

Cyclace L-003B

Cyclace Stationary Exercise Bike User Manual

Model: L-003B

Brand: Cyclace

WELCOME TO YOUR CYCLACE STATIONARY EXERCISE BIKE

This manual provides essential information for the assembly, operation, maintenance, and troubleshooting of your new Cyclace Stationary Exercise Bike. Please read it thoroughly before first use to ensure safe and optimal performance.

Product Overview

The Cyclace Stationary Exercise Bike is designed for effective and comfortable indoor fitness. Its robust construction and adjustable features make it suitable for a wide range of users, from beginners to professionals.

Key Features

- **Stable and Safe Design:** Thick triangular steel frame, 16.3 kg (36 lbs) flywheel, and belt drive system for smooth, quiet operation. Supports up to 150 kg (330 lbs).
- **Effective Workout:** Adjustable resistance and multi-grip handlebars cater to various fitness levels.
- **Customizable Fit:** Longer adjustable seat post, 2-way adjustable non-slip handlebars, and 4-way adjustable seat for users with an inseam of 71.1 to 99.1 cm (28 to 39 inches).
- **Convenient Monitoring:** LCD monitor tracks time, speed, distance, calories burned, and odometer.
- **Tablet Holder:** Integrated holder for your mobile device.
- **Comfortable Seat:** Ergonomically designed seat cushion for extended workouts.
- **Easy Mobility:** Built-in transport wheels for convenient relocation.
- **Non-slip Feet Pads:** Larger pads ensure stability and protect floors.

ULTRA QUIET FLYWHEEL

 <10DB

More Smooth ●

Delay-Free ●



Figure 1: Ultra Quiet Flywheel for a smooth and silent workout experience.

STEPLESSLY ADJUSTABLE

Join any activity through different resistance

Easy to use ●
Real-bike feel ●



Figure 2: Larger Non-Slip Feet Pads for enhanced stability and floor protection.

IMPORTANT SAFETY GUIDELINES

To ensure your safety and the longevity of your exercise bike, please adhere to the following guidelines:

- Consult a physician before starting any exercise program.
- Keep children and pets away from the equipment during use.
- Place the bike on a flat, stable surface with adequate clearance around it (at least 0.6 meters or 2 feet).
- Inspect the bike before each use for loose parts or signs of wear. Do not use if damaged.
- Wear appropriate athletic footwear and clothing.
- Do not exceed the maximum user weight of 150 kg (330 lbs).
- Adjust the seat and handlebars correctly for your body size before exercising.

- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- Keep hands and feet clear of moving parts.
- Ensure all bolts and nuts are securely tightened before and during use.

PACKAGE CONTENTS

Before assembly, ensure all parts listed below are present and undamaged. If any parts are missing or damaged, please contact customer support.

- Main Frame (1)
- Front Stabilizer (1)
- Rear Stabilizer (1)
- Pedals (Left & Right) (2)
- Seat Post (1)
- Seat (1)
- Handlebar Post (1)
- Handlebars (1)
- LCD Monitor (1)
- Tablet Holder (1)
- Hardware Kit (Bolts, Washers, Nuts, Tools) (1 set)
- User Manual (1)

ASSEMBLY INSTRUCTIONS

Your Cyclace Exercise Bike is 95% pre-assembled for quick and easy setup. Follow these steps carefully.

95% PRE-ASSEMBLY

Only 5 minutes to install

- Quick finish
- Easy to use



Figure 3: 95% Pre-Assembly - Main components ready for quick setup.

1. **Attach Stabilizers:** Secure the front and rear stabilizers to the main frame using the provided bolts and washers. Ensure they are firmly tightened.
2. **Install Pedals:** Identify the Left (L) and Right (R) pedals. The left pedal tightens counter-clockwise, and the right pedal tightens clockwise. Thread them carefully into the crank arms and tighten securely with the wrench.
3. **Attach Seat Post and Seat:** Insert the seat post into the main frame and secure it at your desired height. Attach the seat to the seat post.
4. **Install Handlebar Post and Handlebars:** Insert the handlebar post into the main frame. Attach the handlebars to the handlebar post and secure them.
5. **Connect LCD Monitor:** Connect the sensor wires from the bike to the LCD monitor. Mount the monitor onto the handlebars.
6. **Attach Tablet Holder:** Secure the tablet holder to the handlebars.
7. **Final Check:** Verify all bolts and connections are tight and secure before first use.

OPERATING YOUR CYCLACE EXERCISE BIKE

Adjusting the Bike for Your Comfort

Seat Adjustment

The seat can be adjusted 4 ways (up/down, forward/backward). Loosen the adjustment knob, slide the seat to the desired position, and tighten the knob firmly.

Handlebar Adjustment

The handlebars can be adjusted 2 ways (up/down). Loosen the adjustment knob, raise or lower the handlebars, and tighten the knob firmly.

Using the LCD Monitor

BIGGER LCD DISPLAY

All data at a glance

- Track in real
- Clear to read



Figure 4: LCD Monitor Display

The LCD monitor tracks your workout data:

- **TIME:** Displays your workout duration.
- **SPEED:** Shows your current cycling speed.
- **DIST (Distance):** Tracks the distance covered during your current workout.
- **CAL (Calories):** Estimates calories burned during your workout.
- **ODO (Odometer):** Displays the total accumulated distance.
- **SCAN:** Automatically cycles through all display functions.

To reset the monitor, press and hold the button for a few seconds. The monitor uses 2 AAA batteries (included).

Adjusting Resistance

LARGER NON-SLIP FEET PAD

Provides a stable and comfortable workout experience

- No damage to the floor
- Stable & non-moving



Figure 5: Steplessly Adjustable Resistance Knob

The bike features steplessly adjustable resistance. Turn the resistance knob clockwise to increase resistance for a more

challenging workout, and counter-clockwise to decrease resistance. To stop the flywheel quickly, press down firmly on the resistance knob.

Proper Cycling Posture

Maintain a straight back and relaxed shoulders. Your knees should have a slight bend at the bottom of the pedal stroke. Engage your core muscles throughout your workout.

Maintenance and Care

Regular maintenance ensures the longevity and safe operation of your exercise bike.

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Lubrication:** Periodically apply a few drops of silicone lubricant to the brake pad (felt pad) that contacts the flywheel. This helps maintain smooth and quiet resistance.
- **Check Connections:** Regularly inspect all bolts, nuts, and moving parts for tightness. Tighten any loose components.
- **Pedals:** Ensure pedals are securely tightened. If you hear clicking, re-tighten them, ensuring the left pedal is tightened counter-clockwise and the right clockwise.
- **Flywheel:** Keep the flywheel clean and free of debris.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures.

Troubleshooting Common Issues

If you encounter any issues with your Cyclace Exercise Bike, refer to the table below for possible solutions.

Problem	Possible Cause	Solution
LCD Monitor not displaying data.	Batteries are dead or incorrectly installed; sensor wire disconnected.	Replace AAA batteries; check and reconnect sensor wires firmly.
Bike is noisy or squeaking during use.	Loose components; dry brake pad; unlubricated moving parts.	Check and tighten all bolts and nuts. Apply silicone lubricant to the brake pad.
Pedals feel loose or make clicking sounds.	Pedals are not tightened sufficiently or incorrectly installed.	Re-tighten pedals firmly. Remember: Left pedal (L) tightens counter-clockwise, Right pedal (R) tightens clockwise.
Handlebars or seat wobble even when tightened.	Adjustment knob not fully tightened; slight play in the post.	Ensure adjustment knobs are tightened as much as possible. For minor play, regular checks are recommended.

PRODUCT SPECIFICATIONS

Attribute	Value
Brand	Cyclace
Model Number	L-003B
Main Material	Alloy Steel
Maximum Weight Recommendation	150 kg (330 lbs)
Item Weight	16.33 kg (36 lbs)
Product Dimensions (L x W x H)	103.89 x 61.47 x 121.67 cm (40.9 x 24.2 x 47.9 inches)
Power Source (Monitor)	Battery Powered (2 AAA batteries included)
Special Features	Adjustable Seat, LCD Monitor, Tablet Holder
UPC	713223123134, 713223123110, 713223123127, 785231964252

WARRANTY AND CUSTOMER SUPPORT

For warranty information or technical assistance, please contact Cyclace customer support. Refer to the product packaging or purchase documentation for specific warranty terms and contact details.

You can also visit the official Cyclace website for FAQs and additional support resources.

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ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question