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› [ZIPRO](#) /

› [Zipro Glow WM Recumbent Exercise Bike User Manual](#)

ZIPRO 6299211

Zipro Glow WM Recumbent Exercise Bike User Manual

Model: 6299211 | Brand: ZIPRO

PRODUCT OVERVIEW

The Zipro Glow WM Recumbent Exercise Bike is designed to provide an effective and comfortable home fitness experience. Its stable construction and thoughtful design, including soft pastel color details, make it a stylish and functional addition to any home. The semi-recumbent position is specifically engineered to be gentle on the spine, ensuring a safe and enjoyable workout. This stationary bike offers an efficient way to burn calories and achieve fitness goals without leaving the comfort of your home.



Image: The Zipro Glow WM Recumbent Exercise Bike, showcasing its sleek black design with subtle pastel accents and comfortable seating.

KEY FEATURES

- Multifunctional Computer:** Equipped with an easy-to-read display that guides you through your workout, helping you achieve optimal results faster.
- Bluetooth Connectivity:** Allows connection to additional applications like iConsole+ and Kinomap, enhancing your training experience with new possibilities, workout programs, and virtual routes.
- Magnetic Resistance System:** Ensures quiet and error-free operation. Resistance can be adjusted across 32 levels, allowing for precise customization to your fitness needs.
- Spine-Friendly Design:** The semi-recumbent position is gentle on the back. Adjustable seat and handlebars ensure the bike perfectly adapts to your physical conditions.
- Integrated Transport Wheels:** For easy relocation within your home.

Exercise bike

GLOW WM



32 STEP
ELECTRIC-MAGNETIC
RESISTANCE



PULSE SENSORS



ADVANCED
COMPUTER



Image: Visual representation of the bike's key features, including the 32-step electric-magnetic resistance, pulse sensors, and advanced computer display.

SETUP GUIDE

Before using your Zipro Glow WM Exercise Bike, ensure it is properly assembled and placed on a stable, level surface. Follow these general steps for setup:

- 1. Unpacking:** Carefully remove all components from the packaging. Check the parts list against the included manual to ensure all parts are present.

- Assembly:** Assemble the main frame, stabilizers, pedals, seat, backrest, handlebars, and console according to the detailed assembly instructions provided in the separate assembly manual. Ensure all bolts and nuts are securely tightened.
- Placement:** Position the exercise bike on a flat, stable surface, preferably with a protective mat underneath to prevent floor damage and reduce noise. Ensure there is adequate space around the bike for safe operation.
- Power Connection:** Connect the power cable to the bike's console and then to a suitable power outlet.
- Initial Adjustments:** Adjust the seat position (distance from the steering column) and handlebar angle to ensure a comfortable and ergonomic riding posture.



Image: Diagram showing the dimensions of the Zipro Glow WM bike (135 cm length, 63 cm width, 109 cm height), useful for planning placement.

OPERATING INSTRUCTIONS

To begin your workout, sit comfortably on the seat and place your feet securely in the pedals. The console provides various functions to monitor and customize your exercise.

- **Power On:** The console typically powers on automatically when you start pedaling or press any button.
- **Adjusting Resistance:** Use the UP/DOWN buttons on the console to increase or decrease the magnetic resistance level. There are 32 levels to choose from, allowing you to tailor the intensity of your workout.
- **Console Functions:** The advanced computer displays various metrics such as Time, Calories, Speed, Pulse, Body Fat, and Recovery. Use the MODE button to cycle through different display modes.
- **Pulse Measurement:** Grip the pulse sensors on the seat handles to measure your heart rate during your workout.
- **Bluetooth Connectivity:** Activate Bluetooth on your mobile device and pair it with the exercise bike. Download and open the iConsole+ or Kinomap app to access advanced training programs and virtual routes.
- **Mobile Device Holder:** Place your smartphone or tablet on the integrated stand to enjoy media or use fitness apps during your exercise.
- **Workout Programs:** Explore pre-set workout programs available through the console or connected apps to vary your training routine.
- **Ending Workout:** To stop, simply cease pedaling. The console will typically enter a pause or standby mode. Press the RESET button to clear your workout data.



Image: Close-up of the advanced computer console, showing the display and control buttons for various workout metrics.



Kinomap

i console⁺

Glow 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.

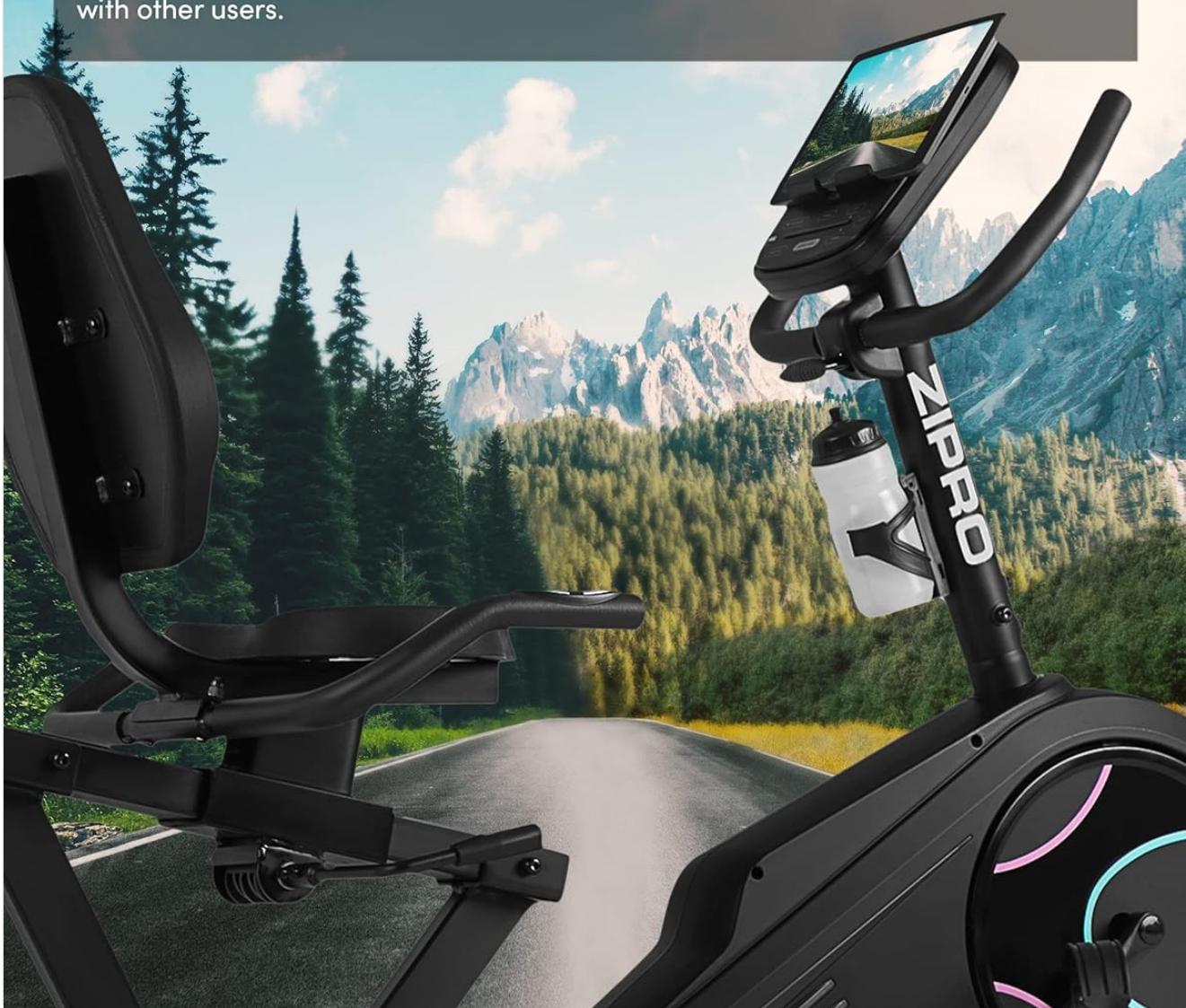


Image: Illustration of the bike's compatibility with Kinomap and iConsole+ apps, highlighting the enhanced training possibilities through Bluetooth connectivity.

MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your Zipro Glow WM Exercise Bike.

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid using abrasive cleaners or solvents.

- **Inspecting Connections:** Periodically check all bolts, nuts, and moving parts to ensure they are secure. Tighten any loose connections.
- **Lubrication:** The magnetic resistance system is generally maintenance-free. However, if you notice any squeaking from moving parts (e.g., pedal axles), apply a small amount of silicone-based lubricant.
- **Storage:** If storing the bike for an extended period, disconnect it from power and cover it to protect from dust.

TROUBLESHOOTING

Here are some common issues and their solutions:

Problem	Possible Cause	Solution
Console not turning on.	No power, loose connection, or batteries (if applicable) are dead.	Ensure power cable is securely plugged in. Check if batteries need replacement (if battery-powered).
Resistance not changing.	Cable disconnection or internal mechanism issue.	Check the resistance control cable connection. If issue persists, contact customer support.
Squeaking or unusual noises.	Loose parts, lack of lubrication on moving joints.	Inspect and tighten all bolts. Apply silicone lubricant to any moving joints if necessary.
Bluetooth connectivity issues.	Device not in pairing mode, app issues, or interference.	Ensure Bluetooth is enabled on your device and the bike. Restart both devices. Try reinstalling the app.

SPECIFICATIONS

Model: 6299211

Brand: ZIPRO

Color: Pastel (details)

Material: Plastic, Metal, Polyethylene

Resistance Mechanism: Magnetic

Resistance Levels: 32 (adjustable)

Maximum User Weight: 150 kg (330 lbs)

Product Dimensions (L x W x H): 135 x 63 x 109 cm (53.1 x 24.8 x 42.9 inches)

Product Weight: 36 kg (79.4 lbs)

Power Source: Electric Cable

Special Features: Ergonomic seat and backrest, non-slip pedals with foot straps, noise-dampening drive system casing, foam-covered handlebars, iConsole+ and Kinomap compatibility, integrated transport wheels, adjustable seat-to-steering column distance, modern computer with clear screen, wide base with stabilization pads, touch-sensitive pulse sensors, bottle holder, reinforced bearing, continuous handlebar adjustment, mobile device tray, USB charging port, leveling pads.

WARRANTY AND SUPPORT

Your Zipro Glow WM Exercise Bike comes with a manufacturer's warranty covering defects in materials and workmanship. Please refer to the warranty card included with your purchase for specific terms and conditions, including the warranty period and coverage details.

For technical support, troubleshooting assistance, or to inquire about replacement parts, please contact Zipro

customer service. You can typically find contact information on the manufacturer's website or in your product documentation.

Online Resources: Visit the official ZIPRO website for FAQs, additional support materials, and product registration.

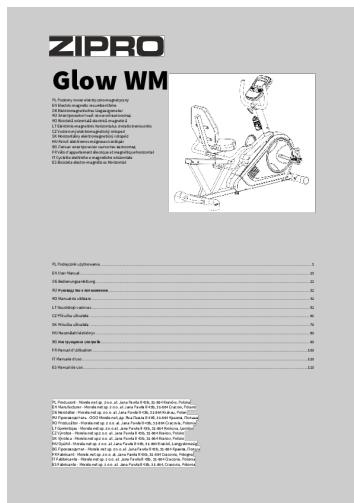
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Related Documents - 6299211

 ZIPRO Glow <small>Product Manual - Assembly and Operation Instructions for the ZIPRO Glow Electric-Magnetic Recumbent Bike. This manual provides step-by-step instructions for assembly, operation, and maintenance of the ZIPRO Glow electric-magnetic recumbent bike. It includes safety guidelines, troubleshooting, and maintenance tips. For best results, please read this manual thoroughly before use.</small>	<p><u>ZIPRO Glow Electric-Magnetic Recumbent Bike User Manual</u></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>
 ZIPRO Beat <small>Product Manual - Assembly and Operation Instructions for the ZIPRO Beat Magnetic Exercise Bike. This manual provides step-by-step instructions for assembly, operation, and maintenance of the ZIPRO Beat magnetic exercise bike. It includes safety guidelines, troubleshooting, and maintenance tips. For best results, please read this manual thoroughly before use.</small>	<p><u>ZIPRO Beat Magnetic Bike User Manual and Assembly Guide</u></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>
 ZIPRO Nitro RS <small>Product Manual - Assembly and Operation Instructions for the ZIPRO Nitro RS Magnetic Bike. This manual provides step-by-step instructions for assembly, operation, and maintenance of the ZIPRO Nitro RS magnetic bike. It includes safety guidelines, troubleshooting, and maintenance tips. For best results, please read this manual thoroughly before use.</small>	<p><u>ZIPRO Nitro RS Magnetic Bike User Manual</u></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>
 ZIPRO Easy <small>Product Manual - Assembly and Operation Instructions for the ZIPRO Easy Magnetic Bike. This manual provides step-by-step instructions for assembly, operation, and maintenance of the ZIPRO Easy magnetic bike. It includes safety guidelines, troubleshooting, and maintenance tips. For best results, please read this manual thoroughly before use.</small>	<p><u>ZIPRO Easy - Instrukcja Użytkowania Roweru Magnetycznego</u></p> <p>Kompleksowa instrukcja obsługi roweru magnetycznego ZIPRO Easy. Zawiera informacje o montażu, bezpiecznym użytkowaniu, konserwacji i funkcjach komputera.</p>

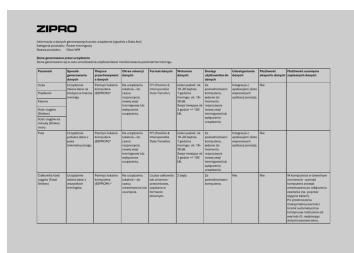
 <p>ZIPRO Strike BW</p>	<p><u>ZIPRO Strike BW - Instrukcja Obsługi i Montażu Roweru Elektromagnetycznego</u></p> <p>Pobierz instrukcję obsługi i montażu roweru treningowego ZIPRO Strike BW. Znajdź szczegółowe informacje o bezpieczeństwie, użytkowaniu i konserwacji.</p>
 <p>ZIPRO Rave</p>	<p><u>ZIPRO Rave - Instrukcja Obsługi Roweru Elektromagnetycznego</u></p> <p>Kompleksowa instrukcja obsługi roweru treningowego ZIPRO Rave. Zawiera szczegółowe informacje o montażu, obsłudze komputera, programach treningowych, bezpieczeństwie i konserwacji dla optymalnego domowego treningu.</p>

Documents - ZIPRO – 6299211



[\[pdf\] User Manual Instructions](#)

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[Rower Treningowy ZIPRO Glow WM: Dane Generowane i Obsługa Aplikacji](#)

Szczegółowy opis danych generowanych przez rower treningowy ZIPRO Glow WM, obejmujący parametry treningu, metody przechowywania, okresy retencji oraz sposób dostępu i eksportu danych przez aplikacje iConsole+ i Kinomap.

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