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› [LABGREY](#) /

› [LABGREY L2 Exercise Bike User Manual](#)

LABGREY L2

LABGREY L2 Exercise Bike User Manual

Model: L2 | Brand: LABGREY

INTRODUCTION

This manual provides essential instructions for the safe assembly, operation, maintenance, and troubleshooting of your LABGREY L2 Exercise Bike. Please read this manual thoroughly before using the product to ensure proper function and user safety.

The LABGREY L2 Exercise Bike is designed for indoor cardio training, featuring a robust steel frame, magnetic resistance system, and an LCD monitor for tracking workout data.

MULTIFUNKTIONAL

LCD-MONITOR

Verfolgen Sie Echtzeitdaten für Ihre persönliche Trainingsplanung.



Figure 1: LABGREY L2 Exercise Bike. This image shows the overall design of the exercise bike, highlighting its sturdy frame and compact footprint suitable for home use.

SAFETY INFORMATION

- Consult a physician before starting any exercise program.
- Ensure all bolts and nuts are securely tightened before each use.
- Keep children and pets away from the equipment during operation.
- Place the bike on a flat, stable surface.
- Wear appropriate exercise attire and footwear.
- Stop exercising immediately if you feel dizzy, faint, or experience pain.
- The maximum user weight capacity is 300 pounds (approximately 136 kg).
- Utilize the emergency brake system for immediate stops.

SETUP AND ASSEMBLY

The LABGREY L2 Exercise Bike requires assembly. An online instruction video is available to guide you through the process, which typically takes less than 30 minutes. Ensure all components are present before beginning assembly.

Adjusting the Bike

The seat and handlebars are multi-directionally adjustable to accommodate users between 5 feet 1 inch (155 cm) and 6 feet 1 inch (185 cm) in height.

- **Seat Adjustment:** Adjust the seat vertically and horizontally for optimal pedaling posture. Ensure your knee has a slight bend at the bottom of the pedal stroke.
- **Handlebar Adjustment:** Adjust the handlebars vertically to a comfortable height that allows for a relaxed upper body position.
- **Stabilizer Adjustment:** Four horizontal adjustment knobs on the front and rear stabilizers ensure the bike remains stable on uneven surfaces. Rotate these knobs until the bike is level and does not rock.



Figure 2: Adjustable dimensions of the LABGREY L2 Exercise Bike. This image illustrates the adjustable height ranges for the seat (83-100cm) and handlebars (100-116cm), and the overall dimensions of the bike (100cm length, 53cm width).

LCD Monitor Functions

The digital LCD monitor tracks your workout metrics. It displays the following data:

- **TIME:** Duration of your workout.
- **SPD (Speed):** Current cycling speed.
- **DST (Distance):** Distance covered during the current workout.
- **ODO (Odometer):** Total accumulated distance.
- **PULSE (Heart Rate):** Your heart rate, measured by the handlebar sensors.
- **CAL (Calories):** Estimated calories burned.

To activate the monitor, simply begin pedaling. The monitor will automatically cycle through the different metrics. To reset the current workout data (TIME, SPD, DST, CAL), press and hold the yellow button on the monitor until "88:88" appears. The ODO (total distance) will not reset.



Figure 3: LCD Monitor and Heart Rate Sensors. This image shows the digital LCD monitor displaying various workout metrics such as time, speed, distance, odometer, pulse, and calories. The integrated heart rate sensors on the handlebars are also visible.

Adjusting Resistance

The LABGREY L2 features a magnetic resistance system for smooth and quiet operation.

- **Resistance Knob:** Rotate the resistance knob located below the handlebars clockwise to increase resistance and counter-clockwise to decrease resistance. This allows for precise adjustment of your workout intensity.
- **Emergency Brake:** Press the resistance knob down firmly to engage the emergency brake, bringing the flywheel to an immediate stop.

MIKRO-WIDERSTAND
EINSTELLBEREICH

Passen Sie den Widerstand an die individuelle Trainingsintensität an.

— ● ● ●

10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

0-25% Aufwärmen

25-50% Körperperformance

50-80% Fettverbrennung

80-100% Kräftigung der Muskeln

Figure 4: Micro-Resistance Adjustment. This image highlights the resistance adjustment knob, demonstrating how to precisely control the magnetic resistance level for varied workout intensities, from warm-up to muscle strengthening.

MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your exercise bike.

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Lubrication:** No lubrication is required for the magnetic resistance system.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and moisture.

TROUBLESHOOTING

- **Monitor Not Displaying Data:**
 - Ensure batteries (2x AAA, not included) are correctly installed and not depleted. The monitor requires batteries to function.
 - Check the connection cable from the sensor to the monitor.
- **Bike is Unstable/Wobbles:**
 - Adjust the horizontal adjustment knobs on the front and rear stabilizers to level the bike on the floor.
 - Ensure all assembly bolts are securely tightened.
- **Unusual Noises During Operation:**
 - Check for any loose parts and tighten them.
 - Ensure no foreign objects are interfering with the flywheel or belt system.
- **Resistance Not Changing:**
 - Verify the resistance knob is functioning correctly and is not stripped.
 - Ensure the magnetic mechanism is properly aligned.

SPECIFICATIONS

Feature	Detail
Model Number	L2
Product Dimensions	90 x 52 x 116 cm (L x W x H)
Item Weight	36 kg
Maximum Weight Capacity	300 lbs (136 kg)
Recommended User Height	5'1" - 6'1" (155 - 185 cm)
Frame Material	Commercial-grade Steel
Resistance Mechanism	Magnetic
Drive System	Belt
Display Type	LCD
Special Features	Heart Rate Sensor, Heavy Duty, Quiet Operation
Batteries Required	2x AAA (not included)

KÜHNER STAHL MIT HOHER DICHTE

400LBS GEWICHTSKAPAZITÄT



SICHERHEIT

Hochbelastbarer
Rahmen



HALTBARKEIT

Handelsübliche
Materialien



STABILITÄT

Robuste
Konstruktion



Figure 5: Heavy-Duty Steel Construction. This image emphasizes the robust commercial-grade steel frame of the LABGREY L2 Exercise Bike, highlighting its durability and stability with a weight capacity of up to 300 lbs.

WARRANTY AND SUPPORT

LABGREY offers a free lifetime warranty package for all users who purchase this exercise bike. This commitment reflects LABGREY's dedication to supporting your fitness journey.

For any questions, assistance with assembly, or troubleshooting not covered in this manual, please contact LABGREY customer support. Refer to the product packaging or the official LABGREY website for contact details.

