

## Fitness Reality R4000

# Fitness Reality R4000 Magnetic Tension Recumbent Bike User Manual

Model: R4000

## 1. PRODUCT OVERVIEW

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The Fitness Reality R4000 Magnetic Tension Recumbent Bike is designed to provide an effective and comfortable workout experience. This bike features a durable steel frame, a quiet drive belt system, and 14 levels of smooth magnetic tension resistance. It is equipped with a workout goal-setting computer that tracks time, distance, speed, calories burned, and RPM. The R4000 is built to accommodate users up to 6'3" in height and 250 lbs in weight, offering an extended cushioned seat with infinite slider adjustments and lower back support for optimal comfort.



Figure 1: Main view of the Fitness Reality R4000 Magnetic Tension Recumbent Bike.

## 2. IMPORTANT SAFETY INFORMATION

Before using the Fitness Reality R4000 Recumbent Bike, please read and understand all instructions in this manual. Keep this manual for future reference. Failure to follow these instructions could result in injury or damage to the product.

- Consult your physician before starting any exercise program.
- Keep children and pets away from the equipment during use.
- Place the bike on a solid, level surface with adequate clearance around it.
- Ensure all nuts and bolts are securely tightened before each use.
- Wear appropriate exercise clothing and footwear. Avoid loose clothing that could get caught in moving parts.
- Do not exceed the maximum user weight capacity of 250 lbs.
- Do not use the equipment if it is damaged.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- The bike is designed for indoor use only.

### 3. WHAT'S IN THE BOX

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The Fitness Reality R4000 Recumbent Bike package includes the following components:

- Main frame components (front and rear stabilizers, main body, seat assembly, console post)
- Pedals with foot straps
- Computer console with tablet holder
- Hardware kit (nuts, bolts, washers, tools)
- User Manual (this document)
- 2 AAA batteries (for computer console)

### 4. ASSEMBLY INSTRUCTIONS

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Assembly of the Fitness Reality R4000 Recumbent Bike is required. Please refer to the detailed assembly instructions included in your product packaging for step-by-step guidance. Ensure all parts are present and undamaged before beginning assembly. It is recommended to have a second person assist with assembly for ease and safety.

Key assembly points include:

- Attaching the front and rear stabilizers to the main frame.
- Mounting the pedals to the crank arms.
- Securing the seat and backrest to the seat slider rail.
- Connecting the console post and computer console, ensuring all cables are properly routed and connected.
- Installing the AAA batteries into the computer console.

After assembly, check all connections to ensure they are tight and the bike is stable on a level surface using the adjustable floor stabilizers.

### 5. OPERATING INSTRUCTIONS

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#### 5.1 Getting Started

The R4000 features a 'Step thru' design for easy mounting and dismounting. Adjust the seat to a comfortable position where your legs have a slight bend at the knee when the pedal is at its furthest point. Secure your feet in the oversized pedals with the foot straps.



Figure 2: User demonstrating proper posture and use of the recumbent bike.

## 5.2 Computer Console Functions

The wide-screen LCD computer display provides clear, large numbers for easy viewing of your workout data. It tracks the following metrics:

- **Time:** Duration of your workout.
- **Speed:** Current cycling speed.
- **Distance:** Total distance cycled during the current session.

- **Calories:** Estimated calories burned.
- **RPM:** Revolutions Per Minute (pedal cadence).
- **Odometer:** Total accumulated distance over all workouts.

Use the **MODE** button to cycle through display functions. The **RESET** button clears current workout data. The **SET** button is used for setting workout goals.



Figure 3: Computer console with display and control buttons.

### 5.3 Workout Goal Settings

The computer allows you to set three workout goals: distance, time, or calories burned. To set a goal:

1. Press the **MODE** button until the desired metric (Distance, Time, or Calories) is flashing.
2. Press the **SET** button repeatedly to adjust the target value.
3. Once the target is set, begin your workout. The computer will count down from your set goal.

### 5.4 Magnetic Tension Resistance

The R4000 offers 14 levels of smooth magnetic tension resistance. To adjust the resistance, turn the tension knob located on the main frame. Turn clockwise for increased resistance and counter-clockwise for decreased resistance. This allows you to customize your workout intensity.



Figure 4: Magnetic tension resistance adjustment knob.

### 5.5 Seat Adjustment

The extended cushioned seat and backrest provide comfort and lower back support. The seat features infinite slider position adjustments. To adjust the seat position, loosen the adjustment knob located beneath the seat, slide the seat to your desired position, and then tighten the knob securely. Ensure the seat is firmly locked in place before use.



Figure 5: Seat adjustment mechanism.

## 5.6 Additional Features

- **Tablet/Smartphone Holder:** The computer console includes a built-in holder for your smartphone or tablet, allowing you to enjoy media or track workouts with compatible apps.



Figure 6: Tablet holder on the console.

- **Water Bottle Holder:** A conveniently located water bottle holder ensures hydration is always within reach during your workout.



Figure 7: Integrated water bottle holder.

- **Transportation Wheels:** For easy relocation, the bike is equipped with transportation wheels at the front stabilizer. To move the bike, lift the rear stabilizer and roll the bike to its desired location.



Figure 8: Transportation wheels for easy movement.

## 5.7 Product Video Overview

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Video 1: An overview of the Fitness Reality R4000 Magnetic Tension Recumbent Bike's features and benefits.

## 6. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your recumbent 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 quiet drive belt system is generally maintenance-free. Do not lubricate the belt or flywheel.
- **Battery Replacement:** Replace the 2 AAA batteries in the computer console when the display becomes dim or unresponsive.

## 7. TROUBLESHOOTING

If you encounter issues with your Fitness Reality R4000 Recumbent Bike, refer to the following common solutions:

Problem	Possible Cause	Solution
Computer display is blank or not working.	Batteries are dead or incorrectly installed. Loose cable connection.	Replace AAA batteries. Check that all console cables are securely connected.
Pedals are loose or making noise.	Pedals not tightened correctly during assembly.	Ensure pedals are fully threaded and tightened. Note that the left pedal is reverse-threaded.
Bike is unstable or rocking.	Uneven floor surface. Stabilizer caps not adjusted.	Adjust the floor stabilizers located on the bottom of the frame until the bike is level and stable.
Resistance feels inconsistent or too easy/hard.	Tension knob not properly adjusted. Internal mechanism issue.	Ensure the tension knob is turned fully to the desired level. If issue persists, contact customer support.

For issues not covered here, please contact Fitness Reality Customer Support.

## 8. PRODUCT SPECIFICATIONS

Feature	Detail
Model Name	R4000
Brand	Fitness Reality
Resistance Mechanism	Magnetic
Number of Resistance Levels	14
Drive System	Belt
Maximum Weight Recommendation	250 Pounds
Recommended User Height Range	5' to 6'3"
Item Weight	60 Pounds
Product Dimensions (L x W x H)	49" x 22" x 43"
Power Source	Battery Powered (2 AAA batteries included)
Material	Alloy Steel
Special Features	Water Bottle Holder, Tablet/Smartphone Holder, Step-Thru Design, Adjustable Floor Stabilizers, Transportation Wheels



Figure 9: Product dimensions of the R4000 Recumbent Bike.

## 9. WARRANTY & CUSTOMER SUPPORT

### 9.1 Warranty Information

The Fitness Reality R4000 Magnetic Tension Recumbent Bike comes with a **1-year limited warranty**. This warranty covers manufacturing defects in materials and workmanship under normal use and service. Please retain your proof of purchase for warranty claims.

For full warranty terms and conditions, please refer to the warranty card included with your product or visit the official Fitness Reality website.

### 9.2 Customer Support

If you have any questions, require assistance with assembly, operation, maintenance, or need to make a warranty claim, please contact Fitness Reality Customer Support.

**Manufacturer:** Paradigm Health & Wellness Inc.

**Website:** [www.fitnessreality.com](http://www.fitnessreality.com) (Example link, actual link might vary)

**Contact Information:** Refer to the contact details provided on the Fitness Reality website or in your product packaging for the most current support options (phone, email, live chat).