

Assembly Instructions



AMLFPE- AML Folding Pedal Exerciser with Pedometer

Check you have all the parts:

1x	Pedal exerciser
1x	Pedometer
1x	Resistant knob

Tools required:

	N/A
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Instructions

1. Unfold the legs on the pedal exerciser until the buttons clip into place.
2. Clip the pedometer onto the mounting bracket.
3. Screw the resistant knob into the screw hole in front of the pedometer.
4. Completed Assembly

Guidance for Use

To increase the tension turn the knob clockwise,
to decrease the tension turn anti-clockwise.

Maximum Weight Capacity: 100kg

