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› SKY LAND Recumbent Magnetic Exercise Bike EM-1571 User Manual

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Model: EM-1571

INTRODUCTION

This manual provides essential information for the safe and effective use of your SKY LAND Recumbent Magnetic Exercise Bike, model EM-1571. Please read this manual thoroughly before assembly and operation to ensure proper function and longevity of your equipment. This recumbent bike is designed for low-impact cardio workouts in a home environment, offering comfort, smooth performance, and fitness tracking capabilities.



Image: The SKY LAND Recumbent Magnetic Exercise Bike EM-1571, showcasing its overall design with a comfortable seat, handlebars, and digital monitor.

SAFETY INFORMATION

Before using this exercise bike, please observe the following safety precautions:

- Consult a physician before starting any exercise program.
- Ensure all parts are correctly assembled and tightened before each use.
- Place the exercise bike on a flat, stable surface.
- Keep children and pets away from the equipment during operation.
- Wear appropriate exercise attire and footwear.
- Do not exceed the maximum user weight capacity of 120 kg.

- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- Keep hands and feet clear of all moving parts.

PACKAGE CONTENTS

Verify that all components are present in the box:

- 1 x SKY LAND EM-1571 Recumbent Exercise Bike (main frame and components)
- 1 x User Manual
- 1 x Tool Kit for Assembly

SETUP AND ASSEMBLY

Follow these steps to assemble your recumbent exercise bike. It is recommended to have assistance during assembly.

1. **Unpack Components:** Carefully remove all parts from the packaging and lay them out on a clean, flat surface. Refer to the included parts diagram to identify each component.
2. **Attach Stabilizers:** Secure the front and rear stabilizer bars to the main frame using the provided bolts and washers from the tool kit. Ensure they are tightly fastened for stability.
3. **Install Pedals:** Identify the left (L) and right (R) pedals. Thread the left pedal counter-clockwise and the right pedal clockwise into their respective crank arms. Tighten securely with a wrench.
4. **Assemble Seat and Backrest:** Attach the seat post to the main frame. Then, secure the seat and backrest to the seat post using the designated hardware.
5. **Mount Handlebars and Monitor Post:** Attach the handlebar post to the main frame. Connect any necessary sensor wires from the main frame to the monitor post.
6. **Install Digital Monitor:** Carefully connect the sensor wires from the handlebar post to the back of the digital monitor. Mount the monitor onto its bracket on the handlebar post. Insert batteries if not pre-installed.
7. **Final Checks:** Inspect all connections and ensure all bolts are tightened. Test the stability of the bike before first use.

WIDE LCD DISPLAY

Clear & Intuitive Wide LCD Display for Real-Time Tracking

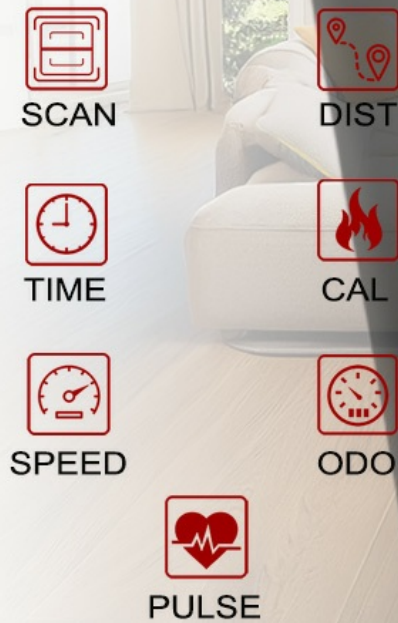


Image: Close-up view of the wide LCD digital monitor, displaying various workout metrics such as time, speed, distance, calories, and pulse.



Image: Detail of the adjustable pedal with foot strap, designed to secure feet during exercise and prevent slipping.

OPERATING INSTRUCTIONS

1. Adjusting the Seat

The seat can be adjusted horizontally to accommodate different user heights. Locate the adjustment lever or knob beneath the seat. Pull or twist it to release the seat, slide the seat to the desired position, and then secure the lever/knob firmly.

DESIGNED FOR USER COMFORT



Image: The recumbent bike's adjustable seat and comfortable backrest, illustrating the range of horizontal adjustment for user comfort.

2. Adjusting Resistance

Your exercise bike features 8 levels of magnetic resistance. To increase resistance, turn the tension control knob clockwise. To decrease resistance, turn it counter-clockwise. Start with a lower resistance and gradually increase as your fitness improves.



Image: Close-up of the 8-level tension control knob, used to adjust the magnetic resistance of the exercise bike.

3. Using the Digital Monitor

The multi-function LED display tracks your workout data:

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

Use the "MODE" button to select a specific display function or "RESET" to clear current workout data. Refer to the monitor's specific instructions for detailed operation.

4. FitShow App Connectivity

Enhance your workout experience by connecting your bike to the FitShow App via Bluetooth:

1. Download the FitShow App from the Google Play Store or Apple App Store.
2. Ensure Bluetooth is enabled on your smartphone.
3. Open the FitShow App and follow the on-screen instructions to pair with your SKY LAND EM-1571 bike.
4. Once connected, the app will display real-time workout data, allow you to set goals, and access virtual routes.

Monitor Your Progress



GET CONNECTED WITH THE
FitSHOW
APPLICATION VIA BLUETOOTH



FITSHOW DOWNLOAD



Image: The recumbent bike shown with a smartphone displaying the FitShow application interface, highlighting Bluetooth connectivity for tracking and interactive workouts.

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 to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness. Tighten any loose fasteners.
- **Lubrication:** The magnetic resistance system is generally maintenance-free. Do not lubricate internal components unless specifically instructed by customer support.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures. Use the built-in transport wheels for easy movement.



Image: Close-up of the integrated transport wheels located at the front stabilizer, facilitating easy movement and storage of the exercise bike.

TROUBLESHOOTING

If you encounter issues with your exercise bike, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Digital Monitor Not Displaying	Batteries are dead or incorrectly installed. Sensor wires are loose or disconnected.	Replace batteries with new ones, ensuring correct polarity. Check all sensor wire connections to the monitor and main frame.
Resistance Feels Uneven or Too Easy/Hard	Tension control knob not adjusted correctly. Internal resistance mechanism issue.	Adjust the tension control knob to your desired level. If the issue persists, contact customer support.
Bike is Unstable or Wobbly	Stabilizer bolts are loose. Bike is on an uneven surface.	Tighten all bolts on the stabilizer bars. Move the bike to a flat, level surface.
Pedals Make Noise or Feel Loose	Pedals are not tightened sufficiently. Pedal bearings are worn.	Ensure pedals are securely tightened (left pedal counter-clockwise, right pedal clockwise). Contact customer support if noise persists after tightening.

For issues not listed here, or if solutions do not resolve the problem, please contact customer support.

SPECIFICATIONS

Model Number	EM-1571
Color	Black
Drive System	Belt

Resistance Mechanism	Magnetic
Resistance Levels	8 Levels
Material	Alloy Steel, Plastic
Maximum User Weight	120 Kilograms
Product Dimensions (L x W x H)	137 x 64 x 117 cm
Item Weight	35.2 Kilograms
Power Source	Battery Powered
Special Features	Adjustable Footstrap, Adjustable Resistance Level, Adjustable Seat, App Connectivity, Portable

LOW-IMPACT RECLINENT BIKE

Enjoy Effortless & Relaxing Workouts



SKY LAND

SPORTS & FITNESS EQUIPMENT

SERVICES & ONLINE SUPPORT

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120 KG

Max User Weight

Image: Diagram illustrating the product dimensions (length, width, height) of the SKY LAND Recumbent Exercise Bike EM-1571.

WARRANTY AND SUPPORT

For technical assistance, warranty claims, or general inquiries, please contact SKY LAND customer support using the details below. Please have your model number (EM-1571) and purchase information ready when contacting support.



Image: Contact information for SKY LAND customer support in UAE and KSA, including phone numbers and email addresses.

UAE Support

Phone: +971 56 501 5399

Phone: +971 54 308 4588

Email: customercare@topskyland.com

KSA Support

Phone: +966 50 819 8548

Phone: +966 59 643 1174

Email: customerservice@topskyland.com

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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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After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

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