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› Christopeit Sport AL 1 Exercise Bike User Manual

Christopeit AL-1

Christopeit Sport AL 1 Exercise Bike User Manual

Model: AL-1 | Brand: Christopeit

1. INTRODUCTION

Thank you for choosing the Christopeit Sport AL 1 Exercise Bike. This manual provides essential information for the safe and efficient use of your new fitness equipment. Please read it thoroughly before assembly and operation, and keep it for future reference.

Safety Information

- Ensure all parts are securely fastened before each use.
- Do not exceed the maximum user weight of 150 kg (330 lbs).
- Keep children and pets away from the exercise bike during operation.
- Consult a physician before starting any new exercise program.
- Place the exercise bike on a flat, stable surface.



Figure 1.1: The Christopeit Sport AL 1 Exercise Bike, a compact and sturdy fitness machine designed for home use.

2. SETUP AND ASSEMBLY

The Christopheit Sport AL 1 Exercise Bike comes with all necessary components for assembly. Please follow these steps carefully.

2.1 Unpacking and Parts Check

Carefully remove all components from the packaging. Verify that all parts listed in the assembly instructions (included) are present and undamaged. If any parts are missing or damaged, contact customer support immediately.

2.2 Assembly Steps

1. Attach the front and rear stabilizers to the main frame using the provided bolts and washers.
2. Insert the seat post into the main frame and secure it at the desired height. Attach the saddle to the seat post.
3. Connect the handlebar post to the main frame. Ensure all cables are properly routed and connected to the computer console.
4. Attach the handlebars to the handlebar post.
5. Screw the pedals into the crank arms. Note that the left pedal is reverse-threaded.
6. Install the computer console onto the handlebar post and connect the pulse and sensor cables. Insert 2 AAA batteries (not included) into the computer.



Figure 2.1: The exercise bike features an adjustable seat and handlebars for ergonomic customization, along with integrated transport wheels for easy relocation.

3. OPERATING INSTRUCTIONS

This section details how to operate your Christopeit Sport AL 1 Exercise Bike and utilize its features.

3.1 Adjusting Resistance

The AL 1 features an 8-level magnetic resistance system. To adjust the resistance, turn the resistance knob located on the main frame. Turn clockwise for higher resistance and counter-clockwise for lower resistance. This allows for flexible training suitable for all fitness levels.

OPTIMAL

» COMPUTER » DESIGN » ERGONOMIE » MAßE » LIFESTYLE

RIEMENANTRIEB mit hoher Kraftübertragung

+ ca. 9 kg Schwungmasse
für den perfekten Rundlauf

+ 8-stufige
manuelle
Widerstandseinstellung



Flüsterleise



Figure 3.1: The AL 1 features a silent flat belt drive and an 8-level magnetic braking system, ensuring smooth and quiet operation.

3.2 Using the LCD Computer

The integrated LCD computer tracks your workout data. It displays:

- **Speed:** Your current cycling speed.
- **ODO (Odometer):** Total accumulated distance.
- **Pulse:** Your heart rate, detected via hand pulse sensors on the handlebars.
- **Time:** Duration of your current workout.
- **Distance:** Distance covered in your current workout.
- **Calories:** Estimated calories burned.

You can also set personal limits for time, distance, and pulse frequency. The computer operates on 2 AAA batteries (not included).



Figure 3.2: The LCD computer displays key workout metrics such as speed, distance, time, calories, and pulse, with options to set personal goals.

3.3 Ergonomics and Comfort

- **Adjustable Saddle:** The multi-position adjustable saddle ensures a comfortable riding posture for users of various heights.
- **Non-slip Pedals:** Equipped with safety straps to keep your feet secure during intense workouts.
- **Height-Adjustable Foot Caps:** For stability on uneven surfaces.
- **Transport Wheels:** Integrated wheels allow for easy movement and storage of the bike.

4. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your Christopeit Sport AL 1 Exercise Bike.

4.1 Cleaning

- Wipe down the bike with a damp cloth after each use to remove sweat and dust.
- Do not use abrasive cleaners or solvents, as they may damage the finish or electronic components.

4.2 General Care

- Periodically check all bolts and nuts to ensure they are tight. Retighten if necessary.
- Inspect pedals and straps for wear and tear. Replace if damaged.
- Keep the area around the flywheel and belt drive clear of obstructions.
- Store the bike in a dry, cool place away from direct sunlight and extreme temperatures.

5. TROUBLESHOOTING

This section addresses common issues you might encounter with your exercise bike.

Problem	Possible Cause	Solution
Computer display not working	Dead batteries; loose cable connection.	Replace AAA batteries; check all cable connections to the computer.
No pulse reading	Hands not firmly on sensors; loose sensor cable.	Ensure firm contact with both hand pulse sensors; check sensor cable connection.
Unusual noise during operation	Loose parts; foreign object in flywheel area.	Check and tighten all bolts and nuts; inspect flywheel area for obstructions.
Resistance not changing	Resistance cable disconnected or damaged.	Inspect the resistance cable connection to the knob and the magnetic brake system.

6. SPECIFICATIONS

Detailed technical specifications for the Christopeit Sport AL 1 Exercise Bike.

Model: AL-1

Manufacturer Model Number: 7300176

Color: Black

Resistance System: 8-level Magnetic Brake System

Flywheel Mass: Approx. 9 kg

Drive System: Flat Belt Drive

Max. User Weight: 150 kg (330 lbs)

Dimensions (L x W x H): 96 cm x 59 cm x 134 cm (37.8 in x 23.2 in x 52.8 in)

Product Weight: 28 kg (61.7 lbs)

Material: Plastic, Metal

Computer Display: LCD (Time, Speed, Distance, Calories, ODO, Pulse)

Power Source (Computer): 2 x AAA Batteries (not included)

Certifications: GS, TÜV



Figure 6.1: Key dimensions of the AL 1 Exercise Bike (Length: 96cm, Width: 59cm, Height: 134cm) and recommended user height range (150-195cm) with a maximum weight capacity of 150kg.

7. WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the documentation included with your purchase or visit the official Christopheit Sport website. Christopheit Sport has been providing quality fitness equipment since 1976. Manufacturer: Top-Sports Gilles GmbH

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This manual is for informational purposes only. Product specifications are subject to change without notice.