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› ANCHEER YQ-2011 Exercise Bike User Manual

ANCHEER YQ-2011

ANCHEER YQ-2011 Exercise Bike User Manual

Model: YQ-2011

1. IMPORTANT SAFETY INFORMATION

Before using the ANCHEER YQ-2011 Exercise Bike, please read and understand all instructions in this manual. Keep this manual for future reference.

- Consult your physician before starting any exercise program.
- Ensure all parts are securely assembled before each use.
- Place the exercise bike on a flat, stable surface.
- Keep children and pets away from the equipment during use.
- The maximum user weight capacity is 150 kg (330 lbs).
- Wear appropriate exercise attire and footwear.
- Use the emergency brake to stop the flywheel quickly if needed.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

2. PACKAGE CONTENTS

Carefully unpack the box and ensure all components are present and undamaged. If any parts are missing or damaged, contact customer support.



Image: The ANCHEER YQ-2011 Exercise Bike is delivered in a sturdy cardboard box, secured with plastic straps. The box features product information and handling symbols.

Expected components include:

- Main Frame
- Front and Rear Stabilizers
- Seat Post and Seat
- Handlebar Post and Handlebars
- Pedals (Left and Right)
- Digital Monitor
- Water Bottle Holder
- Hardware Kit (bolts, washers, nuts, tools)
- User Manual

3. ASSEMBLY INSTRUCTIONS

Follow these steps to assemble your ANCHEER YQ-2011 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 tightened firmly for stability.
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.
3. **Mount Seat Post and Seat:** Insert the seat post into the main frame and adjust to your desired height. Secure it with the adjustment knob. Attach the seat to the seat post.
4. **Attach Handlebar Post and Handlebars:** Insert the handlebar post into the main frame. Attach the handlebars to the post and secure them with the adjustment knob.
5. **Connect Digital Monitor:** Connect the sensor wires from the main frame to the digital monitor. Mount the monitor onto the handlebar assembly.
6. **Install Water Bottle Holder:** Attach the water bottle holder to the designated area on the frame.



Image: A fully assembled ANCHEER YQ-2011 Exercise Bike, showcasing its robust frame and components.

4. ADJUSTMENTS

Proper adjustment ensures comfort and effectiveness during your workout.

4.1 Seat Adjustment

- **Height Adjustment:** Loosen the vertical adjustment knob on the seat post. Raise or lower the seat to a comfortable height where your leg has a slight bend at the knee when the pedal is at its lowest point. Tighten the knob securely.

- **Horizontal Adjustment:** Loosen the horizontal adjustment knob beneath the seat. Slide the seat forward or backward to align your knees properly over the pedals. Tighten the knob securely.

4.2 Handlebar Adjustment

- Loosen the handlebar adjustment knob on the handlebar post. Raise or lower the handlebars to a comfortable position that allows for a slight bend in your elbows and a relaxed posture. Tighten the knob securely.



Image: The ANCHEER YQ-2011 Exercise Bike showing its adjustable seat and handlebars, with overall dimensions indicated.



Image: Detailed views of the adjustable seat, transport wheels, heart rate monitor, water bottle holder, 15kg flywheel, and emergency brake.

5. OPERATING INSTRUCTIONS

5.1 Starting Your Workout

- Mount the bike by stepping over the frame.
- Place your feet firmly in the pedal straps.
- Begin pedaling at a comfortable pace.

Home Gym Equipment for Workout



Aerobic Exercise



Strengthen Muscle



Calorie Burning

Image: A user demonstrating proper form while exercising on the ANCHEER YQ-2011 Exercise Bike, highlighting its use for aerobic exercise, muscle strengthening, and calorie burning.

5.2 Adjusting Resistance

The ANCHEER YQ-2011 uses a friction resistance mechanism. To adjust the resistance:

- Turn the resistance knob clockwise to increase resistance, making pedaling harder.
- Turn the resistance knob counter-clockwise to decrease resistance, making pedaling easier.

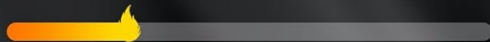
Easy to change Resistance

Adjustment to meet all sports needs



Depress the knob 2-3s to stop

0-20% Leisure Exercise



25-50% Cardio Workout



50-75% Shaping Exercise



75-100% Stabilizing Muscle



Image: Close-up of the resistance knob, indicating clockwise rotation to increase resistance and counter-clockwise to decrease. Depressing the knob activates the emergency stop.

5.3 Emergency Brake

To stop the flywheel immediately, press down firmly on the resistance knob. This will engage the emergency brake, bringing the flywheel to a rapid halt.

6. DIGITAL MONITOR USAGE

The digital monitor tracks your workout progress. It typically displays the following metrics:

- **SCAN:** Cycles through all functions automatically.
- **TIME:** Duration of your workout.
- **SPEED:** Current pedaling speed.
- **DISTANCE:** Distance covered during the workout.
- **CALORIES:** Estimated calories burned.
- **ODOMETER:** Total accumulated distance.
- **PULSE:** Heart rate (if equipped with pulse sensors on handlebars).

Refer to the monitor's specific instructions for details on setting, resetting, and viewing data.

Digital Monitor



Image: The digital monitor mounted on the handlebars, displaying various workout metrics such as time, distance, calories, speed, odometer, and pulse.

7. 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. Avoid abrasive cleaners.
- **Lubrication:** Periodically check and lubricate moving parts as recommended by the manufacturer (e.g., pedal threads, seat post).
- **Tightness Check:** Regularly inspect all bolts, nuts, and connections to ensure they are tight. Tighten any loose components.
- **Belt System:** The belt drive system is designed for quiet operation and minimal maintenance. Inspect for any signs of wear or damage.

Quiet belt system

For a more silent fitness experience



Image: A close-up view of the ANCHEER YQ-2011 Exercise Bike's quiet belt drive system, designed for a smooth and silent fitness experience.

8. TROUBLESHOOTING

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

Problem	Possible Cause	Solution
Bike is unstable or wobbles	Loose bolts; uneven floor	Tighten all assembly bolts. Adjust the leveling feet on the stabilizers.
Resistance is too loose or too tight	Resistance knob setting; worn friction pad	Adjust the resistance knob. If the issue persists, inspect the friction pad for wear.

Problem	Possible Cause	Solution
Squeaking or grinding noise	Loose parts; lack of lubrication; friction pad issue	Check and tighten all bolts. Lubricate moving parts as needed. Inspect the friction pad and flywheel for debris.
Digital monitor not working	Loose cable connection; dead batteries	Check that all monitor cables are securely connected. Replace batteries in the monitor.

9. SPECIFICATIONS

Detailed technical specifications for the ANCHEER YQ-2011 Exercise Bike:

- **Model Number:** YQ-2011
- **Brand:** ANCHEER
- **Product Dimensions (L x W x H):** 115 x 53 x 118 cm (45.3 x 20.9 x 46.5 inches)
- **Item Weight:** 35.6 kg (78.5 lbs)
- **Material:** Metal
- **Flywheel Weight:** 15 kg (33 lbs)
- **Maximum Weight Recommendation:** 150 kg (330 lbs)
- **Resistance Mechanism:** Friction
- **Drive System:** Belt
- **Power Source (Monitor):** Battery Powered
- **Recommended Uses:** Indoor
- **Adjustable Seat:** 7-way adjustment (vertical and horizontal)
- **Adjustable Handlebars:** 5-way adjustment (vertical)
- **Recommended User Height:** 150 cm - 190 cm (59 - 75 inches)
- **Special Feature:** Padded Seat, Emergency Brake, Transport Wheels

Triangle Structure & Thickened Frame



Image: The ANCHEER YQ-2011 Exercise Bike highlighting its stable triangular structure and a maximum weight capacity of 150 kg.

10. WARRANTY AND SUPPORT

ANCHEER products are designed for quality and durability. For specific warranty information, please refer to the warranty card included with your purchase or contact ANCHEER customer support directly.

If you have any questions, require assistance with assembly, or need troubleshooting support, please contact ANCHEER customer service through the contact information provided in your product packaging or on the official ANCHEER website.

Easy to Move



Image: A man demonstrating the ease of moving the ANCHEER Exercise Bike using its integrated transport wheels.