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## Wenoker A306-001

# Wenoker A306-001 Magnetic Resistance Exercise Bike User Manual

Model: A306-001

## INTRODUCTION

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Thank you for choosing the Wenoker A306-001 Magnetic Resistance Exercise Bike. This manual provides essential information for the safe and effective use, assembly, operation, and maintenance of your new fitness equipment.

Please read this manual thoroughly before first use and keep it for future reference.

The Wenoker A306-001 is designed for home fitness, offering a quiet and smooth cycling experience with adjustable magnetic resistance and smart app connectivity.

## IMPORTANT SAFETY INFORMATION

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- Consult your physician before starting any exercise program.
- Ensure all parts are securely tightened before each use.
- Keep children and pets away from the equipment during operation.
- Place the exercise bike on a flat, stable surface.
- Wear appropriate exercise attire and footwear.
- Maximum user weight capacity: 160 kg (352 lbs). Do not exceed this limit.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

## SETUP AND ASSEMBLY

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The Wenoker A306-001 exercise bike requires some assembly. All necessary tools and instructions are typically included in the packaging. Follow the step-by-step guide provided with your product for detailed assembly. Ensure all bolts and nuts are tightened securely before use.

### Adjusting the Exercise Bike

Proper adjustment of the seat and handlebars is crucial for comfort and effective exercise.

## Seat Adjustment



The seat can be adjusted vertically and horizontally. Loosen the adjustment knob, slide the seat to your desired position, and tighten the knob firmly. Ensure the seat height allows for a slight bend in your knee at the bottom of the pedal stroke.

## Handlebar Adjustment



The handlebars can be adjusted vertically. Loosen the adjustment knob, raise or lower the handlebars to a comfortable height, and tighten the knob. Your back should be straight and your arms slightly bent when holding the handlebars.

## Pedal Straps

# VERFOLGEN SIE IHRE TRAININGSLEISTUNG

Echtzeit-Überwachung Ihrer Trainingsdaten für effizientes Training



The pedals feature adjustable straps to secure your feet. Place your feet on the pedals and adjust the straps to ensure a snug and secure fit. This prevents your feet from slipping during intense workouts.

## OPERATING INSTRUCTIONS

### LCD Display Functions



The enhanced LCD display tracks your workout data. Use the MODE button to cycle through various metrics:

- **TIME:** Duration of your workout.
- **SPEED:** Current cycling speed.
- **DISTANCE:** Total distance covered during the current session.
- **ODOMETER (ODO):** Total accumulated distance.
- **CALORIES:** Estimated calories burned.
- **SCAN:** Automatically cycles through all display functions.

Press the RESET button to clear current workout data.

## Adjusting Magnetic Resistance



The bike features a magnetic resistance system with a 0-100% adjustable range. Turn the red knob clockwise to increase resistance and counter-clockwise to decrease it. Press the knob down to engage the emergency brake and stop the flywheel immediately.

- **0-25%:** Warming Up
- **25-50%:** Body Shaping
- **50-75%:** Fat Burning
- **75-100%:** Strengthening Muscle

## App Connectivity (Bluetooth)

## Unterstützt viele Fitness-Apps

Bietet Ihnen ein realistischeres Indoor-Cycling-Erlebnis



The Wenoker A306-001 is compatible with fitness applications like Kinomap and Zwift via Bluetooth. This allows you to track detailed workout data, participate in virtual rides, and adjust your training plans.

1. Download the desired fitness app (e.g., Kinomap, Zwift) from your device's app store.
2. Ensure Bluetooth is enabled on your smartphone or tablet.
3. Open the fitness app and follow the in-app instructions to connect to your Wenoker exercise bike.
4. Place your device securely on the integrated tablet/phone holder.

## MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your exercise bike.

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Lubrication:** The magnetic resistance system and belt drive are generally maintenance-free. Do not lubricate the belt or flywheel.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures.

## TROUBLESHOOTING

Problem	Possible Cause	Solution
Bike is unstable or wobbles.	Uneven floor or loose stabilizers.	Adjust the leveling feet at the base of the bike. Ensure all assembly bolts are tight.

Problem	Possible Cause	Solution
Squeaking or grinding noise.	Loose parts or friction.	Check and tighten all bolts. Ensure no foreign objects are near the flywheel or belt.
Resistance not changing.	Resistance knob not properly engaged or internal mechanism issue.	Ensure the resistance knob is fully engaged and turning. If the issue persists, contact customer support.
LCD display not working.	Dead batteries or loose connection.	Replace the batteries in the LCD console. Check the cable connection to the console.

## SPECIFICATIONS

Feature	Detail
Brand	Wenoker
Model Number	A306-001
Color	Blue-Magnetic Resistance
Drive System	Belt
Material Type	Aluminum
Recommended Max Height	191 Centimeters
Power Source	Battery Powered (for LCD)
Special Features	Application Connectivity (Kinomap/Zwift compatible)
Max Weight Capacity	160 Kilograms
Product Dimensions (L x W x H)	113 x 103 x 45 cm
Item Weight	29.8 Kilograms
Resistance Mechanism	Magnetic
Noise Level	Ultra-light < 25dB

## WARRANTY AND SUPPORT

For warranty information, please refer to the documentation included with your purchase or contact Wenoker customer support directly. If you encounter any issues not covered in the troubleshooting section, or require assistance with parts or service, please reach out to our dedicated customer support team. Contact information can typically be found on the product packaging or the official Wenoker website.