

ZIPRO 979536

ZIPRO Boost Exercise Bike User Manual

Model: 979536

1. INTRODUCTION

Thank you for choosing the ZIPRO Boost Exercise Bike. This manual provides essential information for the safe and effective assembly, operation, and maintenance of your new fitness equipment. Please read this manual thoroughly before first use and keep it for future reference.

2. SAFETY INFORMATION

- Consult a physician before starting any exercise program.
- Ensure all parts are securely fastened before each use.
- Keep children and pets away from the equipment during operation.
- Place the exercise bike on a flat, stable surface.
- Wear appropriate exercise attire and footwear.
- Do not exceed the maximum user weight capacity of 120 kg.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

3. PACKAGE CONTENTS

Before assembly, verify that all components are present and undamaged:

- Main Frame
- Front and Rear Stabilizers
- Pedals (Left and Right)
- Seat Post and Saddle
- Handlebar Post and Handlebars
- Exercise Computer
- Assembly Hardware (bolts, washers, nuts)
- Assembly Tools (wrenches, Allen keys)

4. ASSEMBLY INSTRUCTIONS

Follow these steps for proper assembly. It is recommended to have two people for certain steps.

1. **Attach Stabilizers:** Secure the front and rear stabilizers to the main frame using the provided bolts and washers. Ensure they are firmly tightened.
2. **Install Pedals:** Identify the left (L) and right (R) pedals. The left pedal screws counter-clockwise, and the right pedal screws clockwise. Tighten securely.
3. **Mount Seat Post and Saddle:** Insert the seat post into the main frame and adjust to the desired height. Attach the saddle to the seat post and secure it.
4. **Attach Handlebar Post:** Insert the handlebar post into the main frame.
5. **Install Handlebars and Computer:** Attach the handlebars to the handlebar post. Connect the sensor wires from the main frame to the exercise computer. Mount the computer onto the handlebar post.



Figure 4.1: Detailed assembly diagram for the ZIPRO Boost Exercise Bike.

ZIPRO Boost



**ZIPRO Boost is a perfect combination of functionality and comfort.
Discover how enjoyable home workouts can be.**

Figure 4.2: Exploded view of the exercise bike components, illustrating how parts fit together during assembly.

5. OPERATING INSTRUCTIONS

5.1 Adjusting Resistance

The ZIPRO Boost features an 8-level magnetic resistance system. To adjust the resistance, turn the tension control knob located below the computer display. Turn clockwise to increase resistance (harder) and counter-clockwise to decrease resistance (easier).

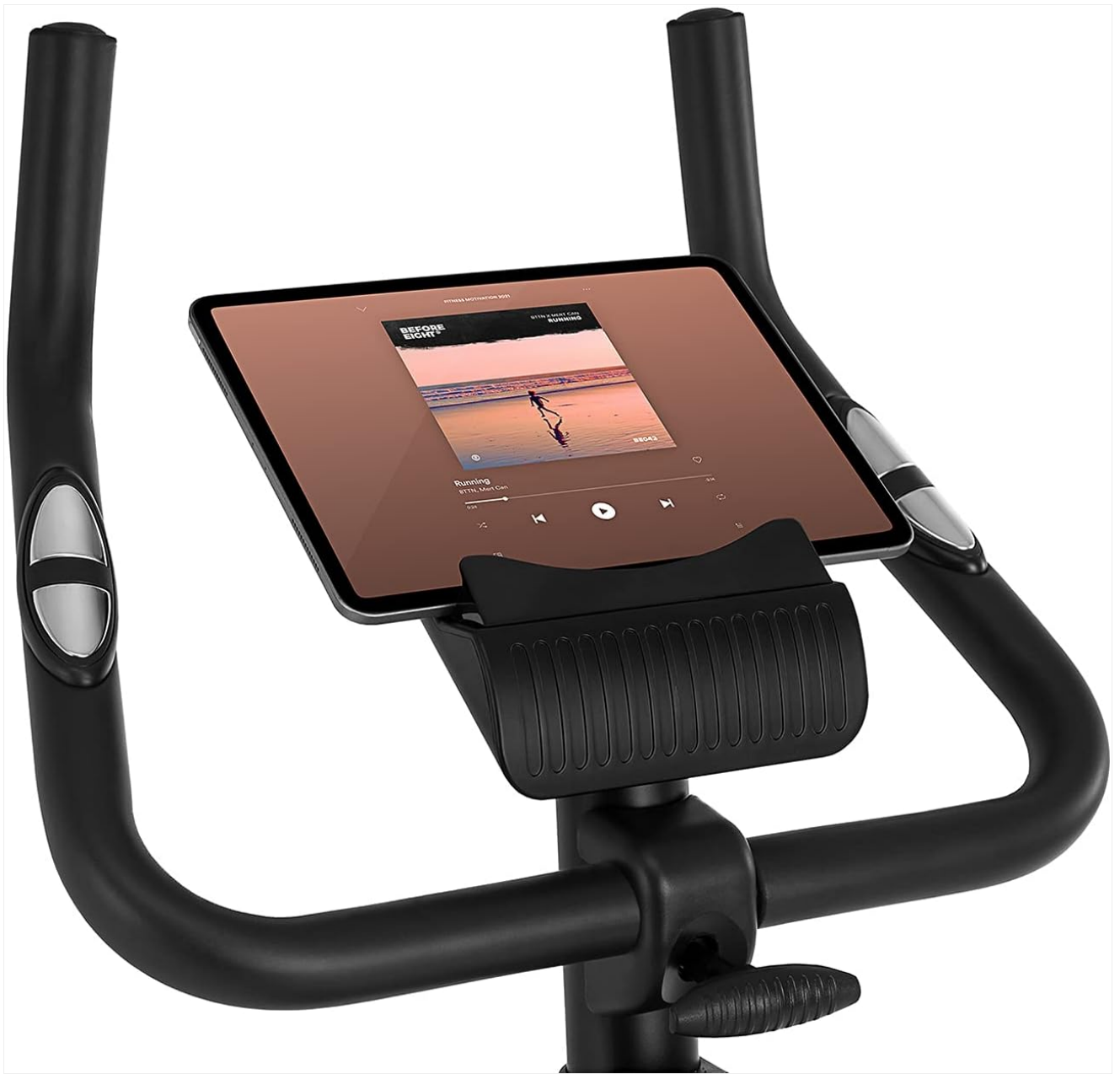


Figure 5.1: The resistance adjustment knob, showing levels 1 through 8.



Figure 5.2: Demonstrating how to adjust the magnetic resistance using the tension control knob.

5.2 Saddle and Handlebar Adjustments

Proper adjustment of the saddle and handlebars ensures comfort and effective training.

- **Saddle Height:** Loosen the adjustment knob on the seat post, raise or lower the saddle to your desired height (ensure a slight bend in your knee at the bottom of the pedal stroke), and tighten the knob securely.
- **Saddle Horizontal Position:** Loosen the knob beneath the saddle to slide it forward or backward for optimal positioning relative to the pedals. Tighten securely.
- **Handlebar Height:** Loosen the adjustment knob on the handlebar post, raise or lower the handlebars to a comfortable position, and tighten the knob securely.



Figure 5.3: Adjusting the saddle's vertical position for user comfort.



Figure 5.4: Adjusting the saddle's horizontal position for optimal riding posture.



Recommended user height:
160–185cm
Maximum weight: 120 kg



Seat adjustment
from ground: 78–90 cm
from pedals: 68–83 cm



Seat adjustment
front-back: 7 cm



Device dimensions:
107×47×141 cm
Weight: 23 kg

Figure 5.5: Adjusting the handlebar height to suit different user preferences and workout styles.

5.3 Computer Functions

The integrated computer tracks your workout data. It measures time, distance, speed, calories burned, and pulse (via sensors in the handlebar). The SCAN function cycles through all data alternately on the screen.

- **MODE Button:** Press to select the display function (Time, Speed, Distance, Calories, Odometer, Pulse).
- **RESET Button:** Press and hold to clear all current workout data (Time, Distance, Speed, Calories).
- **SET Button:** Used to set target values for Time, Distance, or Calories.
- **Pulse Sensors:** Grip the metal plates on the handlebars to measure your heart rate.
- **Mobile Device Shelf:** A convenient shelf is provided above the computer for your smartphone or tablet.



Figure 5.6: The exercise computer display with MODE, RESET, and SET buttons.



Figure 5.7: Overview of the computer display and integrated pulse sensors.



Figure 5.8: The integrated shelf designed to hold a mobile device like a tablet during workouts.

6. 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. Do not use abrasive cleaners.
- **Check Connections:** Periodically check all bolts, nuts, and screws to ensure they are tight. Tighten if necessary.
- **Lubrication:** The magnetic resistance system is generally maintenance-free. If you notice any squeaking from moving parts (e.g., pedal axles), apply a small amount of silicone-based lubricant.
- **Storage:** When not in use, store the bike in a dry, cool place away from direct sunlight. The integrated transport wheels allow for easy movement.

ZIPRO Boost

150-200 kcal
30 minutes*

400-500 kcal
30 minutes*

Estimated data, actual calories burned depend on intensity and individual user parameters.

Adjust the handlebar position to fully control the intensity and style of your workout

Exercise your way – choose a relaxing ride for health or increase intensity to burn calories, build strength, and boost endurance.

Figure 6.1: The exercise bike features transport wheels for easy relocation after use.

7. TROUBLESHOOTING

Problem	Possible Cause	Solution
Computer display not working	Loose cable connection; Dead batteries	Check all cable connections to the computer; Replace batteries (if applicable).

Problem	Possible Cause	Solution
No resistance change	Resistance cable disconnected or damaged	Check the resistance cable connection to the tension knob and the main unit.
Squeaking or grinding noise	Loose parts; Lack of lubrication	Check and tighten all bolts and nuts; Apply silicone lubricant to moving parts if necessary.
Unstable during use	Bike not on a level surface; Loose stabilizers	Ensure the bike is on a flat surface; Adjust leveling caps on stabilizers; Tighten stabilizer bolts.

8. SPECIFICATIONS

Feature	Specification
Model	979536
Dimensions (L x W x H)	73 x 48 x 137 cm
Product Weight	23 kg
Maximum User Weight	120 kg
Resistance System	Magnetic, 8-level manual adjustment
Drive System	Belt
Computer Functions	Time, Distance, Speed, Calories, Pulse (Heart Rate)
Material Type	Plastic, Metal
Power Source (Computer)	Battery Powered

Easy access to key functions

The ZIPRO Boost bike measures: time, distance, speed, calories burned, and pulse (sensors in the handlebar). Thanks to the SCAN function, all data is displayed alternately on the screen, giving you full control over your workout.



Figure 8.1: Key dimensions and user specifications for the exercise bike.

9. WARRANTY AND SUPPORT

Your ZIPRO Boost Exercise Bike comes with a standard manufacturer's warranty. Please refer to the warranty card included in your package for specific terms and conditions. For technical support, spare parts, or any inquiries not covered in this manual, please contact ZIPRO customer service through their official website or the retailer where you purchased the product.

	<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 Wave Electromagnetic Elliptical Trainer User Manual</p> <p>Comprehensive user manual for the ZIPRO Wave electromagnetic elliptical trainer, covering assembly, operation, safety, maintenance, and troubleshooting. Includes technical specifications and program details.</p>
	<p>ZIPRO Neon Magnetic Elliptical Trainer User Manual</p> <p>Comprehensive user manual for the ZIPRO Neon magnetic elliptical trainer, covering assembly, operation, safety precautions, maintenance, and troubleshooting.</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>

