TECHMOO TH-EB-5302

Under Desk Bike Pedal Exerciser

User Manual

Brand: TECHMOO | Model: TH-EB-5302

1. Introduction

The TECHMOO Pedal Exerciser is a compact and portable exercise bike designed for low-impact workouts. It allows users to engage in physical activity while seated, making it ideal for use at home or under an office desk. This manual provides comprehensive instructions for the safe and effective operation, setup, and maintenance of your pedal exerciser. Key features include:

- Adjustable resistance for personalized workout intensity.
- Functional LCD monitor displaying time, revolution count, RPM, and calories burned.
- Compact and foldable design for easy storage and portability.
- Suitable for both leg and arm cycling exercises, aiding in rehabilitation and general fitness.



Figure 1.1: TECHMOO Under Desk Bike Pedal Exerciser, a compact and portable exercise device.

2. Safety Information

Please read all safety instructions carefully before using the TECHMOO Pedal Exerciser. Failure to follow these instructions may result in injury or damage to the product.

- This product is intended for gentle, low-impact exercise only. It is suitable for rehabilitation following surgery or injury, but always consult a medical professional before starting any new exercise regimen.
- Always place the exerciser on a flat, hard, and stable surface. Ensure there is sufficient space around the product for safe access and movement.
- To prevent sliding during use, place the exerciser on a non-slip mat or against a wall.
- Keep children and pets away from the exerciser during operation.
- Do not stand on the exerciser. It is designed for seated use only.
- If you experience any pain, dizziness, or discomfort during exercise, stop immediately and consult a medical professional.
- The metal shaft may become warm due to friction during prolonged use. This is a normal phenomenon.

3. Package Contents

Verify that all components are present and undamaged upon opening the package:

- 1 x TECHMOO Pedal Exerciser Unit
- 1 x User Manual
- 1 x AAAA Battery (pre-installed or included for LCD monitor)

4. Setup and Assembly

The TECHMOO Pedal Exerciser requires minimal assembly. Follow these steps to prepare your unit for use:

1. **Attach Pedals:** Identify the Right (R) and Left (L) pedals. Connect each pedal to its corresponding crank arm by rotating counter-clockwise until securely fastened. Ensure they are tightened firmly to prevent loosening during use.
2. **Positioning:** Place the exerciser on a stable, flat surface. For optimal stability and to prevent sliding, consider placing it on a non-slip mat or against a wall.
3. **Adjusting for Under-Desk Use:** If using under a desk, ensure your desk height is sufficient (recommended height is more than 47 inches) to allow comfortable leg movement without hitting the underside of the desk. Adjust your chair height as needed.



Figure 4.1: The adjustable strap on the pedals helps secure feet, and a resistance band can be used to prevent the unit from moving during use.

5. Operating Instructions

5.1. Adjusting Resistance

The resistance level can be adjusted using the tension knob located on the front of the unit. To increase resistance, turn the knob clockwise (to the right). To decrease resistance, turn the knob counter-clockwise (to the left). Adjust the resistance to a level that provides a comfortable yet challenging workout.



Figure 5.1: Close-up view of the resistance knob and the LCD screen display.

5.2. Using the LCD Monitor

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

- **TIME:** Duration of your current exercise session.
- **DISTANCE:** Estimated distance covered during your workout.
- **COUNT:** Total number of revolutions during the current session.
- **T-COUNT (Total Count):** Accumulative total revolutions since the last reset.
- **CALORIES BURNED:** Estimated calories burned during your workout.
- **SCAN:** Automatically cycles through all display functions every few seconds.

To reset the display, press and hold the button on the monitor until the values clear.



Figure 5.2: The LCD monitor clearly shows five key exercise metrics: Exercise Time, Distance, Count, Total Count, and Calories Burned.

5.3. Exercise Modes

The TECHMOO Pedal Exerciser can be used for both arm and leg exercises:

- **Leg Exercise:** Place the exerciser on the floor in front of your chair. Sit comfortably and place your feet into the pedal straps. Begin pedaling in a smooth, controlled motion. This mode helps activate leg muscles, stimulate blood circulation, and can be used while working or relaxing.
- **Arm Exercise:** Place the exerciser on a sturdy table or desk. Sit comfortably and grasp the pedals with your hands. Begin rotating the pedals in a smooth, controlled motion. This mode is beneficial for improving the activity of the wrist, elbow, and shoulder, and strengthening arm muscles.



Figure 5.3: The pedal exerciser can be used for both arm and leg workouts, offering versatility for different muscle groups and rehabilitation needs.

6. Maintenance

Regular maintenance ensures the longevity and optimal performance of your TECHMOO Pedal Exerciser.

- **Cleaning:** Wipe down the unit with a soft, damp cloth after each use to remove sweat and dust. Do not use abrasive cleaners or solvents.
- **Storage:** Store the exerciser in a cool, dry place away from direct sunlight and extreme temperatures. Its compact design allows for easy storage under a bed, in a closet, or similar small spaces.
- **Inspection:** Periodically check all bolts and connections to ensure they are secure. Tighten if necessary.
- **Battery Replacement:** If the LCD monitor display becomes dim or unresponsive, replace the AAAA battery in the monitor unit.

7. Troubleshooting

If you encounter any issues with your pedal exerciser, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Unit slides during use.	Not on a stable or non-slip surface.	Place the exerciser on a non-slip mat, carpet, or against a wall to provide stability. Ensure the surface is flat and hard.
LCD monitor is blank or dim.	Battery is low or depleted.	Replace the AAAA battery in the LCD monitor.
Pedals feel loose or wobbly.	Pedals not securely fastened.	Ensure the Right (R) and Left (L) pedals are correctly attached to their respective crank arms and tightened firmly by rotating counter-clockwise.
Resistance adjustment knob doesn't change resistance.	Knob not properly engaged or internal mechanism issue.	Ensure the knob is fully inserted and try turning it firmly. If the issue persists, contact customer support.
Metal shaft gets hot during use.	Normal friction during operation.	This is a normal phenomenon due to friction. It does not indicate a malfunction.

8. Specifications

Brand	TECHMOO
Model Number	TH-EB-5302
Product Dimensions	40.64 x 35.76 x 32 cm (16 x 14.08 x 12.6 inches)
Item Weight	3.5 kg (7.7 lbs)
Maximum Weight Recommendation	149.69 kg (330 lbs)
Material Type	Alloy Steel
Color	Black / White
Display Type	LCD
Controls Type	Knob (Manual Resistance)
Power Source	Battery Powered (1 AAAA battery included)
UPC	710731863460



Figure 8.1: The compact design of the TECHMOO Pedal Exerciser makes it suitable for various settings, including rehabilitation environments.

9. Warranty and Support

Specific warranty information for the TECHMOO Pedal Exerciser is not provided in this manual. For details regarding warranty coverage, returns, or technical support, please refer to the product packaging, the retailer's website where the product was purchased, or contact TECHMOO customer service directly.

When contacting support, please have your model number (TH-EB-5302) and purchase date available.

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

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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