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- › [Domyos](#) /
- › [Domyos VM-190 Exercise Bike User Manual](#)

Domyos VM-190

Domyos VM-190 Exercise Bike User Manual

Model: VM-190

1. INTRODUCTION

This manual provides essential information for the safe and effective use of your Domyos VM-190 Exercise Bike. Please read it thoroughly before assembly, operation, or maintenance. Retain this manual for future reference.



Figure 1: The Domyos VM-190 Exercise Bike, featuring a compact design with a black and silver frame, adjustable seat, handlebars, and a small display console.

2. SAFETY INFORMATION

Before using the Domyos VM-190, consult your physician. Stop exercising immediately if you feel faint, dizzy, or experience pain.

- Ensure all bolts and nuts are securely tightened before each use.
- Keep children and pets away from the equipment during use.
- Place the exercise bike on a flat, stable surface.
- Wear appropriate exercise clothing and footwear.
- The maximum user weight for this equipment is specified in the specifications section.

3. SETUP AND ASSEMBLY

Unpack all components and verify against the parts list (not provided in this manual, refer to original packaging). Assembly typically involves attaching the stabilizers, pedals, seat, handlebars, and console.

1. **Attach Stabilizers:** Secure the front and rear stabilizers to the main frame using the provided bolts and washers.
2. **Install Pedals:** Identify left (L) and right (R) pedals. The left pedal screws counter-clockwise, the right pedal screws clockwise. Ensure they are tightened firmly.
3. **Mount Seat:** Insert the seat post into the main frame and secure it at the desired height. Attach the seat to the seat post.
4. **Attach Handlebars:** Insert the handlebar post into the main frame and secure it. Attach the handlebars to the post.
5. **Connect Console:** Connect any sensor cables from the main frame to the console. Mount the console onto the handlebar post.

After assembly, double-check all connections and ensure the bike is stable.

4. OPERATING INSTRUCTIONS

4.1 Adjusting the Seat and Handlebars

- **Seat Height:** Loosen the adjustment knob on the seat post, raise or lower the seat until your leg has a slight bend at the knee when the pedal is at its lowest point. Tighten the knob securely.
- **Handlebar Position:** Adjust the handlebar height for a comfortable posture, ensuring you can reach them without straining.

4.2 Using the Resistance System

The Domyos VM-190 features a magnetic resistance system.

- **Resistance Knob:** Locate the resistance adjustment knob, typically found on the main frame or handlebar post.
- **Increase Resistance:** Turn the knob clockwise to increase the pedaling difficulty.
- **Decrease Resistance:** Turn the knob counter-clockwise to decrease the pedaling difficulty.

4.3 Console Functions (if applicable)

The console (if equipped) typically displays metrics such as time, distance, speed, and calories burned. Refer to the console's specific instructions for detailed operation.

- **Power On/Off:** The console usually activates automatically when you start pedaling or by pressing a button. It may power off after a period of inactivity.
- **Mode Button:** Press to cycle through different display functions.
- **Reset Button:** Press and hold to clear all current workout data.

5. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your Domyos VM-190.

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Lubrication:** Moving parts may require occasional lubrication. Refer to the original product documentation for specific lubrication points and recommended lubricants.
- **Storage:** Store the bike in a dry, clean environment away from direct sunlight and extreme temperatures.

6. TROUBLESHOOTING

Problem	Possible Cause	Solution
Squeaking or grinding noise during use.	Loose parts, lack of lubrication, or internal component issue.	Check and tighten all visible bolts and nuts. Lubricate moving parts as per maintenance instructions. If noise persists, contact customer support.
Resistance not changing.	Resistance cable disconnected or damaged, or magnetic mechanism fault.	Inspect the resistance cable connection. Ensure the resistance knob is functioning correctly.
Console not displaying data.	Loose sensor cable, dead batteries (if applicable), or console malfunction.	Check sensor cable connections. Replace console batteries. If issue persists, contact customer support.
Bike feels unstable.	Uneven surface or loose stabilizer bolts.	Ensure the bike is on a flat surface. Adjust leveling feet on stabilizers if present. Tighten all stabilizer bolts.




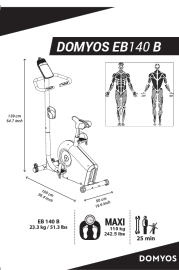


7. SPECIFICATIONS

- **Model:** Domyos VM-190
- **Brand:** Domyos
- **Resistance Mechanism:** Magnetic
- **Power Source:** Pedal-powered (non-electric)
- **Recommended Use:** Indoor, Basic Home Use (up to 30 minutes per week)
- **Drive System:** Belt
- **Special Feature:** Basic Home Use
- **ASIN:** B007F830E8

8. SUPPORT AND WARRANTY

For further assistance, parts, or warranty information, please refer to the contact details provided with your purchase or visit the official Domyos website. Keep your proof of purchase for warranty claims.



	<p>Domyos EL 5500 Elliptical Bike User Manual</p> <p>Comprehensive operating instructions, safety guidelines, and maintenance information for the Domyos EL 5500 elliptical bike. Learn how to assemble, use, and care for your fitness equipment.</p>
	<p>DOMYOS VM 400 Exercise Bike User Manual</p> <p>User manual for the DOMYOS VM 400 exercise bike, providing setup, operation, safety guidelines, troubleshooting, and warranty information.</p>
	<p>DOMYOS Run 100E-B Treadmill: User Manual & Assembly Guide</p> <p>Explore the DOMYOS Run 100E-B treadmill, a fitness machine from DECATHLON. This guide covers assembly, operation, workout programs (Calorie Burn, Endurance, Interval Training), and maintenance for effective home workouts.</p>
	<p>DOMYOS EB140 B Exercise Bike User Manual</p> <p>Comprehensive user manual and assembly guide for the DOMYOS EB140 B exercise bike. Learn about its features, programs, proper usage, posture, and troubleshooting tips.</p>
	<p>DOMYOS TC 760 Treadmill User Manual</p> <p>Comprehensive user manual for the DOMYOS TC 760 treadmill, covering assembly, safety instructions, operating procedures, console functions, programs, maintenance, troubleshooting, and warranty information.</p>
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