

BODYTONE ZROB

BODYTONE ZROB Air Bike Instruction Manual

Model: ZROB

1. SAFETY INFORMATION

Please read this entire manual before assembling or operating the BODYTONE ZROB Air Bike. Keep this manual for future reference. Failure to follow these instructions could result in injury or damage to the equipment.

- Always consult with a physician before starting any new exercise program.
- Ensure all parts are securely fastened before each use.
- Keep children and pets away from the equipment during operation.
- Place the air bike on a flat, stable surface.
- The maximum user weight for this air bike is **135 kg**. Do not exceed this limit.
- Wear appropriate exercise attire and footwear.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- The air bike operates using air resistance and is designed to be cable-free with zero electricity consumption for its primary function.

2. PRODUCT OVERVIEW

The BODYTONE ZROB Air Bike is a robust fitness machine designed for comprehensive cardiovascular and strength training. It utilizes air resistance, providing a challenging workout that scales with your effort. Its design allows for simultaneous upper and lower body engagement, making it ideal for high-intensity interval training (HIIT) and long-duration cardio sessions.



Image: Front view of the BODYTONE ZROB Air Bike, showcasing its large fan and sturdy frame.

Key Features:

- Designed for cardiovascular strengthening exercises.
- Suitable for high-intensity interval training (HIIT) and long-duration high-intensity workouts.
- Maximum user weight capacity of 135 kg.
- Comfortably designed seat to relieve pressure during intense sessions.
- Allows for comprehensive resistance work through separate pedaling and arm movements.

3. SETUP AND ASSEMBLY

The BODYTONE ZROB Air Bike requires some assembly. Please ensure you have all components before

beginning. Refer to the included assembly guide for detailed, step-by-step instructions and diagrams. Typically, assembly involves attaching the base stabilizers, pedals, handlebars, seat, and console.

3.1 Unpacking and Placement

- Carefully remove all components from the packaging.
- Place the main frame on a clear, level surface.
- Ensure adequate space around the bike for safe operation and movement.



Image: A woman demonstrating how to tilt and move the BODYTONE ZROB Air Bike using its transport wheels, highlighting its portability.

3.2 Seat Adjustment

The seat is adjustable to accommodate various user heights. To adjust the seat:

1. Loosen the adjustment knob located beneath the seat.
2. Slide the seat up or down to the desired height. Ensure your leg has a slight bend at the knee when the pedal is at its lowest point.
3. Tighten the adjustment knob securely to lock the seat in place.

4. OPERATING INSTRUCTIONS

The BODYTONE ZROB Air Bike provides a full-body workout by engaging both your legs and arms. The resistance is generated by the fan, increasing as you pedal and push/pull the handlebars harder.



Image: A man actively exercising on the BODYTONE ZROB Air Bike, demonstrating the full-body engagement with both pedals and handlebars.

4.1 Starting Your Workout

1. Sit on the seat and place your feet securely on the pedals. Use the straps if available.
2. Grasp the moving handlebars firmly.
3. Begin pedaling with your feet and pushing/pulling with your arms simultaneously. The console will automatically activate as you start.

4.2 Console Operation

The console displays various workout metrics to help you track your progress. While the main bike operation is self-powered, the console may require batteries (not included) or a minimal power source for its display functions.



Image: A close-up view of the BODYTONE ZROB Air Bike's digital console, showing various metrics like time, speed, distance, calories, and watt output, along with control buttons.

- **START/STOP:** Press to begin or end a workout session.

- **ENTER:** Confirm selections or switch display modes.
- **MODE:** Cycle through different display metrics (e.g., Time, Distance, Calories, Speed, Watts, RPM).
- **PROGRAMS:** Select from pre-set workout programs, such as Target Time, Target Distance, Target Calories, Target Heart Rate, or various interval training options (e.g., 10/20 Interval, 20/10 Interval, Custom Interval).
- **RESET:** Clear all workout data.

For detailed instructions on specific programs and advanced console features, please refer to the separate console manual if provided, or experiment with the buttons to understand their functions.

5. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your BODYTONE ZROB Air Bike.

5.1 Cleaning

- Wipe down the bike with a damp cloth after each use to remove sweat and dust.
- Do not use abrasive cleaners or solvents, as these can damage the finish and electronic components.
- Keep the fan area clear of obstructions and dust buildup.

5.2 Inspection

- Periodically check all nuts, bolts, and moving parts for tightness. Tighten any loose fasteners.
- Inspect pedals, straps, and handlebars for any signs of wear or damage. Replace worn parts immediately.
- Ensure the seat adjustment mechanism is functioning correctly and locks securely.

6. TROUBLESHOOTING

This section addresses common issues you might encounter with your BODYTONE ZROB Air Bike.

Problem	Possible Cause	Solution
Console not displaying data	Batteries are dead or incorrectly installed.	Replace console batteries (if applicable) or ensure they are correctly oriented. Start pedaling to activate.
Bike feels unstable or wobbly	Loose bolts or uneven surface.	Check and tighten all assembly bolts. Ensure the bike is on a flat, level surface.
Unusual noise during operation	Loose components or foreign object in fan.	Inspect the fan for any obstructions. Check and tighten all bolts and connections.
Resistance feels inconsistent	This is an air bike; resistance is directly proportional to effort.	Increase your pedaling and arm movement speed/force to increase resistance. Ensure fan is clear.

If you encounter issues not listed here or if solutions do not resolve the problem, please contact customer support.

7. SPECIFICATIONS

Specification	Detail
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Specification	Detail
Brand	BODYTONE
Model Name	ZROB
Color	Black
Material Type	Blend
Resistance Mechanism	Air
Power Source	Self-powered (console may require batteries)
Special Feature	Adjustable Seat
Recommended Uses	Indoor
Maximum User Weight	135 kg
Item Weight	44.7 kg
Product Dimensions (L x W x H)	134 x 58 x 130 cm
Department	Unisex Adult
Date First Available	April 30, 2020

8. WARRANTY AND SUPPORT

For information regarding the product warranty, please refer to the warranty card included with your purchase or visit the official BODYTONE website. Warranty terms and conditions may vary by region and retailer.

Customer Support:

If you have any questions, require technical assistance, or need to order replacement parts, please contact BODYTONE customer support through their official channels. Have your product model (ZROB) and purchase details ready when contacting support.

- **Website:** www.bodytone.com (Please check for your regional website)
- **Email:** Refer to the official website for contact email.
- **Phone:** Refer to the official website for contact phone numbers.