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Sportstech ESX500

Sportstech ESX500 Exercise Bike User Manual

Model: ESX500

Brand: Sportstech

INTRODUCTION

This manual provides essential information for the safe and effective use of your Sportstech ESX500 Exercise Bike. Please read these instructions carefully before assembly and operation to ensure proper function and longevity of your equipment. The ESX500 is designed for efficient home fitness, featuring a low-noise belt drive, magnetic braking system, and app compatibility for an enhanced training experience.

SETUP AND ASSEMBLY

The Sportstech ESX500 Exercise Bike requires assembly. It is recommended to have assistance during certain steps. All necessary tools for basic assembly are included. For detailed visual guidance, an official assembly video is available online. Search for "Sportstech ESX500 assembly video" on video platforms.

- **Unpacking:** Carefully remove all components from the packaging. Verify that all parts listed in the packing list are present.
- **Base Assembly:** Attach the front and rear stabilizers to the main frame using the provided bolts and washers. Ensure they are securely fastened.
- **Pedal Installation:** Attach the pedals to the crank arms. Note that pedals are typically marked 'L' for left and 'R' for right. The left pedal tightens counter-clockwise, and the right pedal tightens clockwise.
- **Seat and Handlebar Adjustment:** Install the seat post and handlebars. Adjust the seat height and distance, and handlebar angle to a comfortable position for your body.
- **Console Connection:** Connect the console cables to the main unit. Ensure all connections are firm. Mount the console onto the handlebar post.
- **Power Connection:** Connect the power adapter to the bike and then to a suitable electrical outlet. The bike is supplied with a European plug and a UK adapter. Ensure the adapter is correctly fitted before plugging into the mains.

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assembly
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Image: Visual guide indicating video assembly instructions for the Sportstech ESX500 Exercise Bike.

 **SPORTSTECH**

**Train hard.
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12 BUILT-IN PROGRAMMES

5" ALL-INFO DISPLAY



Flywheel 12KG



Heart rate
controlled training



Magnet resistance



Computer controlled



App console



3-part bottom
bracket

Image: Overview of the ESX500's key advantages and components, including the 12KG inertia flywheel, closed bearing, low-noise belt drive, anti-slip pedals, and app console.

OPERATING INSTRUCTIONS

Console Functions

The ESX500 console provides real-time feedback on your workout. It features a clear display and intuitive controls.

- **Display:** Shows Time, RPM/Speed, Distance, Watt/Calories, User Data, and Pulse.
- **Programs (P1-P12):** Select from 12 pre-installed training programs to vary your workout intensity and focus.
- **HRC Function:** The Heart Rate Control (HRC) function automatically adjusts resistance based on your pulse, ensuring you train within your target heart rate zone. This function is optimized with an optionally available pulse belt.
- **Mode Selection:** Cycle through different display modes to view various metrics.
- **Recovery:** Use the recovery function to assess your fitness level after a workout.
- **Start/Stop:** Begin or end your workout session.
- **Reset:** Clear current workout data.
- **User Profiles (U0-U4):** Set up individual user profiles to store personal data (gender, age, height, weight) and track progress.

Low-noise belt drive system

optimal power transmission
closed bearing
for more durability

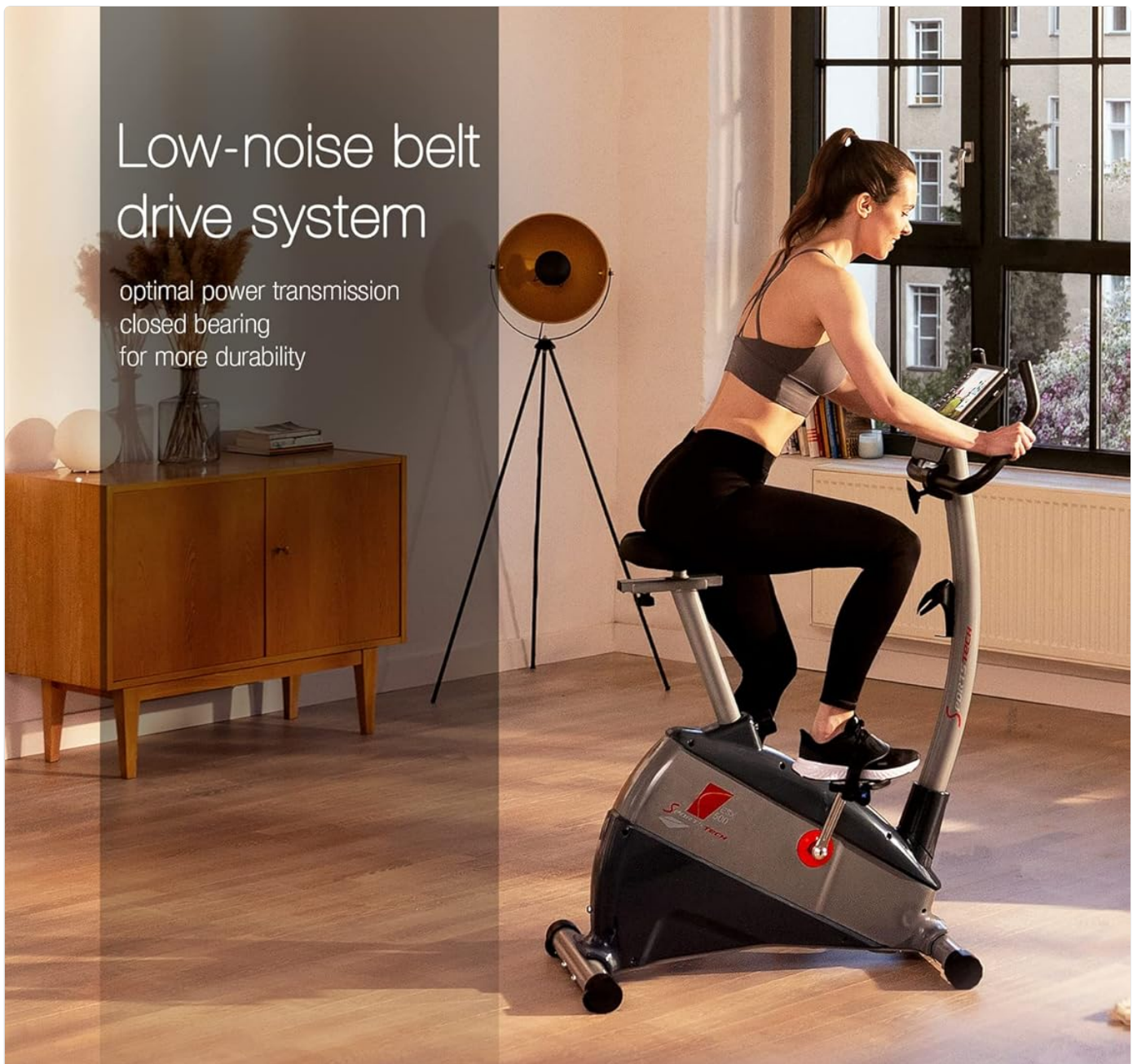


Image: Detailed diagram of the ESX500 console, labeling buttons and display areas for mode selection, recovery, time, RPM/speed, distance, watt/calories, user data, pulse, program profiles, and start/stop.

App Connectivity and Smart Features

The ESX500 is equipped with smart wireless connectivity, allowing integration with fitness applications for an interactive training experience.

- **Tablet Holder:** A built-in tablet holder allows you to place your smartphone or tablet for easy viewing during workouts.
- **Kinomap Compatibility:** Connect your ESX500 to the Kinomap app for live videos, coaching, multiplayer challenges, and a streaming function that adjusts resistance based on virtual routes. A smart TV is required for streaming to a larger screen.
- **MyHomeFIT Compatibility:** The bike also works with the MyHomeFIT app, offering additional configuration options and workout tracking.
- **Pulse Belt Compatibility:** For accurate heart rate monitoring, the console is compatible with external pulse belts (sold separately).



Image: A user exercising on the ESX500 while viewing a virtual cycling route streamed from Kinomap to a large screen, demonstrating the streaming function.



Image: Illustration of the HRC (Heart Rate Control) function, showing the console display, a smartphone app interface, and a user wearing a pulse belt for automatic resistance adjustment based on heart rate.

Resistance and Drive System

The ESX500 features a 12 KG inertia flywheel and a low-noise belt drive system, providing smooth and quiet operation. The 16-stop motor-controlled magnetic braking system allows for precise and silent resistance adjustments.



Image: A user exercising on the ESX500, highlighting the low-noise belt drive system for optimal power transmission and durability.

MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your Sportstech ESX500 Exercise Bike. The low-maintenance belt drive system requires minimal attention.

- **Cleaning:** Wipe down the bike after each use with a damp cloth to remove sweat and dust. Avoid using abrasive cleaners or solvents.
- **Check Connections:** Periodically check all bolts, nuts, and screws to ensure they are tight. Loose connections can affect stability and performance.
- **Lubrication:** The belt drive system is designed to be low-maintenance and typically does not require lubrication. Refer to specific instructions if any squeaking or unusual noises occur.
- **Storage:** Store the bike in a dry, clean environment away from direct sunlight and extreme temperatures.

TROUBLESHOOTING

This section addresses common issues you might encounter with your ESX500 Exercise Bike.

Problem	Possible Cause	Solution
Inaccurate Pulse Reading	Handlebar sensors may be affected by grip, moisture, or individual physiology.	Ensure hands are clean and firmly gripping the sensors. For more accurate readings, use an optional external pulse belt compatible with the console.
Console Beeping Loudly	This is a characteristic sound of the console during setting adjustments.	The console's beeping sound cannot be turned off or lowered. This is normal operation during navigation and setting input.
Settings Reset After Power Off	The console may not retain all settings when completely unplugged from power.	This is expected behavior for some settings. User profiles (U0-U4) should retain their data. Re-enter specific workout settings as needed for each session.
Unusual Noises (e.g., creaking, knocking)	Loose bolts or components; foreign object.	Inspect all visible bolts and connections, especially on the stabilizers, pedals, seat, and handlebars, and tighten if loose. Ensure no objects are obstructing moving parts.
Display Not Working	Loose cable connection; power issue.	Check that the power adapter is securely plugged into both the bike and the wall outlet. Ensure all console cables are properly connected.

SPECIFICATIONS

- **Model:** SP_ESX500
- **Color:** ESX500 Bike
- **Drive System:** Belt
- **Material Type:** Various
- **Maximum Height Recommendation:** 190 Centimetres
- **Meter Displays:** Distance, Heart Rate, Time, RPM/Speed, Watt/Calories
- **Power Source:** Mains Powered (via adapter)
- **Features:** Distance Travelled Monitor, 12 Pre-installed Training Programs, 4 x HRC Function, App-compatible

console, Tablet holder, Pulse belt compatible.

- **Maximum Weight Capacity:** 120 Kilograms
- **Product Dimensions:** 97D x 52.6W x 25H centimetres (approx. 97 x 52.62 x 25 cm)
- **Item Weight:** 32.5 Kilograms
- **Resistance Mechanism:** Magnetic
- **Flywheel Inertia:** 12 KG

WARRANTY AND SUPPORT

Sportstech is committed to providing high-quality and durable products. For any support needs, please refer to the following information:

- **Customer Service:** For technical assistance, warranty claims, or spare parts, please contact Sportstech customer service. Contact details can typically be found on the official Sportstech website or your purchase documentation.
- **Field Service:** Sportstech may offer field service technician support for repairs on-site in certain regions. Please inquire with customer service for availability and qualification requirements.
- **Product Quality:** Sportstech products are recognized for their quality and durability, ensuring a long-lasting fitness experience.

For more information and to explore other Sportstech products, visit the official Sportstech Store [Sportstech Store](#) on Amazon.

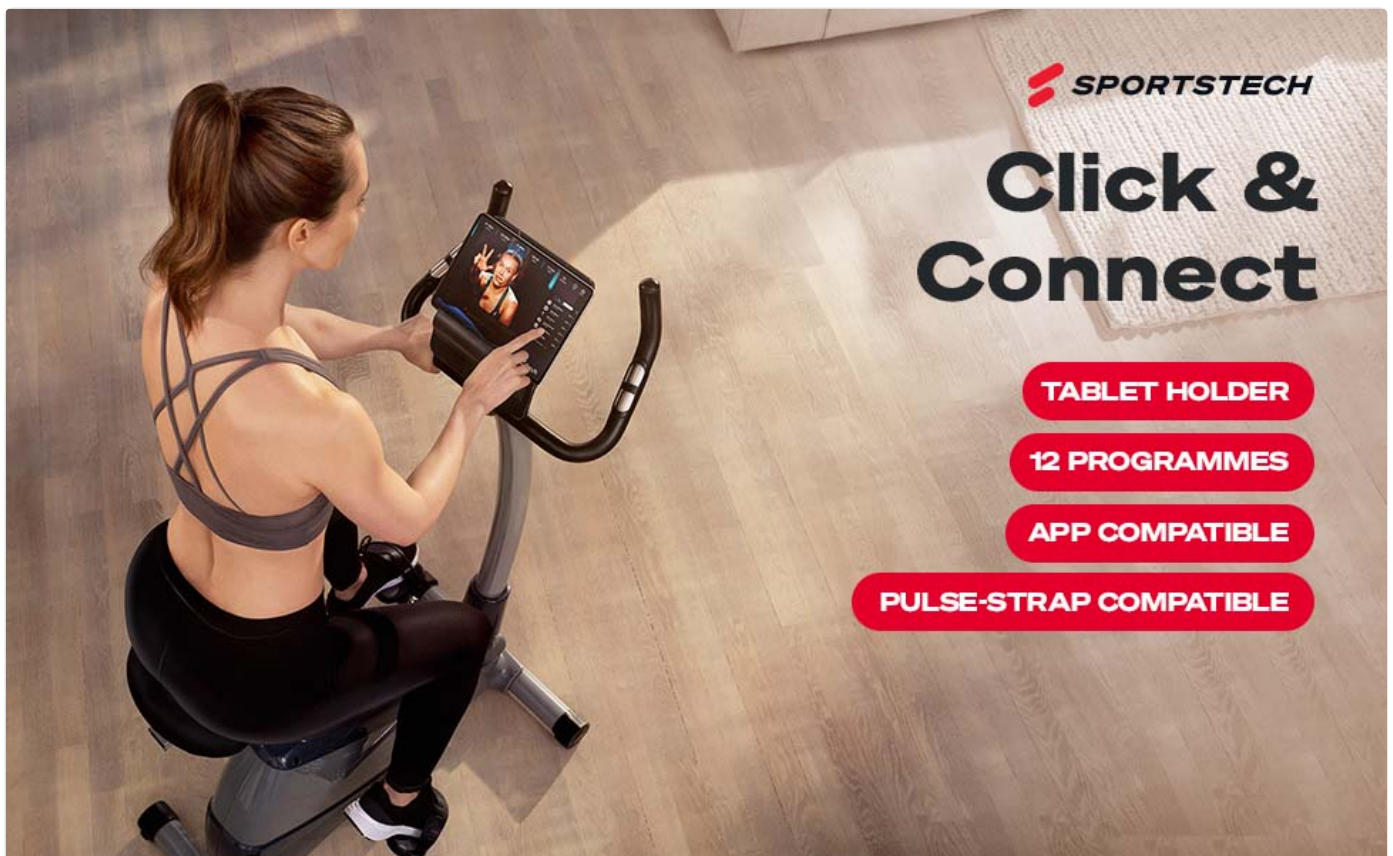


Image: A user exercising on the ESX500, demonstrating the integration with Kinomap for live videos, coaching, multiplayer, and streaming functions, enhancing the workout experience.