TECHMOO TH-EB-5302

TECHMOO Under Desk Bike Pedal Exerciser User Manual

Model: TH-EB-5302 | Brand: TECHMOO

1. Introduction

The TECHMOO Under Desk Bike Pedal Exerciser is a compact and portable fitness device designed for low-impact exercise of both legs and arms. It is ideal for use at home, in the office, or during rehabilitation, allowing users to engage in physical activity while seated or performing other tasks. Its adjustable resistance and functional LCD monitor provide a personalized and informative exercise experience.



Image: The TECHMOO Under Desk Bike Pedal Exerciser, a compact black and white unit with pedals and a digital display.

2. Safety Information

Please read all safety instructions before using the exerciser to prevent injury or damage to the product.

- Ensure the exerciser is placed on a stable, flat surface during use.
- Always sit in a stable chair or on a stable surface when operating the exerciser.
- Consult a physician before starting any new exercise program, especially if you have pre-existing medical conditions.
- Keep children and pets away from the exerciser during operation.
- Do not exceed the maximum weight recommendation of 330 pounds.
- Do not stand on the exerciser. It is designed for seated use only.
- Ensure all parts are securely fastened before each use.

3. Package Contents

Verify that all components are present in the package:

- Main Exerciser Unit
- Left Pedal
- Right Pedal
- Assembly Tools (e.g., wrench, Allen key)
- User Manual
- 1 AAAA Battery (pre-installed or included for LCD monitor)

4. Setup Instructions

Follow these steps to assemble your TECHMOO Under Desk Bike Pedal Exerciser:

1. **Attach the Pedals:** Identify the Left (L) and Right (R) pedals. The pedals are typically marked. Screw the left pedal counter-clockwise into the left crank arm and the right pedal clockwise into the right crank arm. Ensure they are tightened securely with the provided wrench to prevent loosening during use.
2. **Positioning:** Place the exerciser on a flat, stable surface. For optimal stability and to prevent sliding, especially on smooth floors, consider placing it on a non-slip mat or using the included resistance band to secure it to a chair leg or desk leg.

Your browser does not support the video tag.

Video: Official TECHMOO Pedal Exercise Bike Installation Guide. This video demonstrates the step-by-step process of assembling the exerciser, including attaching the pedals and ensuring stability.



Image: Detailed views of the exerciser's features, including the convenient carry handle, the adjustable tension knob, the LCD screen display, and the non-skid feet pads for stability.



Image: This image illustrates the adjustable strap on the pedals for secure foot placement and the use of a resistance band to prevent the exerciser from moving during use.

5. Operating Instructions

The TECHMOO Pedal Exerciser can be used for both leg and arm exercises.

5.1. Leg Exercise

Place the exerciser on the floor in front of your chair or under your desk. Sit comfortably with your feet placed securely in the pedal straps. Begin pedaling in a smooth, controlled motion. Adjust your chair height and distance from the exerciser to ensure comfortable and effective pedaling without hitting your knees on the desk.

5.2. Arm Exercise

Place the exerciser on a sturdy table. Sit in front of the table and grasp the pedals with your hands. Begin rotating the pedals in a smooth, controlled motion. This can help improve arm strength and circulation.



Image: Various ways to use the exerciser, including under a desk, on a table for arm workouts, and on the floor for leg exercises while relaxing on a couch.

5.3. Adjusting Resistance

The exerciser features an adjustable tension knob. Turn the knob clockwise to increase resistance for a more challenging workout, and counter-clockwise to decrease resistance for easier pedaling. There are 2 resistance levels.

5.4. LCD Monitor Functions

The integrated LCD monitor displays key exercise data:

- **SCAN:** Cycles through all display modes automatically.
- **TIME:** Displays the duration of your current exercise session.
- **DIST (Distance):** Shows the estimated distance covered during your workout.
- **COUNT:** Displays the total number of revolutions (pedal rotations) during the current session.
- **T-COUNT (Total Count):** Accumulates the total number of revolutions over all sessions.
- **CALORIES:** Estimates the calories burned during your exercise.
- **RESET Button:** Press to clear current exercise data (Time, Distance, Count, Calories).



Image: This diagram illustrates the physical dimensions of the exerciser and provides a clear breakdown of the five functions displayed on the LCD monitor, helping users track their progress.



Image: The exerciser is shown in a physical therapy setting, highlighting its utility for rehabilitation and gentle exercise, particularly for knee and leg recovery.

6. Maintenance

Proper maintenance ensures the longevity and optimal performance of your exerciser.

- **Cleaning:** Wipe the exerciser with a damp cloth after each use to remove sweat and dust. Do not use abrasive cleaners or solvents.
- **Storage:** Store the exerciser in a cool, dry place away from direct sunlight and extreme temperatures. Its compact design allows for easy storage under a desk or in a closet.
- **Battery Replacement:** If the LCD display becomes dim or stops working, replace the AAAA battery located in the monitor unit.

7. Troubleshooting

If you encounter any issues with your exerciser, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Exerciser slides on the floor during use.	Smooth floor surface; insufficient grip.	Place the exerciser on a non-slip mat. Use the included resistance band to secure the unit to a chair leg or desk leg.
Resistance adjustment knob does not seem to change resistance.	Knob not turned sufficiently; internal mechanism issue.	Ensure the knob is turned fully in either direction to feel the full range of resistance. If the issue persists, contact customer support.
LCD monitor is blank or dim.	Battery is low or depleted.	Replace the AAAA battery in the LCD monitor unit.
Pedals feel loose or wobbly.	Pedals are not tightened sufficiently.	Re-tighten the pedals securely with the provided wrench. Remember that the left pedal tightens counter-clockwise.

8. Specifications

Feature	Detail
Brand	TECHMOO
Model Number	TH-EB-5302
Color	Black & White
Material	Alloy Steel
Product Dimensions (LxWxH)	16"W x 14.08"D x 12.6"H
Item Weight	3.5 Kilograms
Maximum Weight Recommendation	330 Pounds
Controls Type	Knob
Display Type	LCD
Number of Resistance Levels	2
Operation Mode	Manual
Power Source	Battery Powered (1 AAAA battery included)
UPC	710731863460

9. Warranty and Support

For information regarding product warranty, returns, or technical support, please refer to the documentation included with your purchase or contact TECHMOO customer service directly. Specific warranty terms and contact details are typically provided on the product packaging or on the manufacturer's official website.

© 2024 TECHMOO. All rights reserved.

Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. Privacy details.

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question