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DeerRun S1

DeerRun S1 Exerciser Bike Instruction Manual

Model: S1

1. IMPORTANT SAFETY INFORMATION

Before operating the DeerRun S1 Exerciser Bike, please read and understand all instructions in this manual. Keep this manual for future reference. Failure to follow these instructions may result in injury or damage to the product.

- Consult your physician before starting any exercise program, especially if you have pre-existing health conditions.
- Ensure the bike is placed on a stable, level surface. Use a mat underneath to protect flooring and reduce noise.
- Keep children and pets away from the exercise bike during operation.
- Inspect the bike for loose or damaged parts before each use. Do not use if any components are compromised.
- Wear appropriate athletic footwear and clothing during workouts.
- Do not exceed the maximum weight capacity of 300 lbs (136 kg).
- Adjust the seat and handlebars to a comfortable and safe position before beginning your workout.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

2. SETUP AND ASSEMBLY

The DeerRun S1 Exerciser Bike is designed for quick assembly. Follow these general steps to set up your bike.

2.1 Unpacking and Component Check

Carefully remove all components from the packaging. Verify that all parts are present according to the packing list in your included instruction manual. If any parts are missing or damaged, contact customer service immediately.

2.2 Assembly

While specific assembly steps are detailed in the printed manual, the bike is designed for approximately 30-minute quick assembly. This typically involves attaching the stabilizers, pedals, seat, and handlebars to the main frame. Ensure all bolts and screws are securely tightened before use.

30 Mins Quick Assembly



Figure 2.2.1: The DeerRun S1 Exerciser Bike is designed for quick assembly, typically completed within 30 minutes.

2.3 Placement and Stability

Place the exercise bike on a firm, level surface. The bike features a thickened, durable triangular structure with a curved rear base for enhanced stability. Ensure there is adequate space around the bike for safe operation and movement. The integrated transport wheels allow for easy relocation.

Stable & Safe Construction Design



Sturdy Steel
Frame



Stable Triangle
Structure Design



Figure 2.3.1: The DeerRun S1 Exerciser Bike features a stable triangular construction, supporting users up to 300 lbs.

3. OPERATING INSTRUCTIONS

Familiarize yourself with the bike's features for an optimal workout experience.

3.1 Powering On/Off

Connect the power adapter to the bike and a suitable wall outlet. Use the main power switch, usually located near the power input, to turn the bike on or off.

3.2 Adjusting Seat and Handlebars

The DeerRun S1 offers adjustable seat height and 2-way handlebar adjustment to accommodate various user heights (suitable for users 4'6" - 6'1" with an inseam height of 29"-36"). Loosen the adjustment knobs, move the seat/handlebars to your desired position, and securely tighten the knobs before use. The high-rebound soft seat cushion is designed for comfort during long rides.

One Bike for Whole Family



Inseam Height
29"-36"



Suitable for Users
4'6" - 6'1"



Figure 3.2.1: The DeerRun S1 Exerciser Bike features 4-way seat adjustment and 2-way handlebar adjustment for a customized fit for the whole family.

3.3 Using the LCD Display

The multifunctional LCD monitor tracks key workout data. It accurately records duration, speed, distance, and calorie burn. Use the controls on the display or the remote control to navigate through different metrics and monitor your fitness progress scientifically.

8-Type Data Display

1-32 Resistance Level Selection



Figure 3.3.1: The 8-type data display provides real-time feedback on your workout metrics, including time, speed, distance, and calories burned.

3.4 Adjusting Magnetic Resistance

The bike features a smooth and quiet magnetic resistance system with 32 adjustable levels. Use the remote control or the console to increase or decrease the resistance. Higher levels provide a more challenging workout. The maintenance-free belt drive ensures quiet operation (below 25dB), making it suitable for home or office use without disturbing others.

3.5 Connecting to the PitPat App

Enhance your workout experience by connecting your DeerRun S1 bike to the PitPat App. Download the app from your device's app store (Apple App Store, Google Play). Follow the in-app instructions to pair your bike via Bluetooth and unlock additional features and sports programs.

Link to the **PitPat APP** to Unlock More Fun Sports

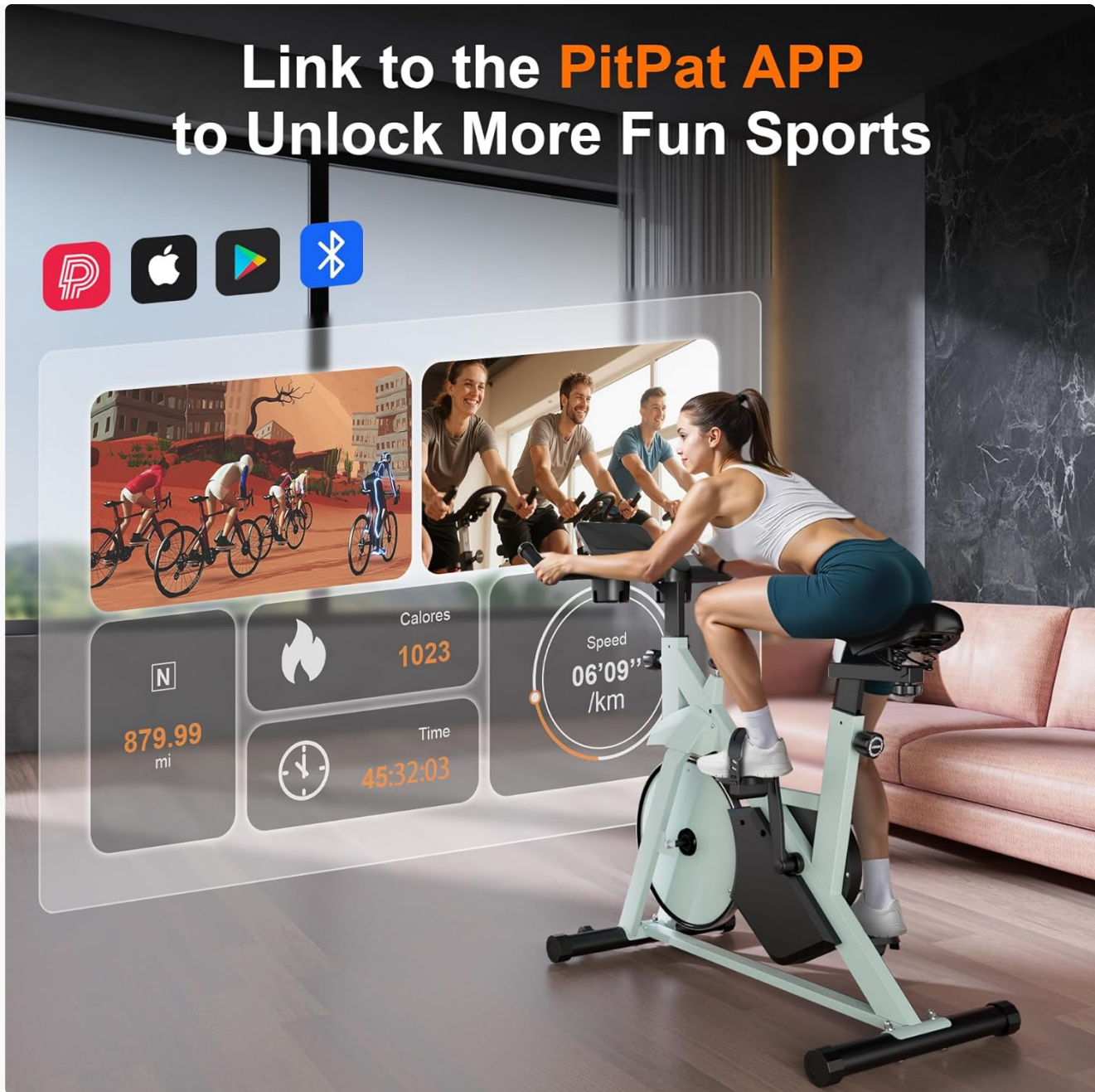


Figure 3.5.1: Link your DeerRun S1 Exerciser Bike to the PitPat App for interactive workouts and detailed performance tracking.

4. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your DeerRun S1 Exerciser Bike.

- **Cleaning:** Wipe down the bike after each use with a damp cloth to remove sweat and dust. Avoid abrasive cleaners or solvents.
- **Inspections:** Periodically check all bolts, nuts, and moving parts for tightness. Tighten any loose fasteners.
- **Pedals:** Ensure pedals are securely attached and functioning smoothly.
- **Belt Drive:** The belt drive system is maintenance-free and does not require lubrication or tension adjustments.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures.

5. TROUBLESHOOTING

If you encounter any issues with your DeerRun S1 Exerciser Bike, refer to the following common troubleshooting

tips. For problems not listed here, please contact customer service.

- **Bike is unstable:** Ensure the bike is on a level surface. Adjust the leveling feet on the base if necessary. Check that all assembly bolts are securely tightened.
- **Unusual noise during operation:** Verify that all parts are correctly assembled and tightened. Check for any foreign objects caught in the moving parts. The magnetic resistance system is designed to be quiet; excessive noise may indicate a loose component.
- **LCD display not working:** Check if the power adapter is securely plugged into both the bike and the wall outlet. Ensure the main power switch is in the 'ON' position. If the display still does not work, contact customer service.
- **Resistance not changing:** Ensure the remote control batteries are functional and properly inserted. If adjusting via the console, check for any obstructions or damage to the controls.
- **App connectivity issues:** Ensure Bluetooth is enabled on your device and the PitPat App is updated to the latest version. Try restarting both your device and the exercise bike.

6. SPECIFICATIONS

Feature	Specification
Brand	DeerRun
Model Number	S1
Product Dimensions	90 x 46 x 104 cm (35.4D x 18.1W x 40.9H inches)
Item Weight	22.6 kg (49.8 lbs)
Maximum Weight Capacity	136 kg (300 lbs)
Material	Alloy Steel
Number of Resistance Levels	32
Color	Light-green
UPC	199284196049

7. WARRANTY AND SUPPORT

DeerRun is committed to providing quality service. For any questions, concerns, or warranty inquiries regarding your S1 Exerciser Bike, please contact our customer service personnel. We offer 24/7 after-sales support to address any problems you may encounter.

Please refer to your purchase documentation or contact customer service for specific warranty terms and conditions.

Customer Service Contact: Refer to the contact information provided in your product packaging or on the official DeerRun website.

