

## LIMITED WARRANTY

The product has limited warranty of 90 days against defects under normal use. Do not in any way alter, modify or try to repair the unit. Doing so will void the warranty. We are not responsible for any damages due to misuse and abnormal operation of the unit. Product returns or exchanges must be sent back to point of purchase.

## SAFETY PRECAUTIONS

The unit is for household use only. There are no user-serviceable parts inside.

Never allow the power cords to be pulled or twisted. Never wrap the cord around the appliance.

When not in use, the appliance should be disconnected and stored in a safe, dry location. Keep out of reach of children.

You may contact our customer service for product related questions at 1-877-261-1570 or e-mail us at [cs@verseo.com](mailto:cs@verseo.com)

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Made in China

# verseo® FREEDOMCYCLE™



# USER'S GUIDE

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## OPERATIONAL FEATURES

Speeds: 30/40/50/60/ RPM's  
Timer cycles: 3/6/9/12/15 minutes  
Movement: Clockwise and counter-clockwise pedal rotation  
Display function for number of rotations/calorie display function  
Auto program: Runs a programmed cycle (settings change in different modes automatically).

Note: If the unit detects an abnormal use in operation, a buzzing sound will be heard. Turn the unit OFF then ON to restart the machine.

## BENEFITS

- An easy way to exercise your feet, legs, arms and hands without the strenuous effort needed with conventional pedal machines
- Convenience of use
- Portable

To reduce the risk of electric shock, this appliance has a polarized plug (one blade is wider than the other). This plug will fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician to install the proper outlet. Do not modify or change the plug in any way. Plug only in a 110V outlet. Never use extension cords.

## USER INSTRUCTIONS:

1. Attach the foot pedals & base supports on areas as shown above (wrench/driver tool provided)
2. With the unit plugged in, turn the power switch to the ON position located in front of the unit.  
The control pad will be ON and you will be prompted to enter your desired settings. Press the START/PAUSE button on the control pad to begin operation.
3. Rest your feet on the pedals (do not use with bulky shoes).
4. You may also use the foot supports for your hands (hand and arms exercise). Place the unit on top of a flat non-moving surface.

Note: When changing settings, press START/PAUSE button to stop, set new modes, then press the START/PAUSE button again to begin.

## Important Safety Instructions

When using an electrical appliance, basic precautions should always be followed. Read instructions thoroughly before using.

**DANGER** - To reduce the risk of electric shock, always unplug this appliance from the electrical outlet immediately after use or before cleaning.

**WARNING** – To reduce the risk of burns, fire, electric shock, or injury to persons:

1. An appliance should never be left unattended when in operation. Always turn OFF after every use. Unplug from outlet when not in use and when putting on or removing attachments.
2. Do not operate on top of a pillow, blanket, sofa, bedding or any type of fabric. Excessive heating can occur and cause fire, electric shock, or injury to persons.
3. Do not immerse in water. Do not use in wet or damp areas such as bathroom or kitchen. Do not use outdoors. It is best used on a floor while sitting on a chair.
4. Close supervision is necessary when this appliance is used by, on, or near children or disabled people.
5. Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer. Do not try to modify or alter the unit. Never operate the appliance if it has a damaged cord or plug. Do not carry this appliance by supply cord or use cord as handle
6. Keep the cord and plug away from heated surfaces/areas (heaters, fireplace, etc)
7. Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair and other like substances
8. Never drop or insert any object into the product's openings
9. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
10. To disconnect, turn all controls to the off position, then remove plug from the outlet
11. Keep children away from extended foot pedals while in use
12. Should the unit get wet, unplug the unit immediately and stop use
13. If you are pregnant, a nursing mother, have a heart condition or wear a pacemaker, please consult with your doctor prior to use
14. If you feel dizzy or very-fatigued, we suggest that you stop use and rest before using again
15. Use only as intended

**CLEANING:** Wipe with damp clean cloth, do not use any abrasive cleansers or chemicals