

Goplus Adjustable Exercise Bike

Goplus Adjustable Exercise Bike User Manual

Model: Adjustable Exercise Bike

IMPORTANT SAFETY INFORMATION

Before beginning any exercise program, consult with your physician. This is especially important for individuals over the age of 35 or those with pre-existing health conditions. Read all instructions before using this equipment.

- Keep children and pets away from the equipment.
- Place the exercise bike on a level surface with at least 0.6 meters (2 feet) of clear space around it.
- Ensure all nuts and bolts are securely tightened before use. Regularly check for loose parts.
- Wear appropriate exercise clothing and athletic shoes. Avoid loose clothing that could get caught in moving parts.
- The maximum user weight capacity for this exercise bike is 286 pounds (130 kg). Do not exceed this limit.
- If you experience pain, dizziness, or shortness of breath, stop exercising immediately and consult your physician.
- Use the emergency brake to stop the flywheel quickly if needed.

PRODUCT OVERVIEW

The Goplus Adjustable Exercise Bike is designed for indoor cycling, offering a smooth and quiet workout experience. It features a robust construction and adjustable components to suit various users.

Excellent And Professional Indoor Cycling

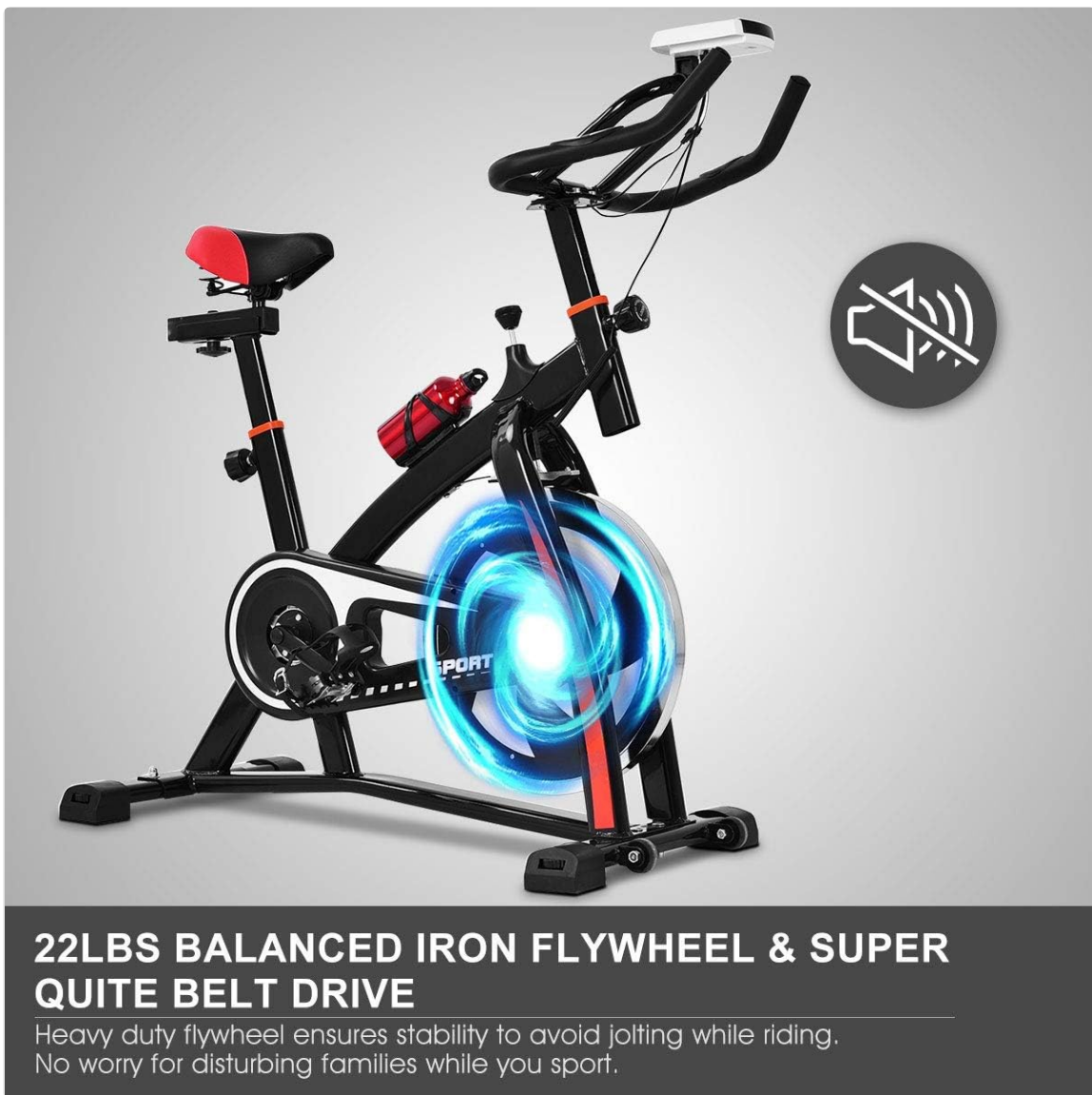
Perfect for body workout training, muscle building, weight loss, cellulite reduction, promoting blood circulation and metabolism



Image: The Goplus Adjustable Exercise Bike in use, highlighting its benefits for various body parts and calorie consumption compared to other activities.

Key Features:

- **Quiet Belt Driven Mechanism:** Ensures smooth and quiet operation, minimizing noise during workouts.
- **Adjustable Seat and Handlebar:** Both the seat and handlebar heights are adjustable. The seat also offers fore/aft adjustment for optimal positioning.
- **Electronic Meter:** Tracks speed, time, distance, calories burned, and heart rate.
- **Heart Rate Sensors:** Integrated into the handlebars for convenient heart rate monitoring.
- **Adjustable Tension Knob:** Allows for varying exercise intensity.
- **Emergency Brake:** Provides immediate stopping power for safety.
- **Caged Aluminum Alloy Pedals:** Designed to prevent foot slippage during exercise.
- **Transportation Wheels:** For easy movement and relocation of the bike.



22LBS BALANCED IRON FLYWHEEL & SUPER QUIET BELT DRIVE

Heavy duty flywheel ensures stability to avoid jolting while riding.
No worry for disturbing families while you sport.

Image: Illustration of the 22lbs balanced iron flywheel and super quiet belt drive mechanism.

ASSEMBLY INSTRUCTIONS

Follow these steps to assemble your Goplus Adjustable Exercise Bike. It is recommended to have two people for some steps.

1. **Unpack Components:** Carefully remove all parts from the packaging and lay them out. Check against the parts list (not provided in this manual, refer to your product's included guide) to ensure all components are present.
2. **Attach Front and Rear Stabilizers:** Secure the front and rear stabilizer bars to the main frame using the provided bolts and washers. Ensure they are firmly tightened for stability.
3. **Install Pedals:** Identify the left (L) and right (R) pedals. The left pedal screws counter-clockwise, and the right pedal screws clockwise. Thread them carefully into the crank arms and tighten securely with a wrench.
4. **Assemble Seat Post and Seat:** Insert the seat post into the main frame and secure it at your desired height using the adjustment knob. Attach the seat to the seat post.
5. **Assemble Handlebar Post and Handlebars:** Insert the handlebar post into the main frame and secure it. Attach the handlebars to the handlebar post, ensuring any wires for the heart rate

sensors are connected if applicable.

6. **Install LCD Monitor:** Connect the sensor wires from the bike to the back of the LCD monitor. Mount the monitor onto the handlebar post.
7. **Final Check:** Review all connections and ensure all bolts and knobs are tightened.

DOUBLE TRIANGULAR CONSTRUCTION

Double triangular thickened steel pipe construction, durable and sturdy enough for max load capacity **286lbs**

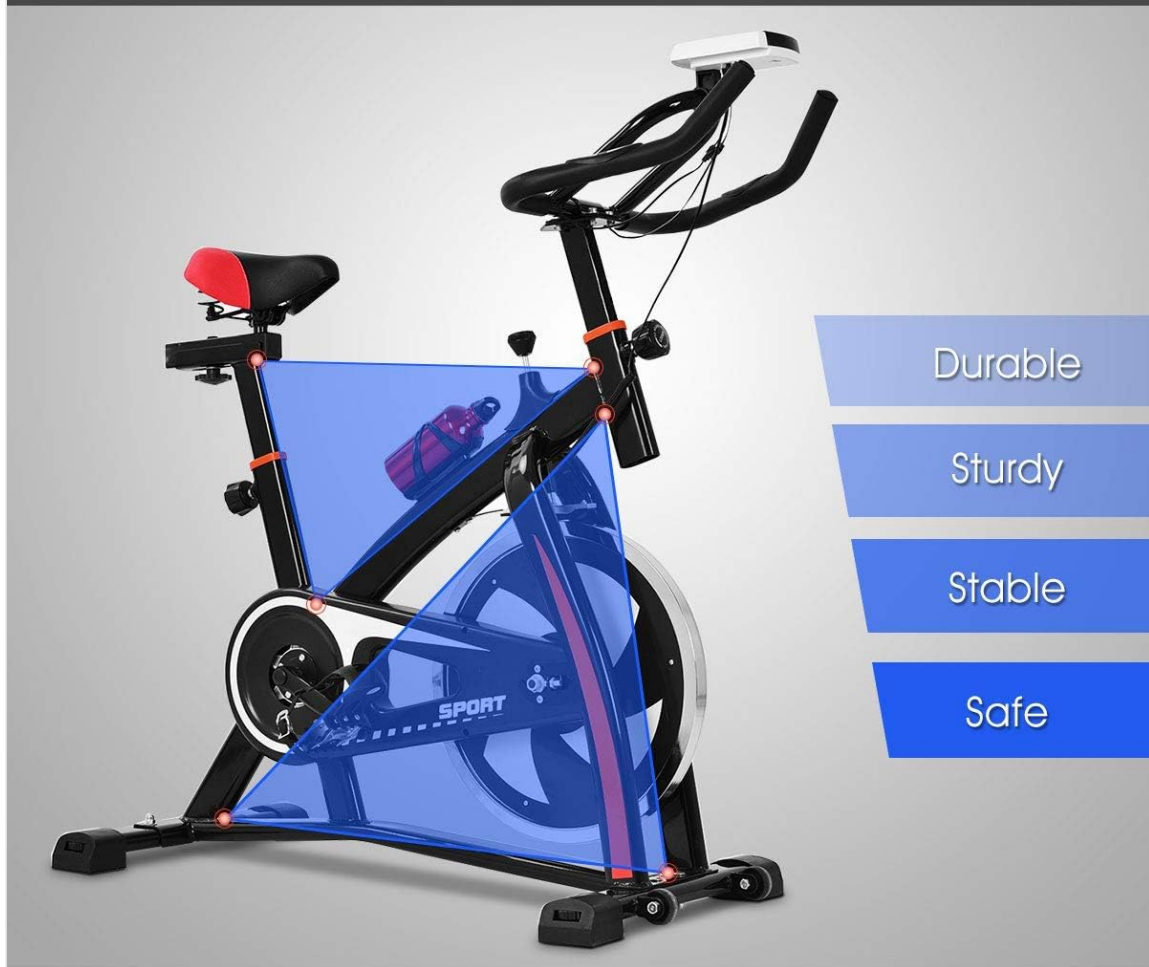


Image: The double triangular thickened steel pipe construction, emphasizing durability, sturdiness, stability, and safety.

OPERATING INSTRUCTIONS

Adjusting Seat and Handlebar

Proper adjustment of the seat and handlebars is crucial for comfort and effective exercise.

- **Seat Height:** Loosen the adjustment knob on the seat post. Raise or lower the seat to a height where your leg is slightly bent at the knee when the pedal is at its lowest point. Tighten the knob securely.
- **Seat Fore/Aft:** Loosen the adjustment knob beneath the seat. Slide the seat forward or backward to find a comfortable position relative to the handlebars. Tighten the knob securely.
- **Handlebar Height:** Loosen the adjustment knob on the handlebar post. Raise or lower the

handlebars to a comfortable height that allows for a relaxed upper body posture. Tighten the knob securely.

ADJUSTABLE RESISTANCE & EMERGENCY BRAKE

Creating multiple levels of riding for enthusiasts of all levels
Quit the workout instantly by pressing the resistance adjustment knob down.

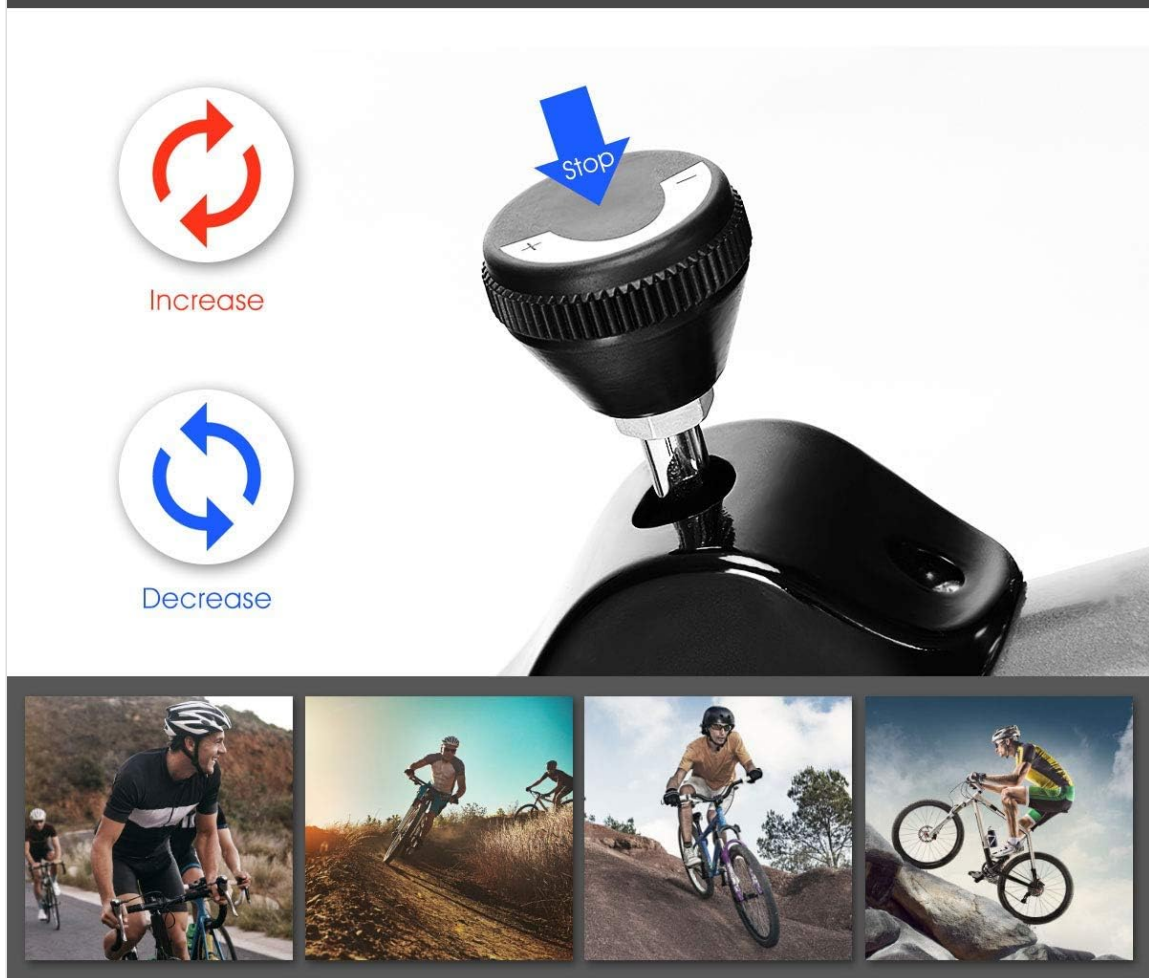


Image: Visual guide demonstrating the four-way adjustability of the padded seat (up/down and forward/back).

Adjusting Resistance and Emergency Brake

The resistance knob controls the intensity of your workout.

- **Increase Resistance:** Turn the tension knob clockwise to increase the resistance, making pedaling harder.
- **Decrease Resistance:** Turn the tension knob counter-clockwise to decrease the resistance, making pedaling easier.
- **Emergency Stop:** Press the tension knob down firmly to engage the emergency brake and stop the flywheel immediately.



4 WAY SEAT ADJUSTMENT

Fully adjustable soft padded seat can move forward/back and up/down easily.

Image: Detailed view of the adjustable resistance knob and its function as an emergency brake.

Using the LCD Display and Heart Rate Sensors

The electronic meter provides real-time feedback on your workout.

- **Power On/Off:** The monitor typically turns on automatically when you start pedaling or press the MODE button. It will turn off after a few minutes of inactivity.
- **MODE Button:** Press the MODE button to cycle through different display functions: Speed, Time, Distance, Calories, and Heart Rate.
- **SCAN Function:** Some monitors have a SCAN mode that automatically cycles through all functions every few seconds.
- **Heart Rate Monitoring:** Grip the heart rate sensors on the handlebars with both hands. Your heart rate will be displayed on the LCD monitor after a few seconds. Ensure your hands are clean and firmly placed on the sensors for an accurate reading.



Adjustable padded seat can
easy move forward/back
and up/down

LCD digital monitor record
your fitness statistics



2 wheels in the front bar for
easy movement and
transportation

A water bottle with holder
for replenish water in
time while riding



Image: Features including the adjustable padded seat, LCD digital monitor, front transportation wheels, and water bottle with holder.

MAINTENANCE AND CARE

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.
- **Check Fasteners:** Periodically check all nuts, bolts, and adjustment knobs to ensure they are tight. Loose components can affect stability and safety.
- **Lubrication:** If you notice any squeaking noises, especially from the flywheel or pedal areas, apply a small amount of high-performance grease or silicone lubricant to the moving parts as needed.
- **Pedal Straps:** Ensure pedal straps are in good condition and replace if worn or damaged.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Squeaking noise during use	Loose parts; lack of lubrication on moving components (e.g., flywheel, pedals)	Check and tighten all bolts and nuts. Apply high-performance grease or silicone lubricant to the flywheel axle, pedal threads, or other friction points.
LCD monitor not displaying data	Loose sensor connection; dead batteries; damaged wiring	Check that all sensor wires are securely connected to the monitor. Replace batteries in the monitor. If the issue persists, inspect wiring for damage or contact customer support.
Bike feels unstable	Uneven surface; loose stabilizer bolts	Ensure the bike is on a flat, level surface. Adjust the horizontal adjustment knobs on the stabilizer bars to compensate for uneven floors. Tighten all stabilizer bolts.

SPECIFICATIONS

Feature	Detail
Product Dimensions	101.6D x 48.3W x 109.2H Centimetres (40 x 19 x 43 inches)
Item Weight	24.9 kg (55 Pounds)
Maximum Weight Capacity	130 kg (286 Pounds)
Colour	Black
Material	Aluminum
Drive System	Belt
Resistance Mechanism	Friction
Display Type	LCD
Meter Functions	Calories Burned, Distance, Heart Rate, Speed, Time
Power Source	Battery Powered (for LCD)
Special Features	Adjustable Seat, Heavy Duty

TRANSPORTATION

The Goplus Adjustable Exercise Bike is equipped with transportation wheels for easy movement.

- To move the bike, firmly grasp the handlebars.
- Tilt the bike forward until it rests on its front transportation wheels.
- Carefully roll the bike to its desired location.
- Once in place, gently lower the bike until all four stabilizer feet are on the ground. Adjust the horizontal adjustment knobs if necessary to ensure stability.



TRANSPORTATION WHEELS & HORIZONTAL ADJUSTABLE KNOBS

Dual transportation wheels provide for easy moving and relocation
4 horizontal adjustment knobs to keep the bike stable on different surfaces

Image: Demonstration of using the dual transportation wheels and horizontal adjustment knobs for easy movement and stability.

WARRANTY AND SUPPORT

For warranty information or technical support, please refer to the documentation included with your purchase or contact Goplus customer service directly. Keep your purchase receipt as proof of purchase.