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## Physionics EXBK05

# Physionics Folding Exercise Bike EXBK05 User Manual

Model: EXBK05

## 1. IMPORTANT SAFETY INFORMATION

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Before assembling or using your Physionics Folding Exercise Bike, please read and understand all instructions in this manual. Keep this manual for future reference. Failure to follow these instructions may result in injury or damage to the product.

- Consult your physician before starting any exercise program.
- This exercise bike is designed for home use only.
- Maximum user weight: 120 kg (264 lbs).
- Recommended user height: 120-180 cm (47-71 inches).
- Place the exercise bike on a flat, stable surface. Ensure adequate space around the bike for safe operation.
- Keep children and pets away from the equipment during use.
- Inspect the bike for loose or damaged parts before each use. Do not use if any parts are damaged.
- Wear appropriate exercise clothing and footwear.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

## 2. SETUP AND ASSEMBLY

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The Physionics Folding Exercise Bike EXBK05 is supplied as a kit and requires assembly. Please follow the detailed assembly instructions provided in the separate multilingual manual included with your product. Ensure all components are present before beginning assembly.

### 2.1 Unpacking

Carefully remove all components from the packaging. Lay them out on a clean, flat surface to identify all parts against the parts list in your assembly manual.

## 2.2 Battery Installation for LCD Display

The LCD display requires 2 x AAA 1.5V batteries (not included). Locate the battery compartment on the back of the display unit. Insert the batteries, ensuring correct polarity (+/-). Close the compartment securely.



Image: Detailed view of the LCD display, seat adjustment, pedals, and pulse sensors.

## 3. OPERATING INSTRUCTIONS

### 3.1 Adjusting the Seat

The seat height is vertically adjustable to 6 levels (approx. 71-85 cm). To adjust, loosen the adjustment knob located on the main frame, slide the seat post to the desired height, and then tighten the knob securely. Ensure the seat is stable before use.



Image: Seat height adjustment mechanism.

### 3.2 Adjusting Resistance Levels

The exercise bike features 8 levels of magnetic resistance. To increase or decrease the resistance, turn the resistance knob located below the handlebars. Turn clockwise for higher resistance and counter-clockwise for lower resistance.

### 3.3 Using the LCD Display

The LCD display tracks your workout data. Functions include:

- **SCAN:** Automatically cycles through all functions.
- **TIME:** Displays the duration of your workout.
- **SPEED:** Shows your current cycling speed.
- **DISTANCE:** Records the distance covered during your workout.
- **CALORIES:** Estimates the calories burned.
- **ODOMETER:** Displays the total accumulated distance.
- **PULSE:** Shows your heart rate when holding the pulse sensors on the handlebars.

Use the 'MODE' button to select a specific function or 'SCAN' mode. The 'RESET' button can be used to clear

current workout data.

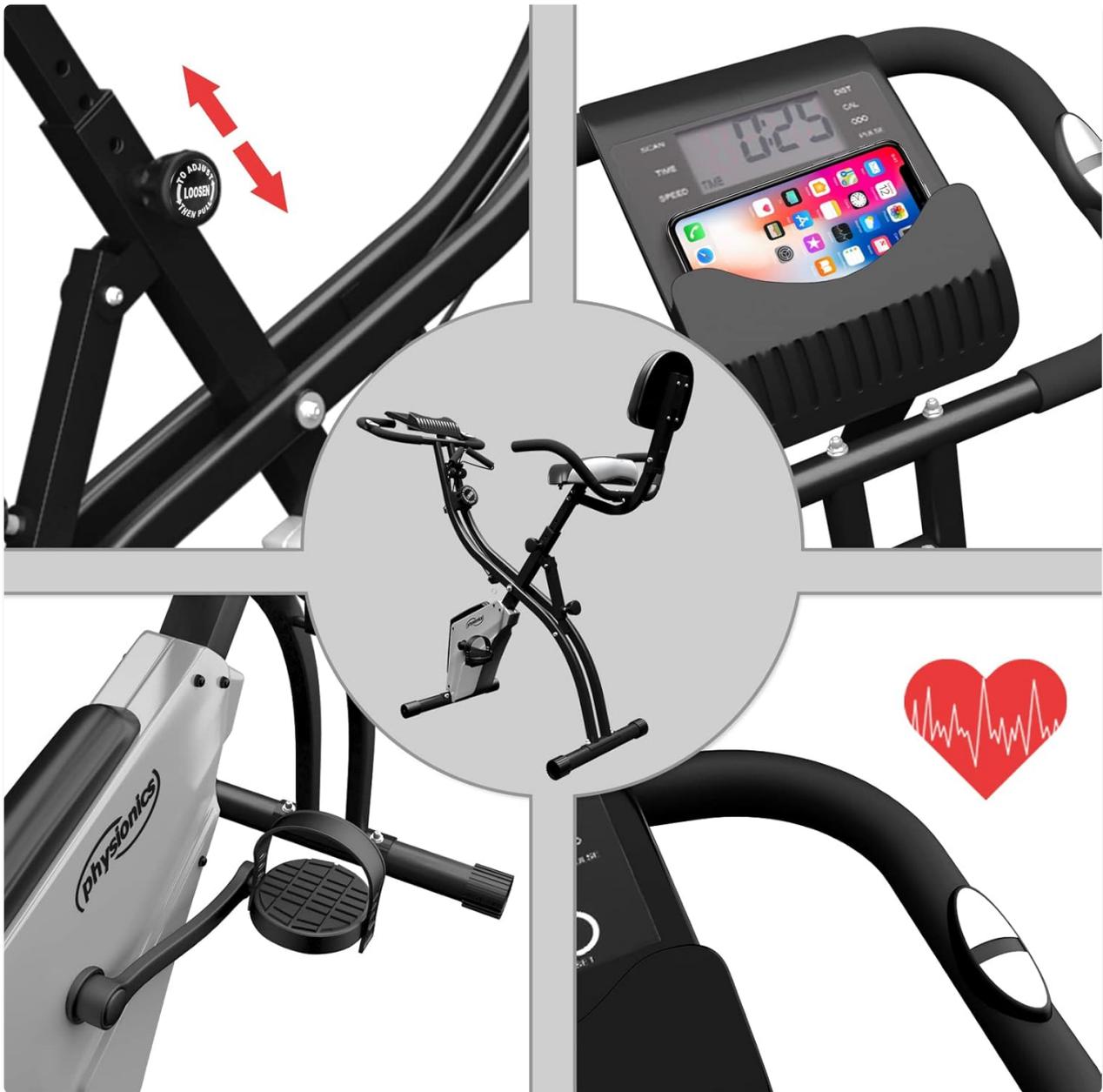


Image: Detailed view of the LCD display showing workout metrics and control buttons.

### 3.4 Using Resistance Bands

The exercise bike includes integrated resistance bands for upper body workouts. These bands are attached to the front of the bike. Grip the handles and perform various arm and shoulder exercises while cycling or stationary.

**FITNESS STEP FORWARD  
CARDIO AND STRENGTH TRAINING IN ONE  
SIMULTANEOUSLY WORK ON UPPER BODY STRENGTH AND DO YOUR CARDIO**

**FITNESS - SCHRITT VORWÄRTS  
CARDIO- UND KRAFTTRAINING IN EINEM  
GLEICHZEITIG AN DER OBERKÖRPERKRAFT ARBEITEN UND MACHE DEIN CARDIO**



Image: User demonstrating upper body exercise with resistance bands.

### **3.5 Folding and Transporting the Bike**

The Physionics Folding Exercise Bike is designed for easy storage. To fold, locate the folding pin/knob on the main frame, pull it out or loosen it, and carefully fold the bike. The backrest is also foldable. Once folded, use the integrated transport wheels at the front stabilizer to move the bike to your desired storage location.



FOLDABLE AND PORTABLE  
(WITH BUILT-IN TRANSPORTATION WHEELS)

FALTBAR UND TRAGBAR  
(MIT EINGEBAUTEN TRANSPORTRÄDERN)

Image: The exercise bike in folded and unfolded positions, demonstrating its compact storage and transport wheels.

## 4. 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 or solvents.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Lubrication:** Moving parts generally do not require lubrication due to the magnetic resistance system. Refer to the assembly manual for specific guidance if needed.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures.

## 5. TROUBLESHOOTING

If you encounter issues with your exercise bike, refer to the following common problems and solutions:

- **LCD Display Not Working:**

- Check if batteries are correctly installed and not depleted. Replace if necessary.
  - Ensure all cable connections to the display are secure.
- **No Resistance or Inconsistent Resistance:**
    - Verify the resistance knob is functioning correctly and turning freely.
    - Ensure the internal magnetic mechanism is not obstructed. If the issue persists, contact customer support.
- **Unusual Noises During Operation:**
    - Check for any loose bolts or nuts and tighten them.
    - Ensure no foreign objects are caught in the flywheel or pedal mechanism.
- **Seat Wobbles:**
    - Ensure the seat adjustment knob is fully tightened after setting the height.

For issues not listed here or if troubleshooting steps do not resolve the problem, please contact Physionics customer support.

## 6. SPECIFICATIONS

Feature	Specification
Model	EXBK05
Assembled Dimensions (L x W x H)	Approx. 66 x 48 x 112.5 cm (26 x 19 x 44.3 inches)
Folded Dimensions (L x W x H)	Approx. 50 x 20 x 135 cm (19.7 x 7.9 x 53.1 inches)
Seat Size	Approx. 26 x 20 cm (10.2 x 7.9 inches); Thickness: Approx. 5 cm (2 inches)
Adjustable Seat Height	6 levels, approx. 71-85 cm (28-33.5 inches)
Product Weight	Approx. 18.25 kg (40.2 lbs)
Maximum User Weight	120 kg (264 lbs)
Recommended User Height	120-180 cm (47-71 inches)
Resistance System	Magnetic, 8 levels
Flywheel Weight	Approx. 2.5 kg (5.5 lbs)
Braking System	Friction
LCD Display Functions	Scan, Time, Speed, Distance, Heart Rate, Calories, Odometer
Batteries Required	2 x AAA 1.5V (not included)
Materials	Steel, ABS Plastic, PU Leather, Foam

Special Features

Foldable design, Transport wheels, Backrest, Phone holder, Resistance bands, Pulse sensors

PRODUCT WEIGHT: **18.25KG**  
PRODUKTGEWICHT: **18.25KG**

FLYWHEEL WEIGHT: **2.5KG**  
SCHWUNGMASSE: **2.5KG**

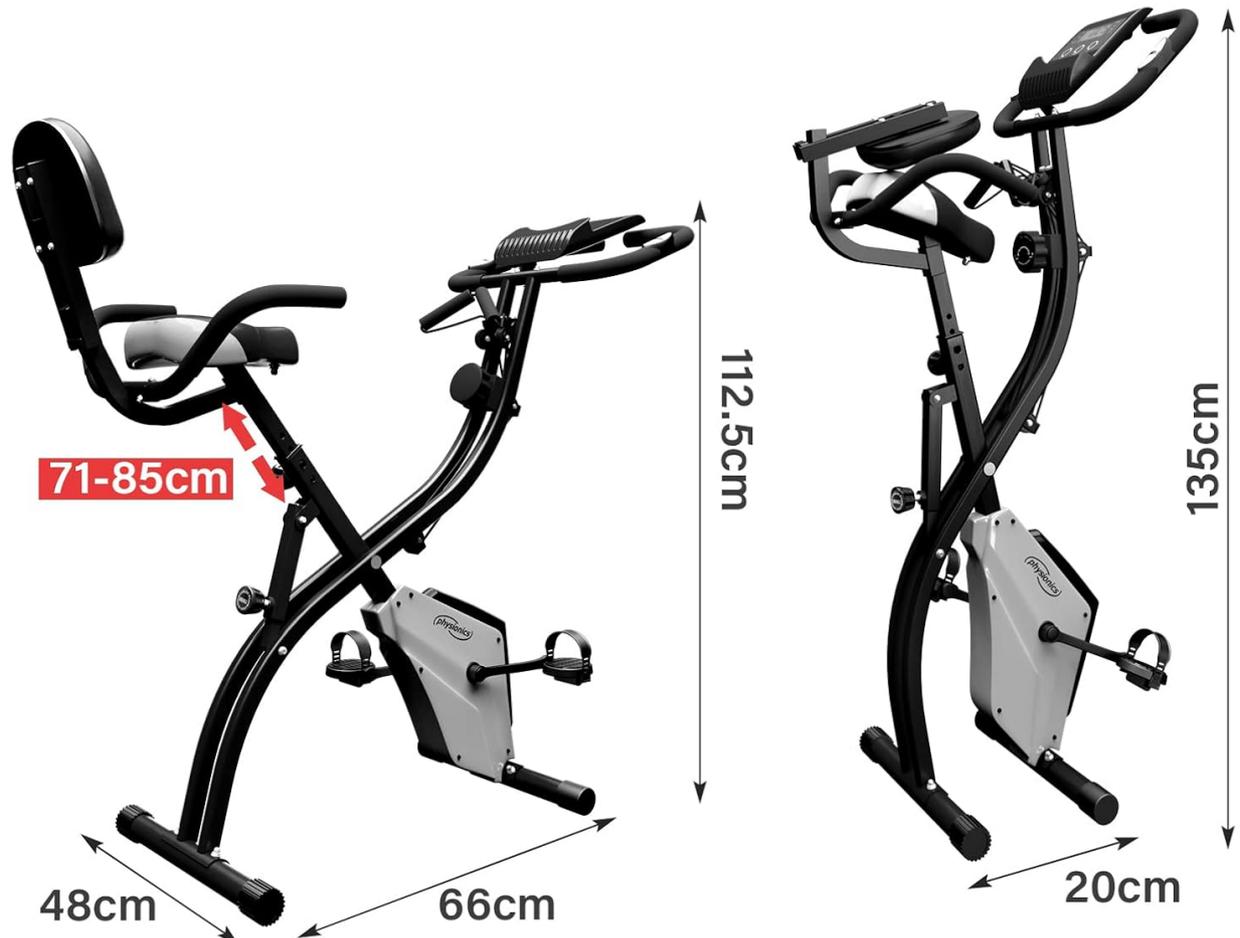


Image: Dimensions of the exercise bike, including product weight and flywheel weight.

## 7. WARRANTY AND SUPPORT

Your Physionics Folding Exercise Bike is covered by a manufacturer's warranty. Please refer to the warranty card included with your product for specific terms and conditions. For technical support, spare parts, or any inquiries, please contact Physionics customer service through the retailer where you purchased the product or visit the official Physionics website.

Please retain your proof of purchase for warranty claims.