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TECHMOO B082QTKJKN

TECHMOO Folding Magnetic X Exercise Bike User Manual

Model: B082QTKJKN

1. Introduction

Thank you for choosing the TECHMOO Folding Magnetic X Exercise Bike. This manual provides essential information for the safe assembly, operation, and maintenance of your exercise bike. Please read this manual thoroughly before using the product and keep it for future reference.

Safety Information

- Consult your physician before starting any new exercise program.
- Read all instructions carefully before assembly and use.
- Ensure all bolts and nuts are securely tightened before each use.
- Place the exercise bike on a flat, stable surface. Use a protective mat underneath if necessary.
- Keep children and pets away from the equipment during operation.
- The maximum user weight capacity for this bike is **265 lbs (120 kg)**. Do not exceed this limit.
- Wear appropriate exercise clothing and footwear.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

2. Package Contents

Carefully unpack all components and ensure you have received the following items:

- 1 x TECHMOO Folding Magnetic X Exercise Bike (partially assembled)
- 1 x User Manual
- Assembly Tools (typically included, check packaging)

If any parts are missing or damaged, please contact customer support.

3. Product Overview and Components

Familiarize yourself with the main parts of your exercise bike.



Image: Overview of key components including arm resistance bands, leg resistance bands, non-slip pedals, and transport wheels.

- **LCD Digital Monitor:** Displays workout data.
- **Handlebars with Pulse Grips:** For stability and heart rate monitoring.
- **Adjustable Seat:** Ergonomically designed for comfort.
- **Non-Slip Pedals with Straps:** Secure foot placement during exercise.
- **Resistance Adjustment Knob:** Controls magnetic resistance levels.
- **Arm Resistance Bands:** For upper body workouts.
- **Transport Wheels:** For easy relocation of the bike.

4. Setup and Assembly

Your TECHMOO exercise bike comes partially assembled. Follow these steps to complete the setup:

1. **Unpack:** Remove all components from the packaging and place them on a clear, flat surface.
2. **Attach Stabilizers:** Secure the front and rear stabilizer bars to the main frame using the provided bolts and nuts. Ensure they are tight for stability.
3. **Attach Pedals:** Identify the left (L) and right (R) pedals. The left pedal screws in counter-clockwise, and the right pedal screws in clockwise. Tighten them firmly.
4. **Attach Seat and Backrest:** Secure the seat and backrest to the seat post and frame as per the instructions in the assembly diagram (refer to the included paper manual for detailed diagrams).
5. **Connect Monitor Cables:** Carefully connect any sensor cables from the main frame to the back of the LCD monitor.
6. **Final Check:** Before first use, double-check that all bolts, nuts, and connections are secure.

5. Operating Instructions

5.1 Adjusting Exercise Modes (Upright, Semi-Recumbent, Recumbent)

This bike offers multiple configurations for varied workouts. To change the mode, locate the adjustment pin or knob on the main frame hinge. Pull it out, adjust the frame to the desired position, and re-insert the pin securely.



Image: The exercise bike shown in its Upright (53.1 in H), Semi-Recumbent (45.7 in H), and Recumbent (40.7 in H) configurations, with base dimensions.

- **Upright Mode:** Provides a traditional cycling posture.
- **Semi-Recumbent Mode:** Offers a slightly reclined position for reduced back strain.
- **Recumbent Mode:** Fully reclined position for maximum back support and comfort.

5.2 Adjusting Seat Height

To adjust the seat height, loosen the adjustment knob located on the seat post. Raise or lower the seat to a comfortable position where your leg is slightly bent at the knee when the pedal is at its lowest point. Tighten the knob securely before use.



Image: Close-up view of the ergonomic seat, measuring approximately 11.8 inches wide and 9.4 inches deep, with a thickness of 2.8 inches.

5.3 Adjusting Magnetic Resistance

The bike features an 8-level magnetic tension system. Turn the large dial knob located below the handlebars clockwise to increase resistance (for a more challenging workout) and counter-clockwise to decrease resistance (for an easier workout).

5.4 Using the LCD Digital Monitor

The multi-functional LCD monitor tracks your workout progress.



Image: The LCD monitor displaying Time, Speed, Distance, ODO, Calories, and Pulse. It also highlights the tablet holder and pulse grip functionality.

- **Functions:** Displays Time, Speed, Distance, Odometer (ODO), Calories burned, and Heart Rate (Pulse).
- **SCAN Mode:** Automatically cycles through all display functions.
- **MODE Button:** Press to select a specific function to display.
- **RESET Button:** Press and hold to clear current workout data.
- **SET Button:** Used for setting target values (if applicable).
- **Heart Rate Monitoring:** Grip the pulse sensors on the handlebars firmly with both hands to display your heart rate.

5.5 Using Arm Resistance Bands

The integrated arm resistance bands can be used to engage your upper body muscles during your cycling workout. Hold the handles and perform various arm exercises such as curls, rows, or presses while pedaling.

6. Folding and Storage

The TECHMOO exercise bike is designed for easy folding and storage.

1. Ensure the bike is in the upright position.
2. Locate the folding pin or knob (similar to the mode adjustment).
3. Pull out the pin and carefully fold the bike frame inward until it locks into the folded position.
4. Use the integrated transport wheels to move the folded bike to a storage location. Store in a cool, dry place.

7. Maintenance

- **Cleaning:** Wipe down the bike regularly with a damp cloth and mild detergent. Do not use abrasive cleaners or solvents.
- **Inspection:** Periodically check all nuts, bolts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Lubrication:** No regular lubrication is required for the magnetic resistance system.
- **Storage:** Store the bike in a dry environment, away from direct sunlight and extreme temperatures.

8. Troubleshooting

- **Monitor Not Displaying:** Check if the monitor cables are securely connected. Ensure batteries (if applicable, usually 2x AAA) are correctly installed and not depleted.
- **Inaccurate Heart Rate Reading:** Ensure your hands are firmly gripping both pulse sensors. Skin contact must be consistent.
- **Unusual Noise:** Check all bolts and nuts for tightness. Ensure the bike is on a level surface. If noise persists, inspect for any rubbing parts.
- **Resistance Not Changing:** Verify the resistance adjustment knob is functioning correctly and the internal cable (if visible) is not dislodged.

For issues not listed here, please contact customer support.

9. Specifications

Brand	TECHMOO
Model	B082QTKJKN
Resistance Mechanism	Magnetic
Resistance Levels	8 Levels
Maximum User Weight	265 lbs (120 kg)
Material	Alloy Steel
Drive System	Belt
Color	Purple
Dimensions (Upright)	Approx. 53.1 in (H) x 15.7 in (W) x 13.4 in (D)
Dimensions (Recumbent)	Approx. 40.7 in (H) x 30.2 in (W) x 13.4 in (D)

10. Warranty and Support

For warranty information, please refer to the documentation included with your purchase or contact the retailer. If you require technical assistance, have questions about assembly, or need replacement parts, please contact TECHMOO customer support through their official website or the contact information provided with your product.

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