BODIOO XB-YK102

BODIOO XB-YK102 Folding Exercise Bike User Manual

Model: XB-YK102

1. Introduction

Thank you for choosing the BODIOO XB-YK102 Folding Exercise Bike. This 3-in-1 stationary bike is designed to provide an effective and convenient workout experience in your home. Featuring 16 levels of magnetic resistance, a comfortable seat, and an LCD monitor, it supports various fitness goals from relaxation to high-intensity training. Its foldable design and transport wheels ensure easy storage and mobility.

2. Safety Information

Please read all instructions carefully before using this exercise bike. Retain this manual for future reference.

- Consult your physician before starting any exercise program.
- Ensure all parts are securely assembled before each use.
- Keep children and pets away from the equipment during operation.
- The maximum user weight capacity for this bike is **265 lbs (120 kg)**. Do not exceed this limit.
- Place the bike on a flat, stable surface.
- Wear appropriate exercise attire and footwear.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

3. Package Contents

Verify that all components are present and undamaged before assembly. If any parts are missing or damaged, contact customer support.

- Main Frame Assembly
- Front and Rear Stabilizers
- Pedals (Left and Right)
- Seat and Seat Post
- Handlebar and Handlebar Post

- LCD Monitor
- Hardware Kit (bolts, washers, nuts - often pre-assembled)
- Assembly Tools (wrenches, Allen keys)
- User Manual

4. Assembly and Setup

Assembly is designed to be straightforward. Most hardware is pre-assembled onto the bike parts to simplify the process. Tools are included.

4.1 Step-by-Step Assembly

1. **Attach Stabilizers:** Secure the front and rear stabilizers to the main frame using the provided bolts and nuts.
2. **Install Pedals:** Attach the left (L) and right (R) pedals to their respective crank arms. Note that the left pedal tightens counter-clockwise.
3. **Mount Seat Post and Seat:** Insert the seat post into the main frame and secure it. Attach the seat to the seat post.
4. **Install Handlebar Post and Handlebar:** Connect the handlebar post to the main frame. Attach the handlebar to the handlebar post, ensuring any sensor wires are connected to the LCD monitor.
5. **Attach LCD Monitor:** Secure the LCD monitor to the handlebar post and connect the sensor wires.

4.2 Seat Adjustment

The seat height is adjustable to accommodate users from 4'9" to 6'1".

- Loosen the adjustment knob located below the seat.
- Slide the seat post up or down to your desired height.
- Ensure your knees have a slight bend at the bottom of the pedal stroke.
- Tighten the adjustment knob securely before use.



Image: User-Friendly Seat Design. This image illustrates the dimensions of the comfortable seat cushion (9.8x7.8x1.9 inches) and the adjustable seat height range (30.51-33.46 inches) for optimal user comfort.

5. Operating Instructions

5.1 Magnetic Resistance Adjustment

The bike features 16 levels of magnetic resistance for varied workout intensities.

- Turn the tension control knob located below the LCD monitor clockwise to increase resistance (higher numbers for high-intensity).
- Turn the knob counter-clockwise to decrease resistance (lower numbers for relaxation).
- Levels 1-6 are suitable for relaxation and leisure.
- Levels 7-12 are ideal for fitness and training.
- Levels 13-16 provide high-intensity challenges.



Image: 16 Levels of Magnetic Resistance. This image shows the tension control knob used to adjust the magnetic resistance from low to high, with visual cues for different intensity levels.

5.2 LCD Monitor Functions

The integrated LCD monitor tracks your workout data in real-time. It also includes a device holder for your phone or tablet.

- **SCAN:** Automatically cycles through all display functions.
- **TIME:** Displays your workout duration.
- **SPEED:** Shows your current speed.
- **DISTANCE (DIST):** Tracks the total distance covered during your workout.
- **CALORIES (CAL):** Estimates calories burned.
- **ODOMETER (ODO):** Displays the total accumulated distance.
- **PULSE (PUL):** Shows your heart rate when holding the pulse sensors on the handlebars.



Image: 7 Type Data Display. This image highlights the LCD monitor and its various data displays, including speed, distance, calories, odometer, pulse, time, and scan function.

5.3 Folding and Storage

The bike is designed for easy folding and storage, making it ideal for small spaces.

- To fold, locate the folding pin or knob on the main frame (refer to assembly diagram if needed).
- Release the locking mechanism and carefully fold the bike into its compact position.
- Secure the bike in the folded position using the pin or knob.
- Use the integrated transport wheels on the front stabilizer to easily move the folded bike to your desired storage location.



Image: Foldable Home Exercise Bike. This image displays the exercise bike in both its unfolded and folded states, illustrating its compact design for storage.



Image: Easy To Move. This image demonstrates how the transport wheels allow for effortless movement of the exercise bike.

6. Maintenance

Regular maintenance ensures the longevity and safe operation of your exercise bike.

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Check Connections:** Periodically check all bolts, nuts, and screws to ensure they are tight. Tighten if necessary.
- **Lubrication:** The magnetic resistance system is generally maintenance-free. Do not attempt to lubricate internal components unless specifically instructed by customer support.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures.

7. Troubleshooting

If you encounter any issues, refer to the following common troubleshooting steps:

- **LCD Monitor Not Displaying:**
  - Check if the batteries are correctly installed or need replacement (AAA batteries).
  - Ensure all sensor wires are securely connected.
- **Unusual Noises During Operation:**
  - Check all bolts and connections for tightness. Loose parts can cause squeaking or rattling.
  - Ensure the bike is on a level surface.
- **Resistance Not Changing:**
  - Verify that the tension control knob is turning freely and engaging the resistance mechanism.
  - If the issue persists, contact customer support.

8. Specifications

Feature	Detail
Brand	BODIOO
Model Name	XB-YK102
Resistance Mechanism	Magnetic
Number of Resistance Levels	16
Maximum Weight Recommendation	265 Pounds (120 kg)
Product Dimensions (Unfolded)	29.9"D x 17.3"W x 46.4"H
Item Weight	35.43 Pounds (16 kg)
Material	Alloy Steel
Special Features	Adjustable Resistance Level, Adjustable Seat, Calories Monitor, Distance Travelled Monitor, Foldable
Recommended Uses	Gym, Home, Indoor



Image: Product Dimensions. This image provides a detailed diagram of the exercise bike's dimensions, including height, width, and depth, as well as seat adjustment range.

9. Warranty and Support

For warranty information or technical support, please contact the manufacturer or your retailer. Keep your purchase receipt as proof of purchase.

- **Manufacturer:** BODIOO
- Refer to your purchase documentation for specific warranty terms and contact details.

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