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TECHMOO TH-EB01

TECHMOO Under Desk Bike Pedal Exerciser User Manual

Model: TH-EB01

1. Safety Information

Please read all instructions carefully before using the TECHMOO Under Desk Bike Pedal Exerciser. Retain this manual for future reference.

- Consult your physician before starting any new exercise program.
- Ensure the exerciser is placed on a stable, flat surface during use.
- Keep children and pets away from the exerciser during operation.
- Do not exceed the maximum weight recommendation of 120 Kilograms (264 lbs).
- Do not stand on the pedals. This device is designed for seated use only.
- Inspect the exerciser for any damage or loose parts before each use. Do not use if damaged.
- Keep hands and feet clear of moving parts.

2. Product Overview

The TECHMOO Under Desk Bike Pedal Exerciser is a portable and versatile fitness tool designed for low-impact exercise of both legs and arms. It features a robust design for stability and user comfort.

- **Heavy Flywheel:** Equipped with a 5LBS (2KG) metal flywheel for enhanced stability and smooth operation, minimizing movement during use.
- **Anti-Skid Pads:** Includes special anti-skid pads for use on carpets and normal pads for hard floors, ensuring stability without damaging surfaces.
- **Personalized Massage Pedals:** Each pedal features 20 built-in massage points to stimulate feet and hands, promoting blood circulation and physical mobility.
- **Functional LCD Monitor:** Tracks exercise time, revolution count, revolutions per minute (RPM), and calories burned. Includes a scan feature to cycle through all measurements.
- **Dual Functionality:** Can be used on the floor for leg exercises or on a desk for arm exercises, making it suitable for various rehabilitation and fitness needs.



Figure 2.1: Overview of the TECHMOO Under Desk Bike Pedal Exerciser.



Figure 2.2: Illustration of the internal metal flywheel for stability and smooth pedaling.



Figure 2.3: Close-up of the anti-slip rubber feet and the integrated LCD display.

3. Package Contents

Upon opening the package, please verify that all components are present and undamaged:

- 1 x TECHMOO Pedal Exerciser (Main Unit)
- 1 x User Manual
- Anti-skid pads (for carpet and hard surfaces)

4. Assembly

The TECHMOO Pedal Exerciser requires minimal assembly. Follow these steps to set up your device:

1. Carefully remove all components from the packaging.
2. Attach the front and rear stabilizer bars to the main unit using the provided screws and tools. Ensure they are securely fastened.
3. Identify the left (L) and right (R) pedals. Attach the pedals to their corresponding crank arms. Note that the left pedal typically screws counter-clockwise, and the right pedal screws clockwise. Tighten firmly.
4. Apply the appropriate anti-skid pads to the bottom of the stabilizer bars based on your floor surface (carpet or hard floor).



Figure 4.1: Visual guide for assembling the pedal exerciser.

5. Operating Instructions

5.1. Placement and Usage

- **For Leg Exercise:** Place the exerciser on a flat, stable surface in front of your chair. Ensure your chair is stable and will not roll or slide during use. Sit comfortably and place your feet into the pedal straps.
- **For Arm Exercise:** Place the exerciser on a sturdy table or desk. Sit comfortably and place your hands onto the pedal straps.



Figure 5.1: The exerciser can be used for both leg and arm workouts.

5.2. Adjusting Resistance

The exerciser features 8 levels of magnetic resistance. To adjust the resistance, turn the resistance knob located on the front of the unit. Turn clockwise for increased resistance and counter-clockwise for decreased resistance.



Figure 5.2: The stepless knob allows for easy adjustment of resistance.

5.3. Using the LCD Monitor

The integrated LCD monitor displays your workout data. Press the red button to cycle through different display modes:

- **SCAN:** Automatically cycles through all metrics every few seconds.
- **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 your current pedaling speed.
- **CALORIES:** Estimates the calories burned during your session.
- **TOTAL COUNT:** Displays the cumulative total revolutions since the monitor was last reset (or from first use).

To reset the current session's data, press and hold the red button for a few seconds until the values clear.



Figure 5.3: The LCD monitor provides real-time exercise data.

6. Maintenance

Regular maintenance will ensure the longevity and optimal performance of your exerciser.

- **Cleaning:** Wipe down 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 extreme temperatures.
- **Inspection:** Periodically check all screws and bolts to ensure they are tight. Tighten if necessary.

7. Troubleshooting

If you encounter any issues with your TECHMOO Pedal Exerciser, please refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Unit is unstable or slides during use.	Not on a flat surface; incorrect anti-skid pads; loose stabilizer bars.	Ensure the exerciser is on a flat, stable surface. Use the correct anti-skid pads for your floor type. Check and tighten stabilizer bar screws.
Pedaling feels rough or inconsistent.	Resistance knob not properly adjusted; internal mechanism issue.	Adjust the resistance knob to a comfortable level. If the issue persists, contact customer support.
LCD monitor is not displaying data.	Battery issue (if applicable); loose connection.	Ensure the monitor is securely connected. If the monitor uses a battery, check and replace it if necessary.
Pedals are loose or wobbly.	Pedals not tightened correctly.	Retighten the pedals, ensuring the left pedal is tightened counter-clockwise and the right pedal clockwise.

8. Specifications

Feature	Detail
Brand	TECHMOO
Model Name	TH-EB01
Special Feature	Portable
Color	grey
Power Source	Pedal-powered (non-electric)
Recommended Uses	Indoor
Material	Plastic
Resistance Mechanism	Magnetic
Maximum Weight Recommendation	120 Kilograms
Handle Material	Plastic or Rubber
Number of Resistance Levels	8
Drive System	Belt
Item Package Dimensions (L x W x H)	16.67 x 12.88 x 7.76 inches
Package Weight	5.95 Kilograms
UPC	054114587902

9. Warranty and Support

Warranty: This TECHMOO product comes with a 1-year warranty from the date of purchase, covering manufacturing defects.

Customer Support: For any questions, concerns, or warranty claims, please contact TECHMOO customer service. Refer to the product packaging or the official TECHMOO website for the most current contact information.

Please have your model number (TH-EB01) and proof of purchase ready when contacting support.

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