

EASY-EXERCISER



1. Assemble the product using the screws in the mounting parts.
2. Fix the resistor onto the main frame with screws.
3. Place the center resistance adjustment knob into the hole and turn it into the resistor to adjust the exercise intensity.



Place the product on a level surface, put your feet on the pedals, move clockwise or anticlockwise as desired.

Note: Please sit on a chair when you take exercise with this product, don't just step on the product and put your full weight on it.