

Soozier A90-196

Soozier 3-in-1 Folding Exercise Bike (Model A90-196) Instruction Manual

INTRODUCTION

This manual provides essential information for the safe assembly, operation, and maintenance of your Soozier 3-in-1 Folding Exercise Bike, Model A90-196. Please read this manual thoroughly before initial use and retain it for future reference. Proper use and maintenance will ensure the longevity and optimal performance of your exercise bike.



Image: The Soozier 3-in-1 Folding Exercise Bike, showcasing its compact design and integrated backrest.

SAFETY INFORMATION

Before using this exercise bike, please observe the following safety precautions:

- Consult a physician before starting any new exercise program.
- Ensure all parts are securely assembled before each use.
- Place the exercise bike on a flat, stable surface.
- Keep children and pets away from the equipment during operation.

- 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.
- Keep hands and feet clear of moving parts.

PACKAGE CONTENTS

Verify that all components are present and undamaged before assembly. If any parts are missing or damaged, contact customer support.

- Main Frame Assembly
- Front and Rear Stabilizers
- Seat and Backrest Assembly
- Pedals (Left and Right)
- Handlebar and Console Assembly
- Resistance Bands
- Hardware Kit (bolts, washers, nuts, tools)
- Instruction Manual

ASSEMBLY INSTRUCTIONS

Follow these steps carefully for proper assembly. It is recommended to have two people for certain steps.

1. **Attach Stabilizers:** Secure the front and rear stabilizers to the main frame using the provided bolts and washers. Ensure they are firmly tightened.
2. **Install Pedals:** Identify the left (L) and right (R) pedals. The left pedal threads counter-clockwise, and the right pedal threads clockwise. Screw them firmly into the crank arms.
3. **Assemble Seat and Backrest:** Attach the seat and backrest to the seat post. Insert the seat post into the main frame and adjust to your desired height, securing it with the quick-release knob.
4. **Mount Handlebar and Console:** Connect the handlebar post to the main frame. Attach the console to the handlebar post, ensuring all sensor wires are properly connected.
5. **Attach Resistance Bands:** Secure the resistance bands to their designated attachment points on the frame.
6. **Final Check:** Verify that all bolts and nuts are tightened and all components are securely in place before first use.

OPERATING INSTRUCTIONS

1. Adjusting the Seat

The seat can be adjusted to four different positions to accommodate various user heights. Loosen the quick-release knob on the seat post, slide the seat to the desired height, and then firmly tighten the knob to secure it.

4-POSITION SEAT

You can find the
most comfortable seat height

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Image: Illustration of the four adjustable seat positions for user comfort.

2. Adjusting Magnetic Resistance

The exercise bike features 8 levels of magnetic resistance. Turn the tension control knob located on the main frame to increase or decrease the workout intensity. Levels 1-2 are suitable for warm-up, 3-4 for aerobic exercise, 5-6 for body training, and 7-8 for stabilizing muscle workouts.



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: The resistance knob with settings from 1 to 8, indicating different intensity levels.

3. Using the LCD Monitor

The integrated LCD monitor tracks your workout data, including time, speed, distance, calories burned, and heart rate. To activate the heart rate sensor, place your hands on the pulse sensors located on the handlebars. Use the 'MODE' button to cycle through display functions and 'RESET' to clear data.



Image: The LCD monitor showing various metrics like time, speed, heart rate, calories, and distance.

4. Utilizing Resistance Bands

The exercise bike includes resistance bands for upper body strength training. While seated or standing, grasp the handles of the resistance bands and perform various exercises to engage arm and upper body muscles.



Image: A person demonstrating the use of resistance bands while cycling.

5. Folding and Moving the Bike

To save space, the exercise bike can be easily folded. Loosen the folding knob on the main frame, fold the bike, and secure it. The integrated front wheels allow for convenient movement and storage.

FOLDABLE & EASY TO MOVE



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



Image: The exercise bike in its folded position, highlighting its space-saving design and transport wheels.

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, but consult the manufacturer if you notice unusual friction.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures. Utilize its folding feature for compact storage.

TROUBLESHOOTING

Refer to this section for common issues and their solutions.

Problem	Possible Cause	Solution
Unusual noise (e.g., thudding, clunking)	Loose components, worn bearings, pedal issue.	Check all bolts and nuts for tightness. Ensure pedals are securely attached. If noise persists, contact customer support.
LCD display not working	Loose sensor connection, dead batteries.	Check battery compartment (requires 2 AAA batteries, not included). Ensure all console wires are securely connected.
Magnetic resistance not functioning correctly	Internal mechanism issue, tension cable problem.	Ensure the tension control knob is properly engaged. If resistance levels 1-6 feel too light or there's no change, contact customer support.
Bike feels unstable during use	Uneven surface, loose stabilizers.	Place the bike on a level surface. Check and tighten the bolts on the front and rear stabilizers.

SPECIFICATIONS

Feature	Detail
Model Number	A90-196
Overall Dimensions (Unfolded)	41.3" L x 18.9" W x 46.5" H (105 x 48 x 118 cm)
Folding Size	19.7" L x 18.9" W x 53.1" H (50 x 48 x 135 cm)
Maximum Weight Capacity	264 lbs (120 kg)
Resistance Levels	8-Level Magnetic Resistance
Display Type	LCD (Time, Speed, Distance, Calories, Heart Rate)
Power Source (Console)	2 AAA batteries (not included)
Material	Alloy Steel, Acrylonitrile Butadiene Styrene (ABS)
Item Weight	41.8 lbs (19 kg)
Special Features	Adjustable Seat, Foldable, Resistance Bands, Phone Holder

MULTIFUNCTIONAL X-BIKE

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Competitive Cycling



Recumbent Mode



Arm Strength Training



Image: Detailed dimensions of the exercise bike in both its operational and folded configurations.

WARRANTY AND SUPPORT

For warranty information, product support, or to order replacement parts, please refer to the contact details provided with your purchase documentation or visit the official Soozier website. Keep your proof of purchase for warranty claims.