



Manuals.plus /

› Dskeuzeew /

› Dskeuzeew Recumbent Exercise Bike Model 001 Instruction Manual

## Dskeuzeew 001

# Dskeuzeew Recumbent Exercise Bike Model 001 Instruction Manual

Brand: Dskeuzeew | Model: 001

## 1. PRODUCT OVERVIEW

---

The Dskeuzeew Recumbent Exercise Bike Model 001 is designed for home fitness, offering a comfortable and effective workout experience. It features a magnetic resistance system, an LCD monitor for tracking workout data, and a sturdy steel frame.

# PREMIUM STEEL, STURDY AND STABLE

Maximum load-bearing capacity of 150 kg



Image: The Dskeuzeew Recumbent Exercise Bike showcasing its robust steel frame and stable design.

## Key Features:

- **Adjustable Magnetic Resistance:** 8 levels of magnetic resistance for varied workout intensities.
- **Multi-functional LCD Monitor:** Tracks time, speed, distance, calories burned, and heart rate.
- **Comfortable Design:** Semi-recumbent posture with adjustable seat and backrest.
- **Space-Saving:** Foldable design for easy storage.
- **Full Body Workout:** Includes resistance bands for upper body exercises.

## Product Overview Video:

Your browser does not support the video tag.

Video: A brief overview of the ISE Recumbent Exercise Bike (SY-6801), highlighting its key features and design. Note: This video is for illustrative purposes of a similar product.

## 2. SAFETY INFORMATION

- Consult a physician before starting any exercise program.

- Keep children and pets away from the equipment during use.
- Place the exercise bike on a flat, stable surface.
- Ensure all bolts and nuts are securely tightened before each use.
- Do not exceed the maximum weight capacity of 150 kg.
- Wear appropriate exercise attire and footwear.
- Stop exercising immediately if you feel dizzy, nauseous, or experience any pain.

### 3. PACKAGE CONTENTS

---

Upon opening the package, please verify that all components are present and undamaged:

- 1 x Dskeuzeew Recumbent Exercise Bike (main frame, seat, backrest, handlebars, pedals, LCD monitor)
- 1 x User Manual
- Assembly Tools (wrenches, Allen keys)
- Resistance Bands

### 4. SETUP AND ASSEMBLY

---

Follow these steps carefully to assemble your Dskeuzeew Recumbent Exercise Bike. It is recommended to have two people for certain steps.

#### Assembly Video Guide:

Your browser does not support the video tag.

*Video: Detailed assembly instructions for a YOSUDA Recumbent Exercise Bike. This video provides a comprehensive visual guide for assembling a similar recumbent bike model.*

#### Step-by-Step Assembly:

1. **Install Front and Rear Stabilizers:** Attach the front and rear stabilizer bars to the main frame using the provided bolts and tools. Ensure they are securely fastened.
2. **Attach Seat and Backrest:** Secure the seat cushion and backrest cushion to their respective support frames. Use the appropriate bolts and washers, tightening them firmly.
3. **Install Rear Handlebar:** Connect the rear handlebar to the seat frame. Ensure the connection is stable and all wires (if any) are properly routed.
4. **Connect Seat Frame to Main Frame:** Slide the adjustable seat frame into the main frame. Secure it with the adjustment knob, ensuring it can slide smoothly for adjustment.
5. **Install Front Upright Post:** Carefully connect the resistance control cable and sensor wires from the main frame to the front upright post. Then, slide the front upright post into the main frame and secure it with bolts.
6. **Mount the Monitor:** Attach the LCD monitor to the bracket on the front upright post. Connect the sensor wires and heart rate monitor cables to the back of the monitor. Insert batteries into the monitor.
7. **Attach Pedals:** Identify the left (L) and right (R) pedals. Screw the left pedal counter-clockwise and the right pedal clockwise into the crank arms. Tighten them with a wrench. Attach the foot straps.

### 5. OPERATING INSTRUCTIONS

---

## Adjusting the Seat:

The seat can be adjusted horizontally to accommodate users of different heights. Pull the adjustment knob located under the seat, slide the seat to your desired position, and release the knob to lock it in place. Ensure the seat is securely locked before use.



*Image: The adjustable seat mechanism of the Dskeuzeew Recumbent Exercise Bike, showing various possible positions.*

## Adjusting Resistance:

The bike features 8 levels of magnetic resistance. Turn the tension control knob located on the front upright post clockwise to increase resistance (for a more challenging workout) or counter-clockwise to decrease resistance (for an easier workout).

# 8 LEVEL MAGNETRON RESISTANCE

Customize perfect exercise plan



Image: Close-up of the 8-level magnetic resistance control knob on the Dskeuzeew Recumbent Exercise Bike.

## Using the LCD Monitor:

The multi-functional LCD monitor displays your workout data. Press the 'MODE' button to cycle through different display modes:

- **TIME:** Duration of your workout.
- **SPEED:** Current cycling speed.
- **DISTANCE:** Distance covered during the current session.
- **CALORIES:** Estimated calories burned.
- **HEART RATE:** Your pulse when holding the heart rate sensors on the handlebars.
- **SCAN:** Automatically cycles through all functions.

Press 'RESET' to clear all values and start a new workout session.

# MULTIFUNCTIONAL LCD MONITOR



*Image: The multi-functional LCD monitor of the Dskeuzeew Recumbent Exercise Bike, showing various workout metrics and heart rate sensors on the handlebars.*

## Using Resistance Bands:

The integrated resistance bands allow for upper body exercises while cycling. Hold the handles of the bands and perform various arm and shoulder movements to engage different muscle groups.

# FULL BODY WORKOUT WITH RESISTANCE BANDS EXERCISE BIKE



Image: A user demonstrating a full-body workout using the resistance bands integrated into the Dskeuzeew Recumbent Exercise Bike.

## 6. MAINTENANCE

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Regularly check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Lubrication:** Periodically apply a small amount of silicone-based lubricant to moving parts as recommended in the full manual to ensure smooth operation.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures. The foldable design allows for compact storage.

## 7. TROUBLESHOOTING

- **No Display on Monitor:** Check if batteries are correctly installed and not depleted. Replace if necessary. Ensure all sensor cables are securely connected.

- **Inaccurate Readings:** Verify that all sensor connections are firm. Ensure the bike is on a level surface.
- **Unusual Noise:** Check for any loose parts or fasteners. Ensure the bike is on a stable surface. If noise persists, inspect the internal mechanism for any obstructions or damage.
- **Resistance Not Changing:** Check the tension control cable connection. Ensure the knob is turning freely and engaging the magnetic resistance system.

## 8. SPECIFICATIONS

Feature	Detail
Brand	Dskeuzeew
Model Number	001
Material	Alloy Steel
Color	Silver
Resistance Mechanism	Magnetic
Resistance Levels	8 Adjustable Levels
Drive System	Belt
Maximum Weight Capacity	150 Kilograms
Recommended Maximum Height	185 Centimeters
Product Dimensions (L x W x H)	107 x 53 x 116 cm
Item Weight	20.5 Kilograms
Power Source	Battery Powered (for monitor)

## 9. WARRANTY AND SUPPORT

Dskeuzeew offers a 1-year warranty for this product. For any issues or questions regarding your exercise bike, please contact Dskeuzeew customer service. They guarantee a response within 24 hours.

For further assistance, please refer to the contact information provided in your package or visit the official Dskeuzeew brand store.