



**MoVeS**



*Standard  
Pedal Exerciser  
User Manual*



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## Safety Precautions

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Read all instructions carefully before operating this product. Retain this owner's manual and keep all original transaction receipts for future reference.

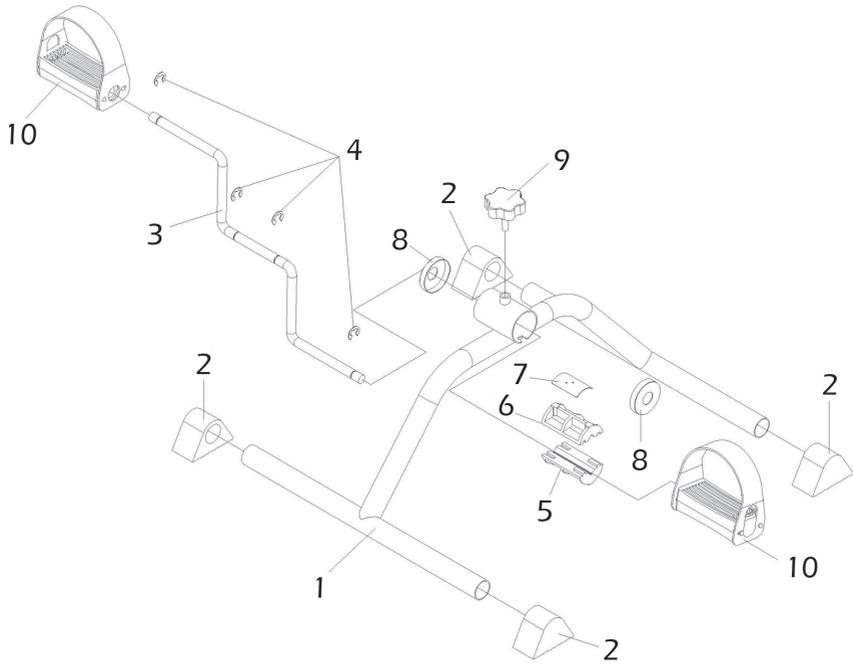
- Consult your physician before beginning this or any other exercise program.
- If you experience any irregular physical conditions such as dizziness, severe muscle or joint pain or pain in the chest, stop exercising and consult with your physician immediately.
- Keep children and pets away from the machine while in use.
- Do not operate this or any exercise equipment if it is damaged.
- Set up Pedal Exerciser as directed in Assembly Instructions and place unit on a level, non-slip surface.
- Keep hands and feet away from any moving parts. Do not insert any objects into any openings.
- Perform 3 to 5 minutes of warm-up and stretching before beginning your exercise.
- Never exercise to exhaustion.
- Do not stand on the Pedal Exerciser, only exercise in seated position.
- Keep a minimum safety clearance during operation. The Pedal Exerciser is designed as a home use exercise device. User must have full control of their muscles to operate this unit. It may not be suitable for people who are quadriplegic or paraplegic. Please consult your doctor or physician.
- Exercise equipment is to be regularly inspected for maintenance for loose or broken parts.
- This product is for consumer use only.
- Wear comfortable and suitable clothing when using Pedal Exerciser.
- Each exercise should be performed in a controlled manner. Always start exercising slowly.
- Have the unit serviced by a qualified service technician. Do not attempt to service the unit yourself.

**Warning: The Pedal Exerciser is designed for seated position use on a flat and stable surface.**

Storage Precautions:

Do not store the unit in any place where it will be subjected to high or low temperatures. Do not expose to direct sunlight for extended periods of time. Do not store the unit in a humid or dusty area.

# Overview Drawing & Parts List



Part #	Description	Quantity
01	Main Frame	1
02	Foot Pad	4
03	Crank	1
04	Clip 10mm	4
05	Lower Cover	1
06	Upper Cover	1
07	Iron Plate	1
08	Bushing	2
09	Adjustable Knob	1
10	Pedal	2

## **Workout**

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### **Workout Principal**

1. Personal goals can include shaping, strengthening, improving present fitness level, rehabilitation of previous injuries, cardiovascular exercising, etc... By using the Pedal Exerciser correctly and on a regular basis, you can achieve your goals.
2. Available time is a major element in determining what we do in our daily lives. If you can only exercise for 15 minutes, develop a 15 minute program with the Pedal Exerciser.
3. Exercising and working out on the Pedal Exerciser should be an enjoyable part of your daily life.
4. Focus on the exercises. No matter what your present level of fitness, you can complete each exercise in a short range of time and sense the increased level of strength and endurance.
5. Always start exercising slowly, to warm up muscles.
6. The design of the Pedal Exerciser allows you to exercise your muscles with natural and efficient movements.

### **The Overload Principal**

In order for you to strengthen your body, you must develop a series of exercise workouts each day. When you work out on a regular basis, your body (specifically your muscles), adjust to the new level of workout. This is called "increasing local metabolic efficiency". As a result, your muscles work better and you get stronger. If you keep working at the same level of metabolic efficiency, you can't improve muscle efficiency. So from time to time, you need to increase the frequency and/or duration of the exercise. Thus, in order to improve your fitness level, you must progressively increase your work load to reach your personal goal.

### **Range of motion and flexibility**

This device can be used for both upper and lower body. As a lower body device, it works with passive motion to increase tone of the quadriceps muscles (muscles in the thigh) and circulate blood flow to the entire lower leg and foot. For upper body use, it is used as a resistance device, allowing the user to exercise the muscles of the arm (biceps, triceps, deltoids and the smaller muscles of the forearms).

### **Routine**

People vary in how they adapt to repetitive exercise. In developing an exercise routine, pay attention to how you feel, especially after an exercise is completed. You may feel tired but you should not feel exhausted. When you first start exercising, the principal muscles you use will ache slightly, especially the next day. However, they should not hurt to cramp. No matter what the recommended exercise routine, never exercise beyond the point of discomfort.

## Workout

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For the first two weeks, you should begin with 5-10 minutes once a day at a low speed. After the first two weeks, you can increase the time on the device to 15-20 minutes as you become more accustomed to the exercise. The speed can also be increased once you have adapted to the device. Longer periods of exercise will result in greater gains.

### Leg Exercise

Place the Pedal Exerciser on a non-slip mat and sit comfortably in a chair, the device directly in front of you. The knee joint should not be flexed less than 90 degrees. Wear rubber soled shoes and adjust foot pedal straps to the proper length. Barefooted use of the Pedal Exerciser is not recommended.

#### WARNING

Do not stand on the unit to exercise. Only exercise in a seated position. Make sure the seat does not move or pivot. Do not sit in a chair with casters.



### Arm Exercise

Place the unit directly in front of you on a table top. Be seated in a comfortable chair, so you can easily reach the hand grip pedals without hyper extending (over straightening) the elbow joint. This can be accomplished by either placing a cushion on top of the seat or by moving the unit closer to the user.