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› Soozier Foldable Upright Training Exercise Bike Indoor Stationary X Bike with 8 Levels of Magnetic Resistance for Aerobic Exercise Gray User Manual

Soozier USA90-192GY0131

Soozier Foldable Upright Training Exercise Bike User Manual

Model: USA90-192GY0131

PRODUCT OVERVIEW

The Soozier Magnetic Training X-Bike is designed for indoor aerobic exercise and muscle strength training. It features a foldable design for easy storage, 8 levels of magnetic resistance, and an LCD display to track your workout progress. This manual provides essential information for safe assembly, operation, and maintenance of your exercise bike.



Image: The Soozier Foldable Upright Training Exercise Bike in a home setting, highlighting its compact design.

IMPORTANT SAFETY INFORMATION

Please read all instructions carefully before using this product. Keep this manual for future reference.

- Consult your 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.

- Wear appropriate exercise attire and footwear.
- Do not exceed the maximum weight capacity of 242 lbs (110 kg).
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- This product contains chemicals known to the State of California to cause cancer and birth defects or other reproductive harm (Proposition 65 warning).

PARTS LIST

Before assembly, ensure all parts are present and undamaged. Refer to the diagram below for identification.

Part	Description	Quantity
Main Frame	Pre-assembled base unit with flywheel and resistance mechanism.	1
Handlebar Assembly	Handlebars with integrated LCD monitor and pulse sensors.	1
Seat and Backrest	Adjustable seat cushion and back support.	1 set
Pedals	Left and right pedals with adjustable foot straps.	2
Stabilizer Bars	Front and rear base stabilizers.	2
Hardware Kit	Bolts, nuts, washers, and tools for assembly.	1 set

ASSEMBLY INSTRUCTIONS

Follow these steps to assemble your Soozier Exercise Bike. It is recommended to have two people for assembly.

1. **Step 1: Attach Stabilizer Bars**

Attach the front and rear stabilizer bars to the main frame using the provided bolts and washers. Ensure they are securely tightened.

2. **Step 2: Install Pedals**

Identify the left (L) and right (R) pedals. The left pedal screws counter-clockwise, and the right pedal screws clockwise. Thread them into the crank arms and tighten securely.

3. **Step 3: Assemble Seat and Backrest**

Attach the backrest to the seat post, then slide the assembled seat onto the main frame. Adjust the seat height to your preferred position using the adjustment knob and secure it firmly.

5-POSITION SEAT

You can find the
most comfortable seat height

.....



Image: Illustration of the 5-position adjustable seat and backrest.



Image: A user adjusting the seat height of the exercise bike.

4. Step 4: Attach Handlebar Assembly

Connect the handlebar assembly to the main frame. Ensure all cables for the LCD monitor and pulse sensors are properly connected before securing the handlebars with the designated bolts.

5. **Step 5: Final Check**

Before first use, double-check all connections, bolts, and nuts to ensure they are tight and secure. Ensure the bike is stable and does not wobble.

OPERATING INSTRUCTIONS

Getting Started

Sit comfortably on the seat with your feet on the pedals. Adjust the seat height so that your leg is slightly bent at the knee when the pedal is at its lowest point.



Image: A man demonstrating proper posture while using the Soozier Exercise Bike.

Adjusting Resistance

The Soozier X-Bike features 8 levels of magnetic resistance. To adjust the resistance, turn the tension control knob

located below the handlebars. Turn clockwise to increase resistance for a more challenging workout, and counter-clockwise to decrease resistance for an easier ride.

8- LEVEL

MAGNETIC RESISTANCE

Easily control the tension & customise your workout intensity



★★★★★ 7-8

Stabilizing Muscle



★★★★★ 5-6

Body Training



★★★ 3-4

Aerobic Exercise



★ 1-2

Lerobic Exercise



Image: Close-up of the resistance adjustment knob with indicators for 8 levels.

ADJUSTABLE RESISTANCE

Set to a level which is suitable and safe for you



Image: A hand turning the resistance knob to adjust workout intensity.

Using the LCD Monitor

The integrated LCD monitor displays various workout metrics. It requires 2 AAA batteries (not included). The monitor cycles through the following data points:

- **SCAN:** Automatically cycles through all functions.
- **TIME:** Displays the duration of your current workout.
- **SPEED:** Shows your current cycling speed.
- **DISTANCE:** Tracks the distance covered during your workout.
- **CALORIES:** Estimates the calories burned during your workout.
- **TOTAL MILEAGE (ODO):** Displays the total accumulated distance.
- **HEART RATE:** Shows your pulse when holding the hand pulse sensors.

Press the red button on the monitor to manually cycle through modes or reset values (hold for a few seconds to reset).

LCD MONITOR & PULSE SENSOR



Time



Speed



Heart
Rate



Calories
Burnt



Scan



Distance



Image: Close-up of the LCD monitor displaying various metrics and the integrated pulse sensors on the handlebars.

Official Product Video

Your browser does not support the video tag.

Video: An official product video demonstrating the features and usage of the Soozier A90-192GY Magnetic Training X-Bike, including its foldable design, adjustable resistance, and LCD monitor functions.

MAINTENANCE

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Do not use abrasive cleaners.
- **Lubrication:** The magnetic resistance system is generally maintenance-free. Do not attempt to lubricate internal components.
- **Inspections:** Periodically check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Storage:** When not in use, the bike can be folded for compact storage. Store in a dry, cool place away from direct

sunlight and extreme temperatures.

FOLDABLE & EASY TO MOVE

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- 2 front wheels allow quick movement
- Space-saving to store



Image: A woman easily moving the folded exercise bike, demonstrating its portability and space-saving design.



Foldable Frame

Compact when stored away

Image: A man folding the exercise bike, illustrating its compact storage capability.

TROUBLESHOOTING

Problem	Possible Cause	Solution
LCD Monitor not displaying	Batteries are dead or incorrectly installed. Loose connection.	Replace batteries (2 AAA). Check all cable connections to the monitor.
Bike is wobbly or unstable	Loose bolts or uneven surface.	Ensure all assembly bolts are tightened. Move the bike to a flat, level surface.
Resistance not changing	Resistance cable is loose or disconnected.	Check the connection of the resistance cable to the tension knob and the flywheel mechanism.
Noise during operation	Loose parts or friction.	Inspect all connections for tightness. Ensure no foreign objects are near moving parts.

SPECIFICATIONS

- Model:** USA90-192GY0131
- Color:** Gray
- Material:** Steel, ABS, PVC
- Overall Dimensions:** 17" W x 38.25" D x 43" H (43.2 cm W x 97.2 cm D x 109.2 cm H)
- Folded Dimensions:** 17" W x 22" D x 50.75" H (43.2 cm W x 55.9 cm D x 128.9 cm H)
- Cushion Size:** 10.5" L x 8.75" W (26.7 cm L x 22.2 cm W)
- Backrest Size:** 9.5" L x 7.75" W (24.1 cm L x 19.7 cm W)
- Seat Height:** 28.75" - 32.75" (73 cm - 83.2 cm) adjustable
- Resistance Levels:** 8 (Magnetic)
- Maximum Weight Capacity:** 242 lbs (110 kg)
- Net Weight:** Approximately 36 lbs (16.3 kg)
- LCD Display Functions:** Scan, Time, Speed, Distance, Calories, Total Mileage, Heart Rate
- Power Source (LCD):** 2 x AAA Batteries (not included)



Image: Detailed diagram showing the dimensions of the exercise bike in both unfolded and folded states.

WARRANTY AND SUPPORT

For warranty information, please refer to the documentation included with your purchase or contact Soozier customer support directly. If you encounter any issues not covered in this manual, or require replacement parts, please contact the manufacturer or your retailer.

For further assistance, visit the official Soozier store: [Soozier Store on Amazon](#)

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Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question