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Cosco CET-85E

COSCO CET 85E Exercise Bike User Manual

Model: CET-85E

1. IMPORTANT SAFETY INSTRUCTIONS

Please read all instructions carefully before using this exercise bike. Keep this manual for future reference.

- Consult your physician before beginning any exercise program.
- Keep children and pets away from the equipment.
- Place the exercise bike on a flat, stable surface. Use a protective mat if necessary.
- Ensure all bolts and nuts are securely tightened before use.
- Wear appropriate exercise clothing and footwear.
- Do not exceed the maximum user weight capacity (if specified, not in input).
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- Perform regular maintenance checks as described in this manual.

2. PRODUCT OVERVIEW

The COSCO CET 85E is an elliptical trainer designed for home fitness. It features a magnetic resistance system and an LCD display to track your workout progress.



Figure 2.1: COSCO CET 85E Exercise Bike. This image shows the full elliptical trainer with its handlebars, console, pedals, and base.

Key Features:

- New design Elliptical Trainer
- 2-Way 5 kg Heavy Flywheel for smooth operation.
- Large Non-Skid Foot Pedals for secure footing.
- Big LCD Display monitor provides feedback on workout parameters.
- Magnetic Resistance Mechanism for quiet and consistent workouts.

3. SETUP AND ASSEMBLY

The COSCO CET 85E Exercise Bike requires assembly. Follow these general steps. Refer to the included assembly guide for detailed, step-by-step instructions and diagrams.

- 1. Unpack Components:** Carefully remove all parts from the packaging. Lay them out and verify against the parts list in your assembly guide.
- 2. Attach Stabilizers:** Secure the front and rear stabilizer bars to the main frame using the provided bolts and washers.
- 3. Install Pedals:** Attach the left and right pedals to their respective crank arms. Note that pedals are often marked 'L' and 'R' and thread in opposite directions.
- 4. Assemble Handlebars:** Connect the moving handlebars and the stationary handlebars (if applicable) to the main frame.
- 5. Mount Console:** Attach the LCD display console to the console post and connect any necessary sensor wires.
- 6. Final Checks:** Before first use, ensure all connections are secure and all bolts are tightened. Check for any loose parts.

It is recommended to have two people for assembly to ensure safety and ease of installation.

4. OPERATING INSTRUCTIONS

This section provides guidance on how to operate your COSCO CET 85E Exercise Bike for an effective workout.

4.1 Console Operation

The large LCD display provides real-time feedback on your workout. While specific button functions may vary, common console features include:

- SCAN:** Automatically cycles through various display functions.
- TIME:** Displays the duration of your workout.
- SPEED:** Shows your current speed.
- DISTANCE:** Tracks the total distance covered.
- CALORIES:** Estimates calories burned during your session.
- ODOMETER (ODO):** Displays the total accumulated distance.
- PULSE (if applicable):** Shows your heart rate when holding the pulse sensors on the handlebars.
- RESET:** Clears all workout data to zero.

4.2 Adjusting Resistance

The CET 85E features a magnetic resistance mechanism. To adjust the workout intensity:

- Locate the resistance knob, typically found on the main frame below the console.
- Turn the knob clockwise to increase resistance and make your workout harder.
- Turn the knob counter-clockwise to decrease resistance and make your workout easier.

4.3 Starting Your Workout

- Step onto the large non-skid foot pedals. Ensure your feet are securely placed.
- Grasp the handlebars firmly. You can use either the stationary or moving handlebars.
- Begin pedaling in a smooth, elliptical motion.
- Adjust the resistance to your desired level.
- Monitor your progress on the LCD display.

5. MAINTENANCE

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

- **Cleaning:** Wipe down the bike after each use with a damp cloth to remove sweat and dust. Avoid abrasive cleaners.
- **Check Connections:** Periodically check all bolts, nuts, and screws to ensure they are tight. Tighten any loose fasteners.
- **Lubrication:** The magnetic resistance system typically requires no lubrication. However, if you notice any squeaking from moving parts (e.g., pedal joints), apply a small amount of silicone-based lubricant.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures.

6. TROUBLESHOOTING

This section addresses common issues you might encounter with your COSCO CET 85E Exercise Bike.

Problem	Possible Cause	Solution
Console not displaying data.	Low or dead batteries; loose sensor connection.	Replace batteries in the console. Check that all sensor wires are securely connected.
Squeaking or grinding noise.	Loose bolts; lack of lubrication on moving parts.	Tighten all visible bolts and nuts. Apply silicone lubricant to pivot points if necessary.
Bike feels unstable.	Uneven surface; loose stabilizer caps.	Ensure the bike is on a flat, level surface. Adjust the leveling caps on the stabilizer bars if present.
Resistance not changing.	Resistance cable disconnected or damaged.	Check the connection of the resistance cable to the resistance knob and the flywheel mechanism. Contact customer support if damaged.

If you encounter an issue not listed here or if the problem persists, please contact Cosco customer support.

7. SPECIFICATIONS

Detailed specifications for the COSCO CET 85E Exercise Bike:

- **Model Name:** CET-85E
- **Brand:** Cosco
- **Type:** Elliptical Trainer
- **Resistance Mechanism:** Magnetic
- **Flywheel Weight:** 5 kg (2-Way)
- **Item Weight:** 35 kg
- **Dimensions (LxWxH):** 37 x 155 x 111 Centimeters (approx. 1110x370x1550mm)
- **Material:** Other (as per manufacturer)
- **Maximum Stride Length:** 18 Inches
- **Included Components:** COSCO-CET-85E (main unit and assembly parts)

8. WARRANTY AND SUPPORT

For specific warranty terms and conditions, please refer to the warranty card included with your product or contact the retailer where you purchased the COSCO CET 85E Exercise Bike. Warranty coverage typically includes manufacturing defects for a specified period.

Customer Support:

If you require technical assistance, have questions about assembly, operation, or maintenance, or need to report a defect, please contact Cosco Fitness customer support. You can usually find contact information (phone number, email, or website) on the product packaging, the official Cosco website, or your purchase receipt.

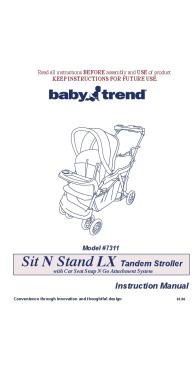
When contacting support, please have your model number (CET-85E) and proof of purchase ready.

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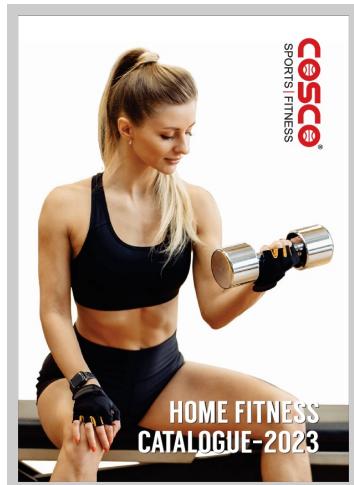
For more information, visit [Cosco Store on Amazon.in](#)

Related Documents - CET-85E

	<p>Cosco C-21 Cardio Bike User Manual Cosco Fitness</p> <p>Comprehensive user manual for the Cosco C-21 Cardio Bike. Find instructions on safe operation, features, maintenance, and troubleshooting for your Cosco fitness equipment.</p>
	<p>Sunsun SuperECO Controllable Pond Pump User Manual (CET-26000, CET-30000, CET-35000)</p> <p>Comprehensive user manual for the Sunsun SuperECO series of controllable pond pumps (CET-26000, CET-30000, CET-35000), covering installation, safety, maintenance, troubleshooting, and technical specifications. Provided by WilTec Wildanger Technik GmbH.</p>
	<p>HYCHIKA Cordless Screwdriver ML-CS69-36 Instruction Manual</p> <p>This manual provides instructions for the HYCHIKA Cordless Screwdriver, model ML-CS69-36. It covers product features, general safety, electrical safety, personal safety, power tool use and care, battery tool use and care, service, operation, and disposal instructions.</p>

	<p>Cosco #88333 Package Delivery Box Assembly Instructions</p> <p>Detailed assembly instructions for the Cosco #88333 Package Delivery Box, including parts list, care instructions, and step-by-step guidance. Ensure proper installation for secure package delivery.</p>
	<p>Maclaren Easy Traveller User Manual and Safety Guide</p> <p>Comprehensive user manual for the Maclaren Easy Traveller infant car seat adapter, covering assembly, operation, safety precautions, maintenance, and warranty information. Includes compatibility details for various infant car seats.</p>
	<p>Baby Trend Sit N Stand LX Tandem Stroller with Car Seat Snap N Go Attachment System - Instruction Manual</p> <p>This comprehensive instruction manual details the assembly, operation, and safety guidelines for the Baby Trend Sit N Stand LX Tandem Stroller (Model #7311). It covers essential warnings, identification of stroller parts, step-by-step assembly instructions, methods for securing children in both the front and rear seats, seatback positioning, brake operation, canopy adjustments, and folding/unfolding procedures. Additionally, it provides crucial information and compatibility charts for using the Snap N Go attachment system with various infant car seats, including detailed installation and removal instructions for models from Cosco, Peg Perego, Evenflo, Century, Graco, and Baby Trend.</p>

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