

Aerofit AF-176U

Aerofit AF-176U Upright Bike User Manual

Model: AF-176U

INTRODUCTION

This manual provides essential instructions for the safe assembly, operation, and maintenance of your Aerofit AF-176U Upright Bike. Please read this manual thoroughly before using the equipment to ensure proper function and to prevent injury. Keep this manual for future reference.

The Aerofit AF-176U is designed for indoor use, offering a challenging and effective cardiovascular workout. Its magnetic resistance system and belt drive ensure smooth and quiet operation.

IMPORTANT SAFETY INFORMATION

- Consult a physician before starting any exercise program.
- Ensure all parts are securely fastened before each use.
- Keep children and pets away from the equipment during operation.
- Place the bike on a flat, stable surface.
- Wear appropriate exercise attire and footwear.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

SETUP AND ASSEMBLY

The Aerofit AF-176U Upright Bike requires some assembly. Please follow these steps carefully.

Unpacking

1. Carefully remove all components from the packaging.
2. Verify all parts are present against the included parts list (refer to your product packaging for the complete list).
3. Place all components on a clear, flat surface.

Assembly Steps

While specific assembly steps are detailed in the separate assembly guide, general assembly involves:

- Attaching the front and rear stabilizers to the main frame.
- Mounting the pedals to the crank arms (note: the left pedal is typically reverse threaded).
- Securing the seat post and seat.
- Attaching the handlebar post and handlebars.
- Connecting the console wiring.



Figure 1: Fully assembled Aerofit AF-176U Upright Bike. This image shows the complete exercise bike with its black and silver frame, adjustable seat, handlebars, and LCD display console.

Adjustments

- **Seat Adjustment:** Adjust the seat height to ensure a comfortable pedaling position where your

leg is slightly bent at the bottom of the pedal stroke. Loosen the adjustment knob, slide the seat post to the desired height, and tighten the knob securely.

- **Handlebar Adjustment:** Adjust the handlebar angle for optimal comfort and posture.

OPERATING INSTRUCTIONS

Console Functions (LCD Display)

The LCD display provides real-time feedback on your workout. While specific button functions may vary, common metrics include:

- **Time:** Duration of your workout.
- **Speed:** Current cycling speed.
- **Distance:** Total distance covered during the workout.
- **Calories:** Estimated calories burned.
- **Pulse/Heart Rate:** (If equipped with sensors) Your current heart rate.

Resistance Adjustment

The Aerofit AF-176U features a magnetic resistance mechanism. Resistance levels are typically adjusted via a knob located on the main frame or handlebar post. Turn the knob clockwise to increase resistance and counter-clockwise to decrease it.

Starting a Workout

1. Mount the bike safely.
2. Begin pedaling. The console should automatically activate.
3. Adjust resistance to your desired level.
4. Monitor your progress on the LCD display.

MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your Aerofit AF-176U Upright Bike. This model is designed for low maintenance.

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Periodically check all nuts, bolts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Lubrication:** The magnetic resistance and belt drive system typically require minimal to no lubrication. Refer to specific manufacturer guidelines if any squeaking or unusual noises occur.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Console not displaying data.	Loose sensor cable connection; console batteries depleted (if applicable).	Check all cable connections. Replace console batteries if necessary.
Unusual noise during operation.	Loose bolts or components; worn parts.	Inspect and tighten all visible bolts and nuts. If noise persists, contact customer support.
Resistance not changing.	Resistance cable disconnected or damaged; mechanism fault.	Check the resistance cable connection. If the issue persists, professional service may be required.

SPECIFICATIONS

Model	AF-176U
Brand	Aerofit
Type	Upright Bike
Resistance Mechanism	Magnetic
Drive System	Belt
Display Type	LCD
Frame Material	Steel
Item Weight	51 kg
Dimensions (L x W x H)	42" x 24" x 58"
Power Source	Corded Electric (for console, if applicable)
Special Features	Adjustable Seat, Speed tracking
Recommended Use	Indoor

WARRANTY AND SUPPORT

For warranty information or technical support, please refer to the warranty card included with your

product or contact Aerofit customer service. Keep your purchase receipt as proof of purchase.

Manufacturer: Sachdeva Oversease

Date First Available: 26 November 2017

© 2024 Aerofit. All rights reserved.