

Manuals+

[Q & A](#) | [Deep Search](#) | [Upload](#)

[manuals.plus](#) /

› [ECHANFIT](#) /

› [ECHANFIT Recumbent Exercise Bike User Manual](#)

ECHANFIT ECHANFIT_Recumbent_Exercise_Bike

ECHANFIT Recumbent Exercise Bike User Manual

Model: ECHANFIT_Recumbent_Exercise_Bike

1. INTRODUCTION

This manual provides essential information for the safe and effective use of your ECHANFIT Recumbent Exercise Bike. Please read it thoroughly before assembly and operation. The ECHANFIT Recumbent Exercise Bike is designed to provide a comfortable and effective cardio workout, easing stress on joints and supporting mobility.

2. SAFETY INFORMATION

- Consult a physician before starting any exercise program.
- Ensure all parts are securely tightened before each use.
- Keep children and pets away from the equipment during operation.
- Place the bike on a flat, stable surface.
- Wear appropriate exercise attire and footwear.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- Maximum user weight capacity: 350 lbs.

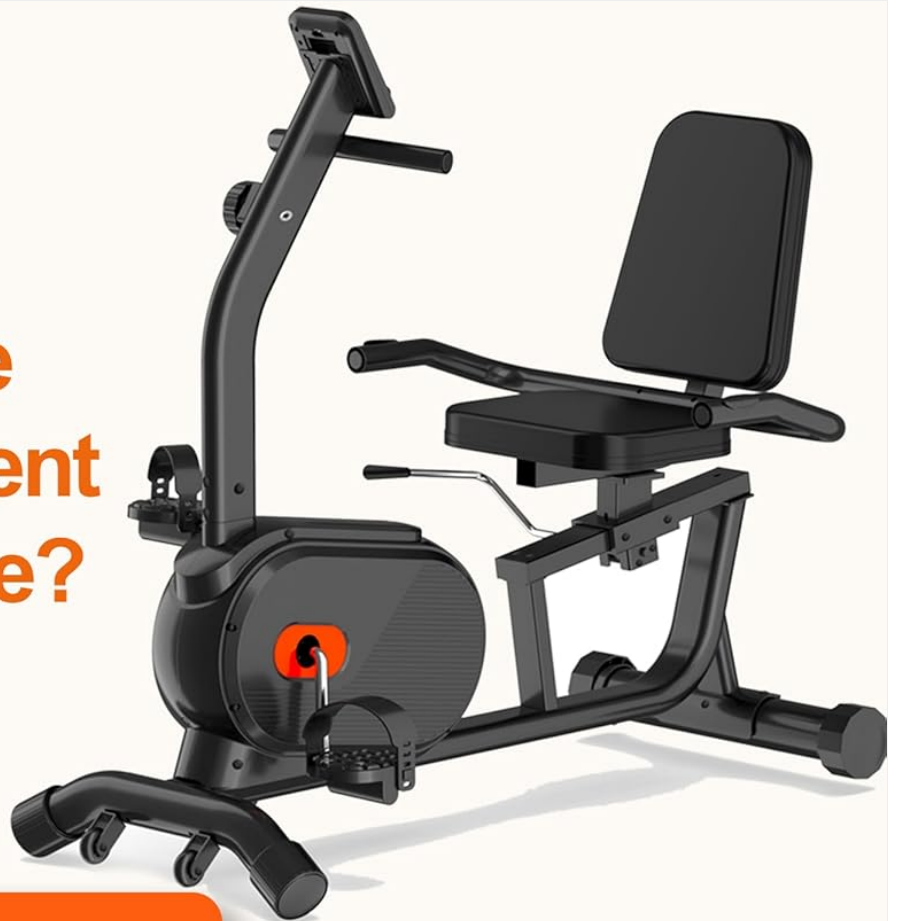
3. PACKAGE CONTENTS

Verify that all components are present before beginning assembly. Refer to the assembly diagram for part identification.



Image: Main view of the ECHANFIT Recumbent Exercise Bike, showing the complete unit. This image represents the fully assembled product.

Why choose our recumbent exercise bike?



Ours

- APP Connectivity
- Quick Seat Adjustment
- Oversized and Soft Seat
- 16 Levels Magnetic Resistance

Others

- No Bluetooth
- Cumbersome Seat Adjustments
- Seat is as Hard as a Rock
- 8 Levels Magnetic Resistance

Image: Disassembled components of the ECHANFIT Recumbent Exercise Bike, laid out for assembly. This image illustrates the various parts included in the package before assembly.

- Main Frame Assembly
- Seat and Backrest
- Pedals (Left and Right)
- Handlebars with Pulse Sensors

- Console Display
- Front and Rear Stabilizers
- Assembly Hardware (bolts, washers, nuts)
- Tools (wrench, screwdriver)

4. ASSEMBLY INSTRUCTIONS

The ECHANFIT Recumbent Exercise Bike is designed for quick assembly with some parts pre-assembled. Follow these steps carefully.

1. **Attach Stabilizers:** Secure the front and rear stabilizers to the main frame using the provided bolts and washers.
2. **Install Pedals:** Attach the left and right pedals to their respective crank arms. Note that the left pedal often tightens counter-clockwise.
3. **Mount Seat and Backrest:** Secure the seat and backrest to the seat post assembly.
4. **Connect Handlebars:** Attach the handlebars to the main frame, ensuring any pulse sensor wires are properly connected.
5. **Install Console:** Mount the console display onto its bracket and connect the necessary cables (pulse sensor, power).
6. **Final Check:** Verify all bolts and nuts are tightened. Ensure the bike is stable on a level surface.



Image: Illustration showing the various components of the ECHANFIT Recumbent Exercise Bike laid out, indicating a quick 30-minute installation process. This image highlights the ease of assembly.

5. OPERATING INSTRUCTIONS

5.1 Console Display

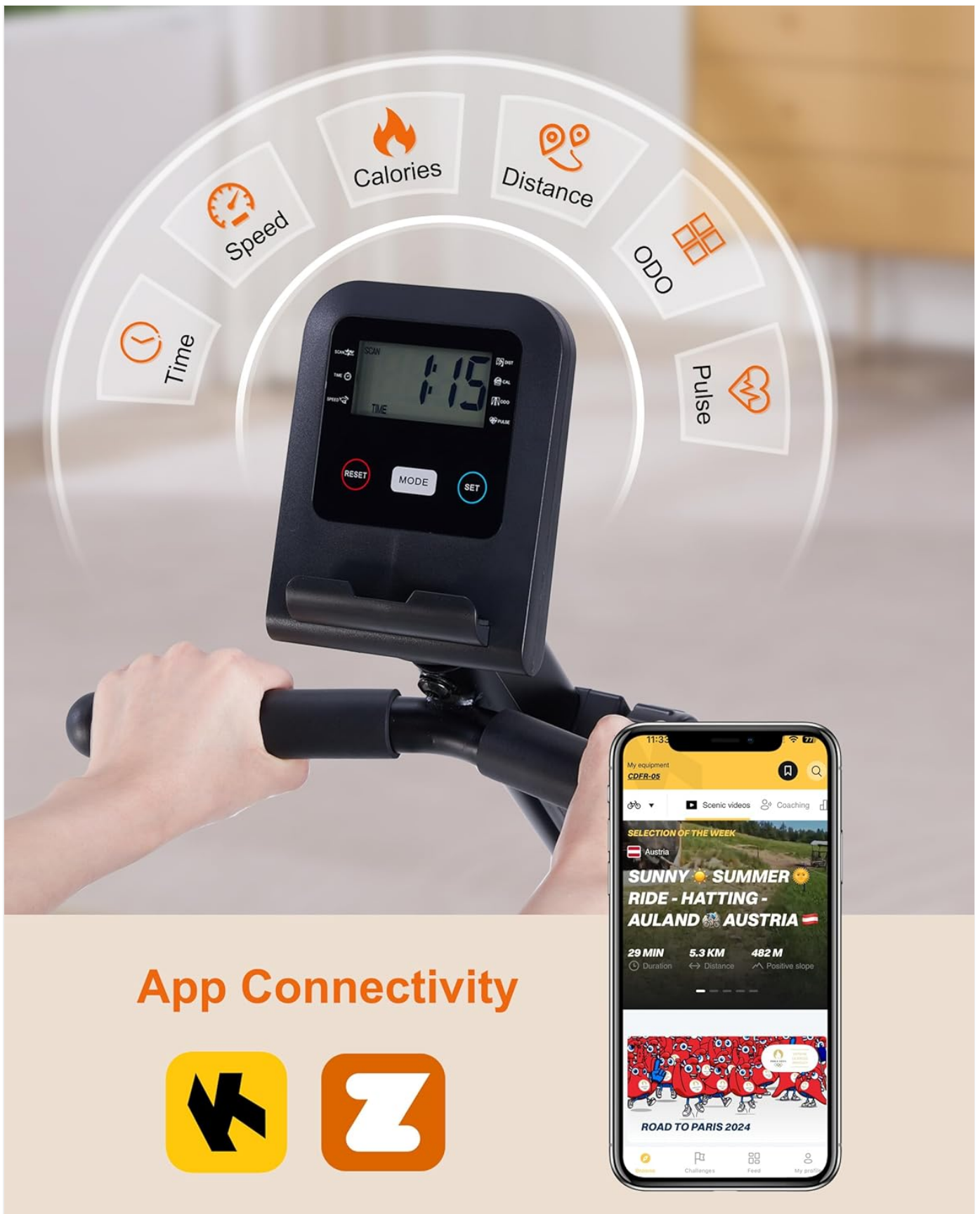


Image: Close-up of the ECHANFIT Recumbent Exercise Bike's console display, showing metrics like Time, Speed, Calories, Distance, ODO (Odometer), and Pulse. The console has 'RESET', 'MODE', and 'SET' buttons.

The LCD display shows your workout data:

- **TIME:** Duration of your current workout.
- **SPEED:** Current cycling speed.
- **DISTANCE:** Distance covered during the current workout.
- **CALORIES:** Estimated calories burned.

- **ODO (Odometer):** Total accumulated distance.
- **PULSE:** Heart rate detected by the pulse sensors.

Use the **MODE** button to cycle through display functions. Press **RESET** to clear current workout data. The **SET** button may be used for specific settings or target values, if applicable.

5.2 Resistance Adjustment

The bike features 16 levels of magnetic resistance. To adjust the resistance, turn the resistance knob located on the main frame. Turn clockwise for higher resistance, and counter-clockwise for lower resistance.

5.3 Seat Adjustment

Attractive Features



**Heart Rate
Data Monitor**



**Quick Seat
Adjustment Method**



**Built-in
Transport Wheels**



Image: Close-up of the quick seat adjustment lever on the ECHANFIT Recumbent Exercise Bike. The lever allows users to slide the seat forward or backward without dismounting.

To adjust the seat position, pull the quick-release lever located under the seat. Slide the seat forward or backward to achieve a comfortable pedaling position. Release the lever to lock the seat in place. Ensure the seat is securely locked before beginning your workout.

5.4 App Connectivity

Enjoy Pure Comfort While Exercise

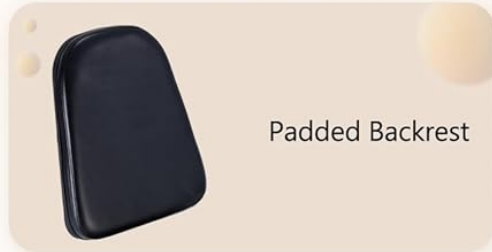


Image: The ECHANFIT Recumbent Exercise Bike console with a smartphone displaying the ZWIFT app, indicating Bluetooth connectivity. Logos for ZWIFT and Kinomap are shown below, highlighting app compatibility.

The exercise bike supports Bluetooth connectivity with fitness applications such as ZWIFT and Kinomap. To connect:

1. Ensure Bluetooth is enabled on your smartphone or tablet.
2. Download and open the ZWIFT or Kinomap app.
3. Follow the in-app instructions to pair with your ECHANFIT Recumbent Exercise Bike.

Product Dimension



Image: Close-up of the handlebars of the ECHANFIT Recumbent Exercise Bike, highlighting the integrated heart rate data monitor (pulse sensors) on the grips.

Grip the pulse sensors on the handlebars firmly with both hands during your workout to display your heart rate on the console. Ensure your hands are clean and dry for accurate readings.

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 customer support.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures. The built-in transport wheels allow for easy relocation.



Image: A person moving the ECHANFIT Recumbent Exercise Bike using its built-in transport wheels. A close-up inset shows one of the wheels, demonstrating the ease of portability.

7. TROUBLESHOOTING

Problem	Possible Cause	Solution
Console display not working or erratic.	Loose cable connection, dead batteries.	Check all cable connections to the console. Replace batteries in the console.
Resistance feels too loose or too hard.	Resistance knob setting, internal mechanism issue.	Adjust the resistance knob. If the issue persists, contact customer support.
Pulse sensor not reading accurately.	Improper grip, dirty sensors, electrical interference.	Ensure a firm, consistent grip on both sensors. Clean sensors. Avoid strong electromagnetic fields.
Bike is unstable or makes noise.	Loose fasteners, uneven surface.	Check and tighten all assembly bolts. Ensure the bike is on a level surface.
Bluetooth app connection issues.	Bluetooth off, app not updated, bike not discoverable.	Ensure Bluetooth is on. Restart the app and bike. Check app permissions.

8. SPECIFICATIONS

Feature	Detail
Model Name	ECHANFIT_Recumbent_Exercise_Bike
Resistance Mechanism	Magnetic
Number of Resistance Levels	16
Maximum Weight Recommendation	350 Pounds
Product Dimensions (LxWxH)	50.2"D x 26.4"W x 43.1"H
Item Weight	55 Pounds
Material	Alloy Steel
Power Source	Battery Powered
Special Features	Adjustable Large Seat, Adjustable Resistance Level, App Connectivity, Console Display, Grip Pulse Sensor
Drive System	Belt

9. WARRANTY AND SUPPORT

ECHANFIT offers a one-year warranty for replacement parts. For any quality issues or support inquiries, please contact ECHANFIT customer service. We aim to respond within 12 business hours.

For further assistance, visit the official ECHANFIT store: [ECHANFIT Store on Amazon](#)

