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› Skandika Veien Recumbent Bike User Manual

## Skandika Veien

# Skandika Veien Recumbent Bike User Manual

Model: Veien

## INTRODUCTION

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Welcome to your new Skandika Veien Recumbent Bike. This manual provides essential information for the safe assembly, operation, maintenance, and troubleshooting of your fitness equipment. Please read this manual thoroughly before using the bike to ensure proper function and safety.

The Skandika Veien Recumbent Bike is designed to offer a comfortable and effective cardiovascular workout. Key features include 32 computer-controlled resistance levels, an 11 kg flywheel, integrated pulse sensors, and compatibility with iConsole and Kinomap apps for enhanced training tracking.

## SAFETY INFORMATION

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Before starting any exercise program, consult your physician. It is crucial to follow these safety guidelines to prevent injury and ensure the longevity of your equipment:

- Always place the recumbent bike on a stable, level surface.
- Ensure adequate space around the bike for safe operation.
- Keep children and pets away from the equipment during use.
- Regularly inspect the bike for any loose parts, wear, or damage before each use. Do not use if damaged.
- The maximum user weight for this bike is **150 kg**.
- The maximum user height is **200 cm**.
- Wear appropriate athletic footwear and clothing during exercise.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

## SETUP AND ASSEMBLY

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The Skandika Veien Recumbent Bike is designed for straightforward assembly. Follow these general steps:

1. **Unpack Components:** Carefully remove all parts from the packaging and verify against the parts list (not provided in this manual, refer to included documentation).

2. **Base Assembly:** Attach the front and rear stabilizers to the main frame.
3. **Seat Installation:** Mount the seat and backrest onto the seat rail. The ergonomic padded seat and backrest provide comfort during workouts.
4. **Console and Handlebars:** Attach the console post and handlebars. Connect any necessary cables for the computer display and pulse sensors.
5. **Pedals:** Securely attach the pedals. Ensure they are tightened correctly. The bike features anti-slip pedals for safety.
6. **Power Connection:** Connect the power adapter to the bike and a suitable electrical outlet.
7. **Seat Adjustment:** Adjust the seat position for optimal comfort and proper leg extension. The bike features easy ground-level access for easier mounting and dismounting.



- Einfache Sitzverstellung für die optimale Position bis zu einer Körpergröße von 200 cm
- Bodentiefer Einstieg für ein leichteres Aufsteigen

## Bei Skandika sind Sie in guten Händen

- ✓ Mehr als 1 Million zufriedene Kunden
- ✓ Seit 2004 im europ. E-Commerce tätig
- ✓ Deutsches Unternehmen in Essen, Hamburg & Leicester (UK)
- ✓ 5-sprachiger Kundendienst DE, FR, EN, ES, IT
- ✓ Ersatzteilservice



*Image: The adjustable seat and ground-level access design of the Skandika Veien Recumbent Bike, facilitating easy mounting and dismounting.*



## Höchste Qualität

- Ergonomisch angepasster und komfortabel gepolsterter Sitz mit Rückenlehne
- 3-teiliges Tretlager für mehr Laufruhe und Langlebigkeit
- Stabile Standfüße mit Höhenverstellung zum Ausgleich von Bodenunebenheiten
- Transportgriffe für ein schnelles Verstauen

*Image: Detailed view of the ergonomically padded seat with backrest, 3-piece bottom bracket, and stable feet with height adjustment for uneven floors.*

### OPERATING INSTRUCTIONS

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#### Console Overview

The LCD console provides real-time feedback on your workout. It displays various metrics to help you track your progress.



Image: The central console of the Skandika Veien Recumbent Bike, displaying metrics such as pulse, RPM, watts, calories, speed, distance, and time. It also highlights the hand pulse sensors and tablet holder.

- **Display Metrics:** Distance, Heart Rate (Pulse), Time, Watts, RPM, Calories, Speed, Body Fat.
- **Programs:** Choose from 14 pre-set training programs or select the 1 manual mode for a customized workout.
- **Resistance Adjustment:** Use the console controls to adjust between 32 computer-controlled resistance levels.
- **Hand Pulse Sensors:** Grip the integrated hand pulse sensors on the handlebars to monitor your heart rate during your workout.

### App Connectivity (Bluetooth 4.0)

Enhance your training experience by connecting your Skandika Veien bike to compatible fitness apps via Bluetooth 4.0.



## Kinomap Bonus Playlist für Skandika-Kunden 25 kostenfreie Trainingsvideos bis Ende Februar 2024



Image: The Skandika Veien Recumbent Bike console with a tablet displaying the Kinomap app, illustrating the streaming function and Bluetooth connectivity for interactive training.

- **Compatible Apps:** The bike supports iConsole and Kinomap applications.
- **Data Tracking:** Use these apps to store training data, track your progress, and follow various training profiles.
- **Tablet Holder:** Place your tablet or smartphone securely in the integrated holder for easy viewing during your workout.

## MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your Skandika Veien Recumbent Bike.

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness. Tighten any loose fasteners.
- **Brake System:** The magnetic brake system is low-maintenance and generally does not require adjustment.
- **Belt Drive:** The belt drive system is designed to be silent and durable, requiring minimal maintenance.
- **Storage:** Use the integrated transport wheels and handles to move and store the bike easily when not in use.

## TROUBLESHOOTING

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If you encounter issues with your Skandika Veien Recumbent Bike, refer to the following common troubleshooting tips:

- **No Power to Console:**

- Ensure the power adapter is securely plugged into both the bike and a working electrical outlet.
- Check if the outlet is functional by plugging in another device.

- **Inaccurate Heart Rate Reading:**

- Ensure your hands are firmly and completely gripping the hand pulse sensors.
- Moisture or dry skin can affect readings; ensure hands are slightly moist.

- **Resistance Not Changing:**

- Verify that the console is powered on and functioning correctly.
- If the issue persists, contact customer support.

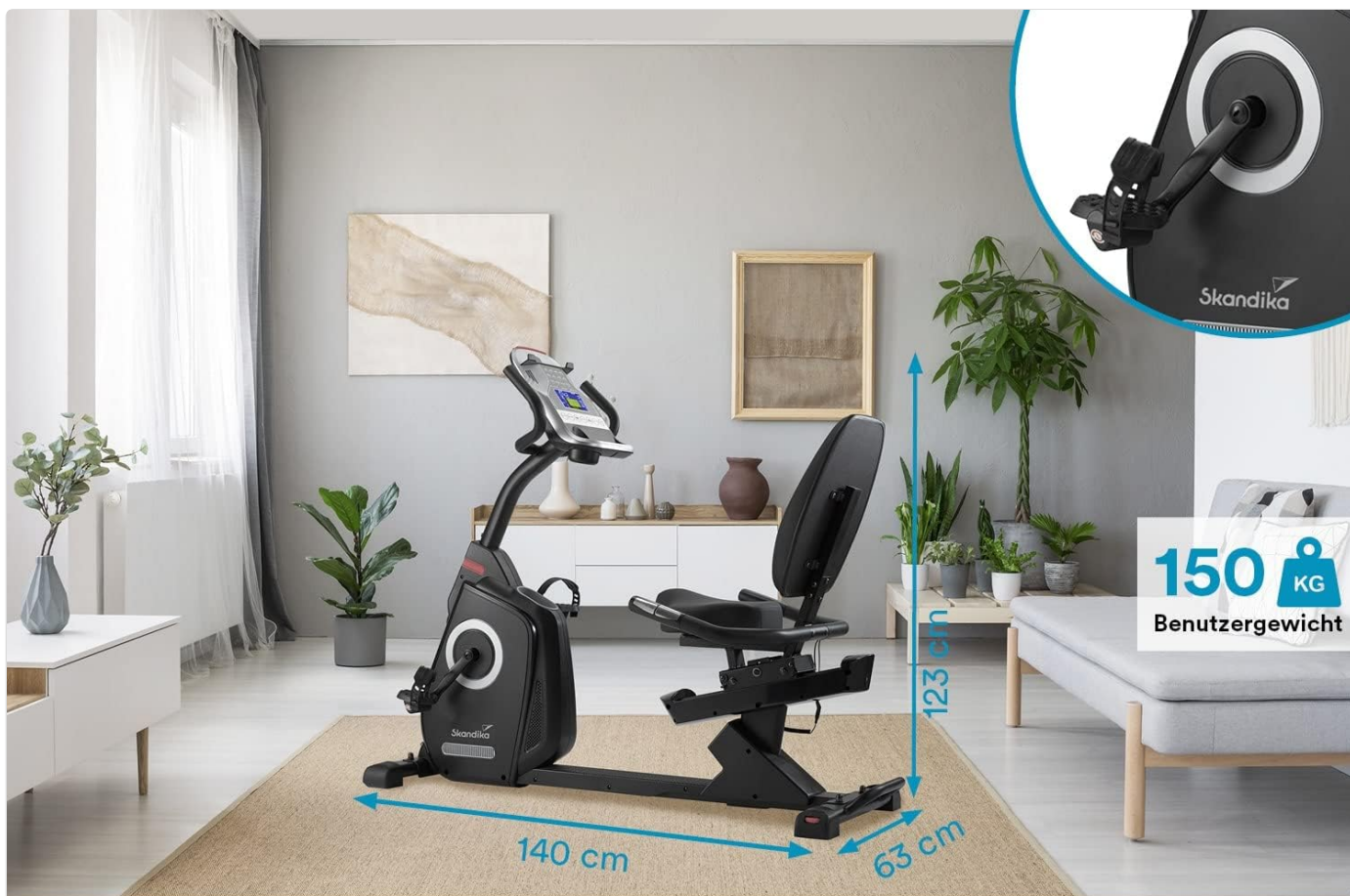
- **Unusual Noises:**

- Check for any loose bolts or connections and tighten them.
- Ensure the bike is on a level surface.

For issues not covered here, please contact Skandika customer support.

## SPECIFICATIONS

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- Extra stabile Konstruktion für ein Benutzergewicht von bis zu 150 kg
- Leichtes Verstauen durch integrierte Transportrollen
- Anti-Rutsch-Pedale
- Aufstellmaße: 140 x 63 x 123 cm

Image: Overview of the Skandika Veien Recumbent Bike's dimensions (140 x 63 x 123 cm) and maximum user weight capacity (150 kg). It also highlights transport wheels and anti-slip pedals.

Feature	Detail
Braking System	Low-maintenance magnetic brake
Resistance Levels	32 computer-controlled levels
Flywheel Mass	11 kg
Drive System	Silent and durable belt drive
Console Display	LCD
Displayed Metrics	Distance, Heart Rate, Time, Watts, RPM, Calories, Speed, Body Fat
Training Programs	14 pre-set programs + 1 manual mode

Feature	Detail
App Compatibility	Bluetooth 4.0 (iConsole, Kinomap)
Pulse Sensors	Integrated hand pulse sensors
Tablet Holder	Yes
Max. User Weight	150 kg
Max. User Height	200 cm
Dimensions (L x W x H)	140 x 63 x 123 cm
Product Weight	39 kg
Transport Features	Transport wheels and handles
Power Source	Wired electric

## WARRANTY AND SUPPORT

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For detailed warranty information, please refer to the documentation included with your purchase or visit the official Skandika website. Skandika is committed to providing excellent customer service.

- **Customer Service:** Skandika offers customer service in 5 languages (German, French, English, Spanish, Italian).
- **Spare Parts:** A dedicated spare parts service is available to ensure the continued functionality of your product.
- **Contact:** For support, spare parts, or warranty claims, please visit the official Skandika website or contact their customer service department directly.