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CHAOKE CHAOKE

CHAOKE Magnetic Resistance Exercise Bike with App and LCD Monitor - User Manual

Model: CHAOKE

1. INTRODUCTION

Thank you for choosing the CHAOKE Magnetic Resistance Exercise Bike. This manual provides essential information for the safe assembly, operation, maintenance, and troubleshooting of your new fitness equipment. Please read this manual thoroughly before use and retain it for future reference.

The CHAOKE Exercise Bike is designed for effective cardio training at home, featuring a silent magnetic resistance system, app connectivity, and an integrated LCD monitor to track your progress. Its robust construction and ergonomic design ensure a comfortable and stable workout experience.



Image 1.1: The CHAOKE Magnetic Resistance Exercise Bike, showcasing its sleek design and integrated tablet holder.

2. SAFETY INFORMATION

Before starting any exercise program, consult with your physician. Improper or excessive training can result in health injuries. Always follow these safety guidelines:

- Ensure all bolts and nuts are securely tightened before each use.
- Place the exercise bike on a flat, stable surface. Use a mat to protect your floor and reduce noise.
- Keep children and pets away from the equipment during operation.
- The maximum user weight capacity for this bike is **160 kg (352 lbs)**. Do not exceed this limit.
- Wear appropriate exercise clothing and footwear. Avoid loose clothing that could get caught in moving parts.

- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- Do not attempt to modify the equipment.
- Maintain a clear space of at least 0.6 meters (2 feet) around the exercise bike during use.

3. SETUP AND ASSEMBLY

Your CHAOKE Exercise Bike is 70% pre-assembled, allowing for quick and easy setup. Most users can complete assembly within 25 minutes. All necessary tools are provided in the package.

3.1 Assembly Steps

1. **Unpack Components:** Carefully remove all parts from the packaging and lay them out. Check against the parts list in the included printed manual to ensure everything is present.
2. **Attach Stabilizers:** Secure the front and rear stabilizer bars to the main frame using the provided bolts and washers.
3. **Install Pedals:** Identify the left (L) and right (R) pedals. Thread the left pedal counter-clockwise and the right pedal clockwise into their respective crank arms. Tighten firmly.
4. **Mount Seat Post and Seat:** Insert the seat post into the main frame and secure it at your desired height. Attach the seat to the seat post.
5. **Attach Handlebar Post and Handlebar:** Insert the handlebar post into the main frame. Attach the handlebar to the post and secure it.
6. **Connect Console Wires:** Carefully connect the sensor wires from the main frame to the LCD monitor.
7. **Install LCD Monitor:** Mount the LCD monitor onto the handlebar post.
8. **Final Check:** Ensure all connections are secure and all bolts are tightened.

For a detailed visual guide, scan the QR code in your printed user manual or refer to the installation video available on the product page.



Image 3.1: Visual representation of the easy assembly process, highlighting the 70% pre-assembled state and 30-minute setup time.

4. OPERATING INSTRUCTIONS

4.1 Adjusting the Bike

Proper adjustment of the seat and handlebars is crucial for comfort and to prevent injury during your workout.

- **Seat Adjustment:** The soft, breathable seat can be adjusted in 8 directions (up/down and forward/backward). Loosen the adjustment knob, slide the seat to your desired position, and tighten the knob securely.
- **Handlebar Adjustment:** The non-slip handlebar can be adjusted in 6 directions (up/down). Loosen the adjustment knob, move the handlebar to a comfortable height, and tighten the knob firmly.
- **Pedal Straps:** Adjust the pedal cage straps to secure your feet firmly to the pedals.

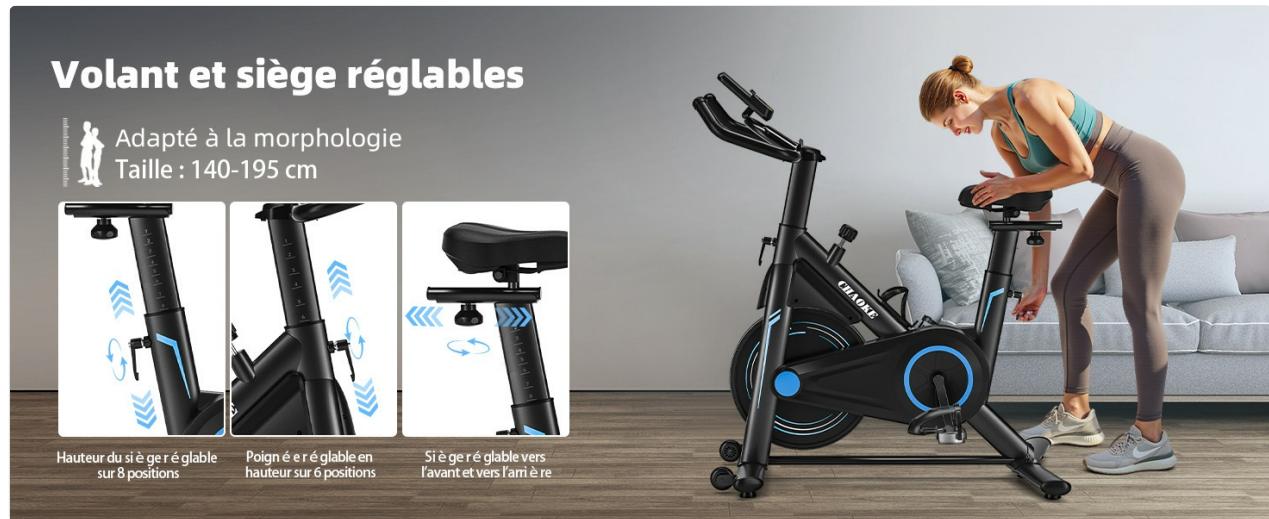


Image 4.1: Illustrations demonstrating the 8-way adjustable seat and 6-way adjustable handlebars for personalized comfort.

4.2 Resistance System

The CHAOKE Exercise Bike features a magnetic resistance system that offers a smooth, quiet, and continuously adjustable workout experience from 0% to 100% resistance.

- **Adjusting Resistance:** Turn the resistance knob located on the main frame clockwise to increase resistance and counter-clockwise to decrease it.
- **Emergency Stop:** Press the resistance knob down firmly to engage the emergency brake and stop the flywheel immediately.
- **Silent Operation:** The advanced magnetic system ensures ultra-quiet operation, with noise levels as low as 5dB, allowing you to exercise without disturbing others.

Vélo d'Appartement Multifonction avec Ergomètre Pour un Suivi Très Efficace de vos Données d'entraînement.



Image 4.2: Diagram illustrating the powerful and silent magnetic resistance mechanism.

4.3 LCD Monitor and App Connectivity

The integrated LCD monitor displays real-time workout data, and the bike can connect to fitness applications for an enhanced training experience.

- **LCD Display:** The high-definition LCD screen shows essential metrics such as time, speed, heart rate, distance, and calories burned.
- **Tablet/Phone Holder:** A dedicated holder allows you to securely place your smartphone or tablet, enabling you to follow workout videos or entertainment during your session.
- **App Connectivity:** The bike is equipped with Bluetooth for seamless connection to compatible fitness applications like Fitshow. Download the app from the App Store or Google Play.
- **Using the App:** Synchronize the bike with your device via Bluetooth. The app allows you to create detailed workout programs, track your progress, and access various training videos.



Image 4.3: The multi-function LCD monitor and tablet holder, showing real-time data tracking and app integration.



Image 4.4: Fitshow app logos, indicating compatibility with both Android and iOS devices.

5. 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 or solvents.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Lubrication:** The magnetic resistance system is maintenance-free. No lubrication is required for the flywheel or resistance mechanism.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures. The bike features bidirectional transport wheels for easy movement.

6. TROUBLESHOOTING

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

Problem	Possible Cause	Solution
Bike is unstable or wobbles	Uneven floor; loose stabilizer bolts.	Adjust the leveling feet on the stabilizer bars. Ensure all stabilizer bolts are tightened.
Squeaking or grinding noise	Loose components; foreign object.	Check and tighten all visible bolts and nuts. Inspect for any objects caught in the flywheel or pedal mechanism.
LCD monitor not displaying data	Loose sensor cable; dead batteries.	Check the connection of the sensor cable to the monitor. Replace batteries in the LCD monitor.
Resistance not changing	Resistance knob not fully engaged or mechanism issue.	Ensure the resistance knob is turning freely and engaging the magnetic system. If the issue persists, contact customer support.

Problem	Possible Cause	Solution
App not connecting via Bluetooth	Bluetooth off on device; app not updated; bike not discoverable.	Ensure Bluetooth is enabled on your smartphone/tablet. Update the fitness app to the latest version. Restart both the bike (if applicable) and your device.

If you cannot resolve the issue using the information above, please contact CHAOKE customer support.

7. SPECIFICATIONS

Feature	Detail
Brand	CHAOKE
Model Number	CHAOKE
Color	Blue
Material	Metal (3mm thickened steel frame)
Resistance Mechanism	Magnetic
Drive System	Belt
Resistance Levels	0-100% continuously adjustable
Max Weight Capacity	160 kg (352 lbs)
Recommended User Height	140 - 195 cm
Product Dimensions (L x W x H)	109 x 52 x 122 cm (approximate, based on 97 x 65 x 13 cm package dimensions and typical bike size)
Item Weight	25 kg
Special Features	Padded seat, App connectivity, LCD monitor, Adjustable seat (8-way), Adjustable handlebar (6-way), Adjustable pedals, Water bottle holder, Transport wheels, Ultra-silent operation (5dB)



Image 7.1: Diagram illustrating the professional double-triangle structure, 160kg load capacity, 3mm thick steel, and anti-rust protection.

8. WARRANTY AND SUPPORT

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

- **Warranty:** Your CHAOKE Exercise Bike comes with a **five-year warranty**. Please retain your proof of purchase for warranty claims.
- **Customer Support:** For any questions, concerns, or assistance with your product, please do not hesitate to contact our professional customer service team. We aim to respond to all inquiries within 24 hours.

Contact information can be found on our official website or through your purchase platform.



Image 8.1: CHAOKE's dedicated customer support team ready to assist with any product inquiries.