

## Bifanuo Bifanuo

# Bifanuo 3-in-1 Foldable Magnetic Exercise Bike User Manual

Model: Bifanuo

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## 1. INTRODUCTION

Thank you for choosing the Bifanuo 3-in-1 Foldable Magnetic Exercise Bike. This manual provides essential information for the safe assembly, operation, and maintenance of your fitness equipment. Please read this manual thoroughly before initial use and retain it for future reference.

## 2. IMPORTANT SAFETY INFORMATION

- Consult a physician before starting any exercise program.
- Keep children and pets away from the equipment during use.
- Place the exercise bike on a flat, stable surface with adequate clearance around it.
- Inspect the equipment for loose or worn parts before each use. Do not use if damaged.
- Wear appropriate exercise attire and footwear.
- The maximum user weight capacity for this exercise bike is 120.2 kg (265 lbs).
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- Ensure all bolts and nuts are securely tightened before use.

## 3. PACKAGE CONTENTS

Before assembly, verify that all components are present and undamaged. Refer to the assembly diagram for part identification.

- Main Frame Assembly
- Front and Rear Stabilizers
- Pedals (Left and Right)
- Seat and Backrest
- Handlebar and Console
- Arm Resistance Bands
- Hardware Kit (bolts, washers, nuts, tools)
- User Manual

## 4. ASSEMBLY INSTRUCTIONS

Follow these steps to assemble your Bifanuo Exercise Bike. It is recommended to have two people for assembly.

### 4.1 Unfolding the Frame

Carefully unfold the main frame of the exercise bike until it locks into the upright position. Ensure the folding mechanism is securely engaged.



**FOLDABLE,  
STURDY, AND  
EASY TO PUT  
TOGETHER**

  
**FOLDABLE SPACE SAVING  
X-BIKE DESIGN**

  
**STEEL CONSTRUCTION  
FOR A SAFE AND STABLE RIDE**

  
**EASY ASSEMBLY**

Figure 4.1: Foldable design for easy storage and assembly.

## 4.2 Attaching Stabilizers

Attach the front and rear stabilizers to the main frame using the provided bolts and washers. Tighten securely.

## 4.3 Installing Pedals

Identify the Left (L) and Right (R) pedals. The left pedal screws counter-clockwise, and the right pedal screws clockwise. Ensure they are fully tightened to prevent stripping.

## 4.4 Assembling Seat and Backrest

Attach the backrest to the seat post, then secure the seat assembly to the main frame. Adjust the seat height to your preference using the adjustment knob.



Figure 4.4: Seat and backrest assembly with height adjustment.

## 4.5 Attaching Handlebar and Console

Connect the handlebar to the main frame. Attach the console to the handlebar post, ensuring all sensor wires are properly connected. The console displays time, speed, distance, calories, and pulse.

# Easy to Use Console

Displays time, speed  
distance, calories, & pulse

## Hand Pulse Grips

Monitor your heart rate



Figure 4.5: Console and handlebar installation.

## 4.6 Attaching Arm Resistance Bands

Securely attach the arm resistance bands to the designated points on the exercise bike, typically near the front frame or handlebars.



# UPPER BODY SCULPTING SYSTEM

Two in one fitness breakthrough lets you simultaneously work on cardio and upper body strength

Figure 4.6: Arm resistance band attachment.

## 5. OPERATING INSTRUCTIONS

### 5.1 Adjusting Seat Position

The seat height can be adjusted to 4 different sections. Loosen the adjustment knob, slide the seat post to the desired height, and re-tighten the knob securely. Ensure your knees have a slight bend at the bottom of the pedal stroke.

### 5.2 Selecting Exercise Mode (3-in-1 Functionality)

This bike offers three exercise modes:

- **Upright Mode:** Provides a high-intensity workout.
- **Recumbent Mode:** Offers a less strenuous workout with back support.
- **Semi-Recumbent Mode:** A hybrid position for varied comfort and intensity.

To switch between modes, adjust the frame angle using the designated knob or lever (refer to specific frame adjustment points on your bike). Ensure the frame is locked securely in place before use.



Figure 5.2: Upright and Recumbent exercise positions.

### 5.3 Adjusting Magnetic Resistance

The exercise bike features 8 levels of adjustable magnetic resistance. Turn the tension control knob, located below the console, clockwise to increase resistance for a more challenging workout, and counter-clockwise to decrease resistance for an easier workout or warm-up.

### 5.4 Using the LCD Display Console

The digital LCD monitor displays the following fitness data:

- **Time:** Duration of your workout.
- **Speed:** Current cycling speed.
- **Distance:** Total distance cycled.
- **Calories:** Estimated calories burned.
- **Pulse:** Your heart rate, measured by the hand pulse grips.

To measure your heart rate, place both hands firmly on the pulse grips located on the handlebars. The console will display your pulse after a few seconds.

The console also includes a phone/tablet holder for convenience during your workout.

## 5.5 Utilizing Arm Resistance Bands

The integrated arm resistance bands allow for upper body exercises while cycling. Hold the handles and perform various arm movements (e.g., curls, rows) to engage different muscle groups. This provides a balanced full-body workout.

## 6. MAINTENANCE

- **Cleaning:** Wipe down the exercise bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Regularly check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Lubrication:** The magnetic resistance system is generally maintenance-free. Do not lubricate internal components unless specifically instructed by customer support.
- **Storage:** When not in use, fold the exercise bike to minimize space. Store it in a dry, cool place away from direct sunlight and moisture. The integrated wheels allow for easy movement.



Figure 6.1: Folded bike for compact storage.

## 7. TROUBLESHOOTING

Problem	Possible Cause	Solution
<b>No display on console</b>	Batteries are dead or incorrectly installed.	Replace batteries or ensure they are inserted with correct polarity. Check wire connections.
<b>Inaccurate pulse reading</b>	Hands not firmly on grips; dry hands; loose connection.	Ensure firm contact with both pulse grips. Moisten hands slightly if too dry. Check sensor wire connections.
<b>Squeaking or grinding noise</b>	Loose bolts; friction from moving parts; internal issue.	Check and tighten all assembly bolts. Ensure pedals are securely fastened. If noise persists, contact customer support.
<b>Resistance not changing</b>	Resistance cable disconnected or damaged; internal mechanism issue.	Check the connection of the resistance cable to the tension knob and the internal mechanism. Contact customer support if the issue persists.
<b>Bike feels unstable</b>	Not on a flat surface; stabilizers not level; loose frame bolts.	Move the bike to a flat surface. Adjust the leveling caps on the stabilizers if present. Tighten all frame bolts.

## 8. SPECIFICATIONS

<b>Model:</b>	Bifanuo 3-in-1 Foldable Magnetic Exercise Bike
<b>Brand:</b>	Bifanuo
<b>Resistance Mechanism:</b>	Magnetic (8 Levels)
<b>Maximum User Weight:</b>	120.2 kg (265 lbs)
<b>Features:</b>	3-in-1 (Upright, Recumbent, Semi-Recumbent), Foldable, Arm Resistance Bands, LCD Display, Pulse Sensors, Adjustable Seat
<b>Color:</b>	Black
<b>Recommended Use:</b>	Indoor
<b>ASIN:</b>	B08VD32LYV
<b>UPC/GTIN:</b>	769024431862

## 9. WARRANTY AND SUPPORT

For warranty information or technical support, please refer to the documentation included with your purchase or contact Bifanuo customer service through their official website or the retailer where the product was purchased. Please have your model number and purchase date available when contacting support.