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> [Ultrasport](#) /

> [Ultrasport F-Bike Foldable Exercise Bike Instruction Manual](#)

## Ultrasport F-Bike

# Ultrasport F-Bike Foldable Exercise Bike Instruction Manual

Model: F-Bike | Brand: Ultrasport

## 1. INTRODUCTION

Thank you for choosing the Ultrasport F-Bike Foldable Exercise Bike. This manual provides essential information for the safe assembly, operation, and maintenance of your new fitness equipment. Please read this manual thoroughly before using the F-Bike and keep it for future reference.

## 2. SAFETY INFORMATION

- Consult a physician before starting any exercise program, especially if you have pre-existing health conditions.
- The maximum user weight for this F-Bike is 110 kg (approximately 242 lbs). Do not exceed this limit.
- Ensure the F-Bike is placed on a stable, level surface during use. Use a mat to protect your floor.
- Keep children and pets away from the equipment during operation.
- Regularly inspect all components for wear and tear. Do not use the bike if any parts are damaged.
- Wear appropriate athletic clothing and footwear during exercise.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

## 3. SETUP AND ASSEMBLY

The Ultrasport F-Bike is designed for quick and easy assembly. A basic tool kit is included to assist with the process. Follow these general steps:

1. **Unpack Components:** Carefully remove all parts from the packaging and lay them out. Verify all components listed in the packing list are present.
2. **Attach Stabilizers:** Secure the front and rear stabilizer bars to the main frame using the provided bolts and nuts. Ensure they are firmly tightened for stability.
3. **Install Pedals:** Attach the pedals to the crank arms. Note that pedals are typically marked 'L' for left and 'R' for right. The left pedal often tightens counter-clockwise.
4. **Mount Seat:** Slide the seat post into the main frame and secure it at your desired height using the

adjustment knob. Attach the seat to the seat post.

5. **Assemble Handlebars and Display:** Attach the handlebars to the main frame. Connect the LCD display cables to the corresponding ports on the handlebars and the main unit. Secure the display unit.
6. **Final Check:** Before first use, ensure all bolts, nuts, and connections are securely tightened.



*Image: The Ultrasport F-Bike Foldable Exercise Bike, fully assembled. This image provides an overview of the product's design and components.*



Image: Close-up views of Ultrasport F-Bike features, including the comfortable gel saddle, X-cross technique for stability, 8 resistance levels, anti-slip feet, anti-slip pedals, and versatile adjustability. These details are crucial for understanding the assembly and function of individual parts.

## 4. OPERATING INSTRUCTIONS

### 4.1 Adjusting the Seat

The seat height is adjustable to accommodate various user heights. Loosen the adjustment knob located on the seat post, raise or lower the seat to a comfortable position where your leg is slightly bent at the knee when the pedal is at its lowest point, and then firmly tighten the knob.

### 4.2 Adjusting Resistance Levels

The F-Bike features 8 adjustable magnetic resistance levels. To increase or decrease the workout intensity, turn the resistance knob located below the handlebars. Turn clockwise for higher resistance and counter-clockwise for lower resistance.

### 4.3 Using the LCD Display

The integrated LCD display provides real-time workout data. It typically measures:

- **Time:** Duration of your workout.

- **Speed:** Current cycling speed.
- **Distance:** Total distance covered during the current session.
- **Calories:** Estimated calories burned.
- **Pulse:** Heart rate measured via the hand pulse sensors on the handlebars.
- **Scan:** Automatically cycles through all display functions.
- **ODO (Odometer):** Total accumulated distance.

To activate the display, simply start pedaling or press the mode button. The display will automatically turn off after a period of inactivity to conserve battery life.



*Image: The Ultrasport F-Bike LCD display, showing hand pulse sensors on the handlebars and various metrics such as pulse, distance, calories, scan, ODO, and speed. This illustrates the user interface for tracking workout progress.*

#### 4.4 Folding the F-Bike for Storage

The F-Bike features a foldable design for convenient storage. To fold, ensure the resistance is set to minimum, then locate the folding mechanism (usually a pin or knob near the base of the main frame) and release it. Carefully fold the bike until it locks into its compact position.



Image: The Ultrasport F-Bike showing its unfolded dimensions (87 x 43.5 x 118 cm) and folded dimensions (53 x 43.5 x 137 cm). This demonstrates the space-saving design for storage.

## 5. MAINTENANCE

- **Cleaning:** Wipe down the F-Bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners or solvents.
- **Lubrication:** Periodically check moving parts for smooth operation. If any squeaking occurs, apply a small amount of silicone-based lubricant to the joints.
- **Inspection:** Regularly inspect all bolts, nuts, and connections to ensure they are tight. Check pedals, seat, and handlebars for any signs of wear or damage.
- **Storage:** Store the folded F-Bike in a cool, dry place away from direct sunlight and extreme temperatures.

## 6. TROUBLESHOOTING

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
Squeaking noise during use	Loose bolts, dry joints	Tighten all visible bolts. Apply silicone lubricant to moving joints.
LCD display not working	Dead batteries, loose cable connection	Replace batteries in the display unit. Check that all display cables are securely connected.
Bike feels unstable	Uneven surface, loose stabilizer bolts	Ensure the bike is on a flat, level surface. Tighten bolts on front and rear stabilizers.
Resistance not changing	Internal mechanism issue	Contact customer support if the resistance knob does not affect intensity.

## 7. SPECIFICATIONS

Feature	Specification
Brand	Ultrasport
Model Name	F-Bike
Model Number	331100000280
Resistance Mechanism	Magnetic
Number of Resistance Levels	8
Maximum User Weight	110 kg (242 lbs)
Product Dimensions (Unfolded)	87 cm (D) x 43.5 cm (W) x 118 cm (H) / 34.25"D x 17.13"W x 46.46"H
Product Dimensions (Folded)	53 cm (D) x 43.5 cm (W) x 137 cm (H)
Item Weight	15.5 kg (34.17 lbs)
Material	Stainless Steel
Power Source (Display)	Battery Powered
Special Features	Calorie monitor, speed monitor, distance monitor, foldable
Included Components	F-Bike, Batteries, Tool Kit, Operating instructions

## 8. WARRANTY AND SUPPORT

For warranty information or technical support, please refer to the documentation provided with your purchase or contact the retailer/manufacturer directly. Keep your proof of purchase for any warranty claims.

