



Portable pedals

INTRODUCTION

Thank you for purchasing BookCycle Portable Pedals. Now you can get fit while you sit - at home, at work, on long carriages, hotels, cruises, even on long flights! BookCycle is great for seniors too! Take off with BookCycle – anywhere, anytime!

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PEDAL



FOLD



Light weight Design
Come Fully Assembled



1. Place flat on your lap with oval knobs facing up and blue seat strap at 3 o'clock position.
Loosen knobs by turning counter-clockwise. DO NOT TWIST THE KNOBS OFF.



2. Grasp both connector tubes with right hand at 3 o'clock position (on the blue strap) and left hand at 6 o'clock position at base of white T-bar without blue strap(see picture).



3. Lift BookCycle off lap or surface and gently twist white T-bar tubes. Right hand moves towards you and left hand moves away from you until BookCycle can't twist anymore and is at 90 degree upright position the floor or surface.
Adjust them as necessary.



4. Place BookCycle on floor or table with timer and strap facing you and oval knobs on left side of the tube. Make sure rubber feet are positioned level, flat on your BookCycle is not at 90 degrees, flush against floor or table, loosen the blue oval knobs, correct position and re-tighten knobs.

5. Twist both blue knobs clockwise until secure.

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