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ZIPRO 6299209

ZIPRO Flame VM Magnetic Fitness Bike

User Manual



Overview of the ZIPRO Flame VM Magnetic Fitness Bike.

1. INTRODUCTION

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

The ZIPRO Flame VM is designed to provide an effective and enjoyable indoor cycling experience, helping

you achieve your fitness goals from the comfort of your home. Its magnetic resistance system ensures smooth and quiet operation, while the integrated computer and app compatibility offer advanced tracking and training options.

2. SAFETY GUIDELINES

WARNING: Before starting any exercise program, consult your physician. This is especially important for individuals over the age of 35 or those with pre-existing health problems.

- Always place the fitness bike on a flat, stable surface. Ensure adequate space around the bike for safe operation.
- Keep children and pets away from the equipment during use.
- Inspect the bike before each use for any loose parts, wear, or damage. Do not use if damaged.
- Wear appropriate exercise clothing and footwear. Avoid loose clothing that could get caught in moving parts.
- Do not exceed the maximum user weight capacity of 150 kg (330 lbs).
- Adjust the seat and handlebars to a comfortable and safe position before beginning your workout.
- If you experience pain, dizziness, or shortness of breath, stop exercising immediately and consult a physician.
- Ensure the power adapter is correctly connected to the bike and a suitable power outlet.

3. ASSEMBLY INSTRUCTIONS

The assembly of the ZIPRO Flame VM fitness bike is designed to be straightforward. Please follow these steps carefully. It is recommended to have two people for certain assembly steps.

3.1 Unpacking and Parts Identification

Carefully remove all components from the packaging. Lay them out and compare them with the parts list provided in the separate assembly diagram. Ensure all parts are present and undamaged.



The user manual and power adapter included with your fitness bike.

3.2 Main Frame Assembly

Attach the front and rear stabilizers to the main frame using the provided bolts and washers. Ensure they are securely tightened to provide a stable base for the bike.

3.3 Pedal Installation

Identify the left (L) and right (R) pedals. The left pedal screws counter-clockwise, and the right pedal screws clockwise. Ensure they are threaded correctly and tightened firmly to prevent loosening during use.



Detail of the non-slip pedals with adjustable straps for secure foot placement.

3.4 Seat and Handlebar Post Installation

Insert the seat post into the main frame and secure it with the adjustment knob. Similarly, insert the handlebar post and attach the handlebars. Ensure all connections are firm.

3.5 Console and Wiring Connection

Connect the console wires to the corresponding cables from the handlebar post. Carefully mount the console onto the handlebar post. Ensure all wires are properly routed and not pinched.



The power connection port, located at the bottom rear of the bike, for connecting the electrical cable.

4. COMPONENT IDENTIFICATION

Familiarize yourself with the main components of your ZIPRO Flame VM fitness bike:

- **Console:** Displays workout data, allows program selection, and connects to apps.
- **Handlebars:** Provide grip and include pulse sensors.
- **Seat:** Adjustable for height and horizontal position.
- **Pedals:** Non-slip with adjustable straps for secure foot placement.
- **Resistance Knob:** Adjusts the magnetic resistance level.
- **Stabilizers:** Front and rear bases for stability, with transport wheels on the front.
- **Water Bottle Holder:** Conveniently located for hydration during workouts.



Side view illustrating the main components of the fitness bike.



Front-side view highlighting the console, handlebars, and main body.

5. OPERATING INSTRUCTIONS

5.1 Powering On and Console Functions

Connect the power adapter to the bike and a wall outlet. The console will power on automatically. The easy-to-use computer with its clear screen allows you to select programs and monitor your workout progress.

ADVANCED COMPUTER THAT SHOWS EVERY INFORMATION
YOU NEED, TO HAVE A PROFESSIONAL WORKOUT.



TIME



CALORIES



SPEED



PULSE



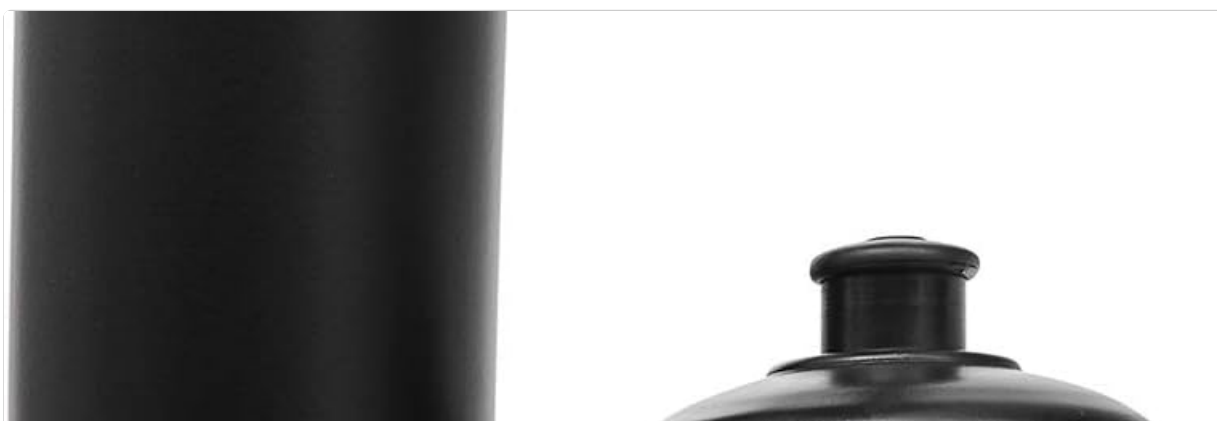
BODY FAT



RECOVERY



The advanced computer display showing various workout metrics like time, calories, speed, and pulse.





A hand pressing a button on the console, demonstrating user interaction.



A user making adjustments on the fitness bike's console, highlighting its user-friendly interface.

5.2 Adjusting Resistance

The Flame VM features 32 levels of electric-magnetic resistance. Use the UP/DOWN buttons on the console to increase or decrease the resistance level according to your workout intensity needs.

5.3 Pulse Measurement

Grasp the pulse sensors on the handlebars with both hands. Your pulse will be displayed on the console. Maintaining the correct pulse rate can make your workout more effective.

5.4 Using iConsole+ Training and Kinomap Apps

The Bluetooth connectivity allows you to use popular fitness applications like iConsole+ Training and Kinomap. Place your mobile device on the integrated stand and connect via Bluetooth to enhance your training experience with virtual routes and additional programs.



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



The integrated stand for mobile devices, allowing you to enjoy digital content during your workout.




A smartphone securely placed on the console's media tray, ready for app integration.



A tablet positioned on the console's stand, demonstrating compatibility with larger mobile devices for an immersive workout.



 Kinomap *iconsole⁺*

Flame 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.

A user actively exercising on the bike, with a virtual route from the Kinomap app displayed, enhancing the training experience.

5.5 Seat and Handlebar Adjustments

The adjustable seat and handlebar inclination allow you to find the safest and most comfortable position during your ride. Adjust the seat height and horizontal position using the knobs below the seat. The handlebar angle can also be adjusted for optimal comfort.



A user on the fitness bike, illustrating proper foot placement on pedals and interaction with the console.

5.6 Hydration

Stay hydrated during your workout. The included water bottle and holder allow you to quench your thirst

without interrupting your exercise session.

6. MAINTENANCE AND CARE

Regular maintenance will ensure the longevity and optimal performance of your ZIPRO Flame VM fitness bike.

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Do not use abrasive cleaners or solvents.
- **Lubrication:** The magnetic resistance system is generally maintenance-free. However, occasionally check for any squeaks or unusual noises from moving parts and apply a silicone-based lubricant if necessary.
- **Tightness Check:** Periodically check all bolts, nuts, and connections to ensure they are secure. Tighten any loose fasteners.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures.

7. TROUBLESHOOTING

If you encounter any issues with your fitness bike, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Console not turning on	Power adapter not connected; loose wiring; power outlet issue.	Ensure power adapter is securely plugged into bike and outlet. Check outlet with another device. Verify console wiring connections.
No resistance change	Console not communicating with resistance mechanism; mechanical issue.	Check console wiring. If problem persists, contact customer support.
Inaccurate pulse reading	Hands not firmly on sensors; dry hands; interference.	Ensure firm, consistent contact with both sensors. Lightly moisten hands if too dry.
Squeaking or grinding noise	Loose parts; lack of lubrication (rare for magnetic systems); internal component issue.	Check and tighten all visible bolts. If noise persists, contact customer support.

8. TECHNICAL SPECIFICATIONS

Feature	Specification
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Feature	Specification
Model Name	Flame WM
Model Number	6299209
Brand	ZIPRO
Resistance Mechanism	Magnetic
Resistance Levels	32-step Electric-Magnetic
Maximum User Weight	150 Kilograms (approx. 330 lbs)
Dimensions (L x W x H)	118 x 49 x 140 cm (approx. 46.5 x 19.3 x 55.1 inches)
Product Weight	27.3 Kilograms (approx. 60.2 lbs)
Power Source	Electrical Cable
Material	Plastic (main material)
Special Features	Modern computer with clear screen, pulse sensors, non-slip pedals, adjustable seat/handlebar, mobile device tray, iConsole+ and Kinomap compatibility, transport wheels.



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.



Detailed dimensions of the ZIPRO Flame VM fitness bike: 118 cm length, 49 cm width, 140 cm height.

9. WARRANTY AND SUPPORT



Your ZIPRO Flame VM Magnetic Fitness Bike is covered by a manufacturer's warranty. Please refer to the warranty card included with your purchase for specific terms and conditions.

For technical support, spare parts, or any questions not covered in this manual, please contact ZIPRO customer service. When contacting support, please have your product model number (6299209) and purchase

Thank you for choosing ZIPRO. We wish you many effective and enjoyable workouts!

Related Documents - 6299209

 <p>ZIPRO Glow</p> <p>1. Zawiera instrukcję obsługi i montażu roweru treningowego ZIPRO Glow. Zawiera informacje o montażu, bezpieczeństwie, obsłudze konsoli, programach treningowych, konserwacji i rozwiązywaniu problemów.</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 Strike BW</p> <p>1. Zawiera instrukcję obsługi i montażu roweru treningowego ZIPRO Strike BW. Zawiera informacje o montażu, bezpieczeństwie, obsłudze konsoli, programach treningowych, konserwacji i rozwiązywaniu problemów.</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>
 <p>ZIPRO Rave White</p> <p>1. Zawiera instrukcję obsługi i montażu roweru treningowego ZIPRO Rave White. Zawiera informacje o montażu, bezpieczeństwie, obsłudze konsoli, programach treningowych, konserwacji i rozwiązywaniu problemów.</p>	<p>ZIPRO Rave White - Instrukcja Użytkowania</p> <p>Instrukcja obsługi dla roweru treningowego ZIPRO Rave White. Zawiera informacje o montażu, bezpieczeństwie, obsłudze konsoli, programach treningowych, konserwacji i rozwiązywaniu problemów.</p>
 <p>ZIPRO Beat</p> <p>1. Zawiera instrukcję obsługi i montażu roweru treningowego ZIPRO Beat. Zawiera informacje o montażu, bezpieczeństwie, obsłudze konsoli, programach treningowych, konserwacji i rozwiązywaniu problemów.</p>	<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>The image shows the cover of the ZIPRO Nitro RS Magnetic Bike User Manual. It features the ZIPRO logo at the top left, followed by the model name 'Nitro RS'. Below this is a small illustration of the bike. The cover also includes a list of contents and a brief description of the manual's purpose.</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>The image shows the cover of the ZIPRO Glow Electric-Magnetic Recumbent Bike User Manual. It features the ZIPRO logo at the top left, followed by the model name 'Glow'. Below this is a small illustration of the bike. The cover also includes a list of contents and a brief description of the manual's purpose.</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>