



USER MANUAL



Pedal Exerciser (EG0088)

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User Manual Booklet 2025

Pictures used are for illustration purposes only

Please read the instructions carefully before using this product.

The Zoom Mobility Pedal Exerciser is designed to help improve circulation and muscle strength and is ideal for those who want to exercise in the comfort of their own homes. It is manufactured from the finest quality materials, and when used correctly it will last for years to come.

Preface

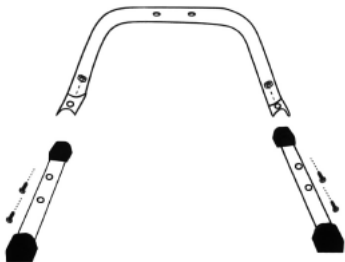
- I. Check each part carefully before use. If anything becomes broken, do not use.
- II. Keep these instructions in a safe place for future reference.

Warnings

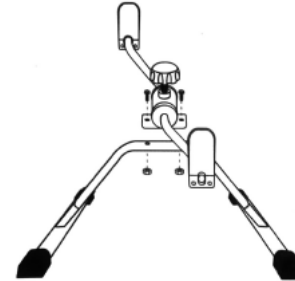
1. Read this manual carefully before use, retain your reference and ensure anyone else using the product refers to it.
2. Only use indoors.
3. Only use it on a firm flat surface and ensure there is sufficient free space surrounding the unit.
4. Regularly inspect the product for any damage – if any appear stop using and contact your supplier immediately.
5. Do not use it in the bathroom, or anywhere damp or wet.
6. Consult a medical professional before use.
7. Do not use it if you feel unwell or immediately after eating. Ensure you have warmed up or cooled down sufficiently.
8. Please wear suitable clothing and footwear at all times when using.
9. Do not allow children to play with this appliance – it is suitable for use by people of 8 years and above and people with reduced physical, sensory or mental capabilities if they are supervised and instructed correctly.

Set Up

1. Join the legs to the main frame with the 4 screws and nuts. Make sure the nuts are above.



2. Attach the pedals and tensioner to the stand using the 2 screws and nuts. Tighten the nuts as tight as you possibly can. Your pedal exerciser is now ready for use.



3. After the 2 steps, you can start to use it. If the exerciser is wobbly, that means the 4-inch rubber feet are not evenly flat on the floor. You need to tighten or loosen the 4 screws on the leg to make the four legs flat on the floor.

Floor Use

- Before use, adjust the tension knob until the desired level of resistance is reached.
- Sit in a stable chair and place the pedal exerciser on a carpet or mat in front of you, a comfortable distance away.
- Place your feet on the pedals and secure in place using the straps.
- Start pedalling in a forwards or backward motion depending on which muscle group you want to work on.

Tabletop Use

- Before use, adjust the tensions knob until the desired level of resistance is reached.
- Place the unit on a table or similar stable surface so that it is level with your chest and sit on a stable chair facing towards it.
- Ensure the unit is placed at a comfortable distance away to avoid over stretching your arms.
- Grip the pedals with your hands and rotate in a forwards or backwards motion depending which muscle group you want to work on.
- Keep your back straight and try not to lean forwards.

Warranty

One-Year Warranty

- Pedal Exerciser

Your Zoom Mobility product is fully guaranteed for one (1) year from the date of purchase against faults arising due to defects in the manufacture or materials. This warranty does not detract from it but is in addition to your legal rights.

Any attempt to open or dismantle this item renders the guarantee void on that item.

Not Covered Under Warranty

The guarantee does not extend to those items which may need replacement due to normal wear and tear, or damage to the product caused by misuse or accident for which Zoom Mobility or its agent cannot be held responsible. This warranty does not include service calls.