**Saved from manuals.plus.**
**Open the live page for links to other documents and user manuals.**



## KALWOL B0CQ2R2S5S

# KALWOL Exercise Bike User Manual

Model: B0CQ2R2S5S

## 1. Important Safety Information

Please read all instructions carefully before using the KALWOL Exercise Bike. Retain this manual for future reference.

- Consult a physician before beginning any exercise program.
- Keep children and pets away from the equipment during use.
- Place the exercise bike on a flat, stable surface. Ensure adequate clearance around the bike.
- Inspect the bike for loose or worn parts before each use. Do not use if damaged.
- Wear appropriate exercise attire and footwear.
- Do not exceed the maximum weight capacity of 330 pounds (150 kg).
- Adjust the seat and handlebars to a comfortable and safe position before starting your workout.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

## 2. Package Contents

Verify all components are present before assembly:

- Main Frame Assembly
- Handlebar Assembly with LCD Monitor
- Seat and Backrest
- Pedals (Left and Right)
- Front and Rear Stabilizers
- Hardware Kit (bolts, washers, nuts, tools)
- User Manual



Figure 2.1: All components included in the package.

## 3. Setup and Assembly

The KALWOL Exercise Bike is designed for quick and easy assembly, with approximately 80% of the unit pre-assembled. The average assembly time is 20 minutes.

1. **Unpack and Identify Parts:** Carefully remove all components from the packaging. Lay them out and compare with the "Package Contents" section to ensure nothing is missing.
2. **Attach Stabilizers:** Secure the front and rear stabilizer bars to the main frame using the provided bolts and tools. Ensure they are tightened securely for stability.
3. **Install Pedals:** Attach the left and right pedals to their respective crank arms. Note that the left pedal (marked 'L') has a reverse thread. Tighten firmly to prevent loosening during use.
4. **Mount Seat and Backrest:** Slide the seat post into the main frame and secure it at your desired height using the adjustment knob. Attach the backrest to the seat assembly. The seat offers 7 levels of adjustable height.




Figure 3.1: Securing the seat post.

5. **Attach Handlebar and Monitor:** Connect the handlebar assembly to the main frame. Ensure all cables for the LCD monitor and heart rate sensors are properly connected. Secure the monitor to the handlebar.




Figure 3.2: Connecting the monitor cables during handlebar assembly.

6. **Final Check:** Before first use, double-check all bolts and connections to ensure they are tight and secure.

## 4. Operating Instructions

### 4.1 Getting Started

Position the bike on a level surface. Adjust the seat height to ensure a comfortable and effective pedaling position. Your knees should have a slight bend at the bottom of the pedal stroke.




Figure 4.1: The KALWOL Exercise Bike ready for use.

## 4.2 Adjusting Resistance

The KALWOL Exercise Bike features an upgraded 10-level adjustable magnetic resistance system. To increase or decrease the workout intensity, turn the resistance knob located on the main frame. Turn clockwise to increase resistance and counter-clockwise to decrease it. This system ensures an ultra-smooth and quiet exercise experience with noise levels below 10 decibels.




Figure 4.2: Resistance adjustment knob with 10 levels.

## 4.3 Using the LCD Monitor

The large-screen LCD monitor displays real-time exercise data. It includes built-in sensors to accurately show:

- **TIME:** Duration of your workout.
- **COUNT:** Number of rotations.
- **DISTANCE:** Distance covered during your workout.
- **SPEED:** Current speed.
- **CALORY:** Estimated calories burned.
- **PULSE:** Your heart rate (measured by sensors on handlebars).

Use the "MODE" button to cycle through display functions. The monitor also features a phone/tablet holder that does not obstruct the display, allowing you to view your data and entertainment simultaneously.




Figure 4.3: LCD Monitor with real-time data feedback.

## 4.4 Folding and Storage

The KALWOL Exercise Bike is designed to be foldable for easy storage. To fold the bike, locate the folding mechanism (usually a pin or knob near the base of the main frame) and release it. Carefully fold the bike until it is in its compact storage position. The smooth rolling wheels allow for easy movement and storage in compact spaces.

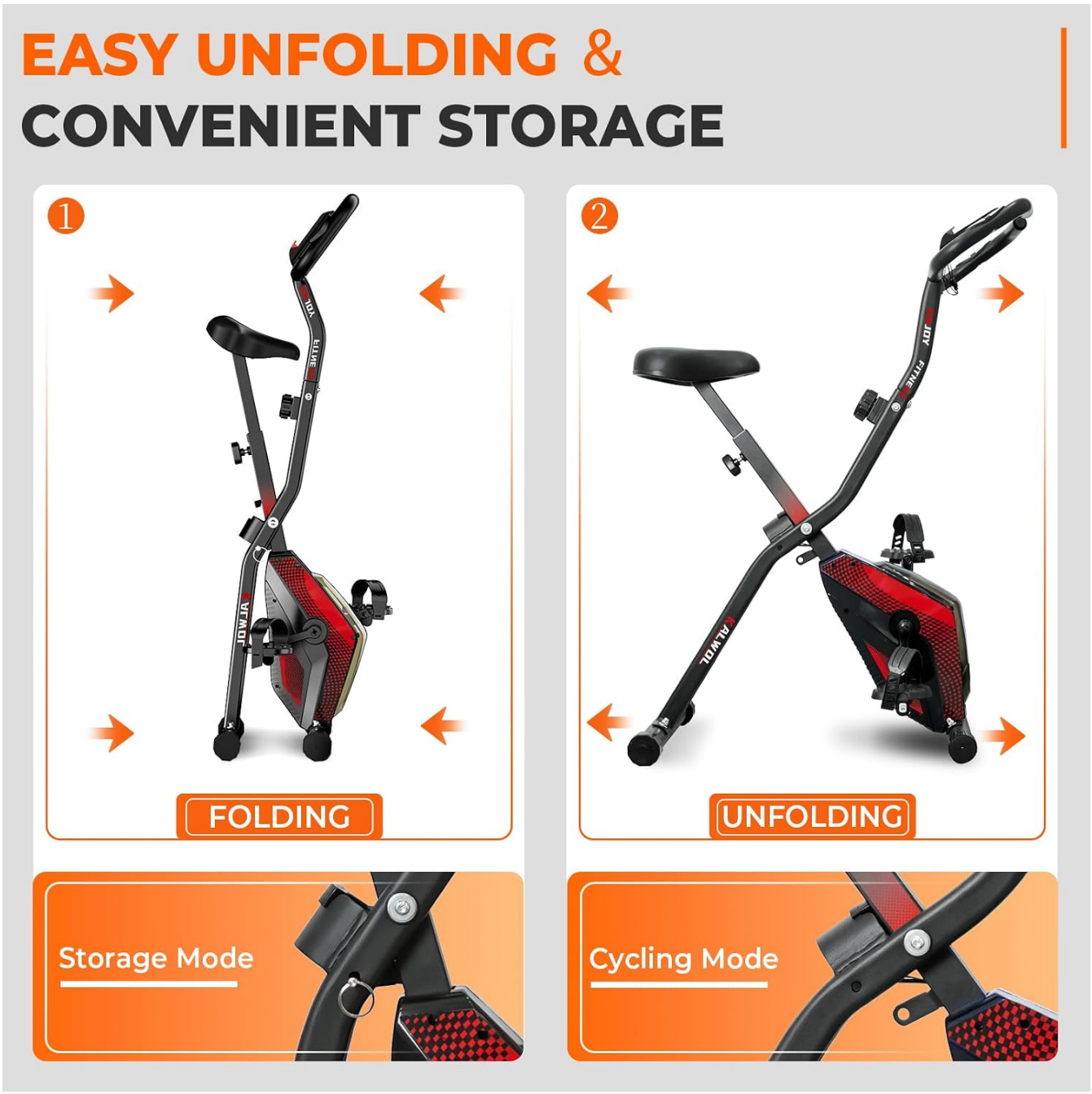



Figure 4.4: Easy unfolding and convenient storage.

## 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.
- **Lubrication:** Periodically check moving parts for smooth operation. Lubricate as needed with a silicone-based lubricant, avoiding the magnetic resistance mechanism.
- **Tighten Fasteners:** Regularly inspect all bolts, nuts, and screws. Tighten any loose fasteners to maintain stability and prevent noise.
- **Pedal Inspection:** Check pedals for any signs of wear or loosening. Ensure they are securely attached to the crank arms.

## 6. Troubleshooting

If you encounter issues with your KALWOL Exercise Bike, refer to the following common problems and solutions:

| Problem | Possible Cause | Solution |
|---|---|---|

| Problem | Possible Cause | Solution |
|---|---|---|
| Bike is unstable or wobbly. | Loose bolts or uneven surface. | Ensure all assembly bolts are tightened. Place the bike on a level surface. |
| Pedals are loose or making noise. | Pedals not tightened correctly or worn threads. | Re-tighten pedals, ensuring the left pedal is reverse-threaded. If threads are stripped, contact customer service for replacement parts. |
| Squeaking or knocking sound during use. | Loose components, lack of lubrication, or internal issue. | Check and tighten all visible bolts. Apply silicone lubricant to moving joints. If noise persists, contact customer service. |
| LCD monitor not displaying data. | Loose cable connection or dead batteries. | Check that all monitor cables are securely connected. Replace the AAA batteries in the monitor. |
| Resistance not changing or inconsistent. | Resistance cable issue or internal mechanism. | Ensure the resistance cable is properly connected and not kinked. If the issue continues, contact customer service. |

## 7. Specifications

| Feature | Detail |
|---|---|
| Brand | KALWOL |
| Model | B0CQ2R2S5S |
| Material | Alloy Steel (2mm thickened high-carbon steel frame) |
| Color | Black |
| Resistance Mechanism | Magnetic |
| Number of Resistance Levels | 10 |
| Drive System | Belt |
| Maximum Weight Recommendation | 330 Pounds (150 kg) |
| Product Dimensions (D x W x H) | 46"D x 35"W x 19"H (116.8cm D x 88.9cm W x 48.3cm H) |
| Adjustable Seat Height | 7 levels |
| Special Features | Foldable design, LCD monitor with heart rate sensor, near-silent operation (<10dB) |
| Power Source (Monitor) | Battery Powered |

## 8. Warranty and Support

KALWOL is committed to providing excellent customer service. We offer a 12-month free parts replacement service. Our dedicated 50+ person after-sales service team is ready to assist you with any inquiries or issues.
For support, please contact KALWOL customer service via the contact information provided on our official website or your purchase platform.

© 2024 KALWOL. All rights reserved.

## 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/B0CQ2R2S5S**

More documents and user manuals: **https://manuals.plus/**