

## XTERRA MB550

# XTERRA Fitness Indoor Cycle Trainer Bike MB550 User Manual

Model: MB550 | Brand: XTERRA Fitness

## 1. INTRODUCTION

Thank you for choosing the XTERRA Fitness Indoor Cycle Trainer Bike MB550. This manual provides essential information for the safe and effective use, assembly, operation, and maintenance of your new fitness equipment. Please read this manual thoroughly before operating the bike and retain it for future reference.



Figure 1: XTERRA Fitness Indoor Cycle Trainer Bike MB550. This image shows the complete indoor cycle trainer bike from a side angle, highlighting its compact design and sturdy frame.

## 2. IMPORTANT SAFETY INFORMATION

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- Always consult with a physician before beginning any exercise program.
- Keep children and pets away from the equipment during use.
- Ensure all bolts and nuts are securely tightened before each use.
- Place the bike on a level surface with adequate clearance around it.
- Wear appropriate exercise attire and footwear.
- If you experience dizziness, pain, or shortness of breath, stop exercising immediately.
- The maximum user weight for this product is 250 pounds.
- This product is intended for indoor use only.

## 3. SETUP AND ASSEMBLY

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The XTERRA Fitness MB550 Indoor Cycle Trainer Bike requires some assembly. Follow the instructions provided in the included hardware and owner's manual for detailed steps. Ensure all components are present before beginning assembly.

### 3.1 Unpacking and Component Check

Carefully remove all components from the packaging. Verify that all parts listed in the owner's manual are present and undamaged. It is recommended to assemble the bike in the area where it will be used.

### 3.2 Assembly Overview

Assembly typically involves attaching the stabilizers, pedals, seat post, seat, handlebar post, handlebars, and the console. Use the provided tools and hardware, ensuring all connections are secure.

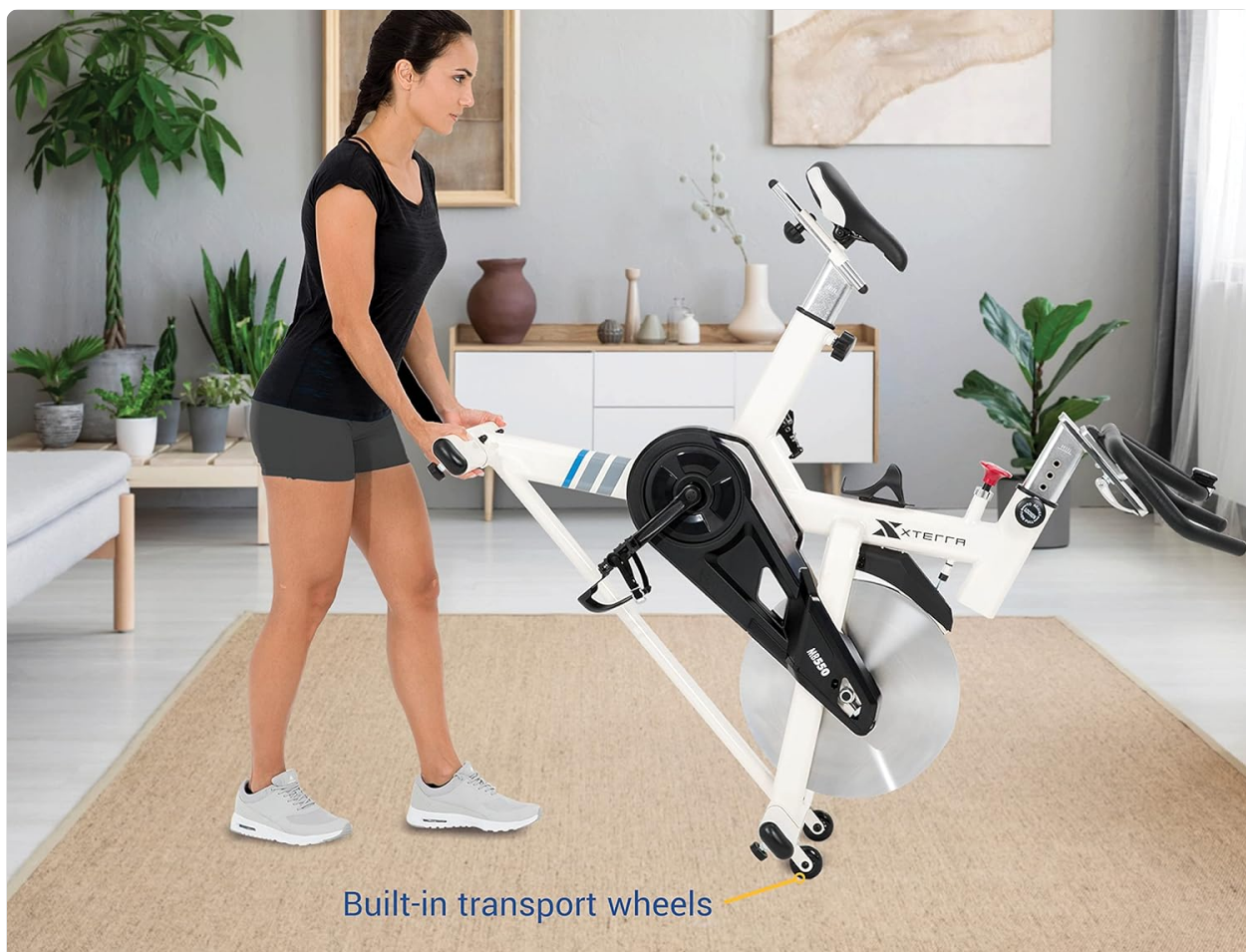


Figure 2: The 48.51 lb precision balanced flywheel and smooth belt drive system of the XTERRA Fitness MB550, designed for quiet and maintenance-free operation.

### 3.3 Transporting the Bike

The MB550 is equipped with large transport wheels for easy relocation. To move the bike, carefully tilt it forward onto the transport wheels and push it to your desired location. Ensure the area is clear of obstacles.





# DESIGNED FOR ALL SPACES

Figure 3: The XTERRA Fitness MB550 featuring built-in transport wheels for convenient movement and storage within any space.

## 4. OPERATING INSTRUCTIONS

### 4.1 Adjusting Seat and Handlebars

For a comfortable and effective workout, adjust the seat and handlebars to fit your body. The seat is fully adjustable both horizontally (forward/back) and vertically (up/down). The multi-position handlebars are also adjustable for height and position, allowing for various riding styles.

# ERGONOMIC PADDED SEAT

Fully-adjustable



Figure 4: The fully adjustable ergonomic padded seat of the MB550, demonstrating how to adjust its position for optimal comfort.





## ADJUSTABLE HANDLEBARS

Figure 5: The adjustable handlebars of the MB550, showing the mechanism for setting height and position to accommodate different riding postures.

### 4.2 Resistance Control

The MB550 features a felt pad push brake resistance system with unlimited levels of micro-adjustments. Turn the knob located below the console clockwise to increase resistance and counter-clockwise to decrease it. To activate the emergency brake, press the knob down firmly.

Unlimited levels of micro-adjustments



## DIAL KNOB RESISTANCE

Figure 6: Close-up of the dial knob resistance on the MB550, indicating its function for adjusting resistance and acting as an emergency stop.

### 4.3 Pedal Toe Cages

The pedals are equipped with toe cages to keep your feet securely locked in place during your workout, enhancing safety and efficiency.





Keeps your foot  
locked in place

## PEDAL TOE CAGE

Figure 7: Detail of the pedal toe cage on the MB550, designed to secure the user's foot during exercise.

### 4.4 LCD Console

The easy-to-read LCD screen displays essential workout data including Time, Speed, Distance, and Mode. This battery-operated console helps you track your progress. Refer to the console's specific instructions for detailed operation and mode selection.

# SIMPLE AND EFFECTIVE INTERFACE



Figure 8: The simple and effective LCD interface of the MB550, showing its display of time, speed, distance, and mode, powered by battery.

## 5. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your XTERRA Fitness MB550 Indoor Cycle Trainer Bike.

- **Cleaning:** Wipe down the bike after each use with a damp cloth to remove sweat and dust. Avoid abrasive cleaners.
- **Lubrication:** The smooth belt drive system operates as a fixed gear and does not require oiling like a chain drive system. However, periodically check and lubricate the crank arms and pedal ball bearings as needed to prevent squeaking, as suggested by some users.
- **Brake Pad:** The durable felt pad push brake supplies resistance from the top of the flywheel. Inspect the brake pad periodically for wear and replace if necessary to maintain effective resistance and braking.
- **Hardware Check:** Regularly inspect all nuts and bolts for tightness. Tighten any loose fasteners to

ensure stability and safety.

## 6. TROUBLESHOOTING

This section addresses common issues you might encounter with your XTERRA Fitness MB550 Indoor Cycle Trainer Bike.

Problem	Possible Cause	Solution
Squeaking or Noise during operation	Loose crank arms, dry bearings in pedals or crank, loose seat/handlebars.	Tighten crank arm nuts. Lubricate pedal ball bearings and main bearings if accessible. Ensure seat and handlebar posts are fully locked down.
LCD Monitor not displaying correctly or not working	Low battery, loose connection, faulty unit.	Replace the battery. Check connections to the console. If issues persist, contact customer support.
Seat swivels or creaks	Loose seat screws or adjustment mechanism.	Ensure all seat mounting screws and adjustment knobs are tightened securely. Avoid over-tightening to prevent stripping.

## 7. SPECIFICATIONS

Feature	Detail
Brand	XTERRA
Model Name	XTERRA MB550 Indoor Cycle Trainer
Product Dimensions (LxWxH)	45.7"D x 22.4"W x 38.6"H
Item Weight	107.1 Pounds
Maximum Weight Recommendation	250 Pounds
Flywheel Weight	48.51 lb (precision balanced, chrome plated)
Resistance Mechanism	Felt pad push brake with unlimited micro-adjustments
Drive System	Smooth Belt Drive



Feature	Detail
Console Display	Wireless LCD (Time, Speed, Distance, Mode)
Adjustability	Fully adjustable padded seat (forward/back, up/down), multi-position handlebars (height/position)
Material	Alloy Steel
Special Features	Adjustable Seat, Transport Wheels, 3-piece quality pedal crank

# MB550

# DIMENSIONS

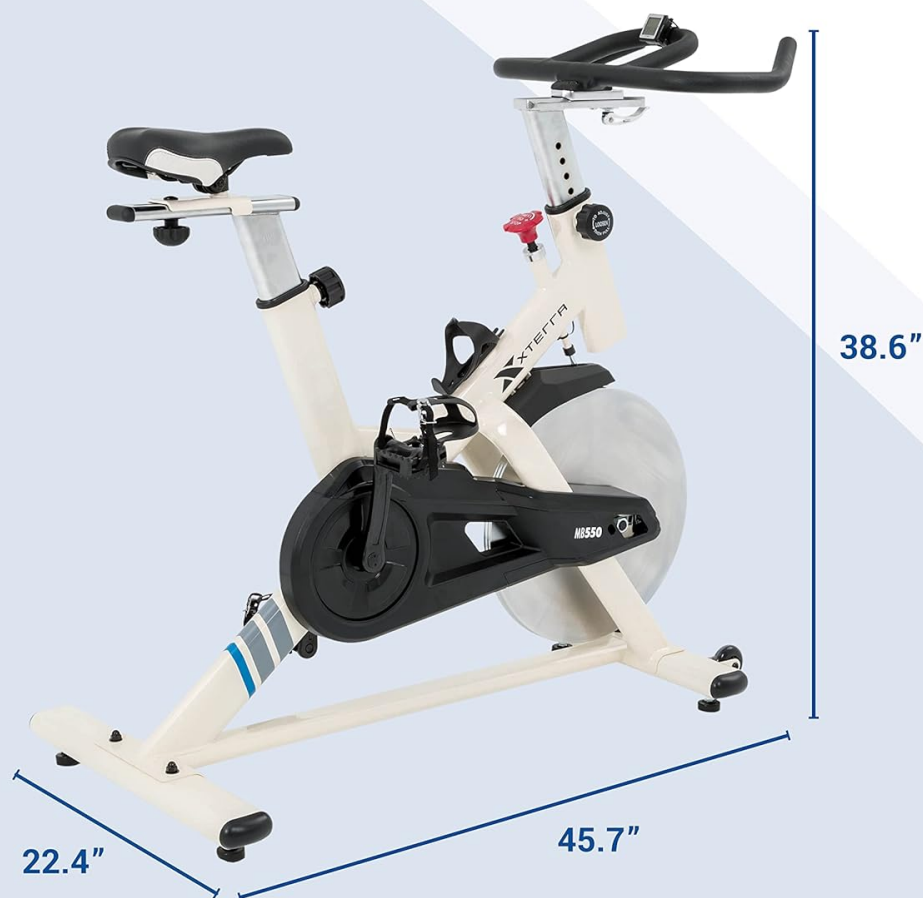


Figure 9: Visual representation of the XTERRA Fitness MB550's key dimensions: 45.7" depth, 22.4" width, and 38.6" height.

## 8. WARRANTY & SUPPORT

**Warranty Description:** The XTERRA Fitness Indoor Cycle Trainer Bike MB550 comes with a 1-Year warranty for Parts & Labor, and a Lifetime warranty for the Frame.

For technical assistance, parts replacement, or any inquiries not covered in this manual, please contact

XTERRA Fitness customer support. Refer to your purchase documentation or the official XTERRA Fitness website for the most current contact information.

You can visit the official XTERRA Store for more information:[XTERRA Fitness Store](#)