

TecTake 404950

tectake® Foldable Exercise Bike User Manual

Brand: TecTake | Model: 404950

1. SAFETY INFORMATION

Please read this entire manual before assembling and using the exercise bike. Keep this manual for future reference.

- Consult your physician before starting any exercise program, especially if you have pre-existing health conditions.
- This product is designed for home use only. Do not use it in a commercial or institutional setting.
- The maximum user weight capacity for this exercise bike is **100 kg (220 lbs)**. Do not exceed this limit.
- Keep children and pets away from the exercise bike during use.
- Place the exercise bike on a flat, stable surface. Ensure there is adequate clear space around the bike for safe operation.
- Wear appropriate exercise clothing and footwear. Avoid loose clothing that could get caught in moving parts.
- Inspect the bike before each use for any loose or worn parts. Do not use if any damage is found.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

2. PRODUCT OVERVIEW

The tectake® Foldable Exercise Bike is a compact and efficient fitness solution designed for effective leg, waist, and glute training. Its robust steel tube construction ensures stability and durability, while its foldable design allows for space-saving storage.

Key Features:

- Quiet operation with a foldable design.

- Robust X-shaped frame made of powder-coated steel.
- Flywheel with belt system and wear-resistant magnetic brake.
- Eight adjustable resistance levels via a rotary knob.
- Seven-position height-adjustable saddle.
- Padded handlebars with integrated pulse measurement.
- Non-slip pedal surface with adjustable foot straps.
- Rubber end caps for secure footing.
- Training computer with clear LCD display.



Figure 2.1: Overview of the tectake Foldable Exercise Bike. This image shows the full assembly of the exercise bike, highlighting its compact design and key components like the seat, handlebars, pedals, and main frame.

3. SETUP AND ASSEMBLY

The tectake exercise bike is designed for quick and easy assembly. All necessary mounting materials are

included.

3.1 Package Contents:

- Exercise Bike main frame and components
- Assembly Instructions
- Mounting Material (screws, nuts, tools)

3.2 Assembly Steps:

1. Carefully unpack all components and verify against the parts list in the included assembly instructions.
2. Attach the front and rear stabilizers to the main frame using the provided bolts and nuts.
3. Secure the pedals to the crank arms. Note that the left pedal is reverse-threaded.
4. Install the seat post and saddle, ensuring it is securely fastened.
5. Attach the handlebars to the main frame, connecting any necessary sensor cables for the computer.
6. Insert 2 x AA 1.5V batteries into the training computer (batteries not included).
7. Connect the pulse sensor cables from the handlebars to the computer.
8. Ensure all connections are tight and secure before first use.

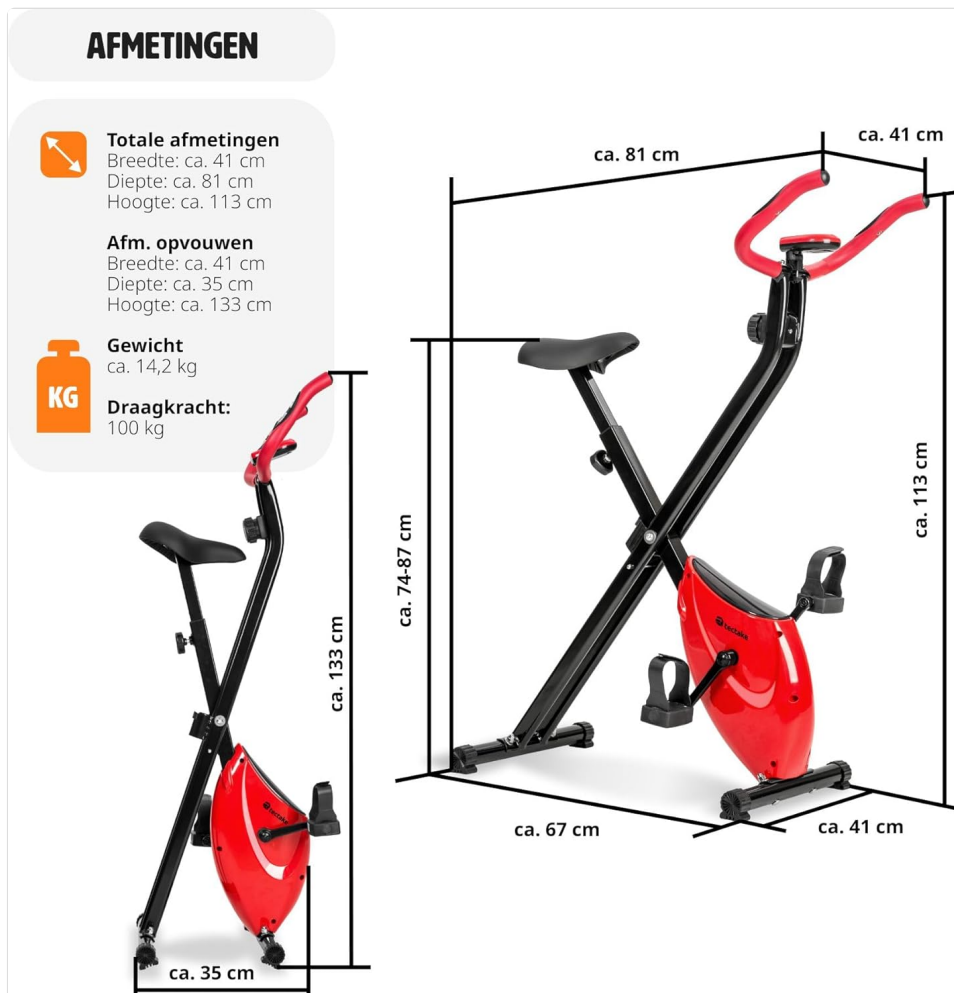


Figure 3.1: Dimensions of the exercise bike. This diagram illustrates the overall dimensions of the bike (approx. 41 x 81 x 113 cm) and its folded dimensions (approx. 41 x 35 x 133 cm), which is helpful for planning placement and storage.

4. OPERATING INSTRUCTIONS

4.1 Adjusting Seat Height:

The saddle can be adjusted to seven different height positions to accommodate users up to 180 cm (5'11").

1. Loosen the adjustment knob located on the seat post.
2. Raise or lower the saddle to your desired height. Ensure your leg has a slight bend at the knee when the pedal is at its lowest point.
3. Tighten the adjustment knob securely to lock the saddle in place.

4.2 Adjusting Resistance:

The bike features eight levels of magnetic resistance, allowing you to customize your workout intensity.



Figure 4.1: Close-up of the tension control knob. This image shows the rotary knob used to adjust the magnetic resistance from level 1 (low) to level 8 (high), allowing users to customize their workout intensity.

1. Locate the rotary knob on the main frame, typically below the handlebars.
2. Turn the knob clockwise to increase resistance (higher numbers for more challenging workouts).
3. Turn the knob counter-clockwise to decrease resistance (lower numbers for easier workouts).

4.3 Using the Training Computer:

The LCD training computer tracks important workout data.



Figure 4.2: Close-up of the training computer display. This image shows the LCD screen which displays various metrics such as time, speed, distance, calories, and pulse, along with the 'Mode' and 'Reset' buttons.



Figure 4.3: Hand gripping the handlebar with integrated pulse sensors. This image demonstrates how to hold the handlebars to activate the pulse measurement function on the training computer.

- **Display Functions:** The computer typically displays Time, Speed, Distance, Calories, and Pulse (heart rate). Some models may have a 'Scan' mode that cycles through these metrics automatically.
- **Pulse Measurement:** Grip the padded handlebars firmly with both hands. Ensure your palms are in contact with the metal sensors. Your pulse will be displayed on the screen after a few seconds.
- **Mode Button:** Press the 'Mode' button to cycle through the different display functions or to select a specific function to view.
- **Reset Button:** Press and hold the 'Reset' button to clear all current workout data.



Figure 4.4: A person actively using the tectake exercise bike. This image provides a visual reference for proper posture and engagement during a workout session.



Figure 4.5: Close-up of feet on the non-slip pedals with adjustable straps. This image highlights the secure foot placement provided by the pedal design, essential for effective and safe cycling.

5. MAINTENANCE

5.1 Cleaning:

- Wipe down the bike with a damp cloth after each use to remove sweat and dust.
- Do not use abrasive cleaners or solvents, as these may damage the finish or electronic components.
- Keep the LCD display clean and dry.

5.2 Storage:

Thanks to its practical foldable function, the exercise bike can be stored compactly when not in use.



Figure 5.1: The exercise bike in its folded and unfolded states. This image demonstrates the bike's convenient foldable design, allowing for easy storage in smaller spaces.

- To fold the bike, follow the instructions in the assembly manual or reverse the setup steps for folding.
- Store the bike in a dry, cool place, away from direct sunlight and extreme temperatures.
- Ensure the bike is stable and secure in its folded position to prevent accidental tipping.

6. TROUBLESHOOTING

If you encounter any issues with your tectake exercise bike, please refer to the following common troubleshooting tips:

- **Computer Display Not Working:**
 - Check if the batteries (2 x AA 1.5V) are correctly installed and not depleted. Replace if necessary.
 - Ensure all cable connections to the computer are secure.
- **No Pulse Reading:**
 - Ensure your hands are firmly gripping both metal sensors on the handlebars.
 - Make sure the pulse sensor cables are properly connected to the computer.
- **Unusual Noises During Operation:**
 - Check all bolts and nuts, especially on the frame and pedals, to ensure they are tight.
 - Ensure the bike is on a flat and stable surface.

- **Resistance Not Changing:**

- Verify that the resistance knob is turning freely and engaging with the internal mechanism.
- If the issue persists, contact customer support.

For issues not covered here, please refer to the detailed assembly instructions or contact TecTake customer support.

7. SPECIFICATIONS

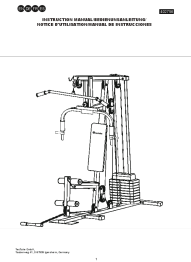
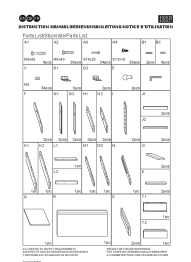
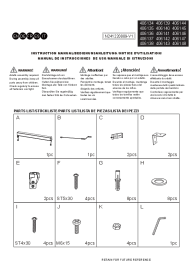

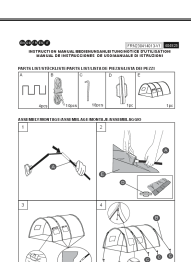
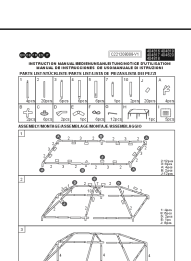
Feature	Specification
Model Number	404950
Overall Dimensions (L x W x H)	Approx. 81 x 41 x 113 cm (31.9 x 16.1 x 44.5 inches)
Folded Dimensions (L x W x H)	Approx. 41 x 35 x 133 cm (16.1 x 13.8 x 52.4 inches)
Weight	Approx. 14.2 kg (31.3 lbs)
Max User Weight Capacity	100 kg (220 lbs)
Recommended Max User Height	Up to 180 cm (5'11")
Saddle Height Adjustment	7 positions (approx. 68-81 cm / 26.8-31.9 inches)
Resistance System	Magnetic, 8 levels
Training Computer Power	2 x AA 1.5V batteries (not included)
Main Material	Powder-coated steel, ABS plastic, Polypropylene, NBR rubber, Polyurethane
Color	Red / Black

8. WARRANTY AND SUPPORT

For warranty information, technical support, or to order replacement parts, please contact TecTake customer service. Refer to the contact details provided with your purchase documentation or visit the official TecTake website.

Please have your model number (404950) and proof of purchase ready when contacting support.

Related Documents - 404950

	<p>TecTake 402756 Home Gym Assembly and Exercise Guide</p> <p>Instruction manual for the TecTake 402756 home gym, covering assembly, safety precautions, and exercise guidance. Includes preparation tips and warm-up/cool-down routines.</p>
	<p>TecTake 400926/400927 Lift Desk Assembly Instructions</p> <p>Step-by-step assembly guide for the TecTake 400926 and 400927 lift desk, including a detailed parts list and safety warnings.</p>
	<p>Roller Blind Installation Manual</p> <p>Comprehensive instruction manual for the installation of a roller blind, including parts list, assembly steps, and contact information for tectake.</p>
	<p>Assembly Instructions for TecTake Wardrobe (Models 402485, 402940)</p> <p>Comprehensive assembly instructions for TecTake wardrobe models 402485 and 402940, detailing parts list and step-by-step assembly guidance in multiple languages.</p>
	<p>tectake Roskilde 6-Person Camping Tent Assembly Instructions</p> <p>Assembly guide for the tectake Roskilde 6-person camping tent, including parts list and step-by-step instructions. Model FRN230414013-V1.</p>
	<p>Assembly Instructions for TecTake Tent (Models 404816-404820)</p> <p>Step-by-step assembly guide for TecTake tents, including parts list and assembly diagrams. Covers models 404816, 404817, 404818, 404819, and 404820.</p>

