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## TOPUTURE TEB1

# TOPUTURE Exercise Bike with Exclusive App

**MODEL: TEB1 - INSTRUCTION MANUAL**

## 1. Introduction

Thank you for choosing the TOPUTURE Exercise Bike with Exclusive App, Model TEB1. This stationary exercise bike is designed to provide an effective and quiet indoor cycling experience, featuring magnetic resistance, app connectivity, and a robust build. This manual contains important information regarding the safe assembly, operation, and maintenance of your exercise bike. Please read it thoroughly before first use and retain it for future reference.

## 2. Safety Information

- Consult your physician before starting any new exercise program.
- Ensure all bolts and nuts are securely tightened before each use.
- Keep children and pets away from the exercise bike during operation.
- Place the bike on a flat, stable surface with adequate clearance around it.
- Wear appropriate athletic footwear and clothing during workouts.
- The emergency brake feature is for immediate stopping; familiarize yourself with its location and function.
- Maximum user weight capacity is 330 lbs (150 kg). Do not exceed this limit.

## 3. Package Contents

The TOPUTURE Exercise Bike package includes:

- TOPUTURE Exercise Bike main frame and components
- Assembly tools (wrenches, etc.)
- Instruction manual

Please check all components against the packing list provided in the box. If any parts are missing or damaged, contact customer support immediately.

## 4. Setup and Assembly

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The TOPUTURE Exercise Bike is designed for straightforward assembly. All necessary tools are included in the package. An online instruction video is available to guide you through the process, which typically takes less than 30 minutes.

**Key Assembly Steps:**

1. Unpack all components and verify against the parts list.
2. Attach the front and rear stabilizers to the main frame.
3. Install the pedals, ensuring they are tightened correctly (left pedal is reverse threaded).
4. Mount the seat post and seat, then the handlebar post and handlebars.
5. Connect the LCD monitor cables and attach the monitor to the handlebar post.
6. Perform a final check to ensure all connections are secure.

# HIGH-QUALITY EXERCISE BIKES



1 Adjustable Handlebar



2 Adjustable Seat



3 Magnetic Brake



4 Bottle Holder



5 Anti-slip Footrest



6 Transportation Wheels

Figure 4.1: Key components of the TOPUTURE Exercise Bike. This image illustrates the adjustable handlebar, adjustable seat, magnetic brake, bottle holder, anti-slip footrest, and transportation wheels, which are important for assembly and understanding the bike's features.

## 5. Operating Instructions

### 5.1 Adjusting Seat and Handlebars

The exercise bike features a 4-way adjustable handlebar and a 3-way adjustable seat to accommodate users with heights ranging from 4.9ft to 6.4ft (150cm-195cm). Adjust these components to ensure a comfortable and ergonomically correct riding position.

- **Seat Adjustment:** Loosen the adjustment knob under the seat to move it horizontally (forward/backward) and vertically (up/down). Tighten the knob securely once adjusted.

- **Handlebar Adjustment:** Loosen the adjustment knob on the handlebar post to move it vertically (up/down). Tighten the knob securely once adjusted.



**Figure 5.1:** Adjustable seat and handlebar. This image details the adjustment ranges for both the seat (3-way) and handlebars (4-way), indicating how to customize the bike for different user heights and preferences.

## 5.2 Adjusting Resistance

The bike features 100 micro-adjustable magnetic resistance levels. To increase or decrease the resistance, simply twist the resistance knob located on the frame. Turning clockwise increases resistance, while turning counter-clockwise decreases it. The emergency brake function is integrated into this knob; press it down firmly to bring the flywheel to an immediate stop.

# 100 MICRO-ADJUSTABLE MAGNETIC RESISTANCE

Real Riding Experience From Flat To Mountain



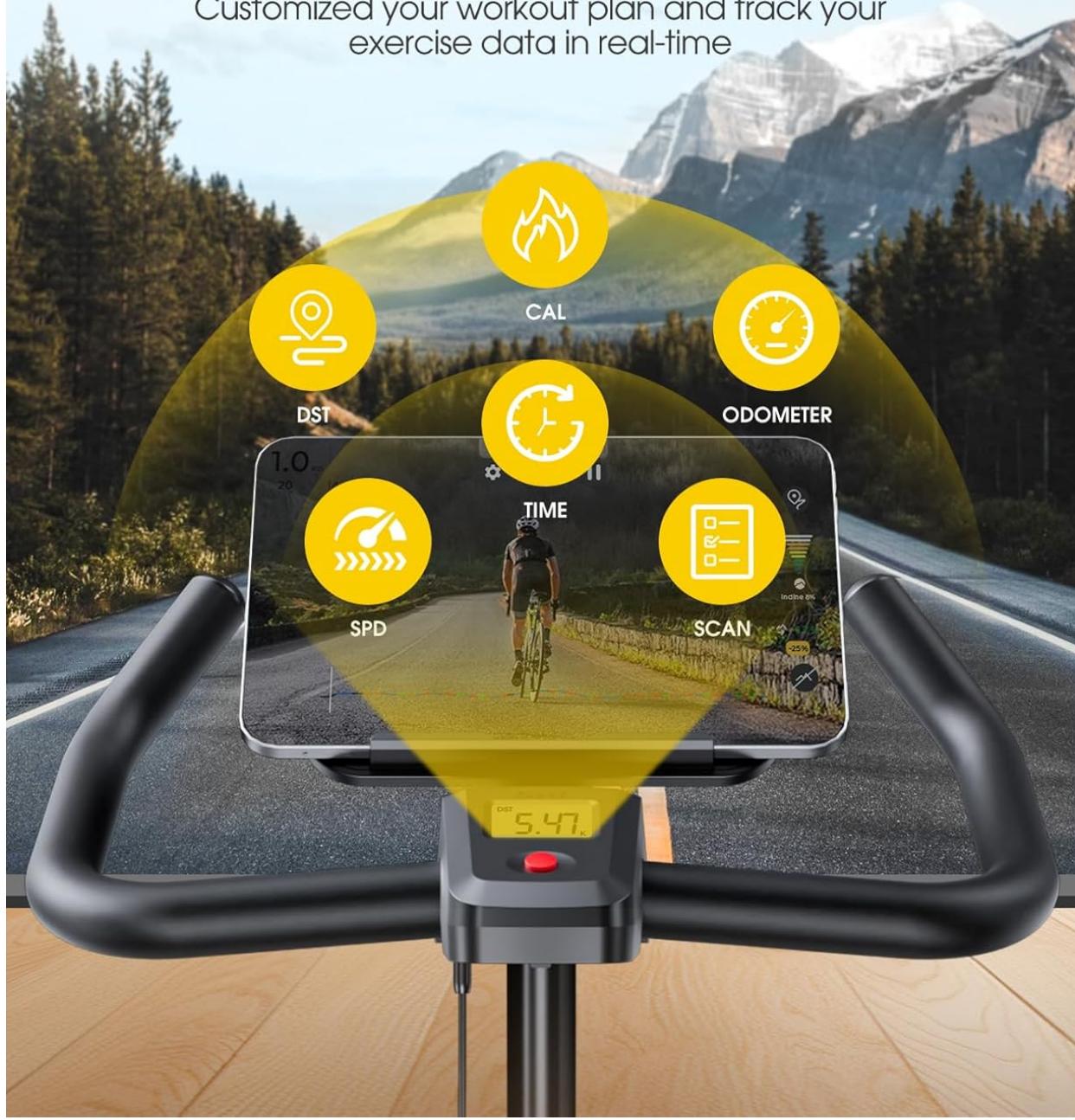
**Figure 5.2:** 100 Micro-adjustable magnetic resistance. This image highlights the resistance knob and its settings, demonstrating how users can precisely control their workout intensity from warm-up to muscle stabilization.

## 5.3 LCD Monitor and Tablet Holder

The integrated LCD monitor displays key workout data including RPM, time, speed, distance (in miles), calories burned, and odometer. The monitor is battery-powered. A universal tablet holder with anti-skid silicone and sponge is provided above the monitor to securely hold your device during workouts.

# MULTIFUNCTION MONITOR AND ELECTRONICS STAND

Customized your workout plan and track your exercise data in real-time



**Figure 5.3:** Multifunction monitor and electronics stand. This image illustrates the LCD monitor displaying workout metrics and the tablet holder, emphasizing real-time data tracking and device security.

## 5.4 App Connectivity

The TOPUTURE Exercise Bike is compatible with popular fitness applications such as Zwift, Kinomap, and Z-Sport. Connect your device to the bike via Bluetooth to monitor real-time exercise data, including time, speed, RPM, distance, and calories burned. This allows for tailored training plans and an enhanced interactive workout experience.

# SUPPORT Z-Sport & Zwift & Kinomap APP

Level up your indoor cycling experience and make it real



Figure 5.4: App tailored training plans. This image demonstrates the bike's compatibility with Z-Sport, Zwift, and Kinomap apps, allowing users to level up their indoor cycling experience with real-time data and interactive training.

# REAL EXPERIENCE OF OUTDOOR RIDING

With real-place training videos, you can feel real outdoor riding at home



**Figure 5.5:** Real experience of outdoor riding. This image depicts a user enjoying an immersive indoor cycling experience, suggesting that real-place training videos available through compatible apps can simulate outdoor riding.

## 6. Maintenance

Regular maintenance ensures the longevity and optimal performance of your TOPUTURE Exercise Bike.

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspections:** Periodically check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Drive System:** The bike features a hyper-quiet magnetic drive system and belt drive, which are designed for low maintenance and do not require lubrication.

- **Pedals:** Ensure pedal straps are in good condition and adjust them for a secure fit.



Figure 6.1: Smooth and quiet exercise bike. This image illustrates the internal components of the bike's drive system, emphasizing the silent belt and low friction chain that contribute to its quiet operation.

## 7. Troubleshooting

If you encounter any issues with your TOPUTURE Exercise Bike, please refer to the following common troubleshooting tips:

- **Squeaking/Noise:** Ensure all bolts and connections are tight. The magnetic drive system is designed to be quiet; persistent noise may indicate a loose part.
- **Monitor Not Displaying:** Check the battery compartment for proper battery installation and charge. Ensure

all cables are securely connected.

- **Resistance Not Changing:** Verify the resistance knob is functioning correctly and not stuck.
- **App Connectivity Issues:** Ensure Bluetooth is enabled on your device and the fitness app is updated. Try restarting both the bike's monitor and your device.

For issues not resolved by these steps, please contact TOPUTURE customer support.

## 8. Specifications



**Figure 8.1:** Heavy duty steel manufacturing. This image emphasizes the robust construction of the bike, highlighting its 330 lbs weight capacity and features like a full load-bearing frame, multi-triangle structure, and commercial-grade material for stability and durability.

Feature	Specification
Model Number	TEB1
Product Dimensions	76.2 x 50.8 x 25.4 cm (30 x 20 x 10 inches)
Item Weight	25.9 kg (57 lbs)
Maximum Weight Capacity	150 kg (330 lbs)
Recommended User Height	4.9 ft - 6.4 ft (150 cm - 195 cm)
Resistance Mechanism	Magnetic, 100 Micro-adjustable Levels
Drive System	Belt Drive
Material	Metal
Power Source	Battery Powered (for LCD monitor)
Special Features	Adjustable Footstrap, Adjustable Magnetic Resistance, Adjustable Seat, App Connectivity (Zwift, Kinomap, Z-Sport), LCD Monitor
Recommended Use	Indoor

## 9. Warranty and Support

TOPUTURE provides a one-year warranty for replacement parts. For any concerns or support inquiries, please contact our customer service team. We aim to respond to all inquiries within 24 hours.

### How to Contact Support:

1. Log in to your Amazon account.
2. Navigate to "Your Orders."
3. Find the order ID for your TOPUTURE Exercise Bike.
4. Click on "Contact Seller."