TODO QF-65LW-X9E6

TODO Mini Exercise Bike Pedal Exerciser

User Manual

Model: QF-65LW-X9E6 | Brand: TODO

1. Introduction

The TODO Mini Exercise Bike Pedal Exerciser is a compact and portable fitness device designed for both arm and leg cycling exercises. It is suitable for use in various settings, including offices and homes, to promote circulation, relieve tension, and support rehabilitation. Its quiet operation allows for exercise during other activities such as watching television or working. The integrated digital monitor tracks key exercise metrics, and the resistance is adjustable to suit individual fitness levels.



The TODO Mini Exercise Bike Pedal Exerciser in Bright White, featuring a digital monitor and adjustable resistance knob.

2. Safety Information

- Consult a physician before starting any new exercise program.
- Ensure the exerciser is placed on a stable, non-slip surface. Using a rug or a non-slip mat is recommended to prevent movement during use.
- The maximum user weight recommendation for this device is 120 kilograms (approximately 264 pounds). Do not exceed this weight.
- Always ensure pedals are securely attached and straps are adjusted to fit your feet or hands before beginning exercise.
- Keep children and pets away from the exerciser during operation.
- Stop exercising immediately if you feel pain, dizziness, or discomfort.
- Do not stand on the exerciser. It is designed for seated use only.

3. Package Contents

Verify that all the following components are included in your package:

- Main Exerciser Unit
- Left Pedal (L)
- Right Pedal (R)
- Front Stabilizer Bar
- Rear Stabilizer Bar
- Assembly Tool Kit (Wrench, Hex Key, Screws)
- Securing Strap (for anchoring to a chair)



All components included for assembling the TODO Mini Exercise Bike, including the main unit, pedals, stabilizers, tools, and a strap.

4. Setup and Assembly

Follow these steps to assemble your TODO Mini Exercise Bike:

1. **Attach Stabilizer Bars:** Place the main unit on a flat surface. Attach the front and rear stabilizer bars to the base of the main unit using the provided screws and hex key. Ensure they are tightened securely.
2. **Attach Pedals:** Identify the Left (L) and Right (R) pedals. The left pedal should be screwed counter-clockwise into the left crank arm, and the right pedal clockwise into the right crank arm. Tighten firmly with the wrench.
3. **Install Monitor Battery:** The digital monitor requires 1 AAA battery (included). Open the battery compartment on the back of the monitor, insert the battery, and close the compartment.
4. **Secure the Unit (Optional but Recommended):** If the unit tends to move during use, especially on smooth floors or with higher resistance, use the provided strap to anchor it to a stable chair leg.



A four-step visual guide demonstrating the assembly process of the TODO Mini Exercise Bike, from attaching stabilizers to installing pedals.

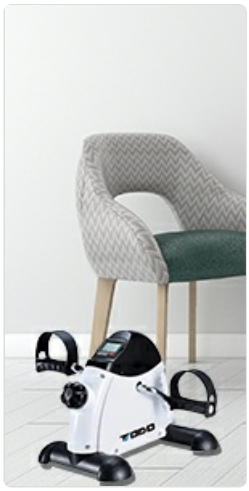
5. Operating Instructions

5.1 Using the Digital Monitor

The multi-function LCD monitor displays various exercise data:

- **TIME:** Duration of your current exercise session.
- **DISTANCE (km):** Distance covered during the session.
- **COUNT:** Number of pedal turns during the session.
- **TOTAL COUNTS (TC):** Total number of pedal turns since the monitor was last reset (cannot be reset by long press).
- **CALORIES:** Estimated calories burned during the session.

Press the red button on the monitor to cycle through the display data. Long press the red button to reset all data (except Total Counts) to zero.



Close-up view of the digital monitor, displaying time, distance, count, total counts, and calories burned, with a red button for function control.

5.2 Adjusting Resistance

The exercise bike features an adjustable resistance knob. Rotate the knob clockwise to increase the resistance for a more challenging workout, and counter-clockwise to decrease the resistance for an easier session. This allows for customization of your exercise intensity.



Image showing the adjustable resistance knob on the TODO Mini Exercise Bike, illustrating the range from 'Beginner Road Cycling Mode' to 'Expert Mountain Cycling Mode'.

5.3 Arm and Leg Exercise

The TODO Mini Exercise Bike can be used for both leg and arm exercises:

- **For Leg Exercise:** Place the exerciser on the floor in front of your chair or sofa. Sit comfortably and place your feet into the pedal straps, adjusting them for a secure fit. Begin pedaling at your desired resistance level.
- **For Arm Exercise:** Place the exerciser on a sturdy table or desk. Sit in front of it and grasp the pedals with your hands, adjusting the straps if necessary. Begin pedaling with your arms at your desired resistance level.



A person using the TODO Mini Exercise Bike on the floor for leg exercises while seated on a sofa.



A person using the TODO Mini Exercise Bike on a table for arm exercises.

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 unit in a cool, dry place away from direct sunlight and extreme temperatures.
- **Battery Replacement:** If the digital monitor display becomes dim or unresponsive, replace the AAA battery.
- **Check Connections:** Periodically check that all screws and bolts, especially those on the stabilizer bars and pedals, are securely tightened.

7. Troubleshooting

- **Unit moves during use:** Ensure the exerciser is placed on a non-slip mat or rug. Utilize the provided securing strap to anchor the unit to a stable chair leg. Placing it against a wall or heavy furniture can also help.
- **Resistance feels inconsistent or too loose:** Check the resistance adjustment knob. Ensure it is tightened appropriately. If the issue persists, inspect the internal mechanism for any obstructions (refer to support).
- **Digital monitor not displaying:** Check if the AAA battery is correctly installed and has sufficient charge. Replace the battery if necessary.
- **Pedals are difficult to turn:** Ensure the resistance knob is not set to maximum. If the issue persists at low resistance, check for any foreign objects obstructing the pedal mechanism.

8. Specifications

Brand	TODO
Model Number	QF-65LW-X9E6
Color	Bright White
Material	Alloy Steel, Plastic
Product Dimensions (LxWxH)	16.14"D x 6.3"W x 12.6"H
Item Weight	11 Pounds
Maximum Weight Recommendation	120 Kilograms (approx. 264 lbs)
Controls Type	Touch Button
Display Type	LCD
Number of Batteries	1 AAA batteries required (included)
Operation Mode	Manual
Power Source	Self-Powered

9. Warranty and Support

TODO is committed to providing high-quality products and excellent customer service.

- **Warranty:** The product comes with a 1-year warranty against non-man-made damage. Please contact customer service for warranty claims or product replacement.
- **Free Replacement Parts:** TODO offers free replacement parts for the lifetime of the product.
- **Customer Service:** 24-hour online customer service is available to assist you with any problems or inquiries.
- **Return Policy:** Enjoy 10 days of free use; you can return or exchange the product for any reason within this period.

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