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TODO B06Y4W7NQ1

TODO Mini Exercise Bike Pedal Exerciser with LCD Monitor

Model: B06Y4W7NQ1

Safety Information Package
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Introduction

Thank you for choosing the TODO Mini Exercise Bike Pedal Exerciser. This compact and portable device is designed for both leg and arm cycling exercises, suitable for use at home or in the office. It helps to increase circulation, relieve tension, and support rehabilitation. Please read this manual thoroughly before assembly and use to ensure safe and effective operation.

Safety Information

- Consult a physician before starting any exercise program, especially if you have pre-existing medical conditions or are recovering from injury.
- Use the exerciser on a stable, flat surface.
- Ensure all parts are securely assembled before each use.
- Keep children and pets away from the exerciser during operation.
- Do not stand on the pedals. This device is designed for seated use only.
- Stop exercising immediately if you feel pain, dizziness, or discomfort.
- The maximum user weight recommendation is 120 kg.

Package Contents

Verify that all components are present before assembly:

- Main Unit with LCD Monitor
- Front Stabilizer Bar
- Rear Stabilizer Bar
- Left Pedal
- Right Pedal

- Assembly Tools (Wrench, Allen Key)
- Screws and Washers
- User Manual



Image: All components included in the package for the mini exercise bike.

Setup

Follow these steps to assemble your TODO Mini Exercise Bike:

1. **Attach Stabilizer Bars:** Secure the front and rear stabilizer bars to the main unit using the provided screws and the Allen key. Ensure they are firmly tightened.
2. **Attach Pedals:** Identify the left (L) and right (R) pedals. The left pedal screws counter-clockwise, and the right pedal screws clockwise. Attach each pedal to its corresponding crank arm and tighten with the wrench. Ensure the pedal straps are facing upwards.
3. **Insert Battery:** Open the battery compartment on the LCD monitor and insert 1 AAA battery (included).

Your browser does not support the video tag.

Video: Step-by-step assembly guide for the TODO Mini Exercise Bike.



Image: Product dimensions and key features including 11 lbs total weight, 5lb iron flywheel for stability, multi-use display with 5 functions, and adjustable tension.

Operating Instructions

Using for Leg Exercise

Place the exerciser on a flat surface in front of your chair. Sit comfortably and place your feet into the pedal straps. Adjust the straps for a secure fit. Begin pedaling forward or backward at a comfortable pace. The anti-scuff rubber feet prevent floor damage.



Image: User engaging in leg exercise with the mini bike while seated on a sofa.

Using for Arm Exercise

Place the exerciser on a sturdy table. Sit in front of it and grasp the pedals with your hands. Adjust the straps if necessary for a secure grip. Begin rotating the pedals with your arms. This can help improve arm strength and circulation.



Image: User engaging in arm exercise with the mini bike while seated at a desk.

Adjusting Resistance

The resistance can be adjusted by rotating the knob located on the front of the main unit. Turn clockwise to increase resistance for a more challenging workout, and counter-clockwise to decrease resistance for an easier session. This allows for customized exercise intensity.



Image: Visual representation of the adjustable resistance knob, showing settings for beginner to expert levels.

Using the LCD Monitor

The LCD monitor displays various exercise data:

- **TIME:** Duration of your current exercise session.
- **DISTANCE (km):** Estimated distance covered.
- **COUNT:** Number of pedal turns during the current session.
- **TOTAL COUNTS (TC):** Total number of pedal turns since the last reset (cannot be reset by long press).
- **CALORIES:** Estimated calories burned.

Press the red button to cycle through the data displays. Long press the red button to reset all data (except Total Counts) to zero.



Image: Detailed view of the LCD monitor displaying various exercise metrics.

Maintenance

- **Cleaning:** Wipe the exerciser with a damp cloth after each use. Avoid abrasive cleaners or solvents.
- **Storage:** Store the exerciser in a cool, dry place away from direct sunlight and moisture. Its compact design allows for easy storage under a desk or in a closet.
- **Inspection:** Periodically check all screws and bolts to ensure they remain tight. Tighten if necessary.



Image: The compact design of the mini exercise bike, suitable for storage under a desk or in small spaces.

Troubleshooting

Problem	Possible Cause	Solution
Exerciser wobbles during use.	Not on a flat surface; loose stabilizer bars.	Ensure the exerciser is on a flat, stable surface. Tighten all screws on the stabilizer bars.

Problem	Possible Cause	Solution
Pedaling motion is not smooth or feels jerky.	High resistance setting; internal mechanism issue.	Reduce the resistance setting. If the issue persists, contact customer support.
LCD monitor not displaying.	Dead battery; incorrect battery insertion.	Replace the AAA battery. Ensure the battery is inserted with correct polarity.
Pedals are loose or fall off.	Pedals not tightened correctly.	Re-attach and firmly tighten the pedals. Remember the left pedal tightens counter-clockwise, and the right pedal tightens clockwise.

Specifications

- **Brand:** TODO
- **Model:** B06Y4W7NQ1
- **Product Dimensions:** 41D x 16W x 32H Centimetres (approx. 16.1 x 6.3 x 12.6 inches)
- **Item Weight:** 4.99 kg (approx. 11 lbs)
- **Material:** Aluminum, Plastic
- **Power Source:** Hand-powered
- **Operation Mode:** Manual
- **Display:** LCD (Time, Distance, Count, Total Counts, Calories)
- **Batteries:** 1 AAA battery (included)
- **Maximum Weight Recommendation:** 120 Kilograms

Warranty & Support

This product comes with a**2-year warranty**. If you encounter any non-man-made damage or issues, please contact customer service for assistance or replacement.
For further support or inquiries, please visit theTODO Store on Amazon or refer to the contact information provided with your purchase.

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