

Carepeutic KH515

Carepeutic KH515 Betaflex Motorized Smart Exercise Bike User Manual

1. IMPORTANT SAFETY INFORMATION

Please read all instructions carefully before using the Carepeutic KH515 Betaflex Motorized Smart Exercise Bike. Retain this manual for future reference.

- **User Weight Limit:** Do not exceed the maximum recommended user weight of 113.4 kg (250 lbs).
- **Stable Surface:** Always place the exercise bike on a flat, stable surface to prevent sliding or tipping during use.
- **Footwear:** Wear appropriate athletic footwear during operation to ensure proper grip and safety on the pedals.
- **Clearance:** Ensure adequate clear space around the unit during operation.
- **Power Cord:** Keep the power cord away from heated surfaces and ensure it is not pinched or damaged.
- **Supervision:** Children and individuals with reduced physical capabilities should be supervised when near the device.
- **Automatic Shutoff:** The unit features an auto safety shutoff that activates after 60 seconds of inactivity. This is a safety feature, not a malfunction.
- **Medical Advice:** Consult a physician before starting any exercise program, especially if you have pre-existing medical conditions.

2. PRODUCT OVERVIEW

The Carepeutic KH515 Betaflex is a motorized smart exercise bike designed for low-impact exercise of both legs and arms. It features multiple automatic programs and manual control options, along with a clear LCD display for tracking workout metrics.



Figure 2.1: The Carepeutic KH515 Betaflex Motorized Smart Exercise Bike. This image shows the complete unit with pedals, main body, control panel, and power cord.



Figure 2.2: Close-up view of the control panel and LCD display. The display shows Speed, Time, Calorie, Mode, and Distance. Buttons include Power/Pause, Mode, Reverse, and directional controls for Speed/Time adjustment.

3. SETUP

The Carepeutic KH515 Betaflex requires minimal assembly. Follow these steps to prepare your unit for use:

1. **Unpack:** Carefully remove all components from the packaging.
2. **Placement:** Position the exercise bike on a firm, level surface. Ensure there is enough space around the unit for comfortable and safe operation.
3. **Power Connection:** Plug the power adapter into the exercise bike's power input, then plug the adapter into a standard electrical outlet.
4. **Pedal Straps:** Adjust the pedal straps to comfortably secure your feet or hands, depending on the exercise.

4. OPERATING INSTRUCTIONS

4.1 Control Panel and Display

The unit features an LED-backlit LCD display and a user-friendly control panel. The display shows the following metrics:

- **Speed:** Current cycling speed.
- **Time:** Duration of the current exercise session.
- **Calorie:** Estimated calories burned.
- **Mode:** Indicates the selected program or manual mode.
- **Distance:** Estimated distance covered.

4.2 Basic Operation

1. **Power On:** Press the **Power/Pause** button (red button) to turn on the unit. The LCD display will illuminate.
2. **Select Mode:** Press the **Mode** button (M button) to cycle through the available exercise programs:
 - **Manual Mode:** Allows you to set speed and time manually.
 - **Automatic Modes:** Choose from five preset auto programs, including Ramp, Rolling, Mountain, and Valley. These programs vary speed and intensity automatically.
3. **Adjust Settings (Manual Mode):** Use the **Speed** (up/down arrows) and **Time** (left/right arrows) buttons on the control panel to set your desired speed and workout duration.
4. **Start/Pause:** Press the **Power/Pause** button to start or pause your workout.
5. **Bidirectional Rotation:** Press the **Reverse** button (arrow icon) to switch the pedaling direction between clockwise and counter-clockwise. This engages different muscle groups.
6. **Custom Goals:** In certain modes, you can choose to focus your workout on specific goals such as calories burned, distance covered, or speed. Refer to the display for options.
7. **Power Off:** Press and hold the **Power/Pause** button to turn off the unit. The unit will also automatically shut off after 60 seconds of inactivity.

4.3 Using the Handheld Controller

The detachable handheld controller allows for convenient adjustment of settings during your workout without needing to reach the main unit.

- The handheld controller mirrors the functions of the main control panel, allowing you to adjust speed, time, mode, and rotation direction.
- Ensure the controller is within range and pointed towards the main unit for effective communication.

4.4 Exercise Positions

The Betaflex is versatile and can be used for various exercises:

- **Leg Exercise (Seated):** Place the unit on the floor in front of a chair or sofa. Sit comfortably and place your feet on the pedals.
- **Leg Exercise (Reclined):** For a different angle, you can use the unit while lying down.
- **Arm Exercise:** Place the unit on a sturdy table. Sit in front of it and place your hands on the pedals to exercise your arms.



Figure 4.1: A user performing leg exercises while seated, demonstrating a common usage position for the Betaflex bike.



Figure 4.2: A user demonstrating how the unit can be held to perform arm exercises, highlighting the versatility of the device.

5. MAINTENANCE

Proper maintenance ensures the longevity and optimal performance of your Carepeutic KH515 Betaflex.

- **Cleaning:** Wipe the unit with a soft, damp cloth after each use. Do not use abrasive cleaners or solvents. Ensure no liquid enters the control panel or motor housing.
- **Storage:** Store the exercise bike in a cool, dry place away from direct sunlight and extreme temperatures.
- **Inspection:** Periodically check all moving parts, screws, and connections to ensure they are secure. If any part appears damaged or loose, discontinue use and contact customer support.
- **Power Cord:** Regularly inspect the power cord for any signs of damage. If damaged, it must be replaced by the manufacturer or a qualified service agent to avoid a hazard.

6. TROUBLESHOOTING

If you encounter issues with your Carepeutic KH515 Betaflex, refer to the following common problems and solutions:

- **Unit does not power on:**
 - Ensure the power cord is securely plugged into both the unit and a working electrical outlet.
 - Check if the outlet is functional by plugging in another device.
- **Unit stops unexpectedly during use:**
 - The unit has an automatic safety shutoff that activates after 60 seconds of inactivity. This is normal operation.
 - If it stops without inactivity, ensure the power connection is stable and there are no obstructions to the pedals.
- **Pedals are not moving smoothly or making unusual noises:**
 - Check for any foreign objects obstructing the pedals or internal mechanism.
 - Ensure the unit is on a flat, stable surface.
 - If the issue persists, discontinue use and contact customer support.
- **Display is not working:**
 - Ensure the unit is powered on.
 - If the display remains blank, contact customer support.

For issues not covered here, please contact Carepeutic customer support.

7. SPECIFICATIONS

Feature	Specification
Model Number	KH515
Brand	Carepeutic
Product Dimensions	43.18 x 30.48 x 25.4 cm (17 x 12 x 10 inches)
Item Weight	4.54 kg (10 Pounds)
Material Type	Synthetic
Drive System	Belt
Number of Programs	5 (including 4 auto modes)
Display Type	LCD
Type of Controls	Electronic (Buttons, Handheld Remote)
Operation Mode	Automatic, Manual
Power Source	Corded Electric
Minimum Weight Recommendation	113.4 kg (250 lbs)
UPC	671850105155

8. WARRANTY AND SUPPORT

For warranty information or technical support, please refer to the documentation included with your purchase or contact Carepeutic customer service directly. Keep your purchase receipt as proof of purchase.

Contact information for Carepeutic can typically be found on their official website or on the product packaging.