

DMASUN D-03

DMASUN Exercise Bike Instruction Manual

Model: D-03
Brand: DMASUN

1. INTRODUCTION

Thank you for choosing the DMASUN Exercise Bike. This indoor cycling bike is designed to provide an effective and comfortable cardio workout experience in your home. Featuring a robust construction, quiet operation, and adjustable settings, it is suitable for users of various fitness levels and body types.

This manual provides detailed instructions for the assembly, operation, maintenance, and troubleshooting of your DMASUN Exercise Bike. Please read this manual thoroughly before using the product to ensure safe and optimal performance.



The DMASUN Exercise Bike, showcasing its main components including the flywheel, pedals, seat, handlebars, and digital display.

2. IMPORTANT SAFETY INFORMATION

Before beginning any exercise program, consult with your physician. This is especially important for individuals over the age of 35 or those with pre-existing health problems. Read all instructions before using the equipment.

- Ensure all parts are correctly assembled and tightened before each use.
- Place the exercise bike on a flat, stable surface. Use the level adjustment knobs to ensure stability.
- Keep children and pets away from the equipment during operation.
- Wear appropriate exercise attire and athletic shoes. Avoid loose clothing that could get caught in moving parts.

- The maximum user weight capacity for this bike is 300 Lbs. Do not exceed this limit.
- Always use the emergency brake to stop the flywheel completely before dismounting.
- Do not place hands or feet near moving parts of the bike.
- Regularly inspect the bike for any signs of wear, damage, or loose components. Do not use if damaged.

HEAVY DUTY STEEL MANUFACTURING



Stable

Strong

Safety

30 LBS
Solid Flywheel

Weight Capacity Up To **300LBS**

The robust construction of the DMASUN Exercise Bike, featuring heavy-duty steel and a 30 Lbs solid flywheel, supports users up to 300 Lbs for a stable and secure workout.

3. PARTS LIST

Your DMASUN Exercise Bike comes 70% pre-assembled. The following main components are included in the package for final assembly:

- Main Frame (pre-assembled with flywheel and crank)
- Handlebar Assembly
- Seat Post and Seat
- Front Stabilizer Tube
- Rear Stabilizer Tube
- Pedals (Left and Right)
- Digital Display Monitor
- Hardware Kit (bolts, washers, nuts)
- Tools (wrenches, Allen keys)
- User Manual (this document)

Please check all components against the packing list before beginning assembly. If any parts are missing or damaged, contact customer support immediately.

4. SETUP AND ASSEMBLY

The DMASUN Exercise Bike is designed for quick and easy assembly, with most of the core components pre-assembled. The remaining installation can typically be completed within 30 minutes.

Assembly Steps:

1. **Attach Stabilizer Tubes:** Secure the front and rear stabilizer tubes to the main frame using the provided bolts and tools. Ensure they are firmly tightened for stability.
2. **Install Pedals:** Identify the Left (L) and Right (R) pedals. The left pedal screws counter-clockwise, and the right pedal screws clockwise. Thread them carefully into the crank arms and tighten securely.
3. **Mount Seat:** Insert the seat post into the main frame and adjust to your desired height. Secure the seat onto the seat post.
4. **Attach Handlebar:** Slide the handlebar post into the main frame and secure the handlebar assembly. Adjust the height as needed.
5. **Install Digital Display:** Attach the digital display monitor to the designated slot on the handlebar. Connect any necessary sensor cables.
6. **Final Check:** Double-check all bolts and connections to ensure they are tight and secure before first use. Use the level adjustment knobs on the stabilizers to ensure the bike is stable on your floor.

For a visual guide, an installation video is available to assist with the assembly process.

FULLY ADJUSTABLE

Fit Most People



The DMASUN Exercise Bike is largely pre-assembled, with only a few components requiring installation, making setup effortless and user-friendly.

5. OPERATING INSTRUCTIONS

Adjusting the Bike:

- **Seat Adjustment:** The seat can be adjusted in four ways (up/down, forward/backward) to find your optimal riding position. Loosen the adjustment knob, slide the seat to the desired position, and tighten the knob securely.
- **Handlebar Adjustment:** The handlebars can be adjusted two ways (up/down). Loosen the adjustment knob, raise or lower the handlebars, and tighten the knob firmly.
- The bike accommodates users ranging from 4.8 ft to 6.1 ft in height.

FULLY ADJUSTABLE TO FIT MOST PEOPLE

Recommended User Height: 4.8 ft-6.1 ft
More Suitable for Small and Medium People



The DMASUN Exercise Bike offers full adjustability for both seat and handlebars, ensuring a comfortable fit for users between 4.8 ft and 6.1 ft tall.

Resistance Control:

The bike features classic brake pad resistance with updated wool felt pads for quiet operation. The resistance knob allows for a wide range of adjustment from 0% to 95%:

- **0-20%:** Warm-up
- **20%-50%:** Running
- **50%-80%:** Fat Burning

- **80%-95%:** Muscle Strengthening

To increase resistance, turn the knob clockwise. To decrease resistance, turn it counter-clockwise. To engage the emergency brake and stop the flywheel immediately, press the resistance knob down firmly until it locks.

0-100% MICRO-RESISTANCE ADJUSTMENT RANGE

Real Riding Experience From Flat To Mountain



The micro-resistance adjustment knob provides a 0-100% range for varied workout intensities, with an integrated emergency braking function for immediate stops.

Digital Display Monitor:

The integrated digital display provides real-time workout data:

- **TIME:** Duration of your workout.

- **SPD (Speed):** Current cycling speed.
- **DST (Distance):** Distance covered during the current workout.
- **CAL (Calories):** Estimated calories burned.
- **ODOMETER:** Total accumulated distance.
- **PULSE:** Your heart rate (requires holding the pulse sensors on the handlebars).

To reset the data on the display, long-press the button for three seconds. The monitor is battery-powered.

MULTIFUNCTION MONITOR AND ELECTRONICS STAND

Better Plan Your Exercise And Enjoy The Process



TIME



SPD



DST



CAL



ODOMETER



PULSE



The multifunction monitor provides real-time exercise data, including time, speed, distance, calories, odometer, and pulse, to help you track your progress.

Additional Features:

- **Pedals:** Equipped with non-slip caged pedals. The bike is also compatible with Wahoo and SPD pedals.
- **Device Stand:** An electronic device stand is integrated for holding your tablet or phone.
- **Water Bottle Holder:** Conveniently located for hydration during workouts.
- **Transport Wheels:** Located on the front stabilizer, these wheels allow for easy movement and storage of the bike.
- **Quiet Operation:** The sturdy ABS pulley ensures a smooth belt drive, resulting in an almost silent operation (under 20 dbs).

QUIET AND SMOOTH



Almost Silent



Smooth Belt Drive



The DMASUN Exercise Bike features a smooth belt drive system and an ABS pulley, ensuring quiet operation for an immersive exercise experience.

6. MAINTENANCE

Regular maintenance will ensure the longevity and optimal performance of your DMASUN Exercise Bike.

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid using abrasive cleaners.
- **Check Connections:** Periodically check all bolts, nuts, and screws to ensure they are tight. Re-tighten if necessary.
- **Brake Pads:** Inspect the wool felt brake pads for wear. If they become excessively worn or lose effectiveness, contact customer support for replacements.
- **Belt Drive:** The belt drive system is designed for low maintenance. Ensure it remains free of debris.
- **Lubrication:** No regular lubrication is required for the belt drive system.

7. TROUBLESHOOTING

Here are solutions to common issues you might encounter:

Problem	Possible Cause	Solution
Bike is unstable or wobbles.	Uneven floor surface; loose stabilizer bolts.	Adjust the level adjustment knobs on the stabilizer tubes. Ensure all stabilizer bolts are tight.
Squeaking or grinding noise during operation.	Loose components; worn brake pads; debris in flywheel area.	Check all bolts and connections. Inspect brake pads for wear. Clean any debris from around the flywheel and belt.
Digital display not working or showing incorrect data.	Low or dead batteries; loose sensor connection.	Replace batteries in the monitor. Check that all sensor cables are securely connected. Long-press the button to reset the display.
Resistance not changing or too loose/tight.	Resistance knob not properly adjusted; worn brake pads.	Turn the resistance knob to adjust. If pads are worn, contact customer support for replacement.

If you encounter an issue not listed here or require further assistance, please contact DMASUN customer support.

8. SPECIFICATIONS

Feature	Detail
Brand	DMASUN
Model Name	Indoor Stationary Bike (D-03)
Color	Black-red

Feature	Detail
Power Source	Battery Powered (for display)
Item Weight	62 Pounds
Material	Alloy Steel
Resistance Mechanism	Friction (Wool Felt Pads)
Product Dimensions (D x W x H)	35.8" x 19.7" x 46"
Maximum Weight Recommendation	300 Pounds
Handle Material	EVA Foam
Recommended User Height	4.8 ft - 6.1 ft
Number of Resistance Levels	Adjustable 0-95% (Continuous)
Drive System	Belt Drive
UPC	798107707976
Included Components	User Manual, Exercise Bike, Hardware, Tool

9. WARRANTY AND SUPPORT

Warranty:

DMASUN provides a **12-month warranty** for free parts replacement. This warranty covers manufacturing defects and issues arising from normal use. Please retain your proof of purchase for warranty claims.

Customer Support:

For any questions, concerns, or technical assistance, please contact DMASUN customer support. Your inquiries will be addressed within 18 hours. Factory engineer video guidance is available for professional support.

Please refer to the contact information provided with your purchase or on the official DMASUN website for the most up-to-date support channels.

