

Wenoker JC303

Wenoker JC303 Indoor Cycling Bike User Manual

Model: JC303

1. INTRODUCTION

Thank you for choosing the Wenoker JC303 Indoor Cycling Bike. This manual provides essential information for the safe assembly, operation, and maintenance of your new exercise equipment. Please read this manual thoroughly before using the bike and keep it for future reference.

2. IMPORTANT SAFETY INFORMATION

- Consult your physician before starting any exercise program.
- Keep children and pets away from the equipment during use.
- Place the bike on a flat, stable surface with adequate clearance around it.
- Inspect the bike for loose parts or damage before each use. Do not use if damaged.
- Wear appropriate exercise clothing and footwear. Avoid loose clothing that could get caught.
- Do not exceed the maximum user weight of 140 kg (308 lbs).
- 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.
- Ensure all bolts and nuts are securely tightened after assembly and check periodically.

3. PACKAGE CONTENTS

Upon opening the package, verify that all components are present and undamaged. If any parts are missing or damaged, please contact customer support.



Figure 3.1: The Wenoker JC303 Exercise Bike is securely packaged in a cardboard box, displaying the brand and model number.

The package typically includes the main frame, handlebars, seat, pedals, front and rear stabilizers, an LCD monitor, a tablet holder, and an assembly toolkit with necessary bolts and wrenches.

4. SETUP AND ASSEMBLY

Assembly of the Wenoker JC303 Indoor Cycling Bike is designed to be straightforward and can typically be completed within 30 minutes. An online instruction video is available to guide you through the process. Please ensure you have enough space and all parts before beginning.

4.1 Assembly Steps Overview

1. Attach the front and rear stabilizers to the main frame.
2. Install the pedals, ensuring they are tightened correctly (left pedal counter-clockwise, right pedal clockwise).
3. Mount the seat post and seat, adjusting to your preferred height.
4. Install the handlebar post and handlebars, adjusting for comfort.
5. Connect the LCD monitor and attach the tablet holder.

VOLLSTÄNDIG EINSTELLBAR, UM DEN MEISTEN MENSCHEN ZU PASSEN

Ein Fahrrad ist für die ganze Familie
geeignet



Figure 4.1: The bike features adjustable handlebars and seat to accommodate various user heights, with recommended user height between 140cm and 185cm.

After assembly, double-check all connections and ensure the bike is stable before first use.

5. OPERATING INSTRUCTIONS

5.1 Adjusting Seat and Handlebars

The Wenoker JC303 offers personalized adjustments for optimal comfort and performance:

- **Seat Adjustment:** The padded seat can be adjusted 4 ways (up/down, forward/backward) to fit inner leg heights from 60 cm to 88 cm. Loosen the adjustment knob, slide the seat to the desired position, and tighten the knob securely.
- **Handlebar Adjustment:** The non-slip handlebars are 2-way adjustable (up/down). Loosen the adjustment knob, raise or lower the handlebars, and tighten the knob firmly.

5.2 Using the LCD Monitor

MULTIFUNKTION LCD MONITOR

Passen Sie Ihren Trainingsplan an und verfolgen Sie Ihre Trainingsdaten in Echtzeit



Figure 5.1: The multi-functional LCD monitor displays key workout data, helping users track progress.

The multi-functional digital display tracks your workout data:

- **Time:** Duration of your workout.
- **Speed:** Current cycling speed.
- **Calories:** Estimated calories burned.
- **Distance:** Distance covered during your session.
- **Scan:** Cycles through all metrics automatically.

Use the MODE button to select specific display functions or activate the scan mode. The SET button may be used for resetting values or making adjustments depending on the monitor model.

5.3 Adjusting Resistance and Emergency Stop

UNBEGRENZTE MIKROWIDERSTAND EINSTELLUNGSGRAD

Echtes Fahrerlebnis von
flach bis berg



0-25%

Aufwärmen



25-50%

Körperformung



50-80%

Fettverbrennung



80-100%

Stärkung der Muskulatur

Figure 5.2: The resistance knob allows for precise control over workout intensity and doubles as an emergency stop button.

The bike features a magnetic resistance mechanism with 7 levels of resistance:

- **Resistance Adjustment:** Turn the knob clockwise to increase resistance and counter-clockwise to decrease it. This allows you to simulate various terrains, from flat roads to uphill climbs.
- **Emergency Stop:** Press the same knob down firmly to quickly and safely bring the flywheel to a complete stop. This is a crucial safety feature.

5.4 Tablet Holder

The integrated tablet holder securely accommodates mobile devices, allowing you to enjoy entertainment or follow guided workouts during your exercise session.

6. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your Wenoker JC303 Indoor Cycling Bike.

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners

or solvents.

- **Check Connections:** Periodically check all bolts, nuts, and screws to ensure they are tight. Loose connections can affect stability and safety.
- **Lubrication:** The belt drive system is generally low-maintenance. If you notice any unusual noises from moving parts, consult the manufacturer's guidelines or contact support before applying lubricants.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures.

7. TROUBLESHOOTING

If you encounter any issues with your Wenoker JC303, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
LCD Monitor not displaying	Batteries are dead or incorrectly installed. Loose connection.	Replace batteries. Check the connection cable to the monitor.
Bike is unstable or wobbles	Loose bolts or uneven floor.	Tighten all assembly bolts. Adjust the leveling feet on the stabilizers.
Unusual noise during operation	Loose parts, friction, or internal component issue.	Check all visible connections. Ensure pedals are tight. If noise persists, contact customer support.
Resistance not changing	Resistance knob mechanism issue.	Ensure the knob is turning freely. If the issue persists, contact customer support.

8. PRODUCT SPECIFICATIONS

- Brand:** Wenoker
- Model:** JC303
- Special Feature:** Heavy Duty Construction
- Color:** Blue
- Material:** Metal (Aluminum-Steel Construction)
- Resistance Mechanism:** Magnetic
- Number of Resistance Levels:** 7
- Drive System:** Belt
- Product Dimensions (D x W x H):** 109 cm x 114 cm x 51 cm (approximate)
- Item Weight:** 30 kg
- Maximum Weight Recommendation:** 140 kg
- Adjustable Handlebar:** 2-way (up/down)
- Adjustable Seat:** 4-way (up/down, forward/backward)
- Inner Leg Height Range:** 60 cm – 88 cm
- Recommended User Height:** 140 cm – 185 cm
- UPC:** 768561838837

ECHTE MOUNTAINBIKE- ERFAHRUNG DES OUTDOOR-FAHRENS

Mit Trainingsvideos an realen Orten können
Sie echtes Outdoor-Fahren zu Hause erleben



Figure 8.1: The Wenoker JC303 features a smooth and quiet belt-driven system for a consistent cycling experience.

SOLIDE KONSTRUKTION & SICHERES DESIGN



△-Typisiertes
Design
Langlebiger



I-Struktur robust
sicherer



Figure 8.2: The Wenoker JC303 features a robust aluminum-steel construction for stability and durability.

9. WARRANTY AND SUPPORT

Wenoker provides a **3-year replacement service for components**. This warranty covers manufacturing defects and material flaws under normal use.

For any concerns, questions, or to claim warranty service, please contact Wenoker customer support. When contacting support, please have your order number readily available. You can typically find contact information on the product detail page where you made your purchase.

We are committed to ensuring your satisfaction with your Wenoker Indoor Cycling Bike.

