

Fitkit FitkitPedalgo

Fitkit by Cult Pedalgo Mini Cycle Pedal Exerciser User Manual

Model: FitkitPedalgo | Brand: Fitkit

INTRODUCTION

The Fitkit by Cult Pedalgo Mini Cycle Pedal Exerciser is designed for light leg and arm exercises, as well as physiotherapy at home. Its compact and portable design allows for convenient use in various settings. This manual provides instructions for assembly, operation, maintenance, and troubleshooting to ensure safe and effective use of your exerciser.



Image: The Fitkit by Cult Pedalgo Mini Cycle Pedal Exerciser, highlighting its multi-functional design for both leg and arm workouts.

SAFETY INFORMATION

Please read all safety instructions before using the Fitkit Pedalgo Mini Cycle Pedal Exerciser. Failure to follow these instructions may result in injury or damage to the product.

- Consult a physician before starting any new exercise program, especially if you have pre-existing medical conditions or are

undergoing physiotherapy.

- Ensure the exerciser is placed on a stable, flat surface before use. Use the provided anti-skid mat and fixing strap for enhanced stability.
- Keep children and pets away from the exerciser during operation.
- Do not stand on the exerciser. It is designed for seated leg or arm pedaling only.
- Check all parts for wear or damage before each use. Do not use if any parts are loose or damaged.
- Adjust resistance gradually to avoid sudden strain.
- Stop exercising immediately if you feel pain, dizziness, or discomfort.

PACKAGE CONTENTS

Verify that all components are present in the package:

- 1 x Pedal Machine
- 1 x Anti-skid Mat (if included with your model)
- 1 x Fixing Strap (if included with your model)
- User Manual (this document)

ASSEMBLY AND SETUP

The Fitkit Pedalgo Mini Cycle Pedal Exerciser requires basic assembly. Follow these steps:

1. **Unfold the Exerciser:** Pull the locking pin on the main frame to unfold the base stabilizers until they click into place.
2. **Attach Pedals:** Screw the left and right pedals into their respective cranks. Ensure they are tightened securely. The pedals are typically marked 'L' for left and 'R' for right.
3. **Insert Battery (if applicable):** Open the battery compartment on the digital display unit and insert the required battery (usually AAA, not always included).
4. **Positioning:** Place the exerciser on a flat, stable surface. For added stability, use the provided anti-skid mat underneath and secure the exerciser with the fixing strap if necessary.

Portable & Easy to Store

Fits in any space, easy to fold and assemble



**One-Click Folding
without Installation**



Image: The folding mechanism of the exerciser, demonstrating its compact storage capability.

Smart LCD Display

Track your workout



Image: The exerciser positioned on an anti-skid mat, illustrating enhanced stability during use with a fixing strap.

OPERATING INSTRUCTIONS

Adjusting Resistance

The Fitkit Pedalgo features an adjustable tension knob to customize your workout intensity. Rotate the knob clockwise to increase resistance for a more challenging workout, or counter-clockwise to decrease resistance for lighter exercise or rehabilitation.

Adjustable Tension Knob

Rotate the knob to adjust the appropriate training intensity

1 Light Therapy Exercises

2 Leg/Arm Movement Exercises

3 Knee Recovery Exercises

4 Shoulder Recovery Exercises

5 Warm-up Exercises



Image: A close-up view of the adjustable tension knob, used to control exercise intensity.

Using the Digital Display

The integrated digital display tracks your workout metrics. Press the red button to cycle through different modes:

- **CNT (Rotation Count):** Displays the total number of rotations during your current session.
- **TIME (Workout Duration):** Shows the elapsed time of your workout.
- **CAL (Calories Burned):** Estimates the calories burned during your exercise.
- **RPM (Revolutions Per Minute):** Indicates your current pedaling speed.
- **SCAN:** Automatically cycles through all metrics every few seconds.

To reset the display, press and hold the red button for a few seconds.

Enhanced **Stability**, Maximum Performance



Comes with a fixing strap for secure support
& an anti-skid mat for added stability



Image: The Smart LCD Display, illustrating the various metrics tracked during exercise.

Leg Exercises

Place the exerciser on the floor in front of a chair or sofa. Sit comfortably and place your feet into the pedal straps. Adjust the straps for a secure fit. Begin pedaling in a smooth, controlled motion. Adjust the resistance as needed.

Strengthen & Restore with Every Pedal



Gentle Impact Training with Powerful Results

- **Effective** workout
- Strengthens **shoulders, arms, knees, and ankles**
- Boosts **blood circulation** and **recovery**



Image: A user performing leg exercises with the Fitkit Pedalgo, demonstrating proper seated posture.

Arm Exercises

Place the exerciser on a sturdy table at a comfortable height. Sit in front of the table and grasp the pedals with your hands. Adjust the resistance to a suitable level and begin pedaling with your arms in a circular motion.



Image: A user performing arm exercises with the Fitkit Pedalgo, positioned on a table for upper body workout.

MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your exerciser.

- **Cleaning:** Wipe down the exerciser with a damp cloth after each use to remove sweat and dust. Do not use abrasive cleaners or solvents.
- **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:** Periodically check all bolts, nuts, and moving parts to ensure they are secure. Tighten any loose components.
- **Battery Replacement:** If the digital display becomes dim or unresponsive, replace the battery.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Digital display not working or dim.	Dead or improperly installed battery.	Replace the battery. Ensure it is inserted with correct polarity.
Display not showing correct readings (e.g., CNT, RPM).	Sensor connection issue.	Check the sensor wire connection to the display unit. If the sensor is loose, secure it.
Pedals are loose or wobbly.	Pedals not tightened sufficiently.	Tighten the pedals securely onto the cranks.
Exerciser slides during use.	Not on a stable surface; anti-skid mat not used or ineffective.	Ensure the exerciser is on a flat, non-slip surface. Use the anti-skid mat and fixing strap.

Problem	Possible Cause	Solution
Resistance knob not adjusting properly.	Internal mechanism issue or debris.	Inspect the knob for any obstructions. If the issue persists, contact customer support.

SPECIFICATIONS

Feature	Detail
Brand	Fitkit
Model Name	FitkitPedalgo
Special Feature	Adjustable Resistance
Color	Black
Power Source	Battery Powered (for display)
Recommended Use	Indoor
Unit Count	1 Piece
Included Components	Pedal Machine
Resistance Mechanism	Friction
Drive System	Pedal
Item Weight	2300 Grams
Item Dimensions (D x W x H)	36D x 40W x 49.5H Centimeters
Material Type	Iron, Plastic

WARRANTY AND SUPPORT

Warranty: This product comes with a 12-month warranty on manufacturing defects from the date of purchase.

Manufacturer Contact: For any queries, support, or warranty claims, please contact Cultgear Pvt.Ltd. at No 17 & 17C BDA, 3rd Sector, HSR Layout, Bangalore, Karnataka, India - 560102.

Please retain your proof of purchase for warranty validation.

ASK A QUESTION ABOUT THIS MANUAL

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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

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