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## HOMCOM A90-196GY

# HOMCOM Folding Exercise Bike A90-196GY User Manual

Model: A90-196GY | Brand: HOMCOM

## 1. IMPORTANT SAFETY INSTRUCTIONS

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Please read all instructions carefully before using this exercise bike. Keep this manual for future reference.

- Consult your physician before starting any exercise program.
- Keep children and pets away from the equipment.
- Place the exercise bike on a flat, stable surface.
- Inspect the equipment before each use for loose parts or signs of wear.
- Do not exceed the maximum user weight of 120 kg (264 lbs).
- Wear appropriate exercise clothing and footwear.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- Ensure all adjustment knobs are securely tightened before use.

## 2. PACKAGE CONTENTS

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



Image: The HOMCOM Folding Exercise Bike is delivered in a single package, ready for assembly.

The package typically includes the main frame, seat, pedals, handlebars, LCD console, and an assembly hardware kit.

### 3. ASSEMBLY INSTRUCTIONS

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The HOMCOM Folding Exercise Bike is approximately 80% pre-assembled. Full assembly typically takes about 20 minutes.

1. **Unpack Components:** Carefully remove all parts from the packaging and lay them out.
2. **Stabilize the Base:** Ensure the main frame is stable on a flat surface.
3. **Attach Pedals:** Securely attach the left and right pedals. Note that the right pedal screws in clockwise, and the left pedal screws in counter-clockwise. Ensure they are fully tightened to prevent issues during use.
4. **Install Seat and Backrest:** Attach the seat and backrest to the main frame.
5. **Mount Handlebars and Console:** Secure the handlebars and attach the LCD console, connecting any necessary sensor wires.
6. **Adjust Seat Height:** Adjust the seat to your preferred height using the adjustment knob.
7. **Final Check:** Before first use, double-check all bolts, nuts, and connections to ensure they are tight and secure.



Image: The HOMCOM Folding Exercise Bike after complete assembly, ready for use.

## 4. PRODUCT OVERVIEW AND FEATURES

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The HOMCOM Folding Exercise Bike is designed for home cardio training, offering a compact and versatile workout solution.

## Key Features:

- **Folding Design:** X-frame design for easy storage and space-saving.
- **8-Level Magnetic Resistance:** Adjustable resistance for varied workout intensity.
- **Adjustable Padded Seat:** Ergonomic seat with backrest, adjustable to 4 levels.
- **Multifunction LCD Display:** Tracks speed, time, distance, calories, and pulse.
- **Resistance Bands:** Integrated bands for upper body workouts.
- **Tablet/Phone Holder:** Convenient holder for entertainment or fitness apps.
- **Transport Wheels:** For easy relocation.



Image: Detailed view highlighting the tablet holder, comfortable backrest, phone holder, TPR pedals with adjustable cages, and adjustable anti-slip foot covers for stability.

## 5. OPERATION

### 5.1 Adjusting the Seat

The seat can be adjusted to 4 different height levels to accommodate various user heights. Locate the adjustment knob below the seat. Pull the knob out, slide the seat to the desired height, and release the knob to lock it into place. Ensure the seat is securely locked before use.



Image: Visual guide demonstrating the four adjustable seat positions for optimal comfort and posture.

## 5.2 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 resistance. Turn clockwise for higher resistance (levels 5-8 for muscle stabilization) and counter-clockwise for lower resistance (levels 1-4 for warm-up or aerobic exercise).



Image: Close-up of the tension control knob, illustrating the 8 levels of magnetic resistance from low to high.

### 5.3 Using the LCD Monitor

The large LCD monitor displays key workout data. Insert 2 AAA batteries (not included) into the console. The monitor will automatically turn on when you start pedaling or press any button.

- **SCAN:** Automatically cycles through all functions.
- **TIME:** Displays your workout duration.
- **SPEED:** Shows your current speed.
- **DIST (Distance):** Displays the distance covered during your workout.
- **CAL (Calories):** Estimates calories burned.
- **PULSE:** Displays your heart rate when holding the pulse sensors on the handlebars.
- **MODE Button:** Press to select a specific display function or to activate SCAN mode.
- **RESET Button:** Press and hold to clear all workout data.

# ÉCRAN LCD MULTIFONCTION



Vitesse



Temps



Distance



Calories  
brûlées



Fréquence  
cardiaque



Analyse



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

## 5.4 Using Resistance Bands

The exercise bike includes two resistance bands for upper body exercises. While seated and pedaling, you can use these bands to engage your arms and back muscles, providing a more comprehensive workout.

# MULTIFONCTIONNEL

# X-BIKE



Cyclisme de  
compétition



Mode  
allongé



Entraînement de  
la force des bras



Image: Diagram illustrating various modes of use, including standard cycling, a reclined position, and arm strength training using the integrated resistance bands.

## 5.5 Folding and Storage

To fold the bike for storage, loosen the main folding knob (usually located near the center joint of the X-frame). Carefully fold the bike inwards until it is compact. Tighten the knob to secure it in the folded position. Use the integrated transport wheels to move the folded bike easily.

# PLIABLE ET FACILE À DÉPLACER



- 2 roues avant permettent un déplacement rapide
- Gain de place



Image: A person demonstrating the ease of moving the folded exercise bike using its front transport wheels, highlighting its space-saving design.

## 6. 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 specific lubrication is typically required for magnetic resistance bikes, but refer to any specific instructions if provided with the product.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures.

## 7. TROUBLESHOOTING

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
Pedals feel loose or detach.	Pedals not tightened correctly during assembly.	Ensure pedals are screwed in correctly (right pedal clockwise, left pedal counter-clockwise) and fully tightened.
LCD monitor not displaying.	Batteries are dead or incorrectly installed; sensor wire is disconnected.	Replace batteries (2 AAA). Check battery orientation. Ensure sensor wires are securely connected to the console.
Unusual noise during operation.	Loose parts; friction from moving components.	Inspect all bolts and nuts and tighten if loose. Ensure the bike is on a level surface.
Resistance not changing.	Resistance cable disconnected or damaged.	Check the connection of the resistance cable to the tension control knob and the magnetic mechanism.

## 8. SPECIFICATIONS

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- **Model Number:** A90-196GY
- **Dimensions (Unfolded):** 48P x 105I x 118H cm (48 x 105 x 118 cm)
- **Weight:** 19 kg
- **Maximum User Weight:** 120 kg
- **Resistance Mechanism:** Magnetic
- **Resistance Levels:** 8
- **Power Source (Console):** 2 x AAA batteries (not included)
- **Material:** Alloy Steel, Foam (handle grip)
- **Color:** Grey, Black
- **Minimum Seat Height:** 73 cm
- **Maximum Seat Height:** 90 cm
- **Assembly Required:** Yes (approx. 20 minutes)

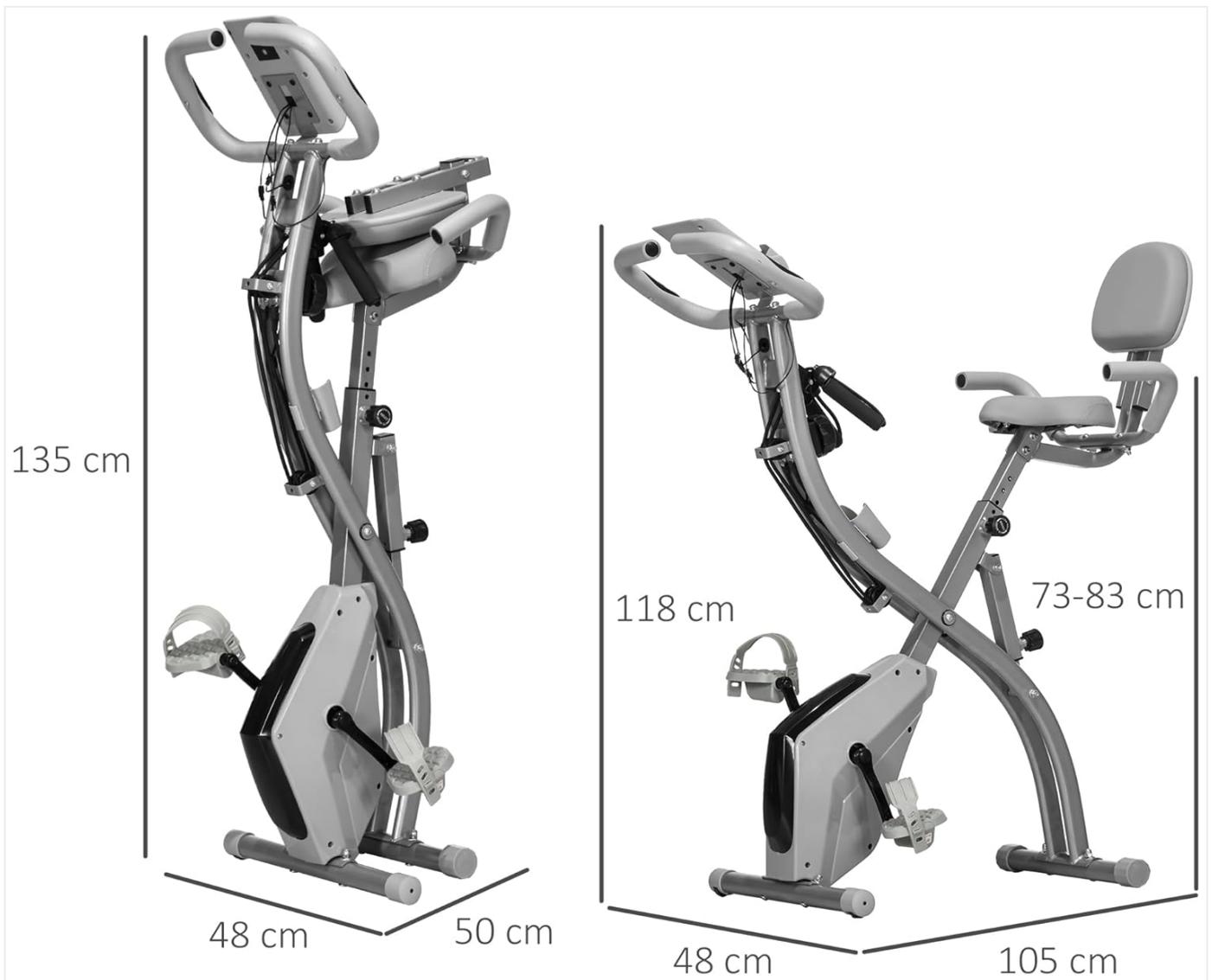


Image: Diagram showing the dimensions of the exercise bike in both its unfolded and folded configurations.

## 9. PRODUCT VIDEO

Watch this video for a quick overview of the HOMCOM Folding Exercise Bike's features, assembly, and usage.

Your browser does not support the video tag.

Video: A short demonstration of the HOMCOM Folding Exercise Bike, showcasing its setup, operation, and folding mechanism.

## 10. WARRANTY AND SUPPORT

This product comes with a standard manufacturer's warranty. For detailed warranty information, product support, or to order replacement parts, please contact HOMCOM customer service or visit their official website. Keep your purchase receipt as proof of purchase.

For further assistance, please refer to the contact information provided with your purchase or on the HOMCOM brand website.



