Saved from manuals.plus.
Open the live page for links to other documents and user manuals.

TECHMOO TH-EB02

TECHMOO TH-EB02 Under Desk Pedal Exerciser User Manual

Model: TH-EB02 | Brand: TECHMOO

1. Introduction

The TECHMOO TH-EB02 Mini Exercise Bike is a compact and portable pedal exerciser designed for low-impact exercise of the legs and arms. It features a heavy metal flywheel for stability, an LCD digital monitor to track progress, and adjustable tension for a personalized workout experience. This manual provides essential information for the safe and effective use of your device.



Figure 1.1: The TECHMOO TH-EB02 Under Desk Pedal Exerciser. This image displays the complete unit with its main body, pedals, LCD monitor, and tension knob, along with the included anti-slip mats.

2. Important Safety Instructions

- Read all instructions carefully before using the exerciser.
- Consult your physician before starting any new exercise program.
- Place the exerciser on a flat, stable surface. Ensure adequate space around the unit.
- Ensure all parts are securely assembled before each use.
- Do not stand on the pedals. This device is designed for seated use only.
- Keep children and pets away from the exerciser during operation.
- Stop exercising immediately if you feel pain, dizziness, or shortness of breath.
- The maximum weight recommendation of 2.72 kg refers to the resistance capacity of the device, not the user's body weight.

3. Package Contents

Verify that all components are present and undamaged upon opening the package:

- 1x Main Body
- 1x Front Stabilizer
- 1x Rear Stabilizer
- 1x Right Pedal
- 1x Left Pedal
- 1x Installation Tool
- 1x User Manual (this document)

4. Assembly Instructions

Assembly is required before first use. Follow these steps carefully:

1. **Attach Stabilizers:** Locate the Front and Rear Stabilizers. Align each stabilizer with the corresponding mounting points on the main body. Secure them using the provided screws and the installation tool. Ensure they are firmly attached.
2. **Attach Pedals:** Identify the Left Pedal (marked 'L') and Right Pedal (marked 'R'). The left pedal screws counter-clockwise, and the right pedal screws clockwise. Carefully thread each pedal into its respective crank arm on the main body. Tighten securely with the installation tool.
3. **Insert Battery:** Open the battery compartment on the LCD monitor. Insert one AA battery (not included) according to the polarity markings. Close the compartment.



Figure 4.1: Internal structure of the pedal exerciser, highlighting the metal flywheel and general component layout. This view assists in understanding the assembly points for stabilizers and pedals.

5. Operating Instructions

5.1 Placement and Stability

Place the exerciser on a stable, flat surface. For carpeted floors, utilize the included extra nail pads to enhance stability and prevent movement during use. The non-skid rubber feet pads provide security on hard surfaces.



Figure 5.1: Detailed view of the anti-slip rubber feet, the foot pedals featuring built-in massage points, and the LCD digital monitor. The image illustrates the design elements contributing to stability and user comfort.

5.2 Adjusting Tension

The exerciser features an adjustable tension knob to customize the resistance level. Turn the knob clockwise to increase resistance for a more challenging workout, or counter-clockwise to decrease resistance for an easier session. Adjust the tension to suit your physical condition and exercise goals.



Figure 5.2: The stepless tension knob, indicating the direction for increasing or decreasing resistance. This knob allows for fine-tuning of the workout intensity.

5.3 Using the Exerciser (Legs and Arms)

The TECHMOO TH-EB02 can be used for both leg and arm exercises:

- **For Leg Exercise:** Place the exerciser on the floor in front of your chair. Sit comfortably and place your feet into the pedal straps. Adjust the Velcro pedal bands to secure your feet. Begin pedaling in a smooth, controlled motion.
- **For Arm Exercise:** Place the exerciser on a sturdy table. Sit in front of it and grasp the pedals with your hands. Begin rotating the pedals in a smooth, controlled motion.



Figure 5.3: Illustration of the exerciser being used for both arm and leg workouts. The top shows hand action on a table, and the bottom shows dual foot action while seated on the floor.

The pedals feature built-in massage points designed to stimulate feet and hands, potentially relieving muscle soreness and improving circulation during exercise.

5.4 LCD Digital Monitor

The integrated LCD monitor tracks your exercise progress. Press the red button to cycle through the following data displays:

- **SCAN:** Automatically cycles through all functions.
- **TIME:** Displays the duration of your current workout session.
- **SPEED:** Shows your current pedaling speed.
- **DISTANCE:** Records the distance covered during the session.
- **CALORIES:** Estimates the calories burned during the session.
- **COUNT (RPM):** Displays the total number of rotations or revolutions per minute.

To reset all data to zero, press and hold the red button for a few seconds.



Figure 5.4: The functional LCD monitor, illustrating the different data points it can display, including Count, Distance, Time, Total Count, and Calories burned. The image also shows the unit's weight.

6. Maintenance

- **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 moisture. Its compact design allows for easy storage under a desk or in a closet.
- **Battery Replacement:** Replace the AA battery in the LCD monitor when the display becomes dim or unresponsive.
- **Inspection:** Periodically check all nuts, bolts, and moving parts for tightness and wear. Tighten any loose fasteners.

7. Troubleshooting

Problem	Possible Cause	Solution
LCD monitor not displaying	Battery is dead or incorrectly installed.	Replace the AA battery or ensure it is installed with correct polarity.
Exerciser moves during use	Not placed on a stable surface; anti-slip pads not effective.	Ensure the exerciser is on a flat, stable surface. Use the included nail pads for carpeted floors or ensure rubber feet are clean for hard floors.
Pedals feel loose or wobbly	Pedals are not tightened sufficiently.	Re-tighten the pedals using the installation tool. Remember the left pedal tightens counter-clockwise.
Resistance adjustment not working	Tension knob mechanism may be jammed or worn.	Inspect the tension knob and its connection. If issues persist, contact customer support.

8. Specifications

Brand: TECHMOO

Model Name: TH-EB02

Color: White and Blue

Material: Plastic and Steel

Item Weight: 5.98 Kilograms (approximately 13.18 lbs)

Power Source: Battery Powered (for LCD display)

Maximum Weight Recommendation: 2.72 kg (for resistance, not user weight)

UPC: 054114587919

9. Warranty and Support

For warranty information or technical support, please refer to the contact details provided with your purchase documentation or visit the official TECHMOO website. Keep your purchase receipt as proof of purchase.

© 2025 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

Open the live page

https://manuals.plus/asin/B0B9XPPG7P

More documents and user manuals: **https://manuals.plus/**