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TECHMOO TH-EB02

TECHMOO TH-EB02 Under Desk Pedal Exerciser Instruction Manual

Model: TH-EB02 | Brand: TECHMOO

1. Introduction

Welcome to your new TECHMOO TH-EB02 Under Desk Pedal Exerciser. This manual provides essential information for the safe and effective use of your device. Please read it thoroughly before assembly and operation to ensure proper function and longevity of the product.

2. Important Safety Information

Please observe the following safety precautions to prevent injury and damage to the equipment:

- Consult a physician before starting any exercise program, especially if you have pre-existing health conditions.
- Place the exerciser on a stable, level surface to prevent tipping or movement during use.
- Ensure all parts are securely assembled and tightened before each use.
- Keep children and pets away from the equipment during operation.
- Do not stand on the pedals. This device is designed for seated use only.
- Stop exercising immediately if you feel pain, dizziness, nausea, or any other discomfort.
- Regularly inspect the equipment for any signs of wear, damage, or loose components. Do not use if damaged.
- Maintain a clear space around the exerciser during use.

3. Product Overview

The TECHMOO TH-EB02 is a compact and portable pedal exerciser designed for low-impact leg and arm workouts, suitable for use at home or in the office.

Key Components

- Main Unit with Internal Flywheel

- Pedals with Adjustable Straps
- Resistance Adjustment Knob
- LCD Display (Battery Powered)
- Anti-slip Rubber Feet / Nail Pads (for carpet use)



This image displays the complete TECHMOO TH-EB02 Under Desk Pedal Exerciser, showing the main unit, pedals, and the included anti-slip pads.

4. Setup Instructions

Follow these steps to prepare your pedal exerciser for immediate use:

1. **Unpacking:** Carefully remove all components from the packaging. Ensure all parts listed in the product overview are present.
2. **Placement:** Position the exerciser on a flat, stable surface. Ensure there is enough space around the unit for comfortable movement.
3. **Anti-slip Pads:** For enhanced stability, especially on carpeted floors, attach the provided nail pads to the base of the exerciser. For hard floors, the rubber feet provide sufficient grip.

4. **Pedal Straps:** Adjust the Velcro pedal straps to comfortably secure your feet or hands. Ensure they are snug but not overly tight.



This image highlights the anti-slip rubber feet and the LCD display, showing how they contribute to stability and tracking during exercise.

5. Operating Instructions

5.1. Adjusting Resistance

The resistance level can be adjusted to suit your fitness level and exercise goals using the knob located on the front of the unit:

- Turn the knob **clockwise** to **increase** resistance, making pedaling more challenging.
- Turn the knob **counter-clockwise** to **decrease** resistance, making pedaling easier.



This image illustrates the stepless resistance knob, indicating how to turn it to adjust the workout intensity.

5.2. Using the LCD Display

The integrated LCD display tracks various metrics to help you monitor your workout progress:

- **SCAN:** Automatically cycles through all available metrics every few seconds.
- **TIME:** Displays the duration of your current exercise session in minutes and seconds.
- **SPEED:** Shows your current pedaling speed.
- **DISTANCE:** Indicates the estimated distance covered during the session.
- **CALORIES:** Provides an estimated number of calories burned during your workout.
- **COUNT:** Displays the number of pedal rotations during the current session.
- **TOTAL COUNT:** Shows the cumulative total pedal rotations over time (resets when batteries are removed).

Press the red button on the display to cycle through the different display modes. Hold the button for a few seconds to reset the current session's values (TIME, DISTANCE, CALORIES, COUNT).



This image details the functional monitor, displaying metrics such as count, distance, time, total count, and calories.

5.3. Exercise Modes (Legs and Arms)

The exerciser is versatile and can be used for both lower and upper body workouts:

- **Leg Exercise:** Place the exerciser on the floor in front of your chair. Sit comfortably, place your feet into the pedal straps, and begin pedaling. Adjust resistance as desired.
- **Arm Exercise:** Place the exerciser on a stable table at a comfortable height. Sit in front of it, place your hands into the pedal straps, and begin pedaling. Adjust resistance as desired.



This image demonstrates the versatility of the exerciser, showing it being used for both leg exercises while seated on the floor and arm exercises on a table.

6. Maintenance

Regular maintenance ensures the longevity and optimal performance of your exerciser:

- **Cleaning:** Wipe the unit with a soft, damp cloth after each use. Do not use abrasive cleaners or solvents, as they may damage the finish or electronic components.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Storage:** Store the exerciser in a cool, dry place away from direct sunlight and extreme temperatures when not in use.
- **Battery Replacement:** If the LCD display becomes dim or unresponsive, replace the batteries (typically AA or AAA, refer to the battery compartment for specifics).

7. Troubleshooting

If you encounter any issues with your TECHMOO TH-EB02, refer to the following common problems and solutions:

- **Problem:** LCD display is not working or is dim.
  Solution: Check battery installation. Ensure batteries are correctly oriented. Replace batteries if necessary.
- **Problem:** The unit slides or moves during use.
  Solution: Ensure anti-slip pads are correctly installed. Use the exerciser on a non-slip mat or on carpet with the provided nail pads for better grip.
- **Problem:** Pedaling feels rough, inconsistent, or produces unusual noise.
  Solution: Check for any obstructions around the pedals or flywheel. Ensure all connections and fasteners are secure. If the issue persists, discontinue use and contact customer support.
- **Problem:** Resistance adjustment knob does not seem to change resistance.
  Solution: Ensure the knob is fully engaged and turning the internal mechanism. If it spins freely without effect, there may be an internal issue requiring professional assistance.

8. Specifications

- **Model:** TH-EB02
- **Brand:** TECHMOO
- **Flywheel Weight:** Approximately 2 kg (5 lbs)
- **Material:** Durable Plastic, Metal Components
- **Item Weight:** 5.98 Kilograms
- **Power Source:** Battery Powered (for LCD display)
- **Special Features:** LCD Display with Performance Tracking, Dual Leg and Arm Functionality, Built-in Massage Points on Pedals, Non-slip Design.
- **Recommended Use:** Indoor

9. Warranty and Support

For warranty information or technical support regarding your TECHMOO TH-EB02 Under Desk Pedal Exerciser, please refer to the product packaging or contact TECHMOO customer service directly. Keep your purchase receipt as proof of purchase for any warranty claims.

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