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EXERPEUTIC 4104

EXERPEUTIC 675 XLS Bluetooth Smart Technology Folding Upright Exercise Bike User Manual

Model: 4104

INTRODUCTION

Thank you for choosing the EXERPEUTIC 675 XLS Bluetooth Smart Technology Folding Upright Exercise Bike. This manual provides essential information for the safe assembly, operation, and maintenance of your exercise bike. Please read all instructions carefully before use and retain this manual for future reference.

IMPORTANT SAFETY INFORMATION

- Consult your physician before starting any exercise program.
- Read all instructions in this manual before using the equipment.
- Keep children and pets away from the equipment during use.
- Place the exercise bike on a solid, level surface with adequate clearance around it.
- Inspect the equipment for worn or loose parts before each use. Do not use if damaged.
- Wear appropriate exercise clothing and footwear.
- Do not exceed the maximum user weight capacity of 400 lbs (181 kg).
- Adjust the seat and handlebars to a comfortable and safe position before exercising.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

PACKAGE CONTENTS

Verify that all components are present before beginning assembly. If any parts are missing or damaged, contact customer support.

- Main Bike Frame
- Stabilizer Bars (Front and Rear)
- Pedals (Left and Right)

- Seat and Seat Post
- Handlebar and Handlebar Post
- LCD Display Console
- Hardware Kit (bolts, washers, nuts, tools)
- User Manual

SETUP AND ASSEMBLY

Follow these steps to assemble your EXERPEUTIC 675 XLS exercise bike. It is recommended to have two people for assembly.

Step 1: Attach Stabilizer Bars

Attach the front and rear stabilizer bars to the main frame using the provided bolts and washers. Ensure they are securely tightened.



Image: The EXERPEUTIC 675 XLS exercise bike shown from the side, illustrating the main frame with the front and rear stabilizer bars securely attached to the base.

Step 2: Install Pedals

Identify the left (L) and right (R) pedals. The left pedal tightens counter-clockwise, and the right pedal tightens clockwise. Thread them carefully into the crank arms and tighten with a wrench.



Image: A side view of the EXERPEUTIC 675 XLS exercise bike, highlighting the installed pedals on the crank arms, ready for use.

Step 3: Attach Seat and Handlebar Posts

Insert the seat post into the main frame and secure it at your desired height using the adjustment knob. Similarly, insert the handlebar post and attach the handlebar, securing all components firmly.

Step 4: Connect Console

Connect the sensor wires from the main frame to the LCD display console. Mount the console onto the handlebar post. Ensure all connections are secure.

OPERATING INSTRUCTIONS

Adjusting the Seat

To adjust the seat height, loosen the adjustment knob on the seat post, slide the seat to the desired height, and re-tighten the knob securely. Ensure your knee has a slight bend at the bottom of the pedal stroke.

Using the LCD Display Console

The LCD console displays time, speed, distance, calories, and pulse. Use the MODE button to cycle through display functions. The SCAN function automatically rotates through all metrics.

Adjusting Resistance

The bike features a 16-level magnetic tension control system. Turn the resistance knob located below the handlebars clockwise to increase resistance and counter-clockwise to decrease it.

Bluetooth Connectivity and MyCloudFitness App

Your EXERPEUTIC 675 XLS bike is equipped with Bluetooth Smart Technology. Download the MyCloudFitness App from your device's app store. Enable Bluetooth on your device and open the app to connect to your bike. The app allows access to personalized workout programs, scenic routes, and tracks your workout data.

Folding the Bike for Storage

To fold the bike, loosen the folding knob located on the main frame. Carefully fold the bike until it locks into the upright storage position. Ensure it is stable before moving. The integrated transport wheels allow for easy relocation.





Image: The EXERPEUTIC 675 XLS exercise bike shown in its compact, folded position, demonstrating its space-saving design for storage.



Image: A user demonstrating the folding process of the EXERPEUTIC 675 XLS exercise bike, preparing it for compact storage or transport.

MAINTENANCE

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Regularly check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Lubrication:** No regular lubrication is required for the magnetic resistance system.
- **Storage:** Store the bike in a cool, dry place away from direct sunlight and extreme temperatures.

TROUBLESHOOTING

Problem	Possible Cause	Solution
No display on console	Batteries are dead or incorrectly installed. Loose connection.	Replace batteries (if applicable) or ensure they are installed correctly. Check all wire connections to the console.
Inaccurate readings (speed, distance)	Sensor wire loose or damaged.	Check the sensor wire connection from the main frame to the console. Ensure it is fully plugged in.
Resistance not changing	Resistance cable disconnected or damaged.	Inspect the resistance cable connection to the resistance knob and the magnetic mechanism. Contact customer support if damaged.
Bike is unstable or wobbles	Stabilizer bars not tightened. Uneven surface.	Ensure all bolts on the stabilizer bars are securely tightened. Place the bike on a level surface. Adjust leveling caps if present.

SPECIFICATIONS

Model: EXERPEUTIC 675 XLS

Item Model Number: 4104

Maximum Weight Capacity: 400 Pounds (181 kg)

User Height Capacity: 5'1" to 6'5" (155 cm to 196 cm)

Resistance System: 16 Level Magnetic Tension Control

Display Type: LCD

Connectivity: Bluetooth Smart Technology (MyCloudFitness App compatible)

Frame Material: Steel

Features: Adjustable Seat, Foldable, Heavy Duty

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

Product Weight: 28.58 kg

Power Source: Corded Electric (for console, if applicable, or batteries)

WARRANTY AND SUPPORT

For warranty information, please refer to the specific warranty card included with your product or contact the manufacturer directly. The manufacturer is Paradigm Health and Wellness.

If you require technical assistance or have questions regarding your EXERPEUTIC 675 XLS exercise bike, please contact EXERPEUTIC customer support. Contact details are typically found in the included manual or on the manufacturer's official website.

