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## Body-Solid ESB150

# Endurance Indoor Exercise Bike ESB150 User Manual

Model: ESB150 | Brand: Body-Solid

## INTRODUCTION

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Welcome to the user manual for your new Body-Solid Endurance Indoor Exercise Bike ESB150. This manual provides essential information for the safe and effective operation, assembly, maintenance, and troubleshooting of your exercise bike. The ESB150 is designed to offer the benefits and feel of riding a road bike within the comfort of your home. It features a premium design with adjustable handlebars and seat, a quiet and smooth belt drive, and a dual felt pad braking system for consistent resistance, making it ideal for both light commercial and residential settings.



Figure 1: The Body-Solid Endurance Indoor Exercise Bike ESB150, showcasing its sleek design and robust frame.

## IMPORTANT SAFETY INFORMATION

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Please read all warnings and instructions before using this equipment. Keep this manual for future reference. Failure to follow these instructions can result in serious injury or property damage.

- Consult with a physician before beginning any exercise program.
- Ensure all parts are properly assembled and tightened before each use.
- Keep children and pets away from the equipment during operation.
- Place the bike on a flat, stable surface with adequate clearance around it.

- Wear appropriate exercise attire and footwear.
- Do not exceed the maximum weight recommendation of 116.6 pounds.
- Use the emergency stop feature immediately if you feel unwell or experience discomfort.

## ASSEMBLY

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The Endurance Indoor Exercise Bike ESB150 requires assembly. Please refer to the separate assembly guide included with your product for detailed, step-by-step instructions. Ensure all components are present and undamaged before beginning assembly. It is recommended to have two people for assembly to ensure safety and ease of installation.

## INITIAL SETUP AND ADJUSTMENTS

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Proper adjustment of the seat and handlebars is crucial for comfort, safety, and effective workouts.

### Adjusting the Seat

The seat can be adjusted both vertically and horizontally to accommodate various user heights and preferences. To adjust the seat:

1. Locate the adjustment knob beneath the seat post.
2. Loosen the knob by turning it counter-clockwise.
3. Adjust the seat to the desired vertical height. Ensure your leg has a slight bend at the knee when the pedal is at its lowest point.
4. For horizontal adjustment, loosen the knob on the horizontal slider beneath the seat. Slide the seat forward or backward until your knee is directly over the pedal spindle when the pedals are at the 3 and 9 o'clock positions.
5. Tighten both adjustment knobs securely before use.



Figure 2: Detailed view of the ESB150's adjustable seat, highlighting its ergonomic design and robust adjustment mechanism.

## Adjusting the Handlebars

The handlebars can also be adjusted vertically and horizontally for optimal riding posture.

1. Locate the blue adjustment knob on the handlebar post.
2. To adjust, loosen the knob, then pull it out to release the locking pin.
3. Raise or lower the handlebars to a comfortable height. Your back should be straight and your arms slightly bent.
4. For horizontal adjustment, loosen the knob on the horizontal slider beneath the handlebars. Slide them forward or backward as needed.
5. Release the locking pin into a hole and tighten the knob securely.



Figure 3: The ESB150's multi-grip handlebars, designed for various riding positions and featuring easy height adjustment.



Figure 4: A close-up of the blue adjustment knob for the handlebars, indicating the "TO ADJUST LOSEN THEN PULL" instruction.

## Pedal Straps

Adjust the pedal straps to secure your feet firmly to the pedals. This prevents your feet from slipping during intense workouts and ensures efficient power transfer.



Figure 5: The ESB150's pedals with adjustable straps, designed to keep feet securely in place during exercise.

## OPERATING INSTRUCTIONS

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### Starting Your Workout

Once the bike is properly adjusted, you can begin your workout. The ESB150 features a 40lb flywheel and a quiet, smooth belt drive system for a realistic and consistent cycling experience.



Figure 6: A close-up view of the ESB150's 40lb flywheel, which provides smooth and consistent resistance for effective workouts.



Figure 7: The robust crank and quiet belt drive system of the ESB150, ensuring a smooth and low-maintenance operation.

## Adjusting Resistance

The ESB150 uses a dual felt pad braking system to apply smooth, consistent resistance. To increase or decrease resistance:

- Turn the resistance knob clockwise to increase the resistance, making pedaling harder.
- Turn the resistance knob counter-clockwise to decrease the resistance, making pedaling easier.



Figure 8: The resistance adjustment knob and the red "PUSH STOP" emergency brake lever, providing immediate control over your workout intensity and safety.

## Emergency Stop

In case of an emergency or if you need to stop the flywheel quickly, press down firmly on the red "PUSH STOP" lever located near the resistance knob. This will immediately engage the brake and stop the flywheel.

## Water Bottle Holder

Stay hydrated during your workout. The ESB150 includes a convenient water bottle holder located on the frame.



Figure 9: The integrated water bottle holder on the ESB150 frame, allowing easy access to hydration during workouts.

## MAINTENANCE

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Regular maintenance will ensure the longevity and optimal performance of your ESB150 exercise 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 nuts, bolts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Lubrication:** The belt drive system is designed to be low maintenance. Do not lubricate the belt or flywheel.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures. The bike features transport wheels for easy relocation.

## TROUBLESHOOTING

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This section addresses common issues you might encounter with your ESB150 exercise bike.

Problem	Possible Cause	Solution
Squeaking or Noise	Loose parts, friction from brake pads.	Check and tighten all bolts. Ensure brake pads are clean and properly aligned.
Resistance not changing	Resistance knob not fully engaged, worn brake pads.	Ensure the resistance knob is turned firmly. If issue persists, contact customer support for brake pad inspection.
Unstable during use	Bike not on a level surface, stabilizer caps not adjusted.	Ensure the bike is on a flat surface. Adjust the leveling caps on the base stabilizers until stable.

If you encounter issues not listed here or if the suggested solutions do not resolve the problem, please contact customer support.

## SPECIFICATIONS

Feature	Detail
Brand	Body-Solid
Model Name	ESB150
Flywheel Weight	40 lbs
Drive System	Belt Drive
Resistance Mechanism	Friction (Dual Felt Pad)
Adjustments	Adjustable Seat (Vertical & Horizontal), Adjustable Handlebars (Vertical & Horizontal)
Item Weight	117 Pounds
Maximum Weight Recommendation	116.6 Pounds
Item Dimensions (LxWxH)	42.5 x 20 x 43 inches
Color	Black
Handle Material	Alloy Steel
Power Source	Corded Electric
Recommended Uses	Indoor
UPC	638448010147

## WARRANTY INFORMATION

The Body-Solid Endurance Indoor Exercise Bike ESB150 comes with the following warranty:

- **In-Home Warranty:** 5 years on parts, 1 year on labor.
- **Light Commercial Warranty:** 3 years on parts, 1 year on labor.

Please retain your proof of purchase for warranty claims. For detailed warranty terms and conditions, refer to the official Body-Solid warranty documentation or contact customer support.

## CUSTOMER SUPPORT

For any questions, assistance with assembly, troubleshooting, or warranty inquiries, please contact Body-Solid customer support.

**Website:** [www.bodysolid.com](http://www.bodysolid.com)

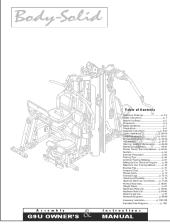
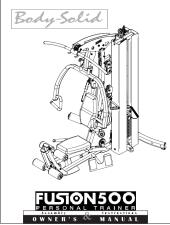
**Phone:** Refer to the Body-Solid website for regional contact numbers.

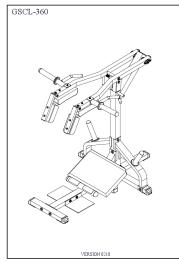
**Email:** Refer to the Body-Solid website for customer service email.

When contacting support, please have your model number (ESB150) and proof of purchase readily available.

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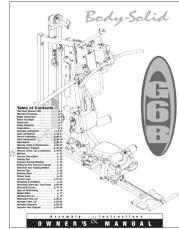
### Related Documents - ESB150

	<p><b><a href="#">Body-Solid G9U Owner's Manual and Instructions</a></b></p> <p>Comprehensive owner's manual and assembly instructions for the Body-Solid G9U home gym. Includes safety guidelines, maintenance schedules, exercise tips, and parts lists.</p>
	<p><b><a href="#">Body-Solid GFID-31 Flat/Incline/Decline Bench Assembly Manual</a></b></p> <p>Comprehensive assembly manual and owner's guide for the Body-Solid GFID-31 Flat/Incline/Decline Bench. Includes safety instructions, preparation, hardware list, parts list, and step-by-step assembly instructions.</p>
	<p><b><a href="#">Body-Solid Fusion 500 Personal Trainer: Assembly &amp; Owner's Manual</a></b></p> <p>Comprehensive guide for the Body-Solid Fusion 500 Personal Trainer, including assembly instructions, safety guidelines, operation tips, maintenance, and fitness advice for home use.</p>
	<p><b><a href="#">Body-Solid G3S Owner's Manual and Assembly Instructions</a></b></p> <p>Detailed owner's manual and assembly instructions for the Body-Solid G3S multi-station home gym, including safety guidelines, exercise tips, parts lists, and maintenance information.</p>



#### [Body Solid GSCL-360 Leverage Squat/Calf Raise Machine Assembly and Parts Manual](#)

This document provides a comprehensive parts illustration and assembly guide for the Body Solid GSCL-360 Leverage Squat/Calf Raise Machine. It details all hardware and parts with corresponding quantities and illustrations, along with step-by-step assembly instructions.



#### [Body-Solid G6B Home Gym Assembly and Owner's Manual](#)

Comprehensive assembly guide and owner's manual for the Body-Solid G6B home gym. Includes detailed instructions, safety guidelines, maintenance tips, and exercise routines for effective strength training.