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Ultrasport F-Bike 33110000022

Ultrasport F-Bike Foldable Exercise Bike

Model: 33110000022

INTRODUCTION

This manual provides essential information for the safe and effective use of your Ultrasport F-Bike foldable exercise bike. Please read all instructions carefully before assembly and operation. Keep this manual for future reference.

SAFETY INSTRUCTIONS

- Consult a physician before starting any exercise program.
- Ensure all parts are correctly assembled and tightened before each use.
- Place the exercise bike on a flat, stable surface.
- Keep children and pets away from the equipment during use.
- The maximum user weight for this device is 130 kg.
- Wear appropriate exercise clothing and footwear.
- Stop exercising immediately if you feel pain, dizziness, or shortness of breath.
- Do not place hands or feet near moving parts.
- Only use the equipment for its intended purpose as described in this manual.

PACKAGE CONTENTS

Before assembly, verify that all components are present and undamaged. If any parts are missing or damaged, contact customer support.

- Ultrasport F-Bike main frame
- Saddle
- Handlebar with integrated training computer and pulse sensors
- Pedals (left and right)
- Front and rear stabilizers
- Tool kit for assembly
- 2 x AAA batteries (for training computer)
- Instruction Manual

LISTO EN 10 MINUTOS

gracias a las instrucciones multilingües con imágenes

Soporte al cliente en
español 24h

incluido asesoramiento técnico, servicio de repuestos y herramientas para el montaje

2
JAHRE
GARANTIE



DESIGNED IN
GERMANY

Image: All components included for assembly, including the main frame, seat, pedals, tools, and manual.

ASSEMBLY INSTRUCTIONS

The Ultrasport F-Bike is designed for quick and straightforward assembly. With the included illustrated instructions and tools, your bike can be ready for use in approximately 10 minutes.

- 1. Attach Stabilizers:** Secure the front and rear stabilizers to the main frame using the provided bolts and nuts. Ensure they are firmly tightened for stability.
- 2. Install Pedals:** Identify the left (L) and right (R) pedals. The left pedal screws counter-clockwise, and the right pedal screws clockwise. Tighten them securely to prevent loosening during use.
- 3. Mount Saddle:** Insert the saddle post into the main frame and adjust it to your desired height. Secure it with the quick-release lever or knob. Attach the saddle to the post.
- 4. Attach Handlebar and Computer:** Connect the handlebar assembly to the main frame. Carefully connect the sensor cables from the handlebar to the main unit. Insert the AAA batteries into the training computer and attach it to the handlebar.
- 5. Final Check:** Verify that all bolts, nuts, and connections are tight and secure. Ensure the bike is stable and does not wobble.

Training Computer Functions

The integrated LCD training computer provides real-time feedback on your workout. It automatically activates when you start pedaling and pauses when you stop.



Image: The LCD display showing Time, Speed, Distance, Pulse, and Calories, with hands on the pulse sensors.

- **TIME:** Displays the duration of your current workout session.
- **SPEED:** Shows your current cycling speed.
- **DISTANCE:** Tracks the total distance covered during your workout.
- **CALORIES:** Estimates the calories burned during your exercise.
- **PULSE:** Measures your heart rate when hands are placed on the pulse sensors.
- **SCAN:** Cycles through all functions automatically, displaying each for a few seconds.

Resistance Adjustment

The F-Bike features 8 levels of magnetic resistance, allowing you to customize your workout intensity. Turn the resistance knob located below the handlebar to increase or decrease the challenge.

RESISTENZA REGOLABILE INDIVIDUALMENTE

per raggiungere i tuoi obiettivi di fitness

-  **Aumento de vitalidad**
-  **Reducción de peso**
-  **Fortalecimiento muscular**

★★★★★
¡Muy feliz!

¡Con la bicicleta estática he perdido 5 kg en 4 semanas y me siento increíble!


Kristin E.

Image: The resistance knob, clearly marked with levels 1 through 8, used to adjust workout intensity.

- Turn the knob clockwise to increase resistance (higher numbers).
- Turn the knob counter-clockwise to decrease resistance (lower numbers).

Pulse Measurement

To measure your pulse, firmly grip the hand pulse sensors on the handlebar. Your heart rate will be displayed on the training computer after a few seconds.

ADJUSTMENTS

Seat Height Adjustment

The saddle height can be adjusted to accommodate users between 155 cm and 190 cm, ensuring an ergonomic and comfortable riding position.



Image: The F-Bike in its unfolded state with arrows indicating the adjustable seat height, and a smaller image showing the bike folded for storage.

1. Loosen the quick-release lever or knob on the seat post.
2. Adjust the seat to a height where your leg is slightly bent at the knee when the pedal is at its lowest point.
3. Securely tighten the quick-release lever or knob.

Folding Mechanism

The F-Bike features a foldable design for convenient storage in smaller spaces.

1. Ensure the area around the bike is clear.
2. Locate the folding pin or knob on the main frame (often near the central hinge).
3. Pull or unscrew the pin/knob to release the frame.

- Carefully fold the bike inwards until it locks into its compact position.
- Re-insert or tighten the pin/knob to secure the folded position.

MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your Ultrasport F-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 connections for tightness. Tighten any loose components.
- Magnetic Brake System:** The magnetic resistance system is maintenance-free and designed for smooth, quiet operation. No lubrication is required for this component.
- Battery Replacement:** Replace the AAA batteries in the training computer when the display becomes dim or unresponsive.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Training computer display is blank	Batteries are dead or incorrectly inserted.	Replace batteries (2x AAA) or ensure they are inserted with correct polarity.
No pulse reading	Hands not firmly on sensors; sensors are dirty; cable connection loose.	Ensure firm contact with both sensors. Clean sensors. Check cable connection to the computer.
Unusual noise during pedaling	Loose components; friction from moving parts.	Check and tighten all visible bolts and nuts. Ensure pedals are securely attached.
Bike wobbles during use	Stabilizers not level; loose frame connections.	Adjust the leveling caps on the stabilizers. Tighten all frame connection bolts.

SPECIFICATIONS

- Model Number:** 331100000022
- Dimensions (Unfolded):** 87 cm (length) x 43.5 cm (width) x 118 cm (height)
- Dimensions (Folded):** Approximately 45 cm (length) x 47 cm (width) x 113 cm (height)
- Weight:** 15.5 kg
- Maximum User Weight:** 130 kg
- Resistance System:** Magnetic, 8 levels
- Material:** Stainless steel
- Power Source:** 2 x AAA batteries (included)
- Special Features:** Foldable design, multi-function training computer, hand pulse sensors
- Recommended Use:** Indoor



Image: The Ultrasport F-Bike, fully assembled and ready for exercise.

MÁS SEGURO Y ESTABLE

que otras bicicletas estáticas

OTRAS

hasta 110 kg

ULTRASPORT

hasta 130 kg



Doble acero

Pedales antideslizantes



Ultrasport

Image: The F-Bike demonstrating its robust construction and suitability for users up to 130 kg.

ENTRENAMIENTO SILENCIOSO

mientras lees o ves la televisión

OTROS

>50 db

ULTRASPORT

hasta 30 dB



Resistencia magnética sin mantenimiento

Más silencioso, fluido y respetuoso con las articulaciones que las bicicletas estáticas con correa TX simple.



Image: The F-Bike in use, illustrating its quiet operation, ideal for home environments.

WARRANTY AND SUPPORT

Your Ultrasport F-Bike comes with a **2-year warranty** from the date of purchase, covering manufacturing defects.

For technical assistance, spare parts, or any questions regarding your product, please contact Ultrasport customer support.

Support is available 24 hours a day.

Please refer to the contact information provided on the Ultrasport website or your purchase documentation for specific support channels.

