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> SportPlus Recumbent Exercise Bike SP-RB-9900-R-iE User Manual

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SportPlus Recumbent Exercise Bike SP-RB-9900-R-iE User Manual

Model: SP-RB-9900-R-iE | Brand: SportPlus

1. IMPORTANT SAFETY INFORMATION

Read all instructions carefully before using this exercise bike. Keep this manual for future reference.

- Consult your physician before starting any exercise program.
- Keep children and pets away from the equipment.
- Place the exercise bike on a level, stable surface.
- Ensure adequate space around the equipment for safe operation.
- Inspect the bike for loose or damaged parts before each use. Do not use if damaged.
- Wear appropriate exercise clothing and footwear.
- Do not exceed the maximum user weight (refer to product specifications for details).
- Unplug the power cord when not in use or before cleaning.

2. PACKAGE CONTENTS

Verify that all components are present before assembly. If any parts are missing or damaged, contact customer support.

- Main Frame Assembly
- Seat and Backrest
- Pedals (Left and Right)
- Handlebars
- Console/Display Unit
- Stabilizers (Front and Rear)

- Power Adapter
- Assembly Hardware (bolts, washers, nuts, tools)
- User Manual

3. ASSEMBLY INSTRUCTIONS

Follow these steps carefully to assemble your SportPlus Recumbent Exercise Bike. It is recommended to have two people for assembly.

1. **Unpack Components:** Carefully remove all parts from the packaging and lay them out on a clean, flat surface.
2. **Attach Stabilizers:** Secure the front and rear stabilizers to the main frame using the provided bolts and tools.
3. **Install Pedals:** Attach the left and right pedals to the crank arms. Note that the left pedal is reverse-threaded.
4. **Mount Seat Assembly:** Connect the seat and backrest assembly to the main frame. Ensure it is securely fastened.
5. **Attach Handlebars:** Install the handlebars to the front post, ensuring all connections are tight.
6. **Connect Console:** Attach the console to the handlebar post and connect all necessary cables.
7. **Power Connection:** Plug the power adapter into the bike and then into a wall outlet.
8. **Final Check:** Before first use, double-check all bolts and connections to ensure they are secure.

4. OPERATING INSTRUCTIONS

4.1 Adjusting the Seat

The extra soft seat can be adjusted to ensure a comfortable and effective workout position. Locate the adjustment lever beneath the seat. Pull the lever to unlock the seat, slide it to your desired position, and release the lever to lock it in place. Ensure your knees have a slight bend at the furthest pedal extension.



Image: A woman adjusting the comfortable, extra soft seat of the SportPlus recumbent exercise bike to find her optimal riding position.

4.2 Adjusting Resistance Levels

Your SportPlus exercise bike features 24 levels of magnetic resistance. To adjust the resistance, use the controls on the console. Increasing the resistance will make pedaling more challenging, while decreasing it will make it easier. Start with a lower resistance and gradually increase it as your fitness improves.



Image: A woman actively exercising on the SportPlus recumbent bike, showcasing the product in use.

4.3 Using the Console and App Compatibility

The integrated console displays key workout metrics such as time, calories burned, distance, speed, and pulse. Refer to the console's specific instructions for detailed programming and mode selection. This model is also compatible with various fitness applications, allowing you to enhance your workout experience through guided sessions and virtual routes. Connect your device via Bluetooth (if applicable) as per the app's instructions.



Image: A close-up view of the SportPlus exercise bike's digital console, displaying workout data.



Image: The SportPlus exercise bike console with a tablet mounted, showing a fitness application for interactive workouts.

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.
- **Check Connections:** Periodically check all bolts, nuts, and screws to ensure they are tight. Tighten if necessary.
- **Lubrication:** No regular lubrication is typically required for magnetic resistance systems. Refer to specific product details if any moving parts require attention.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures.

6. TROUBLESHOOTING

If you encounter any issues, refer to the following common problems and solutions:

| Problem | Possible Cause | Solution |
|--------------------------------|--|---|
| Console not turning on | Power adapter unplugged or faulty; batteries (if applicable) are dead. | Ensure power adapter is securely plugged in. Check wall outlet. Replace batteries if battery-powered. |
| Unusual noise during operation | Loose components; friction from moving parts. | Check all bolts and connections for tightness. Ensure no objects are interfering with moving parts. |
| Resistance not changing | Resistance cable disconnected or damaged; console malfunction. | Inspect the resistance cable connection. If the issue persists, contact customer support. |
| Inaccurate pulse reading | Hands not properly placed on sensors; dry hands. | Ensure full contact with pulse sensors. Lightly moisten hands if they are too dry. |

7. SPECIFICATIONS

| Feature | Detail |
|--------------------------------|--------------------------------|
| Brand | SportPlus |
| Model Name | SP-RB-9900-R-iE |
| Resistance Mechanism | Magnetic |
| Number of Resistance Levels | 24 |
| Power Source | Electric Cable |
| Material | Steel or Aluminum |
| Product Dimensions (D x W x H) | 62 cm x 132 cm x 132 cm |
| Item Weight | 38.5 kg (84.88 pounds) |
| Special Feature | Very resistant, App compatible |
| Recommended Use | Indoor |
| Drive System | Belt |

8. WARRANTY AND SUPPORT

SportPlus products are designed for durability and performance. For warranty information, product support, or to order replacement parts, please refer to the contact details provided with your purchase or visit the official SportPlus website. Keep your proof of purchase for warranty claims.

Customer Service: For assistance, please contact SportPlus customer support through their official channels.