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Dskeuzeew X24N00C056-farrd

Dskeuzeew 4-in-1 Foldable Magnetic Exercise Bike User Manual

Model: X24N00C056-farrd | Brand: Dskeuzeew

1. INTRODUCTION

This manual provides comprehensive instructions for the safe and effective use of your Dskeuzeew 4-in-1 Foldable Magnetic Exercise Bike. Please read this manual thoroughly before assembly and operation to ensure proper function and to prevent injury. Keep this manual for future reference.

2. SAFETY INFORMATION

Before starting any exercise program, consult your physician. It is essential to understand all safety precautions. Failure to follow these instructions may result in serious injury.

- Ensure all parts are securely fastened before each use.
- Place the exercise bike on a flat, stable surface.
- Keep children and pets away from the equipment during operation.
- Maximum user weight capacity: 150 kg (330 lbs).
- Wear appropriate exercise attire and footwear.
- Stop exercising immediately if you feel dizzy, faint, or experience pain.

3. PRODUCT COMPONENTS

The Dskeuzeew 4-in-1 Foldable Magnetic Exercise Bike includes the following main components:

- Main Frame (X-frame design)
- Adjustable Seat with Backrest
- Pedals with Adjustable Straps
- Handlebars with Heart Rate Sensors
- LCD Monitor
- Tablet/Phone Holder
- Magnetic Resistance System with Control Knob

- Resistance Bands
- Stabilizer Bars with Transport Wheels



Figure 3.1: Overview of the Dskeuzeew 4-in-1 Foldable Magnetic Exercise Bike.

4. ASSEMBLY AND SETUP

Follow these steps to assemble your exercise bike. Refer to the included assembly diagram for detailed part identification.

1. **Unpacking:** Carefully remove all components from the packaging. Check against the parts list to ensure all items are present.
2. **Stabilizer Installation:** Attach the front and rear stabilizer bars to the main frame using the provided bolts and tools. Ensure they are securely tightened.
3. **Pedal Attachment:** Attach the left and right pedals to their respective cranks. Note that the left pedal is reverse-threaded. Tighten firmly.
4. **Seat and Backrest Assembly:** Secure the seat and backrest to the seat post. Adjust the seat height to your

preference using the adjustment knob.

5. **Handlebar and Console Installation:** Mount the handlebars and LCD console to the main frame. Connect any necessary sensor cables.
6. **Tablet Holder:** Attach the tablet/phone holder to the console support.
7. **Final Check:** Before first use, inspect all connections to ensure they are tight and secure.

Your browser does not support the video tag.

Video 4.1: This video demonstrates the assembly process, showing how to unfold the bike, adjust the seat, and begin pedaling. It also highlights the tablet holder and resistance adjustment.

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Video 4.2: This video illustrates the setup and usage of the foldable exercise bike, including adjusting the seat and resistance, and placing a tablet on the holder.

5. OPERATING INSTRUCTIONS

5.1 Adjusting the Bike Configuration (4-in-1 Modes)

This exercise bike offers multiple configurations for varied workouts:

- **Upright Position:** Provides a high-intensity workout, ideal for burning calories.
- **Semi-Recumbent Position:** Offers a lower-impact, more comfortable riding experience. Adjust the seat and backrest for this position.
- **Back Exercise:** Utilize the backrest and handles for core engagement.
- **Arm Strength Training:** Use the integrated resistance bands for upper body workouts.



Figure 5.1: The 4-in-1 folding exercise bike demonstrating upright, recumbent, back exercise, and arm strength training modes.

5.2 Adjusting Magnetic Resistance

The bike features 16 levels of magnetic resistance for a smooth and quiet workout. Turn the tension control knob located on the main frame to increase or decrease resistance.

- Turn clockwise to increase resistance (higher intensity).
- Turn counter-clockwise to decrease resistance (lower intensity).

16 LEVEL MAGNETRON RESISTANCE

Customize perfect exercise plan



Figure 5.2: The 16-level magnetic resistance control knob, allowing customization of your exercise intensity.



Figure 5.3: Visual representation of resistance levels, from basic to advanced, for different workout types.

5.3 Using Resistance Bands

The integrated resistance bands allow for upper body and full-body workouts. Hold the handles of the bands and perform various arm exercises while pedaling or stationary to tone muscles.



Figure 5.4: Demonstrating a full-body workout using the integrated resistance bands.



Figure 5.5: Detail of the automatic springback resistance bands.

5.4 LCD Monitor Functions

The integrated LCD monitor tracks your workout data. Press the "MODE" button to cycle through different display functions:

- **TIME:** Duration of your current workout.
- **SPEED:** Current cycling speed.
- **DISTANCE:** Distance covered during the current workout.
- **CALORIES:** Estimated calories burned.
- **ODOMETER (ODO):** Total accumulated distance.
- **PULSE:** Your heart rate, measured by the sensors on the handlebars.
- **SCAN:** Automatically cycles through all functions.

To reset the values, press and hold the "RESET" button.

MULTIFUNCTIONAL LCD MONITOR

Distance Calories Pulse Time Scan Speed ODO



Figure 5.6: The multifunctional LCD monitor showing various workout metrics.

**Track Your Workout Progress
With The Large LCD Display Screen**

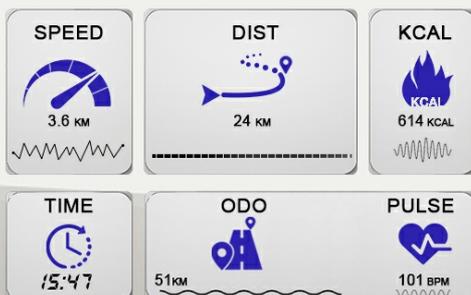


Figure 5.7: Tracking workout progress with the large LCD display screen.

5.5 Tablet/Phone Holder

Place your tablet or phone on the integrated holder to enjoy entertainment or follow workout programs during your exercise session.

6. MAINTENANCE AND STORAGE

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Regularly check all bolts and connections for tightness. Tighten if necessary.
- **Lubrication:** The magnetic resistance system is generally maintenance-free. Do not attempt to lubricate internal components.
- **Storage:** The bike's foldable design allows for easy storage. Fold the bike and use the transport wheels to move it to a suitable storage location. Store in a dry, cool place away from direct sunlight.



Figure 6.1: The exercise bike features hidden mobile scroll wheels for easy transport and storage.

7. TROUBLESHOOTING

| Problem | Possible Cause | Solution |
|--------------------------------------|--|--|
| No display on LCD monitor | Batteries are dead or incorrectly installed. | Replace batteries (usually 2x AAA) or ensure correct polarity. |
| Inaccurate heart rate reading | Hands not firmly on sensors; dry hands. | Ensure firm contact with both sensors. Lightly moisten hands if too dry. |
| Bike is unstable or noisy | Loose bolts; uneven surface. | Check and tighten all assembly bolts. Move the bike to a flat, stable surface. |
| Resistance not changing | Resistance cable disconnected or damaged. | Inspect the resistance cable connection. If damaged, contact customer support. |

8. SPECIFICATIONS

| Feature | Detail |
|---------|--------|
|---------|--------|

| Feature | Detail |
|--------------------------------|---|
| Model Number | X24N00C056-farrd |
| Brand | Dskeuzeew |
| Resistance Mechanism | Magnetic |
| Resistance Levels | 16 |
| Workout Modes | 4-in-1 (Upright, Semi-Recumbent, Back Exercise, Arm Training) |
| Display | LCD (Time, Speed, Distance, Calories, Odometer, Pulse) |
| Heart Rate Sensor | Integrated on handlebars |
| Additional Features | Foldable design, Resistance bands, Tablet/Phone holder, Transport wheels, Comfortable seat and backrest |
| Material | Metal |
| Maximum Weight Capacity | 150 Kilograms (330 lbs) |
| Product Dimensions (L x W x H) | 116 x 53 x 107 cm (45.7 x 20.9 x 42.1 inches) |
| Product Weight | 20.5 Kilograms (45.2 lbs) |
| Power Source | Pedal-powered (non-electric) |

PREMIUM STEEL, STURDY AND STABLE

Maximum load-bearing capacity of 150 kg



Figure 8.1: The robust X-frame design and premium steel construction ensure stability and a maximum load capacity of 150 kg.



Figure 8.2: The comfortable oversized cushion seat and backrest are adjustable for various user heights and provide strong support.

9. WARRANTY AND SUPPORT

Dskeuzeew provides a one-year warranty for this product. If you encounter any issues or have questions regarding your exercise bike, please contact our customer service team. We guarantee a response within 24 hours.

For support, please refer to the contact information provided with your purchase or visit the official Dskeuzeew website.

