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› Exerpeutic Gold 500 XLS Foldable Upright Exercise Bike User Manual

## Exerpeutic GOLD 500 XLS

# Exerpeutic Gold 500 XLS Foldable Upright Exercise Bike User Manual

Model: GOLD 500 XLS

## 1. INTRODUCTION

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The Exerpeutic Gold 500 XLS is a heavy-duty foldable upright exercise bike designed for home use. It features a robust steel frame, magnetic resistance, and a digital display to help users track their workout progress. This manual provides essential information for the safe assembly, operation, and maintenance of your exercise bike.

## 2. SAFETY INFORMATION

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Before using this exercise bike, please read and understand all instructions. Keep this manual for future reference. Failure to follow these instructions could result in injury or damage to the product.

- Consult your physician before starting any exercise program.
- Ensure all parts are securely fastened before each use.
- Place the exercise bike on a flat, stable surface.
- Keep children and pets away from the equipment during operation.
- Do not exceed the maximum weight capacity of 400 lbs.
- Wear appropriate exercise attire and footwear.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- This product contains chemicals known to the State of California to cause cancer and birth defects or other reproductive harm (Proposition 65 warning).

## 3. ASSEMBLY INSTRUCTIONS

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Assembly of the Exerpeutic Gold 500 XLS exercise bike is required. All necessary tools and batteries for the display are included in the package. Follow the step-by-step instructions provided in the separate assembly guide to ensure correct and safe setup. Pay close attention to the pedal attachment to ensure they are installed correctly.



Figure 1: Fully assembled Exerpeutic Gold 500 XLS Exercise Bike.

## 4. SETUP AND ADJUSTMENTS

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### 4.1 Unfolding the Bike

To unfold the bike, release the locking pin mechanism and carefully extend the frame until it clicks into the open position. Ensure the frame is fully locked before use.



Figure 2: Exercise bike in unfolded position.

## 4.2 Seat Adjustment

The large, padded seat can be adjusted to accommodate users from 5 ft, 1 in to 6 ft, 5 in. Locate the seat adjustment knob or lever, pull it out, and slide the seat post to the desired height. Release the knob/lever to lock the seat in place. Ensure the seat is stable before sitting.



Figure 3: Padded seat for comfort.

### **4.3 Pedal Straps**

Adjust the pedal straps to secure your feet firmly to the pedals. This prevents your feet from slipping during your workout and ensures efficient pedaling.



Figure 4: Pedals with adjustable straps.

## 5. OPERATING INSTRUCTIONS

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### 5.1 Powering On the Display

The LCD display typically powers on automatically when you begin pedaling or press the 'MODE' button. If the display does not turn on, check the battery installation.

### 5.2 Adjusting Resistance

The bike features an 8-level magnetic tension control system. Rotate the tension knob, located below the display, clockwise to increase resistance and counter-clockwise to decrease it. Start with a lower resistance and gradually increase it as your fitness improves.



Figure 5: Console with tension knob and LCD display.

### 5.3 Using the LCD Display

The large LCD display shows various workout metrics:

- **Time:** Duration of your workout.
- **Speed:** Current pedaling speed.
- **Distance:** Distance covered during the workout.
- **Calories Burned:** Estimated calories expended.
- **Odometer:** Total accumulated distance.
- **Pulse:** Heart rate measured by handgrip sensors.
- **Scan:** Automatically cycles through all metrics.

Press the 'MODE' button to cycle through the display functions or to select a specific metric to view continuously.

### 5.4 Heart Rate Monitoring

To measure your heart rate, firmly grasp the heart rate sensors located on the handlebars with both hands. Your pulse will be displayed on the LCD screen after a few seconds.

Video 1: Overview of the Exerpeutic Gold 500 XLS Exercise Bike, highlighting the comfortable seat, heart rate monitors, and smooth pedaling. This video demonstrates the product's key features and design.

Video 2: A user's perspective on the Exerpeutic Gold 500 XLS Exercise Bike, showcasing its foldable design, wide seat, tension knob, and quiet operation. This video emphasizes its suitability for users needing gentle leg movement and its heavy-duty construction.

## 6. MAINTENANCE

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Regular maintenance ensures the longevity and safe operation of your exercise bike.

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspections:** Periodically check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Lubrication:** No specific lubrication is typically required for magnetic resistance bikes, but refer to the detailed assembly guide for any specific recommendations.
- **Storage:** The bike is foldable for convenient storage. To fold, release the locking pin and carefully collapse the frame. It folds to approximately half its size.





Figure 6: Exercise bike in folded position for storage.



Figure 7: Folded bike for compact storage.



Figure 8: Transporting the folded bike.

## 7. TROUBLESHOOTING

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If you encounter issues with your Exerpeutic Gold 500 XLS Exercise Bike, refer to the following common troubleshooting tips:

- **Display Not Working:** Check if the batteries are correctly installed and have sufficient charge. Replace batteries if necessary.
- **Unstable Operation:** Ensure the bike is placed on a level surface. Check all assembly bolts and nuts for tightness.
- **Resistance Issues:** Verify the tension knob is functioning correctly and that the magnetic resistance mechanism is free from obstructions.
- **Unusual Noises:** Inspect all moving parts for any loose components or friction. Tighten as needed.

For more detailed troubleshooting or persistent issues, please contact customer support.

## 8. SPECIFICATIONS

Feature	Specification
Brand	Exerpeutic
Model Name	GOLD 500 XLS Foldable Upright Bike
Special Feature	Adjustable Pedal, Foldable, Heavy Duty
Color	Black
Power Source	Corded Electric (for display)
Recommended Uses	Indoor
Item Weight	51.6 Pounds
Material	Alloy Steel
Resistance Mechanism	Magnetic
Product Dimensions (unfolded)	26.4"D x 39"W x 48.4"H
Maximum Weight Recommendation	400 Pounds
Minimum User Height	146 Centimeters (approx. 4'9")
Number of Resistance Levels	8
Drive System	Chain
Folded Dimensions	26.4" L X 24.8" W X 57.5" H

## 9. WARRANTY AND SUPPORT

For warranty information, product support, or to purchase replacement parts, please contact Exerpeutic customer service. Refer to the contact details provided with your product packaging or visit the official Exerpeutic website. Online resources and FAQs may also be available to assist with common inquiries.