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AGM AGM-physical-therapy-leg-exercisers-X1225

AGM Folding Pedal Exerciser User Manual

Model: AGM-physical-therapy-leg-exercisers-X1225

PRODUCT OVERVIEW

The AGM Folding Pedal Exerciser is a versatile and portable fitness device designed for both arm and leg exercises to improve muscle strength, joint range of motion, and coordination. Its compact, foldable design makes it ideal for use in various settings, including offices and homes, and allows for easy storage.

Key features include an adjustable resistance knob to customize workout intensity, comfortable non-slip pedal straps for secure use, and a multifunctional LCD display to track your progress.



Figure 1: The AGM Folding Pedal Exerciser, showcasing its compact design.

SETUP AND ASSEMBLY

The AGM Folding Pedal Exerciser comes largely pre-assembled. Follow these steps to prepare it for use:

1. **Unfold the Unit:** Carefully unfold the exerciser until the base legs click into place, ensuring they are securely locked.
2. **Positioning:** Place the exerciser on a flat, stable surface. For leg exercises, position it on the floor in front of your chair or sofa. For arm exercises, place it on a sturdy table.
3. **Secure with Anti-Slip Mat and Fixed Strap (Optional but Recommended):** If the unit tends to slide during use, place the included anti-slip mat underneath. The fixed strap can be used to secure the exerciser to a chair leg or other stable object to prevent movement.

Foldable Design for Easy Storage



Figure 2: The exerciser in its folded state, ready for unfolding and setup.



Figure 3: The exerciser positioned under a desk for convenient use while sitting.

OPERATING INSTRUCTIONS

Leg Exercises

To use the exerciser for leg workouts:

1. Sit comfortably in a chair with your feet placed on the pedals.
2. Adjust the pedal straps to ensure your feet are securely fastened.
3. Begin pedaling in a smooth, controlled motion.

Under Desk Leg Exerciser



Figure 4: Proper posture for leg exercises using the pedal exerciser.

Arm Exercises

To use the exerciser for arm workouts:

1. Place the exerciser on a stable table at a comfortable height.
2. Grasp the pedals with your hands, ensuring a firm grip.
3. Begin rotating the pedals with your arms in a smooth, controlled motion.



Arm Exerciser

Figure 5: Demonstrating arm exercises with the pedal exerciser placed on a table.

Adjusting Resistance

The exerciser features an adjustable tension knob. Turn the knob clockwise to increase resistance for a more challenging workout, and counter-clockwise to decrease resistance for an easier session. There are 6 resistance levels available.



Figure 6: Detail of the adjustable resistance knob and other key features.

Using the LCD Display

The multifunctional LCD display tracks various workout metrics:

- **RPM:** Revolutions Per Minute (pedal speed).
- **TIME:** Duration of your workout.
- **CNT:** Count of revolutions.
- **CAL:** Calories burned.
- **SCAN:** Cycles through all metrics automatically.

Press and hold the red button for several seconds to clear old data and reset the display.

MAINTENANCE

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

- **Cleaning:** Wipe down the exerciser with a damp cloth after each use to remove sweat and dust. Avoid using abrasive cleaners or solvents.
- **Lubrication:** Periodically check for any squeaking or stiffness in the pedals or moving parts. Apply a small amount of silicone-based lubricant if necessary.
- **Storage:** When not in use, fold the exerciser for compact storage. Store it in a cool, dry place away from direct sunlight and extreme temperatures.
- **Inspection:** Regularly inspect all nuts, bolts, and moving parts to ensure they are secure. Tighten any loose components. Check pedal straps for wear and tear.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Unit slides during use	Not using anti-slip mat or fixed strap; smooth floor surface.	Ensure the anti-slip mat is placed underneath. Use the fixed strap to secure the exerciser to a stable object like a chair leg. Place on a carpeted surface if possible.
Pedals do not move smoothly or make noise	Lack of lubrication; loose components; internal wear.	Apply silicone-based lubricant to moving parts. Check and tighten all bolts and screws. If the issue persists, contact customer support.
LCD display not working	Battery drained or incorrectly installed; loose connection.	Replace the battery (battery powered). Ensure the battery is inserted with correct polarity. Check for any visible loose wires or connections to the display unit.
Difficulty adjusting resistance	Tension knob stiff or damaged.	Apply a small amount of lubricant to the tension knob mechanism. If the knob is damaged or not functioning, contact customer support.

SPECIFICATIONS

- **Brand:** AGM
- **Model Name:** AGM-physical-therapy-leg-exercisers-X1225
- **Color:** Blue
- **Material:** Acrylonitrile Butadiene Styrene (ABS), Metal, Plastic
- **Product Dimensions (LxWxH):** 19.68" x 13.97" x 10"
- **Item Weight:** 6.1 Pounds
- **Maximum Weight Recommendation:** 400 Pounds
- **Controls Type:** Knob
- **Display Type:** LCD
- **Number of Resistance Levels:** 6
- **Operation Mode:** Manual
- **Power Source:** Battery Powered
- **Included Components:** Folding Pedal Exerciser



Figure 7: Product dimensions for reference.

PRODUCT VIDEO

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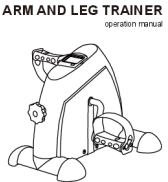



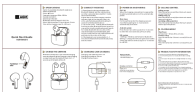

Video 1: An overview of the AGM Folding Mini Pedal Exerciser, demonstrating its features and usage for both leg and arm exercises, as well as its portability and easy storage.

WARRANTY AND SUPPORT

The AGM Folding Pedal Exerciser comes with a limited warranty. Please refer to the product packaging or contact AGM customer support for detailed warranty information and terms.

For technical support, troubleshooting assistance, or warranty claims, please contact AGM customer service through their official website or the contact information provided with your product.

Related Documents - AGM-physical-therapy-leg-exercisers-X1225

	<p>Arm and Leg Trainer Operation Manual</p> <p>This manual provides operating instructions, safety precautions, installation guidance, function key explanations, training tips, and troubleshooting for the Arm and Leg Trainer.</p>
	<p>AGM Mini Bike User Manual and Specifications</p> <p>This document provides information on the AGM Mini Bike, including manufacturer details, distributor information, and contact points. It serves as a user guide for the product.</p>
	<p>AGM H6 Quick Start Guide: Features, Setup, and Usage</p> <p>Comprehensive quick start guide for the AGM H6 smartphone, covering device features, initial setup, battery charging, essential functions, and important warnings. Learn how to install SIM/SD cards and use Google apps.</p>
	<p>AGM H6 Smartphone Quick Start Guide</p> <p>Comprehensive quick start guide for the AGM H6 smartphone, detailing setup, features, SIM/SD card installation, battery charging, and essential functions. Includes waterproof warnings and compliance information.</p>
	<p>AGM BUDS Quick Start Guide: Connecting, Charging, and Using Your True Wireless Earphones</p> <p>A concise guide to setting up and using AGM BUDS true wireless Bluetooth earphones. Learn how to connect, pair, control music and calls, charge the earphones and case, and important product safety information.</p>
	<p>AGM Watch Legion User Manual: Charging, Safety, and Usage Guide</p> <p>Comprehensive user manual for the AGM Watch Legion, covering charging instructions, safety precautions, device usage, connectivity, and GPS functionality. Learn how to charge your watch, wear it correctly, connect to the AGM Nexus app, and utilize its features like GPS tracking.</p>