

vive®



PEDAL EXERCISER

Owner's Manual
RHB1001

vivehealth.com

OVERVIEW

We are constantly answering questions and recording helpful videos to make using your Vive Pedal Exerciser as easy as possible. Check out the included links and QR codes to help you through the process.



To see all of the FAQs in one place
visit vhealth.link/978ce

VIVE APP



Don't forget to download the Vive Fit app in the Apple or Google play store.



Download on the
App Store

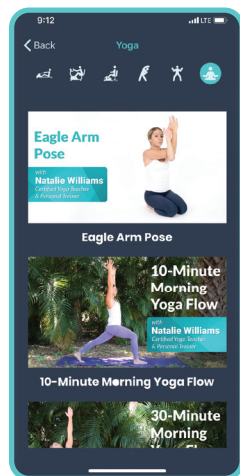


To download from Apple,
visit: vhealth.link/pdu



To download from Google Play,
visit: vhealth.link/vivefit

On our app you can find a great collection of workout videos featuring our knowledgeable trainers, as well as a collection of scenic videos that will pair great with your new Vive Pedal Exerciser.



WHAT'S INCLUDED

- (A) 1x Pedal Exerciser (Base Unit)
- (B) 1x Left Foot Pedal
- (C) 1x Right Foot Pedal
- (D) 1x Front Leg
- (E) 1x Rear Leg
- (F) 4x Plain Washers
- (G) 4x Spring Washers
- (H) 4x Screws
- (I) Screwdriver Tool
- (J) Wrench Tool





Want to watch us do this? Check out vhealth.link/2044c for an easy instructional video.

1. Attach the front leg (D) and the rear leg (E) to the basic unit of the pedal exerciser (A) using 2 screws (H) per leg with a plain washer (F) and spring washer (G) per screw. Use the supplied screwdriver tool (I) to fasten screws.

Note: Ensure that the front leg (D) and rear leg (E) are correctly positioned.



2. Attach the Foot Pedals (B & C) to the corresponding Pedal Arms with the supplied wrench tool (J). The pedals must be screwed into the threaded holes on the arms in the direction indicated on the decal on each side of the device. See note below for further details.



Note: the Foot Pedals and Pedal Arms are marked "L" and "R" respectively. During assembly, make sure to match the corresponding pedals and arms before attaching. To adjust the foot straps, simply unfasten the screws holding the strap to the pedal and refasten to the pedal at the desired length.

TURNING THE DISPLAY MONITOR ON/OFF

The display automatically turns on and starts taking measurements as soon as you start exercising on the Vive Pedal Exerciser. The display turns off automatically when the equipment is not used for longer than 4 minutes.

DISPLAY MONITOR AND FUNCTIONS

The monitor has a two line display where the functions are shown. The speed is displayed in the upper line. There are different modes available to you in the lower line. Press the oval key bellow the display to switch between the following values:

SCAN: Displays each mode for a few seconds.

TIME: Previous training time in minutes:seconds (0:00 - 99:59 mi).

ODO: Total distance covered since the last battery change (0-9999 mi).

(Note: This value is reset to 0 as soon as the exhausted battery is removed and replaced by a new battery).

RMP: Shows the speed of rotation per minute (0-999).

DIST: Shows the distance covered (0.00-99.99 mi).

CAL: Shows the number of calories burned (0.00-999.9). (This mode states an approximate value. The actual calorie consumption depends on the condition of the person).



REPLACING THE BATTERY

1. Take the display monitor carefully out of the holder using a screwdriver.
2. Remove the exhausted battery.
3. Insert new AAA Battery into the battery compartment on the back of the display monitor. Make sure that the battery is inserted with the correct Polarity (+ / -).
4. Place the display monitor back into the holder and lightly press it into position.

WARNING

- If the Pedal Exerciser is wobbling; put on a flat surface.
- Maximum weight limit of the Vive Pedal Exerciser is 220 lbs.
- Consult your doctor before beginning a training routine.
- Do not exert yourself beyond a level that is overly strenuous.
- Stop and consult your physician immediately if you feel any discomfort such as dizziness, nausea, chest pain, or any other abnormal symptoms.

GOT MORE QUESTIONS?

Check out our list of Frequently Asked Questions at vhealth.link/978ce for helpful answers.



And if that doesn't answer your question, our customer service team would love to help! Feel free to connect with them by phone, e-mail, or chat on our website.

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