

inSPORTline Profylite

inSPORTline Profylite Air Resistance Exercise Bike User Manual

Model: Profylite (102915-TR)

1. INTRODUCTION AND SAFETY INFORMATION

Thank you for choosing the inSPORTline Profylite Air Resistance Exercise Bike. This manual provides essential information for the safe assembly, operation, and maintenance of your fitness equipment. Please read it thoroughly before use and keep it for future reference.

Important Safety Instructions

- Consult your physician before starting any exercise program, especially if you have pre-existing health conditions.
- Always perform a warm-up before and a cool-down after each workout session.
- Ensure all bolts and nuts are securely tightened before each use. Regularly check for loose parts.
- Place the exercise bike on a flat, stable surface. Use a protective mat underneath to prevent damage to flooring.
- Keep children and pets away from the equipment during operation.
- Do not exceed the maximum user weight capacity (refer to specifications).
- Wear appropriate exercise clothing and footwear. Avoid loose clothing that could get caught in moving parts.
- If you experience pain, dizziness, or shortness of breath, stop exercising immediately and consult your physician.
- Do not attempt to modify the equipment. Use only original replacement parts if necessary.

2. PRODUCT OVERVIEW

The inSPORTline Profylite is an air resistance exercise bike designed for full-body cardio workouts. It features a robust frame, adjustable seat, moving handlebars for upper body engagement, and a fan-based resistance system that adapts to your intensity.



Figure 2.1: Full view of the inSPORTline Profylite Air Resistance Exercise Bike, showcasing its robust design and integrated fan for resistance.



Figure 2.2: Close-up of the central console and moving handlebars, designed for simultaneous upper and lower body training.



Figure 2.3: A user demonstrating the full-body workout on the Profylite bike, engaging both legs and arms.



Figure 2.4: Detail of the large air resistance fan and the integrated transport wheels at the front base for easy relocation.



Figure 2.5: The digital console display, showing workout metrics such as time, distance, calories, watts, speed, and RPM.



Figure 2.6: Conveniently located water bottle holder for hydration during workouts.



Figure 2.7: Close-up of the textured footrests and pedals, designed for secure foot placement during exercise.



Figure 2.8: The quick-release knob for horizontal and vertical seat adjustments, ensuring a comfortable fit for various users.

3. SETUP AND ASSEMBLY

Carefully unpack all components and ensure all parts are present before beginning assembly. Refer to the included hardware pack and assembly diagram for specific part identification.

Assembly Steps

1. **Base Stabilizers:** Attach the front and rear stabilizer bars to the main frame using the provided bolts and washers. Ensure they are securely tightened.
2. **Pedals:** 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 with a wrench.

3. **Seat Post and Seat:** Insert the seat post into the main frame and secure it at your desired height using the adjustment knob. Attach the seat to the seat post.
4. **Handlebars:** Connect the moving handlebars to the main frame according to the assembly diagram. Ensure all pivot points are correctly aligned and secured.
5. **Console:** Attach the console to its mounting bracket on the handlebar post. Connect any necessary sensor cables from the main frame to the console. Install batteries into the console (typically AA or AAA, not always included).
6. **Final Check:** Review all connections and ensure all bolts and nuts are tight. Test the stability of the bike before first use.

4. OPERATING INSTRUCTIONS

Adjusting the Bike

- **Seat Height:** Loosen the seat adjustment knob, raise or lower the seat post until your leg has a slight bend at the knee when the pedal is at its lowest point. Tighten the knob securely.
- **Seat Position (Horizontal):** If available, loosen the horizontal adjustment knob under the seat and slide the seat forward or backward for optimal comfort and pedaling efficiency. Tighten the knob.

Console Functions

The console is battery-powered and will typically activate when you start pedaling or press any button. It displays various workout metrics:

- **TIME:** Duration of your workout.
- **DISTANCE:** Total distance covered during the workout.
- **CALORIES:** Estimated calories burned.
- **WATTS:** Power output during your exercise.
- **SPEED:** Current speed.
- **RPM:** Revolutions Per Minute (pedal cadence).
- **SCAN:** Automatically cycles through all display functions.

The console may also feature pre-set interval programs (e.g., 10/20 Interval, 20/10 Interval) and target settings (Target Time, Target Distance, Target Calories, Target Heart Rate). Refer to the console's specific button layout (Figure 2.5) and on-screen prompts for program selection and setting targets.

Starting a Workout

1. Sit on the seat and place your feet securely on the pedals.
2. Grasp the moving handlebars.
3. Begin pedaling and moving your arms. The console will automatically turn on and start tracking your workout.
4. Increase your intensity by pedaling and pushing/pulling the handlebars faster. The air resistance will naturally increase with your effort.

5. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your inSPORTline Profylite exercise bike.

Cleaning

- Wipe down the bike after each use with a damp cloth to remove sweat and dust.
- Do not use abrasive cleaners or solvents, as these can damage the finish and electronic components.
- Keep the console free from moisture.

Inspections

- **Weekly:** Check all visible bolts, nuts, and connections for tightness. Retighten as necessary.
- **Monthly:** Inspect the pedals, crank arms, and moving handlebar connections for any signs of wear or damage.
- **Fan Unit:** Periodically check the air intake and fan blades for dust or debris accumulation. Clean gently if needed to ensure optimal airflow and resistance.

Battery Replacement

When the console display becomes dim or unresponsive, it's time to replace the batteries. Open the battery compartment on the back of the console, remove the old batteries, and insert new ones (typically AA or AAA, as specified in the console compartment), ensuring correct polarity. Dispose of old batteries responsibly.

6. TROUBLESHOOTING

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

Problem	Possible Cause	Solution
Console display is blank or dim.	Dead or low batteries; loose battery connection.	Replace batteries with new ones. Ensure batteries are inserted with correct polarity. Check console cable connection.
No data displayed on console when exercising.	Sensor cable disconnected or damaged.	Check that all sensor cables from the bike frame are securely connected to the console.
Bike is unstable or wobbles during use.	Loose bolts; uneven floor.	Ensure all assembly bolts are tightened. Adjust the leveling feet on the stabilizer bars if your floor is uneven.
Unusual noise (squeaking, grinding).	Loose parts; lack of lubrication (rare for air bikes); foreign object in fan.	Check and tighten all bolts. Inspect the fan unit for any obstructions. If noise persists, contact customer support.
Resistance feels too low or too high.	Air resistance is self-regulating based on effort.	The air resistance system provides more resistance the harder and faster you pedal/push. To increase resistance, increase your effort. Ensure the fan is clear of obstructions.

If you encounter a problem not listed here or if the suggested solutions do not resolve the issue, please contact inSPORTline customer support.

7. SPECIFICATIONS

Feature	Detail
Brand	inSPORTline
Model Name	Profylite
Model Number	102915-TR
Resistance Mechanism	Air
Power Source (Console)	Battery Powered
Workout Type	Full-body cardio
Adjustments	Vertical and horizontal seat adjustment
Console Display	Time, Distance, Calories, Watts, Speed, RPM
Transport	Integrated transport wheels

8. WARRANTY AND CUSTOMER SUPPORT

For warranty information, specific terms and conditions, or to obtain technical assistance, please refer to the warranty card included with your product or visit the official inSPORTline website. You may also contact the retailer from whom you purchased the product.

When contacting support, please have your model name (Profylite) and model number (102915-TR) readily available.

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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

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for

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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