

MOSUNY 917FM

MOSUNY 5-in-1 Folding Stationary Exercise Bike

MODEL: 917FM USER MANUAL

1. Introduction and Safety Information

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

Important Safety Instructions:

- Consult a physician before starting any exercise program.
- Keep children and pets away from the equipment during use.
- Place the exercise bike on a flat, stable surface. Ensure adequate space around the bike.
- Inspect the bike for loose or damaged parts before each use. Do not use if any components are compromised.
- Wear appropriate exercise attire and footwear.
- Do not exceed the maximum user weight of 158.76 kg (350 lbs).
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- Ensure all bolts and nuts are securely tightened before and during use.

2. Product Components

Upon unpacking, verify that all components are present and undamaged. The MOSUNY 917FM exercise bike is largely pre-assembled. Key components include:

- Main Frame Assembly (pre-assembled)
- Front and Rear Stabilizers
- Pedals (Left and Right)
- Seat and Backrest Assembly

- Handlebars
- LCD Display Console
- Resistance Bands (for arm training)
- Assembly Tools and Hardware Kit



Image: The MOSUNY 5-in-1 Folding Stationary Exercise Bike in its fully assembled state, showcasing its compact design and various components.

3. Assembly Instructions

The MOSUNY 917FM exercise bike arrives 80% pre-assembled. The average assembly time is approximately 20 minutes. Follow these steps:

1. **Attach Stabilizers:** Secure the front and rear stabilizers to the main frame using the provided bolts and nuts. Ensure they are firmly tightened for stability.
2. **Install Pedals:** Identify the left (L) and right (R) pedals. The left pedal screws counter-clockwise, and the right pedal screws clockwise. Thread them into the crank arms and tighten securely.
3. **Mount Seat and Backrest:** Attach the seat and backrest assembly to the seat post. Adjust the seat height to your preference and secure it with the adjustment knob.

4. **Attach Handlebars:** Connect the handlebars to the main frame. Ensure all wiring for the pulse sensors (if applicable) is properly connected before securing the handlebars.
5. **Install LCD Display:** Mount the LCD display console onto the handlebar post. Connect the sensor wires from the main frame to the corresponding ports on the back of the display.
6. **Final Check:** Review all connections and ensure all bolts and nuts are tightened. Test the bike for stability before first use.

4. Operating the Exercise Bike

4.1 Exercise Modes

The MOSUNY 917FM offers 5-in-1 functionality, allowing for various exercise positions and training types:

- **Upright-Standard:** Traditional cycling position for cardiovascular workouts.
- **Competitive Cycling:** A more aggressive, forward-leaning posture for intense cycling.
- **Relax Ride (Recumbent):** A reclined position with back support, ideal for comfort and lower impact.
- **Leg Stretch:** Utilize the bike's structure for stretching exercises.
- **Arm Training:** Use the integrated resistance bands for upper body workouts.

5-IN-1 WHOLE BODY EXERCISE

Suitable Height: 4'4" to 6'6"

1 Upright-Standard

2 Competitive Cycling

3 Leg Stretch

4 Arm Training

5 Relax Ride

Image: Visual representation of the five distinct exercise modes supported by the MOSUNY bike, including upright, competitive, relaxed (recumbent), leg stretch, and arm training positions.

4.2 Adjusting to Recumbent Mode

To switch to the recumbent (Relax Ride) position, gently lift the front frame and pull out the elastic bolt. The frame will automatically lock into the desired recumbent gear. This upgraded elastic bolt design eliminates the need to unscrew nuts.

Recumbent Exercise Bike Like A Physical Therapist

MOSUNY

3 Options for cushion modes, recumbent relaxed ride

✓

VS

✗

Fixed & not adjustable, can't achieve true recumbent riding

OTHERS

Gently Lift The Front Frame And Then Pull Out The Bolt

Image: A user demonstrating the recumbent exercise position on the MOSUNY bike, highlighting the easy adjustment mechanism using the elastic bolt for cushion mode.

4.3 Magnetic Resistance Adjustment

The bike features 16 levels of adjustable magnetic resistance. Rotate the tension control knob located on the main frame to increase or decrease the resistance. Higher numbers indicate greater resistance.

- **Levels 1-4:** Suitable for warm-up or light rehabilitation.
- **Levels 5-8:** Ideal for fat burning and moderate cardio.
- **Levels 9-13:** For building endurance and more intense cardio.
- **Levels 14-16:** Challenging levels for muscle strengthening and advanced training.



Image: A detailed view of the 16-level magnetic resistance dial, illustrating how to adjust tension from low to high for varied workout intensities.

4.4 Seat Height Adjustment

The seat height is adjustable to 8 levels, accommodating users with heights ranging from 4.4 ft to 6.6 ft. Loosen the seat adjustment knob, slide the seat to the desired height, and re-tighten the knob securely.

4.5 LCD Display Console

The integrated LCD monitor tracks your workout data in real-time:

- **TIME:** Duration of your workout.
- **SPEED:** Current cycling speed.
- **DISTANCE:** Total distance covered during the current session.
- **PULSE:** Your heart rate (requires gripping the pulse sensors on the handlebars).
- **ODOMETER:** Total accumulated distance.
- **CALORIES:** Estimated calories burned.
- **SCAN:** Automatically cycles through all display functions.

The console also includes an iPad/phone holder for entertainment during your workout.

7-Type Data Display

Easily Track Your Fitness



Image: The LCD display console showing various workout metrics like speed, distance, and pulse, with a smartphone placed in the integrated holder.

4.6 Folding and Storage

To fold the bike for storage, ensure the elastic bolt is disengaged, then carefully fold the frame. The bike can be folded to a compact size of 1.9 FT² (approximately 26 cm wide in folding state). Transport wheels are integrated for easy movement.

Multiple Distance Adjustable



Image: A diagram illustrating the MOSUNY exercise bike in its recumbent, upright, and fully folded configurations, along with their respective dimensions for storage and use.

5. Maintenance

Regular maintenance ensures the longevity and safe operation of your MOSUNY exercise bike.

- **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 fasteners.
- **Lubrication:** No specific lubrication is required for the magnetic resistance system.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures.

6. Troubleshooting

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

Problem	Possible Cause	Solution
Excessive Noise	Loose components, uneven surface.	Ensure all bolts are tightened. Place the bike on a level surface. The bike is designed for super-silent operation (under 10 dB).
LCD Display Not Working	Loose sensor connection, dead batteries.	Check all cable connections to the display. Replace batteries in the display console.
Resistance Not Changing	Resistance cable disconnected or damaged.	Inspect the resistance cable connection to the tension knob and the magnetic flywheel. Contact support if damaged.
Bike Feels Unstable	Loose stabilizers, uneven floor.	Tighten all stabilizer bolts. Ensure the bike is on a flat, stable surface.

7. Product Specifications

Feature	Detail
Brand	MOSUNY
Model Number	917FM
Resistance Type	Magnetic
Resistance Levels	16
Maximum User Weight	158.76 kg (350 lbs)
Power Source	Pedal-powered (non-electric)
Item Weight	19 kg
Product Dimensions (LxWxH)	96 x 53 x 116 Centimeters
Material	Acrylonitrile Butadiene Styrene (ABS), High-carbon steel
Suitable User Height	4.4 ft - 6.6 ft
Noise Level	Less than 10 dB
UPC	762744424930

Product Dimensions



Image: A diagram illustrating the detailed dimensions of the MOSUNY exercise bike in its operational state, including height, width, and depth measurements.

8. Warranty and Customer Support

MOSUNY provides a comprehensive one-year service commitment for this product. If you encounter any issues with your purchase, please contact our customer support team.

Contact Information:

- **Email:** mosunysupport@163.com
- We aim to respond to all inquiries within 12 hours.