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› [SONGMICS](#) /

› [SONGMICS Foldable Exercise Bike SXB11OG User Manual](#)

SONGMICS SXB11OG

SONGMICS Foldable Exercise Bike SXB11OG User Manual

Model: SXB11OG

1. INTRODUCTION

Thank you for choosing the SONGMICS Foldable Exercise Bike SXB11OG. This manual provides essential information for the safe assembly, operation, and maintenance of your exercise bike. Please read this manual thoroughly before initial use and retain it for future reference.

Important Safety Information:

- Consult a physician before starting any exercise program.
- Keep children and pets away from the equipment during use.
- Place the exercise bike on a flat, stable surface. Use the included floor mat to protect your flooring and reduce noise.
- Ensure all bolts and nuts are securely tightened before each use.
- The maximum user weight capacity for this bike is 100 kg (220 lbs).
- Wear appropriate exercise attire and footwear.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.



Image 1: SONGMICS Foldable Exercise Bike SXB110G, unfolded and ready for use.

2. PACKAGE CONTENTS

Please verify that all components are present before beginning assembly. If any parts are missing or damaged, contact customer support.

- Main Frame Assembly
- Front and Rear Stabilizers
- Pedals (Left and Right)
- Seat and Seat Post
- Handlebar Assembly with Monitor
- Floor Protection Mat (PVC)
- Hardware Kit (bolts, washers, nuts, tools)
- User Manual

3. ASSEMBLY AND SETUP

Follow these steps to assemble your exercise bike. It is recommended to have two people for assembly.

1. **Unpack Components:** Carefully remove all parts from the packaging and lay them out on the floor mat.
2. **Attach Stabilizers:** Secure the front and rear stabilizers to the main frame using the provided bolts and tools. Ensure they are firmly attached for stability.
3. **Install Pedals:** Identify the left (L) and right (R) pedals. The left pedal screws counter-clockwise, and the right pedal screws clockwise. Tighten them securely.
4. **Assemble Seat:** Attach the seat to the seat post, then insert the seat post into the main frame. Adjust the seat height to a comfortable position and secure it with the adjustment knob.
5. **Attach Handlebars and Monitor:** Connect the handlebar assembly to the main frame. Ensure all cables for the monitor (heart rate, display) are properly connected. Secure the handlebars with the designated bolts.
6. **Insert Batteries:** Open the battery compartment on the monitor and insert 2 AAA batteries (included), observing polarity.
7. **Final Check:** Double-check all connections and ensure all bolts are tightened.



Max. Static Load
Capacity: 100 kg



User Height:
153-185 cm

60 cm



120 cm



Image 2: Dimensions of the exercise bike in both unfolded and folded configurations, along with the included floor mat.

4. OPERATING INSTRUCTIONS

4.1 Adjusting the Bike

- **Seat Height:** Loosen the seat adjustment knob, raise or lower the seat to a comfortable height where your leg is slightly bent at the bottom of the pedal stroke, then re-tighten the knob.
- **Resistance Level:** The bike features 8 magnetic resistance levels. Turn the tension control knob located on the main frame to increase (higher number) or decrease (lower number) the resistance.



Image 3: Detail of the resistance adjustment knob, showing 8 distinct magnetic resistance levels.

4.2 Using the LCD Monitor

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

- **Speed:** Current cycling speed.
- **Distance:** Total distance covered during the current session.
- **Time:** Duration of your workout.
- **Calories:** Estimated calories burned.
- **Pulse (Heart Rate):** Your heart rate, measured by sensors on the handlebars.

Press the 'MODE' button to cycle through the display functions or hold it to reset values. The monitor also includes a holder for your smartphone or tablet, allowing you to view media during your workout.



Image 4: The LCD monitor showing various workout data such as pulse, distance, speed, timing, and calories.

4.3 Folding and Storage

The exercise bike is designed for easy folding and storage. To fold the bike:

1. Ensure you have finished your workout and are off the bike.
2. Locate the folding mechanism (usually a pin or knob) near the main frame's pivot point.
3. Release the mechanism and carefully fold the bike inward until it is in its compact position.

4. Secure the folded position with the locking pin or strap if available.
5. Use the integrated transport wheels to move the folded bike for storage.



Image 5: Close-up views highlighting the wide, padded seat, non-slip pedals with adjustable straps, and smooth transport wheels for easy mobility.

5. MAINTENANCE

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.
- **Check Connections:** Periodically inspect all bolts, nuts, and moving parts for tightness. Re-tighten as necessary.
- **Monitor Batteries:** Replace the AAA batteries in the monitor when the display becomes dim or unresponsive.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures.

6. TROUBLESHOOTING

If you encounter issues with your exercise bike, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Monitor not displaying data	Dead batteries; Loose cable connection	Replace AAA batteries; Check if monitor cables are securely plugged in.
No resistance change	Resistance cable disconnected or damaged	Inspect the resistance cable connection to the tension knob and flywheel.
Bike is unstable or wobbly	Loose bolts; Uneven surface	Tighten all assembly bolts; Ensure the bike is on a flat surface, adjust leveling caps if present.
Unusual noise during operation	Loose parts; Friction	Check and tighten all bolts; Ensure no parts are rubbing.

7. SPECIFICATIONS

- **Model Number:** SXB11OG
- **Color:** Orange
- **Drive System:** Belt
- **Resistance Mechanism:** Magnetic, 8 Levels
- **Main Material:** Steel frame, PVC floor mat, Stainless Steel handle material
- **Power Type (Monitor):** Battery Powered (2 x AAA, included)
- **Unfolded Dimensions (L x W x H):** 41 x 78 x 113 cm (16.1 x 30.7 x 44.5 inches)
- **Folded Dimensions (L x W x H):** Approximately 41 x 35 x 133 cm (16.1 x 13.8 x 52.4 inches)
- **Item Weight:** 14.5 kg (32 lbs)
- **Maximum User Weight Capacity:** 100 kg (220 lbs)
- **Recommended User Height:** 153-185 cm (60-73 inches)
- **Special Features:** Foldable, Portable, Heart Rate Sensor, Phone Holder, Floor Mat

8. WARRANTY AND SUPPORT

For warranty information, please refer to the documentation included with your purchase or contact the retailer where the product was purchased. SONGMICS is committed to providing quality products and customer satisfaction.

If you have any questions, require assistance with assembly, or need troubleshooting support, please contact SONGMICS customer service through their official website or the retailer's support channels. Please have your model number (SXB11OG) and purchase details ready when contacting support.

