PEXMOR Spinning Exercise Bike (ASIN: B08T9LP2S5)

PEXMOR Spinning Exercise Bike User Manual

Brand: PEXMOR | Model: Spinning Exercise Bike (ASIN: B08T9LP2S5)

1. Product Overview

The PEXMOR Spinning Exercise Bike is designed for effective indoor cardio training, offering a robust and adjustable solution for your home gym. Its quiet operation and adjustable features make it suitable for various fitness levels and user preferences.



Image 1.1: The PEXMOR Spinning Exercise Bike, a black and red stationary bike with a comfortable seat and adjustable handlebars.

Key Features:

- **Convenient 3-in-1 Bracket & LCD Monitor:** Displays time, speed, distance, calories, and odometers. Includes a bottle holder and an iPad holder for convenience during workouts.
- **Adjustable Seat & Armrest:** Fully adjustable seat (8 gear height) and armrest (5 gear height) to accommodate various user heights. Equipped with adjustable straps on pedals.
- **Safety Pedals & Easy to Move:** Non-slip cage-shaped alloy pedals with adjustable straps ensure foot security. Dual-transport wheels allow for effortless movement and storage.
- **Quiet Indoor Cycle Bike:** Features a quiet belt drive system for smooth and silent workouts, minimizing disturbance. Upgraded frame structure ensures stability.
- **Adjustable Resistance:** 17lbs flywheel and heavy-duty steel frame support up to 350 lbs. Resistance system simulates various road conditions (ground, uphill, downhill) via a rotating knob. Press the knob for immediate stop.

2. Important Safety Information

Before using the PEXMOR Spinning Exercise Bike, please read and understand all safety instructions. Failure to follow these instructions may result in injury or damage to the product.

- Consult a physician before beginning any exercise program, especially if you have pre-existing health conditions.
- Always wear appropriate exercise attire and athletic shoes during use.
- Keep children and pets away from the exercise bike during operation.
- Place the exercise bike on a stable, level surface. Ensure adequate clearance around the bike.
- Inspect the bike before each use for loose parts, wear, or damage. Do not use if damaged.
- Do not exceed the maximum weight capacity of 350 pounds.
- Use the emergency stop function (push down on the resistance knob) to stop the flywheel immediately if needed.

3. Assembly Instructions

The PEXMOR Spinning Exercise Bike requires some assembly. All necessary tools are included. It is recommended to have two people for assembly, though it can be done by one person.

Assembly Steps:

1. **Unpack and Identify Parts:** Carefully remove all components from the packaging. Lay them out and compare them with the parts list provided in the separate assembly diagram (not included in this manual).
2. **Attach Stabilizer Bars:** Secure the front and rear stabilizer bars to the main frame using the provided bolts and washers. Ensure they are tightly fastened for stability.
3. **Install Pedals:** Attach the left and right pedals to their respective crank arms. Note that the left pedal is reverse-threaded. Tighten securely.
4. **Assemble Seat Post and Seat:** Insert the seat post into the main frame. Attach the seat to the seat post. Adjust to your desired height and secure with the locking knob.
5. **Assemble Handlebar Post and Handlebars:** Insert the handlebar post into the main frame. Attach the handlebars to the post. Adjust to your desired height and secure with the locking knob.
6. **Connect LCD Monitor:** Connect the sensor wire from the main frame to the back of the LCD monitor. Mount the monitor onto the handlebar assembly.

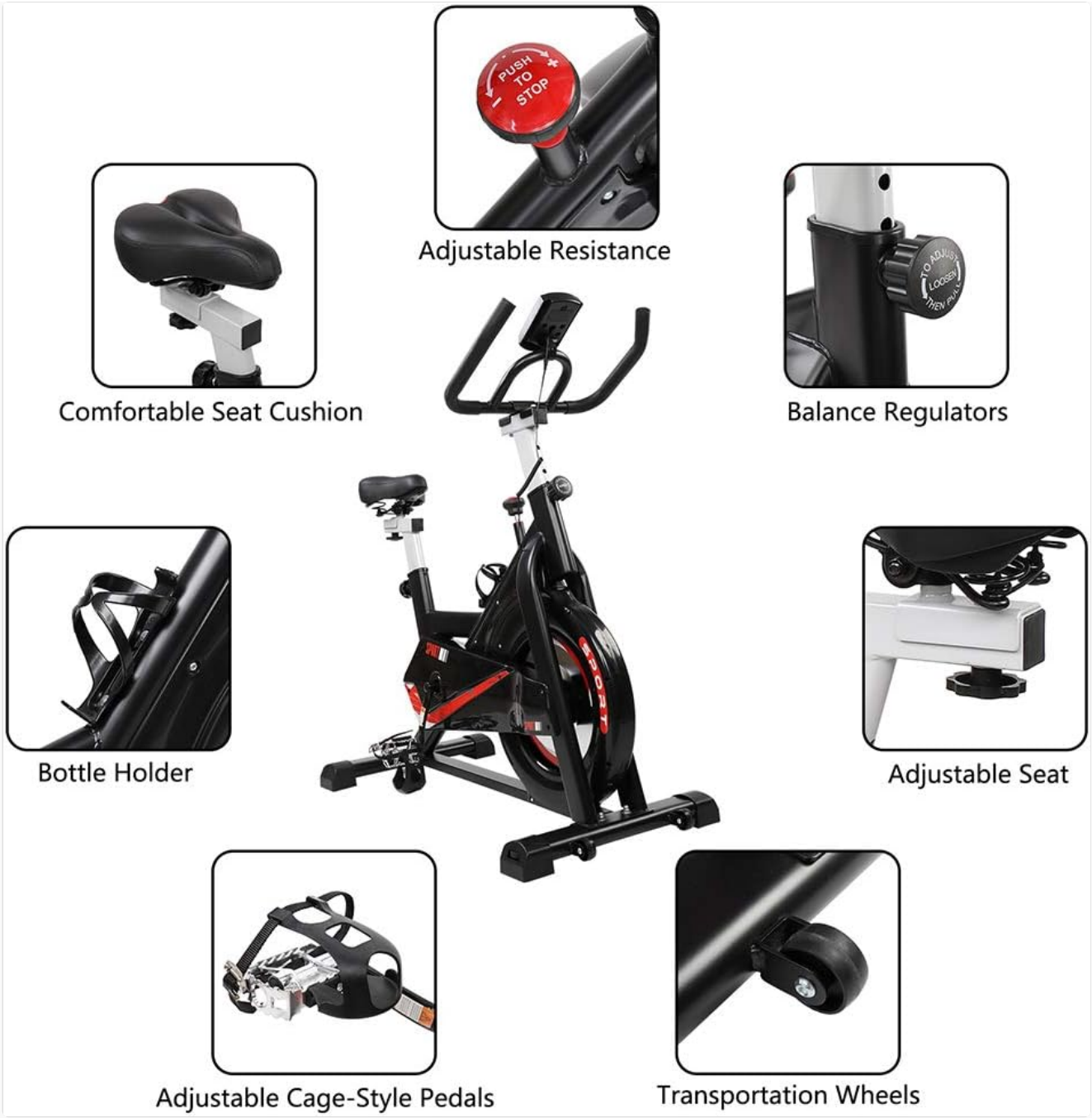


Image 3.1: An exploded view showing the main components of the PEXMOR Exercise Bike, including the seat, handlebars, resistance knob, bottle holder, pedals, and transportation wheels.



Image 3.2: Detailed view of the anti-skid aluminum alloy pedals with adjustable straps and the ergonomic handrails with the LCD monitor.

4. Operating Your Exercise Bike

Once assembled, your PEXMOR Spinning Exercise Bike is ready for use. Follow these guidelines for an effective workout.

4.1 Adjusting Seat and Handlebars

Proper adjustment of the seat and handlebars is crucial for comfort and effective exercise. The seat can be adjusted vertically (8 gears) and horizontally. The handlebars can be adjusted vertically (5 gears).

- To adjust the seat or handlebar height, loosen the corresponding adjustment knob, pull it out, slide the post to the desired height, and then re-insert and tighten the knob securely.
- For horizontal seat adjustment, loosen the knob beneath the seat, slide the seat forward or backward, and retighten.

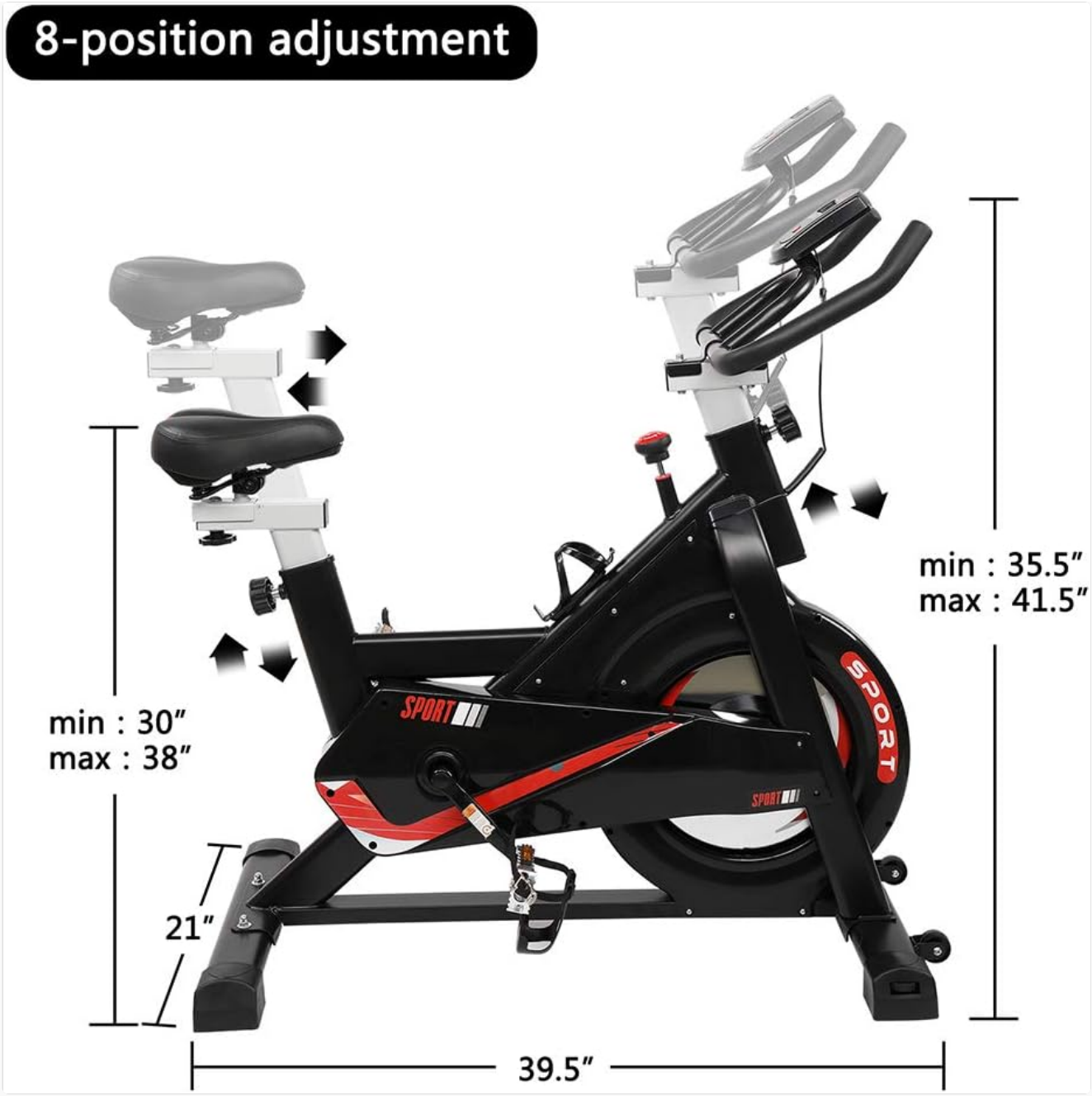


Image 4.1: Diagram illustrating the adjustable ranges for the seat (min 30" to max 38") and handlebars (min 35.5" to max 41.5") on the PEXMOR Exercise Bike.

4.2 Using the Resistance System

The bike features an adjustable resistance system to simulate various riding conditions and intensity levels. The resistance is controlled by the red knob located on the frame.

- **Increase Resistance:** Turn the resistance knob clockwise to increase the training intensity.
- **Decrease Resistance:** Turn the resistance knob counter-clockwise to decrease the training intensity.
- **Emergency Stop:** Press down firmly on the resistance knob to engage the emergency brake and stop the flywheel immediately.



Image 4.2: Close-up of the red resistance knob, showing indicators for increasing, decreasing, and pushing to stop the resistance.

4.3 Understanding the LCD Monitor

The integrated LCD monitor tracks your workout data, helping you monitor your progress. It displays the following metrics:

- **TIME:** Duration of your workout.
- **SPEED:** Current cycling speed.
- **DISTANCE:** Distance covered during the current workout.
- **CALORIES:** Estimated calories burned.
- **ODOMETER:** Total accumulated distance.

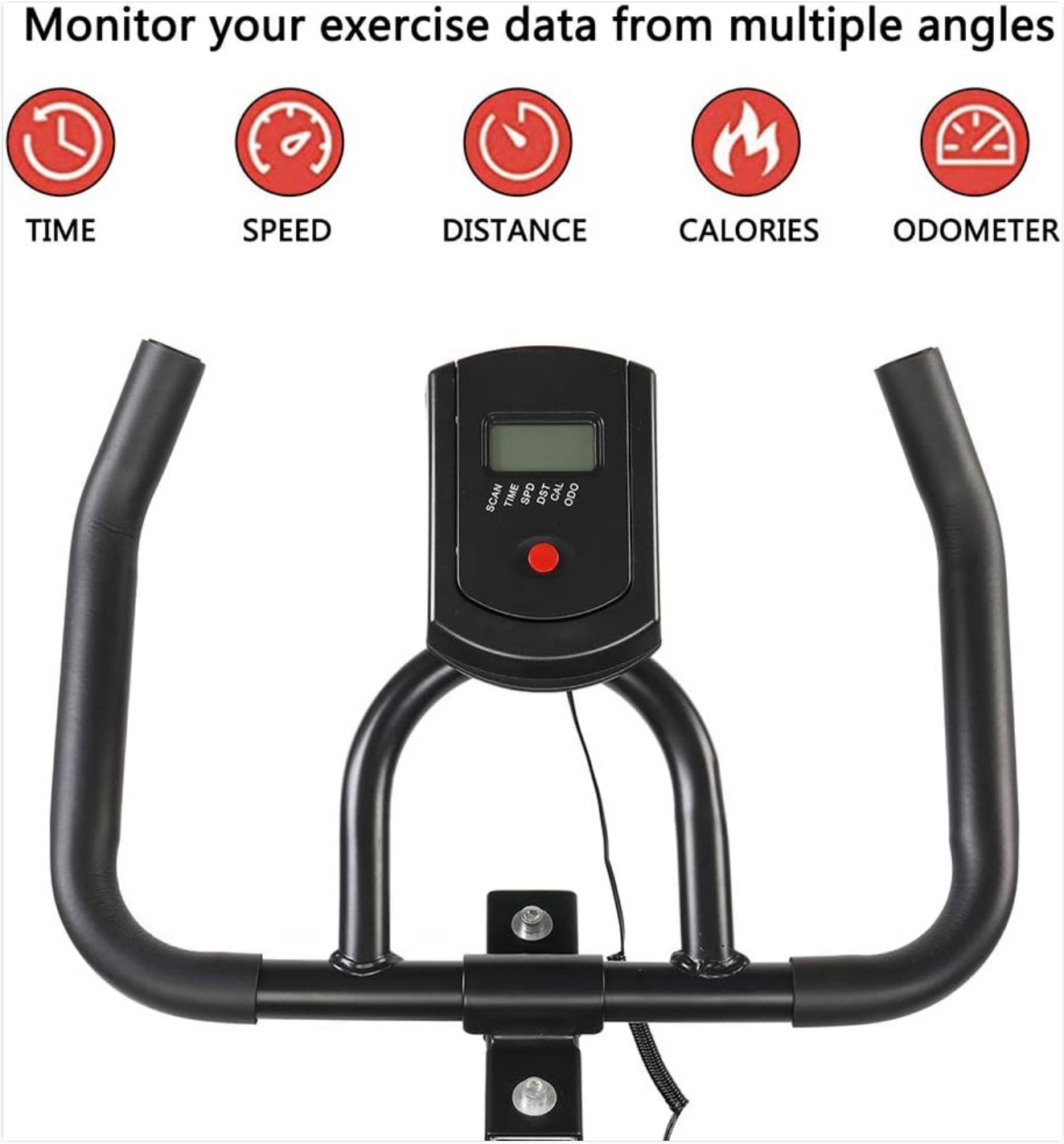


Image 4.3: The LCD digital monitor on the handlebars, showing icons for Time, Speed, Distance, Calories, and Odometer.

5. Maintenance and Care

Regular maintenance ensures the longevity and safe operation of your PEXMOR Spinning Exercise Bike.

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid using abrasive cleaners or solvents.
- **Check Fasteners:** Periodically check all bolts, nuts, and screws to ensure they are tight. Tighten any loose fasteners to prevent instability and noise.
- **Lubrication:** The belt drive system is generally maintenance-free. If any squeaking or unusual noises occur from moving parts (excluding the resistance pad), consult customer support.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures. Use the transportation wheels to move it easily.



Image 5.1: A woman demonstrating the ease of moving the exercise bike by tilting it onto its integrated transportation wheels.

6. Troubleshooting Common Issues

This section addresses common issues you might encounter with your exercise bike.

Problem	Possible Cause	Solution
Rubbing noise from resistance pad/flywheel	Resistance pad misalignment or wear; debris on flywheel.	Check the resistance pad for proper alignment. Ensure the flywheel is clean and free of debris. If the noise persists, contact customer support.
Bike feels unstable or wobbles	Loose bolts; uneven floor surface.	Ensure all assembly bolts are securely tightened. Use the balance regulators on the stabilizer bars to level the bike on uneven surfaces.

Problem	Possible Cause	Solution
LCD monitor not displaying data	Loose sensor connection; dead batteries.	Check that the sensor wire is securely connected to the monitor. Replace the batteries in the LCD monitor if necessary.
Pedals are loose or difficult to turn	Pedals not tightened correctly during assembly; internal issue.	Ensure pedals are fully tightened (remember the left pedal is reverse-threaded). If the issue persists, contact customer support.

7. Product Specifications

Detailed specifications for the PEXMOR Spinning Exercise Bike.

Specification	Value
Brand	PEXMOR
Model Name	gear (ASIN: B08T9LP2S5)
Color	Black
Material	Steel Pipe
Resistance Mechanism	Magnetic
Product Dimensions (LxWxH)	39.5"D x 21"W x 41.5"H
Maximum Weight Recommendation	350 Pounds
Minimum Height (Seat)	79.5 Centimeters (approx. 31.3 inches)
Number of Resistance Levels	17 (Adjustable via knob)
Special Feature	Adjustable Seat, Heavy Duty
Recommended Uses	Indoor Cardio Training

8. Warranty and Customer Support

PEXMOR is committed to providing high-quality products and responsible after-sales service.

Warranty Information:

Specific warranty details for your PEXMOR Spinning Exercise Bike may vary. Please refer to the warranty card included with your product or visit the official PEXMOR website for the most up-to-date warranty policy.

Customer Support:

For any questions, concerns, or assistance with assembly, operation, or troubleshooting, please contact PEXMOR customer service. We are open-minded for any feedback to improve your purchasing experience.

You can find contact information and additional resources by visiting thePEXMOR Store on Amazon.

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