



journey HEALTH LIFESTYLE Exercise Peddler with Digital Display User Manual

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journey HEALTH LIFESTYLE Exercise Peddler with Digital Display



Exercise Peddler with Digital Display

The Exercise Peddler is a compact and portable exercise machine that can be used to improve cardiovascular health, build leg muscles, and increase circulation. It comes with a digital display that allows you to track your progress and monitor your workout. The device can be easily assembled at home and is designed to be easy to use.

Assembly Instructions

- **Step 1:** Remove contents from the box.
- **Step 2:** Pull legs in opposite direction until locking button snaps into locking receiver (see figure A).
- **Step 3:** Attach digital display to the peddler by sliding the loop over the tension knob receptacle located on the top of the peddler. Push down gently on the display so the clasp on the back of the display attaches to the peddler frame (see figure B).
- **Step 4:** Insert tension knob on top of peddler and turn clockwise to tighten. The tension knob will increase/decrease the amount of tension on the peddler. Tighten/loosen to a level that feels comfortable.
- **Step 5:** The pedal straps have two sets of holes to allow you to adjust the length of the strap around your foot or shoe (see figure C).

Folding Instructions

To fold, depress pushpin and fold leg inward. Repeat for second leg (see figure D).

Battery Replacement

If the display does not come on or reads incorrectly, the battery requires replacement. To replace the battery, use a small screwdriver and remove the display panel. Turn the display panel over and remove the watch-style battery. Insert a new battery and replace the display panel.

WARNING: Device may become hot with extended use.

Automatic Operation

The digital display comes with several functions that allow you to track your progress and customize your workout:

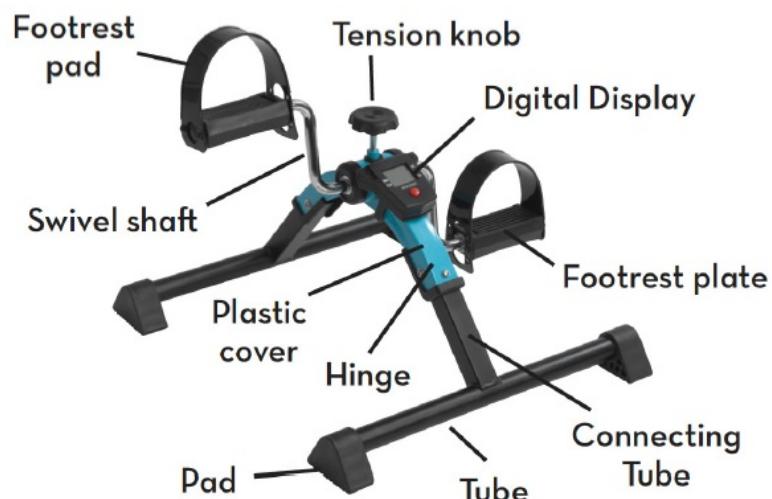
- **MODE (Red Button):** This control allows you to select a particular function. To start, press and hold the red button for four seconds. The LED will display the different functions. (After a few minutes without any movement, the unit will automatically shut off.)
- **TIME:** Determines the amount of time the peddler has been operating.
- **COUNTER (CNT):** Determines the number of steps while operating the peddler.
- **CALORIE (CAL):** Determines the amount of calories burned while using the peddler.
- **REPS PER MINUTE (R.P.M.):** Automatically calculates the repetitions per minute.
- **SCAN:** Will automatically review the results of all functions.

Warranty

The Exercise Peddler comes with a 12-month limited warranty that applies in North America only and is extended only to the original purchaser of the product when purchased directly from Journey Health and Lifestyle (USA) or an authorized reseller. The warranty is nontransferable beyond the initial purchaser. This warranty gives you specific legal rights and you may also have other legal rights which vary from place to place. Journey Health and Lifestyle shall not be liable for any consequential or incidental damages whatsoever and disclaims any liability beyond the initial purchase price of the product.

ASSEMBLY INSTRUCTIONS

Exercise Peddler



- **STEP 1** Remove contents from box.
- **STEP 2** Pull legs in opposite direction until locking button “snaps” into locking receiver (see figure A).



figure A

- **STEP 3** Attach digital display to the peddler by sliding the loop over the tension knob receptacle located on the top of the peddler. Push down gently on the display so the clasp on the back of the display attaches to the peddler frame (see figure B).



figure B

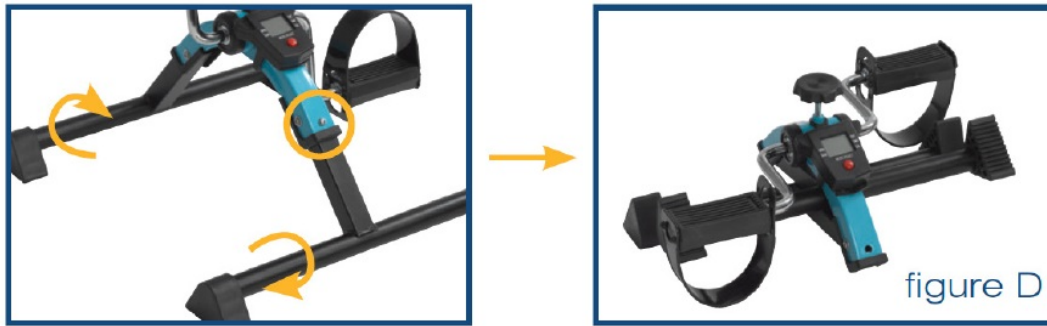
- **STEP 4** Insert tension knob on top of peddler and turn clockwise to tighten. The tension knob will increase/decrease the amount of tension on the peddler. Tighten/loosen to a level that feels comfortable.
- **STEP 5** The pedal straps have two sets of holes to allow you to adjust the length of the strap around your foot or shoe (see figure C).



figure C

FOLDING

To fold, depress pushpin and fold leg inward. Repeat for second leg (see figure D).



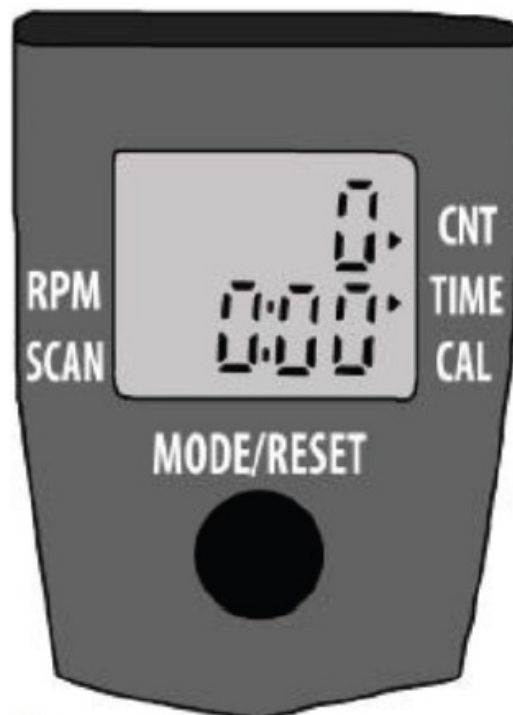
BATTERY REPLACEMENT

- If the display does not come on or reads incorrectly, the battery requires replacement.
- To replace the battery, use a small screwdriver and remove the display panel. Turn the display panel over and remove the watch-style battery. Insert a new battery and replace the display panel.

WARNING—DEVICE MAY BECOME HOT WITH EXTENDED USE.

AUTOMATIC OPERATION

1. **MODE (Red Button):** This control allows you to select a particular function. To start, press and hold the red button for four- seconds. The LED will display the different functions. (After a few minutes without any movement, the unit will automatically shut off.)
2. To select a function, wait until the four- second setup is complete. Push the red button and the arrow will move through the functions. When the desired function is selected, simply use the peddler and the unit will calculate the exercise.



3. **TIME:** Determines the amount of time the peddler has been operating.
4. **COUNTER (CNT):** Determines the number of steps while operating the peddler.
5. **CALORIE (CAL):** Determines the amount of calories burned while using the peddler.
6. **REPS PER MINUTE (R.P.M.)** Automatically calculates the repetitions per minute.
7. **SCAN:** Will automatically review the results of all functions.

WARRANTY

Exercise Peddler 12-Month Limited Warranty

Journey Health and Lifestyle warrants the frame and mechanical components to be free from defects in materials and workmanship for a period of twelve (12) months from the original purchase date. The originally supplied equipment is all warranted to be free from defects in materials and workmanship for a period of six (6) months from the original purchase date. If within such warranty period the components or parts referenced in this paragraph shall be proven to Journey Health and Lifestyle's satisfaction to be defective, the product shall, at Journey Health and Lifestyle's option, be repaired or replaced with new or refurbished product components. In some cases, an installation kit with instructions may be provided to the owner to facilitate installation of a replacement product component. This warranty does not include any labor charges incurred in product component installation. The warranty period of the repaired or replaced product shall terminate with the termination of the warranty period for the original product. Journey Health and Lifestyle's sole obligation and your exclusive remedy under this warranty shall be limited to such repaired or replaced product.


Contact Journey Health and Lifestyle before sending any product for warranty repair or replacement. Do not send any product without our prior written consent.

Limitations and Exclusions

- This warranty does not cover damage, deterioration or malfunction resulting from accident, negligence, misuse, abuse, occupancy by more than one user and cargo weight above that specified in this Product Manual; improper storage; improper operation or failure to follow instructions according to this Product Manual; damage in shipment of the product (claims must be presented to the carrier); repair, attempted repair or modifications made by anyone other than Journey Health and Lifestyle; any unit on which the serial number has been defaced, modified or removed; normal wear items; any periodic maintenance; deterioration due to perspiration, corrosive atmosphere, or ground covering such as pine needles or crushed limestone dust, or other external causes such as punctures, extremes in temperature or humidity; damages related to lighting, flood or circumstances beyond Journey Health and Lifestyle's control; or products subjected to commercial or institution use.
- This warranty applies in North America only and is extended only to the original purchaser of the Exercise Peddler product when purchased directly from Journey Health and Lifestyle (USA) or an authorized reseller. The warranty is nontransferable beyond the initial purchaser. This warranty gives you specific legal rights and you may also have other legal rights which vary from place to place.
- The foregoing warranty is exclusive and in lieu of all other express warranties, implied warranties, including but not limited to the implied warranties of merchantability and fitness for a particular purpose, and shall not extend beyond the duration of the express warranty provided herein. Journey Health and Lifestyle shall not be liable for any consequential or incidental damages whatsoever and disclaims any liability beyond the initial purchase price of the Exercise Peddler product.

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If you have any questions, call us at our toll-free number: 1-877-421-3724

<div data-bbox="124 85 290 129"><p>Exercise Peddler with Digital Display</p></div> <div data-bbox="178 129 236 138"><p>PRODUCT MANUAL</p></div> <div data-bbox="140 156 276 262"></div> <div data-bbox="172 277 240 297"><p>journey</p></div>	<p>journey HEALTH LIFESTYLE Exercise Peddler with Digital Display [pdf] User Manual</p> <p>Exercise Peddler with Digital Display, Peddler, Exercise Peddler, Digital Display, Display</p>
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