

[Manuals.plus](#) /

› [Bonvork](#) /

› Bonvork Professional Exercise Bike - User Manual

Bonvork B0CJTXCCN2

Bonvork Professional Exercise Bike User Manual

Model: B0CJTXCCN2

1. IMPORTANT SAFETY INFORMATION

Please read this entire manual before assembling or operating your Bonvork Professional Exercise Bike. Keep this manual for future reference. Failure to follow these instructions can result in serious injury or damage to the product.

- Consult your physician before starting any exercise program.
- Ensure all parts are securely fastened before each use.
- Keep children and pets away from the exercise bike during operation.
- The maximum user weight capacity for this exercise bike is 160 kg (350 lbs). Do not exceed this limit.
- Place the exercise bike on a flat, stable surface.
- Wear appropriate exercise clothing and footwear.

ADJUSTABLE SEAT & HANDLE WITH TWO DIFFERENT SEATS

Suit for all family member



The Bonvork Professional Exercise Bike features a full-covered flywheel designed to enhance safety by preventing accidental contact, protecting both users and bystanders, including children and pets, from potential injury during operation.

The fully covered body design and flywheel prevent sweat infiltration and corrosion of vital components, while also offering increased protection against accidental injuries.

2. PRODUCT OVERVIEW

The Bonvork Professional Exercise Bike is designed for indoor fitness, offering a smooth and quiet workout experience with advanced features.

Key Features:

- **Durable Pedals:** Constructed from aluminum alloy for enhanced durability and resistance to breakage. Features toe cages and adjustable straps for a secure fit.
- **Advanced Resistance System:** Equipped with an 18KG flywheel and 3,000 gauss magnets, providing 100 micro-adjustable levels of magnetic resistance for a smooth and realistic cycling experience.
- **Adjustable Comfort:** Features a 6-position adjustable non-slip handlebar and a 12-position adjustable seat.

Includes both wide and narrow cushions to accommodate various users.

- **App Compatibility:** Supports popular fitness applications such as Kinomap, Zwift, and Fitshow via Bluetooth connectivity.
- **Quiet Operation:** Magnetic resistance and a belt drive system ensure a fluid and silent workout, minimizing disturbance.
- **Enhanced Stability:** Built with commercial-grade steel tubing and a triangular structure, supporting up to 160 kg (350 lbs) for superior stability and safety.

100 MICRO-ADJUSTABLE MAGNETIC RESISTANCE

From easy to hard



For Beginners to Pro cyclist



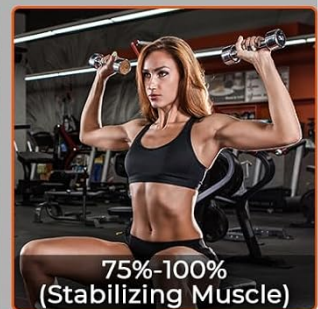
0-25%
(Warm-up)



25%-50%
(Cardio Workout)



50%-75%
(Improve Endurance)



75%-100%
(Stabilizing Muscle)

The image displays the robust aluminum alloy pedal, designed for durability and secure foot placement during exercise. It features a toe cage and adjustable strap to ensure the rider's feet remain stable, preventing slippage and enhancing safety and efficiency during workouts.

3. SETUP AND ASSEMBLY

While specific assembly steps are not detailed here, the exercise bike typically requires minimal assembly. Please refer to the separate assembly guide included in your product packaging for detailed instructions.

General Assembly Steps (Refer to detailed guide):

1. Unpack all components and verify against the parts list.
2. Attach the front and rear stabilizers to the main frame.
3. Install the pedals, ensuring they are tightened correctly (left pedal is reverse threaded).
4. Mount the seat post and seat, then adjust to your preferred height.
5. Attach the handlebar post and handlebars, then adjust for comfort.
6. Connect any console cables if applicable.

Adjusting Seat and Handlebar:

The exercise bike offers extensive adjustability to fit various user heights (recommended height: 146cm - 183cm).

- **Seat Adjustment:** Loosen the adjustment knob below the seat post. Slide the seat up or down (12 positions) and forward or backward to find your optimal riding position. Tighten the knob securely.
- **Handlebar Adjustment:** Loosen the adjustment knob on the handlebar post. Raise or lower the handlebars (6 positions) to a comfortable height. Tighten the knob securely.



This image highlights the adjustable features of the Bonvork exercise bike, including a handlebar with 6 height levels and a seat with

12 height levels, accommodating users from 146cm to 183cm. The bike also supports a maximum weight capacity of 160 kg (350 lbs), ensuring a customizable and comfortable fit for various family members.

4. OPERATING INSTRUCTIONS

Resistance Adjustment:

The Bonvork exercise bike features 100 micro-adjustable magnetic resistance levels, suitable for all fitness levels from beginner to professional.

- **Increase Resistance:** Turn the resistance knob clockwise to increase the intensity of your workout.
- **Decrease Resistance:** Turn the resistance knob counter-clockwise to decrease the intensity.
- **Emergency Stop:** Press down firmly on the resistance knob to engage the emergency brake and stop the flywheel immediately.



This image illustrates the 100 micro-adjustable magnetic resistance system, controlled by a central knob that can be turned to adjust intensity from easy to hard. Pushing the knob down activates the emergency stop. The diagram also suggests resistance ranges for different workout types: 0-25% for warm-up, 25-50% for cardio, 50-75% for endurance improvement, and 75-100% for muscle stabilization.

Using the LCD Display:

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

- The display typically shows metrics such as time, speed, distance, calories burned, and possibly pulse (if a sensor is present).
- Refer to the separate LCD display manual for detailed instructions on specific functions and settings.

App Connectivity (Bluetooth):

Enhance your workout experience by connecting your exercise bike to popular fitness apps.

1. Download a compatible fitness app (e.g., Kinomap, Zwift, Fitshow) on your tablet or smartphone.
2. Place your device securely on the integrated holder.
3. Ensure Bluetooth is enabled on your device.
4. Open the fitness app and follow its instructions to connect to your Bonvork exercise bike via Bluetooth.
5. Once connected, the app will track and analyze your workout data, such as distance, calories burned, and more.

Note: Batteries for the LCD display are not included and must be purchased separately.

5. 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 or solvents.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness. Tighten any loose components immediately.
- **Lubrication:** The magnetic resistance system and belt drive are generally low-maintenance and do not require lubrication.
- **Storage:** Store the exercise bike in a dry, cool place away from direct sunlight and extreme temperatures.

6. TROUBLESHOOTING

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

- **Bike is unstable:** Ensure the bike is placed on a flat surface. Adjust the leveling feet on the stabilizers if necessary.
- **Resistance not changing:** Check if the resistance knob is functioning correctly. Ensure no debris is obstructing the magnetic mechanism.
- **Squeaking or unusual noises:** Inspect all bolted connections for tightness. Ensure pedals are securely fastened. The belt drive system is designed for quiet operation; persistent noise may indicate a need for professional inspection.
- **LCD display not working:** Check if batteries are installed correctly and have sufficient charge. Replace batteries if needed. Ensure all display cables are securely connected.
- **App connectivity issues:** Ensure Bluetooth is enabled on your device and the bike. Try restarting both the app and your device. Make sure the app is updated to the latest version.

If problems persist, please contact Bonvork customer support for assistance.

7. SPECIFICATIONS

Brand	Bonvork
Model	B0CJTXCCN2
Color	Black
Material	Metal
Resistance Mechanism	Magnetic
Flywheel Weight	18 KG
Power Source	Pedal-powered (non-electric)
Recommended Use	Indoor
Item Weight	38.9 Kilograms
Product Dimensions (Approx. Assembled)	106 cm (L) x 52.5 cm (W) x 107.4 cm (H) / 41.7" (L) x 20.7" (W) x 42.3" (H)
Maximum User Weight	160 kg (350 lbs)
Special Features	Adjustable LCD display, App compatible, Robust construction, Full-covered flywheel

8. WARRANTY AND SUPPORT

Bonvork is committed to providing high-quality products and excellent customer service.

- **Warranty:** Your Bonvork Professional Exercise Bike comes with a 365-day satisfaction guarantee.
- **Customer Service:** For any inquiries, technical support, or warranty claims, please contact Bonvork customer service. All inquiries will receive a response within 24 hours.

Please retain your proof of purchase for warranty purposes.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question

Open the live page

<https://manuals.plus/asin/B0CJTXCCN2>

More documents and user manuals: <https://manuals.plus/>