



[Manuals.plus](#) /

› [SportTronic](#) /

› SportTronic ST-X6 Foldable Hometrainer Instruction Manual

## SportTronic ST-X6

# SportTronic ST-X6 Foldable Hometrainer Instruction Manual

Model: ST-X6

### IMPORTANT SAFETY INSTRUCTIONS

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Please read all instructions carefully before using the SportTronic ST-X6 Hometrainer. Keep this manual for future reference.

- Consult a physician before starting any exercise program.
- Ensure all parts are correctly assembled and tightened before each use.
- Place the hometrainer on a flat, stable surface.
- Keep children and pets away from the equipment during use.
- Do not exceed the maximum user weight of 110 kg (242 lbs).
- Wear appropriate exercise clothing and footwear.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- Keep hands and feet clear of moving parts.
- Only use the equipment for its intended purpose as described in this manual.

### PACKAGE CONTENTS

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Carefully unpack all components and ensure you have received the following items:

- SportTronic ST-X6 Foldable Hometrainer main frame
- Fitness computer (LCD display)
- Handlebars with heart rate sensors
- Adjustable PU comfort seat
- Pedals with straps
- Tablet holder
- Two resistance bands (if included with your model)

- Assembly hardware and tools (e.g., bolts, nuts, wrench)
- User Manual (this document)

If any parts are missing or damaged, please contact SportTronic customer support.

## SETUP AND ASSEMBLY

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### Unpacking

Remove all components from the packaging. Place them on a clean, flat surface. Keep packaging materials until assembly is complete in case of returns or missing parts.

### Assembly Steps

While specific assembly steps are not detailed here, the ST-X6 is designed for quick and easy setup. Generally, assembly involves attaching the stabilizers, pedals, seat, and handlebars to the main frame. Refer to the included hardware diagram for precise connections.

1. Attach the front and rear stabilizer bars to the main frame using the provided bolts and nuts.
2. Secure the pedals to the crank arms. Note that the left pedal (L) and right pedal (R) have different threads.
3. Mount the seat post and seat onto the main frame, ensuring it is securely fastened.
4. Attach the handlebars and the fitness computer to the handlebar post. Connect any necessary sensor cables.
5. Double-check all bolts and nuts to ensure they are tightened securely before first use.



Figure 1: Fully assembled SportTronic ST-X6 Hometrainer.

## OPERATING INSTRUCTIONS

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### Powering On and Off

The ST-X6 fitness computer is battery-powered. It will automatically turn on when you start pedaling or press any button. The display will automatically turn off after a few minutes of inactivity to conserve battery life.

### Using the Fitness Computer

The LCD display provides real-time workout data. Use the 'MODE' button to cycle through different functions. The 'SCAN' function will automatically display each metric for a few seconds.

- **TIME:** Displays the duration of your workout.
- **SPEED:** Shows your current cycling speed.
- **DISTANCE:** Tracks the total distance covered during your session.
- **CALORIES:** Estimates the calories burned during your workout.
- **PULSE (Heart Rate):** Displays your heart rate when holding the hand pulse sensors on the handlebars.
- **SCAN:** Automatically rotates through all functions.



Figure 2: Fitness computer display with function buttons.

The integrated tablet holder allows you to place your device for entertainment or guided workouts during your session.



Figure 3: Display console with tablet holder in use.

### Adjusting Resistance

The ST-X6 features 8 levels of magnetic resistance. To adjust the resistance, turn the resistance knob located below the handlebars. Turn clockwise for higher resistance (more challenging) and counter-clockwise for lower resistance (easier).

### Adjusting Seat Height

To ensure a comfortable and effective workout, adjust the seat height to your preference. Loosen the adjustment knob on the seat post, slide the seat to the desired height, and then securely tighten the knob. Your knees should have a slight bend at the bottom of the pedal stroke.

### Folding and Storage

The ST-X6 is designed to be foldable for compact storage. To fold the hometrainer:

1. Ensure the area around the hometrainer is clear.
2. Locate the folding mechanism (usually a pin or knob) on the main frame.
3. Release the mechanism and carefully fold the frame inwards until it locks into its compact position.
4. Once folded, use the integrated transport wheels for easy movement and storage.





Figure 4: ST-X6 Hometrainer in folded position for storage.

## MAINTENANCE

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Regular maintenance ensures the longevity and safe operation of your SportTronic ST-X6 Hometrainer.

- **Cleaning:** Wipe down the hometrainer with a damp cloth after each use to remove sweat and dust. Do not use abrasive cleaners or solvents.
- **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. Do not lubricate internal components unless specifically instructed by SportTronic support.
- **Storage:** Store the hometrainer in a dry, cool place away from direct sunlight and extreme temperatures.
- **Battery Replacement:** If the fitness computer display becomes dim or unresponsive, replace the batteries (typically AA or AAA, refer to the battery compartment for type).

## TROUBLESHOOTING

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If you encounter issues with your ST-X6 Hometrainer, refer to the table below for common problems and solutions.

Problem	Possible Cause	Solution
Display not working	Dead batteries; Loose connection	Replace batteries; Check all cable connections to the computer.
No heart rate reading	Hands not firmly on sensors; Loose sensor connection	Ensure both hands are firmly gripping the pulse sensors; Check sensor cable connections.
Unstable or wobbly during use	Uneven surface; Loose stabilizer bolts	Place on a flat, level surface; Tighten all stabilizer bolts.
Unusual noise during pedaling	Loose parts; Friction	Inspect all assembled parts for tightness; Ensure no foreign objects are near moving parts.
Resistance not changing	Resistance knob mechanism issue	Ensure the resistance cable is properly connected and not kinked. If problem persists, contact support.

If you experience a problem not listed here or if the suggested solutions do not resolve the issue, please contact SportTronic customer support for assistance.

## SPECIFICATIONS

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<b>Model Name</b>	ST-X6
<b>Brand</b>	SportTronic
<b>Manufacturer</b>	SportTronic
<b>Product Dimensions (Assembled)</b>	115 x 53 x 107 cm (L x W x H)
<b>Product Dimensions (Folded)</b>	55 x 53 x 136 cm (L x W x H)
<b>Item Weight</b>	18 kg (approximately 39.68 lbs)

<b>Maximum User Weight</b>	110 kg
<b>Resistance Mechanism</b>	Magnetic
<b>Resistance Levels</b>	8 adjustable levels
<b>Drive System</b>	Belt
<b>Power Source (Computer)</b>	Battery-Powered
<b>Seat Material</b>	Polyurethane (PU)
<b>Color</b>	Black/Blue
<b>Special Features</b>	Adjustable resistance level, Foldable design, Heart rate sensors, Tablet holder, Transport wheels
<b>Recommended Use</b>	Indoor home fitness
<b>First Available Date</b>	January 15, 2020

## WARRANTY AND SUPPORT

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For information regarding the product warranty, please refer to the warranty card included with your purchase or visit the official SportTronic website. Keep your proof of purchase for warranty claims.

If you require technical assistance, have questions about assembly, operation, or maintenance, or need to order replacement parts, please contact SportTronic customer support. Contact details can typically be found on the SportTronic website or on the product packaging.

When contacting support, please have your product model (ST-X6) and purchase date available.