

ZIPRO One S

ZIPRO One S Exercise Bike User Manual

Model: One S (5941659)

1. IMPORTANT SAFETY INFORMATION

Please read this entire manual before assembling or operating your ZIPRO One S exercise bike. Retain this manual for future reference. Failure to follow these instructions can result in injury or damage to the product.

- Consult your physician before starting any exercise program, especially if you have pre-existing health conditions.
- The maximum user weight for this device is 110 kg (242 lbs).
- Ensure all bolts, nuts, and connections are securely tightened before each use.
- Place the exercise bike on a flat, stable surface. Use a protective mat if necessary.
- Keep children and pets away from the equipment during operation.
- Wear appropriate exercise clothing and footwear. Avoid loose clothing that could get caught in moving parts.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- This product is designed for indoor use only.

2. PRODUCT OVERVIEW

The ZIPRO One S is a compact exercise bike designed for home cardio training. It features 8 levels of magnetic resistance, an LCD display for tracking workout metrics, and an adjustable saddle for user comfort.



Image 2.1: Front view of the ZIPRO One S Exercise Bike.

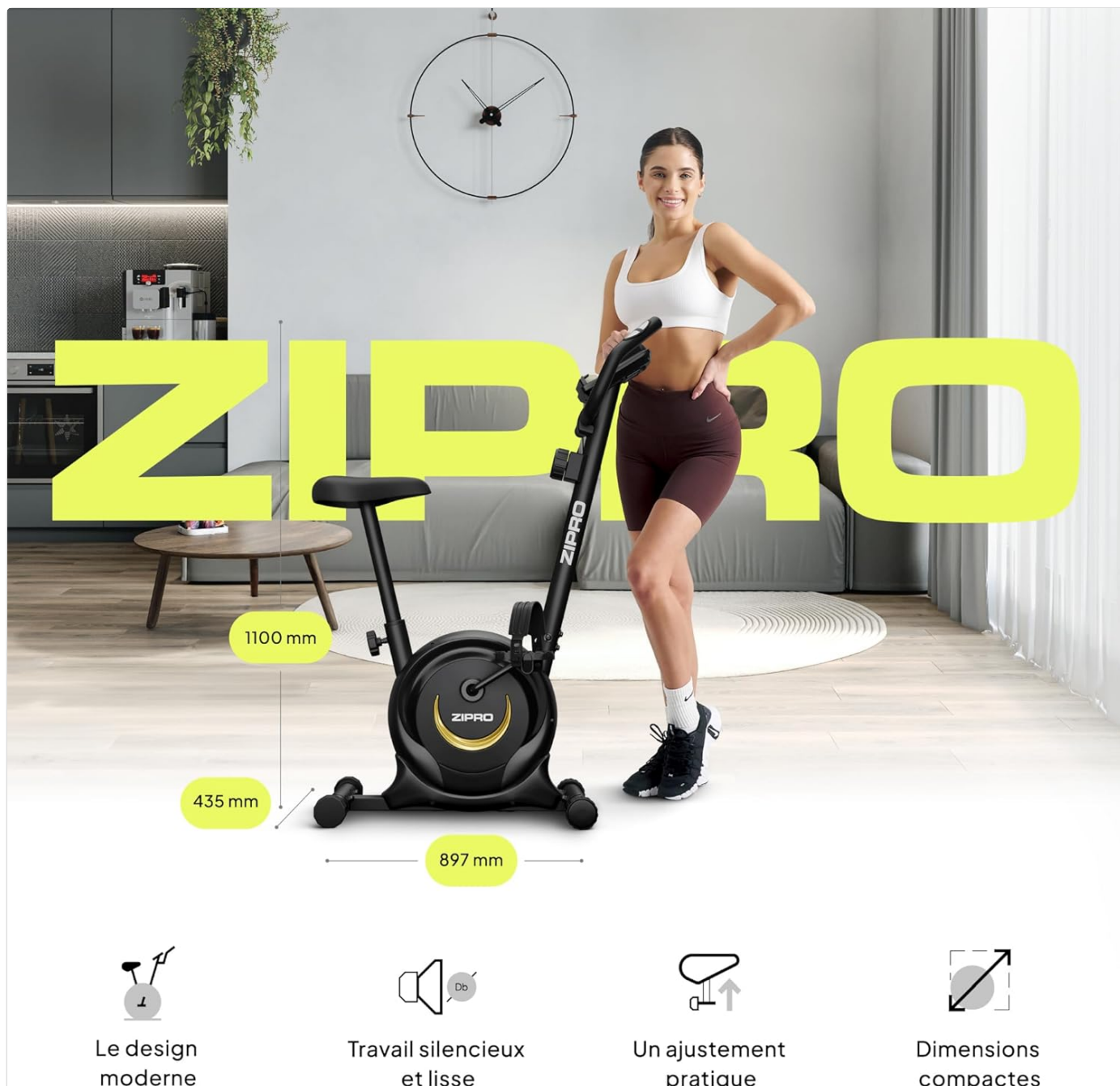


Image 2.2: The ZIPRO One S Exercise Bike highlighting its compact dimensions (897mm length, 435mm width, 1100mm height) and key features such as modern design, silent operation, practical adjustment, and compact size.

3. ASSEMBLY INSTRUCTIONS

Assembly typically takes 30-40 minutes. All necessary tools are included. Follow these steps carefully.

- 1. Unpack Components:** Carefully remove all parts from the packaging and lay them out. Check against the parts list (refer to included diagram in the box) to ensure all components are present.
- 2. Attach Stabilizers:** Secure the front and rear stabilizer bars to the main frame using the provided bolts and washers. Ensure they are firmly attached for stability.
- 3. Install Pedals:** Identify the left (L) and right (R) pedals. Thread the left pedal counter-clockwise and the right pedal clockwise into their respective crank arms. Tighten securely with a wrench. Ensure the pedal straps are correctly oriented.



Image 3.1: Close-up view of the pedal with an adjustable strap, ensuring proper foot positioning during exercise.

4. **Assemble Seat Post and Saddle:** Insert the seat post into the main frame. Adjust the height to your preference and secure it with the adjustment knob. Attach the saddle to the seat post.



Image 3.2: Detailed view of the saddle and its adjustment mechanism, allowing users to customize seat height for optimal comfort.

5. **Install Handlebars and Console:** Attach the handlebar post to the main frame. Connect any necessary sensor cables from the main frame to the console. Mount the console onto the handlebar post and secure it. Insert 2 AAA batteries (included) into the console.



Image 3.3: View of the handlebars, integrated LCD display, and the manual resistance control knob, showing the primary user interface.

6. **Final Check:** Before first use, double-check all connections and ensure the bike is stable.

4. OPERATING INSTRUCTIONS

4.1 Adjusting the Bike

- **Saddle Height:** Loosen the adjustment knob on the seat post, raise or lower the saddle to a comfortable height (recommended: 65-80 cm from the ground, 55-75 cm from pedals), and re-tighten the knob. Your leg should have a slight bend at the knee when the pedal is at its lowest point.

Construction solide et robuste et réglage confortable



Image 4.1: A user demonstrating the saddle height adjustment, which is crucial for ergonomic and effective training. The image also indicates suggested user height (140-165 cm) and maximum weight (110 kg).

4.2 Using the Console

The LCD console tracks your workout data. It is powered by 2 AAA batteries.



Image 4.2: Detailed view of the LCD display, showing various metrics, and the integrated pulse sensors on the handlebars for heart rate monitoring.

- **Display Functions:** The console displays Time, Distance, Calories, and Pulse. It also features a SCAN function that cycles through these parameters automatically.
- **Pulse Measurement:** Grip the pulse sensors on the handlebars to measure your heart rate.
- **Smartphone Holder:** Use the integrated holder to place your smartphone or tablet for entertainment or tracking during your workout.



Image 4.3: A smartphone securely placed in the integrated holder on the handlebars, allowing for easy access to media or fitness apps during a workout.

4.3 Adjusting Resistance

The ZIPRO One S offers 8 levels of magnetic resistance.

- **Resistance Knob:** Turn the resistance knob located below the console clockwise to increase resistance (harder pedaling) and counter-clockwise to decrease resistance (easier pedaling).
- Choose a resistance level that challenges you without causing excessive strain.



Image 4.4: This image illustrates the manual resistance adjustment knob, pedal straps, and saddle height adjustment, highlighting the bike's customizable features.

5. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your exercise bike.

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners or solvents.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Lubrication:** The magnetic resistance system is generally maintenance-free. Do not attempt to lubricate internal components unless specifically instructed by customer support.
- **Storage:** When not in use, store the bike in a dry, cool place away from direct sunlight and moisture. The integrated transport wheels allow for easy relocation.

Économie d'espace

Glissement facile grâce
aux roues intégrées



Image 5.1: A user easily moving the ZIPRO One S exercise bike, demonstrating its portability thanks to integrated transport wheels.

6. TROUBLESHOOTING

If you encounter any issues, refer to the following common troubleshooting steps:

- **Console Not Displaying:** Check if the 2 AAA batteries are correctly installed and not depleted. Replace if necessary.
- **Inaccurate Pulse Reading:** Ensure your hands are firmly gripping both pulse sensors. Dry hands or excessive movement can affect accuracy.
- **Unusual Noises:** Check all visible bolts and nuts for tightness. Ensure no parts are rubbing against each other. If the noise persists, discontinue use and contact customer support.
- **Resistance Not Changing:** Verify that the resistance knob is turning freely and engaging with the internal mechanism. If it feels stuck or unresponsive, contact customer support.

7. SPECIFICATIONS

Detailed technical specifications for the ZIPRO One S Exercise Bike.

Feature	Specification
Model Name	One S
Model Number	5941659
Brand	ZIPRO
Resistance Mechanism	Magnetic
Resistance Levels	8 (Manual Adjustment)
Display Type	LCD
Display Metrics	Time, Distance, Calories, Pulse, Scan
Power Source (Console)	2 x AAA Batteries (Included)
Maximum User Weight	110 kg (242 lbs)
Recommended User Height	140 - 165 cm
Saddle Height Adjustment (from ground)	65 - 80 cm
Saddle Height Adjustment (from pedals)	55 - 75 cm
Product Dimensions (L x W x H)	89.7 x 43.5 x 110 cm
Product Weight	15.5 kg
Main Material	Carbon Steel
Special Features	Compact design, Adjustable saddle, Smartphone holder, Transport wheels









Image 7.1: Side view of the ZIPRO One S Exercise Bike, illustrating its overall dimensions of approximately 110 cm in height and 89 cm in length.

8. WARRANTY AND SUPPORT

For warranty information, product support, or to order replacement parts, please contact ZIPRO customer service. Refer to your purchase documentation for specific warranty terms and contact details.

- Keep your proof of purchase (receipt or order confirmation) for warranty claims.
- Do not attempt to repair the product yourself if it is under warranty, as this may void the warranty.

Related Documents - One S

	<p>Zipro Beat Magnetic Bike User Manual and Assembly Guide</p> <p>Comprehensive user manual and assembly guide for the Zipro Beat magnetic exercise bike, covering setup, operation, safety, and maintenance. Learn how to use your Zipro Beat for effective home workouts.</p>
	<p>ZIPRO Glow Electric-Magnetic Recumbent Bike User Manual</p> <p>This user manual provides comprehensive instructions for the assembly, safe operation, maintenance, and troubleshooting of the ZIPRO Glow electric-magnetic recumbent bike. Designed for home use, it ensures users can maximize their fitness experience while adhering to safety guidelines.</p>
	<p>Zipro Nitro RS Magnetic Bike User Manual</p> <p>Comprehensive user manual for the Zipro Nitro RS magnetic bike, covering assembly, operation, safety guidelines, maintenance, and troubleshooting. Includes technical specifications and warranty information.</p>
	<p>Marcy ME-709 Recumbent Bike Owner's Manual & Assembly Guide</p> <p>Comprehensive owner's manual and assembly guide for the Marcy ME-709 Magnetic-Resistance Recumbent Bike by IMPEX Inc. Includes safety instructions, parts list, assembly steps, computer operation, maintenance, and warranty information.</p>
	<p>Schwinn 117p/217p Exercise Bike Owner's Manual: Features, Operation, Maintenance, and Fitness Guide</p> <p>Your comprehensive guide to the Schwinn 117p/217p exercise bike. Learn about its features, how to operate and maintain it, and discover essential fitness guidelines for a balanced workout routine.</p>
	<p>Sportop B900 Magnetic Up-Right Bike Owner's Manual</p> <p>Comprehensive owner's operating manual for the Sportop B900 Magnetic Up-Right Bike, detailing assembly, operation, training modes, and maintenance.</p>

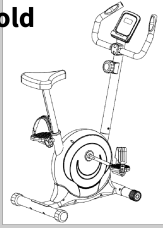
Documents - ZIPRO – One S

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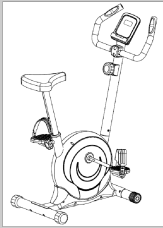
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PL Producent - Morenet sp. z o.o. ul. Fabryczna 20A, 31-553 Kraków, Poland
EN Manufacturer - Morenet sp. z o.o. ul. Fabryczna 20A, 31-553 Kraków, Poland
DE Hersteller - Morenet sp. z o.o. ul. Fabryczna 20A, 31-553 Kraków, Poland
RU Производители - ООО МореНет сп. з оо. ул.Фабричная, 20А, 31-553 Краков, Польша
RO Producător - Morenet sp. z o.o. ul. Fabryczna 20A, 31-553 Kraków, Poland
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FI Valmistaja - Morenet sp. z o.o. ul. Fabryczna 20A, 31-553 Kraków, Poland
IT Fabbricante - Morenet sp. z o.o. ul. Fabryczna 20A, 31-553 Kraków, Poland
ES Fabricador - Morenet sp. z o.o. (S.L.) ul. Fabryczna 20A, 31-553 Kraków, Poland



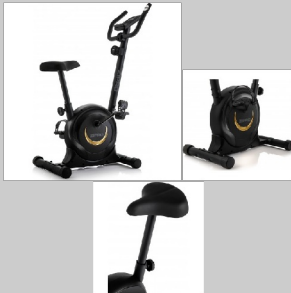
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 IT Fabricatore: Morele.net sp. z o.o. ul. Fabryczna 20A, 31-553 Kraków, Polofera
 ES Fabricante - Morele.net sp. z o.o. (SL) ul. Fabryczna 20A, 31-553 Kraków, Polosio

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Телефон: 0 800 307 999

КОМЕРЦІЙНА ПРОПОЗИЦІЯ
№ 26 від 19-06-2025

Велотренажер магнітний Zipro One S Gold

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(з врахування доставки)



Crespin, 2011

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Model **ONE S** GOLD Magnetic Bike Class Accuracy Class Product Standard H C EN
ISO 20957-5:2016 Net weight Max User Weight Batteries 2 x AAA 15,5 kg 110 kg
Importer: Morele.net Sp. z o.o. al. Jana Pawla II 43b 31-864 Krakw Poland NOT FOR
THERAPEUTIC USE Made in China Prod. Date 1 2 3 4 5 6 7 ...

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Model	ONE S GOLD	Magnets C-Bike
Class	H	Rail weight: 15,5 kg
Accuracy Class	C	Max User Weig.h: 110kg
Product Standard	EN ISO 20977-5:2016	Batteries 2 x AA



Importer: Morelen & Sp. z o.o.
 Jara Pawel 1436-31-064 Krakow Poland

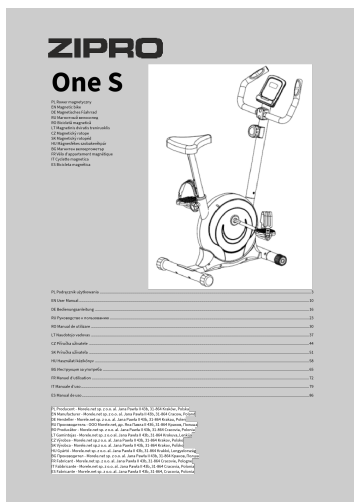
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NOT FOR THERAPEUTIC USE!

Made in China







[ZIPRO One S - Instrukcja Użytkownika i Montażu](#)

Kompleksowa instrukcja obsługi i montażu roweru magnetycznego ZIPRO One S. Zawiera szczegółowe informacje dotyczące bezpieczeństwa, użytkowania, konserwacji oraz rozwiązywania problemów.

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[\[pdf\] User Manual Frequently Asked Questions](#)

Anna Stech ONE S GOLD zipro pl cms manuals pobierz instrukcję FAQ Zipro Gold edition Rowerki stacjonarne ZIPRO Sprzęt fitness One The right saddle height improves exercise efficiency and reduces the risk of injuries Set pedals vertically one up down Sit on bike put Questions about ZIPRO Manuale utente ONE fitness The put ZIPRO Cyclette da Casa con 8 Livelli di Resistenza Magnetica Supporto per Smartphone Schermo LCD Sella Regolabile Più Esercizi Ciclette Professionale Camera Amazon it Sport e tempo libero Questions SA1R3VoDgDuLzipro GOLDzipro GOLDm media amazon images I

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One S Gold PL Rower magnetyczny EN Magnetic bike DE Magnetisches Fahrrad RU RO Bicycler magnetic L ... - in condizioni normali - rischi ingiustificati per l'esercitante o per terzi. **SEGNI DI MANIPOLAZIONE SULL IMBALLAGGIO PER IL TRASPORTO** Questo lato in alto. Attenzione, fragile. Non rovesciare. ...

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