



Enhancing Comfort ▪ Enhancing Treatment ▪ Enhancing Lives™

Pedlar®

Light Workout Exerciser



Thank you for purchasing the Battle Creek® Pedlar® Exerciser. This unit is shipped to you fully assembled. The parts drawing is for identification purposes should replacement parts be needed in the future.

Your Pedlar® Exerciser can be used while seated in a chair, from the side of a bed, or while sitting in a wheelchair. You can also place it on a tabletop and put your hands in the pedal straps to use it for arm and upper body exercise.

The amount of resistance is adjustable with the knob at the top of the unit. Turn it clockwise to increase the resistance and make it more like pedaling uphill. Turn it counter clock-wise to decrease the resistance.

Start slowly and gradually work up to 20 minutes of pedaling at least 3 times a week. Don't overdo it. Listen to your body. It will protest when you've done too much. Always consult a physician before beginning any exercise program.

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