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JEEKEE JKLRC-88

JEEKEE Recumbent Exercise Bike User Manual

Model: JKLRC-88

Brand: JEEKEE

1. IMPORTANT SAFETY INSTRUCTIONS

Before beginning any exercise program, consult with your physician. This is especially important for individuals over the age of 35 or those with pre-existing health problems. Read all instructions before using the exercise bike.

- Keep children and pets away from the equipment.
- Place the exercise bike on a flat, stable surface.
- Wear appropriate exercise clothing and footwear.
- Do not use the equipment if it is damaged.
- Ensure all bolts and nuts are securely tightened before each use.
- The maximum user weight capacity for this bike is 300 lbs (136.08 kg).

2. PRODUCT OVERVIEW

The JEEKEE Recumbent Exercise Bike is designed to provide a low-impact, effective workout experience. It features a comfortable, adjustable seat and backrest, 16 levels of magnetic resistance for varied intensity, and an LCD monitor to track your fitness data. Its robust alloy steel frame ensures stability and durability.

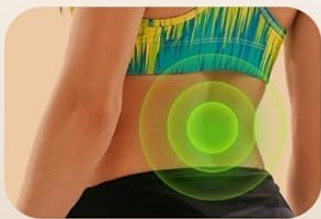


Figure 2.1: Overview of the JEEKKE Recumbent Exercise Bike.



Safe and Stress-free Exercise

Suitable for Senior | Postoperative Rehabilitation | Knee Injury | Obese



Ankle Joint Protection



Reduce The Knee Injury



Protect The Spine

Figure 2.2: The recumbent design promotes safe and stress-free exercise, suitable for seniors, post-operative rehabilitation, and individuals with knee or waist injuries.

Triangle load bearing big flywheel more stable



Triangle structure



Four-point support



Figure 2.3: The bike features a triangle load-bearing structure and four-point support for enhanced stability during use.

3. PACKAGE CONTENTS

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

- Main Frame Assembly
- Front and Rear Stabilizers

- Seat and Backrest Assembly
- Pedals (Left and Right)
- Handlebar and Console Post
- LCD Monitor and Sensor Cables
- Hardware Kit (bolts, washers, nuts, tools)

4. ASSEMBLY INSTRUCTIONS

Assembly typically requires two people. Follow the step-by-step instructions provided in the included assembly manual. Ensure all connections are secure before proceeding to the next step.

1. **Unpack Components:** Carefully remove all parts from the packaging and lay them out. Identify all components against the parts list.
2. **Attach Stabilizers:** Secure the front and rear stabilizers to the main frame using the provided bolts and washers.
3. **Install Main Frame Components:** Connect the main frame sections if they are separate, ensuring all cables are properly routed and not pinched.
4. **Assemble Seat and Backrest:** Attach the seat and backrest to the seat post assembly.
5. **Install Pedals:** Attach the left and right pedals to their respective crank arms. Note that the left pedal often has a reverse thread.
6. **Mount Handlebar and Console:** Secure the handlebar post to the main frame. Connect the sensor cables from the main frame to the LCD monitor, then mount the monitor onto the handlebar post.
7. **Final Check:** Review all connections and ensure all bolts are tightened. Test the stability of the bike before first use.

5. OPERATING YOUR EXERCISE BIKE

5.1 Adjusting the Bike

Proper adjustment ensures comfort and effectiveness during your workout.

- **Seat Adjustment:** The seat has 9 position adjustments. To adjust, pull the knob located on the bar under the seat and slide the seat forward or backward to achieve a comfortable leg extension. The recommended inseam length is 27" to 39".
- **Resistance Adjustment:** The bike features 16 levels of magnetic resistance. Turn the resistance knob located on the console post to increase (higher number) or decrease (lower number) the workout intensity.

Designed for user comfort



Figure 5.1: The comfortable backrest and 9-position adjustable seat allow for personalized comfort and proper posture.

5.2 Using the LCD Monitor

The LCD monitor tracks your workout data to help you achieve your fitness goals.

- **Time:** Displays the duration of your current workout.
- **Speed:** Shows your current cycling speed.
- **Distance:** Tracks the distance covered during your session.
- **Calories:** Estimates the calories burned.

- **Odometer:** Records the total accumulated distance.
- **Pulse (Heart Rate):** Displays your heart rate when holding the pulse sensors on the handlebars.

The integrated iPad holder allows you to watch TV or movies while exercising.



Figure 5.2: The LCD monitor provides real-time feedback on your workout metrics, including time, speed, distance, calories, and odometer.

5.3 Workout Tips

- **Warm-up:** Begin each workout with 5-10 minutes of light cycling at a low resistance level.

- **Workout:** Gradually increase resistance and speed to your desired intensity. Maintain a steady pace.
- **Cool-down:** Finish your workout with 5-10 minutes of light cycling and stretching.

6. MAINTENANCE AND CARE

Regular maintenance will prolong the life of your exercise bike.

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Do not use abrasive cleaners.
- **Check Connections:** Periodically check all bolts, nuts, and screws to ensure they are tight. Tighten if necessary.
- **Lubrication:** The magnetic resistance system and belt drive are generally maintenance-free and do not require lubrication.
- **Storage:** Store the bike in a dry, clean environment away from direct sunlight and extreme temperatures. The built-in handle and pulley design allow for convenient movement and storage.

7. TROUBLESHOOTING GUIDE

Problem	Possible Cause	Solution
Bike feels unstable or wobbles	Loose bolts; Uneven surface	Ensure all assembly bolts are securely tightened. Adjust the leveling feet on the stabilizers to compensate for uneven floors.
Console not displaying data	Loose sensor cable; Dead batteries	Check that the sensor cables are securely connected to the console and the main frame. Replace the batteries in the LCD monitor.
Resistance not changing	Resistance cable disconnected or damaged	Inspect the resistance cable connection to the knob and the flywheel mechanism. If damaged, contact customer support.
Unusual noise during operation	Loose components; Friction	Check all bolts and connections for tightness. Ensure no parts are rubbing against each other. The double belt system is designed for quiet operation, so persistent noise may indicate an issue requiring inspection.

8. PRODUCT SPECIFICATIONS

Feature	Detail
Model Number	JKLRC-88
Product Dimensions (L x W x H)	135.89 x 49.02 x 99.06 cm (53.5 x 19.3 x 39 inches)
Item Weight	28 kg (61.7 lbs)

Feature	Detail
Maximum Weight Recommendation	136.08 kg (300 lbs)
Resistance Mechanism	Magnetic (16 Levels)
Drive System	Belt
Material	Alloy Steel
Power Source	Battery Powered (for console)
Recommended User Height	4'9" to 6'5"
Inseam Length	27" to 39"

JEEKEE Recumbent Exercise Bike For Seniors



Inseam:
27"-39"

Weight Capacity:
300 Pounds

Recommendation
User Height:
4'9"-6'5"

Figure 8.1: Key dimensions and capacity specifications for the JEEKEE Recumbent Exercise Bike.

9. WARRANTY AND CUSTOMER SUPPORT

JEEKEE is committed to providing high-quality products. For specific warranty details, please refer to the warranty card included with your purchase or contact JEEKEE customer support directly. If you encounter any issues or have questions regarding your exercise bike, please reach out to our support team for assistance.

Contact information for support can typically be found on the product packaging, the official JEEKEE website, or the purchase platform.

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