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EVOLAND x1465

EVOLAND Professional Exercise Bike User Manual

Model: x1465

1. INTRODUCTION

Thank you for choosing the EVOLAND Professional Exercise Bike. This manual provides essential information for the safe assembly, operation, and maintenance of your new fitness equipment. Please read this manual thoroughly before use and keep it for future reference.

This machine is designed to provide effective and comfortable aerobic exercises, allowing you to perform workouts conveniently at home. It features high and low resistance settings, easily adjustable via a knob, and a comfortable, breathable cushioned seat. The integrated LCD screen helps you track your progress, making it easier to achieve your fitness goals.

2. SAFETY INFORMATION

Before starting any exercise program, consult your physician. This is especially important for individuals over the age of 35 or those with pre-existing health problems.

- Always ensure all bolts and nuts are securely tightened before each use.
- Place the exercise bike on a flat, stable surface. Use a protective mat underneath to prevent damage to flooring.
- Keep children and pets away from the equipment during operation.
- Wear appropriate exercise clothing and athletic shoes. Avoid loose clothing that could get caught in moving parts.
- Do not exceed the maximum user weight capacity of 120 kg (264 lbs).
- If you experience dizziness, nausea, chest pain, or any other abnormal symptoms, stop your workout immediately and consult a physician.
- The flywheel and belt are protected by covers to prevent accidents and prolong the lifespan of the components. Do not attempt to remove these covers during operation.
- This product is designed for indoor use only.

3. PACKAGE CONTENTS

Please check the contents of your package against the list below. If any parts are missing or damaged, contact customer service immediately.

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



Figure 3.1: Key components of the EVOLAND Exercise Bike. (1) LCD Display, (2) Water Bottle Holder, (3) Comfortable Seat, (4) 6kg Flywheel, (5) Widened Pedals, (6) Transport Wheels.

4. ASSEMBLY AND SETUP

Follow these steps to assemble your EVOLAND Exercise Bike. It is recommended to have two people for assembly.

1. **Attach Stabilizers:** Secure the front and rear stabilizers to the main frame using the provided bolts and nuts. Ensure they are firmly attached for stability.
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:** Insert the seat post into the frame and adjust to your desired height. Secure the seat onto the seat post. The seat can also be adjusted forward and backward for optimal comfort.
4. **Attach Handlebar:** Insert the handlebar post into the frame and secure the handlebar assembly. Adjust the height of the handlebar for a comfortable riding position.
5. **Install LCD Monitor:** Connect the sensor wires from the main frame to the back of the LCD monitor. Mount the monitor onto the designated bracket on the handlebar.
6. **Attach Water Bottle Holder:** Secure the water bottle holder to the frame in the designated location.
7. **Leveling:** Use the adjustable leveling gears on the bottom of the stabilizers to ensure the bike is stable and does not wobble on uneven floors.



Figure 4.1: Fully assembled EVOLAND Exercise Bike.

5. OPERATING INSTRUCTIONS

Your EVOLAND Exercise Bike is designed for intuitive use. Follow these guidelines for an effective workout.

5.1 Adjusting Resistance

The bike features a magnetic resistance system with infinite adjustment. To increase resistance, turn the red knob clockwise. To decrease resistance, turn it counter-clockwise. To stop the flywheel quickly in an emergency, press the red knob down firmly.



Figure 5.1: Resistance adjustment knob. Turn to adjust, push to stop.

5.2 Using the LCD Monitor

The LCD monitor tracks your workout data. It displays:

- **TIME:** Duration of your workout.
- **DISTANCE:** Distance covered during your workout.
- **SPEED:** Your current cycling speed.
- **CALORIES:** Estimated calories burned.
- **SCAN:** Automatically cycles through all display functions.

The monitor is battery-powered. Ensure batteries are correctly installed. Note: This model does not include a heart rate monitoring function.

5.3 Adjusting Riding Position

The bike offers multiple adjustment points to accommodate various user heights (150 cm to 190 cm) and preferences:

- **Handlebar Height:** Adjust the handlebar up or down for comfortable upper body posture.
- **Seat Height:** Adjust the seat up or down to ensure a slight bend in your knee at the bottom of the pedal stroke.
- **Seat Fore/Aft:** Slide the seat forward or backward to optimize your hip and knee alignment with the pedals.



Figure 5.2: Dimensions and adjustable ranges of the EVOLAND Sport Bike.

5.4 Transporting the Bike

The exercise bike is equipped with transport wheels on the front stabilizer for easy movement. To move the bike, simply tilt it forward onto the wheels and roll it to your desired location.

PRAKTISCHES TRANSPORTRAD-DESIGN



Figure 5.3: Using the transport wheels to move the bike.

6. MAINTENANCE

Regular maintenance will ensure the longevity and optimal performance of your EVOLAND Exercise Bike.

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Do not use abrasive cleaners or solvents.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness. Tighten any loose components.
- **Lubrication:** The magnetic resistance system and belt drive are designed for low maintenance. No lubrication is typically required for these components.
- **Flywheel and Belt Protection:** The protective covers for the flywheel and belt are made of high-quality material, resistant to dust, shock, water, and rust. Keep these covers clean and intact to protect the internal mechanisms.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures.

VERBESSERTES WIDERSTANDSSYSTEM + LEISER RIEMENANTRIEB

Professioneller geräuscharmer Multi-Slot-Riemenantrieb, keine physikalische Reibung und geräuscharmer Betrieb, stark und langlebig, reibungsloses Fahren ohne Verklemmen.



Figure 6.1: The quiet and durable belt drive system.

7. TROUBLESHOOTING

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

- **Bike is unstable/wobbles:**

Solution: Ensure the bike is on a flat surface. Adjust the leveling gears on the bottom of the front and rear stabilizers until the bike is stable.

- **Pedals feel loose or make noise:**

Solution: Check if the pedals are securely tightened to the crank arms. Remember the left pedal tightens counter-clockwise and the right pedal clockwise.

- **Resistance knob not working correctly:**

Solution: Ensure the resistance knob is fully engaged and not stripped. If the issue persists, contact customer support.

- **LCD monitor not displaying:**

Solution: Check if the batteries are correctly installed and have sufficient charge. Replace batteries if necessary. Ensure all sensor wires are securely connected to the monitor.

- **Unusual noises during operation:**

Solution: Check all visible bolts and nuts for tightness. Ensure no foreign objects are caught in the flywheel or belt area. If the noise persists, contact customer support.

8. SPECIFICATIONS

Feature	Specification
Brand	EVOLAND
Model Number	x1465
Color	Black
Material	Alloy Steel
Drive System	Belt Drive
Resistance Mechanism	Magnetic
Max Weight Capacity	120 Kilograms (264 lbs)
Recommended Max Height	190 Centimeters (6 ft 3 in)
Product Dimensions (L x W x H)	100 x 50 x 115 cm (39.4 x 19.7 x 45.3 inches)
Item Weight	23.8 Kilograms (52.5 lbs)
Special Features	Adjustable Seat, Heavy Duty, Transport Wheels
Monitor Functions	Time, Speed, Distance, Calories
Power Source	Battery Powered (for monitor)

120 KG GEWICHTSKAPAZITÄT

Dreieckiges Lagerdesign Die stabile dreieckige Tragstruktur ermöglicht eine Tragfähigkeit von 120 kg die den Fahrherausforderungen problemlos gewachsen ist.



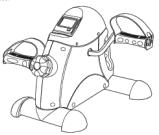
Figure 8.1: The robust triangular design supports up to 120 kg.

9. WARRANTY AND SUPPORT

EVOLAND products are manufactured to the highest quality standards. For warranty information, technical support, or replacement parts, please contact your retailer or the EVOLAND customer service department. Keep your purchase receipt as proof of purchase.

For further assistance, please visit our official website or contact us via the details provided on your product packaging.

Related Documents - x1465

 <p>Mini Bike Exerciser User Manual</p> <p>Thank you for purchasing our product! Please read the instruction book carefully before operating the mini bike exerciser. Please note that any update of the manual is made without prior notice.</p>	<p>Mini Bike Exerciser User Manual</p> <p>User manual for the Mini Bike Exerciser, providing safety warnings, parts list, assembly instructions, functions, and maintenance guidelines.</p>
 <p>EXERCISE BIKE</p> <p>USER MANUAL Model No.: GH-707</p>	<p>GH-707 Exercise Bike User Manual - Assembly, Safety, and Maintenance Guide</p> <p>Comprehensive user manual for the EVOLAND GH-707 exercise bike. Includes detailed safety instructions, parts list, step-by-step assembly guide, maintenance tips, troubleshooting, and training methods for home cardio workouts.</p>
 <p>User's manual Open one-handed (SHOW body era)</p> <p>Thanks for purchasing this product, please read this manual carefully before use.</p>	<p>SHOW Body Era Vibration Fitness Machine User Manual AGM</p> <p>Comprehensive user manual for the AGM SHOW Body Era vibration fitness machine. Includes setup, operation, safety, exercise modes, and troubleshooting for this home fitness equipment.</p>