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› [Dskeuzeew](#) /

› [Dskeuzeew Pedal Exerciser Bike User Manual](#)

### Dskeuzeew X23N00C012

# Dskeuzeew Pedal Exerciser Bike User Manual

Model: X23N00C012

Brand: Dskeuzeew

## 1. INTRODUCTION

The Dskeuzeew Pedal Exerciser Bike is designed for comprehensive physical activity, offering upper body, resistance band, and lower body training. It is suitable for individuals seeking rehabilitation, improved joint flexibility, enhanced muscle strength, and better blood circulation. Its design aims to reduce joint pressure, making it an accessible and safe option for home fitness, particularly for beginners, seniors, and those undergoing rehabilitation.



Image 1.1: A senior man demonstrating the use of the Dskeuzeew Pedal Exerciser Bike for both arm and leg exercises, highlighting its versatility and ease of use. The digital monitor is visible, showing exercise data.

## 2. SAFETY INFORMATION

- Consult a physician before starting any new exercise program, especially if you have pre-existing medical conditions or are undergoing rehabilitation.
- Ensure the exerciser is placed on a flat, stable, non-slip surface before use.
- Check all components for proper assembly and tightness before each use.
- Do not stand on the exerciser. It is designed for seated use.
- Keep children and pets away from the equipment during operation.
- Stop exercising immediately if you feel pain, dizziness, or discomfort.
- Do not exceed the maximum weight recommendation of 160 kilograms (approximately 352 lbs).

## 3. COMPONENTS LIST

The Dskeuzeew Pedal Exerciser Bike includes the following main components:

- Main Frame (Alloy Steel)
- Pedals with adjustable straps
- Hand Cranks with ergonomic handles
- LCD Monitor
- Resistance Bands with foam handles
- Anti-slip Floor Protectors
- Hand Massage Wheels
- Foot Massage Wheels

## Detail Display



Image 3.1: A diagram illustrating the key components of the pedal exerciser, including hand massage grips, foot massage pedals, and anti-slip features.

## 4. SETUP AND ASSEMBLY

Assembly of the Dskeuzeew Pedal Exerciser Bike is designed to be straightforward. Please follow the included assembly guide for detailed step-by-step instructions. Ensure all parts are securely fastened before initial use.

#### 4.1. Height Adjustment

The exerciser features an adjustable height mechanism to accommodate various user heights and exercise preferences. Locate the height adjustment knob on the main frame. Loosen the knob, adjust the upper section to the desired height, and then securely tighten the knob to lock it in place.



Image 4.1: The product dimensions and the adjustable height mechanism are shown, indicating how to customize the exerciser for different users.

### 5. OPERATING INSTRUCTIONS

#### 5.1. General Use

Position the exerciser on a stable surface. Sit comfortably in a chair or on a sofa. The exerciser allows for independent upper and lower body workouts, or simultaneous use by two individuals.

#### 5.2. Lower Body Exercise (Legs)

1. Place your feet into the pedal straps, ensuring they are secure.
2. Adjust the tension knob located near the pedals to your desired resistance level.
3. Begin pedaling in a smooth, controlled motion.

### 5.3. Upper Body Exercise (Arms)

1. Grasp the hand cranks firmly.
2. Adjust the tension knob for the upper body section to your desired resistance level.
3. Rotate the hand cranks in a smooth, controlled motion.

### 5.4. Resistance Band Training

The integrated resistance bands can be used for additional upper body strengthening. Hold the foam handles and perform various pulling or stretching exercises as appropriate for your fitness level.

### 5.5. LCD Digital Display

The built-in LCD monitor tracks your exercise progress. It displays:

- **COUNT:** Total revolutions.
- **TIME:** Duration of your workout.
- **CAL:** Estimated calories burned.
- **RPM:** Revolutions per minute.
- **SCAN:** Cycles through all metrics automatically.

Press the red button on the monitor to cycle through the display modes. To reset the data, press and hold the button for a few seconds.

## LCD MONITOR



Image 5.1: The LCD monitor interface, showing the various metrics tracked during exercise.

### 5.6. Massage Function

The exerciser is equipped with hand and foot massage wheels. These textured surfaces can be used to provide a gentle massage during or after your workout, potentially aiding in muscle relaxation and blood circulation.



Image 5.2: Visual representation of the hand and foot massage wheels and their intended use for improving circulation and reducing muscle tension.

## 6. MAINTENANCE

- Cleaning:** Wipe down the exerciser with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners or solvents.
- Inspection:** Regularly check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- Storage:** Store the exerciser in a cool, dry place away from direct sunlight and extreme temperatures.
- Battery Replacement:** If the LCD monitor display becomes dim or unresponsive, replace the batteries (type usually specified in the monitor compartment).

## 7. TROUBLESHOOTING

- Exerciser is wobbly:** Ensure all assembly bolts are tightened. Verify the exerciser is on a flat, even surface. The anti-slip feet should provide stability.

- **Resistance is too loose/tight:** Adjust the tension knobs for the upper and lower body sections. If resistance does not change, inspect the magnetic resistance mechanism for any obstructions or damage.
- **LCD monitor not displaying:** Check if the batteries are correctly installed or need replacement. Ensure the sensor cable is securely connected.
- **Pedals/Crankshafts are stiff or noisy:** Apply a small amount of silicone-based lubricant to the moving joints if necessary. Ensure no foreign objects are obstructing the movement.

## 8. SPECIFICATIONS

Feature	Specification
Model Name	Pedal Exerciser Bike
Brand	Dskeuzeew
Color	Orange
Material	Alloy Steel, Rubber
Resistance Mechanism	Magnetic
Number of Resistance Levels	1 (Adjustable Tension)
Product Dimensions (LxWxH)	21.06"D x 15.94"W x 35.83"H
Item Weight	6 Kilograms
Maximum Weight Recommendation	160 Kilograms
Power Source	Battery Powered (for LCD monitor)
Special Features	Anti-Slip Floor Protector, Safety Strap, Calories Monitor, Speed Monitor, Flywheel, Pivoting Handlebar, Low-Impact Workout, Adjustable Height, Hand & Foot Massage Wheels

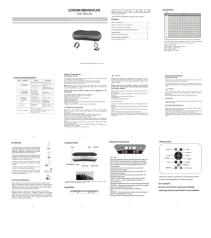
## 9. WARRANTY INFORMATION

This Dskeuzeew Pedal Exerciser Bike is covered by a **90-day warranty** from the date of purchase. This warranty covers manufacturing defects and material flaws under normal use. Please retain your proof of purchase for warranty claims.

## 10. SUPPORT AND CONTACT

For any questions, concerns, or support regarding your Dskeuzeew Pedal Exerciser Bike, please contact the seller directly through your Amazon account. Navigate to "Your Orders," locate the order ID for this product, and click on "Contact Seller."

## Related Documents - X23N00C012

	<p><a href="#"><u>Dskeuzeew Vibration Plate Exercise Machine User Manual: Features, Benefits, and Operation</u></a></p> <p>Detailed user manual for the Dskeuzeew Vibration Plate Exercise Machine. Learn about its oscillation and waver motion, Bluetooth speakers, rope skipping, massage vibration, and how to use it for home fitness and weight loss.</p>
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