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› Exerpeutic Gold 575 XLS Folding Exercise Bike User Manual

EXERPEUTIC Gold 575 XLS

Exerpeutic Gold 575 XLS Folding Exercise Bike User Manual

Model: Gold 575 XLS

1. IMPORTANT SAFETY INFORMATION

Before beginning any exercise program, consult with your physician. This is especially important for individuals over the age of 35 or those with pre-existing health conditions. Read all instructions before using the Exerpeutic Gold 575 XLS Folding Exercise Bike.

- Keep children and pets away from the equipment.
- Place the exercise bike on a solid, level surface with at least 0.6 meters (2 feet) of clear space around it.
- Wear appropriate exercise clothing and shoes. Do not wear loose clothing that could get caught in moving parts.
- Ensure all bolts and nuts are securely tightened before each use.
- Do not overexert yourself. Stop exercising immediately if you feel faint, dizzy, or experience pain.
- The maximum user weight capacity for this bike is 181 kg (400 lbs).
- This product is intended for indoor use only.

2. SETUP AND ASSEMBLY

The Exerpeutic Gold 575 XLS Folding Exercise Bike is designed for straightforward assembly. All necessary tools and hardware are included.

2.1 Unpacking and Initial Inspection

- Carefully remove all components from the packaging.
- Verify that all parts listed in the assembly guide are present and undamaged.
- Keep packaging materials until assembly is complete in case of missing parts.

2.2 Assembly Steps

Follow the detailed instructions provided in the separate assembly manual. Typical assembly takes approximately 30 minutes.

2.3 Seat Adjustment

The large, comfortable seat cushion can be easily adjusted to accommodate user heights from 1.55 m (5 ft 1 in) to 1.98 m (6 ft 6 in). Loosen the adjustment knob, slide the seat to the desired height, and securely tighten the knob.



Figure 1: Adjustable seat for user comfort.

2.4 Power Connection

Connect the power adapter to the designated port on the exercise bike. Ensure the connection is secure. It is recommended to position the bike to avoid the power cord interfering with pedal movement.

2.5 Folding and Storage

The bike can be folded to approximately half its size for convenient storage. Locate the folding mechanism (usually a pin or lever) and follow the instructions to safely fold the frame. Transport wheels are included for easy relocation.





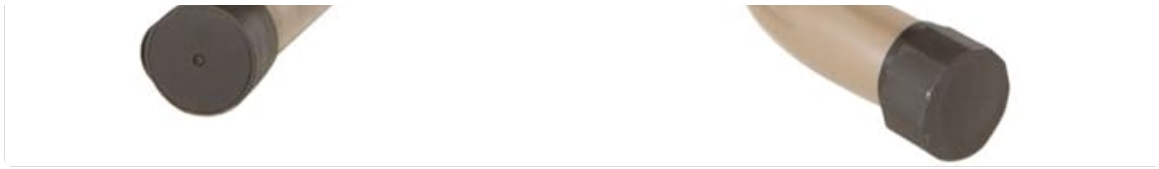


Figure 2: The exercise bike in its folded configuration.



Figure 3: Moving the folded bike with transport wheels.

3. OPERATING INSTRUCTIONS

Familiarize yourself with the control console and its functions before starting your workout.

3.1 Console Overview

The high-visual LCD computer with backlight displays key workout metrics:

- **Time:** Duration of your workout.
- **Speed:** Current cycling speed.
- **Distance:** Total distance covered.
- **Calories:** Estimated calories burned.
- **Pulse:** Heart rate (requires hand sensors).
- **RPM:** Revolutions per minute.
- **Watts:** Power output.



Figure 4: The LCD control console.

3.2 Workout Programs and Resistance

The bike features 21 preset training programs and 3 computer target training settings (distance, time, calorie consumption). The 16-step magnetic tension control system allows you to adjust resistance for easier or more challenging workouts.

- Use the 'MODE' button to cycle through display modes.
- Use the 'START/STOP' button to begin or end a workout.
- Use the 'ENTER' button to confirm selections.

- Adjust resistance levels using the '+' and '-' buttons or the resistance knob, if present.

3.3 Bluetooth Connectivity and Myfitquest4 App

The computer is equipped with Bluetooth Smart technology, compatible with iOS devices. Download the free Myfitquest4 app from the App Store to track your training units and access additional features. The console includes a built-in tablet/smartphone holder.



Figure 5: Tablet/smartphone holder with Myfitquest4 app.

3.4 User Profiles

The console supports 2 user profiles, allowing multiple users to save and track their individual workout data.

4. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your exercise bike.

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Lubrication:** The magnetic resistance system is generally maintenance-free. Refer to the assembly manual for any specific lubrication points, if applicable.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures.

5. TROUBLESHOOTING

If you encounter issues with your Exerpeutic Gold 575 XLS, refer to the following common problems and solutions.

| Problem | Possible Cause | Solution |
|---------------------------------------|---|---|
| Console not displaying data | Loose power connection, dead batteries (if applicable), sensor issue. | Check power adapter connection. If battery-operated, replace batteries. Ensure sensor cables are securely connected. |
| Resistance not changing | Resistance cable disconnected or damaged, console malfunction. | Inspect resistance cable connections. If problem persists, contact customer support. |
| Myfitquest4 app not connecting | Bluetooth not enabled, app outdated, device incompatibility. | Ensure Bluetooth is active on your iOS device. Update the app to the latest version. Verify device compatibility with the app requirements. |
| Rubber caps on support beam slide off | Loose fit, wear and tear. | Secure the caps with a strong adhesive if they repeatedly slide off, or contact support for replacement parts. |
| Unusual noises during operation | Loose components, friction. | Check all bolts and nuts for tightness. Ensure no parts are rubbing against each other. |

6. SPECIFICATIONS

Detailed technical specifications for the Exerpeutic Gold 575 XLS Folding Exercise Bike.

Model Name: Gold 575 XLS

Brand: EXERPEUTIC

Maximum Weight Capacity: 181 kg (400 lbs)

Recommended User Height: 1.55 m to 1.98 m (5 ft 1 in to 6 ft 6 in)

Resistance Mechanism: Magnetic

Resistance Levels: 16-step adjustable

Frame Material: Alloy Steel

Drive System: Belt

Display Type: LCD with backlight

Workout Programs: 21 preset, 3 target settings

Connectivity: Bluetooth Smart (iOS compatible)

Features: Foldable design, transport wheels, tablet/smartphone holder, 2 user profiles

Product Dimensions (Unfolded): Approximately 99.06 cm (L) x 122.94 cm (H) x 67.06 cm (W)

Product Weight: Approximately 23.41 kg (51.6 lbs)

Power Source: Corded Electric Component

7. WARRANTY AND SUPPORT

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

If you require assistance with assembly, operation, or troubleshooting beyond the scope of this manual, please contact EXERPEUTIC customer service.