

Cosco Fitlux-5000

Cosco Home Fitlux-5000 Upright Bike Instruction Manual

Model: Fitlux-5000

1. INTRODUCTION

Thank you for choosing the Cosco Home Fitlux-5000 Upright Bike. This manual provides essential information for the safe assembly, operation, and maintenance of your fitness equipment. Please read it thoroughly before use and retain it for future reference.

2. SAFETY INFORMATION

Important Safety Precautions:

- Consult a physician before starting any exercise program.
- Ensure all parts are securely fastened before each use.
- Keep children and pets away from the equipment during operation.
- Place the bike on a flat, stable surface.
- Maximum user weight: 120 kg. Do not exceed this limit.
- Wear appropriate exercise clothing and footwear.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

3. PACKAGE CONTENTS

Before assembly, verify that all components are present and undamaged. Refer to the included parts diagram for a complete list.



Image 1: The Cosco Home Fitlux-5000 Upright Bike. This image displays the complete assembled exercise bike, featuring the handlebars with an LCD display, adjustable seat, pedals, and the main body housing the flywheel and resistance mechanism.

4. SETUP AND ASSEMBLY

Assembly dimensions: 1040 mm (Length) x 640 mm (Width) x 1465 mm (Height).

Follow the step-by-step instructions provided in the separate assembly guide. Ensure all bolts, nuts, and washers are correctly installed and tightened. Do not overtighten components.

Key Assembly Steps (General):

1. Attach the front and rear stabilizers to the main frame.
2. Install the pedals, ensuring they are threaded correctly (left pedal is reverse-threaded).
3. Mount the seat post and seat, adjusting to a comfortable height.
4. Connect the handlebar post and handlebars, securing the console wiring.
5. Perform a final check of all connections for stability.

5. OPERATING INSTRUCTIONS

5.1 Console Functions

The Fitlux-5000 features an LCD Backlight Display. The console tracks the following metrics:

- **RPM:** Revolutions Per Minute
- **Time:** Duration of your workout
- **Speed:** Current cycling speed
- **Distance:** Total distance covered
- **Calories:** Estimated calories burned
- **Pulse:** Heart rate (requires hand pulse sensors)

- **Watt:** Power output
- **Recovery:** Heart rate recovery function

5.2 Programs and Resistance

The bike offers 16 levels of motor resistance and a variety of workout programs:

- **Resistance:** 16 adjustable ranges via the console.
- **Total Programs:** 16 programs, including:
- **HRC (Heart Rate Control):** 3 programs to target specific heart rate zones.
- **Pre-Set Programs:** 6 pre-designed workout routines.
- **User Programs:** 4 customizable programs for personalized workouts.
- **Body Fat Program:** 1 program to estimate body fat percentage.

Refer to the console manual for detailed instructions on program selection and adjustment.

6. MAINTENANCE

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Regularly check all nuts, bolts, and moving parts for tightness and wear. Tighten as necessary.
- **Lubrication:** The internal magnetic resistance system is generally maintenance-free. Consult a service technician if you notice unusual noises.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures.

7. TROUBLESHOOTING

Problem	Possible Cause	Solution
Console not displaying	Loose connection, dead batteries	Check all cable connections. Replace console batteries.
Unusual noise during operation	Loose parts, worn components	Inspect and tighten all bolts and nuts. Contact customer support if noise persists.
Resistance not changing	Console malfunction, internal mechanism issue	Ensure console is powered. Restart the console. Contact customer support.
Inaccurate pulse reading	Improper hand placement, dry hands	Ensure firm, consistent contact with hand pulse sensors. Moisten hands slightly if too dry.

8. SPECIFICATIONS

- **Model:** Fitlux-5000
- **Brand:** Cosco
- **Assembly Dimensions (L x W x H):** 1040 x 640 x 1465 mm
- **Maximum User Weight:** 120 kg
- **Net Weight:** 48 kg

- **Flywheel Diameter:** 260 mm
- **Resistance Mechanism:** Magnetic
- **Resistance Levels:** 16 Ranges (Motor Resistance)
- **Crank:** 3 Pcs Crank
- **Display Type:** LCD Backlight Display
- **Programs:** 16 (3 HRC, 6 Pre-Set, 4 User, 1 Body Fat)
- **Monitored Metrics:** RPM, Time, Speed, Distance, Calories, Pulse, Watt, Recovery
- **Frame Material:** Steel
- **Drive System:** Chain
- **Recommended Use:** Indoor

9. WARRANTY AND SUPPORT

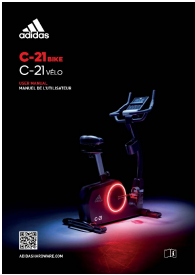


For warranty information, technical support, or replacement parts, please contact Cosco customer service. Retain your proof of purchase for warranty claims.

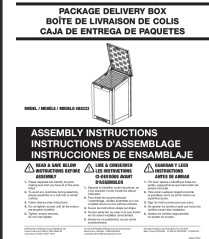
Manufacturer: Cosco

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Related Documents - Fitlux-5000

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