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> [2025 New Foldable Exercise Bike User Manual](#)

## vannect 917FM

# 2025 New Foldable Exercise Bike User Manual

Model: 917FM | Brand: vannect

## 1. INTRODUCTION

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Thank you for choosing the vannect 2025 New Foldable Exercise Bike. This manual provides essential information for the safe and effective use of your new fitness equipment. Please read it thoroughly before assembly and operation. This exercise bike is designed for home use, offering a versatile workout experience with its multi-functional design, adjustable magnetic resistance, and comfortable features.



Figure 1: Vannect 2025 New Foldable Exercise Bike - Main View

This image displays the overall design of the vannect 2025 New Foldable Exercise Bike, highlighting its compact and ergonomic structure. The bike features a sturdy frame, comfortable seat with backrest, and integrated handlebars with a display console.

## 2. IMPORTANT SAFETY INFORMATION

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Before using this exercise bike, please read and understand all safety warnings and instructions.

- 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.
- Ensure all bolts and nuts are securely tightened before each use.
- Do not wear loose clothing that could get caught in moving parts.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- The maximum user weight capacity for this bike is 160 kg (350 lbs).

- This product is designed for home use only, not for commercial or institutional use.

### 3. PACKAGE CONTENTS

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Please check the package to ensure all components are present and undamaged. If any parts are missing or damaged, contact customer service.

Item	Description	Quantity
Main Frame Assembly	Pre-assembled core unit with flywheel and resistance mechanism.	1
Front & Rear Stabilizers	Base supports for stability.	2
Seat & Backrest	Cushioned seat and back support.	1 set
Handlebars & Monitor	Handlebar assembly with integrated LCD display.	1 set
Pedals (Left & Right)	Foot pedals with straps.	1 pair
Resistance Bands (Hand & Leg)	Dual hand pull cords and dual leg pull cords.	2 sets
Hardware Kit	Bolts, washers, nuts, and tools for assembly.	1 set
User Manual	This instruction manual.	1

### 4. SETUP AND ASSEMBLY

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The exercise bike is designed for easy assembly. Most screws and washers are pre-assembled. Follow these steps for quick setup.

1. **Unpack and Identify Parts:** Carefully remove all components from the packaging. Refer to the "Package Contents" section to ensure all parts are present.
2. **Attach Stabilizers:** Secure the front and rear stabilizers to the main frame using the provided bolts and nuts. Ensure they are firmly attached for stability.
3. **Install Pedals:** Attach the left and right pedals. Note that the left pedal (L) screws counter-clockwise and the right pedal (R) screws clockwise. Tighten securely.
4. **Mount Seat and Backrest:** Attach the cushioned seat and backrest to the seat post. Adjust the seat height to your preference using the adjustment knob. The bike accommodates users from 140 cm (4'7") to 195 cm (6'4").
5. **Attach Handlebars and Monitor:** Connect the handlebar assembly to the main frame. Plug in the sensor wires from the main frame to the LCD monitor. Secure the monitor to the handlebar post.
6. **Attach Resistance Bands:** Connect the hand and leg pull cords to their designated attachment points on the bike.
7. **Adjusting Bike Mode (Elastic Bolt):** To change between upright, semi-recumbent, or folding modes, gently lift the front frame and pull out the elastic bolt. The bolt will automatically lock into the desired position. This eliminates the need to unscrew nuts.

# Multiple Distance Adjustable

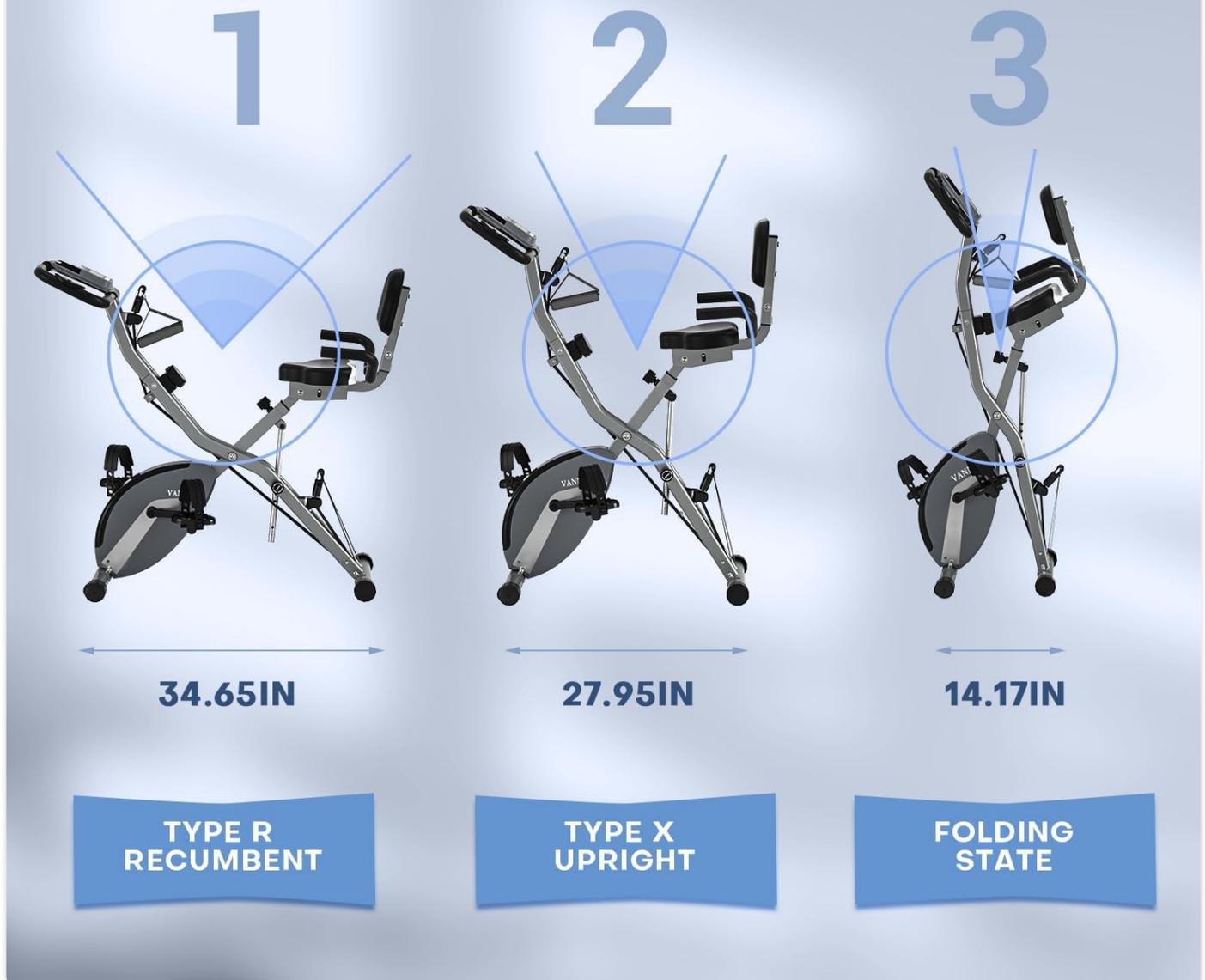


Figure 2: Adjustable Bike Modes and Dimensions

This image illustrates the three main configurations of the exercise bike: Recumbent (Type R), Upright (Type X), and the fully folded state, showing how the bike can be adjusted for different workout styles and compact storage.

## 5. OPERATING INSTRUCTIONS

### 5.1 Workout Modes

Your vannect exercise bike offers multiple workout positions to suit your fitness goals:

- **Upright-Standard:** For a classic cycling experience.
- **Upright-Competitive:** For an intense cardio workout.
- **Semi-Recumbent:** For a more relaxed ride, providing comfort and support.

Additionally, the bike includes dual hand pull cords for arm stretches and dual leg pull cords for lower body strengthening, transforming it into a mini home gym.

# 5-IN-1 WHOLE BODY EXERCISE

Suitable Height: 4'4" to 6'6"



Figure 3: Multi-functional Exercise Positions

This image demonstrates the various exercise positions supported by the bike, including upright, competitive cycling, leg stretch, arm training, and relaxed recumbent ride, showcasing its versatility for a full-body workout.

# Recumbent Exercise Bike Like A Physical Therapist



## VANNECT



## OTHERS

Figure 4: Recumbent Mode Adjustment

This image highlights the recumbent mode of the exercise bike, emphasizing the ease of adjustment by gently lifting the front frame and pulling out the elastic bolt to achieve a comfortable, relaxed riding position.

## 5.2 Magnetic Resistance Adjustment

The bike features a 16-level magnetic resistance system. Turn the resistance knob located below the handlebars to increase or decrease the workout intensity.

- **Levels 1-4:** Ideal for warm-up or light exercise.
- **Levels 5-8:** Suitable for fat burning and moderate cardio.
- **Levels 9-13:** For building endurance and more challenging workouts.
- **Levels 14-16:** High intensity for strengthening muscles and advanced training.



Figure 5: Magnetic Resistance Control

This image shows the resistance knob and illustrates the 16 levels of magnetic resistance, indicating how different levels correspond to various workout intensities from warm-up to muscle strengthening.

### 5.3 LCD Display Functions

The integrated LCD display tracks your workout data.

- **TIME:** Displays the duration of your current workout.
- **SPEED:** Shows your current cycling speed.
- **DISTANCE:** Tracks the distance covered during your workout.
- **CALORIES:** Estimates the calories burned.
- **PULSE:** Displays your heart rate (requires holding heart rate sensors on handlebars).
- **ODO (Odometer):** Shows the total accumulated distance.
- **SCAN:** Cycles through all metrics automatically.

Use the "MODE" button to select the desired function to display. Press "RESET" to clear current workout data.

# 7-Type Data Display

Easily Track Your Fitness



Figure 6: LCD Display and Workout Data

This image illustrates the LCD display on the exercise bike, showing the various data points it tracks, including time, speed, distance, pulse, odometer, and calories, enabling users to monitor their workout progress effectively.

## 6. MAINTENANCE AND STORAGE

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Do not use abrasive cleaners.
- **Inspection:** Regularly 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:** The bike's foldable design and mobility wheels allow for easy storage. Fold the bike and store it in a dry, cool place away from direct sunlight and moisture.

# Less Worry with Low Noise

Smooth and Quiet Belt Driven System



Magnetic  
drive system



Sound  
< 10 dB

Figure 7: Low Noise Operation and Compact Storage

This image highlights the quiet operation of the exercise bike, indicating a sound level of less than 10 dB, and its foldable design, which makes it easy to store in small spaces, ideal for home use.

## 7. TROUBLESHOOTING

Problem	Possible Cause	Solution
Display not working	Loose sensor cable connection; Dead batteries.	Check and secure all cable connections to the monitor. Replace batteries if necessary (batteries not included).
Unstable or wobbling bike	Uneven surface; Loose bolts.	Ensure the bike is on a flat, level surface. Check and tighten all assembly bolts, especially on the stabilizers.
Resistance not changing	Resistance knob not fully engaged; Internal mechanism issue.	Turn the resistance knob fully to ensure it engages. If the issue persists, contact customer service.

Problem	Possible Cause	Solution
Squeaking or unusual noise	Loose parts; Friction.	Inspect all connections and tighten any loose bolts. Ensure no foreign objects are caught in moving parts.

## 8. SPECIFICATIONS

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Feature	Detail
Model Number	917FM (917FM-2A X Bike)
Brand	vannect
Resistance System	16-Level Magnetic Resistance
Drive System	Belt Drive
Material	Thickened High Carbon Steel (3mm)
Max User Weight Capacity	160 kg (350 lbs)
Recommended User Height	140 cm (4'7") to 195 cm (6'4")
Product Dimensions (L x W x H)	80 x 45 x 112 cm (31.5 x 17.7 x 44.1 inches)
Product Weight	22.3 kg (49.16 lbs)
Display Type	LCD (Time, Speed, Distance, Calories, Pulse, ODO, Scan)
Special Features	Foldable Design, Mobility Wheels, Dual Hand/Leg Pull Cords, Cushioned Seat with Backrest, Elastic Bolt Adjustment

# Product Dimensions



Figure 8: Detailed Product Dimensions

This image provides a detailed diagram of the exercise bike's dimensions in both its extended and folded states, along with the recommended user height range and maximum weight capacity.

## 9. WARRANTY AND CUSTOMER SUPPORT

vannect provides free parts replacement for 5 years. If you have any questions, encounter issues, or require professional guidance, please contact our customer service team.

**Contact Information:** Please refer to the contact details provided on the product packaging or the official vannect website.

Our factory engineers are available to provide professional guidance via video support to ensure your satisfaction and optimal product performance.

