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> [Wenoker Indoor Cycling Exercise Bike WF-WSWG-1G4V User Manual](#)

Wenoker WF-WSWG-1G4V

Wenoker Indoor Cycling Exercise Bike WF-WSWG-1G4V User Manual

Model: **WF-WSWG-1G4V** | Brand: **Wenoker**

1. IMPORTANT SAFETY INSTRUCTIONS

Please read all instructions carefully before using this exercise bike. Keep this manual for future reference.

- Consult your physician before starting any exercise program.
- Keep children and pets away from the equipment during use.
- Place the exercise bike on a flat, stable surface. Ensure adequate space around the bike.
- Regularly inspect the equipment for wear and tear. Tighten any loose bolts or nuts before each use.
- The maximum user weight capacity is **350 pounds**. Do not exceed this limit.
- Wear appropriate exercise clothing and footwear.
- Use the emergency stop knob to immediately halt the flywheel if needed.

2. PACKAGE CONTENTS

Verify all components are present before assembly:

- Main Frame with Flywheel and Belt Drive
- Front Stabilizer Bar with Transport Wheels
- Rear Stabilizer Bar
- Seat Post and Seat
- Handlebar Post and Handlebars
- Left and Right Pedals with Straps
- LCD Monitor

- Water Bottle Holder
- Assembly Tool Kit (wrenches, Allen key, bolts, washers)
- User Manual

3. ASSEMBLY INSTRUCTIONS

The Wenoker Exercise Bike is designed for quick and easy assembly, with most major components pre-assembled. Follow these steps:

Step 1: Attach Stabilizer Bars

1. Attach the **rear stabilizer bar** to the main frame using the provided bolts and washers. Tighten securely with the wrench.
2. Attach the **front stabilizer bar** (with transport wheels) to the main frame using the provided bolts and washers. Ensure the wheels face forward. Tighten securely.

Step 2: Install Pedals

- Identify the **Left (L)** and **Right (R)** pedals. The right pedal screws in clockwise, and the left pedal screws in counter-clockwise.
- Carefully thread each pedal into its corresponding crank arm. Tighten firmly with the wrench.
- Attach the foot straps to the pedals, ensuring they are secure.

Step 3: Assemble Seat and Handlebars

1. Insert the **seat post** into the main frame. Secure it at your desired height using the adjustment knob.
2. Attach the **seat** to the seat post. Adjust its forward/backward position and angle for comfort, then tighten the bolts.
3. Insert the **handlebar post** into the main frame. Secure it at your desired height using the adjustment knob.
4. Attach the **handlebars** to the handlebar post using the provided bolts. Tighten securely.

Step 4: Install LCD Monitor and Water Bottle Holder

1. Connect the sensor wire from the main frame to the back of the **LCD monitor**.
2. Mount the LCD monitor onto the handlebar post.
3. Install 2 AAA batteries (not included) into the LCD monitor.
4. Attach the **water bottle holder** to the designated area on the frame using the provided screws.

Assembly Video

Official video guide: How to Assemble Wenoker Exercise Bike. This video provides visual instructions for a smooth assembly process.

4. ADJUSTMENTS

Seat Adjustment

- **Height:** Loosen the adjustment knob on the vertical seat post, raise or lower the seat to your desired height, and then tighten the knob securely.
- **Forward/Backward:** Loosen the adjustment knob located under the seat. Slide the seat forward or backward to achieve a comfortable pedaling position, then tighten the knob.

Handlebar Adjustment

- Loosen the adjustment knob on the handlebar post. Raise or lower the handlebars to a comfortable height that supports your riding posture, then tighten the knob.

Resistance Adjustment

- The red knob on the main frame controls the resistance. Turn it clockwise to **increase resistance** for a more challenging workout.
- Turn it counter-clockwise to **decrease resistance** for an easier ride.
- Press the red knob down firmly to activate the **emergency stop** function, which will quickly halt the flywheel.

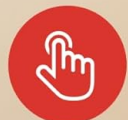
0-100% Infinitely Adjustment Resistance



Clockwise



Anticlockwise



Safety
Urgent Brake

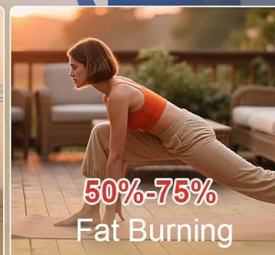
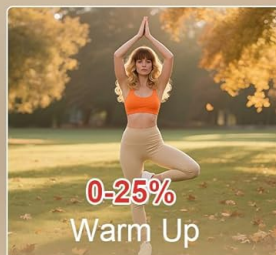


Image: The red knob for infinite resistance adjustment and emergency stop.

- Enable Bluetooth on your device.
- Open the fitness app and follow the in-app instructions to pair with your Wenoker bike.
- Enjoy virtual rides, coaching programs, and real-time data tracking directly on your device.

Synchronized Exercise Track

Let you fully enjoy the fun of exercise

80 RPM

Calories 850

Time 9:00

Speed 12.5 km/h

Bluetooth, Wenoker, and a directional arrow icon.

Image: Smart APP and Bluetooth connectivity for tracking workouts and engaging with fitness programs.

6. 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. Re-tighten as necessary.
- **Lubrication:** The belt drive system is designed for low maintenance. Do not lubricate the belt or flywheel unless specifically instructed by customer support.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and moisture. Use the transport wheels to move it easily.

Easy To Move



Image: The built-in transport wheels allow for easy movement and storage of the exercise bike.

7. TROUBLESHOOTING

- **Noise during operation:** Check all bolts and nuts for tightness. Ensure the bike is on a level surface. If the noise persists, contact customer support.
- **Unstable ride:** Adjust the leveling knobs on the stabilizer bars to ensure the bike is stable on uneven floors.
- **LCD monitor not working:** Check if the batteries are correctly installed and have sufficient charge. Ensure the sensor wire is securely connected.
- **Resistance not changing:** Verify the resistance knob is functioning correctly and not stuck.

8. SPECIFICATIONS

Feature	Specification
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Brand	Wenoker
Model Name	WF-WSWG-1G4V
Material	Alloy Steel
Resistance Mechanism	Friction
Drive System	Belt
Product Dimensions	37.4"D x 7.48"W x 29.92"H
Maximum Weight Recommendation	350 Pounds
Noise Level	Below 25dB

Stable & Safe Construction Design



▲ -Typed Design
More Stable



I - Struction:
More Safe





Sturdy Steel
Frame



350 LBS
Capacity



30 LBS
Flywheel



Stable



Safety

Image: Heavy-duty steel frame and reinforced triangle structure ensure stability and durability.

9. WARRANTY AND SUPPORT

For any questions, concerns, or warranty claims, please contact Wenoker customer support.

- **Email:** wenokerdirect@outlook.com
- **Operating Hours:** Monday-Friday, 9:00 AM - 5:00 PM PST/PDT

Please retain your purchase receipt as proof of purchase for warranty purposes.

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