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> Sportstech ES600 Recumbent Exercise Bike User Manual

## Sportstech ES600

# Sportstech ES600 Recumbent Exercise Bike User Manual

## 1. IMPORTANT SAFETY INSTRUCTIONS

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Please read all instructions carefully before using the Sportstech ES600 Recumbent Exercise Bike. Retain this manual for future reference. Failure to follow these instructions may result in injury or damage to the product.

- Consult your physician before starting any exercise program, especially if you have pre-existing health conditions.
- Ensure the exercise bike is placed on a flat, stable surface. Use a protective mat to prevent damage to flooring.
- Keep children and pets away from the equipment during use.
- Inspect the bike for loose parts or damage before each use. Do not use if any components are compromised.
- Wear appropriate athletic clothing and footwear. Avoid loose clothing that could get caught in moving parts.
- The maximum user weight for this device is 150 kg.
- Adjust the seat and handlebars to a comfortable and safe position before beginning your workout.
- Stop exercising immediately if you feel dizzy, faint, or experience any pain.

## 2. PRODUCT OVERVIEW

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The Sportstech ES600 is a recumbent exercise bike designed for effective and comfortable cardiovascular training. It features a self-generating system, eliminating the need for external power sources, and a silent magnetic brake for smooth operation.

### Key Features:

- **Smooth & Effective Cardio:** Improves cardiovascular health and strengthens leg and gluteal muscles with gentle workouts suitable for all ages and fitness levels.
- **Self-Generating & Fluid System:** Operates without cables due to its self-generating magnetic resistance system. The 14 kg flywheel ensures smooth and silent pedaling.
- **Total Comfort and Adjustment:** Ergonomic adjustable seat, multi-position handlebar, and LCD screen for tracking functions. Designed for comfortable long sessions.
- **Ideal for Home and Rehabilitation:** Perfect for home training, physiotherapy centers, or clinics. Used by professionals in recovery and health programs.
- **Smart Connectivity:** Compatible with fitness apps and pulse belts for interactive training. Designed for those who want to take care of their health without leaving home.

The belt system ensures optimal power transmission from the pedals to the flywheel. With a 3-piece bottom bracket and sealed bearings, the transmission offers a long service life. The autonomous system automatically powers the console during exercise. This

allows for effective and balanced exercise that is gentle on your joints, helping to burn fat and improve endurance and coordination.



**NO EXCUSES!**

Vive emocionantes entrenamientos. **Sin costo de suscripción**, solo con la compra de un producto Sportstech.

SPORTSTECH LIVE

Download on the App Store

GET IT ON Google Play

Figure 2.1: General view of the Sportstech ES600 Recumbent Exercise Bike.

### 3. SETUP AND ASSEMBLY

The Sportstech ES600 comes with all necessary tools and a detailed manual (DE + EN) for assembly. Follow the step-by-step instructions provided in the included manual for proper setup.

#### Assembly Tips:

- Unpack all components and verify against the parts list in the separate assembly manual.
- Ensure you have enough space for assembly and operation.
- Tighten all bolts and screws securely, but do not overtighten until instructed.
- Place the bike on a level surface. The transport rollers allow for easier movement once assembled.

### 4. OPERATING INSTRUCTIONS

#### 4.1 Console Functions

The ES600 features a 5.5-inch LCD information display that provides real-time workout data. The console is powered by the bike's self-generating system, so no external power is needed.

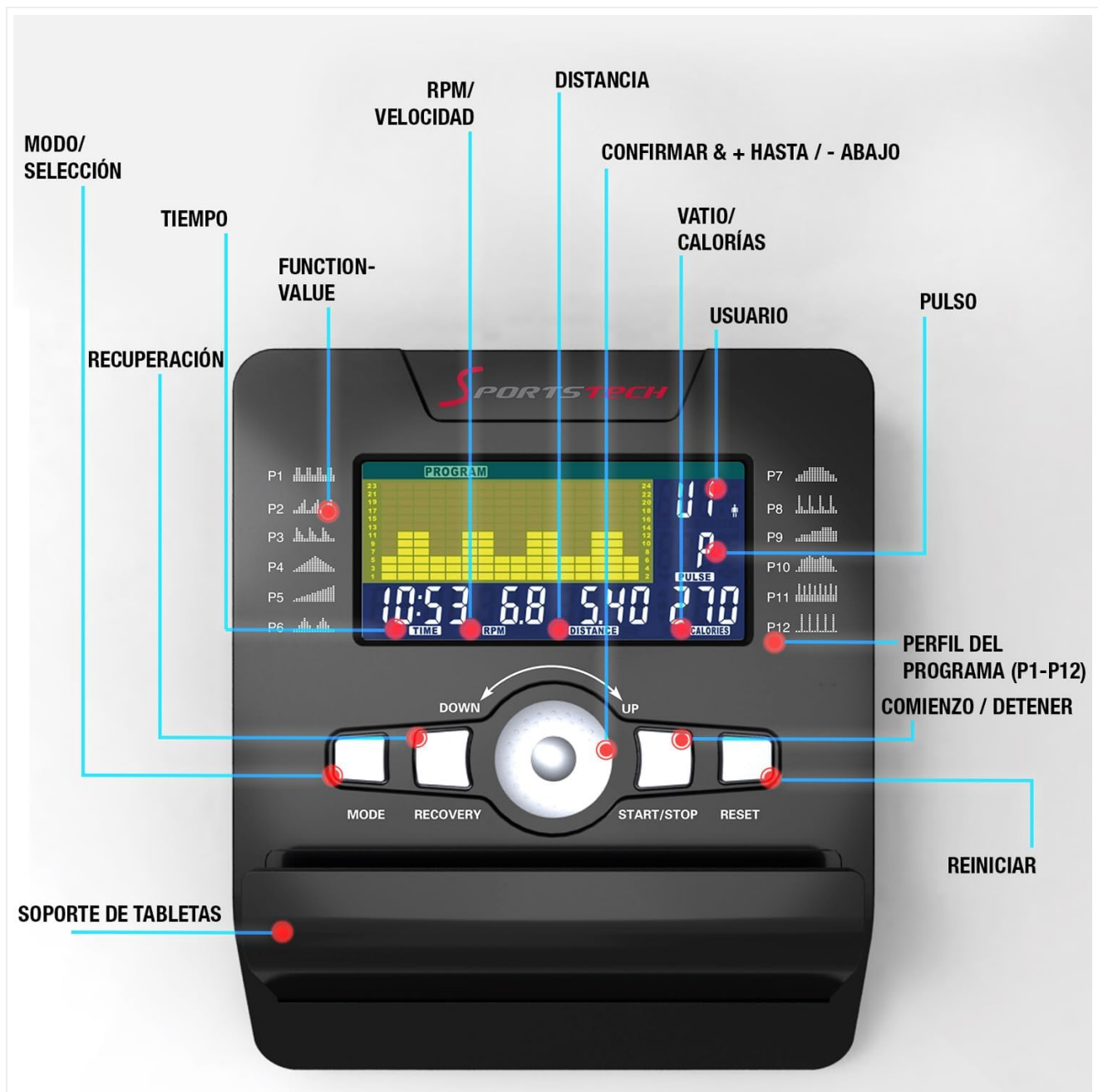


Figure 4.1: Console display and control buttons.

- **MODE/SELECTION:** Press to cycle through display modes (Time, RPM/Speed, Distance, Watts/Calories, User, Pulse, Recovery).
- **START/STOP:** Initiates or pauses your workout.
- **RESET:** Clears current workout data.
- **UP/DOWN Arrows:** Adjust resistance levels (16 levels available) or navigate menu options.
- **P1-P12:** Pre-installed exercise programs.
- **Recovery:** Measures your heart rate recovery after exercise.
- **Tablet Holder:** Securely holds your tablet or smartphone for entertainment or app integration.

## 4.2 Resistance Adjustment

The ES600 features computer-controlled magnetic resistance with 16 adjustable levels. Use the UP/DOWN arrows on the console to increase or decrease the resistance during your workout. This allows for precise control over your training intensity.

## 4.3 Pulse Measurement

The integrated pulse sensors on the handlebars allow you to monitor your heart rate during exercise. Grip the sensors firmly with both hands to get an accurate reading. The console also supports external pulse belts for more precise monitoring.

#### 4.4 Seat and Handlebar Adjustment

Adjust the ergonomic seat and multi-position handlebars to ensure a comfortable and effective workout posture. The seat can be adjusted forward and backward to accommodate different user heights.

# VENTAJAS SOBRE LA COMPETENCIA

INERTIA	ENTRENAMIENTO CONTROLADO POR PULSO	CONEXIÓN INALÁMBRICA	RUEDAS TRANSPORTE	COMPUTADORA CONTROL RESISTENCIA + FRENO	SMARTPHONE CONEXIÓN	3-PIEZA DE MENIVELA
<b>14KG</b> 	<b>HRC</b>				<b>APP</b> 	



INERTIA 12 KG



ES600



USB CARGADOR CONECTOR



RODAMIENTO CERRADO



PEDAL ANTIDESLIZANTE



CINTA BAJO RUIDO

ESTE PRODUCTO ES COMPATIBLE CON APPS: ¡PRUEBA YA  Kinomap DURANTE 7 DÍAS SIN COSTE ALGUNO O ESCOGE LA APP E-HEALTH GRATIS!

\* LOS ACCESORIOS ADICIONALES MOSTRADOS NO ESTÁN INCLUIDOS EN EL VOLUMEN DE SUMINISTRO.



**SPORTSTECH LIVE**  
APP CONSOLA

Figure 4.2: Adjusting the seat for optimal comfort.

#### 4.5 Smart Connectivity

The ES600 is compatible with various fitness apps, including Kinomap, for interactive training experiences. Place your tablet or smartphone on the integrated holder and connect via Bluetooth (if applicable) to access virtual routes, coaching, and multiplayer modes. A Smart-TV may be required for streaming functions with Kinomap.



Figure 4.3: Using the tablet holder for interactive workouts.

## 5. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your Sportstech ES600 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. Tighten any loose components.
- **Lubrication:** The sealed bearings and belt system are designed for low maintenance. Refer to the detailed manual for any specific lubrication requirements.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures.

## 6. TROUBLESHOOTING

If you encounter any issues with your Sportstech ES600, refer to the following common troubleshooting steps:

- **Console Not Displaying:** Ensure you are pedaling to generate power for the console. Check all cable connections to the console.
- **Resistance Not Changing:** Verify that the resistance adjustment mechanism is properly connected and not obstructed. If computer-controlled, check console settings.
- **Unusual Noises:** Inspect for any loose parts or friction points. Ensure the bike is on a level surface. If noises persist, contact customer support.
- **Pulse Reading Inaccurate:** Ensure your hands are firmly gripping the pulse sensors. Skin moisture can affect readings.
- **App Connectivity Issues:** Ensure Bluetooth is enabled on your device and the bike. Check the app's settings and compatibility requirements.

For more complex issues or if troubleshooting steps do not resolve the problem, please contact Sportstech customer support.

## 7. SPECIFICATIONS

Feature	Specification
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Feature	Specification
Model Number	SP_ES600
Dimensions (L x W x H)	163 cm x 63.5 cm x 112 cm
Product Weight	49 kg
Maximum User Weight	150 kg
Resistance Mechanism	Magnetic (Computer-controlled)
Resistance Levels	16
Flywheel Weight	14 kg
Power Source	Self-generating (Battery-free operation)
Display	5.5-inch LCD
Connectivity	Fitness apps compatible (e.g., Kinomap), Pulse belt support
Handlebar Material	Aluminum
Recommended Use	Indoor

## 8. WARRANTY AND SUPPORT

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The Sportstech ES600 Recumbent Exercise Bike comes with a warranty for spare parts. The duration of availability of spare parts in the EU is 2 years.

For warranty claims, technical support, or any questions regarding your product, please contact Sportstech customer service through their official website or the retailer where you purchased the product. Please have your model number (SP\_ES600) and proof of purchase ready when contacting support.