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› NISDOKR Pedal Exerciser Bike Classic Model with Monitor User Manual

## NISDOKR SXZ-008

# NISDOKR Pedal Exerciser Bike Classic Model with Monitor User Manual

Model: SXZ-008

## 1. INTRODUCTION

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The NISDOKR Pedal Exerciser Bike Classic Model with Monitor is a compact and adjustable fitness equipment designed for low-impact exercise of the arms, legs, and knees. It is suitable for home use, offering a convenient way to improve joint flexibility, accelerate limb function recovery, increase muscle strength, and enhance blood circulation. This manual provides essential information for the safe and effective use of your pedal exerciser.

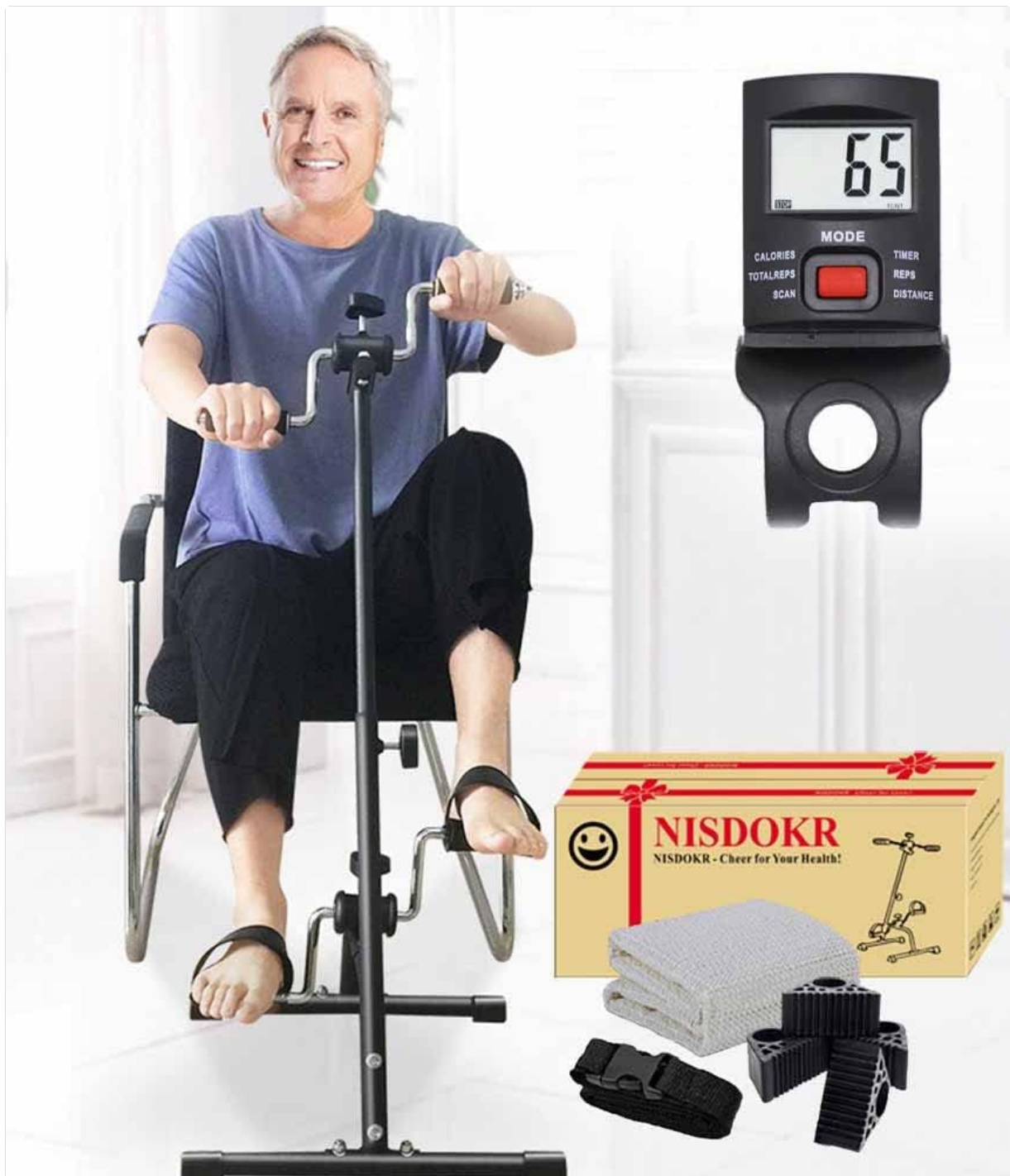


Image: A person using the NISDOKR Pedal Exerciser Bike, demonstrating its use for both arm and leg exercise. The digital monitor and included accessories are also visible.

## 2. SAFETY INFORMATION

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- This product is intended for gentle, low-impact exercise. It is not designed for rigorous or high-intensity use.
- During prolonged use, the exerciser may generate heat. Avoid touching components immediately after extended operation to prevent burns.
- Always ensure the exerciser is placed on a stable, flat surface. Use the provided anti-skid mat to enhance stability.
- When assembling the unit, it is recommended to wear gloves for protection.
- Consult a healthcare professional before starting any new exercise program, especially if you have pre-existing health conditions or are recovering from an injury.

- Keep children and pets away from the exerciser during use.

### 3. PRODUCT OVERVIEW

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Familiarize yourself with the components of your NISDOKR Pedal Exerciser Bike:



Image: A detailed diagram labeling key components of the pedal exerciser, including the LCD Monitor, Tension Screws, Hand Massager Roller, Stainless Steel Bracket, Height Adjusting Knob, Anti-skid Pedal, and Anti-slip feet pad.

- **LCD Monitor:** Displays exercise data.
- **Tension Screws:** Adjust resistance for both upper and lower body exercises.
- **Hand Massager Roller:** Provides grip and comfort during arm exercises.
- **Stainless Steel Bracket:** Main structural support.

- **Height Adjusting Knob:** Allows adjustment of the exerciser's height.
- **Anti-skid Pedal:** Foot pedals with straps to secure feet.
- **Anti-slip Feet Pad:** Provides stability and prevents movement during use.

## 4. SETUP AND ASSEMBLY

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The NISDOKR Pedal Exerciser Bike is designed for straightforward assembly. Follow these general steps:

1. **Unpack Components:** Carefully remove all parts from the packaging. Verify that all components listed in the product manual (if provided separately) are present.
2. **Attach Stabilizer Bars:** Secure the front and rear stabilizer bars to the main frame using the provided screws and tools. Ensure they are firmly tightened.
3. **Install Pedals:** Attach the left and right pedals to their respective cranks. Note that pedals are often marked 'L' for left and 'R' for right, and the left pedal may have a reverse thread. Tighten securely.
4. **Mount Handlebars (if applicable):** If your model includes separate handlebars for arm exercise, attach them to the upper shaft and secure them.
5. **Install Monitor:** Mount the LCD monitor onto its designated bracket. Connect any necessary sensor wires.
6. **Adjust Height:** Use the height adjusting knob to set the exerciser to a comfortable height for your intended use (arm or leg exercise).
7. **Position Anti-skid Mat:** Place the anti-skid mat under the exerciser to prevent it from sliding during use. If using the additional strap, secure it to a stable object like a chair leg.

**Note:** Wearing gloves during assembly is recommended.

**Equipped with an anti-skid mat and a strap to provide stability.**



Image: The anti-skid mat and an additional strap are shown, designed to provide enhanced stability for the exerciser during use.

## **5. OPERATING INSTRUCTIONS**

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### **5.1 Using for Leg Exercise**

1. Sit comfortably in a chair with your feet flat on the floor.
2. Place the pedal exerciser in front of you.
3. Slide your feet into the anti-skid pedals and adjust the straps to secure your feet.
4. Begin pedaling in a smooth, controlled motion.
5. Adjust the lower tension screw to increase or decrease resistance as desired.

### **5.2 Using for Arm Exercise**

1. Place the pedal exerciser on a stable table or surface at a comfortable height.
2. Grasp the hand massager rollers firmly.
3. Begin rotating the pedals with your hands in a smooth, controlled motion.

4. Adjust the upper tension screw to increase or decrease resistance as desired.

### 5.3 Using the LCD Monitor



Image: A close-up view of the digital LCD monitor, showing its display and the red 'MODE' button, along with a tension adjustment knob.

- **Power On:** The monitor automatically turns on when activity is detected or by pressing the 'MODE' button.
- **Display Functions:** The LCD screen displays the following metrics:
  - **REPS:** Revolution count (current session).
  - **TIME:** Duration of the exercise session.
  - **CALORIES:** Estimated calories burned.
  - **DISTANCE:** Estimated distance covered.
  - **TOTAL REPS:** Total revolutions accumulated over time.
- **MODE Button:** Press the 'MODE' button to cycle through the display functions.
- **SCAN Function:** When 'SCAN' is selected, the monitor will automatically rotate through all display functions, showing each for a few seconds.
- **Reset:** To reset the current session's data (REPS, TIME, CALORIES, DISTANCE), press and hold

the 'MODE' button for a few seconds until the values clear. The 'TOTAL REPS' value will not reset.

- **Automatic Shut-off:** The monitor will automatically turn off after a period of inactivity to conserve battery.

## 6. MAINTENANCE

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- **Cleaning:** Wipe down the exerciser with a damp cloth after each use to remove sweat and dust. Avoid using abrasive cleaners or solvents.
- **Inspection:** Periodically check all screws, bolts, and moving parts to ensure they are secure and functioning correctly. Tighten any loose fasteners.
- **Storage:** Store the exerciser in a cool, dry place away from direct sunlight and extreme temperatures. Its compact design allows for easy storage in a room corner.
- **Battery Replacement:** If the LCD monitor display becomes dim or unresponsive, replace the battery (typically a button cell battery, refer to the monitor's compartment for type).

## 7. TROUBLESHOOTING

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- **Exerciser slides during use:** Ensure the anti-slip feet pads are properly positioned. Use the provided anti-skid mat. If necessary, use the additional strap to secure the exerciser to a stable object.
- **Pedals are too loose or too tight:** Adjust the tension screws located on the main shaft to achieve the desired resistance level.
- **Monitor not displaying data:** Check if the sensor wire is securely connected. If the display is dim or blank, replace the battery in the LCD monitor.
- **Unusual noises during operation:** Inspect all connections and moving parts for any looseness or obstruction. Ensure all assembly screws are tightened.

## 8. SPECIFICATIONS

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<b>Product Dimensions</b>	18.7"D x 15.87"W x 36.42"H (47.5cm D x 40.3cm W x 92.5cm H)
<b>Item Model Number</b>	SXZ-008
<b>Item Weight</b>	9.59 Pounds (4.35 Kilograms)
<b>Material</b>	Carbon Steel
<b>Resistance Mechanism</b>	Friction
<b>Power Source</b>	Battery Powered (for monitor)
<b>Maximum Weight Recommendation</b>	200 Pounds
<b>Special Feature</b>	Distance Travelled Monitor

## Compact Design



Image: A diagram illustrating the compact design and key dimensions (height, width, depth) of the NISDOKR Pedal Exerciser Bike.

## 9. WARRANTY AND SUPPORT

For any questions, concerns, or assistance with your NISDOKR Pedal Exerciser Bike, please do not hesitate to contact NISDOKR customer support. We are committed to providing support and resolving any issues you may encounter.

Please refer to your purchase documentation or the seller's information for specific warranty details and contact methods.