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EVOLAND X1504

EVOLAND Mini Exercise Bike User Manual

Model: X1504

1. INTRODUCTION

Thank you for choosing the EVOLAND Mini Exercise Bike, Model X1504. This compact and portable pedal exerciser is designed for both upper and lower body workouts, suitable for use at home or in the office. Please read this manual thoroughly before assembly and operation to ensure safe and effective use of your device.



Image: A person using the EVOLAND Mini Exercise Bike under a desk, demonstrating its compact design for convenient exercise.

2. SAFETY INFORMATION

- Consult a physician before starting any exercise program.
- Place the exercise bike on a stable, flat surface. Use the included non-slip mat for added stability.
- Ensure all parts are securely assembled before each use.
- Adjust pedal straps to fit your feet or hands securely.
- Do not stand on the device. It is designed for seated use for leg exercises or tabletop use for arm exercises.
- Keep children and pets away from the device during operation.
- Stop exercising immediately if you feel pain, dizziness, or discomfort.
- Do not use the device if any parts are damaged or missing.

3. PACKAGE CONTENTS

Verify that all components are present in the package:

- Main Unit (with LCD display and resistance knob)

- Front Stabilizer Bar
- Rear Stabilizer Bar
- Pedals (Left and Right)
- Non-slip Mat
- Assembly Hardware (screws, washers, wrench)
- User Manual

4. ASSEMBLY INSTRUCTIONS

Follow these steps to assemble your EVOLAND Mini Exercise Bike:

1. **Attach Stabilizer Bars:** Secure the front and rear stabilizer bars to the main unit using the provided screws and washers. Ensure they are firmly tightened.
2. **Attach Pedals:** Identify the left (L) and right (R) pedals. Screw the left pedal counter-clockwise and the right pedal clockwise into their respective crank arms. Tighten them securely with the wrench.

Your browser does not support the video tag.

Video: An overview of the EVOLAND Mini Exercise Bike, including assembly steps and key features.



Image: Close-up view of an ergonomic pedal with an adjustable strap, designed for secure foot or hand placement during exercise.



Image: Detail of the stable and wear-resistant base, featuring non-slip pads for secure placement on various surfaces.

5. OPERATING INSTRUCTIONS

5.1. Placement and Stability

Place the exercise bike on a flat, stable surface. For optimal stability, especially during intense workouts, use the provided non-slip mat. The device can be used under a desk for leg exercises or on a table for arm exercises.

03**PÉDALE ERGONOMIQUE FACILE À PRENDRE EN PRISE**

- La surface antidérapante augmente la stabilité

La ceinture de pédale peut s'adapter à différentes tailles de pieds

**04****BASE SÛRE ET RÉSISTANTE À L'USURE**

- L'appareil à pédales repose fermement sur le sol grâce au tapis antidérapant

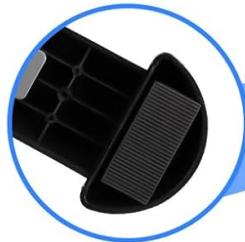


Image: The exercise bike placed on a non-slip mat, illustrating how the mat provides stable support on various floor types.

TAPIS ANTIDÉRAPANT

Maintien stable sur diverses surfaces



Image: The exercise bike secured to a chair leg with a stability strap, enhancing stability during use.

5.2. Adjusting Resistance

The EVOLAND Mini Exercise Bike features an adjustable tension knob. Turn the knob clockwise to increase resistance for a more challenging workout, or counter-clockwise to decrease resistance for an easier session. Adjust the resistance to suit your fitness level and exercise goals.



Image: Close-up of the adjustable tension knob, indicating the direction to turn for increasing or decreasing resistance.

5.3. Using the LCD Display

The multifunction LCD display tracks your workout progress. Press the red button to cycle through different metrics:

- **TIME:** Displays the duration of your current workout.
- **DISTANCE:** Shows the estimated distance covered.
- **COUNT:** Tracks the number of pedal revolutions.
- **T-COUNT:** Displays the total accumulated pedal revolutions.
- **CALORIES:** Estimates the calories burned during your session.
- **SCAN:** Automatically cycles through all metrics every few seconds.

5 ÉCRAN MULTIFONCTION



- Suivez vos données d'entraînement en temps réel
- Réussissez votre programme d'exercices

Image: The multifunction LCD display showing different workout data such as time, distance, count, total count, and calories burned.



Image: A detailed view of the LCD screen, highlighting the display of workout metrics and the control button.

5.4. Exercise Modes

The EVOLAND Mini Exercise Bike supports both leg and arm exercises:

- **Leg Exercise:** Sit comfortably in a chair. Place the bike on the floor in front of you. Place your feet into the pedal straps and begin pedaling.
- **Arm Exercise:** Place the bike on a stable table. Sit in front of it and place your hands into the pedal straps. Begin pedaling with your arms.

EXERCICE DES ARMES



EXERCICE DES JAMBES



Image: Demonstrations of the mini exercise bike being used for both arm and leg workouts, highlighting its versatility.

Your browser does not support the video tag.

Video: A guide on how to effectively use the mini exercise bike for various exercises.

ANTIDÉRAPANT ET STABLE

Un entraînement efficace grâce à une posture optimale

Extra stable grâce à la corde d'attache de marche EVOLAND



Image: Various individuals, including an office worker, a person in rehabilitation, and a fitness enthusiast, using the mini exercise bike, showcasing its adaptability for different users and needs.

6. MAINTENANCE

- **Cleaning:** Wipe the device with a damp cloth after each use. Avoid abrasive cleaners or solvents.
- **Storage:** Store the exercise bike in a cool, dry place away from direct sunlight. Its compact size allows for easy storage under a desk or in a closet.
- **Inspection:** Periodically check all screws and connections to ensure they are tight.



Image: The mini exercise bike neatly stored under a shelf, demonstrating its compact design for convenient storage.

7. TROUBLESHOOTING

If you encounter any issues with your EVOLAND Mini Exercise Bike, refer to the following common problems and solutions:

- **Device is unstable during use:** Ensure the device is on a flat surface. Use the provided non-slip mat. If available, use a stability strap to secure the bike to a stable object like a chair leg.
- **Pedals are loose:** Re-tighten the pedals using the wrench. Ensure they are screwed in correctly (left pedal counter-clockwise, right pedal clockwise).
- **Resistance is too easy/hard:** Adjust the tension knob to increase or decrease resistance as needed.
- **LCD display is not working:** Check if the battery needs replacement. Ensure the sensor cable is properly connected.

For issues not covered here, please contact customer support.

8. SPECIFICATIONS

Feature	Specification
Model Number	X1504
Brand	EVOLAND
Maximum Weight Recommendation	110 Kilograms
Control Type	Push Button
Display Type	LCD
Handle Type	Armrests (Integrated Handle)
Number of Resistance Levels	Stepless Adjustment
Operating Mode	Manual
Power Source	Self-powered (for LCD)
Material Type	Steel, Sponge
Features	Compact, Portable, Adjustable
Batteries Included?	No
Product Dimensions (L x W x H)	40.5 x 32 x 19 cm
Item Weight	3.95 Kilograms

9. WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the product packaging or contact EVOLAND customer service directly. Keep your purchase receipt as proof of purchase.

