WONDERCISE



WONDERCISE BIKE USER MANUAL

- Please read the user manual thoroughly and follow the instructions to ensure proper use.
- ♦ Store this document in a safe place for future reference.
- ♦ If you transfer the product to others, the user manual must be transferred altogether to ensure proper use.





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Safety Instructions

- Please read the safety instructions before using this product.
- Please follow each instruction as listed below.

/ Warning

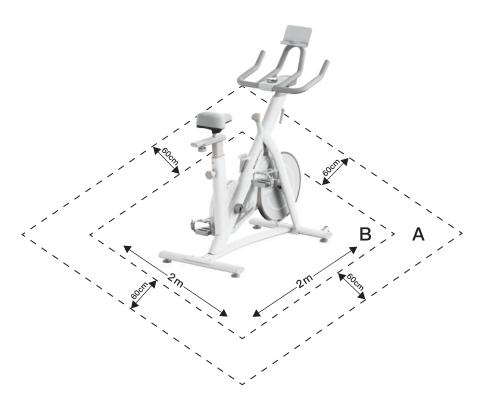
Stop immediately if you experience discomfort during exercise. Please consult a doctor before using the product again.

For safety concerns, inspect the Bike for damage and wear prior to each use. If you notice cracks, damage, or abnormal noise, discontinue use of the product immediately.

Incorrect posture can lead to injuries! To prevent injuries, please follow the safety instructions provided in this user manual.

When using the product, ensure there is a 60-centimeter clearance area (Free Area: A) around all sides of the product (Training Area: B). Make sure there are no obstructions on any side and position it away from children, bystanders, and pets.





Keep your hands at a safe distance from all movable parts. Do not rotate the pedal crank barehanded.

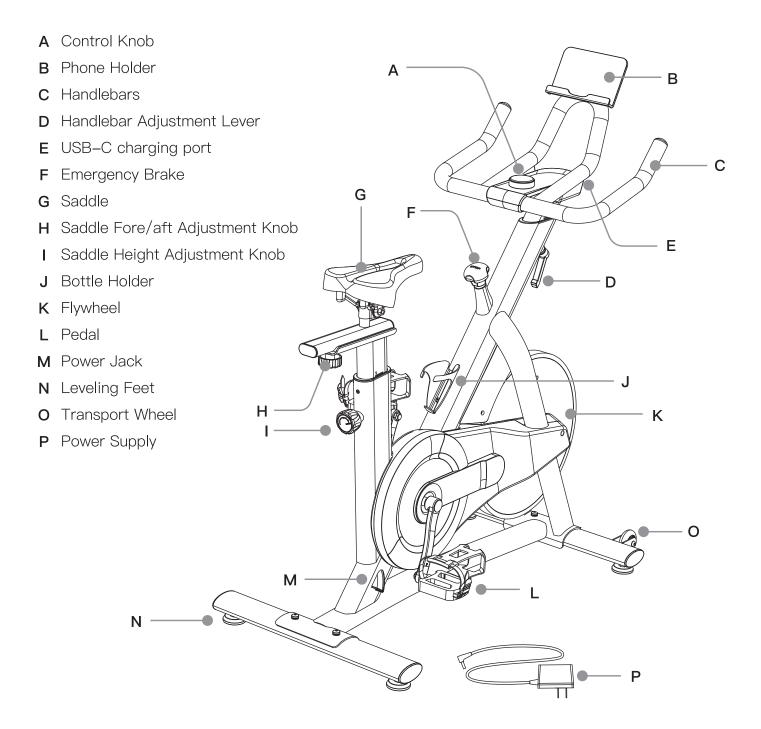
Do not remove your feet from the pedals while the flywheel is moving.

To stop, press the emergency brake to slow down the Bike. Please do not leave the Bike or remove the feet from the pedals until the flywheel stops completely.

Do not let any objects fall into or insert into the openings of the product.

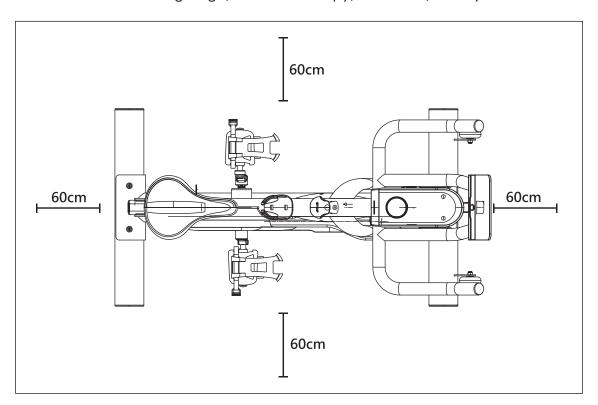
Marning (
0	Appropriate and well-fitting sportswear and shoes must be worn while using the product to prevent injuries or accidents.			
Must be followed	Please assess your capabilities and practice before engaging in high-speed or standing position workouts on the Bike.			
Must ensure	To ensure the use of the product safely, please regularly inspect components for signs of wear. If the components are excessively worn or cannot function properly, please replace them or discontinue using the product immediately until they are repaired.			
Child safety	Never allow children to use this product unattended as this may lead to injuries.			
	Keep clear of young children and pets at least 2 meters while the product is in use.			
Do not disassemble	Never repair or modify the product by yourself. This may lead to abnormal movement or accidents. In the event of failure or malfunctions, please contact customer service: +886-4-3707-0446			
Forbidden	Do not attempt to do any exercises that are not included in this user manual. Otherwise, an injury or accident may occur.			
	Do not allow more than one person to use this product at the same time. Improper use may result in injuries or accidents.			
	This product is limited to general home use. This equipment is not suitable for commercial use.			

Product Information



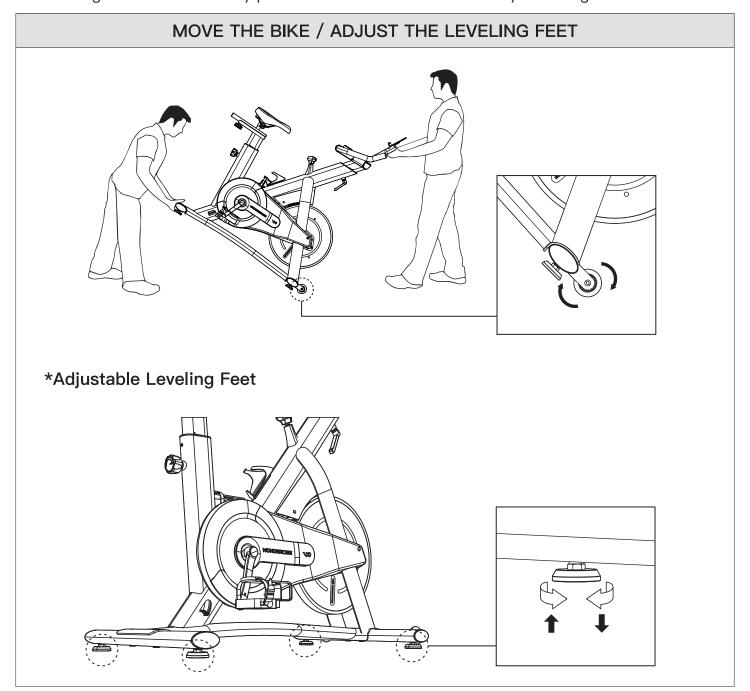
How to Position the Wondercise Bike

- Please place the Bike on a flat, level, and stable surface.
- Using a floor mat to protect both the floor and the Bike is recommended.
- There should be at least 60 centimeters of space around the Bike as shown below.
- Do not store the Bike in the garage, under a canopy, outdoors, or anywhere close to water.



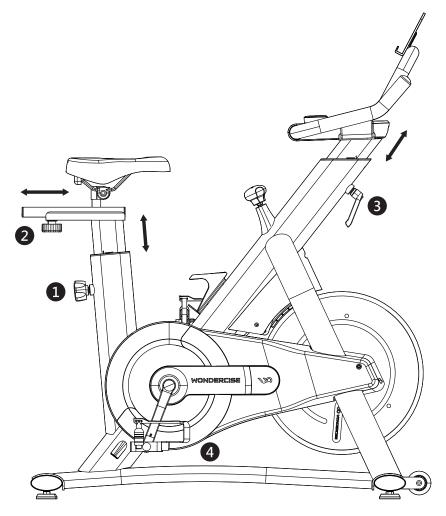
How to Move the Wondercise Bike

- Due to the weight of the Bike, it is recommended to have two people move it together to prevent injuries.
- One person lifts the back of the Bike, while another person holds onto the handles and tilts
 the Bike toward the front with the transport wheels, using the wheels to facilitate movement.
- Move the Bike to the new location carefully, avoiding uneven surfaces.
- Adjust the leveling feet by turning them clockwise to lower and counterclockwise to raise, ensuring the Bike is securely positioned on the floor without any wobbling.



How to Adjust the Wondercise Bike

Adjust the Bike to accommodate the user's height and achieve an optimal and comfortable position to enhance training performance.



1 Saddle height adjustment:

Turn the knob counterclockwise and pull while holding the knob. Adjust the saddle to the appropriate pedal position. Turn the knob clockwise to tighten and secure the saddle.

2 Saddle fore/aft adjustment :

Loosen the knob, move the saddle front and back to your preferred position. Rotate the knob clockwise to tighten and secure the saddle.

3 Handlebars height adjustment:

Release the lever counterclockwise, and adjust the handlebars to a comfortable height. Turn the lever clockwise to tighten and secure the handlebars.

4 Pedal straps adjustment:

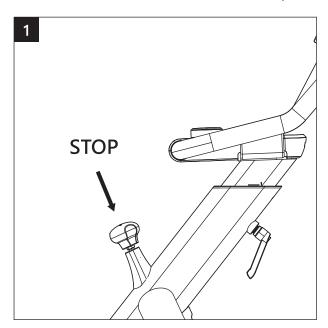
While seated on the saddle, place both feet on the pedals and in the foot straps, then tighten the straps.

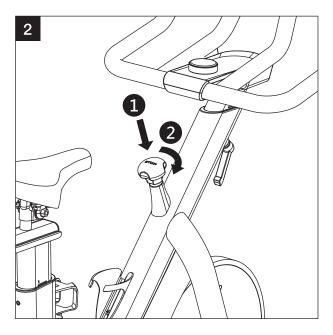
Ensure the pedal straps are adjusted tightly to keep your feet securely on the pedals. To release your feet, first loosen the foot straps.

/!\ Note: While adjusting, make sure all the handles and knobs are tightened as loose saddle or handlebars may lead to serious injuries.

Emergency Brake & Locking the Flywheel

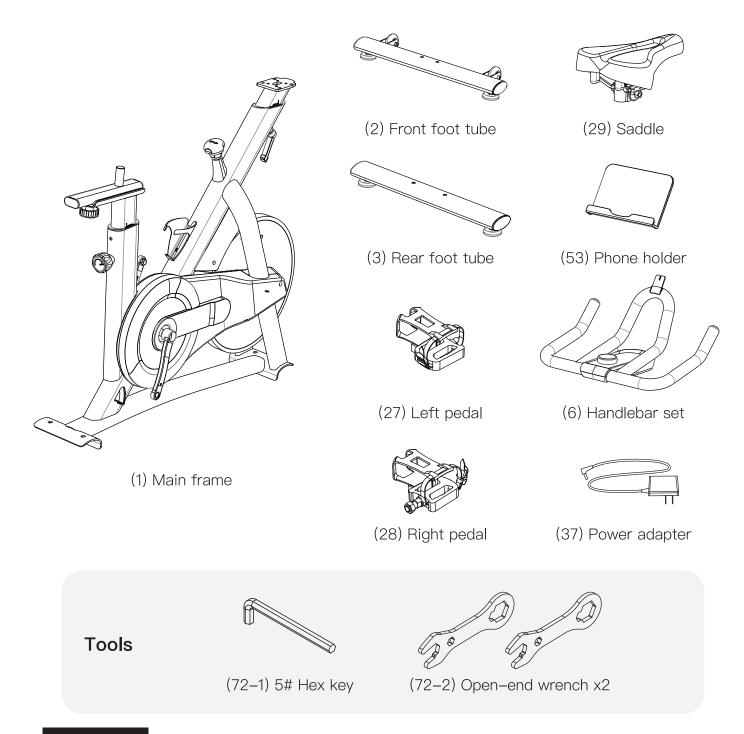
- If you need to stop the Bike abruptly, press the emergency brake fully to the bottom until the Bike comes to a complete stop. (Picture 1)
- When not using the Bike, fully press the emergency brake 1 to the bottom and turn it clockwise **2** to lock and secure the flywheel. (Picture 2)





The Wondercise Bike features an inertia flywheel, which means the pedals move in sync with the flywheels unless they come to a stop. Please use the pedals within the appropriate and controllable speed range. In case you need to stop the Bike abruptly, press the emergency brake fully to the bottom until the Bike comes to a complete stop. It's important to keep your feet on the pedals and not leave the Bike before the flywheels and pedals have stopped spinning completely. Failure to follow the above instructions may result in a loss of control during use, leading to serious injury.

In the Box



Unboxing

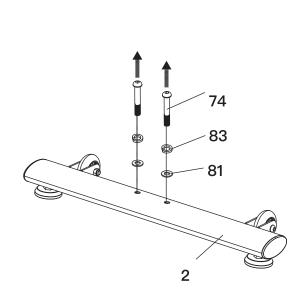
• Due to the weight of the Bike, it is recommended to assemble it with two people. Please do not discard the packaging materials until assembly is complete.

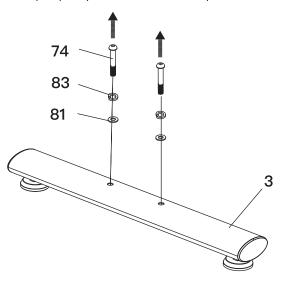
Assembly

- During the assembly process, it is essential to correctly follow the assembly instructions to ensure that all parts are securely fastened. Failure to follow the assembly instructions correctly may result in loose parts and unusual noises from the Bike. To avoid damaging the Bike, please carefully read the assembly instructions and make necessary adjustments.
- · When performing each assembly step, ensure that you install all nuts and screws in their correct positions and partially tighten them. We recommend fully tightening all screws after completing the assembly of this product.

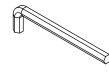
Step 1

- Use a 5# hex key (72-1) to remove the screws from the front foot tube (2) and the rear foot tube (3). Please make sure to store the screws properly for the next step.





Required Tool:



(72-1) 5# Hex key

You will have the following screws:



(74) Flat round head hex

socket cap screw x4





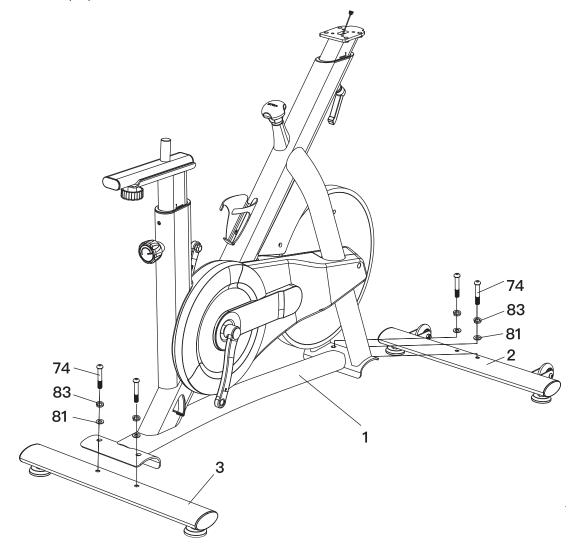


(81) Flat washer x4

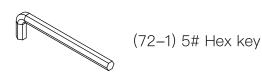
(83) Standard spring washer x4

Step 2

- Connect the front foot tube (2) to the main frame (1), and use the 5# hex key (72-1) to tighten the flat round head hex socket cap screw (74), standard spring washer (83), and flat washer (81).
- Connect the rear foot tube (3) to the main frame (1), and use the 5# hex key (72–1) to tighten the flat round head hex socket cap screw (74), standard spring washer (83), and flat washer (81).

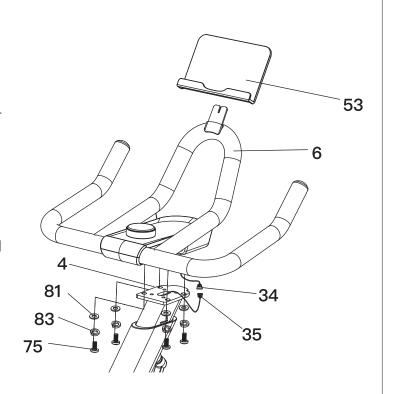


Required Tool:

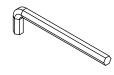


Step 3

- Use the 5# hex key (72–1) to remove the screws from the handlebarset (6) and store them properly.
- Connect the communication cable (34) and cable (35) together, organize the cables, and place them into the handlebar adjustment tube (4). Then, attach the handlebar set (6) to the handlebar adjustment tube (4), ensuring that the cables are not under any pressure.
- Use the previously removed flat round head hex socket cap screw (75), standard spring washer (83), flat washer (81), and use the 5# hex key (72–1) to securely fasten the handlebar set (6) to the handlebar adjustment tube (4).
- Insert the phone holder (53) into the handlebar set (6).



Required Tool:



(72-1) 5# Hex key

You will have the following screws:



(75) Flat round head hex socket cap screw x4



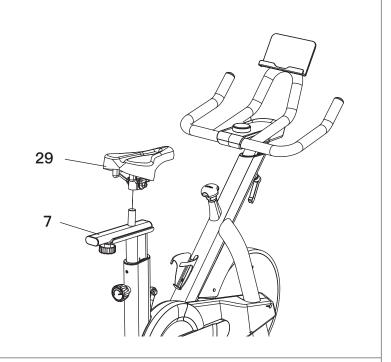
(81) Flat washer x4



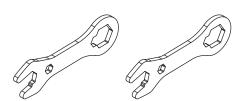
(83) Standard spring washer x4

Step 4

- Attach the saddle (29) to the upper seat adjustment tube assembly (7), ensuring there is no left or right offset or tilt.
- Use two open-end wrenches (72-2) to tighten the cushion (29) to the upper seat adjustment tube assembly (7).

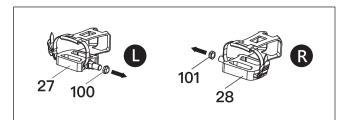


Required Tools:

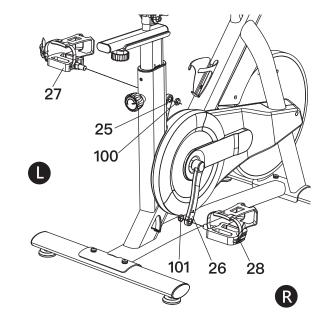


(72-2) Open-end wrench x2

Step 5



- Press the brake knob, rotate the brake knob to ensure the flywheel is securely locked.
- Unscrew the anti-loose nut (100) from the left pedal L (27).
- Install the left pedal L (27) onto the left crank (25) and tighten securely using an open-end wrench (72-2).



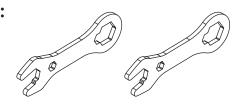
- Use an open-end wrench (72-2) to lock the anti-loose nut (100), which was previously unscrewed, onto the end of the left pedal L (27), and tighten the anti-loose nut (100).
- *Another open-end wrench (72-2) can be used to simultaneously secure the left crank (25) to prevent it from loosening, then tighten the anti-loose nut (100).
- Repeat the above steps to install the right pedal R (28).

/!\ Note: When assembling the pedals, take care to distinguish the installation direction for the left and right pedals. Incorrect assembly may damage the threads and render them unusable.

The left pedal (27) should be installed by turning it counterclockwise.

The right pedal (28) should be installed by turning it clockwise.

Required Tools:

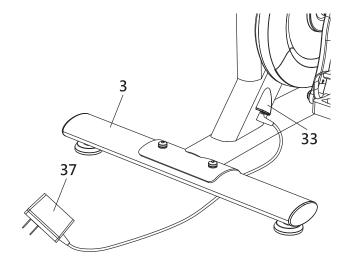


(72-2) Open-end wrench x2

Getting Started

Powering the Bike

- Insert the cord of the power supply (37) into the power jack (33) located at the back of the Bike.
- Connect the power supply, and the Bike will activate into startup mode.
- Please ensure the position of the power cord is away from the pedal rotation range and placed in a safe location, avoiding placement in walkways to prevent tripping and damage to the equipment.



Note: Before each workout, please check the Bike for any loose components such as pedals, cranks, handlebars, and saddle.

Connectivity



Activate the control -

Connect the power to the Bike and press the control knob to initiate the pairing procedure. Ensure that the indicator light is in the ready-to-connect state.



Open the Wonder Core app to connect -

Enable Bluetooth permission on your mobile phone and click "Add Device" to start searching. Select the device when it appears to have established the connection.

DOWNLOAD THE WONDER CORE APP

Search for "Wonder Core" on the App Store or Google Play, or scan the QR code to install the exclusive app.

*Supports third-party FTMS communication protocol apps, such as Kinomap, Zwift, and more.







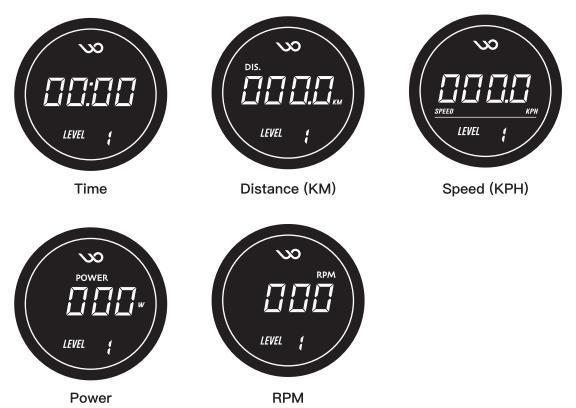


Control & Navigation

- Activating your Wondercise Bike: Pedal or press the control knob to activate / wake the Bike.
- Begin exercising: Start pedaling, and the control knob will display a countdown of 3, 2, 1, indicating the commencement of recording your workout data.
- Adjusting the resistance: Turn the control knob to adjust the Bike's resistance level, ranging from 1 to 32 levels.



 Check the values: Press the control knob lightly to view the following values in the appeared order.



- Pause: If the flywheel remains stationary for more than 6 seconds, the Bike enters a paused state, and the timer stops. During this period, your data and resistance level will be retained, and you can resume exercising by pedaling again.
- **Disconnect**: To disconnect, press and hold the control knob for 3 seconds, and the recorded data will be reset to zero.
- Sleep: If the pedaling is paused for more than 30 minutes, the Bike will automatically enter sleep mode, and the recorded data will be reset to zero.
- **Time**: The control will reset the timer to zero after every 60 minutes of continuous use. You can view the complete timing data in the Wondercise app.

Maintenance

- Regularly inspect the Bike's components for damage and wear to maintain its safety.
- After each use, clean and wipe off sweat and moisture from the Bike. You can use diluted alcohol or water for cleaning, and ensure it is properly dried.

Specifications

Model #	WDC-BK-01		
Dimension (L x W x H)	103.4 x 54.6 x 122.8 cm		
Weight	34.5 kg		
Maximum User Weight	100 kg		
Suggested User Height	150~190 cm		
Material	Steel & Plastic (ABS - PP - NBR - Foam)		
Resistance System	Magnetic Resistance System		
Flywheel Weight	6 kg	Bluetooth®	5.0+
Type-C charging port output voltage:	maximum 18W (5V/3.1A, 7V/2.4A, 9V/2A, 12V/1.5A), supports PD protocol.		
Voltage configuration:	power adapter output: 12V 2A, input: 100-240VAC, 50/60 Hz		
Country of Origin	Taiwanese patent licensed, made in China		

Use Class: Home Use (Class HC)

Standard: ISO 20957-1, ISO 20957-10, GB17498.1-2008 \ GB17498.10-2008

This spin bike is equipped with low-power radio-frequency technology that has been certified for compliance. It is crucial not to modify the frequency, increase power, or alter the original design features and functions without proper authorization. Using this low-power radio-frequency equipment should not compromise aviation safety or disrupt legal communications. If any interference is detected, please discontinue use immediately. Only resume use once the issue has been resolved and there is no interference.

Legal communications mentioned above refer to wireless radio communication conducted in accordance with the regulations outlined in the Telecommunications Management Act. This low-power radio-frequency equipment must be able to withstand interference from legal communications or from industrial, scientific, and medical radio-frequency devices.

This spin bike includes a wireless radio transmission module with the approved model code: 2021DP1915, model: FS-BT-C1.

CMIIT ID: 2021DP1915 ((CCAO19LP1360T6)

