

Feierdun FM01 Mini Exercise Bike



Feierdun FM01 Mini Exercise Bike User Manual

[Home](#) » [Support](#) » Feierdun FM01 Mini Exercise Bike User Manual 

Contents

- [1 Feierdun FM01 Mini Exercise Bike](#)
- [2 Safety Instructions](#)
- [3 About Operation Panel](#)
- [4 Installing Battery](#)
- [5 Package Contents](#)
- [6 Features](#)
- [7 Specifications](#)
- [8 Assembly Instructions](#)
- [9 Care and Maintenance](#)
- [10 Frequently Asked Questions](#)
- [11 References](#)
- [12 Related Posts](#)

FEIERDUN

Feierdun FM01 Mini Exercise Bike

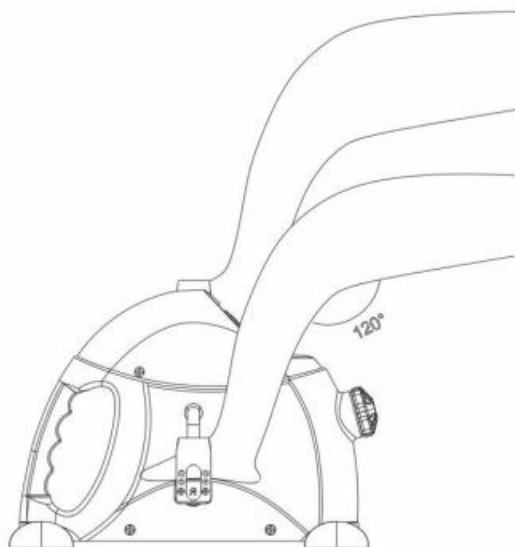


Pedal Exerciser User Manual

The Feierdun FM01 Mini Exercise Bike is revolutionizing at-home fitness with its compact design and versatile functionality. Whether you're an office worker, an elderly individual, or someone recovering from an injury, this under-desk cycle offers a convenient way to stay active and improve your overall well-being.

The Feierdun FM01 Mini Exercise Bike is a game-changer for anyone looking to incorporate more physical activity into their daily routine. Its compact size, user-friendly operation, and adjustable features make it a must-have fitness companion for individuals of all ages and fitness levels. Invest in your health and well-being with the Feierdun FM01 Mini Exercise Bike today.

Note: It is recommended to keep the angle between your thigh and calf less than 120°. Please sit on a chair of proper height when using the product.



Safety Instructions

- Before use, consult your physician to ensure that you are in proper physical condition.
- Before assembly, thoroughly read this instruction. Follow all warnings and operation instructions. Keep this instruction for future reference.
- Children should not operate this product without sufficient supervision by adults.
- Exercise sufficient caution to avoid the risk of pinching.
- The owner is responsible for ensuring that the user of this product is well-informed on how to use this product properly.
- The product is intended for use indoors only.
- Keep the product away from heating sourcing and humid environment.
- When using the product, place it on a flat, level, and solid floor ground. Ensure there is enough surrounding space for the training.
- It is highly recommended to place a rug under the product to protect the floor.
- Do not wear loose clothing or jewelry when using the product since it might get caught in the moving part
- If you feel pain, dizziness, or uncomfortableness, stop using the product immediately.
- The calories counted by this product should be considered only as an estimation and not medically reliable.
- Stop using the product if there is a sign of damage or defects.
- Ensure the pedals are installed securely.
- Do not stand on the mini bike.

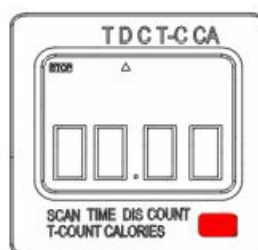
About Operation Panel

When using the product, press the red button consecutively. The operation panel will show different information.

- T: Time Used
- D: Workout Distance



T: Time Used



D: Workout Distance

- C: Pedaling Round(s)
- T-C: Total Pedaling Round(s)



C: Pedaling Round(s)

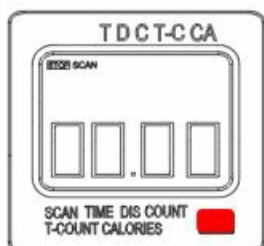


T-C: Total Pedaling Round(s)

- CA: Calories Burnt
- SCAN: The operation panel shows T, D, C, T C and CA consecutively.



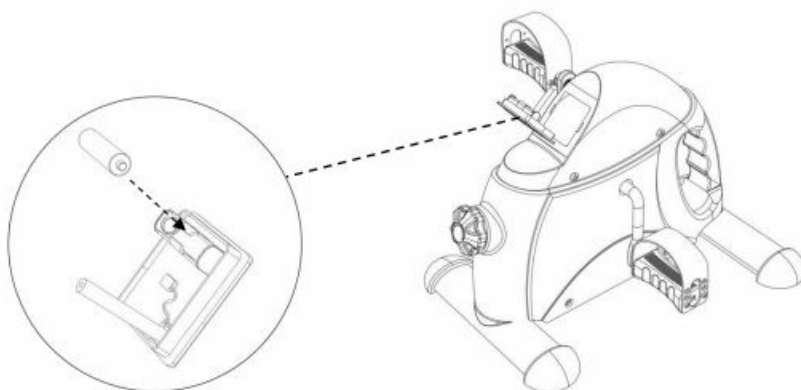
CA: Calories Burnt



SCAN: The operation panel shows T, D, C, T-C and CA consecutively.

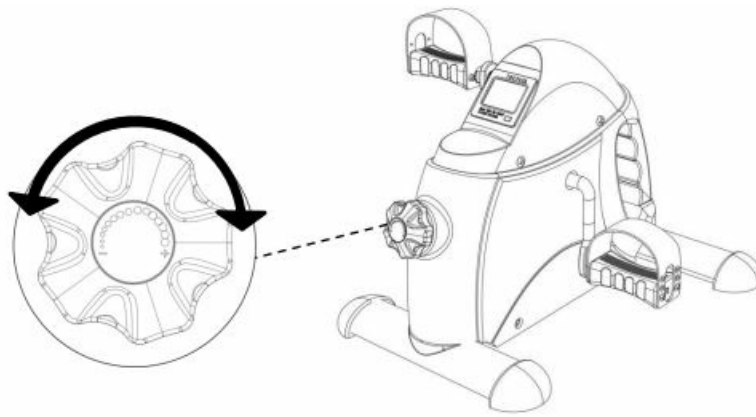
Installing Battery

Take out the operation panel and you can install the battery (AAA, not included)

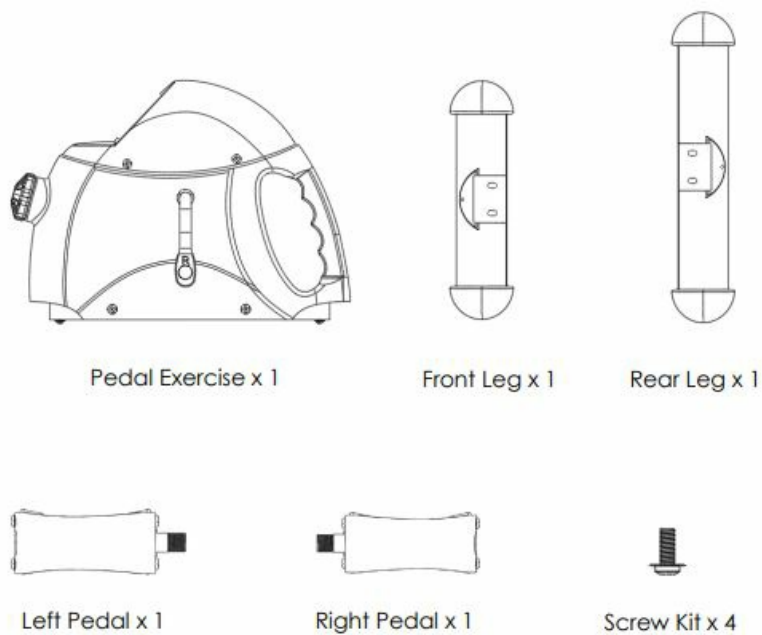


Adjusting Tightness

Loosen and tighten the knob to adjust the pedaling tightness.



Package Contents



- Pedal Exercise x 1
- Front Leg x 1
- Rear Leg x 1
- Left Pedal x 1
- Right Pedal x 1
- Screw Kit x 4

Features

- **Versatile Functionality:** This mini exercise bike allows you to engage in both arm and leg exercises, making it suitable for targeting various muscle groups. Whether you're looking to strengthen your lower body or tone your upper body, the Feierdun FM01 has you covered.
- **Compact and Portable:** With its lightweight and compact design, this mini bike is easy to move and store. You can place it under your desk, beside the sofa, or in a locker, allowing you to incorporate exercise into your daily routine without taking up much space.
- **Adjustable Resistance:** The adjustable resistance knob enables you to tailor your workout intensity to suit your fitness level and goals. Whether you're a beginner or an experienced fitness enthusiast, you can

customize the resistance to challenge yourself and achieve optimal results.

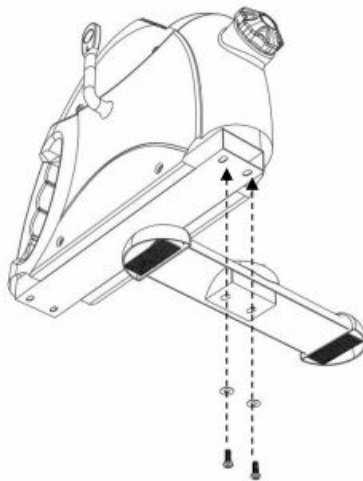
- **Multi-Functional LCD Display:** The built-in LCD monitor provides real-time feedback on your workout progress, displaying essential metrics such as time, distance, total count, and calories burned. This allows you to track your performance and stay motivated as you work towards your fitness goals.
- **Anti-Slip Design:** Non-slip pedals and feet ensure stability and safety during exercise, minimizing the risk of slips and falls. Adjustable straps on the pedals accommodate different foot sizes, providing a comfortable and secure fit for users of all shapes and sizes.
- **Quiet and Smooth Operation:** The Feierdun FM01 operates quietly and smoothly, allowing you to exercise without disturbing others around you. Whether you're using it at home or in the office, you can enjoy a peaceful workout experience without any noise or distractions.
- **Easy Assembly and Use:** With simple assembly instructions and intuitive operation, this mini exercise bike is easy to set up and use. Whether you're a fitness enthusiast or a beginner, you can start exercising with minimal hassle and enjoy the benefits of regular physical activity.

Specifications

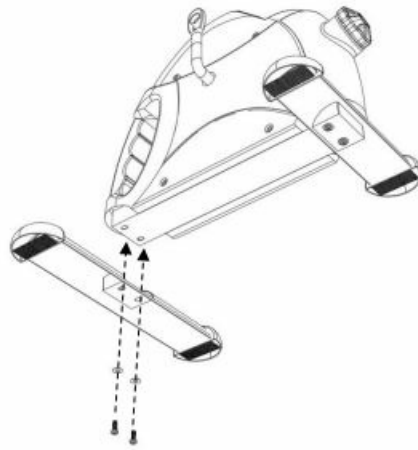
- **Overall Size (L x W x H):** 16 9/16" x 14 15/16" x 12 3/16" (42 x 38 x 31 cm)

Assembly Instructions

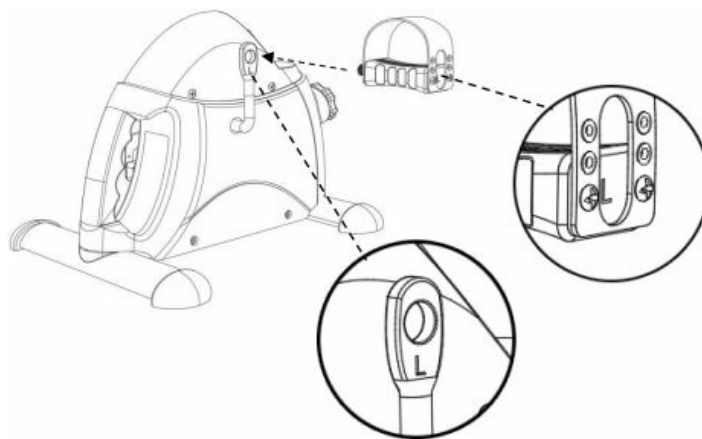
- Install the front leg on the bottom of the pedal exerciser with a screw kit.



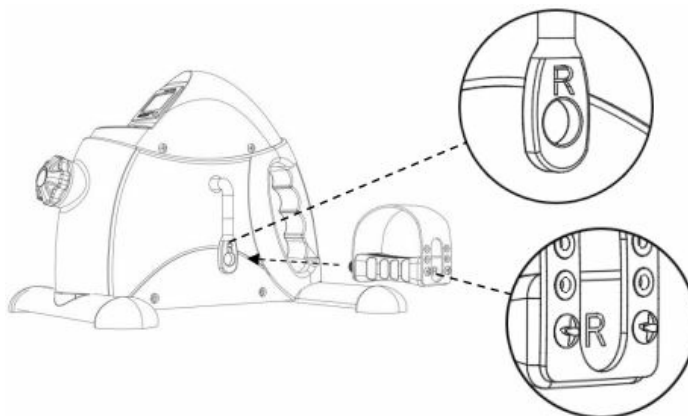
- Install the rear leg on the bottom of the pedal exerciser with a screw kit.



- Install the left pedal on the left leg.



- Install the right pedal on the right leg.



Care and Maintenance

- Clean the surfaces of the mini bike regularly using a damp cloth and mild detergent. This helps remove dirt, sweat, and debris that may accumulate during use, keeping the bike clean and hygienic.
- Periodically inspect the bike for any loose or damaged parts, such as screws, bolts, or pedals. Tighten any loose components using the appropriate tools and replace any damaged parts as needed to ensure the bike remains safe and functional.
- Lubricate the moving parts of the mini bike, such as the pedals and resistance knob, to ensure smooth

operation and prevent excessive wear and tear. Use a silicone-based lubricant or the lubricant recommended by the manufacturer for best results.

- Check the tension and resistance settings of the mini bike regularly to ensure they are adjusted to your preferences and fitness level. Make any necessary adjustments to the resistance knob or pedal tightness to maintain an optimal workout experience.
- When not in use, store the mini bike in a dry, clean, and well-ventilated area to prevent dust accumulation and moisture damage. Avoid exposing the bike to direct sunlight or extreme temperatures, as this can cause damage to the components.
- If your mini bike is equipped with a battery-powered display monitor, replace the batteries as needed to ensure accurate and reliable performance. Follow the manufacturer's instructions for battery replacement and disposal.
- Adhere to the maximum weight recommendation specified by the manufacturer to prevent overloading the mini bike, which can lead to damage or malfunction. Avoid standing on the mini bike or placing heavy objects on it to ensure its structural integrity.

Frequently Asked Questions

Can I use the Feierdun FM01 Mini Exercise Bike while sitting on a chair?

Yes, the Feierdun FM01 Mini Exercise Bike can be used while sitting on a chair. It is designed for both seated and standing exercises.

How do I adjust the resistance of the Feierdun FM01 Mini Exercise Bike?

The resistance of the Feierdun FM01 Mini Exercise Bike can be adjusted using the tension screw located on the bike. Turn the screw clockwise to increase resistance and counterclockwise to decrease resistance.

Is the Feierdun FM01 Mini Exercise Bike portable?

Yes, the Feierdun FM01 Mini Exercise Bike is lightweight and portable, making it easy to move and store. It can be placed under a desk, beside a sofa, or in a locker for convenience.

How do I install the battery for the LCD display on the Feierdun FM01 Mini Exercise Bike?

To install the battery for the LCD display on the Feierdun FM01 Mini Exercise Bike, remove the operation panel and insert two AAA batteries (not included) into the compartment. Make sure to align the batteries correctly with the polarity markings.

Can I use the Feierdun FM01 Mini Exercise Bike for arm exercises?

Yes, the Feierdun FM01 Mini Exercise Bike can be used for both arm and leg exercises. It is suitable for exercising the muscles and joints of the arms, wrists, shoulders, knees, ankles, and feet.

What are the dimensions of the Feierdun FM01 Mini Exercise Bike?

The overall dimensions of the Feierdun FM01 Mini Exercise Bike are approximately 15.7 inches in diameter, 13.7 inches in height, and 11.6 inches in width.

How do I track my workout progress on the Feierdun FM01 Mini Exercise Bike?

The LCD display on the Feierdun FM01 Mini Exercise Bike shows various workout metrics, including time used, distance traveled, pedaling rounds, total pedaling rounds, and calories burnt. You can press the red button to cycle through these metrics.

Is the Feierdun FM01 Mini Exercise Bike suitable for rehabilitation purposes?

Yes, the Feierdun FM01 Mini Exercise Bike is ideal for rehabilitation after surgery or injury. It provides low-impact exercise and adjustable resistance levels, making it suitable for individuals undergoing physical therapy.

Is the Feierdun FM01 Mini Exercise Bike suitable for people of all ages?

Yes, the Feierdun FM01 Mini Exercise Bike is suitable for people of all ages, including office workers, the elderly, and individuals with sports injuries. However, it's always recommended to consult with a healthcare professional before starting any new exercise routine, especially for older adults or those with pre-existing health conditions.

How often should I use the Feierdun FM01 Mini Exercise Bike for optimal results?

The frequency and duration of use depend on your fitness goals and overall physical condition. It's generally recommended to aim for at least 30 minutes of moderate-intensity aerobic exercise most days of the week for overall health benefits. However, you can start with shorter sessions and gradually increase the duration and intensity as your fitness improves.

Can the Feierdun FM01 Mini Exercise Bike be used by individuals with limited mobility?

Yes, the Feierdun FM01 Mini Exercise Bike can be used by individuals with limited mobility. Its low-impact design and adjustable resistance levels make it suitable for people with various physical abilities. However, it's essential to exercise caution and start at a comfortable intensity level, especially for those with mobility limitations or medical conditions.

How do I clean and maintain the Feierdun FM01 Mini Exercise Bike?

To clean the Feierdun FM01 Mini Exercise Bike, use a damp cloth with mild non-abrasive detergent to wipe down the surfaces. Avoid using solvents or abrasive cleaners, as they may damage the product. Additionally, inspect and tighten all parts regularly, and replace any worn or damaged components as needed to ensure safe and effective operation.

Download The PDF link: [Feierdun FM01 Mini Exercise Bike User Manual](#)

References

- [User Manual](#)

[Manuals+](#), [Privacy Policy](#)

This website is an independent publication and is neither affiliated with nor endorsed by any of the trademark owners. The "Bluetooth®" word mark and logos are registered trademarks owned by Bluetooth SIG, Inc. The "Wi-Fi®" word mark and logos are registered trademarks owned by the Wi-Fi Alliance. Any use of these marks on this website does not imply any affiliation with or endorsement.