



[Manuals.plus](#) /

> [NISDOKR](#) /

> NISDOKR Pedal Exerciser Bike Hand Arm Leg and Knee Peddler Adjustable Fitness Equipment User Manual

NISDOKR SXZ-001

NISDOKR Pedal Exerciser Bike User Manual

Model: SXZ-001

1. INTRODUCTION

Thank you for choosing the NISDOKR Pedal Exerciser Bike. This compact and versatile fitness equipment is designed to provide safe, low-impact exercise for your arms, legs, and knees, all from the comfort of your home. It is particularly suitable for seniors and individuals seeking rehabilitation or gentle exercise to improve joint flexibility, muscle strength, and blood circulation.

Please read this user manual thoroughly before operating the product to ensure proper assembly, safe usage, and optimal performance.

2. SAFETY INFORMATION

- Always ensure all screws, nuts, knobs, frames, and brackets are securely fixed before each use.
- Place the exerciser on a stable, flat surface. Use the provided anti-skid mat to prevent movement during exercise.
- Consult with a healthcare professional before starting any new exercise program, especially if you have pre-existing medical conditions or are recovering from an injury.
- Do not stand on the exerciser. It is designed for seated use only.
- Keep children and pets away from the exerciser during use.
- Stop exercising immediately if you feel pain, dizziness, or discomfort.
- Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

3. PACKAGE CONTENTS

Upon opening the package, please verify that all components are present and undamaged:

- NISDOKR Pedal Exerciser Bike Main Unit

- Anti-skid Mat
- Extra Strap (for securing to a chair or preventing slippage)
- Assembly Hardware (screws, nuts, knobs)
- User Manual

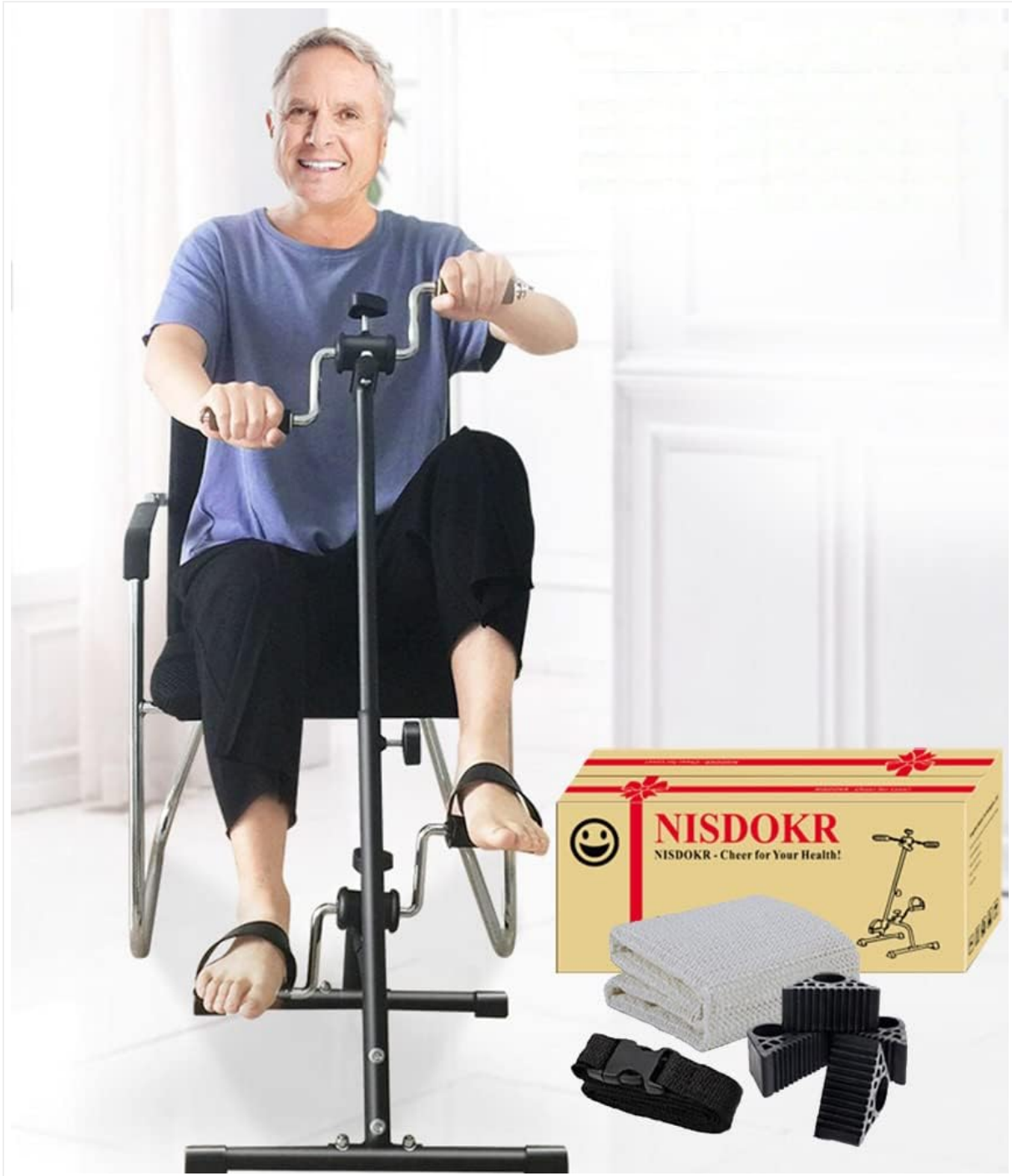


Figure 3.1: NISDOKR Pedal Exerciser Bike in its packaging, showing the main unit, anti-skid mat, and strap.

4. ASSEMBLY INSTRUCTIONS

The NISDOKR Pedal Exerciser Bike features a simple assembly process. It is recommended to wear gloves during assembly.

1. Unpack all components and lay them out on a clean, flat surface.
2. Attach the base stabilizers to the main frame using the provided screws and nuts. Ensure they are tightened securely.

3. Insert the upper shaft into the main frame and secure it with the height adjusting knob.
4. Attach the pedal cranks to the lower shaft and the arm cranks to the upper shaft. Ensure pedals and handles are firmly attached.
5. Verify all connections are tight and stable before first use.



Figure 4.1: Detailed view of the NISDOKR Pedal Exerciser Bike with key components labeled, such as foam handles, tension screws, height adjusting knob, stainless steel bracket, anti-skid pedal, and anti-slip foot pad.

5. SETUP

5.1 Placement

Place the exerciser on a firm, level surface. For added stability and to protect your floor, use the included anti-skid mat underneath the unit. The compact design allows it to be used in various locations, such as under a desk or in a living room.

5.2 Adjusting Height

The height of the exerciser can be adjusted to suit your comfort and the type of exercise (arm or leg). Loosen the height adjusting knob, slide the upper shaft to the desired height, and then firmly tighten the knob to secure it.

5.3 Adjusting Tension

The exerciser features an adjustable tension screw to control the resistance level. Turn the tension screw clockwise to increase resistance for a more challenging workout, or counter-clockwise to decrease resistance for easier pedaling.



Figure 5.1: Diagram illustrating the dimensions and adjustable features of the NISDOKR Pedal Exerciser Bike, including height adjustment and tension screw.

6. OPERATING INSTRUCTIONS

The NISDOKR Pedal Exerciser Bike allows for both upper and lower body workouts. Ensure you are seated comfortably and securely before beginning any exercise.

6.1 Leg Exercise

1. Sit in a sturdy chair with your feet comfortably reaching the pedals.

2. Place your feet into the adjustable foot straps and tighten them to secure your feet.
3. Begin pedaling in a smooth, controlled motion. Adjust the tension as desired.

6.2 Arm Exercise

1. Place the exerciser on a stable table or surface at a comfortable height.
2. Grasp the foam handles firmly.
3. Begin rotating the handles in a smooth, controlled motion. Adjust the tension as desired.



Figure 6.1: Images demonstrating the versatility of the NISDOKR Pedal Exerciser Bike for both arm and leg exercises.

Your browser does not support the video tag.

Video 6.1: Official product video demonstrating the NISDOKR Pedal Exerciser for both arm and leg exercises, highlighting its suitability for seniors.

7. MAINTENANCE

To ensure the longevity and optimal performance of your NISDOKR Pedal Exerciser Bike, follow these maintenance guidelines:

- Regularly inspect all nuts, bolts, and connection points to ensure they are tight. Tighten if necessary.

- Wipe down the exerciser with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- If any squeaking occurs, apply a small amount of lubricant (e.g., WD-40) to the moving parts, such as the pedal axles or tension mechanism.
- Store the exerciser in a cool, dry place away from direct sunlight and extreme temperatures.

8. TROUBLESHOOTING

If you encounter any issues with your NISDOKR Pedal Exerciser Bike, please refer to the following common solutions:

8.1 Exerciser Feels Wobbly

- Ensure the exerciser is placed on a completely flat and stable surface.
- Verify that all assembly screws and nuts are tightened securely. Loose connections can cause wobbling.
- Use the provided anti-skid mat. For additional stability, especially on smooth floors, consider placing weights on the base of the unit.

8.2 Squeaking Noise During Use

- Apply a small amount of general-purpose lubricant (such as WD-40) to the joints, pedal axles, and the tension mechanism.
- Ensure all parts are clean and free of debris that might cause friction.

8.3 Tension Adjustment Not Effective

- Ensure the tension screw is fully engaged and turning properly.
- The resistance mechanism is friction-based. For users requiring very high resistance, this model may offer a moderate challenge.

9. SPECIFICATIONS

Feature	Specification
Model Number	SXZ-001
Product Dimensions	15.87"D x 18.7"W x 36.42"H (approx. 5.12 x 8.27 x 18.9 inches)
Item Weight	9.59 Pounds (4.35 Kilograms)
Material	Stainless Steel
Resistance Mechanism	Friction
Maximum Weight Recommendation	200 Pounds
Power Source	Battery Powered (for monitor, if applicable to specific model)
Special Feature	Portable



Figure 9.1: Visual representation of the NISDOKR Pedal Exerciser Bike's dimensions.

10. WARRANTY AND SUPPORT

NISDOKR is committed to providing high-quality products and excellent customer service. While specific warranty details are not provided in this manual, we encourage you to contact us directly for any concerns.

If you received your Pedal Exerciser Bike with missing hardware or have any questions regarding its assembly, operation, or maintenance, please do not hesitate to contact us via email. We are dedicated to assisting you and ensuring you have the best shopping experience.

For support, please refer to the contact information provided on your purchase receipt or the product packaging.