

SONGMICS SEB012001

SONGMICS SEB012001 Foldable Exercise Bike User Manual

Model: SEB012001

1. IMPORTANT SAFETY INSTRUCTIONS

Please read this entire manual carefully before assembling and using the SONGMICS SEB012001 Exercise Bike. Retain this manual for future reference. Failure to follow these instructions could result in injury or damage to the product.

- **Consult a Physician:** Before starting any exercise program, especially if you have pre-existing health conditions, consult your doctor to determine if this exercise bike is suitable for you.
- **Weight Limit:** The maximum user weight for this exercise bike is 100 kg (220 lbs). Do not exceed this limit.
- **Proper Placement:** Place the exercise bike on a flat, stable surface. Ensure there is adequate clear space around the bike (at least 0.6 meters or 2 feet) for safe operation and movement.
- **Children and Pets:** Keep children and pets away from the exercise bike during operation. This equipment is not a toy.
- **Check Before Use:** Before each use, inspect the bike for loose parts, wear, or damage. Do not use the bike if any components are damaged or missing.
- **Proper Attire:** Wear appropriate exercise clothing and athletic shoes. Avoid loose clothing that could get caught in moving parts.
- **Adjustments:** Ensure all adjustable parts, such as the seat and handlebars, are securely fastened before beginning your workout.
- **Listen to Your Body:** Stop exercising immediately if you feel faint, dizzy, or experience pain.
- **Maintenance:** Perform regular maintenance as described in this manual to ensure safe and optimal performance.

2. PRODUCT OVERVIEW

The SONGMICS SEB012001 is a foldable indoor exercise bike designed for home fitness. It features a comfortable backrest, pulse sensors, a phone holder, and 8 levels of magnetic resistance for varied

workout intensity. Its foldable design allows for easy storage.



Figure 2.1: The SONGMICS SEB012001 Foldable Exercise Bike in its upright, ready-to-use position. This image displays the overall design, including the handlebars, LCD display, seat with backrest, pedals, and stable base.

3. SETUP AND ASSEMBLY

The exercise bike requires some assembly. Please follow the included assembly guide for detailed, step-by-step instructions. Ensure all parts are present before beginning assembly. Tools such as an Allen wrench and spanner are typically provided.

3.1 Unpacking

- Carefully remove all components from the packaging.
- Check the parts list against the contents of the box to ensure nothing is missing.
- Keep packaging materials until assembly is complete in case of returns or missing parts.

3.2 Assembly Steps (General)

1. Attach the front and rear stabilizers to the main frame.
2. Install the pedals, ensuring they are tightened securely (note left and right pedal threading).

3. Mount the seat and backrest onto the seat post.
4. Attach the handlebars and the LCD display console.
5. Connect any necessary sensor cables to the display.
6. Perform a final check to ensure all bolts and nuts are securely tightened.



Figure 3.1: A user demonstrating the proper posture while using the SONGMICS exercise bike, highlighting the ergonomic design and comfortable seating position with the backrest.

4. OPERATING INSTRUCTIONS

4.1 Adjusting the Seat and Backrest

For optimal comfort and exercise efficiency, adjust the seat height and backrest position to suit your body. Loosen the adjustment knob, slide the seat to the desired height, and then securely tighten the knob. The backrest can also be adjusted for angle or position.



Figure 4.1: Close-up view of the adjustable seat and backrest, illustrating the ergonomic design for user comfort and support during workouts.

4.2 Adjusting Magnetic Resistance

The bike features 8 levels of magnetic resistance. Turn the resistance knob located on the main frame to increase or decrease the workout intensity. Turn clockwise for higher resistance and counter-clockwise for lower resistance.



Figure 4.2: Illustration of the magnetic resistance knob and a diagram showing the progression of resistance levels from 1 (low) to 8 (high).

4.3 Using the LCD Display and Pulse Sensor

The integrated LCD display tracks your workout data. It typically shows:

- **Speed:** Current cycling speed.
- **Time:** Duration of your workout.
- **Distance:** Total distance covered.
- **Calories:** Estimated calories burned.
- **Pulse:** Your heart rate, measured by gripping the pulse sensors on the handlebars.
- **Scan:** Automatically cycles through all metrics.

To measure your pulse, firmly grip the metal plates on the handlebars. Your heart rate will be displayed on the screen after a few seconds.

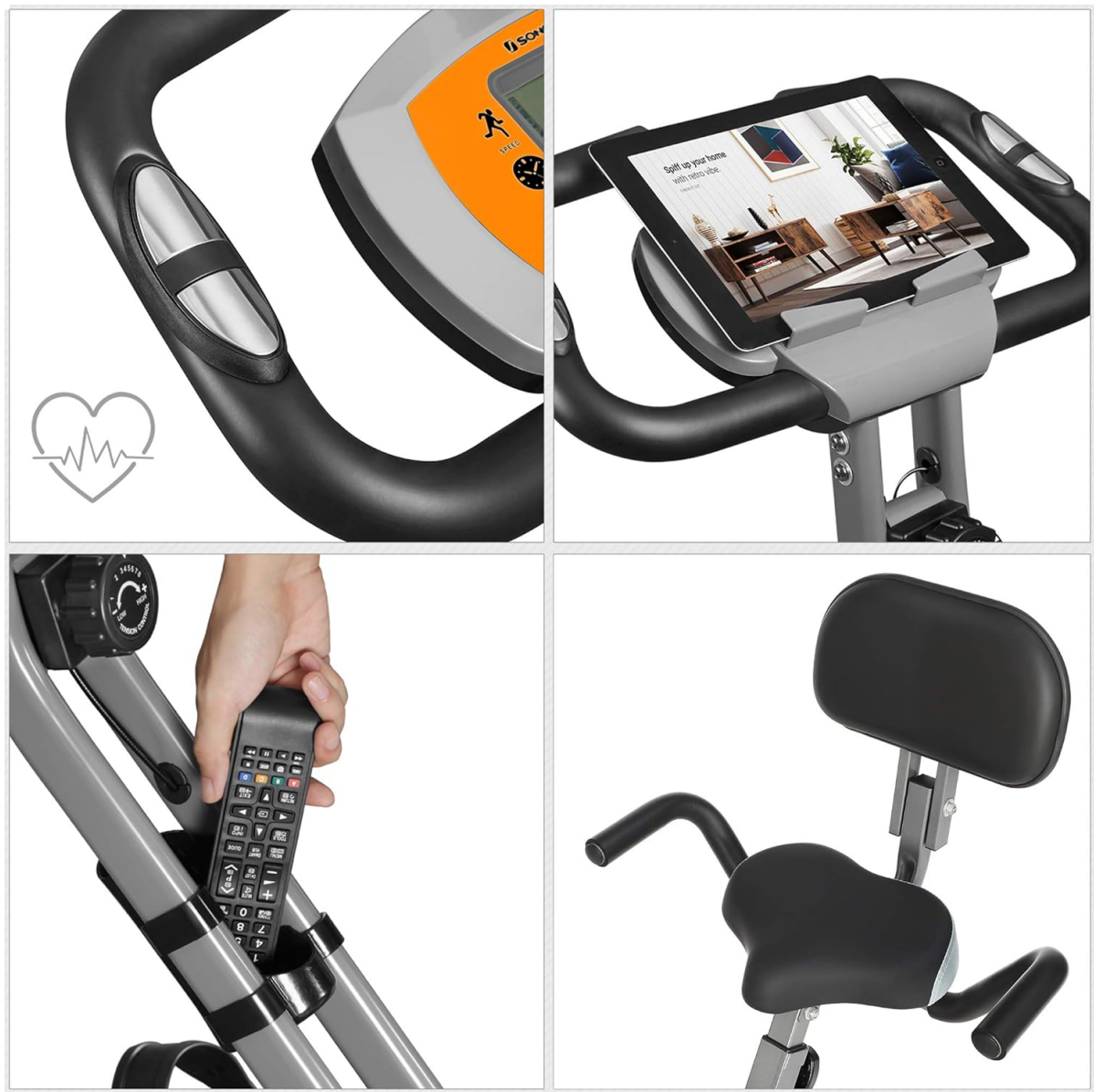


Figure 4.3: The LCD display console showing various workout metrics such as speed, calories, distance, time, and pulse. The image also highlights the pulse sensors on the handlebars.

4.4 Using the Phone/Tablet Holder

The exercise bike includes a convenient holder for your phone or tablet, allowing you to enjoy media or follow workout apps during your session.



Figure 4.4: Detailed view of the LCD display, pulse sensors integrated into the handlebars, and the phone/tablet holder positioned above the display for easy viewing.

5. MAINTENANCE

5.1 Cleaning

- Wipe down the bike with a damp cloth after each use to remove sweat and dust.
- Do not use abrasive cleaners or solvents, as these can damage the finish or electronic components.
- Keep the LCD display dry.

5.2 Regular Checks

- Periodically check all bolts, nuts, and connections to ensure they are tight. Tighten if necessary.
- Inspect pedals, straps, and seat for signs of wear or damage. Replace worn parts promptly.
- Ensure the magnetic resistance mechanism operates smoothly.

5.3 Storage

The SONGMICS SEB012O01 is foldable for convenient storage. To fold, follow the instructions in your assembly guide, typically involving loosening a central knob or pin and collapsing the frame. Store in a dry, cool place away from direct sunlight.



Figure 5.1: A sequence showing the exercise bike transitioning from an upright position to a folded, compact state, and then stored against a wall, demonstrating its space-saving design.

6. TROUBLESHOOTING

Problem	Possible Cause	Solution
LCD display not working	Batteries are dead or incorrectly installed. Loose cable connection.	Replace batteries (typically AA or AAA). Check that all display cables are securely connected.
No pulse reading	Hands not firmly on sensors. Loose sensor cable.	Ensure both hands are firmly gripping the metal pulse sensors. Check the pulse sensor cable connection to the display.
Resistance feels inconsistent or too easy/hard	Resistance knob not properly adjusted. Internal mechanism issue.	Turn the resistance knob to adjust. If the issue persists, contact customer support.

Problem	Possible Cause	Solution
Squeaking or grinding noise	Loose bolts or connections. Lack of lubrication (rare for magnetic bikes).	Check and tighten all visible bolts and connections. If noise persists, contact customer support.

7. SPECIFICATIONS

Feature	Detail
Brand	SONGMICS
Model Number	SEB012O01
Special Feature	Foldable
Color	Grey, Orange
Power Source	Battery Powered (for display)
Recommended Use	Indoor
Material	Alloy Steel
Resistance Mechanism	Magnetic
Maximum Weight Recommendation	100 Kilograms
Number of Resistance Levels	8
Drive System	Belt
Item Weight	16 kg 700 g
Item Dimensions (LxWxH)	52 x 102 x 108 Centimeters (Unfolded)

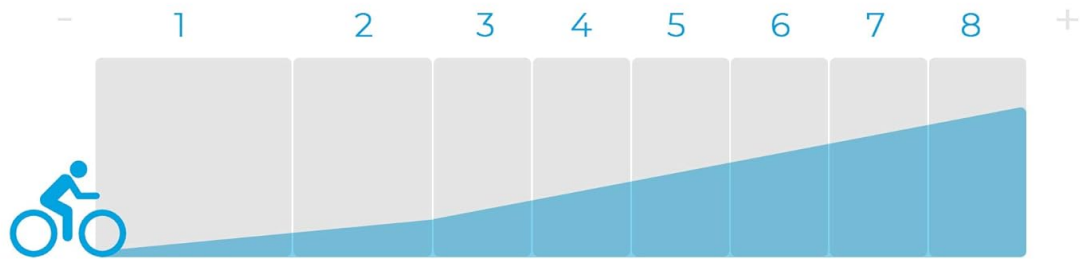


Figure 7.1: Diagram illustrating the key dimensions of the SONGMICS exercise bike in both its unfolded (70 cm x 41 cm x 113 cm) and folded (35 cm x 133 cm) states.

8. WARRANTY AND SUPPORT

For warranty information, please refer to the documentation included with your purchase or contact the retailer. If you encounter any issues not covered in this manual or require further assistance, please contact SONGMICS customer support. Have your model number (SEB012O01) and purchase details ready when contacting support.

Contact Information: Please refer to the official SONGMICS website or your purchase documentation for the most up-to-date customer service contact details.