

Manuals+

[Q & A](#) | [Deep Search](#) | [Upload](#)

manuals.plus /

- › [vannect](#) /
- › [VANNECT Recumbent Exercise Bike User Manual](#)

vannect R1

VANNECT Recumbent Exercise Bike

USER MANUAL

Introduction

This manual provides essential information for the safe and efficient operation, assembly, and maintenance of your VANNECT Recumbent Exercise Bike. Please read this manual thoroughly before assembly and first use to ensure proper function and to prevent injury.



Image: Overview of the VANNECT Recumbent Exercise Bike, showcasing its design and key features like the comfortable seat, display, and connectivity icons.

Safety Information

- Consult a physician before starting any exercise program.
- Keep children and pets away from the equipment during use.
- Place the bike on a flat, stable surface with adequate clearance around it.
- Inspect the bike for loose parts or damage before each use. Do not use if damaged.
- Wear appropriate exercise attire and footwear.
- Do not exceed the maximum user weight of 180 kg (396 lbs).
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

Package Contents

Before assembly, ensure all parts are present and undamaged. Refer to the parts list provided in the packaging. Typically, the package includes:

- Main Frame (Front and Rear Stabilizers)
- Seat and Backrest Assembly
- Pedals (Left and Right)
- Handlebars and Console Post
- LCD Monitor
- Hardware Kit (bolts, washers, nuts, tools)
- User Manual

Setup and Assembly

Assembly typically takes around 30 minutes. Follow these general steps. For detailed instructions, refer to the illustrated guide included in your product packaging.

1. Attach the front and rear stabilizers to the main frame.
2. Secure the pedal cranks and pedals. Note that pedals are marked 'L' for left and 'R' for right.
3. Install the seat and backrest onto the seat slider.
4. Attach the console post and handlebars to the main frame.
5. Connect the LCD monitor to the console post and plug in the sensor cables.

30MIN SCHNELLE INSTALLATION



Benutzerhandbuch



Videoanleitung



Image: A person assembling the exercise bike, highlighting the quick installation process and the integrated transport wheels for easy movement.

Operating Instructions

Adjusting Resistance

The VANNECT Recumbent Exercise Bike features 16 levels of adjustable magnetic resistance. To change the resistance, turn the tension control knob located on the main frame. Turn clockwise to increase resistance and counter-clockwise to decrease it. Levels 1-6 are suitable for seniors or light rehabilitation, 7-12 for general rehabilitation, and 13-16 for cardio training.

16 STUFEN MAGNETISCHER WIDERSTAND

Erfüllt alle Ihre Trainingsanforderungen

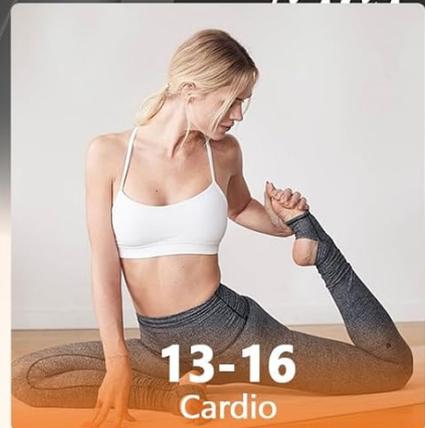
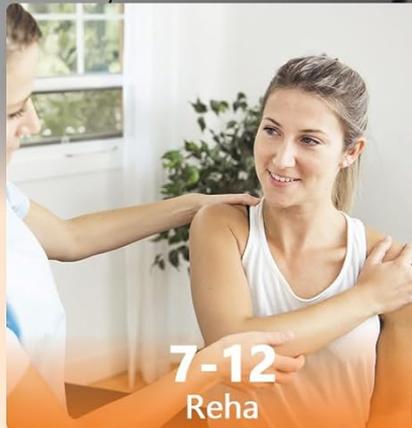


Image: A detailed view of the resistance knob, illustrating the 16 magnetic resistance levels and their recommended uses for different training intensities.

Using the LCD Monitor

The multifunctional LCD monitor displays real-time training data including Time, Speed, Distance, Calories, and Odometer (ODO). Use the 'MODE' button to cycle through display modes and 'RESET' to clear current workout data. The monitor requires 2 AAA batteries (not included).

DIGITAL MONITOR & TABLET HALTERUNG

Echtzeit-Trainingsdaten & unterhaltsame Abwechslung



Scan



Zeit



Geschwindigkeit



Distanz



Kalorien



ODO



Image: Close-up of the digital LCD monitor showing various metrics and the integrated tablet holder, indicating app connectivity options like Kinomap and Zwift.

App Connectivity

The updated version of the VANNECT bike can connect via Bluetooth to fitness applications such as Kinomap and Zwift for virtual workouts, races, and challenges. Search for 'R1-Bike' on your mobile device to synchronize. The app allows you to track your progress and adjust your fitness program.

Comfort and Ergonomics

The bike features a large, comfortable seat and backrest. The seat can be easily adjusted forward or backward to accommodate various leg lengths, ensuring optimal comfort and protecting your lower back and knees during long workouts.

ÜBUNGEN MIT GERINGER BELASTUNG



Kalorienverbrenner



Straffung der Beinmuskulatur



Verbesserung Der Blutzirkulation



Linderung des Kniedrucks



Linderung von Arthritis



übungen für das Fußgelenk



Image: Illustrates the benefits of low-impact exercise with the recumbent bike, showing users engaging in comfortable workouts that reduce knee pressure and improve circulation.

Quiet Operation

The VANNECT bike utilizes a strong magnetic system and a dual-belt drive for smooth and quiet operation, typically below 5dB. This allows for exercise at any time without disturbing others.

Warme Und Harmonische Atmosphäre

Genießen Sie Ein Ruhiges Fahrerlebnis



Magnetsystem



<5dB
Weniger Lärm



Riemenantrieb
Laufruhiger

Image: The exercise bike positioned in a living room, highlighting its quiet magnetic system and belt drive, allowing for a peaceful exercise experience.

Maintenance

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Regularly 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 lubricate the belt drive.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures.

Troubleshooting

Problem	Possible Cause	Solution
LCD display not working	Batteries are dead or incorrectly installed; loose cable connection.	Replace batteries (2x AAA). Check all cable connections to the monitor.
Unusual noise during operation	Loose bolts or components; friction from moving parts.	Check and tighten all assembly bolts. Ensure no parts are rubbing.
Resistance not changing	Tension cable disconnected or damaged.	Inspect the tension cable connection to the resistance mechanism. Contact support if damaged.
Bike feels unstable	Not on a flat surface; loose stabilizers.	Move to a level surface. Check and tighten stabilizer bolts.

Specifications

Model Name: R1A EU-YY01

Product Dimensions: 46.5 cm (W) x 111 cm (L) x 101 cm (H)

Product Weight: 25 kg (55 lbs)

Maximum User Load: 180 kg (396 lbs)

Resistance Mechanism: Magnetic

Resistance Levels: 16 Adjustable Levels

Material: Metal

Special Features: App Connectivity (FTMS), LCD Monitor, Padded Seat, Water Bottle Holder, Flywheel

Color: Red

Recommended Use: Indoors

Kompakte Produktabmessungen

Ideal Für Den Einsatz Zu Hause Oder Im Büro



Max. 180 Kg
Gewichtskapazität



Alle Erwachsenen
Empfohlene Benutzergröße



Image: Visual representation of the compact product dimensions and the maximum load capacity of 180 kg, ideal for home or office use.

Warranty and Support

For warranty information, technical support, or replacement parts, please contact the seller or manufacturer directly. Refer to your purchase documentation for specific warranty terms and contact details.

© 2025 VANNECT. All rights reserved.

	<p>VANNECT Folding Exercise Bike: Assembly, Safety, and User Guide</p> <p>This comprehensive user manual provides detailed instructions for assembling, safely operating, and maintaining your VANNECT Folding Exercise Bike. Includes parts list, exercise guidance, and troubleshooting tips.</p>
	<p>VANNECT Exercise Bike 917B Instruction Manual and User Guide</p> <p>Comprehensive instruction manual for the VANNECT Exercise Bike Model 917B, covering assembly, safety, usage, exercise guide, and troubleshooting. Learn how to set up and use your exercise bike for effective workouts.</p>
	<p>Vannect Sports Equipment - Product Information and Safety Warnings</p> <p>Official product information for Vannect Sports Equipment, including manufacturer details, EU and UK representative contacts, compliance marks, and essential safety warnings for users.</p>
	<p>Vannect Sports Equipment - Product Information and Safety Warnings</p> <p>Comprehensive product information for Vannect Sports Equipment, including manufacturer details, EU/UK representative contacts, compliance marks, and essential safety warnings for users.</p>