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Dskeuzeew Dskeuzeew-003

Dskeuzeew Pedal Exerciser Bike User Manual

Model: Dskeuzeew-003

INTRODUCTION

This manual provides comprehensive instructions for the safe and effective use, assembly, maintenance, and troubleshooting of your Dskeuzeew Pedal Exerciser Bike. Please read this manual thoroughly before initial use and retain it for future reference.

The Dskeuzeew Pedal Exerciser Bike is designed for low-impact cardiovascular exercise and physical therapy, suitable for various users including seniors. It offers a versatile workout for hands, arms, legs, and knees, featuring adjustable resistance and a digital monitor to track your progress.



Image: The Dskeuzeew Pedal Exerciser Bike, a black, foldable exercise machine with a seat, handlebars, and pedals, shown in its upright

configuration.

IMPORTANT SAFETY INSTRUCTIONS

- Consult your physician before starting any exercise program.
- Ensure all bolts and nuts are securely tightened before each use.
- Place the exercise bike on a flat, stable surface. Use a protective mat if necessary.
- Keep children and pets away from the equipment during operation.
- Do not exceed the maximum user weight capacity of 220 lbs (100 kg).
- Wear appropriate exercise clothing and footwear.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- Do not attempt to modify the equipment.

PACKAGE CONTENTS

Before assembly, verify that all components listed below are present and undamaged. If any parts are missing or damaged, contact Dskeuzeew customer service.

- 1 x Assembled Folding Bicycle Main Frame
- 1 x User Manual
- Necessary Assembly Tools (Wrenches, Screws, etc.)
- Seat and Backrest Components
- Handlebar and Monitor Assembly
- Pedals (Left and Right)
- Front and Rear Stabilizer Bars

SETUP AND ASSEMBLY

Follow these steps carefully to assemble your Dskeuzeew Pedal Exerciser Bike.

1. **Unpack Components:** Carefully remove all parts from the packaging and lay them out on a clean, flat surface.
2. **Attach Stabilizer Bars:** Secure the front and rear stabilizer bars to the main frame using the provided bolts and nuts. Ensure they are firmly tightened.
3. **Install Pedals:** Identify the left (L) and right (R) pedals. The left pedal screws counter-clockwise, and the right pedal screws clockwise. Ensure they are fully tightened to prevent stripping.
4. **Assemble Seat and Backrest:** Attach the seat cushion and backrest to the seat post. Insert the assembled seat post into the main frame and adjust to your desired height, securing it with the quick-release knob.
5. **Mount Handlebar and Monitor:** Connect the handlebar assembly to the main frame. Attach the LCD monitor to the designated slot on the handlebar. Connect any necessary sensor cables from the main frame to the monitor.
6. **Check Connections:** Double-check all bolts, nuts, and connections to ensure they are secure before first use.

EASY STORAGE



STURDY



EASY
ASSEMBLY



Folded Dimensions



Image: The Dskeuzeew Pedal Exerciser Bike shown in its folded configuration, highlighting its compact dimensions for easy storage. The image also shows a person standing next to the unfolded bike, indicating its full size.

OPERATING INSTRUCTIONS

Adjusting the Bike

- Seat Height:** Loosen the quick-release knob on the seat post, adjust the seat to a comfortable height where your leg has a slight bend at the knee when the pedal is at its lowest point. Tighten the knob securely.
- Resistance Level:** The bike features an 8-level magnetic resistance system. Turn the tension control knob located below the monitor clockwise to increase resistance (levels 1-8) and counter-clockwise to decrease resistance.

8 LEVEL MAGNETRON RESISTANCE

Customize perfect exercise plan



Image: A close-up of the 8-level magnetic resistance dial on the Dskeuzeew Pedal Exerciser Bike, showing the range from "LOW" to "HIGH" and indicating basic, intermediate, and advanced resistance zones.

- **Upright vs. Reclined Posture:** The bike can be used in an upright or semi-reclined position. Adjust the frame's angle by loosening the main folding knob, setting the desired angle, and re-tightening securely.

Using the LCD Monitor

The multifunctional LCD monitor tracks your workout data. It is battery-powered.

MULTIFUNCTIONAL LCD MONITOR



Pulse



Dist



Time



Speed



Cal



ODO



Image: A detailed view of the Dskeuzeew Pedal Exerciser Bike's LCD monitor, showing various metrics like Pulse, Distance, Time, Speed, Calories, and Odometer. Hands are shown gripping the handlebars, which include pulse sensors.

- **Functions:** The monitor displays:
 - **TIME:** Duration of your workout.
 - **SPEED:** Current cycling speed.
 - **DISTANCE:** Distance covered during the current workout.
 - **CALORIES:** Estimated calories burned.
 - **ODOMETER (ODO):** Total accumulated distance.
 - **PULSE:** Heart rate (when holding the pulse sensors on the handlebars).
- **MODE Button:** Press to cycle through the display functions or to hold on a specific function.
- **RESET Button:** Press and hold to clear all current workout data (Time, Speed, Distance, Calories). Odometer data is not reset.
- **SET Button:** Used for setting target values for Time, Distance, or Calories (refer to specific monitor instructions if

available for setting targets).

- **Pulse Sensors:** Grip the metal plates on the handlebars to display your heart rate. Ensure both hands are in contact for an accurate reading.
- **Phone/iPad Holder:** Place your device in the integrated holder for entertainment during your workout.

MAINTENANCE

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Do not use abrasive cleaners or solvents.
- **Inspection:** Regularly inspect all moving parts, bolts, and nuts for looseness or wear. Tighten any loose components immediately.
- **Lubrication:** The magnetic resistance system is generally maintenance-free. Do not lubricate the flywheel or resistance mechanism.
- **Storage:** When not in use, the bike can be folded for compact storage. Loosen the main folding knob, fold the frame, and re-tighten the knob. Use the built-in transport wheels to move the bike easily.

Portable and Movable

Built in transport wheel move it by rolling wheels easily



Image: A person easily moving the Dskeuzeew Pedal Exerciser Bike using its built-in transport wheels, demonstrating its portability

and ease of storage.

- **Battery Replacement:** If the LCD monitor display becomes dim or unresponsive, replace the batteries (typically AA or AAA, refer to the monitor's battery compartment for specifics).

TROUBLESHOOTING

Problem	Possible Cause	Solution
LCD Monitor not displaying	Dead batteries; Loose sensor cable connection.	Replace batteries; Check and secure all cable connections to the monitor.
Bike makes noise during operation	Loose bolts or nuts; Unstable surface.	Inspect and tighten all assembly bolts and nuts; Ensure bike is on a flat, stable surface.
Resistance not changing	Tension control knob not properly engaged or damaged.	Ensure the knob is turned firmly; If issue persists, contact customer service.
Pedals feel loose or wobbly	Pedals not tightened correctly.	Re-tighten pedals, ensuring the left pedal is tightened counter-clockwise and the right clockwise.

SPECIFICATIONS

- **Brand:** Dskeuzeew
- **Model:** Dskeuzeew-003
- **Special Feature:** Foldable
- **Color:** Black
- **Power Source:** Battery Powered (for monitor)
- **Item Weight:** 18 Kilograms (approx. 39.7 lbs)
- **Material:** Alloy Steel
- **Resistance Mechanism:** Magnetic
- **Product Dimensions (Unfolded):** 23"D x 20"W x 49"H (approx. 58.4cm D x 50.8cm W x 124.5cm H)
- **Maximum Height:** 110 Centimeters (approx. 43.3 inches)
- **Number of Resistance Levels:** 8
- **Drive System:** Belt
- **Maximum User Weight Capacity:** 220 lbs (100 kg)
- **UPC:** 749749902281

WARRANTY AND SUPPORT

Dskeuzeew offers a **1-year warranty service** for this product from the date of purchase. This warranty covers manufacturing defects and material flaws under normal use.

For any problems with the product received, missing parts, or technical assistance, please contact Dskeuzeew customer service. We guarantee to respond to our customers within 24 hours.

Contact Information: Please refer to the product packaging or the official Dskeuzeew website for the most current customer service contact details.

