

[Manuals.plus](#) /

› [Sportneer](#) /

› Sportneer Foldable Exercise Bike Stationary Bike Instruction Manual

Sportneer Y22-82000-70

Sportneer Foldable Exercise Bike Stationary Bike Instruction Manual

Model: Y22-82000-70

IMPORTANT SAFETY INFORMATION

Before operating this exercise bike, please read and understand all instructions. Keep this manual for future reference. Failure to follow these instructions could result in injury or damage to the product.

- Consult your 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 exercise bike on a flat, stable surface. Use the provided PVC floor mat to protect your floor and enhance stability.
- Do not exceed the maximum weight capacity of 240 lbs (110 kg).
- Wear appropriate exercise attire and footwear.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- Keep hands and feet clear of moving parts.

SETUP AND ASSEMBLY

The Sportneer Foldable Exercise Bike is designed for straightforward assembly. All necessary bolts and washers are pre-installed in their correct positions to simplify the process.

1. **Unpacking:** Carefully remove all components from the packaging.
2. **Base Assembly:** Attach the front and rear stabilizer bars to the main frame. Ensure all bolts are tightened securely.
3. **Pedal Installation:** Identify the left (L) and right (R) pedals. Thread the left pedal counter-clockwise and the right pedal clockwise into their respective crank arms. Tighten firmly with a wrench.
4. **Seat and Backrest Attachment:** Secure the seat and backrest to the seat post. Adjust the seat height to your preference using the adjustment knob.
5. **Handlebar and Console Installation:** Attach the handlebar assembly to the main frame. Connect the console wires as instructed.
6. **Resistance Bands:** Attach the arm resistance bands to the designated points on the frame.
7. **Final Check:** Verify that all bolts, nuts, and connections are tight and secure before first use.

Smooth and Quiet Workout

5.5 lbs
Super Quiet Flywheel



Image: The Sportneer exercise bike shown in both its compact folded state and its fully extended, ready-to-use configuration, highlighting its dimensions and space-saving design.

OPERATING INSTRUCTIONS

Adjusting Riding Positions (4-in-1 Functionality)

The Sportneer exercise bike offers four distinct modes for varied workouts:

- **Upright Style:** Targets glutes, hips, and thighs.
- **Semi-Recumbent Style:** Provides a comfortable, slightly reclined position.
- **Recumbent Style:** Targets thighs and calves with a fully reclined seating position.
- **Arm Training:** Utilize the integrated resistance bands for upper body workouts while cycling.

To switch between upright and recumbent positions, adjust the frame's angle using the designated locking pin. Ensure the bike is stable in your chosen position before use.

SMART LCD INTERFACE

Heart
Rate

Ipad
Holder



Heart rate



Time



Speed



Calorie



Distance

Image: The exercise bike demonstrating the upright (92-degree angle) and recumbent (110-degree angle) riding styles, highlighting the different muscle groups targeted by each position.



Image: A visual representation of the four exercise modes available with the Sportneer bike: upright, semi-recumbent, recumbent, and arm training, each depicted with a user.

Adjusting Magnetic Resistance

The bike features 16 levels of magnetic resistance, allowing you to customize your workout intensity from warm-up to strenuous training. To adjust the resistance, turn the tension control knob located on the main frame. Turn clockwise for higher resistance and counter-clockwise for lower resistance.

Easy to Move and Store

Built-in Transport Wheels



Image: A close-up view of the resistance control knob, illustrating the 16 levels of magnetic resistance and suggested training zones (Warm-up, Cardio, Endurance, Muscle Strengthening).

Using the LCD Monitor

The integrated LCD monitor displays key workout data to help you track your progress. It shows:

- **SCAN:** Cycles through all metrics automatically.

- **TIME:** Duration of your workout.
- **SPEED:** Current cycling speed.
- **DISTANCE:** Distance covered during the workout.
- **CALORIES:** Estimated calories burned.
- **PULSE (Heart Rate):** Your heart rate when gripping the pulse sensors on the handlebars.

The monitor also includes an iPad/tablet holder for entertainment during your workout. Use the "MODE" button to select a specific display metric or "RESET" to clear your workout data.

Easy Unfolding & Convenient Storage



User Height: < 75"



Max. Weight Capacity: 240 Lb



Image: The smart LCD interface of the exercise bike, showing the display of heart rate, time, speed, calories, and distance, along with the integrated iPad holder.

Arm Resistance Bands

The bike includes arm resistance bands for a full-body workout. While seated, grasp the handles and perform various upper body exercises such as bicep curls, tricep extensions, or chest presses. Ensure a controlled motion to prevent injury.

New Look Coming

Before

After



We're refreshing our look!

Image: A user engaging in arm training using the integrated resistance bands while seated on the exercise bike.

Moving and Storing the Bike

The Sportneer exercise bike is designed for easy portability and compact storage. It features built-in transport wheels at the front base. To move, simply tilt the bike forward and roll it to your desired location. For storage, fold the bike into its compact form.

Upright Style

Targets: Glutes,
Hips, and Thighs

Recumbent Style

Targets: Thighs and Calves



2 Riding Angles in 1 Bike. The Choice is Yours!
Select your seating position and get started.

Image: A person demonstrating how to easily move the Sportneer exercise bike using its built-in transport wheels.

MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your Sportneer exercise bike.

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.

- **Inspections:** Periodically check all bolts, nuts, and moving parts for tightness. Tighten any loose components.
- **Lubrication:** No specific lubrication is required for the magnetic resistance system.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Bike is unstable or wobbles.	Uneven surface; loose stabilizer bolts.	Ensure the bike is on a flat surface. Check and tighten all stabilizer bolts. Adjust leveling caps if present.
Resistance feels too easy or too hard.	Resistance knob not adjusted correctly.	Turn the tension control knob to increase or decrease resistance. Ensure it is set to your desired level.
LCD monitor not displaying data.	Loose cable connection; dead batteries.	Check all cable connections to the monitor. Replace batteries in the console.
Unusual noise (e.g., knocking, squeaking).	Loose components; internal mechanism issue.	Inspect all visible bolts and connections for tightness. If noise persists, contact customer support.
Seat is uncomfortable or shifts.	Seat adjustment not tight; personal preference.	Ensure the seat adjustment knob is fully tightened. Consider a gel seat cover for added comfort if needed.

SPECIFICATIONS

- **Brand:** Sportneer
- **Model Name:** Stationary Bike (Y22-82000-70)
- **Resistance Mechanism:** Magnetic
- **Number of Resistance Levels:** 16
- **Drive System:** Belt
- **Maximum Weight Recommendation:** 240 lbs (110 kg)
- **Item Weight:** 41 Pounds
- **Product Dimensions (D x W x H):** 27"D x 16"W x 42"H (unfolded)
- **Material:** Polyvinyl Chloride (PVC) for mat, Aluminum or Alloy Steel for handle
- **Power Source:** Battery Powered (for LCD monitor)
- **Special Features:** Adjustable Resistance Level, Foldable, PVC Floor Mat, Portable, Arm Resistance Bands

WARRANTY AND SUPPORT

For warranty information, product support, or to report any issues, please refer to the contact details provided with your purchase or visit the official Sportneer website. Please have your model number (Y22-82000-70) and purchase date available when contacting support.

OFFICIAL PRODUCT VIDEO

Your browser does not support the video tag.

Video: An official product video from Sportneer Direct showcasing the features and usage of the Sportneer Exercise Bike.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question