

INSTRUCTIONS

Gentle
Jogger
Don't Sit Still®

Step 1

To begin using the Gentle Jogger, attach the power cord to the device and plug the power cord into a wall outlet.
Only use cord provided.



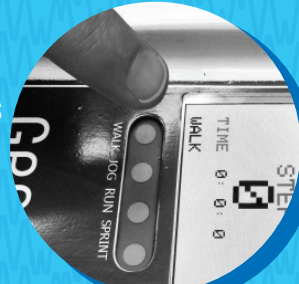
Step 2

Turn machine on by pressing the on/off button on the front of the Gentle Jogger. The display screen will immediately light up indicating power to the unit.



Step 3

Choose your speed and press the corresponding buttons: Walk, Jog, Run, Sprint. (Default setting is Jog.)



Step 4

Slide your feet under the straps and place them gently on the two pedals with your heel touching the back of the device.



HOW TO SIT PROPERLY WITH YOUR FEET

Legs should not be straight at 90 degrees, lean back a bit and put legs slightly out with device in front of you.

Step 5

Press the red "Move/Stop" button and the pedals will begin moving up and down while counting steps.

Note: Relax and do not apply pressure to the pedals.



Step 6

Note: If feet are taken off the pedals for more than three seconds, the pedals will slow down.



Step 7

To stop the machine, press the "Move/Stop" button. When you restart the machine it will go back to where you left off with both time and steps. A double press will reset both the time and step counter.



Please note, the device will automatically shut off and counter reset after 60 minutes of continuous running.

Attention

Consult your physician before use if you:

- Have a medical condition such as severe osteoporosis, or severe arthritis etc.
- May be pregnant.
- Gentle Jogger is not intended for use by children under 12 years of age without parental supervision.



Assembly and Repair

In order to use Gentle Jogger correctly and for safety reasons, the following instructions should be followed:

- NEVER STAND ON FOOT PEDALS or on top of the Gentle Jogger machine, as you may fall and lose your balance. In addition, your full body weight might damage the internal operating mechanisms.
- The machine does not require regular maintenance and can be used continuously for up to six hours.
- Users must not disassemble or repair the machine themselves.
- The Gentle Jogger must only be serviced or repaired by an designated Gentle Jogger repair person.

Cleaning and Maintenance

For Proper cleaning and maintenance of the Gentle Jogger, the following instructions should be followed:

- Be sure to remove the AC plug from the electrical outlet before cleaning the Gentle Jogger.
- Do not clean any part of this device or accessories with bleach, bleach dilution, or phenolic compounds.
- Do not use abrasive or flammable cleaning agents.
- Do not attempt to sterilize this device or any accessories.
- Clean the surface and pedals of the Gentle Jogger with a dry cloth.
- Never use a damp cloth to clean the Gentle Jogger, power socket or control panel.
- When not in use for a long period of time, it is advisable that the AC power cord be coiled and the machine stored in a dust and moisture free environment.
- Do not store the machine near intense heat or open flame.
- Do not leave the machine under direct sunlight for long period of time.

CONTACT INFORMATION:

If you require further assistance please contact us at 1-844-Mov-ment

E-mail: info@gentlejogger.com

