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› Salter Recumbent RS 29 Exercise Bike User Manual

SALTER RS-29

Salter Recumbent RS 29 Exercise Bike User Manual

Model: RS-29

INTRODUCTION

Thank you for choosing the Salter Recumbent RS 29 Exercise Bike. This manual provides essential information for the safe and effective use of your new fitness equipment. Please read this manual thoroughly before assembly and operation, and keep it for future reference.

The Salter Recumbent RS 29 is designed for comfortable and effective cardiovascular workouts, featuring a reinforced structure, a high-quality magnetic braking system, and a comfortable seat and backrest.

SAFETY INFORMATION

- Consult your physician before starting any exercise program.
- Ensure all bolts and nuts are securely tightened before each use.
- Keep children and pets away from the equipment during use.
- Place the exercise bike on a flat, stable surface.
- Wear appropriate exercise clothing and footwear.
- Do not exceed the maximum user weight of 130 kg.

PRODUCT FEATURES

- Reinforced structure for durability.
- High-quality, silent, and maintenance-free magnetic braking system.
- 22 kg equivalent flywheel for smooth and fluid motion.
- Easy access design, suitable for users with reduced mobility.
- Ergonomic handlebars with integrated hand pulse sensors.
- Wireless pulse reading system (5 kHz radio frequency, chest strap not included).
- Large, comfortable fabric seat and backrest, adjustable to the user.
- Backlit and adjustable LCD screen displaying time, distance, steps, total steps, calories, pulse, and speed.
- 12 pre-defined training programs with 16 intensity levels.

- 4 user-customizable programs.
- Constant Watt program (WRC 10-350) designed for specific training and rehabilitation.
- 4 heart rate control programs.
- RECOVERY test to monitor physical condition.
- Integrated bottle holder.
- Rear leveling screws for stability on uneven floors.
- Integrated transport wheels for easy mobility.

SETUP AND ASSEMBLY

While the Salter Recumbent RS 29 is designed for straightforward assembly, it is recommended to have assistance due to its weight and size. All necessary tools are included.

1. **Unpacking:** Carefully remove all components from the packaging. Verify that all parts listed in the packing list are present.
2. **Base Assembly:** Attach the front and rear stabilizers to the main frame using the provided bolts and washers. Ensure they are securely fastened.
3. **Pedal Installation:** Identify the left (L) and right (R) pedals. Thread the left pedal counter-clockwise and the right pedal clockwise into their respective crank arms. Tighten firmly.
4. **Seat and Backrest Attachment:** Slide the seat and backrest assembly onto the main frame rail. Secure it with the designated locking mechanism. Adjust the seat position for comfort.
5. **Handlebar and Console Installation:** Attach the main upright post to the frame. Connect the console cables to the corresponding ports on the upright post. Mount the console onto the upright post and secure the handlebars.
6. **Power Connection:** Connect the power adapter to the console and a suitable power outlet.
7. **Leveling:** Use the rear leveling screws to ensure the bike is stable and does not wobble on your floor.



Image: Front view of the Salter Recumbent RS 29 Exercise Bike, showing the console, handlebars, seat, and pedals.



Image: Side view of the Salter Recumbent RS 29 Exercise Bike, highlighting its low-profile design for easy access.

OPERATING INSTRUCTIONS

Console Overview



Image: Close-up of the Salter Recumbent RS 29 LCD console, showing display metrics and control buttons.

The backlit LCD console provides real-time feedback on your workout. Key indicators include:

- **TIME:** Duration of your workout.

- **DISTANCE:** Total distance covered.
- **STEPS / RPM:** Revolutions per minute or steps taken.
- **TOTAL STEPS:** Cumulative steps.
- **CALORIES:** Estimated calories burned.
- **PULSE:** Heart rate (via hand sensors or optional chest strap).
- **SPEED:** Current speed.
- **WATT:** Power output in watts (for WRC program).

Starting a Workout

1. **Power On:** Ensure the bike is plugged in. The console will light up.
2. **Adjust Seat:** Adjust the seat position for comfortable pedaling, ensuring a slight bend in your knee at the bottom of the pedal stroke.
3. **Select Program:** Use the "MODE" button to navigate through the available programs (Manual, Pre-defined, User, HRC, WRC). Use the dial or arrow buttons to select and adjust intensity levels.
4. **Start:** Press the "Start/Stop" button to begin your workout.
5. **Monitoring:** The console will display your workout metrics. For pulse readings, grip the hand pulse sensors or wear a compatible chest strap.
6. **Adjust Resistance:** Adjust the resistance level using the dial or buttons on the console during your workout.
7. **End Workout:** Press "Start/Stop" to pause or end your workout. Press "Total Reset" to clear all data.

Special Programs

- **Pre-defined Programs (P1-P12):** Offer varied intensity profiles. Select the desired program and adjust the overall intensity level (1-16).
- **User Programs (U1-U4):** Allow you to create and save your own custom workout profiles by setting resistance levels for different time segments.
- **Heart Rate Control (HRC) Programs:** Automatically adjust resistance to keep your heart rate within a target zone. Requires pulse input (hand sensors or chest strap).
- **Constant Watt (WRC) Program:** Maintains a constant power output (watts) regardless of pedaling speed, ideal for specific training or rehabilitation.
- **RECOVERY Test:** After a workout, press the "Recovery" button. Continue pedaling for 60 seconds. The console will analyze your heart rate recovery to assess your fitness level (F1-F6, F1 being excellent).





Image: Close-up of the ergonomic pedal with adjustable strap on the Salter Recumbent RS 29.

MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your Salter Recumbent RS 29 Exercise Bike.

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Do not use abrasive cleaners.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness. Tighten any loose components immediately.
- **Lubrication:** The magnetic braking system is maintenance-free and does not require lubrication.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures. Use the integrated transport wheels to move the bike easily.





Image: Detail of the transport wheels located at the front base of the Salter Recumbent RS 29, designed for easy relocation.

Problem	Possible Cause	Solution
Console not displaying / No power	Power adapter not connected; Loose cable connection; Power outlet issue.	Ensure power adapter is securely plugged into the bike and a working outlet. Check all console cable connections.
Inaccurate pulse reading	Hands not firmly on sensors; Dry hands; Interference; Chest strap not paired (if applicable).	Ensure firm, consistent contact with hand sensors. Moisten hands slightly if dry. Avoid strong electromagnetic fields. Refer to chest strap manual for pairing.
Squeaking or grinding noise	Loose bolts; Unstable surface; Internal component issue.	Check and tighten all assembly bolts. Ensure the bike is on a level surface using the leveling screws. If noise persists, contact customer support.
Resistance not changing	Console malfunction; Internal mechanism issue.	Restart the console by unplugging and re-plugging the power. If the issue continues, contact customer support.

SPECIFICATIONS

Feature	Detail
Model Number	RS-29
Dimensions (L x W x H)	136 x 74 x 128 cm
Product Weight	62 kg
Maximum User Weight	130 kg
Flywheel Equivalent	22 kg
Resistance Mechanism	Magnetic
Programs	12 Pre-defined, 4 User, WRC, HRC, Recovery Test
Display	Backlit LCD
Pulse Measurement	Hand pulse sensors, Wireless (5 kHz)
Material	Reinforced structure, Fabric seat/backrest

WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the warranty card included with your purchase or visit the official Salter website. Keep your proof of purchase for any warranty claims.

If you encounter any issues not covered in the troubleshooting section, or require replacement parts, please contact Salter customer service.

Contact Information: Please refer to your product packaging or the official Salter website for the most up-to-date contact details for your region.

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

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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

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