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## EVOLVE MASTERGYM

# EVOLVE Master Gym Fitness Mini Exercise Bike User Manual

Model: MASTERGYM

## 1. IMPORTANT SAFETY INFORMATION

Before using the EVOLVE Master Gym Fitness Mini Exercise Bike, please read and understand all safety instructions. Failure to follow these instructions may result in injury or damage to the product.

- **Consult a Physician:** Always consult with a healthcare professional before starting any new exercise program, especially if you have pre-existing health conditions or limited mobility.
- **Proper Placement:** Place the exercise bike on a flat, stable surface. Ensure there is adequate space around the unit for safe operation.
- **User Weight Limit:** The maximum user weight for this device is **120 Kilograms**. Do not exceed this weight limit.
- **Secure Connections:** Regularly check all bolts, nuts, and connections to ensure they are securely tightened before and after each use. Loose parts can lead to instability and injury.
- **Stop if Pain:** If you experience any pain, dizziness, or discomfort during exercise, stop immediately and consult your physician.
- **Children and Pets:** Keep children and pets away from the exercise bike during operation.
- **Intended Use:** This product is designed for seated exercise of the arms and legs. It is not intended for standing use.



**Warning:** Do not stand directly on the machine. This device is designed for seated use only.

## 2. PRODUCT OVERVIEW

The EVOLVE Master Gym Fitness Mini Exercise Bike is a compact and versatile mobility trainer designed for low-impact exercise of both upper and lower body while seated. It is particularly suitable for individuals seeking to improve joint flexibility, muscle strength, and overall mobility.



**Figure 2.1:** Overview of the EVOLVE Master Gym Fitness Mini Exercise Bike components.

### Key Features:

- **Mini Bike Upper Body:** Features handles for arm and shoulder exercises.
- **Grips:** Ergonomic grips for comfortable hand cycling.
- **Elastic Straps:** Integrated resistance bands for additional upper body strength training.
- **Extra Large Foot Pedals:** Designed for comfortable and secure foot placement during leg exercises.
- **Stable Foot Base:** Ensures stability during use.
- **Adjustable Handles:** Allows for flexible positioning to target different muscle groups.
- **Four-Direction Foot Pedals:** Supports ankle and knee movement.

## 3. SETUP AND ASSEMBLY

The EVOLVE Master Gym Fitness Mini Exercise Bike requires minimal assembly. Please follow these steps carefully.

1. **Unpack Components:** Carefully remove all parts from the packaging. Verify that all components are present according to the included parts list (if provided).
2. **Attach Base Stabilizers:** Secure the front and rear base stabilizers to the main frame using the provided bolts and nuts. Ensure they are tightened firmly.
3. **Assemble Main Frame:** Connect the curved frame section to the main pedal unit. Insert the secure pin and tighten any associated wing nuts or knobs to prevent wobbling. *(Note: Ensure the wing nut is properly secured to prevent the frame from loosening during use, as noted in user feedback.)*
4. **Install Pedals:** Attach the foot pedals to the crank arms. The pedals are typically marked 'L' for left and 'R' for right. Ensure they are screwed in tightly.
5. **Attach Upper Handles:** Insert the upper handle assembly into the designated slot on the main frame. Secure it with the adjustment knob.
6. **Connect Resistance Bands:** If applicable, attach the elastic resistance bands to their designated connection points on the frame and handles.



Figure 3.1: Detail of the stable base and foot pedals.



Figure 3.2: Detail of the handle and resistance band attachment.

## 4. OPERATING INSTRUCTIONS

The EVOLVE Master Gym Fitness Mini Exercise Bike offers versatile exercise options for both upper and lower body.

### 4.1. Lower Body Exercise (Legs)

1. **Positioning:** Sit comfortably in a chair or on a sofa with your feet placed on the pedals. Ensure your knees are slightly bent at the furthest point of the pedal rotation.
2. **Adjust Resistance:** Locate the resistance knob (if present, typically near the pedals). Turn it clockwise to increase resistance and counter-clockwise to decrease it. Start with a low resistance level and gradually increase as your strength improves.
3. **Pedaling:** Begin pedaling slowly in a smooth, controlled motion. You can pedal forwards or backwards. Maintain a steady rhythm.
4. **Duration:** Start with short sessions (e.g., 10-15 minutes) and gradually increase the duration as your endurance improves.



Figure 4.1: Using the exercise bike for lower body workout while seated.



Figure 4.2: Proper foot placement on the pedals.

### 4.2. Upper Body Exercise (Arms)

1. **Positioning:** Place the exercise bike on a sturdy table or in front of you while seated. Grip the upper handles firmly.
2. **Adjust Handles:** Loosen the adjustment knob on the upper handle assembly to set the handles to a comfortable height and angle for your arm and shoulder exercise. Retighten the knob securely.

3. **Cycling:** Rotate the handles in a circular motion, similar to pedaling with your feet. You can cycle forwards or backwards.
4. **Resistance Bands:** For added resistance, use the elastic straps. Hold the grips of the elastic straps and perform pulling or pushing motions while cycling the handles or independently.



Figure 4.3: Adjustable upper handles for arm exercises.



Figure 4.4: Using the integrated resistance bands for upper body exercise.

## 5. MAINTENANCE

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

- **Cleaning:** Wipe down the unit with a damp cloth after each use to remove sweat and dust. Avoid using abrasive cleaners or solvents.
- **Check Connections:** Periodically inspect all bolts, nuts, and adjustment knobs. Tighten any that have become loose. Pay particular attention to the main frame connections.
- **Storage:** Store the exercise bike in a cool, dry place away from direct sunlight and extreme temperatures.

## 6. TROUBLESHOOTING

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If you encounter any issues with your EVOLVE Master Gym Fitness Mini Exercise Bike, refer to the following common solutions.

- **Wobbly Frame:** If the frame feels unstable or wobbles during use, check all assembly points. Ensure the secure pin and any associated wing nuts or knobs are fully tightened. Refer to Section 3: Setup and Assembly.

- **Difficulty Pedaling / Too Easy:** Adjust the resistance knob. If the resistance mechanism feels faulty, discontinue use and contact customer support.
- **Squeaking Noises:** Check for any loose parts and tighten them. A small amount of lubricant can be applied to moving joints if necessary, but avoid applying to pedals or footrests.

## 7. SPECIFICATIONS

Feature	Specification
Model Number	MASTERGYM
Brand	EVOLVE
Color	Black
Material	Metal
Dimensions (L x W x H)	Approx. 58 x 40 x 90 cm (assembled)
Weight	10 Kilograms
Maximum User Weight	120 Kilograms
Power Source	None required
Resistance Levels	1 (Adjustable)

## 8. WARRANTY AND SUPPORT

Information regarding product warranty and customer support was not available in the provided product details. Please refer to your purchase documentation or contact the retailer for details on warranty coverage and support options.