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› **AGM Folding Pedal Exerciser User Manual**

**AGM B07QKDFBPD**

# **AGM Folding Pedal Exerciser User Manual**

Model: B07QKDFBPD

## **1. INTRODUCTION**

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Thank you for choosing the AGM Folding Pedal Exerciser. This compact and versatile exercise bike is designed to help you improve muscle strength, joint range of motion, and coordination for both your arms and legs. Its foldable design makes it ideal for use in various settings, including under a desk at the office or in the comfort of your home. Please read this manual thoroughly before assembly and operation to ensure safe and effective use of your new exerciser.



Figure 1: The AGM Folding Pedal Exerciser, showcasing its compact design and main components.

## 2. SAFETY INFORMATION

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To prevent injury and ensure proper operation, please observe the following safety precautions:

- Always place the exerciser on a flat, stable, non-slip surface during use.
- Ensure all parts are securely assembled before each use.
- Consult with a physician before starting any new exercise program, especially if you have pre-existing health conditions.
- Do not stand on the exerciser. It is designed for seated use only.
- Keep children and pets away from the exerciser during operation.
- Stop exercising immediately if you feel pain, dizziness, or discomfort.
- Do not use the exerciser if any parts are damaged or missing.
- Keep hands and feet clear of moving parts during operation.

### 3. PACKAGE CONTENTS

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Please check the box for the following items:

- 1 x AGM Folding Pedal Exerciser
- 1 x Wrench
- 1 x Screwdriver
- 1 x User Manual (this document)

### 4. SETUP AND ASSEMBLY

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The AGM Folding Pedal Exerciser requires minimal assembly. Follow these steps to set up your device:

1. **Unfold the Base:** Carefully unfold the two base legs until they click into place, forming a stable H-shape. Ensure the locking mechanisms are engaged.
2. **Attach the Pedals:** Identify the left (L) and right (R) pedals. Screw each pedal into its corresponding crank arm. The right pedal screws in clockwise, and the left pedal screws in counter-clockwise. Use the provided wrench to tighten them securely.
3. **Insert Battery for LCD Display:** Locate the battery compartment on the back of the LCD display unit. Insert one 1.5V AG13 battery, ensuring correct polarity.
4. **Positioning:** Place the exerciser on a flat, stable surface. For leg exercises, place it on the floor in front of your chair. For arm exercises, place it on a sturdy table.



Figure 2: Product dimensions for proper placement and storage.



Figure 3: Close-up view of the adjustable resistance knob, non-slip pedal straps, and LCD monitor display.

## 5. OPERATING INSTRUCTIONS

### 5.1. Using as a Leg Exerciser

Sit comfortably in a chair. Place the exerciser on the floor in front of you. Place your feet into the pedal straps, ensuring they are secure. Begin pedaling in a smooth, controlled motion. Adjust the resistance as desired.

## Under Desk Leg Exerciser



Figure 4: The exerciser being used for leg workouts, ideal for under-desk use.



Figure 5: The compact design allows for convenient use under a desk.

## 5.2. Using as an Arm Exerciser

Place the exerciser on a stable table surface. Sit in front of the table. Place your hands into the pedal straps, gripping the pedals firmly. Begin rotating your arms in a smooth, controlled motion. Adjust the resistance as desired.



Figure 6: The exerciser can be placed on a tabletop for arm and upper body workouts.

### 5.3. Adjusting Resistance

The exerciser features an adjustable tension knob. Turn the knob clockwise to increase resistance for a more challenging workout. Turn it counter-clockwise to decrease resistance for an easier workout. There are 5 resistance levels available.

## 6. LCD DISPLAY FUNCTIONS

The integrated LCD display provides real-time workout data to help you track your progress.

- **Auto Power On:** The computer will automatically power on when you start exercising, or you can press the button to activate it.
- **Auto Shut Off:** The computer will automatically shut off if no movement is detected for 5 minutes to conserve battery life.

- **Display Modes:** Press the "MODE" button to cycle through different display modes:
  - **TIME:** Displays the duration of your current workout.
  - **DISTANCE:** Shows the estimated distance covered during your workout.
  - **CALORIES:** Estimates the calories burned during your workout.
  - **RPM:** Revolutions Per Minute, indicating your pedaling speed.
  - **SCAN:** Cycles through all the above metrics automatically.
- **Resetting Values:** To reset all values (except TOTAL COUNT), hold the "MODE" button for 4 seconds.
- **Battery:** The computer operates with one 1.5V AG13 battery. Replace when the display becomes dim or unresponsive.

## 7. MAINTENANCE AND CARE

- **Cleaning:** Wipe down the exerciser with a damp cloth after each use to remove sweat and dust. Do not use abrasive cleaners or solvents.
- **Storage:** When not in use, fold the exerciser for compact storage. Store it in a cool, dry place away from direct sunlight and extreme temperatures.
- **Inspection:** Periodically check all nuts, bolts, and moving parts to ensure they are secure and functioning correctly. Tighten any loose components.

## 8. TROUBLESHOOTING

| Problem                                   | Possible Cause                                      | Solution  |
|---|---|---|
| LCD display is blank or dim.              | Battery is dead or incorrectly installed.           | Replace the 1.5V AG13 battery, ensuring correct polarity.   |
| Exerciser slides during use.              | Not on a non-slip surface; feet not gripping.       | Place the exerciser on a non-slip mat or carpet. Ensure the rubber feet are clean and intact.                   |
| Pedals feel loose or wobbly.              | Pedals are not tightened sufficiently.              | Use the provided wrench to re-tighten the pedals securely. Remember the left pedal is reverse-threaded.         |
| Resistance adjustment knob has no effect. | Internal mechanism issue or knob not fully engaged. | Ensure the knob is fully screwed in and try turning it firmly. If the issue persists, contact customer support. |

## 9. SPECIFICATIONS

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|---------------------------------------|---|
| <b>Model</b>                          | B07QKDFBPD  |
| <b>Brand</b>                          | AGM   |
| <b>Controls Type</b>                  | Knob  |
| <b>Display Type</b>                   | LCD   |
| <b>Number of Resistance Levels</b>    | 5   |
| <b>Operation Mode</b>                 | Manual  |
| <b>Power Source</b>                   | Battery Powered (1.5V AG13)                             |
| <b>Product Dimensions (L x W x H)</b> | 49.99 x 35.48 x 25.48 cm (19.68 x 13.97 x 10.03 inches) |
| <b>Item Weight</b>                    | 2.93 kg (6.46 lbs)                                      |
| <b>Material</b>                       | Metal, Plastic, Acrylonitrile Butadiene Styrene (ABS)   |
| <b>Color</b>                          | Green   |

## 10. WARRANTY AND SUPPORT

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For information regarding warranty coverage, returns, or technical support, please refer to the purchase documentation or contact the retailer from whom you purchased the AGM Folding Pedal Exerciser. You may also visit the official AGM website for further assistance.