



[Manuals.plus](#) /

› [KINGSMITH](#) /

› KINGSMITH W1B Exercise Bike with Desk Instruction Manual

KINGSMITH W1B Exercise Bike with Desk

KINGSMITH W1B Exercise Bike with Desk Instruction Manual

Brand: KINGSMITH

Model: W1B Exercise Bike with Desk (EBW1B)

1. IMPORTANT SAFETY INFORMATION

Please read this manual thoroughly before operating the KINGSMITH W1B Exercise Bike with Desk. 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 exercise bike on a flat, stable surface.
- Keep children and pets away from the equipment during operation.
- Do not exceed the maximum weight capacity of 264 lbs (120 kg).
- Use the emergency stop button immediately if you feel unwell or experience discomfort.
- Wear appropriate clothing and footwear during exercise.
- Avoid placing liquids directly on the desk surface without a secure cup holder to prevent spills on electronic devices.

2. PRODUCT FEATURES

- **Space-Saving Foldable Design:** Compact storage, occupying only 2.7 square feet (27.8" x 18.7" x 30.7"). Equipped with removable transport wheels for easy mobility.
- **Safe and Stable Structure:** Features a six-point locking system and triangular frame, supporting up to 264 lbs for wobble-free movement. Includes an emergency brake for immediate stops.
- **Adjustable for Various Heights:** Four-way adjustable seat and two-direction adjustable desktop accommodate users from 4'7" to 6'2".
- **Silent Magnetic Resistance:** Belt drive and magnetic control system operate below 30 dB, ensuring quiet use.
- **8-Level Resistance Adjustment:** Easily switch between low-resistance relaxation and high-resistance aerobic training.
- **Versatile Use:** Designed for seamless integration of fitness and daily life. Use with the attached desktop for working, or detach it for use with a standing desk.

- **Quick Setup:** 95% pre-assembled at the factory, requiring no tools for initial setup.

3. PACKAGE CONTENTS

Your KINGSMITH W1B Exercise Bike with Desk comes 95% pre-assembled. Please check the box for the following components:

- Main Exercise Bike Unit (pre-assembled with seat, pedals, and resistance mechanism)
- Detachable Desktop Tray
- Handlebars (stored within the unit)
- User Manual (this document)

4. SETUP INSTRUCTIONS

Your KINGSMITH W1B Exercise Bike is largely pre-assembled. Follow these steps for quick setup:

4.1 Unfolding the Stabilizer Legs

Locate the stabilizer legs at the base of the bike. Pull them outwards until they lock securely into place. Ensure all four legs are fully extended and stable.

CUSTOMIZABLE COMFORT FOR EVERY WORKOUT

Adjust the seat and handlebars for stability, perfect for work.
Set up higher for an intense workout.



Image: The KINGSMITH W1B Exercise Bike with its stabilizer legs extended, providing a stable base for use.

Your browser does not support the video tag.

Video: A person demonstrating the unfolding of the stabilizer legs and the overall setup of the KINGSMITH W1B Exercise Bike.

4.2 Adjusting Seat Height and Position

The seat can be adjusted both vertically and horizontally. Use the adjustment knob located beneath the seat to loosen, adjust to your desired height and forward/backward position, and then tighten securely.

ONE BIKE FIVE WAYS TO USE

Wake Up Your Workday

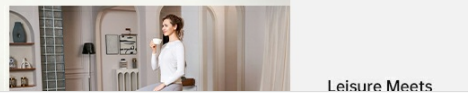
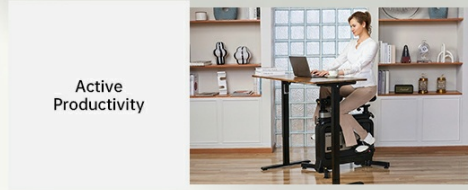
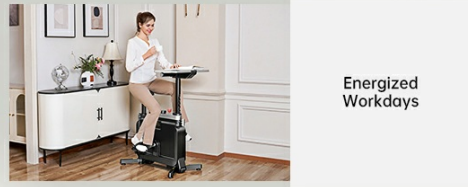


Image: A woman adjusting the seat and desk height of the KINGSMITH W1B Exercise Bike to achieve customized comfort for her workout.

4.3 Attaching and Adjusting the Desktop Tray

Align the desktop tray with the vertical post at the front of the bike. Slide it down until it clicks into place. The desktop height can be adjusted by pressing the orange button on the side of the post and sliding the desktop up or down. The desktop also features a phone holder and cup holder.

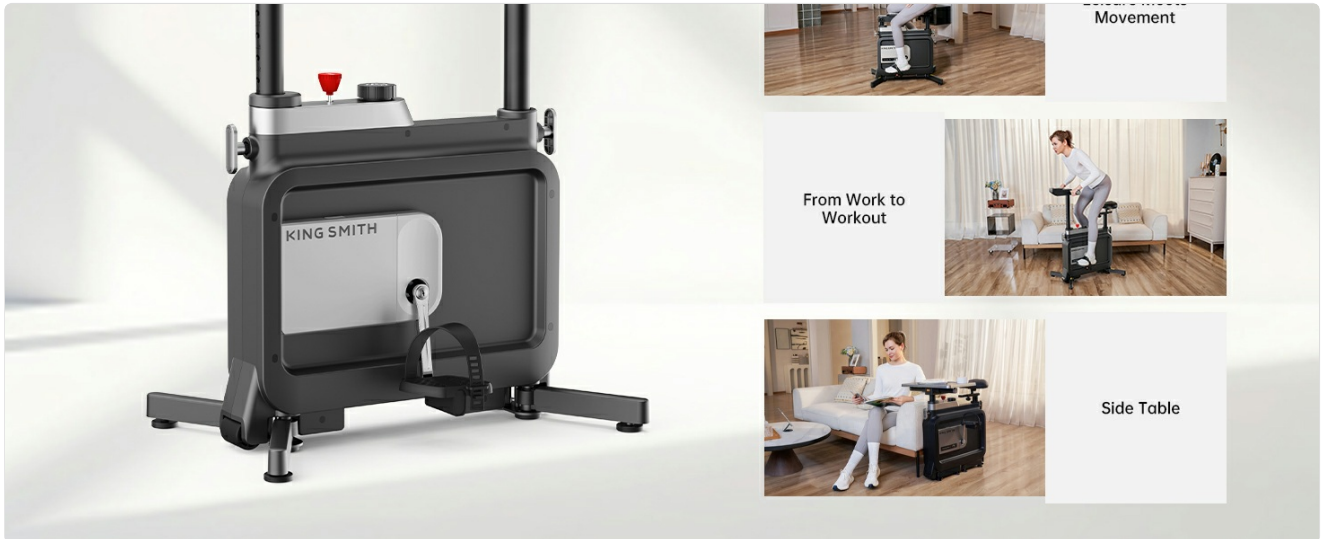


Image: The removable desktop board of the KINGSMITH W1B Exercise Bike, showcasing its spacious surface (21.5" x 12.7") and how it can be detached for storage.

Your browser does not support the video tag.

Video: A demonstration of attaching and adjusting the desktop tray on the KINGSMITH W1B Exercise Bike, including the phone and cup holders.

4.4 Attaching Handlebars

The handlebars are stored within the main unit. Open the storage compartment on the side, retrieve the handlebars, and insert them into the designated slots on the desktop post until they click into place. Ensure they are secure before use.

5. OPERATING INSTRUCTIONS

5.1 Adjusting Resistance

The KINGSMITH W1B features 8 levels of magnetic resistance. Turn the tension control knob located on the main unit clockwise to increase resistance (High) and counter-clockwise to decrease resistance (Low). Choose a level that matches your desired workout intensity.

- **ADJUSTABLE SEAT AND DESKTOP FOR MAX COMFORT**



Image: Close-up of the tension control knob, indicating 8 levels of resistance from low to high, allowing users to find their perfect intensity.

5.2 Emergency Stop

In case of an emergency or if you need to stop pedaling immediately, press the red "STOP" button located near the resistance knob. This will instantly halt the pedals.

- **DETACHABLE AND EASY TO STORE**



Image: A hand pressing the prominent red emergency stop button, highlighting the exclusive SafeStop design for immediate cessation of pedaling.

5.3 Using the Desktop for Work and Entertainment

The spacious desktop can accommodate a 16-inch laptop, a phone in its dedicated holder, and a beverage in the cup holder. This allows for multitasking, such as working, watching videos, or reading while exercising.

SPACE-SAVING DESIGN, COMPACT SIZE AT JUST 2.7 FT²



Image: A person seated on the KINGSMITH W1B Exercise Bike, actively typing on a laptop placed on the integrated desk, illustrating its functionality as a home leisure office mode.

Your browser does not support the video tag.

Video: A demonstration of using the KINGSMITH W1B Exercise Bike with the desktop for various activities, including working on a laptop and using the phone holder.

6. MAINTENANCE

- **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 secure. Tighten if necessary.
- **Storage:** When not in use, fold the bike and store it in a dry, cool place away from direct sunlight.

7. TROUBLESHOOTING

Problem	Possible Cause	Solution
Bike feels unstable or wobbles.	Stabilizer legs not fully locked or uneven surface.	Ensure all six-point locking system legs are securely extended. Move the bike to a flat surface.
Resistance is not changing.	Tension control knob not properly engaged or internal mechanism issue.	Turn the tension control knob firmly. If the issue persists, contact customer support.
Unusual noise during operation.	Loose parts or internal friction.	Check all visible connections and tighten. Ensure no foreign objects are near moving parts. If noise continues, contact customer support.

8. SPECIFICATIONS

- **Brand:** KINGSMITH
- **Model Name:** W1B Exercise Bike with Desk
- **Model Number:** EBW1B
- **Color:** Gray
- **Resistance Mechanism:** Magnetic
- **Number of Resistance Levels:** 8
- **Drive System:** Belt
- **Maximum Weight Recommendation:** 264 Pounds (120 kg)
- **Product Dimensions (Unfolded):** 27"D x 18"W x 30"H (68.6 cm D x 45.7 cm W x 76.2 cm H)
- **Folded Dimensions:** 27.8" x 18.7" x 30.7" (70.6 cm x 47.5 cm x 78 cm)
- **Item Weight:** 66 Pounds (29.9 kg)
- **Material:** Aluminum
- **Power Source:** No batteries required
- **Recommended Uses:** Indoor
- **Adjustable Seat:** Four-way adjustment
- **Adjustable Desktop:** Two-direction adjustment

9. WARRANTY AND SUPPORT

KINGSMITH takes full responsibility for any product quality issues. If you encounter any problems or have questions regarding your W1B Exercise Bike with Desk, please do not hesitate to contact KINGSMITH customer support for a prompt solution. Refer to your

purchase documentation for specific warranty details and contact information.