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> JEEKEE Recumbent Exercise Bike Model 2311D User Manual

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Brand: JEEKEE | Model: 2311D

1. INTRODUCTION

The JEEKEE Recumbent Exercise Bike Model 2311D is designed to provide a comfortable and effective low-impact workout experience. This manual provides essential information for the safe assembly, operation, and maintenance of your exercise bike. Please read all instructions carefully before use.



Figure 1: JEEKEE Recumbent Exercise Bike Model 2311D

2. SAFETY INFORMATION

Before beginning any exercise program, consult with your physician. It is crucial to read and understand all warnings and instructions in this manual. Keep children and pets away from the equipment. Always place the exercise bike on a flat, stable surface. Inspect the equipment for worn or loose parts before each use. Do not exceed the maximum user weight capacity of 300 lbs.

3. PACKAGE CONTENTS

Please check the package contents against the parts list provided in your physical manual to ensure all components are present and undamaged before assembly. If any parts are missing or damaged, contact JEEKEE customer service immediately.

4. SETUP AND ASSEMBLY

The JEEKEE Recumbent Exercise Bike is designed for easy assembly, with approximately 90% of the parts pre-assembled. Typical assembly time is around 30 minutes. Follow the steps below and refer to the provided installation video for visual guidance.

4.1. Assembly Video Guide

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Video 1: Niceday Recumbent Exercise Bike RC88 Installation Video. This video demonstrates the assembly process for a similar recumbent exercise bike, providing a visual guide for installing components such as the foot tubes, seat, seat back, lever, upright tube, digital monitor, and handlebar.

4.2. Key Assembly Steps

1. **Install Front and Rear Foot Tubes:** Securely attach the front and rear foot tubes to the main frame using the provided hardware.
2. **Assemble and Attach Seat:** Assemble the seat and its support structure, then attach it to the main frame.
3. **Install Seat Back:** Attach the mesh seat back to the seat support.
4. **Connect Wires and Install Upright Tube:** Carefully connect the induction wires and then install the upright tube into the main unit.
5. **Install Digital Monitor:** Attach the digital monitor to the top of the upright tube, ensuring all connections are secure.
6. **Install Handlebar:** Secure the handlebar to the upright tube.
7. **Attach Pedals:** Install the pedals, ensuring they are correctly oriented (Left/Right) and tightened.



Figure 2: The bike features 90% pre-assembly and transportation wheels for easy movement.

5. OPERATING INSTRUCTIONS

5.1. Adjusting Resistance

The JEEKEE Recumbent Exercise Bike offers 16 levels of magnetic resistance. Turn the resistance knob located on the main unit to increase (+) or decrease (-) the workout intensity. Levels 1-4 are suitable for warm-up and recovery, 5-8 for aerobic workouts, 9-13 for muscle sculpting, and 14-16 for intensive training. The magnetic flywheel ensures quiet operation, under 15 dB.



Figure 3: Adjust the resistance knob for your desired workout intensity.

5.2. LCD Display and Heart Rate Monitoring

The integrated LCD display shows key workout metrics including time, distance, speed, calories burned, and heart rate. Built-in pulse sensors on the handles allow for accurate heart rate monitoring. Grip the handles firmly to activate the heart rate sensor.



Figure 4: All-in-one LCD display panel with tablet holder.

5.3. Seat Adjustment

The adjustable seat accommodates users ranging from 4'9" to 6'2" in height. To adjust the seat, simply use the adjustable grips to slide the seat to your preferred position and secure it in the appropriate holes for a comfortable workout posture.



Figure 5: Freely adjustable seat for optimal comfort.

5.4. Water Bottle Holder

A convenient water bottle holder is integrated into the design, allowing you to stay hydrated during your workout.

6. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your JEEKEE Recumbent Exercise Bike. Wipe down the equipment with a damp cloth after each use. Periodically check all bolts and nuts for tightness and re-tighten if necessary. Do not use abrasive cleaners.

7. TROUBLESHOOTING

- **Display Not Working:** Check if the batteries in the digital monitor are correctly installed and have sufficient charge. Replace if necessary.
- **Unstable Bike:** Ensure the bike is placed on a flat surface. Adjust the leveling caps on the foot tubes if needed.
- **Unusual Noises:** Check all assembly bolts for tightness. Lubricate moving parts if squeaking persists.

8. SPECIFICATIONS

Brand	JEEKEE
Model Number	JK-2311D
Product Dimensions	135.9D x 49W x 99.1H Centimetres
Item Weight	60.9 Pounds (approx. 27.62 kg)
Maximum Weight Recommendation	300 Pounds (Note: Product specifications also list 400 Pounds, please refer to product packaging for definitive limit)
Resistance Mechanism	Magnetic
Number of Resistance Levels	16
Special Features	Adjustable Resistance Level, Adjustable Seat, Calories Monitor, Console Display, Lightweight
Power Source	Battery Powered

9. WARRANTY AND SUPPORT

JEEKEE is committed to providing quality service. We offer 7*24 customer service. If you have any questions or require assistance, please contact our professional after-sales team. We aim to reply to your message within 24 hours.