

Jocca 6158

Jocca Mini Exercise Bike Model 6158 User Manual

Model: 6158 | Brand: Jocca

1. INTRODUCTION

Thank you for choosing the Jocca Mini Exercise Bike Model 6158. This compact and versatile pedal exerciser is designed to provide a convenient way to engage in light exercise for both your legs and arms, helping to improve circulation and muscle tone. Please read this manual thoroughly before assembly and use to ensure safe and optimal performance of your device.

2. SAFETY INFORMATION

Before using the Jocca Mini Exercise Bike, please observe the following safety precautions:

- Consult your physician before starting any exercise program, especially if you have pre-existing health conditions.
- Place the exercise bike on a flat, stable surface. Use a non-slip mat underneath to prevent movement during use.
- Ensure all parts are securely assembled before each use.
- Keep children and pets away from the device during operation.
- Do not stand on the device. It is designed for seated use only.
- Stop exercising immediately if you feel pain, dizziness, or discomfort.
- The maximum user weight for this device is 30 kg (66 lbs). Exceeding this limit may cause damage or injury.
- This product is intended for indoor use only.

3. PACKAGE CONTENTS

Please check the box for the following items:

- Jocca Mini Exercise Bike Main Unit

- Pedals (2 units)
- Stabilizer Bars (2 units)
- Assembly Tools (Wrench, Screws)
- User Manual
- 1 AAA Battery (pre-installed or separate)

4. SETUP AND ASSEMBLY

Follow these steps to assemble your Jocca Mini Exercise Bike:

1. Attach Stabilizer Bars:

Securely attach the front and rear stabilizer bars to the main unit using the provided screws and wrench. Ensure they are firmly tightened to prevent wobbling.



Image: The main unit of the Jocca Mini Exercise Bike with its front and rear stabilizer bars already attached, showing the overall structure.

2. Attach Pedals:

Identify the left (L) and right (R) pedals. The right pedal screws in clockwise, and the left pedal screws in counter-clockwise. Thread them carefully into the crank arms and tighten them with the wrench.

Note: Incorrect pedal attachment can damage the threads.

3. Battery Installation (if not pre-installed):

Locate the battery compartment on the digital display unit. Insert one AAA battery, ensuring correct polarity (+/-). Close the compartment cover.



Image: A close-up view of the digital display panel, showing the LCD screen and control button, which requires a AAA battery for operation.

4. Placement:

Place the assembled exercise bike on a firm, level surface. For optimal stability and to prevent sliding, especially during intense use, consider placing it against a wall or using a non-slip mat.

5. OPERATING INSTRUCTIONS

5.1 Adjusting Resistance

The Jocca Mini Exercise Bike features an adjustable resistance knob. Turn the knob clockwise to increase the resistance, making pedaling more challenging. Turn it counter-clockwise to decrease resistance for easier pedaling.

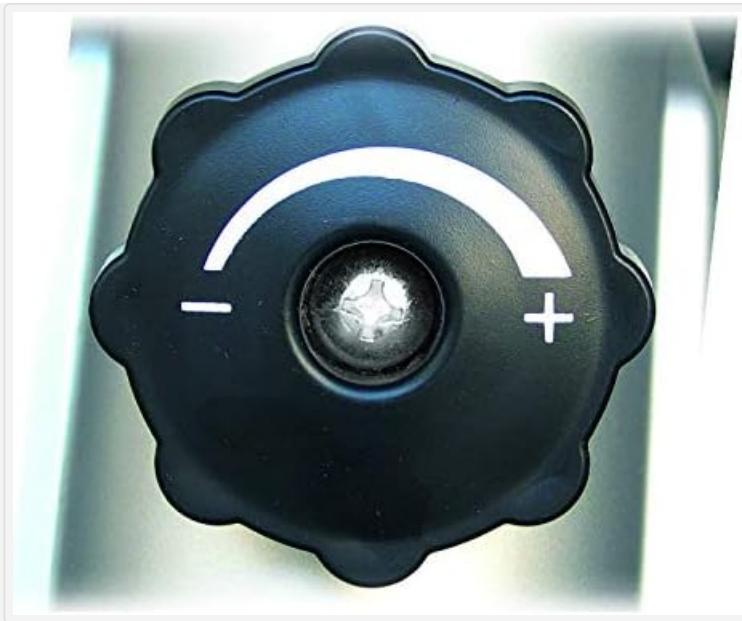


Image: A detailed view of the black resistance knob with '+' and '-' indicators, used to adjust the pedaling difficulty.

5.2 Using the Digital Display

The LCD display monitors your workout progress. It typically has a single button to cycle through different modes:

- **SCAN:** Automatically cycles through all functions every few seconds.
- **TIME:** Displays the duration of your current workout session.
- **DISTANCE (DIS):** Shows the estimated distance covered during your workout.
- **COUNT (T-COUNT):** Displays the total number of pedal revolutions since the last reset.
- **CALORIES (CA):** Estimates the calories burned during your workout.

Press the button repeatedly to select the desired display mode. To reset the values, press and hold the button for a few seconds.

5.3 Leg Exercise

Sit comfortably on a chair with your feet placed firmly in the pedal straps. Adjust the straps if necessary to secure your feet. Begin pedaling at a comfortable pace. Adjust the resistance as needed to achieve your desired workout intensity.



Image: A top-down view of a person's feet securely placed in the pedal straps of the mini exercise bike, ready for leg exercise.

5.4 Arm Exercise

Place the mini exercise bike on a stable table or desk. Sit in front of it and place your hands firmly in the pedal straps. Begin rotating the pedals with your arms. Adjust the resistance to suit your arm strength and workout goals.



Image: A person demonstrating arm exercise by placing the mini exercise bike on a table and rotating the pedals with their hands.

6. MAINTENANCE

- **Cleaning:** Wipe the device with a damp cloth after each use. Do not use abrasive cleaners or solvents.
- **Storage:** Store the exercise bike in a cool, dry place away from direct sunlight and moisture.
- **Battery Replacement:** If the display becomes dim or unresponsive, replace the AAA battery.
- **Inspection:** Periodically check all screws and bolts to ensure they are tight.

7. TROUBLESHOOTING

- **Display not working:**
Check if the AAA battery is correctly installed. Replace the battery if necessary.
- **Device slides during use:**
Ensure the exercise bike is on a flat, non-slip surface. Place it against a wall or use a non-slip mat underneath.
- **Pedals are loose or make noise:**
Tighten the pedals and check all assembly screws. Ensure pedals are threaded correctly (left pedal counter-clockwise, right pedal clockwise).
- **Resistance not changing:**
Ensure the resistance knob is securely attached and functioning. If the issue persists, contact customer support.

8. SPECIFICATIONS

Brand	Jocca
Model Number	6158

Color	Grey
Material	Acrylonitrile Butadiene Styrene (ABS)
Dimensions (L x W x H)	Approx. 41 cm x 31.5 cm x 41 cm
Weight	3.6 kg (7.9 lbs)
Power Source	1 x AAA Battery (included)
Display Type	Digital LCD
Resistance Mechanism	Magnetic
Maximum Supported Weight	30 kg (66 lbs)
Functions Monitored	Time, Distance, Calories, Pedal Count, Scan



Image: The Jocca Mini Exercise Bike shown with its key dimensions (length, width, height) clearly indicated.

9. WARRANTY AND SUPPORT

Jocca products are designed for quality and durability. For any questions, technical assistance, or warranty claims, please contact Jocca customer service.

Customer Service Email: atencionalcliente@jocca.es

Please provide your model number (6158) and purchase details when contacting support.

