

EXERPEUTIC 1200

Exerpeutic Foldable Magnetic Upright Exercise Bike Model 1200 User Manual

Model: 1200

1. IMPORTANT SAFETY INFORMATION

Before operating the Exerpeutic Foldable Magnetic Upright Exercise Bike, please read and understand all instructions. Retain this manual for future reference.

- Consult a physician before starting any exercise program.
- Ensure all parts are securely assembled before each use.
- Keep children and pets away from the equipment during operation.
- Place the exercise bike on a flat, stable surface.
- Maximum user weight capacity is 136 kg (300 lbs).
- Wear appropriate exercise attire and footwear.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

2. SETUP AND ASSEMBLY

The Exerpeutic Foldable Magnetic Upright Exercise Bike is designed for straightforward assembly. All necessary tools are typically included with the product. Follow the detailed instructions provided in the separate assembly guide for best results.

2.1 Unfolding the Bike

1. Carefully remove the bike from its packaging.
2. Locate the folding mechanism (usually a pin or knob near the base).
3. Release the mechanism and gently unfold the bike until it locks into the upright position.
4. Ensure all locking pins or knobs are fully engaged for stability.

2.2 Initial Assembly Steps

- Attach the front and rear stabilizers to the main frame.

- Install the pedals, ensuring they are tightened correctly (left pedal is reverse-threaded).
- Mount the seat post and seat, adjusting to a comfortable height.
- Attach the handlebars and the LCD display console.
- Connect any necessary sensor wires for the display.



Image 2.1: The Exerpeutic Foldable Magnetic Upright Exercise Bike demonstrating its compact folding design and dimensions when unfolded. The bike is shown from the side, highlighting its ability to be stored in half the space.

3. OPERATING INSTRUCTIONS

3.1 LCD Display Console

The bike features an easy-to-read LCD display that tracks your workout metrics.

Easy to Read, Large LCD Display



Distance



Calories



Time



Speed



Scan



Pulse



**Hand Pulse
Monitors
on Handles**



**3.3"Wx 1.5"H
Large Display**



Image 3.1: A detailed view of the LCD display console, showing readouts for Distance, Calories, Time, Speed, Scan, and Pulse. The hand pulse monitors integrated into the handlebars are also visible.

The display shows:

- **Distance:** Total distance covered during the workout.
- **Calories:** Estimated calories burned.
- **Time:** Duration of the workout.
- **Speed:** Current cycling speed.
- **Scan:** Automatically cycles through all metrics.
- **Pulse:** Heart rate measured via hand pulse sensors.

3.2 Resistance Adjustment

Adjust the workout intensity using the 8-level magnetic resistance control knob located on the main frame.

8-Level Magnetic Resistance

◆ Magnetic Tension Control System

Allows user to control difficulty of workout

1-2 Rehabilitation

3-4 Cardio Workout

5-6 Improve Endurance

7-8 Stabilizing Muscle



Large Pedals for safety and stability



Image 3.2: Close-up of the 8-level magnetic tension control system. The knob allows users to select resistance levels from 1 (low) to 8 (high), suitable for various workout intensities. Large pedals with safety straps are also shown.

- Turn the knob clockwise to increase resistance (levels 1-8).
- Turn the knob counter-clockwise to decrease resistance.
- Levels 1-2 are suitable for rehabilitation.
- Levels 3-4 are ideal for cardio workouts.
- Levels 5-6 help improve endurance.
- Levels 7-8 are for stabilizing muscle development.

3.3 Seat Adjustment

The padded seat can be adjusted to accommodate users of various heights.

Most Comfortable Ride

◆ **Padded Contoured Seat**
Soft and Comfortable

◆ **7-Levels Height Adjustment**
Height Range: 4.9" to 6.1"

Image 3.3: The padded contoured seat, designed for comfort. It features 7 levels of height adjustment, accommodating user heights from approximately 1.61m to 1.86m (5'3" to 6'1").

1. Loosen the adjustment knob/pin located on the seat post.
2. Slide the seat up or down to the desired height.
3. Ensure your knees have a slight bend at the bottom of the pedal stroke.
4. Tighten the adjustment knob/pin securely before use.

3.4 Bluetooth Connectivity

The exercise bike is Bluetooth enabled, allowing connection to compatible fitness applications.

BLUETOOTH ENABLED

Connect to Your Favorite Apps



Image 3.4: Illustration of the bike's Bluetooth capability, enabling connection to popular fitness applications such as Zwift, TrainerRoad, and Kinomap for an interactive workout experience.

Refer to your specific fitness application's instructions for pairing with the exercise bike.

4. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your exercise bike.

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Lubrication:** Moving parts generally do not require lubrication due to the magnetic resistance system. Refer to the assembly guide for specific recommendations if any.
- **Battery Replacement:** The LCD display requires 2 AA batteries. Replace them when the display becomes dim or unresponsive.

5. TROUBLESHOOTING

- **Display Not Working:** Check if the sensor wires are securely connected. Ensure the 2 AA batteries are correctly installed and have sufficient charge.
- **Odometer Not Resetting:** The odometer (ODO) feature on the display does not reset by pressing buttons. To perform a hard reset of the ODO, remove the batteries from the console, wait a few seconds, and then reinsert them.
- **Resistance Issues:** If the resistance feels inconsistent or too easy/hard, ensure the resistance control knob is functioning correctly and the magnetic mechanism is unobstructed.
- **Unusual Noises:** Check all bolts and nuts for tightness. Ensure no parts are rubbing against each other.

6. SPECIFICATIONS

Feature	Specification
Model Number	1200
Brand	EXERPEUTIC
Resistance Mechanism	8-Level Magnetic
Display Type	LCD
Display Metrics	Distance, Calories, Time, Speed, Scan, Pulse
Max User Weight	136 kg (300 lbs)
Product Weight	17.69 kg (39 lbs)
Dimensions (L x W x H)	78.74 x 48.26 x 116.84 cm (31 x 19 x 46 inches)
Material	Alloy Steel
Seat Adjustment	7-Levels, for users 1.61m to 1.86m (5'3" to 6'1")
Power Source	2 AA Batteries (for display)
Compliance	EN ISO 20957-1:2013, EN ISO 20957-5: 2016 - Class HC
Special Features	Heart Rate Monitor, Smooth Pedal Movement, Large Pedals with Safety Strap, Balanced Flywheel, Foldable Design, Bluetooth Enabled

7. WARRANTY INFORMATION

Specific warranty details for the Exerpeutic Foldable Magnetic Upright Exercise Bike Model 1200 are not provided in this manual. Please refer to the warranty card included with your purchase or contact Exerpeutic customer service for comprehensive warranty terms and conditions.

8. CUSTOMER SUPPORT

For technical assistance, replacement parts, or any questions regarding your Exerpeutic Foldable Magnetic Upright

Exercise Bike, please contact the manufacturer's customer support. Contact information can typically be found on the product packaging, the manufacturer's official website, or your purchase receipt.

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

Answered questions about this manual

Why won't the locking pin go through the frame of my Exerpeutic 1200 exercise bike when it is folded up?

If the locking pin on your Exerpeutic 1200 will not go through the frame to lock it in place, it is usually due to a slight misalignment between the holes in the inner and...

[Read full answer](#)