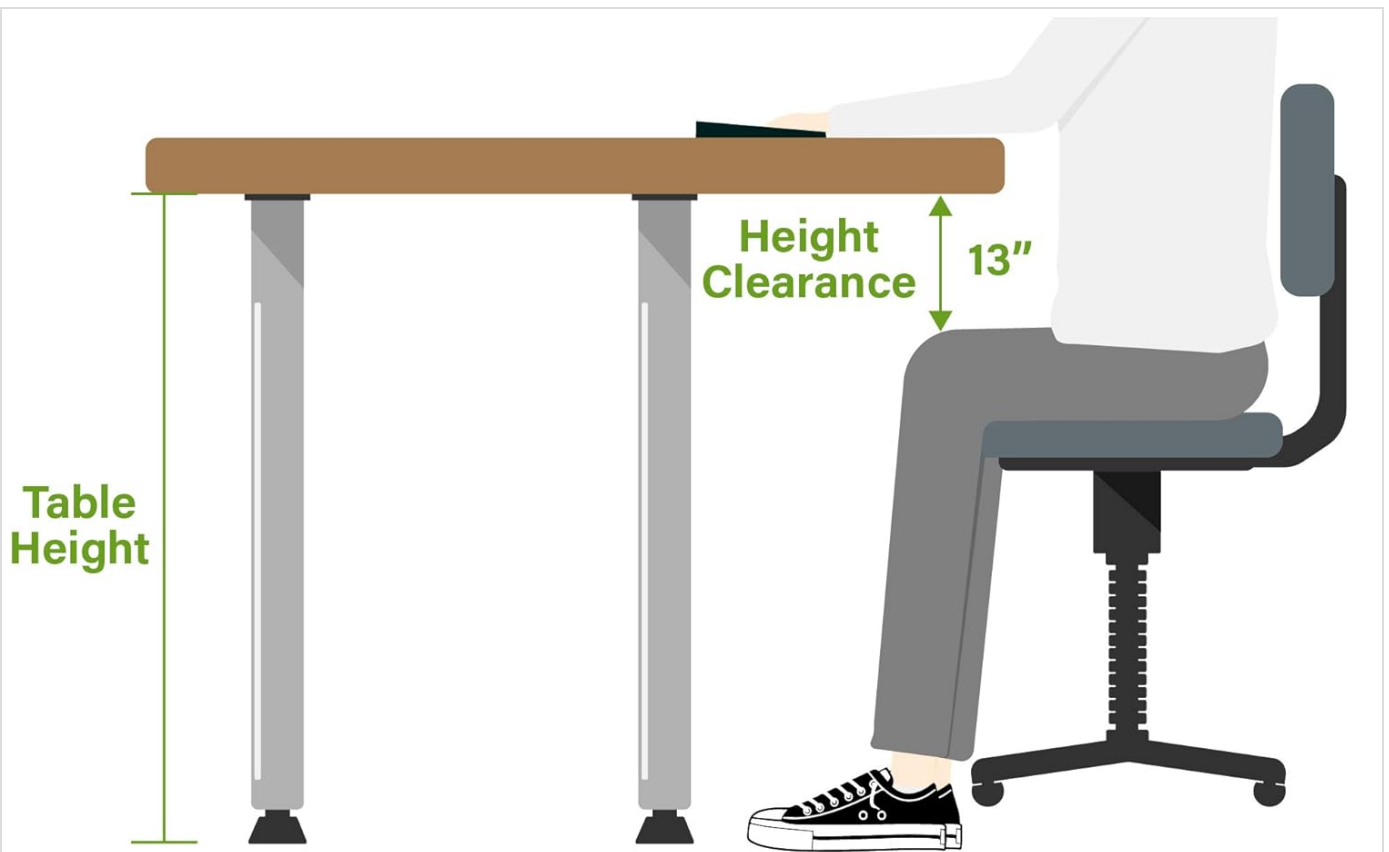


Figure 4: Using the Exerciser Under a Desk

For under-desk use, ensure a height clearance of at least 13 inches from your knee to the underside of the table to allow for comfortable pedaling motion.



For Use Under Desk

You will need a height clearance of at least **13 inches** from your knee to the table to use the pedaler under a desk.

Figure 5: Required Under-Desk Clearance

Video 2: Overview of the Vaunn Medical Electronic Pedal Exerciser, demonstrating its features and use for light, rotational exercise.

Maintenance

- Clean the exerciser regularly with a damp cloth and mild detergent. Avoid abrasive cleaners.
- Ensure all screws and bolts are tightened periodically to maintain stability.
- Store the exerciser in a cool, dry place when not in use. The folding mechanism allows for compact storage.
- Replace the AAA battery in the electronic display when it becomes dim or stops functioning.

Troubleshooting

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
Exerciser slides during use.	Not secured to chair; unstable surface.	Use the safety strap to secure the exerciser to your chair. Ensure it is on a non-slip surface.
Electronic display is blank or dim.	Battery is low or depleted.	Replace the AAA battery in the display unit.
Pedals are stiff or too loose.	Resistance knob setting.	Adjust the tension knob to your desired resistance level.

Specifications

Feature	Detail
Model Number	565-SERIES-E
Product Dimensions	48.26 x 39.37 x 28.58 cm (19 x 15.5 x 11.25 inches)
Item Weight	2.45 kg (5.4 lbs)
Material	Alloy Steel
Display Type	LCD
Controls Type	Knob (for resistance)
Number of Resistance Levels	Adjustable via knob (continuous)
Power Source	Manual (for pedaling), 1 AAA battery (for display)
Minimum Under-Desk Clearance	13 inches (from knee to table)

Product Weight:
5.4 lbs



Note: Min 13" height clearance from knee to table

Figure 6: Product Dimensions

Warranty and Support

For warranty information, product support, or to purchase replacement parts, please contact Vaunn Medical customer service. Refer to your purchase documentation for specific warranty terms and contact details.