



[Manuals.plus](#) /

› [USLIM](#) /

› USLIM Foldable Exercise Bike (Model USLIM-817) User Manual

## USLIM USLIM-817

# USLIM Foldable Exercise Bike (Model USLIM-817) User Manual

Your Guide to Assembly, Operation, and Maintenance

## 1. INTRODUCTION

---

Thank you for choosing the USLIM Foldable Exercise Bike, Model USLIM-817. This 5-in-1 indoor workout bike is designed to provide a versatile and effective fitness experience in the comfort of your home. Featuring 16 levels of quiet magnetic resistance, a 6.6 LBS flywheel, and a robust 300 LBS capacity, this bike offers multiple exercise modes to suit various fitness levels and goals. This manual provides essential information for safe assembly, proper operation, and routine maintenance of your exercise bike.



Overview of the USLIM Foldable Exercise Bike, highlighting its multi-functional design and various user postures.

## 2. SAFETY INFORMATION

Please read all instructions carefully before using the exercise bike. Retain this manual for future reference. Failure to follow these instructions may result in injury or damage to the product.

- **Consult a Physician:** Before starting any exercise program, especially if you have pre-existing health conditions, consult your physician to ensure it is appropriate for your physical condition.
- **Weight and Height Limits:** This exercise bike is designed for users with a maximum weight of 300 pounds (136 kg) and a height range of 4'11" to 6'6" (150 cm to 198 cm). Do not exceed these limits.
- **Proper Placement:** Always place the exercise bike on a flat, stable, and non-slip surface. Ensure there is adequate clear space (at least 2 feet or 60 cm) around the bike for safe operation and movement.
- **Children and Pets:** Keep children and pets away from the exercise bike during operation and when it is unattended.
- **Check Before Use:** Before each use, inspect the bike for any loose parts, wear, or damage. Do not use the bike if any components are compromised.
- **Proper Attire:** Wear appropriate athletic clothing and footwear. Avoid loose clothing that could get caught in moving

parts.

- **Hydration:** Stay hydrated during your workout.
- **Listen to Your Body:** Stop exercising immediately if you feel pain, dizziness, or shortness of breath.

### 3. PACKAGE CONTENTS

---

Carefully unpack the box and ensure all items are present. If any parts are missing or damaged, please contact customer service.

- USLIM X-Bike 817 Main Unit
- Handlebars
- LCD Monitor
- Pedals (Left and Right)
- Seat and Backrest Assembly
- Front and Rear Stabilizers (Bike Feet)
- Resistance Bands (Arm and Leg)
- Small Packet of Installation Tools
- Product Manuals

### 4. SETUP AND ASSEMBLY

---

Your USLIM Exercise Bike arrives approximately 70% pre-assembled, significantly reducing installation time. The entire process typically takes less than an hour. Follow these steps for quick and easy setup:

1. **Unpack:** Remove all components from the packaging and lay them out on a clean, flat surface.
2. **Install Stabilizers:** Attach the front and rear stabilizer bars (bike feet) to the main frame using the provided bolts and tools. Ensure they are securely tightened.
3. **Attach Pedals:** 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.
4. **Mount Seat Assembly:** Slide the seat post into the main frame and secure it at your desired height using the adjustment knob. Attach the backrest to the seat post if it's a separate component.
5. **Install Handlebars:** Connect the handlebars to the main frame. Ensure all cables (for the monitor and pulse sensors) are properly routed and connected.
6. **Connect Monitor:** Attach the LCD monitor to the handlebar post. Connect the sensor wires from the main frame and pulse sensors to the corresponding ports on the back of the monitor.
7. **Final Checks:** Double-check all bolts, nuts, and connections to ensure they are secure before first use.

For visual guidance, refer to the included product manuals or any available assembly videos.

### 5. OPERATING INSTRUCTIONS

---

#### 5.1 Adjusting Resistance

The USLIM Exercise Bike features a 16-level magnetic resistance system. This allows for seamless and quiet adjustments to your workout intensity.

- **To Increase Resistance:** Turn the resistance dial clockwise towards 'HIGH'.
- **To Decrease Resistance:** Turn the resistance dial counter-clockwise towards 'LOW'.



An infographic detailing the 16 levels of magnetic resistance, categorized from "Easy Stroll" to "Intense Resistance Cycling," with an illustration of the internal magnetic flywheel system.

## VERSATILE COMFORT: 16-Level Resistance for Every Workout

**0-4** Easy Stroll

**5-8** Leisurely Bike Ride

**9-12** Uphill Challenge

**13-16** Intense Resistance Cycling

### Seamless Transitions with Magnetic Resistance

- A. Commercial-Grade Aluminum Edge Flywheel
- B. 6.6-Pound Flywheel for Enhanced Stability
- C. Utilizes 4 Premium Magnets

Detailed view of the 16-level magnetic resistance adjustment dial, indicating settings from low to high intensity.

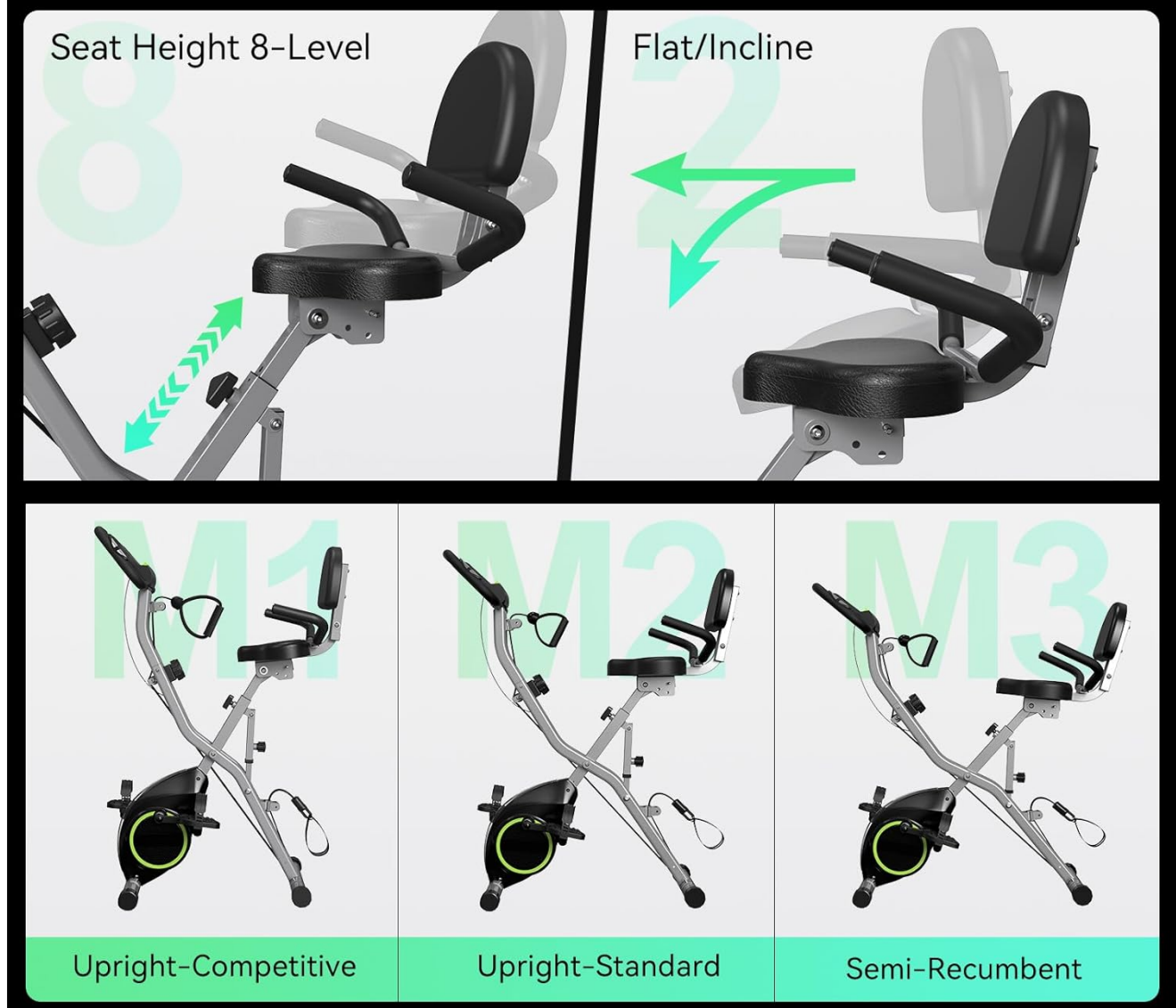
## 5.2 Seating Options and Exercise Modes

The 5-in-1 design allows for versatile seating and exercise postures:

- **Upright-Standard:** Traditional cycling posture.
- **Upright-Competitive:** More aggressive, forward-leaning posture.
- **Semi-Recumbent:** Relaxed, reclined position with back support.
- **Leg Stretch:** Utilize the bike for lower body stretching exercises.
- **Arm Training:** Use the integrated resistance bands for upper body workouts while cycling or stationary.

Adjust the seat height (8 levels) and the bike's frame position (flat/incline) to achieve your desired comfort and exercise mode.

## WIDE-RANGING COMFORT: Versatile Seating Options for Your Ideal Ride!



Illustrations demonstrating the 8-level seat height adjustment and the flat/incline options for versatile seating positions.



A series of five images illustrating the different exercise functions of the bike: Upright-Standard, Upright-Competitive, Semi-Recumbent, Leg Stretch, and Arm Training with resistance bands.

### 5.3 LCD Monitor Usage

The integrated LCD display tracks your workout progress. It typically displays the following metrics:

- **SCAN:** Automatically cycles through all metrics.
- **TIME:** Duration of your current workout.
- **SPEED:** Current cycling speed.
- **DIST (Distance):** Distance covered during the current workout.
- **ODO (Odometer):** Total accumulated distance.
- **CAL (Calories):** Estimated calories burned.
- **PULSE:** Heart rate (measured by hand pulse sensors on the handlebars).

Use the 'MODE' button to select specific metrics or activate the 'SCAN' function. The 'RESET' button typically clears current workout data.



The LCD display panel, showing metrics such as time, speed, distance, odometer, calories, and pulse, with control buttons below.

#### 5.4 Folding and Mobility

The USLIM Exercise Bike is designed for easy folding and storage, making it ideal for small spaces. It also features transport wheels for effortless movement.

- **Folding:** Locate the folding mechanism (usually a pin or knob) on the main frame. Follow the instructions in your manual to safely fold the bike into its compact storage position.
- **Moving:** Once folded, tilt the bike onto its front transport wheels and roll it to your desired storage location.



Images demonstrating the compact folded size of the exercise bike, its transport wheels for easy mobility, and the three different cycling postures it supports, emphasizing its quiet operation.

## 6. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your exercise bike.

- **Cleaning:** Wipe down the bike with a soft, damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners or solvents.
- **Check Connections:** Periodically check all bolts, nuts, and moving parts to ensure they are securely tightened. Retighten if necessary.
- **Storage:** Store the bike in a cool, dry place away from direct sunlight and extreme temperatures.
- **Flywheel and Belt:** The magnetic resistance system and multi-groove silent belt are designed for low maintenance and quiet operation. Avoid attempting to lubricate or disassemble these components unless specifically instructed by customer support.

## 7. TROUBLESHOOTING

If you encounter any issues with your USLIM Exercise Bike, refer to the following common troubleshooting tips:

Problem	Possible Cause	Solution
<b>Bike is noisy during operation.</b>	Loose bolts; uneven surface; internal component issue.	Ensure all assembly bolts are tightened. Place the bike on a flat, stable surface. If noise persists, contact customer service.
<b>Resistance does not change.</b>	Resistance cable disconnected or damaged; internal mechanism issue.	Check if the resistance cable is properly connected. Ensure the resistance dial turns freely. If the issue continues, contact customer service.
<b>LCD monitor is not displaying.</b>	Batteries are dead or incorrectly installed; sensor wires disconnected.	Replace batteries in the monitor. Ensure batteries are inserted with correct polarity. Check all sensor wire connections to the monitor.

Problem	Possible Cause	Solution
<b>Pulse reading is erratic.</b>	Hands not firmly on sensors; dry hands; sensor connection issue.	Ensure both hands are firmly placed on the pulse sensors. Lightly moisten hands if they are too dry. Check sensor wire connections.

If these solutions do not resolve the problem, please contact USLIM customer service for further assistance.

## 8. SPECIFICATIONS

Key technical specifications for the USLIM Foldable Exercise Bike (Model USLIM-817):

- **Brand:** USLIM
- **Model Name:** USLIM-817
- **Special Features:** Adjustable Footstrap, Adjustable Resistance Level, Adjustable Seat, Lightweight, Portable
- **Resistance Mechanism:** Magnetic
- **Number of Resistance Levels:** 16
- **Flywheel:** 6.6-Pound Aluminum Edge Magnetic Flywheel
- **Item Weight:** 38 Pounds (17.2 kg)
- **Maximum Weight Recommendation:** 300 Pounds (136 kg)
- **Product Dimensions (Unfolded):** 32"D x 17"W x 45"H (81.3 cm D x 43.2 cm W x 114.3 cm H)
- **Recommended User Height:** 4'11" to 6'6" (150 cm to 198 cm)
- **Material:** Alloy Steel (Frame), Rubber (Handle Material)
- **Power Source:** Manpower Driven (Monitor is battery operated)



A diagram highlighting the components of the 16-level magnetic resistance system, including the 6.6-pound aluminum edge magnetic flywheel, multi-groove silent belt, and four 3200 Gauss magnets.

## 4 X 3200 GAUSS MAGNETS RESISTANCE SYSTEM

- ▶ Low Noise
- ▶ Smooth and Stable
- ▶ No Touch No Wear



A close-up illustration of the multi-groove silent belt, emphasizing its role in achieving lower noise levels (below 20dB) and a smoother riding experience.

## DIMENSIONS & DETAILS:

### Product Sizing for Every Need

The diagram shows the exercise bike in two states: folded and unfolded. The unfolded bike is shown in a living room setting with an orange sofa. Dimensions are indicated with white arrows and text:

- Unfolded height: 40.5"~45.5"
- Unfolded seat height: 35.1"~44.1"
- Unfolded width: 26.8"~31.9"
- Unfolded depth: 17.7"
- Folded height: 15"
- Folded width: 15"

Additional specifications are provided in a dark green box:

-  Height Range: 4'11"~6'6"
-  Weight Capacity: Up to 300 lbs

Contact information is provided in a dark green box:

- Contact Us:**
- Phone: 1-909-905-5221 (US) , Mon-Fri 9am-5pm (PST)
- Email: [sp-gtamz@outlook.com](mailto:sp-gtamz@outlook.com)

Diagram illustrating the product dimensions in both folded and unfolded states, along with user height and weight capacity. Includes contact information for support.

## 9. WARRANTY AND SUPPORT

---

USLIM is committed to providing high-quality products and excellent customer service.

- **Warranty:** Your USLIM Foldable Exercise Bike comes with a 12-month commitment of carefree protection from the date of purchase. This warranty covers manufacturing defects and ensures product quality.
- **Customer Service:** For any questions, concerns, or warranty claims, please contact our friendly customer service team.

### Contact Information:

**Phone (US):** 1-909-905-5221 (Monday - Friday, 9 AM - 5 PM PST)

**Email:** sp-gtamz@outlook.com

Please have your model number (USLIM-817) and purchase information ready when contacting support.