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Soozier A90-196

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Model: A90-196

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INTRODUCTION

The Soozier 3-in-1 Folding Exercise Bike (Model A90-196) is designed to provide a versatile and effective workout experience in the comfort of your home. This stationary bike offers three distinct modes: upright, recumbent, and a mode incorporating arm resistance bands for a full-body workout. Its foldable design and integrated wheels allow for easy movement and storage, making it suitable for various living spaces. The bike features eight levels of magnetic resistance and an LCD monitor to track essential workout data.



Image: A woman demonstrates the upright exercise mode, utilizing the integrated arm resistance bands for a comprehensive workout.

SAFETY INFORMATION

- Read all instructions in this manual before assembling or operating the exercise bike.
- Keep children and pets away from the equipment during operation.
- Place the exercise bike on a flat, stable surface. Ensure adequate clearance around the bike.
- Inspect the bike for loose or damaged parts before each use. Do not use if any components are compromised.
- Consult a physician before starting any new exercise program.
- Wear appropriate exercise attire and footwear.
- Do not exceed the maximum weight load of 264 lbs (120 kg).
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

SETUP

Unpacking and Assembly

Carefully remove all components from the packaging. Refer to the included assembly guide for detailed, step-by-step instructions. Ensure all bolts, nuts, and washers are securely fastened before use. Assembly is required.

Placement and Mobility

Position the exercise bike on a level surface. The bike is equipped with two front wheels for easy relocation. To move the bike, tilt it forward onto its front wheels and push or pull it to the desired location. This feature allows for convenient storage and use in various rooms.

FOLDABLE & EASY TO MOVE



- 2 front wheels allow quick movement
- Space-saving to store



Image: A user demonstrates the ease of moving the folded exercise bike, highlighting its integrated front wheels for portability.

OPERATING INSTRUCTIONS

Exercise Modes: Upright and Recumbent

The Soozier exercise bike offers both upright and recumbent cycling positions. To switch between modes, adjust the frame and seat as per the assembly instructions. The upright mode provides a more intense cardio workout, while the recumbent mode offers a relaxed ride with back support.

MULTIFUNCTIONAL X-BIKE



Competitive Cycling



Recumbent Mode



Arm Strength Training



Image: This diagram visually explains the versatility of the bike, showing how it can be configured for competitive cycling, a relaxed recumbent position, and arm strength training.

Adjusting Magnetic Resistance

The bike features 8 levels of magnetic resistance. Turn the tension control knob located on the main frame to increase (High) or decrease (Low) the resistance. Start with a lower resistance for warm-up and gradually increase for more challenging workouts, such as body training or muscle stabilization.



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 ★
Warm-up

Image: A detailed view of the resistance dial, indicating 8 levels from low to high, allowing users to customize their workout intensity.

Using Arm Resistance Bands

Integrated arm resistance bands allow for upper-body exercise simultaneously with cycling. Hold the handles of the resistance bands and perform various arm exercises while pedaling to engage more muscle groups.

LCD Monitor Functions

The electronic LCD screen tracks your workout progress. It displays: **Time**, **Speed**, **Distance (KM)**, **Calories Burned**, and **Heart Rate (Pulse)**. Use the buttons below the screen to cycle through display modes or reset values. The pulse sensors are located on the handlebars.

LCD MONITOR & PULSE SENSOR



Time



Speed



Heart
Rate



Calories
Burnt



Distance



ODO



Image: A clear view of the LCD monitor, showing various metrics like time, speed, heart rate, calories burnt, distance, and ODO, along with the pulse sensors on the handlebars.

Phone/Tablet Holder

A convenient holder is provided on the console for your phone or tablet, allowing you to enjoy media or follow workout videos during your exercise session.

THOUGHTFUL DETAILS

Ipap Holder

Comfortable
Backrest

Phone Holder

TPR Foot Pedal
with Adjustable
Cage

Adjustable &
Anti-slip Foot
Cover for Balance



Image: This image points out key features including the phone/iPad holder, comfortable backrest, and adjustable foot pedals, enhancing user experience.

ADJUSTMENTS

Seat Adjustment

The seat is adjustable to accommodate various body types and comfort preferences. It features 4 positions. Locate the adjustment knob or lever beneath the seat and pull it out to slide the seat to your desired height. Ensure the seat is securely locked in place before use.

4-POSITION SEAT

You can find the most comfortable seat height

.....



Image: A visual representation of the seat's adjustability, demonstrating how users can find their most comfortable seat height across four positions.

Folding for Storage

To fold the exercise bike for compact storage, follow the specific folding instructions provided in your assembly guide. The bike's design allows it to fold to a size of 19.7" L x 18.9" W x 53.1" H, minimizing its footprint when not in use.

MAINTENANCE

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners or solvents.
- **Inspection:** Regularly check all nuts, bolts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Lubrication:** Moving parts may require occasional lubrication. Refer to the detailed maintenance section in your full product manual for specific recommendations.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures.

TROUBLESHOOTING

Problem	Possible Cause	Solution
No display on LCD monitor	Batteries are dead or incorrectly installed.	Replace batteries or ensure correct polarity.
Resistance feels too easy/hard	Resistance knob not adjusted correctly.	Turn the tension control knob to increase or decrease resistance.
Bike is unstable or wobbles	Not on a level surface; loose fasteners.	Ensure bike is on a flat surface. Check and tighten all assembly bolts.
Unusual noise during operation	Loose parts; lack of lubrication.	Inspect all connections and moving parts. Tighten as needed. Lubricate if specified in the full manual.

SPECIFICATIONS

Feature	Detail
Brand	Soozier
Model Name	Folding Magnetic Bike
Model Number	A90-196
Type	3-in-1 (Upright, Recumbent, Arm Resistance)
Resistance Mechanism	Magnetic
Resistance Levels	8
Display	LCD (Time, Speed, Distance, Calories, Heart Rate)
Special Features	Adjustable Resistance Level, Adjustable Seat, Foldable, Pulse Sensor, Arm Resistance Bands
Power Source	Battery Powered (for LCD)
Material	Acrylonitrile Butadiene Styrene (ABS), Alloy Steel
Color	Black
Overall Dimensions	41.3" L x 18.9" W x 46.5" H
Folding Size	19.7" L x 18.9" W x 53.1" H
Item Weight	42 Pounds (19.05 kg)
Maximum Weight Load	264 Pounds (120 kg)
Assembly	Required



Image: This illustration provides key dimensions for the exercise bike, both when fully assembled for use and when folded for storage.

WARRANTY & SUPPORT

For specific warranty information, please refer to the documentation included with your purchase or contact Soozier customer support directly. Keep your proof of purchase for any warranty claims. For technical assistance, replacement parts, or further inquiries, please visit the official Soozier website or contact their customer service department.