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BulbHead 13160

BulbHead Slim Cycle Stationary Bike Instruction Manual

Model: 13160

INTRODUCTION

The BulbHead Slim Cycle Stationary Bike is designed to provide a comfortable and effective exercise experience. This machine combines cardio and strength training elements, allowing users to engage both lower and upper body muscles. Its versatile design allows for use in both upright and recumbent positions, catering to various comfort and exercise preferences. The Slim Cycle is also designed for convenient storage due to its foldable frame.



Figure 1: Overview of the BulbHead Slim Cycle Stationary Bike.

SAFETY INFORMATION

- Consult a physician before starting any new exercise program.
- Ensure all parts are securely assembled before each use.
- Place the bike on a flat, stable surface.
- Keep children and pets away from the equipment during operation.
- Do not exceed the maximum weight recommendation of 275 pounds (124.7 kg).
- Wear appropriate athletic footwear during use.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

SETUP

The Slim Cycle is designed for straightforward assembly. Refer to the included assembly guide for detailed, step-by-step instructions. Once assembled, the bike can be adjusted between upright and recumbent positions and folded for storage.

Adjusting Positions

To switch between the upright and recumbent positions, locate the adjustment pin near the base of the seat. Loosen and pull the pin, then carefully adjust the frame to your desired position until the pin locks securely into place. This allows for varied workouts and comfort levels.



Figure 2: The Slim Cycle can be used in both upright and recumbent configurations.

Folding for Storage

For compact storage, the Slim Cycle can be folded. Locate the folding mechanism, typically a knob or lever, and follow the instructions in your assembly guide to safely collapse the bike. This feature makes it ideal for smaller living spaces.

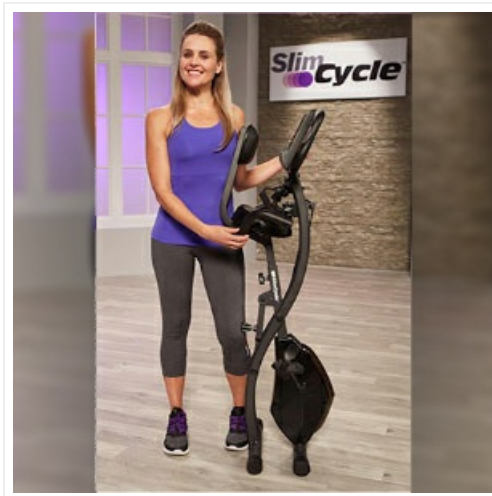


Figure 3: The Slim Cycle folds for convenient storage.

OPERATING INSTRUCTIONS

Adjusting Resistance

The Slim Cycle features 8 levels of magnetic resistance. To adjust the pedaling difficulty, turn the resistance dial located on the main frame. Turn clockwise for higher resistance (more challenging) and counter-clockwise for lower resistance (easier).



Figure 4: The resistance dial allows for 8 levels of magnetic resistance.

Using the Digital Display

The integrated digital display tracks your workout metrics. Use the 'MODE' button to cycle through different readings such as SCAN, TIME, SPEED, DISTANCE, CALORIES, and ODOMETER. This helps monitor your progress and performance.



Figure 5: Digital display for tracking workout data.

Upper Body Resistance Bands

The Slim Cycle includes attached resistance bands for upper body workouts. These bands allow you to sculpt muscles and engage your arms, shoulders, and back while simultaneously performing a cardio workout on the bike.



Figure 6: Resistance bands for upper body sculpting.

Official Product Video

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Video 1: Official overview of the Slim Cycle Fitness Bike, demonstrating its features and benefits.

MAINTENANCE

- **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 detailed maintenance section in your full user manual for specific recommendations.

TROUBLESHOOTING

- **Squeaking/Noise:** Ensure all connections are tight. Lubricate moving parts as per maintenance instructions.
- **Display Not Working:** Check battery installation and replace if necessary. Ensure all cables are securely connected.
- **Resistance Issues:** Verify the resistance dial is functioning correctly and cables are not obstructed.

SPECIFICATIONS

Feature	Detail
Brand	BulbHead
Model Number	13160
Special Feature	Adjustable Seat, Foldable, Speed Monitor
Color	Black
Power Source	Battery Powered
Recommended Uses	Indoor
Item Weight	43.8 Pounds (19.87 kg)
Material	Metal
Resistance Mechanism	Magnetic
Product Dimensions	45"D x 17"W x 9"H (114.3 cm D x 43.18 cm W x 22.86 cm H)
Maximum Weight Recommendation	275 Pounds (124.7 kg)
Number of Resistance Levels	8
Drive System	Chain

WARRANTY AND SUPPORT

This product comes with a manufacturer's warranty. For detailed information regarding warranty coverage, terms, and conditions, please refer to the warranty documentation included with your purchase or visit the official BulbHead store.

For additional support, product information, or to explore other BulbHead products, please visit the BulbHead Store on Amazon.