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HOMCOM A90-125

HOMCOM Mini Pedal Exerciser A90-125 User Manual

Model: A90-125 | Brand: HOMCOM

INTRODUCTION

Thank you for choosing the HOMCOM Mini Pedal Exerciser. This compact and versatile exerciser is designed for both arm and leg workouts, suitable for home, office, or rehabilitation use. Please read this manual thoroughly before assembly and operation to ensure safe and effective use of your new equipment.



Image: A person using the HOMCOM Mini Pedal Exerciser while seated at a desk, demonstrating its compact design for office use.

SAFETY INSTRUCTIONS

- **Important Note:** For safe use, always sit on a chair or place the pedal exerciser on a stable surface. Do not stand on the exerciser or place your full body weight directly on it.
- Consult your physician before starting any new exercise program, especially if you have pre-existing health conditions.
- Keep children and pets away from the equipment during use.
- Ensure all parts are securely assembled and tightened before each use.
- Use the exerciser on a flat, stable, and non-slip surface.
- Stop exercising immediately if you feel pain, dizziness, or discomfort.
- Do not modify the equipment. Use only manufacturer-approved accessories.
- Maximum user weight capacity: 60 kg (132 lbs).

ASSEMBLY AND SETUP

The HOMCOM Mini Pedal Exerciser is designed for easy assembly. Follow these steps to set up your

device:

1. Unpack all components from the box. Ensure all parts are present.
2. Attach the front and rear stabilizer bars to the main body of the exerciser. Secure them with the provided screws and tools.
3. Attach the pedals to the crank arms. Ensure the left pedal is attached to the left crank arm and the right pedal to the right crank arm. Tighten securely.
4. Insert the resistance adjustment knob into its designated slot on the main body.
5. Place the exerciser on a flat, stable surface. For floor use, consider placing it on a non-slip mat to prevent movement.

Your browser does not support the video tag.

Video: This video demonstrates the simple assembly process of the mini pedal exerciser, including attaching the base, pedals, and resistance knob. It also shows how to use the device for both arm and leg exercises.

VÉLO D'EXERCICE POUR BRAS ET JAMBES



Placer sur la table pour
renforcer les bras



Placer sous le bureau
pour entraîner les jambes

Image: Illustration of the pedal exerciser's versatility, showing it placed on a table for arm exercises and on the floor for leg exercises.

1. Leg Exercise

- Place the exerciser on a stable, flat surface in front of your chair.
- Sit comfortably on a chair with your feet placed firmly in the pedal straps. Adjust straps if necessary for a secure fit.
- Begin pedaling slowly, then gradually increase your speed and duration as desired.
- To adjust resistance, turn the knob located on the top of the main body clockwise for more resistance and counter-clockwise for less.

Your browser does not support the video tag.

Video: This video illustrates the use of the mini pedal exerciser for leg exercises while seated, demonstrating the pedaling motion and proper foot placement.

2. Arm Exercise

- Place the exerciser on a stable table or desk.
- Sit comfortably in front of the table and place your hands firmly in the pedal straps.
- Begin rotating the pedals with your arms, slowly at first, then increasing speed and duration.
- Adjust resistance using the knob as described for leg exercises.



Image: A detailed view of the resistance adjustment knob, indicating how to turn it to increase or decrease exercise

FEATURES

- **Versatile 2-in-1 Device:** Ideal for all ages, this pedal exerciser is perfect for home or office use, targeting arm, chest, gluteal, waist, and leg muscles.
- **Adjustable Resistance:** Easily modify your workout intensity by turning the resistance regulator knob to suit your needs.
- **Easy to Transport and Store:** Its compact and lightweight design takes up minimal space, with simple assembly. Total dimensions: 40L x 53W x 29H cm, weighing only 2.10kg net. This desk bike is also easy to transport and store, perfect for flexible use in the office, during rehabilitation, or in your living room.
- **High Quality and Very Secure:** Constructed from robust steel for increased durability, it supports up to 60 kg. The non-slip pedals and feet ensure optimal stability and safety.

SÛR ET SÉCURISÉ

Pédales texturées avec sangles



Patin antidérapant

Image: A close-up view of the textured pedals with adjustable straps, highlighting their non-slip design for secure foot or hand placement.



Image: A close-up of the anti-slip pads on the base of the exerciser, designed to provide stability and prevent movement during use.

MAINTENANCE

- **Cleaning:** Wipe down the exerciser with a damp cloth after each use to remove sweat and dust. Do not use abrasive cleaners.
- **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.

TROUBLESHOOTING

- **Exerciser slides during use:** Ensure the exerciser is placed on a non-slip mat or carpet. Verify that all feet are making full contact with the surface.
- **Pedals are stiff or loose:** Check the resistance adjustment knob. Turn it to decrease or increase resistance as needed. If the issue persists, inspect the internal mechanism for any obstructions or damage.
- **Unusual noises:** Stop using the exerciser immediately. Inspect all moving parts for proper lubrication and ensure no components are rubbing or loose.

SPECIFICATIONS

Attribute	Detail
Brand	HOMCOM
Model Number	A90-125
Maximum Weight Recommendation	60 Kilograms
Control Type	Knob
Operation Mode	Manual
Power Source	User Powered
Material Type	Alloy Steel
Product Dimensions (L x W x H)	53 x 40 x 29 cm
Item Weight	2.2 Kilograms
Color	Grey
Features	Adjustable resistance level, Portable, Anti-slip floor protector, Highly resistant

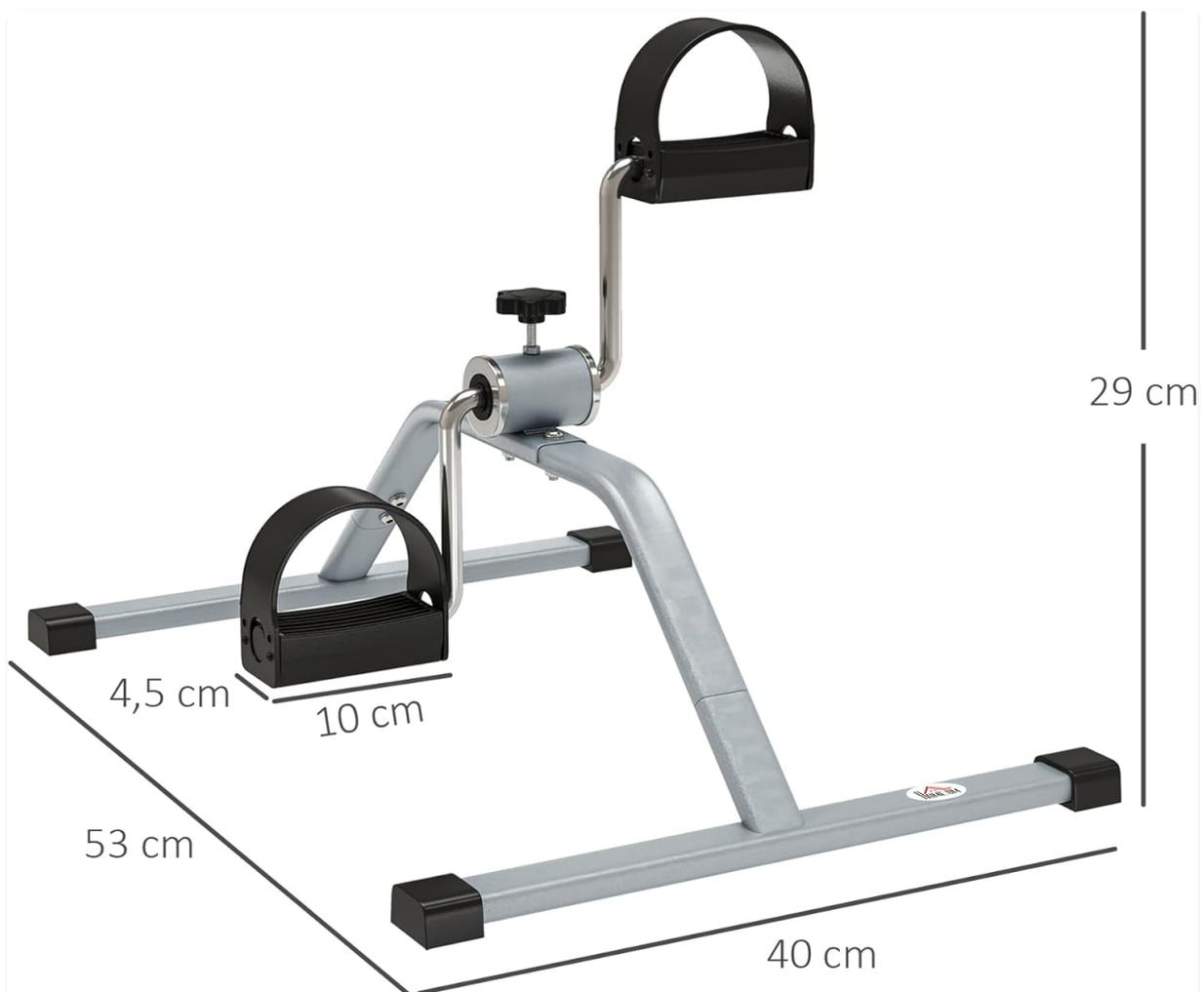


Image: A diagram illustrating the key dimensions of the mini pedal exerciser, including length, width, and height.

For warranty information, technical support, or replacement parts, please contact HOMCOM customer service. Refer to your purchase documentation for specific contact details and warranty terms applicable to your region.

You can also visit the official HOMCOM website for additional resources and support.