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› Physionics Foldable Exercise Bike EXBK04 User Manual

Physionics EXBK04

Physionics Foldable Exercise Bike

MODEL: EXBK04

User Manual

Introduction

Thank you for choosing the Physionics Foldable Exercise Bike EXBK04. This manual provides essential information for the safe assembly, operation, and maintenance of your new fitness equipment. Please read all instructions carefully before use to ensure proper function and to prevent injury.



Image: A woman demonstrates proper posture while exercising on the Physionics Foldable Exercise Bike EXBK04. This bike is designed to improve physical fitness and tone muscles.

Safety Information

- Consult a physician before starting any exercise program.
- Keep children and pets away from the equipment during use.
- Place the exercise bike on a flat, stable surface. Ensure adequate space around the bike.
- Inspect the equipment for loose or worn parts before each use. Do not use if damaged.
- Wear appropriate exercise clothing and footwear.
- The maximum user weight for this bike is 120 kg.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

Package Contents

Verify that all components are present before beginning assembly:

- 1 x Physionics Foldable Exercise Bike (Model EXBK04)
- 1 x Multilingual Assembly Instructions Manual
- Required assembly tools (usually included, check packaging)

Setup and Assembly

Follow these steps to assemble your exercise bike. Refer to the included assembly instructions for detailed diagrams.

1. **Unpack Components:** Carefully remove all parts from the packaging and lay them out on a clean, flat surface.
2. **Attach Stabilizers:** 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 the left pedal often has a reverse thread. Ensure they are tightened securely.
4. **Mount Seat Post and Seat:** Insert the seat post into the main frame and secure it. Attach the seat to the seat post.
5. **Install Handlebar and Console:** Attach the handlebar assembly to the main frame. Connect the sensor cables from the console to the main frame. Mount the LCD console onto the handlebar.
6. **Insert Batteries:** The LCD console requires 2 AAA batteries (not included). Insert them into the battery compartment on the back of the console.
7. **Final Check:** Ensure all bolts and nuts are securely tightened and all connections are firm before first use.

Operating Instructions

Adjusting the Seat

The seat height is adjustable to accommodate different user heights. There are five levels of adjustment.

1. Loosen the adjustment knob located on the seat post.
2. Raise or lower the seat to the desired height. Ensure your leg has a slight bend at the knee when the pedal is at its lowest point.
3. Tighten the adjustment knob firmly to secure the seat in place.



Image: Detail of the adjustable seat post, showing the mechanism for height adjustment.

Adjusting Resistance

The bike features 8 levels of magnetic resistance to vary your workout intensity.

- Turn the resistance knob located below the handlebar.
- Turn clockwise to increase resistance (higher numbers for more intensity).
- Turn counter-clockwise to decrease resistance (lower numbers for less intensity).

Phone/tablet holder

There is no need to train alone - another reason to start today

Phone/tablet Halter

Es besteht kein Grund alleine zu trainieren - ein weiterer Grund, heute anzufangen



Image: The resistance knob, clearly marked with levels from 1 to 8, allows users to easily adjust workout intensity. An integrated phone holder is also visible.

Using the LCD Display

The multi-functional LCD display tracks your workout data.

- **MODE Button:** Press to cycle through display functions: Time, Speed, Distance, Calories, Pulse, and Scan (automatically cycles through all functions).
- **RESET Button:** Press and hold to clear all current workout data.
- **Functions Displayed:**
 - **TIME:** Duration of your workout.
 - **SPEED:** Current cycling speed.
 - **DIST (Distance):** Distance covered during the current workout.
 - **CAL (Calories):** Estimated calories burned.
 - **PULSE:** Your heart rate (requires hand sensors).



Image: The LCD console provides real-time feedback on workout metrics, including time, speed, distance, calories burned, and pulse rate.

Folding and Storage

The Physionics EXBK04 is designed to be foldable for easy storage.

1. Ensure the area is clear before folding.
2. Locate the folding pin or knob (refer to your assembly manual for exact location).
3. Pull or loosen the pin/knob to release the frame.
4. Carefully fold the bike until it is in its compact position.
5. Secure the frame in the folded position with the pin/knob.
6. Use the built-in transportation wheels to move the folded bike for storage.



Image: A visual comparison of the exercise bike in its operational, unfolded state and its compact, folded state, demonstrating its space-saving design.

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.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Lubrication:** Moving parts may require occasional lubrication. Refer to the assembly manual for specific recommendations.
- **Battery Replacement:** Replace the LCD console batteries (2 AAA) when the display becomes dim or unresponsive.

Troubleshooting

Problem	Possible Cause	Solution
LCD display not working	Dead batteries; Loose cable connection	Replace batteries (2 AAA); Check and secure console cable connections.
Pedals feel loose or wobbly	Pedals not tightened correctly	Ensure pedals are fully threaded and tightened. Remember the left pedal has a reverse thread.
Unusual noise during operation	Loose bolts; Worn parts	Inspect and tighten all visible bolts and nuts. If noise persists, contact customer support.
Resistance not changing	Resistance cable disconnected or damaged	Check the resistance cable connection to the knob and the flywheel mechanism.

Specifications

- **Model:** EXBK04
- **Brand:** Physionics

- **Color:** Grey
- **Style:** Foldable
- **Main Material:** Steel frame, ABS plastic components
- **Dimensions (Unfolded L x W x H):** 77 x 42.5 x 115 cm
- **Product Weight:** 12 kg
- **Flywheel Weight:** 1.5 kg
- **Resistance Levels:** 8 (Magnetic)
- **Max User Weight:** 120 kg
- **Max Recommended User Height:** 185 cm
- **Seat Adjustment:** 5 levels (73-84 cm height range)
- **Display:** LCD (Time, Speed, Distance, Calories, Pulse)
- **Power Source (Display):** 2 x AAA batteries (not included)
- **Special Features:** Adjustable phone holder, pedals with straps, transport wheels

PRODUCT WEIGHT:
PRODUKTGEWICHT: **12KG**

FLYWHEEL WEIGHT:
SCHWUNGMASSE: **1.5KG**

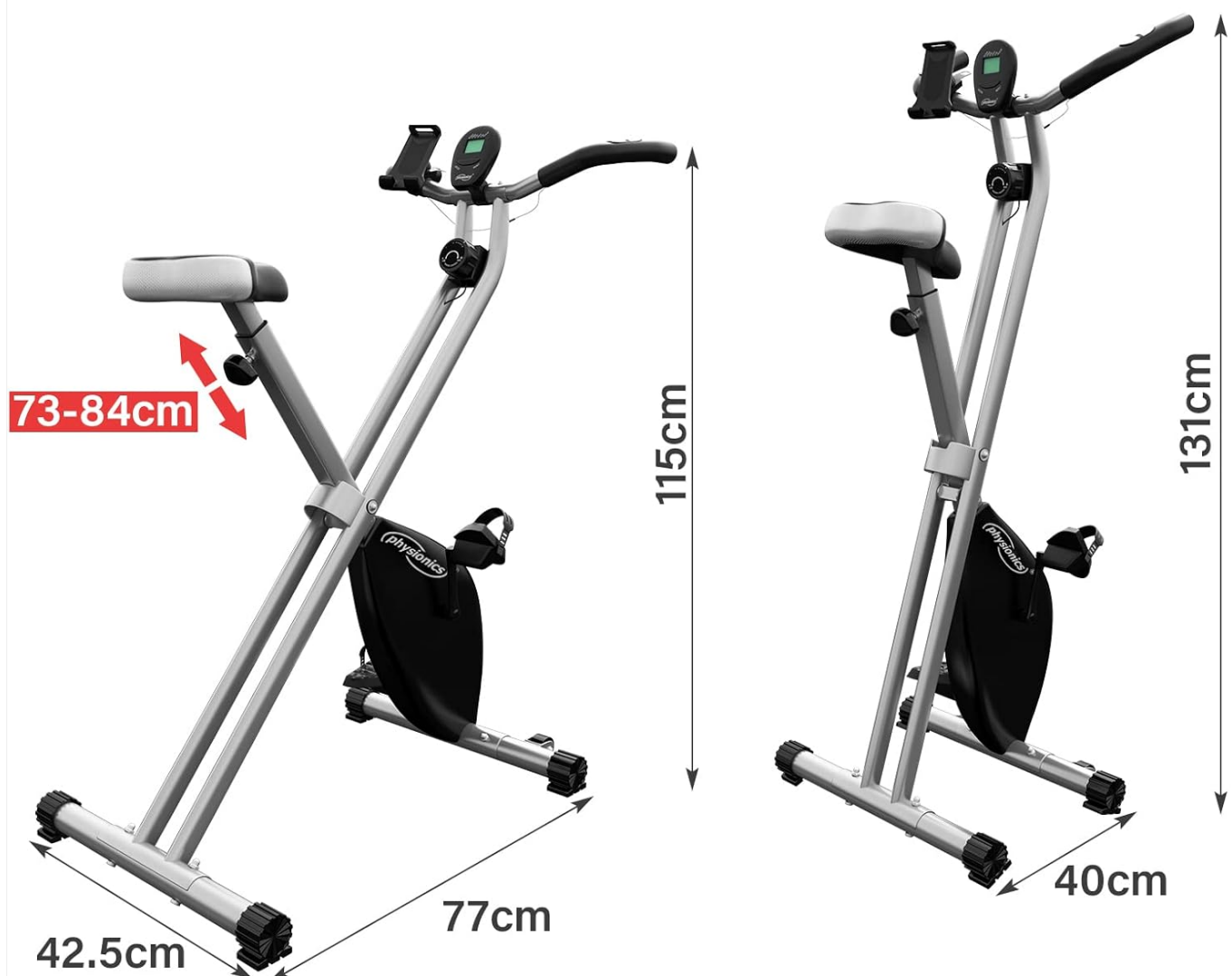


Image: Detailed diagram illustrating the dimensions (length, width, height) and weight of the Physionics EXBK04 exercise bike.

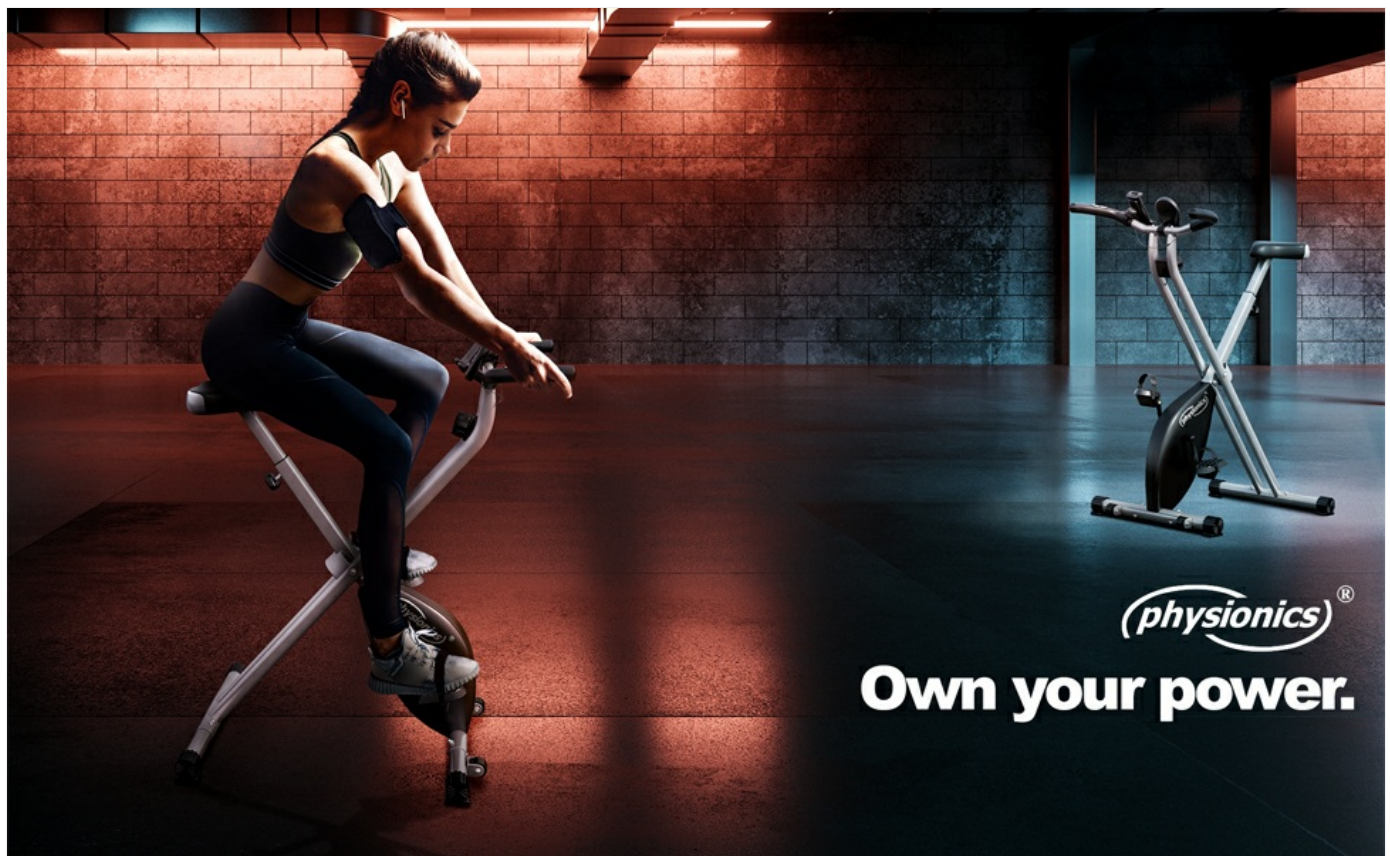


Image: A man using the exercise bike. The image highlights the 1.5 kg flywheel mass, which contributes to smooth and efficient pedal movements.

Warranty Information

This product comes with a standard manufacturer's warranty. Please refer to the warranty card included in your package or visit the official Physionics website for detailed terms and conditions regarding warranty coverage and duration.

Customer Support

If you have any questions, require assistance with assembly, or encounter issues not covered in this manual, please contact Physionics customer support. Contact details can typically be found on the product packaging, the official Physionics website, or the warranty card.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for

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Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question