

ANCHEER AMA005567

ANCHEER APP Control Foldable Exercise Bike AMA005567 Instruction Manual

Model: AMA005567 | Brand: ANCHEER

1. INTRODUCTION

Thank you for choosing the ANCHEER APP Control Foldable Exercise Bike. This manual provides essential information for the safe and effective use of your new fitness equipment. Please read all instructions carefully before assembly and operation, and retain this manual 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. Ensure adequate space around the bike.
- Inspect the equipment for loose or worn parts before each use. Do not use if damaged.
- Wear appropriate exercise clothing and footwear.
- Maximum user weight capacity: 130 kg (286 lbs).
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- Ensure all bolts and nuts are securely tightened after assembly and before each use.

3. PACKAGE CONTENTS

Before assembly, verify that all components listed below are present in your package:

- Main Frame Assembly
- Front Stabilizer
- Rear Stabilizer

- Pedals (Left and Right)
- Seat and Seat Post
- Handlebar Assembly with Digital Monitor
- Hardware Kit (bolts, washers, nuts, tools)
- Instruction Manual

4. ASSEMBLY INSTRUCTIONS

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

1. **Attach Stabilizers:** Secure the front and rear stabilizers to the main frame using the provided bolts and washers. Ensure they are firmly tightened.
2. **Install Pedals:** Identify the left (L) and right (R) pedals. The left pedal screws counter-clockwise, and the right pedal screws clockwise. Thread them into the crank arms and tighten securely with a wrench.
3. **Mount Seat:** Attach the seat to the seat post, then insert the seat post into the main frame. Adjust the height and secure it with the quick-release knob.
4. **Attach Handlebar:** Connect the handlebar assembly to the main frame. Ensure all cables for the digital monitor are properly connected before securing the handlebar.
5. **Final Check:** Verify that all bolts, nuts, and connections are tight and secure.



Image 1: Fully assembled ANCHEER Foldable Exercise Bike. This image shows the bike in its upright position, highlighting the digital monitor, adjustable seat, and pedals. The accompanying app interface is also visible on a screen next to the bike.

5. OPERATING INSTRUCTIONS

5.1 Adjusting the Bike Position

Your ANCHEER exercise bike offers multiple configurations:

- **Upright Mode:** Standard cycling position.
- **Recumbent Mode:** Adjust the frame lever to recline the seat for a more relaxed cycling posture.
- **Folded Mode:** For compact storage. Use the folding mechanism to collapse the bike.

Adjust the seat height using the quick-release knob on the seat post to ensure comfortable leg extension during pedaling.

5.2 Adjusting Resistance

The bike features a 10-level adjustable magnetic resistance system. Rotate the resistance knob located below the handlebar to increase (higher number) or decrease (lower number) the pedaling difficulty. Start with a lower resistance and gradually increase as your fitness improves.

5.3 Using the Digital Monitor

The integrated digital monitor displays key workout data:

- **Time:** Duration of your workout.
- **Speed:** Current cycling speed.
- **Distance:** Total distance covered.
- **Calories:** Estimated calories burned.
- **Heart Rate:** Measured via handlebar sensors (if applicable).

Press the MODE button to cycle through display functions or hold it to reset values.

5.4 APP Control Functionality

Download the ANCHEER fitness application from the App Store or Google Play. Follow the in-app instructions to connect your device to the exercise bike via Bluetooth. The app provides additional workout programs, tracking, and interactive features.



Image 2: Close-up of the digital monitor and examples of the ANCHEER fitness app interface. The monitor displays workout metrics, while the app shows various training modes like Normal, Map, and Target, along with real-time data.

6. MAINTENANCE

- **Cleaning:** Wipe down the 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 ANCHEER support.
- **Storage:** When not in use, fold the bike for compact storage in a dry, cool place away from direct sunlight and moisture.

7. TROUBLESHOOTING

Problem	Possible Cause	Solution
Digital monitor not displaying.	Batteries are dead or incorrectly installed. Loose cable connection.	Replace batteries. Check and secure all monitor cable connections.
Pedaling feels uneven or noisy.	Loose pedals or crank arms. Unstable bike on uneven surface.	Ensure pedals are tightly screwed in. Check all assembly bolts. Place bike on a level surface.
Resistance not changing.	Resistance cable disconnected or damaged.	Inspect the resistance cable connection to the knob and the magnetic mechanism. Contact customer support if damaged.
App not connecting to the bike.	Bluetooth not enabled. App not updated. Bike not powered on.	Ensure Bluetooth is active on your device. Update the app. Power on the bike's monitor.

8. PRODUCT SPECIFICATIONS

Feature	Detail
Model Number	AMA005567
Resistance System	Magnetic, 10 levels adjustable
Drive System	Belt
Material	Aluminum
Maximum Weight Capacity	130 kg (286 lbs)
Product Dimensions (L x W x H)	220 x 220 x 220 cm (approx. 86.6 x 86.6 x 86.6 inches)
Product Weight	17.64 kg (approx. 38.9 lbs)
Special Feature	Foldable, APP Control
Power Source	Battery Powered (for monitor)
Recommended Use	Indoor

9. WARRANTY AND CUSTOMER SUPPORT

ANCHEER provides a one-year quality guarantee for this product. During the warranty period, free replacement parts will be provided for any manufacturing defects or issues. For technical assistance, warranty claims, or to order replacement parts, please contact ANCHEER customer support through your purchase platform or the official ANCHEER website. Please have your model number (AMA005567) and proof of purchase ready when contacting support.

