

Sportstech X150

Sportstech F-Bike X150 Exercise Bike User Manual

Model: X150 | Brand: Sportstech

1. SAFETY INFORMATION

Please read all instructions carefully before using the Sportstech F-Bike X150. Retain this manual for future reference.

- Consult a physician before starting any exercise program, especially if you have pre-existing health conditions.
- Ensure all parts are correctly assembled and securely tightened before each use.
- Keep children and pets away from the exercise bike during operation.
- Place the bike on a flat, stable surface with adequate clearance around it.
- Wear appropriate exercise clothing and athletic footwear.
- The maximum user weight for this device is 120 kg. Do not exceed this limit.
- Stop exercising immediately if you feel dizzy, faint, or experience any pain.

2. PRODUCT OVERVIEW AND FEATURES

The Sportstech F-Bike X150 is a versatile 4-in-1 home trainer designed for effective and comfortable indoor workouts. It combines multiple functionalities to provide a comprehensive fitness experience.



Sportstech F-Bike X150 exercise bike in upright position with user engaging resistance bands, highlighting its multi-functional design.

Key Features:

- **4-in-1 Home Trainer:** Easily switch between upright and recumbent exercise positions.
- **Adjustable Resistance:** Features a magnetic braking system with 16 continuously adjustable resistance levels for varied workout intensity.
- **Quiet Operation:** The magnetic resistance ensures a smooth and silent workout experience.
- **Comfortable Seating:** Equipped with a height-adjustable seat and a comfortable memory foam saddle with a backrest.
- **Integrated Pulse Monitor:** Handlebars include sensors for real-time heart rate monitoring.
- **Resistance Bands:** Built-in power ropes allow for simultaneous upper body workouts.
- **Tablet Holder:** A practical holder for your tablet or smartphone, enabling entertainment or app-based training.
- **Compact & Portable:** Foldable design for easy storage and transport wheels for convenient relocation.
- **App Connectivity:** Compatible with fitness applications like Sportstech Live and Kinomap for interactive training.



Ergomètre

Zone d'action : hanches, fesses & cuisses



Ergomètre couché

Zone d'action : cuisses & mollets



Formation 2in1. Vous avez le choix!

Choisissez la position assise et commencez.

The F-Bike X150 offers both upright and recumbent cycling positions for diverse workouts.



SANS FRICTION !

Assurez-vous des mouvements de pédalage sans friction grâce à la résistance magnétique durable au lieu de la résistance classique de la ceinture.

Experience friction-free pedaling with the magnetic resistance system, ensuring quiet and smooth performance.

3. SETUP AND ASSEMBLY

The Sportstech F-Bike X150 is designed for straightforward assembly. Refer to the separate assembly guide included in your package for detailed, step-by-step instructions and diagrams.

General Assembly Steps:

1. Unpack all components and verify against the parts list.
2. Attach the front and rear stabilizers to the main frame.
3. Install the pedals, ensuring they are tightened correctly (left pedal is reverse threaded).
4. Mount the seat post and saddle, adjusting the height as needed.
5. Attach the handlebars and the console unit.
6. Connect any necessary cables for the console and pulse sensors.
7. Perform a final check to ensure all bolts and connections are secure before first use.

Your browser does not support the video tag.

This video demonstrates the quick and easy assembly process of the Sportstech F-Bike X150, highlighting its quiet operation, adjustable resistance, and comfortable design. It also shows the integrated pulse monitor and tablet holder.

4. OPERATING INSTRUCTIONS

Starting a Workout:

1. Sit comfortably on the bike. Adjust the seat height and position (upright or recumbent) to ensure proper ergonomics.
2. Place your feet securely in the pedal straps.
3. Adjust the resistance level using the rotary knob located on the main frame. Turn clockwise for higher resistance, counter-clockwise for lower resistance.
4. Begin pedaling smoothly.

Using the Multifunction Console:

The console automatically activates when you start pedaling or press any button. It displays various workout metrics:

- **TIME:** Duration of your workout.
- **SPEED:** Current cycling speed.
- **DISTANCE:** Distance covered during the current session.
- **CALORIES:** Estimated calories burned.
- **PULSE:** Your heart rate (when holding the pulse sensors on the handlebars).
- **SCAN:** Cycles through all metrics automatically.

Use the 'MODE' button to select a specific display mode or 'SCAN' to view all metrics sequentially. Press and hold 'RESET' to clear all values.



**NEVER RIDE
ALONE!**



Challengez vous-même et la communauté & grimpez sur les leadeboards.

The integrated tablet holder allows for easy access to entertainment or fitness apps during your workout.

App Connectivity:

Enhance your training experience by connecting your F-Bike X150 to compatible fitness apps:

- Place your tablet or smartphone securely in the integrated holder.
- Download the Sportstech Live app or other compatible apps like Kinomap from your device's app store.
- Follow the app's instructions to pair with your exercise bike via Bluetooth.
- Enjoy interactive workouts, track your progress, and explore virtual routes.

CONNECT & TRAIN

Optimisez votre entraînement avec l'application Sportstech Live et les applications de fitness compatibles.

SPORTSTECH LIVE ZWIFT APP KINOMAP APP

Connect and train with popular fitness apps like Sportstech Live, Zwift, and Kinomap for an engaging workout experience.

L'App Sportstech Live

Des entraînements passionnants et ce,
sans frais d'abonnement.

The image shows a woman on a stationary bike using the Sportstech Live app. The app interface is displayed on a tablet and a smartphone. The tablet screen shows a heart rate monitor at 177 BPM, a progress ring, and various workout options. The smartphone screen shows a smaller version of the app interface. Below the main image, there are four workout options: Full Body Burn (Advanced), Relax Yoga (Easy), Dumbbell Power (Advanced), and Landscape Ride (Medium). The app is available on the App Store and Google Play.

The Sportstech Live app offers a variety of training programs and real-time performance tracking.

Using Resistance Bands:

The F-Bike X150 includes integrated resistance bands for upper body exercises. While pedaling, you can use these bands to engage your arms, shoulders, and back muscles, providing a full-body workout.

5. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your Sportstech F-Bike X150.

- **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:** The magnetic resistance system is generally maintenance-free. If you notice any squeaking from moving parts, apply a small amount of silicone-based lubricant.
- **Storage:** When not in use, fold the bike for compact storage. Store it in a dry, clean environment away from direct sunlight and extreme temperatures.

Pas de place? Pas de problème!

Rangé avec style et facilité.



The foldable design allows for easy storage, saving space in your home.

6. TROUBLESHOOTING

If you encounter any issues with your Sportstech F-Bike X150, refer to the following common problems and solutions:

- **Console not displaying:** Check the battery compartment for proper battery installation and charge. Replace batteries if necessary.
- **Inaccurate pulse reading:** Ensure your hands are firmly and completely gripping the pulse sensors on the handlebars. Skin contact must be consistent.

- **Resistance not changing:** Verify that the resistance cable is properly connected and not kinked or damaged. Ensure the resistance knob is turning freely.
- **Unusual noise during operation:** Check for any loose bolts or screws, especially around the pedals and frame joints. Tighten them if found loose.
- **Bike feels unstable:** Ensure the bike is placed on a flat, level surface. Adjust the leveling feet on the stabilizers if your floor is uneven.

If the problem persists after attempting these solutions, please contact Sportstech customer support for further assistance.

7. SPECIFICATIONS

Feature	Specification
Brand	Sportstech
Model Number	SP_X150
Color	X150 Black
Material Type	Aluminum
Resistance Mechanism	Magnetic
Resistance Levels	16 (Continuously Adjustable)
Power Source (Console)	Battery Powered
Maximum User Weight	120 Kilograms
Recommended User Height	1.55 m to 1.90 m
Product Dimensions (L x W x H)	97 x 53.5 x 119 cm
Item Weight	52 Kilograms
Special Features	Foldable, Adjustable Seat, Pulse Monitor, Resistance Bands, Tablet Holder
Recommended Uses	Indoor

8. WARRANTY AND SUPPORT

Your Sportstech F-Bike X150 comes with a manufacturer's warranty. Please refer to the warranty card included with your product for specific terms and conditions.

For technical support, spare parts, or any questions regarding your product, please contact Sportstech customer service. Contact details can typically be found on the Sportstech website or on your purchase documentation.

