

Goplus Goplus-ICB-001

Goplus Indoor Cycling Bike User Manual

Model: Goplus-ICB-001

INTRODUCTION

This manual provides essential information for the safe and effective use of your Goplus Indoor Cycling Bike. Please read all instructions carefully before assembly and operation. Retain this manual for future reference.

IMPORTANT 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 bike on a flat, stable surface.
- Wear appropriate exercise attire and footwear.
- Use the emergency brake immediately if you feel unwell or need to stop quickly.
- Do not exceed the maximum weight capacity of 287 lbs (99.4 kg).

PACKAGE CONTENTS

Verify that all components are present before beginning assembly. If any parts are missing or damaged, contact customer support.

- 1 x Exercise Bike (requires 2x AA batteries, not included for LCD monitor)
- 1 x Instruction Manual
- Necessary Hardware for Assembly

SETUP AND ASSEMBLY

The Goplus Indoor Cycling Bike is designed for straightforward assembly. Follow the detailed instructions provided in the included manual for step-by-step guidance. Ensure all connections are tight and secure before first use.

Clockwise

Increase Resistance

Counterclockwise

Decrease Resistance

Press Down

Emergency Brake



Adjustable Resistance for Different Users

This image illustrates the overall design of the Goplus Indoor Cycling Bike, highlighting its stable triangular structure, comfortable fitness saddle, adjustable aluminum cage pedals, and non-slip foot pads for secure operation.

Moving the Exercise Bike

The bike features 2 front transport wheels for easy relocation. To move the bike, tilt it forward onto the wheels and carefully push it to your desired location. Ensure the area is clear of obstacles.

Flexible Wheels

Easy to transport with 2 build-in wheels



This image shows the flexible wheels at the front of the exercise bike, designed for easy transport. A user is shown tilting the bike to engage these wheels for movement.

OPERATING INSTRUCTIONS

Adjusting Resistance and Emergency Brake

The resistance knob controls the intensity of your workout. Turn the knob clockwise to increase resistance and counterclockwise to decrease it. For an emergency stop, press the resistance knob down firmly to engage the brake.



This image details the resistance adjustment knob. Turning clockwise increases resistance, counterclockwise decreases it, and pressing down activates the emergency brake.

Adjusting Seat and Handlebar

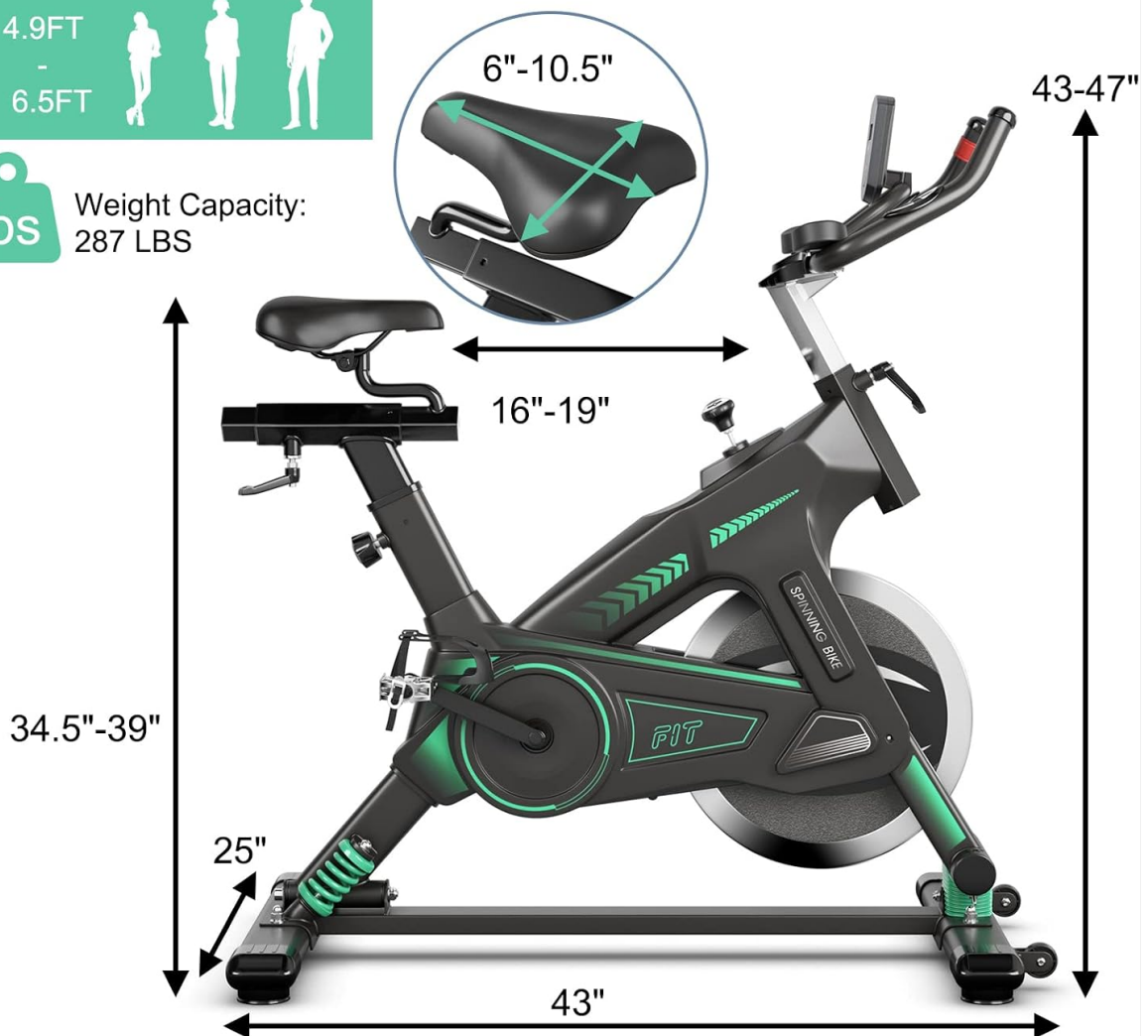
The seat and handlebar are adjustable to accommodate users of various heights (4.9-6.5 ft). Adjust the seat horizontally and vertically, and the handlebar to one of 7 positions, to find a comfortable and ergonomic riding position. Ensure all adjustment knobs are securely tightened before use.

Adjustable Seat & Handlebar

Min & Max Applicable Height:



Weight Capacity:
287 LBS



This diagram illustrates the adjustable seat and handlebar, providing minimum and maximum applicable heights for users (4.9-6.5 ft) and dimensions for seat and handlebar adjustments.

Using the LCD Monitor and Device Holders

The integrated LCD monitor displays your workout data, including time, distance, odometer, speed, pulse, and calories burned. Insert 2 AA batteries (not included) to power the monitor. The bike also includes a pad holder and a phone holder, allowing you to enjoy media during your workout.

Enjoy Your Exercise Time



SCAN



SPEED



DISTANCE



PULSE



CALORIE



ODOMETER



LCD Monitor



2 Device Holders



Phone Holder(2.17"-3.35")

This image highlights the LCD monitor, which tracks various workout metrics, and the convenient device holders for phones and tablets, enabling entertainment during exercise.

Simulated Swing Design

The Goplus Indoor Cycling Bike incorporates two springs to simulate the natural swing motion of real cycling, enhancing the realism and comfort of your indoor training experience. This design also contributes to shock absorption.

Simulating Real Bicycle Race, Provide Shock Absorption and Safety



This series of images demonstrates the simulated swing design of the bike, showing a rider leaning during a workout. An inset highlights the two springs responsible for this shock-absorbing feature.

Smooth and Silent Operation

The bike features a 40lb heavy-duty flywheel and a quiet belt drive system, ensuring a smooth and silent workout experience. This allows for exercise without disturbing others.

Smooth & Silent Operation



This image illustrates the quiet operation of the bike, with a sleeping baby nearby. Insets highlight the 40lb heavy-duty flywheel and the quiet belt drive system, which contribute to the smooth and silent ride.

Comfortable Support

The design prioritizes user comfort, featuring a professional fitness saddle and ergonomic handlebars to support extended workout sessions.

Comfortable Support for Better Using Experience



This image shows a user on the bike, highlighting the comfortable support provided by the design, with an inset focusing on the ergonomic handlebar grip.

Your browser does not support the video tag.

This video demonstrates the Goplus Indoor Cycling Bike in use, showcasing its features and functionality for home cardio training.

MAINTENANCE

Cleaning

Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid using abrasive cleaners or solvents that could damage the finish.

Inspection

Regularly inspect all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners. Check the belt drive system for any signs of damage or excessive wear. Lubricate moving parts as recommended by the manufacturer (if applicable, not specified in provided data).

TROUBLESHOOTING

Problem	Possible Cause	Solution
LCD Monitor not displaying	Batteries are dead or incorrectly installed.	Replace with 2 new AA batteries, ensuring correct polarity.
Bike feels unstable	Bike is on an uneven surface or fasteners are loose.	Ensure the bike is on a flat surface. Check and tighten all assembly bolts.
Unusual noise during operation	Loose parts or friction.	Inspect all connections and moving parts for looseness. Tighten as necessary.
Resistance not changing	Resistance mechanism issue.	Ensure the resistance knob is properly engaged. If the issue persists, contact customer support.

SPECIFICATIONS

Feature	Detail
Brand	Goplus
Model Name	Goplus Indoor Cycling Bike
Model Number	Goplus-ICB-001
Material	Steel, PP, Aluminium Alloy
Color	Black, Blue
Overall Dimension (L x W x H)	43" x 25" x 43"-47"
Seat Height Range	34.5" - 39"
Weight Capacity	287 lbs (99.4 kg)
Weight of Flywheel	40 lbs
Min & Max Applicable Height	4.9 - 6.5 ft
Resistance Mechanism	Flywheel with adjustable resistance
Drive System	Belt
Power Source	Pedal-powered (non-electric)
Special Features	Adjustable Seat, Heavy Duty, Simulated Swing Design, LCD Monitor, Device Holders

WARRANTY AND SUPPORT

For warranty information, please refer to the documentation included with your purchase or contact Goplus customer service directly. If you encounter any issues not covered in the troubleshooting section, please reach out to the manufacturer's support team for assistance.

