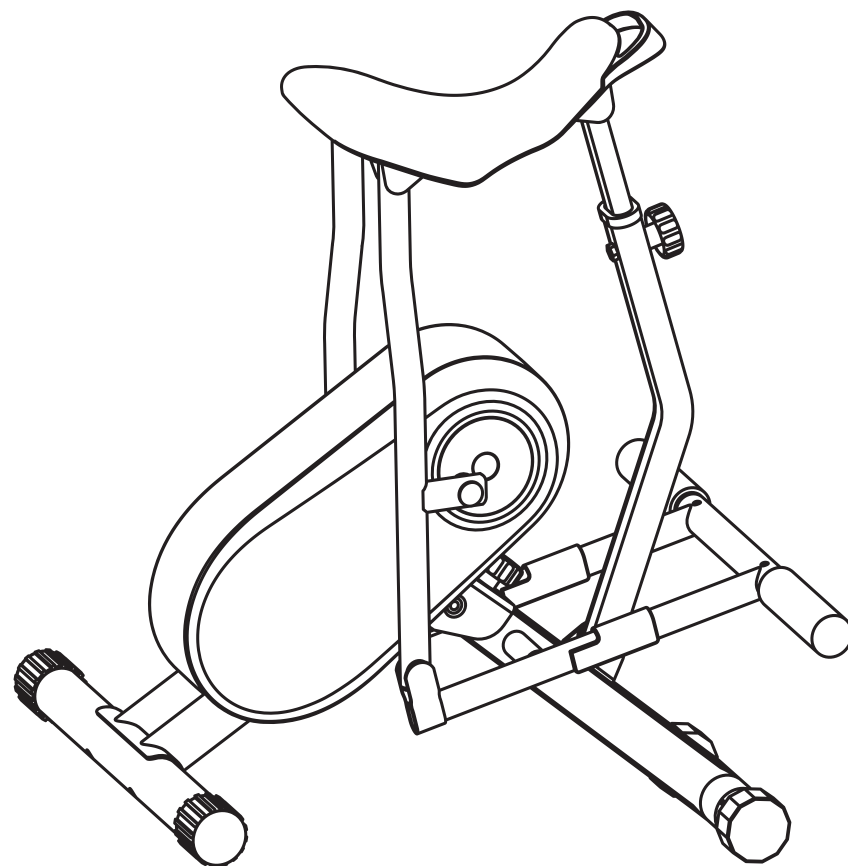




U.S. JACLEAN, INC.

USJ-804

# ***RODEO CORE***



## **SAVE THESE INSTRUCTIONS**

Thank you for purchasing the RODEO CORE  
Please read this manual carefully to ensure optimum performance and safety.

## **INSTRUCTION MANUAL**

## LIMITED WARRANTY

This warranty guarantees that the product purchased is to be free from defects in material and workmanship under normal usage and local voltage for a period of one year. This warranty expires in TWO (2) years on parts, and ONE (1) year on labor after the date of purchase.

U.S. Jaclean, Inc. (referred to as “the Warrantor”) will repair this product with new or rebuilt parts in case of defects in material or workmanship, free of charge, in the USA provided that:

- 1) The product is operated in accordance to the printed instructions supplied.
- 2) The product is used under normal conditions for which it is designed.
- 3) The product is not subjected to misuse, negligence, or accident.
- 4) The product receives proper care, protection, and maintenance.

This warranty is extended to the original buyer only, after purchase from an authorized U.S. Jaclean, Inc. distributor. A deductible or shipping allowance may apply. A purchase receipt or other proof of date of the original purchase is required for service and parts replacement under this warranty.

Claims of defect in this product are subject to U.S. Jaclean, Inc.’s authorized distributor inspection and judgment.

This warranty only covers failures due to defects in materials and workmanship and does not cover normal wear or cosmetic damages. The warranty does not cover damages which occur in shipment, or failures which result from accident, misuse (including, without limitation, failure to comply with instructions and use limitations contained in the Operating Instructions), abuse, neglect, mishandling, faulty installation, set-up adjustments, improper operation or maintenance, alteration, modification, power line surge, lightening, improper line voltage, commercial use such as hotel, office, restaurant, or other business or rental use of product, or service by anyone other than from U.S. Jaclean, Inc., or damage that is attributable to “acts of God.”

Continued use of this product after discovering a defect voids warranty. This warranty shall be governed by the state of California, United States of America.

Please retain this Warranty Certificate, together with the original purchase receipt, and present it to our technician for inspection during service.

For assistance and more information, please contact U.S. Jaclean, Inc. Please call before sending back the merchandise.

 **U.S. JACLEAN, INC.**  
Gardena, CA

**1-310-538-2298**  
9AM~5PM PST (Monday thru Friday)

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## SAFETY PRECAUTIONS

To avoid electric shock, burns, fire, or other injuries to the user, read the following instructions before using the unit.

### **WARNING**

To avoid user injury, read the following instructions before using the unit.

- Read this instruction manual thoroughly before using this unit. Only operate this unit under its intended usage, as described in this manual.
- This unit is intended for use by a single individual at a time.
- Do not stand on the unit. Do not crush the unit under excessive weight.
- To prevent scratches and other damages, we recommend placing a mat between the unit and the floor.
- Before use, make sure that all of the bolts and screws on the unit have been fully tightened. If the unit starts to shake, stop use immediately and inspect the unit for any loosened screws.
- If any part of the unit becomes damaged, do not attempt to repair it yourself. Do not take apart any portion of the massager. Injury may occur. Instead, contact the manufacturer immediately.
- If you feel any discomfort or pain during use, stop use immediately and consult your doctor.
- Make sure that your body is warmed up before using this unit.
- Do not use this unit within one hour after meals.
- Do not use the unit after drinking alcohol.
- Do not allow children to play with this unit.
- During use, keep children and pets a safe distance away from the unit.
- The maximum usage time on this unit is 30 minutes per session. Excessive use may result in discomfort.

## MAINTENANCE & CLEANING

- Do not allow water or any liquid solution to come into direct contact with the unit.
- Do not clean the unit with a dish cloth, steel brush, or any abrasive material.
- Do not clean the fabric cover of the unit with any agents intended for leather care.

### **To Clean:**

1. Use only a soft, dry cloth to gently wipe the fabric cover.
2. If the unit becomes badly soiled:
  - a. Dip a soft, clean cloth in clear water, or into a water solution containing 3-5% mild detergent.
  - b. Hold the cloth over soiled areas of the fabric cover and wring the cloth dry directly over the stains.
  - c. Wash the cloth in clean water and wring dry. Wipe this damp cloth back over the stained areas. Repeat process of washing and wringing dry. Wipe the remaining surfaces of the unit with the clean cloth.
  - d. Allow the unit to dry naturally.

## SPECIFICATIONS

- |                         |                           |
|-------------------------|---------------------------|
| 1. Product Name:        | RODEO CORE                |
| 2. Model #:             | USJ-804                   |
| 3. Weight:              | 32 lbs.                   |
| 4. Maximum User Weight: | 250 lbs.                  |
| 5. Dimensions:          | 27.5 x 21.6 x 29.1 inches |

### **Notice for Rodeo Core Users:**

If you have difficulty generating the saddle's momentum upon use, please try the following:

At the start of exercise, grip the handle on the seat between your legs. Lean forward, then forcefully press your feet on the pedal to send the seat swinging backward. Allow the natural movement of the seat to shift forward again. Repeat pressing on the pedal with your feet.

## **EXERCISES**

### **WAIST WORKOUT**

1. Sitting on the unit's saddle, place both feet on to the pedal and lean forward, shifting your weight onto your feet. (Panel 1)
2. Lift your buttocks (Panel 2).
3. At the same time, lean forward at the waist (Panel 3).
4. Squeeze the muscles in your stomach.
5. Sit back, shifting your weight onto your buttocks (Panel 5).

### **THIGH WORKOUT**

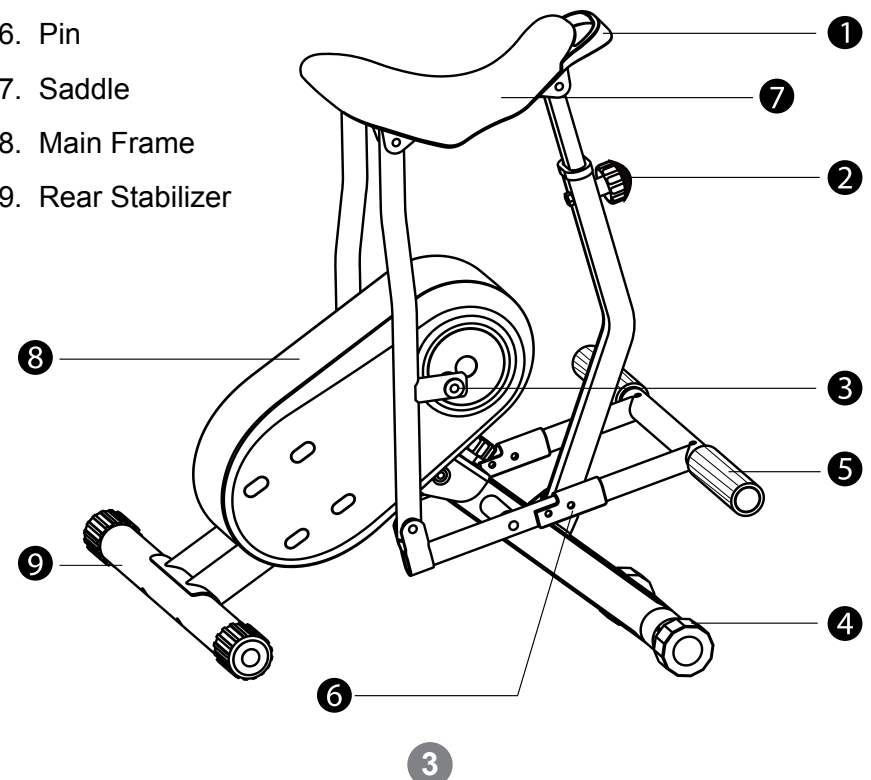
1. Sitting on the unit's saddle, place both feet on to the pedal and lean forward, shifting your weight onto your feet (Panel 1).
2. Lean back onto your buttocks (Panel 5).
3. With your feet on the pedals, lean forward again to shift your weight again onto your feet (Panels 2, 4). Squeeze the muscles in your thighs.
4. Repeat.

## **FEATURES**

- Three height variations available to suit individual figures
- Energy-saving design operates without electricity
- Burns calories and increases blood circulation
- Strengthens and tones the waist, stomach, back, and legs

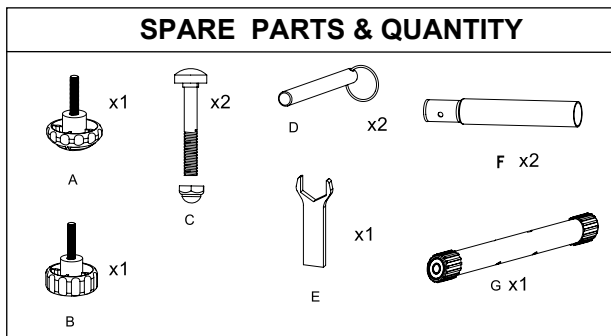
## **PARTS**

1. Handgrip
2. Height adjustment knob
3. Crank Shaft
4. Front Stabilizer
5. Pedal
6. Pin
7. Saddle
8. Main Frame
9. Rear Stabilizer



## SETUP

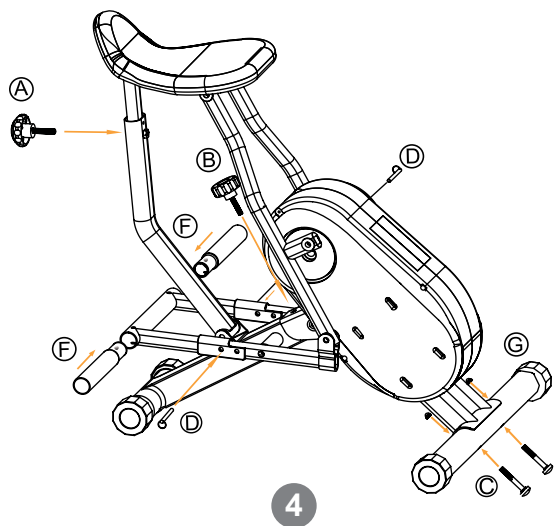
### SPARE PARTS & QUANTITY



- Bolt (A) x 1
- Bolt (B) x 1
- Nut & bolt (C) x 2
- Anchor (D) x 2
- Wrench (E) x 1
- Pedal (F) x 2
- Support Rod (G) x 1

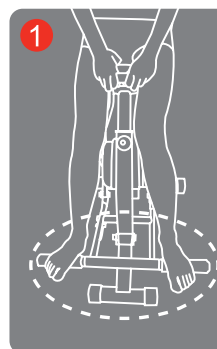
### ASSEMBLY INSTRUCTIONS

1. Use the two Nuts and Bolts (C) to fasten Support Rod (G) to the lower rear of the unit.
2. Unfold the rear stabilizer (9) and set the unit upright. Lock this position into place at the unit's center with Bolt (B).
3. Adjust the saddle (7) to your preferred height. Lock your selection into place with Bolt (A).
4. Locate the left and right pedals (F). Press the button on the left pedal as you insert it into its slot on the left. Press the button on the right pedal as you insert it into its slot on the right.
5. Finally, slide the two anchors (D) into their slots, as seen in the diagram, to secure the position of the pedals.

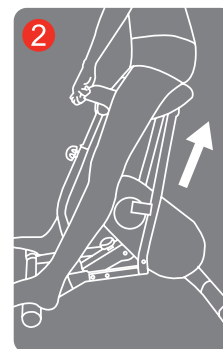


## OPERATION

1. You can be barefoot, or wear appropriate exercise shoes to prevent injury.
2. Sit down on the saddle, with the handgrip in front of you and one leg on each side of the unit. During use, hold on to the handgrip for balance when necessary.
3. Place both feet on to the pedal and lean forward, shifting your weight onto your feet.
4. Shift your weight backwards, and continue to maintain your balance on the saddle while the unit moves forward and backward in a circular motion. (Panels 2-4)
5. To stop the ongoing motion, simply relax your muscles until movement slows to a halt. To stop motion immediately, lift a foot off of the pedal and place it onto the floor. (Panel 6)



Place your feet onto the pedal.



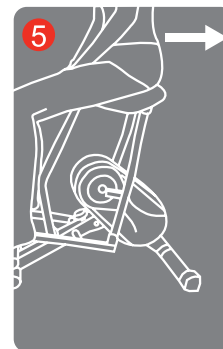
Sit down on the saddle.



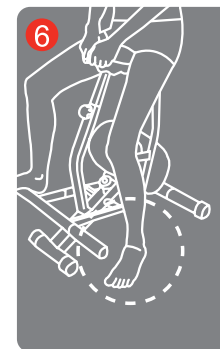
Sit upright and lean forward.



Shift your weight onto your feet



Shift your weight backwards



Place one foot on the ground to stop motion