

Soozier USA90-1960131

Soozier 3-in-1 Folding Exercise Bike User Manual

Model: USA90-1960131 | Brand: Soozier

1. INTRODUCTION

Thank you for choosing the Soozier 3-in-1 Folding Exercise Bike. This manual provides essential information for the safe assembly, operation, and maintenance of your exercise equipment. Please read this manual thoroughly before use and retain it for future reference.



Figure 1: Soozier 3-in-1 Folding Exercise Bike

2. 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.
- Do not exceed the maximum weight capacity of 264 lbs (120 kg).

- Stop exercising immediately if you feel faint, dizzy, or experience pain.

3. PACKAGE CONTENTS

Please verify that all components are present and undamaged. If any parts are missing or damaged, contact customer service.

- Main Frame (partially pre-assembled)
- Front and Rear Stabilizers
- Pedals with Foot Straps
- Seat and Backrest
- Handlebars with Pulse Sensors
- LCD Display Monitor
- Arm Resistance Bands
- Assembly Tools (Wrench, Allen Key)
- User Manual

4. ASSEMBLY INSTRUCTIONS

The Soozier 3-in-1 Folding Exercise Bike comes mostly pre-assembled. Follow these steps to complete the setup:

1. **Attach Stabilizers:** Secure the front and rear stabilizers to the main frame using the provided bolts and tools.
2. **Install Seat Post and Seat:** Insert the seat post into the designated slot on the frame. Attach the seat and backrest to the seat post, ensuring they are firmly secured.
3. **Mount Handlebars:** Attach the handlebars to the front upright post. Connect any necessary cables for the pulse sensors.
4. **Install LCD Display:** Secure the LCD display monitor to the handlebar assembly. Connect the display cable to the main unit.
5. **Attach Pedals:** Screw the left and right pedals into their respective cranks. Note that pedals are typically marked 'L' and 'R'. Attach the foot straps to the pedals.
6. **Connect Resistance Bands:** If not already attached, connect the arm resistance bands to their designated points on the frame.

Ensure all connections are tight and secure before proceeding to operation.

5. OPERATING INSTRUCTIONS

5.1. Adjusting Bike Position (Upright/Recumbent)

The bike offers multiple positions for varied workouts:

1. Locate the spring-loaded adjustment knob at the rear of the main frame.
2. Loosen the knob slightly and pull it outwards to disengage the locking pin.
3. Adjust the frame to your desired position (upright or recumbent). The bike will click into place at the available settings.

4. Release the knob to re-engage the locking pin and tighten it securely.

MULTIFUNCTIONAL X-BIKE



Competitive Cycling



Recumbent Mode



Arm Strength Training



Figure 2: Multifunctional X-Bike Positions

5.2. Seat Adjustment

The seat height can be adjusted for optimal comfort and pedaling efficiency:

1. Locate the seat adjustment knob on the seat post.
2. Unscrew and pull out the knob to release the seat post.
3. Slide the seat up or down to your preferred 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 firmly.



Figure 3: 4-Position Adjustable Seat

5.3. Magnetic Resistance Control

The bike features 8 levels of magnetic resistance:

1. Locate the tension control dial below the handlebars.
2. Turn the dial clockwise to increase resistance (higher numbers for more intensity).
3. Turn the dial counter-clockwise to decrease resistance (lower numbers for less intensity).



Figure 4: 8-Level Magnetic Resistance Control

5.4. Arm Resistance Bands

The integrated arm resistance bands allow for upper body workouts:

- While pedaling, grasp the handles of the resistance bands.
- Perform rowing motions or bicep curls to engage upper body muscles.
- The resistance is fixed and designed to complement your cardio workout.



Figure 5: Using Arm Resistance Bands

5.5. LCD Display Monitor

The LCD monitor tracks your workout data:

- **SCAN:** Automatically cycles through all functions.
- **TIME:** Displays the duration of your workout.
- **SPEED:** Shows your current speed.
- **DIST (Distance):** Tracks the distance covered (in km).
- **CAL (Calories):** Estimates calories burned.
- **ODO (Odometer):** Displays total accumulated distance.
- **PULSE:** Shows your heart rate when hands are placed on the pulse sensors on the handlebars.

Use the 'MODE' button to select a specific function or 'SET' to configure settings. 'RESET' clears current workout data.



Figure 6: LCD Monitor and Pulse Sensor

6. FOLDING AND STORAGE

To fold the exercise bike for compact storage:

1. Ensure the bike is in the upright position.
2. Locate the main folding pin/knob on the frame (similar to the position adjustment knob).
3. Loosen and pull out the pin to release the frame hinge.
4. Carefully fold the bike inwards until it locks into its compact storage position.
5. Tighten the pin/knob to secure the folded position.

The integrated transport wheels allow for easy movement of the folded bike.

FOLDABLE & EASY TO MOVE



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



Figure 7: Folding and Transporting the Bike

7. MAINTENANCE

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Regularly check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Lubrication:** No regular lubrication is typically required for magnetic resistance bikes. Refer to manufacturer guidelines if unusual noises occur.
- **Storage:** Store the bike in a cool, dry place away from direct sunlight and extreme temperatures.

8. TROUBLESHOOTING

Problem	Possible Cause	Solution
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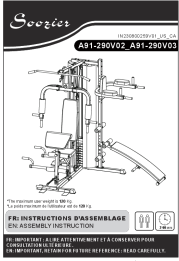


Problem	Possible Cause	Solution
LCD display not working	Loose cable connection, dead batteries	Check cable connections. Replace batteries in the monitor.
No resistance change	Resistance cable dislodged or damaged	Inspect the resistance cable connection to the dial and flywheel. Contact support if damaged.
Unusual noise during operation	Loose parts, friction	Check all bolts and nuts for tightness. Ensure no parts are rubbing.
Bike feels unstable	Uneven surface, loose stabilizers	Place on a level surface. Tighten stabilizer bolts.

9. SPECIFICATIONS

Feature	Detail
Brand	Soozier
Model Number	USA90-1960131
Color	Black
Product Dimensions (Overall)	41.3"D x 18.9"W x 46.5"H
Folding Size	19.7"L x 18.9"W x 53.1"H
Item Weight	41.8 Pounds
Maximum Weight Recommendation	264 Pounds
Material	Acrylonitrile Butadiene Styrene (ABS), Alloy Steel
Resistance Mechanism	Magnetic
Number of Resistance Levels	8
Drive System	Belt
Special Features	Adjustable Seat, Foldable, Pulse Sensor, Arm Resistance Bands
Power Source	No power supply required (for main operation)
UPC	842525149464

10. WARRANTY AND SUPPORT

For warranty information, product support, or to order replacement parts, please refer to the contact information provided on your product packaging or visit the official Soozier website. Keep your purchase receipt as proof of purchase.

	<p>Soozier A91-176 Home Gym Assembly Instructions</p> <p>Comprehensive assembly instructions for the Soozier A91-176 Home Gym, including safety warnings, parts list, and step-by-step assembly guide.</p>
	<p>Soozier A90-289 Pedal Exerciser User Manual & Assembly Guide</p> <p>Comprehensive guide for the Soozier A90-289 Pedal Exerciser, covering setup, operation, safety warnings, and battery replacement. Improve circulation and muscle strength at home.</p>
	<p>Soozier Stepper Assembly Instructions and Exercise Monitor Manual</p> <p>Comprehensive guide for assembling and using the Soozier stepper, including safety information, specifications, and replacement parts.</p>
	<p>Soozier A91-290V02/A91-290V03 Home Gym Assembly and Safety Manual</p> <p>This document provides comprehensive assembly instructions, safety guidelines, and maintenance information for the Soozier A91-290V02/A91-290V03 multi-station home gym. It includes detailed steps, parts lists, and warnings for safe operation.</p>
	<p>Soozier A91-234V00 Gym Station Assembly Instructions</p> <p>Detailed assembly instructions and safety guide for the Soozier A91-234V00 Gym Station. Learn how to safely build and use your home fitness equipment.</p>
	<p>Soozier Gym Station User Manual A91-268V00 Assembly Guide</p> <p>Comprehensive user manual and assembly instructions for the Soozier Gym Station (Model A91-268V00). Includes safety information, parts list, and step-by-step assembly guidance for optimal setup and use.</p>