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› [SLUNSE](#) /

› [SLUNSE 5-in-1 Foldable Stationary Exercise Bike Model 916A User Manual](#)

SLUNSE 916A

SLUNSE 5-in-1 Foldable Stationary Exercise Bike

MODEL 916A USER MANUAL

Brand: SLUNSE

Introduction

This manual provides essential information for the safe and effective use of your SLUNSE 5-in-1 Foldable Stationary Exercise Bike, Model 916A. Please read these instructions carefully before assembly and operation, and retain for future reference.



Image: SLUNSE 5-in-1 Foldable Stationary Exercise Bike.

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 equipment during operation.
- Place the exercise bike on a flat, stable surface.
- Do not exceed the maximum weight capacity of 350 pounds (158.76 kg).
- Wear appropriate exercise attire and footwear.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

Stable **Dual-Triangle** Frame

Weight capacity **350 LBS**
+No shaking at all



Image: Stable Dual-Triangle Frame design.

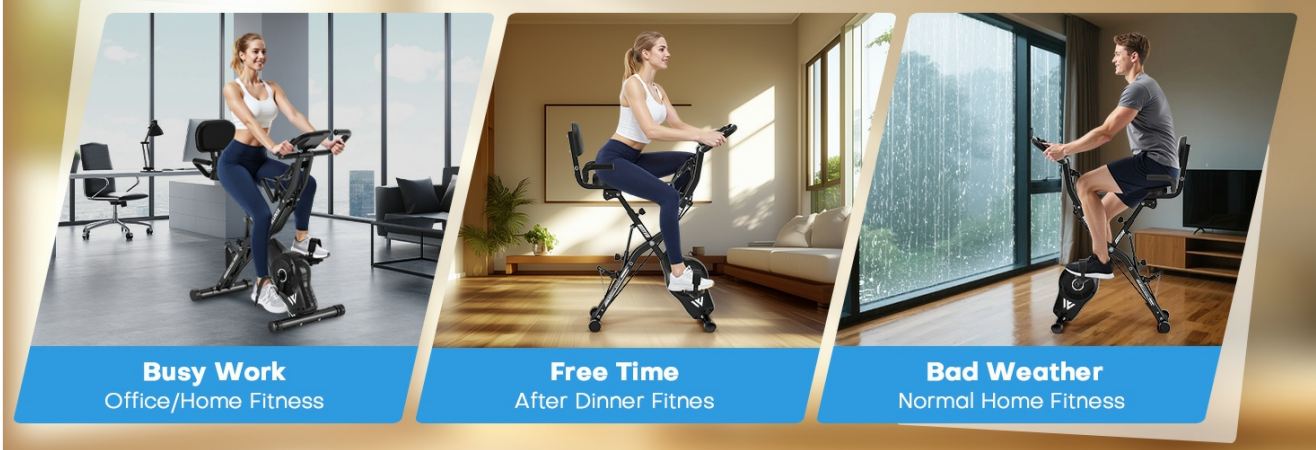
Setup and Assembly

The SLUNSE 5-in-1 Foldable Stationary Exercise Bike is designed for quick assembly, with approximately 80% of the unit pre-assembled. The average assembly time is 20 minutes.

Assembly Steps:

1. Unpack all components and verify against the parts list provided in the separate detailed installation instructions.
2. Follow the step-by-step instructions in the included manual for attaching the base stabilizers, pedals, seat, handlebars, and monitor.
3. Ensure all bolts and nuts are tightened securely.

Keep Exercising in Different Environment



Busy Work
Office/Home Fitness

Free Time
After Dinner Fitness

Bad Weather
Normal Home Fitness

Image: Components of the SLUNSE Exercise Bike laid out for assembly.

Folding and Storage:

The bike can be fully folded to a compact size of 1.9 FT² for storage. Transport wheels are integrated for easy movement.



Image: Demonstrating the easy folding and transport of the exercise bike.

Operating Instructions

Exercise Modes:

The SLUNSE 5-in-1 bike offers multiple exercise positions and training options:

- **Upright-Standard:** Traditional cycling position.
- **Competitive Cycling:** More aggressive, forward-leaning posture.
- **Leg Stretch:** Position for stretching leg muscles.
- **Arm Training:** Utilize integrated resistance bands for upper body workout.
- **Relax Ride (Recumbent):** Reclined position for a comfortable workout.

0-16 infinitely Adjustable Resistance



Image: Overview of the 5-in-1 exercise modes.

Adjusting Resistance:

The bike features 16 levels of adjustable magnetic resistance. Rotate the tension control knob located on the main frame to increase (HIGH) or decrease (LOW) the resistance. Lower levels (1-4) are suitable for warm-up, mid-levels (5-8) for running, higher levels (9-13) for fat burning, and the highest levels (14-16) for muscle training.



Image: Resistance adjustment knob and recommended intensity levels.

Seat and Angle Adjustments:

Customize your riding experience with multiple adjustment options:

- **Cushion Modes:** 3 options for cushion adjustment to enhance comfort.
- **Angle Adjustment:** 4 options for adjusting the bike's overall angle.
- **Cushion Height:** 8 options for adjusting the seat height to accommodate users from 1.45m to 2.0m (4.75 ft to 6.6 ft).

To adjust the bike mode, gently lift the front frame and pull out the elastic bolt. It will automatically lock into the desired gear without needing to unscrew the entire nut.



Image: Precise adjustment options for ergonomics.

Monitor and Data Display:

The integrated monitor tracks various fitness data points to help you monitor your progress:

- Speed
- Distance
- Pulse (if equipped with sensors)
- Odometer
- Time
- Calories Burned

The Best Choice For Home Exercise Bike



One exercise bike fit for the whole family



Image: 7-Type Data Display for tracking fitness.

Maintenance

The SLUNSE exercise bike is designed for low maintenance due to its non-touch magnetic resistance and noise-reducing belt drive system.

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose components.
- **Lubrication:** No lubrication is required for the magnetic resistance or belt drive system.

5-IN-1 WHOLE BODY EXERCISE

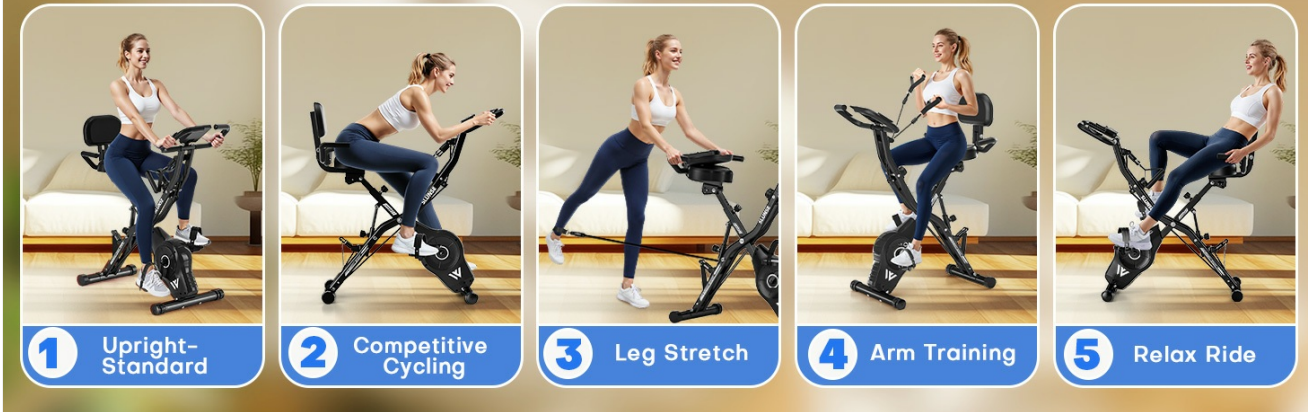


Image: Internal components demonstrating maintenance-free design.

Troubleshooting

Problem	Possible Cause	Solution
Bike is noisy during operation.	Loose components; friction in drive system.	Ensure all assembly bolts are tightened. The bike is designed for near-silent operation (<10dB); if noise persists, contact customer support.
Resistance not changing or inconsistent.	Resistance knob not properly engaged; internal magnetic mechanism issue.	Rotate the resistance knob fully through its range. If the issue continues, contact customer support.
Monitor not displaying data.	Battery low or depleted; loose sensor connection.	Check and replace monitor batteries. Ensure all sensor cables are securely connected.
Bike feels unstable.	Not on a flat surface; loose frame bolts.	Place the bike on a level surface. Verify all frame bolts are securely tightened.

Specifications

Model Number	916A
Brand	SLUNSE
Product Dimensions (L x W x H)	80 x 51 x 116 cm (31.5 x 20.1 x 45.7 inches)
Item Weight	19 kg (41.9 lbs)
Maximum Weight Capacity	350 lbs (158.76 kg)
Material	Alloy Steel
Drive System	Belt

Resistance Mechanism	Magnetic
Resistance Levels	16-Level Adjustable Magnetic Resistance
Maximum Height Recommendation	6.6 Feet (2.0 meters)
Special Features	5-in-1 Multifunction, Foldable Design, 3 Cushion Modes, 4 Angle Options, 8 Cushion Height Options, Elastic Bolt Adjustment, Quiet Operation (<10dB)

Warranty and Support

Warranty:

SLUNSE provides a comprehensive one-year service commitment for this product. Any issues encountered with your purchase will be addressed promptly.

Customer Support:

For technical assistance, inquiries, or warranty claims, please contact SLUNSE customer support. We offer a prompt telephone message service, ensuring responses within 12 hours, and lifetime technical support on Amazon.

- **Email:** slunsevip@outlook.com
- **Online Support:** Refer to the SLUNSE brand store on Amazon for additional resources.