

gridinlux 0022

GRIDINLUX Electric Pedal Exerciser Small Fit Pro User Manual

Model: 0022

IMPORTANT SAFETY INSTRUCTIONS

Please read all instructions carefully before using the GRIDINLUX Electric Pedal Exerciser. Keep this manual for future reference.

- Ensure the device is placed on a stable, flat surface before use.
- Keep children and pets away from the device during operation.
- Do not use the device if you have any medical conditions that may be aggravated by exercise. Consult a physician before starting any new exercise program.
- Do not insert any objects into the device openings.
- Unplug the device from the power outlet when not in use or before cleaning.
- Use only the provided power adapter.
- Avoid placing the device near water or in damp environments.
- Do not attempt to disassemble or repair the device yourself. Contact customer support for assistance.
- The maximum user weight for this device is not specified, but ensure stable placement and comfortable use.

PRODUCT OVERVIEW

The GRIDINLUX Electric Pedal Exerciser Small Fit Pro is a compact and versatile device designed for low-impact exercise of both legs and arms. It features adjustable speed settings, a digital display, and a convenient remote control for ease of use.

Components

- Main Exerciser Unit
- Pedals with adjustable straps
- Detachable Remote Control with LCD Display
- Power Adapter



The GRIDINLUX Electric Pedal Exerciser, a compact device designed for seated exercise, featuring a digital display and remote control.

SETUP

Follow these steps for initial setup of your pedal exerciser:

1. **Unpack:** Carefully remove all components from the packaging.
2. **Placement:** Place the main exerciser unit on a firm, level surface. For leg exercises, place it on the floor in front of your chair. For arm exercises, place it on a sturdy table.
3. **Power Connection:** Connect the power adapter to the exerciser's power input port, then plug the adapter into a standard electrical outlet.
4. **Remote Control:** Ensure the remote control is connected to the main unit via its coiled cable.



The anti-slip base of the exerciser, designed to provide stability during use on various surfaces.



A close-up of the pedals, showing the adjustable straps for secure foot or hand placement.

OPERATING INSTRUCTIONS

Powering On/Off

- To turn on the device, press the red power switch located on the side of the main unit. The digital display on the remote control will illuminate.
- To turn off the device, press the red power switch again.

Using the Remote Control

The detachable remote control allows you to adjust settings without bending down.



A detailed view of the integrated control panel and the detachable remote control, highlighting the display and function buttons.

- **Display:** The LCD display shows speed, time, distance, and calories burned.
- **Speed Adjustment:** Use the '+' and '-' buttons to increase or decrease the pedaling speed. There are 6 adjustable speed levels.
- **Mode Selection:** Press the 'M' button to cycle through different display modes (e.g., scan, time, distance, calories).
- **Direction Change:** Use the direction button (often indicated by arrows) to switch between forward and reverse pedaling.
- **Start/Stop:** Press the 'STOP' button to pause or stop the pedaling motion.
- **Time Setting:** Use the 'TIME' buttons to set your desired exercise duration.

Exercising Legs

Sit comfortably in a chair with your feet placed securely in the pedal straps. Adjust the straps for a snug fit. Select your desired speed and direction using the remote control. You can choose between automatic motorized pedaling or manual pedaling by turning off the motor.



Illustration of the pedal exerciser in use for leg workouts, demonstrating proper foot placement on the pedals.

Exercising Arms

Place the exerciser on a stable table in front of you. Grip the pedals with your hands, securing them with the straps if needed. Select your preferred speed and direction. This allows for a gentle upper body workout.



The pedal exerciser positioned on a table for arm exercises, showing hands gripping the pedals.

MAINTENANCE

- **Cleaning:** Wipe the device with a soft, damp cloth. Do not use abrasive cleaners or solvents. Ensure the device is unplugged before cleaning.
- **Storage:** Store the exerciser in a cool, dry place away from direct sunlight and extreme temperatures.
- **Inspection:** Periodically check all parts for wear and tear. If any damage is observed, discontinue use and contact customer support.

TROUBLESHOOTING

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
Device does not power on.	Not plugged in; Power switch off; Faulty power adapter.	Ensure power adapter is securely plugged into both the device and the outlet. Turn the power switch to 'ON'. Test the outlet with another device.
Pedals are not moving.	Device is in manual mode; 'STOP' button pressed; Speed set to zero.	Check remote control settings. Ensure a speed level is selected and the 'STOP' button is not active.
Remote control not responding.	Loose connection; Remote batteries low (if applicable).	Ensure the remote control cable is securely connected to the main unit. (Note: This model has a wired remote, so batteries are not a factor).
Unusual noise during operation.	Obstruction; Internal issue.	Stop the device and check for any obstructions around the pedals or moving parts. If the noise persists, discontinue use and contact customer support.

SPECIFICATIONS

Feature	Specification
Model Number	0022
Dimensions (L x W x H)	40 x 29 x 42 cm
Weight	5.54 kg
Motor Power	70 Watts
Maximum Speed	5 RPM
Resistance Levels	6
Operating Mode	Automatic / Manual
Power Source	Electric
Control Type	Detachable Remote
Display Type	LCD
Material	Plastic

WARRANTY AND SUPPORT

The GRIDINLUX Electric Pedal Exerciser is designed for durability and performance. Spare parts availability in the EU is guaranteed for 3 years from the date of purchase.

For any questions, technical support, or warranty claims, please contact GRIDINLUX customer service through their official website or the retailer where the product was purchased. Please have your model number (0022) and proof of purchase ready when contacting support.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question