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Sportstech SX500

Sportstech SX500 Professional Indoor Cycle User Manual

Model: SX500

1. INTRODUCTION

This manual provides essential information for the safe and effective use of your Sportstech SX500 Professional Indoor Cycle. Please read all instructions carefully before assembly and operation. Retain this manual for future reference.

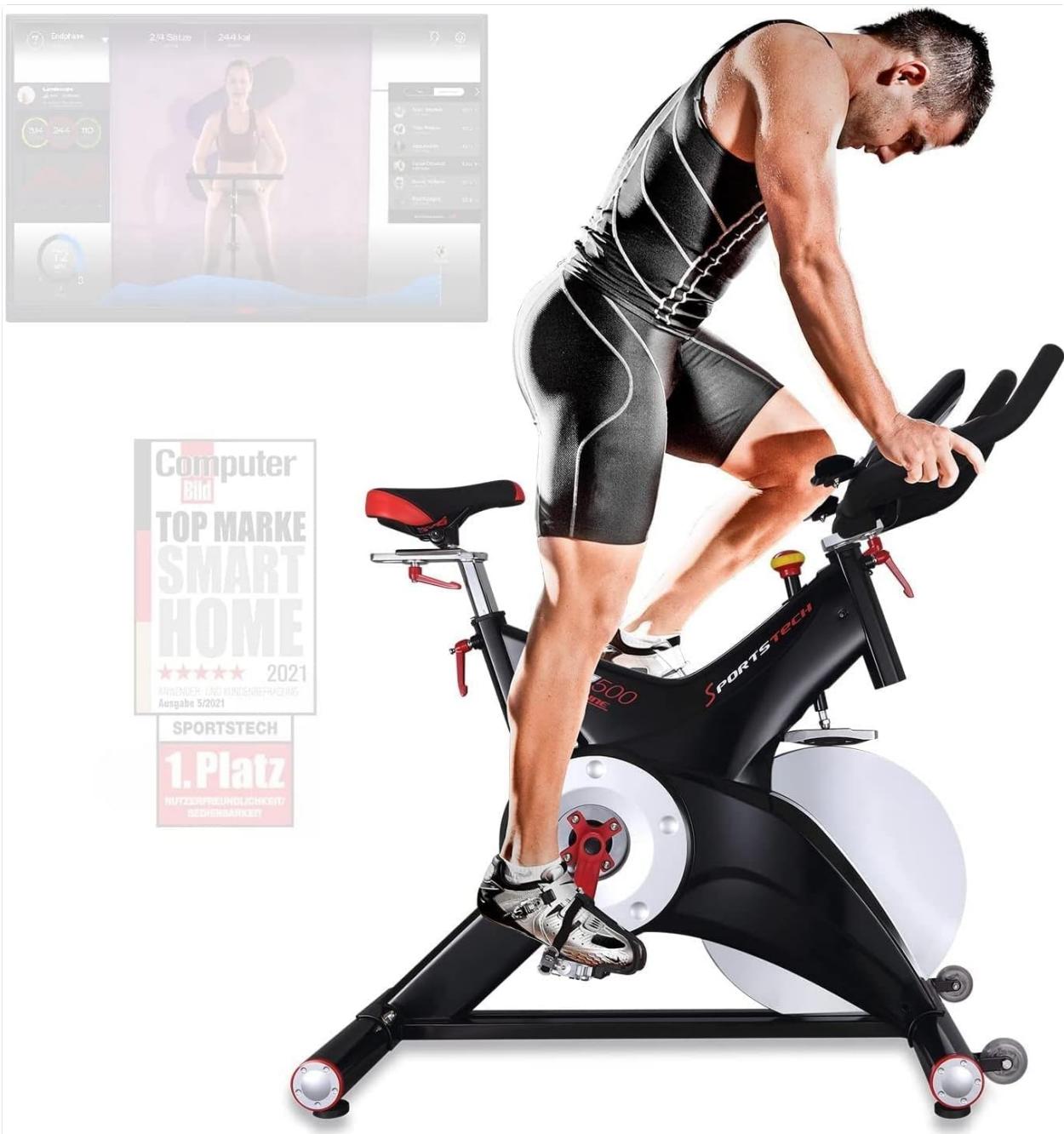


Image 1.1: Sportstech SX500 Professional Indoor Cycle. This image displays the complete indoor cycle with a user actively riding it, highlighting its design and functionality.

2. SAFETY INFORMATION

To reduce the risk of serious injury, read the following safety instructions before using the Sportstech SX500 Indoor Cycle:

- Consult a physician before starting any exercise program.
- Keep children and pets away from the equipment.
- Place the cycle on a stable, level surface. Use a protective mat if necessary.
- Ensure all bolts and nuts are securely tightened before each use.
- Wear appropriate exercise clothing and footwear. Avoid loose clothing that could get caught.

- Do not exceed the maximum user weight of 150 kg (330 lbs).
- If you experience pain, dizziness, or shortness of breath, stop exercising immediately.
- The resistance mechanism operates via friction. Be aware of potential heat generation during intense use.

3. PACKAGE CONTENTS

Verify that all components are present before beginning assembly:

- Sportstech SX500 Indoor Cycle (main frame, flywheel, handlebars, saddle, pedals)
- User Manual (DE - German, but this document serves as the English version)
- Assembly Tool Kit
- Free Ebook (digital content)

4. ASSEMBLY AND SETUP

Assembly typically requires two people due to the weight of the unit. Follow the detailed instructions provided in the included assembly manual (German version) or refer to the general steps below:

1. **Unpack Components:** Carefully remove all parts from the packaging.
2. **Attach Stabilizers:** Secure the front and rear stabilizer bars to the main frame using the provided bolts and washers.
3. **Install Pedals:** Attach the left and right pedals to their respective crank arms. Note that the left pedal is reverse-threaded. Ensure they are tightened securely. The pedals feature a SPD click system and anti-slip platforms with adjustable straps.
4. **Mount Saddle:** Insert the saddle post into the frame and secure it at the desired height. Attach the comfortable sports saddle to the post.
5. **Install Handlebars:** Insert the handlebar post into the frame and secure it. Attach the adjustable handlebars, which include padded armrests for an aerodynamic position.
6. **Connect Console:** Connect the console cables to the main unit. Mount the multifunction console onto the handlebar post.
7. **Level the Cycle:** Use the adjustable feet on the stabilizer bars to ensure the cycle is stable and level on your floor.



Image 4.1: Optional accessories for setup and training. The left image shows an exercise mat, recommended for floor

protection and stability. The right image shows a heart rate monitor, compatible with the SX500 for heart rate-based training.

5. OPERATING INSTRUCTIONS

5.1. Adjusting Resistance

The SX500 features a 25 kg balanced flywheel and continuous resistance adjustment. Turn the resistance knob located on the frame to increase or decrease the intensity of your workout. Turn clockwise to increase resistance, and counter-clockwise to decrease it. Press the knob down to engage the emergency brake.

5.2. Console Functions

The multifunction console provides real-time workout data. It features a digital display and pre-installed training programs. Refer to the console's specific manual for detailed program descriptions and navigation. Typically, it displays:

- Time
- Distance
- Speed
- Calories Burned
- Heart Rate (if compatible heart rate belt is connected)

5.3. App Connectivity (Kinomap, iConsole+)

The SX500 console is compatible with fitness applications such as Kinomap and iConsole+. These apps allow for interactive training, virtual routes (e.g., Google Street View), and advanced workout tracking. To connect:

1. Download the desired fitness app (Kinomap, iConsole+) to your smartphone or tablet.
2. Ensure Bluetooth is enabled on your device.
3. Follow the app's instructions to pair with your SX500 Indoor Cycle.
4. For Android devices, a Smart TV may be required for full functionality. For iOS devices, AirPlay (Screen Mirroring) is necessary.

5.4. Heart Rate Monitoring

The SX500 is compatible with heart rate belts for heart rate-based training. Connect a compatible heart rate belt (not included) to the console as per the belt's instructions. Your heart rate will be displayed on the console.

5.5. Adjusting Saddle and Handlebars

For optimal comfort and performance, adjust the saddle and handlebars to your body size:

- **Saddle:** Adjust the saddle height and horizontal position using the quick-release levers or adjustment knobs. Ensure your leg has a slight bend at the knee when the pedal is at its lowest point.
- **Handlebars:** Adjust the handlebar height and position to achieve a comfortable posture, whether upright or in an aerodynamic position using the padded armrests.

6. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your Sportstech SX500 Indoor Cycle.

- **Cleaning:** Wipe down the cycle with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Belt Drive:** The silent belt drive system requires minimal maintenance. Periodically check for any signs of wear or damage.
- **Lubrication:** The friction resistance mechanism may benefit from occasional lubrication if squeaking occurs. Use a silicone-based lubricant as recommended by the manufacturer.
- **Inspections:** Regularly inspect all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.



Image 6.1: Example of lubricant for exercise equipment. Use appropriate lubricants for maintaining moving parts and reducing friction noise.

7. TROUBLESHOOTING

Problem	Possible Cause	Solution
Squeaking or grinding noise during operation	Loose components; friction mechanism needs lubrication; worn belt.	Check and tighten all bolts and nuts. Apply appropriate lubricant to the friction pad. Inspect the belt for wear.
Console not displaying data	Loose cable connection; dead batteries (if applicable); sensor issue.	Check all cable connections to the console. Replace console batteries. Ensure sensors are clean and properly aligned.
Difficulty connecting to fitness app	Bluetooth not enabled; app not updated; incorrect pairing procedure.	Ensure Bluetooth is active on your device. Update the fitness app to the latest version. Follow the app's specific pairing instructions.
Cycle feels unstable	Uneven floor; stabilizer feet not adjusted.	Adjust the leveling feet on the stabilizer bars until the cycle is stable. Ensure the cycle is on a flat surface.

8. SPECIFICATIONS

Feature	Specification
Model	SX500
Dimensions (L x W x H)	1270mm x 620mm x 1395mm (127P x 62I x 139.5H cm)
Item Weight	65 Kilograms
Maximum User Weight	150 Kilograms
Flywheel Weight	25 kg
Drive System	Belt
Resistance Mechanism	Friction, continuously adjustable
Main Material	Alloy Steel
Power Source	Battery Powered (for console)
Special Features	Adjustable toe clip, Grip pulse sensor, Adjustable resistance level, Adjustable pedal, Adjustable saddle
Recommended Use	Indoor

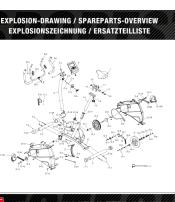
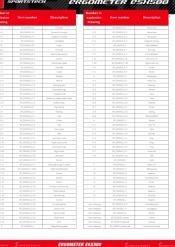
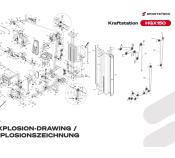
9. WARRANTY AND SUPPORT

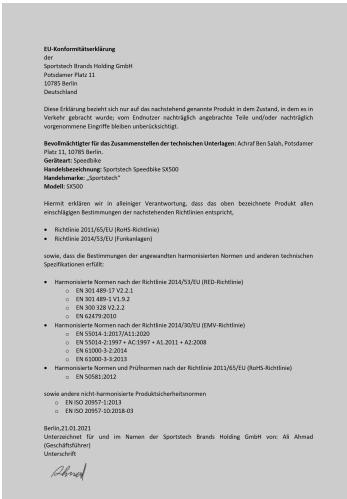
For warranty information, please refer to the documentation included with your purchase or visit the official Sportstech website. If you encounter any issues not covered in this manual or require further assistance, please contact Sportstech customer support.

Manufacturer: Sportstech

Model Number: sp_sx500_

Related Documents - SX500

  	<p>SPORTSTECH SX400 Speedbike User Manual Comprehensive user manual for the SPORTSTECH SX400 Speedbike, covering setup, usage, safety guidelines, and maintenance.</p>
	<p>SPORTSTECH ERGOMETER ESX500 Spare Parts List and Exploded View Detailed spare parts list and exploded view diagram for the SPORTSTECH ERGOMETER ESX500, identifying all components for maintenance and assembly.</p>
	<p>SPORTSTECH HGX150 Kraftstation: Exploded View and Spare Parts List Comprehensive spare parts overview and detailed exploded view for the SPORTSTECH HGX150 Kraftstation. Find all component numbers, item codes, and descriptions for easy identification and maintenance.</p>
	<p>SPORTSTECH RSX500 Rowing Machine User Manual Comprehensive user manual for the SPORTSTECH RSX500 Rowing Machine, covering assembly, operation, maintenance, safety guidelines, and program profiles. Learn how to use your rowing machine effectively and safely.</p>
	<p>SPORTSTECH sTread Laufband Benutzerhandbuch Umfassendes Benutzerhandbuch für das SPORTSTECH sTread Laufband, das detaillierte Anleitungen zur sicheren Installation, Bedienung, Wartung und Fehlerbehebung bietet, um das volle Potenzial des Geräts auszuschöpfen.</p>
	<p>Sportstech sTread Fold Treadmill User Manual Comprehensive user manual for the Sportstech sTread Fold treadmill, covering setup, operation, safety guidelines, maintenance, and troubleshooting for home fitness.</p>



[pdf] Declaration of Conformity

Achraf Ben Salah SX500 conformity sportstech link 2021 01 |||

EU-Konformitätserklärung der Sportstech Brands Holding GmbH Potsdamer Platz 11

10785 Berlin Deutschlan ... lah, Potsdamer Platz 11, 10785 Berlin. Gerteart:

Speedbike Handelsbezeichnung: Sportstech Speedbike **SX500** Handelsmarke:

„Sportstech Modell: **SX500** Hiermit erklären wir in alleiniger Verantwortung, das...

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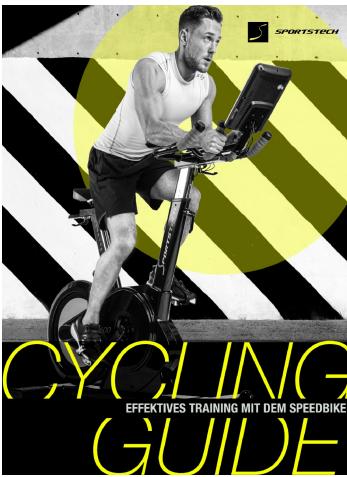


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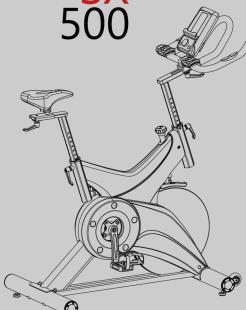


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INHALT WAS MACHT DAS TRAINING SO BESONDERS S. 03 DIE RICHTIGE EINSTELLUNG S. 04 VERSCHIEDENE ... t steigender Intensitt 5 x 4min hohe Intensitt 2min niedrige Intensitt 5 Minuten Cool-down **SX500** Sportstech Profi Indoor Cycle mit Smartphone App Steuerung, 25KG Schwungrad und Armauflage. Pu...

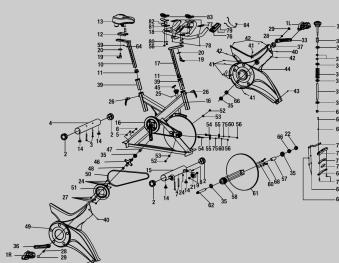
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Untitled Bekijk de handleiding Sportstech hometrainer SX500 vliegwiel 25 kg speedbike armsteun met bol original media s B8BOQx5oN9z2 |||

SX 500 DE EN ES FR IT NL Sehr geehrter Kunde, Wir freuen uns, dass Sie sich fr ein Gert aus der S Videos anschauen 3. Schnell und sicher starten Link zu den Videos: https://service.innovamaxx.de/sx500_video Uns gibt es auch auf Social Media Hol dir die neuesten Produktinfos, Trainingsinhalte...

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EXPLOSION-DRAWING / SPAREPARTS-OVERVIEW
EXPLOSIONSZEICHNUNG / ERSATZTEILLISTE

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SX500 spareparts EXPLOSION DRAWING SPAREPARTS OVERVIEW SPORTSTECH

EXPLOSIONSZEICHNUNG SPEEDBIKE Speedbike sx500 ERSATZTEILLISTE 01 S P 01L Left pedal

Right End cap 1 D76 sportstech link 2019 11 |||

S P O R T S EXPLOSION-DRAWING / SPAREPARTS-OVERVIEW
EXPLOSIONSZEICHNUNG / ERSATZTEILLISTE T S T E S p e C e d b i k e H s x 5 0 0

Number in explosion drawing 01 Item number SP_**SX500_01L** Description Left pedal

Number in explosion drawing 46 Item number SP_**SX500_46** Description Axis D20x162 01 SP_**SX500_01R** 02 ...

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Number in explosion drawing	Item number	Description	Number in explosion drawing	Item number	Description
01	SP_000001.01	Left pedal	47	SP_000001.47	Long handle tube Ø12x200 3x12.9
02	SP_000001.12	Right pedal	48	SP_000001.48	Short handle tube Ø12x200 3x12.9
03	SP_000001.03	Carry bag for SX500	49	SP_000001.49	Urethane cover 70x40x17.5
04	SP_000001.04	Power cable	50	SP_000001.50	Power cable 1.5m
05	SP_000001.05	Handle bar	51	SP_000001.51	Handle bar 25.4x1.25
06	SP_000001.06	Handle bar 25.4x1.25	52	SP_000001.52	Handle bar 25.4x1.25
07	SP_000001.07	Handle bar 25.4x1.25	53	SP_000001.53	Handle bar 25.4x1.25
08	SP_000001.08	Handle bar 25.4x1.25	54	SP_000001.54	Power cord handle
09	SP_000001.09	Vertical end cap	55	SP_000001.55	End cap 1 D76
10	SP_000001.10	Vertical end cap	56	SP_000001.56	End cap 1 D76
11	SP_000001.11	Front part	57	SP_000001.57	Front part 25.4x1.25
12	SP_000001.12	Front part	58	SP_000001.58	Front part 25.4x1.25
13	SP_000001.13	Seat 10.5x10.5	59	SP_000001.59	Bottom 10.5x10.5
14	SP_000001.14	Seat 10.5x10.5	60	SP_000001.60	Bottom 10.5x10.5
15	SP_000001.15	Front stabilizer	61	SP_000001.61	Front stabilizer
16	SP_000001.16	Front stabilizer	62	SP_000001.62	Front stabilizer
17	SP_000001.17	Handlebar cap	63	SP_000001.63	Quik release 1.25
18	SP_000001.18	Handlebar cap	64	SP_000001.64	Quik release 1.25
19	SP_000001.19	Left shape end cap 1 D76	65	SP_000001.65	Plate handle 1
20	SP_000001.20	Left shape end cap 1 D76	66	SP_000001.66	Plate handle 1
21	SP_000001.21	Front wheel Ø30x23	67	SP_000001.67	Wheels cover Ø30x23
22	SP_000001.22	Front wheel Ø30x23	68	SP_000001.68	Front wheel Ø30x23
23	SP_000001.23	Front wheel Ø30x23	69	SP_000001.69	Front wheel Ø30x23
24	SP_000001.24	Front wheel Ø30x23	70	SP_000001.70	Adjusting handle 11x4x12x12
25	SP_000001.25	Front wheel Ø30x23	71	SP_000001.71	Front wheel Ø30x23
26	SP_000001.26	Left shape end cap 1 D76	72	SP_000001.72	Kit handle Ø12x12
27	SP_000001.27	Left shape end cap 1 D76	73	SP_000001.73	Kit handle Ø12x12
28	SP_000001.28	Front wheel Ø30x23 1x8MM	74	SP_000001.74	Seat 10.5x10.5
29	SP_000001.29	Front wheel Ø30x23 1x8MM	75	SP_000001.75	Seat 10.5x10.5
30	SP_000001.30	Front wheel Ø30x23 1x8MM	76	SP_000001.76	Big pedal Ø162
31	SP_000001.31	Front wheel Ø30x23 1x8MM	77	SP_000001.77	Pedal
32	SP_000001.32	Front wheel Ø30x23 1x8MM	78	SP_000001.78	Pedal 2
33	SP_000001.33	Front wheel Ø30x23 1x8MM	79	SP_000001.79	Big pedal
34	SP_000001.34	Front wheel Ø30x23 1x8MM	80	SP_000001.80	Pedal 2
35	SP_000001.35	Braking system	81	SP_000001.81	Support cover handlebar
36	SP_000001.36	Braking system	82	SP_000001.82	Support cover handlebar
37	SP_000001.37	Screen front Ø12x12	83	SP_000001.83	Handle support Ø12x12
38	SP_000001.38	Screen front Ø12x12	84	SP_000001.84	Poles wire
39	SP_000001.39	Handle support Ø12x12	85	SP_000001.85	Handle support Ø12x12
40	SP_000001.40	Handle support Ø12x12	86	SP_000001.86	Handle support Ø12x12
41	SP_000001.41	Handle support Ø12x12	87	SP_000001.87	Lower handle bar
42	SP_000001.42	Handle support Ø12x12	88	SP_000001.88	Steer
43	SP_000001.43	Handle support Ø12x12	89	SP_000001.89	Carb
44	SP_000001.44	Handle support Ø12x12	90	SP_000001.90	Carb 2
45	SP_000001.45	Handle support Ø12x12	91	SP_000001.91	Brake wire
46	SP_000001.46	Handle support Ø12x12	92	SP_000001.92	Brake wire

SPEEDBIKE SX500