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› [PASYOU](#) /

› [PASYOU PX10 Foldable X-Bike Exercise Bike User Manual](#)

## PASYOU PX10

# PASYOU PX10 Foldable X-Bike Exercise Bike User Manual

Model: PX10 | Brand: PASYOU

## 1. SAFETY INFORMATION

Before using the PASYOU PX10 Foldable X-Bike, please read and understand all instructions and warnings. Keep this manual for future reference.

- Consult your physician before starting any exercise program.
- Ensure the exercise bike is placed on a flat, stable surface. Use a mat to protect your floor.
- Keep children and pets away from the equipment during use.
- Wear appropriate exercise attire and footwear.
- The maximum user weight capacity for this bike is 120 kg (265 lbs). Do not exceed this limit.
- Inspect the bike for loose parts or damage before each use. Do not use if damaged.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

## 2. PRODUCT OVERVIEW

### Key Features

- **Triple Cycling Modes:** Offers versatile upright, comfortable recumbent, and space-saving folded positions.
- **10 Levels of Adjustable Magnetic Resistance:** Provides smooth and quiet resistance control for varied workout intensities.
- **265 lbs (120 kg) Weight Capacity & Durable Construction:** Built with a high-quality steel frame for

longevity and resilience.

- **7x2 Level Adjustable Seat & Family-Friendly:** Features 7 vertical and 2 horizontal seat positions, along with 6-notch pedal straps, to accommodate various user heights.
- **4-Point & 7-Pulley Resistance Band System:** Integrated resistance bands for a comprehensive upper body workout.
- **Ergonomic Handle & Stable Monitoring:** Multi-grip handles for comfort, an integrated monitor to track heart rate and workout data, and adjustable leg tube covers for stability on any surface.

## Components



Overall view of the PASYOU PX10 Foldable X-Bike, highlighting its compact design and key adjustable parts.



Detailed view of the bike's adjustability: 10 levels of magnetic resistance, 7x2 seat positions, and 3 angles of bike frame.



Illustration of the magnetic resistance mechanism, showing the precision steel flywheel, magnetic resistance, and belt drive system for smooth and silent operation.



Close-up of the multi-grip handles, functional digital monitor, real-time heart rate detection, and integrated tablet bracket.



Dimensions of the PASYOU PX10 bike, showing height range (150cm-190cm) and weight capacity (120kg/265lbs), with a detail of thickened steel tubes.



Close-up of the comfortable seat and backrest, with dimensions of 20x26cm for the seat.



Detail of the 4-point and 7-pulley resistance band system for upper body workouts.

## 3. SETUP

The PASYOU PX10 X-Bike is designed for straightforward assembly. Please refer to the included assembly guide for detailed step-by-step instructions and diagrams. Ensure all parts are present before beginning assembly.

### Initial Adjustments

- Seat Height:** Adjust the seat to a comfortable height where your leg is slightly bent at the knee when the pedal is at its lowest point. The bike offers 7 vertical and 2 horizontal seat positions.
- Pedal Straps:** Secure your feet in the pedal straps, adjusting them to ensure a snug fit for safety and efficient pedaling. The straps have 6 notches for adjustment.

### Assembly and Setup Video Guide

This video provides a general guide for assembling and setting up a foldable exercise bike. While it features a similar model from a different brand (HOMCOM), the assembly steps for the PASYOU PX10 are comparable. It demonstrates attaching the base, pedals, seat, and handlebars, as well as adjusting the seat height and using the monitor.

## 4. OPERATING INSTRUCTIONS

### Cycling Modes

The PASYOU PX10 offers three versatile cycling modes to suit your preference and space:

- Upright Cycling:** For an energizing and traditional cycling experience.
- Recumbent Workout:** Adjust the bike to a more reclined position for a comfortable workout that reduces strain on your back.
- Folded Position:** Easily fold the bike for space-saving storage when not in use.

# UPPER BODY WORKOUT



Visual guide to the three cycling positions: energizing upright cycle, comfortable recumbent workout, and folded for space-saving storage.

## Adjusting Resistance

The bike features a 10-level magnetic resistance knob. Turn the knob clockwise to increase resistance for a more challenging workout, and counter-clockwise to decrease resistance for an easier ride or warm-up.

## Using the Digital Monitor

The integrated digital monitor tracks your workout data. Use the 'MODE' button to cycle through different functions:

- **SCAN:** Automatically cycles through all functions.
- **TIME:** Displays your workout duration.
- **SPEED:** Shows your current cycling speed.
- **DIST (Distance):** Tracks the distance covered during your workout.
- **CAL (Calories):** Estimates calories burned.
- **PULSE:** Displays your heart rate when holding the pulse sensors on the handlebars.

Press the 'RESET' button to clear all workout data.

## Upper Body Workout with Resistance Bands

Utilize the integrated 4-point and 7-pulley resistance band system to engage your upper body muscles while cycling. Hold the handles of the resistance bands and perform various arm exercises (e.g., bicep curls, tricep extensions, chest presses) to enhance your full-body workout.

## Operating Video Guide

This video demonstrates the usage of a foldable exercise bike, including adjusting the seat, using the resistance bands for upper body workouts, and monitoring workout data. While the model shown is from a different brand (Magic Life Sports FR), the operational principles are similar to the PASYOU PX10.

## 5. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your PASYOU PX10 X-Bike.

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners or solvents.
- **Regular Checks:** Periodically check all bolts, nuts, and moving parts to ensure they are securely fastened. Tighten any loose components.
- **Lubrication:** No specific lubrication is required for the magnetic resistance system.
- **Storage:** When not in use, fold the bike and store it in a dry, cool place away from direct sunlight and moisture.

## 6. TROUBLESHOOTING

If you encounter any issues with your PASYOU PX10 X-Bike, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Bike is unstable or wobbles	Uneven surface; loose bolts; adjustable leg tube covers not properly set.	Ensure the bike is on a level surface. Tighten all assembly bolts. Adjust the leg tube covers to stabilize the bike.
Unusual noise during operation	Loose components; friction from moving parts.	Check and tighten all bolts and nuts. Ensure no foreign objects are caught in the mechanism.
Monitor not displaying data	Loose cable connection; dead batteries.	Check the monitor cable connection. Replace the batteries in the monitor (if applicable, as batteries are not included with the product).
Resistance not changing	Resistance cable disconnected or damaged.	Inspect the resistance cable connection to the knob and the flywheel. If damaged, contact customer support.

## 7. SPECIFICATIONS

Feature	Detail
Brand	PASYOU
Model Number	PX10
Color	Black
Material Type	Alloy Steel
Drive System	Pedal-powered
Power Source	Pedal-powered (non-electric)
Resistance Mechanism	Magnetic
Features	Foldable
Recommended Uses	Indoor
Product Dimensions (L x W x H)	116 x 38 x 21 cm
Item Weight	17.5 Kilograms
Maximum Weight Recommendation	120 kg (265 lbs)
Batteries Included	No

## 8. WARRANTY AND SUPPORT

PASYOU stands behind the quality of its products. Your PX10 Foldable X-Bike comes with a **1-year professional customer support guarantee**.

For any questions, concerns, or technical assistance, please contact PASYOU customer service. Our support team is committed to responding within **24 hours** and providing 100% satisfactory solutions to all issues.

Please retain your proof of purchase for warranty claims.