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BODIOO 10

BODIOO Folding Exercise Bike User Manual

Model: 10 | **Brand:** BODIOO

1. Safety Information

Please read and understand all instructions before assembling and using the exercise bike. Retain this manual for future reference.

- Consult your physician before starting any new exercise program.
- Ensure the exercise bike is placed on a flat, stable surface.
- Keep children and pets away from the equipment during use.
- The maximum user weight recommendation for this bike is**265 Pounds**.
- Inspect the bike for any loose or damaged parts before each use. Do not use if damaged.
- Wear appropriate athletic footwear during workouts.

2. Package Contents

Verify that all components are present before assembly:

- Main Frame Assembly
- Seat and Backrest
- Handlebars with LCD Monitor
- Left and Right Pedals
- Arm Resistance Bands (pre-attached)
- Stabilizer Bars (front and rear)
- Hardware Kit and Tools

3. Setup and Assembly

Follow these general steps for setting up your BODIOO Folding Exercise Bike. Refer to the included assembly diagram for detailed instructions.

1. **Unfold the Frame:** Carefully unfold the main frame until it locks into the desired position (upright or recumbent).
2. **Attach Stabilizer Bars:** Secure the front and rear stabilizer bars to the main frame using the provided bolts and tools.
3. **Install Pedals:** Attach the left and right pedals to the crank arms. Note the 'L' and 'R' markings. Ensure they are tightened securely.
4. **Mount Seat and Backrest:** Slide the seat post into the frame and secure it. Attach the backrest to the seat assembly.
5. **Install Handlebars:** Connect the handlebars to the main frame, ensuring all cables for the LCD monitor and pulse sensors are properly connected.



Figure 3.1: Fully assembled BODIOO Folding Exercise Bike.

Adjustments:

- **Seat Height:** Adjust the seat height using the knob located on the seat post. There are 7 options for cushion height to accommodate various user heights.

- **Seat Position:** The seat can be adjusted to 2 different positions for upright or recumbent riding.



Figure 3.2: Customizable seat height and cushion thickness for comfortable workouts.

4. Operating Instructions

LCD Monitor:

The integrated LCD monitor tracks your workout data. It displays time, speed, distance, calories burned, and heart rate (pulse).

- **Mode Button:** Press to cycle through different display modes (SCAN, TIME, SPEED, DISTANCE, CALORIES, ODOMETER, PULSE).
- **Reset Button:** Press and hold to clear all current workout data.

- **Pulse Sensor:** Place both hands on the pulse sensors on the handlebars to measure your heart rate.



Figure 4.1: Upgraded backlit LCD display for tracking workout metrics.

Resistance Adjustment:

The bike features a **10-level adjustable magnetic resistance system**. Turn the tension control knob located below the handlebars to increase or decrease the resistance level. Higher numbers indicate greater resistance.



Figure 4.2: Resistance levels ranging from rehabilitation (1-2) to muscle stabilizing (9-10).

Arm Resistance Bands:

Utilize the integrated arm resistance bands for a full-body workout. These bands allow you to engage your upper body muscles while cycling.



Figure 4.3: Engage your upper body with the integrated resistance bands.

4-in-1 Workout Modes:

This versatile exercise bike supports four distinct riding positions to target different muscle groups and intensity levels:

- **Upright Ride:** For high-intensity cardio and calorie burning.
- **Recumbent Ride:** Provides a low-impact, comfortable workout experience.
- **Relax Ride:** A comfortable, lower-impact option with handlebar support.
- **Arm Training:** Incorporates the resistance bands for upper body engagement.



Figure 4.4: Explore various workout styles with the 4-in-1 multi-functional design.

Tablet/Phone Holder:

A convenient holder is integrated into the console, allowing you to place your phone or tablet for entertainment during your workout.

5. 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 as necessary.
- **Storage:** The bike features a folding design for minimal space. Fold it completely when not in use and store in a dry, cool place. Transport wheels allow for easy movement.

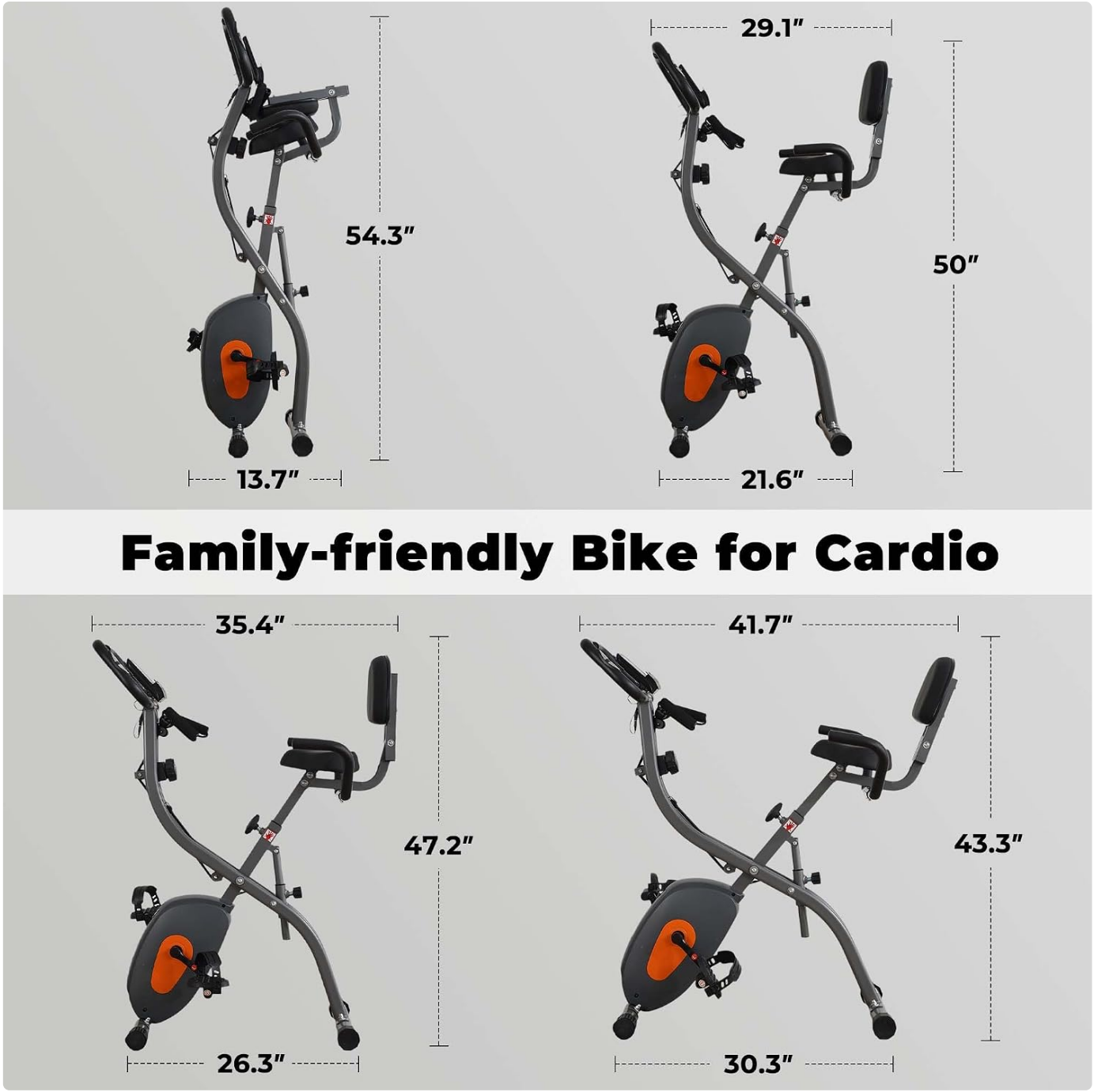


Figure 5.1: Dimensions illustrating the compact folding design for easy storage.

6. Troubleshooting

Problem	Possible Cause	Solution
LCD Monitor not displaying	Batteries are dead or incorrectly installed.	Replace batteries or ensure correct polarity. Check cable connections.
Resistance not changing	Tension cable is loose or damaged.	Check the tension control knob and cable connection. Contact support if damaged.
Unusual noise during operation	Loose bolts or components.	Inspect and tighten all bolts and connections. Ensure bike is on a level surface.

Problem	Possible Cause	Solution
Pulse reading is inaccurate or absent	Hands not firmly on sensors or sensors are dirty.	Ensure both hands are firmly gripping the sensors. Clean sensors if necessary.

7. Specifications

Feature	Detail
Brand	BODIOO
Model Name	Exercise Bike
Special Feature	Adjustable Seat, Foldable
Color	Grey
Power Source	Manual (human-powered)
Recommended Uses	Indoor, Home
Item Weight	40 Pounds
Material	Alloy Steel
Resistance Mechanism	Magnetic
Product Dimensions (D x W x H)	26.3" x 35.4" x 47.2"
Maximum Weight Recommendation	265 Pounds
Number of Resistance Levels	10
Drive System	Belt

8. Warranty and Support

For warranty information and customer support, please refer to the documentation provided with your purchase or contact the retailer/manufacturer directly. Protection plans may be available for extended coverage.
Manufacturer: BODIOO

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