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› EXERPEUTIC ACTIVcycle 7101 Mini Exercise Bike User Manual

EXERPEUTIC 7101

EXERPEUTIC ACTIVcycle 7101 Mini Exercise Bike User Manual

Model: 7101
Brand: EXERPEUTIC

1. INTRODUCTION AND OVERVIEW

The EXERPEUTIC ACTIVcycle 7101 is a compact, motorized mini exercise bike designed for low-impact workouts. It allows users to exercise their legs or arms from a seated position, making it suitable for various fitness levels and rehabilitation needs. The unit features an adjustable speed motor and a multi-function LCD display to track workout progress.



Image: The EXERPEUTIC ACTIVcycle 7101 Mini Exercise Bike, a compact unit with pedals and an LCD display.

Key Features:

- Allows exercise while seated, suitable for use at a desk or in front of a TV.
- Promotes blood circulation, improves balance, and strengthens muscles.
- Features an adjustable speed motor for low-impact exercise that is gentle on joints.
- Multi-function LCD display tracks distance, time, calories burned, and speed.
- Integrated carrying handles for easy portability.
- Includes a non-skid floor mat for stability during use.

2. SAFETY INFORMATION

Before starting any exercise program, consult with a physician. Read all instructions carefully before using the ACTIVcycle 7101. Failure to follow these instructions may result in injury or damage to the product.

- Always place the ACTIVcycle on a flat, stable surface, preferably on the included non-skid mat.
- Ensure adequate space around the unit during operation.
- Keep children and pets away from the equipment during use.
- Do not stand on the unit. It is designed for seated use only.
- Ensure all electrical connections are secure and the power cord is not damaged.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- Do not attempt to modify the equipment.

3. SETUP

The EXERPEUTIC ACTIVcycle 7101 comes largely pre-assembled and ready for immediate use. Minimal setup is required.

1. **Unpack:** Carefully remove the ACTIVcycle from its packaging.
2. **Placement:** Place the unit on a flat, stable surface. It is recommended to use the provided non-skid floor mat underneath the unit to prevent movement during exercise.
3. **Power Connection:** Plug the power adapter into the unit's power input, then plug the adapter into a standard 120V electrical outlet.
4. **Foot/Hand Straps:** The pedals are equipped with adjustable straps. Ensure these are properly adjusted to secure your feet or hands during use.

4. OPERATING INSTRUCTIONS

Powering On/Off

Locate the power switch on the unit. Switch it to the 'ON' position to power on the ACTIVcycle. Switch to 'OFF' when not in use. The unit operates on standard 120V power and consumes 6.5W.



Image: Front view of the ACTIVcycle, highlighting the power switch and speed control dial.

Using for Leg Exercise

1. Sit comfortably in a chair with your feet placed on the pedals.
2. Adjust the foot straps to securely hold your feet in place.
3. Turn the unit on. Use the speed dial to select your desired motor-assisted speed.
4. You can also use the unit without motor assistance for increased resistance by keeping the power off and manually pedaling.



Image: A woman seated, using the ACTIVcycle for leg exercise.

Using for Arm Exercise

1. Place the ACTIVcycle on a stable table or desk at a comfortable height.
2. Sit in front of the unit and grip the pedals with your hands.
3. Adjust the straps to secure your hands if desired.
4. Turn the unit on and select your desired speed using the dial.
5. Alternatively, use without motor assistance for manual arm rotation.



Image: A woman using the ACTIVcycle on a table for arm exercise.

LCD Display Functions

The multi-function LCD display provides real-time feedback on your workout. Press the 'MODE' button to cycle through different display modes:

- **SCAN:** Automatically cycles through all functions.
- **TIME:** Displays the duration of your current workout.
- **SPEED:** Shows your current pedaling speed.
- **DISTANCE:** Displays the estimated distance covered.
- **CALORIES:** Shows the estimated calories burned.
- **REPS:** Counts the number of rotations.
- **TOTAL REPS:** Accumulates total rotations over time.



Image: Close-up view of the ACTIVcycle's LCD display, showing workout metrics.

5. MAINTENANCE

Regular maintenance ensures the longevity and proper functioning of your ACTIVcycle 7101.

- **Cleaning:** Wipe down the unit with a damp cloth after each use. Avoid using abrasive cleaners or solvents.
- **Storage:** Store the ACTIVcycle in a cool, dry place away from direct sunlight and extreme temperatures.
- **Inspection:** Periodically check all screws, bolts, and moving parts to ensure they are secure and functioning correctly. Tighten any loose fasteners.
- **Power Cord:** Inspect the power cord for any signs of damage. If damaged, discontinue use and contact customer support.

6. TROUBLESHOOTING

If you encounter issues with your ACTIVcycle 7101, refer to the following troubleshooting guide:

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
Unit does not power on.	Power cord not properly connected or power outlet is not active.	Ensure the power cord is securely plugged into both the unit and a working electrical outlet. Test the outlet with another device.
LCD display is blank or not functioning.	Unit is not powered on or display connection issue.	Ensure the unit is powered on. If the problem persists, contact customer support.
Pedals are not moving smoothly or making unusual noise.	Obstruction, loose parts, or internal issue.	Check for any obstructions around the pedals. Ensure all visible fasteners are tight. If noise persists, discontinue use and contact customer support.
Unit slides during use.	Not placed on non-skid mat or unstable surface.	Ensure the unit is placed on the provided non-skid mat on a flat, stable surface.

7. SPECIFICATIONS

Specification	Detail
Model Number	7101
Dimensions (L x W x H)	40.64 cm x 40.64 cm x 33.02 cm (16" x 16" x 13")
Item Weight	5.67 kg (12.5 lbs)
Power Source	Electric with cable (Standard 120V, 6.5W)
Resistance Mechanism	Magnetic
Number of Resistance Levels	2 (Motorized speed levels)
Material	Polyamide
Special Feature	Distance measurement via LCD
Included Components	EXERPEUTIC 7101 Active Cycle Mini Exercise Bike, Non-skid floor mat



Image: The ACTIVcycle 7101 with its key dimensions indicated.

8. WARRANTY AND SUPPORT

Warranty Information

The EXERPEUTIC ACTIVcycle 7101 comes with a **1-year limited warranty**. This warranty covers defects in materials and workmanship under normal use. Please retain your proof of purchase for warranty claims.

Customer Support

For technical assistance, replacement parts, or warranty inquiries, please contact EXERPEUTIC customer support. Refer to the contact information provided with your product packaging or visit the official EXERPEUTIC website for support details.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question