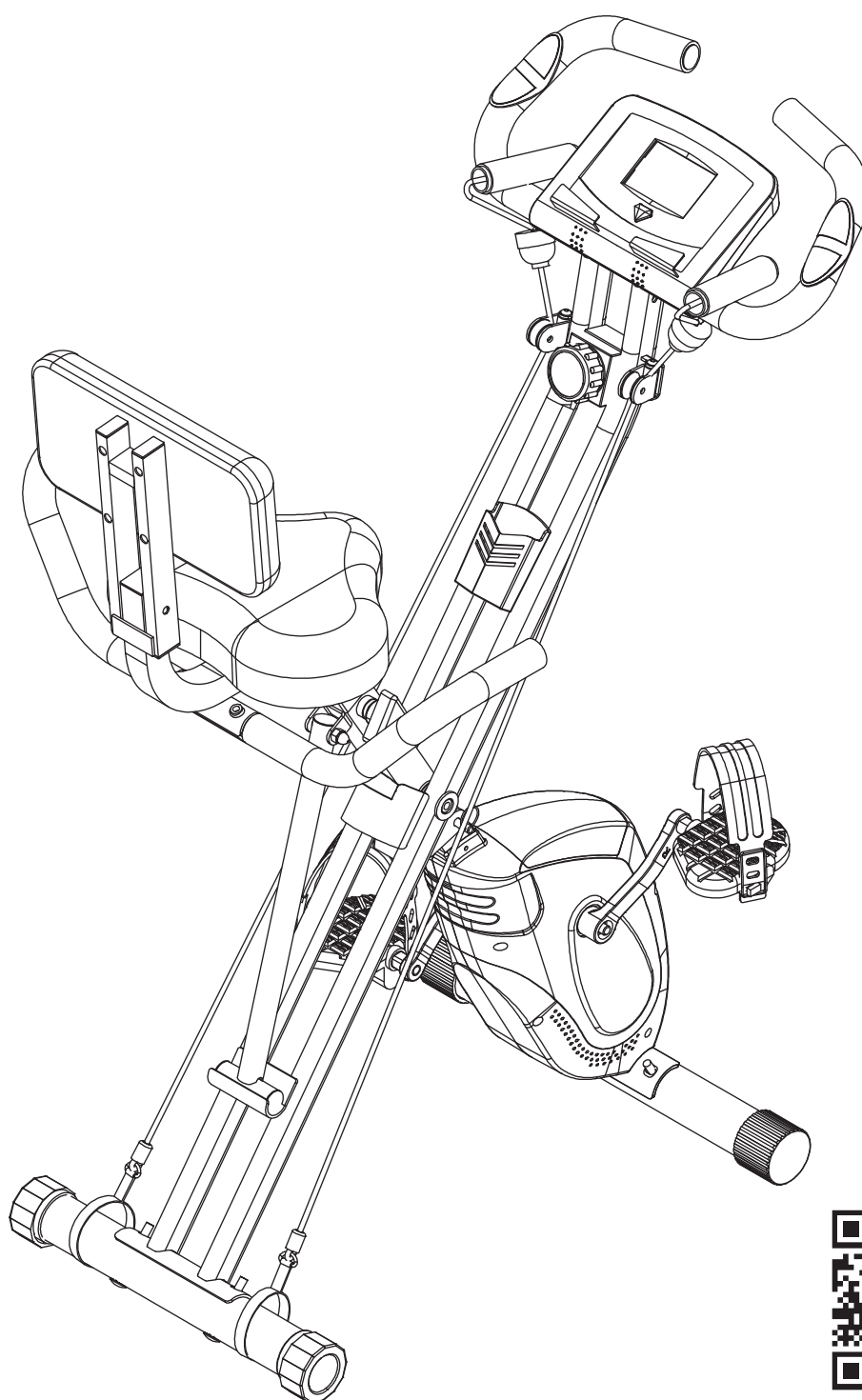


# ADVENOR X-BIKE

## Assembly & Operation Manual



Scan to view assembly video or visit  
<https://youtu.be/1bw0lfdNHOU>

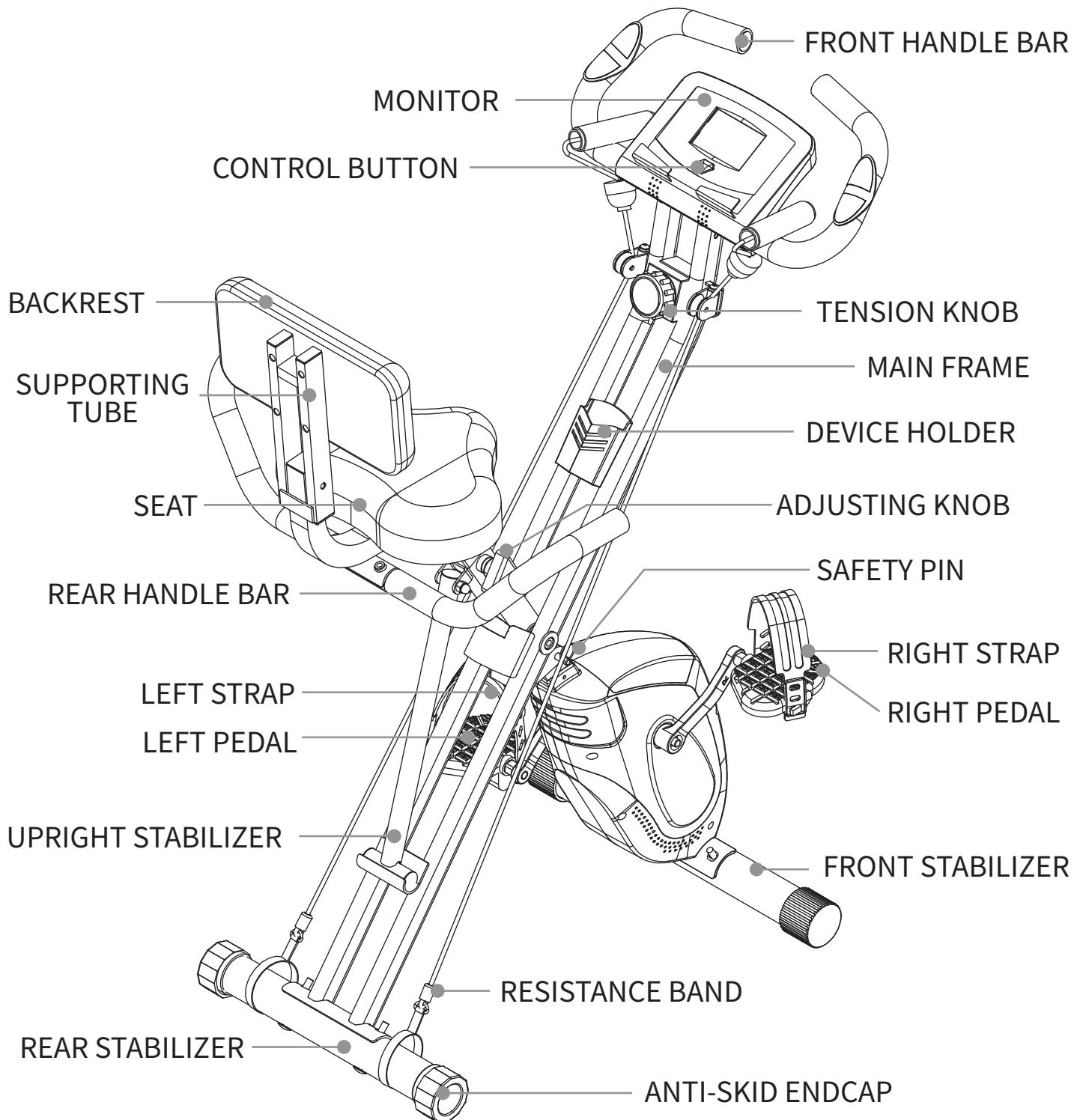


## Read Before Assembly

1. After opening the package, please check all the parts, hardware tools and wires. All screws, nuts and bolts have been pre-assembled in place. Some hardware may be scattered in the packing box during transportation. Please check carefully before discarding the packing box. When installing the pedals, please make sure that you install each pedal to the corresponding crank by checking L or R labels. **ADVENOR shall not take the responsibility for the damages of the pedal which was installed to the unmatched crank by customers.**
2. Please avoid assembling, using or storing the exercise bike in wet / dusty environment or on sloping/ uneven/excessively smooth floor. It is recommended to place a carpet on the floor before assembly to avoid scratches. Please also avoid exposure to the sun.
3. To use the monitor, please connect the cables manually and install two AAA batteries. Do not pull the cables forcibly during operation. Please avoid keeping the monitor close to a fire source. Please remove the battery if it will not be used for a long time.
4. Pregnant women, patients with heart disease or high blood pressure and people with knee injuries are prohibited from using this exercise bike. The elderly, children and people with intellectual disabilities can only use the exercise bike in the presence of another person who can give assistance.
5. Please use the exercise bike in good physical condition and wear suitable clothes and shoes for fitness. Please pay attention to safety when getting on and off the exercise bike, do not use it while standing.
6. Before beginning any exercise program consult your physician. This is especially important for the people who are over 35 years of age or who have pre-existing health problems.
7. The product can be cleaned with a soft clean damp cloth. Do not use abrasives or solvents on the plastic parts. Wipe your perspiration off the product after each use. Be careful not to get excessive moisture on the console display panel as this might cause an electrical hazard or electronics to fail.
8. It is recommended to warm up for 5-10 minutes before using the exercise bike, ride it for 20 to 40 minutes each time and 3 to 5 times a week in order to achieve scientific and efficient fitness goals.
9. If you have any inquiries or require further assistance, please contact **ADVENOR customer support** by  
Phone: +1 323-686-3277  
Email: [service@advenorfitness.com](mailto:service@advenorfitness.com)



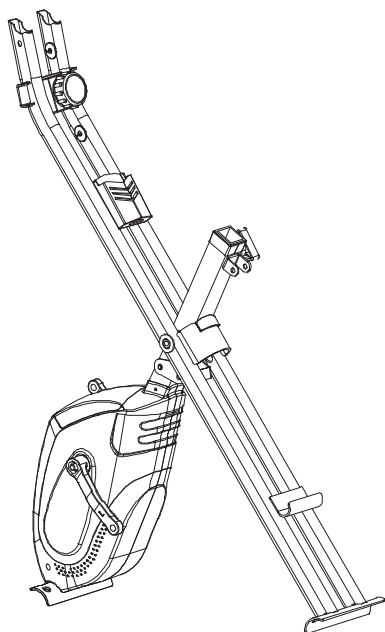
## 1. Name of Parts



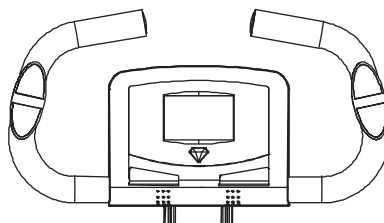


## 2. Parts in the Package

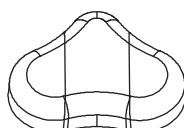
Main Frame x1



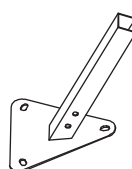
Front Handle Bar with Monitor x1



Seat & Seat post

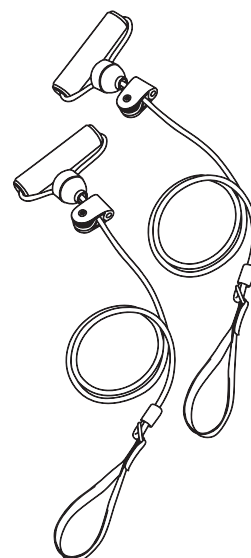


Seat x1

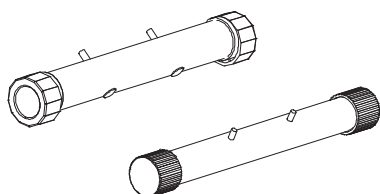


Seat post x1

Resistance Band x2

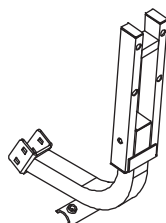


Rear stabilizer x1



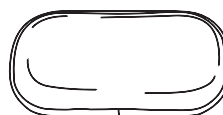
Front stabilizer x1  
(with transportation wheels)

Supporting Tube  
for Backrest x1

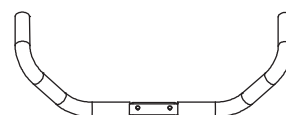


(Foldable)

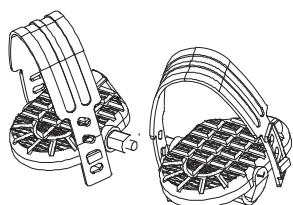
Backrest x1



Rear Handle Bar x1



Pedal & Strap

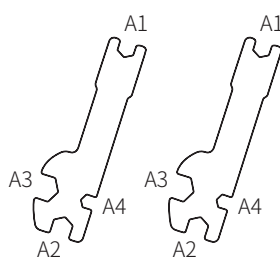


Right x1

Left x1

Hardware Tool

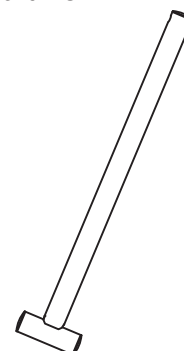
A X2



B X1



Upright  
Stabilizer x1

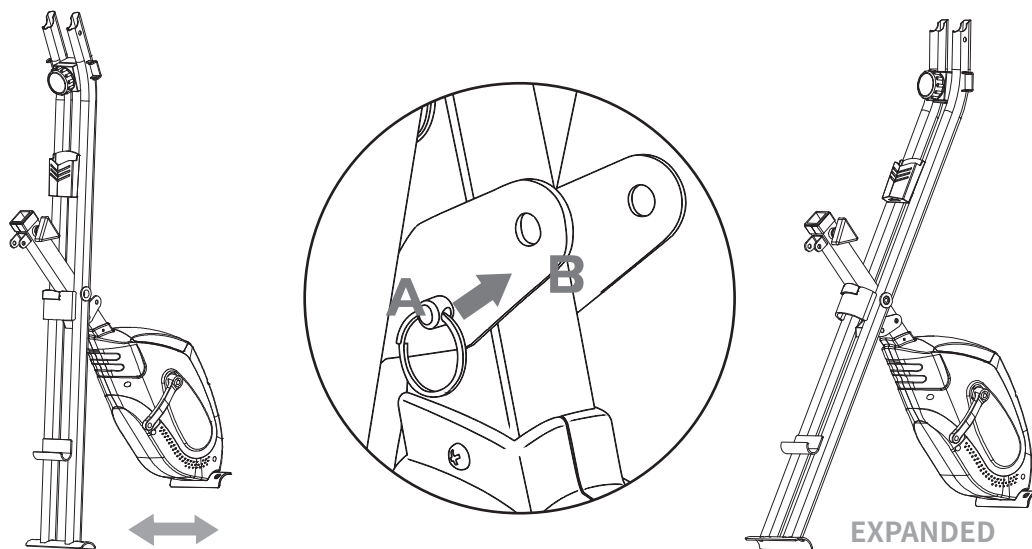




## 3. Assembly Instruction

Tip: Please wear gloves and assemble in the order listed in the manual.

1. Unfold the main frame by adjusting the safety pin from position A to position B as shown in the picture 1. (To adjust the position of safety pin, please press the small spring button and pull the ring on the other side simultaneously to remove from position A and insert the safety pin at the position B)

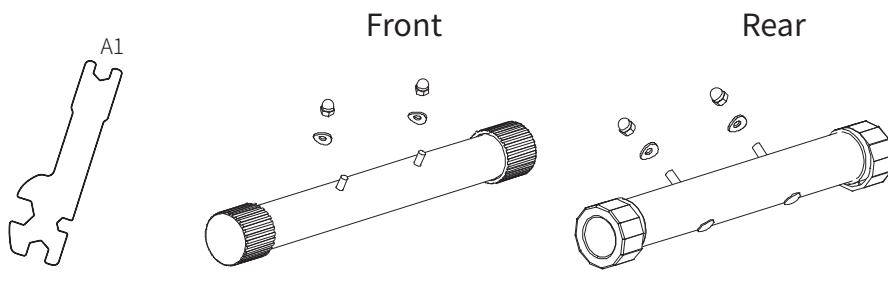


Picture 1

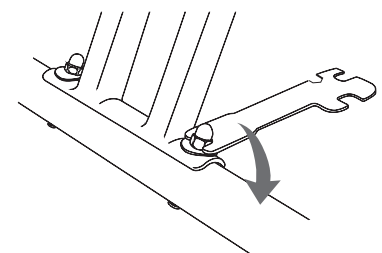
2. Use Tool A to attach the main frame to the stabilizers.

Steps:

- ① Use Tool **A1** to remove the four washers and domed nuts which have been pre-assembled on both of the front and rear stabilizers. (See Picture 2-1)
- ② Use Tool **A1** to attach the main frame with matching front and rear stabilizers and then tighten the domed nuts. Please put the washers before installing the domed nuts. (See Picture 2-2)



Picture 2-1



Picture 2-2



3. Use Tool A to install the left and right pedals to the matching cranks correspondingly. ADVENOR **shall not take the responsibility** for the damages of the pedal which was installed to the unmatched crank by customers.

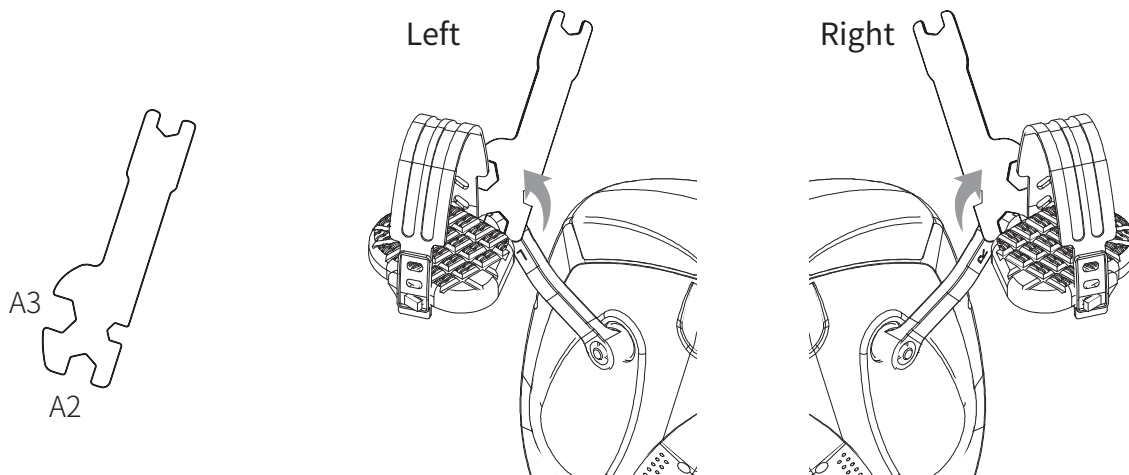
Steps:

① Confirm the labels marked as L and R on the pedals and cranks as shown in the picture 4 before assembly. (See Picture 3)



Picture 3

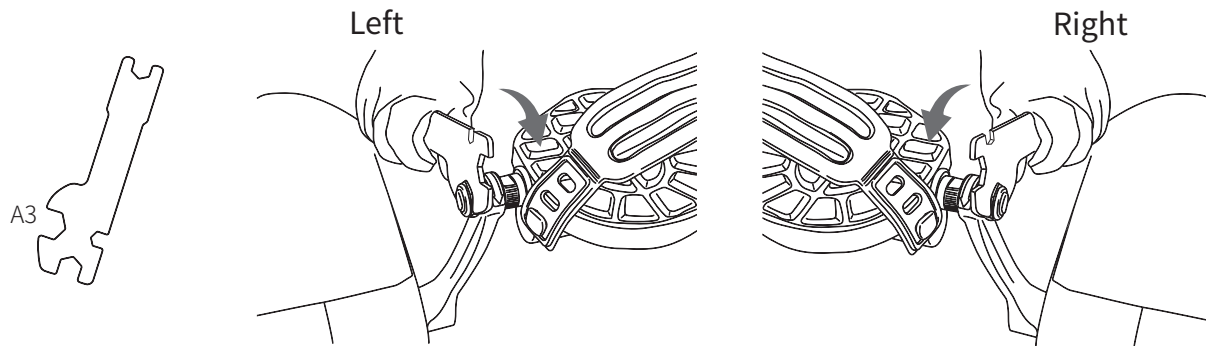
② The cranks are pre-assembled to the exercise bike. Use Tool **A3** to remove the nuts which have been pre-assembled on both of left and right pedals. Please install each pedal to the matching crank and use Tool **A2** to tighten the connecting screws to the maximum in the direction of the arrow on the crank. (See Picture 4)



Picture 4



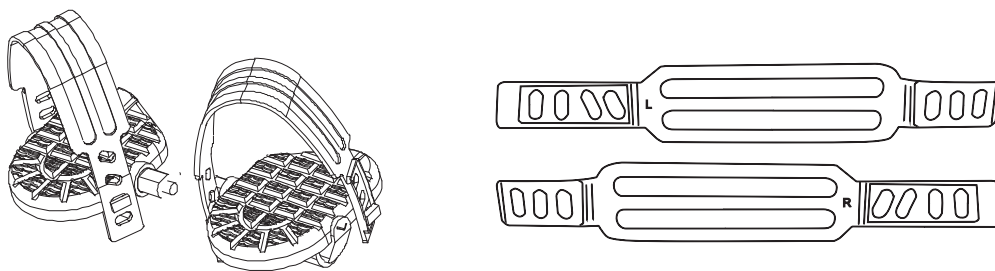
③ Use Tool **A3** to tighten the nuts in the opposite direction of the arrow on the crank as shown in the picture 5.



Picture 5

Tip 1: Please be sure that each pedal is connected to the correct crank. Otherwise, the screw thread will be worn causing permanent damage to the exercise bike.

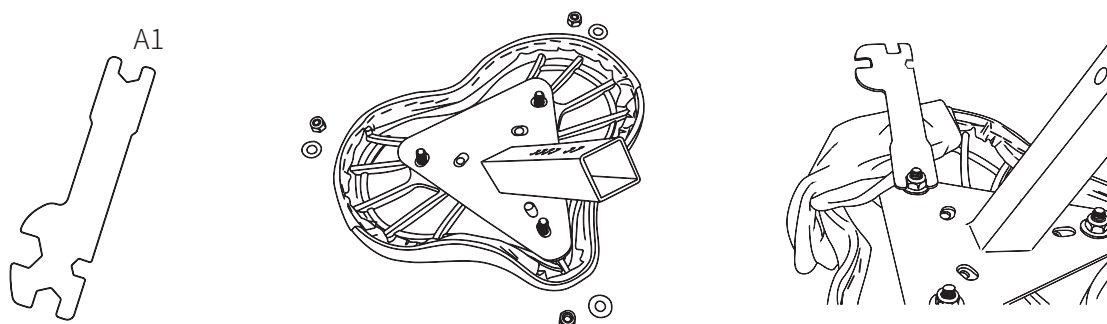
Tip 2: Please adjust the straps to fit your feet as shown in the picture 6.



Picture 6

4. Use Tool **A1** to remove the three washers and nuts which have been pre-assembled on back of the seat and then install the seat post to the seat. Please put the washers first before tighten the nuts. (See Picture 7)

Tip: In order to prevent the wearing of the seat cushion edge on the back during assembly, please put a cloth or gloves on it as shown in picture below.



Picture 7

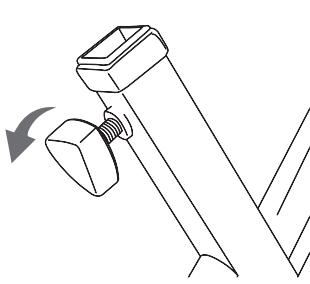




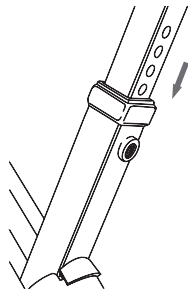
## 5. Install the seat post to the seat tube.

### Steps:

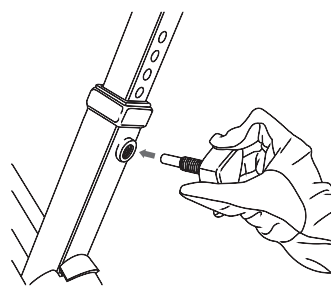
- ① Remove the adjusting knob which has been pre-assembled on the seat tube by rotating anticlockwise. (See Picture 8-1)
- ② Install the seat post into the seat tube and adjust to the suitable height. (See Picture 8-2)
- ③ Insert the adjusting knob and tighten to the maximum by rotating clockwise when the holes on the seat post and seat tube align. (See Picture 8-3)



Picture 8-1

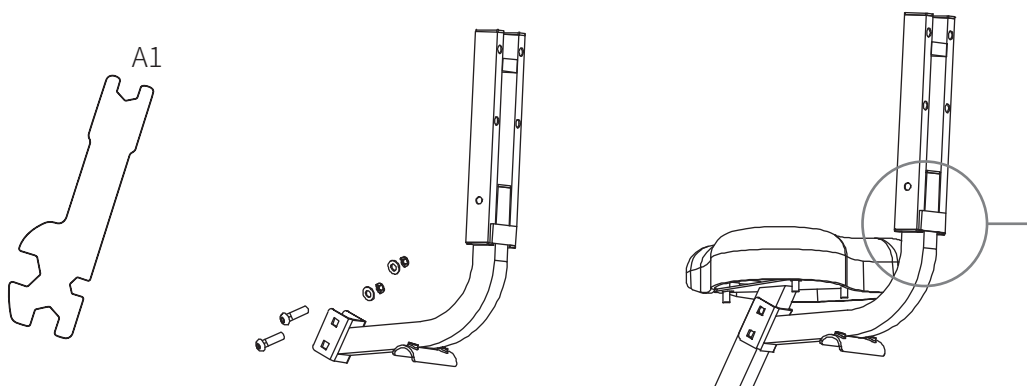


Picture 8-2



Picture 8-3

## 6. Use Tool **A1** to remove the two washers and nuts which have been pre-assembled on the supporting tube for backrest and then install the supporting tube to the seat tube as shown in the picture 9. Please put the washers first before tightening the nuts.



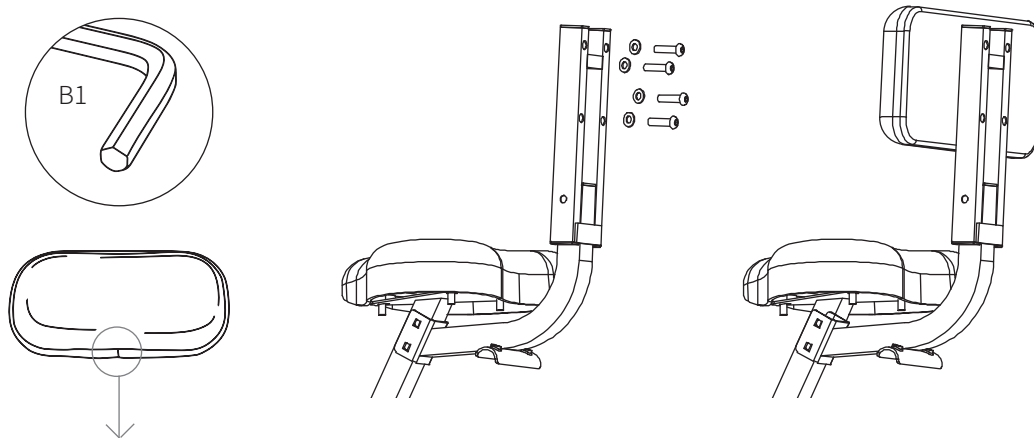
\* Please kindly note that the supporting tube for backrest is foldable.

Picture 9





7. Remove the elastics which have been used to prevent four screws and spring washers on the supporting tube for backrest from scattering and please also remove the screws and spring washers. Use Tool **B1** to install the backrest to the supporting tube as shown in the picture 10. Please put the spring washers first before tightening the screws.



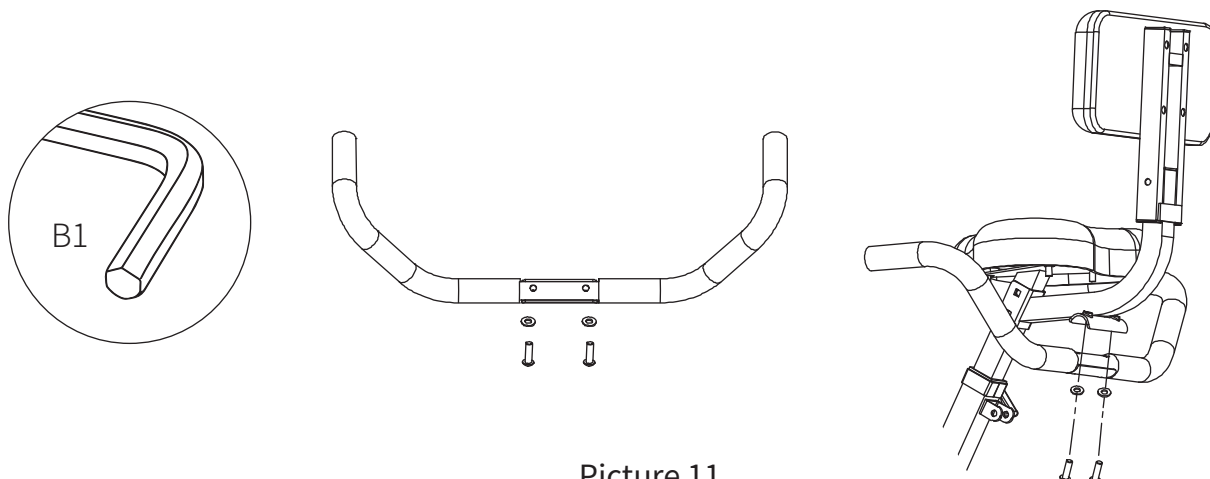
\* Please kindly note that the seaming on the backrest is normal instead of defective or quality issue. Please install the backrest by referring to the picture 10.

Picture 10

8. Install the rear handle bar to the supporting tube for backrest.

Steps:

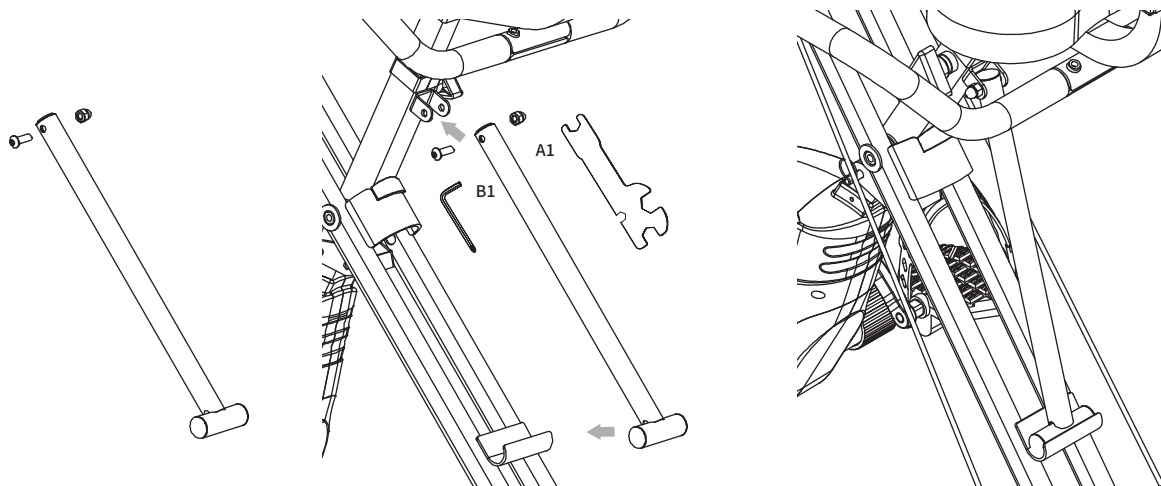
- ① Remove the elastics which have been used to prevent the screws and washers on the rear handle bar from scattering.
- ② Use Tool **B1** to install the rear handle bar to the supporting tube for backrest and pay attention to the direction of the rear handle bar by referring to the picture 11. Please put the washers first before tightening the screws.



Picture 11

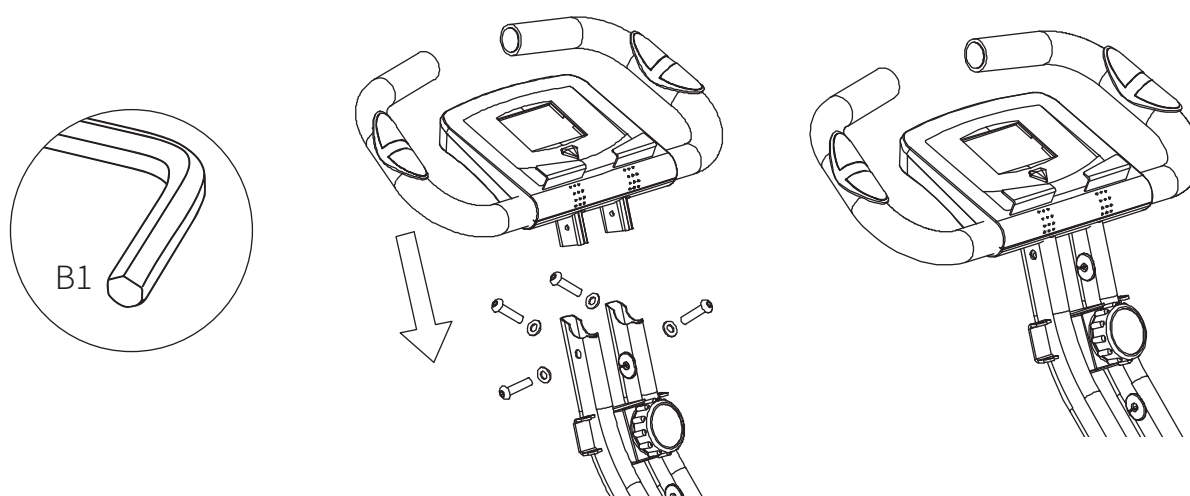


9. Use Tool **A1** and Tool **B1** to remove the washer, domed nut and screw which have been pre-assembled on the upright stabilizer. Put the supporting end into the holder as the picture 12 shows. Use Tool **A1** and Tool **B1** to tighten the screw that connects the upright stabilizer with the main frame.



Picture 12

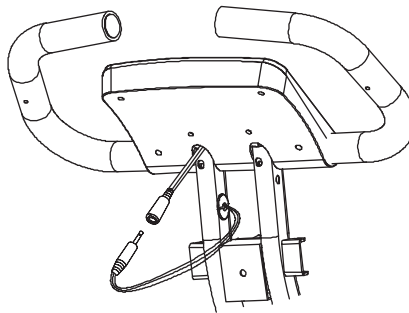
10. Use Tool **B1** to remove the four spring washers and nuts which have been pre-assembled on the tube of the front handle bar and install the front handle bar to the main frame as shown in the picture 13. Please put the spring washers first before tighten the screws.



Picture 13



11. Connect the cables by referring to the picture 14.

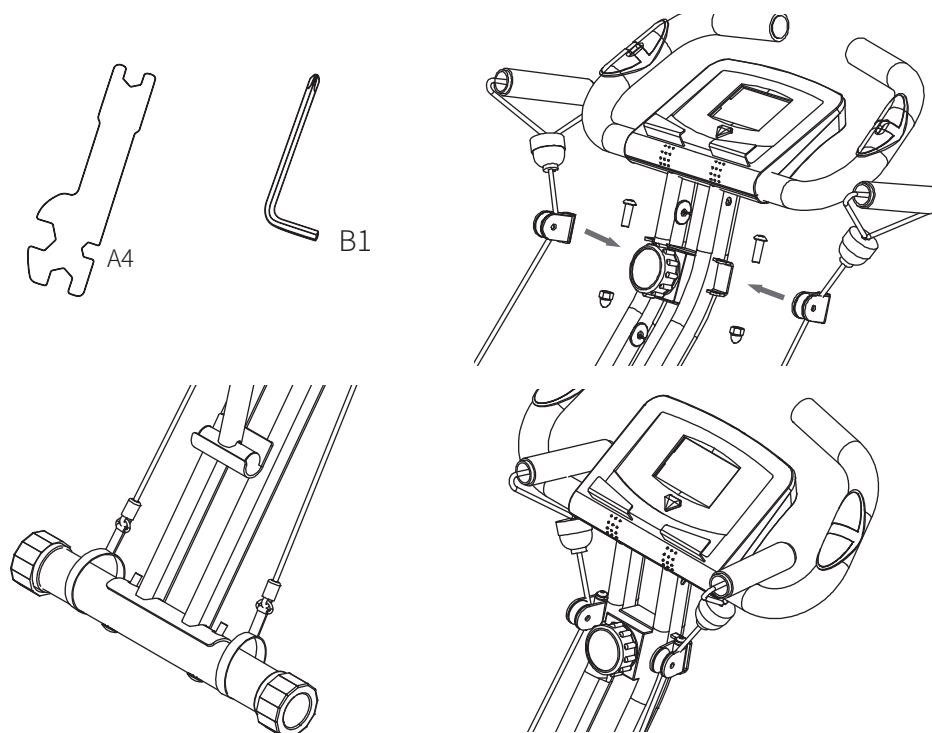


Picture 14

12. Install two AAA batteries into the monitor and then put the lid on.

Tip: Please change the battery once the monitor stops working.

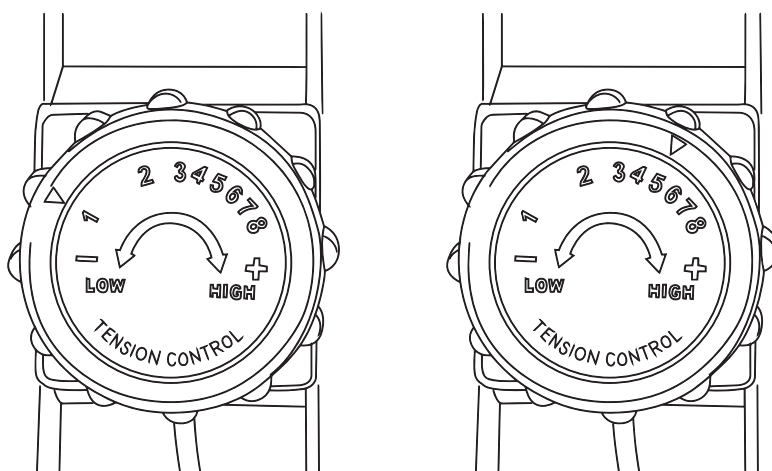
13. Use Tool **A4** and **B1** to remove the two domed nuts and screws which have been pre-assembled on the main frame next to the tension adjusting knob. Put the pulley holders on the resistance band to the positions as shown in the picture below. Insert the screws to fix and then tighten the screws with Tool **A4** and **B1**. Put the nylon belt at the other end of the resistance band through the rear stabilizer from both left and right sides respectively.



Picture 15

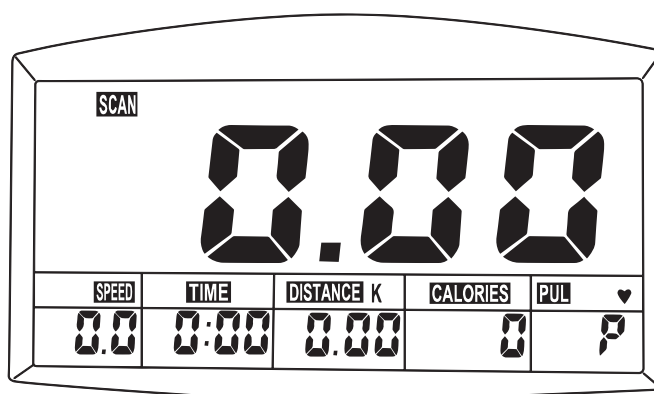
## 4. Operation Instruction

- ※ Please use the exercise bike in good physical condition and wear suitable clothes and shoes for fitness.
- ※ Check all the screws and nuts are tightened and adjust the seat to the suitable height before getting on.
- ※ Adjust the strap to stabilize your feet on the pedal.
- ※ Turn the tension-adjusting knob as shown in the picture 16 to the suitable resistance level among 8 options. Turning clockwise will increase the resistance level while turning counterclockwise will decrease.



Picture 16

- ※ Press the diamond-shaped Control Button to start the monitor display.



Picture 17



## Functions on the monitor (See Picture 17):

**Scan** : The monitor tracks the real-time data automatically.

**Speed**: It shows the speed for every second. The highest speed is 99.99 km/h.

**Time**: It shows how long you have been riding and counts from 0'0'' to 99'99''.

**Distance**: It ranges from 0.00 km to 99.99 km and increases by 0.01 km.

**Calories**: It ranges from 0 to 9999 and increases by 1 cal.

**Pulse** (Heart Rate): Hold the sensor on the front handle bar and the real-time heart rate will be presented.

● Click the Control Button to get the monitor started. The default is Automatic Display Mode with **SCAN** blinking. And the functions show in the following order:

**SPEED** → **TIME** → **DISTANCE** → **CALORIES** → **PUL**

and repeat round by round.

● Click the Control Button one more time and the mode will change to Manual Display Mode with **SCAN** disappears. Click the Control Button to a specific function to check the data.

● Click the Control Button for more than 3 seconds, all the historical data will be cleared.

● The monitor will automatically shut down in four minutes after the exercise bike stops working.

※ Do not stand up while riding. Holding the front or the rear handle bar is recommended.

※ Please release the strap and pay attention to safety when getting off.

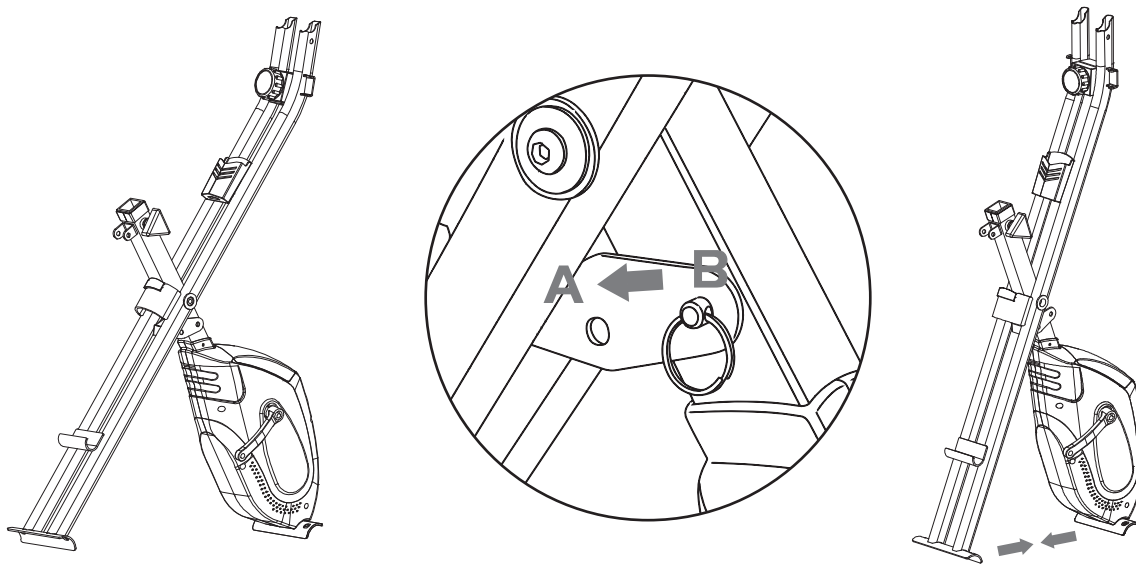
※ It is recommended to warm up for 5-10 minutes before using the exercise bike, ride it for 20 to 40 minutes each time and 3 to 5 times a week in order to achieve scientific and efficient fitness goals.



## 5. Storage and Move

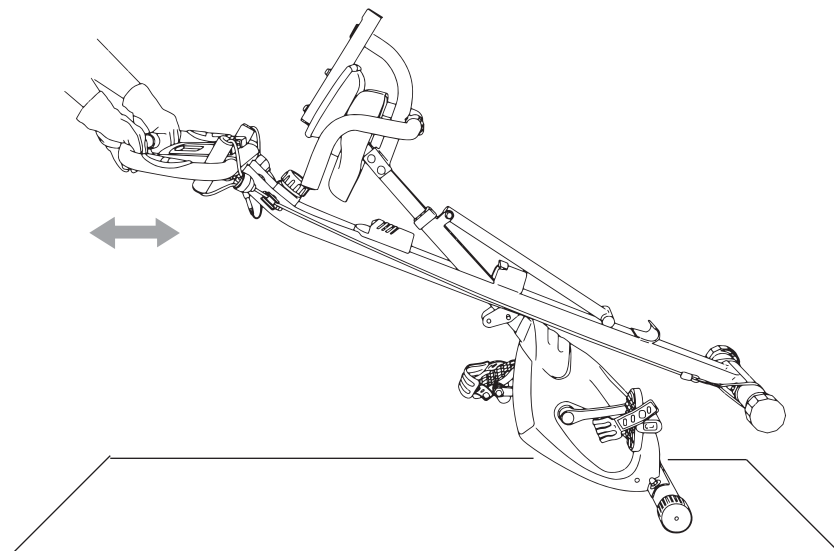
① For space-saving storage, Advenor exercise bike can be folded by adjusting the safety pin from position B to position A as shown in the picture 18.

Tip: In order to protect the plastic device holder which is fixed to on the front main frame, please adjust the seat position to the highest level before folding the exercise bike.



Picture 18

② To easily move the exercise bike, please hold the handle bar and tilt the exercise bike down to 45 degrees or less and move with the transportation wheels as shown in the picture 19.



Picture 19



## Acknowledgements

Dear customer,

Thank you for choosing ADVENOR. We commit to provide the best products and services to every customer.

If you have any inquiries or require further assistance, please contact ADVENOR customer support by

**Phone: +1 323-686-3277**

**Email: [service@advenorfitness.com](mailto:service@advenorfitness.com)**

Your feedback and suggestions are always important and valuable to us.

Kindest regards,

Company Founder



Scan to view assembly video or visit  
<https://youtu.be/1bwOlfDNHOU>