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CHAOKE OR8704

CHAOKE Indoor Cycling Bike User Manual

Model: OR8704

1. INTRODUCTION

Thank you for choosing the CHAOKE Indoor Cycling Bike. This manual provides important safety information, assembly instructions, operating procedures, and maintenance guidelines to ensure safe and effective use of your exercise bike. Please read this manual thoroughly before assembly and use, and keep it for future reference.



Figure 1.1: CHAOKE Indoor Cycling Bike. This image shows the complete exercise bike with its handlebars, seat, pedals, flywheel, and LCD monitor.

2. SAFETY INFORMATION

Before using the CHAOKE Indoor Cycling Bike, please review the following safety precautions:

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

- Place the bike on a flat, stable surface. Use a mat underneath to protect flooring.
- Keep children and pets away from the equipment during operation.
- The maximum user weight capacity for this bike is 300 pounds.
- Wear appropriate athletic footwear and clothing.
- Use the emergency brake to stop the flywheel immediately if needed.
- Recommended user height range: 4.8 ft - 6.1 ft.



Figure 2.1: The CHAOKE Indoor Cycling Bike features a triangular structure and exclusive foot caps for outstanding stability during workouts, supporting up to 300 pounds.

3. PACKAGE CONTENTS

Upon opening the package, verify that all components are present and undamaged:

- CHAOKE Exercise Bike (main frame, flywheel, pre-assembled components)
- Handlebar assembly
- Seat post and seat
- Front and rear stabilizers
- Pedals (left and right)
- LCD Monitor
- Tablet Mount
- Water Bottle Holder
- Hardware kit (bolts, washers, nuts)
- Assembly Tools
- User Manual (this document)

4. ASSEMBLY INSTRUCTIONS

The CHAOKE Indoor Cycling Bike is designed for straightforward assembly. Approximately 70% of the bike comes pre-assembled. Follow these steps:

1. **Attach Stabilizers:** Secure the front and rear stabilizers to the main frame using the provided bolts and washers. Ensure they are firmly tightened for stability.
2. **Install Pedals:** Identify the left (L) and right (R) pedals. The left pedal screws counter-clockwise, and the right pedal screws clockwise. Thread them carefully into the crank arms and tighten securely.
3. **Mount Seat:** Insert the seat post into the main frame and adjust to your desired height. Secure it with the adjustment knob. Attach the seat to the seat post.
4. **Attach Handlebar:** Insert the handlebar post into the main frame. Connect the monitor wires if applicable. Secure the handlebar assembly with the adjustment knob.
5. **Install LCD Monitor and Tablet Mount:** Place the LCD monitor onto its designated holder on the handlebar. Connect the sensor wires. Attach the tablet mount above the monitor.
6. **Attach Water Bottle Holder:** Secure the water bottle holder to the frame using the provided screws.
7. **Final Check:** Double-check all bolts and nuts to ensure they are tightened. Test the stability of the bike before first use.

Figure 4.1: This image illustrates the adjustable seat and handlebar, showing the minimum and maximum height settings for optimal user fit. The bike is designed to accommodate users between 4.8 ft and 6.1 ft.

5. OPERATING INSTRUCTIONS

5.1 Adjusting Resistance

The CHAOKE Indoor Cycling Bike features a micro-adjustable friction resistance system. To adjust the resistance:

- **Increase Resistance:** Turn the resistance knob clockwise.
- **Decrease Resistance:** Turn the resistance knob counter-clockwise.
- **Emergency Stop:** Press down firmly on the resistance knob to engage the emergency brake and bring the flywheel to an immediate stop.

Figure 5.1: The red resistance knob allows for micro-adjustments from easy (0-25% for warm-up) to hard (80-100% for stabilizing muscle), providing a realistic riding experience. Pushing down on the knob activates the emergency stop.

5.2 Using the LCD Monitor

The integrated LCD monitor tracks your workout data in real-time:

- **Time:** Duration of your workout.
- **Speed:** Current cycling speed.
- **Distance:** Total distance covered during the session.
- **Calories:** Estimated calories burned.
- **Odometer:** Total accumulated distance.
- **Pulse:** Heart rate (if connected to compatible sensors, not explicitly stated but implied by "pulse" on monitor).

Use the MODE button on the monitor to cycle through display functions or hold it to reset values.



Figure 5.2: The LCD monitor displays key workout metrics such as time, speed, distance, calories, odometer, and pulse, helping users track progress and adjust their exercise plan. A tablet mount is also visible for entertainment or fitness apps.

5.3 Multi-Grip Handlebar

The handlebar offers multiple grip positions to target different muscle groups and enhance comfort during various riding styles:

- **Position A (Top Grip):** Ideal for upright riding and warm-ups.
- **Position B (Middle Grip):** Suitable for seated climbs and moderate intensity.
- **Position C (Lower Grip):** Best for aggressive riding, standing sprints, and high-intensity intervals.



Figure 5.3: This image demonstrates the three primary multi-grip positions (A, B, C) on the handlebar, allowing for varied training and comfort during different phases of a workout.

6. ADJUSTMENTS

Proper adjustment of the seat and handlebars is crucial for comfort, safety, and effective workouts.

6.1 Seat Adjustment

- **Height:** Loosen the vertical adjustment knob on the seat post. Raise or lower the seat until your leg has a slight bend at the knee when the pedal is at its lowest point. Tighten the knob securely.
- **Fore/Aft:** Loosen the horizontal adjustment knob beneath the seat. Slide the seat forward or backward until your knee is directly above the pedal spindle when the pedals are horizontal. Tighten the knob securely.

6.2 Handlebar Adjustment

- **Height:** Loosen the vertical adjustment knob on the handlebar post. Raise or lower the handlebars to a comfortable height that allows for a relaxed posture without straining your back or shoulders. Tighten the knob securely.

6.3 Pedal Strap Adjustment

The toe-caged pedals feature adjustable straps to secure your feet:

- Place your foot into the pedal cage.

- Pull the strap to tighten it snugly over your foot, ensuring your foot is secure but not uncomfortably tight.
- To release, push the buckle to loosen the strap.

7. MAINTENANCE

Regular maintenance will prolong the life of your CHAOKE Indoor Cycling Bike and ensure optimal performance.

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Lubrication:** The belt drive system is maintenance-free and does not require lubrication. However, periodically check and lubricate any moving parts like adjustment posts if they become stiff.
- **Tightness Check:** Periodically inspect all bolts, nuts, and connections to ensure they are secure. Tighten any loose components.
- **Brake Pad:** The friction resistance system uses a brake pad. If the resistance feels inconsistent or the brake pad wears down, replacement may be necessary. Contact customer support for replacement parts.

8. TROUBLESHOOTING

Problem	Possible Cause	Solution
Bike is unstable or wobbles.	Loose bolts; uneven floor.	Ensure all assembly bolts are tightened. Adjust the leveling feet on the stabilizers to compensate for uneven surfaces.
Squeaking or grinding noise during operation.	Loose components; friction pad issue; lack of lubrication on non-belt parts.	Check and tighten all connections. If the noise persists from the flywheel area, inspect the friction pad for wear. Apply a small amount of silicone lubricant to moving parts if necessary (avoiding the belt).
LCD monitor not displaying data.	Loose sensor cable; dead batteries.	Check that the sensor cable is securely connected to the monitor and the bike frame. Replace the batteries in the LCD monitor.
Resistance adjustment is not effective.	Friction pad worn out or misaligned.	Inspect the friction pad. If it appears worn, contact customer support for a replacement. Ensure the resistance knob mechanism is functioning correctly.

9. SPECIFICATIONS

Brand: CHAOKE

Model Name: OR8704

Special Feature: Digital Display

Color: Orange

Power Source: Battery Powered (for monitor)

Recommended Uses: Indoor Cardio Workout Training

Item Weight: 63 Pounds

Material: Alloy Steel

Resistance Mechanism: Friction

Product Dimensions (LxWxH): 35"D x 20"W x 45"H

Maximum Weight Recommendation: 300 Pounds

Handle Material: EVA Foam

Minimum User Height: 4.8 Feet

Maximum User Height: 6.1 Feet

Number of Resistance Levels: 100 (micro-adjustable)

Drive System: Belt Drive

UPC: 757611400964, 757611400933, 757611888212, 757611400926

10. WARRANTY AND SUPPORT

CHAOKE offers a comprehensive warranty and customer support for your indoor cycling bike:

- Return and Exchange:** Enjoy a one-month free return and exchange guarantee from the date of purchase.
- Accessories Replacement:** We promise one year of free accessories replacement for any manufacturing defects or issues.
- Customer Service:** For any questions, concerns, or to request replacement parts, please contact our customer service team. Refer to the contact information provided on the product packaging or the official CHAOKE website.

Meeting customer needs is our service tenet. It is our pleasure to serve you.