

GYMAX GM2332/3

GYMAX Pedal Exerciser (Model GM2332/3) User Manual

Brand: GYMAX

INTRODUCTION

This manual provides instructions for the safe and effective use of your GYMAX Pedal Exerciser. This versatile device is designed for both arm and leg workouts, offering a convenient way to improve circulation, increase joint mobility, and relieve fatigue. Please read this manual thoroughly before use to ensure proper operation and to prevent injury.

IMPORTANT SAFETY INFORMATION

- Consult a physician before starting any new exercise program.
- Ensure the exerciser is placed on a stable, flat surface.
- Do not stand on the exerciser. It is designed for seated use only.
- Keep children and pets away from the exerciser during use.
- Regularly inspect the device for wear and tear. Do not use if damaged.
- Maintain proper posture during exercise to prevent injury.
- Stop exercising immediately if you feel pain, dizziness, or discomfort.

PACKAGE CONTENTS

- 1 x Under Desk Pedal Exerciser
- 1 x User Guide

SETUP AND ASSEMBLY

The GYMAX Pedal Exerciser comes fully assembled and ready for immediate use. No additional assembly is required.



The GYMAX Pedal Exerciser as it appears out of the box, ready for use.

COMPONENTS OVERVIEW

Familiarize yourself with the main parts of your pedal exerciser:

- Pedals with adjustable straps
- Main frame
- LCD Display
- Resistance adjustment knob
- Non-slip foot pads
- Folding mechanism

More Thoughtful Details



Close-up view of the adjustable pedals, non-slip foot pads, and robust metal tubes, highlighting key components.

OPERATING INSTRUCTIONS

1. Positioning the Exerciser

Place the exerciser on a flat, stable surface. For leg workouts, position it under a desk or in front of a chair. For arm workouts, place it on a table.

Ideal Choice for Office & Home Exercise



Proper positioning of the pedal exerciser under a desk for leg exercise, emphasizing knee placement.

2. Leg Workout

Sit comfortably in a chair. Place your feet into the pedal straps and adjust them for a secure fit. Begin pedaling in a smooth, controlled motion.

Arm Workout



Tone
Muscles



Improve Blood
Circulation



2 in 1 Multifunctional Design



Leg Workout



Move
Joints



Relive
Fatigue

A user performing a leg workout with the pedal exerciser while seated comfortably.

3. Arm Workout

Place the exerciser on a sturdy table. Sit in front of it and grasp the pedals with your hands. Begin rotating the pedals in a smooth, controlled motion.

Arm Workout



Tone
Muscles



Improve Blood
Circulation



2 in 1 Multifunctional Design



Leg Workout



Move
Joints



Relive
Fatigue

A user performing an arm workout with the pedal exerciser placed on a table.

4. Adjusting Resistance

The exerciser features stepless adjustable resistance. To increase resistance, rotate the central knob clockwise. To decrease resistance, rotate it counter-clockwise. Adjust to a level that provides a comfortable challenge.



Diagram illustrating how to adjust the resistance knob: clockwise to increase, counter-clockwise to decrease.

5. Using the LCD Display

The LCD display tracks your workout data:

- **RPM:** Rotations Per Minute
- **CNT:** Total Number of Rotations Completed
- **TIME:** Workout Duration
- **CAL:** Estimated Calories Burned
- **SCAN:** Toggles through RPM, CNT, TIME, and CAL automatically.

Press the red button to cycle through display modes or reset the values.

Record Your Exercise Data

Equipped with a clear LCD display for your convenience



RPM
Rotation per
Minute



TIME
Workout
Duration



CAL
Estimated
Calories Burned



SCAN
Toggle
(TIME>CNT>RPM>CAL)



CNT
Number of
Rotations Completed



Close-up of the LCD display showing RPM, CNT, TIME, and CAL metrics, with an explanation of each.

FOLDING AND STORAGE

To fold the exerciser for compact storage, pull out the ring mechanism located on the side of the frame. Fold the legs inwards until they lock into place.

Store the folded exerciser under a table, in a cabinet, or any convenient space.

Foldable Design for Easy Storage

Suitable for various scenarios



Office



Living Room



Rehabilitation
Center

Visual guide demonstrating the folding mechanism of the pedal exerciser for easy storage.

MAINTENANCE

- **Cleaning:** Wipe the exerciser with a damp cloth after each use. Avoid abrasive cleaners.
- **Storage:** Store in a cool, dry place away from direct sunlight and moisture.
- **Inspection:** Periodically check all bolts and moving parts to ensure they are secure and functioning correctly.

TROUBLESHOOTING

LCD Display Not Working

- Check if the battery is correctly installed.
- Replace the battery if necessary.
- Ensure the sensor cable is securely connected.

Resistance Not Changing

- Ensure the resistance knob is fully engaged and rotating freely.

- Inspect the internal resistance mechanism for any obstructions (if accessible).

Unit Feels Unstable

- Ensure the exerciser is on a flat, level surface.
- Check that all non-slip foot pads are intact and making full contact with the floor.
- Verify that the folding mechanism is securely locked in the unfolded position.

SPECIFICATIONS

Feature	Detail
Model	GM2332/3
Unfolded Dimensions	19.5" x 15.5" x 9.5" (L x W x H)
Folded Dimensions	15.5" x 12.5" x 6.5" (L x W x H)
Net Weight	5 lbs
Material	Metal, ABS, PP
Color	Black
Display	LCD (RPM, CNT, TIME, CAL)
Resistance	Stepless Adjustable

Product Dimensions



No Assembly Required



Net Weight: 5 lbs

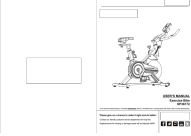
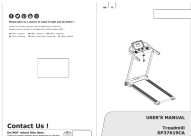

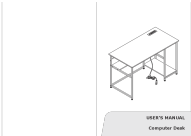


Diagram illustrating the unfolded and folded dimensions of the GYMAX Pedal Exerciser.

WARRANTY INFORMATION

This product comes with a 90-day warranty from the date of purchase. Please retain your proof of purchase for warranty claims. The warranty covers manufacturing defects but does not cover damage resulting from misuse, accidents, or unauthorized modifications.

CUSTOMER SUPPORT

For any questions, concerns, or assistance with your GYMAX Pedal Exerciser, please contact GYMAX customer support. Refer to the contact information provided with your purchase or visit the official GYMAX website.

	<p>GYMAX SP36172 Exercise Bike User Manual Assembly & Operation Guide</p> <p>User manual for the GYMAX SP36172 Exercise Bike, providing comprehensive assembly instructions, operation guide for the console, adjustment details for seat and handlebars, and general exercise tips. Learn how to set up, use, and maintain your stationary exercise bike for effective home workouts.</p>
	<p>Gymax SP37619CA Treadmill User Manual</p> <p>Comprehensive user manual for the Gymax SP37619CA Treadmill, covering safety precautions, assembly, operation, maintenance, and troubleshooting. Includes information on the Gymax App for enhanced user experience.</p>
	<p>GYMAX Exercise Bike User Manual: Installation, Operation, and Fitness Guide</p> <p>A comprehensive user manual for the GYMAX exercise bike, detailing installation steps, security operation guidelines, electronic meter functions, and fitness usage advice for optimal health benefits.</p>
	<p>Gymax Computer Desk Assembly Manual User's Guide</p> <p>Detailed assembly instructions and user manual for the Gymax Computer Desk. Learn how to assemble your new desk with clear steps and part identification.</p>
	<p>Gymax 47.5 inch Gaming Desk User Manual and Assembly Guide</p> <p>This document provides the user manual and assembly instructions for the Gymax 47.5 inch Z-Shaped Gaming Desk. It details the components, hardware, and step-by-step assembly procedures to ensure proper setup.</p>
	<p>Gymax L-Shaped Computer Desk Assembly Instructions</p> <p>Detailed assembly instructions for the Gymax L-Shaped Computer Desk, including parts list and step-by-step guidance for building your home office workstation.</p>