BIOS living™

PEDAL EXERCISER WITH DIGITAL DISPLAY
Instruction Manual

INTRODUCTION

Thank you for purchasing the BIOS Living™ Pedal Exerciser with Digital Display. **DO NOT** set-up or use the product before reading the instructions and warnings carefully.

INTENDED USE

The BIOS Living™ Pedal Exerciser is designed for seated, low-impact exercise of the arms and legs. It is intended for personal, indoor use and can be used in a home or similar environment. The product is meant to provide a way to stay active while seated and is not designed for high-intensity workouts or standing use. The BIOS Living™ Pedal Exerciser must only be used while seated. It is not intended for commercial fitness facilities or outdoor use.

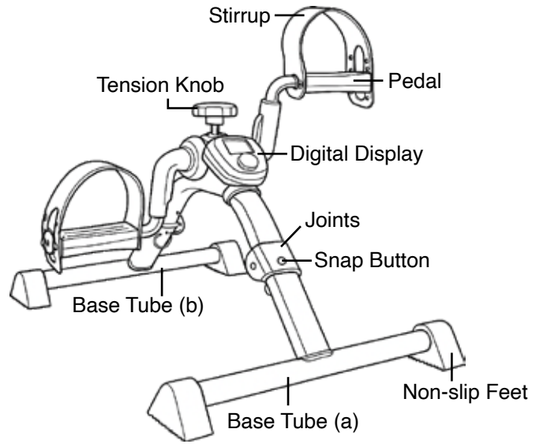
⚠ WARNINGS

- Consult your physician, physical therapist, or other qualified health care professional before beginning any exercise program.
- Inspect the BIOS Living™ Pedal Exerciser before each use. Ensure all screws, joints, fittings, and components are properly tightened and secure.
- Check for damaged or worn parts, including cracks, loose pieces, broken straps, or sharp edges. **DO NOT** use the product if any part is damaged or missing.
- This product has a maximum weight capacity of 100 kg/220 lbs. **DO NOT** stand on the pedals. Doing so may damage the unit and/or cause injury.
- Always place the BIOS Living™ Pedal Exerciser on a flat and stable surface before use.
- Do not use the BIOS Living™ Pedal Exerciser while seated in a rolling or unstable chair. Using an unstable chair may cause tipping or sliding and lead to injury.
- If using the BIOS Living™ Pedal Exerciser from a wheelchair, ensure the wheelchair brakes are fully engaged before pedaling. Failure to secure the wheelchair could result in tipping or injury.
- Keep fingers, clothing, shoelaces, and hair away from moving parts. Moving parts can cause entanglement or pinching injuries.
- Stop exercising immediately if you feel faint, dizzy, are short of breath, or experiencing pain. Seek medical attention if symptoms persist.
- Keep the BIOS Living™ Pedal Exerciser away from children and pets. This is not a toy.

CARE AND MAINTENANCE

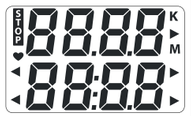
- Wipe the BIOS Living™ Pedal Exerciser with a soft, damp cloth if cleaning is required. **DO NOT** immerse the BIOS Living™ Pedal Exerciser or Digital Display in water.
- This device is intended for indoor, personal use only. **DO NOT** use in wet, damp, or outdoor environments.
- Regularly check to ensure all fixtures (screws, joints, fittings, etc.) on the BIOS Living™ Pedal Exerciser are tight and secure.

BIOS LIVING™ PEDAL EXERCISER PARTS



DIGITAL DISPLAY

The BIOS Living™ Pedal Exerciser's LED Digital Display includes the following functions:



TIMER ("TIME")	Displays the duration of your workout
COUNT ("CNT")	Shows the pedal revolutions of your current workout
TOTAL COUNT ("T.CNT")	Tracks the total revolutions of all of your workouts, combined (Remove and replace the battery to reset this count)
CALORIE ("CAL")	Calculates the calories burned during your workout
"SCAN"	Automatically cycles the results of "TIME", "CAL" and "T.CNT" on the display.

"CNT" will always show when the Digital Display is on. Press the red button to choose the additional function you would like displayed while working out. "TIME", "CAL" and "T.CNT" can be selected to remain static on the display. Continue to cycle through the functions by pressing the red button until an arrow begins flashing to indicate the "SCAN" function is in use. This automatically cycles the results of "TIME", "CAL" and "T.CNT" on the display. An arrow will point to the current function being highlighted. Press the red button again to turn off the "SCAN" function.

Additional Display Functions:

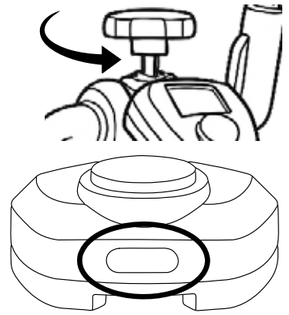
Auto Power On	Display automatically turns on when you start pedaling
Auto Power Off	Display automatically turns off after 5 minutes of inactivity
Pause Timer	Timer pauses when the exerciser is idle for 3 seconds. A "STOP" symbol will appear on the top left corner of the display
Workout Recall	Displays the data of your most recent workout. Press the large red button before you begin pedaling. Cycle through the "TIME", "CAL" and "T.CNT" functions by pressing the red button. Press and hold the red button for 2 seconds to clear this data

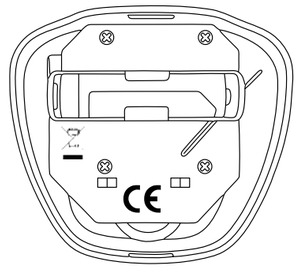
REPLACING THE BATTERIES

The BIOS Living™ Pedal Exerciser with Digital Display comes with 1x AAA battery, ready to use in the digital display.
Replace the battery when the numbers fade or you see unusual characters on the display.

To Replace the Battery:

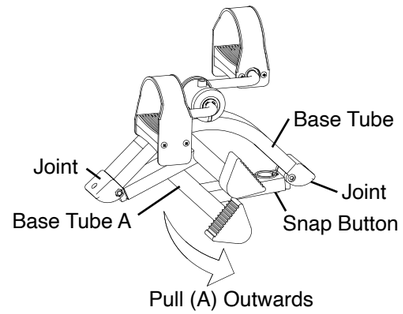
1) First, remove the tension knob by turning it counter-clockwise.
2) Next unclip the Digital Display from the frame.
3) Push the button at the bottom of the display to release the battery cover.
4) Remove the old battery and replace with a new 1x AAA battery.

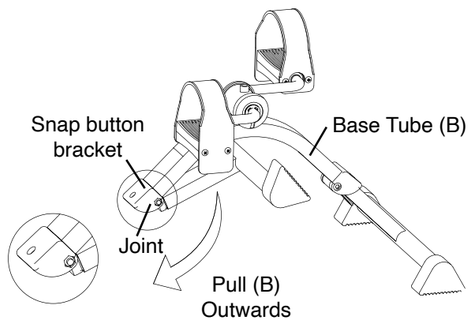




SET-UP

1) **Unfold the BIOS Living™ Pedal Exerciser – Pull** Base Tube (A) outwards until snap button on the joint fully protrudes through the hole in the bracket, and an audible click is heard. Repeat for Base Tube (B).



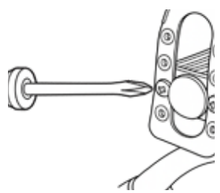


2) **Install the Digital Display** – Fit the hole at the top of the Digital Display over the tension knob hole. Clip the bottom of the display to the base of the exerciser.
3) **Screw in the Tension Knob.**

STIRRUP ADJUSTMENT

A No. 2 Philips screwdriver is required to adjust the stirrups.

1) Remove the screws, and position your feet so that the arch of your foot is on the pedal.
2) Tighten or loosen the stirrup ensuring the stirrup is comfortable and secure.
3) Select the hole that is the closest and tighten back in the screws. **DO NOT** adjust the stirrup so that they are too tight around your feet. You need to be able to comfortably remove your foot from the stirrup without removing the screws.



USING THE DEVICE

1) **Place the BIOS Living™ Pedal Exerciser on a flat, stable surface** – Ensure all four rubber feet are resting evenly on the floor with the textured grips facing downward to prevent slipping.
2) **Position your chair** – Sit in a sturdy, stationary chair, facing the BIOS Living™ Pedal Exerciser. Adjust the distance so you can reach the pedals comfortably without locking your knees or leaning forward. Note: If using a wheelchair, ensure the wheelchair brakes are fully engaged and maintain proper distance to avoid strain. If leg pedaling isn't possible, the unit can be used for arm exercise.
3) **Adjust the resistance (if applicable)** – Turn the tension knob clockwise to increase resistance or counterclockwise to decrease resistance. Start with low resistance and gradually increase until you reach a comfortable resistance that allows smooth movement.
4) **For leg exercise** – Place your feet on the pedals and rotate them in a smooth, circular motion.
5) **For arm exercise** – Place the unit on a table, grip the pedals with your hands in the same smooth, circular motion.
6) **Begin pedaling, maintaining steady movement** – Pedal at a comfortable, controlled pace. Avoid sudden or jerky motions.
7) **If the exerciser shifts during use** – Stop pedaling, reposition the unit, and continue.
8) **When finished** – Stop pedaling and remove your feet or hands.

ONE YEAR LIMITED WARRANTY

The BIOS Living™ Pedal Exerciser with Digital Display has a 1 year warranty to be free of manufacturing defects in materials and workmanship under normal applications for 1 year of the original owner. If this product becomes inoperable due to defect, return the product with all component pieces and proof of purchase to the address listed below. This warranty does not cover any shipping/transport costs. This warranty does not apply if the product is subject to misuse, neglect, rough handling or damage.

100% Satisfaction Guarantee
If at any time, you are not completely satisfied with the performance of this device, call our BIOS Medical Hotline and speak with a customer service representative, who will make arrangements to have the device tested or replaced to your full satisfaction. If you have questions regarding the operation of your Pedal Exerciser with Digital Display call the BIOS Medical Hotline: 1-866-517-2970.

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