Pedal Exerciser

How to use a pedal exerciser

1. First, choose a chair with armrests, which is stable, sturdy and of a suitable height - allowing you to sit with both feet flat on the door with knees bent at 90°. The pedal exerciser should be placed against the wall.
2. Place your arms on the armrests of the chair and your feet on the pedals.
3. Pedal with your feet alternately and slowly.
4. When using the pedal exerciser, keep your back straight, feet on the pedals securely and breathe normally.
5. Do not pedal too fast. Start with a slow speed and increase your speed gradually.
6. The recommended exercise duration is about 10 to 15 minutes.

Safety guidelines for using a pedal exerciser

1. Before using this exercise equipment for the first time, speak to a member of staff.
2. If you suffer from severe lower limb pain, or have a history of recent injury, fracture, joint dislocation, joint replacement surgery at your lower limb(s), or severe arthritis of the knee(s), please consult a doctor or physiotherapist before using the equipment.
3. Wear comfortable and suitable clothing, such as cotton clothing and socks, sport shoes, etc.
4. Do not exercise on an empty stomach as you may be more likely to exhaust yourself. Likewise, do not exercise on a full stomach, which may cause indigestion.
5. Perform 5 to 10 minutes of warm up / cool down and stretching exercises before and after using the pedal exerciser.
6. You should use the pedal exerciser with correct technique and speed according to your ability.
7. Stop immediately and seek help from healthcare professionals if you develop the following symptoms: chest pain, intense or worsening pain, headache, dizziness, nausea, vomiting, knee pain, muscle cramps, etc.
8. Avoid setting the pedal resistance too high or pedaling too vigorously as this could make your chair tip over.
9. Take care not to fall over when getting in and out of the chair.
10. If you fall down from the chair, keep calm and seek help from a member of staff nearby. Do not rush to stand up immediately.