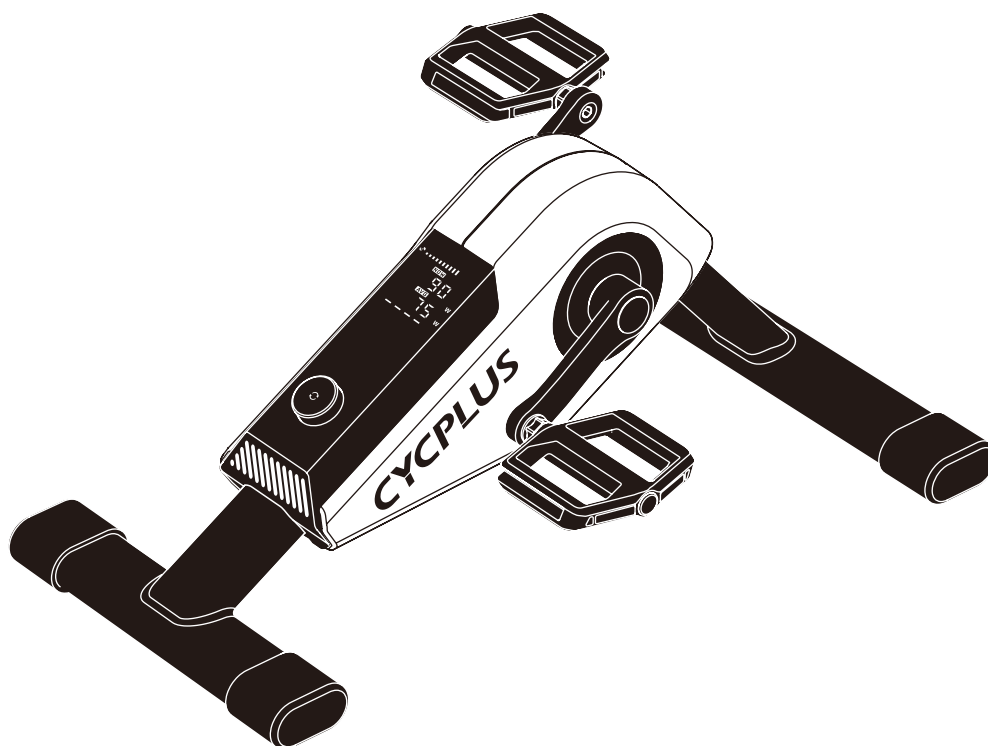




Mini Pedal Exerciser



USER MANUAL

1 Product Introduction

This Mini Pedal Exerciser is an indoor fitness mini bike designed for light exercise, specifically for users who wish to exercise comfortably at home or in the office.

The product features adjustable resistance and a unique ERG mode, which caters to different fitness needs and is suitable for users of varying fitness levels.

Whether your goal is to strengthen your leg muscles or improve cardiovascular health, this product is an ideal choice.

For FAQ and more support, please contact the after-sales email: steven@cycplus.com.

You can also find us here:



2 Before Use

- Before use, check whether the pedals and cranks are properly and securely installed. If any parts are loose, use a wrench to tighten them.
- When using the product under a desk, adjust the position of the bike and the seat according to the desk height to avoid any collisions.
- If the floor has low friction, use the included buckle strap to secure the bike to the chair to prevent slipping.
- The use of an anti-slip mat can be chosen based on the type of flooring. The mat has different textures on both sides, allowing it to adapt to surfaces with varying levels of roughness.
- Select the appropriate resistance or target power level based on your physical fitness and exercise goals.
- The bike uses a servo motor to generate resistance. Some energy will be converted into heat during use. Prolonged use may cause the exterior of the unit to warm slightly, which is normal. Do not block the ventilation holes during use.
- The bike has a built-in battery that does not require charging. The battery stores the energy generated during your exercise to power the screen.

3 Safety Warnings

Important Notice: This product is designed for seated pedaling. For your safety, standing on the pedals is strictly prohibited to avoid the risk of falling.

3.1 Environmental Safety

- Use the mini bike on a flat, clean surface. Ensure the bike is stable and not wobbling before use.
- Do not insert fingers or foreign objects into ventilation holes or other openings to avoid injury.
- Keep children or pets away from the bike during use to prevent accidents.

3.2 User Safety

- Do not wear loose or long clothing while using the product. Tuck in your pants to prevent them from getting caught in the pedals or crank.
- Always wear sports shoes while using the bike. Do not use it barefoot or with inappropriate footwear to avoid slipping.
- Do not manually rotate the pedals or touch any moving mechanical components while in use to prevent injury.
- This mini bike is designed for home use and is not a medical device. It should not be used for medical rehabilitation purposes. Incorrect or excessive training can result in injury.
- If you experience dizziness, chest pain, or difficulty breathing during use, gradually stop exercising and seek medical attention if symptoms persist.
- Do not allow people unfamiliar with this manual to operate the product. Children should use the bike under adult supervision and guidance.

3.3 Product Safety

- This product is intended for indoor use only. Do not use it in excessively hot or humid environments.
- Do not disassemble, repair, or modify the product on your own.

*** Disclaimer:**

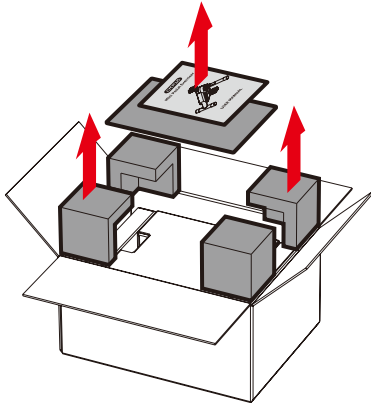
To continuously improve product functionality and user experience, we may make adjustments to the design, features, or accessories of the product.

The actual item you receive may differ from the description in this manual. Please refer to the physical product as the final reference.

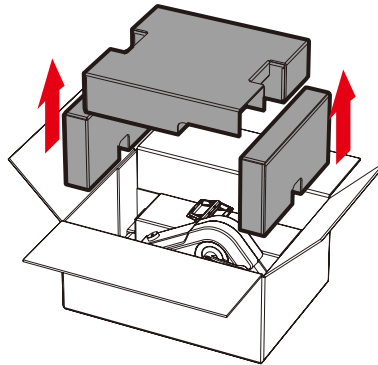
We reserve the right to modify products without prior notice. Thank you for your understanding and support!

4 Packing List

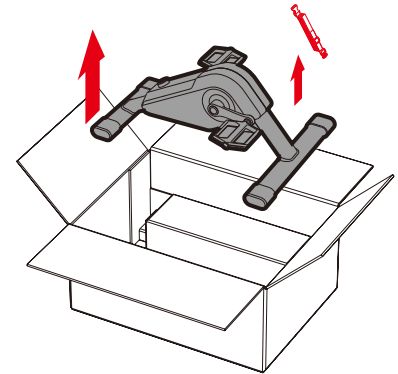
4.1 Unboxing



Open the outer box, remove Anti-slip Mat and User Manual, then remove the Foam blocks.

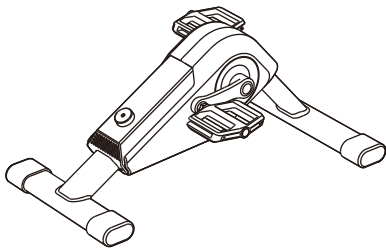


Remove the inner cartons.



Take out the product and Buckle Strap, then remove the poly bag.

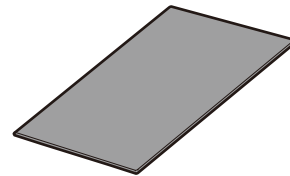
4.2 Packing List



Mini Pedal Exerciser DC1



User Manual

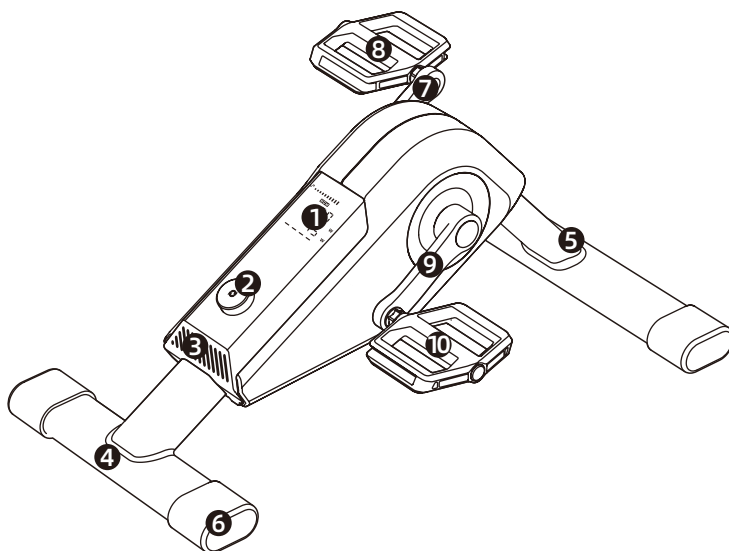


Anti-slip Mat



Buckle Strap

5 Details

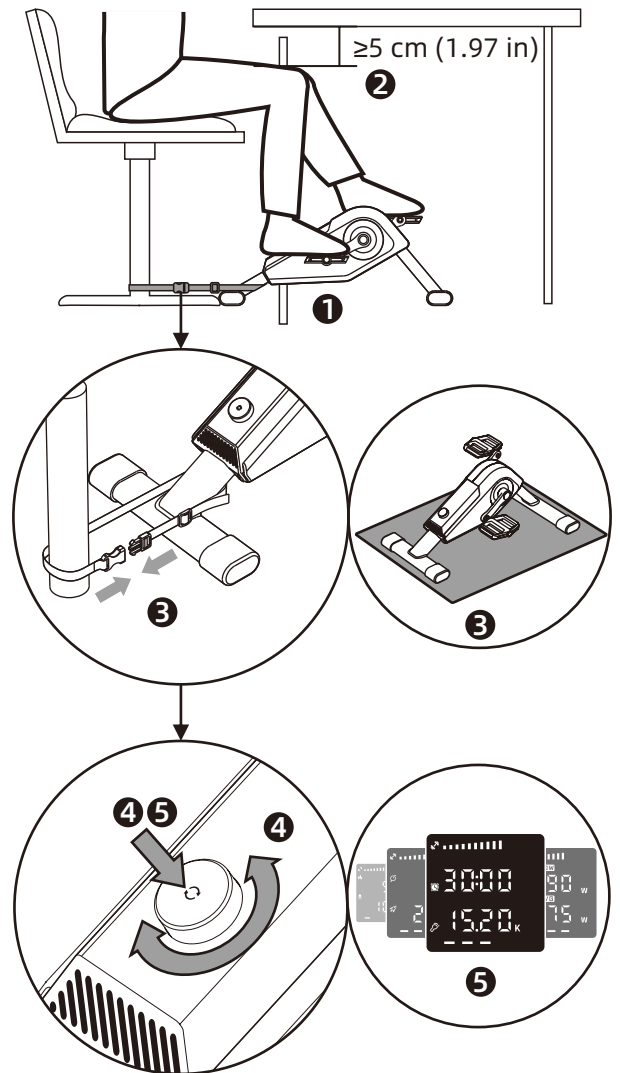


- ❶ Screen
- ❷ Knob
- ❸ Ventilation Holes
- ❹ Front Support
- ❺ Rear Support
- ❻ Foot Pads × 4
- ❼ Left Crank
- ❽ Left Pedal
- ❾ Right Crank
- ❿ Right Pedal

6 How to Use

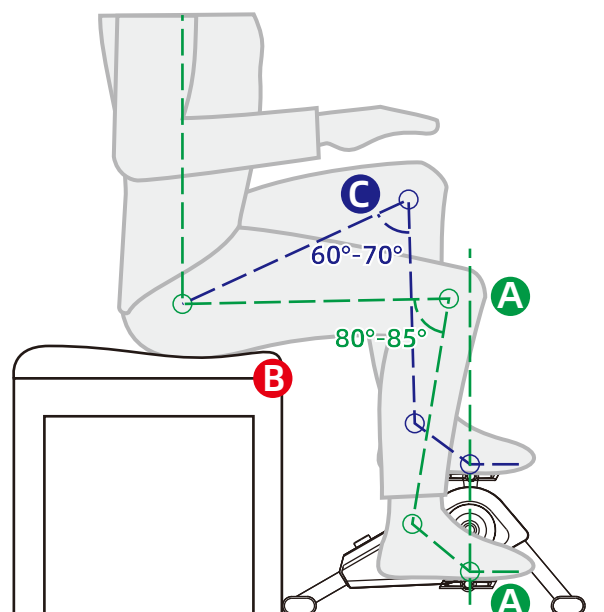
6.1 Operating Procedure

- ❶ Place the bike on the floor in front of your seat.
- ❷ Position the bike under the desk. Place the bike under the desk. Adjust the position to avoid your knees hitting the underside of the desk. **Ensure at least a 5 cm(1.97 in) clearance** by adjusting the bike or your seat if needed.
- ❸ If the floor or seat is prone to sliding, you can use **Buckle Strap** and the **Anti-slip Mat** to make the bike more stable.
- ❹ Press and hold the knob to **switch the exercise mode**. Rotate the knob to **adjust resistance or target power** and begin exercising.
- ❺ Press the knob to **cycle through the data pages**.
- ❻ When you stop exercising, the data will pause, **after 3 minutes, the bike will automatically power off**.



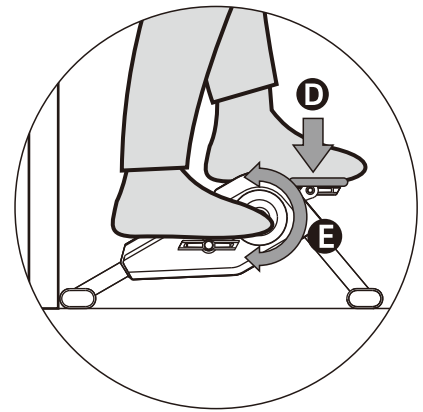
6.2 Correct Exercise Posture

- A** Position the mini bike as close to yourself as possible. Use the forefoot to pedal. **When the pedal is at its lowest point, keep your knee directly above the center of the pedal to achieve optimal pedaling efficiency.**
- B** Adjust the seat so that the underside of your thigh does not contact the seat when the pedal is at its lowest point; ensure the pedals do not hit the underside of the table when at their highest point.
- C** When the seat height and bike position are correct, the angle between your thigh and calf should **be approximately 60°-70° at the highest pedal position**, and **approximately 80°-85° at the lowest pedal position**. This range provides an effective force application feel.



- D** The more downward the pedaling force is directed, the more stable the product will feel during use.
- E** This product supports reverse pedaling. You can choose forward or reverse pedaling based on different workout needs.

* If the resistance level is below 4 or the ERG Power is below 40W, and pedal efficiency is not a priority, you may adjust your seating posture based on personal preference.

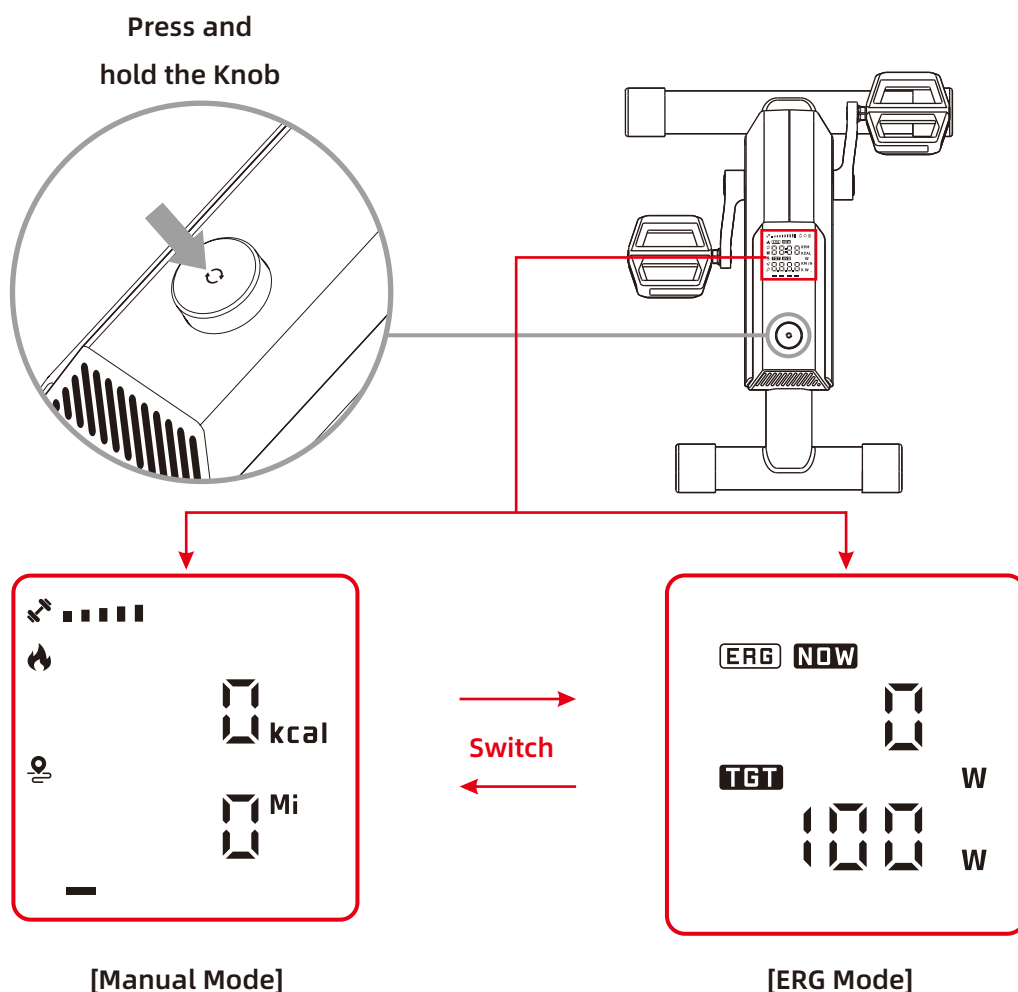


7 Function Introduction

7.1 Mode Switching

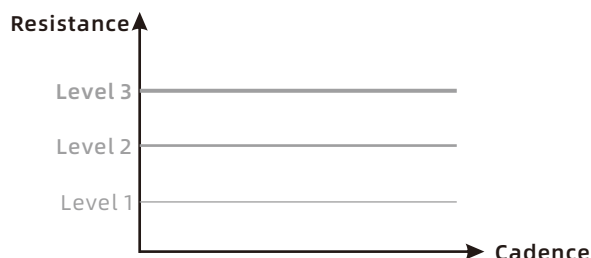
This product features two modes: **[Manual Mode]** and **[ERG Mode]**. You can switch between modes based on your needs.

Press and hold the knob for 2 seconds to toggle between modes. When the screen displays the resistance level and the [🔧] icon in the top-left corner, you are in **[Manual Mode]**. When the screen displays the yellow [ERG] icon, you are in **[ERG Mode]**.

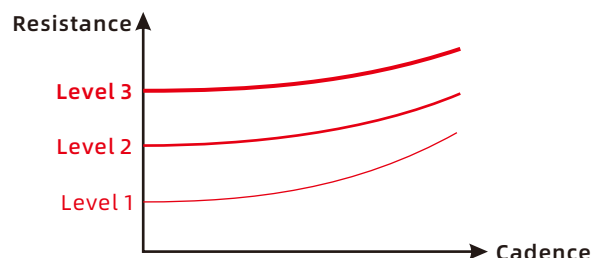


7.2 [Manual Mode]

In Manual Mode, rotate the knob to select different resistance levels, which simulate varying gradients during cycling. The higher the resistance, the steeper the simulated incline. To replicate a more realistic cycling experience, resistance will increase with higher pedaling frequency.



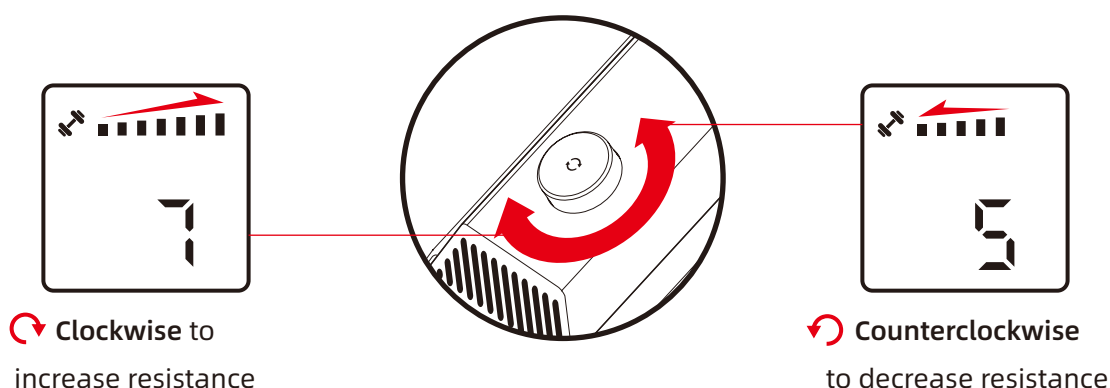
Traditional resistance exercise bike
Resistance-Cadence curve



DC1 [Manual Mode]
Resistance-Cadence curve

7.2.1 How to Use [Manual Mode]

- ❶ **Select resistance level:** In Manual Mode, there are 10 resistance levels. Rotate the knob clockwise to increase resistance, or counterclockwise to decrease it. The number of indicator bars at the top of the screen corresponds to the current resistance level. Each time you adjust the level, the screen will display the resistance level number for easy reference. This display will disappear after 5 seconds of inactivity.

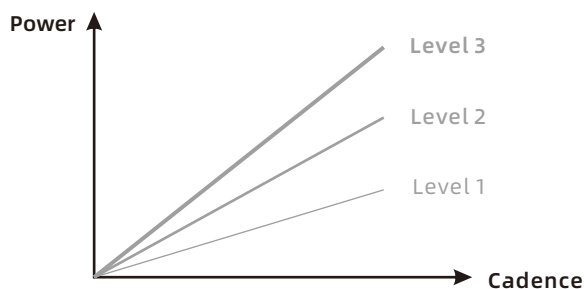


- ❷ **Begin training:** Start pedaling to begin your workout.
- ❸ **Adjust resistance:** Rotate the knob freely to adjust resistance based on your exertion level.

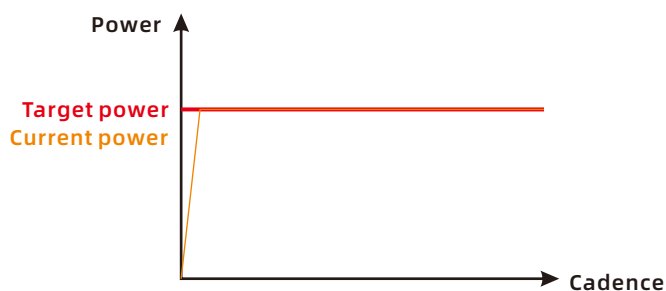
★KEY FEATURE

7.3 [ERG Mode]

ERG mode, short for Ergometer Mode, is a training mode that measures intensity based on power. After setting a target power, the device will automatically adjust the resistance to help you maintain a steady power output at different pedaling frequencies, making it easier to control training intensity and volume.



Traditional resistance exercise bike
Power-Cadence curve

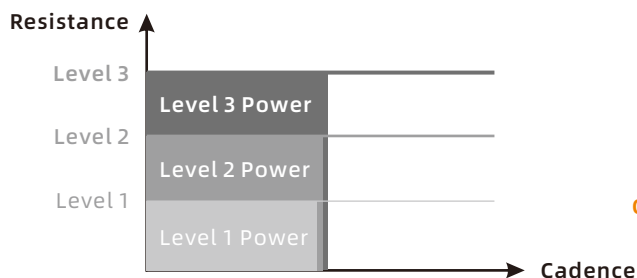


DC1 [ERG Mode]
Power-Cadence curve

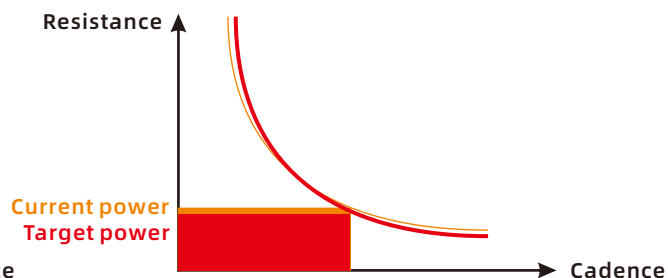
In this mode, **resistance is inversely proportional to pedaling frequency.**

The faster you pedal, the less resistance you feel; the slower you pedal, the more resistance you encounter.

You can freely adjust your pedaling speed to find your preferred rhythm.



Traditional resistance exercise bike
Resistance-Cadence curve



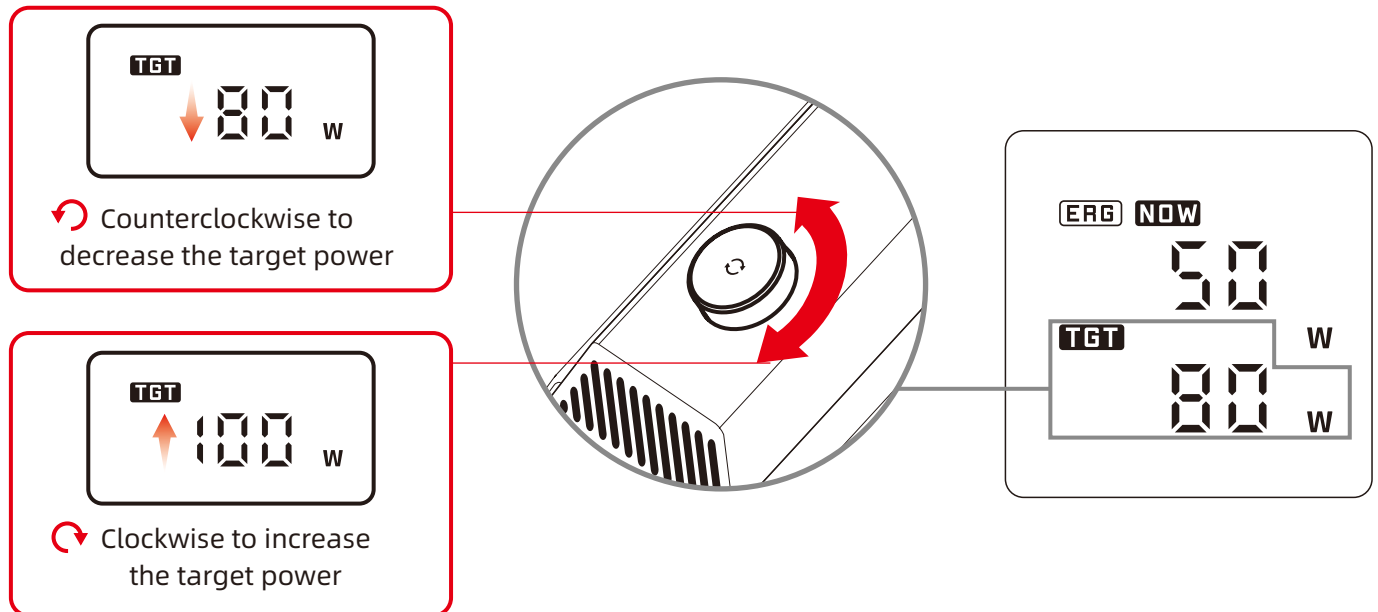
DC1 [ERG Mode]
Resistance-Cadence curve

7.3.1 How to Use [ERG Mode]

- 1 **Set the target power:** In ERG Mode, below the [**TGT**] icon bar, you can set a target power of 30 W to 100 W.

Rotate the knob clockwise to increase the target power, or counterclockwise to decrease it.

For first-time users, start with 50 W and adjust based on fatigue.



NOW Current power: This is the actual output based on pedaling force and cadence. It fluctuates around the target power and adjusts as cadence stabilizes.

TGT Target power: Rotate the knob to set a specific power target, with higher power corresponding to higher training intensity.

- 2 **Begin training:** Start pedaling to maintain a steady cadence. **A cadence below 60 RPM may make it difficult to reach the target power.**
- 3 **Adjust the target power:** Based on your physical exertion, adjust the target power freely to find a comfortable level.

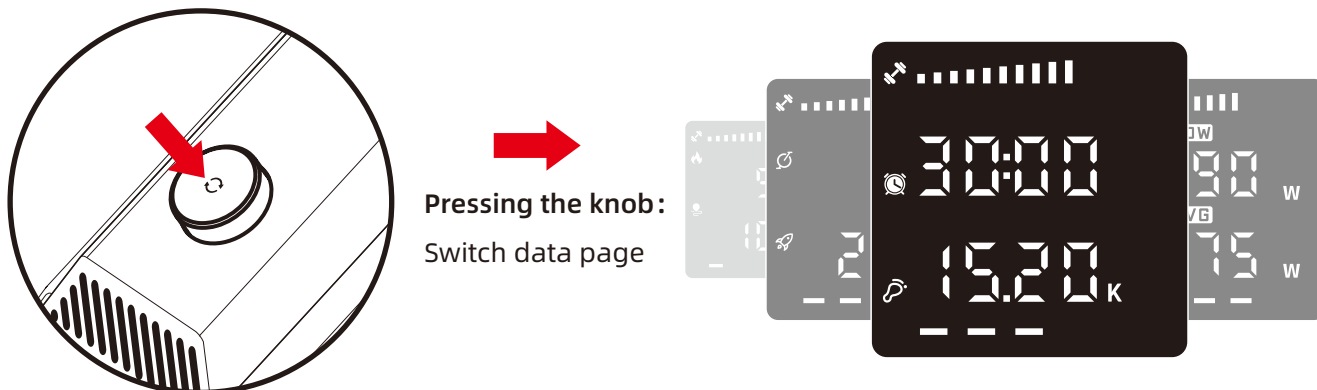
7.4 Data Page Switching

This product displays 8 cycling-related data points that you can use as a reference during exercise.

The data is divided into 4 pages, with 2 data points per page.

You can cycle through the data pages by pressing the knob in [Manual Mode] or [ERG Mode].

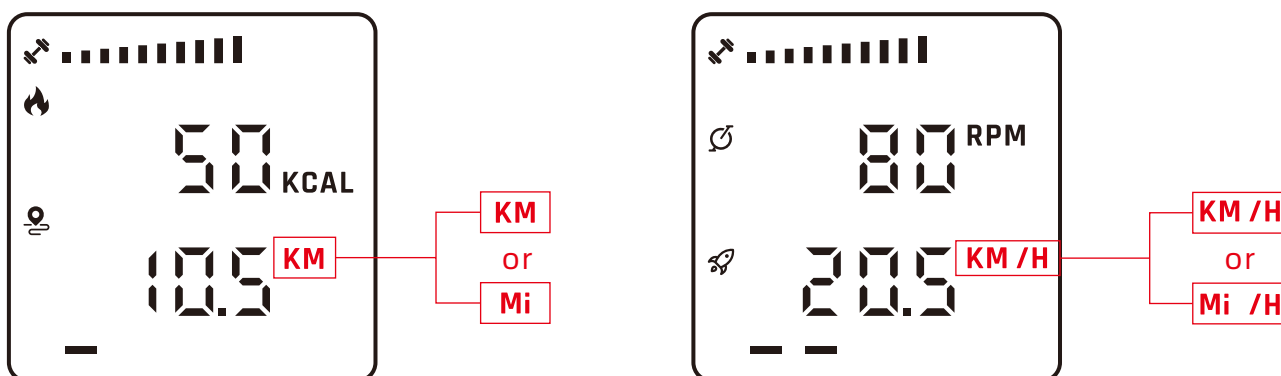
Below is a detailed explanation of each data point and how it is calculated.



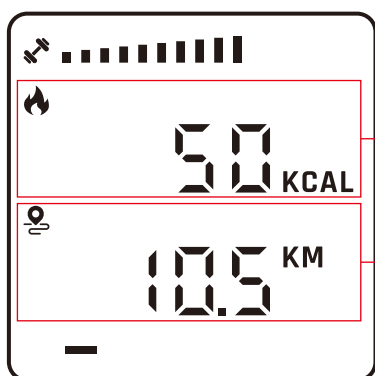
Unit Variations:

The DC1 will be manufactured in two separate unit versions: metric and imperial. Your received version depends on the region of purchase. All subsequent illustrations will use the metric version for demonstration.

Note: Unit systems are fixed per device and cannot be switched.



Data Page 1:



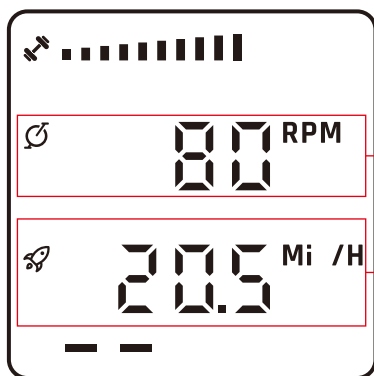
 **Calories:** The total calories burned during this training session, measured in kilocalories (kcal).

Calculation: $\text{Calories burned (Q)} = \text{Average power (P)} \times \text{Time (t)}$.

 **Distance:** The total simulated distance covered during this session, measured in kilometers (km) or miles (mi).

Calculation: $\text{Distance (S)} = \text{Speed (V)} \times \text{Time (t)}$. Based on a simulated wheel radius of 25 cm (10 in), the speed (V) multiplied by time (t) gives the simulated distance. Please note that this is a reference value, not the actual cycling distance.

Data Page 2:



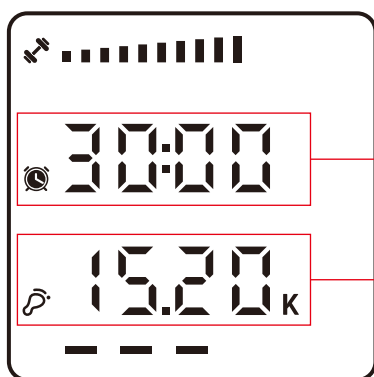
 **Cadence:** The pedaling frequency, measured in revolutions per minute (RPM).

Calculation: Cadence (C) = Angular velocity (ω) $\times$ Time (t). This is calculated by detecting the angular velocity of the pedal's circular motion, and showing the average cadence every 3 seconds.

 **Speed:** The simulated speed while cycling, measured in kilometers per hour (km/h) or miles per hour (mi/h).

Calculation: Speed (V) = Cadence (C) $\times$ Wheel radius (R). Using a simulated wheel radius of 25cm (10 In), this formula calculates the simulated speed (again, a reference value, not actual cycling speed).

Data Page 3:



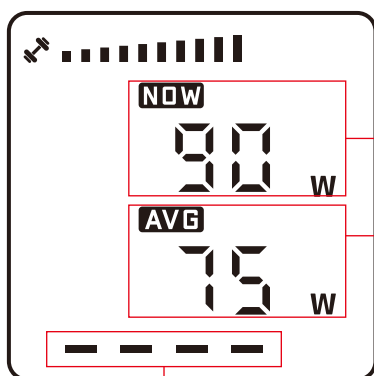
 **Time:** The total duration of the current session, measured in [minutes: seconds]. If the session exceeds 60 minutes, it will display in [hours: minutes].

Calculation: The timer starts when you begin pedaling. If pedaling stops, the timer pauses. If no pedaling occurs for more than 3 minutes, the timer will reset to zero.

 **Steps:** The total number of pedal rotations during the current session, with K representing 1,000 rotations.

Calculation: Each full pedal rotation is counted by a sensor. If pedaling stops for over 3 minutes, the count resets to zero.

Data Page 4:



NOW **Current Power:** The current output power while pedaling, reflecting the intensity of your workout, measured in watts (W).

Calculation: Power (P) = Cadence (C) $\times$ Resistance (F) $\times$ Crank length (L). Resistance (F) is the force exerted during pedaling.

AVG **Average Power:** The average power over the entire workout session, measured in watts (W).

Calculation: The total session time is divided into small intervals, and the average power for each interval is calculated to give the overall average.

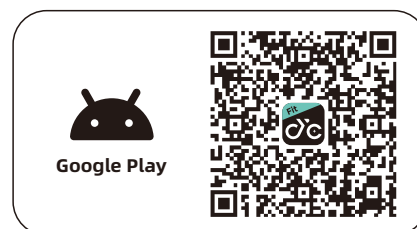
 **Page Number Indicator:** The number of indicator lights represents the current page number.

8 Pairing and Using the App

1. Before first use, download and install the "CYCPLUS Fit" app by scanning the QR code via a browser or searching in app stores. This app is required for device connection and firmware updates.



CYCPLUS Fit app



2. Rotate the crank to activate DC1. The device will enter pairing mode, which lasts for 3 minutes.
3. Ensure Bluetooth is enabled on your phone. Open the CYCPLUS Fit app, go to the [Profile] page, tap [My Courses], then select the [🔍] icon in the top-right corner to search for devices. Tap the device named "CYCPLUS DC1" to begin pairing.
4. When "Connected" appears on the app, the [🔌] icon will illuminate on the top-right corner of the DC1 screen, indicating a successful connection. After pairing, you may select recommended courses or custom courses to start training.
5. During training, real-time exercise data and course progress will be displayed on the app's course page.
6. To stop the workout, tap the [⏹] stop button in the top-right corner of the app's course page. You can then view, save, or share your full workout data. All records will be stored in the [Records] page.

9 Specifications

Product Name	Mini Pedal Exerciser	Motor Power	Self-generating Electricity
Model	DC1	Built-in Battery	1000 mAh / 3.7 V (3.7 Wh)
Dimensions	503 × 355 × 213 mm (19.8 × 14 × 8.4 in)	Resistance Levels	10 levels
Net Weight	4.8kg (10.6 lb)	ERG Adjustment Range	30 W - 100 W
Pedal Q-Factor	150 mm (5.91 in)	Maximum Power	160 W
Crank Length	90 mm (3.54 in)	Operating Temperature	0°C - 40°C (32 °F - 104 °F)

10 Manufacturer

Manufacturer: Chengdu Chendian Intelligent Technology Co., Ltd.

Address: No.88, Tianchen Road, Chengdu, Sichuan Province, China

Contact: steven@cycplus.com

Warranty: Free repair or replacement within 2 years for damage not caused by human factors.

Warranty does not cover wear and tear (such as scratches, chips, and dents from normal use).

The warranty is void if the product is damaged due to liquid ingress, significant impact, or unauthorized modifications.

11 Troubleshooting

Self-Generation and Display Instructions

- This product uses a self-generating power system. When the low battery indicator [] appears in the top right corner of the screen, continue pedaling to meet the power demands, or the display may turn off.
- To ensure the self-generation system operates properly, we recommend using the bike for at least 10 minutes per month.
- If the display doesn't turn on after pedaling for over 1 minute, contact customer support for repair or replacement.
- This product has a self-check system. If an error code appears on the display, please refer to the troubleshooting guide.

Trouble Issues		Possible Causes	Solutions
There is speed, count, and other data displayed, but the resistance is too low, absent, or abnormal.		Motor malfunction or loose motor connection.	Contact customer service for repair or replacement.
The resistance changes normally, but speed, count, and other data do not update.		Hall sensor failure.	
The screen shows error code	E 1	Temperature sensor (NTC) is damaged or improperly installed.	
	E 3	Program error or circuit malfunction triggered by voltage protection.	
	E 4	Program error or circuit malfunction triggered by current protection.	
	E 5	Overheating of the heat resistor, triggering thermal protection.	Wait for the bike to cool down, then reduce the resistance level before continuing to use.

CYCPLUS



Made in China

