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TECHMOO Folding Magnetic Upright Exercise Bike

TECHMOO Folding Magnetic Upright Exercise Bike User Manual

Model: Folding Magnetic Upright Exercise Bike

1. Important Safety Information

Please read this entire manual before assembling or operating your TECHMOO Folding Magnetic Upright Exercise Bike. Keep this manual for future reference.

- Consult your 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 adequate space around the bike.
- Inspect the equipment for loose or worn parts before each use. Do not use if damaged.
- Wear appropriate exercise attire and footwear.
- Do not exceed the maximum user weight of**265 lbs (120 kg)**.
- Use the emergency brake if necessary to stop the pedals quickly.

2. Product Overview

The TECHMOO Folding Magnetic Upright Exercise Bike is a versatile fitness machine designed for home use, offering multiple exercise positions and a compact, foldable design.



Image 2.1: The TECHMOO Folding Magnetic Upright Exercise Bike, showcasing its overall design and color scheme.

Key Features:

- **3-in-1 Design:** Easily converts between Upright, Semi-Recumbent, and Recumbent positions for varied workouts.
- **8-Level Magnetic Resistance:** Adjustable tension knob for customizing workout intensity.

- **Quiet Operation:** Precision-balanced flywheel ensures a smooth and silent ride.
- **Digital LCD Monitor:** Tracks distance, calories burned, time, speed, and heart rate.
- **Pulse Sensors:** Integrated into handlebars for heart rate monitoring.
- **Adjustable Padded Seat:** Provides comfort and optimal seating position for various users.
- **Foldable Design:** X-bike structure allows for easy folding and storage.
- **Transport Wheels:** For convenient relocation of the bike.
- **Arm Resistance Bands:** Integrated for upper body workouts.
- **Phone Holder:** For entertainment or following workout videos during exercise.



Image 2.2: Detailed view of key components including arm resistance bands, non-slip pedals, and convenient transport wheels.

3. Setup and Assembly

While the bike features a foldable design, some initial assembly is required. Refer to the included assembly guide for

detailed step-by-step instructions and diagrams. Ensure all parts are present before beginning assembly.

3.1 Unfolding the Bike

1. Place the folded bike on a flat surface.
2. Carefully pull the front and rear frames apart until the locking pin engages, securing the bike in its open position.
3. Ensure the bike is stable before proceeding.

3.2 Adjusting the Seat

The seat height can be adjusted to accommodate different user heights for optimal comfort and exercise posture.

1. Locate the seat adjustment knob below the seat post.
2. Unscrew and pull the knob outwards to release the seat post.
3. Slide the seat post up or down to the desired height. Ensure your knees have a slight bend at the bottom of the pedal stroke.
4. Re-insert the knob into the nearest hole and tighten it securely.



Image 3.1: The seat adjustment knob, used to customize seat height for different users.

4. Operating Instructions

4.1 Changing Exercise Positions (3-in-1 Function)

The bike offers three distinct exercise positions: Upright, Semi-Recumbent, and Recumbent. To change positions, locate the adjustment pin on the main frame hinge.

1. **Upright Position:** The bike is in its most compact, vertical form, similar to a traditional upright bike.
2. **Semi-Recumbent Position:** Adjust the frame to a slightly reclined angle. This position offers a balance of comfort and intensity.
3. **Recumbent Position:** Fully recline the frame for a more relaxed, back-supported workout. This position reduces upper body fatigue.

Always ensure the adjustment pin is securely locked in place after changing positions.

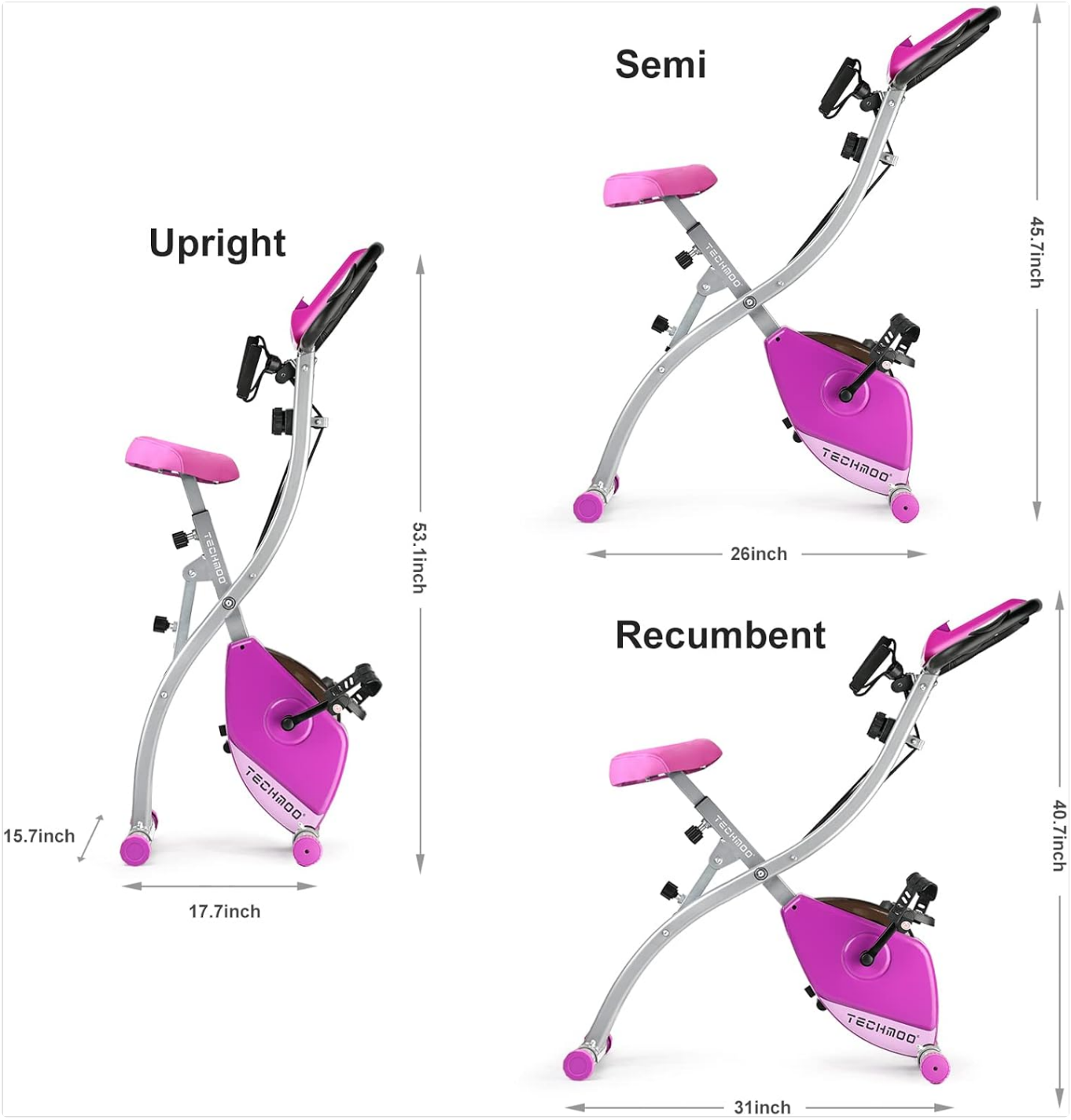


Image 4.1: Visual representation of the three adjustable exercise positions: Upright, Semi-Recumbent, and Recumbent, with approximate dimensions.

4.2 Adjusting Resistance

The bike features 8 levels of magnetic resistance. To adjust the intensity of your workout:

1. Locate the tension control knob on the front frame of the bike.
2. Turn the knob clockwise to increase resistance (higher numbers for more challenging workouts).
3. Turn the knob counter-clockwise to decrease resistance (lower numbers for easier workouts).



Image 4.2: The 8-level tension control knob, allowing users to easily adjust workout intensity.

4.3 Using the Digital LCD Monitor

The integrated LCD monitor displays key workout data to help you track your progress.



Image 4.3: The multi-functional digital LCD monitor, showing various metrics and the pulse grip sensors.

- **Power On/Off:** The monitor typically powers on automatically when you start pedaling or press a button. It will power off after a period of inactivity.
- **Functions:** Displays Time, Speed, Distance, Calories, and Pulse (Heart Rate).

- **Scan Mode:** Some monitors cycle through all functions automatically.
- **Reset:** Press and hold the 'MODE' or 'RESET' button to clear all values.

4.4 Using Pulse Sensors

To measure your heart rate, firmly grasp the pulse sensors located on the handlebars. Your heart rate will be displayed on the LCD monitor after a few seconds.

4.5 Using Arm Resistance Bands

The integrated arm resistance bands allow for simultaneous upper body workouts. Hold the handles and perform various arm exercises while pedaling.

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.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Lubrication:** No specific lubrication is typically required for magnetic resistance bikes. Refer to the assembly guide for any specific lubrication points.
- **Storage:** When not in use, fold the bike and store it in a dry, cool place away from direct sunlight.

6. Troubleshooting

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

- **Monitor Not Displaying:** Ensure batteries (if applicable) are correctly installed and not depleted. Check connections to sensors.
- **Unusual Noise:** Check all bolts and nuts for tightness. Ensure no parts are rubbing against each other.
- **Pedals Wobbly:** Ensure pedals are securely tightened to the crank arms. Check for any damage to the pedal or crank arm threads.
- **Resistance Not Changing:** Verify the tension control cable is properly connected and not kinked.
- **Bike Instability:** Ensure the bike is on a flat, level surface. Adjust the leveling caps on the stabilizers if present.

For issues not resolved by these steps, please contact customer support.

7. Specifications

Feature	Specification
Brand	TECHMOO
Model	Folding Magnetic Upright Exercise Bike
Color	Purple/Ombre Force
Drive System	Belt
Material	Alloy Steel

Power Source	Manual
Resistance Mechanism	Magnetic
Resistance Levels	8
Max Weight Recommendation	265 lbs (120 kg)
Product Dimensions (L x W x H)	78.74 x 39.88 x 103.38 cm
Product Weight	16.9 kg
Special Features	Adjustable Seat, Portable, Foldable, Resistance Bands

8. Warranty and Support

For warranty information, please refer to the documentation included with your purchase or contact the retailer where the product was acquired. For technical support or replacement parts, please contact TECHMOO customer service through their official website or the contact information provided with your product.

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