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› vannect Folding Exercise Bike Model 918FT User Manual

vannect 918FT

vannect Folding Exercise Bike User Manual

Model: 918FT

1. INTRODUCTION

This manual provides essential information for the safe and effective use of your vannect Folding Exercise Bike, Model 918FT. Please read all instructions carefully before assembly and operation. Retain this manual for future reference.

Important Safety Information

- Consult a physician before starting any exercise program.
- Ensure all parts are securely fastened before each use.
- Keep children and pets away from the exercise bike during operation.
- Place the exercise bike on a flat, stable surface.
- Do not exceed the maximum user weight of 350 lbs (160 kg).
- Wear appropriate exercise attire and footwear.

2. PACKAGE CONTENTS

Verify that all components are present before beginning assembly. If any parts are missing or damaged, contact customer support.

- Main Frame Assembly
- Front and Rear Stabilizers
- Pedals (Left and Right)
- Seat and Backrest
- Handlebars with Pulse Sensors
- LCD Display Console
- Tablet Holder
- Assembly Hardware Kit (bolts, washers, nuts)
- Tools for Assembly
- User Manual

3. SETUP AND ASSEMBLY

The vannect Folding Exercise Bike is designed for straightforward assembly. Follow these steps using the provided tools and hardware.

1. **Unpack Components:** Carefully remove all parts from the packaging and lay them out on a clean, flat surface.
2. **Attach Stabilizers:** Secure the front and rear stabilizers to the main frame using the appropriate bolts and washers.
3. **Install Pedals:** Identify the left (L) and right (R) pedals. Thread the left pedal counter-clockwise and the right pedal clockwise into the crank arms. Tighten securely.
4. **Mount Seat and Backrest:** Attach the seat and backrest to the seat post. Adjust the seat height to a comfortable position using the adjustment knob.
5. **Connect Handlebars:** Attach the handlebars to the main frame. Connect the pulse sensor wires from the handlebars to the main frame.
6. **Install LCD Display:** Mount the LCD display console onto the handlebar post. Connect the display wires to the corresponding cables from the main frame and pulse sensors.
7. **Attach Tablet Holder:** Secure the tablet holder to the designated slot on the handlebar post.
8. **Final Check:** Ensure all bolts and connections are tight and secure before first use.



Figure 3.1: Fully assembled vannect Folding Exercise Bike, Model 918FT.

Description: This image displays the vannect Folding Exercise Bike in its fully assembled, upright position. The bike features an X-shaped frame, a comfortable seat with a backrest, handlebars with integrated pulse sensors, and an LCD display console with a tablet holder. The pedals are visible at the base, and the overall design emphasizes compactness and stability.

4. OPERATING INSTRUCTIONS

4.1. Adjusting Resistance Levels

The exercise bike features 16 levels of magnetic resistance. To adjust the resistance, turn the resistance knob located below the handlebars. Turn clockwise to increase resistance and counter-clockwise to decrease resistance. Start with a lower resistance level and gradually increase as your fitness improves.

4.2. Using the LCD Display

The LCD display provides real-time workout data. It typically displays the following metrics:

- **TIME:** Duration of your workout.
- **DISTANCE:** Total distance covered during the workout.
- **SPEED:** Current cycling speed.
- **CALORIES:** Estimated calories burned.
- **PULSE/HEART RATE:** Your heart rate measured by the pulse sensors.

To activate the display, begin pedaling or press any button. The display will automatically cycle through the metrics or you can press the MODE button to select a specific display. To reset the display, press and hold the MODE button.

4.3. Manual Pulse Measurement

To measure your heart rate, firmly grip the pulse sensors located on the handlebars with both hands. Ensure your hands are clean and dry for accurate readings. Your heart rate will be displayed on the LCD console after a few seconds.

4.4. Using the Tablet Stand

The integrated tablet stand allows you to place your mobile device for entertainment or workout apps during your exercise session. Ensure your device is securely placed before starting your workout.

4.5. Folding and Storage

To fold the exercise bike for storage:

1. Ensure the bike is on a flat surface.
2. Locate the folding pin or knob (refer to specific diagram in physical manual if available).
3. Pull the pin or loosen the knob to release the folding mechanism.
4. Carefully fold the bike inwards until it locks into the folded position.
5. Use the transport wheels to move the folded bike to a storage location.

The bike can be stored in a compact space, achieving significant space savings.

4.6. Seat Adjustment

The seat height is adjustable to accommodate various user heights. Loosen the seat adjustment knob, slide the seat post to the desired height, and then securely tighten the knob. Ensure the seat is stable before use.

5. 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.
- **Check Connections:** Periodically inspect all bolts, nuts, and moving parts to ensure they are tight and secure. Tighten any loose fasteners.
- **Lubrication:** No specific lubrication is typically required for magnetic resistance bikes. Refer to the physical manual for any specific lubrication points if applicable.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures.

6. TROUBLESHOOTING

If you encounter issues with your vannect Folding Exercise Bike, refer to the following common solutions:

Problem	Possible Cause	Solution
LCD Display not working	Loose cable connection, dead batteries (if applicable), display malfunction.	Check all display cable connections. Replace batteries if the display uses them. If the issue persists, contact customer support.
Unstable or rocking bike	Uneven surface, loose stabilizer bolts.	Ensure the bike is on a flat surface. Tighten all bolts on the front and rear stabilizers.
Resistance not changing	Resistance cable disconnected or damaged, internal mechanism issue.	Inspect the resistance cable connection. If the issue persists, contact customer support.
Unusual noise during operation	Loose parts, friction from moving components.	Check and tighten all bolts and nuts. Ensure no foreign objects are interfering with moving parts.

For issues not listed above or if solutions do not resolve the problem, please contact vannect customer support.

7. SPECIFICATIONS

Feature	Detail
Brand	vannect
Model Name	918FT
Resistance Levels	16 (Magnetic)
Maximum Weight Recommendation	350 Pounds (160 kg)
Product Dimensions (D x W x H)	35.43"D x 20.08"W x 45.28"H
Material	Aluminum (Flywheel), Steel (Frame)
Special Features	Adjustable Resistance, Adjustable Seat, Soft Seat Cushion, Wide Backrest, Foldable Design, LCD Display, Pulse Measurement, Tablet Stand

Feature	Detail
UPC	734257411202
ASIN	B0F3TWZ3FK

8. WARRANTY AND SUPPORT

8.1. Warranty Information

vannect provides free parts replacement for 5 years from the date of purchase. This warranty covers manufacturing defects and component failures under normal use. It does not cover damage due to misuse, accidents, or unauthorized modifications.

8.2. Customer Support

If you have any questions, require assistance with assembly, operation, or troubleshooting, or need to claim warranty service, please contact vannect customer support. Refer to your purchase documentation or the product packaging for specific contact details.

Note: No relevant official product videos from the seller were found in the provided data.

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Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

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