

CLEANING INSTRUCTIONS

- Unplug unit, wipe seat with a damp clean cloth
- Store in a cool, dry place
- Do not submerge in water or clean with harsh chemicals

LIMITED WARRANTY

This warranty runs for 6 months from the date of the original purchase against defects in workmanship.

It does not cover damage caused by misuse or use other than intended and described in the product instruction manual.

Warranty is void should alterations or repair be done by the consumer.

If purchased from a mail order catalog or shopping network, please refer to their return policy.

For product related questions,
feel free to contact us via:

E-mail: cs@verseo.com or call toll-free **877-261-1570**

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407-A



USER'S GUIDE



Do not turn unit on until you have carefully read the instructions

SAFETY PRECAUTIONS

Do not hold the handle when moving the unit to avoid damage, if possible have a partner help move it to your designated area. Place only on a flat solid area

Do not use on the carpet to avoid overheating

Do not place unit close to water such as bathroom, kitchen, etc

Do not use extension cords

Do not use if you are pregnant, a nursing mother, have physical injuries, or just had surgery unless authorized by your physician

Do not drink liquids while using the unit

Stop use if you experience dizziness, shortness of breath or fatigue

Do not put fingers and feet on areas other than designated

Not suited for use by children

For indoor use only

Do not attempt to modify, or repair the unit

OPERATING INSTRUCTIONS

The main unit is fully assembled.

You will only need to do the following in order to get started:

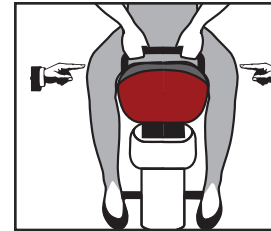
1. There are two foot pedals included in the box. You need to insert one on each side of the base frame. There are two open slots on both sides for height adjustment. Insert the pedals accordingly to your comfort level.

2. Once inserted, twist to secure the pedal. Ensure that both the left and right side pedals have the same height. (Option) You can experience the same movement even without the feet pedals. You may step on the floor if you want.

3. Make sure that the power switch (located behind the main frame, beneath the seat) is in "OFF" position before plugging the unit.

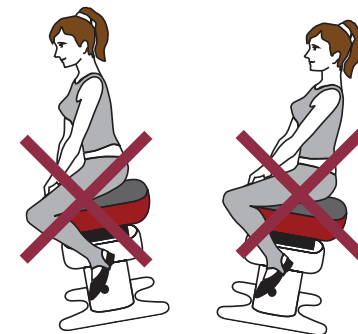


4. Sit in an upright position and step on pedals, turn the power switch to the "ON" position. We recommend hands on the handle while in use. However, you may read a book or watch TV if desired.



5. With the power control panel in front of you, press "ON". It will start in the L (low) speed. As you get adjusted to the movement, you can press the SELECT button for M (medium), H (high) and AUTO speed functions. The automatic mode changes the cycle intervals from low to high. You can press the "OFF" button to stop anytime. The unit will turn off automatically after 15 minutes. Switch unit "OFF" before getting up.

Your body will experience a swinging front and back movement. It will exercise & help strengthen your abdominal muscles, and a core group of lower body muscles. We recommend using 15 minutes per session and 1 hour rest between uses. Keep balance naturally, no matter how the cushion swings. For your safety, never tilt the unit back and forth. Let the Rock-N-Go unit do the rocking for you.



Weight Limit: 285 lbs.