

## SONGMICS SEB012B01

# SONGMICS Foldable Exercise Bike User Manual

Model: SEB012B01

Brand: SONGMICS

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## 1. INTRODUCTION

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Thank you for choosing the SONGMICS Foldable Exercise Bike. This manual provides essential information for the safe assembly, operation, and maintenance of your new fitness equipment. Please read it thoroughly before use and retain it for future reference.

This exercise bike is designed for indoor cycling, offering a convenient way to burn calories and strengthen muscles from the comfort of your home. Its foldable design allows for easy storage, making it ideal for spaces where room is at a premium. The bike features 8 levels of magnetic resistance for varied workout intensity and a clear LCD display to track your progress.



*Figure 1.1: The SONGMICS Foldable Exercise Bike in its upright, ready-to-use position. This image highlights the overall design, including the comfortable seat with backrest and the integrated display console.*

## 2. SAFETY INFORMATION

**WARNING: Before starting any exercise program, consult your physician, especially if you have pre-existing medical conditions.**

- This product is intended for adult use only. Keep children and pets away from the equipment during operation.

- Patients with cardiovascular and cerebrovascular diseases should not use this product for exercise.
- Always perform stretching exercises before using the bike to prepare your muscles.
- Ensure the exercise bike is placed on a dry, flat, and stable surface. Do not use it on uneven or wet floors.
- Check all bolts and nuts are securely tightened before each use.
- Wear appropriate exercise clothing and footwear. Avoid loose clothing that could get caught in moving parts.
- Do not exceed the maximum user weight of 100 kg (220 lbs).
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- Keep the product in an upright position for storage to prevent damage or injury.

### 3. PACKAGE CONTENTS

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Carefully unpack all components and verify that you have received all items listed below. If any parts are missing or damaged, please contact customer support.

- 1 x SONGMICS Foldable Exercise Bike (Main Frame)
- 1 x Assembly Tool Bag (includes necessary bolts, nuts, Allen wrench, and spanner)
- 2 x AAA Batteries (for display console)
- 1 x Instruction Manual (Multi-language)
- Additional components such as pedals, seat, backrest, handlebars, and display console (pre-attached or separate, depending on model variation).

### 4. ASSEMBLY INSTRUCTIONS

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Assembly typically takes about an hour. It is recommended to have a second person assist with some steps. Follow the detailed instructions provided in the included manual. The following is a general overview:

1. **Unpack and Identify Parts:** Lay out all components on a clean, flat surface. Refer to the parts diagram in your specific manual to identify each piece.
2. **Attach Stabilizer Bars:** Secure the front and rear stabilizer bars to the main frame using the provided bolts and nuts.
3. **Install Pedals:** Attach the left and right pedals to their respective crank arms. Note that pedals are often marked 'L' and 'R' and may have different threading directions.
4. **Assemble Seat and Backrest:** Attach the seat and backrest to their support posts. Then, insert the seat post into the main frame and secure it at the desired height.
5. **Attach Handlebars and Console:** Connect the handlebars to the main frame. Route any necessary sensor wires and attach the display console to the handlebar assembly. Insert the AAA batteries into the console.
6. **Final Checks:** Ensure all connections are tight and the bike is stable. Test the folding mechanism.



Figure 4.1: The exercise bike's folding mechanism allows for compact storage. The image displays the bike in its upright, unfolded position and then transitioning to a folded, space-saving configuration, suitable for storage against a wall.

## 5. OPERATING INSTRUCTIONS

### 5.1 Adjusting the Bike

- **Seat Height:** Adjust the seat height to ensure your leg is slightly bent at the knee when the pedal is at its lowest point. Loosen the adjustment knob on the seat post, slide the seat to the desired height, and re-tighten the knob securely. The adjustable seat height range is 73-86 cm.
- **Resistance Level:** The bike features 8 levels of magnetic resistance. Turn the tension control knob, typically located below the handlebars, clockwise to increase resistance (for a harder workout) and counter-clockwise to decrease resistance (for an easier workout).



*Figure 5.1: The comfortable, padded seat and backrest provide support during your workout. The backrest is designed to alleviate strain on the back and spine.*

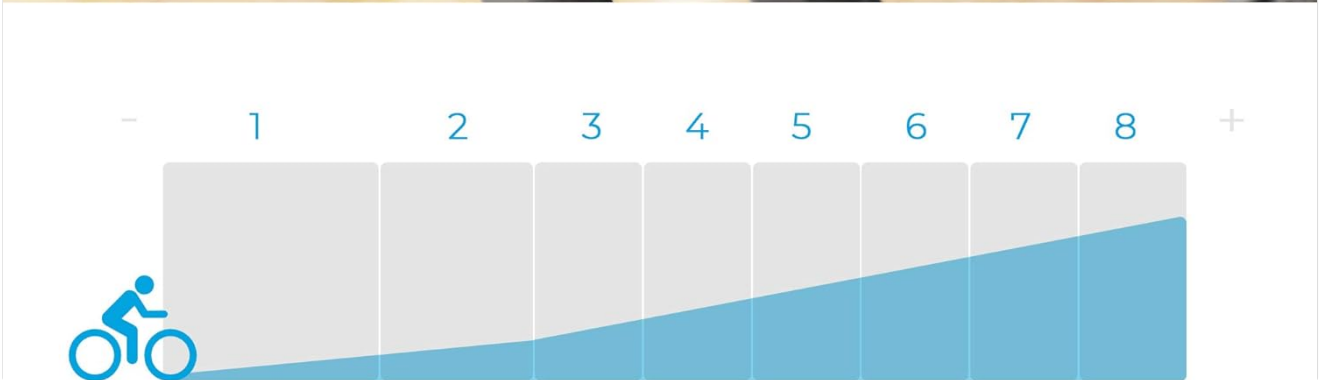


Figure 5.2: The tension control knob allows you to easily adjust between 8 levels of magnetic resistance, from low to high, to customize your workout intensity.

## 5.2 Using the LCD Display Console

The display console tracks your workout data. It is powered by 2 AAA batteries (included).

- **Power On/Off:** The console automatically turns on when you start pedaling or press any button. It will turn off automatically after a period of inactivity.
- **Functions:** The display shows the following metrics:
  - **SPEED:** Your current cycling speed.
  - **TIME:** Duration of your current workout.
  - **DISTANCE:** Distance covered during your current workout.
  - **CALORIES:** Estimated calories burned.
  - **PULSE:** Your heart rate, measured by the hand pulse sensors on the handlebars.
  - **ODOMETER:** Total accumulated distance.
- **Mode Button:** Press the "MODE" button to cycle through the different display functions or to set a specific function to be displayed continuously.

- **Reset:** To reset all values (except Odometer), press and hold the "MODE" button for a few seconds.



Figure 5.3: The LCD display console provides real-time feedback on your workout, including speed, time, distance, calories burned, and pulse. Hand pulse sensors are integrated into the handlebars for heart rate monitoring.

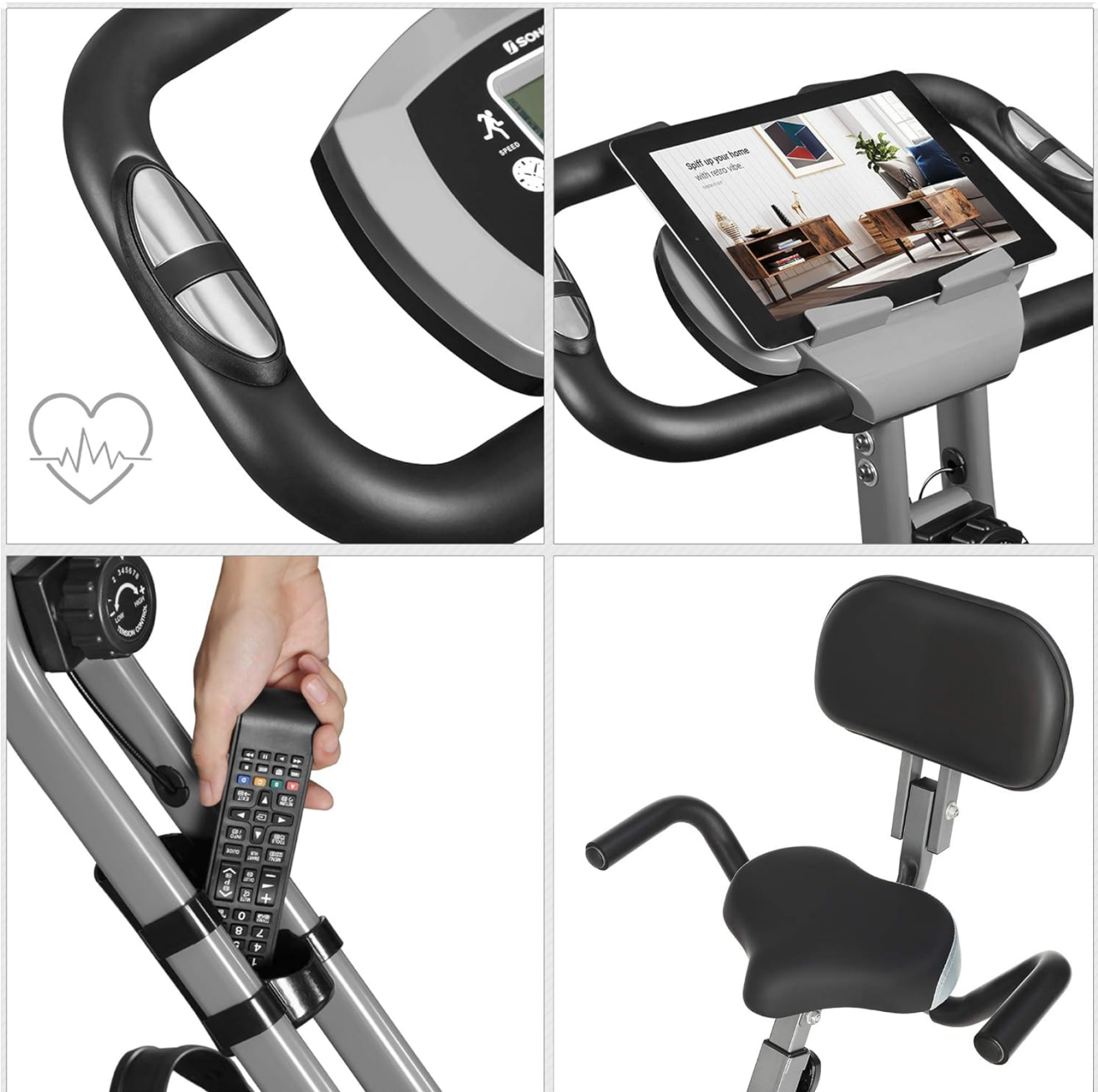


Figure 5.4: Key features include integrated pulse sensors on the handlebars, a convenient holder for your phone or tablet, the resistance adjustment knob, and the comfortable backrest.

## 6. MAINTENANCE

Regular maintenance will ensure the longevity and optimal performance 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 or solvents.
- **Inspection:** Periodically check all nuts, bolts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Lubrication:** The internal magnetic resistance system is maintenance-free. However, if you notice any squeaking from joints or pivots, a small amount of silicone-based lubricant can be applied.
- **Storage:** When not in use, fold the bike and store it in an upright position in a dry, cool place, away from direct sunlight and extreme temperatures.

## 7. TROUBLESHOOTING

Problem	Possible Cause	Solution
Display not working or showing incorrect readings.	Batteries are dead or incorrectly installed. Sensor wire is loose or disconnected.	Replace AAA batteries. Ensure correct polarity. Check the connection of the sensor wire to the console and the main frame.
Squeaking or grinding noise during operation.	Loose bolts or connections. Lack of lubrication at pivot points. Internal component issue (rare).	Tighten all visible bolts and nuts, especially around the pedals and frame joints. Apply a small amount of silicone lubricant to any squeaking pivot points. If the noise persists, contact customer support.
Bike feels unstable.	Not on a flat surface. Stabilizer caps are uneven.	Move the bike to a flat, even surface. Adjust the leveling caps on the stabilizer bars if present.

## 8. SPECIFICATIONS

Feature	Detail
Model Number	SEB012B01
Color	Black, Grey
Material	Steel, Plastic, PU Leather, Sponge
Dimensions (L x W x H)	70 x 41 x 113 cm (27.6 x 16.1 x 44.5 inches)
Product Weight	16.7 kg (36.8 lbs)
Maximum User Weight	100 kg (220 lbs)
Maximum User Height	1.85 m (6 ft 1 inch)
Adjustable Seat Height	73-86 cm (28.7-33.9 inches)
Resistance Mechanism	Magnetic
Resistance Levels	8
Display Metrics	Pulse, Speed, Time, Distance, Odometer, Calories
Power Source (Display)	2 x AAA Batteries
Special Features	Foldable, Backrest, Phone/Tablet Holder



Figure 8.1: Detailed dimensions of the exercise bike in both unfolded and folded configurations, illustrating its compact design for storage.

## 9. WARRANTY AND SUPPORT

SONGMICS products are designed for quality and durability. For information regarding warranty coverage, please refer to the warranty card included with your product or visit the official SONGMICS website. If you encounter any issues or require assistance, please contact SONGMICS customer support. Have your model number (SEB012B01) and purchase details ready when contacting support.

For further assistance, you may also refer to the [SONGMICS Brand Store on Amazon](#).