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Wenoker WENOKER 2023

WENOKER Magnetic Resistance Exercise Bike WENOKER 2023 User Manual

Model: WENOKER 2023

INTRODUCTION

Thank you for choosing the WENOKER Magnetic Resistance Exercise Bike, Model WENOKER 2023. This manual provides essential information for the safe and efficient assembly, operation, maintenance, and troubleshooting of your new exercise bike. Please read this manual thoroughly before use and retain it for future reference.



Image: The WENOKER Magnetic Resistance Exercise Bike, Model WENOKER 2023, in a home setting.

IMPORTANT SAFETY INSTRUCTIONS

- Consult a physician before starting any exercise program.
- Ensure all parts are securely fastened before each use.
- Keep children and pets away from the equipment during operation.
- Place the bike on a flat, stable surface.
- Wear appropriate athletic footwear and clothing.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

- Maximum user weight capacity: 300 pounds (136 kg).

SETUP AND ASSEMBLY

The WENOKER Exercise Bike is designed for straightforward assembly, with approximately 70% of the unit pre-assembled. A tool kit is included to assist with the remaining steps. Assembly typically takes about 15-20 minutes.

1. **Unpacking:** Carefully remove all components from the packaging. Verify that all parts listed in the included assembly guide are present.
2. **Base Stabilization:** Position the bike's main frame on a level surface. The bike features a stable dual-triangle design and I-shaped structure for enhanced stability.
3. **Seat Assembly:** Attach the seat post and seat. Ensure the seat is securely fastened to prevent loosening during use. Refer to any warning stickers regarding seat attachment.
4. **Handlebar Assembly:** Attach the handlebar post and handlebars.
5. **Pedal Attachment:** Securely attach the pedals. Note that the pedals are solid metal with hard plastic, requiring proper athletic shoes for use.
6. **Digital Monitor Installation:** Install the digital monitor. Ensure batteries (2 AAA, not included) are inserted correctly if required for operation.
7. **Final Checks:** Before first use, double-check all bolts, nuts, and connections to ensure they are tight and secure.

STABLE DUAL-TRIANGLE DESIGN



Dual-triangle
Design



I-shaped
Structure

LBS
300



Image: The WENOKER Exercise Bike showcasing its stable dual-triangle design and 300 lbs weight capacity.

OPERATING INSTRUCTIONS

Adjusting the Bike

The WENOKER Exercise Bike is designed to accommodate a wide range of users, from 4'8" to 6'1" (146-186 cm) with an inseam height of 25"-35" (64-89 cm). Proper adjustment ensures comfort and effective workouts.

- **Seat Adjustment:** The seat offers 4-way adjustment (up/down, forward/backward). Loosen the adjustment knob, slide the seat to the desired position, and tighten the knob securely.
- **Handlebar Adjustment:** The handlebars offer 2-way adjustment (up/down). Loosen the adjustment knob, raise or lower the handlebars to a comfortable height, and tighten the knob. The multi-point handlebar grips allow for various cycling postures.
- **Footstraps:** The pedals feature adjustable footstraps to secure your feet during exercise. Adjust them for a snug fit.

ONE BIKE FIT FOR ALL FAMILY MEMBERS



Inseam Height
25"-35"
(64-89CM)



Suitable for Users
4'8"-6'1"
(146-186CM)



Image: Demonstrates the 4-way seat adjustment and 2-way handlebar adjustment for various user heights.

Using the Magnetic Resistance

The bike features a magnetic resistance system, providing a smooth and quiet riding experience (sound level below 15dB). The resistance is continuously adjustable from 0-100% to suit various workout intensities.

- **Adjusting Resistance:** Turn the red knob located on the frame to increase or decrease the resistance. Turn clockwise for more resistance, counter-clockwise for less.
- **Emergency Stop:** Press down firmly on the red resistance knob to engage the emergency brake and quickly stop the flywheel.

ENJOY SMOOTH AND QUIET RIDING



Magnetic
Resistance



Silent Belt



Sound < 15dB

Image: Illustrates the smooth and quiet operation of the WENOKER Exercise Bike, highlighting its magnetic resistance and silent belt drive with a sound level below 15dB.

0-100% ADJUSTMENT MAGNETIC RESISTANCE



Image: Close-up of the magnetic resistance knob, illustrating 0-100% adjustment for different workout intensities like warm-up, cardio, fat burning, and stabilizing.

Using the Digital Monitor

The upgraded digital display tracks your workout progress in real-time. It shows: Time, Speed (SPD), Distance (DST), Calories (CAL), and Odometer (ODO). It also includes a scan function to cycle through these metrics.

- **Power On/Off:** The monitor typically powers on automatically when you start pedaling or press a button. It will power off after a period of inactivity.
- **Mode Button:** Press the mode button to select which metric is displayed or to activate the scan function.
- **Tablet Holder:** A tablet holder is integrated into the handlebars, allowing you to place your device for entertainment or guided workouts during your session.

MULTIFUNCTION MONITOR & TABLE HOLDER

Plan Your Exercise And Enjoy Your Riding



Image: The multifunction digital monitor and integrated tablet holder on the WENOKER Exercise Bike.

MAINTENANCE

Regular maintenance ensures the longevity and optimal performance 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.
- **Inspecting Connections:** Periodically check all bolts, nuts, and moving parts for tightness. Tighten any loose connections.
- **Belt Drive System:** The silent belt drive system with ABS material belt pulley and industrial-grade bearings is designed for low maintenance. It does not require lubrication.
- **Brake Pad:** The upgraded Felt Pad Brake system is durable. If replacement pads are needed, contact WENOKER customer service for guidance, as specific part numbers may not be readily available.
- **Storage:** When not in use, the bike can be easily moved using the front transport wheels and stored in a compact space (less than 5 sq. ft.).

EASY TO MOVE AND STORAGE



Image: A user demonstrating how to easily move and store the WENOKER Exercise Bike using its front transport wheels, highlighting its compact footprint.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Bike is unstable or wobbles during use.	Loose connections; uneven floor surface.	Ensure all assembly bolts are tightened. Adjust the leveling feet on the base if your floor is uneven.
Seat feels loose or shifts.	Seat not properly secured during assembly.	Re-check seat attachment according to assembly instructions, ensuring all fasteners are tight.

Problem	Possible Cause	Solution
Digital monitor is not displaying data.	No batteries; dead batteries; loose connection.	Install 2 AAA batteries (not included) into the monitor. Replace old batteries. Check the cable connection from the sensor to the monitor.
Resistance adjustment is not working smoothly.	Mechanism obstruction; internal issue.	Ensure no foreign objects are obstructing the resistance mechanism. If the issue persists, contact customer service.

PRODUCT SPECIFICATIONS

Feature	Detail
Model Number	WENOKER 2023
Brand	Wenoker
Product Dimensions (L x W x H)	91.49 x 19 x 76 cm (36 x 7.5 x 30 inches)
Item Weight	27.99 kg (61.7 lbs)
Maximum Weight Capacity	300 Pounds (136 kg)
Material	Aluminum
Drive System	Silent Belt Drive
Resistance Mechanism	Magnetic Resistance (0-100% adjustable)
Power Source (Monitor)	Battery Powered (2 AAA batteries, not included)
Special Features	Adjustable Footstraps, Tablet Holder, Transport Wheels
Recommended User Height	4'8" - 6'1" (146-186 cm)

WARRANTY AND CUSTOMER SUPPORT

Warranty Information

WENOKER provides a **12-month free parts replacement warranty** from the date of purchase. This warranty covers manufacturing defects and component failures under normal use. Please retain your proof of purchase for warranty claims.

Customer Support

For any questions, technical assistance, or warranty claims, WENOKER customer service is available to provide professional guidance. You can contact us through the following methods:

1. Via Amazon:

- Log in to your Amazon account.
- Navigate to "Your Orders".
- Locate your order ID for the WENOKER Exercise Bike.

- Click on "Contact Seller" to send a message directly.

2. **After-Sales Mailbox:** Refer to the contact information provided in the physical manual included with your product for the after-sales mailbox.

wenoker
Customer Service
TWO WAYS TO CONTACT US

1. → Log in to your Amazon account
→ Select "your order"
→ Find the order ID
→ click "Contact Seller"
2. Contact the after-sales mailbox on the manual



Image: WENOKER Customer Service contact methods, including Amazon order contact and after-sales mailbox details.

