

TOPUTURE TEB1

TOPUTURE Exercise Bike User Manual

Model: TEB1
Brand: TOPUTURE

1. IMPORTANT SAFETY INFORMATION

Please read all instructions carefully before assembling and using the TOPUTURE Exercise Bike. Retain this manual for future reference.

- Consult your physician before beginning any exercise program.
- Keep children and pets away from the equipment.
- Place the exercise bike on a flat, stable surface.
- Ensure all bolts and nuts are securely tightened before each use.
- Do not wear loose clothing that could get caught in moving parts.
- Maximum user weight capacity: 330 lbs (150 kg).
- Use the emergency brake to stop the flywheel quickly if needed.

2. PRODUCT OVERVIEW

The TOPUTURE Exercise Bike is designed for indoor cardio training, featuring magnetic resistance, app connectivity, and adjustable components for a personalized workout experience.



Figure 2.1: Overview of the TOPUTURE Exercise Bike.

Key Features:

- Adjustable Height and 330 lbs Weight Capacity: 4-way adjustable handlebar and 3-way adjustable seat for users from 4.9ft-6.4ft.
- APP Tailored Training Plans: Monitor real-time data (distance, time, calories, speed, RPM) via compatible apps like Z-Sport, Zwift, and Kinomap.
- 0-100% Magnetic Resistance: Provides a wide range of resistance for varied workout intensities, ensuring quiet operation.
- LCD Monitor and Tablet Holder: Displays RPM, time, speed, distance, calories, and odometer. The tablet holder secures

your device.

- **Silent Belt Drive:** Ensures a smooth and quiet cycling experience.

3. ASSEMBLY INSTRUCTIONS

Follow these steps carefully to assemble your TOPUTURE Exercise Bike. All necessary tools are included.

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Video 3.1: Detailed installation instructions for the TOPUTURE Exercise Bike.

1. **Unpacking:** Carefully remove all components from the packaging. Verify all parts are present against the parts list in your included physical manual.
2. **Install Rear Foot Tube:** Attach the rear foot tube to the main frame using the provided bolts and washers. Ensure it is securely fastened.
3. **Install Front Foot Tube:** Attach the front foot tube, which includes the transport wheels, to the main frame. Ensure the transport wheels face forward.
4. **Assemble Handlebar Slide:** Insert the handlebar slide into the main frame's front post. Secure it with the adjustment knob.
5. **Install Cushioned Seat:** Attach the cushioned seat to the seat post. Tighten the screws to secure the seat.
6. **Assemble Handlebar:** Secure the handlebar to the handlebar slide using the provided screws and spanner.
7. **Secure Tablet Holder:** Attach the tablet holder to the handlebar assembly.
8. **Install Electronic Watch (Monitor):** Insert batteries (not included) into the electronic watch. Secure the watch to the handlebar assembly. Connect the sensing wire from the bike to the electronic watch.
9. **Assemble Pedals:** Identify the "R" (Right) and "L" (Left) pedals. Thread the right pedal clockwise into the right crank arm. Thread the left pedal counter-clockwise into the left crank arm. Use the provided spanner to tighten securely.
10. **Install Bottle Holder:** Attach the bottle holder to the designated area on the bike frame using the provided screws.



Figure 3.1: Key components and adjustable parts for assembly.

4. OPERATING INSTRUCTIONS

4.1 Adjusting Seat and Handlebar

Proper adjustment ensures comfort and effective workout. The bike supports users from 4.9ft to 6.4ft.

- **Seat Adjustment:** Loosen the adjustment knob below the seat. Slide the seat forward or backward, and adjust the height up or down until your leg has a slight bend at the knee when the pedal is at its lowest point. Tighten the knob securely.

- **Handlebar Adjustment:** Loosen the adjustment knob on the handlebar post. Adjust the handlebar height to a comfortable position that allows for a slight forward lean without straining your back. Tighten the knob securely.



Figure 4.1: Adjustable seat and handlebar for optimal fit.

4.2 Using the Magnetic Resistance

The bike features 0-100% micro-adjustable magnetic resistance for a smooth and quiet ride.

- **Increase Resistance:** Turn the red resistance knob clockwise to increase the magnetic resistance, making pedaling harder.

- **Decrease Resistance:** Turn the red resistance knob counter-clockwise to decrease the magnetic resistance, making pedaling easier.
- **Emergency Stop:** Press down firmly on the red resistance knob to engage the emergency brake and quickly stop the flywheel.



Figure 4.2: Magnetic resistance adjustment knob.

4.3 LCD Monitor and App Connectivity

The built-in LCD monitor displays key workout metrics. For enhanced tracking and tailored plans, connect your device via

Bluetooth to compatible fitness apps.

- **LCD Monitor:** The monitor displays RPM, time, speed, distance (in miles), calories burned, and odometer. Press the button to cycle through display modes.
- **Tablet Holder:** Place your tablet or smartphone securely in the anti-skid silicone and sponge holder.
- **App Connection:** The bike supports Z-Sport, Zwift, and Kinomap apps. Ensure Bluetooth is enabled on your device and follow the app's instructions to connect to the exercise bike. Real-time data will be synchronized.

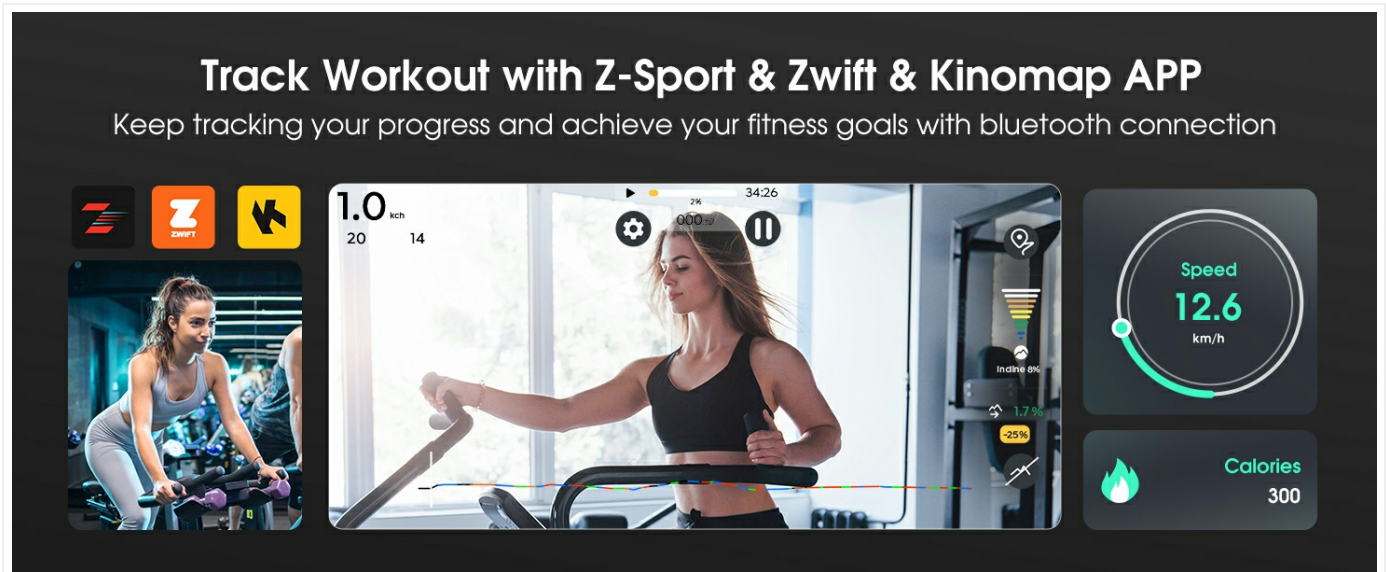


Figure 4.3: App connectivity for tracking workouts.

5. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your exercise bike.

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Check Connections:** Periodically check all bolts, nuts, and screws to ensure they are tight. Tighten if necessary.
- **Lubrication:** The belt drive system is designed for low maintenance. No lubrication is typically required for the belt.
- **Pedal Straps:** Inspect pedal straps for wear and tear. Replace if damaged.
- **Storage:** When not in use, store the bike in a dry, cool place away from direct sunlight and extreme temperatures. The bike features transport wheels for easy movement.



Figure 5.1: Easy movement and storage with transport wheels.

6. TROUBLESHOOTING

If you encounter any issues, refer to the following common troubleshooting tips:

Problem	Possible Cause	Solution
Squeaking or Noise during operation	Loose bolts or components.	Check and tighten all assembly bolts and nuts.
Resistance not changing	Resistance knob not properly engaged or internal mechanism issue.	Ensure the resistance knob is fully engaged. If the issue persists, contact customer support.
LCD Monitor not displaying data	Batteries are dead or incorrectly installed; sensing wire disconnected.	Replace batteries in the monitor. Check that the sensing wire is securely plugged into the monitor.
Difficulty connecting to app via Bluetooth	Bluetooth not enabled; app not updated; interference.	Ensure Bluetooth is on and the app is updated. Restart your device and the bike. Try connecting in an area with less electronic interference.

7. SPECIFICATIONS

- **Brand:** TOPUTURE
- **Model Name:** Exercise Bike Indoor (TEB1)
- **Resistance Mechanism:** Magnetic
- **Drive System:** Belt
- **Maximum Weight Recommendation:** 150 Kilograms (330 lbs)
- **Adjustable Height Range (User):** 150 cm - 190 cm (4.9 ft - 6.4 ft)
- **Number of Resistance Levels:** 100 (0-100% stepless adjustment)
- **Power Source:** Battery Powered (for LCD monitor)
- **Special Features:** Calories Monitor, Flywheel, App Connectivity, Adjustable Resistance Level, Adjustable Seat, Tablet Holder, Silent Belt Drive, Transport Wheels.
- **Item Weight:** 30 Kilograms
- **Item Dimensions (LxWxH):** 38.19 x 7.28 x 29.13 inches
- **Material:** Metal (Heavy Duty Steel Frame)

8. WARRANTY AND SUPPORT

TOPUTURE is committed to providing high-quality products and excellent customer service.

- **Warranty:** The product comes with 12 months of free parts replacement.
- **Parts Protection:** Enjoy 2 years of parts protection.
- **Customer Support:** 7 days a week, 24 hours a day online support is available to answer your questions.
- **Contact:** For any issues or inquiries, please contact TOPUTURE customer service through the platform where you purchased the product or refer to the contact information provided in your product packaging.



