

Manuals+

[Q & A](#) | [Deep Search](#) | [Upload](#)

manuals.plus /

› [CHAOKE](#) /

› [CHAOKE Exercise Bike User Manual](#)

CHAOKE 520A

CHAOKE Exercise Bike User Manual

Model: 520A | Brand: CHAOKE

1. INTRODUCTION

Thank you for choosing the CHAOKE Exercise Bike. This stationary bike is designed to provide a quiet and effective indoor cycling experience, featuring magnetic resistance and app compatibility for enhanced training. With a robust alloy steel frame and a 300LB capacity, it offers stability and durability for various fitness levels. This manual provides essential information for safe setup, operation, and maintenance of your exercise bike.



Figure 1.1: The CHAOKE Exercise Bike, showcasing its sleek design, digital display, and magnetic resistance system.

2. SAFETY INFORMATION

Before using the exercise bike, please read and understand all safety instructions. Keep this manual for future reference.

- Consult a physician before starting any exercise program.
- Place the bike on a stable, level surface. Ensure adequate clearance around the bike (at least 2 feet).
- Keep children and pets away from the bike during operation.
- Wear appropriate exercise attire and athletic shoes. Avoid loose clothing that could get caught in moving parts.
- Inspect the bike before each use for loose parts, wear, or damage. Do not use if damaged.
- The maximum user weight capacity is 300 pounds.
- Use the emergency stop knob to immediately halt the flywheel if needed.
- Do not attempt to modify the bike.

Stable & Safe Construction Design

Ultimate Stable Even at Full Sprit



Stable and Strong



Sturdy Steel Frame



Figure 2.1: The bike's stable triangular and H-shaped design ensures safety during intense workouts.

3. SETUP AND ASSEMBLY

The CHAOKE Exercise Bike is designed for quick and straightforward assembly. All necessary tools and an English manual are included to guide you through the process, typically taking about 30 minutes.

3.1 Unpacking

Carefully remove all components from the packaging. Lay them out on a clean, flat surface to ensure all parts are present according to the packing list in the included assembly manual.

3.2 Assembly Steps

1. Attach the front and rear stabilizer bars to the main frame using the provided bolts and tools. The front stabilizer bar includes transport wheels for easy movement.
2. Install the pedals. Note that the left pedal (L) and right pedal (R) are distinct and must be screwed in the correct direction (left pedal counter-clockwise, right pedal clockwise).
3. Mount the seat post and seat. Adjust the seat height and horizontal position for initial comfort.
4. Attach the handlebar post and handlebars. Secure the digital display unit to the handlebars and connect any necessary

sensor cables.

5. Perform a final check to ensure all bolts are tightened and the bike is stable.



Figure 3.1: The bike's components laid out for assembly, designed for a quick 30-minute setup.

4. COMPONENTS OVERVIEW

Familiarize yourself with the main components of your CHAOKE Exercise Bike:

- **Digital Display:** Tracks time, speed, distance, calories, and pulse.
- **Handlebars:** Multi-grip design with integrated pulse sensors. Adjustable height.
- **Resistance Knob:** Controls the magnetic resistance level (0-100%). Also functions as an emergency stop.
- **Seat:** Road-bike-quality padded seat, adjustable vertically and horizontally.
- **Pedals:** Equipped with adjustable straps for secure foot placement.
- **Flywheel:** Heavy-duty flywheel providing smooth and quiet magnetic resistance.
- **Water Bottle Holder:** Conveniently located for hydration during workouts.

Multi-Functional Monitor & Pad Stand

Real-time data to customize your fitness plan



Figure 4.1: The digital monitor provides real-time data for tracking your fitness progress.

5. OPERATING INSTRUCTIONS

5.1 Adjusting the Bike

Proper adjustment ensures comfort and effectiveness for users between 4.7 and 6.1 feet tall.

- **Seat Height:** Loosen the knob on the seat post, adjust to the desired height (your leg should have a slight bend at the knee when the pedal is at its lowest point), and tighten securely.
- **Seat Horizontal Position:** Loosen the knob beneath the seat, slide the seat forward or backward to achieve a comfortable distance from the handlebars, and tighten securely. The 2025 "DOUBLE EMBEDDED" seat sliders enhance stability.
- **Handlebar Height:** Loosen the knob on the handlebar post, adjust to a comfortable height that allows for a relaxed upper body posture, and tighten securely.

One Bike Fit for The Whole Family

Suitable for most small and medium height people



Figure 5.1: The bike offers 4-way seat adjustment and 2-way handlebar adjustment to fit various user heights.

5.2 Using the Resistance System

The magnetic resistance system provides a smooth and quiet workout with 100 levels of adjustment.

- **Increase Resistance:** Turn the red resistance knob clockwise.
- **Decrease Resistance:** Turn the red resistance knob counter-clockwise.
- **Emergency Stop:** Press down firmly on the red resistance knob to quickly stop the flywheel.

100% Micro Adjustable Resistance



Figure 5.2: The resistance knob allows for precise control from 0% to 100% intensity.

5.3 Digital Display Functions

The digital display tracks your workout metrics:

- **SCAN:** Cycles through all functions automatically.
- **TIME:** Displays the duration of your workout.
- **SPD (Speed):** Shows your current cycling speed.
- **DST (Distance):** Displays the distance covered during your workout.
- **CAL (Calories):** Estimates calories burned.
- **ODO (Odometer):** Displays total accumulated distance.
- **PULSE:** Shows your heart rate when holding the pulse sensors on the handlebars.

Press the 'MODE' button to select a specific function or to reset values (press and hold).

5.4 App Compatibility

The CHAOKE Exercise Bike is compatible with fitness apps like Kinomap, allowing for virtual training, racing, and challenges. Refer to your chosen app's instructions for connection and usage.

Supports Many Fitness Apps

Give you a more realistic indoor cycling experience



Figure 5.3: Connect your bike to compatible fitness apps for an immersive indoor cycling experience.

6. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your exercise bike.

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Lubrication:** The magnetic resistance system is low-maintenance and does not require lubrication.
- **Bolt Check:** Periodically check all bolts and nuts for tightness. Tighten if necessary to maintain stability.
- **Belt Drive:** The belt drive system is designed for durability and quiet operation, requiring minimal maintenance.
- **Storage:** If storing for an extended period, ensure the bike is clean and dry. The front transport wheels allow for easy relocation.

Upgraded Magnetic Resistance Exercise Bike

Enjoy Your Smooth and Quiet Riding at Home



Figure 6.1: The ultra-quiet magnetic resistance and smooth belt drive minimize noise, making it ideal for home use.

7. TROUBLESHOOTING

If you encounter issues with your CHAOKE Exercise Bike, refer to the following common problems and solutions:

| Problem | Possible Cause | Solution |
|---------------------------------|-------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|
| Bike is unstable or wobbly. | Loose bolts or uneven surface. | Ensure all assembly bolts are tightened. Adjust the leveling feet on the stabilizer bars to compensate for uneven floors. |
| Resistance is not changing. | Resistance knob not properly engaged or internal mechanism issue. | Turn the resistance knob fully clockwise and counter-clockwise to ensure it engages. If the issue persists, contact customer support. |
| Digital display is not working. | Battery low or sensor cable disconnected. | Replace the batteries in the display unit. Check that all sensor cables are securely connected to the display and the bike frame. |

| Problem | Possible Cause | Solution |
|---------------------------------|--------------------------|-------------------------------------------------------------------------------------------------|
| Unusual noise during operation. | Loose parts or friction. | Check all connections for tightness. Ensure no foreign objects are near the flywheel or pedals. |

8. SPECIFICATIONS

| Feature | Detail |
|--------------------------------|-----------------------|
| Model Name | 520A |
| Brand | CHAOKE |
| Resistance Mechanism | Magnetic |
| Number of Resistance Levels | 100 |
| Drive System | Belt |
| Maximum Weight Recommendation | 300 Pounds |
| Item Weight | 22 Kilograms |
| Product Dimensions (D x W x H) | 32.3" x 19.2" x 39.4" |
| Material | Alloy Steel |
| Minimum User Height | 4.7 Feet |
| Maximum User Height | 6.1 Feet |
| UPC | 757611902352 |

Universal Wheels And Space-Saving Design

Easy to Move & Only Cover **5.1 sq.ft**



Figure 8.1: The compact design and universal wheels allow for easy movement and space-saving storage.

9. WARRANTY AND SUPPORT

CHAOKE is committed to providing high-quality products and excellent customer service.

- **Warranty:** Your CHAOKE Exercise Bike comes with a 2-year warranty, ensuring peace of mind regarding manufacturing defects and performance issues.
- **Customer Support:** For any assistance, technical questions, or personalized video guidance, please contact CHAOKE customer support. Our expert engineers are dedicated to providing a response within 18 hours.
- **Feedback:** We value your feedback and continuously refine our products based on user experience.