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› ANCHEER B-168 Folding Exercise Bike User Manual

## ANCHEER B-168

# ANCHEER B-168 Folding Exercise Bike User Manual

Model: B-168

## 1. INTRODUCTION

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This manual provides essential information for the safe and effective use of your ANCHEER B-168 Folding Exercise Bike. Please read all instructions carefully before assembly and operation. Retain this manual for future reference.

The ANCHEER B-168 is a versatile 3-in-1 exercise bike designed for indoor fitness. It features a digital display, tablet/phone support, 10 levels of magnetic resistance, and a comfortable, adjustable seat. Its foldable design allows for convenient storage.

## 2. SAFETY INFORMATION

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**WARNING:** To reduce the risk of serious injury, read all important precautions and instructions in this manual before using the exercise bike.

- Consult your physician before beginning any exercise program.
- Keep children and pets away from the exercise bike at all times.
- Place the exercise bike on a level surface with at least 0.6 meters (2 feet) of clearance around it.
- Inspect the exercise bike for worn or loose parts before each use. Tighten or replace any worn parts immediately.
- Wear appropriate exercise clothing and athletic shoes. Do not wear loose clothing that could become caught in the bike.
- Do not exceed the maximum user weight capacity of 350 pounds (approximately 158 kg).
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- Ensure all adjustment knobs and bolts are securely tightened before each use.

## 3. PACKAGE CONTENTS

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Before assembly, ensure all parts listed in the assembly guide (typically included in the packaging) are present. If any parts are missing or damaged, contact customer support.

## 4. ASSEMBLY INSTRUCTIONS

Assembly of the ANCHEER B-168 Folding Exercise Bike requires careful attention to detail. Tools for assembly are typically included. It is recommended to have assistance during assembly due to the size and weight of some components.

1. Unpack all components and lay them out on a clean, flat surface.
2. Attach the front and rear stabilizers to the main frame.
3. Install the pedals, ensuring they are threaded correctly (left pedal is reverse-threaded).
4. Assemble the seat post and seat, then attach to the main frame.
5. Attach the handlebars and the digital monitor. Connect any necessary sensor wires.
6. Securely tighten all bolts and nuts. Double-check all connections before first use.

Refer to the detailed diagrams in your included assembly manual for specific step-by-step instructions.

## 5. PRODUCT FEATURES AND COMPONENTS



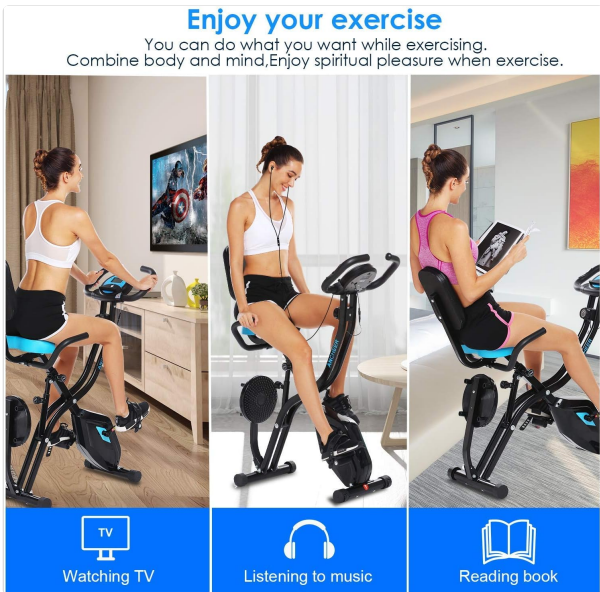
**Figure 1: Key Components Overview**

This image highlights the main parts of the exercise bike, including the twist board, digital LCD monitor, resistance adjustment knob, comfortable seat, and foot straps.



**Figure 2: Integrated Twisting Disc**

The exercise bike includes a twisting disc located at the rear, designed for waist exercises. This disc can be used to engage core muscles.



**Figure 3: Entertainment Integration**

The integrated tablet/phone holder allows users to engage with media such as watching TV, listening to music, or reading during their workout.



**Figure 4: Digital Monitor and App Connectivity**

The bike features a digital monitor that tracks workout data. It also supports app connectivity for enhanced tracking and exercise programs.

### 5.1. Digital Monitor

The digital monitor (3.3" W x 1.5" H) displays key workout metrics:

- **Time:** Duration of your workout.
- **Speed:** Current cycling speed.
- **Calories:** Estimated calories burned.
- **Pulse:** Heart rate (if equipped and connected).
- **Distance:** Distance covered during the current workout.
- **ODO (Odometer):** Total accumulated distance.
- **Scan:** Automatically cycles through all metrics.

### 5.2. Resistance System

The bike utilizes a magnetic resistance mechanism, offering 10 adjustable levels. Resistance is controlled via a knob located on the main frame.

### 5.3. 3-in-1 Design

The ANCHEER B-168 can be configured in three modes:

- **Upright Mode:** Standard cycling position.
- **Recumbent Mode:** A more relaxed, reclined cycling position.
- **Folded Mode:** For compact storage.



**Figure 5: 3-in-1 Configuration Options**

This image demonstrates how the bike can be adjusted into upright, recumbent, and folded positions, along with their respective dimensions.

## 6. OPERATING INSTRUCTIONS

### 6.1. Adjusting the Seat

The seat height and position are adjustable to accommodate various user heights. To adjust:

1. Loosen the adjustment knob located on the seat post.
2. Slide the seat post up or down to the desired height.
3. Ensure the seat is at a height where your leg has a slight bend at the knee when the pedal is at its lowest point.
4. Tighten the adjustment knob securely to lock the seat in place.

## Comfortable Adjustable Seat & Plastic Waist Twist

Customized seat height for different users  
The twisting disc is easy to pack up and put down.



**Figure 6: Seat Adjustment Mechanism**

This image illustrates the adjustable seat feature, showing how to customize the seat height for different users and highlighting the comfortable seat cushion.

### 6.2. Adjusting Resistance

The resistance level can be adjusted using the tension knob on the main frame. Turn the knob clockwise to increase resistance and counter-clockwise to decrease resistance. There are 10 distinct levels of magnetic resistance.

### 6.3. Using the Digital Monitor

The monitor typically powers on automatically when you begin pedaling or press a button. Use the 'MODE' button to cycle through the display functions (Time, Speed, Distance, Calories, ODO, Pulse, Scan). To reset values, press and hold the 'MODE' button for a few seconds.

### 6.4. Folding for Storage

To fold the bike for storage:

1. Ensure the bike is on a stable surface.
2. Locate the folding pin or knob (refer to your assembly manual for exact location).
3. Release the locking mechanism.

- Carefully fold the bike until it is in the compact storage position.
- Secure the folding mechanism to prevent accidental unfolding.

## CONVENIENT STORAGE

Wheel design makes moving more convenient, you can move anywhere at any time



**Figure 7: Convenient Storage and Mobility**

The bike is equipped with transport wheels on the front stabilizer, allowing for easy movement and storage when folded.

## 7. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your exercise 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 moving parts for tightness and wear. Tighten any loose fasteners.
- **Lubrication:** Moving parts may require occasional lubrication. Refer to the specific instructions in your assembly manual for recommended lubrication points and types.

- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures.

## 8. TROUBLESHOOTING

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- **Bike makes noise during use:** Check all bolts and nuts for tightness. Ensure the bike is on a level surface. Lubricate any moving parts as per maintenance instructions.
- **Digital monitor not displaying:** Check battery installation and ensure batteries are not depleted. Verify all sensor cables are securely connected.
- **Pulse meter inaccurate:** Ensure hands are firmly placed on the pulse sensors. The pulse meter may not be medical-grade accurate and should be used for reference only.
- **Resistance not changing:** Check the tension cable connection to the resistance knob and the magnetic mechanism.

If issues persist, contact ANCHEER customer support.

## 9. SPECIFICATIONS

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<b>Brand</b>	ANCHEER
<b>Model Number</b>	B-168
<b>Resistance Mechanism</b>	Magnetic
<b>Number of Resistance Levels</b>	10
<b>Material</b>	Alloy Steel
<b>Color</b>	Black
<b>Maximum Weight Capacity</b>	350 lbs (approx. 158 kg)
<b>Recommended Maximum Height</b>	190 cm (approx. 6 ft 3 in)
<b>Dimensions (L x W x H)</b>	70.1 x 39.88 x 136.91 cm (approx. 27.6 x 15.7 x 53.9 inches)
<b>Product Weight</b>	21.6 kg (approx. 47.6 lbs)
<b>Special Features</b>	Portable, Foldable, 3-in-1 Design, Twisting Disc
<b>UPC</b>	664005823523

## 10. WARRANTY AND SUPPORT

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ANCHEER provides a one-year quality warranty on this product. During the warranty period, free replacement parts will be provided for any manufacturing defects. For warranty claims, technical support, or inquiries regarding parts, please contact ANCHEER customer service through your purchase platform or the official ANCHEER website.