



**Technical data:**

PARAMETER:	model AR-018	model AR-019
Dimensions:	49x41x30 cm	50x35x26 cm
Libra:	2kg	2.3kg
Frame:	fixed (to be screwed together)	foldable
Anti-slip feet:	ABS	ABS
Rotor pedals	nylon	nylon
Equipment:	-	multifunction counter
Maximum total load:	70kg	100 kg

**SYMBOLE:**

								
Wyrób medyczny	Zapoznaj się z instrukcją	Producent	Wyrób spełnia wymagania UE	Ostrzeżenie	Nr dato / serii	Data produkcji m-c/rok	Nadaje się do recyklingu	Selektywna zbiórka odpadów

**WARRANTY CARD**  
The card must be accompanied by proof of purchase

<b>Sale date</b>	<b>Seller's stamp and signature</b>
<b>Purchase invoice number</b>	
<b>Batch No</b>	

1. ARMEDICAL Sp. z o. o. 42-520 Dąbrowa Górnicza, al. Zwycięstwa 75 hereby grants a 12-month warranty for the products covered by this document. The warranty period is counted from the date of purchase of the product by the User. The warranty is valid only within the territory of the Republic of Poland.
  2. During the warranty period, ARMEDICAL Sp. z o. o. undertakes to make the necessary repairs in order to restore the product to proper functioning within 14 days from the date of receipt of the complained goods.
  3. ARMEDICAL Sp. z o. o. reserves the right to replace the product with a defect-free one if it considers that the repair costs make it unprofitable.
  4. If it is found that the product is not functioning properly, please immediately contact the point of purchase or send it to the manufacturer's address.
  5. The warranty does not cover damage caused by mechanical factors. The warranty does not cover the subject of sale in terms of wear and tear elements during normal use, i.e. scratches, scuffs, abrasions on plastic elements as well as color changes resulting from storage in a sunny place. The warranty does not cover the meter's battery - applies to the AR-019 model
  6. The warranty does not cover if the rotor is used contrary to its intended purpose or in accordance with the operating instructions, or if the user exceeds the maximum permissible load specified by the manufacturer.
  7. The warranty does not cover defects resulting from unauthorized repairs, modifications or design changes to the product made by the User or other unauthorized persons.
  - 8. The warranty is valid only with the proof of purchase and this warranty card.**
  9. Complaints should be submitted only in the form of a written complaint protocol specifying the type of defects found and the circumstances in which the defect was discovered. In case of failure to comply with the conditions for filing complaints specified in this manual, the guarantor's liability is excluded.
- The advertised product must be in proper hygienic condition.**



**USER MANUAL**  
**WARRANTY CARD**

**REHABILITATION PEDAL EXERCISER**

Models: AR-018, AR-019



Rehabilitation pedal exerciser - foldable  
model: AR-019

Rehabilitation pedal exerciser  
model: AR-018

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## OPERATING MANUAL - REHABILITATION PEDAL EXERCISER

### Ladies and Gentlemen,

Thank you for purchasing our product, we value the trust you have placed in us. We have made every effort to ensure that our equipment meets your expectations, we hope that it will be helpful and will significantly contribute to improving your fitness during everyday exercises. Before use, please read this user manual and strictly follow the safety regulations. Please keep this manual, which also serves as a warranty card.

### Purpose and description of the product:

The rehabilitation rotor is a manual rehabilitation device. Recommended for improving the upper and lower limbs, especially in cases of paresis caused by stroke, accident and various neurological disorders. Exercises using a rotor allow you to develop muscle strength, improve circulation in the limbs, stimulate the nervous system, and improve joint mobility. Particularly recommended for exercises with paralysis of the peripheral nerves of the lower limbs.

The rotor has anti-slip pads that make it possible to place it anywhere and does not require additional stands. It is equipped with a very simple, smooth resistance adjustment, which works thanks to a screw mechanism. Thanks to the multi-function counter (applies to the AR-019 model), it is possible to control the duration of training, the number of calories burned, the number of revolutions performed, and the frequency of revolutions per minute. It is an ideal device for the rehabilitation of people with dysfunctions of the upper and lower limbs.

### ⚠️ Contraindications:

Conditions requiring limitation of the range of movement of the upper or lower limbs within a specific range. Contraindications to physical exercise (increased blood pressure, circulatory and respiratory disorders).

### Usage data:

Maximum total load -70kg (AR-018), 100kg (AR-019)

### ⚠️ Notes and warnings:

To avoid an accident, please:

1. Check whether all elements are intact, not broken or damaged (e.g. during transport)
2. Checking whether the legs are properly screwed on (applies to AR-018) or whether they are stably unfolded (applies to AR-019)
3. Not used on surfaces that do not provide reliable and stable support, e.g. wet, greasy, slippery, uneven
4. Perform lower limb exercises ONLY in a sitting position
5. ATTENTION! There is a risk of pinching your fingers

### ⚠️ To avoid injuries:

1. The rotor legs must adhere stably to the ground (DO NOT USE ON: wet, greasy, slippery, uneven)
2. Before starting exercise, consult a doctor, rehabilitator or physiotherapist
3. The Rotor MUST NOT be used by people requiring limitation of the range of motion of the upper or lower limbs to a certain extent. Having contraindications to physical exercise (e.g. increased blood pressure, circulatory and respiratory disorders)
4. Exercise the lower limbs only while sitting on a stable, non-moving chair
5. Perform the exercises in shoes that prevent the sole from slipping off the rotor pedals
6. Start exercising slowly, without overtiring yourself. An initial stretching warm-up is recommended
7. It is forbidden to start exercises abruptly, without checking the stability of the rotor position
8. It is forbidden to stand on the rotor pedals. RISK OF ACCIDENT!
9. Wear appropriate clothing - exclude the possibility of getting caught in the pedals with wide trousers or long scarves.
10. It is prohibited to exceed the maximum total load specified by the manufacturer.

### Maintenance method:

The rotor should be cleaned using only water (damp cloth) and mild detergents. Then dry thoroughly with a soft cloth. The use of strong detergents, gasoline and solvents is prohibited. Do not use abrasive products! Not storing in rooms with high humidity, e.g. (basement), may result in incorrect operation of the rotor and thus void the warranty. The rotor cannot be exposed to extreme weather conditions for a long time (e.g. very severe frost).

### Troubleshooting:

If you encounter problems, please review this chapter. If this does not help, please contact the sales or service point. Repairing yourself (straightening, welding, etc.) is FORBIDDEN!!! This may result in an accident.

### I. The rehabilitation rotor is not stable.

- a. Are the legs screwed on securely? (regarding AR-018), unfolded? (regards AR-019) If not, screw them in/unfold them
- b. Do the rotor legs have anti-slip pads? If not, do not use the product
- c. Do the rotor legs stick to the ground with their entire surface? If not, set them correctly
- d. Is any part cracked/broken? If so, please contact your point of purchase. DO NOT USE THE REHABILITATION ROTOR!!!

### Incidents:

Every **serious** incident related to the device should be reported to the manufacturer, the Office for Registration of Medicinal Products, Medical Devices and Biocidal Products.

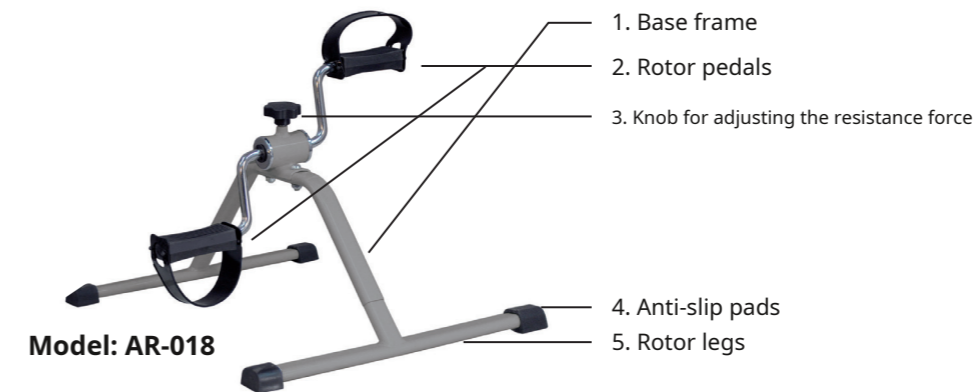
### Utilization:

A product that is no longer suitable for further use should be disposed of in accordance with local environmental regulations regarding product disposal.

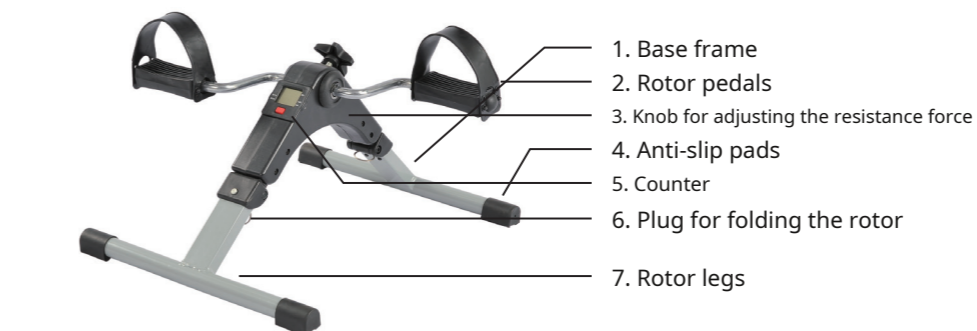
### Cessation of use of the product:

In case of visible mechanical damage or material wear, stop using the product.

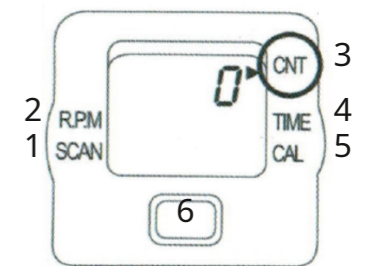
## UTILITY ELEMENTS



Model: AR-018



Model: AR-019



1. SCAN - switching counter functions
2. RPM - number of revolutions per minute
3. CNT - total number of revolutions made
4. TIME - training duration
5. CAL - estimated amount of calories burned
6. on/off (reset: press for 5s) BATTERY: 1.5V (LR44) AG13

### Preparation for use

1. Remove the rotor from the cardboard or foil packaging.
2. First, check the technical condition of the product in accordance with point **Notes and warnings**.
3. Assemble the rotor frame (applies to AR-018) using the included wrenches. After the first training session, tighten the screws again. Unfold the rotor frame (applies to AR-019) until you hear the locks click clearly.
4. Make sure that the rotor structure is firmly screwed together (applies to AR-018) and permanently unfolded (applies to AR-019)
5. The resistance adjustment knob must be slightly screwed into the hole located in the upper part of the frame. Increasing the resistance by turning the knob should be done successively, as rehabilitation progresses or the user's condition progresses.

**Alternatively, please consult your doctor, rehabilitator or point of sale for detailed instructions on appropriate use.**

### End of use:

1. After completing the exercises, you can disassemble (for AR-018) / fold (for AR-019) the rotor for easier storage. However, these steps are not required.

### Cleaning and storage:

1. Place the rotor in a place where it will not be exposed to mechanical damage, extreme weather conditions (frost, moisture, strong sunlight), inaccessible to children
2. In case of dirt, follow the "Maintenance method" section of this manual.

**THANK YOU FOR CHOOSING AND PURCHASING OUR PRODUCT**