

CYCPLUS DC1

CYCPLUS DC1 Self-Generating Aeromagnetic Fitness Bike User Manual

Model: DC1

1. INTRODUCTION

Thank you for choosing the CYCPLUS DC1 Self-Generating Aeromagnetic Fitness Bike. This compact and efficient pedal exerciser is designed to provide a convenient workout solution for your home or office. Featuring a self-generating power system, a 160W brushless motor, and dual training modes, the DC1 offers a smooth and quiet exercise experience. Please read this manual thoroughly before use to ensure proper operation and maintenance.

2. SAFETY INFORMATION

- Always consult with a healthcare professional before starting any new exercise program.
- Place the device on a stable, flat surface. Use the provided anti-slip mat to prevent movement during exercise.
- Ensure adequate space around the device for safe operation.
- Keep children and pets away from the device during use.
- Do not exceed the maximum user weight (if applicable, not specified in provided data).
- If you experience pain, dizziness, or discomfort, stop exercising immediately.
- The device is designed for indoor use only.
- After prolonged use at high intensity, the device may become warm. Allow it to cool down before resuming.

3. PACKAGE CONTENTS

Verify that all items are present in the package:

- CYCPLUS DC1 Mini Pedal Exerciser Unit

- Anti-slip Mat
- Buckle Strap (for securing to a chair)
- User Manual



Image: Contents of the CYCPLUS DC1 package, showing the main unit, anti-slip mat, buckle strap, and user manual.

4. SETUP

The CYCPLUS DC1 comes 100% pre-assembled and requires no charging, making it ready for immediate use.

1. **Placement:** Place the DC1 on a flat, stable surface. For optimal stability and to protect your floor, position the included anti-slip mat underneath the unit.
2. **Securing the Device:** If using the device while seated in a chair, utilize the buckle strap to secure the exerciser to the chair's leg. This prevents the unit from sliding during intense pedaling.
3. **Foot Placement:** Place your feet securely into the pedals. The pedals are designed to accommodate various foot sizes.

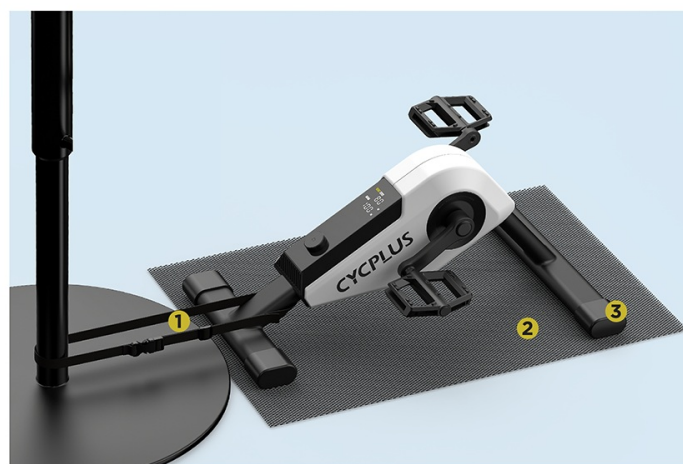
箱から出してすぐ使える!

組み立て不要。

充電も不要。



Image: The CYCPLUS DC1 unit shown immediately after unboxing, highlighting its assembly-free design.



トリプル滑り止め設計

① 4.9フィートのバックルストラップ

ミニペダルエクササイズ器と椅子の距離を固定します。

②+③ 滑り止めマット+フットパッド

2枚のマットを併用することで、滑り止め効果を高め、騒音も軽減します。

Image: Illustration of the triple anti-slip design, demonstrating how the buckle strap secures the exerciser to a chair and the anti-slip mat provides stability.

5. OPERATING INSTRUCTIONS

5.1 Power and Self-Generation

The DC1 is equipped with an intelligent self-generating system. Simply begin pedaling, and the device will power on automatically, displaying your workout data. No external power source or charging is required.



Image: An internal view of the CYCPLUS DC1, illustrating the intelligent self-generating system and the 160W brushless motor.

5.2 Dual Training Modes

The DC1 offers two distinct training modes to suit your fitness goals:

- **Manual Mode:** Allows you to manually adjust the resistance level across 10 stages. This mode is suitable for warm-ups, rehabilitation, and high-intensity training.
- **ERG Mode:** Automatically adjusts the magnetic resistance to maintain a target power output between 30W and 100W, regardless of your pedaling cadence. This mode is ideal for structured workouts and achieving specific power goals.

デュアル負荷モード搭載。 ワンランク上のワークアウトへ。

マニュアルモード

10段階の負荷レベルで、ウォームアップ・リハビリ・高強度トレーニングまで自在に対応。

ERGモード

30～100Wの範囲で目標パワーを設定すれば、ケイデンス（踏み込み回転数）に応じて自動的に最適な負荷を調整。常に一定のワット数をキープできる効率的なトレーニングが可能です。



Image: A visual representation of the Manual and ERG modes, detailing how resistance is applied and adjusted in each mode.

5.3 Resistance Adjustment

In Manual Mode, you can adjust the resistance using the dial located on the unit. Turn the dial clockwise to increase resistance and counter-clockwise to decrease it. There are 10 distinct levels of resistance.

10 段階の抵抗レベル搭載!

軽い運動からリハビリ、サイクリングトレーニングまで幅広く対応可能。



レベル1~3

歩行に近い負荷



レベル4~6

ジョギングに近い負荷



レベル7~10

サイクリングに近い負荷

Image: The CYCPLUS DC1 with an emphasis on the resistance adjustment dial, illustrating how different resistance levels can be used for walking, jogging, or cycling intensity.

5.4 Data Display

The large LED display provides real-time feedback on 8 key workout metrics:

- Power (Watts)
- Time
- Distance
- Revolutions (RPM)
- Calories Burned
- Speed
- Average Power
- Current Power

This allows you to monitor your performance and track your progress effectively.

8

つの主要データで精度向上!

2msの超高速サンプリング。パフォーマンスを正確に可視化。



消費カロリー



時間



ケイデンス



歩数



速度



距離

AVG 平均パワー

NOW 現在のパワー



Image: The LED display of the CYCPLUS DC1, showing real-time workout data such as power, time, and distance.

5.5 Forward and Reverse Pedaling

The DC1 supports both forward and reverse pedaling directions, offering diverse exercise benefits:

- **Forward Pedaling:** Primarily targets fat burning and cardiovascular health.
- **Reverse Pedaling:** Provides gentle joint support and is beneficial for rehabilitation, focusing on muscles around the back, ankles, and knees.

前にも後ろにも漕げる！ 安全で体にやさしい運動を！



前方向

血行促進 & カロリー燃焼をサポート！



後方向

背骨・足首・関節の保護に効果的！



Image: A user demonstrating both forward and reverse pedaling on the CYCPLUS DC1, highlighting the different muscle groups engaged.

5.6 App Connectivity

Enhance your workout experience by connecting the DC1 to compatible fitness applications:

- **Zwift:** Engage in virtual cycling rides and connect with a global community.
- **CYCPLUS FIT App:** Easily record and share your training data, track progress, and access additional features.

Refer to the respective app's instructions for pairing and usage.

6. MAINTENANCE

To ensure the longevity and optimal performance of your CYCPLUS DC1, follow these maintenance guidelines:

- **Cleaning:** Wipe the device with a soft, damp cloth after each use to remove sweat and dust. Do not use abrasive cleaners or solvents.
- **Storage:** Store the device in a cool, dry place away from direct sunlight and extreme temperatures. Its

compact size allows for easy storage in small spaces.

- **Inspection:** Periodically check all moving parts and connections for any signs of wear or damage. If any issues are found, discontinue use and contact customer support.

コンパクト＆軽量、わずか0.18m²の省スペース設計。

薄型一体型デザインで、A4用紙3枚分のスペースに収まります。

サイズ: 50.3 × 35.3 × 21.3 cm

重量: 4.8 kg



Image: The compact design of the CYCPLUS DC1, illustrating its dimensions (50.3 x 35.5 x 12.3 cm) and weight (4.8 kg) for easy storage.

7. TROUBLESHOOTING

If you encounter any issues with your CYCPLUS DC1, refer to the following common problems and solutions:

- **Device not powering on:** Ensure you are actively pedaling. The device is self-generating and requires movement to activate the display.
- **Device sliding during use:** Verify that the anti-slip mat is correctly placed and the buckle strap is securely fastened to your chair.
- **Unusual noise during operation:** Check for any obstructions around the pedals or moving parts. Ensure all components are properly tightened. If the noise persists, contact customer support.
- **Resistance not changing:** In Manual Mode, ensure the resistance dial is functioning correctly. In ERG Mode, verify app connectivity and target power settings.

- **App connectivity issues:** Ensure Bluetooth is enabled on your device and the fitness bike is within range. Refer to the app's troubleshooting guide for specific pairing instructions.

8. SPECIFICATIONS

Feature	Specification
Model	DC1
Color	Black
Resistance Mechanism	Magnetic
Motor Type	160W Brushless Motor
Power Source	Self-generating (no external power/charging required)
Resistance Levels (Manual Mode)	10 levels
ERG Mode Power Range	30W - 100W
Noise Level	Below 30dB
Product Dimensions (L x W x H)	50.3 x 35.5 x 12.3 cm
Product Weight	4.8 kg
App Compatibility	Zwift, CYCPLUS FIT

9. WARRANTY AND SUPPORT

CYCPLUS products are manufactured to the highest quality standards. For warranty information, technical support, or service inquiries, please refer to the warranty card included in your package or visit the official CYCPLUS website. Please have your product model (DC1) and purchase information ready when contacting support.