

## XTERRA SB120

# XTERRA Fitness Recumbent Bike SB120 User Manual

Model: SB120

Brand: XTERRA

## 1. INTRODUCTION

Welcome to the user manual for your new XTERRA Fitness Recumbent Bike SB120. This manual provides essential information for the safe and effective operation, assembly, maintenance, and troubleshooting of your fitness equipment. Please read this manual thoroughly before using the bike and retain it for future reference.

## 2. SAFETY INFORMATION

Your safety is paramount. Please observe the following precautions:

- Consult with a physician before beginning any exercise program.
- Keep children and pets away from the equipment during operation.
- Place the bike on a solid, level surface with adequate clearance around it.
- Inspect the bike for loose or worn parts before each use. Do not use if damaged.
- Wear appropriate exercise attire and footwear.
- Do not exceed the maximum user weight recommendation of 250 pounds.
- **Proposition 65 Warning:** This product may contain chemicals known to the State of California to cause cancer and birth defects or other reproductive harm.

## 3. PRODUCT OVERVIEW

The XTERRA Fitness Recumbent Bike SB120 is designed to provide a comfortable and effective low-impact cardiovascular workout. Key features include:

- **Convenient Step-Through Frame:** Allows for easy access and exit, accommodating a variety of users.
- **Quiet, Smooth Operation:** Provides an effective lower-body workout with minimal noise.
- **Large, Adjustable Padded Seat:** Ensures comfort and fits riders from 4'10" to 5'10".
- **Built-in Transportation Wheels:** Facilitates easy movement and storage of the bike.
- **Ergonomic Design:** Features multi-grip padded handles and oversized foot pedals for a comfortable ride.



Figure 3.1: XTERRA Fitness Recumbent Bike SB120

This image shows the complete XTERRA Fitness Recumbent Bike SB120, highlighting its overall design and components.

## 4. ASSEMBLY INSTRUCTIONS

Assembly of the XTERRA Fitness Recumbent Bike SB120 is designed to be straightforward. An owner's manual is included with detailed instructions. For best results, it is recommended to have a second person assist with certain heavier components during assembly.

- **Unpacking and Inventory:** Carefully unpack all components and compare them against the parts list in the manual. Ensure all hardware is accounted for. Some bolts may be pre-screwed into parts for shipping; remove them as needed for assembly.
- **Tools:** While basic tools are supplied, a set of folding metric hex wrenches and 14mm/15mm closed-end wrenches or sockets may provide an easier assembly experience.
- **Frame Assembly:** Begin by securely bolting the two main frame halves together. You may need to support the

frame while attaching the front and rear stabilizers.

- **Wiring Harness:** A pull wire is included to assist in routing the wiring harness through the console mast.
- **Seat and Handlebars:** Attach the seat back and handlebars. Note that tightening the nyloc nuts for these components may require significant effort.

## 5. OPERATING INSTRUCTIONS

### 5.1 Seat Adjustment

The large, padded seat with a seat back is adjustable to accommodate riders of various heights, specifically from 4'10" to 5'10". To adjust the seat, locate the spring-loaded screw knob and pin mechanism on the seat rail. Pull the knob to disengage the pin, slide the seat to your desired position, and release the knob to lock the pin into a hole in the frame. Ensure the seat is securely locked before use.



Figure 5.1: Adjustable Padded Seat

This image provides a close-up view of the comfortable, adjustable padded seat of the recumbent bike.



Figure 5.2: User demonstrating proper seating position

This image shows a user seated on the XTERRA Fitness Recumbent Bike SB120, illustrating the ergonomic design and comfortable riding position.

### 5.2 Resistance Adjustment

The bike features 8 levels of magnetic resistance, allowing you to customize the intensity of your workout. To adjust the resistance, turn the tension knob located on the main unit. Turn clockwise for increased resistance and counter-clockwise for decreased resistance.



Figure 5.3: Pedals and Resistance Knob

This image highlights the oversized foot pedals and the resistance adjustment knob on the main unit of the bike.

### 5.3 Console and Display

The easy-to-use LCD monitor displays various workout metrics including time, speed, distance, calories burned, and pulse. Use the 'MODE' button to cycle through the different display functions. The console is battery-powered.



Figure 5.4: LCD Monitor Display

This image shows a detailed view of the LCD monitor, displaying workout data and the 'MODE' button for navigation.

## 5.4 Hand Pulse Grips

Integrated hand pulse grips are conveniently located next to the seat, allowing you to track your heart rate and monitor your workout intensity in real-time.

## 6. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your XTERRA Fitness Recumbent Bike SB120.

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspections:** Periodically check all nuts, bolts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Storage:** When not in use, it is recommended to unplug the bike. The display will turn itself off after a period of inactivity.

### 6.1 Mobility and Storage

The bike is equipped with built-in transportation wheels at the front for easy mobility. To move the bike, lift the rear of the unit until it balances on the front wheels, then roll it to your desired location. Due to its sturdy construction, some users may find it heavy to move alone.



Figure 6.1: Transportation Wheels

This image illustrates the location of the transportation wheels at the front base of the bike, designed for easy movement.

## 7. TROUBLESHOOTING

If you encounter issues with your XTERRA Fitness Recumbent Bike SB120, refer to the following common problems and solutions:

- **Missing Hardware:** If you find hardware missing during assembly, check if they are pre-screwed into the various parts of the bike. If not, contact customer support.
- **Electronics Programming:** The manual's discussion of electronics programming may be insufficient for some users. If you have difficulty understanding the programming, refer to the online version of the manual for potentially enlarged images or contact customer support for assistance.
- **Seat Sliding Down:** If the seat slides down during use, ensure it is securely locked into place using the spring-loaded knob. Some users find that keeping feet in the pedals helps maintain the desired seat position.

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

## 8. SPECIFICATIONS

Feature	Detail
Brand	XTERRA
Model Name	SB120
Product Dimensions	45.7"D x 9"W x 21"H
Item Weight	53 Pounds
Maximum Weight Recommendation	250 Pounds
Resistance Mechanism	Manual
Number of Resistance Levels	8
Drive System	Belt
Power Source	Battery Powered
Color	Black
Material	Plastic (Frame), Rubber (Handle)
Recommended Uses	Indoor
Special Feature	Distance Travelled Monitor
Included Components	Bike, Owner's Manual, Batteries
UPC	795447120397

## 9. WARRANTY AND SUPPORT

The XTERRA Fitness Recumbent Bike SB120 comes with a 1-Year Parts warranty and 90 Days Parts warranty. For any inquiries, technical assistance, or warranty claims, please contact XTERRA customer support. Information regarding customer support can typically be found on the manufacturer's website or through your purchase platform.

This product is eligible for 30-day easy returns through Amazon.com, which also handles customer support for purchases made via their platform.

