

EXERPEUTIC 4121

Exerpeutic Easy Step Thru Magnetic Recumbent Exercise Bike 4121 User Manual

Model: 4121

1. INTRODUCTION AND SAFETY INFORMATION

Thank you for choosing the Exerpeutic Easy Step Thru Magnetic Recumbent Exercise Bike. This manual provides essential information for the safe assembly, operation, and maintenance of your exercise equipment. Please read all instructions carefully before use.

Important Safety Precautions:

- Consult your physician before starting any exercise program.
- 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 attire and footwear.
- Do not overexert yourself. Stop exercising immediately if you feel faint, dizzy, or experience pain.
- The maximum user weight capacity for this bike is 310 lbs (140 kg).

2. PRODUCT OVERVIEW

The Exerpeutic Easy Step Thru Magnetic Recumbent Exercise Bike is designed for a comfortable and effective workout. Key features include:

- **Rigid Welded Main Frame:** Provides enhanced stability during workouts.
- **Extended Weight Capacity:** Supports users up to 310 lbs (140 kg) and heights from 4'11" to 6'6".
- **Easy "Step Thru" Design:** Allows for very easy on and off access, promoting a more effective and comfortable workout experience.

- **Advanced Computer Console:** Features 24 pre-set workout programs and 3 goal-setting programs (distance, time, calories burned).
- **16-Level Magnetic Tension Control:** Offers a wide range of resistance for varied workout intensities.
- **Easy and Quick Slide Rail Seat Adjustment:** Large, oversized seat cushion and backrest with single-hand adjustment for users of any size.
- **Smart Technology:** Integrates with the free MyCloudFitness workout app for tracking and additional programs.

24 PROGRAMS + FREE BLUETOOTH APP TRACKING

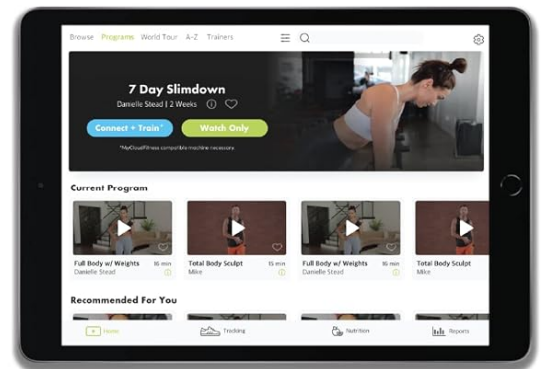


Figure 2.1: Overview of the Exerpeutic Recumbent Exercise Bike with its digital console and MyCloudFitness app integration.

EASY STEP THRU GAP



Figure 2.2: The Easy Step Thru design allows for convenient access to the bike.

3. SETUP AND ASSEMBLY

Your Exerpeutic Recumbent Exercise Bike comes with all necessary tools and a detailed assembly manual. While assembly is designed to be straightforward, having a second person to assist is recommended for ease and safety.

Assembly Tips:

- Unpack all components and verify against the parts list in your included manual.
- Most hardware is pre-mounted. Simply remove the bolts or screws, position the component, and re-install the hardware in the same location.
- Ensure all connections are secure before proceeding to the next step.
- Place the bike in its intended location before final tightening, as it can be heavy to move once fully assembled.

DIMENSIONS



Figure 3.1: Product dimensions for planning placement. The bike measures approximately 58 inches (147.32 cm) in length, 24 inches (59.69 cm) in width, and 39 inches (97.79 cm) in height.

Power Connection:

Connect the provided AC adapter to the power port on the exercise bike and then to a standard electrical outlet. The power connector is located at the front of the bike. Ensure the cable is routed safely to avoid tripping hazards.

4. OPERATING INSTRUCTIONS

Console Functions:

The digital console displays key workout metrics and allows you to select programs and adjust resistance.



Figure 4.1: The console displays workout data such as Time, MPH/Distance, Calories, and Pulse. Buttons for MODE, START/STOP, and ENTER are located below the screen.

- **MODE:** Press to cycle through display modes or confirm selections.
- **START/STOP:** Initiates or pauses your workout. Press and hold to reset.
- **ENTER:** Confirms program or setting selections.
- **Up/Down Arrows:** Adjust resistance levels (1-16) or navigate through program options.

Starting a Workout:

1. Power on the bike.
2. Adjust the seat to a comfortable position (refer to 'Seat Adjustment' below).
3. Select a workout program or begin manual mode.
4. Press **START** to begin pedaling.
5. Adjust resistance using the Up/Down arrows as needed during your workout.

Workout Programs:

The bike offers 24 pre-set workout programs and 3 goal-setting programs (distance, time, calories burned). Refer to your detailed manual for specific program descriptions and how to select them.

MyCloudFitness App Integration:

This exercise bike is compatible with the free MyCloudFitness app. Download the app to your smartphone or tablet to track your workouts, access additional trainer-led classes, and stream content.



Figure 4.2: The console features a holder for your smartphone or tablet.



Figure 4.3: The MyCloudFitness app provides access to hundreds of trainer-led classes.

Seat Adjustment:

The seat can be easily adjusted forward or backward to accommodate users of various heights. Locate the adjustment lever beneath the seat.

1. While seated, pull the lever to release the seat lock.
2. Slide the seat along the rail to your desired position. Ensure your knees have a slight bend at the bottom of the pedal stroke.
3. Release the lever to lock the seat in place. Verify the seat is securely locked before beginning your workout.



Figure 4.4: The quick-release lever allows for easy seat position adjustment.

Pedal Straps:

Adjust the pedal straps to secure your feet firmly to the pedals. This prevents your feet from slipping during exercise and ensures efficient power transfer.



Figure 4.5: Secure your feet with the adjustable pedal straps.

Portability:

The bike is designed with transport wheels for easy relocation. To move the bike, lift the rear stabilizer until the front transport wheels engage the floor, then push or pull to the desired location.



Figure 4.6: The integrated transport wheels allow for easy movement of the bike.

5. MAINTENANCE

Regular maintenance ensures the longevity and safe operation 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:** No regular lubrication is required for the magnetic resistance system.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures.

6. TROUBLESHOOTING

If you encounter issues with your exercise bike, refer to the following common solutions:

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
Console not displaying	Power adapter not connected; loose cable.	Ensure AC adapter is securely plugged into the bike and a working outlet.
No resistance change	Internal cable disconnected; console malfunction.	Check internal cable connections (refer to assembly manual). If issue persists, contact customer support.
Unstable or noisy operation	Loose bolts; uneven surface.	Tighten all assembly bolts. Ensure the bike is on a level surface. Adjust stabilizer end caps if present.
Heart rate monitor inaccurate	Hands not properly placed; dry hands.	Ensure both hands are firmly gripping the pulse sensors. Lightly moisten hands if they are too dry.

7. SPECIFICATIONS

Feature	Detail
Model Number	4121
Product Dimensions (L x W x H)	147.32 x 59.69 x 97.79 cm (58 x 24 x 39 inches)
Item Weight	32.48 kg (71.6 lbs)
Maximum Weight Capacity	310 lbs (140 kg)
Material	Alloy Steel
Colour	Black/Blue
Drive System	Belt
Resistance Mechanism	Magnetic
Resistance Levels	16
Power Source	Corded Electric
Meter Displays	Calories Burned, Distance, Time, Speed, Pulse
Special Feature	Foldable (for transport, not compact storage)
Included Components	Recumbent Bike, tools, manual

8. CUSTOMER SUPPORT

For any questions, assistance with assembly, troubleshooting, or warranty inquiries, please contact Exerpeutic customer support. Refer to the contact information provided in your product packaging or visit the official Exerpeutic website.
Manufacturer: Paradigm Health and Wellness

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 conversion attribution. [Privacy details](#).

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