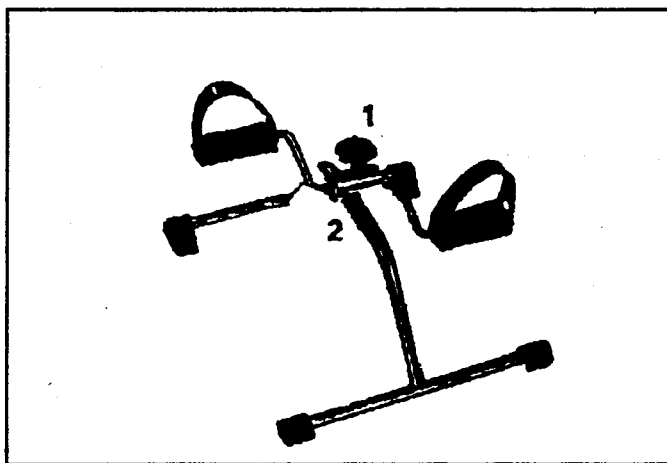


# INSTRUCTION SHEET

929203

## Economy Pedal Exerciser



To begin your new workout, simply insert the resistance knob (1) into the top of the exerciser(2).

Controlling the amount of resistance is easy: Turn the knob clockwise (a) to increase resistance and counterclockwise (b) to decrease.

