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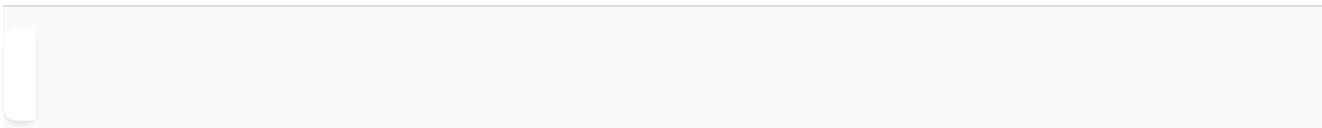
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## TecTake 404950

# TecTake Foldable Exercise Bike with LCD Computer - User Manual

Model: 404950



## 1. INTRODUCTION AND OVERVIEW

Thank you for choosing the TecTake Foldable Exercise Bike. This manual provides essential information for the safe and efficient use of your new fitness equipment. Designed for cardio training at home, this elliptical ergometer features a robust construction, an LCD computer, and a space-saving foldable design. Please read this manual thoroughly before assembly and use, and keep it for future reference.

### Key Features:

- **Space-Saving Design:** Easily foldable for convenient storage without cluttering your living space.
- **Durable Construction:** Features a robust X-shaped frame made of epoxy-lacquered steel and a magnetic brake system for long-lasting performance.
- **Adjustable Resistance:** 8 levels of resistance, adjustable via a knob, to customize your workout intensity.
- **Comfortable and Secure:** Adjustable seat with 7 height positions, padded handlebars with pulse sensors, and anti-slip pedals with adjustable foot straps.
- **Integrated LCD Computer:** Tracks time, speed, distance, calories burned, and pulse rate to monitor your progress.

## 2. SAFETY INSTRUCTIONS

Before using the exercise bike, please observe the following safety precautions:

- Consult a physician before starting any new exercise program, especially if you have pre-existing health conditions.
- Ensure the exercise bike is placed on a flat, stable surface. Use a protective mat to prevent damage to your floor.
- Keep children and pets away from the equipment during use.
- The maximum user weight capacity for this device is **100 kg (220 lbs)**. Do not exceed this limit.
- Wear appropriate athletic clothing and footwear. Avoid loose clothing that could get caught in moving parts.
- Check all bolts and connections regularly to ensure they are securely tightened.

- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- Do not attempt to modify the equipment. Use only original replacement parts if necessary.

### **3. PACKAGE CONTENTS**

Please verify that all components are present and undamaged before assembly. Refer to the packing list provided with your product for a detailed inventory. Typically, the package includes:

- Main frame components
- Seat and seat post
- Handlebars with pulse sensors and LCD computer
- Pedals with foot straps
- Stabilizer bars
- Assembly hardware (screws, nuts, washers, tools)
- User Manual

### **4. ASSEMBLY AND SETUP**

The TecTake Foldable Exercise Bike is designed for quick and easy assembly. Follow the step-by-step instructions provided in the separate assembly guide included in your package. Ensure all parts are correctly aligned and securely fastened.



Image 1: Overview of the TecTake Foldable Exercise Bike, illustrating its main components and features such as the training computer, adjustable resistance, 7-level adjustable seat, and foldable design.

#### 4.1. Seat Height Adjustment

The seat can be adjusted to 7 different height positions to accommodate various user heights. To adjust:

1. Loosen the adjustment knob located on the seat post.
2. Raise or lower the seat 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 firmly to secure the seat in place.

## DIMENSIONS



### Dimensions totales

Largeur : env. 41 cm  
Profondeur : env. 81 cm  
Hauteur : env. 113 cm

### Dimensions pliées

Largeur : env. 41 cm  
Profondeur : env. 35 cm  
Hauteur : env. 133 cm



**Poids**  
env. 14,2 kg

**Poids supporté :**  
100 kg



Image 2: Detailed dimensions of the exercise bike, showing both its unfolded state (approx. 81 x 41 x 113 cm) and folded state (approx. 35 x 41 x 133 cm), highlighting its compact storage capability.

## 4.2. Folding and Storage

To fold the exercise bike for storage:

1. Locate the folding pin or mechanism on the main frame.
2. Pull the pin or release the mechanism to unlock the frame.
3. Carefully fold the bike until it is in its compact position.
4. Secure the folding mechanism to prevent accidental unfolding.



#### Écran LCD facile à utiliser

1. indique le pouls, le temps, la vitesse, la distance et les calories brûlées



#### Poignées multifonctionnelles

2. mesurent votre pouls, sont ergonomiques et agréablement rembourrées



#### 8 niveaux de résistance réglables

3. vous offrent la possibilité parfaite pour un entraînement individuel selon vos désirs



#### Mécanisme de pliage pratique

4. permet un transport facile ainsi qu'un stockage peu encombrant

Image 3: A composite image showcasing four key features: 1. Easy-to-use LCD screen displaying pulse, time, speed, distance, and calories. 2. Multifunctional padded handles with pulse sensors. 3. 8 levels of adjustable resistance. 4. Practical folding mechanism for space-saving storage.

## 5. OPERATING INSTRUCTIONS

### 5.1. Using the LCD Computer

The integrated LCD computer helps you track your workout progress. It displays the following metrics:

- **TIME:** Duration of your workout.
- **SPEED:** Current cycling speed.
- **DISTANCE:** Distance covered during your session.
- **CALORIES:** Estimated calories burned.
- **PULSE:** Your heart rate, measured via the handlebar sensors.
- **SCAN:** Automatically cycles through all metrics.

To operate the computer:

1. Press the 'MODE' button to select the desired display function.
2. To reset values, press and hold the 'MODE' button for a few seconds.
3. The computer automatically turns on when you start pedaling or press any button. It will turn off automatically after a period of inactivity.



Image 4: A detailed view of the LCD training computer, showing the display of time, speed, distance, calories, pulse, and scan functions. A hand is shown pressing the mode button.

## 5.2. Adjusting Resistance

The exercise bike offers 8 levels of magnetic resistance. To adjust the intensity of your workout:

1. Locate the tension control knob on the front post of the bike.
2. Turn the knob clockwise to increase resistance (higher numbers for more intense workouts).
3. Turn the knob counter-clockwise to decrease resistance (lower numbers for easier workouts).

# 8 NIVEAUX RÉGLABLES



**1-3**  
**EXERCICES FACILES**



**4-6**  
**ENTRAÎNEMENT CARDIO**



**7-8**  
**MUSCULATION**

Image 5: A close-up of the resistance knob, indicating 8 adjustable levels. Levels 1-3 are suggested for easy exercises, 4-6 for cardio training, and 7-8 for muscle strengthening.

### 5.3. Heart Rate Monitoring

The handlebars are equipped with pulse sensors. To measure your heart rate:

1. Grip both pulse sensors firmly with your hands during your workout.
2. Your heart rate will be displayed on the LCD computer after a few seconds.



Image 6: A close-up image showing a hand properly gripping the pulse sensor integrated into the handlebar, demonstrating how to measure heart rate during exercise.



Image 7: This image highlights the comfortable seat and the 100% anti-slip rubber feet, ensuring stability and floor protection during use.

## 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 connections for tightness and wear. Tighten any loose fasteners.
- **Lubrication:** The magnetic brake system is designed to be maintenance-free. No lubrication is required for the internal mechanism.
- **Storage:** When not in use, fold the bike and store it in a dry, cool place away from direct sunlight and extreme temperatures.

## 7. TROUBLESHOOTING

If you encounter issues with your TecTake Exercise Bike, refer to the following common problems and solutions:

- **LCD Display Not Working:**

- Check if the batteries are correctly installed or need replacement. (The product specifications state 'Piles incluses ? Non', so batteries are not included and need to be purchased separately).
- Ensure all cable connections to the computer are secure.

- **No Resistance or Incorrect Resistance:**

- Verify that the resistance knob is properly engaged and turning freely.
- Ensure the magnetic brake system is correctly assembled according to the instructions.

- **Unusual Noises During Operation:**

- Check all bolts and nuts for tightness. Loose parts can cause rattling or squeaking.
- Inspect pedals and crank arms for any signs of damage or looseness.

- **Unstable Bike:**

- Ensure the bike is on a level surface. Adjust the leveling caps on the stabilizer bars if present.
- Confirm all frame connections are securely tightened.

If the problem persists, please contact TecTake customer support.

## 8. SPECIFICATIONS

Feature	Detail
Brand	TecTake
Model Number	404950
Color	Black
Material	Epoxy-lacquered Steel, Plastic
Drive System	Belt
Resistance Mechanism	Magnetic
Resistance Levels	8 (Adjustable)
Seat Adjustment	7 Height Positions
Features	Foldable, Adjustable Seat, Pulse Sensors
Power Source	Battery Powered (Batteries not included)
Unfolded Dimensions (L x W x H)	Approx. 81 x 41 x 113 cm
Folded Dimensions (L x W x H)	Approx. 35 x 41 x 133 cm
Item Weight	14.2 kg
Maximum Weight Capacity	100 kg
Recommended Use	Indoor

## 9. PRODUCT VIDEOS

### 9.1. Fitness FLC201BN Exercise Bike Overview

Your browser does not support the video tag.

Video 1: This video provides an overview of the Ffitness FLC201BN exercise bike, demonstrating its features and use for home cardio and fitness workouts. (Note: This video is for a similar product, Ffitness FLC201BN, and is provided by a seller.)

## 9.2. F-Bike Foldable Exercise Bike Features

Your browser does not support the video tag.

Video 2: This video showcases the features of an F-Bike foldable exercise bike, including its adjustable seat, multifunctional handles, LCD display, anti-slip pedals, magnetic resistance, and space-saving foldable design. (Note: This video is for a similar product, F-Bike, and is provided by a seller.)

## 10. WARRANTY AND SUPPORT

For warranty information, please refer to the documentation included with your purchase or contact the retailer. For technical support, spare parts, or any questions not covered in this manual, please contact TecTake customer service directly. Have your model number (404950) and purchase date ready when contacting support.