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vannect 917T

Vannect 2025 Foldable Exercise Bike User Manual

Model: 917T

INTRODUCTION

Welcome to the user manual for your new Vannect 2025 Foldable Exercise Bike. This manual provides essential information for the safe and effective use, assembly, operation, and maintenance of your exercise bike. Designed for both beginners and professionals, this bike features adjustable magnetic resistance, a comfortable seat, and a space-saving foldable design, making it ideal for home workouts.



Figure 1: The Vannect 2025 Foldable Exercise Bike, showcasing its compact design and sturdy build.

SAFETY INFORMATION

- Read all instructions before using the exercise bike.
- Consult your 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 all bolts and nuts are securely tightened before each use.
- Do not exceed the maximum weight capacity of 150 kg (330 lbs).

SETUP AND ASSEMBLY

The Vannect 2025 Foldable Exercise Bike is designed for easy assembly and space-saving storage. Follow these general

steps for setup. Refer to the included assembly guide for detailed, step-by-step instructions and diagrams.

1. **Unpack Components:** Carefully remove all parts from the packaging and lay them out. Verify all components are present against the parts list in your assembly guide.
2. **Attach Stabilizers:** Secure the front and rear stabilizer bars to the main frame using the provided bolts and tools.
3. **Install Pedals:** Attach the left and right pedals to the crank arms. Note that pedals are often marked 'L' and 'R' and thread in opposite directions.
4. **Mount Seat and Backrest:** Assemble the seat and backrest onto the seat post, then insert the seat post into the main frame. Adjust the height as needed.
5. **Attach Handlebars and Monitor:** Secure the handlebars to the main frame. Connect the LCD monitor cables and mount the monitor onto the handlebar assembly.
6. **Final Check:** Before first use, ensure all connections are tight and the bike is stable.



Figure 2: Illustration of the easy folding and unfolding mechanism for storage and training modes.

Adjusting Resistance

Your Vannect exercise bike features a magnetic resistance system with 16 adjustable levels. To change the resistance, turn the resistance knob located on the main frame.

- Turn clockwise to increase resistance for a more challenging workout.
- Turn counter-clockwise to decrease resistance for an easier workout.



Figure 3: The resistance knob, allowing precise adjustment across 16 levels for varied training intensities.

Using the LCD Monitor

The integrated LCD monitor displays real-time workout data to help you track your progress.

- **Time:** Duration of your workout.
- **Speed:** Current cycling speed.

- **Distance:** Total distance covered during the workout.
- **Calories:** Estimated calories burned.
- **Pulse:** Your heart rate (if equipped with pulse sensors on handlebars).
- **Scan:** Automatically cycles through all display functions.

Use the buttons below the display (e.g., MODE, SET, RESET) to navigate through functions, set targets, or clear data.



Figure 4: The LCD monitor interface, showing various tracked metrics like time, speed, distance, calories, and pulse.

Seat and Handlebar Adjustment

For optimal comfort and ergonomic positioning, adjust the seat height and handlebar angle to suit your body size. The seat offers 8 height adjustment options.

- **Seat Height:** Loosen the adjustment knob on the seat post, raise or lower the seat to the desired height (suitable for users from 150 cm to 180 cm), and then tighten the knob securely.
- **Handlebar Angle:** Adjust the angle of the handlebars for a comfortable grip.

ULTRA-WEICHER SITZ UND RÜCKENLEHNE



Figure 5: Close-up of the ultra-soft seat and backrest, highlighting the ergonomic design and height adjustment options.

GEEIGNET FÜR ALLE FAMILIENMITGLIEDER

Ihr starker Trainingspartner!



Figure 6: The exercise bike accommodating different user heights (145 cm to 195 cm) and supporting up to 150 kg.

MAINTENANCE

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

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Check Connections:** Periodically inspect all bolts, nuts, and moving parts to ensure they are secure. Tighten any loose components.
- **Lubrication:** The magnetic resistance system is generally maintenance-free. However, if you notice any squeaking from moving parts (e.g., pedal axles), apply a small amount of silicone-based lubricant.
- **Storage:** When not in use, fold the bike and store it in a dry, cool place away from direct sunlight and moisture.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Bike is unstable or wobbly.	Loose bolts; uneven surface.	Ensure all assembly bolts are tightened. Move the bike to a flat, level surface.
Pedals are difficult to turn or make noise.	Loose pedals; lack of lubrication; internal issue.	Check if pedals are securely tightened. Apply silicone lubricant to pedal axles if needed. If problem persists, contact customer support.
LCD monitor not displaying data.	Loose cable connection; dead batteries.	Check all cable connections to the monitor. Replace batteries in the monitor.
Resistance not changing.	Resistance cable disconnected or damaged.	Inspect the resistance cable connection to the knob and the magnetic mechanism. Contact customer support if damaged.

SPECIFICATIONS

Feature	Detail
Brand	Vannect
Model Number	917T
Color	Black/Orange
Material	Metal (High-quality carbon steel frame)
Resistance System	Magnetic
Resistance Levels	16 Adjustable Levels
Maximum Weight Capacity	150 kg (330 lbs)
Recommended User Height	145 cm - 195 cm (59 - 77 inches)
Display	LCD Monitor (Time, Speed, Distance, Calories, Pulse)
Seat	Padded PU seat with enlarged backrest, 8 height adjustment options
Pedals	Anti-slip with safety straps
Dimensions (L x W x H)	Approx. 80 x 43 x 119 cm (31.5 x 17 x 46.8 inches)
Product Weight	20.02 kg (44.1 lbs)
Power Source	No external power required (LCD monitor likely battery-powered)
Special Features	Foldable design, Padded seat, Calorie counter, Adjustable pedal, Flywheel
UPC	734257411547

Produktabmessungen



Figure 7: Detailed product dimensions for the Vannect 2025 Foldable Exercise Bike.

WARRANTY AND SUPPORT

Vannect offers a 5-year spare parts warranty and premium customer service for your exercise bike.

If you encounter any issues or have questions regarding your product, please contact Vannect customer support. Our professional support team is available to assist you promptly and reliably.

For support, please visit the official Vannect website or refer to the contact information provided in your product packaging.

	<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>
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