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> HNLİY Motorized Exercise Bike User Manual

HNLİY Leg Arm Motorized Exercise Bike

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Model: Leg Arm Motorized Exercise Bike

1. INTRODUCTION

The HNLİY Motorized Exercise Bike is a versatile fitness and rehabilitation equipment designed for both active and passive exercises of the legs and arms. It is particularly beneficial for individuals seeking to improve joint flexibility, increase blood circulation, enhance endurance, and relieve muscle tension. This manual provides essential information for safe operation, assembly, maintenance, and troubleshooting of your exercise bike.



Figure 1.1: Overview of the HNLIIY Motorized Exercise Bike, showcasing its compact design and integrated seat.

2. SAFETY GUIDELINES

Please read all safety instructions carefully before using the exercise bike. Failure to follow these guidelines may result in injury or damage to the equipment.

- Consult with a physician before starting any new exercise program, especially if you have pre-existing medical conditions.
- Ensure the exercise bike is placed on a stable, level surface.
- Keep children and pets away from the equipment during operation.
- Wear appropriate clothing and footwear that will not interfere with the moving parts of the bike.
- Do not exceed the maximum user weight capacity (if specified by manufacturer, otherwise assume standard).
- Always check all bolts and connections are secure before each use.

- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- Unplug the unit from the power source when not in use or before cleaning.

3. PRODUCT OVERVIEW AND COMPONENTS

The HNLIIY Motorized Exercise Bike is designed for comprehensive upper and lower body rehabilitation and fitness. Key components include:

- Main Unit with Motorized Pedals
- Adjustable Handlebars for Arm Exercises
- Comfortable PU Large Seat with Backrest
- LED Display Control Panel
- Adjustable Frame for Height and Length



Figure 3.1: The exercise bike demonstrating its forward/reversal and active/passive modes, highlighting the separable seat and main unit for versatile use.

4. ASSEMBLY INSTRUCTIONS

The HNLIIY Motorized Exercise Bike comes partially pre-assembled and can typically be fully assembled by most users in less than 30 minutes. Follow these general steps:

1. **Unpack Components:** Carefully remove all parts from the packaging and verify against the included components list.
2. **Attach Stabilizer Bars:** Securely attach the front and rear stabilizer bars to the main unit using the provided bolts and tools.
3. **Install Seat Assembly:** Connect the seat post to the main frame and then attach the seat and backrest. Ensure all connections are tightened.
4. **Connect Handlebars:** Attach the handlebar assembly to the front upright post.
5. **Connect Pedals:** Screw the pedals into their respective cranks. Note that the left pedal is reverse-threaded.
6. **Final Checks:** Before first use, ensure all bolts, nuts, and connections are securely fastened.

5. OPERATING THE DEVICE

The exercise bike offers both active and passive modes, along with adjustable settings for a customized workout.

5.1 Control Panel and Display

Easy to Operate

- Avoid bending and bumping when operating
- Hands and feet can be adjusted independently



Figure 5.1: Close-up of the LED display and control buttons for both arm and leg exercises, showing independent adjustment capabilities.

The intuitive LED display allows for easy operation. It shows various metrics such as time, distance, speed, and resistance level. The control panel features separate buttons for arm and leg exercises, allowing independent adjustments.

5.2 Active and Passive Modes

- **Active Mode:** In this mode, the powerful 60-watt motor assists in gentle arm and knee workouts. You can set a timer from 1 to 20 minutes. The bike features automatic programs (P1-P6) that switch gears to accommodate different levels of exercisers.
- **Passive Mode:** When switched to this mode, the user is required to drive the exercise bike manually with their hands or feet, providing a self-paced workout.

5.3 Resistance Adjustment

Level 10 - Electrical Resistance

quiet lasting Stable and strong



Smooth



Challenge



Recovery
/fitness



Figure 5.2: Internal view illustrating the quiet and stable electrical resistance mechanism, offering up to 6 levels of resistance.

The bike features an electrical resistance system with 6 distinct levels. This low-impact design allows for adjustable resistance, ranging from low to high, to fully exercise knee muscles and provide varied intensity for both rehabilitation and fitness training.

5.4 Adjusting Seat and Frame

ARTIFICIAL BODY SEAT

Large seat - high elasticity, no deformation, no odor



Figure 5.3: The adjustable frame mechanism, showing the 4th gear for height adjustment and 3rd gear for front and rear adjustment, suitable for various user heights.

The exercise bike is highly adjustable to accommodate users of different heights and preferences. The frame allows for both height adjustment (4th gear) and front-to-rear adjustment (3rd gear) to ensure optimal positioning during workouts.

6. FEATURES AND BENEFITS

The HNLIIY Motorized Exercise Bike is equipped with several features designed to enhance user comfort and exercise effectiveness:

- **Comfortable PU Large Seat:** The bike features a large, adjustable, padded seat and backrest for a comfortable ride. The backrest measures 17.3in x 15in, and the seat measures 15.8in x 11.8in. The PU material is high elasticity, waterproof, environmentally friendly, odorless, and easy to clean.
- **Motorized Assistance:** The powerful 60-watt motor provides gentle assistance, making it ideal for rehabilitation and users with limited mobility.

- **Dual Functionality:** Supports both arm and leg exercises, allowing for comprehensive physical therapy and fitness training.
- **Compact and Lightweight:** Designed as a lightweight exerciser for convenient home use.

improve
blood circulation



ARM TRAINING

improve
muscle strength
and coordination



LEG TRAINING

Figure 6.1: Detailed view of the PU material seat, highlighting its high elasticity, waterproof properties, and ease of cleaning.



PU MATERIAL ARTIFICIAL BODY SEAT

High elasticity, not easy to expand or deform,
lighter quality, waterproof, environmentally friendly
odorless, easy to clean.



Figure 6.2: Illustration of the exercise bike being used for both arm training to improve blood circulation and leg training to enhance muscle strength and coordination.

7. MAINTENANCE AND CARE

Regular maintenance ensures the longevity and optimal performance of your exercise bike.

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspecting Connections:** Periodically check all bolts, nuts, and moving parts to ensure they are secure and functioning correctly. Tighten any loose components.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures.
- **Power Cord:** Inspect the power cord regularly for any damage. If damaged, discontinue use and contact customer support.

8. TROUBLESHOOTING

If you encounter issues with your HNLIIY Motorized Exercise Bike, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Bike does not power on.	Power cord not connected; outlet issue; power switch off.	Ensure power cord is securely plugged into a working outlet. Check the power switch is in the 'ON' position.
Pedals are not moving in active mode.	Incorrect mode selected; motor issue.	Ensure 'Active' mode is selected. If problem persists, contact customer support.
Unusual noises during operation.	Loose components; lubrication needed.	Check all bolts and connections for tightness. Apply light lubricant to moving parts if necessary (consult manual for specific points).

9. TECHNICAL SPECIFICATIONS

Below are the technical specifications for the HNLIIY Motorized Exercise Bike:

- **Brand:** HNLIIY
- **Model Name:** Leg Arm Motorized Exercise Bike
- **Color:** Gray
- **Material:** Acrylonitrile Butadiene Styrene (ABS)
- **Number of Resistance Levels:** 6
- **Motor Power:** 60 watts (for active mode)
- **Backrest Dimensions:** 17.3in x 15in
- **Seat Dimensions:** 15.8in x 11.8in
- **Adjustable Height Range:** 34in - 43in (overall height)

- **Overall Dimensions:** Approximately 51 inches (length) x 23.5 inches (width) x 34-43 inches (adjustable height).



Figure 9.1: Diagram illustrating the overall dimensions of the exercise bike, including adjustable height (34-43 inches), length (51 inches), and width (23.5 inches).

10. WARRANTY AND SUPPORT

HNLIY provides support for your Motorized Exercise Bike.

- **Warranty:** You are eligible for one year free replacement of physical therapy pedal parts.
- **Customer Support:** For any questions, concerns, or warranty claims, please contact HNLIY customer service through the retailer's platform or the official brand website. Please have your product model name and purchase date ready when contacting support.

