

## Exerpeutic 900XL

# Exerpeutic 900XL Recumbent Bike User Manual

Model: 900XL | Brand: Exerpeutic

## 1. INTRODUCTION

The Exerpeutic 900XL Extended Capacity Recumbent Bike is designed to provide a comfortable and effective cardiovascular workout. This manual provides essential information for the safe assembly, operation, and maintenance of your recumbent bike. Please read all instructions carefully before using the equipment.

## 2. SAFETY INFORMATION

- Consult a physician before beginning any exercise program.
- Ensure all parts are correctly 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.
- The maximum user weight capacity for this bike is 300 lbs (136 kg).
- Wear appropriate exercise clothing and footwear.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

## 3. PRODUCT FEATURES

The Exerpeutic 900XL Recumbent Bike incorporates several features to enhance your workout experience:

- **Recumbent Design:** Provides a comfortable, low-impact cardiovascular workout.
- **Extended Capacity:** Supports users up to 300 lbs.
- **8-Level Magnetic Tension Control:** Allows for varied workout intensity.
- **Smooth Torque Cranking System:** Ensures consistent and quiet pedaling.
- **Precision Balanced Flywheel and V-Belt Drive:** Contributes to smooth and quiet operation.

- **Large LCD Display:** Monitors distance, calories burned, time, speed, and heart rate.
- **Hand Pulse Sensors:** Integrated into handlebars for heart rate monitoring.
- **Oversized Seat Cushion and Backrest:** Designed for user comfort.
- **Adjustable Seat:** Accommodates users up to 6'3".
- **Large Pedals with Safety Straps:** Prevents foot slippage during exercise.
- **Step-Through Design:** Facilitates easy mounting and dismounting.
- **Extended Leg Stabilizers:** Enhances stability during use.
- **Transportation Wheels:** Allows for easy relocation of the bike.
- **Waterproof PVC Equipment Mat:** Included for floor protection and noise reduction.



Figure 1: Exerpeutic 900XL Recumbent Bike in use.

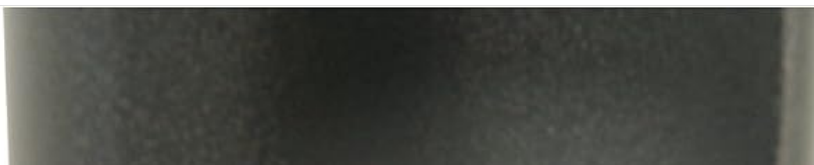




Figure 2: Magnetic tension control knob, showing levels from 1 to 8.



Figure 3: LCD display console with SET, MODE, and RESET buttons.



Figure 4: Hand pulse sensors integrated into the handlebars.



Figure 5: Seat adjustment knob, indicating 'TO ADJUST LOOSEN THEN PULL'.



Figure 6: Large pedal with adjustable safety strap.



Figure 7: Transportation wheels allow for easy movement of the bike.



Figure 8: The included waterproof PVC equipment mat.

Your browser does not support the video tag.

## 4. ASSEMBLY AND SETUP

---

The Exerpeutic 900XL Recumbent Bike features a step-through design for easy mounting. For detailed assembly instructions, please refer to the separate assembly guide provided with your product. Ensure all bolts, nuts, and other fasteners are securely tightened before initial use and periodically thereafter.

Place the included waterproof PVC equipment mat under the bike to protect your floor and reduce noise during workouts.

## 5. OPERATING INSTRUCTIONS

---

### 5.1 Adjusting Resistance

To adjust the workout intensity, turn the tension control knob located on the front post of the bike. Turn clockwise for higher resistance (more challenging) and counter-clockwise for lower resistance (easier). There are 8 levels of magnetic tension.

### 5.2 Using the LCD Display

The large LCD display provides real-time workout data. Use the 'MODE' button to cycle through the following metrics:

- **Distance:** Total distance covered during your workout.
- **Calories Burned:** Estimated calories expended.
- **Time:** Duration of your current workout.
- **Speed:** Current cycling speed.
- **Scan:** Automatically cycles through all metrics.
- **Pulse:** Your current heart rate (when using hand pulse sensors).

Press 'RESET' to clear all workout data.

### 5.3 Heart Rate Monitoring

Grip the hand pulse sensors on the handlebars firmly with both hands to display your heart rate on the LCD monitor. Maintain a consistent grip for an accurate reading.

## 6. ADJUSTMENTS

---

### 6.1 Seat Adjustment

To adjust the seat position, locate the adjustment knob beneath the seat. Loosen the knob, pull it out, and slide the seat forward or backward to your desired position. Ensure the seat is securely locked in place before use. The seat can be adjusted to accommodate users up to 6'3" (190 cm).

### 6.2 Pedal Straps

Place your feet on the large pedals and adjust the safety straps to secure your feet. This prevents slippage and ensures efficient pedaling during your workout.

## 7. MAINTENANCE

### 7.1 Cleaning

Wipe down the bike regularly with a damp cloth to remove dust and sweat. Avoid using abrasive cleaners or solvents that could damage the finish.

### 7.2 Inspection

Periodically inspect all moving parts, bolts, and connections to ensure they are secure. Tighten any loose components immediately.

## 8. TRANSPORTATION AND STORAGE

The Exerpeutic 900XL Recumbent Bike is equipped with transportation wheels for easy movement. To move the bike, lift the rear end slightly and roll it to your desired location. The extended leg stabilizers ensure the bike remains stable during use and when stored.

## 9. SPECIFICATIONS

| Specification                  | Value                                                  |
|--------------------------------|--------------------------------------------------------|
| Brand                          | Exerpeutic                                             |
| Model Name                     | 900XL                                                  |
| Model Number                   | 1101                                                   |
| Resistance Mechanism           | Magnetic                                               |
| Number of Resistance Levels    | 8                                                      |
| Maximum Weight Recommendation  | 300 Pounds (136 kg)                                    |
| Product Dimensions (D x W x H) | 79"D x 35.4"W x 24"H (200.66 cm x 89.92 cm x 60.96 cm) |
| Item Weight                    | 63 Pounds (28.58 kg)                                   |
| Material                       | Polyvinyl Chloride (PVC)                               |
| Power Source                   | Pedal-powered (non-electric)                           |
| Drive System                   | Belt                                                   |
| Included Components            | Bike and mat                                           |

## 10. TROUBLESHOOTING

If you encounter any issues with your Exerpeutic 900XL Recumbent Bike, please consider the following general advice:

- **No Display on Monitor:** Check if batteries are correctly installed or need replacement.

- **Inconsistent Heart Rate Reading:** Ensure a firm and consistent grip on the hand pulse sensors.
- **Unusual Noises:** Inspect for any loose parts and tighten them. Ensure the bike is on a level surface.
- **Resistance Issues:** Verify the tension control knob is functioning correctly and the internal mechanism is not obstructed.

For more specific troubleshooting steps or persistent problems, refer to the comprehensive manual or contact customer support.

## 11. WARRANTY AND SUPPORT

The Exerpeutic 900XL Extended Capacity Recumbent Bike comes with a **One Year Limited Warranty**. For warranty claims, product support, or further assistance, please contact Exerpeutic customer service. Refer to your purchase documentation for specific contact details.

### ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

#### Name

Anonymous

#### Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

#### Question

Example: How do I reset this device or fix this error?

#### Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question