

# NEXGIM

## 智能公率健身單車 AI Powered Exercise Bike

MG-03  
使用說明書 User Manual

使用產品前請仔細閱讀本使用說明書  
並妥善保管此說明書以供參考。

Please read this manual carefully before using the product and  
keep it properly for future reference.

一般查詢 General Enquires

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歡迎！

Welcome!

感謝您選擇 NEXGIM 智能健身單車！

Thanks for choosing NEXGIM Smart Bike!

NEXGIM 智能健身單車是一款全新的、專為家居使用而打造的智能健身單車。它內置了單車訓練界的突破性科技—智能電機阻尼，可提供恒定阻力或恒定功率兩種截然不同的科學訓練模式。NEXGIM 智能健身單車採用了建基於 IoT 技術的功率、心率及踏頻感應器，收集實時精確的訓練數據，並結合機器學習與人工智能演算法，為您度身訂造科學化訓練計劃。

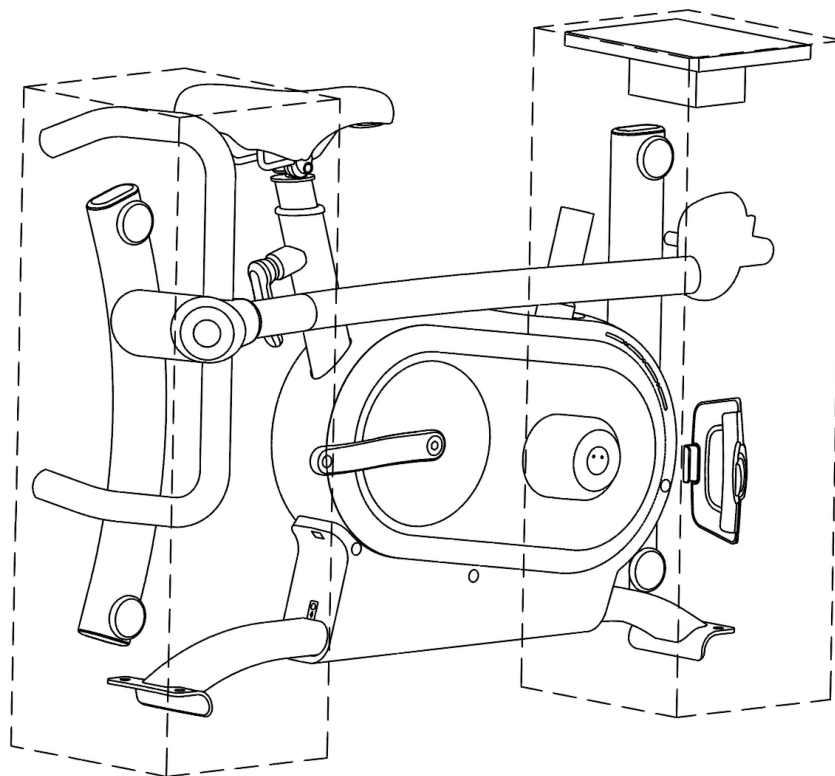
NEXGIM Smart Bike is a brand-new smart exercise bike tailor-made for home use. It is embedded with intelligent motor damping, for cyclist training which provides two very different, yet both scientific training modes-constant resistance or constant power. NEXGIM Smart Bike adopts IoT technology-based power, heart rate and cadence sensors to collect real-time accurate training data, and, with the help of machine learning and AI algorithm, to generate scientific workout plans customized for you.

產品及配件

## NEXGIM Smart Bike and its accessories

產品開箱圖

## NEXGIM Smart Bike after unpacking





### 配件Accessories

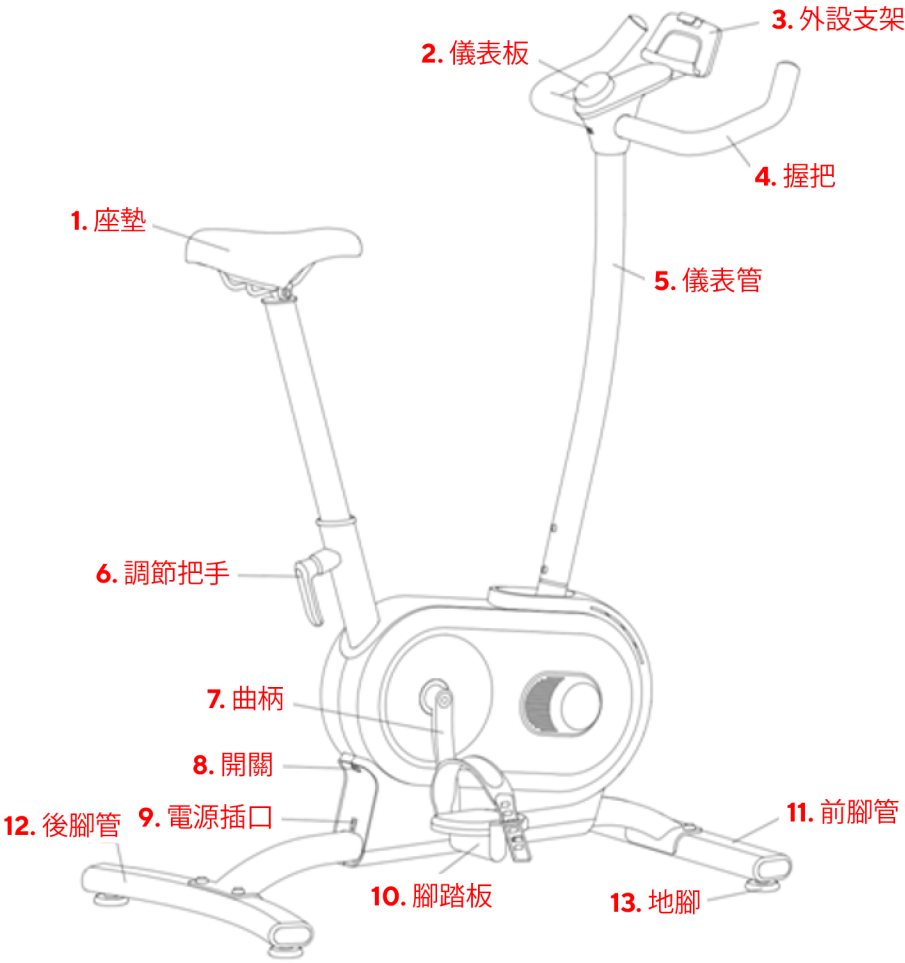
4mm內六角扳手x 1, 8mm內六角扳手x 1, 15mm開口扳手x 1, 電源供應器x 1, 腳踏x 2, 外設支架x 1, M6 螺絲x 4, M10 螺絲x 4, 單車腳管x 2

4mm allen wrench x 1, 8mm allen wrench x 1, 15mm open end wrench x 1, Power adapter x 1, Pedals x 2, Pad holder x 1, M6 screws x 4, M10 screws x 4; Smart Bike supporting legs x 2

配件清單

|   |   |  |  |   |  |
|---|---|--|--|---|--|
| <br>4mm內六角匙 x1 | <br>8mm內六角匙 x1 | <br>15mm開口扳手 x1 | <br>電源火牛 x1 | <br>腳踏 x2  | <br>電話/平板支架 x1 |
| <br>M6螺絲 x4    | <br>M10螺絲 x4   | <br>腳管 x2       | <br>說明書 x1  | <br>合格證 x1 |  |

產品總覽  
Product Overview



- |                         |             |
|-------------------------|-------------|
| 1. Seat                 | 座墊          |
| 2. Console              | 儀表控制器       |
| 3. Pad holder           | 外設支架        |
| 4. Handlebar            | 握把          |
| 5. Console post         | 儀表管         |
| 6. Seat height L-handle | L 型座墊高度調節把手 |
| 7. Crank                | 曲柄          |
| 8. Power button         | 開關掣         |
| 9. Power port           | 電源插口        |
| 10. Pedal               | 腳踏          |
| 11. Front stabilizer    | 前腳管         |
| 12. Rear stabilizer     | 後腳管         |
| 13. Leveling foot       | 水平調節腳座      |

## 安裝單車

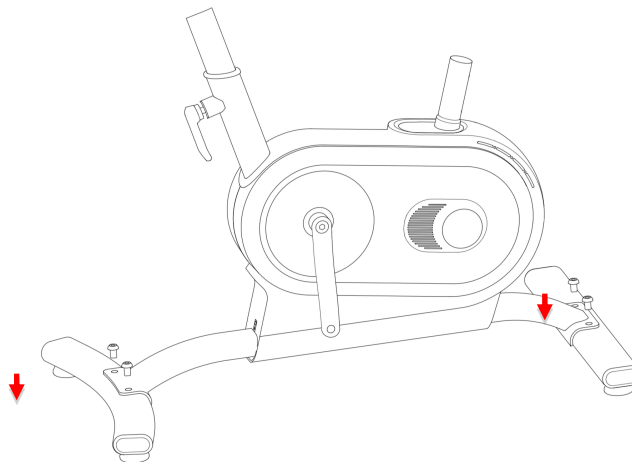
### Setting up your Smart Bike

#### 安裝前後腳管

#### Install Smart Bike stabilizers

根據下圖指示將前後腳管放到車架安裝位置，利用 6mm 內六角扳手將 4 顆 M10 螺絲安裝鎖緊。

Place the stabilizers as indicated, install four M10 screws and tighten them with a 6mm allen wrench.

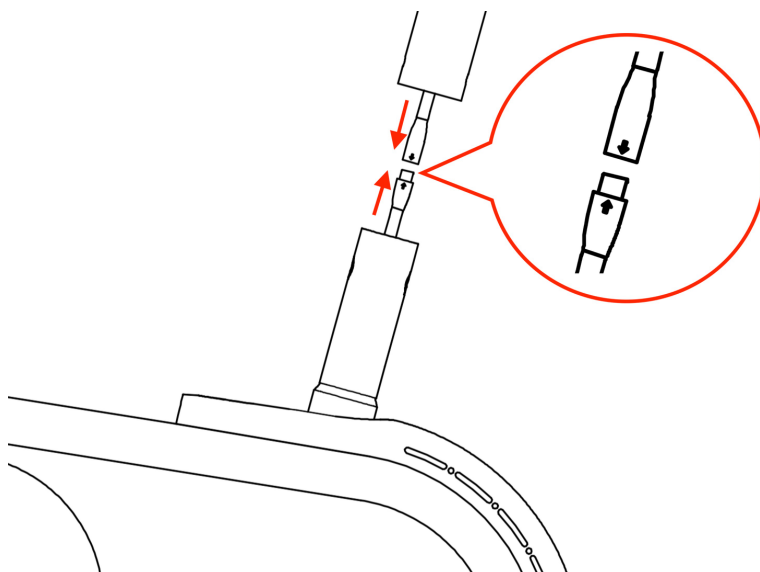


#### 安裝儀表管

#### Mount the console post

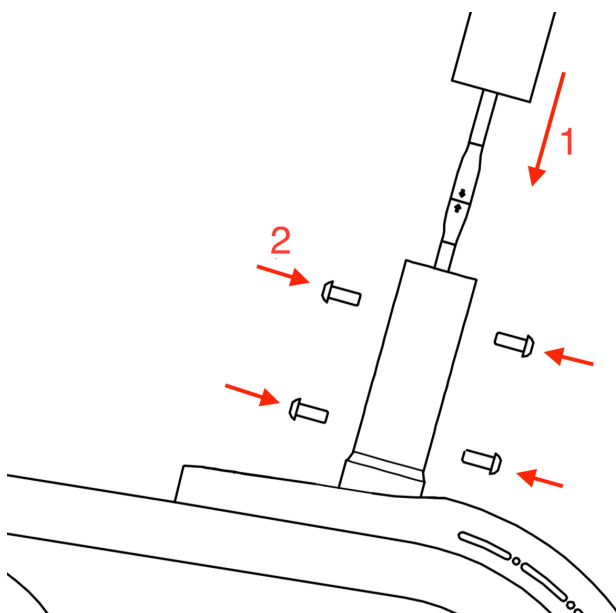
先將儀表管上的插頭與車架上的插頭連接。連接時請按照插頭上的箭頭標記方向相互連接。

Connect the tube on the frame to the one inside the console post. Pay attention to the direction when inserting.



將插頭連接後，請將儀表管插入車架(步驟 1)，然後將 4 顆 M6 螺絲分別裝入 4 個螺絲孔，並用 4mm 內六角扳手鎖緊(步驟 2)。

Insert the console post into the frame (step 1). Insert 4 M6 screws and tighten with a 4mm allen wrench (step 2).

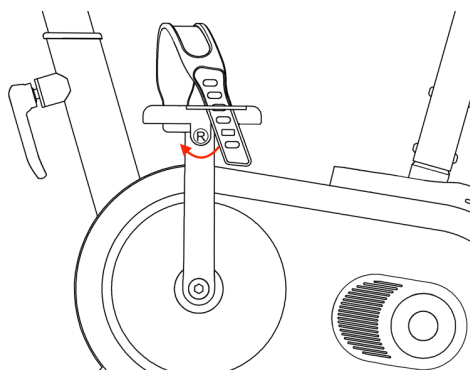


### 安裝腳踏

#### Install the pedals

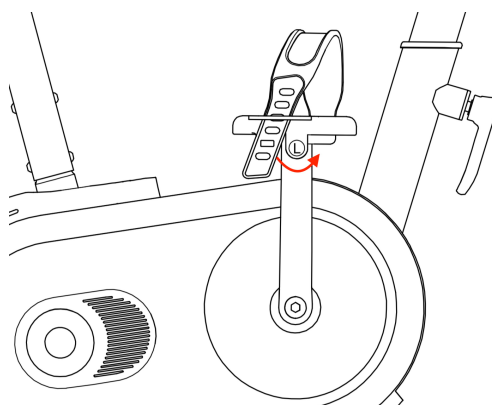
將印有 R 標記的腳踏裝進右邊的曲柄，用 15mm 開口扳手以順時針（朝車頭方向）鎖緊。

Mount the pedal with R sign to the right side crank. Use a 15mm open-end wrench to fasten in a clock-wise direction.



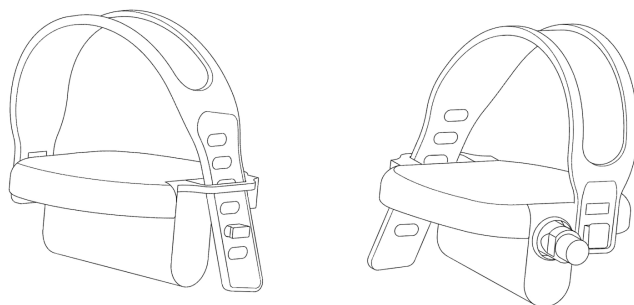
將印有 L 標記的腳踏裝進左邊的曲柄，用 15mm 開口扳手以逆時針（朝車頭方向）鎖緊。

Mount the pedal with L sign to the left side crank. Use a 15mm open end wrench to fasten in an anti-clockwise direction.



安裝腳踏橡膠綁帶：L 標記配 L 腳踏，R 標記配 R 腳踏。

Mount the pedal strap with L sign to the left pedal and the one with R sign to the right pedal.



### 調較座墊高度

#### Adjust the seat height

調較高度

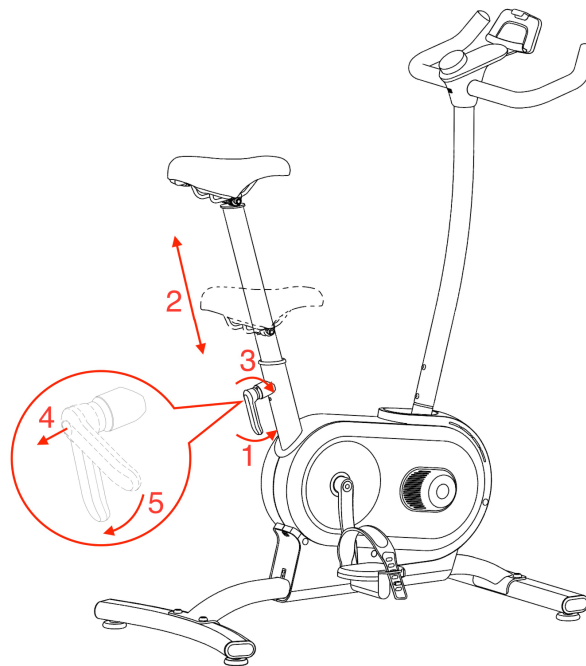
以逆時針方向旋轉 L 型座墊高度調節手柄一圈以將座墊調鬆，然後調較座墊至合適高度，再以順時針方向旋轉 L 型手柄以鎖緊座墊。鎖緊後，如果 L 型手柄非朝下方向，請向後拉手柄，並將手柄轉至垂直向下方向。

1. Turn the seat height L-handle counterclockwise to loosen the seat post.

2. Adjust the seat height until you feel comfortable.
3. Turn the L-handle clockwise to fix the seat post.
4. Pull the L-handle outwards.
5. Rotate the L-handle to a vertically downward direction.

注意：由於 L 型座墊高度調節手柄左右突出會影響操作，為免影響您的運動體驗，請必須按照以上指示確保 L 型手柄一直保持垂直向下狀態。

**Caution: It is important to keep the L-handle vertically downwards as projecting handles will interfere with your movements.**



### 確定座墊高度

#### Set the seat height

方法：坐在座墊上並將腳跟踩於腳踏，轉動一側曲柄，使之向下並與座位支架對齊。如果您的腿能完全伸直而且膝頭不會過度伸展的話，表示您已調較到合適高度。

Sit on the saddle and touch the pedal with your heel. Make sure the crank arm which is currently supporting your foot is pointed down and in line with the seat post.

You are at the correct saddle height if your leg is now fully extended. That means your leg is straight, but without overextending your knee.

警告！為您的安全起見，調節座墊高度時請切勿超越“STOP”標誌綫，以符合安全使用。

**Caution! For your safety, make sure to keep the STOP mark inside the frame while adjusting the seat height.**

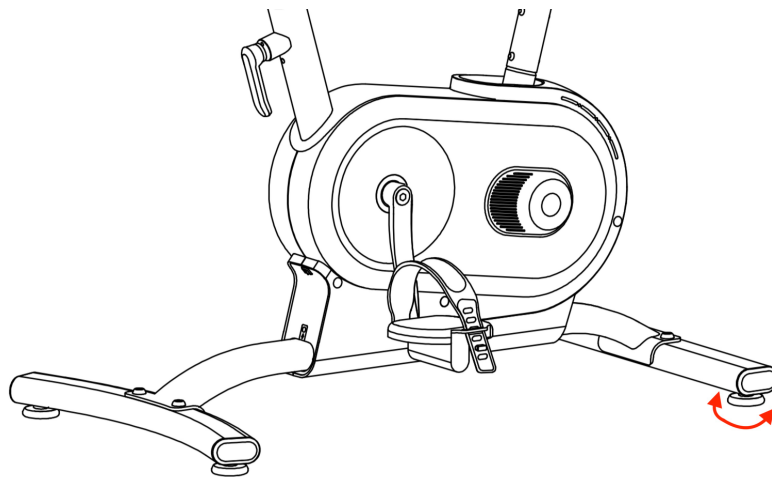


## 穩定車身

### Stabilize your Smart Bike

前後腳管裝有 4 個水平調節腳座，請旋轉腳座並將之緊貼地面，直至單車不晃動並可穩定地放在地面便可。

There are four leveling feet on the front and rear stabilizers. Rotate each leveling foot until the Smart Bike rests firmly on the floor.

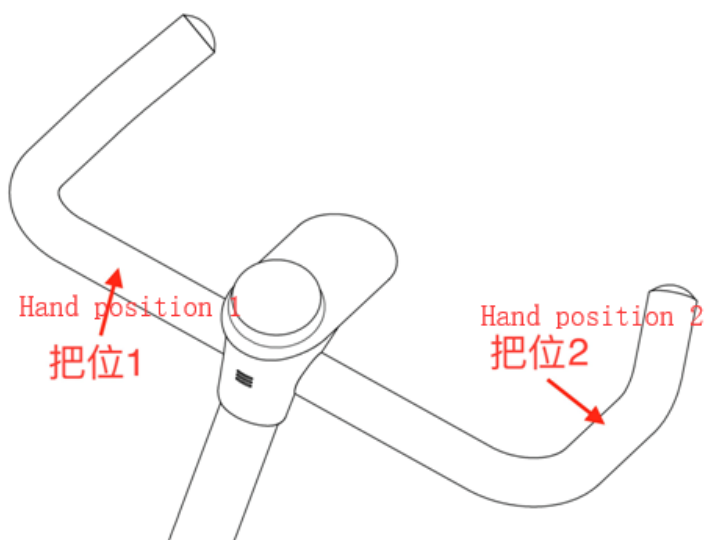


## 功能說明 Functions

### 把手 Hand positions

本單車有兩個可使用把位，把位 1 為放鬆把手，把位 2 為運動把手。

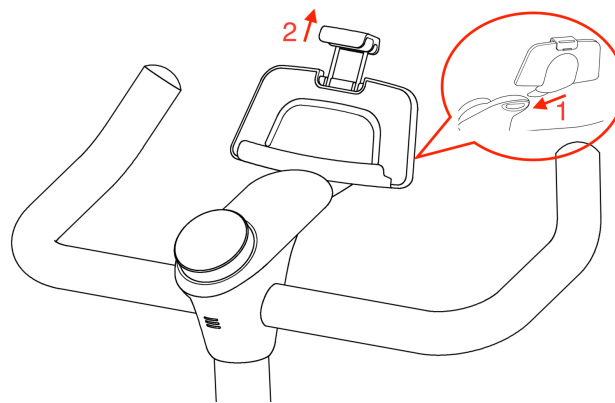
There are two hand positions available for you, the relaxed position and the racing position.



## 外設支架 Pad holder

如圖將外設支架插入即可使用（1），想放置電話或平板電腦時，拉動上方灰色扣件並將裝置放入架好即可（2）。

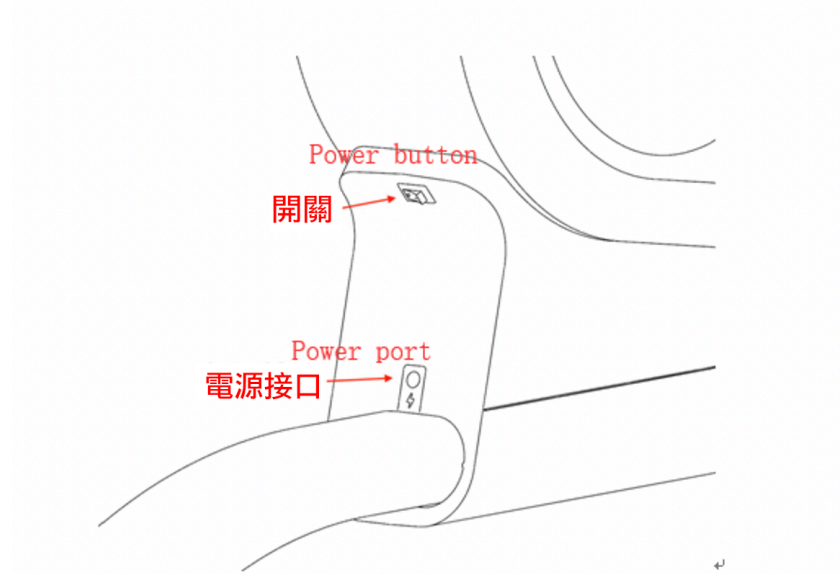
The pad holder can be easily mounted by simply inserting in as shown in step 1. While putting your phone or pad on the holder, pull or push the gray fastener to fix.



## 電源插口 Power port

如圖將 DC 插頭插進車架尾部電源插口，並連接電源。通電後，將開關掣撥至“—”開機。

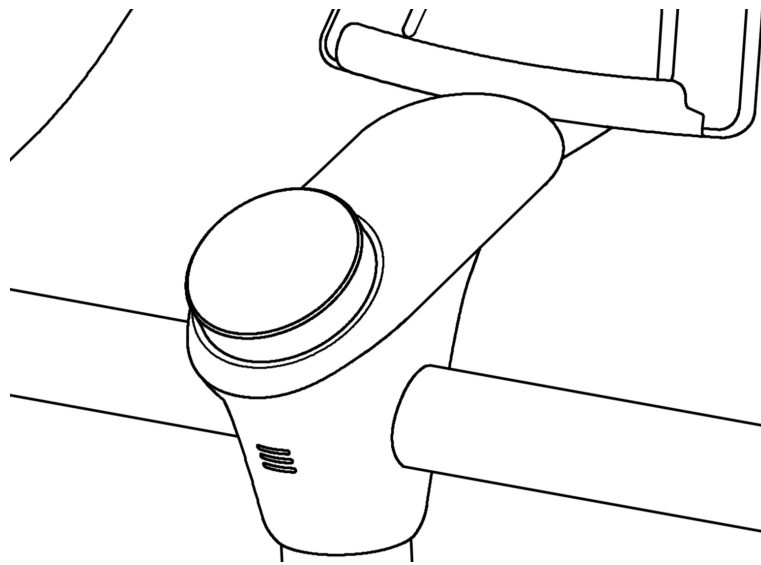
Connect the DC head of the power adapter to the power port as indicated below and connect the power plug to a suitable socket; turn the power button to “-” position to power on.



## 單車儀表控制器介紹 **Smart Bike console**

可旋轉或按壓旋鈕（於儀表控制器周圍的金屬邊框）去調節儀表控制器，以啟動數據顯示功能。






The console is adjustable by either turning or pressing the knob (the metal frame around the console).



儀表顯示器使用說明  
How to use the console

手動模式 MANUAL MODE

輕觸儀表顯示器下方弧面觸控範圍便可顯示及切換不同的運動數據。  
Each slight touch at the bottom of the console panel will change data display.

| Resistance   | Power  | Cadence  | Time  | App Bluetooth  |
|--|--|--|---|--|
| 持續力  | 功率   | 踏頻   | 時間  | App 藍牙   |
|  |  |  |  |  |

在恒定阻力模式下，旋轉旋鈕外的金屬圈可以調節健身單車的訓練阻力。  
In resistance mode, turning the knob will change the training resistance.

阻力調節 (0-40) Resistance adjustment (0-40)



以按壓方式控制旋轉按鈕  
Press the knob to control

## APP 操控模式 APP CONTROL MODE

連接 APP 如 ZWIFT 之後，APP 藍牙指示燈將變亮。

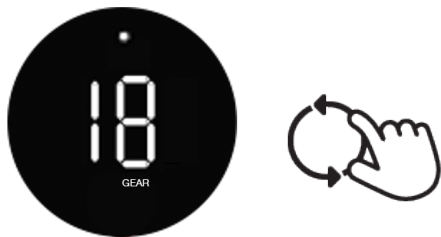
After connection to an APP such as ZWIFT, the APP Bluetooth indicator will turn to ON



在 APP 模式下，旋轉旋鈕外的金屬圈可以調節健身單車的齒輪控制

In APP mode, turning the knob will change the gear control

齒輪調節 (1-20) Gear adjustment (1-20)



以按壓方式控制旋轉按鈕

Press the knob to control

## **產品規格Product Specification**

產品名稱：智能健身單車 MG03

Product name: NEXGIM Smart Bike MG03

產品型號：MG03

Mode no.: MG03

顏色：灰/白

Color: Gray and white

顯示：數碼管

Display: nixie tube

無線連接：藍牙

Wireless connection: Bluetooth

CMIIT ID: 2019DP3514

阻力系統：永磁同步馬達

Resistance: PM synchronous motor

驅動方式：皮帶驅動

Drive: belt drive

電源供應器：輸入：AC 100-240V, 50-60Hz 輸出：DC 12V, 1.5A

Power adapter: Input: AC 100-240V, 50-60Hz Output: DC 12V, 1.5A

健身單車電源輸入：DC 12V

Power input: DC 12V

最高可承體重：110KG

Max weight allowed: 110KG

最高可容身高：150-190CM

Max height allowed: 150-190CM

執行標準：GB17498-2008

Executive standard: GB17498-2008

器材等級：家用 A 級（Class HA）

Equipment class: Home Appliance Class A (Class HA)

呎吋：長 880 毫米\* 闊 505 毫米\* 高 1210 毫米

Dimension: 880mm (L)\*505mm (W)\*1210mm (H)

淨重：28KG 毛重：32KG

Net weight: 28KG Gross weight: 32KG

## 有害物質聲明

### Declaration of hazardous substances

| 部件名称  | 有害物質      |           |           |                 |               |                 |
|---|-----------|-----------|-----------|-----------------|---------------|-----------------|
|   | 鉛<br>(Pb) | 汞<br>(Hg) | 鎘<br>(Cd) | 六价鉻<br>(Cr(VI)) | 多溴联苯<br>(PBB) | 多溴二苯醚<br>(PBDE) |
| 电路板   | ×         | ○         | ○         | ○               | ○             | ○               |
| 金属件   | ○         | ○         | ○         | ○               | ○             | ○               |
| 塑料件   | ○         | ○         | ○         | ○               | ○             | ○               |
| 其他部件  | ○         | ○         | ○         | ○               | ○             | ○               |
| <p>本表格依据SJ/T 11364的规定编制。</p> <p>○ 表示该有害物质在该部件所有均质材料中的含量均在GB/T 26572规定的限量要求以下。</p> <p>× 表示该有害物质至少在该部件的某一均质材料中的含量超出GB/T 26572规定的限量要求。</p> |           |           |           |                 |               |                 |



Part type: PCB, Metal parts, Plastic parts, Others

Hazardous substances: Lead, Mercury, Cadmium, Hexavalent Chromium, Polybrominated biphenyls, Polybrominated diphenyl ethers

This table is complied according to SJ/T 11364 Standard.

O: Indicates that this toxic or hazardous substance contained in all of the homogeneous materials for this part is below the limit requirement in GB/T 26572.

X: Indicates that this toxic or hazardous substance contained in at least one of the homogeneous materials used for this part is above the limit requirement in GB/T 26572.

## 使用前的檢查

### Pre-use checklist

檢查智能單車是否已接駁電源

Is the Smart Bike power connected?

請檢查手把是否已安裝妥當

Are the handlebars fastened?

請檢查曲柄是否已安裝妥當

Are the cranks fastened?

請檢查腳踏是否已安裝妥當

Are the pedals fastened?

請檢查座墊是否已安裝妥當

Is the seat saddle fastened?

請檢查底座 4 顆螺絲是否已安裝妥當

Are the four screws on the supporting legs fastened?

## 注意事項 Cautions

本產品只限家居使用

This product is for home use only

請正確連接電源供應器使用

Please correctly connect the power adapter.

使用本產品前請先熱身，以避免運動損傷

To avoid injury, warm up before using this product.

請根據個人身體狀況使用本產品，如有任何不適請馬上停用

Use this product according to your own physical condition. Stop immediately if you are not feeling well.

為免發生意外，請小心看顧小孩及寵物，避免他們接觸本產品

To avoid accidents, keep this product out of the reach of children and pets.

為免發生危險，請勿將手伸進本產品任何可旋轉部分

To avoid getting hurt, keep your hands away from any rotatable parts of this product.

請勿改裝及 / 或更換非原廠配件

Do not modify or replace any non-original accessories.

如發現任何故障情況，請立即停用本產品

In case of malfunction in any way, stop using this product immediately.

使用本產品時，請確保雙腳踏上腳踏並已使用腳踏上的固定帶固定位置

Make sure to secure your feet with the fixing straps on the pedals while using this product.

本產品應放置於平地上，單車兩側皆需保持 0.6 米空間

The Smart Bike should be placed on a solid, level and horizontal surface.  
Allow a clearance of 60cm on each side of the Smart Bike.

為保持本產品的安全級別，請定期檢查器材是否有任何損壞或磨損。如有任何部分破損，應即時作出更換。請勿在維修或保養期間使用該器材。

To maintain the safety class of this product, please inspect regularly for any damage or wearing. Any damaged parts should be replaced immediately, and you're forbidden to use this product during repair or maintenance.

L 型座墊高度調節手柄左右突出會影響操作。為免影響運動體驗，請必須按照



指示確保 L 型手柄一直保持垂直向下狀態。

It is important to keep the L-handle vertically downwards as projecting handles will interfere with your movements.

如發現產品阻力或功率的顯示異常，請在靜止狀態下關上電源並且重啟即可校正

In case of inaccurate display of resistance or power, please restart the product while not used.

本產品為速度無關訓練器材

This product is speed-independent.

### 日常存放及保養

#### **Daily storage and maintenance**

請存放於陰涼及有蓋地方，以防止器材表面受損

Please store in a place with shade and shelter to avoid any damage to the surface.

定時檢查所有需拴緊的螺絲及零件部分

Inspect regularly all screws or parts that need fastening.

定時檢查座墊，如有鬆動請即將固定螺帽拴緊

Inspect Smart Bike seat regularly. Tighten the nuts whenever they get loose.

定時檢查曲柄及腳踏，如有需要請將之拴緊

Inspect the cranks and pedals regularly. Tighten them if necessary.

定期清潔本產品

Clean the Smart Bike regularly.

## 常見問題及疑難解答

### Troubleshooting

#### 一. 踏板時出現異常聲音 Noise while pedaling

1. 將踏板拆下，轉動踏板並檢查是否順暢。如果轉動順暢則請重新安裝踏板並鎖緊。如有任何不順，請聯絡顧客服務人員以作更換安排

Remove the pedals from the cranks; turn the pedal shafts; in case of smooth turning, mount the pedals back. Call the service personnel for replacement in case of unsmooth turning of the pedal shafts.

2. 轉動曲柄檢查有否出現任何異常聲音，如仍發出異常聲音，請鎖緊曲柄螺絲 Turn around the cranks. Tighten the crank screws if there is still noise.

3. 如問題仍然存在，請聯絡顧客服務人員 If problem still exists, call the service personnel.

#### 二. 手把嚴重晃動 Wobbly handlebars

1. 用 4mm 內六角扳手將手把上的 4 個螺絲鎖緊 Use a 4mm allen wrench to tighten the four screws on the handlebars.

2. 如問題仍然存在，請聯絡顧客服務人員 If problem still exists, call the service personnel.

#### 三. 座墊不穩（上下搖動或左右轉動）Unstable Smart Bike seat

1. 調整座墊到正確角度，用活動扳手將座墊下方的左右兩個螺帽鎖緊 Adjust the seat to your proper height; use a monkey wrench to fasten the nuts on both sides under the seat saddle.

2. 如問題仍然存在，請聯絡顧客服務人員 If problem still exists, call the service personnel.

#### 四. 車身不穩定 Unstable Smart Bike

1. 用 6mm 內六角扳手將前後腳管的 4 顆螺絲鎖緊 Tighten the four screws on the front and rear stands using a 6mm allen wrench.

2. 如問題仍然存在，請聯絡顧客服務人員 If problem still exists, call the service personnel.

## 五. 儀表控制器無法開機 Failure to power on console

1. 重新接駁電源 Re-connect the power adapter.
2. 檢查電源供應器與單車主機是否正確連接 Make sure the power adapter is properly connected to the Smart Bike.
3. 檢查開關是否已撥至“-”位置。 Make sure the power button is turned to “-”position.
4. 如問題仍然存在，請聯絡顧客服務人員 If problem still exists, call the service personnel.

## 六. 無法連接藍牙 Failure with Bluetooth connection

1. 重啟智能健身單車，並重啟您的手機或平板電腦，然後重新連接 Restart your Smart Bike and your phone or pad, then re-connect.
2. 如問題仍然存在，請聯絡顧客服務人員 If problem still exists, call the service personnel.

## 聲明

### Declaration

本說明書在印製時已盡量包含產品各種功能資訊介紹及使用說明。但由於我們一直不斷完善產品的硬件和軟件功能及優化其設計，所以此使用說明書與您實際所購買的產品可能會有不符之處。如產品之外觀、介面及顏色等有差異之處，請以實際產品為準。

We've tried to include all functions and necessary instructions while printing this manual. However, due to the hardware and software improvement as well as design optimization from time to time, there still may be discrepancies between this manual and the product you buy. The actual product shall be referred to in case of any discrepancies in appearance, interface and color etc.