

Cosco Fitlux-5100

Cosco Fitlux-5100 Recumbent Bike User Manual

Model: Fitlux-5100

1. INTRODUCTION

Thank you for choosing the Cosco Fitlux-5100 Recumbent Bike. This manual provides essential information for the safe assembly, operation, and maintenance of your new fitness equipment. Please read this manual thoroughly before using the bike and retain it for future reference.

The Cosco Fitlux-5100 is designed for home use, offering a comfortable and effective cardiovascular workout. Its recumbent design supports your back, making it suitable for various fitness levels.

2. IMPORTANT SAFETY INFORMATION

Before beginning any exercise program, consult with your physician. It is crucial to follow these safety guidelines to prevent injury and ensure proper operation of the equipment.

- Always place the recumbent bike on a flat, stable surface.
- Ensure adequate clear space around the bike for safe entry and exit.
- The maximum user weight for this equipment is **120 kg**. Do not exceed this limit.
- Keep children and pets away from the equipment during operation.
- Wear appropriate exercise attire and athletic shoes. Avoid loose clothing that could get caught in moving parts.
- Inspect the bike for any loose or damaged parts before each use. Do not use if any components are compromised.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- This equipment is intended for home use only.

3. ASSEMBLY AND SETUP

The Cosco Fitlux-5100 Recumbent Bike requires assembly. While specific step-by-step instructions are typically provided in a separate assembly guide, the general process involves attaching the main frame components, pedals, seat, handlebars, and the display console.

General Assembly Tips:

- Unpack all components and verify against the parts list (usually found in the assembly guide).
- Use the provided tools or your own appropriate tools for assembly.
- Follow the numerical or alphabetical sequence of steps as indicated in the assembly guide.
- Ensure all bolts, nuts, and screws are securely tightened after assembly.
- The assembled dimensions are approximately **1600 mm (Length) x 720 mm (Width) x 1250 mm (Height)**. Ensure you have sufficient space.



Figure 1: The Cosco Fitlux-5100 Recumbent Bike. This image shows the overall design and structure of the recumbent exercise bike, highlighting its comfortable seating and accessible console.

4. OPERATING INSTRUCTIONS

4.1 Powering On and Off

The Fitlux-5100 is **Battery Powered**. Insert the required batteries (typically AA or AAA, refer to the display manual for specifics) into the console compartment. The display will usually activate automatically when you begin pedaling or press any button.

4.2 Adjusting Resistance

This bike features a **Motorised Resistance System with 16 ranges**. You can adjust the resistance level directly from the console. Higher numbers indicate greater resistance, providing a more challenging workout.

4.3 Using the LCD Backlight Display

The bike is equipped with an **LCD Backlight Display**, which provides clear visibility of your workout data. The display typically shows the following metrics:

- **RPM** (Revolutions Per Minute): Your pedaling speed.
- **Time**: Duration of your workout.
- **Speed**: Current speed in km/h or mph.
- **Distance**: Total distance covered during the workout.
- **Calories**: Estimated calories burned.
- **Pulse**: Your heart rate, typically measured via handgrip sensors.
- **Watt**: Power output during your exercise.
- **Recovery**: A feature to assess your fitness level after exercise.

Use the buttons on the console to navigate through different display modes, select programs, and adjust settings.

4.4 Workout Programs

The Fitlux-5100 offers a variety of workout programs to suit different fitness goals:

- **Total Programs: 16**
- **Pre-set Programs: 6** (These are built-in routines with varying resistance levels and durations.)
- **HRC (Heart Rate Control) Programs: 3** (These programs adjust resistance to keep your heart rate within a target zone.)
- **User Programs: 4** (Allows you to create and save your own custom workout profiles.)
- **Body Fat Program: 1** (Measures and estimates body fat percentage.)

Refer to the console's specific instructions for selecting and customizing these programs.

5. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your Cosco Fitlux-5100 Recumbent Bike.

- **Cleaning**: Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners or solvents.
- **Inspection**: Periodically check all bolts, nuts, and moving parts for tightness. Tighten any loose fasteners.
- **Lubrication**: The internal mechanisms are generally maintenance-free. Do not attempt to lubricate internal components unless specifically instructed by Cosco support.
- **Storage**: Store the bike in a dry, cool place away from direct sunlight and extreme temperatures.

6. TROUBLESHOOTING

If you encounter issues with your recumbent bike, refer to the following common solutions:

- **Display Not Working**:
 - Check if batteries are correctly installed and not depleted. Replace if necessary.
 - Ensure all cable connections to the console are secure.

- **No Resistance Change:**

- Verify that the power source (batteries) is sufficient for the motorized resistance.
- Check for any loose cables connecting the console to the resistance mechanism.

- **Unusual Noises:**

- Inspect for any loose parts and tighten them.
- Ensure the bike is on a level surface.

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

7. SPECIFICATIONS

Feature	Specification
Brand	Cosco
Model	Fitlux-5100
Assembly Dimensions (L x W x H)	1600 mm x 720 mm x 1250 mm
Net Weight	55 kg
Maximum User Weight	120 kg
Flywheel Diameter	260 mm
Resistance Type	Motorised
Resistance Levels	16 ranges
Crank Type	3 Pcs Crank
Display Type	LCD Backlight
Programs	16 total (3 HRC, 6 Pre-set, 4 user, 1 Body fat)
Monitored Metrics	RPM, Time, Speed, Distance, Calories, Pulse, Watt, Recovery
Special Feature	Distance Traveled Monitor
Power Source	Battery Powered

8. WARRANTY AND SUPPORT

For warranty information, product support, or to order replacement parts, please refer to the warranty card included with your purchase or visit the official Cosco website. Keep your purchase receipt as proof of purchase.

If you require assistance with assembly, operation, or troubleshooting beyond the scope of this manual, please contact Cosco customer service directly.

