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> [Wenoker](#) /

> Wenoker Magnetic Resistance Stationary Exercise Bike (Model DGDC06-SRK0011) User Manual

Wenoker DGDC06-SRK0011

Wenoker Magnetic Resistance Stationary Exercise Bike User Manual

Model: DGDC06-SRK0011

INTRODUCTION

Thank you for choosing the Wenoker Magnetic Resistance Stationary Exercise Bike. This manual provides essential information for the safe assembly, operation, maintenance, and troubleshooting of your new exercise equipment. Please read all instructions carefully before use to ensure optimal performance and user safety. Keep this manual for future reference.

IMPORTANT SAFETY INFORMATION

Before beginning any exercise program, consult with your physician. It is especially important for individuals over the age of 35 or those with pre-existing health conditions. This equipment is designed for home use only.

- Always place the exercise bike on a level surface.
- Ensure adequate space around the bike for safe operation.
- Keep children and pets away from the equipment during use.
- Inspect the bike for loose parts or damage before each use. Do not use if damaged.
- Wear appropriate athletic footwear and clothing.
- Adjust the seat and handlebars to a comfortable and safe position before starting your workout.
- The maximum user weight capacity is 300 lbs.
- Use the emergency brake to stop the flywheel quickly if needed.

SETUP AND ASSEMBLY

Follow these steps to assemble your Wenoker Exercise Bike. Refer to the included installation video for visual guidance.

Assembly Video Guide

Official installation video for the YESOUL A6 Exercise Bike, demonstrating step-by-step assembly instructions.

Step-by-Step Assembly Instructions

1. **Unboxing and Part Check:** Carefully open the packaging and remove all components. Verify that all parts listed in the manual (1-20) are present.



Image showing all components of the exercise bike laid out for inspection before assembly.

2. **Install Bottom Tubes:** Attach the front and rear bottom tubes to the main frame. Ensure the nuts are securely in contact with the sleeves. Align the bolt's square neck with the square socket, insert fully until seated, and ensure the nut is flush with the leg tube's bottom surface. Tighten clockwise with an open-ended wrench until secure.



Image illustrating the attachment of a bottom tube to the main bike frame.

3. **Install Seat Cushion and Adjustment Tube:** Insert the seat adjustment tube into the main frame. Ensure the knob is inserted into the hole and tighten it clockwise to prevent wobbling. Attach the seat cushion to the seat post. Tighten the nuts on both sides of the seat simultaneously clockwise with an open-ended wrench until secure.



Image showing the installation of the seat adjustment tube and the tightening of its knob.

4. **Install Armrest Lower Cover and Adjustment Tube:** Slide the armrest lower cover onto the armrest adjustment tube. Insert the armrest adjustment tube into the front column of the bike. Ensure the knob is inserted into the hole and tighten it clockwise to prevent wobbling.



Image demonstrating the insertion of the armrest adjustment tube into the bike's front column.

5. **Install Armrest and Upper Cover:** Attach the armrest to the armrest adjustment tube. Secure it using the provided screws (19*3) and tighten clockwise with an L-type cross head hex wrench. Then, install the armrest upper cover (12) using the provided screws (20) and tighten clockwise with an L-type cross head hex wrench.



Image showing the process of securing the armrest to the adjustment tube.

6. **Install Resistance Rod:** Unscrew the two factory screws using an L-type cross head hex wrench. Ensure the connecting rod's square block aligns with the tube and insert fully. Screw the two parts back in place.



Image depicting the installation of the resistance rod into the bike frame.

7. **Install Water Bottle Holder:** Unscrew the two factory screws using an L-type cross head hex wrench. Place the water bottle holder (14) and screw the two parts back in place.



Image showing the attachment of the water bottle holder to the bike frame.

8. **Install Pedals:** Identify the left (L) and right (R) pedals. Screw each pedal into its corresponding crank manually first. Then, tighten the pedal set L/R with the open-ended wrench. The tightening directions for both pedals are towards the head of the bike.



Image demonstrating the installation of the pedals onto the bike's crank arms.

9. **Install Batteries:** Open the battery compartment cover. Insert the AA batteries, ensuring correct polarity. Close the cover.



Image showing the insertion of AA batteries into the bike's console compartment.

10. **Final Adjustments:** Adjust the seat height and position, and handlebar height to your preference. Ensure all tightening knobs are secure before use.



Diagram highlighting the adjustable components of the exercise bike, including handlebar and seat height.

OPERATING INSTRUCTIONS

Your Wenoker Exercise Bike is designed for a quiet and smooth indoor cycling experience. Here's how to operate it effectively:

Operation Video Guide

Official video demonstrating the features and operation of the YESOUL Indoor Exercise Bike A6, including adjustments and app connectivity.

Key Features and Usage

- **Adjustable Handlebar and Seat:** Loosen the respective knobs, adjust to your desired height and position (front to back for seat), and then tighten securely. Ensure the knob is fully inserted into the adjustment hole to prevent wobbling.

FULLY ADJUSTABLE TO FIT MOST PEOPLE
One bike is fit for the whole family

The image shows a black and red YESOUL indoor exercise bike with the following dimensions and user height examples:

- Min: 33.07" Max: 39.76" (Seat height)
- Min: 34.64" Max: 44.48" (Handlebar height)
- 38.2" (Front-to-back length)
- 20.07" (Depth)

Recommended User Height: 4.75ft-6.1ft

Examples of users fitting the bike:

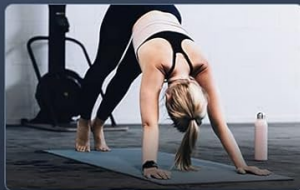
- Liz 5'1" (User height)
- James 5'9" (User height)

Image highlighting the adjustable handlebar and seat features of the exercise bike, with recommended user height ranges.

- **Magnetic Resistance System:** The bike features a silent magnetic resistance system with a heavy flywheel for a smooth and quiet ride. Adjust the tension knob to increase or decrease resistance, simulating various terrains from warm-ups to intense cross-training.

UNLIMITED MICRO-RESISTANCE ADJUSTMENT RANGE

Real riding experience from flat to mountain



0-25%
Warming Up



25-50%
Body Shaping



50-80%
Fat Burning



80-100%
Strengthening Muscle

Image illustrating the unlimited micro-resistance adjustment range using the tension knob.

- **Digital Display:** The upgraded digital display tracks essential workout metrics including time, speed, distance, calories burned, and odometer. Use the mode button to cycle through display options.

MULTIFUNCTION LCD MONITOR

Customized your workout plan and real-time track your exercise datas



Image showing the multifunction LCD monitor tracking various exercise data points.

- **Emergency Brake:** For immediate stopping, press down firmly on the red tension knob. This will engage the emergency brake and bring the flywheel to a quick halt.
- **Tablet Holder:** Place your tablet or smartphone in the integrated holder for entertainment or to follow guided workouts.
- **Caged Pedals:** Secure your feet in the caged pedals to maintain stability and maximize pedaling efficiency.

MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your Wenoker Exercise Bike.

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners or solvents.
- **Check Fasteners:** Periodically check all bolts, nuts, and screws to ensure they are tight. Tighten any loose fasteners to prevent wobbling or noise.
- **Belt Drive Inspection:** The silent belt drive system is designed for low maintenance. However, occasionally inspect the belt for any signs of wear or damage.
- **Lubrication:** No regular lubrication is required for the magnetic resistance system. If you notice any squeaking from moving parts (e.g., seat post, handlebar post), apply a small amount of silicone-based lubricant.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures.

TROUBLESHOOTING

If you encounter issues with your exercise bike, refer to the following common problems and solutions:

- **Bike is Wobbly:**

- Ensure the bike is on a level surface. Adjust the bike level adjustment pads on the bottom tubes if necessary.
- Check all assembly bolts and knobs (seat, handlebars, bottom tubes) for tightness. Tighten securely.

- **Squeaking Noise During Use:**

- Identify the source of the squeak. It may be from loose bolts or friction between moving parts.
- Apply a small amount of silicone lubricant to the seat post or handlebar post if friction is the cause.

- **Digital Monitor Not Displaying Data:**

- Check if the AA batteries are correctly installed and have sufficient charge. Replace batteries if needed.
- Ensure all connections to the monitor are secure.
- If the issue persists, contact customer service.

- **Resistance Not Changing:**

- Verify that the resistance knob is turning freely and engaging the magnetic resistance mechanism.
- If the knob feels loose or unresponsive, inspect its connection to the internal mechanism. Contact customer service if the issue cannot be resolved.

SPECIFICATIONS

Feature	Detail
Brand	Wenoker
Model Number	DGDC06-SRK0011
Product Dimensions (D x W x H)	99D x 19W x 76H Centimetres
Item Weight	29.48 kg
Material Type	Aluminum (Frame)
Resistance Mechanism	Magnetic (Friction for brake pad variant, but product title specifies Magnetic Resistance)
Drive System	Belt
Number of Resistance Levels	100 (Unlimited Micro-Resistance)
Power Source	Battery Powered (for digital display)
Special Features	Adjustable Footstrap, Heavy Duty, Whisper Quiet Indoor Cycling Bike, Water Bottle Holder, Adjustable Seat
Recommended Uses	Indoor Exercise
UPC	768561766338

WARRANTY AND CUSTOMER SUPPORT

Wenoker is committed to providing quality products and excellent customer service.

- **Warranty:** Your exercise bike comes with a 12-month free parts replacement warranty.
- **Contacting Support:** If you have any questions, require assistance with assembly, or need to claim warranty service, please contact us through one of the following methods:
 - a. Log in to your Amazon account, navigate to "Your Orders," find your order ID, and click "Contact Seller."
 - b. Email us directly at: wenokerdirect@outlook.com



Image detailing two methods to contact Wenoker customer service for support.