

[Manuals.plus](#) /

› [CHAOKE](#) /

› CHAOKE Indoor Exercise Bike User Manual

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Model: Indoor Exercise Bike

INTRODUCTION

This user manual provides comprehensive instructions for the assembly, operation, maintenance, and troubleshooting of your CHAOKE Indoor Exercise Bike. Please read this manual thoroughly before using the product to ensure safe and effective operation.

The CHAOKE Indoor Exercise Bike is designed for home gym cardio workouts, featuring a heavy flywheel, comfortable seat cushion, silent belt drive, and an LCD monitor to track your progress.

IMPORTANT SAFETY INSTRUCTIONS

Before starting any exercise program, consult your physician. It is essential to follow these safety guidelines to prevent injury and ensure the longevity of your equipment.

- Always place the exercise bike on a flat, stable surface.
- Keep children and pets away from the equipment during use.
- Wear appropriate exercise attire and athletic shoes.
- Inspect the bike for loose parts or damage before each use. Do not use if damaged.
- Adjust the seat and handlebars to a comfortable and safe position for your height.
- The emergency brake should be used to stop the flywheel quickly if needed.
- Do not exceed the maximum weight capacity of 330 pounds.
- Stay hydrated during your workout.

PACKAGE CONTENTS

Please verify that all components are present before beginning assembly. If any parts are missing or damaged, contact customer service.

- Main Frame Assembly
- Front and Rear Stabilizers
- Seat Post and Seat

- Handlebar Post and Handlebars
- Pedals (Left and Right)
- LCD Monitor
- Hardware Kit (bolts, washers, nuts)
- Assembly Tools
- User Manual (this document)

SETUP AND ASSEMBLY

Your CHAOKE Indoor Exercise Bike comes 70% pre-assembled, making the final setup quick and straightforward. Assembly typically takes about 30 minutes with the included tools.

Assembly Steps:

1. **Attach Stabilizers:** Secure the front and rear stabilizers to the main frame using the provided bolts and washers. Ensure they are tightly fastened for stability.
2. **Install Pedals:** Identify the left (L) and right (R) pedals. The left pedal screws counter-clockwise, and the right pedal screws clockwise. Ensure they are fully tightened to prevent stripping.
3. **Mount Seat Post and Seat:** Insert the seat post into the main frame and adjust to your desired height. Secure the seat onto the seat post.
4. **Attach Handlebar Post and Handlebars:** Insert the handlebar post into the main frame. Attach the handlebars to the post and secure them.
5. **Connect LCD Monitor:** Connect the sensor wires from the bike to the back of the LCD monitor. Mount the monitor onto its designated holder.
6. **Final Check:** Before first use, double-check all bolts and connections to ensure they are secure.



Note: The image provided is a placeholder. For detailed visual assembly instructions, please refer to the included printed manual or manufacturer's website.

OPERATING INSTRUCTIONS

Adjusting the Bike:

- **Seat Adjustment:** The padded seat is 4-way adjustable (up/down, forward/backward). Loosen the adjustment knob, slide the seat to your preferred position, and tighten the knob securely.
- **Handlebar Adjustment:** The non-slip handlebar is 2-way adjustable (up/down). Loosen the adjustment knob, raise or lower the handlebars, and tighten the knob. The PVC dipped plastic material provides a secure grip.
- **Resistance Adjustment:** Turn the resistance knob clockwise to increase resistance for a more challenging workout, and counter-clockwise to decrease resistance. The bike offers 100 micro-adjustable resistance levels, simulating a realistic road feeling.

Using the LCD Monitor:

The digital monitor tracks and displays your exercise data in real-time, including:

- **Time:** Duration of your workout.
- **Speed:** Current cycling speed.

- **Distance:** Total distance covered during the session.
- **Calories:** Estimated calories burned.
- **Pulse:** Heart rate (if connected to a pulse sensor, typically via handlebar sensors).

Use the mode button on the monitor to cycle through different display metrics or to scan through them automatically.

Additional Features:

- **Tablet Holder:** A built-in tablet mount allows you to follow fitness courses, watch movies, or listen to music during your workout.
- **Water Bottle Holder:** Conveniently located to keep you hydrated.
- **Caged Pedals:** Designed to keep your feet securely in place during intense rides.
- **Emergency Brake:** Push down the resistance knob firmly to bring the flywheel to an immediate stop.

MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your CHAOKE Indoor Exercise Bike.

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Belt Drive System:** The belt drive system is designed to be maintenance-free, providing a smooth and quiet ride without the need for lubrication.
- **Check Connections:** Periodically check all bolts, nuts, and connections to ensure they are tight. Re-tighten if necessary.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures. The transport wheels allow for easy movement.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Bike is unstable or shakes during use.	Loose bolts; uneven floor.	Ensure all assembly bolts are tightened. Place the bike on a level surface. Adjust leveling feet if available.
Squeaking or unusual noise.	Loose parts; friction.	Check all connections and tighten. Ensure seat and handlebar posts are securely fastened.
LCD monitor not displaying data.	Loose sensor connection; dead batteries.	Check that the sensor wires are securely connected to the monitor. Replace batteries in the monitor if necessary.
Resistance not changing.	Resistance knob not properly engaged.	Ensure the resistance knob is fully engaged and turning the resistance mechanism. Contact customer service if issue persists.

SPECIFICATIONS

- **Brand:** CHAOKE
- **Model Name:** Indoor Exercise Bike
- **ASIN:** B0DNRGQTC8

- **Weight Capacity:** 330 lbs
- **Flywheel:** Heavy-duty
- **Drive System:** Silent Belt Drive
- **Resistance:** 100 Micro-adjustable levels
- **Handlebar:** 2-way adjustable, PVCD dipped plastic material
- **Seat:** 4-way adjustable, padded cushion
- **User Height Range:** 4'9" to 6'4" (approximate)
- **Monitor:** LCD (Time, Speed, Distance, Calories, Pulse)
- **Additional Features:** Tablet holder, water bottle holder, caged pedals, transport wheels, emergency brake.

WARRANTY AND SUPPORT

CHAOKE provides a **12-month warranty** for your Indoor Exercise Bike, covering manufacturing defects and significant malfunctions under normal use.

For any questions, concerns, or warranty claims, please contact CHAOKE customer service. All messages will receive a response within 12 hours.

Please have your product model name (Indoor Exercise Bike) and ASIN (B0DNRGQTC8) ready when contacting support for faster assistance.

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Model number, symptoms, what you tried, or the section of the manual you are using.

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