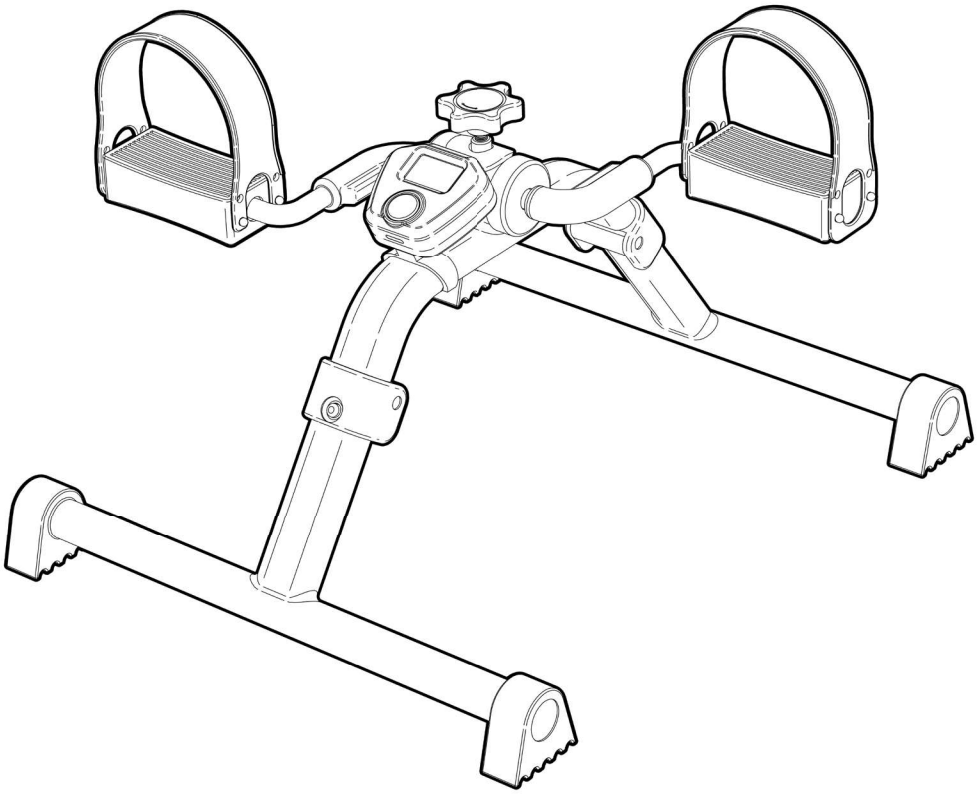
REDGUM BRAND
Daily Living and Lifestyle Products

PEDAL EXERCISER

RGFEP1



USER MANUAL

Please read and keep these instructions

redgumbrand.com.au

REDGUM BRAND
Daily Living and Lifestyle Products

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Product is subject to change without notice.

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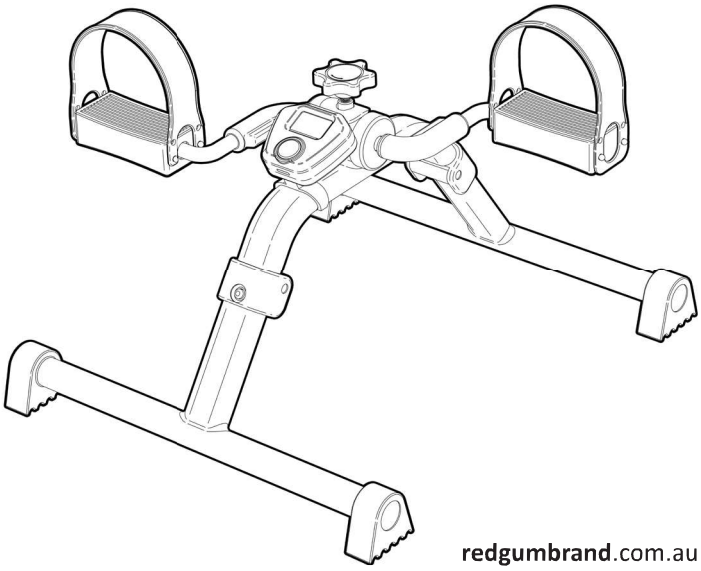
FOR-DE GROUP PTY LTD

REDGUM Brand is part of **FOR-DE Group Pty Ltd**

redgumbrand.com.au

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12. **WARRANTY**



INTRODUCTION

Thank you for purchasing this quality **REDGUM Brand** product.

If you have any issues or questions about the pedal exerciser please contact your supplier or **REDGUM Brand** direct:

T: +61 8 9248 4180
E: sales@for-de.com.au
A: 1 Business Way, Malaga Western Australia 6090

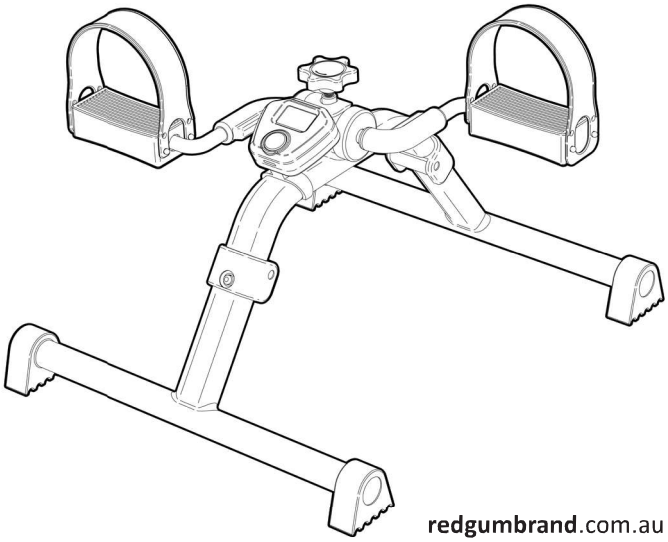
INTENDED USE

This product has limitations and should be used in accordance to these guidelines. Failure to follow these guidelines may result in damage to the product and injury to the user. It is the responsibility of the user to ensure the suitability of this product for its intended use. The user should consult their appropriate healthcare professional if unsure of the correct product usage for their unique circumstances.

Only use the pedal exerciser for its intended purpose which is a controlled exercise device used to elevate the users heart rate. Consult your physician before starting this exercise program. This is important especially if you are over the age of 35 or have any pre-existing health condition.

Read and follow all instructions, warnings and notes in this manual and all other accompanying literature before attempting to operate this product for the first time. In addition, your safety depends upon you, as well as your dealer, carer or healthcare professional in using good judgment.

IMPORTANT NOTE:
This equipment MUST be set up for use by a competent person.



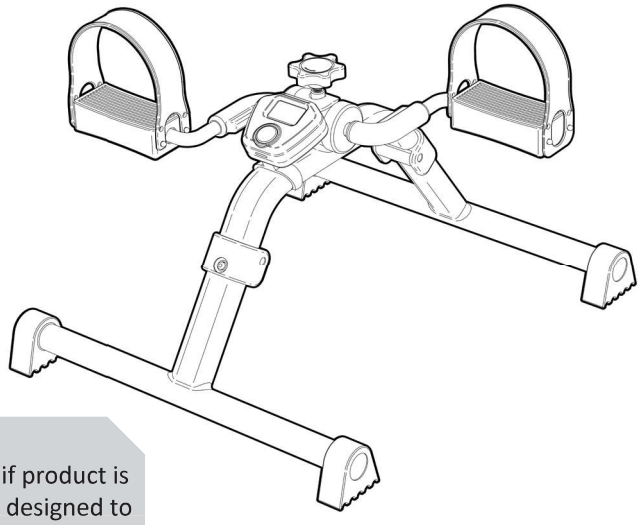
PRODUCT OVERVIEW

FEATURES

- Portable pedal exerciser for legs and arms
- Ideal for use when sitting or standing
- Variable pedal tension adjustment
- LCD display
- Large plastic pedals with grip
- Adjustable foot retainer straps
- Strong lightweight construction
- Folds up for transport or storage
- Large rubber feet hold exerciser in place

SPECIFICATIONS (All dimensions shown are nominal)

- Overall Width: **390mm**
- Internal Length: **460mm (330mm when folded)**
- Overall Height: **290mm**
- Pedal Width: **100mm**
- Product Weight: **2.2kg**



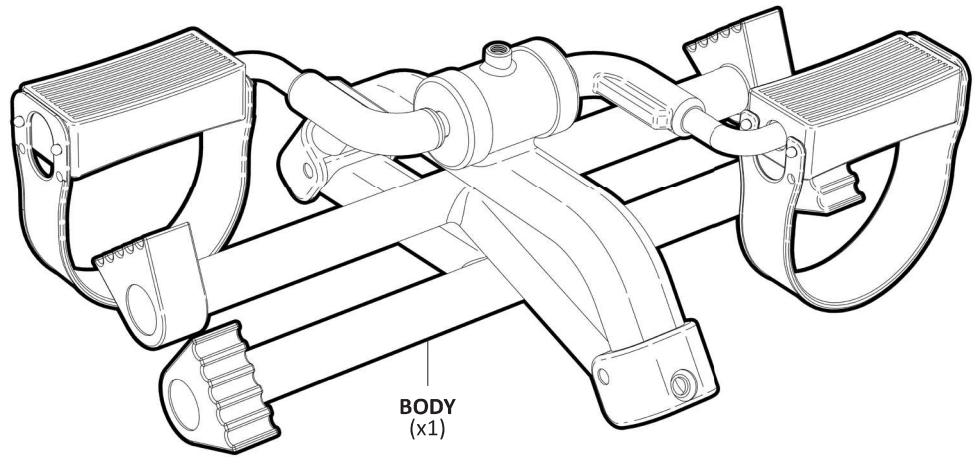
IMPORTANT NOTE:
Weight limit is not applicable if product is used properly. This unit is not designed to support a user's weight.

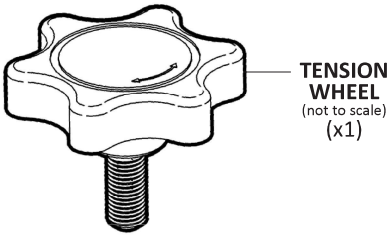
Please contact **REDGUM Brand** if you would like any further information on the pedal exerciser.

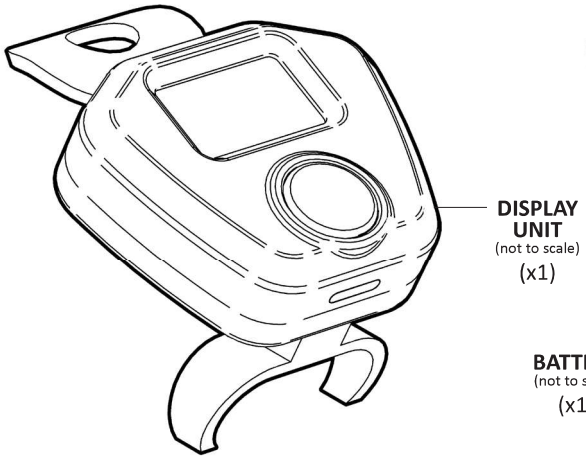
SET UP- UNPACK and INSPECT SUPPLIED PARTS

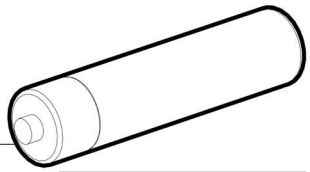
Ensure you have been supplied with the following parts:

- We recommend that you visually inspect the pedal exerciser parts prior to assembly.
- Ensure all packaging material has been removed from parts before assembling.









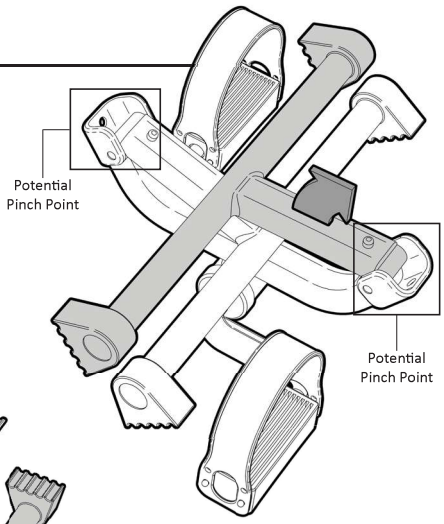
IMPORTANT NOTE:
Remove clear wrapping on battery prior to installation.

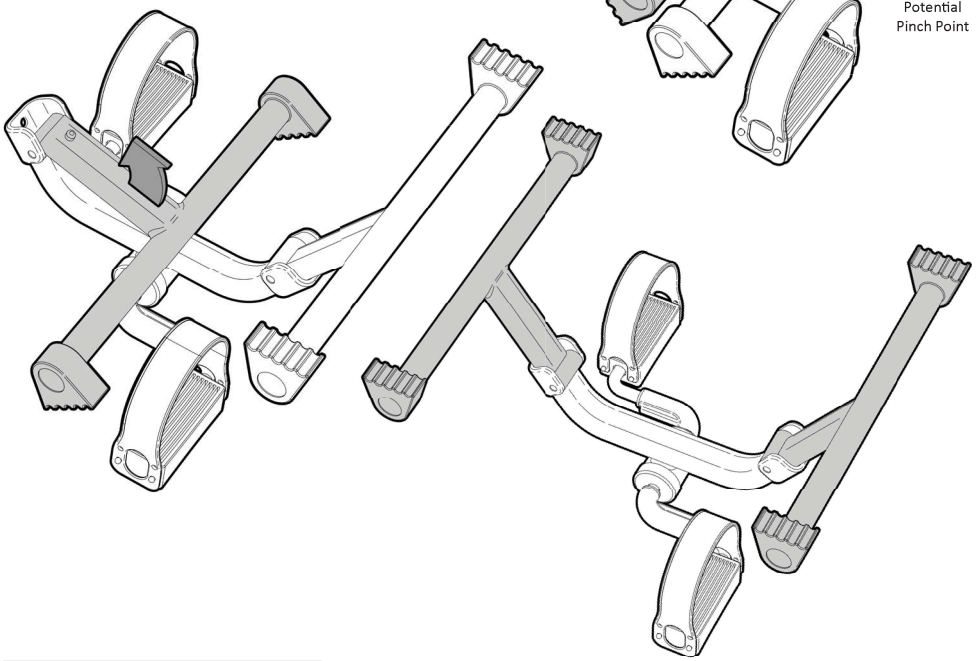
IMPORTANT NOTE:
If you see any damage, suspect a fault or parts are missing
DO NOT ASSEMBLE THE PRODUCTand contact your supplier for support.

ASSEMBLY- UNFOLD LEGS

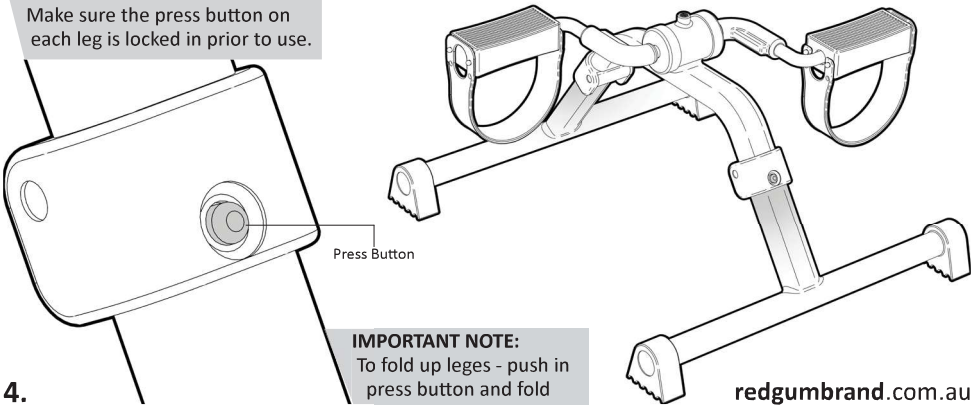
Please follow these steps to unfold the pedal exerciser legs correctly:

1. Take one leg and unfold it as shown on the image (be aware of potential pinch points).
2. Repeat the process for the other leg.
3. Check to ensure both legs are locked in place.





IMPORTANT NOTE:
Make sure the press button on each leg is locked in prior to use.

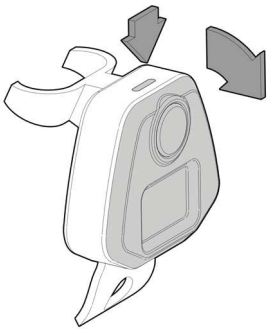


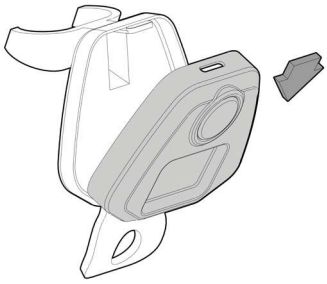
IMPORTANT NOTE:
To fold up leges - push in press button and fold

ASSEMBLY- INSTALL BATTERY IN DISPLAY UNIT

Please follow these steps to install battery in display unit:

1. Flip display unit upside down, press the slot in and rotate the front cover out.

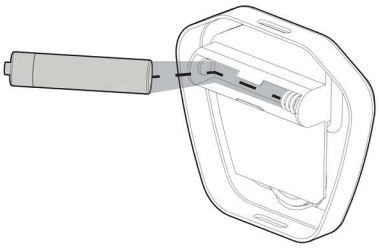




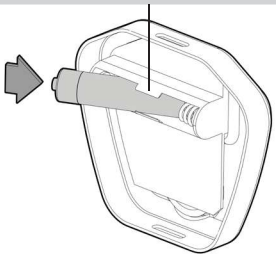
2. Drop the front cover down to remove.



4. Carefully slide the battery in from the side as shown.

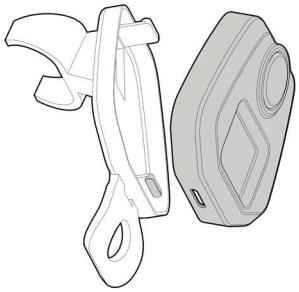


IMPORTANT NOTE:
Battery must go behind returns on battery holder.

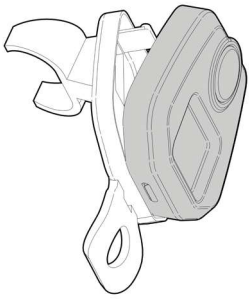




5. Align covers as shown.



6. Locate slot opening on front cover with slot on rear cover.



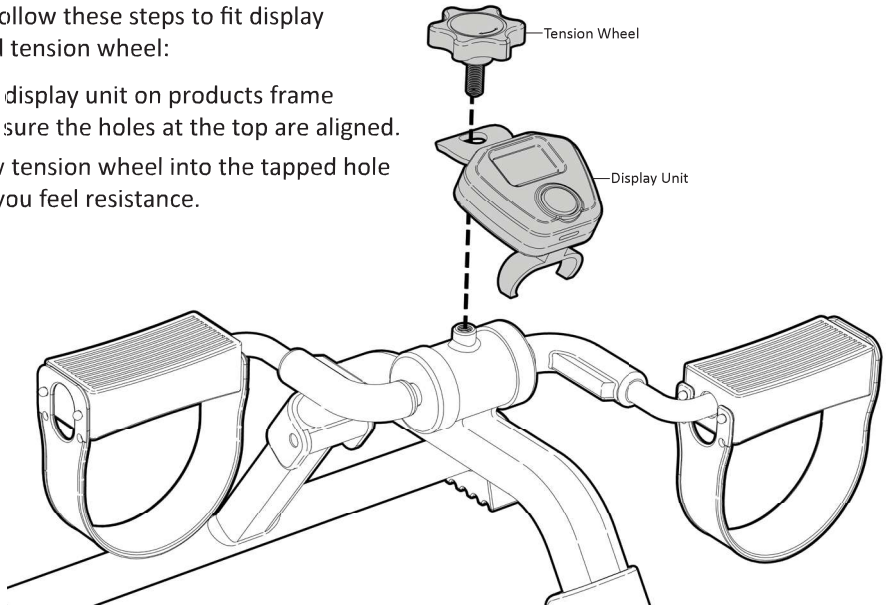
7. Rotate front cover onto rear cover and press together to close.

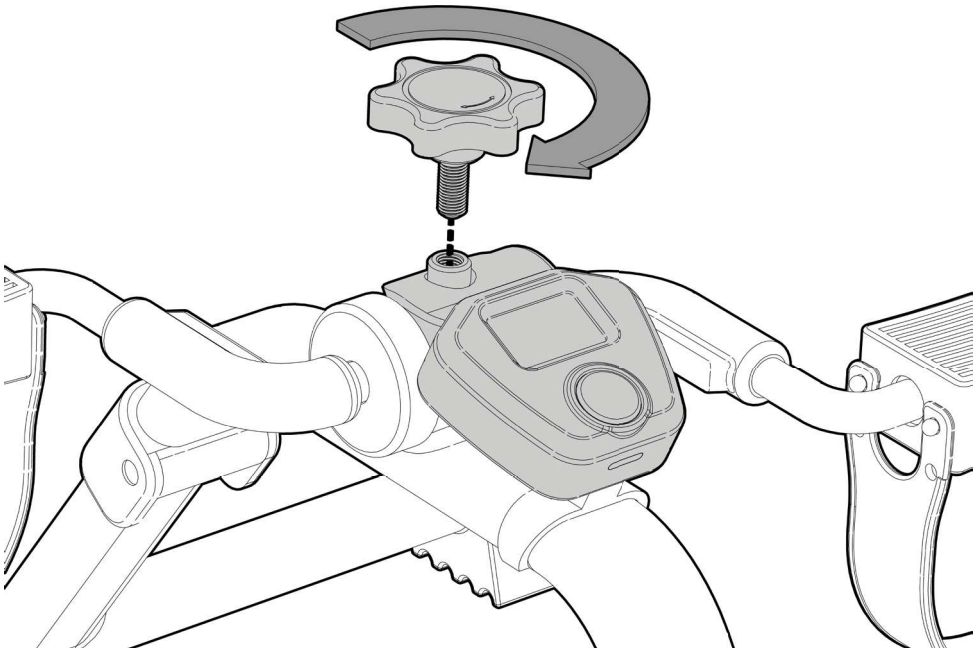


ASSEMBLY- FIT DISPLAY UNIT AND TENSION WHEEL

Please follow these steps to fit display unit and tension wheel:

1. Place display unit on products frame make sure the holes at the top are aligned.
2. Screw tension wheel into the tapped hole until you feel resistance.

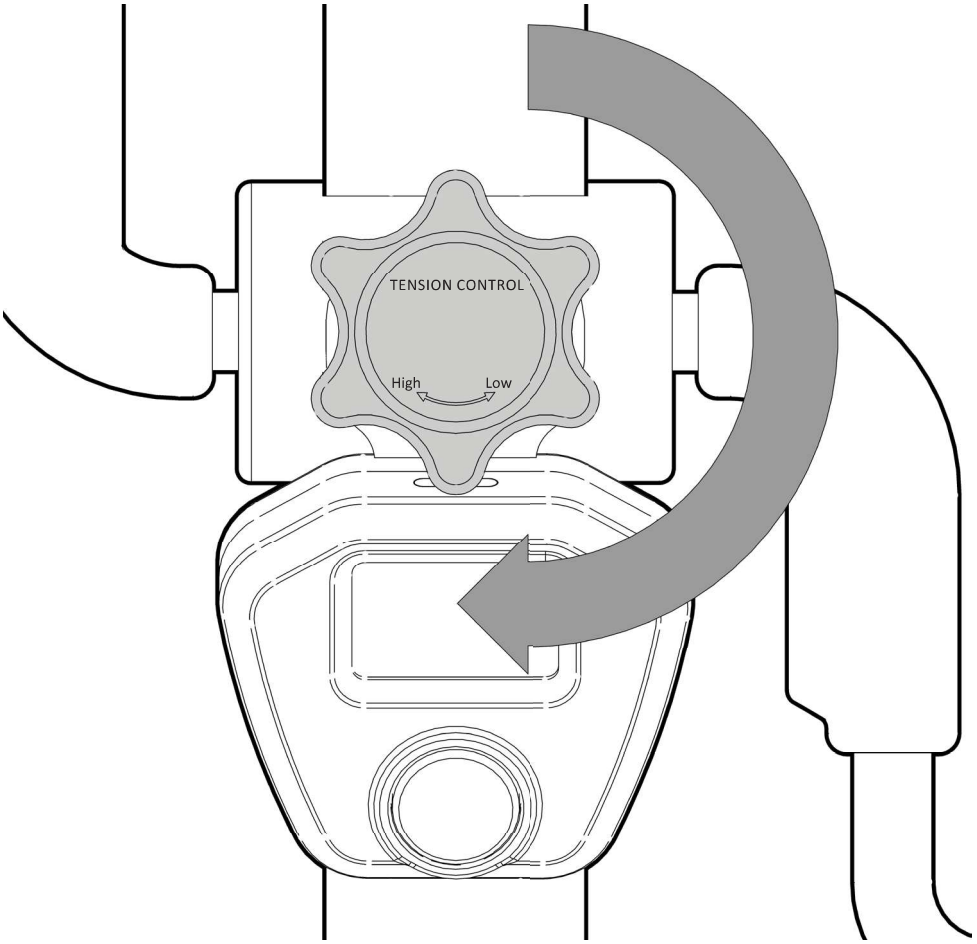




OPERATION - TENSION ADJUSTMENT

Please follow these steps to adjust the pedaling tension:

1. Rotate the wheel clockwise to increase the tension.
2. Rotate the wheel anti-clockwise to decrease the tension.

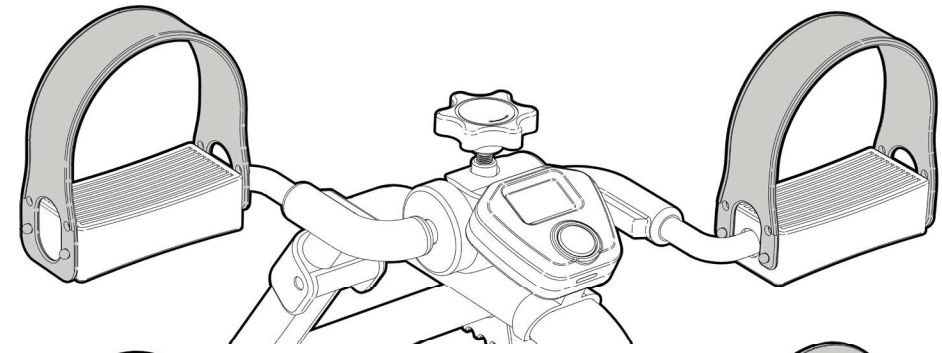


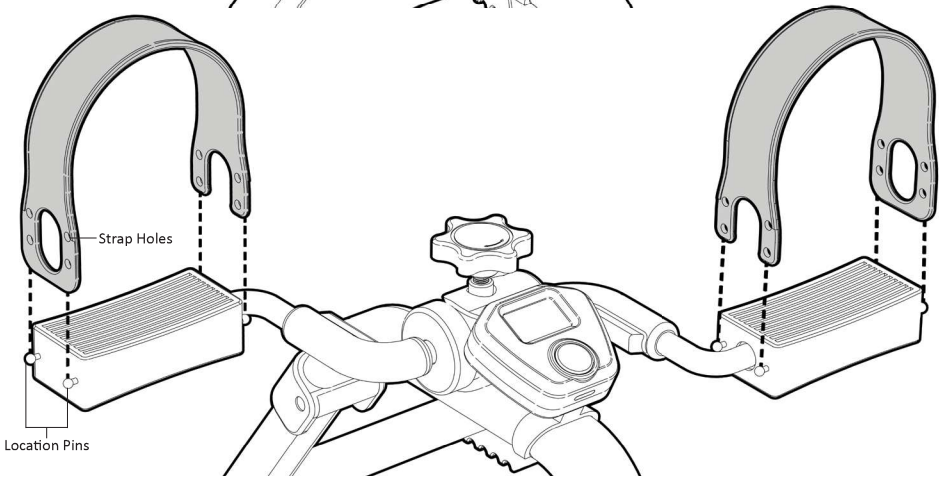
IMPORTANT NOTE:
DO NOT OVER TENSION when adjusting the tension control wheel.

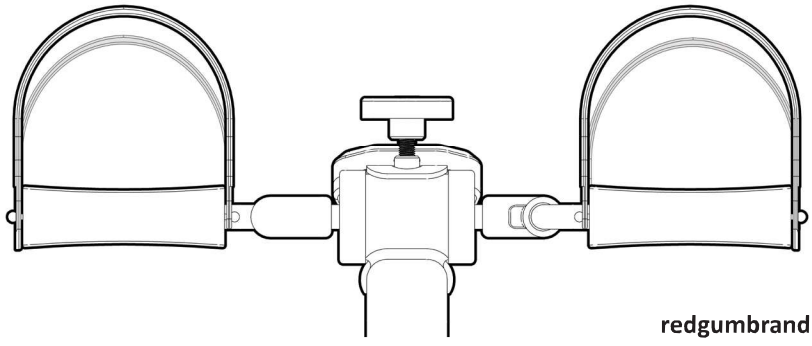
OPERATION - PEDAL STRAP ADJUSTMENT

Please follow these steps to adjust the pedal straps (two settings):

1. Remove straps from pedals.
2. Align the desired strap holes with the pedal adjustment points.
3. Push the pedal strap in and make sure they are fixed in position.







OPERATION - DISPLAY UNIT CONTROLS

Please follow these steps to operate the display unit:

Power On: Move the pedals or press the button.

Rest Mode: When pedalling has stopped count is displayed.

Count: Press the red button once to display pedal revolution count and calorie count.

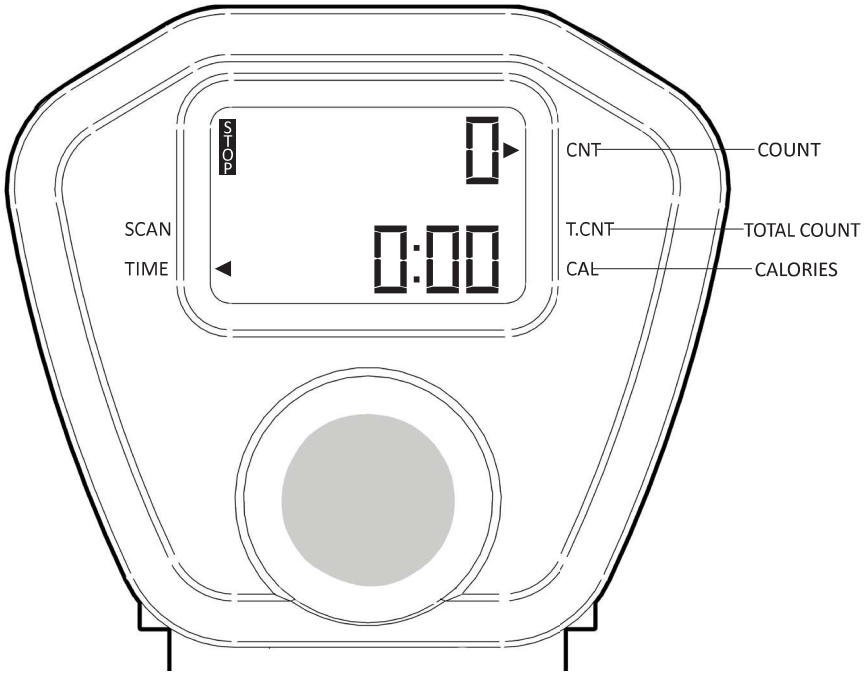
Total Count: Press the red button again to display pedal revolution count and total count.

Scan: Press the red button again to display pedal revolution count and activate scan (automatically scrolls through all the various options).

Time: Press the red button again to display pedal revolution count and pedalling time.

Reset: Press the red button and hold it down for two seconds to reset all functions to zero, except **Total Count**.
The **Total Count** will be reset to zero after battery is removed for battery.

Note: The display unit will shut off automatically after four minutes of inactivity.
All function values will be kept.

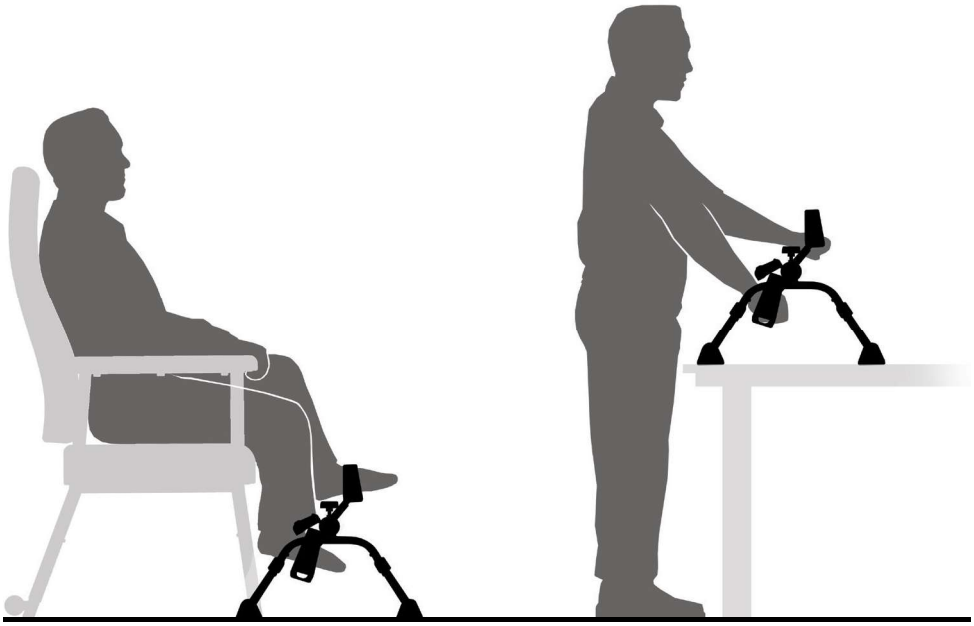


USAGE GUIDELINES - DO's + DON'TS

Please follow these guidelines to get the optimal benefit from the pedal exerciser.

Failure to follow these guidelines may result in damage to the pedal exerciser and put the user at risk.

- Periodically inspect to the pedal exerciser prior to use to ensure it is in good working order. (Refer to page 11)
- The pedal exerciser is designed to be used indoors only.
- **DO NOT** stand on the pedal exerciser.
- Use the pedal exerciser on even surfaces.
- Adjust straps to suit individual requirements.
- Periodically change batteries.
- Keep others including children & pets away from equipment when in use.
- We recommend that enclosed shoes are worn while using the pedal exerciser.



If you have any issues or questions about the pedal exerciser please contact your supplier or **REDGUM Brand** direct.

PRODUCT CARE - INSPECTIONS / CLEANING

INSPECTIONS

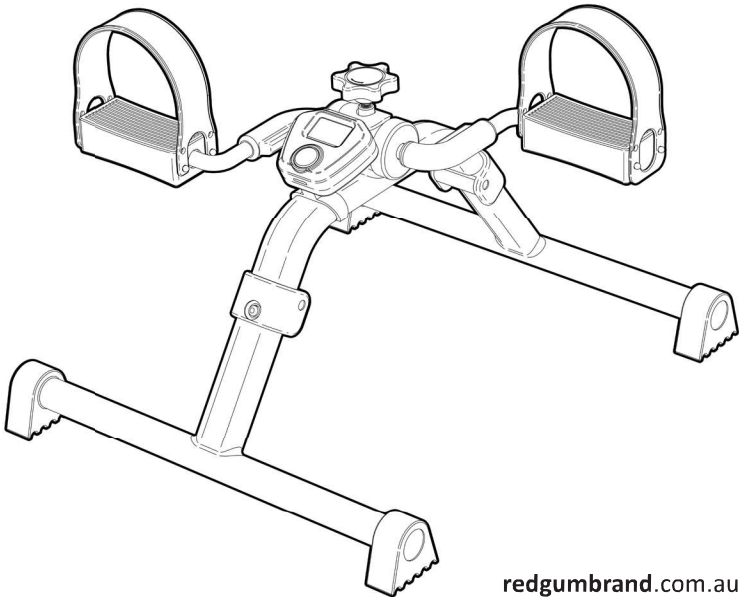
We suggest that the pedal exerciser is visually checked periodically for signs of damage or wear prior to use. Overall check following:

- Plastic components (pedals/display unit etc) are not damaged or cracked
- Pedals work as required
- Pedal straps are not damaged

CLEANING

- Wipe clean using a damp cloth.
- Take care when wiping the digital display area.
- Please check the suitability of the cleaning products before use.
- Do not use abrasive cleaners or cloths as these could permanently damage the surface and invalidate any warranty.
- Allow the product to dry thoroughly prior to use.

Withdraw the pedal exerciser immediately if you suspect damage or any other fault. If in any doubt, please do not issue or use, but immediately contact your supplier for service support.



WARRANTY

The **REDGUM BRAND**:

RGFEP1 - RED -PEDAL EXERCISER
RGFEP1 - BLUE - PEDAL EXERCISER

are covered by a **12 Month Warranty** from the date of purchase.

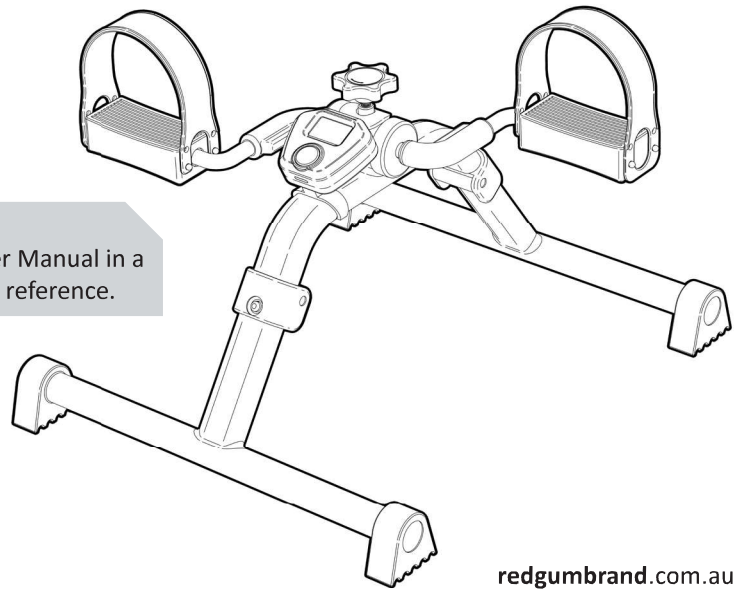
If the product has any manufacturing faults during this period contact the place of purchase for assessment. Failures as a result of **ACCIDENTAL MISUSE, MODIFICATION OR WEAR AND TEAR ARE NOT COVERED BY THIS WARRANTY.**

Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement part for a major failure and for compensation for any other reasonably foreseeable loss or damage. You are entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and failure does not amount to major failure.

If you have any issues or questions about the pedal exerciser please contact your supplier or **REDGUM Brand** direct on:

T: +61 8 9248 4180
E: sales@for-de.com.au
A: 1 Business Way, Malaga
Western Australia 6090

IMPORTANT NOTE:
Please keep this User Manual in a safe place for future reference.



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Daily Living and Lifestyle Products



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