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VIGBODY B0CGTPCZCH

VIGBODY Exercise Bike User Manual

MODEL: B0CGTPCZCH

Your guide to assembly, operation, and maintenance.

Introduction

Thank you for choosing the VIGBODY Exercise Bike. This manual provides essential information for the safe and efficient use of your new fitness equipment. Please read it thoroughly before assembly and operation, and retain it for future reference.



Figure 1: VIGBODY Exercise Bike. This image displays the complete VIGBODY stationary exercise bike, highlighting its robust frame, flywheel, pedals, seat, and multi-grip handlebars with an integrated device holder.

Important Safety Information

- Consult a physician before starting any exercise program.
- Ensure all bolts and nuts are securely tightened before each use.
- Keep children and pets away from the equipment during operation.
- Place the exercise bike on a flat, stable surface.
- Wear appropriate exercise attire and footwear.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- The maximum user weight capacity for this bike is 350 pounds.

Setup and Assembly

The VIGBODY Exercise Bike is designed for straightforward assembly. All necessary tools are included in the package. For detailed visual guidance, an online instruction video is available.

1. **Unpacking:** Carefully remove all components from the packaging. Verify that all parts listed in the assembly manual are present.
2. **Base Stabilization:** Attach the front and rear stabilizer bars to the main frame. Ensure they are securely fastened. The bike features floor levelers to adapt to uneven surfaces.
3. **Pedal Installation:** Identify the left (L) and right (R) pedals. Thread the left pedal counter-clockwise and the right pedal clockwise into their respective crank arms. Tighten firmly.
4. **Seat and Handlebar Post Installation:** Insert the seat post and handlebar post into the main frame. Do not tighten fully yet, as adjustments will be made during operation setup.
5. **Handlebar and Monitor Attachment:** Secure the multi-grip handlebar to its post. Attach the LCD monitor to the designated slot on the handlebar post and connect any necessary sensor cables.
6. **Final Checks:** Once assembled, double-check all bolts and connections to ensure they are tight and secure.



Figure 2: Moving the Exercise Bike. This image demonstrates how to tilt and move the VIGBODY exercise bike using its integrated transport wheels, making it easy to reposition within a room.

Operating Instructions

Adjusting Seat and Handlebar

Proper adjustment of the seat and handlebar is crucial for comfort and effective exercise. The VIGBODY bike accommodates users from 4'5" to 6'2" tall.

- **Seat Adjustment:** The seat offers 7 levels of vertical adjustment (inseam height 31.8-38.5 inches). Loosen the adjustment knob, slide the seat to the desired height, and re-tighten securely. The seat can also be adjusted horizontally.
- **Handlebar Adjustment:** The handlebar provides 5 levels of vertical adjustment (height 43.6-47.3 inches). Loosen the adjustment knob, raise or lower the handlebar to a comfortable position, and re-tighten.



Fully Adjustable, Suitable For Family Use

- ✓ 7 levels adjustable seat
- ✓ 5 levels adjustable handrall
- ✓ For Users, 4.5 Feet To 6.5 Feet



Figure 3: Adjustable Components. This image illustrates the adjustable seat and handlebar of the VIGBODY exercise bike, showing the range of height adjustments for both components to accommodate various user heights.

Resistance Control

The bike features an adjustable resistance rotary knob to simulate different terrains and intensity levels.

- **Increasing Resistance:** Turn the rotary knob clockwise to increase the resistance.
- **Decreasing Resistance:** Turn the rotary knob counter-clockwise to decrease the resistance.
- **Emergency Stop:** Press down firmly on the resistance bar to engage the emergency brake and stop the flywheel immediately.

Digital Monitor Functions

The integrated LCD monitor tracks your workout data, helping you monitor progress.



Functional Digital Monitor & Holders



SPEED



CAL



TIME



DIST



ODO



Figure 4: Digital Monitor and Handlebar. This image highlights the digital monitor displaying workout metrics and the multi-grip handlebar, indicating different hand positions for various riding modes like climbing, off-road, and flatland.

- **TIME:** Displays the duration of your current workout.
- **SPEED:** Shows your current cycling speed.
- **DISTANCE:** Tracks the distance covered during your session.
- **CALORIES:** Estimates the calories burned during your workout.
- **ODOMETER:** Records the total accumulated distance.
- **SCAN:** Cycles through all functions automatically.

Refer to the monitor's specific instructions for details on resetting values and mode selection.

Pedals and Device Holder

- **Pedals:** The cage pedals feature adjustable straps to secure your feet, preventing slipping during intense workouts. Adjust the straps for a snug fit.

- **Device Holder:** An integrated holder is provided for your iPad or phone, allowing you to enjoy entertainment or follow workout programs while exercising.
- **Water Bottle Holder:** A convenient holder is included to keep your water bottle within reach for hydration during your workout.



Upgraded Cushions

Ergonomic seat cushion to make you feel more comfortable and breathable when you use it



Comfortable Material



Large Area



Breathable



High Elasticity



Comfortable Bike Seat
More comfortable



Shock absorption spring dual
Safe & Prevent pinching



Figure 5: Upgraded Seat Cushion. This image details the ergonomic design of the VIGBODY exercise bike's seat cushion, emphasizing its comfortable material, large area, breathability, high elasticity, and shock absorption features for enhanced user comfort.

Maintenance

Regular maintenance ensures the longevity and safe operation of your VIGBODY Exercise Bike.

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.

- **Belt System:** The bike features a belt-driven system designed for quiet and smooth operation with minimal maintenance. No lubrication is typically required for the belt.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures.



Figure 6: Silent Operation. This image highlights the VIGBODY exercise bike's silent riding features, including a quiet belt drive system and silent brake mechanism, ensuring minimal noise during use.

Troubleshooting

If you encounter any issues with your VIGBODY Exercise Bike, refer to the following common solutions:

- **Bike is unstable:** Ensure the bike is on a flat surface. Adjust the floor levelers on the stabilizer bars until the bike is stable.
- **Squeaking or grinding noise:** Check all bolts and nuts for tightness, especially around the pedals, crank arms, and flywheel. Ensure no foreign objects are interfering with moving parts.
- **Monitor not displaying data:** Check the battery in the LCD monitor. Ensure all sensor cables are securely connected.

- **Resistance not changing:** Verify that the resistance rotary knob is functioning correctly and the resistance mechanism is properly engaged with the flywheel.

For issues not covered here, or if problems persist, please contact VIGBODY customer support.

Specifications

Feature	Detail
Brand	VIGBODY
Model	B0CGTPCZCH
Material	Alloy Steel
Resistance Mechanism	Friction
Product Dimensions (LxWxH)	38.5"D x 21.1"W x 47.6"H
Item Weight	66.8 Pounds
Maximum Weight Recommendation	350 Pounds
Adjustable Seat Levels	7
Adjustable Handlebar Levels	5
Special Features	Adjustable, Distance Travelled Monitor, Water Bottle Holder, iPad Holder

Warranty and Customer Support

VIGBODY stands behind the quality of its products. Your VIGBODY Exercise Bike comes with a **2-month parts replacement warranty**.

For any questions, concerns, or warranty claims, please contact our customer service team. We aim to respond to all inquiries within 24 hours.

How to Contact Support:

- Log in to your Amazon account.
- Navigate to "Your Orders".
- Locate the order ID for your VIGBODY Exercise Bike.
- Click on "Contact Seller".

Additionally, factory engineer video guidance is available for professional assistance with assembly or operational queries.