

# FLEX CYCLE



## USER MANUAL

**WONDER**  
*Core*

- ◆ Before using this product, make sure you read the safety instructions thoroughly to ensure proper use.
- ◆ Store instructions in a safe place so you can reference at any time.
- ◆ If you transfer the product to others, the user guide must be transferred altogether.



Available on the  
**App Store**

ANDROID APP ON  
**Google play**



Please download and install the Wonder Core Flex Cycle App on your smartphone before using the product.

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# Safety Instructions

- Please read the safety instructions before using this product.
- This product follows regulations for EN ISO 20957–1, EN ISO 20957–5, EN ISO 20957–10 clause 5.2, 5.5, 5.9 & 5.10, Class H (H= Home Use).

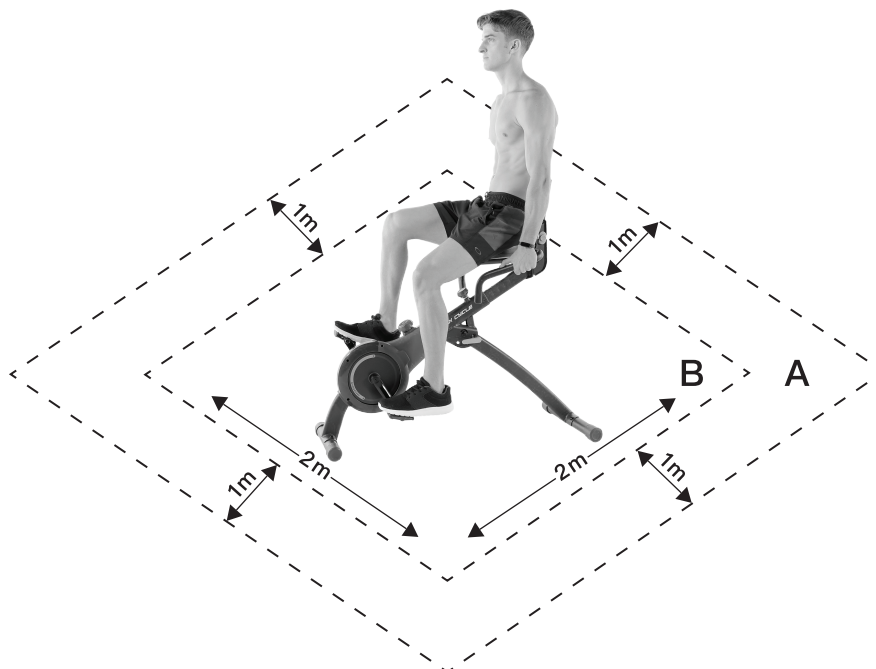
 <b>Warning</b>	
 <b>Must be followed</b>	This product is suitable and has been designed for use by people in good health. Consult your doctor before using this product.
	For your own safety, inspect the product for damage & wear regularly and before each use, especially on the screws, knobs, handle, and seat. If you find any missing or damaged parts, nicks, cuts, scratches or gouges in the product, please discontinue use.
	Warning: Incorrect posture can cause injury. To avoid injury, follow the safety instructions in this user guide. If you are new to this product, we suggest you only use it for a maximum of 30 minutes a day. Excessive training might cause muscle pain.
	Please stop immediately if you experience discomfort during exercise.
	Please stop immediately if you hear abnormal noises while operating the product.
	Do not use the product immediately after a meal or after drinking alcohol as accidents or injuries may occur.
	Set up the product in a suitable location for exercise. If the location is inappropriate, it may lead to falls or cause injury.
	Please use the product on flat, hard surfaces. If used in an inappropriate location, falls or injuries may occur.
	Appropriate and well-fitting sportswear must be worn during use. Failure to do so may lead to injury or accident.
	Make sure you complete a warm-up before each exercise. Exercise without warming up puts unnecessary stress on the body.
	Please refer to instructions for usage tips to mount and operate the product properly as shown in the diagrams.
	The pedal crank training equipment of class C is not suitable for therapeutic purpose.
	Always fold and store the equipment after each use to avoid children using the equipment unattended.
	WARNING — This stationary training equipment is not suitable for high accuracy purposes.
	This equipment is speed independent.

## ⚠ Warning



**Must be followed**

When using the product, allow an area of 1 m (Free Area: A) around all sides of the product (Training Area: B). Make sure it is clear of all obstructions and positioned far enough away from children, bystanders, and pets.



**Child safety**

Never allow children to use this product unattended as this may lead to injuries.

Keep clear of young children and pets while the product is in use.



**Do not disassemble**

Never repair or modify the product by yourself. This may lead to abnormal movement or cause an accident. Contact the original dealer in case of a failure or damage.



**Confirmation**

Before using the product, make sure the screws and knobs are secured properly. It may lead to falls or cause injuries.



**Forbidden**

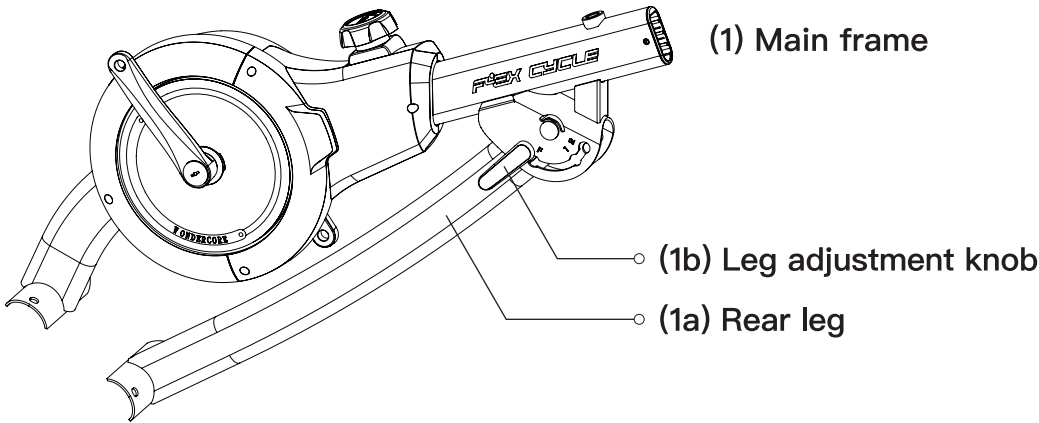
Only use this product for its intended purpose. Improper use may result in a fall, damage, product malfunction or injury.

Do not attempt any exercises that have not been listed in this user guide. Otherwise, an injury or accident may occur.


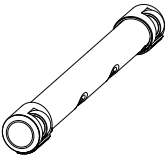
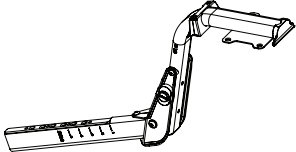
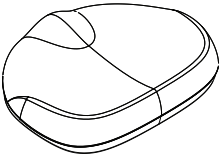
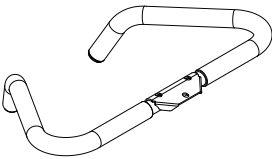
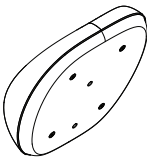
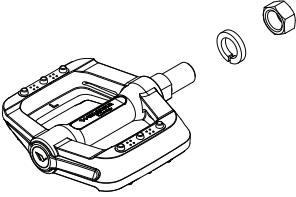
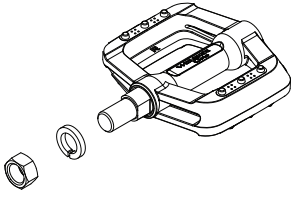
Do not allow more than one person to use the product at the same time. This product is designed for use by one individual at a time. Improper use may result in an accident or injury.

This product is limited to general home use. Improper use may cause an accident or injury.

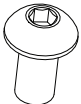










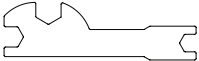
# In The Box



## Parts

			
(2) Front foot	(3) Rear foot (w/ wheels)	(4) Seat adjustment unit	(5) Seat
			
(6) Seat handle	(7) Back cushion	(8) Pedal-L w/ (8a) Nut & (8b) Spring washer Ø14.5	(9) Pedal-R w/ (9a) Nut & (9b) Spring washer Ø14.5

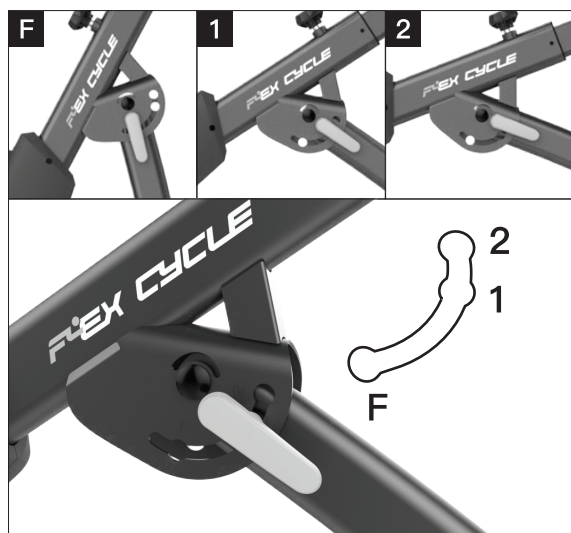
## Hardware and tool kit

			
(10) Screw M8 (16L) x5	(11) Arc washer Ø8 x4	(12) Seat adjustment knob	(13) Spring washer Ø8
			
(14) Screw M8 (75L) x2	(15) Flat washer Ø8 x2	(16) Nut M8 x2	(17) Screw M6 x4
			
(18) Screw M6 (45L) x2	(19) Spring washer Ø6 x2	(S-1) Allen wrench	(S-2) Wrench



# Assembly

Please check the required accessories on the previous page to make sure no parts are missing before assembly.



## Note: Leg adjustment instruction

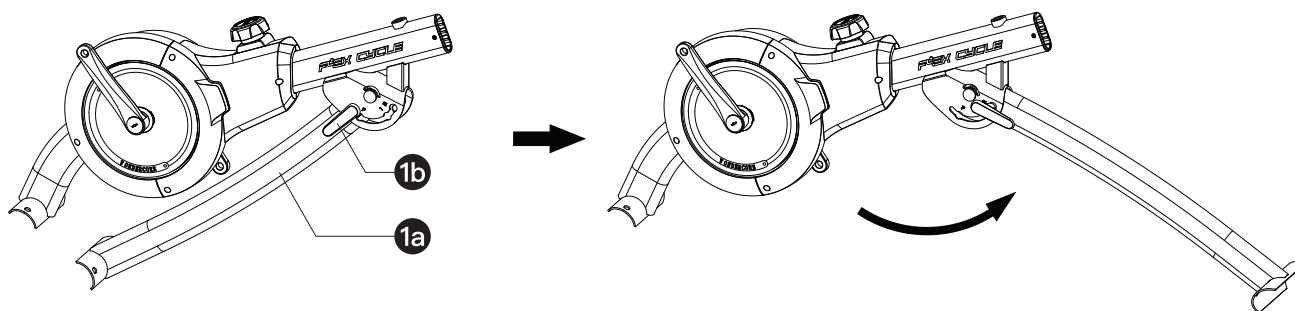
- Adjustment knob at position F: Folded position
- Adjustment knob at position 1: Upright Bike mode or Core-Focus Mountain Bike mode
- Adjustment knob at position 2: Recumbent Bike mode or Core Extreme Bike mode

## Step 1: Unfold the leg

- Pull and hold the leg adjustment knob (1b) to release and unfold the rear leg (1a) to position 2. Release your hand on the knob to secure it at the required position hole as shown on the diagram.

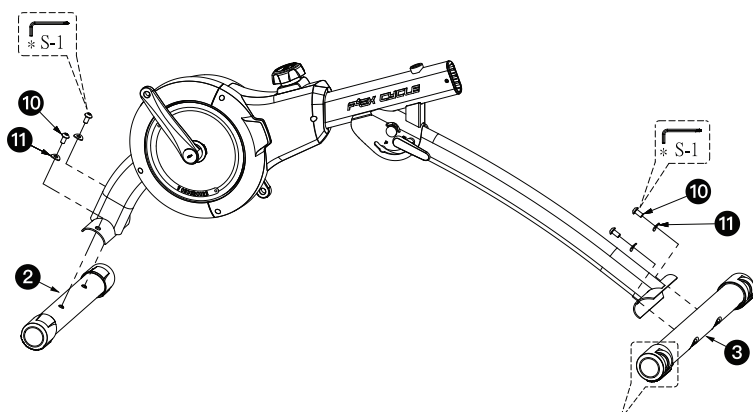
## Warning:

Do not assemble or disassemble parts while the leg is folded. It will result in the product falling and causing injury.



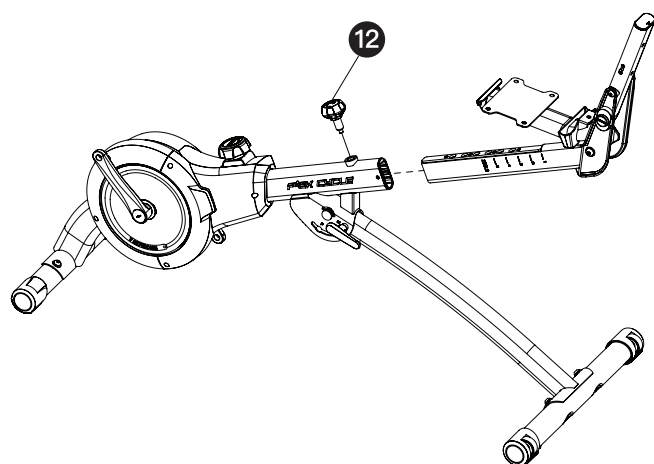
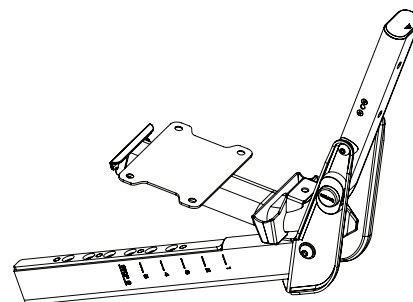
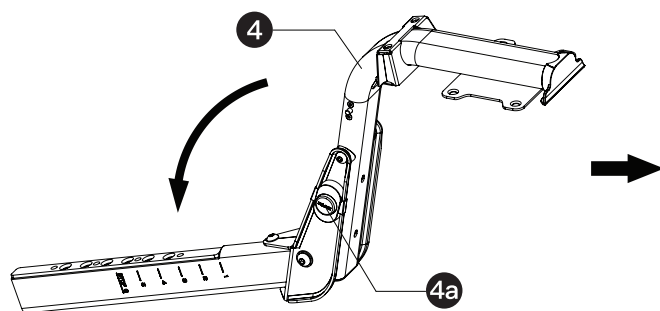
## Step 2: Assemble the feet

- Attach the front foot (2) to the front leg. Attach and tighten the screws (10) and the arc washers (11) with the Allen wrench (S-1).
- Attach the rear foot (3) with wheels to the rear leg. Attach and tighten the screws (10) and the arc washers (11) with the Allen wrench (S-1).



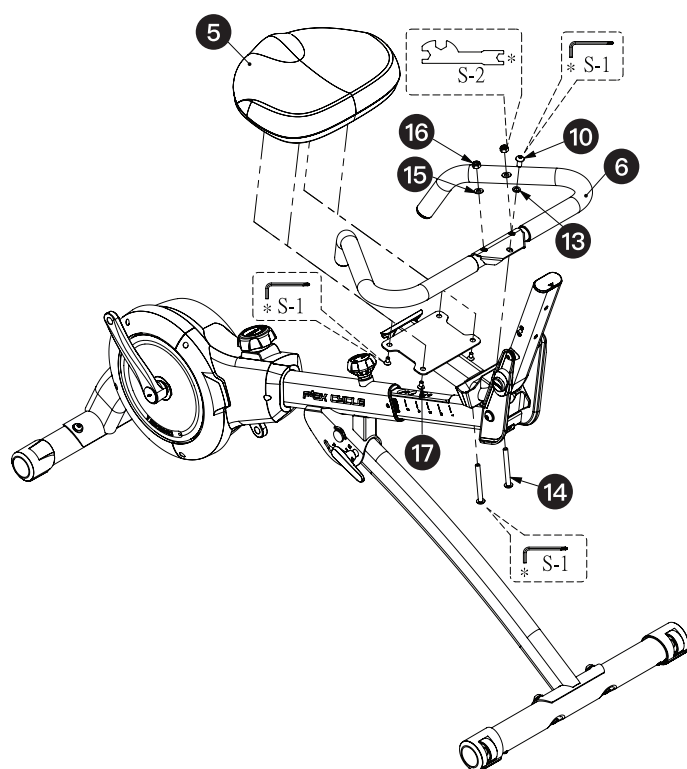
**Note:** Make sure the wheels on the rear foot faces outward.

# Assembly



## Step 3: Assemble the seat adjustment unit

- Press the release button (4a) to fold the seat adjustment unit (4). Make sure the seat adjustment unit is secured in place.
- Attach the seat adjustment unit to the main unit. Secure and tighten the seat adjustment unit with the seat adjustment knob (12).



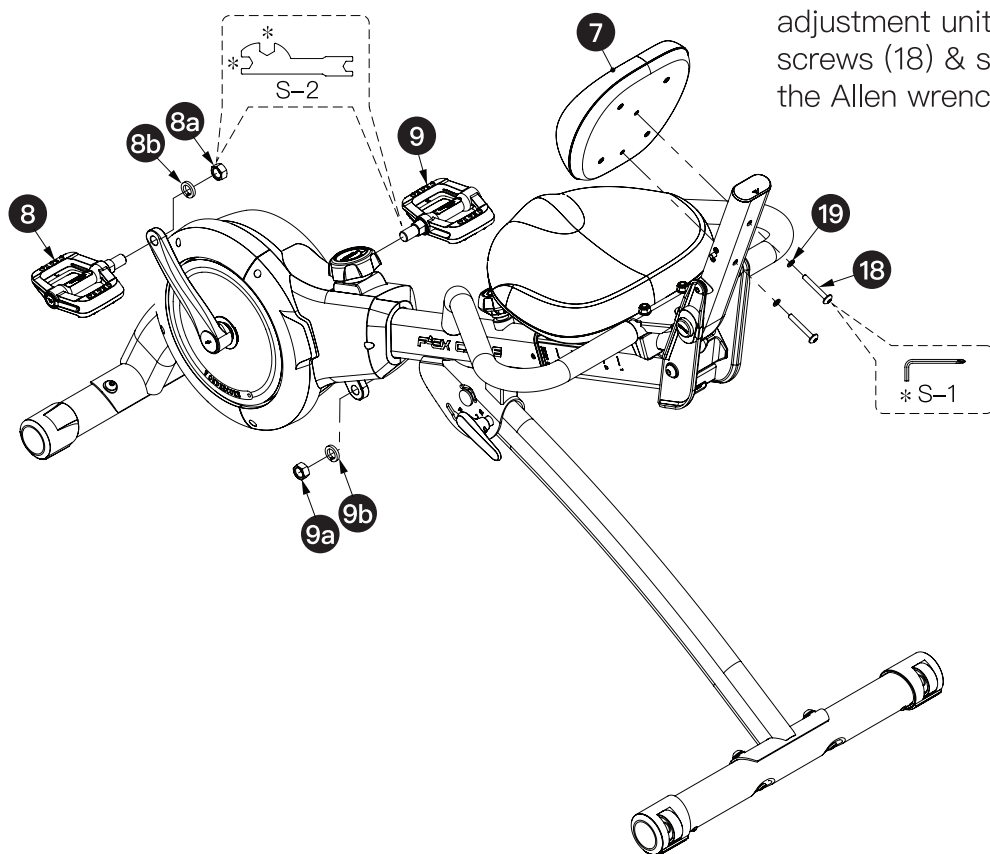
## Step 4: Assemble the seat handle and seat

- Mount the seat handle (6) on the seat adjustment unit. Attach and tighten the screw (10) and the spring washer (13) with the Allen wrench (S-1).
- Attach and tighten the screws (14), flat washers (15) and nuts (16) with the Allen wrench (S-1) and wrench (S-2).
- Mount the seat (5) on the seat adjustment unit. Attach and tighten the screws (17) with the Allen wrench (S-1).

# Assembly

## Step 5: Assemble the back cushion

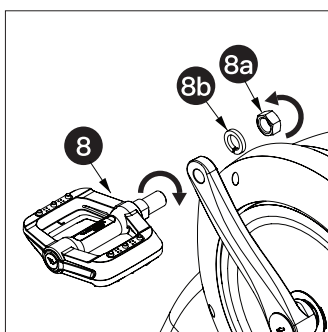
–Mount the back cushion (7) on the seat adjustment unit. Attach and tighten the screws (18) & spring washers (19) with the Allen wrench (S-1).



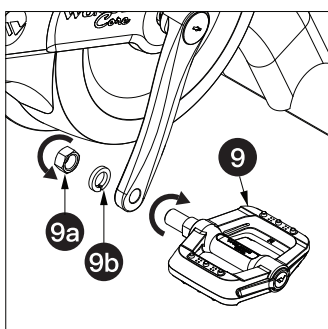
## Step 6: Assemble the pedals

- Remove the nut (8a) and spring washer (8b) from the pedal-L (8). Attach the pedal-L to the crank at the left side and tighten it clockwise with the wrench (S-2). Attach and tighten the nut and spring washer counter-clockwise (User facing the left crank) with the wrench (S-2) as shown on the diagram.
- Remove the nut (9a) and spring washer (9b) from the pedal-R (9). Attach the pedal-R to the crank at right side and tighten it clockwise with the wrench (S-2). Attach and tighten the nut and spring washer counter-clockwise (User facing the right crank) with the wrench (S-2) as shown on the diagram.

Left crank



Right crank



**Note:** While assembling the pedals, please follow the directions correctly to tighten the pedals and nuts firmly in place.

# Getting Started



## Pedal resistance adjustment

Setup the required pedal resistance by rotating the resistance adjustment knob on the main frame. Turn clockwise to increase resistance.

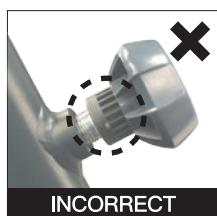
Turn counter-clockwise to decrease resistance. There are 8 levels for the resistance adjustment. "1" is the lightest pedal resistance setting. "8" is the heaviest pedal resistance setting.

## Seat height adjustment

Loosen the seat adjustment knob (about 5 mm). Pull and hold the knob to release the lock pin for seat height adjustment.



Adjust the required seat height to meet your own height, release the knob and secure the lock pin in place at the required height position hole. Then, tighten the seat adjustment knob firmly.



INCORRECT



CORRECT

**Warning:** Do not adjust the seat height over the "STOP" mark shown on the seat post, as it is already at maximum height.

**Note:** Please make sure that knob is secured in place at required height position hole correctly.

## Exercise mode setting

### –Seat position adjustment

Press the release button to flip over the seat unit. Make sure the seat unit is secured in place after adjustment.



### –Leg position adjustment

Pull and hold the leg adjustment knob to release and unfold the rear leg to the required position. Release your hand on the knob to secure it at the required position hole as shown on the diagram.

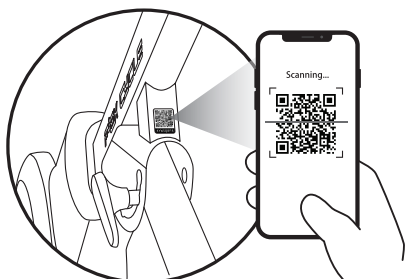
# How To Use

Recumbent Bike mode	Upright Exercise Bike mode
 <p data-bbox="165 871 702 947">Set the rear leg to position 2. Flip the seat unit to seated position.</p>	 <p data-bbox="892 871 1428 947">Set the rear leg to position 1. Flip the seat unit to seated position.</p>
Core-Focus Mountain Bike mode	Core Extreme Bike mode
 <p data-bbox="153 1628 715 1704">Set the rear leg to position 1. Flip the seat unit to standing position.</p>	 <p data-bbox="879 1628 1441 1704">Set the rear leg to position 2. Flip the seat unit to standing position.</p>
<p data-bbox="148 1888 533 2000">Retractable Phone/Tablet Stand available during standing position</p>  	

# Connect to the App

## Download and install the Flex Cycle App on your mobile device.

Follow the steps below and download the app by scanning the QR code. Alternatively, you can also search for 'Flex Cycle' on the App Store or Google Play.



Available on the  
**App Store**

ANDROID APP ON  
**Google play**

Find the QR code as located above.

## Become a Member

Upon installation, follow the prompt and register to become a member of the Wonder Team in order to get full access to exclusive courses.





# Storage & Maintenance

## Storage

- Store out of reach of children.
- Store away from high temperatures, moisture and direct sunlight. Keep the product in a clean place with good ventilation.

## Storage notice

To store the product securely, please fold and store it horizontally. It should not be stored in an upright position.

## Transportation

After folding up the product, tilt and transport it with the wheels on the rear foot.



## Cleaning

Clean with diluted neutral cleansing detergents, then wipe dry with a dry cloth. Avoid using alkaline cleaning agents or solvents as they may damage this product.

## Maintenance/Inspection

Routinely check to make sure that the product is in good, working order. If the product gets wet, use a dry cloth to wipe it dry to ensure safety and proper usage. In the event of failure or abnormal occurrences, please contact the dealer. If there is anything about the product that you do not understand, please contact the customer service center.

## Waste Disposal

Refer to local waste and recycling laws in your region.



# **FLEX CYCLE**

## **Specifications**

<b>Model #</b>	Flex Cycle FC-41
<b>Dimension (L x W x H)</b>	Recumbent Bike mode: 126 x 52.3 x 94 cm Upright Exercise Bike mode: 110 x 52.3 x 115 cm Core-Focus Mountain Bike mode: 123 x 52.3 x 130 cm Core Extreme Bike mode: 145 x 52.3 x 103 cm Folding mode: 53.4 x 52.3 x 131.4 cm
<b>Weight</b>	About 23.5 kg
<b>Material</b>	Steel & Plastic (ABS – PP – Foam)
<b>Maximum user weight</b>	120 kg
<b>Country of Origin</b>	China

**WONDER**  
*Core*

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