TECHMOO TH-EB01

TECHMOO TH-EB01 Under Desk Pedal Exerciser User Manual

Brand: TECHMOO | **Model:** TH-EB01

1. Introduction and Overview

The TECHMOO TH-EB01 Under Desk Pedal Exerciser is a compact and portable fitness device designed for low-impact exercise, physical therapy, and rehabilitation. It allows users to engage in leg and arm exercises while seated, making it suitable for home or office use. The exerciser features a 5LBS metal flywheel for smooth operation and stability, and pedals with built-in massage points for enhanced comfort and circulation.

This manual provides essential information for the safe and effective use of your TECHMOO TH-EB01 pedal exerciser.



Image: The TECHMOO Under Desk Pedal Exerciser, showcasing its internal 2KG metal flywheel for smooth, quiet, and stepless speed adjustment.

2. Safety Information

Please read all instructions carefully before using the pedal exerciser. Retain this manual for future reference.

- Consult a physician before starting any new exercise program, especially if you have pre-existing medical conditions or are recovering from an injury.
- Ensure the exerciser is placed on a stable, flat surface. Use the provided anti-slip pads to prevent movement during use.
- Wear appropriate footwear to ensure a secure grip on the pedals.
- Adjust the resistance gradually to a comfortable level. Avoid excessive resistance that may cause strain.
- Keep children and pets away from the exerciser during operation.
- Stop exercising immediately if you experience pain, dizziness, or discomfort.
- Do not stand on the pedal exerciser. It is designed for seated use only.



Image: Close-up of the anti-slip rubber feet and foot pedals, highlighting the massage points. These features ensure stability and comfort during use.

3. Package Contents

Verify that all components are present before assembly or first use:

- 1 x TECHMOO Pedal Exerciser (Model: TH-EB01)
- 1 x User Manual

4. Setup

The TECHMOO TH-EB01 pedal exerciser typically comes pre-assembled or requires minimal setup. Follow these steps to prepare your exerciser for use:

1. **Unpacking:** Carefully remove the pedal exerciser from its packaging.
2. **Placement:** Place the exerciser on a flat, stable surface. For optimal stability, especially on smooth floors, ensure the anti-slip rubber feet are properly positioned.
3. **Inspection:** Before each use, inspect the exerciser for any loose parts or damage. Do not use if any components appear damaged.



Image: The TECHMOO Under Desk Pedal Exerciser, showcasing its compact design ready for use.

5. Operating Instructions

5.1. Leg Exercise

To use the exerciser for leg workouts:

1. Sit comfortably in a chair with your feet flat on the floor.
2. Place the pedal exerciser in front of you, ensuring it is stable.
3. Place your feet into the pedal straps and adjust them for a secure fit.
4. Begin pedaling in a smooth, controlled motion. You can pedal forward or backward.
5. Adjust the resistance using the stepless knob to your desired intensity.



Image: A person demonstrating the use of the pedal exerciser for both leg and arm exercises, highlighting its versatility.

5.2. Arm Exercise

To use the exerciser for arm workouts:

1. Place the pedal exerciser on a sturdy table or desk.
2. Sit comfortably in a chair facing the exerciser.
3. Place your hands into the pedal straps, ensuring a secure grip.
4. Begin rotating the pedals with your arms in a smooth, controlled motion. You can rotate forward or backward.
5. Adjust the resistance using the stepless knob to your desired intensity.

5.3. Resistance Adjustment

The pedal exerciser features a stepless resistance knob. Turn the knob clockwise to increase resistance and counter-clockwise to decrease resistance. Start with low resistance and gradually increase as your strength improves.



Image: A close-up view of the stepless resistance knob, indicating how to adjust the exercise intensity.

5.4. LCD Monitor Functions

The integrated LCD monitor displays key exercise data. Press the red button to cycle through different modes or reset values.

- **SCAN:** Automatically cycles through all display modes.
- **TIME:** Displays the duration of your current exercise session.
- **COUNT:** Shows the total number of revolutions during the current session.
- **RPM (Revolutions Per Minute):** Indicates the current pedaling speed.
- **CALORIES:** Estimates the calories burned during the current session.
- **TOTAL COUNT:** Accumulates the total revolutions over all sessions (resettable).



Image: The functional LCD monitor, showing different metrics like count, distance, time, total count, and calories burned.

6. Maintenance

Regular maintenance ensures the longevity and optimal performance of your pedal exerciser:

- **Cleaning:** Wipe down the exerciser with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Storage:** Store the exerciser in a cool, dry place away from direct sunlight and extreme temperatures.
- **Inspection:** Periodically check all bolts and screws to ensure they are tight. Tighten if necessary.

7. Troubleshooting

Problem	Possible Cause	Solution
Exerciser slides during use.	Not on a stable surface; anti-slip pads not effective.	Ensure placement on a non-slip surface. Verify anti-slip pads are clean and properly positioned. Consider using a mat.

Problem	Possible Cause	Solution
Pedals are too loose or too tight.	Pedal straps not adjusted correctly.	Adjust the pedal straps to comfortably secure your feet or hands.
LCD monitor not displaying.	Battery issue or connection problem.	Check if batteries are correctly installed or need replacement. Ensure connections are secure.
Unusual noise during operation.	Loose components or internal friction.	Check all visible bolts and connections for tightness. If noise persists, discontinue use and contact customer support.

8. Specifications

- **Model Number:** TH-EB01
- **Brand:** TECHMOO
- **Color:** Grey
- **Material:** Plastic
- **Flywheel Weight:** Approximately 5 LBS (2 KG)
- **Drive System:** Belt
- **Resistance Mechanism:** Magnetic
- **Display Type:** LCD (Time, Count, RPM, Calories, Total Count)
- **Power Source:** Pedal-powered (non-electric)
- **Item Weight:** 5.93 kg (approximately 13.07 lbs)
- **Parcel Dimensions:** 42.29 x 32.28 x 20.09 cm (L x W x H)
- **Maximum Weight Recommendation:** 120 Kilograms (approximately 264 lbs)
- **Special Feature:** Portable

9. Warranty and Support

Warranty information for the TECHMOO TH-EB01 Under Desk Pedal Exerciser is typically provided within the product packaging or the included physical manual. Please refer to those documents for details regarding warranty coverage, terms, and conditions.

For technical support, replacement parts, or any inquiries not covered in this manual, please contact TECHMOO customer service through the contact information provided with your purchase or on the official TECHMOO website.

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