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KALWOL 5-in-1 Foldable Stationary Bike

KALWOL 5-in-1 Folding Exercise Bike User Manual

Model: 5-in-1 Foldable Stationary Bike

1. Product Overview

The KALWOL 5-in-1 Folding Exercise Bike is a versatile fitness machine designed for home use. It offers multiple exercise positions and features an upgraded 16-level magnetic resistance system for varied workout intensities. The bike is engineered for quiet operation and constructed with durable alloy steel to support users up to 350 lbs.

- **5-in-1 Multifunction:** Supports upright, recumbent, arm exercise, and leg training positions.
- **16-Level Magnetic Resistance:** Provides a wide range of intensity for different fitness levels and goals.
- **Quiet Operation:** Designed to operate at less than 10 dB, minimizing noise during use.
- **Durable Construction:** Made with thickened 2mm high-carbon alloy steel, supporting a maximum weight capacity of 350 lbs.
- **Ergonomic Design:** Suitable for users with heights ranging from 4'4" to 6'6".



Figure 1: KALWOL 5-in-1 Folding Exercise Bike in an upright position with a user exercising.

Figure 2: Illustration of the five exercise modes: Relax Ride, Recumbent Ride, Leg Stretch, Arm Training, and Competitive Ride. Also indicates suitable user height from 4'4" to 6'6".

2. Setup and Assembly

The KALWOL Folding Exercise Bike arrives 80% pre-assembled. The average assembly time is approximately 20 minutes. Detailed installation instructions are included in the packaging to guide you through the process.

2.1 Adjusting Bike Modes

To adjust the bike's mode (e.g., from upright to recumbent), use the newly designed elastic bolt. Gently lift the front frame and pull out the bolt. The bolt will automatically lock into the desired gear for the selected mode. This mechanism eliminates the need to unscrew a nut.

2.2 Storage and Transport

When not in use, the bike can be fully folded to occupy a compact area of 1.99 sq ft. It is equipped with transport wheels for easy movement within your home.

Figure 3: The three main states of the bike: Recumbent (34.55 inches), X-Type (27.95 inches), and Folded (14.17 inches). The U-shaped controller facilitates easy adjustment between modes.

3. Operating Instructions

3.1 LCD Monitor

The large-sized LCD display tracks six vital exercise data points:

- **Distance:** Total distance covered during your workout.
- **Calories:** Estimated calories burned.
- **Pulse:** Your heart rate, measured via integrated sensors.
- **Time:** Duration of your exercise session.
- **Speed:** Current cycling speed.
- **Odometer:** Total accumulated distance.

The monitor also includes a mobile device holder, positioned to not obstruct the LCD display, allowing simultaneous viewing of exercise data and your device screen.

Figure 4: The LCD monitor displaying real-time exercise data, including speed, time, calories, and odometer. Heart rate tracking and a mobile device holder are also visible.

3.2 Adjusting Magnetic Resistance

The bike features an upgraded 16-level adjustable magnetic resistance system. Rotate the tension control knob, located below the handlebars, to increase or decrease the resistance. Levels 1-4 are suitable for warm-up, 5-8 for fat loss, 9-13 for building endurance, and 14-16 for strengthening muscles.

Figure 5: The tension control knob for adjusting the 16 levels of magnetic resistance. Suggested resistance ranges for different workout intensities are shown.

3.3 Seat and Backrest Adjustment

The bike is equipped with an extra soft cushion and a comfortable backrest for user comfort. The cushion height can be adjusted to accommodate various user heights. Cushioned armrests are also provided.

Figure 6: Details of the comfortable and elastic cushion, cushioned armrest, and backrest designed to protect the spine. The image also indicates adjustable cushion height.

3.4 Quiet Operation

The exercise bike utilizes a high-quality flywheel and a braided rope system to minimize friction and noise, resulting in a noise level of less than 10 dB during use.

Figure 7: Demonstrates the quiet operation of the exercise bike, with a user exercising and a cat sleeping undisturbed in the background.

4. 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.
- **Check Connections:** Periodically inspect all bolts, nuts, and moving parts to ensure they are securely fastened. Tighten any loose components.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures.

5. Troubleshooting

If you encounter any issues with your KALWOL exercise bike, please refer to the following general troubleshooting tips:

- **Unusual Noises:** Check for any loose parts or obstructions around the flywheel and pedal area. Ensure all connections are tight.
- **Resistance Issues:** Verify that the tension control knob is functioning correctly and that the magnetic resistance system is free from obstructions.
- **LCD Monitor Not Displaying:** Check battery installation and ensure all cables are securely connected.

For persistent issues or technical support, please contact KALWOL customer service as described in the Warranty and Support section.

6. Specifications

Feature	Detail
Product Dimensions	106.7D x 50.8W x 106.7H Centimetres (42 x 20 x 42 inches)
Item Weight	19.4 kg (42.77 lbs)
Maximum Weight Capacity	350 Pounds
Material	Alloy Steel
Resistance Mechanism	Magnetic, 16 Levels
Drive System	Belt
Display Type	LCD
Meter Functions	Calories Burned, Distance, Pulse, Speed, Time, Odometer
Power Source	Battery Powered
Special Features	Less than 10DB Near-silent Riding, 5-in-1 Multifunction, One-hand Adjust Bike Mode
Recommended Uses	Home use, Indoor use, Apartment use, Office use

Figure 8: Highlights the thickened alloy steel material used in the bike's construction, ensuring stability and durability, with a maximum load capacity of 350 lbs.

7. Warranty and Support

KALWOL provides a 12-month warranty for free parts replacement.

For any questions or support needs, please contact customer service through your Amazon account:

1. Log in to your Amazon account.
2. Navigate to "Your orders".
3. Find the order ID for your KALWOL exercise bike.
4. Click on the "Seller name".
5. Click "Ask a question".

Customer service typically responds within 12 hours.

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