

ZIPRO 5944595

Zipro Rook Magnetic Exercise Bike User Manual

MODEL: 5944595

Brand: ZIPRO

1. Introduction

This user manual provides comprehensive instructions for the safe and efficient assembly, operation, and maintenance of your Zipro Rook Magnetic Exercise Bike. Please read this manual thoroughly before initial use and retain it for future reference. Proper understanding and adherence to these guidelines will ensure optimal performance and longevity of your exercise equipment.

2. Safety Information

- Consult a physician before starting any exercise program.
- Ensure all parts are correctly assembled and 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.
- Do not exceed the maximum user weight capacity of 150 kg (330 lbs).
- Wear appropriate exercise attire and footwear.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

3. Product Overview

The Zipro Rook Magnetic Exercise Bike is designed for indoor home use, offering a quiet and effective workout experience. It features a magnetic resistance system, an advanced computer console, and adjustable components for personalized comfort.



Figure 3.1: Overall view of the Zipro Rook Magnetic Exercise Bike, showcasing its sleek black and gold design and robust frame.

Exercise bike

ROOK GOLD



16 STEP
ELECTRIC-MAGNETIC
RESISTANCE



ADVANCED
COMPUTER



TOP QUALITY
MATERIALS



Figure 3.2: Key features of the Rook Gold model, including 16-step electric-magnetic resistance, an advanced computer, and top-quality materials.

4. Assembly Instructions

Assembly of the Zipro Rook bike requires careful attention to detail. All necessary screws and small parts are typically pre-positioned on the components or included in a separate bag. Refer to the included assembly diagrams for precise steps.

1. **Unpacking:** Carefully remove all components from the packaging. Verify all parts are present against the packing list.

2. **Base Stabilization:** Attach the front and rear stabilizer bars to the main frame. Ensure they are securely fastened to provide a stable foundation.
3. **Pedal Installation:** Attach the pedals to the crank arms. Note that pedals are typically marked 'L' for left and 'R' for right, and the left pedal often has a reverse thread.
4. **Seat Assembly:** Mount the seat post and seat. Adjust the seat height and horizontal position for comfortable use.
5. **Handlebar and Console Assembly:** Secure the handlebar post and then attach the handlebar. Connect the console cables as instructed in the detailed diagram.
6. **Final Checks:** Before first use, double-check all bolts and nuts to ensure they are tight and secure.



Figure 4.1: Side view of the assembled exercise bike, showing the main frame and pedal assembly.



Figure 4.2: Close-up of the robust base stabilizers, ensuring stability during workouts.

5. Operating Instructions

5.1. Adjusting for Comfort

- **Seat Adjustment:** The seat can be adjusted both vertically and horizontally to accommodate users of various heights and preferences. Loosen the adjustment knob, slide the seat to the desired position, and tighten the knob securely.



Figure 5.1.1: Detail of the seat adjustment mechanism for optimal user comfort.

- **Handlebar Adjustment:** The handlebar angle can be adjusted for a comfortable grip and riding posture. Loosen the adjustment mechanism, set the desired angle, and re-tighten.







Figure 5.1.2: The adjustable handlebar allows for a customized and ergonomic workout position.

- **Pedal Straps:** Adjust the straps on the pedals to secure your feet firmly during your workout.



Figure 5.1.3: Secure pedals with adjustable straps for safe and efficient pedaling.

5.2. Console Functions

The advanced computer console provides real-time feedback on your workout. It displays various metrics to help you monitor your progress and achieve your fitness goals.



Figure 5.2.1: The main console display showing various workout metrics.

- **Time:** Duration of your current workout.
- **Calories:** Estimated calories burned during the session.
- **Speed:** Current cycling speed.
- **Pulse:** Your heart rate, measured via hand sensors on the handlebars.
- **Body Fat:** Body fat percentage measurement (refer to console manual for specific instructions).
- **Recovery:** Heart rate recovery test (refer to console manual for specific instructions).
- **Programs:** Select from pre-installed training programs to vary your workout intensity and focus.

5.3. Smartphone Connectivity and Applications

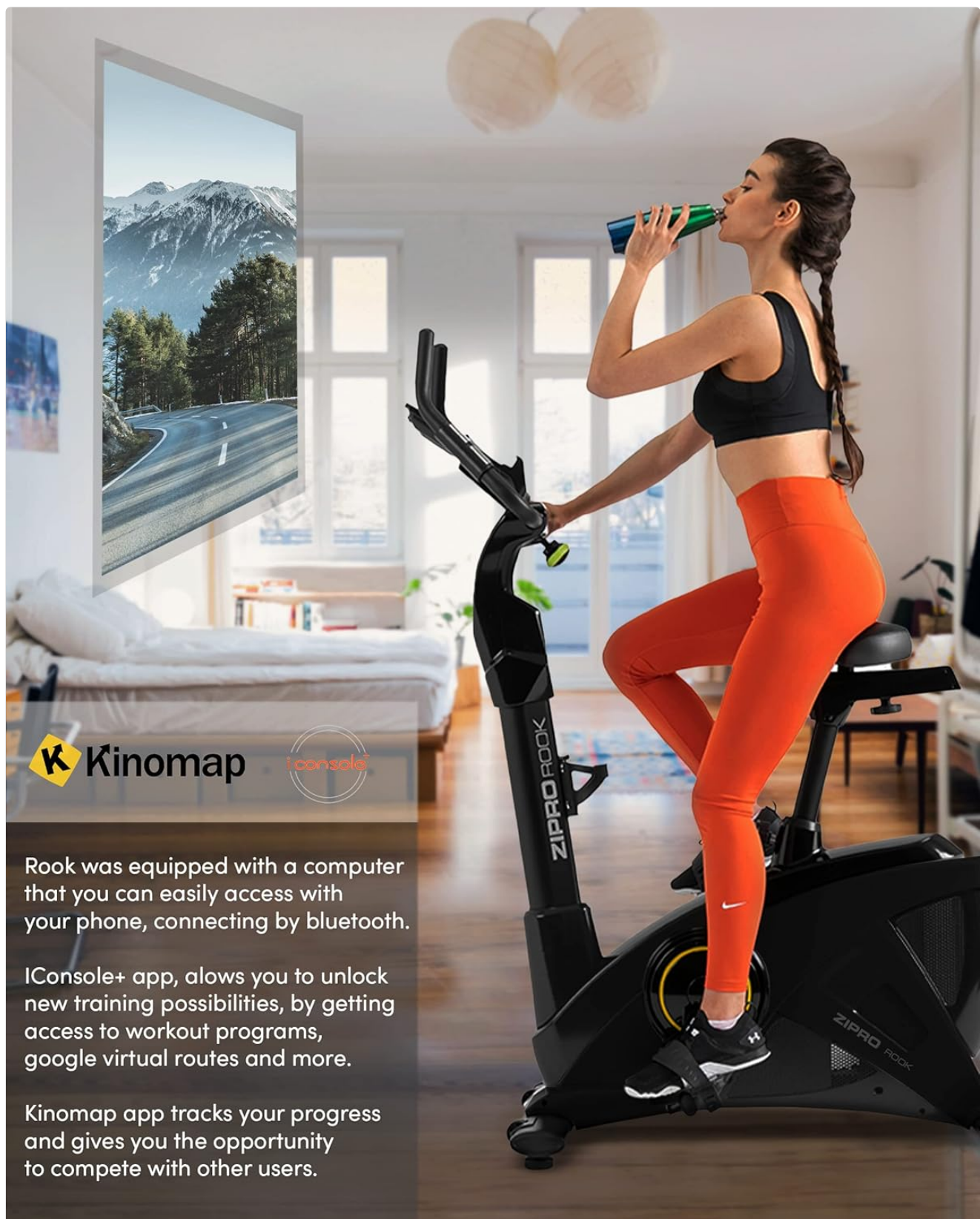
The Zipro Rook bike is equipped with Bluetooth connectivity, allowing you to connect your smartphone or tablet for enhanced training possibilities through compatible mobile applications like iConsole+ and Kinomap.



STAND FOR MOBILE DEVICES, TO LET YOU ENJOY YOUR FAVORITE DIGITAL CONTENT DURING YOUR WORKOUT.



Figure 5.3.1: Integrated stand for mobile devices, allowing you to enjoy digital content during your workout.



 **Kinomap**



Rook was equipped with a computer that you can easily access with your phone, connecting by bluetooth.

IConsole+ app, allows you to unlock new training possibilities, by getting access to workout programs, google virtual routes and more.

Kinomap app tracks your progress and gives you the opportunity to compete with other users.

Figure 5.3.2: A user demonstrating the use of a smartphone with the Kinomap app for interactive virtual routes and training programs.

- **iConsole+ App:** Unlocks new training possibilities, including access to workout programs and Google virtual routes.
- **Kinomap App:** Tracks your progress and offers the opportunity to compete with other users on virtual routes.
- **Mobile Device Holder:** A dedicated compartment allows you to securely place your smartphone or tablet, enabling you to watch movies, listen to music, or engage in conversations while exercising.

5.4. Hydration

An easily accessible water bottle holder is integrated into the design, ensuring you can stay hydrated throughout your

workout without interruption.



Figure 5.4.1: Conveniently located water bottle holder for easy access during exercise.

6. Maintenance

Regular maintenance ensures the longevity and optimal performance of your Zipro Rook 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. Re-tighten any loose components.
- **Lubrication:** While the magnetic resistance system requires minimal maintenance, inspect any pivot points or joints for smooth operation. Lubricate with a silicone-based lubricant if necessary, following manufacturer recommendations.

- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures.

7. Troubleshooting

If you encounter issues with your Zipro Rook Exercise Bike, refer to the following common troubleshooting steps:

Problem	Possible Cause	Solution
Console not displaying data.	Loose cable connection, dead batteries (if applicable), power issue.	Check all cable connections to the console. Replace batteries if the console is battery-powered. Ensure the power cable is securely plugged in if it's an electric model.
Unstable or wobbling during use.	Uneven floor, loose stabilizer bolts.	Adjust the leveling feet on the stabilizer bars. Ensure all assembly bolts, especially on the base, are tightened.
Resistance not changing or inconsistent.	Internal mechanism issue, console malfunction.	Ensure the resistance control cable (if mechanical) is properly connected. If electronic, check console connections. Contact customer support if the issue persists.
Pedals feel loose or make noise.	Loose pedal attachment, worn bearings.	Re-tighten pedals to the crank arms (remember left pedal is reverse threaded). If noise persists, internal components may require professional inspection.

8. Specifications

Feature	Detail
Model Name	Rook Gold
Model Number	5944595
Brand	ZIPRO
Color	Black/Gold
Resistance Mechanism	Magnetic
Drive System	Belt
Max Weight Capacity	150 Kilograms (330 lbs)
Product Dimensions (L x W x H)	123 x 58 x 154 cm (48.4 x 22.8 x 60.6 inches)

Feature	Detail
Item Weight	25.5 Kilograms (56.2 lbs)
Power Source	Electric Cable
Material	Plastic, Metal, Polyethylene
Special Features	Smartphone/tablet connectivity via apps (iConsole+, Kinomap), ergonomic saddle with two-level adjustment, advanced computer programs, wide stable base, transport wheels, adjustable handlebar angle.



JOANNA JĘDRZEJCZYK

Our mission is to make it easier for you to take care of your health, by giving you the access to high quality, home fitness equipment. No matter your level of advancement, at ZIPRO you'll find everything you need, both in equipment and support from the professionals.








Figure 8.1: Dimensional overview of the Zipro Rook Exercise Bike (Length: 123 cm, Width: 57 cm, Height: 154 cm).

9. Warranty and Support

For information regarding warranty coverage, claims, or technical support, please refer to the documentation included with your purchase or visit the official ZIPRO website. Keep your proof of purchase for any warranty-related inquiries.

Manufacturer: Morele.net Sp. z o.o.

Related Documents - 5944595

	<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 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>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 Glow Electric-Magnetic Recumbent Bike User Manual</p> <p>Comprehensive user manual for the ZIPRO Glow electric-magnetic recumbent bike, detailing assembly, operation, safety, maintenance, technical specifications, and troubleshooting for home fitness.</p>
	<p>ZIPRO Strike BW - Instrukcja Obsługi i Montażu Roweru Elektromagnetycznego</p> <p>Pobierz instrukcję obsługi i montażu roweru treningowego ZIPRO Strike BW. Znajdź szczegółowe informacje o bezpieczeństwie, użytkowaniu i konserwacji.</p>

ZIPRO
Rave



Ważne informacje:
Przed rozpoczęciem treningu należy przeczytać instrukcję obsługi.
Należy przestrzegać zasad bezpieczeństwa.
Należy regularnie konserwować rower.
Należy unikać nadmiernej intensywności treningu.
Należy pamiętać o odpowiednim nawodnieniu organizmu.
Należy unikać treningu w przypadku chorób serca i innych schorzeń.
Należy pamiętać o odpowiednim rozgrzaniu organizmu przed treningiem.
Należy pamiętać o odpowiednim rozciąganiu organizmu po treningu.
Należy pamiętać o odpowiednim odżywianiu organizmu.
Należy pamiętać o odpowiednim odpoczynku po treningu.

ZIPRO RAVE

[ZIPRO Rave - Instrukcja Obsługi Roweru Elektromagnetycznego](#)

Kompleksowa instrukcja obsługi roweru treningowego ZIPRO Rave. Zawiera szczegółowe informacje o montażu, obsłudze komputera, programach treningowych, bezpieczeństwie i konserwacji dla optymalnego domowego treningu.