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## Jocca 6158

# Jocca 6158 Mini Exercise Bike User Manual

Model: 6158

## 1. INTRODUCTION

The Jocca 6158 Mini Exercise Bike is a compact and portable fitness device designed for low-impact exercise of both legs and arms. It allows users to engage in physical activity from a seated position, making it suitable for home use. This manual provides essential information for the safe and effective operation and maintenance of your exercise bike.



The Jocca 6158 Mini Exercise Bike, showing its compact design, pedals, resistance knob, and LCD display.

## 2. SAFETY INFORMATION

Please read all safety instructions before using the Jocca 6158 Mini Exercise Bike. Failure to follow these instructions may result in injury or damage to the product.

- Consult a physician before starting any exercise program, especially if you have pre-existing health conditions.
- Use the device on a stable, flat, and non-slip surface to prevent movement during exercise.

- Ensure all parts are securely assembled and tightened before each use.
- Keep children and pets away from the device during operation.
- Stop exercising immediately if you experience pain, dizziness, nausea, or any other discomfort.
- This device is designed for seated use only. Do not stand on the pedals.
- Regularly inspect the exercise bike for signs of wear, damage, or loose components. Do not use if damaged.
- Keep hands and feet clear of moving parts to avoid pinching or injury.

### 3. PACKAGE CONTENTS

Verify that all components are present in the package:

- Jocca 6158 Mini Exercise Bike main unit
- Pedals with adjustable foot straps (pre-attached)
- Resistance adjustment knob (pre-attached)
- LCD display unit (pre-attached)
- 1 x AAA battery (for LCD display, typically included)

### 4. ASSEMBLY AND SETUP

The Jocca 6158 Mini Exercise Bike is designed for minimal assembly. It typically arrives largely pre-assembled.

1. **Unpacking:** Carefully remove the exercise bike and all components from its packaging. Retain packaging for future storage or transport.
2. **Placement:** Place the exercise bike on a flat, stable, and non-slip surface. The integrated non-sliding feet are designed to provide stability during use.
3. **Battery Installation (if required):** The LCD display requires one AAA battery. If the display is not active, locate the battery compartment (usually on the back or underside of the display unit), insert the AAA battery ensuring correct polarity (+/-), and close the compartment.

### 5. OPERATION

#### 5.1. Using for Leg Exercise

To exercise your legs:

1. Sit comfortably in a sturdy chair or on a sofa.
2. Place your feet into the pedal straps. Adjust the straps to ensure your feet are secure and comfortable. The pedals are reversible for versatile use.
3. Begin pedaling in a smooth, controlled, circular motion.



A user's feet positioned on the pedals for leg exercise, highlighting the secure straps.

## 5.2. Using for Arm Exercise

To exercise your arms:

1. Place the exercise bike on a stable table or other elevated, flat surface.
2. Grasp the pedals with your hands, ensuring a firm and comfortable grip.
3. Begin rotating the pedals with your arms in a smooth, controlled, circular motion.



A user engaging in arm exercise by rotating the pedals with their hands.

### 5.3. Adjusting Resistance

The exercise bike features an adjustable resistance knob to vary the intensity of your workout.

- To **increase** resistance, turn the knob clockwise (towards the '+' symbol).
- To **decrease** resistance, turn the knob counter-clockwise (towards the '-' symbol).

Adjust the resistance to a level that provides a comfortable yet challenging workout for your fitness level.



Detail of the resistance knob, used to increase or decrease the workout intensity.

### 5.4. Understanding the LCD Display

The integrated LCD display tracks your workout progress. Press the red button to cycle through the various functions:

- **SCAN:** Automatically cycles through all functions every few seconds.
- **TIME:** Displays the duration of your current exercise session in minutes and seconds.
- **DIS (Distance):** Displays the estimated distance covered during your current session.
- **COUNT:** Displays the number of pedal turns (revolutions) during the current session.
- **T-COUNT (Total Count):** Displays the total number of pedal turns accumulated since the device was last reset or batteries were changed. This value is not reset with a short press.
- **CALORIES:** Displays the estimated calories burned during the current session.

To reset the display values (TIME, DIS, COUNT, CALORIES), press and hold the red button for a few seconds until the values clear.



The LCD display showing various workout metrics and the function selection button.

## 6. MAINTENANCE

Proper maintenance ensures the longevity and optimal performance of your exercise bike.

- **Cleaning:** After each use, wipe down the exercise bike with a soft, damp cloth to remove sweat and dust. Do not use abrasive cleaners, solvents, or harsh chemicals, as these can damage the finish or electronic components.
- **Storage:** When not in use, store the device in a cool, dry place away from direct sunlight and extreme temperatures. Its compact size allows for easy storage under a desk or in a closet.
- **Battery Replacement:** Replace the AAA battery in the LCD display when the screen becomes dim, erratic, or stops functioning. Ensure the new battery is inserted with the correct polarity.
- **Inspection:** Periodically check all screws, bolts, and moving parts to ensure they are secure and functioning correctly. Tighten any loose fasteners.

## 7. TROUBLESHOOTING

If you encounter issues with your Jocca 6158 Mini Exercise Bike, refer to the following common problems and solutions:

- **LCD Display Not Working:**
  - Check if the AAA battery is correctly installed with the proper polarity.
  - Replace the AAA battery if it is depleted.
- **Pedals Not Moving Smoothly or Too Stiff:**
  - Check the resistance knob setting. It might be set too high. Turn it counter-clockwise to decrease resistance.
  - Inspect for any physical obstructions around the pedals or the drive system.
- **Device Slides During Use:**
  - Ensure the exercise bike is placed on a non-slip surface.
  - Verify that the non-sliding feet are intact, clean, and making full contact with the floor.

## 8. SPECIFICATIONS



Visual representation of the Jocca Mini Exercise Bike's dimensions.

- **Model Number:** 6158
- **Product Dimensions (L x W x H):** Approximately 41 cm x 36 cm x 32 cm (16.1 x 14.2 x 12.6 inches)
- **Item Weight:** Approximately 3.6 kg (7.9 lbs)
- **Color:** Silver / Black
- **Display Type:** LCD
- **Display Functions:** Time, Distance, Count, Total Count, Calories
- **Power Source (Display):** 1 x AAA Battery (included)
- **Drive System:** Belt
- **Special Features:** Portable, Distance Traveled Monitor, Adjustable Resistance

## 9. WARRANTY AND SUPPORT

For warranty information, technical support, or service inquiries regarding your Jocca 6158 Mini Exercise Bike, please refer to the contact details provided with your original purchase documentation. It is recommended to keep your proof of purchase for any warranty claims. You may also visit the official Jocca website for additional support resources.