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› CHAOKE 918FT Aerobic Exercise Bike User Manual

CHAOKE 918FT

CHAOKE 918FT Aerobic Exercise Bike User Manual

Model: 918FT | Brand: CHAOKE

INTRODUCTION

Thank you for choosing the CHAOKE 918FT Aerobic Exercise Bike. This manual provides essential information for the safe assembly, operation, and maintenance of your exercise bike. Please read this manual thoroughly before using the product and retain it for future reference.



The CHAOKE 918FT Aerobic Exercise Bike, designed for home use.

SAFETY INFORMATION

- Consult a physician before starting any new exercise program.
- Ensure all parts are securely fastened before each use.
- Keep children and pets away from the exercise bike during operation.
- Place the bike on a flat, stable surface.
- Wear appropriate athletic footwear and clothing.
- Do not exceed the maximum user weight of 160 kg (352 lbs).
- Stop exercising immediately if you feel dizzy, faint, or experience pain.

PRODUCT OVERVIEW

The CHAOKE 918FT is a silent, foldable aerobic exercise bike featuring a magnetic resistance system, a comfortable wide seat, and an LCD monitor for tracking your workout data. Its robust design supports a maximum load of 160kg, making it suitable for various users.



Key features of the CHAOKE 918FT Exercise Bike.

Components

- Main Frame
- Pedals
- Seat with Backrest and Armrests
- Handlebars with Heart Rate Sensors
- LCD Monitor
- Resistance Adjustment Knob
- Stabilizer Bars
- Transport Wheels

SETUP

The CHAOKE 918FT exercise bike arrives approximately 70% pre-assembled, allowing for quick and straightforward setup. Assembly typically takes around 30 minutes using the included hex wrench.

Assembly Steps:

1. Unpack all components and verify against the parts list.
2. Attach the front and rear stabilizer bars to the main frame.
3. Install the pedals, ensuring they are tightened securely (left pedal is reverse threaded).
4. Mount the seat and backrest assembly, adjusting to your preferred height.
5. Attach the handlebars and connect the sensor wires to the LCD monitor.
6. Insert batteries into the LCD monitor.

For a visual guide on assembly and initial settings, please refer to the video below:

Video: CHAOKE Exercise Bike Assembly and Settings Guide. This video demonstrates the steps for assembling the exercise bike and configuring its initial settings.

OPERATING INSTRUCTIONS

Resistance Adjustment

The CHAOKE 918FT features a magnetic resistance system with 16 adjustable levels. Turn the tension control knob located on the main frame to increase or decrease the resistance. Levels 1-4 are suitable for light exercise, 5-8 for aerobic training, 9-12 for body shaping, and 13-16 for strength training.



16段階の負荷調節機能
運動レベルに合わせたカスタマイズトレーニング



1-4 軽い運動 レジャースポーツ向け	5-8 有酸素運動で 脂肪燃焼	9-12 ボディラインを整える シェイプアップ	13-16 筋力強化 ハードトレーニング向け
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Adjust the resistance level using the knob for customized training.

LCD Monitor Usage

The integrated LCD monitor displays real-time workout data, including:

- **Time:** Duration of your workout.
- **Speed:** Current cycling speed.
- **Distance:** Total distance covered.
- **Calories:** Estimated calories burned.
- **Heart Rate:** Measured by gripping the sensors on the handlebars.

The monitor also includes a scan function to cycle through these metrics automatically. A smartphone holder is integrated for entertainment during your workout.



LCD多機能モニター
心拍数表示

ハンドルの脈拍センサーに手を置くだけで、心拍数に応じて運動強度を調整できます。
モニターは、時間・速度・距離・消費カロリー・心拍数などをリアルタイムで表示し、
運動データをしっかり記録します。



スキャン タイム スピード 距離 ODO カロリー 脈拍数

スマホやタブレットを設置可能で、運動しながら動画も楽しめます。

Multi-functional LCD monitor with heart rate display.

Seat Adjustment

The seat height is adjustable to accommodate users from approximately 134 cm (4'5") to 190 cm (6'3"). To adjust the seat, loosen the adjustment knob, slide the seat to the desired height, and then securely tighten the knob. The wide, ergonomic PU cushion seat with backrest and armrests is designed for comfort during long sessions.



Comfortable seating position with adjustable seat height.

Folding and Storage

The CHAOKE 918FT is designed for compact storage. To fold the bike, pull the locking pin, fold the frame, and re-insert the pin to secure it. The integrated transport wheels allow for easy movement and storage in small spaces, such as next to a sofa or in a closet.



Foldable design for space-saving storage.



Transport wheels for effortless relocation.

Video: CHAOKE Foldable Exercise Bike Features. This video demonstrates the various features of the exercise bike, including its folding mechanism and ease of movement.

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.
- **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 and does not require lubrication.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Pedal noise	Loose pedals or crank arm.	Ensure pedals are fully tightened. Check crank arm bolts.
LCD monitor not displaying	Dead batteries or loose connection.	Replace batteries. Check all cable connections to the monitor.
Unstable during use	Uneven surface or loose stabilizer feet.	Adjust the leveling feet on the stabilizer bars. Ensure the bike is on a flat surface.

Problem	Possible Cause	Solution
Resistance not changing	Resistance knob not properly engaged or internal mechanism issue.	Ensure the resistance knob is fully turned. If the issue persists, contact customer support.

SPECIFICATIONS

Feature	Detail
Brand	CHAOKE
Model Number	918FT
Resistance Mechanism	Magnetic
Resistance Levels	16
Drive System	Belt
Material	Alloy Steel
Maximum Recommended Weight	160 kg (352 lbs)
Adjustable Seat Height	Yes (for users 134cm to 190cm)
Monitor Functions	Time, Speed, Distance, Calories, Heart Rate
Special Features	Foldable, Silent Operation, Wide Comfortable Seat, Real-time Data Display, Family-friendly
Product Dimensions (D x W x H)	Approx. 15 x 15 x 15 cm (Note: This dimension seems incorrect based on images, likely a placeholder in source data. Refer to product images for visual scale.)
Origin	China

WARRANTY INFORMATION

The CHAOKE 918FT Aerobic Exercise Bike comes with a **5-year free parts replacement warranty**. This warranty covers manufacturing defects and functional issues under normal use. Please retain your proof of purchase for warranty claims. For any issues, contact our customer support team.

CUSTOMER SUPPORT

For assistance with assembly, operation, maintenance, or warranty claims, please contact CHAOKE customer support. Our dedicated team is available to provide prompt assistance.

- **Online Support:** Visit the official CHAOKE store on Amazon or our website for FAQs and support resources.
- **Email:** Refer to your product packaging or purchase confirmation for direct email support.
- **Video Support:** Our expert engineers can provide video support for complex issues.