BODIOO XB-YZJ102

BODIOO XB-YZJ102 3-in-1 Folding Exercise Bike User Manual

Introduction

This manual provides essential information for the safe and effective use of your BODIOO XB-YZJ102 3-in-1 Folding Exercise Bike. Please read it thoroughly before assembly and operation. This versatile exercise bike offers multiple workout modes, adjustable resistance, and integrated fitness tracking to support your home fitness goals.



Figure 1: BODIOO XB-YZJ102 Exercise Bike in use, demonstrating its multi-exercise capabilities.

Important Safety Information

To reduce the risk of serious injury, please read the following safety precautions before using the exercise bike:

- Consult your physician before starting any exercise program.
- Keep children and pets away from the equipment during use.
- Place the exercise bike on a stable, level surface. Ensure adequate space around the bike.
- Inspect the equipment for loose parts or signs of wear before each use. Do not use if damaged.
- The maximum user weight capacity for this bike is 265 lbs (120.2 kg).
- Wear appropriate exercise clothing and footwear.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

Package Contents

Verify that all components are present in your package:

- 1 x BODIOO XB-YZJ102 Exercise Bike (includes all necessary accessories and assembly tools)
- 1 x User Manual (this document)

Assembly Instructions

Your BODIOO XB-YZJ102 exercise bike requires assembly. Please refer to the separate, detailed assembly guide included in your package for step-by-step instructions. Ensure all parts are securely fastened and the bike is stable before its first use.



Figure 2: Exercise bike dimensions and user suitability, indicating assembly requirements.

Operating the Exercise Bike

1. 10-Level Adjustable Resistance

The exercise bike features a knob for adjusting resistance levels from 1 to 10. Turn the knob clockwise to increase resistance and counter-clockwise to decrease it. Start with a lower resistance for warm-up and gradually increase as your fitness improves to simulate various terrains and workout intensities.



Figure 3: Resistance adjustment knob and examples of workout benefits.

2. LCD Monitor and Pulse Sensor

The integrated LCD monitor displays key workout metrics including time, speed, distance, calories burned, and pulse rate. To measure your pulse, grip the pulse sensors located on the handlebars firmly. The monitor also includes a tablet holder for convenient entertainment during your workout.



Figure 4: Upgraded backlit LCD display showing workout metrics.

3. Arm Resistance Straps

The bike is equipped with arm resistance straps to provide a full-body workout. These straps can be used to engage your arms, shoulders, and back muscles while cycling. Adjust the intensity by controlling the strap tension to combine cardio with strength training.



Figure 5: User utilizing the arm resistance straps for an upper body workout.

4. 3-in-1 Exercise Modes

This bike offers three distinct exercise modes: upright, semi-recumbent, and recumbent. Adjust the frame and seat position to switch between these modes, allowing you to target different muscle groups and vary your workout intensity and comfort preferences.



Figure 6: Illustration of the three exercise modes: Recumbent, Upright, and Relax.

5. Seat and Handlebar Adjustment

Adjust the seat height to ensure proper leg extension during pedaling, which is crucial for comfort and effective exercise. The cushioned seat, ergonomic backrest, and armrests are designed to provide support and minimize fatigue during prolonged workouts. Ensure all adjustments are securely locked before use.



Figure 7: Detailed view of the adjustable seat, backrest, and armrests for comfort.

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. Avoid using abrasive cleaners or solvents.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners as necessary.
- **Lubrication:** The belt drive system is designed to be maintenance-free and does not require lubrication.
- **Storage:** When not in use, the bike can be folded for space-saving storage. Ensure it is stored in a dry, cool place.



Figure 8: Highlighting key components like built-in wheels for easy movement and storage.

Troubleshooting

Common Issues and Solutions:

- **Squeaking or Unusual Noise:** Check for loose bolts or friction between moving parts. Ensure the bike is on a level surface. Tighten all assembly bolts.
- **Inaccurate Monitor Readings:** Ensure pulse sensors are gripped firmly and consistently. Check battery levels for the LCD monitor and replace if necessary.
- **Resistance Issues (Too Loose/Too Tight):** Verify the resistance knob is functioning correctly and the magnetic resistance mechanism is clear of any obstructions.
- **Bike Wobbles:** Ensure the bike is placed on a flat, stable surface. Check that all stabilizer caps are properly installed and adjusted.

If you encounter issues not listed here, please consult the full user manual or contact BODIOO customer support for

assistance.

Specifications

Feature	Detail
Brand	BODIOO
Model Number	XB-YZJ102
Colour	Dark Gray
Material	Alloy Steel, Plastic
Drive System	Belt
Resistance Mechanism	Magnetic
Resistance Levels	10
Maximum Weight Capacity	265 lbs (120.2 kg)
Applicable User Height	4 ft 11 in to 6 ft
Product Dimensions (L x W x H)	66.04 x 39.37 x 118.11 cm (26 x 15.5 x 46.5 inches)
Item Weight	21.44 kg (47.26 lbs)
Features	Foldable, LCD display, Pulse sensor, Resistance bands, Tablet holder
Power Source	No (Battery for LCD monitor)
Recommended Uses	Fitness, Home workout, Indoor

Warranty and Support

For detailed warranty information regarding your BODIOO XB-YZJ102 exercise bike, please refer to the warranty card or the dedicated section within the comprehensive user manual included with your product package. This document outlines the terms and conditions of your warranty coverage.

For technical support, assembly assistance, or any product-related inquiries, please contact BODIOO customer service through the contact information provided in your product packaging or on the official BODIOO website. Our support team is available to assist you with any questions or concerns.

Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

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Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question