

CHAOKE 8733

CHAOKE Indoor Cycling Bike User Manual

Model: 8733
Brand: CHAOKE

INTRODUCTION

This manual provides essential information for the safe and effective operation, assembly, and maintenance of your CHAOKE Indoor Cycling Bike. Please read this manual thoroughly before initial use and retain it for future reference. The CHAOKE Indoor Cycling Bike is designed for home gym cardio workout training, featuring a heavy flywheel, comfortable seat cushion, silent belt drive system, and an LCD monitor to track your progress.

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 bike during operation.
- Place the bike on a stable, level surface.
- Wear appropriate athletic footwear and clothing.
- Do not exceed the maximum weight recommendation of 330 pounds.
- Use the emergency stop function (press resistance knob) to stop the flywheel instantly if needed.

SETUP AND ASSEMBLY

The CHAOKE Indoor Cycling Bike is designed for straightforward assembly. All necessary tools are included.

1. **Unpacking:** Carefully remove all components from the packaging. Verify all parts are present according to the packing list.
2. **Stabilizer Installation:** Attach the front and rear stabilizers to the main frame using the provided bolts and nuts. Ensure they are tightened securely.
3. **Pedal Attachment:** Attach the pedals to the crank arms. Note that pedals are typically marked 'L' for left and 'R' for right. The left pedal often has a reverse thread. Tighten firmly.
4. **Seat Assembly:** Insert the seat post into the main frame and adjust to your desired height. Secure with the

adjustment knob. Attach the seat cushion to the seat post.

5. **Handlebar Assembly:** Insert the handlebar post into the main frame and adjust to your desired height. Secure with the adjustment knob. Attach the handlebar assembly to the post.
6. **LCD Monitor and PAD Mount:** Mount the LCD monitor onto the handlebar assembly. Connect any necessary sensor cables. The PAD mount is integrated for your tablet or phone.
7. **Water Bottle Holder:** Attach the water bottle holder to the designated area on the frame.



Figure 1: Overview of the CHAOKE Indoor Cycling Bike with key components.



Figure 2: Detailed view of the caged pedals, water bottle holder, LCD monitor, and adjustable resistance knob.

OPERATING INSTRUCTIONS

Adjusting the Bike

- **Seat Adjustment:** Loosen the adjustment knob below the seat to move the seat up/down or forward/backward. Tighten securely once adjusted.
- **Handlebar Adjustment:** Loosen the adjustment knob on the handlebar post to move the handlebars up/down. Tighten securely.
- **Resistance Adjustment:** The adjustable resistance rotary knob allows you to control the intensity of your workout. Turn clockwise to increase resistance and counter-clockwise to decrease it. Press the knob down for an emergency stop.



Figure 3: Adjusting seat and handlebar height for optimal riding position.

Using the LCD Monitor

The LCD monitor tracks your exercise time, speed, distance, pulse, and calories burned. Integrated hand pulse sensors on the handlebars provide real-time heart rate monitoring.

- **Power On:** The monitor automatically turns on when you start pedaling or press any button.
- **Mode Button:** Press the mode button to cycle through different display metrics (Time, Speed, Distance, Calories, Odometer, Pulse).
- **Pulse Measurement:** Grip the hand pulse sensors on the handlebars firmly to display your heart rate.
- **Reset:** Press and hold the mode button to reset all values to zero.



Figure 4: The LCD monitor provides real-time workout data.

MAINTENANCE

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Lubrication:** Periodically check and lubricate moving parts as recommended in the full product manual (if applicable). The belt-driven system generally requires less maintenance than chain drives.
- **Tightening:** Regularly inspect all bolts and nuts to ensure they are tight. Loose components can affect performance and safety.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures. The dual transportable wheels allow for easy movement and storage.



Figure 5: The integrated transport wheels facilitate easy relocation and storage of the bike.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Bike is noisy during operation.	Loose components; friction from moving parts.	Check and tighten all bolts and nuts. Ensure the bike is on a level surface.
Resistance feels too heavy or too light.	Resistance knob not properly adjusted.	Turn the resistance knob to adjust to your desired level. Ensure the magnetic resistance system is functioning correctly.
LCD monitor not displaying data.	Loose sensor connection; dead batteries.	Check all cable connections to the monitor. Replace batteries if necessary.

Problem	Possible Cause	Solution
Pedals are slipping.	Straps not tightened; worn pedals.	Ensure foot straps are securely tightened around your feet. Replace pedals if worn.

SPECIFICATIONS

Brand: CHAOKE
Model Name: 8733
Color: White
Material: Alloy Steel
Item Weight: 79 Pounds
Product Dimensions: 35"D x 20"W x 45"H
Maximum Weight Recommendation: 330 Pounds
Resistance Mechanism: Magnetic
Drive System: Belt
Power Source: Battery Powered (for LCD monitor)
Special Feature: Water Bottle Holder

WARRANTY AND SUPPORT

CHAOKE provides a 12-month components replacement service for this product. For any concerns or support inquiries, please contact customer service through your Amazon account:

1. Login to your Amazon account.
2. Navigate to "Your orders".
3. Find the order ID for your CHAOKE Exercise Bike.
4. Click "Contact seller".

You can expect a response within 12 hours.