

vannect 2025_Nouveau_Velo_d_Appartement_Pliable

Vannect Folding Exercise Bike User Manual

Model: 2025_Nouveau_Velo_d_Appartement_Pliable

1. SAFETY INFORMATION

Please read all instructions carefully before assembling and using this exercise bike. Retain this manual for future reference.

- **Weight Limit:** Do not exceed the maximum user weight of 150 kg (330 lbs).
- **Age Restriction:** This product is not intended for use by children. Keep children and pets away from the equipment during use.
- **Health Conditions:** Consult a physician before starting any exercise program, especially if you have pre-existing health conditions. Stop exercising immediately if you feel faint, dizzy, or experience pain.
- **Proper Attire:** Wear appropriate exercise clothing and athletic shoes. Avoid loose clothing that could get caught in moving parts.
- **Stable Surface:** Place the exercise bike on a flat, stable surface. Ensure adequate clear space around the bike (at least 0.6 meters or 2 feet).
- **Inspection:** Before each use, check the bike for loose parts, wear, or damage. Do not use if any components are damaged.
- **Assembly:** Ensure all bolts, nuts, and screws are securely tightened before use.
- **Moving Parts:** Keep hands and feet clear of all moving parts.

2. PACKAGE CONTENTS

Carefully unpack all components and verify against the parts list (not provided in this manual, refer to your product packaging for a complete list). If any parts are missing or damaged, contact customer support.



Figure 2.1: Overview of the Vannect Folding Exercise Bike. This image displays the main components including the LCD monitor, pulse sensors on the handlebars, the adjustable seat with backrest, and the magnetic resistance system. It also highlights the 150 kg maximum weight capacity.

3. SETUP AND ASSEMBLY

Follow these general steps for assembly. Specific diagrams and detailed instructions are typically included in a separate assembly guide with your product.

1. **Base Stabilization:** Attach the front and rear stabilizer bars to the main frame using the provided bolts and washers. Ensure they are securely fastened.
2. **Pedal Installation:** Identify the left (L) and right (R) pedals. Screw the left pedal counter-clockwise and the right pedal clockwise into their respective crank arms. Tighten firmly.
3. **Seat and Backrest Assembly:** Attach the seat and backrest to the seat post. Adjust the seat height to a comfortable position using the adjustment knob.
4. **Handlebar and Monitor Installation:** Secure the handlebars to the main frame. Connect the sensor wires from the pulse grips and the main frame to the LCD monitor. Mount the LCD monitor onto the handlebar post.
5. **Final Check:** Verify all connections are tight and all parts are correctly assembled before first use.

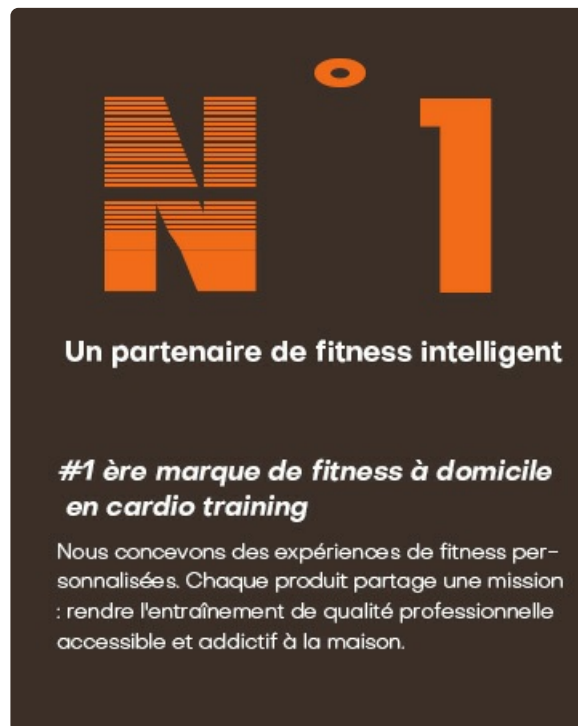


Figure 3.1: Close-up of the ultra-soft seat and backrest. This image highlights the wide and highly elastic seat, comfortable backrest, safety handle, and the 8 height adjustment options for the cushion.



Une vie Intelligente, Un avenir Meilleur avec Vannect

Chez Vannect, nous redéfinissons le fitness grâce à une technologie de pointe et une conception durable. Nos équipements de fitness connectés s'intègrent parfaitement à votre routine quotidienne, que vous soyez à la maison, au bureau ou en déplacement.

Nous pensons que le fitness doit être simple et efficace. C'est pourquoi Vannect propose des innovations fiables et intuitives qui fonctionnent parfaitement. Pas de gadgets, que des résultats. Rejoignez le mouvement où la technologie rencontre l'endurance, et où chaque espace devient votre salle de sport.

Figure 3.2: Illustration of the improved magnetic system. This image emphasizes the magnetic, fluid, and silent operation of the resistance mechanism, providing a smooth and quiet riding experience.

4. OPERATING INSTRUCTIONS

4.1 Adjusting Seat Height

The seat height can be adjusted to accommodate users between 145 cm and 195 cm (4'9" to 6'5").

1. Loosen the seat adjustment knob located below the seat.
2. Slide the seat post up or down to the desired height. There are 8 options for precise adjustment.

3. Ensure the seat is at a height where your leg is slightly bent at the knee when the pedal is at its lowest point.
4. Tighten the adjustment knob securely before use.



Figure 4.1: The exercise bike is designed to be suitable for various body types, supporting users from 145 cm to 195 cm in height and a maximum weight of 150 kg.

4.2 Adjusting Resistance Levels

The exercise bike features 8 levels of magnetic resistance, allowing you to customize your workout intensity.

1. Locate the tension control knob on the main frame, usually below the handlebars.
2. Turn the knob clockwise to increase resistance (levels 1-8). Higher numbers indicate greater resistance.
3. Turn the knob counter-clockwise to decrease resistance.
4. Choose a resistance level appropriate for your fitness goals:
 - **Levels 1-2:** Relaxation exercise, warm-up.
 - **Levels 3-4:** Cardio training, moderate intensity.
 - **Levels 5-6:** Body shaping exercise, increased intensity.

- **Levels 7-8:** Muscle stabilization, high intensity.

8 NIVEAUX DE RÉSISTANCE

Réglage de résistance plus précis, adapté à un plus large éventail de personnes



Figure 4.2: The resistance adjustment knob offers 8 levels, providing precise control for various exercise types, from relaxation to muscle stabilization.

4.3 Using the LCD Monitor

The integrated LCD monitor tracks your workout data to help you monitor progress.

- **Power On/Off:** The monitor automatically turns on when you start pedaling or press any button. It will turn off automatically after a period of inactivity.
- **Mode Button:** Press the 'MODE' button to cycle through different display functions:
 - **SCAN:** Automatically cycles through all functions every few seconds.
 - **TIME:** Displays the duration of your current workout.
 - **CALORIES:** Estimates the calories burned during your workout.
 - **DISTANCE:** Shows the distance covered during your workout.
 - **PULSE:** Displays your heart rate when holding the pulse sensors on the handlebars.
 - **SPEED:** Shows your current cycling speed.
 - **ODOMETER:** Displays the total accumulated distance.

- **Reset:** Press and hold the 'MODE' button for a few seconds to reset all values (except Odometer).

SUIVI DES DONNÉES SPORTIVES

Profitez de votre séance d'exercice sur le vélo, suivez votre progression pour un entraînement efficace et réalisez vos objectifs de mise en forme.



Figure 4.3: The LCD monitor provides real-time tracking of sports data including scan, pulse, calories, time, speed, distance, and odometer, helping users achieve fitness goals.

4.4 Folding for Storage

The exercise bike is designed for easy folding and convenient storage.

1. Ensure the bike is on a flat surface.
2. Locate the folding pin or knob (refer to your assembly guide for exact location).
3. Pull or loosen the pin/knob to release the folding mechanism.
4. Carefully fold the bike inwards until it locks into the storage position.
5. Use the integrated transport wheels to move the folded bike for storage.

DÉPLIAGE FACILE & RANGEMENT PRATIQUE



Figure 4.4: This image illustrates the easy folding and practical storage feature of the exercise bike, showing it in both unfolded (cycling mode) and folded (storage mode) configurations, along with a user effortlessly moving the folded bike using its transport wheels.

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 or solvents.
- **Inspection:** 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. If you notice any squeaking from other moving parts, apply a small amount of silicone-based lubricant.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures.

6. TROUBLESHOOTING

If you encounter issues, refer to the following common problems and solutions.

- **No Display on LCD Monitor:**
 - Check battery installation and replace if necessary.
 - Ensure all sensor cables are securely connected to the monitor.
- **Inaccurate Pulse Reading:**
 - Ensure your hands are firmly gripping both pulse sensors.
 - Make sure your hands are clean and dry.
- **Pedal Noise/Clicking:**
 - Check that pedals are securely tightened to the crank arms.
 - Inspect the crank arms and pedal threads for any damage.
- **Resistance Feels Too Low/High:**
 - Ensure the tension control knob is correctly adjusted to your desired level.
 - Verify the magnetic resistance mechanism is functioning correctly (no visible obstructions).
- **Bike is Unstable:**
 - Ensure the bike is placed on a flat, level surface.
 - Check that all stabilizer bar bolts are securely tightened.

If problems persist, contact customer support for assistance.

7. SPECIFICATIONS

Feature	Specification
Brand	Vannect
Model Name	2025_Nouveau_Velo_d_Appartement_Pliable
Color	Black Orange
Resistance Mechanism	Magnetic
Number of Resistance Levels	8
Special Features	LCD Display, Seat Height Adjustment, Foldable, Pulse Measurement
Power Source	Pedal Powered (for monitor)
Recommended Product Use	Indoor
Maximum Weight Recommendation	150 Kilograms
Minimum Height Recommendation	145 Centimeters
Product Dimensions (L x W x H)	80 x 119 x 43 cm (unfolded)
Product Weight	20.1 Kilograms

Dimensions du produit



Figure 7.1: Detailed product dimensions, showing the bike's measurements when unfolded and folded, along with suitable user height (145-180cm) and weight capacity (150kg).

8. WARRANTY AND SUPPORT

This product comes with a standard manufacturer's warranty. For specific warranty details, please refer to the documentation included with your purchase or contact Vannect customer support.

For technical assistance, replacement parts, or any questions regarding your Vannect Folding Exercise Bike, please contact our customer service team through the retailer where you purchased the product or visit the official Vannect website.