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GYMAX B0BYK8FPKB

GYMAX Pedal Exercise Bike for Seniors User Manual

Model: B0BYK8FPKB

Brand: GYMAX

1. Introduction

The GYMAX Pedal Exercise Bike is designed to provide a versatile and low-impact workout for upper and lower limbs, suitable for seniors and individuals undergoing rehabilitation. This equipment supports various exercise modes, including resistance band training, and features a massage function for hands and feet. It is engineered to improve joint flexibility, enhance muscle strength, and promote blood circulation.

The design allows for flexible adjustments in height and length, accommodating various user body shapes. An integrated LCD monitor provides essential workout data, making it user-friendly for all ages.



Image: The GYMAX Pedal Exercise Bike in use, showing a person exercising and a detailed view of the LCD monitor.



Image: Visual representation of the pedal exerciser's wide application, including for disabled individuals, those lacking exercise, and for postoperative recovery.

2. Safety Information

- Read all instructions carefully before using the equipment.
- Consult a physician before starting any new exercise program, especially if you have pre-existing health conditions.
- Ensure the exercise bike is placed on a stable, level surface. The 4 suction cups on the bottom are designed to firmly grip the floor and prevent movement.
- Keep children and pets away from the equipment during use.
- Do not exceed the maximum weight capacity of 265 lbs (120 kg).
- Inspect the equipment for any loose or damaged parts before each use. Do not use if damaged.
- Wear appropriate clothing and footwear during exercise.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

- Note: This product does not include a seat. Users should use a stable chair or wheelchair for support.



Image: Details of the robust construction, highlighting the 2mm thickened and widened metal tubes and the 4 strong suction cups for enhanced stability.

3. Package Contents

Verify that all components are present and undamaged before assembly.

- 1 x GYMAX Pedal Exercise Bike
- 1 x LR44 button battery (pre-installed or included for LCD monitor)
- 1 x User Guide (this document)

4. Assembly and Setup

Detailed assembly instructions are typically provided in a separate quick-start guide or within the included user guide. Ensure all parts are securely fastened before use.

Adjusting Height and Length

The exercise bike features adjustable height and length to suit individual user needs.

- **Height Adjustment:** The unit offers 4 levels of adjustable height, ranging from 34.5 to 39.5 inches. Utilize the dual locking system for secure height positioning.
- **Length Adjustment:** The base length can be adjusted through 6 levels, from 17 to 21 inches. Use the spring button mechanism for length adjustment.
- **Pedal Strap Adjustment:** The pedal straps have 4 holes for adjustment, ensuring a secure fit for different foot sizes.



Image: A visual guide to adjusting the exercise bike's height (34.5"-39.5"), length (17"-21"), and the 4-hole pedal strap for a customized fit.

5. Operating Instructions

Exercise Modes

This pedal exercise bike supports multiple exercise modes:

- **Upper-Limb Training:** Use the handgrips for arm and shoulder exercises.
- **Resistance Band Training:** The integrated resistance bands allow for additional upper body and core workouts.
- **Lower-Limb Training:** Use the pedals for leg and knee exercises.

The design allows for pedals and arm stretching to work separately, enabling two individuals to use the equipment simultaneously for different exercises.



Image: Illustration of the exercise bike being used by two persons at the same time, demonstrating its dual functionality.

Adjusting Resistance

Both upper and lower resistances are individually and steplessly adjustable to meet varying fitness levels.

- **Upper Resistance:** Turn the knob located near the upper handgrips to increase or decrease resistance for arm exercises.

- **Lower Resistance:** Turn the knob located near the pedals to increase or decrease resistance for leg exercises.



Image: Detailed views of the upper and lower resistance adjustment knobs, indicating how to modify the workout intensity.

LCD Monitor Operation

The LCD monitor displays key workout data. It operates with a single button for ease of use.

- **Display Data:** The monitor cycles through Time, Distance, Calories, Counts, and Total Counts.
- **Button Function:** Press the button to cycle through the display modes. You can also set a desired data point to be displayed permanently.
- **Battery:** The monitor is powered by one LR44 button battery.



Image: A clear and intuitive LCD display showing various sport data points such as Time, Distance, Calories, Total Counts, and Counts.

Massage Function

The exercise bike is equipped with a massage function to simulate masseuse hands, promoting blood circulation and reducing muscle stiffness.

- **Handgrips:** The textured handgrips provide a massage effect during upper-limb exercise.
- **Foot Rollers:** Roll your feet over the integrated rollers for a foot massage.



Image: Visual explanation of the built-in massage function, illustrating how it simulates masseuse hands on handgrips and feet, and its benefit for blood circulation.

6. Maintenance

- **Cleaning:** Wipe down the equipment with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Storage:** Store the exercise bike in a cool, dry place away from direct sunlight and extreme temperatures.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Battery Replacement:** If the LCD monitor display becomes dim or unresponsive, replace the LR44 button battery.

7. Troubleshooting

Problem	Possible Cause	Solution
LCD monitor not displaying	Battery drained or incorrectly installed.	Replace the LR44 button battery or ensure it is installed correctly.
Equipment feels unstable	Not on a level surface; suction cups not engaged; loose fasteners.	Move to a level surface. Press down firmly to engage suction cups. Check and tighten all bolts and nuts.
Resistance not changing	Resistance knob not properly engaged or mechanism issue.	Ensure the resistance knob is turned fully. If issue persists, contact customer support.
Squeaking or unusual noises	Loose parts; lack of lubrication (if applicable).	Check and tighten all fasteners. Apply a small amount of silicone-based lubricant to moving joints if necessary (avoiding pedals/grips).

8. Specifications

Feature	Specification
Model	B0BYK8FPKB
Brand	GYMAX
Maximum Weight Recommendation	120 Kilograms (265 lbs)
Controls Type	Push Button (for LCD)
Display Type	LCD
Adjustable Height Range	34.5 - 39.5 inches (4 levels)
Adjustable Length Range	17 - 21 inches (6 levels)
Operation Mode	Manual
Product Dimensions (LxWxH)	20.87 x 17.72 x 39.37 inches (approx. 21"D x 17.5"W x 39.5"H)
Item Weight	14 Pounds
Color	Black + Orange
Material	Acrylonitrile Butadiene Styrene (ABS), Metal
Included Components	Pedal Exercise Bike, User Guide, LR44 button battery



Image: Product dimension overview, indicating adjustable length (17"-21"), width (17.5"), and height (34.5"-39.5"), along with a weight capacity of 265 lbs.

9. Warranty and Support

For warranty information, technical support, or to inquire about replacement parts, please contact GYMAX customer service directly. Refer to the packaging or the official GYMAX website for contact details.

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