

CHAOKE 917FM

CHAOKE Aerobic Fitness Bike Model 917FM

Instruction Manual

1. INTRODUCTION

Thank you for choosing the CHAOKE Aerobic Fitness Bike Model 917FM. This versatile exercise bike is designed to provide a comprehensive and effective workout experience in the comfort of your home. Featuring a 5-in-1 multi-functional design, 16 levels of magnetic resistance, and a space-saving foldable structure, it caters to various fitness levels and exercise needs. This manual will guide you through the assembly, operation, maintenance, and troubleshooting of your new fitness equipment.



Figure 1: CHAOKE Aerobic Fitness Bike Model 917FM.

2. SAFETY INFORMATION

Before using the CHAOKE Aerobic Fitness Bike, please read and understand all safety instructions. Keep this manual for future reference.

- Consult your physician before starting any exercise program.
- Ensure all parts are securely assembled before each use.
- Place the bike on a flat, stable surface. Use a mat to protect your floor.
- Keep children and pets away from the equipment during operation.
- Wear appropriate exercise attire and footwear.
- Do not exceed the maximum user weight of 160 kg (360 lbs).
- Stop exercising immediately if you feel pain, dizziness, or shortness of breath.
- Keep hands and feet clear of moving parts.

3. PACKAGE CONTENTS

Verify that all components are present and undamaged before assembly. If any parts are missing or damaged, please contact customer support.

- Main Frame (pre-assembled with flywheel and resistance mechanism)
- Front and Rear Stabilizers
- Pedals (Left and Right)
- Seat Post and Saddle
- Backrest
- Handlebar Post and Handlebars with Monitor
- Resistance Bands (Dual Hand Pull Cords, Dual Leg Pull Cords)
- Hardware Kit (bolts, washers, nuts - mostly pre-installed)
- Tools (wrench, Allen keys)
- Instruction Manual

4. SETUP AND ASSEMBLY

The CHAOKE Aerobic Fitness Bike is designed for quick and easy assembly. Most screws are pre-installed to simplify the process. Assembly typically takes approximately 30 minutes for one person.

1. **Unpack Components:** Carefully remove all parts from the packaging and lay them out on a clean, flat surface.
2. **Attach Stabilizers:** Secure the front and rear stabilizers to the main frame using the provided bolts and tools.
3. **Install Pedals:** Attach the left and right pedals to the crank arms. Note that the left pedal is reverse-threaded.
4. **Assemble Seat:** Insert the seat post into the main frame and secure the saddle. Attach the backrest to the seat post.
5. **Install Handlebars:** Connect the handlebar post to the main frame and attach the handlebars with the display monitor. Ensure all cables are properly connected.
6. **Attach Resistance Bands:** Secure the hand and leg pull cords to their designated attachment points on the frame.
7. **Final Check:** Double-check all bolts and connections to ensure they are tight and secure before first use.

3WAY コンパクト設計



Figure 2: The 3-way compact design allows for various workout positions and easy storage.

5. OPERATING INSTRUCTIONS

The CHAOKE Aerobic Fitness Bike offers multiple workout modes and adjustable resistance for a tailored exercise experience.

5.1. Power On/Off

The display monitor automatically turns on when you start pedaling or press any button. It will automatically turn off after a few minutes of inactivity to save battery.

5.2. Resistance Adjustment

The bike features a 16-level magnetic resistance system. Turn the tension control dial located on the main frame clockwise to increase resistance (HIGH) and counter-clockwise to decrease resistance (LOW). This allows for precise control over your workout intensity.

16 段階の負荷 をダイヤルひ とつで調節



Figure 3: Adjust resistance using the tension control dial.

5.3. 5-in-1 Functionality

This bike supports various workout positions and includes additional resistance bands:

- **Upright Position:** For competitive or standard cycling workouts.
- **Semi-Recumbent Position:** For a more relaxed and comfortable cycling experience.
- **Hand Pull Cords:** Use these for upper body stretching and strengthening exercises while cycling.
- **Leg Pull Cords:** Engage your lower body muscles with these cords for additional strengthening.

7 データ表示 家族みんなのフィットネストラッカー あなたのフィットネスを簡単に記録・管理



Figure 4: The 5-in-1 design allows for diverse full-body workouts.

5.4. Quiet Operation

The CHAOKE Aerobic Fitness Bike features a high-performance magnetic drive system that ensures ultra-quiet operation, typically below 10 dB. This allows you to exercise without disturbing others, even in shared living spaces or late at night.

超静音ベルトドライブ

プロ用トレーニングシステム

高性能磁気
駆動システム

音
< 10 dB



Figure 5: Enjoy a silent workout experience.

6. ADJUSTMENTS

Proper adjustment of the bike ensures comfort and effectiveness during your workout.

6.1. Seat Height Adjustment

The seat height can be adjusted to 8 different levels, accommodating users with heights ranging from 145 cm to 190 cm. To adjust, loosen the adjustment knob, slide the seat post to the desired height, and tighten the knob securely.

6.2. Backrest Adjustment

The backrest offers 3 modes of adjustment to provide optimal lumbar support for different riding postures, including upright and semi-recumbent positions.

6.3. Handlebar Adjustment

The handlebars can be adjusted vertically to suit your arm length and preferred riding posture.

製品サイズ



Figure 6: Product dimensions and adjustment ranges.

7. DISPLAY MONITOR

The integrated LCD display monitor tracks your workout progress. It typically displays the following data:

- **Time:** Duration of your workout.
- **Speed:** Current cycling speed.
- **Distance:** Distance covered during the current session.
- **Calories:** Estimated calories burned.
- **Heart Rate:** Your pulse, measured via hand pulse sensors on the handlebars.
- **Odometer (Accumulated Distance):** Total distance covered over all workouts.
- **Scan:** Cycles through all metrics automatically.

Use the 'MODE' button to select the desired display function or activate the scan mode. The monitor also includes a tablet/phone holder for entertainment during your workout.

5 役一体型 家族みんなのトレーニング機

対応身長: 145 ~ 190cm



Figure 7: LCD display monitor with real-time workout data tracking.

8. MAINTENANCE

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

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Check Connections:** Periodically check all bolts, nuts, and moving parts to ensure they are tight and secure. Tighten if necessary.
- **Lubrication:** The magnetic resistance system is generally maintenance-free. No lubrication is required for the flywheel or belt drive system.
- **Storage:** When not in use, fold the bike and store it in a dry, cool place away from direct sunlight. Use the transport casters to move it easily.

9. TROUBLESHOOTING

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

Problem	Possible Cause	Solution
Bike is unstable or wobbles.	Uneven surface; loose bolts.	Ensure the bike is on a flat surface. Adjust the leveling feet on the stabilizers. Tighten all assembly bolts.
No display on the monitor.	Batteries are dead or incorrectly installed; loose cable connection.	Replace batteries (usually AA or AAA). Check the connection cable from the bike to the monitor.
Resistance not changing.	Resistance cable disconnected or damaged.	Check the resistance cable connection to the tension control dial and the magnetic mechanism. Contact support if damaged.
Unusual noise during operation.	Loose parts; friction.	Inspect all connections and tighten any loose bolts. Ensure no foreign objects are near moving parts.

If the problem persists after attempting these solutions, please contact CHAOKE customer support.

10. SPECIFICATIONS

Feature	Detail
Brand	CHAOKE
Model Number	917FM
Color	White
Material	Alloy Steel (3mm high-carbon steel frame)
Resistance Mechanism	Magnetic
Resistance Levels	16
Drive System	Belt
Max Recommended Weight	160 kg (360 lbs)
Product Weight	17 kg
Dimensions (D x W x H)	45 x 45 x 30 cm (Folded)
Adjustable Seat Height	8 levels
Recommended User Height	145 cm - 190 cm
Power Source	Battery (for monitor)
Special Features	Calorie display, Foldable, Adjustable resistance, Adjustable seat, Lightweight, 5-in-1 functionality, Quiet operation, Transport casters

11. WARRANTY AND SUPPORT

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

- **Warranty:** Your CHAOKE Aerobic Fitness Bike comes with a 5-year free parts replacement warranty. This warranty covers manufacturing defects and ensures peace of mind.

- **Customer Support:** For any questions, issues, or warranty claims, please contact CHAOKE customer support. Professional engineers are available to provide video support and assist with problem resolution.
- **Contact Method:** You can typically contact us through the product page on Amazon by clicking on the seller name "CHAOKE [Official Shop]" below the "Add to Cart" button, then selecting "Ask a question" from the top right.
- **Response Time:** We aim to respond to inquiries within 24 hours on weekdays and within 48-72 hours on weekends/holidays.

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