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Soozier A90-192RD

Soozier Foldable Exercise Bike (Model A90-192RD) Instruction Manual

Your guide to setup, operation, and maintenance.

1. INTRODUCTION

This manual provides essential information for the safe and effective use of your Soozier Foldable Exercise Bike, Model A90-192RD. Please read all instructions carefully before assembly and operation. Retain this manual for future reference.

Important 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 all bolts and nuts are securely tightened before each use.
- Wear appropriate exercise attire and footwear.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- Maximum user weight capacity: 110 kg (242 lbs).

2. PACKAGE CONTENTS

Upon opening the package, verify that all components are present and undamaged. The package should contain the main frame of the exercise bike, seat, backrest, pedals, handlebars, LCD monitor, and necessary assembly hardware and tools.



Image: The Soozier Foldable Exercise Bike, showcasing its compact design and key components.

3. SETUP AND ASSEMBLY

Follow these steps to assemble and prepare your exercise bike for use:

1. **Unfolding the Frame:** Carefully unfold the main frame of the exercise bike until it locks into the upright position. Ensure the locking pin is securely engaged.
2. **Attaching Stabilizers:** Secure the front and rear stabilizer bars to the main frame using the provided bolts and nuts.
3. **Installing Pedals:** Attach the left and right pedals to their respective cranks. Note that the left pedal typically tightens counter-clockwise.
4. **Mounting Seat and Backrest:** Secure the seat and backrest to the seat post.
5. **Attaching Handlebars and Monitor:** Install the handlebars and then attach the LCD monitor to the designated slot on the handlebars. Connect any necessary sensor wires.
6. **Adjusting Seat Height:** Adjust the seat to one of the five available height settings (28.75" - 32.75") to

ensure a comfortable and ergonomic riding position. Secure the adjustment knob firmly.



Image: Illustration of the 5-position seat adjustment mechanism, allowing users to find their most comfortable seat height.

Assembly and Usage Demonstration Video

Your browser does not support the video tag.

Video: A visual guide demonstrating the assembly process, seat adjustment, and basic operation of the Soozier Foldable Exercise Bike.

4. OPERATING INSTRUCTIONS

Your Soozier Foldable Exercise Bike is designed for effective cardio workouts. Familiarize yourself with its features for optimal use.

Magnetic Resistance Adjustment

The bike features 8 levels of magnetic resistance. To adjust the resistance, turn the tension control knob located below the handlebars. Turn clockwise to increase resistance for a more challenging workout, and counter-clockwise to decrease resistance.

8- LEVEL

MAGNETIC RESISTANCE

Easily control the tension & customise your workout intensity



★★★★★ 7-8

Stabilizing Muscle



★★★★★ 5-6

Body Training



★★★ 3-4

Aerobic Exercise



★ 1-2

Low Intensity Aerobic Exercise



Image: A detailed view of the 8-level magnetic resistance dial, indicating low to high tension control.

LCD Monitor Functions

The integrated LCD monitor tracks your workout data. It displays the following metrics:

- **Time:** Duration of your current workout.
- **Speed:** Current cycling speed.
- **Distance:** Distance covered during the current workout.
- **Calories Burned:** Estimated calories expended.
- **Heart Rate (Pulse):** Your current heart rate, measured via sensors on the handlebars.
- **Scan:** Automatically cycles through all display functions.

Press the red button on the monitor to cycle through the display modes or to reset the values. Hold the button to reset all values.

LCD MONITOR & PULSE SENSOR



Time



Speed



Heart
Rate



Calories
Burnt



Scan



Image: The LCD monitor showing various workout metrics such as time, speed, distance, calories burned, and pulse.

Detailed Features Overview Video

Your browser does not support the video tag.

Video: A comprehensive demonstration of the Soozier Foldable Exercise Bike's features, including resistance adjustment, monitor usage, and overall functionality.

5. 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.
- **Inspecting Connections:** Periodically check all bolts, nuts, and moving parts to ensure they are secure. Tighten if necessary.

- **Lubrication:** No specific lubrication is required for the magnetic resistance system.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures.

6. TROUBLESHOOTING

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

- **LCD Monitor Not Displaying:** Check if the batteries are correctly installed and have sufficient charge. Replace batteries if needed. Ensure all sensor wires are securely connected.
- **Resistance Not Changing:** Verify that the tension control cable is properly connected and not kinked. Ensure the resistance knob is turning freely.
- **Unusual Noises:** Check all assembly points for loose bolts or components. Ensure the bike is on a level surface.
- **Unstable Operation:** Confirm that the bike is fully unfolded and the locking pin is engaged. Adjust the leveling caps on the stabilizer bars if the floor is uneven.

7. SPECIFICATIONS

Feature	Detail
Model Number	A90-192RD
Product Dimensions (Unfolded)	97D x 43W x 109H cm (38.25" D x 17" W x 43" H)
Product Dimensions (Folded)	17" W x 22" D x 50.75" H
Item Weight	16.47 kg (36.3 lbs)
Material	Steel, ABS, PVC
Resistance Mechanism	Magnetic
Resistance Levels	8 Levels
Display Type	LCD
Monitor Metrics	Time, Speed, Distance, Calories Burned, Heart Rate
Maximum Weight Capacity	110 kg (242 lbs)
Adjustable Seat Height	5 settings, 28.75" - 32.75"
Drive System	Belt



Image: Visual representation of the exercise bike's dimensions when unfolded and folded, highlighting its compact storage capability.

8. FOLDING AND STORAGE

To fold your exercise bike for compact storage:

1. Ensure the bike is on a stable surface.
2. Locate the locking pin or knob that secures the frame in the unfolded position.
3. Disengage the locking mechanism.
4. Carefully fold the frame inwards until it reaches its compact storage position.
5. The bike is equipped with two front wheels for easy movement once folded. Tilt the bike and roll it to your desired storage location.

THOUGHTFUL DETAILS

Comfortable
Backrest

TPR Foot Pedal
with Adjustable
Cage

Adjustable &
Anti-slip Foot
Cover for Balance



Image: A user demonstrating the ease of moving the folded exercise bike using its integrated transport wheels.

9. WARRANTY AND SUPPORT

For warranty information, technical support, or to order replacement parts, please contact Soozier customer service. Refer to your purchase documentation for specific contact details or visit the official Soozier website.