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› [vannect](#) /

› [User Manual: vannect 2025 New Foldable Exercise Bike with 16 Levels Magnetic Resistance](#)

vannect 917T

User Manual: vannect Foldable Exercise Bike

Model: 917T

Brand: vannect

1. SAFETY INFORMATION

Please read this entire manual before assembling and operating your exercise bike. Keep this manual for future reference. Adhere to all warnings and precautions.

- Consult your physician before starting any exercise program.
- Keep children and pets away from the exercise bike during operation.
- Place the exercise bike on a flat, stable surface. Ensure adequate space around the bike.
- Inspect the bike for loose or worn parts before each use. Do not use if damaged.
- Wear appropriate exercise attire and footwear. Avoid loose clothing that could get caught.
- The maximum user weight capacity for this exercise bike is 330 pounds (approximately 150 kg).
- Ensure all bolts and nuts are securely tightened before use.

2. PRODUCT OVERVIEW

The vannect Foldable Exercise Bike (Model 917T) is designed for effective home fitness. It features an upgraded magnetic resistance system for quiet and smooth operation, a comfortable oversized saddle with backrest, and a clear LCD display to track your workout progress. Its foldable design and transport wheels make it ideal for spaces with limited room.



Image: The vannect Foldable Exercise Bike, showcasing its compact and upright design, along with the comfortable oversized saddle and backrest. The image also highlights its 330 lbs weight capacity.

Key Features:

- **16 Levels of Magnetic Resistance:** Customize your workout intensity from light cardio to high-intensity training with a smooth and ultra-quiet magnetic system.
- **Comfortable Seating:** Equipped with an extra-large, fully padded PU seat and a widened rear handlebar with backrest for extended comfort during workouts.
- **Adjustable Seat Height:** 8 levels of seat height adjustment to accommodate users from 4.4 ft to 6.6 ft tall.
- **LCD Display & Heart Rate Sensor:** Monitor time, speed, distance, calorie consumption, and heart rate in real-time. Includes a mobile phone holder for convenience.
- **Foldable Design:** Easily folds for minimal storage space, making it suitable for small living areas.
- **Transport Wheels:** Integrated wheels allow for easy movement and portability.
- **Sturdy Construction:** Made from high-quality high-carbon steel, supporting up to 330 lbs.

3. SETUP AND ASSEMBLY

Your vconnect exercise bike comes 70% pre-assembled, significantly reducing setup time. The average assembly time from unpacking to completion is approximately 30 minutes. All necessary tools are included.

Assembly Steps:

1. Unpack all components and verify against the parts list provided in the separate assembly guide.
2. Attach the front and rear stabilizers to the main frame using the provided bolts and washers.
3. Install the pedals, ensuring the left pedal (marked 'L') is threaded counter-clockwise and the right pedal (marked 'R') is threaded clockwise.
4. Mount the seat and backrest onto the seat post, then insert the seat post into the main frame.
5. Connect the handlebar assembly to the main frame, ensuring all cables for the LCD display are properly connected.
6. Insert batteries into the LCD display unit.
7. Tighten all connections securely.

Refer to the detailed assembly instructions and diagrams included in the packaging for step-by-step guidance.

4. OPERATING INSTRUCTIONS

Adjusting Resistance:

The exercise bike features 16 levels of magnetic resistance. To adjust the resistance, turn the tension control knob located on the main frame. Turn clockwise to increase resistance (HIGH) and counter-clockwise to decrease resistance (LOW).

16 Levels Resistance Adjustment

More Precise Resistance Adjustment, Suitable
For A Wider Range Of People



1-4



Leisure Exercise

5-8



Cardio Workout

9-13



Shaping Exercise

14-16



Stabilizing Muscle

Image: Close-up of the 16-level tension control knob, indicating low to high resistance settings for varied workout intensities.

Using the LCD Display:

The LCD display automatically activates when you begin pedaling. It tracks various fitness metrics:

- **SCAN:** Cycles through all metrics automatically.
- **TIME:** Duration of your workout.
- **SPEED:** Current cycling speed.
- **DISTANCE:** Distance covered during the current workout.
- **CALORIES:** Estimated calories burned.
- **PULSE (Heart Rate):** Your heart rate, measured by gripping the sensors on the handlebars.
- **TOTAL DISTANCE (ODO):** Accumulative distance covered over all workouts.

Use the 'MODE' button to select a specific metric to display or to activate the SCAN function. Press and hold 'MODE' to reset values (except ODO).

Tracking Sports Data

Enjoying exercise bike workout, tracking your exercise process, to achieve efficient exercise and realize the shaping plan.



Image: The LCD display panel showing various tracked sports data such as scan, pulse, calories, time, speed, distance, and total distance.

Adjusting Seat Height:

The seat height can be adjusted to 8 different levels to suit various user heights. Loosen the adjustment knob on the seat post, slide the seat to the desired height, and then securely tighten the knob.

Ultra-Soft Seat and Backrest



Wide and High Elasticity



Comfortable Backrest



Safety Handle



8 Options for Cushion Height

Image: A user demonstrating the comfortable, adjustable seat and backrest, highlighting the 8 options for cushion height adjustment.

Folding and Transporting:

To fold the bike for storage, loosen the main folding knob (refer to assembly guide for exact location) and carefully fold the frame. Ensure it locks into the folded position. To move the bike, tilt it onto its transport wheels and roll it to your desired location.



Image: A user demonstrating how to easily move the folded exercise bike using its integrated transport wheels, highlighting its space-saving design.

5. MAINTENANCE

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

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspections:** Periodically check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Lubrication:** The magnetic resistance system is maintenance-free. No lubrication is required for the internal mechanism.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures.

6. TROUBLESHOOTING

Problem	Possible Cause	Solution
LCD display not working	Batteries are dead or incorrectly installed; loose connection.	Replace batteries; check battery orientation; ensure display cables are securely connected.
Unusual noise during operation	Loose bolts or components; friction from moving parts.	Check and tighten all bolts and nuts; ensure no parts are rubbing.
Resistance not changing	Resistance cable disconnected or damaged; internal mechanism issue.	Check the resistance cable connection to the knob and flywheel. If issue persists, contact customer support.
Bike feels unstable	Not on a flat surface; loose stabilizers.	Move to a flat surface; check and tighten stabilizer bolts.

If you encounter issues not listed here or if solutions do not resolve the problem, please contact vannect customer support.

7. SPECIFICATIONS

Specification	Detail
Model Name	917T
Brand	vannect
Color	Black-8 magnetic resistance
Material Type	Metal
Drive System	Belt
Resistance Mechanism	Magnetic
Resistance Levels	16
Maximum Weight Capacity	330 Pounds (approx. 150 kg)
Recommended User Height	4.4 ft - 6.6 ft (134 cm - 201 cm)
Product Dimensions (Unfolded)	86D x 111.5W x 41H cm
Product Weight	19.94 kg
Power Source (Display)	Battery Powered
Special Features	Foldable, Adjustable Resistance Level, Adjustable Seat

Product Dimensions



Image: Detailed product dimensions for both unfolded and folded states, along with suitable user height and weight capacity.

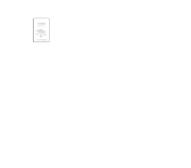
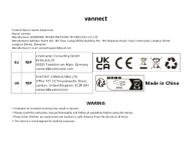
8. WARRANTY AND SUPPORT

vannect provides a **5-year free parts replacement** warranty for this exercise bike. This warranty covers manufacturing defects and component failures under normal use.

For any questions, technical assistance, or warranty claims, please contact vannect customer support. Professional guidance, including video support from factory engineers, is available to assist you.

Please refer to your purchase documentation for specific contact details or visit the official vannect website for support information.

Related Documents - 917T

	<p>VANNECT Folding Exercise Bike: Assembly, Safety, and User Guide</p> <p>This comprehensive user manual provides detailed instructions for assembling, safely operating, and maintaining your VANNECT Folding Exercise Bike. Includes parts list, exercise guidance, and troubleshooting tips.</p>
	<p>VANNECT Exercise Bike 917B Instruction Manual and User Guide</p> <p>Comprehensive instruction manual for the VANNECT Exercise Bike Model 917B, covering assembly, safety, usage, exercise guide, and troubleshooting. Learn how to set up and use your exercise bike for effective workouts.</p>
	<p>Stepper Fitness Machine Instruction Manual</p> <p>Comprehensive instruction manual for the Stepper fitness machine, covering safety guidelines, product features, usage notes, troubleshooting, maintenance, and exercise recommendations for effective home workouts.</p>
	<p>Vannect Sports Equipment - Product Information and Safety Warnings</p> <p>Comprehensive product information for Vannect Sports Equipment, including manufacturer details, EU/UK representative contacts, compliance marks, and essential safety warnings for users.</p>