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## Dskeuzeew X24I00F006

# Dskeuzeew Foldable Exercise Bike

MODEL: X24I00F006 - USER MANUAL

## Introduction

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Thank you for choosing the Dskeuzeew Foldable Exercise Bike. This manual provides essential information for the safe assembly, operation, maintenance, and troubleshooting of your new fitness equipment. Please read this manual thoroughly before use and retain it for future reference.

## Safety Information

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- Consult your physician before starting any exercise program.
- Ensure all parts are securely assembled before each use.
- Place the exercise bike on a flat, stable surface.
- Keep children and pets away from the equipment during use.
- Maximum user weight capacity is 150 kg (330 lbs).
- Wear appropriate exercise clothing and footwear.
- Stop exercising immediately if you feel pain, dizziness, or shortness of breath.

## Package Contents

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Before assembly, verify that all components are present and undamaged. Refer to the included parts diagram for identification.

- Main Frame Assembly
- Front and Rear Stabilizers
- Pedals (Left and Right)
- Seat and Seat Post
- Handlebar and Monitor Assembly
- Hardware Kit (bolts, washers, nuts, tools)
- User Manual

## Setup and Assembly

Assembly typically takes around 20 minutes. Follow these steps carefully:

1. **Unpack Components:** Carefully remove all parts from the packaging and lay them out on a clean, flat surface.
2. **Attach Stabilizers:** Secure the front and rear stabilizers to the main frame using the provided bolts and tools.
3. **Install Pedals:** Identify the left (L) and right (R) pedals. The left pedal screws counter-clockwise, and the right pedal screws clockwise. Ensure they are tightened securely.
4. **Assemble Seat:** Attach the seat to the seat post, then insert the seat post into the main frame and adjust to your desired height. Secure with the locking pin.
5. **Mount Handlebar and Monitor:** Connect the handlebar assembly to the main frame. Attach the LCD monitor to the handlebar post and connect any necessary sensor cables.

## Easy to Unfold

1

Folding



Storage Mode



2

Unfolding



Cycling Mode



The image illustrates the bike in its folded (storage) and unfolded (cycling) configurations, highlighting the ease of transition between modes.

## Operating Instructions

## A. LCD Monitor Functions

The multifunction LCD display provides real-time workout data. Insert batteries (not included) into the monitor compartment if necessary.

- **SCAN:** Automatically cycles through all metrics.
- **TIME:** Displays the duration of your workout.
- **SPEED:** Shows your current cycling speed.
- **DISTANCE (DIST):** Tracks the distance covered during your session.
- **CALORIES (CAL):** Estimates calories burned.
- **ODOMETER (ODO):** Records total accumulated distance.
- **PULSE (PUL):** Displays your heart rate when holding the pulse sensors on the handlebars.

Use the 'MODE' button to select a specific display function or 'RESET' to clear current workout data.



This image shows the LCD monitor with its various data readouts (SCAN, TIME, SPEED, DIST, CAL, ODO, PULSE) and control buttons (RESET, MODE, SET).

## B. Resistance Adjustment

The bike features 16 levels of adjustable magnetic resistance. Turn the tension control knob located below the handlebars to increase or decrease the resistance.

- Turn clockwise (towards '+') to increase resistance for a more challenging workout.
- Turn counter-clockwise (towards '-') to decrease resistance for an easier workout.
- Levels 1-4 are suitable for warm-up or primary exercise.
- Levels 5-8 are ideal for aerobic exercise and fat loss.
- Levels 9-12 help build endurance.
- Levels 13-16 are for strengthening muscles and high-intensity training.



The image displays the tension control knob, illustrating the 16 adjustable magnetic resistance levels from low to high, suitable for various workout intensities.

### C. Seat Adjustment

The ergonomic seat can be adjusted to 7 different height positions to accommodate users from 4'7" (140 cm) to 6'3" (190 cm).

1. Loosen the locking pin/knob located on the seat post.

2. Slide the seat post up or down to the desired height.
3. Ensure the locking pin snaps securely into one of the adjustment holes.
4. Tighten the knob firmly to prevent movement during exercise.



This image highlights the comfortable, oversized seat and indicates its adjustability for user comfort.

## D. Folding and Storage

The bike features a foldable design for easy storage in small spaces.

1. Ensure the bike is on a stable surface.
2. Locate the folding pin/mechanism near the base of the main frame.
3. Pull the pin out or release the latch to allow the frame to fold.
4. Carefully fold the bike until it locks into the storage position.
5. To move, tilt the bike onto its integrated transport wheels located on the front stabilizer.



This image demonstrates how the bike can be easily stored and moved, highlighting its integrated transport wheels.

## Maintenance

Regular maintenance ensures the longevity and safe operation of your exercise bike.

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Check Connections:** Periodically inspect all bolts, nuts, and screws to ensure they are tight. Tighten if necessary.
- **Pedal Inspection:** Check pedals for any signs of wear or looseness.
- **Lubrication:** The magnetic resistance system is generally maintenance-free. Do not attempt to lubricate

internal components unless specifically instructed by customer support.

- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures.

## Troubleshooting

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Problem	Possible Cause	Solution
LCD Monitor not displaying	Batteries are dead or incorrectly installed; sensor cable disconnected.	Replace batteries. Check battery orientation. Ensure sensor cable is securely connected to the monitor and main frame.
Unusual noise during operation	Loose bolts or components; friction from moving parts.	Inspect and tighten all visible bolts and connections. Ensure the bike is on a level surface. If noise persists, contact customer support.
Resistance not changing	Resistance cable disconnected or damaged; internal mechanism issue.	Check if the resistance cable is properly connected to the tension knob and the internal mechanism. If not, contact customer support.
Bike feels unstable	Uneven surface; loose stabilizer bolts.	Ensure the bike is placed on a completely flat surface. Tighten all bolts on the front and rear stabilizers.

## Specifications

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- **Model Number:** X24I00F006
- **Brand:** Dskeuzeew
- **Resistance Mechanism:** Magnetic
- **Resistance Levels:** 16
- **Display Type:** LCD (Time, Speed, Distance, Calories, Odometer, Pulse)
- **Frame Material:** Steel Alloy
- **Maximum User Weight:** 150 kg (330 lbs)
- **Recommended User Height:** 140 cm - 190 cm (4'7" - 6'3")
- **Product Dimensions (Unfolded):** Approximately 107 cm (L) x 53 cm (W) x 116 cm (H)
- **Product Weight:** Approximately 6 kg
- **Special Features:** Foldable design, Phone holder, Quiet operation (<20 dB)

# Space Saver



Suitable User  
Height: 140cm-190cm



Max Weight  
150KG



This diagram illustrates the key dimensions of the exercise bike, including its height, width, and length, and indicates the maximum user weight and recommended height range.

## Official Product Videos

Your browser does not support the video tag.

This video provides a general overview of the Dskeuzeew Foldable Exercise Bike, showcasing its features and design. (Duration: 1:00)

Your browser does not support the video tag.

This video demonstrates the vertical folding and storage capabilities of the Dskeuzeew Foldable Exercise Bike. (Duration: 0:39)

## Warranty and Support

Dskeuzeew provides a reliable after-sales guarantee for your product.

- **Warranty Period:** 12 months from the date of purchase.
- **Customer Service:** Our dedicated professional customer service team is available 24 hours a day to respond

to your inquiries and provide efficient and reliable solutions.

- For warranty claims or technical support, please refer to the contact information provided with your purchase documentation or visit the official Dskeuzeew website.