

OXYCYCLE 3+

Manual



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The specifications of this product may vary from this photo, subject to change without notice.

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## Safety precautions

Read all instructions carefully before operating. Retain this owner’s manual and keep all original transaction receipts for future reference.

- Consult your physician before beginning your exercise program.
- If you experience any irregular physical conditions such as dizziness, severe muscle or joint pain or pain in the chest, stop exercising and consult your physician immediately.
- Keep children and pets away from the machine while in use.
- Do not wear loose clothing while exercising.
- Keep a minimum safety clearance during operation.
- Do not operate the exercise equipment if it is damaged.
- Set up Pedal Exerciser as directed in Assembly Instructions and place unit on a flat, stable, non slip surface.
- Perform 3 to 5 minutes of warm-up and stretching before beginning your exercise.
- Each exercise should be performed in a controlled manner. Always start exercising slowly.
- Never exercise to exhaustion.
- Do not stand on the Pedal Exerciser.
- The Pedal Exerciser is designed as a home use exercise device.
- Users must have full control of their muscles to operate this unit. It may not be suitable for people who are quadriplegic or paraplegic. Please consult your doctor or physician.
- Exercise equipment is to be regularly inspected for maintenance for loose or broken parts.
- Have the unit serviced by a qualified service technician. Do not attempt to service the unit yourself.

### Storage Precautions:

Do not store the unit in any place where it will be subject to high or low temperatures. Do not expose to direct sunlight for extended periods of time. Do not store the unit in a humid or dusty area.



## Electrical safety

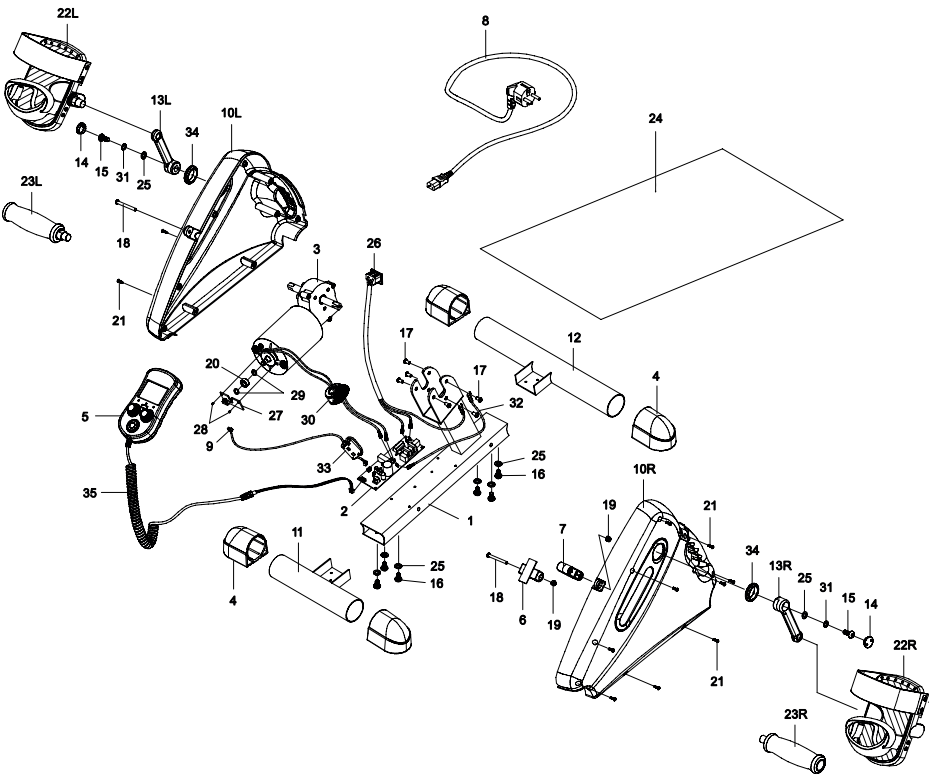
When using an electrical appliance, basic precautions should always be followed, including the following:

Read all instructions before using this unit.

WARNING - To reduce the risk of burns, fire, electric shock, or injury to persons:

- An appliance should never be left unattended when plugged in. Unplug from outlet when not in use and before putting on or taking off parts.
- Do not operate under blanket or pillow. Excessive heating may occur and cause fire, electric shock, or injury to persons.
- Close supervision is necessary when this unit is used by or near children, physically challenged or disabled persons.
- Use this unit only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- Never operate this unit if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged or dropped into water. Return the appliance to a service center for examination and repair.
- Do not carry this appliance by supply cord or use cord as a handle.
- Keep the cord away from heated surface.
- Never operate the unit with the air openings blocked; keep the air openings free of lint.
- Never drop or insert any objects into any openings.
- Do not use outdoors.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- To disconnect, turn the speed and resistance knobs to the off position, then remove plug from outlet.
- Always unplug this appliance from the electrical outlet immediately after using and before cleaning.
- For Household Use Only.
- Power requirement: 110 V - 230 V AC

Exploded view



Parts list

Part #	Description	Q'ty	Part #	Description	Q'ty
OO1	Main Frame 400x320x279	1	O19	Nylon Nut M6	2
OO2	Power Control Board	1	O20	Magnet	1
OO3	Motor	1	O21	Cross Recessed Pan Head Tapping Screw M4x20mm	11
OO4	End Cap	4	O22R	Right Pedal	1
OO5	Controller	1	O22L	Left Pedal	1
OO6	Controller Bracket A	1	O23R	Right Handle	1
OO7	Controller Bracket B	1	O23L	Left Handle	1
OO8	AC Power Cable	1	O24	Non-slip Mat	1
OO9	Sensor Wire (L=410mm)	1	O25	Washer Ø18xØ8x1.5T	8
O10R	Right Cover	1	O26	Power Socket	1
O10L	Left Cover	1	O27	Sensor Board	1
O11	Front Stabilizer	1	O28	Combination (Phil/Slot) Pan Head Screw M3x4	2
O12	Rear Stabilizer	1	O29	C ring Ø8	2
O13R	Right Crank	1	O30	Ferrite Ring Ø28xØ15x13	1
O13L	Left Crank	1	O31	Spring Washer Ø8	2
O14	Plastic Cap	2	O32	Ground Wire (L=300mm)	1
O15	Hexagon Socket Truss Head Bolt M8x25mm	2	O33	Ferrite Core Ring Clip	1
O16	Hexagon Socket Truss Head Bolt M8x15mm	6	O34	Cover Cap	2
O17	Cross Recessed Truss Head Bolt M6x12mm	6	O35	Spring Spiral Cable	1
O18	Cross Recessed Truss Head Bolt M6x40mm	2			

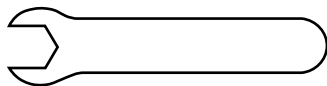
Hardware list & tools



(16) Hexagon Socket  
Truss Head Bolt  
6 PCS



(25) Washer  
6 PCS



Wrench  
1 PC



Allen Wrench  
1 PC

## Assembly instructions

**1.** Slide the Controller (5) onto the Controller Bracket A (6).



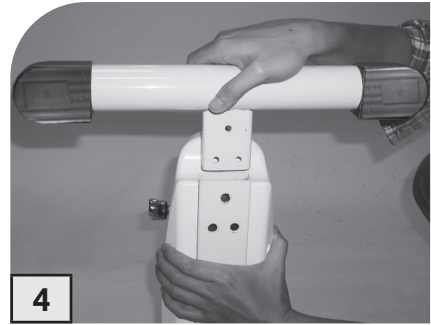
**2.** Hold the unit in an upright position. The controller (5) side facing up and the power socket (26) side facing down. Insert the front stabilizer (11) into the main frame (1).



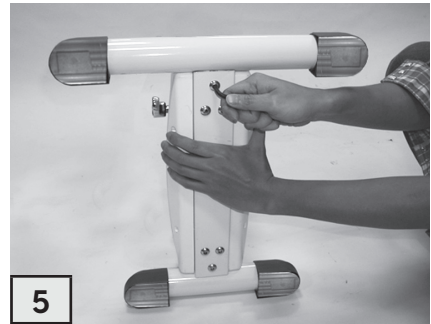
**3.** Attach the front stabilizer (11) to the main frame (1) with three hexagon socket truss head bolts (16) and three washers (25). Tighten the bolts with the allen wrench provided.



**4.** Insert the rear stabilizer (12) into the main frame (1).



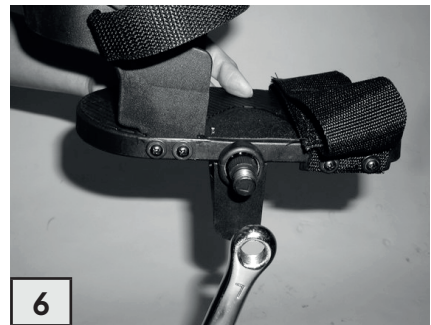
**5.** Attach the rear stabilizer (12) to the main frame (1) with three hexagon socket truss head bolts (16) and three washers (25). Tighten the bolts with the allen wrench provided.



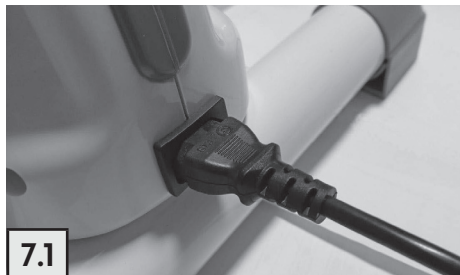
**6.** Connect the left pedal (22L) to the left crank (13L) assembly. Thread it into the crank assembly in a counter-clockwise direction using the wrench provided (see figures 6 and 6.1).

Connect the right pedal (22R) to the right crank (13R) assembly by threading it in a clockwise direction.

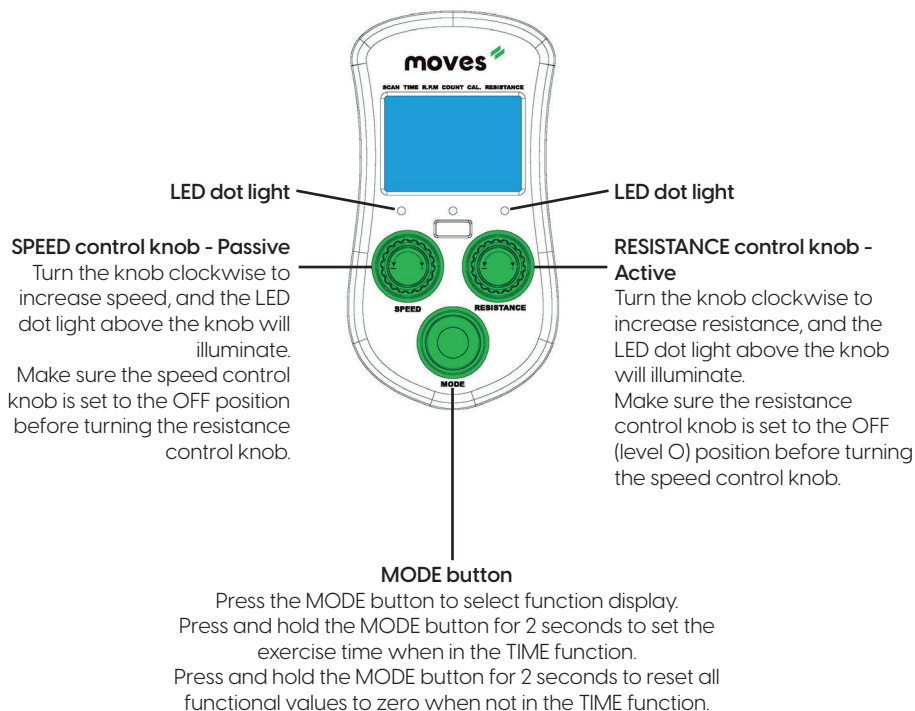
NOTE: the left/right pedals and left/right cranks are marked with "L" and "R" (left and right).



**7.** Plug the specified end of the AC power cable (8) into the power socket (26) on the machine.



## Operating the controller





## How to use

### Display function

**SCAN:** Displays each function for 6 seconds.

**TIME:** Displays the time elapsed or the time remaining in your workout.

#### **Count up:**

Without setting the time value, the user may turn the resistance control knob or speed control knob clockwise to start exercising. Time starts counting up from 0:00 to 30:00 minutes in 1-second increments. When the time counts up to 29:55, the controller will alarm for 5 seconds. The STOP sign will appear and flash on the screen of the controller. The user may turn the resistance control knob or speed control knob to the off position to stop the STOP sign from flashing.

#### **Count down:**

The user can set exercise time before the workout. Press the MODE button to select the TIME function, then press and hold the MODE button for 2 seconds. The TIME will flash, indicating that you can set the exercise time. Press the MODE button to set the exercise time, with each increment being 1 minute. The set exercise time range is from 5:00 to 30:00 minutes. Once you set the exercise time and turn the resistance control knob or speed control knob clockwise to start exercising, time will start counting down from the set exercise time to 0:00 in 1-second backwards. When the set exercise time counts down to 0:05, the controller will alarm for 5 seconds. The STOP sign will appear and flash on the screen of the controller. The user may turn the resistance control knob or speed control knob to the off position to stop the STOP sign from flashing.

**RPM:** Displays the current pedal RPM (Revolutions per Minute).

**COUNT:** Counts one for each pedal revolution.

**CALORIES:** Estimates the calories burned during exercise.

**RESISTANCE:** When using the OxyCycle 3+ Pedal Exerciser in active mode, the resistance can be adjusted by turning the resistance control knob on the controller. Ensure the speed control knob is set to the off position before turning the resistance control knob. The resistance levels range from 1 to 5.

If you stop exercising for over 4 minutes, it will switch to SLEEP mode, and the controller screen will turn off. Pressing the MODE button will wake it up.

## Exercises

### How to use your OxyCycle 3+ Pedal Exerciser.

**The OxyCycle 3+ Pedal Exerciser must be plugged into an electrical outlet before use. Do NOT use the OxyCycle 3+ Pedal Exerciser without plugging it in, as this will damage the equipment.**

When using the OxyCycle 3+ Pedal Exerciser in **active mode**, you can start exercising after setting the desired resistance level by turning the **resistance control knob**. Make sure the speed control knob is set to the off position before turning the resistance control knob. The resistance levels range from 1 to 5.

When the resistance control knob is turned on, the OxyCycle 3+ Pedal Exerciser can only be used for active mode. Do not attempt to turn on the speed control knob after turning on the resistance control knob, as the speed control knob does not have any function in this mode. The STOP sign will flash on the controller screen and an alarm will sound for 8 seconds. Please turn both the resistance control knob and the speed control knob to the off position. After setting the desired resistance level again using the resistance control knob, you may start to exercise in active mode again.

When using the OxyCycle 3+ Pedal Exerciser in **passive mode (with motor assistance)**, you should set the desired speed using the **speed control knob** and then **following that speed** to get the best results. Make sure the resistance control knob is set to the off (O level) position before turning the speed control knob.

When the speed control knob is turned on, the OxyCycle 3+ Pedal Exerciser can only be used in passive mode. Do not attempt to turn on the resistance control knob after turning on the speed control knob, as the resistance control knob does not have any function in this mode. The STOP sign will flash on the controller screen and an alarm will sound for 8 seconds. Please turn both the speed control knob and the resistance control knob to the off position. After turning the speed control knob back on, you can start again.

### Leg Exercise

Place the OxyCycle 3+ Pedal Exerciser on a non-slip mat and sit comfortably in a chair with the device directly in front of you. The knee joint should not be flexed less than 90 degrees. Wear rubber-soled shoes and adjust foot pedal straps to the proper length. Barefoot use of the OxyCycle 3+ Pedal Exerciser is not recommended.

### WARNING

Do not stand on the unit to exercise. Only exercise in a seated position. Make sure the seat does not move or pivot. Do not sit in a chair with casters.



**NOTE:** Use the foot pedals for leg exercises.

## Arm Exercise

Place the OxyCycle 3+ Pedal Exerciser directly in front of you on a table top, using the included non-slip mat. Use the hand grips for arm exercises.



**NOTE:** Use the hand grips for arm exercises.



## Error codes

**E1** error code: This usually indicates a communication problem between the controller and the power control board. Check the control's spring spiral cable or connecting wire between the controller and the power control board to see if it is broken or damaged. If the controller's spring spiral cable or connecting wire is broken or damaged, please contact your local customer service for support.

**E2** error code: This usually indicates motor overload protection. If the user attempts to stop the pedals from spinning in **passive mode**, the overload protection circuitry will active to stop the motor (allowing the user to retract their feet). The motor will turn off for 2-3 seconds and then turn on again automatically. If the motor overload situation persists (i.e., the motor turns off and on repeatedly) for 10 times, the motor will stop working completely. The STOP sign will flash on the controller screen and an alarm will sound for 8 seconds. Please turn the **speed control knob** to the off position. After turning it back on, the pedal exerciser will start again.

**E3** error code: This usually indicates a communication problem between the motor and the power control board. Check for loose or disconnected sensor wire between the motor and the power control board. Unplug and reconnect the connections. If the error code persists, please contact your local Customer Service for support.

**E4** error code: This usually indicates that the user is applying a force beyond 80 rpm on the pedals or handles in **passive mode (with motor assistance)**. When using the OxyCycle 3+ Pedal Exerciser in **passive mode**, you should set the desired speed using the **speed control knob** and then **following that speed** to get the best results. If the user attempts to apply a force beyond 80 rpm, the motor will stop working completely. The STOP sign will flash on the controller screen and an alarm will sound for 8 seconds. Please turn the **speed control knob** to the off position. After turning it back on, the pedal exerciser will start again.

## Warm up & cool down routine

**WARMING UP** is an important part of any workout. Its purpose is to prepare your body for exercise and minimize injuries. Warm up for two to five minutes before aerobic exercise. Warming up should prepare your body for more strenuous exercise by heating up muscles, stretching them, and increasing circulation and pulse rate, delivering more oxygen to your muscles.

**COOLING DOWN** at the end of your workout, repeat these exercises to reduce soreness in tired muscles. The purpose of cooling down is to return the body to its resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart from the muscles.

### **HEAD ROLLS**

Rotate your head to the right, feeling a stretching sensation up the left side of your neck. Rotate your head back, stretching your chin to the ceiling and opening your mouth. Rotate your head to the left. Drop your head to your chest.



### **SHOULDER LIFTS**

Lift your right shoulder toward your ear. Lift your left shoulder up as you lower your right shoulder.



### **SIDE STRETCHES**

Open your arms to the side and lift them until they are over your head. Reach your right arm as far toward the ceiling as you can. Repeat the action with your left arm.



### QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts. Repeat with the left foot.



### INNER THIGH STRETCH

Sit with the soles of your feet together and your knees pointing outward. Pull your feet as close to your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.



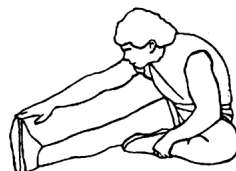
### TOE TOUCHES

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach as far as you can and hold for 15 counts.



### HAMSTRING STRETCHES

Extend your right leg. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with your left leg.



### CALF/ACHILLES STRETCH

Lean against a wall with your right leg in front of the left and your arms forward. Keep your left leg straight and the right foot on the floor; then bend the right leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.





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**MVS in Motion**  
Krommebeekpark 11  
8800 Roeselare (BE)  
[mvs-in-motion.com](https://mvs-in-motion.com)