

This product comes with a 1-YEAR LIMITED COMPONENT WARRANTY. If your unit does not appear to be working properly, please contact our service center by calling 1-800-317-1688. Prior to your call, we encourage you to visit our service-related website [www.ilivingsa.com](http://www.ilivingsa.com) for trouble shooting tips and service instructions if needed.

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Register your product at our website:

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Or visit [il.livingUSA.com/register-product](http://il.livingUSA.com/register-product)

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## ILG-688 Folding Exerciser Paddler with Electronic Display



**OWNER'S MANUAL**  
**PLEASE READ AND**  
**SAVE THESE INSTRUCTIONS**



## assembly instructions

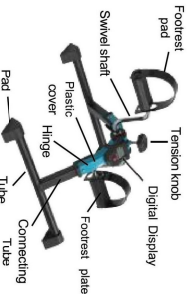


figure A



figure B

1. Remove contents from box.
2. Pull legs in opposite direction until locking button snaps into locking receiver. (See figure A).
3. Attach digital display to the peddler by sliding the loop over the tension knob receptacle located on the top of the peddler. Push down gently on the display so the clip on the back of the display attaches to the peddler frame. (See figure B).
4. Insert tension knob on top of peddler and turn clockwise to tighten. The tension knob will increase/decrease the amount of tension on the peddler. Tighten/loosen to a level that feels comfortable.
5. The pedal straps have 2 sets of holes to allow you to adjust the length of the strap around your foot or shoe. (See figure C).



figure C

## folding

To fold, depress push pin and fold leg inward. Repeat for second leg. (see figure D)



figure 1

automatic operation

1. **MODE (Red Button):** This control allows you to select a particular function. To start, press and hold the Red Button for 4 seconds. The LED will display the different functions. (After a few minutes without any movement, the unit will automatically shut off).
2. To select a function, wait until the 4-second set up is complete. Push the Red Button and the arrow will move through the functions. When the desired function is selected, simply use the buttons and the unit will calculate the exercise.
3. **TIME:** Determines the amount of time the podder has been operating.
4. **COUNTDOWN (CNT):** Determines the amount of steps while operating the podder.
5. **CALORIES (CAL):** Determines the amount of calories burned while using the podder.
6. **RES PER MINUTE (E.P.M.):** Automatically calculates the steps per minute.



## battery replacement

If the display does not come on or reads incorrectly, the battery requires replacement.

the display panel. Turn the display panel over and remove the watch-style battery. Insert a new battery and replace the display panel.

**WARNING—DEVICE MAY BECOME HOT WITH EXTENDED USE**