

[Manuals.plus](#) /

› [Bonvork](#) /

› Bonvork I870000750A1 Indoor Cycling Bike User Manual

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Model: I870000750A1

INTRODUCTION

This manual provides essential information for the safe and effective use of your Bonvork Indoor Cycling Bike, model I870000750A1. Please read this manual thoroughly before assembly and operation to ensure proper usage and optimal performance. This professional-grade indoor cycling bike is designed for home fitness and exercise, featuring an LCD screen and adjustable components for a personalized workout.



Image: The Bonvork Indoor Cycling Bike, a professional-grade fitness equipment for home use.

SAFETY INFORMATION

Before using the Bonvork Indoor Cycling Bike, please observe the following safety precautions:

- Ensure all parts are securely assembled before each use.
- Place the bike on a flat, stable surface to prevent tipping.
- The bike is constructed with commercial-grade steel tubes and a triangular structure, supporting up to 160 kg (350 lbs) user weight for enhanced stability.
- The fully covered body design prevents sweat infiltration and corrosion of vital components, and also provides protection for children and pets from moving parts.

- Consult a physician before starting any new exercise program.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- Keep children and pets away from the exercise bike during operation.
- Wear appropriate athletic footwear and clothing.

ADJUSTABLE SEAT & HANDLE WITH TWO DIFFERENT SEATS

Suit for all family member



Image: The fully covered flywheel design enhances safety by protecting users, children, and pets from moving parts and preventing sweat corrosion.

SETUP AND ASSEMBLY

The Bonvork Indoor Cycling Bike is designed for straightforward assembly. While specific step-by-step instructions are typically provided in a separate assembly guide, here are general guidelines:

1. Unpack all components and verify against the parts list (usually found in the dedicated assembly manual).
2. Attach the front and rear stabilizers to the main frame.

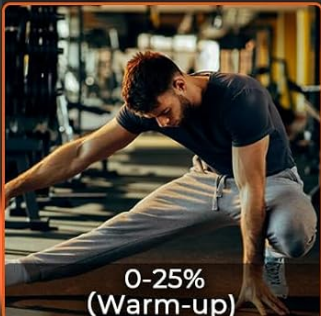
3. Install the pedals. Ensure the left pedal is threaded counter-clockwise and the right pedal clockwise. The pedals are made of durable aluminum alloy.
4. Mount the seat post and seat.
5. Install the handlebar post and handlebar.
6. Connect the LCD monitor cables.
7. Tighten all bolts and nuts securely.

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)

Image: Close-up of the durable aluminum alloy pedals, designed with toe cages and adjustable straps for a secure fit during exercise.

OPERATING INSTRUCTIONS

Resistance Adjustment

Your Bonvork Indoor Cycling Bike features a magnetic resistance system with an 18KG flywheel, providing a smooth and quiet ride. It offers 100 micro-adjustable resistance levels, suitable for all fitness levels from beginner to professional.

- To increase resistance, turn the resistance knob clockwise.
- To decrease resistance, turn the resistance knob counter-clockwise.
- To engage the emergency brake, press the resistance knob down firmly.

FULL-COVERED FLYWHEEL FOR SAFETY

Protect your family and pets from injury



Image: Diagram illustrating the 100 micro-adjustable magnetic resistance levels, ranging from easy to hard, controlled by a central knob with a push-to-stop emergency brake function.

LCD Display

The integrated LCD screen displays key workout data. Insert batteries (not included) to power the display. The display typically shows:

- Time
- Speed
- Distance
- Calories Burned

- Odometer (total distance)

Refer to the specific LCD manual for detailed instructions on mode selection and resetting values.

Adjustable Seat and Handlebar

Customize your riding position for comfort and efficiency:

- **Seat Adjustment:** The seat can be adjusted in 12 positions vertically and horizontally. Loosen the adjustment knob, slide the seat to your desired position, and tighten the knob securely. The bike includes both wide and narrow cushions for family use.
- **Handlebar Adjustment:** The non-slip handlebar can be adjusted in 6 positions vertically. Loosen the adjustment knob, raise or lower the handlebar, and tighten the knob securely.
- Recommended user height range: 146cm - 183cm (4.8 ft - 6.0 ft).



Image: Diagram showing the adjustable seat (12 levels) and handlebar (6 levels) with recommended user height range (146cm-183cm) and maximum weight capacity (350 lbs).

Fitness App Connectivity

The Bonvork Indoor Cycling Bike is compatible with various fitness applications such as Kinomap, Zwift, and Fitshow. To connect:

1. Place your tablet or phone on the integrated holder.
2. Ensure Bluetooth is enabled on your device.
3. Open your preferred fitness app and follow its instructions to connect to the cycling bike via Bluetooth.
4. Track and analyze your workout data, including distance and calories burned, directly through the app.

MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your Bonvork Indoor Cycling 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 components.
- **Lubrication:** The magnetic resistance system and belt drive are designed for low maintenance. No lubrication is typically required for these components.
- **Pedals:** Inspect pedals and straps for wear or damage. Replace if necessary.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures.

TROUBLESHOOTING

If you encounter any issues with your Bonvork Indoor Cycling Bike, please refer to the following common solutions:

- **Squeaking or Noise:**
 - Ensure all bolts and connections are tight.
 - Check pedals for proper installation and tightness.
 - Verify the seat and handlebar posts are securely fastened.
- **Unstable Bike:**
 - Ensure the bike is placed on a level surface.
 - Adjust the leveling feet on the stabilizers if present.
- **LCD Display Not Working:**
 - Check if batteries are correctly installed and not depleted.
 - Ensure all display cables are securely connected.
- **Difficulty with App Connection:**
 - Ensure Bluetooth is active on your device and the bike.
 - Restart your device and the fitness app.
 - Refer to the specific app's troubleshooting guide.

For issues not covered here, please contact Bonvork customer support.

SPECIFICATIONS

Brand	Bonvork
Model Name	750
Model Number	I870000750A1
GTIN (UPC)	768872073712
Special Feature	Adjustable LCD Display, App Compatible, Robust
Color	Black
Power Source	Pedal-powered (non-electric)
Recommended Use	Indoor
Item Weight	38.9 Kilograms
Material	Metal (Frame), Steel (Handlebar)
Resistance Mechanism	Magnetic
Number of Resistance Levels	100 (Micro-adjustable)
Drive System	Belt
Product Dimensions (DxWxH)	105P x 80I x 21.5H cm (Approx. 41.3 x 31.5 x 8.5 inches)
Maximum Recommended Weight	160 kg (350 lbs)
Recommended User Height	146cm - 183cm (4.8 ft - 6.0 ft)

WARRANTY AND SUPPORT

Bonvork offers a 365-day warranty for this product. For any inquiries or assistance, please contact Bonvork customer service. All requests are typically responded to within 24 hours. Our mission is to provide high-quality products and excellent service to every customer.

For support, please refer to the contact information provided with your purchase or visit the official Bonvork website.

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