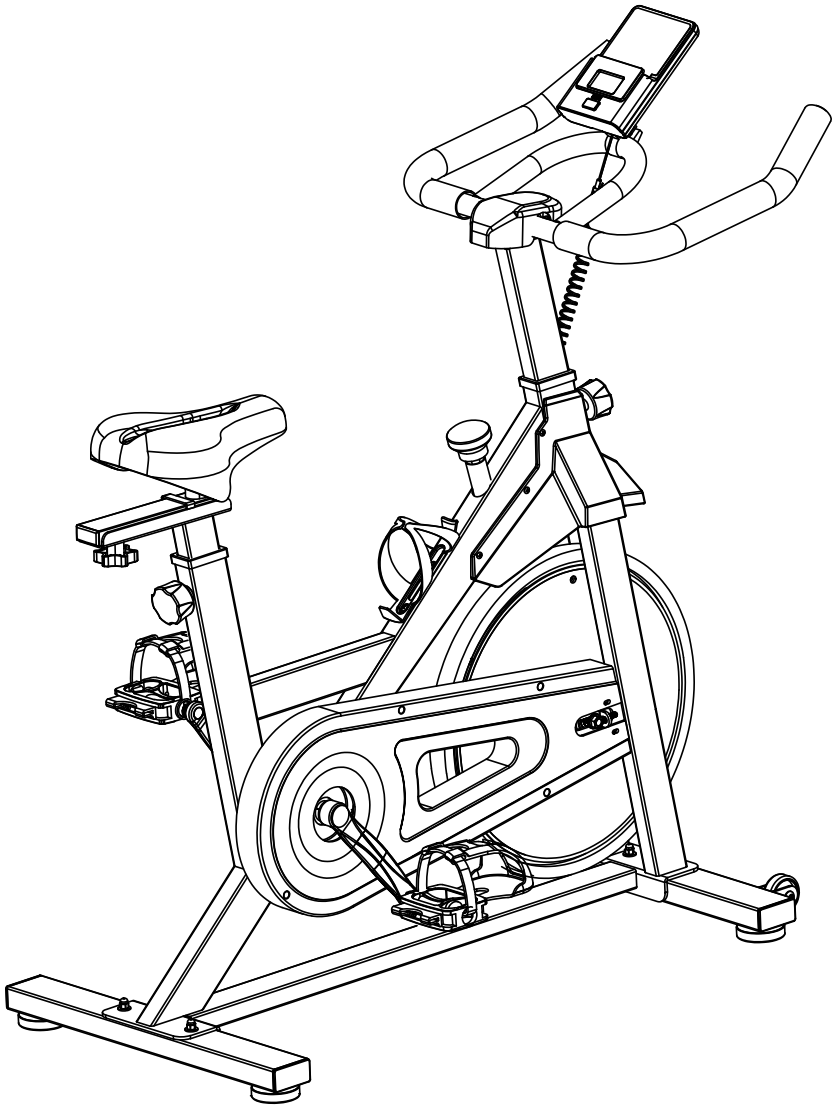
Exercise Bike Stationar for Home Use

USER MANUAL



Model: DB - THZP101

Scan QR Code to Watch the Installation Video of Exercise Bike

SAFETY INFORMATION

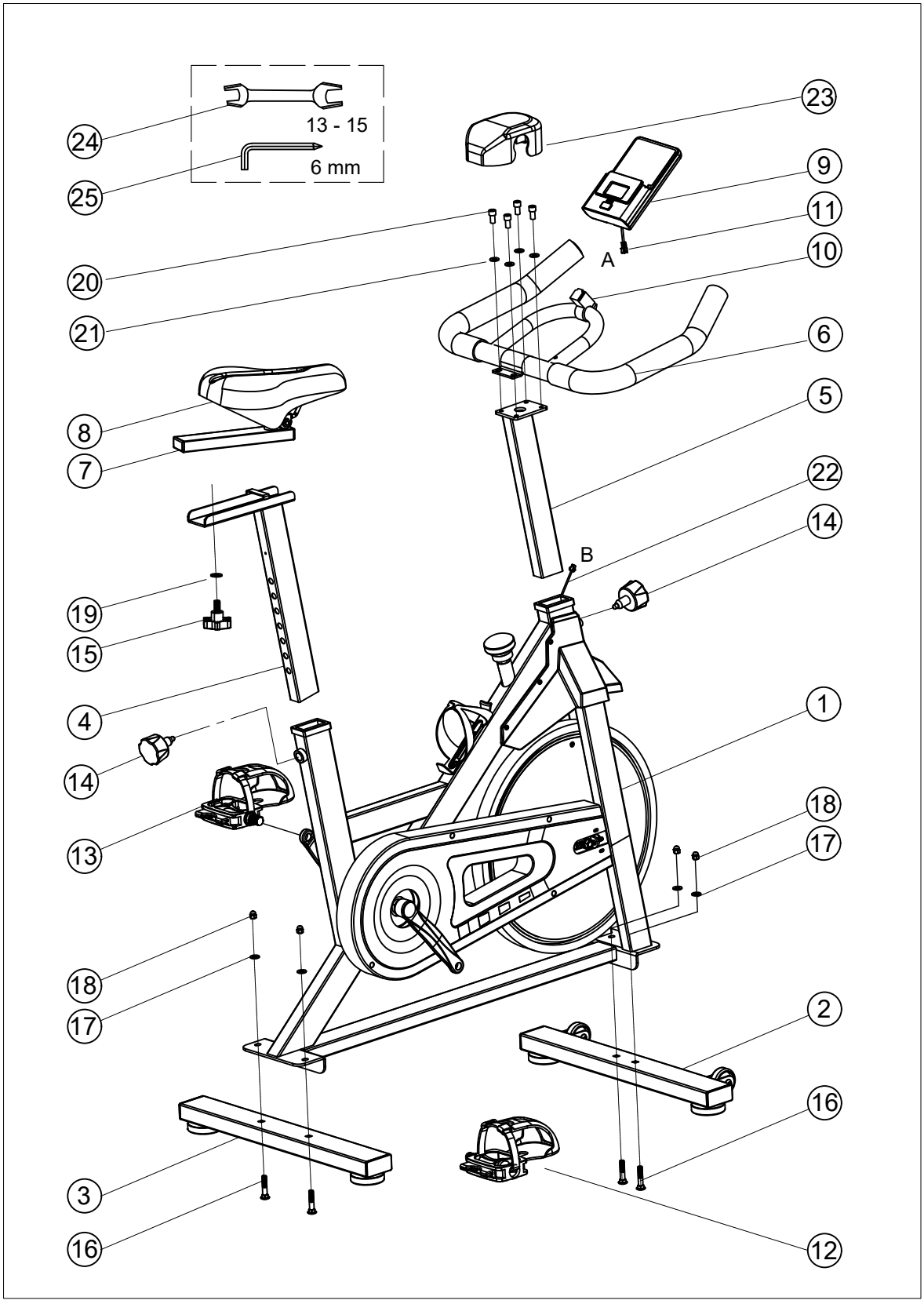
WARNING

TO REDUCE THE RISK OF SERIOUS INJURY, READ THE FOLLOWING SAFETY INSTRUCTIONS BEFORE USING THE EQUIPMENT.

IMPORTANT: THIS UNIT IS INTENDED FOR HOME USE ONLY

1. It is important to read this entire manual before assembling and using the equipment. Safe and efficient use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.
2. Before starting any exercise program you should consult your doctor to determine if you have any physical or health conditions that could create a risk to your health and safety, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
3. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: Pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, feeling light headed, dizzy or nauseous. If you do experience any of these conditions you should consult your doctor before continuing with your exercise program.
4. Keep children and pets away from the equipment. The equipment is designed for adult use only.
5. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. For safety, the equipment should have at least 0.6 metre of free space all around it.
6. Before using the equipment, check the nuts and bolts are securely tightened.
7. The safety level of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
8. Always use the equipment as indicated. If you find any defective components whilst assembling or checking the equipment, or if you hear any unusual noise coming from the equipment during use, stop. Do not use the equipment until the problem has been rectified.
9. Wear suitable clothing whilst using the equipment. Avoid wearing loose clothing which may get caught in the equipment or that may restrict or prevent movement.
10. The equipment has been tested and certified to EN ISO 20957-1; EN ISO 20957-5 under class H.C. Suitable for domestic, home use only. Maximum weight of user 300 LBS.
11. This equipment is not suitable for high precision applications.
12. This equipment brake system is not relevant.
13. Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and/or use assistance.

EXPLODED DRAWING



PARTS LIST

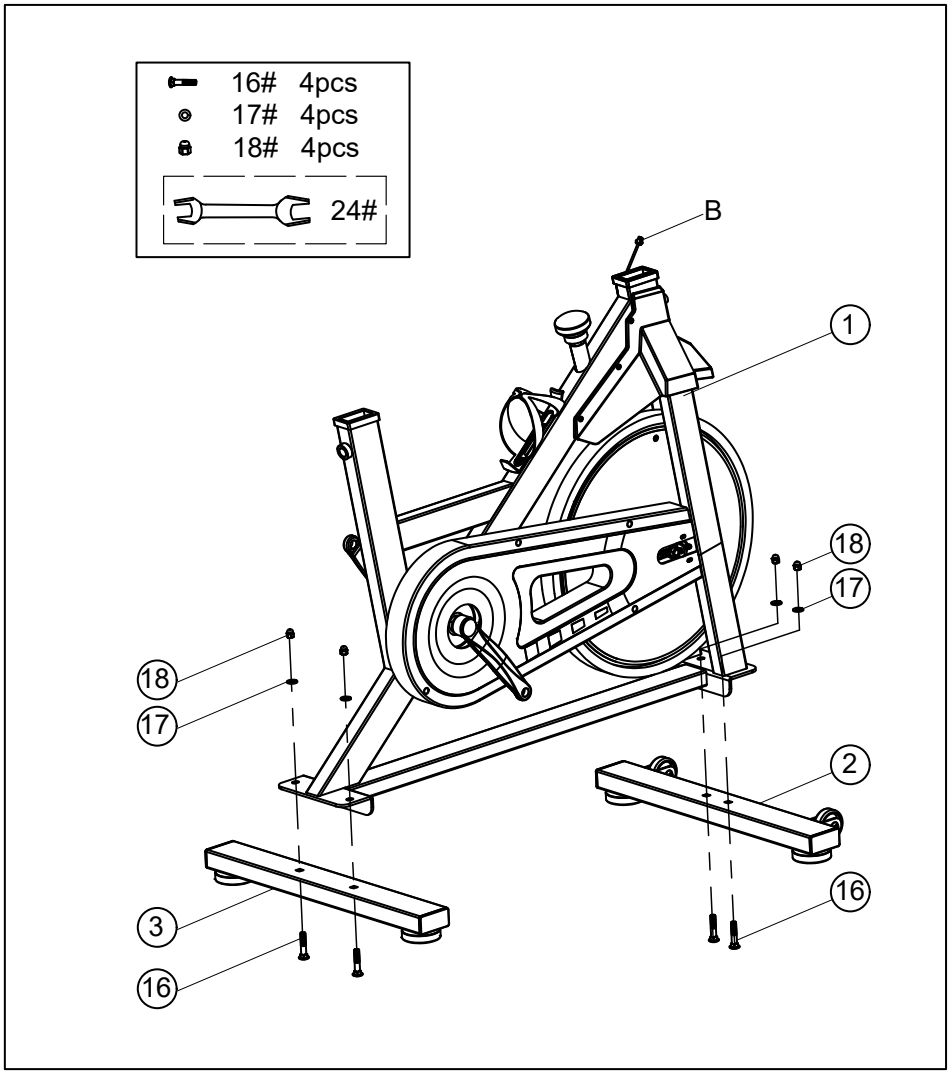
NO.	NAME	SIZE	QTY.		NO.	NAME	SIZE	QTY.
1	Main Body	Assembly	1		15	Adjusting nut	M10	1
2	Front Stabilize	Assembly	1		16	Carriage Bolts	M8X40	4
3	Rear Stabilizer	Assembly	1		17	Flat washer	Ø8.5	4
4	Saddle Post	Assembly	1		18	Cover nut	M8	4
5	Handle Post	Assembly	1		19	Flat washer	Ø10.5	1
6	Handle Frame	Assembly	1		20	Button head bolt	M8X16	4
7	Saddle Adjustment Frame	Assembly	1		21	Spring washer	Ø8.5	4
8	Saddle	Assembly	1		22	Signal Wire B	Assembly	1
9	Monitor	Square	1		23	Decorative cover		1
10	Monitor Holder	Assembly	1		24	Open wrench	13-15	1
11	Signal Wire A	Assembly	1		25	Allen wrench	6mm	1
12	Right pedal	R	1					
13	Left pedal	L	1					
14	Adjusting knob	M16	2					

Specification

Dimensions	41.7 x 19.5 x 42.3 Inch
Max User Weight	300 LBS
Net Weight	46.2 LBS
Gross Weight	52.8 LBS
Cushion Size	9.8 x 7.9 x 4 Inch
Betlt Drive System	PJ490

ASSEMBLY INSTRUCTIONS

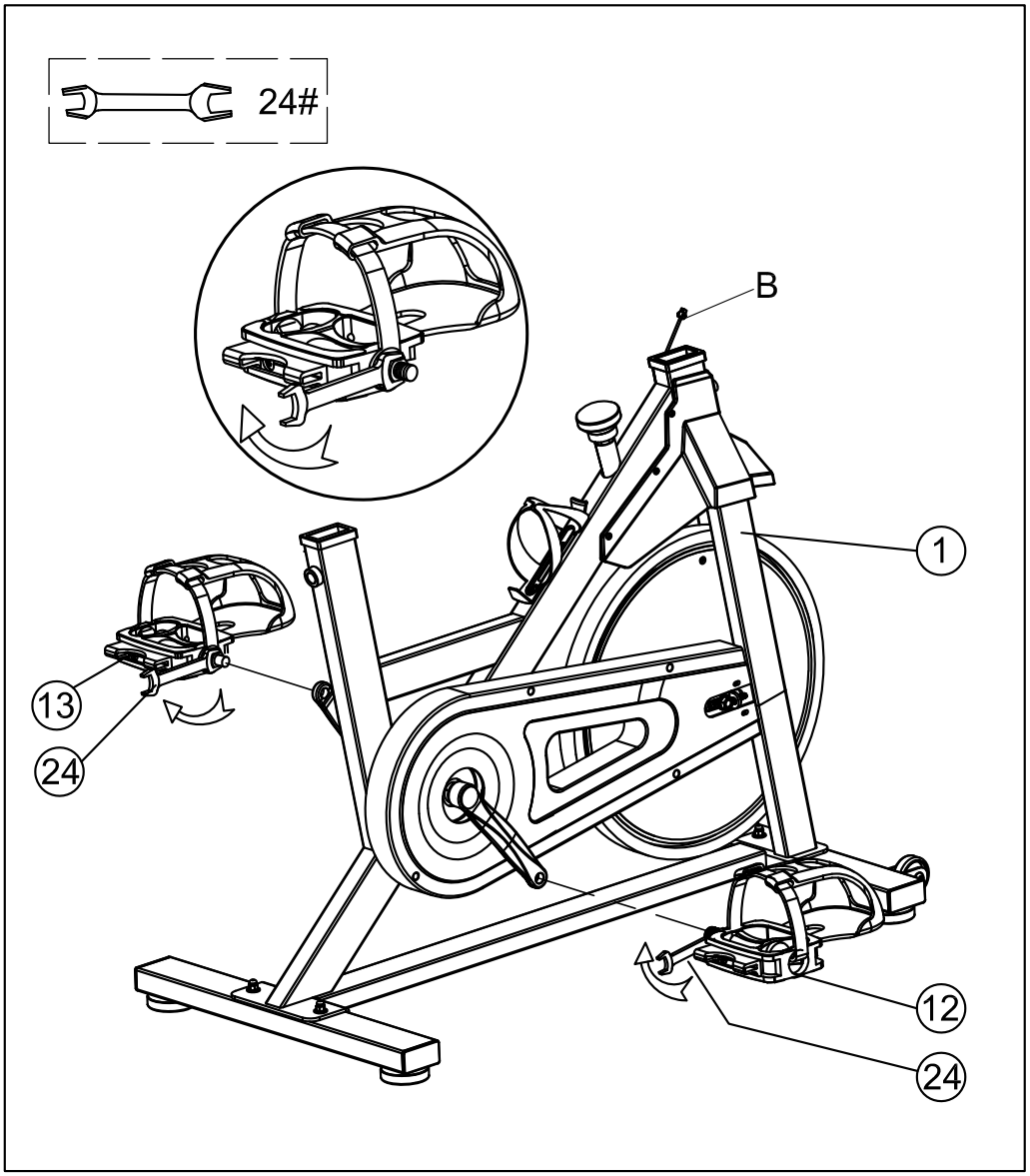
STEP 1 Install Front & Rear Stabilize (2 & 3)



The Front Stabilize (2) is fixed on the Main Body (1) with Carriage Bolts (16), Flat washers (17) and cover nuts (18), and fixed with open wrench (24). Note: the move wheels of the Front Stabilize(2) are forward,as shown.

Similarly, the Rear Stabilizer (3) is fixed on the Main Body (1) with carriage Bolts (16), flat washers (17) and cover nuts (18), and fixed with open wrench (24).

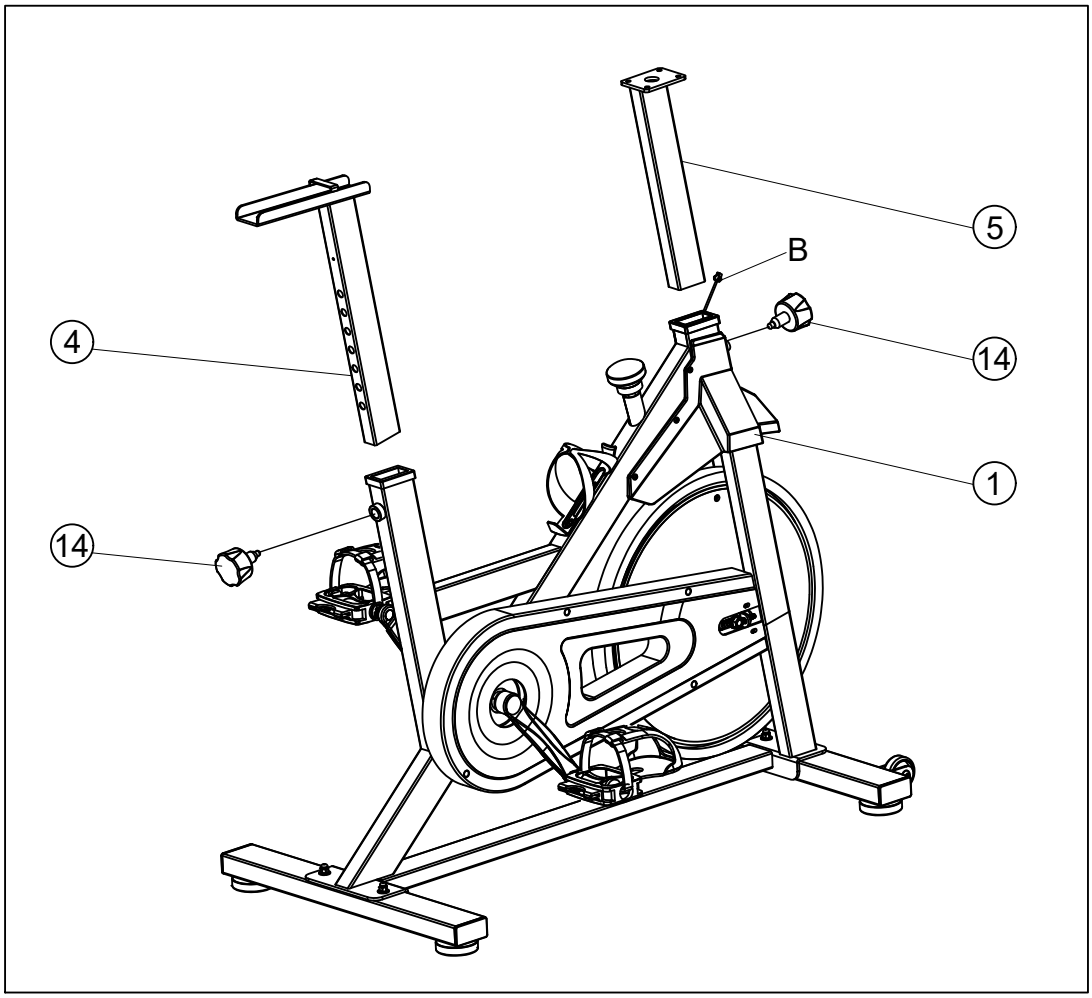
STEP 2 Installation of Pedal (12 & 13)



Install the right pedal (12) with R mark on The Main Body (1) and fix it with an open wrench (24). Note: tighten it **clockwise**.

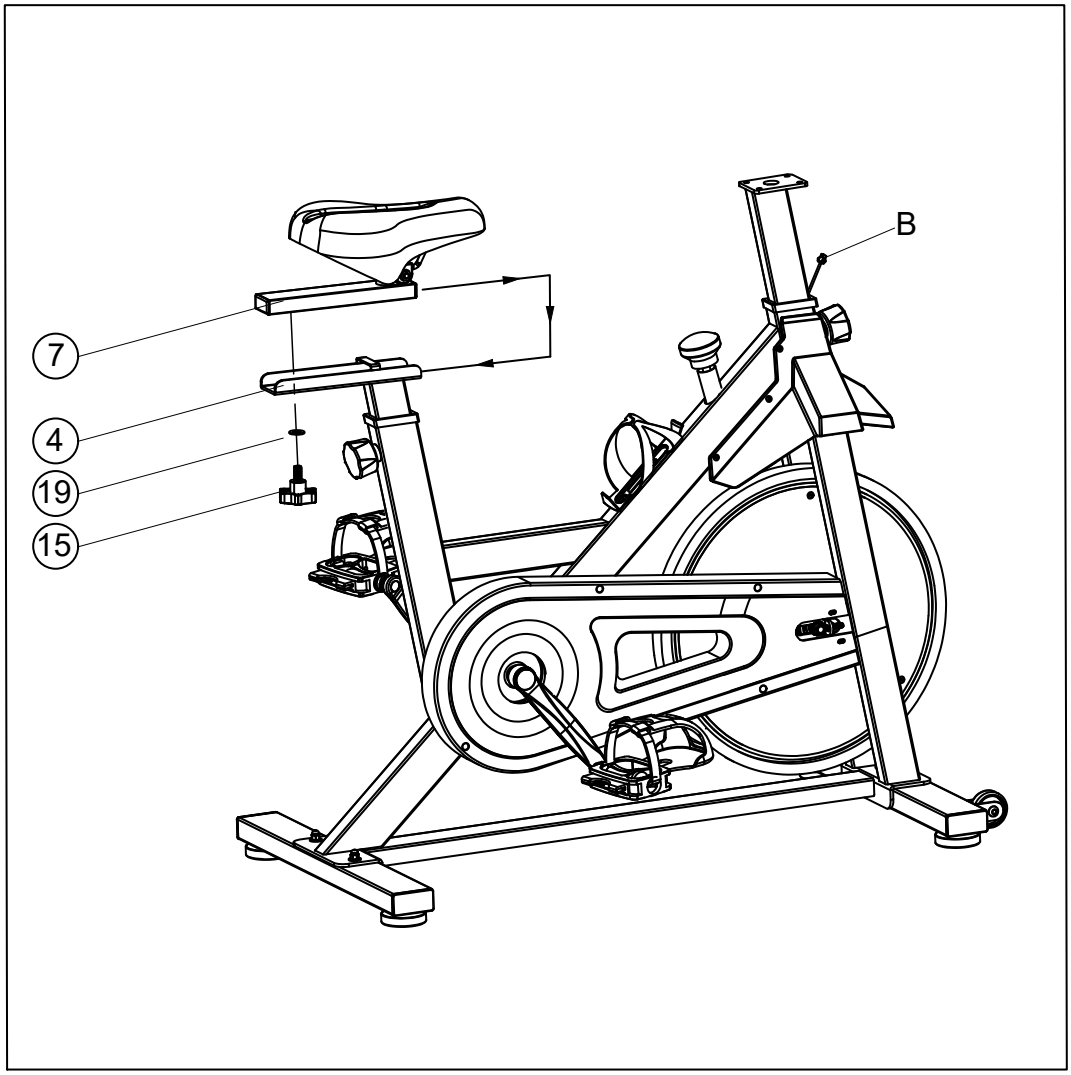
Similarly, Install the left pedal (13) with L mark on the Main Body (1) and fixed with an open wrench (24). Note: tighten it **counterclockwise**.

STEP 3 Install Saddle Post (4) & Handle Post (5)



The Saddle Post (4) is inserted into the Main Body (1), and the Adjusting knob (14) is pulled out so that the Adjusting knob (14) is automatically inserted into the corresponding hole of the Saddle Post (4).
Similarly, the Handle Post (5) is inserted into the Main Body (1), and the Adjusting knob (14) is pulled out so that the Adjusting knob (14) is automatically inserted into the corresponding hole of the Handle Post (5).
The adjusting knobs (14) is installed in front and back of the Main Body(1) respectively. Note that no tightening is needed at this time.

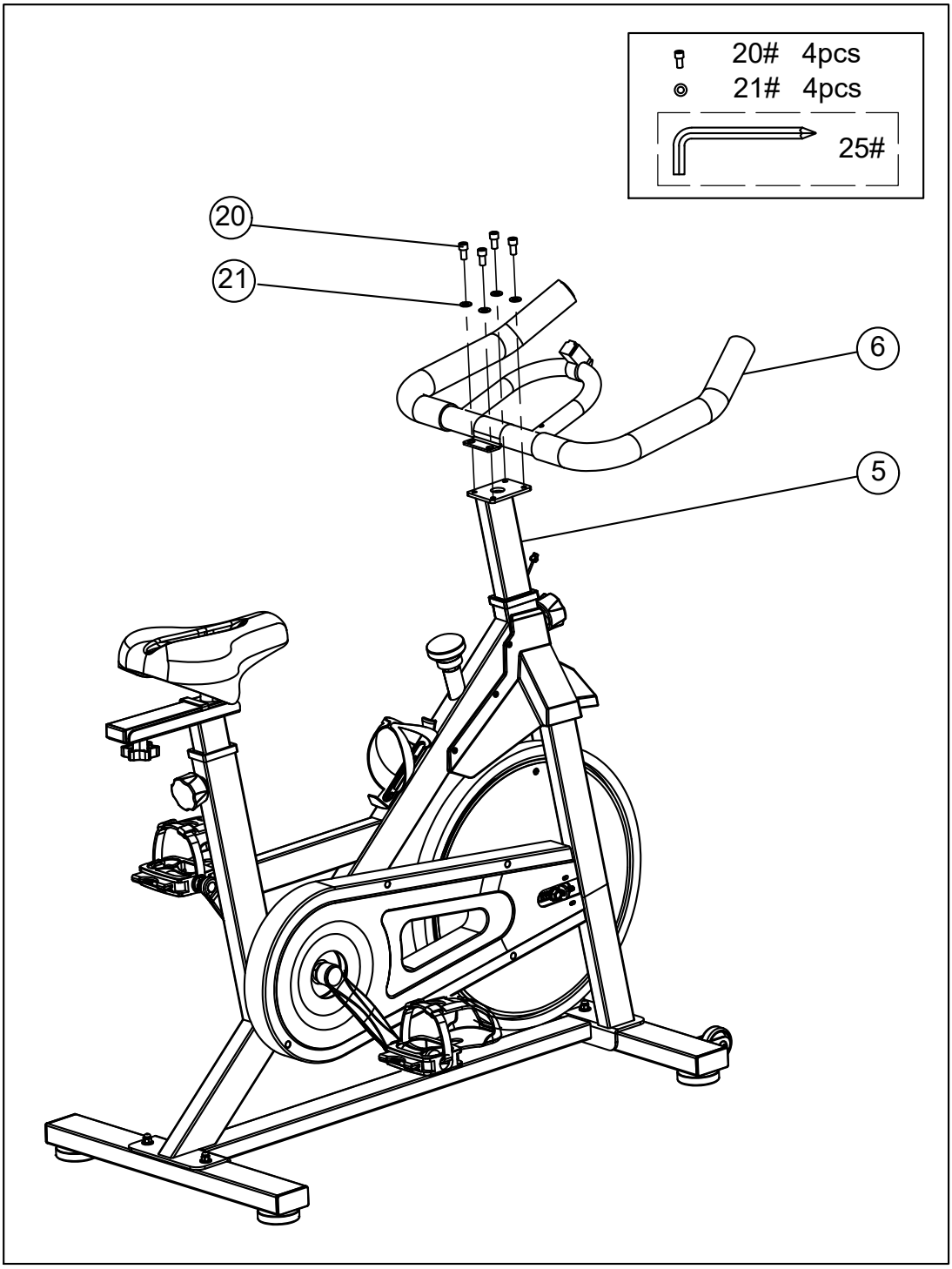
STEP 4 Install Seat Adjustment Frame (7)



The seat adjustment frame (7) is installed on the seat post (4), and is fixed with a flat washer (19) and an adjusting nut (15).

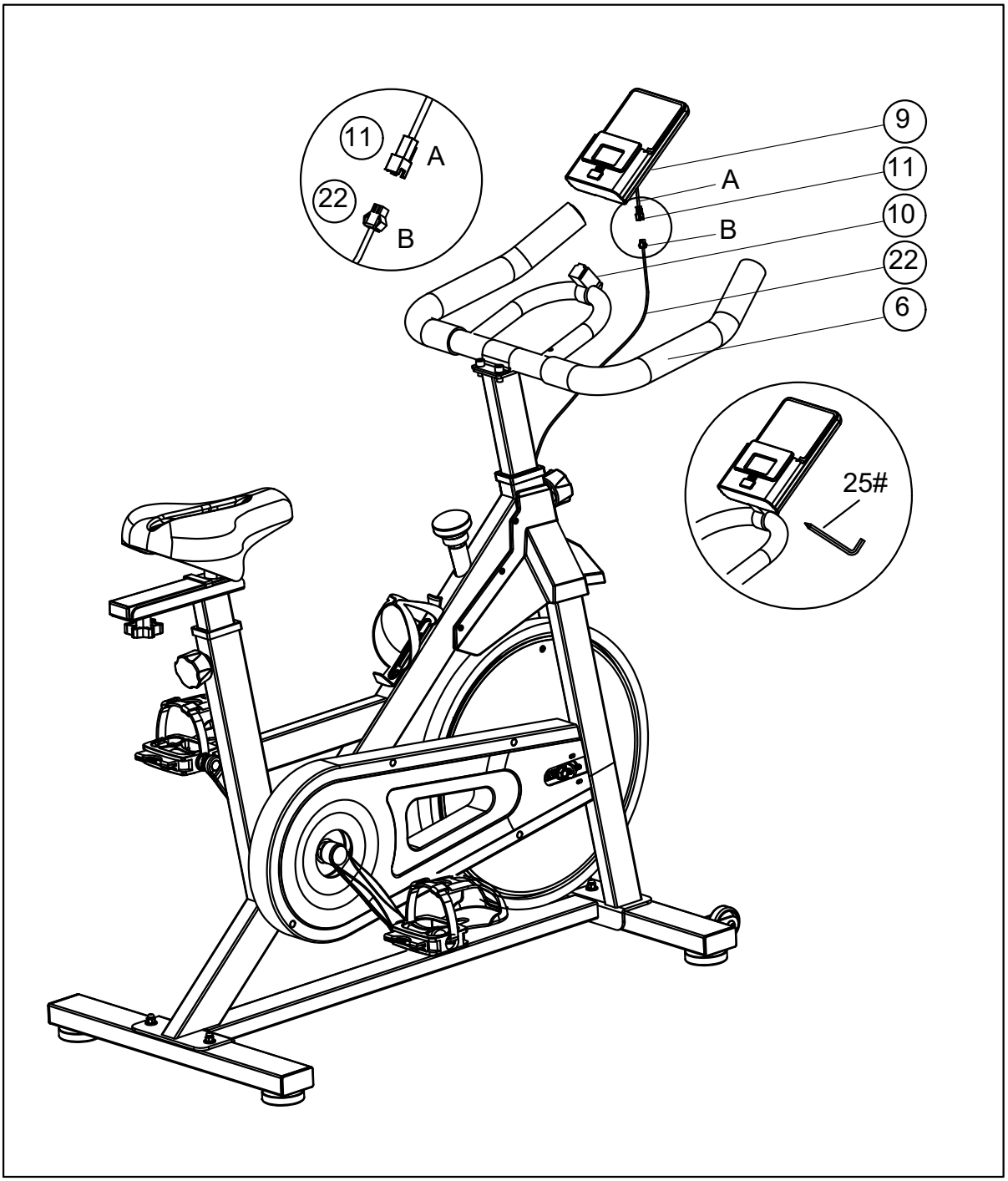
Note: Loosen the adjusting nut (15) to adjust the position of the seat adjusting frame (7) back and forth to the corresponding position. The adjusting nut (15) needs to be tightened before use.

STEP 5 Install Handle Frame (6)



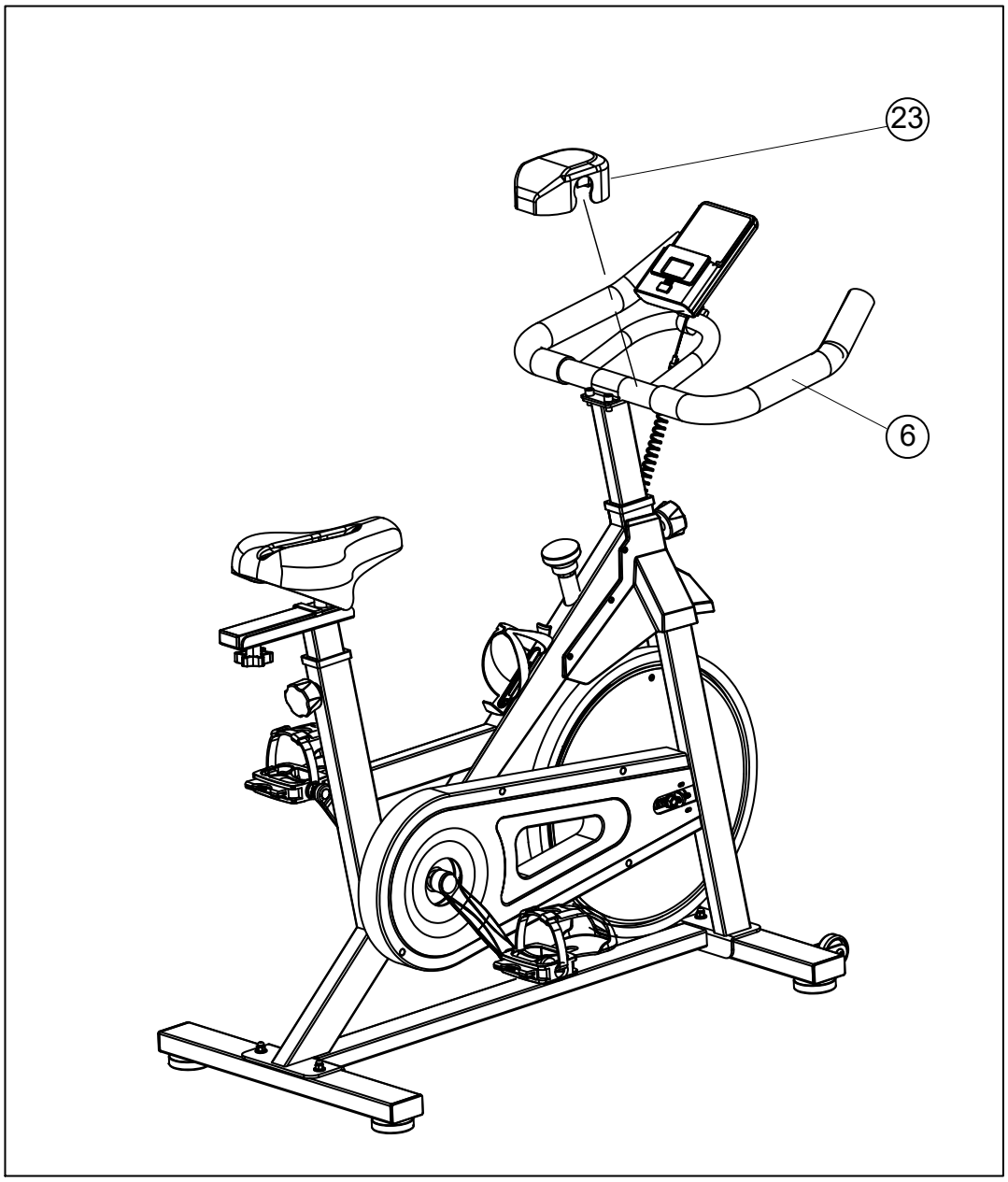
The handle frame (6) is fixed on the handle post (5) with the spring washer (21) and the round head bolt (20), and tightened with the Allen wrench (25).

STEP 6 Install the Monitor (9)



Install the monitor (9) on the fixing plastic part (10) of the monitor as shown in the figure, and insert the monitor in the direction of the upper opening of the plastic part. Tighten the screw on the lower part of the plastic part with the inner hexagon wrench.
Finally, connect the Signal Wire A (11) to the Signal Wire B (22), and the interfaces are in one-to-one correspondence.

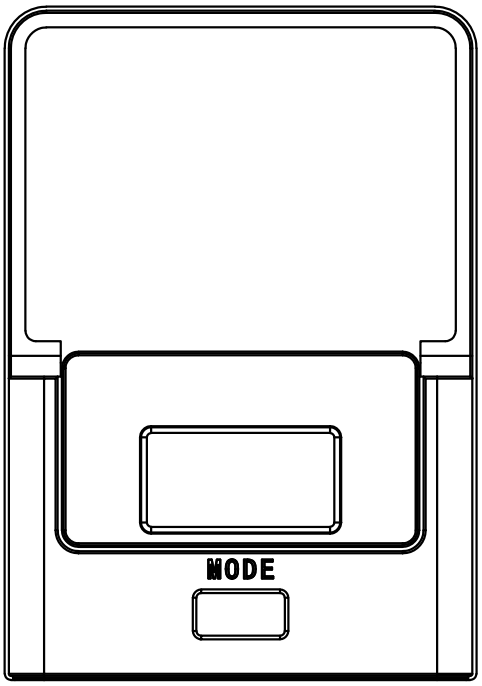
STEP 7 Attach the Decorative Cover (23)



Attach the decorative cover (23) to the Handle Frame (6) in the directions shown.

CAUTION: Before using, please reconfirm that each part is tight and firm, and the machine is stable with the ground.

COMPUTER FUNCTION



A, BATTERY INSTALLATION

Load one 1.5V, AA battery in the battery box on the back (after each battery replacement, all values will be "0")

B, FUNCTIONAL DESCRIPTION

1, automatic scanning (SCAN): open the screen or press the button to enter the SCAN state, all the functions of the TIME - SPD - DIST – CAL will be automatically displayed on the main screen.
2, the movement time (TIME): cumulative calculation of movement time from 00:00-99:59, the user can press the button to select the time value display state.
3, the movement distance (DIST): cumulative calculation movement from the 0.0-999.9, the user can press the button to select the value of the distance display.
4, calories (CAL): shows that the cumulative consumption of calories from 0.0-9999, the user can press the button to select the value of the state of the display value. **Note: this data is only a rough description and cannot be used for medical treatment.**
5, the speed of movement (SPEED): show the current speed of the athlete, the value of 0.0-999.9 km / mile / hour.
6, reset: hold down the button for about 3 seconds, all the values will be returned to the "0", the function can be reset.

C, ATTENTION

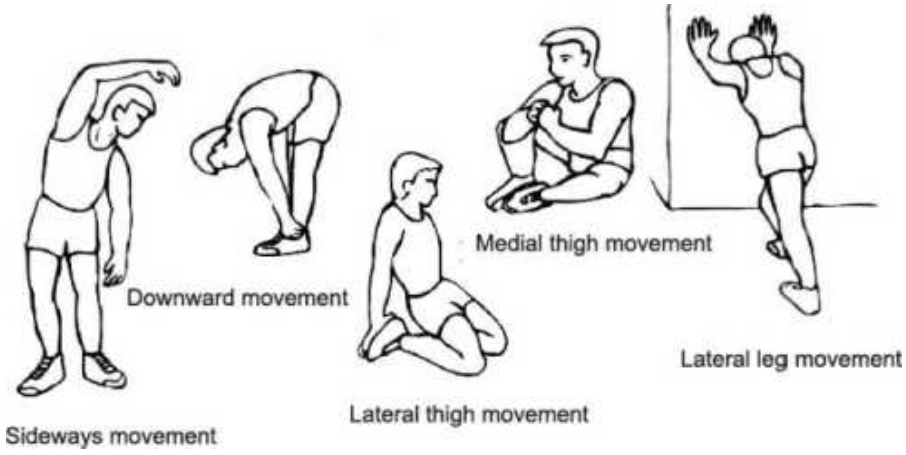
1, If monitor is not working well, the battery should be reinstalled, be careful of the battery “+”.
2, Battery specification: 1 AA 1.5V batteries
3, When the battery is scrapped, it must be removed from the monitor and handled safely

TRAINING INSTRUCTIONS

IN ADDITION TO THE USE OF THE EQUIPMENT CAN ENHANCE PHYSICAL FITNESS AND EXERCISE MUSCLES, BUT ALSO THROUGH A REASONABLE DIET TO PUWA ROLE IN WEIGHT LOSS.

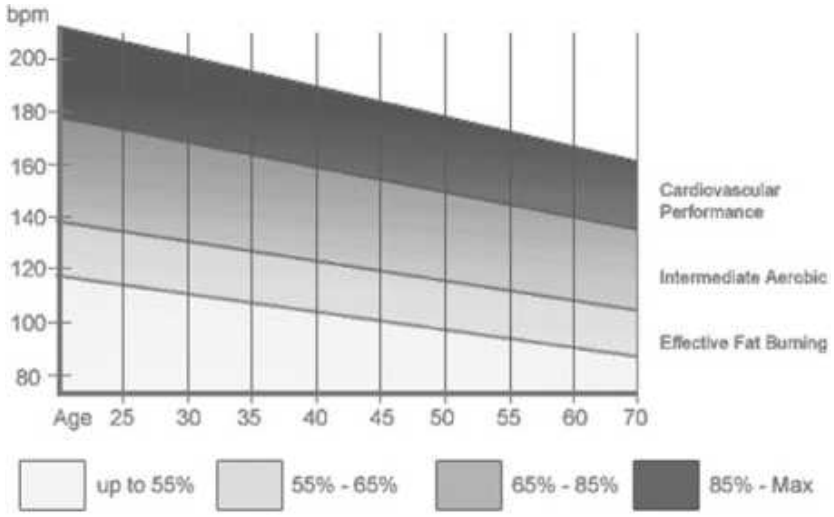
A, warm-up before training

This phase of warm up exercise can enhance the body,s blood circulation, and the muscles to achieve good training, while reducing the risk of cramps or muscle damage during training. Before each training please do warm-up exercise in accordance with the following recommendations of the training, each stretch must be maintained for about 30 seconds, while doing this exercise not stretching intensity, prevent muscle damage, once the muscles are damaged, please stop the practice.



B, training stage

This stage is the formal training phase, after a long period of practice can improve the flexibility of the leg muscles. In the training process, the key is to do the training according to the training condition, and to choose the reasonable training intensity.



Note:

1b keep the heart rate within the corresponding target range for at least 1 minutes of training, most people in the beginning of training lasted 15-20 minutes.

WARRANTY & CUSTOMER SUPPORT

If you need help regarding product issues, after-sales service, or other relevant problems, please contact us via ordernumber.

***Note**: Products purchased directly from us will enjoy our after-sales service. lf the purchases are made from other selling teams, we recommend you contact them for warranty issues.



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Made in China Version:

03-21-2025(V1)