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› GYMAX Magnetic Resistance Indoor Exercise Bike XU82129FR User Manual

GYMAX XU82129FR

GYMAX Magnetic Resistance Indoor Exercise Bike XU82129FR User Manual

Model: XU82129FR | Brand: GYMAX

1. IMPORTANT SAFETY INSTRUCTIONS

Please read all instructions carefully before using this exercise bike. Keep this manual for future reference.

- Consult your physician before starting any exercise program.
- This exercise bike is designed for **home use only**.
- Ensure the bike is placed on a **flat, stable surface**. Use a mat underneath to protect your floor.
- Keep children and pets away from the equipment during use.
- Wear appropriate exercise clothing and athletic shoes. Avoid loose clothing that could get caught in moving parts.
- Check all bolts and nuts are securely tightened before each use.
- Do not exceed the maximum user weight capacity of **120 kg (265 lbs)**.
- If you experience any pain, dizziness, or shortness of breath, stop exercising immediately and consult your physician.
- The emergency stop knob (red knob) can be pressed down to stop the flywheel immediately in case of an emergency.
- Ensure the adjustable cage pedals are securely fastened to your feet to prevent slipping.

2. PACKAGE CONTENTS

Carefully unpack all components and ensure you have received all items listed below. If any parts are missing or damaged, please contact customer service.

- 1 x GYMAX Indoor Exercise Bike (Main Frame)
- 1 x User Manual
- All necessary assembly hardware and tools (usually included in a separate bag).



Image 2.1: Overview of the GYMAX Indoor Exercise Bike with key features highlighted, including the LCD monitor, comfortable race seat, adjustable stabilizers, adjustable cage pedals, and dual wheels for easy movement. This image illustrates the main components you should expect to find or assemble.

3. ASSEMBLY INSTRUCTIONS

Follow these steps to assemble your GYMAX Indoor Exercise Bike. It is recommended to have two people for assembly.

1. **Attach Stabilizers:** Secure the front and rear stabilizers to the main frame using the provided bolts and washers. Ensure they are firmly tightened to provide a stable base.
2. **Install Pedals:** Identify the left (L) and right (R) pedals. The left pedal screws in counter-clockwise, and the right pedal screws in clockwise. Thread them carefully into the crank arms and tighten securely with a wrench.
3. **Mount Seat Post and Seat:** Insert the seat post into the main frame and secure it at your desired height using the adjustment knob. Attach the seat to the seat post.
4. **Attach Handlebar Post and Handlebar:** Insert the handlebar post into the main frame and secure it. Mount the handlebar onto the handlebar post and tighten the securing bolts.
5. **Connect LCD Monitor:** Connect the sensor wires from the main frame to the LCD monitor. Mount the LCD monitor onto the handlebar post.
6. **Final Check:** Double-check all bolts, nuts, and connections to ensure they are secure before first use.

4. OPERATING INSTRUCTIONS

4.1 Adjusting the Seat

The seat can be adjusted both vertically and horizontally to accommodate users of different heights and preferences (suitable for users between 1.46m - 1.83m or 4.8 ft - 6 ft).

- **Vertical Adjustment:** Loosen the vertical adjustment knob located on the seat post. Raise or lower the seat to the desired height. Ensure your knee has a slight bend at the bottom of the pedal stroke. Tighten the knob securely.
- **Horizontal Adjustment:** Loosen the horizontal adjustment knob beneath the seat. Slide the seat forward or backward to find a comfortable position relative to the handlebars. Tighten the knob securely.



Image 4.1: This image demonstrates the fully adjustable seat, highlighting its vertical and horizontal adjustment capabilities. It also shows the recommended user height range (4.8 ft - 6 ft) and illustrates how the bike can fit various family members, from teenagers to seniors.

4.2 Adjusting the Handlebar

The multi-grip handlebar can be adjusted vertically to suit your riding posture.

- Loosen the handlebar adjustment knob. Raise or lower the handlebar to a comfortable height. Tighten the knob securely.
- The handlebar offers various grip positions (Extension Grip, Hook Grip, Time Trial Grip, Overhand Front Grip) to target different muscle groups and provide comfort during your workout.

Multi Grips Handlebar

Support different riding positions to target different muscle groups



Image 4.2: This image displays the multi-grip handlebar, illustrating different hand positions for varied workouts. It also highlights the integrated device holder, allowing users to place a phone or tablet for entertainment or tracking during exercise.

4.3 Adjusting Resistance

The GYMAX exercise bike features stepless magnetic resistance, allowing for precise adjustment to match your fitness level and workout intensity.

- **Increase Resistance:** Turn the red resistance knob clockwise.
- **Decrease Resistance:** Turn the red resistance knob counter-clockwise.
- The stepless adjustment allows for a wide range of intensities, suitable for warm-ups (0-25%), cardio workouts (25-50%), endurance enhancement (50-75%), and muscle building (75-100%).
- **Emergency Stop:** Press the red resistance knob down firmly to engage the emergency brake and stop the flywheel immediately.

Steplessly Adjustable

Suitable for users at all skill levels



• **0-25%**
Warm up



• **25-50%**
Cardio Workout



• **50-75%**
*Endurance
Enhancement*



• **75-100%**
Muscle Building



Image 4.3: This image illustrates the steplessly adjustable resistance knob, showing how users can fine-tune their workout intensity from warm-up to muscle building. It also highlights the magnetic resistance mechanism for smooth and quiet operation.

5. LCD MONITOR FUNCTIONS

The integrated LCD monitor tracks your workout data to help you monitor your progress.

- **SCAN:** Automatically cycles through TIME, SPEED, DISTANCE, CALORIE, ODOMETER, and PULSE.
- **TIME:** Displays the duration of your current workout.
- **SPEED:** Shows your current cycling speed.
- **DISTANCE:** Displays the distance covered during your current workout.
- **CALORIE:** Estimates the calories burned during your workout.
- **ODOMETER:** Records the total accumulated distance.
- **PULSE:** Displays your heart rate when holding the pulse sensors on the handlebars.

To reset the monitor, press and hold the button for a few seconds, or remove and reinsert the batteries.



Image 5.1: This image provides a close-up view of the LCD monitor, clearly labeling the various metrics it tracks: Odometer, Time, Speed, Distance, Calorie, and Pulse. It shows the digital display and the button for mode selection or reset.

6. 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 moving parts, bolts, and nuts for tightness. Tighten any loose components.
- **Lubrication:** The magnetic resistance system and belt drive are generally maintenance-free. Do not apply lubricants unless specifically instructed by the manufacturer.
- **Storage:** Store the bike in a cool, dry place away from direct sunlight and extreme temperatures.

7. TROUBLESHOOTING

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
LCD Monitor Not Displaying	Batteries are dead or incorrectly installed. Loose sensor connection.	Replace batteries. Check battery orientation. Ensure sensor wires are securely connected.
Unusual Noise During Operation	Loose bolts or components. Friction from moving parts.	Inspect and tighten all bolts and nuts. Ensure no parts are rubbing against each other.
Resistance Not Changing	Resistance knob mechanism issue.	Check if the resistance knob is properly engaged. If the issue persists, contact customer support.
Bike Feels Unstable	Uneven floor. Loose stabilizers.	Adjust the leveling feet on the stabilizers. Ensure all stabilizer bolts are tight.

8. SPECIFICATIONS

- **Model Number:** XU82129FR
- **Brand:** GYMAX
- **Material:** Steel, PP, Aluminum Alloy
- **Color:** Black
- **Overall Dimensions (L x W x H):** 103 x 50 x 119 cm (40.5 x 19.7 x 46.8 inches)
- **Adjustable Seat Height:** 78-92 cm (30.7-36.2 inches)
- **Maximum Weight Capacity:** 120 kg (265 lbs)
- **Net Weight:** 25.83 kg (56.9 lbs)
- **Gross Weight:** 28.86 kg (63.6 lbs)
- **Resistance Mechanism:** Magnetic
- **Drive System:** Belt
- **Suitable User Height:** 1.46 m - 1.83 m (4.8 ft - 6 ft)

265 LBS

Weight Capacity



Image 8.1: This image highlights the robust construction of the GYMAX exercise bike, emphasizing its 265 lbs (120 kg) weight capacity and stable triangle structure, built with a thickened steel frame for durability and safety.

9. WARRANTY AND SUPPORT

For warranty information or technical support, please refer to the purchase documentation or contact your retailer. Keep your proof of purchase for any warranty claims.

For further assistance, please visit the official GYMAX website or contact their customer service department.