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## AGM VD-30703SP-AGM

# AGM Mini Exercise Bike Instruction Manual

Model: VD-30703SP-AGM | Brand: AGM

## INTRODUCTION

The AGM Mini Exercise Bike is a versatile and compact fitness device designed to help you maintain an active lifestyle from the comfort of your home or office. It allows for both arm and leg exercises, promoting muscle strength, joint flexibility, and improved circulation. Its portable design and adjustable features make it suitable for users of various fitness levels.

## SAFETY INFORMATION

- Consult a physician before starting any exercise program.
- Ensure the exerciser is placed on a stable, non-slip surface.
- Always secure the exerciser using the provided strap if using it with a chair or desk to prevent movement.
- Do not stand on the pedals. Use only while seated.
- Keep children and pets away from the device during operation.
- Regularly inspect the device for any loose parts or damage. Do not use if damaged.

## PACKAGE CONTENTS

- AGM Mini Exercise Bike Unit
- Pedals with adjustable straps
- Front and Rear Stabilizer Bars
- Non-slip Mat
- Chair/Desk Securing Strap
- Assembly Tools (Wrench, Screws)
- User Manual (PDF available online)

## SETUP

Assembly of the AGM Mini Exercise Bike is straightforward and requires minimal effort. All necessary tools are included.

1. Attach the front and rear stabilizer bars to the main unit using the provided screws and wrench. Ensure they are securely fastened.
2. Attach the pedals to the crank arms. Note that pedals are typically marked 'L' for left and 'R' for right. Ensure they are screwed in tightly to prevent wobbling during use.
3. Insert the AAA battery into the LCD display unit.
4. Place the non-slip mat on the floor where you intend to use the exerciser. Position the mini exercise bike on top of the mat.
5. For added stability, especially during leg exercises, use the securing strap. Loop it around the base of your chair or desk and then around the front stabilizer bar of the exerciser, tightening it to prevent the unit from sliding.



Image: Main components of the AGM Mini Exercise Bike.

Video: Detailed comparison of AGM Mini Exercise Bike assembly and features. This video demonstrates the assembly process and highlights key components.

## OPERATING INSTRUCTIONS

### Using for Leg Exercise

Place the mini exercise bike on the floor in front of your chair. Sit comfortably and place your feet into the adjustable pedal straps. Ensure your feet are secure. Begin pedaling in a smooth, circular motion.

### Using for Arm Exercise

Place the mini exercise bike on a sturdy tabletop. Sit in front of it and grasp the pedals with your hands. Begin rotating the pedals in a smooth, circular motion.

**Leg Exercise**

**Arm Exercise**

**Tighten Abdominal Core** **Reduces Lower Body Fat**

# Arm Exercise

Exercise to Reduce Arm Fat

Improve Wrist Flexibility

Image: Demonstrates proper positioning for both arm and leg exercises.

### Adjusting Resistance

The exercise bike features an adjustable tension knob. Turn the knob clockwise to increase the resistance for a more challenging workout, and counter-clockwise to decrease resistance for an easier session. This allows you to customize your workout intensity to suit your fitness level.

# Adjustable Resistance



Image: Close-up of the adjustable resistance knob.

## Using the LCD Display

The built-in LCD display automatically turns on when you begin pedaling. It cycles through various data points to track your progress:

- **Time (T):** Duration of your workout.
- **Distance (D):** Estimated distance covered.
- **Count (C):** Number of pedal rotations during the current session.
- **Total Count (T-C):** Total number of pedal rotations since the last reset.
- **Calories (CA):** Estimated calories burned.

To reset the display, press and hold the red button on the display unit for approximately 5 seconds.

# 5-IN-1 LCD Display

## Record Your Exercise Data



Image: The 5-in-1 LCD display showing exercise data.

Video: Demonstration of the mini pedal bike in use, highlighting its quiet operation and ease of use for daily activity.

### MAINTENANCE

- Wipe down the unit with a damp cloth after each use to remove sweat and dust.
- Avoid using abrasive cleaners or solvents.
- Store the exercise bike in a cool, dry place away from direct sunlight and moisture.
- Periodically check all screws and bolts to ensure they are tight.

### TROUBLESHOOTING

- **Pedals feel wobbly or loose:** Ensure the pedals are screwed in tightly to the crank arms. If the issue persists, check the main unit's internal mechanism (refer to assembly video for internal view).
- **Unit slides during use:** Ensure the non-slip mat is properly placed. Use the securing strap to anchor the exerciser to your chair or desk.
- **LCD display not working:** Check if the AAA battery is correctly inserted or needs replacement. Ensure the display unit is properly connected to the main exerciser.
- **Resistance not changing:** Verify that the tension knob is turning freely and is not obstructed.

## SPECIFICATIONS

Feature	Detail
Brand	AGM
Model Name	AGM
Color	Black
Power Source	Battery Powered (for LCD)
Recommended Uses	Indoor, Arm & Leg Exercise
Item Weight	7.3 Pounds
Material	Acrylonitrile Butadiene Styrene (ABS), Plastic, Metal
Resistance Mechanism	Magnetic
Product Dimensions	15.98"D x 13.8"W x 12.6"H
Maximum Weight Recommendation	7.63 Pounds (for device stability, not user weight)
Number of Resistance Levels	8
Drive System	Belt

## WARRANTY AND SUPPORT

The AGM Mini Exercise Bike comes with a 1-2 year warranty (details may vary, refer to original purchase documentation). For detailed user instructions, please refer to the official User Manual PDF available online: [User Manual \(PDF\)](#).

For further assistance, troubleshooting, or warranty claims, please contact AGM customer support through the retailer's platform or the official brand website.