

himaly US-X1368

himaly Mini Exercise Bike US-X1368 User Manual

Model: US-X1368

1. INTRODUCTION

Thank you for choosing the himaly Mini Exercise Bike US-X1368. This portable pedal exerciser is designed for both arm and leg workouts, offering a convenient way to maintain fitness at home or in the office. It features adjustable resistance and an LCD display to track your progress. Please read this manual thoroughly before use to ensure proper assembly, operation, and maintenance.



Figure 1.1: Overview of the himaly Mini Exercise Bike US-X1368, showing the main unit, pedals, and integrated LCD monitor.

2. SAFETY INFORMATION

- Consult your physician before starting any exercise program.
- Keep children and pets away from the equipment during use.
- Place the exerciser on a stable, flat surface. Use the provided anti-slip mat to prevent movement during exercise.
- Ensure all parts are securely assembled before each use.
- Do not stand on the pedals. This device is designed for seated use only.
- Stop exercising immediately if you feel pain, dizziness, or discomfort.
- Do not attempt to modify the equipment.

3. PACKAGE CONTENTS

Verify that all components are present in the package:

- 1 x himaly Mini Exercise Bike Main Unit
- 2 x Pedals (left and right)
- 1 x Anti-slip Mat
- 1 x Securing Strap
- 1 x User Manual (this document)
- Necessary assembly tools (usually an Allen wrench and spanner)

4. ASSEMBLY AND SETUP

The himaly Mini Exercise Bike is designed for easy assembly. Follow these steps:

1. Unpack all components and place them on a clean, flat surface.
2. Attach the front and rear stabilizers to the main unit using the provided bolts and tools. Ensure they are firmly secured.
3. Identify the left (L) and right (R) pedals. The pedals are typically threaded differently. Screw the left pedal counter-clockwise and the right pedal clockwise into their respective crank arms. Tighten them securely with a spanner.
4. Insert the battery into the LCD monitor if not pre-installed.
5. Place the anti-slip mat under the exerciser to prevent it from sliding during use.
6. For enhanced stability, especially on smooth floors, use the provided securing strap. Pass the strap under the base of the exerciser, loop it around the base, and buckle it up to secure the unit to a chair leg or other stable object.



Pass the strap under the base



Make circles at each end



Finally buckle up



An extra strap is provided for securing

Figure 4.1: Instructions for using the securing strap to stabilize the mini exercise bike.

5. OPERATING INSTRUCTIONS

5.1. Resistance Adjustment

The himaly Mini Exercise Bike features adjustable resistance to customize your workout intensity. Locate the resistance knob on the front of the main unit. Turn the knob clockwise to increase resistance, making pedaling harder, and counter-clockwise to decrease resistance, making pedaling easier. Adjust the resistance to a level that provides a challenging yet comfortable workout.

Adjustable Resistance



Figure 5.1: The adjustable resistance knob for controlling workout intensity.

5.2. LCD Display Functions

The integrated LCD monitor tracks your workout data. It displays the following metrics:

- **TIME:** Duration of your current exercise session.
- **COUNT:** Total number of pedal rotations during the current session.
- **CALORIES:** Estimated calories burned during the current session.
- **DISTANCE:** Estimated distance covered (in meters) during the current session.
- **T-COUNT:** Total accumulated count of pedal rotations across all sessions (resettable).

Press the red button on the LCD monitor to cycle through the display modes. The 'SCAN' feature will automatically display each metric in sequence for a few seconds. To reset the current session data, press and hold the red button for a few seconds.



Figure 5.2: The LCD display showing different workout metrics.

6. USAGE RECOMMENDATIONS

6.1. Leg Exercise (Under Desk Use)

Place the mini exercise bike on the floor in front of your chair. Ensure you have adequate space for your legs to pedal comfortably. For under-desk use, a minimum clearance of 13 inches from your knee to the underside of the table is recommended to avoid hitting your knees. Use the anti-slip mat and securing strap for stability.

For Use Under Desk

When use under a desk, it will need a height clearance of at least 13 inches from your knee to the table.

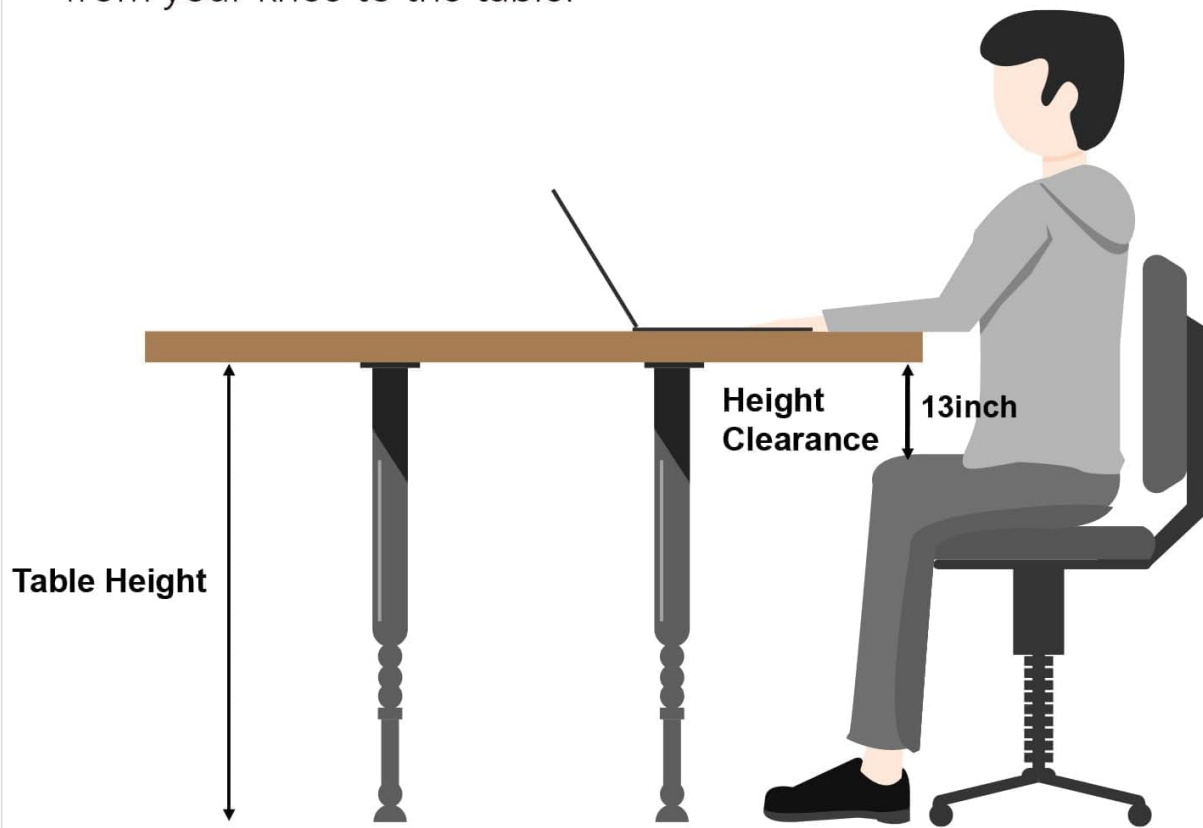


Figure 6.1: Example of using the mini exercise bike for leg exercise under a desk.

Mini & Portable



Figure 6.2: Recommended height clearance for under-desk operation.

6.2. Arm Exercise

Place the mini exercise bike on a stable table or desk. Sit comfortably in front of it and grasp the pedals with your hands. Adjust the resistance to a suitable level and begin rotating the pedals with your arms. This provides an effective upper body workout.



Figure 6.3: Using the mini exercise bike for arm exercise.

7. MAINTENANCE

- **Cleaning:** Wipe the exerciser with a damp cloth after each use. Do not use abrasive cleaners or solvents.
- **Storage:** Store the unit in a cool, dry place away from direct sunlight and extreme temperatures.
- **Inspection:** Periodically check all bolts and connections to ensure they are tight. Tighten if necessary.
- **Battery Replacement:** If the LCD display becomes dim or unresponsive, replace the battery (typically a AAA battery).

8. TROUBLESHOOTING

Problem	Possible Cause	Solution
Exerciser slides during use	Not on a stable surface; anti-slip mat not used; insufficient securing.	Ensure unit is on a flat, stable surface. Use the anti-slip mat. Utilize the securing strap to anchor the unit to a chair or table leg.

Problem	Possible Cause	Solution
LCD display is blank or dim	Battery is dead or incorrectly installed.	Replace the battery. Ensure it is inserted with correct polarity.
Pedals are loose or wobbly	Pedals not tightened sufficiently during assembly.	Re-tighten the pedals using a spanner. Ensure correct threading (left pedal counter-clockwise, right pedal clockwise).
Unusual noise during operation	Loose components; internal friction.	Check and tighten all visible bolts and connections. If noise persists, discontinue use and contact customer support.

9. SPECIFICATIONS



Figure 9.1: Product dimensions for the himaly Mini Exercise Bike.

- **Model:** US-X1368
- **Brand:** himaly

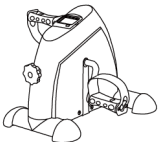
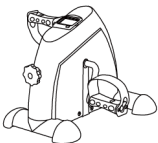
- **Material:** Plastic, Alloy Steel
- **Product Dimensions (L x W x H):** 40.6 cm x 35.1 cm x 32 cm (15.98 in x 13.8 in x 12.6 in)
- **Item Weight:** 3.45 kg (7.6 lbs)
- **Maximum User Weight Capacity:** 150 kg
- **Display Type:** LCD
- **Controls Type:** Knob
- **Number of Resistance Levels:** 8
- **Operation Mode:** Manual
- **Drive System:** Belt
- **Special Features:** Portable




10. WARRANTY AND SUPPORT

The himaly Mini Exercise Bike US-X1368 comes with a standard manufacturer's warranty. For specific warranty details, claims, or technical support, please refer to the warranty card included with your product or contact himaly customer service through the retailer where the product was purchased. Please have your model number (US-X1368) and purchase date available when contacting support.

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Related Documents - US-X1368

<div>ARM AND LEG TRAINER operation manual</div> 	<p>Arm and Leg Trainer Operation Manual: Setup, Use, and Maintenance</p> <p>Comprehensive operation manual for the Arm and Leg Trainer, covering technical specifications, safety precautions, installation, usage, training tips, troubleshooting, maintenance, and warranty information.</p>
<div>ARM AND LEG TRAINER operation manual</div> 	<p>Arm and Leg Trainer Operation Manual</p> <p>This manual provides operation, safety, and training instructions for the Arm and Leg Trainer, including technical specifications, parts list, and troubleshooting.</p>

 <p>The image shows the cover of the Himaly Mini Exercise Bike Operation Manual. It features the Himaly logo at the top, followed by the title 'MINI EXERCISE BIKE' in bold. Below the title is a line drawing of the exercise bike. At the bottom, it says 'Operation Manual'.</p>	<p>Himaly Mini Exercise Bike Operation Manual</p> <p>Operation manual for the Himaly Mini Exercise Bike, covering technical specifications, safety instructions, assembly, usage, training tips, troubleshooting, maintenance, disposal, and warranty information.</p>
 <p>The image shows the cover of the Bluetooth Body Fat Scale IF1010AR: Instructions for Use. It features the title 'Bluetooth Body Fat Scale' at the top, followed by 'Instructions for Use' in a dark box. Below that, it says 'Model IF1010AR (LPG2008)'.</p>	<p>Himaly Bluetooth Body Fat Scale IF1010AR: Instructions for Use</p> <p>Detailed instructions for the Himaly IF1010AR Bluetooth Body Fat Scale. Learn about battery charging, app setup, weighing procedures, personal parameter settings, multiple user support, LCD icon indications, and troubleshooting tips for optimal use.</p>
 <p>The image shows the cover of the Himaly Massage Gun User Manual BD-009. It features the title 'MASSAGE GUN' in bold, followed by 'USER'S MANUAL' in a smaller font. Below the title is a black and white image of the massage gun. At the bottom right, it says 'Model BD-009'.</p>	<p>Himaly Massage Gun User Manual BD-009</p> <p>User manual for the Himaly Massage Gun, model BD-009. Provides specifications, usage instructions, charging information, operating procedures, maintenance, cleaning, storage, and safety precautions.</p>

Bluetooth Body Fat Scale

Instructions for Use

Model IF1011AR (UKD006)

[himaly IF1011AR Bluetooth Body Fat Scale: User Guide](#)

Comprehensive user guide for the himaly IF1011AR Bluetooth Body Fat Scale, covering battery installation, app setup, weighing procedures, personal parameter settings, and troubleshooting.