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› Soozier Exercise Bike A90-146V01 User Manual

Soozier A90-146V01

Soozier Exercise Bike A90-146V01 User Manual

Model: A90-146V01 | Brand: Soozier

1. IMPORTANT SAFETY INSTRUCTIONS

Before operating this exercise bike, please read and understand all instructions. Keep this manual for future reference.

- Consult your physician before starting any exercise program.
- Ensure all bolts and nuts are securely tightened before each use.
- Place the exercise bike on a flat, stable surface. Use a protective mat if necessary.
- Keep children and pets away from the equipment during operation.
- Wear appropriate exercise clothing and footwear. Avoid loose clothing that could get caught.
- Do not exceed the maximum weight capacity of **264 lbs (120 kg)**.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- The resistance knob also functions as an emergency brake. Press it down firmly to stop the flywheel quickly.

2. PACKAGE CONTENTS

Verify that all components are present before assembly. If any parts are missing or damaged, contact customer support.

- Main Frame
- Front and Rear Stabilizers
- Handlebar Assembly
- Seat Post and Seat
- Pedals (Left and Right)
- LCD Monitor
- Water Bottle Holder
- Hardware Kit (bolts, washers, nuts, tools)

3. SETUP AND ASSEMBLY

Follow these steps to assemble your Soozier Exercise Bike. Assembly typically requires two people.

1. **Attach Stabilizers:** Secure the front and rear stabilizers to the main frame using the provided bolts and washers. Ensure they are firmly tightened.
2. **Install Pedals:** Identify the left (L) and right (R) pedals. The left pedal screws counter-clockwise, and the right pedal screws clockwise. Tighten them securely to the crank arms.
3. **Mount Seat Post and Seat:** Insert the seat post into the main frame. Adjust to your desired height and secure with the locking knob. Attach the seat to the seat post.
4. **Assemble Handlebar:** Attach the handlebar assembly to the main frame. Connect the tension cable and any sensor wires for the LCD monitor. Secure with bolts.
5. **Install LCD Monitor:** Mount the LCD monitor onto the handlebar post. Connect the sensor wires from the main frame and any pulse sensor wires from the handlebar.
6. **Attach Accessories:** Install the water bottle holder and any other accessories as per the instructions.



Image: Fully assembled Soozier Exercise Bike, ready for use.



Image: Key features including foot pedals with toe cages, rolling wheels, cup holder, phone holder, and safety brake cover.

4. OPERATING INSTRUCTIONS

4.1 Starting Your Workout

Once assembled and adjusted, mount the bike. Place your feet securely in the toe cages of the pedals. Begin pedaling at a comfortable pace.

4.2 Adjusting Resistance

The exercise bike features adjustable magnetic resistance. To increase resistance, turn the red knob clockwise. To decrease resistance, turn the knob counter-clockwise.

ADJUSTABLE RESISTANCE

Easily customise your workout intensity



Image: Adjustable resistance knob. Push down for emergency brake.

4.3 Using the LCD Monitor

The LCD monitor displays key workout metrics. It typically activates automatically when you start pedaling or press any button.

- **MODE Button:** Press to cycle through display functions (Time, Speed, Distance, Calories, Scan).
- **SET Button:** Used to set target values for time, distance, or calories (if applicable).
- **RESET Button:** Press and hold to clear all current workout data.
- **SCAN Mode:** Automatically cycles through all display functions every few seconds.

LCD MONITOR DISPLAY



Time



Distance



Calories



Speed



Image: LCD monitor displaying workout metrics.

5. ADJUSTMENTS

Proper adjustment of the seat and handlebars is crucial for comfort and effective workouts.

5.1 Seat Adjustment

- **Height:** Loosen the locking knob on the vertical seat post. Adjust the seat to a height where your leg has a slight bend at the knee when the pedal is at its lowest point. Securely tighten the knob. The seat height is adjustable from **32 inches (81 cm) to 39 inches (99 cm)** with 7-hole adjustments.
- **Forward/Backward:** Loosen the knob under the seat to slide the seat forward or backward. Adjust so your knees are aligned with the balls of your feet when pedals are horizontal. Tighten the knob firmly.

5.2 Handlebar Adjustment

- Loosen the locking knob on the handlebar post. Adjust the handlebar height to a comfortable position that allows for a slight forward lean without straining your back or shoulders. Securely tighten the knob. The handlebar height is adjustable from **39.25 inches (100 cm) to 45 inches (114 cm)** with 5-level adjustments.

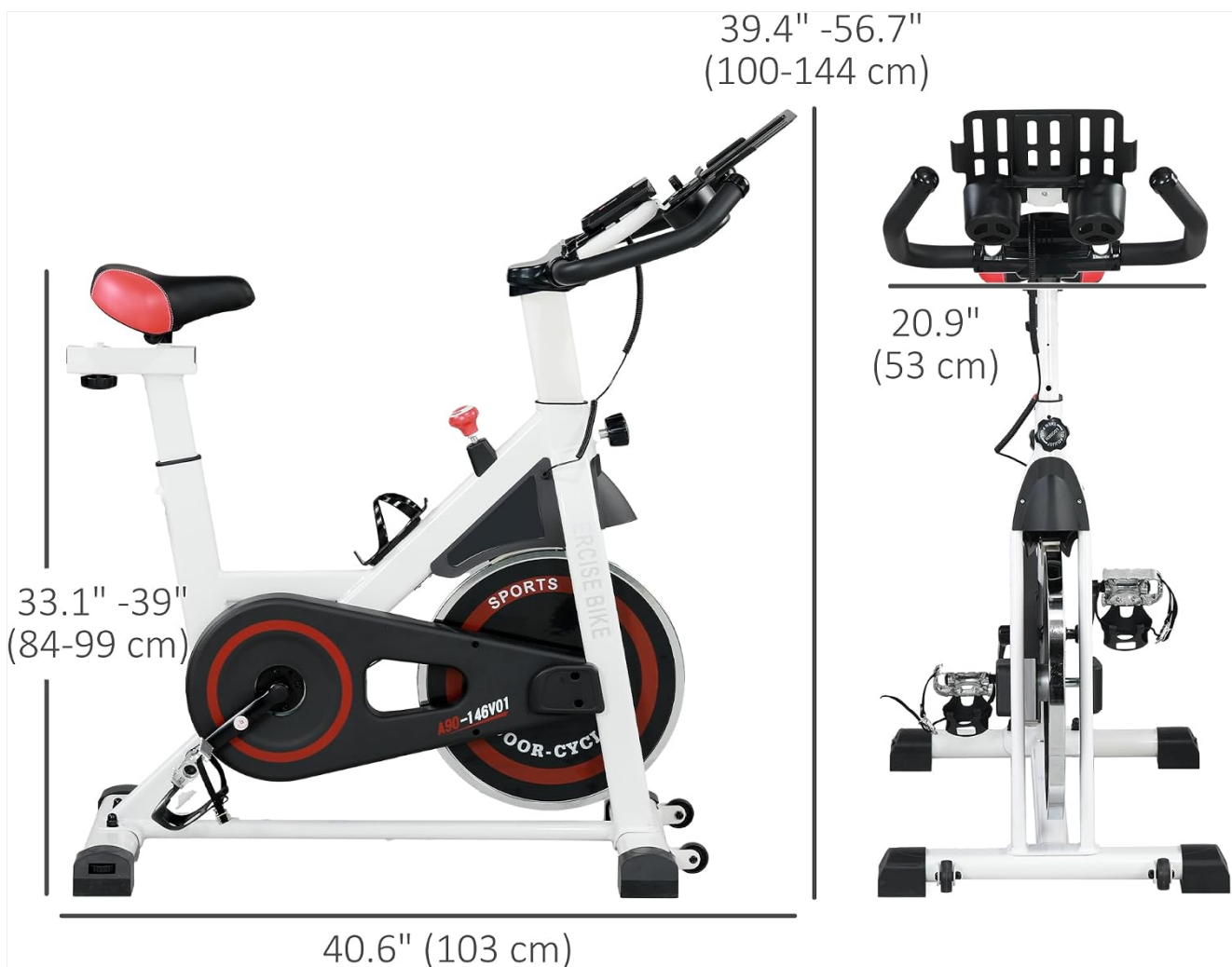


Image: Adjustable seat and handlebar for personalized comfort.

6. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your exercise bike.

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Check Fasteners:** Periodically check all bolts, nuts, and screws to ensure they are tight. Tighten if necessary.
- **Lubrication:** The internal mechanism is generally maintenance-free. If you notice any squeaking from the resistance mechanism, a small amount of silicone-based lubricant can be applied to the friction pad (if applicable) or flywheel edge, as per manufacturer recommendations.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures.

7. TROUBLESHOOTING

Refer to this section for common issues and their solutions.

Problem	Possible Cause	Solution
Bike is unstable or wobbles	Uneven floor; loose stabilizers	Adjust the leveling feet on the stabilizers. Ensure all stabilizer bolts are tight.

Problem	Possible Cause	Solution
Squeaking or grinding noise	Loose parts; friction pad wear; flywheel cover rubbing	Check and tighten all bolts. Apply a small amount of silicone lubricant to the friction pad or flywheel edge if the noise persists. Inspect flywheel cover for rubbing and adjust if possible.
LCD monitor not displaying data	Loose sensor connection; dead batteries	Check all sensor wire connections. Replace 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. Reconnect if loose.

8. SPECIFICATIONS

Technical details for the Soozier Exercise Bike A90-146V01.

Feature	Detail
Model Number	A90-146V01
Overall Dimensions (L x W x H)	40.5" x 20.75" x 39.25"-45" (103 x 53 x 100-114 cm)
Flywheel Weight	17.6 lbs (8 kg)
Maximum Weight Capacity	264 lbs (120 kg)
Seat Height Adjustment	32" - 39" (81 - 99 cm), 7 levels
Handlebar Height Adjustment	39.25" - 45" (100 - 114 cm), 5 levels
Resistance Mechanism	Friction
Drive System	Belt
Power Source (LCD)	Battery Powered
Material	Alloy Steel, ABS
Item Weight	58.3 lbs (26.44 kg)
UPC	673986068687

9. WARRANTY AND SUPPORT

This product comes with a warranty and customer support.

- **Warranty:** 90-Day Warranty Against Manufacturer Defects.
- **Manufacturer Contact:** Aosom Canada
- **Phone:** 1-416-792-6088

- **Address:** Markham, Ontario, CA

For further assistance or to report any issues, please contact the manufacturer directly using the provided contact information.