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> MOSUNY 5-in-1 Folding Exercise Bike Model 917FM User Manual

## MOSUNY 917FM

# MOSUNY 5-in-1 Folding Exercise Bike Model 917FM User Manual

Your Guide to Assembly, Operation, and Maintenance

## 1. INTRODUCTION

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Thank you for choosing the MOSUNY 5-in-1 Folding Exercise Bike, Model 917FM. This manual provides essential information for the safe assembly, operation, and maintenance of your exercise equipment. Please read it thoroughly before first use and retain it for future reference.



Image 1.1: The MOSUNY 5-in-1 Folding Exercise Bike, Model 917FM. This image displays the bike in its upright configuration, highlighting its compact design and integrated arm resistance bands.

## 2. SAFETY INFORMATION

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- **Maximum Weight Capacity:** This exercise bike is designed to support a maximum user weight of **350 pounds (158 kg)**. Do not exceed this limit.
- Consult a physician before starting any new 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 athletic footwear and clothing during workouts.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

## 3. PRODUCT FEATURES

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The MOSUNY 5-in-1 Folding Exercise Bike offers versatile workout options and user-friendly features:

- **5-in-1 Multifunctionality:** Supports upright, relaxed, and recumbent cycling positions, along with arm and leg training.
- **Ultra-Quiet Operation:** Features a European Union-imported high-quality bike flywheel and braided rope for arm exercises, resulting in a noise level below 10 dB during use.
- **16-Level Adjustable Magnetic Resistance:** Provides a wide range of resistance intensities suitable for various fitness levels and training goals, from warm-up to muscle strengthening.
- **Stable and Durable Design:** Constructed with a thickened 3mm high-carbon steel frame and an X-type physical balance design for enhanced stability and durability, supporting up to 350 pounds.
- **Upgraded Elastic Bolt:** Simplifies mode adjustment. Lift the front frame, pull out the bolt, and it automatically locks into the desired gear.
- **Ergonomic Design:** Features an 8-level adjustable seat height, accommodating users from 4.4 to 6.6 feet tall.
- **Multifunctional LCD Display:** Tracks time, speed, distance, calories burned, and heart rate. Includes an integrated iPad/phone holder.
- **Compact and Portable:** 80% pre-assembled for quick setup. Folds to 1.9 FT<sup>2</sup> for storage and includes transport wheels for easy relocation.



Image 3.1: Illustration of the 5-in-1 exercise capabilities, including upright, competitive cycling, leg stretch, arm training, and relaxed

ride positions.

# Less Worry with Low Noise

Smooth and Quiet Belt Driven System



Magnetic  
drive system



Sound  
< 10 dB

Image 3.2: The exercise bike in use, demonstrating its quiet operation (less than 10 dB) which allows for use without disturbing others.



Image 3.3: Detail of the 16-level magnetic resistance control, showing settings from low to high tension for various workout intensities.

## 4. SETUP AND ASSEMBLY

The MOSUNY 5-in-1 Folding Exercise Bike arrives approximately 80% pre-assembled. Follow the detailed installation instructions included in the packaging for complete setup. Average assembly time is approximately 20 minutes.

### 4.1 Unfolding the Bike

1. Carefully remove the bike from its packaging.
2. Locate the main folding pin or knob.
3. Release the pin/knob and gently unfold the frame until it locks into the desired position (upright or recumbent). Ensure the frame is securely locked before proceeding.

### 4.2 Attaching Components

- Attach the pedals, ensuring they are screwed in tightly (left pedal is reverse-threaded).

- Install the seat and backrest, adjusting them to your preferred height and angle.
- Mount the handlebars and the LCD display console. Connect any necessary sensor wires.
- Insert AA batteries into the LCD display unit.



Image 4.1: Visual representation of the bike's adjustable distances for recumbent (82cm), upright (76cm), and folded (26cm) states.

## 5. OPERATING INSTRUCTIONS

### 5.1 Adjusting Seat Height and Position

- To adjust the seat height, loosen the adjustment knob located on the seat post. Raise or lower the seat to one of the 8 available levels. Ensure your knees have a slight bend at the bottom of the pedal stroke. Tighten the knob securely.
- To change between upright, relaxed, or recumbent positions, use the upgraded elastic bolt mechanism. Gently lift the front frame, pull out the bolt, and adjust the frame angle. The bolt will automatically lock into the new position.



Image 5.1: Detailed view of the adjustable features, including 3 options for item angle and 8 options for cushion height.

## 5.2 Adjusting Magnetic Resistance

- The bike features 16 levels of magnetic resistance. Rotate the tension control knob, located below the handlebars, clockwise to increase resistance and counter-clockwise to decrease it.
- Start with a lower resistance for warm-up and gradually increase to challenge yourself.

## 5.3 Using the LCD Display

- The LCD monitor automatically activates when you begin pedaling or press a button.
- It displays: **Time, Speed, Distance, Calories Burned, Pulse, and Odometer.**
- Use the 'MODE' button to cycle through display functions or select 'SCAN' to automatically rotate through all metrics.
- To reset values, press and hold the 'RESET' button.
- The integrated hand pulse sensors on the handlebars provide real-time heart rate data.

# 7-Type Data Display

Easily Track Your Fitness



Image 5.2: The LCD display console with an integrated holder for a phone or tablet, showing various tracked fitness metrics.

## 5.4 Arm and Leg Training

- The bike includes resistance bands for arm exercises. Hold the handles and perform various arm movements while seated or standing next to the bike.
- For leg training, the resistance bands can be used for stretches or light resistance exercises.

## 6. MAINTENANCE

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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 or solvents.
- **Inspections:** Periodically check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Lubrication:** The magnetic resistance system is generally maintenance-free. Do not apply lubricants to the flywheel or belt system unless specifically instructed by customer support.
- **Storage:** When not in use, fold the bike to its compact size (1.9 FT<sup>2</sup>) and store it in a dry, cool place away from direct

sunlight. Use the transport wheels to move it easily.



Image 6.1: The MOSUNY exercise bike in its folded state, demonstrating its compact footprint and ease of movement with transport wheels.

## 7. TROUBLESHOOTING

If you encounter any issues with your MOSUNY exercise bike, refer to the following common solutions:

- **No Display on LCD:** Check if the batteries are correctly installed and not depleted. Replace with new AA batteries if necessary. Ensure all sensor wires are securely connected.
- **Unusual Noise During Operation:** Verify that all bolts and nuts are tight. Check for any obstructions around the pedals or flywheel. If the noise persists, contact customer support.
- **Resistance Not Changing:** Ensure the tension control knob is functioning correctly and rotating freely. If the magnetic resistance mechanism feels stuck or unresponsive, contact customer support.
- **Bike Feels Unstable:** Confirm the bike is placed on a level surface. Check that all frame connections are securely tightened.

For issues not covered here, please contact MOSUNY customer support.

## 8. SPECIFICATIONS

<b>Brand</b>	MOSUNY
<b>Model Number</b>	917FM
<b>Product Dimensions (Unfolded)</b>	96D x 53W x 116H Centimetres (37.8D x 20.9W x 45.7H inches)
<b>Item Weight</b>	19 kg (41.9 lbs)
<b>Maximum Weight Capacity</b>	350 Pounds (158 kg)
<b>Recommended User Height</b>	4.4 - 6.6 Feet (134 - 201 cm)
<b>Resistance Mechanism</b>	Magnetic
<b>Resistance Levels</b>	16
<b>Drive System</b>	Belt

<b>Material</b>	Acrylonitrile Butadiene Styrene (ABS) and High-Carbon Steel
<b>Power Source</b>	Pedal-powered (non-electric, LCD requires AA batteries)
<b>Color</b>	Gray White



Image 8.1: Diagram illustrating the detailed dimensions of the MOSUNY exercise bike, including height, width, and length in both upright and folded positions.

## 9. WARRANTY AND SUPPORT

MOSUNY is committed to providing excellent customer service and product support.

- **Warranty:** The MOSUNY 5-in-1 Folding Exercise Bike comes with a comprehensive one-year service commitment.
- **After-Sales Service:** MOSUNY offers a prompt telephone message service, ensuring inquiries are addressed within 12 hours.
- **Contact Information:** For any questions, concerns, or warranty claims, please contact MOSUNY customer support at [mosunysupport@163.com](mailto:mosunysupport@163.com).



*Image 9.1: MOSUNY's commitment to customer service, detailing quick replies, return policy, warranty period, and technical support.*