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- › [vannect](#) /
- › [vannect 918ST 3-in-1 Folding Exercise Bike User Manual](#)

vannect 918ST

vannect 918ST 3-in-1 Folding Exercise Bike User Manual

Model: 918ST | Brand: vannect

INTRODUCTION

This manual provides essential information for the safe and effective use of your vannect 918ST 3-in-1 Folding Exercise Bike. Please read this manual thoroughly before assembly and operation. Keep it for future reference.



The vannect 918ST 3-in-1 Folding Exercise Bike, showcasing its compact and versatile design.

SAFETY INFORMATION

- Consult a physician before starting any exercise program.
- Ensure all bolts and nuts are securely tightened before each use.
- Keep children and pets away from the equipment during operation.
- Place the exercise 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: 160 kg (352 lbs).
- Recommended user height: 150-180 cm (4'11"-5'11").

PACKAGE CONTENTS

Verify that all components are present before assembly:

- Main Frame (pre-assembled)
- Seat and Backrest
- Handlebars with Pulse Sensors
- Pedals (Left and Right)
- Stabilizer Bars (Front and Rear)
- LCD Monitor
- Assembly Hardware and Tools
- User Manual

SETUP AND ASSEMBLY

The vconnect 918ST exercise bike features a quick and intuitive assembly process with pre-assembled screws. Most components are pre-mounted, requiring minimal effort to set up.

1. **Unpack and Position:** Carefully remove all components from the packaging. Place the main frame on a clear, flat surface.
2. **Attach Stabilizer Bars:** Secure the front and rear stabilizer bars to the main frame using the provided bolts and nuts. Ensure they are firmly tightened for stability.
3. **Install Pedals:** Identify the left (L) and right (R) pedals. Attach them to the crank arms. Note that the left pedal tightens counter-clockwise, and the right pedal tightens clockwise.
4. **Mount Seat and Backrest:** Slide the seat post into the main frame and secure it at your desired height. Attach the backrest to the seat support. The seat height is adjustable from 79-88 cm.
5. **Attach Handlebars:** Connect the handlebars to the main frame, ensuring the pulse sensor wires are properly connected to the LCD monitor.
6. **Install LCD Monitor:** Mount the LCD monitor onto the handlebar post and connect any necessary cables.
7. **Final Check:** Double-check all connections and ensure all parts are securely fastened before first use.

Dimensions & Details

Product Sizing for Every Need



A detailed diagram displaying the dimensions of the vannect 918ST exercise bike when fully assembled, including height (115 cm), length (90 cm), and width (51 cm). It also indicates a maximum weight capacity of 160 kg and suitability for users up to 190 cm in height.

OPERATING INSTRUCTIONS

1. 3-in-1 Multifunctional Design

The exercise bike offers three unique positions for varied workouts:

- **Upright Competitive Position:** For intense cardio workouts.
- **Semi-Recumbent Position:** For relaxed pedaling sessions.
- **Standard Upright Position:** For classic cycling.

Adjust the seat height and position to switch between these modes. The seat backrest can be folded for convenience.

3-in-1 Multifunctional Bike



This image demonstrates the 3-in-1 multifunctional design of the exercise bike, showing a user in a relaxed cycling position (semi-recumbent), another in a standard upright cycling position, and a third in an upright competitive position. This highlights the bike's versatility for various workout styles.

2. Adjusting Magnetic Resistance

The bike features 16 levels of magnetic resistance for a smooth and quiet workout. Turn the resistance knob located below the handlebars to increase or decrease the intensity:

- Turn clockwise to increase resistance (higher intensity).
- Turn counter-clockwise to decrease resistance (lower intensity).

16 Level Resistance for Every Workout



Leisure exercises



Cardio Workout



Shaping Exercise



Stabilizing Muscle

This image illustrates the 16-level magnetic resistance control knob, allowing users to adjust workout intensity from low to high. Below are icons representing different workout types: leisure exercises, cardio workout, shaping exercise, and stabilizing muscle.

3. Using the LCD Display

The integrated LCD display monitors your workout progress. It shows the following metrics:

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

The display also includes an integrated smartphone holder for entertainment during your workout.

Comfortable Size for Your Exercise

7 Options for Seat Height Safety



Support Bracket
Foldable Seat Backrest



This image focuses on the multifunctional LCD display and the integrated electronic device holder. The display shows various metrics like time, speed, distance, pulse, odometer, and calories. A smartphone is shown placed in the holder, indicating media integration during workouts.

4. Folding and Storage

The bike's foldable design and transport wheels allow for easy storage and mobility. After use, simply fold the bike and roll it to a suitable storage location, such as behind a door or in a closet. This makes it ideal for small apartments or offices.

Whisper-quiet

"Training while reading or watching TV"

Others
<50dB



VANNECT
Up to 30dB



This image details the adjustable features of the exercise bike's seat. It shows 7 options for seat height adjustment for safety and comfort, along with a foldable seat backrest for easy storage and different riding positions.

MAINTENANCE

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Regularly inspect all bolts, nuts, and moving parts for tightness and wear. Tighten any loose components.
- **Lubrication:** The magnetic resistance system is maintenance-free and does not require lubrication.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures.

TROUBLESHOOTING

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
Squeaking or unusual noise during operation	Loose bolts or connections; friction between parts.	Check and tighten all bolts and nuts. Ensure no parts are rubbing.
LCD display not working	Battery low or incorrectly installed; loose cable connection.	Replace batteries in the LCD monitor. Check that all cables are securely connected.
Resistance not changing	Resistance knob mechanism issue.	Ensure the resistance knob is properly engaged. If the issue persists, contact customer support.
Unstable during use	Bike not on a level surface; stabilizer bars not tightened.	Ensure the bike is on a flat surface. Check and tighten the bolts on the front and rear stabilizer bars.

SPECIFICATIONS

Feature	Detail
Model Number	918ST
Product Dimensions (L x W x H)	90 x 51 x 115 cm
Item Weight	20 kg
Maximum Supported Weight	160 kg
Recommended User Height	150-180 cm
Resistance Mechanism	Magnetic
Resistance Levels	16
Power Source	Pedal-powered (non-electric)
Material	Aluminum (Frame), Steel (Robust X-frame)
Special Features	App connectivity, Console display, Adjustable footrests, Personalized training program, Handlebar heart rate sensor, Foldable design, Transport wheels, 3-in-1 functionality
Color	Red

WARRANTY AND SUPPORT

vannect is committed to protecting your investment. Your product includes:

- **36 Months Free Spare Parts:** For any manufacturing defects or component failures within 36 months of purchase.
- **Lifetime Technical Support:** Our customer service team is available to resolve any questions or concerns you may have regarding your exercise bike.

For support, please refer to the contact information provided with your purchase documentation or visit the official vannect website.

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