

ZIPRO 6299206

Zipro Flame Exercise Bike User Manual

Model: 6299206 | Brand: ZIPRO

INTRODUCTION

This manual provides essential information for the safe and effective use of your Zipro Flame Exercise Bike. Training on the ZIPRO FLAME stationary bike strengthens abdominal and leg muscles and promotes weight loss. It features an advanced computer that connects to your phone via Bluetooth, offering a reliable and quiet fitness experience thanks to reinforced bearings and a robust resistance system. For an enhanced experience, download the iConsole+ and Kinomap applications.



Figure 1: Front view of the Zipro Flame Exercise Bike.

SAFETY INFORMATION

Please read all instructions carefully before using this product. Keep this manual for future reference.

- Consult your physician before starting any exercise program.
- Ensure all parts are correctly assembled and tightened before each use.

- Place the exercise bike on a flat, stable surface.
- Keep children and pets away from the equipment during operation.
- Do not exceed the maximum user weight of 150 kg.
- Wear appropriate exercise attire and footwear.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- Regularly inspect the equipment for wear and tear. Do not use if damaged.

PACKAGE CONTENTS

Verify that all components are present and undamaged. If any parts are missing or damaged, contact customer support.

- Main Frame Assembly
- Handlebar and Console Assembly
- Saddle and Seat Post
- Pedals (Left and Right)
- Front and Rear Stabilizers
- Hardware Kit (bolts, washers, nuts, tools)
- Power Adapter
- User Manual



Figure 2: User manual and power adapter.

SETUP AND ASSEMBLY

Follow these steps to assemble your Zipro Flame Exercise Bike. It is recommended to have two people for assembly.

1. Attach the front and rear stabilizers to the main frame using the provided bolts and washers.
2. Secure the seat post and saddle to the main frame. Adjust the saddle height and distance for comfort.
3. Install the handlebar and console assembly onto the main frame. Ensure all cables are connected properly.
4. Attach the left and right pedals. Note that the left pedal is reverse-threaded.
5. Connect the power adapter to the bike and a suitable power outlet.



Figure 3: Saddle adjustment for personalized comfort.





Figure 4: Non-slip pedals with adjustable straps for secure footing.

OPERATING INSTRUCTIONS

Console Functions

The advanced computer console provides real-time workout data and various programs.

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



TIME



CALORIES



SPEED



PULSE



BODY FAT



RECOVERY



Figure 5: Advanced computer display showing workout metrics.

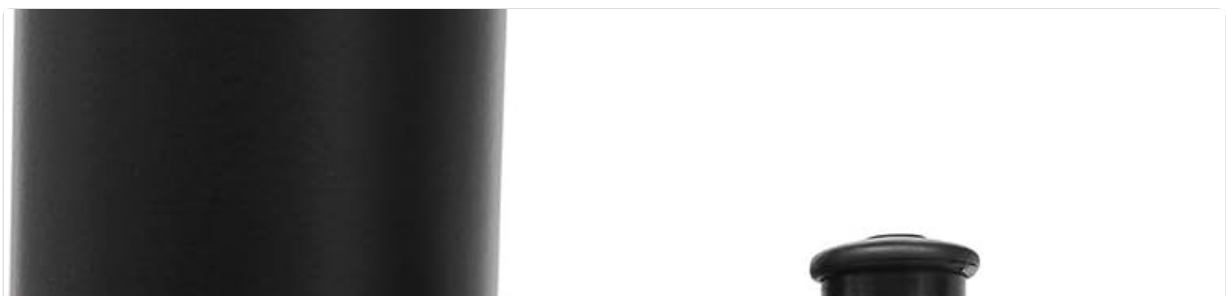






Figure 6: User interacting with the console controls.

- **Power On/Off:** Press the START/STOP button to turn the console on or off.
- **Mode:** Press the MODE button to cycle through display functions (Time, Calories, Speed, Pulse, Body Fat, Recovery).
- **Resistance Adjustment:** Use the UP/DOWN buttons to adjust the 32-step electric-magnetic resistance level.
- **Pulse Measurement:** Grip the pulse sensors on the handlebars to measure your heart rate.
- **Body Fat Measurement:** Follow the instructions on the console to perform a body fat measurement.
- **HRC Training:** The bike supports Heart Rate Control (HRC) training, automatically adjusting resistance based on your target heart rate.

Mobile Device Integration

The Zipro Flame Exercise Bike is designed for seamless integration with your mobile devices and fitness applications.



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



Figure 7: Integrated stand for mobile devices.



Figure 8: Bluetooth connectivity with Kinomap and iConsole+ apps.

- **Bluetooth Connectivity:** Connect your smartphone or tablet to the bike via Bluetooth to use compatible fitness apps.
- **iConsole+ App:** Download the iConsole+ app to unlock new training possibilities, access workout programs, and track your progress.
- **Kinomap App:** The Kinomap app allows you to experience virtual routes and compete with other users, enhancing your workout engagement.

- **Mobile Device Stand:** Utilize the integrated stand on the console to securely hold your mobile device while exercising.

Product Overview Video

Watch this video for a general presentation of the ZIPPRO product range, showcasing the brand's commitment to quality fitness equipment.

Your browser does not support the video tag.

Video 1: Presentation of the ZIPPRO product range. This video provides a general overview of the brand's fitness equipment, including various exercise types.

MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your exercise bike.

- **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 manual (if applicable).
- **Tightening:** Check all bolts and nuts regularly and tighten them if necessary to ensure stability and safety.
- **Storage:** When not in use, store the bike in a cool, dry place. The integrated transport wheels facilitate easy relocation.



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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.



Figure 9: Compact dimensions for easy storage and transport.

TROUBLESHOOTING

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
No power to console	Power adapter not connected; outlet issue	Ensure adapter is fully plugged in; try a different outlet.
Unstable or wobbly bike	Loose bolts; uneven surface	Tighten all assembly bolts; adjust leveling feet on stabilizers.
Squeaking or grinding noise	Loose parts; lack of lubrication	Check and tighten all connections; apply lubricant to moving parts as per manual.
Pulse reading inaccurate	Hands not firmly on sensors; dry hands	Ensure firm, consistent contact with both sensors; moisten hands slightly if dry.
Bluetooth connectivity issues	Bluetooth off on device; app not updated	Ensure Bluetooth is enabled; restart bike and device; update fitness app.

SPECIFICATIONS

Feature	Detail
Model Number	6299206
Brand	ZIPRO
Color	Black
Style	Flame
Drive System	Belt
Main Material	Plastic
Power Source	Requires external power for console and electromagnetic resistance control.
Special Features	Modern computer with clear screen, wide feet with stabilizing pads, two-level saddle adjustment, mobile device tray, continuous handlebar adjustment, iConsole+ and Kinomap compatibility, integrated transport wheels, soft non-slip foam handlebars, cup holder, reinforced bearing, noise-dampening casing, touch-sensitive pulse sensors, non-slip pedals with straps.
Maximum Weight Capacity	150 Kilograms
Product Dimensions (L x W x H)	118 x 49 x 140 cm
Item Weight	27.3 Kilograms
Resistance Mechanism	Magnetic
Recommended Uses	Home, Gym, Studio, Indoor

WARRANTY AND SUPPORT

For warranty information, technical support, or to order replacement parts, please contact ZIPRO customer service. Refer to your purchase documentation for specific warranty terms and contact details.

Online Support: Visit the official ZIPRO website for FAQs, troubleshooting guides, and contact forms.

Manufacturer: Morele.net Sp. z o.o.

