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> ATIVAFIT Foldable Exercise Bike with LCD Display and Pulse Sensor Instruction Manual

ATIVAFIT B095K12VZK

ATIVAFIT Foldable Exercise Bike Instruction Manual

Model: B095K12VZK

1. IMPORTANT SAFETY INFORMATION

Please read this entire manual before assembling or operating the ATIVAFIT Foldable Exercise Bike. Keep this manual for future reference.

- Consult your 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. Use a protective mat if necessary.
- Ensure all bolts and nuts are securely tightened before each use.
- Wear appropriate exercise clothing and footwear.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- The maximum user weight for this bike is 120 kg (265 lbs).
- The maximum recommended user height is 183 cm (6 feet).

2. PACKAGE CONTENTS

Verify that all parts are present before assembly. If any parts are missing or damaged, contact customer support.

- Main Frame Assembly
- Seat and Backrest
- Handlebars with LCD Display
- Left and Right Pedals
- Stabilizer Bars (Front and Rear)
- Resistance Bands (if included with your model)
- Hardware Kit (bolts, washers, nuts, tools)
- User Manual

3. ASSEMBLY INSTRUCTIONS

Follow these steps carefully to assemble your ATIVAFIT Foldable Exercise Bike.

1. **Unfold the Main Frame:** Carefully unfold the main frame until it locks into the upright position. Ensure the locking pin is securely engaged.
2. **Attach Stabilizer Bars:** Attach the front and rear stabilizer bars to the main frame using the provided bolts and washers. Tighten securely.
3. **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 firmly with a wrench. Ensure non-slip pedals are correctly oriented.
4. **Assemble Seat and Backrest:** Attach the backrest to the seat post. Then, slide the assembled seat onto the main frame and adjust the height to your preference. Secure it with the adjustment knob. The ergonomic, comfortable padded seat and foldable backrest are designed for support.
5. **Attach Handlebars and Display:** Connect the handlebar post to the main frame. Attach the handlebars, which include the LCD display, to the post. Connect any pulse sensor wires from the handlebars to the main frame.
6. **Install Resistance Bands (if applicable):** If your model includes resistance bands, attach them to the designated points on the frame. These integrated resistance bands allow for upper body workouts.

Relieve Sitting & Fatigue Driven



This image illustrates the ergonomic design features of the bike, including the safety handle for stability, non-slip pedals for secure footing, a comfortable padded backrest, and a relax foam seat for extended workout comfort.



The seat and backrest offer multiple adjustment positions for optimal comfort and fit during your workout.

4. OPERATING INSTRUCTIONS

4.1 LCD Display Functions

The easy-to-read LCD display monitors your workout progress.

- **TIME:** Displays your workout duration.
- **SPEED:** Shows your current cycling speed.
- **DISTANCE:** Tracks the distance covered during your session.
- **CALORIES:** Estimates the calories burned.
- **PULSE:** Shows your heart rate when holding the pulse sensors on the handlebars.
- **SCAN:** Cycles through all metrics automatically.

Use the 'MODE' button to select a specific display function or 'SCAN' mode. Press and hold 'RESET' to clear all values.



The LCD display provides real-time feedback on your workout. It shows elapsed time, current speed, heart rate (pulse), calories burned, and distance covered. The display also features a phone/tablet holder.

4.2 Adjusting Resistance

The bike features 8 levels of adjustable magnetic resistance for precise intensity control.

- Turn the tension control knob located below the handlebars clockwise to increase resistance.
- Turn the tension control knob counter-clockwise to decrease resistance.
- Levels 1-2: Suitable for leisure exercises.
- Levels 3-4: Ideal for cardio workouts.
- Levels 5-6: Recommended for shaping exercises.

- Levels 7-8: For stabilizing muscle training and higher intensity.

8 Levels Adjustable Magnetic Driven

More precise resistance adjustment,
suitable for a wider range of people



The bike features 8 levels of adjustable magnetic resistance, allowing for precise intensity control. Levels 1-2 are suitable for leisure exercises, 3-4 for cardio workouts, 5-6 for shaping exercises, and 7-8 for stabilizing muscle training.



ativafit®

8 Niveaux Réglables **Entraînement Magnétique Glissant & Lisse**



1-2
Exercices de Loisir



3-4
Entraînement Cardio



5-6
Exercice de Mise
en Forme du Corps



7-8
Muscle Stabilisateur

The resistance dial allows for easy adjustment of workout intensity across 8 levels.

4.3 Multiple Exercise Methods

The ATIVAFIT bike supports various workout styles:

- **Upright-Competitive:** For an intense cycling experience.
- **Semi-Recumbent:** For a more relaxed, comfortable workout.
- **Arm Training:** Utilize the integrated resistance bands for upper body exercises while cycling.

Multiple Exercise Methods



The bike supports various exercise methods. You can use it in an upright position for competitive cycling simulation, a semi-recumbent position for a more relaxed workout, or utilize the integrated resistance bands for upper body arm training.



ativafit®

Bandes de Résistance de Bras Intégrées

Avec les courbes de résistance, qui sont en latex naturel, plus solides et s'étirent davantage, vous pouvez faire de l'entraînement pour tout le corps, ce qui vous permet de profiter pleinement de l'entraînement.



Thérapie
Physique



Forme
Physique



Des Sports



La
Musculation

Integrated resistance bands allow for a full-body workout, targeting upper body muscles.

5. 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. Do not use abrasive cleaners.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Lubrication:** No specific lubrication is required for the magnetic resistance system.
- **Storage:** When not in use, fold the bike for compact storage. The bike is designed to be a space saver and easily transportable with its wheels.



This diagram illustrates the compact design of the bike. When unfolded, it measures approximately 45.7 inches high and 26.8 inches deep. When folded, its footprint is significantly reduced, making it easy to store in small spaces. It is suitable for users up to 5'8" (173cm) and supports a maximum weight of 265 lbs (120 kg).

6. TROUBLESHOOTING

If you encounter issues with your exercise bike, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
LCD Display not working	Batteries are dead or incorrectly installed.	Replace batteries (typically AAA). Ensure correct polarity.
No resistance or inconsistent resistance	Resistance cable loose or damaged; magnetic mechanism issue.	Check the resistance cable connection. Ensure the tension control knob is functioning correctly. If the issue persists, contact support.
Unusual noise during operation	Loose bolts or components; friction from moving parts.	Inspect all assembly points and tighten any loose bolts. Ensure the bike is on a level surface. The magnetic resistance system is designed for silent operation.
Pedals feel loose	Pedals not tightened sufficiently.	Retighten pedals firmly with a wrench, remembering the left pedal is reverse-threaded.

7. SPECIFICATIONS

Feature	Detail
Brand	ATIVAFIT
Model Name	Foldable Magnetic Indoor Cycling Bike
ASIN	B095K12VZK
Special Feature	Foldable design
Color	Black
Recommended Use	Indoor
Item Weight	21.08 kg (21080 Grams)
Material	Alloy Steel
Resistance Mechanism	Magnetic
Number of Resistance Levels	8
Drive System	Belt
Handle Material	Rubber
Product Dimensions (unfolded)	91D x 23W x 38H cm (approx. 35.8D x 9W x 15H inches)
Maximum User Weight	120 kg (265 lbs)
Maximum User Height	183 cm (6 feet)
Display Power Source	Cable Electric (typically refers to battery power for display)

Silent & Smooth



The magnetic resistance system ensures a silent and smooth workout experience, minimizing noise and providing consistent resistance throughout your exercise.

8. WARRANTY AND SUPPORT

ATIVAFIT is committed to providing reliable fitness equipment. For any assistance, questions, or concerns regarding your product, please contact ATIVAFIT customer support. We are always here to help you.

Please refer to your purchase documentation for specific warranty details and contact information.