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CYCPLUS DC1

CYCPLUS DC1 Mini Pedal Exerciser User Manual

Model: DC1

1. INTRODUCTION

The CYCPLUS DC1 Mini Pedal Exerciser is an innovative, self-powered fitness device designed for light exercise and rehabilitation. Its compact and ultra-quiet operation makes it ideal for use in various environments, including offices and homes. This manual provides essential information for setup, operation, and maintenance to ensure optimal performance and user safety.



Figure 1.1: The CYCPLUS DC1 Mini Pedal Exerciser, a compact and self-powered device.

2. SETUP

The CYCPLUS DC1 Mini Pedal Exerciser is designed for immediate use right out of the box, requiring no assembly or charging. Simply unbox the unit and place it in your desired location.

2.1 Unboxing and Initial Placement

1. Carefully open the product packaging.
2. Remove the Mini Pedal Exerciser DC1, user manual, anti-slip mat, and buckle strap from the box.
3. Place the anti-slip mat on a flat, stable surface where you intend to use the exerciser.
4. Position the Mini Pedal Exerciser DC1 on the anti-slip mat.

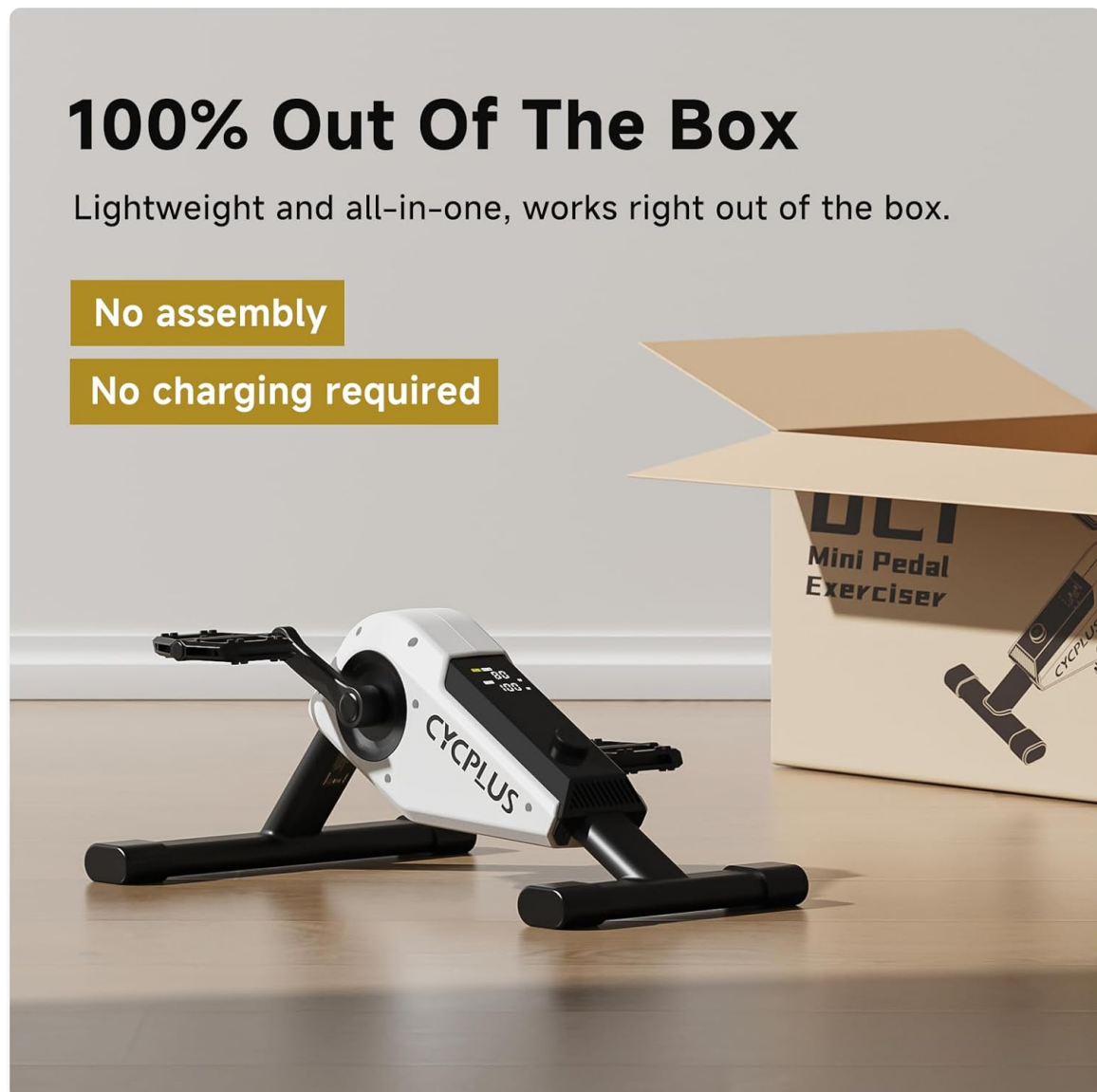


Figure 2.1: The CYCPLUS DC1 Mini Pedal Exerciser is ready to use right out of the box, with no assembly required.

2.2 Recommended Seating Position

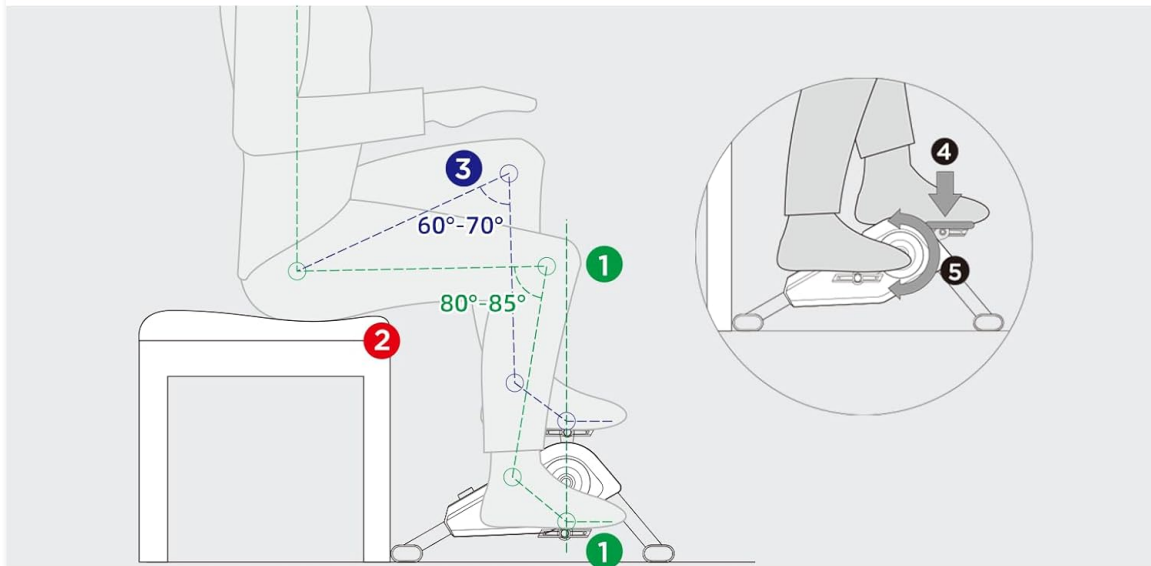
For optimal pedaling efficiency and comfort, ensure your seating position is correct:

- Place the mini exercise bike as close to yourself as possible.
- Press down with the balls of your feet. When the pedal reaches the bottom position, ensure your

knee remains aligned with the pedal center for optimal pedaling efficiency. If the bike is too far, you'll rely more on your calves and feet to exert force.

- Adjust your seat height so that: At the lowest pedal position, your lower thighs avoid contact with the seat; At the highest pedal position, the pedals don't hit the underside of your desk.
- With proper seat height and positioning: Your thigh-calf angle should be 60°-70° at the top of the pedal stroke; 80°-85° at the bottom. This range delivers the best force transfer.
- The more downward your pedaling force, the more stable the mini pedal exerciser feels.

Recommended seating position for use



- 1 Place the mini exercise bike as close to yourself as possible. Press down with the balls of your feet. When the pedal reaches the bottom position, ensure your knee remains aligned with the pedal center for optimal pedaling efficiency. If the bike is too far, you'll rely more on your calves and feet to exert force.
- 2 Adjust your seat height so that: At the lowest pedal position, your lower thighs avoid contact with the seat; At the highest pedal position, the pedals don't hit the underside of your desk.
- 3 With proper seat height and positioning: Your thigh-calf angle should be 60°-70° at the top of the pedal stroke; 80°-85° at the bottom. This range delivers the best force transfer.
- 4 The more downward your pedaling force, the more stable the mini pedal exerciser feels.
- 5 The bike supports reverse pedaling. Switch between forward/reverse based on your workout goals.

Note: If using resistance below Level 4 or ergometer mode under 40W, and efficiency isn't a priority, feel free to adjust your sitting posture for comfort.

Figure 2.2: Visual guide for correct seating and foot placement to maximize workout effectiveness and comfort.

Note: If using resistance below Level 4 or ergometer mode under 40W, and efficiency isn't a priority, feel free to adjust your sitting posture for comfort.

3. OPERATING INSTRUCTIONS

The CYCPLUS DC1 offers intuitive operation with various modes and real-time data tracking.

3.1 Powering On and Display

The unit is self-powered. Simply begin pedaling to activate the display and start your workout. The large LED screen will show essential exercise data.

8

Key Data Precision Boost

2ms sampling rate for precise performance metrics

- 🔥 Calories
- 🕒 Time
- 🔄 Cadence
- 👣 Steps
- 🚀 Speed
- 📍 Distance
- AVG** Average power
- NOW** Current power



Figure 3.1: The LED screen displays 8 real-time metrics including power, cadence, time, calories, distance, speed, and reps.

3.2 Resistance Modes

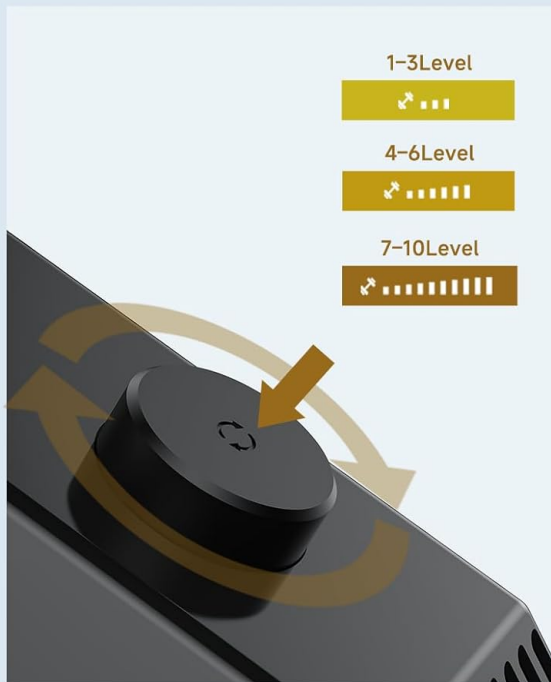
The DC1 features two primary resistance modes:

- **Manual Mode:** Offers 10 levels of adjustable resistance. Rotate the central knob clockwise to increase resistance and counter-clockwise to decrease it. This mode is suitable for warm-ups, rehabilitation, or high-intensity rides.
- **ERG Mode:** Allows you to set a target power (30W-100W). The exerciser will automatically adjust resistance based on your cadence to maintain the set power output. Ideal for targeted fitness goals.

Dual Resistance Modes, Enhanced Workout

Manual Mode

10 levels adapt to your needs: warm-up, rehab, or high-intensity rides.



ERG Mode

You can set from **30-100W** to set the ideal target power, it will automatically control resistance level on your cadence.



Figure 3.2: Illustration of Manual Mode (left) and ERG Mode (right) functionality.

3.3 Bi-Directional Pedaling

The DC1 supports both forward and reverse pedaling. Forward motion helps boost circulation and burn calories, while reverse pedaling can help ease joint strain and protect knees, ankles, and spine due to its low-impact design.

Exercise Freely Anytime, Anywhere

Suitable for different groups of people to use



Figure 3.3: The exerciser supports both forward and backward pedaling for varied muscle engagement.

3.4 App Connectivity and Zwift Sync

The DC1 features Ant+ protocol for seamless connection to fitness apps like Zwift. Use the CYCPLUS FIT app to track your progress, join challenges, and share achievements, enhancing your fitness journey.

4. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your CYCPLUS DC1 Mini Pedal Exerciser.

- **Cleaning:** Wipe down the unit with a soft, damp cloth after each use to remove sweat and dust. Avoid using abrasive cleaners or solvents.
- **Storage:** Store the exerciser in a cool, dry place away from direct sunlight and extreme temperatures. Its compact design allows for convenient storage.
- **Inspection:** Periodically check the pedals and cranks to ensure they are securely installed. If any parts feel loose, use a wrench to tighten them.
- **Self-Generation System:** To ensure the self-generation system operates properly, it is recommended to use the bike for at least 10 minutes per month.

5. TROUBLESHOOTING

If you encounter any issues with your CYCPLUS DC1, refer to the table below for possible causes and solutions.

Trouble Issues	Possible Causes	Solutions
There is speed, count, and other data displayed, but the resistance is too low, absent, or abnormal.	Motor malfunction or loose motor connection.	Contact customer service for repair or replacement.
The resistance changes normally, but speed, count, and other data do not update.	Hall sensor failure.	Contact customer service for repair or replacement.
The screen shows error code E1.	Temperature sensor (NTC) is damaged or improperly installed.	Contact customer service for repair or replacement.
The screen shows error code E3.	Program error or circuit malfunction triggered by voltage protection.	Contact customer service for repair or replacement.
The screen shows error code E4.	Program error or circuit malfunction triggered by current protection.	Contact customer service for repair or replacement.
The screen shows error code E5.	Overheating of the heat resistor, triggering thermal protection.	Wait for the bike to cool down, then reduce the resistance level before continuing to use.

6. SPECIFICATIONS

Feature	Detail
Model Name	DC1
Brand	CYCPLUS
Motor Power	160W Brushless Motor
Resistance Mechanism	Magnetic
Resistance Levels	10 (Manual Mode)
ERG Mode Range	30W - 100W
Power Source	Self-Powered (Built-in Battery 1000 mAh / 3.7 V)
Item Weight	10.6 Pounds (approx. 4.8 kg)
Item Dimensions (LxWxH)	19.8 x 13.98 x 4.84 inches (approx. 50.3 x 35.5 x 12.3 cm)
Noise Level	Ultra-Quiet (below 30dB at 1m)
Connectivity	Ant+ protocol for Zwift & CYCPLUS FIT App
Material	Aluminum, Alloy Steel, Plastic, Metal
Recommended Use	Indoor

7. WARRANTY & SUPPORT

CYCPLUS provides comprehensive support for its products.

7.1 Warranty Information

The CYCPLUS DC1 Mini Pedal Exerciser comes with a **one-year warranty** from the date of purchase. This warranty covers manufacturing defects and malfunctions under normal use. Please retain your proof of purchase for warranty claims.

7.2 Customer Support

For any questions, technical assistance, or warranty claims, please contact CYCPLUS customer service:

- **Email:** steven@cycplus.com
- **Official Website:** www.cycplus.com

You can also find more information and support on their social media channels:

[Instagram](#) [Facebook](#) [YouTube](#)

8. SAFETY WARNINGS

Important Notice: This product is designed for seated pedaling. For your safety, standing on the pedals is strictly prohibited to avoid the risk of falling.

8.1 Environmental Safety

- Use the mini bike on a flat, clean surface. Ensure the bike is stable and not wobbling before use.
- Do not insert fingers or foreign objects into ventilation holes or other openings to avoid injury.
- Do not keep children or pets away from the bike during use to prevent accidents.


8.2 User Safety

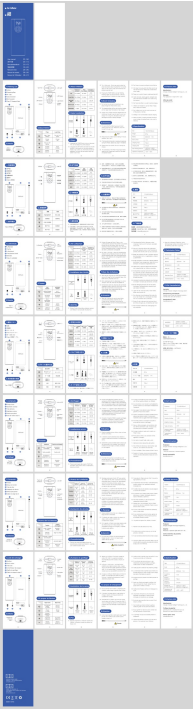
- Do not wear loose or long clothing while using the product. Tuck in your pants to prevent them from getting caught in the pedals or crank.
- Always wear sports shoes while using the bike. Do not use it barefoot or with inappropriate footwear to avoid slipping.
- Do not manually rotate the pedals or touch any moving mechanical components while in use to prevent injury.
- This mini bike is designed for home use and is not a medical device. It should not be used for medical rehabilitation purposes. Incorrect or excessive training can result in injury.
- If you experience dizziness, chest pain, or difficulty breathing during use, gradually stop exercising and seek medical attention if symptoms persist.
- Do not allow people unfamiliar with this manual to operate the product. Children should use the bike under adult supervision and guidance.

8.3 Product Safety

- This product is intended for indoor use only. Do not use it in excessively hot or humid environments.
- Do not disassemble, repair, or modify the product on your own.

Related Documents - DC1

<div><p>CYCPLUS Mini Pedal Exerciser</p><p>USER MANUAL</p></div>	<p>CYCPLUS DC1 Mini Pedal Exerciser User Manual: Features, Operation, and Specifications</p> <p>Comprehensive user manual for the CYCPLUS DC1 Mini Pedal Exerciser. Covers product introduction, safety warnings, setup, operating procedures, manual and ERG modes, app pairing, detailed specifications, and troubleshooting guide.</p>
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[CYCPLUS A8 Portable Air Pump User Manual](#)

Comprehensive user manual for the CYCPLUS A8 Portable Air Pump Electric Compressor Tire Inflator, detailing its features, operation, and maintenance.



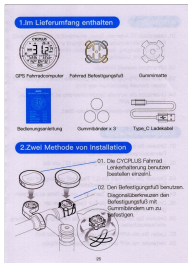
[Cycplus M1 Cycling Computer User Manual](#)

Comprehensive user manual for the Cycplus M1 cycling computer, covering setup, features, connectivity, and maintenance. Learn how to use your device for tracking rides, connecting to apps like Strava, and understanding its specifications.



[CYCPLUS M1 GPS Smart Cycling Computer Quick Start Guide](#)

Quick start guide and user manual for the CYCPLUS M1 GPS Smart Cycling Computer, covering product components, mounting, features, usage, settings, app connectivity, data analysis, specifications, and warranty.



[CYCPLUS GPS Bike Computer M2 User Manual](#)

User manual for the CYCPLUS GPS Bike Computer M2, detailing its features, setup, and operation for cyclists.

CYCPLUS
GPS BIKE COMPUTER M2



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用户手册	[06 - 10]
Benutzerhandbuch	[11 - 15]
取扱説明書	[16 - 20]
Manuale d'uso	[21 - 25]
Manuel de l'utilisateur	[26 - 30]
Manual de usuario	[31 - 35]

[CYCPLUS M2 GPS Bike Computer User Manual](#)

Comprehensive user manual for the CYCPLUS M2 GPS Bike Computer, detailing features, setup, operation, and specifications for cyclists.