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› Niceday Recumbent Exercise Bike RC88E User Manual

Niceday RC88E

Niceday Recumbent Exercise Bike RC88E User Manual

Model: RC88E

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1. IMPORTANT SAFETY INFORMATION

Please read this entire manual before assembling or operating the Niceday Recumbent Exercise Bike. Keep this manual for future reference. Failure to follow these instructions could result in injury or damage to the product.

- Consult your physician before starting any exercise program.
- Keep children and pets away from the equipment during use.
- Place the exercise bike on a flat, stable surface. Ensure adequate space around the bike.
- Inspect the bike for loose or worn parts before each use. Do not use if damaged.
- Wear appropriate exercise attire and footwear.
- The maximum user weight capacity for this bike is 400 LBS.
- Do not exceed the recommended usage time or intensity.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

2. PRODUCT OVERVIEW

The Niceday Recumbent Exercise Bike RC88E is designed for home use, offering a comfortable and effective cardio workout. It features an electric resistance system, a quiet flywheel, and a multi-function monitor with app connectivity.



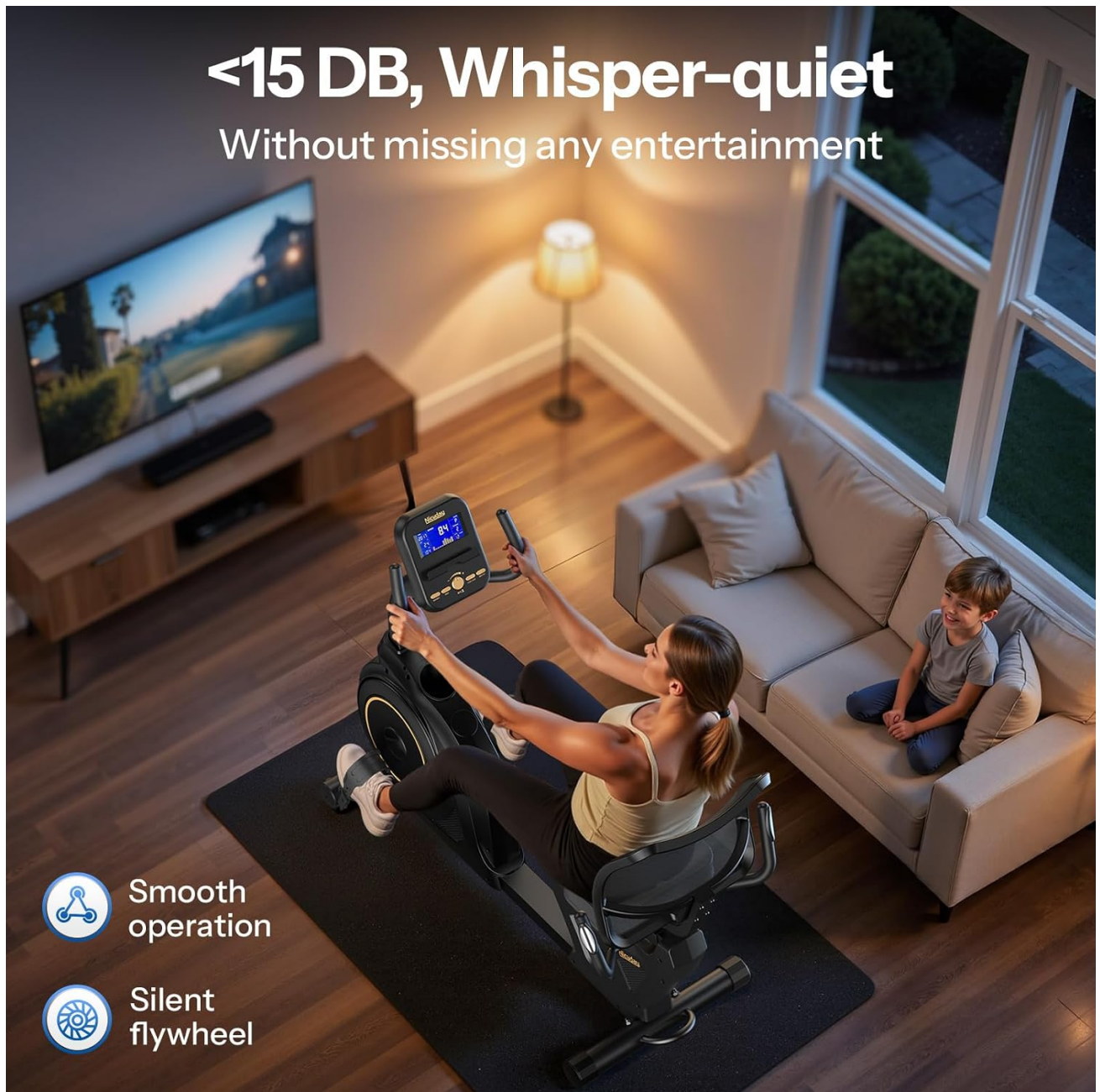
Figure 2.1: Niceday Recumbent Exercise Bike RC88E, Black+Gold model.

Key Features:

- **32-Level Electric Resistance:** Provides precise and strong resistance for varied workout intensities.
- **18LBS Quiet Flywheel:** Electronically controlled for smooth and silent operation, minimizing disturbance.
- **Multi-function Backlit Monitor:** Offers clear readability and 13 built-in programs, with Kinomap & Z-wift app integration.
- **400LBS Weight Capacity:** Constructed with a 2X thicker steel frame for durability and stability.
- **Ergonomic Seat & Backrest:** Features a 5cm high-density soft sponge cushion and breathable mesh backrest for comfort.
- **Adjustable Seat:** 8-position adjustable seat accommodates users up to 6'3" for ample legroom.

<15 DB, Whisper-quiet

Without missing any entertainment



Smooth
operation



Silent
flywheel

Figure 2.2: The bike operates quietly, allowing for entertainment during workouts.

Higher-tier Home Gym Quality

Built for long-term durability



Figure 2.3: Robust construction with 2X thicker steel frame supports up to 400LBS.



18LBS Electronically Controlled Flywheel

- Precise current control
- 40% smoother inertia

Figure 2.4: The 18LBS electronically controlled flywheel ensures smooth and consistent resistance.

3. ASSEMBLY INSTRUCTIONS

The Niceday Recumbent Exercise Bike is 90% pre-assembled. All necessary instructions and tools are included in the packaging. Follow the steps below and refer to the official installation video for a smooth setup process.

Assembly Video:



Video 3.1: Official Niceday Recumbent Exercise Bike RC88E Installation Video. This video provides a step-by-step guide for assembling your exercise bike.

General Assembly Steps:

1. **Unpack Components:** Carefully remove all parts from the packaging. Verify all components are present against the parts list provided in the box.
2. **Attach Stabilizers:** Secure the front and rear stabilizer bars to the main frame using the provided bolts and tools.

3. **Install Pedals:** Attach the left and right pedals to the crank arms. Note that pedals are typically marked 'L' and 'R' and thread in opposite directions.
4. **Mount Seat Assembly:** Connect the seat post and seat to the main frame. Adjust the seat to your preferred position.
5. **Install Handlebars and Monitor:** Attach the handlebars and the monitor post to the front of the bike. Connect any necessary cables for the monitor.
6. **Final Checks:** Ensure all bolts are tightened and the bike is stable before first use.



Figure 3.1: The Niceday Recumbent Exercise Bike is designed for easy assembly, even by a single person.

4. OPERATING INSTRUCTIONS

4.1 Resistance Adjustment

The Niceday Recumbent Exercise Bike features 32 levels of progressive electric resistance. You can easily adjust the resistance during your workout to match your fitness level and exercise goals.

- Use the control knob or buttons on the monitor to increase or decrease the resistance level.
- Start with a lower resistance and gradually increase as your fitness improves.

32-level Progressive Resistance

Meet more exercise needs



Burn calories



Enhance cardiopulmonary



Strengthen muscles



Figure 4.1: The bike offers 32 levels of resistance to cater to various exercise needs, from burning calories to strengthening muscles.

4.2 Monitor Functions

The backlit LCD monitor displays key workout data and allows you to select from various programs. It also supports connectivity with Kinomap and Z-wift apps for an enhanced experience.

- **Display:** Shows time, speed, distance, calories burned, and heart rate (when using heart rate handles).
- **Programs:** Choose from 13 built-in programs, including manual, automatic, watt control, and heart rate control modes.
- **App Connectivity:** Connect to Kinomap and Z-wift via Bluetooth for interactive workouts.

Multi-function Backlit Monitor



Figure 4.2: The backlit monitor provides clear workout data and various program options, including app integration.

4.3 Seat and Pedal Adjustment

Proper adjustment of the seat and pedals ensures comfort and effectiveness during your workout.

- **Seat Adjustment:** The seat offers 8 adjustable positions. Use the lever under the seat to slide it forward or backward until your legs have a slight bend at the knee when the pedal is furthest away.
- **Pedals:** The non-slip pedals feature adjustable straps to secure your feet, suitable for various foot sizes.
- **Heart Rate Handles:** The handles near the seat allow for easy grip and heart rate monitoring.



Figure 4.3: The ergonomic seat with a 5cm cushion and breathable backrest provides optimal comfort.

Abundant Legroom for Users Up to 6'3"



Figure 4.4: The 8-position adjustable seat ensures abundant legroom for users up to 6'3".

5. MAINTENANCE

Regular maintenance helps ensure the longevity and safe operation of your Niceday Recumbent 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 and nuts to ensure they are securely tightened. Inspect pedals, straps, and seat for any signs of wear or damage.
- **Lubrication:** The internal magnetic resistance system typically requires no lubrication. Refer to the full manual for specific lubrication needs if any.
- **Storage:** When not in use, store the bike in a clean, dry environment. The integrated transport wheels and carry handle facilitate easy mobility and storage.

6. TROUBLESHOOTING

If you encounter any issues with your Niceday Recumbent Exercise Bike, refer to the following common

troubleshooting tips:

Problem	Possible Cause	Solution
Bike is unstable or wobbles	Uneven surface; loose bolts	Ensure bike is on a level surface. Check and tighten all assembly bolts.
Resistance not changing	Cable disconnection; monitor issue	Check if the resistance control cable is properly connected to the monitor and flywheel. Ensure monitor batteries are fresh.
Monitor not displaying data	Dead batteries; loose connection	Replace AAA batteries in the monitor. Check all cable connections to the monitor.
Unusual noise during operation	Loose parts; friction	Inspect for any loose components and tighten. Ensure no foreign objects are near the flywheel or pedals.

If the problem persists, please contact Niceday customer service for assistance.

7. SPECIFICATIONS

Detailed technical specifications for the Niceday Recumbent Exercise Bike RC88E:

Feature	Detail
Brand	Niceday
Model Name	RC88E
Color	Black+Gold
Power Source	Corded Electric
Recommended Uses	Indoor
Item Weight	84 pounds
Material	Alloy Steel
Resistance Mechanism	Magnetic
Product Dimensions (DxWxH)	45"D x 22"W x 44"H
Maximum Weight Recommendation	400 pounds
Number of Resistance Levels	32
Drive System	Belt
Maximum User Height	75 inches (6'3")

8. WARRANTY AND SUPPORT

Niceday is committed to providing high-quality products and excellent customer service. The Recumbent Exercise Bike RC88E is designed for long-term durability.

- **Customer Service:** If you have any questions, concerns, or require assistance with your product, please contact Niceday customer support. Refer to your purchase documentation for contact details.
- **Returns:** A 30-day easy return policy is typically offered. Please check your purchase terms for specific return conditions.