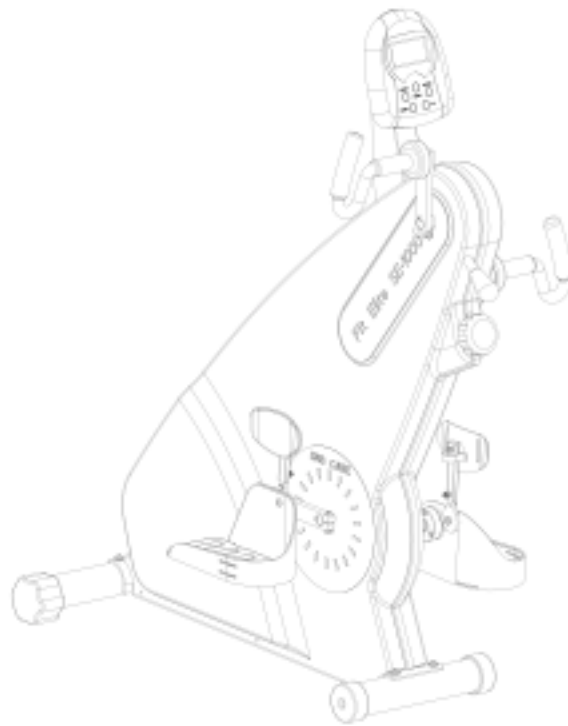




All Body Exerciser

Rx ABE



Wellness Supply Group, LLC

1685 Woodland Avenue,

Columbus, OH 43219

Tel: 800-653-8037

Fax: 614-474-1483

E-mail: info@wellnessSG.com

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1. Important Safety Information

i) Introduction

Please make sure that all users read this manual carefully from beginning to end before using the equipment for the first time.

This exercise equipment is designed and built for optimum safety. However, certain precautions are applied whenever you operate a set of exercise equipment. Make sure to read the entire manual before assembling and operating this machine. Also, please note the following safety precautions:

1. Read the following instructions carefully before using the machine.
2. Consult your physician or other health care professional, before beginning this or any other exercise program.
3. Always wear proper exercise apparel when using the machine. Do not use this unit with bare feet, sandals, socks or stockings.
4. If **at any time** you feel faint, light-headed or dizzy while operating the machine, stop exercise immediately. You should also stop exercising if you are experiencing pain or pressure.
5. Keep children and pets away from the machine while in use.
6. Only one person can use the machine at a time.
7. Make sure your machine is correctly assembled before you use it. Make sure all screws, nuts, and bolts are tightened prior to using the machine.
8. The unit should only be used on a level surface and is intended for indoor use.
9. There should be a minimum of 12 inches between the sides of this product and other items and a minimum of 40 inches at the rear.
10. Do not operate this or any exercise equipment if it is damaged.
11. Watch your body: come up slowly; dizziness after a session means you came up too fast.
12. Wait a while after eating before using this machine. If you get nauseous, stop exercising immediately.
13. Keep hands and feet away from any moving parts. Do not insert any objects into any openings.
14. Keep clothes, jewelry or loose items away from moving parts.

ii) Warning

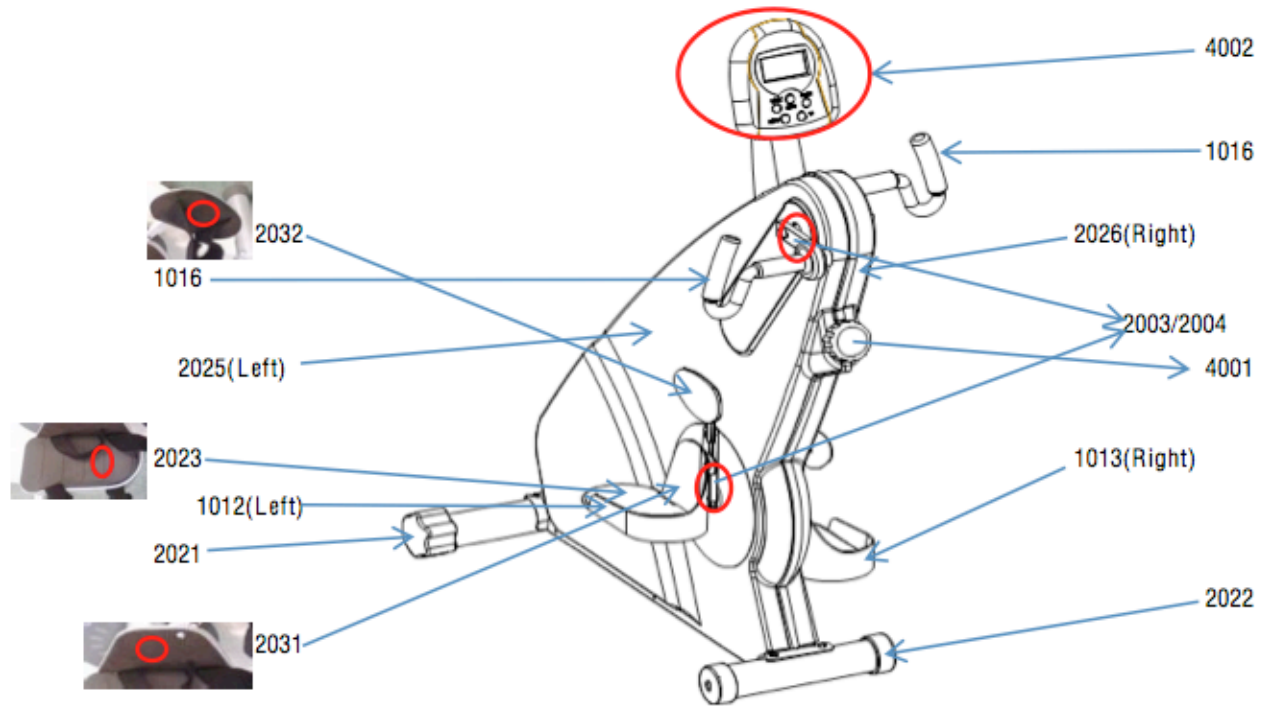
Before beginning any exercise program, consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using any fitness equipment. We assume no responsibility for personal injury or property damage sustained by or through the use of this product.

iii) Before You Begin

Before you start, please read the Owner's Manual and become familiar with the operation of the unit.

To avoid the risk of electrical shock, always keep the console dry. Do not spill liquids on the console. If sweat gets on to the console, wipe it off with a soft cotton cloth immediately. We recommend a sealed water bottle for beverages consumed while using the unit.

2. Parts List



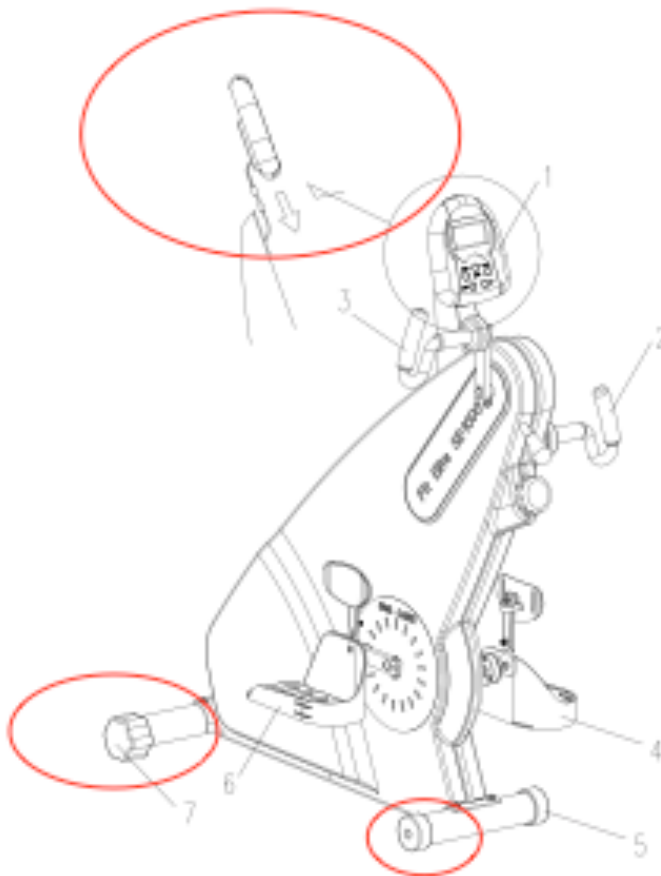
No.	Qty	Code Number	Description
1	2	1006	Lower Body Bearing Housing (L & R)
2	2	1007	Upper Body Bearing Housing (L & R)
3	1	1012	Foothold (L)
4	1	1013	Foothold (R)
5	2	1014	Leg Rest
6	2	1016	Hand Grip (L & R)
7	1	2001	Lower Body Axle
8	1	2003	Crank
9	1	2004	Crank
10	1	2016	Axle PP Pulley
11	1	2018	Wheel Flange
12	1	2020	Upper Body Axle
13	2	2021	Front Foothold Frame Cap
14	2	2022	Rear Foothold Frame Cap
15	2	2023	Foothold Plate
16	1	2025	Case (L)
17	1	2026	Case (R)

No.	Qty	Code Number	Description
18	2	2031	Foothold Guide Pad
19	2	2032	Leg Rest Pad
20	1	2033	Velcro (L) – Ankle
21	1	2034	Velcro (R) – Ankle
22	1	2035	Velcro (S) – Calf
23	1	3001	Timing Belt
24	1	3005	PJ Belt
25	1	4001	Tension/Load Controller (with 8 levels of resistance)
26	1	4002	Monitor (with 4 function operation: time, distance, calorie & speed)

3. Assembly Instructions

Step 1

1. Connect the jack of the monitor and insert the monitor (1) into the frame.
2. Insert front foothold frame caps (5) and rear foothold frame caps (7).

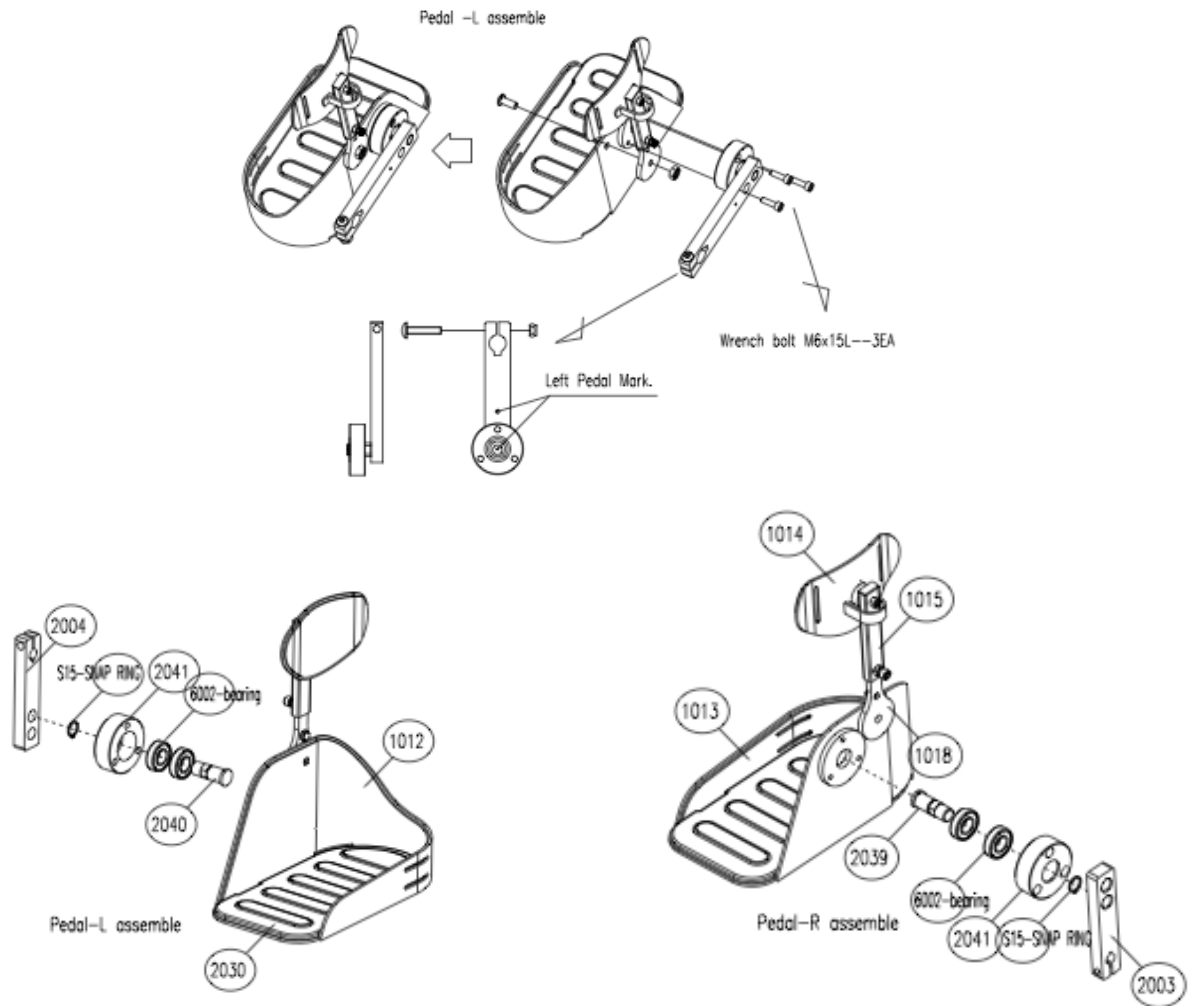


1. Monitor
2. Hand Grip (R)
3. Hand Grip (L)
4. Foothold (R)
5. Front Foothold Frame Cap
6. Foothold (L)
7. Rear Foothold Frame Cap

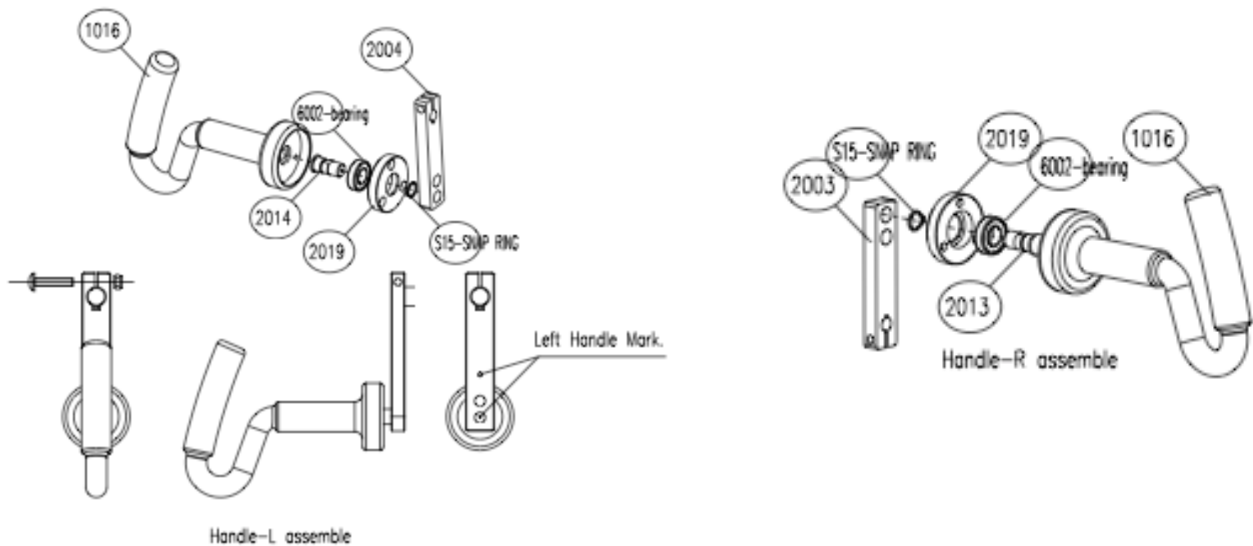
Step 2

1. Assemble R and L foothold (4 and 5).

Note: - Use only the "L Wrench" provided when assembling and/or tightening the bolts of the cranks and handles to the main body.



2. Assemble R and L handgrip (2 and 3)



4. Monitor Overview

Please familiarize yourself with the workings of this monitor to maximize your exercise/therapy session.



Monitor Keys

1. **MODE:**
Use this to select your desired function.
2. **UP:**
Press this key to increase the value of Time, Distance, Calories or Pulse.
3. **DOWN:**
Press this key to decrease the value of Time, Distance, Calories or Pulse.
4. **RESET:**
Resets the selected function to zero.

Display Window

1. **SPEED:**
Displays your workout speed value in km per hour up to a maximum of 99km/h.
2. **CALORIES:**
Estimates the cumulative calories burned at any given time during your workout up to a maximum of 999 calories.
3. **DISTANCE:**
Displays the accumulative distance traveled during each workout up to a maximum of 999km.
4. **TIME:**
Shows your elapsed workout time in minutes and seconds. Your computer will automatically count from 00:00 to 99:00 in one-second intervals.

5. Maintenance

a) *General Items*

- i) Inspect regularly for any damage and general wear and tear.
- ii) Keep the product clean and free from dust, dirt and foreign substances.
- iii) Replace worn or damaged parts, particularly high wear-parts, immediately.
- iv) Repair and readjustment of product should be carried out by a certified technician or manufacturing company.
- v) Do not repair the device outside of manufacturers recommendations.

b) Preventive Maintenance

Daily Inspection Items

- i) Please polish monitor and outside of unit. Use a soft cotton material (not paper towels) and do not use abrasive cleaners. Do not use cleaners that contain ammonia or acids.
- ii) Inspect and remove any foreign substances in and around turning parts (knobs, pedal bearings, etc).
- iii) Inspect cleanliness of foot pedals and handles.
- iv) Maintain a clean environment around the exercise device.

Weekly Inspection Items

- i) Check monitor.
- ii) Check pedals and handles for proper tightness and eliminate any unusual play.

Note: - Use only the "L Wrench" provided when tightening the bolts of the pedals and handles.

Routine Inspection Schedule

Part / Item	Daily	Weekly	Twice a Year
Monitor	C	I	
Frame	C		I
Plastic Cover		C	I
Pedals, Straps & Handles	C	I	

I – Inspect C – Clean

6. Storage and Moving

a) Storage Method

- i) Keep product in sealed packing to eliminate dirt, dust, and moisture.
- ii) Should be kept on a flat surface.

Moving Method

- i) Move product using transfer wheels.
- ii) Requires 2 or more people to transfer product over/up steps or stairs.
- iii) Transfer after tightening all adjustment knobs
- iv) Never drop or roughly handle the product.

7. Product Warranty

- i) 1 year, limited warranty.
- ii) Product warranty does not cover damage or equipment failure resulting from mis-use, abuse, or external impact.
- iii) Product warranty will not apply if there is any modification to the product outside the manufacturers recommendations.

8. Product Specifications

Dimensions: 39.5" L x 22" W x 51" H

Unit Weight: 106lbs.

Power: Self-generated

ALWAYS KEEP THIS USER MANUAL NEARBY THE PRODUCT

USER MUST READ AND FOLLOW THE INSTRUCTIONS LISTED ABOVE