

Toputure TEB5

Toputure TEB5 Home Exercise Bike User Manual

Model: TEB5 | Brand: Toputure

1. INTRODUCTION

Thank you for choosing the Toputure TEB5 Home Exercise Bike. This manual provides essential information for the safe assembly, operation, and maintenance of your new fitness equipment. Please read it thoroughly before first use and keep it for future reference.

2. SAFETY INFORMATION

- Consult a physician before starting any new exercise program.
- Ensure all parts are correctly assembled and tightened before each use.
- Place the exercise bike on a flat, stable surface. Use a mat to protect your floor.
- Keep children and pets away from the equipment during operation.
- The maximum user weight capacity is 150 kg. Do not exceed this limit.
- Wear appropriate exercise clothing and footwear.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- This product is designed for indoor use only.

3. PACKAGE CONTENTS

The Toputure TEB5 Home Exercise Bike arrives 70% pre-assembled. Carefully unpack all components and verify against the parts list in the included assembly guide. A tool kit is provided for the remaining assembly steps.

Design Avvolgente Completo e Confortevole

Portaborracce
Doppio



Supporto per iPad



Sella
Morbida e Confortevole



Supporto per Manubri
(<8 kg / <4 cm di diametro, manubri non inclusi)



Ruote di Trasporto
(facile da spostare)



Image: All components included in the package for assembly.

4. SETUP AND ASSEMBLY

Your Toputure TEB5 exercise bike is 70% pre-assembled to simplify the setup process. Follow the detailed instructions provided in the physical manual and refer to the online video tutorials for visual guidance. The included tool kit contains all necessary instruments for completion.

Estimated Assembly Time:

Approximately 30 minutes.



70% Preassemblato

Installazione Rapida e Facile, Risparmio di Tempo e Fatica

 Strumenti

 Video

 Istruzioni



Image: Visual representation of the 70% pre-assembly and available resources for setup.

5. OPERATING INSTRUCTIONS

5.1 Powering On and Off

Connect the provided 1.9m power cable to the bike and a suitable power outlet. The smart features require electrical power. The bike can also be powered by a compatible power bank. To turn off, simply disconnect the power source.

5.2 App Connectivity

The Topview TEB5 is compatible with popular fitness applications such as Fitshow, Zwift, and Kinomap. Download your preferred app to your smartphone or tablet. Enable Bluetooth on your device and within the app, then follow the on-screen instructions to connect to your exercise bike. This allows for immersive virtual cycling scenarios and real-time data synchronization.

Entrare Nel Mondo Del Fitness Connesso All'App

Controlla La Resistenza, Gareggia Nel Mondo Virtuale e Conquist



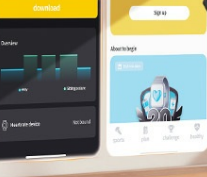




Image: App connectivity for an interactive fitness experience.

5.3 Resistance Adjustment

The bike features 32 precise electromagnetic resistance levels. These levels are controlled directly via the connected fitness app,

offering a smart and personalized workout experience. The resistance automatically adjusts to match virtual routes or your chosen program.

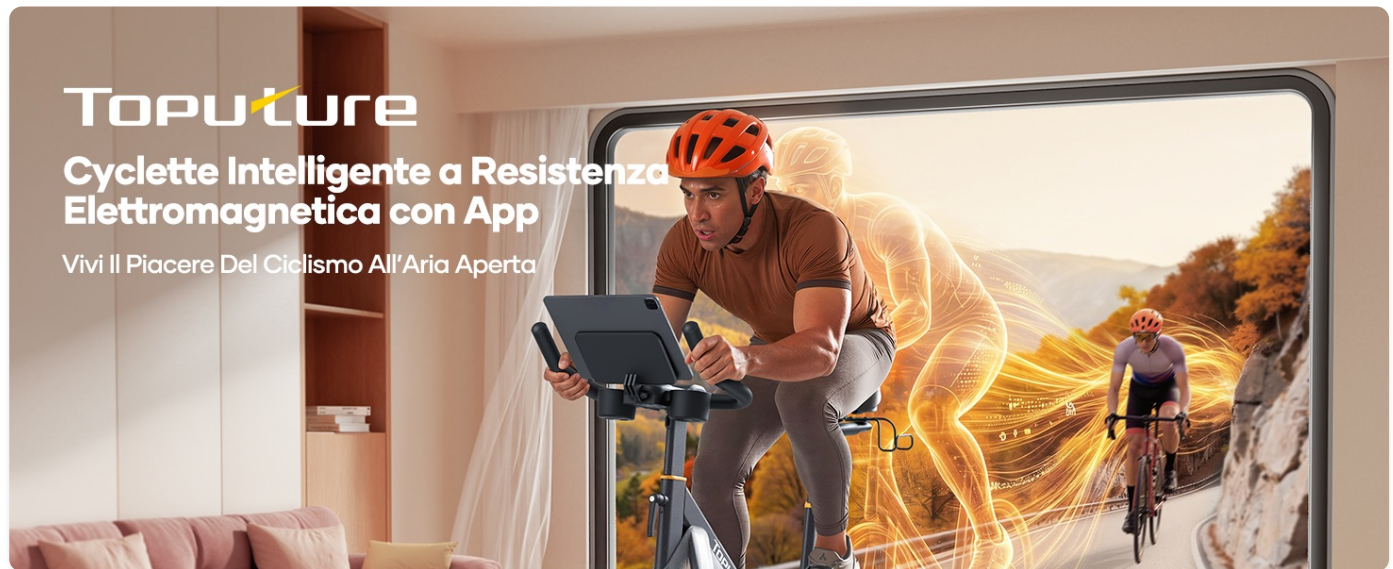


Image: Digital display showing resistance levels and workout intensity zones.

5.4 Display Functions

The integrated LCD touchscreen displays 8 key training parameters:

- **Scan:** Cycles through all data automatically.
- **Speed:** Current cycling speed.
- **Distance:** Total distance covered during the current session.
- **Time:** Duration of the current workout.
- **Calories:** Estimated calories burned.
- **Heart Rate:** Your current heart rate (requires holding the sensors on the handlebars).
- **RPM:** Revolutions Per Minute (pedal cadence).
- **Resistance Level:** Current resistance setting.



Image: LCD touchscreen displaying workout data.

5.5 Adjustments for User Comfort

The bike is designed for users between 150 cm and 190 cm in height, supporting up to 150 kg. Adjust the seat and handlebars to achieve an ergonomic and comfortable riding position.

- **Saddle Adjustment:** The saddle can be adjusted in 4 levels (height and horizontal position). Loosen the adjustment knob, move the saddle to the desired position, and tighten securely.
- **Handlebar Adjustment:** The handlebars can be adjusted in 2 levels (height). Loosen the adjustment knob, raise or lower the handlebars, and tighten securely.



Image: Adjustable features for personalized comfort and fit.

5.6 Additional Features

- **Ultra-Silent Operation:** The belt drive system combined with electromagnetic resistance ensures a stable and quiet ride, with noise levels below 20 dB.
- **Bottle Holder:** Conveniently located for easy hydration during workouts.
- **Handlebar Support:** For additional accessories or devices.
- **Transport Wheels:** Located at the front base for easy relocation of the bike.



Image: Silent operation allows for undisturbed use at any time.

Design Avvolgente Completo e Confortevole

Portaborracce Doppio



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Ruote di Trasporto
(facile da spostare)



Sella Morbida e Confortevole



Image: Overview of integrated comfort and convenience features.

6. MAINTENANCE

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Regularly check all bolts and nuts for tightness. Tighten if necessary.
- **Lubrication:** The belt drive system is generally maintenance-free. Do not apply lubricants unless specifically instructed by customer support.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures. Use the transport wheels to move it carefully.

7. TROUBLESHOOTING

If you encounter any issues with your Toputure TEB5 exercise bike, please refer to the following common troubleshooting tips:

Problem	Possible Cause	Solution
No power to display/smart features	Power cable not connected or faulty; power bank depleted.	Ensure power cable is securely connected. Check power outlet. Recharge or replace power bank.
Difficulty connecting to app	Bluetooth off; app not updated; interference.	Ensure Bluetooth is enabled on your device. Update the fitness app. Move closer to the bike or away from other electronic devices.
Unstable pedaling or unusual noise	Loose bolts; uneven surface.	Check and tighten all assembly bolts. Ensure the bike is on a flat, stable surface.
Heart rate monitor not working	Hands not properly placed on sensors; dry hands.	Ensure both hands are firmly gripping the heart rate sensors. Moisten hands slightly if they are too dry.

If the problem persists, please contact Toputure customer support.

8. SPECIFICATIONS

Feature	Detail
Brand	Toputure
Model Name	TEB5 Cyclette da Casa
Resistance Mechanism	Electromagnetic
Number of Resistance Levels	32
Drive System	Belt
Flywheel Weight	10 kg
Max User Weight	150 kg
Product Dimensions (D x W x H)	87 cm x 53 cm x 114 cm
Item Weight	21 kg
Material	Metal
Power Source	Electric (for smart features) / Pedal-powered
App Compatibility	Fitshow, Zwift, Kinomap
Display	LCD Touchscreen (8 functions)
Adjustments	4-level saddle, 2-level handlebar
Noise Level	< 20 dB

9. WARRANTY AND SUPPORT

9.1 Warranty

The Toputure TEB5 Home Exercise Bike is covered by a **24-month warranty** from the date of purchase. This warranty includes free replacement of parts due to manufacturing defects. Please retain your proof of purchase for warranty claims.

9.2 Customer Support

For any questions, assistance with assembly, troubleshooting, or warranty claims, please contact Toputure customer service. Our team is ready to help you.

Contact information can typically be found on the product packaging, the official Toputure website, or through your purchase platform.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question