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SportPlus SP-RB-9900-R-iE

SportPlus Recumbent Exercise Bike User Manual

Model: SP-RB-9900-R-iE

1. INTRODUCTION

Thank you for choosing the SportPlus Recumbent Exercise Bike. This manual provides essential information for the safe assembly, operation, and maintenance of your new fitness equipment. Please read it thoroughly before first use and keep it for future reference.



Figure 1: SportPlus Recumbent Exercise Bike (Model SP-RB-9900-R-iE)

2. IMPORTANT SAFETY INFORMATION

Before beginning any exercise program, consult with your physician. It is important to ensure that you are physically able to perform the exercises described in this manual.

- Always place the exercise bike on a flat, stable surface.
- Keep children and pets away from the equipment during use.
- Wear appropriate exercise clothing and footwear.
- Inspect the bike for loose or damaged parts before each use. Do not use if damaged.

- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- Ensure all bolts and nuts are securely tightened before use.

3. PACKAGE CONTENTS

Carefully unpack all components and verify that all parts are present. If any parts are missing or damaged, contact SportPlus customer support.

- Main Frame Assembly
- Front and Rear Stabilizers
- Pedals (Left and Right)
- Seat and Backrest Assembly
- Handlebars
- Console/Monitor
- Hardware Kit (bolts, washers, nuts, tools)
- User Manual



Figure 2: Example of bike components (refer to actual parts list in your package)

4. ASSEMBLY INSTRUCTIONS

Assembly typically requires two people. Follow these general steps. Refer to the detailed assembly diagram included in your package for specific bolt and part identification.

1. **Attach Stabilizers:** Secure the front and rear stabilizers to the main frame using the provided bolts and washers.
2. **Install Pedals:** Identify left (L) and right (R) pedals. The left pedal tightens counter-clockwise, the right pedal tightens clockwise.
3. **Mount Seat Assembly:** Attach the seat post and seat assembly to the main frame.
4. **Install Handlebars:** Secure the handlebars to the upright post.
5. **Connect Console:** Attach the console to the handlebar post and connect any necessary sensor cables.
6. **Final Check:** Ensure all connections are secure and all bolts are tightened.



Figure 3: Illustrative assembly step

5. OPERATING INSTRUCTIONS

5.1 Adjusting the Seat

The SportPlus Recumbent Exercise Bike features an extra soft seat designed for comfort and back support. Adjust the seat position to ensure proper leg extension and comfort during your workout.

- Locate the seat adjustment lever, typically found below the seat or along the seat rail.
- Pull the lever to release the locking mechanism.
- Slide the seat forward or backward to the desired position.
- Release the lever to lock the seat firmly in place. Ensure it is fully locked before use.



Figure 4: Seat adjustment lever

5.2 Using the Console

The console displays various workout metrics and allows you to control resistance levels.



Figure 5: Console display and control buttons

- **Power On:** The console typically powers on automatically when you start pedaling or press any button.
- **Display Metrics:** The display shows time, speed, distance, calories burned, and pulse (if equipped with heart rate sensors).
- **Resistance Adjustment:** Use the UP/DOWN buttons to increase or decrease the magnetic resistance. This model features 24 levels of resistance.
- **Program Selection:** If your model includes pre-set programs, use the ENTER button to cycle through options and select a program.
- **Pulse Recovery / Body Fat:** Use dedicated buttons for these functions if available.
- **Start/Stop:** Controls the workout timer and data recording.



Figure 6: Tablet integration with console (tablet not included)

5.3 Pedals

The pedals are designed for secure foot placement during your workout.



Figure 7: Pedals with adjustable straps

- Place your feet firmly on the pedals.
- Adjust the pedal straps to secure your feet, preventing slippage during exercise.

6. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your SportPlus Recumbent Exercise Bike.

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Do not use abrasive cleaners.
- **Lubrication:** Periodically check for any moving parts that may require light lubrication (e.g., seat rail).
- **Inspection:** Regularly inspect all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures.



Figure 8: Inspecting the bike for maintenance

6.1 Transporting the Bike

The bike is equipped with transport wheels for easy relocation.



Figure 9: Transport wheels

- Carefully lift the rear of the bike until it rests on the front transport wheels.
- Roll the bike to its new location.
- Gently lower the bike back onto its stabilizers.

7. TROUBLESHOOTING

This section addresses common issues you might encounter with your exercise bike.

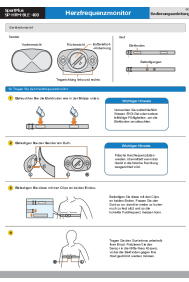
Problem	Possible Cause	Solution
Console not displaying data.	Loose sensor cable, dead batteries.	Check all cable connections. Replace console batteries.
Bike is unstable or wobbles.	Uneven surface, loose stabilizer bolts.	Adjust floor levelers on stabilizers. Tighten all assembly bolts.
Resistance not changing.	Internal mechanism issue, console malfunction.	Ensure console is powered on. If issue persists, contact support.
Squeaking or grinding noise.	Loose parts, lack of lubrication, internal friction.	Inspect and tighten all bolts. Apply light lubricant to moving joints if necessary.

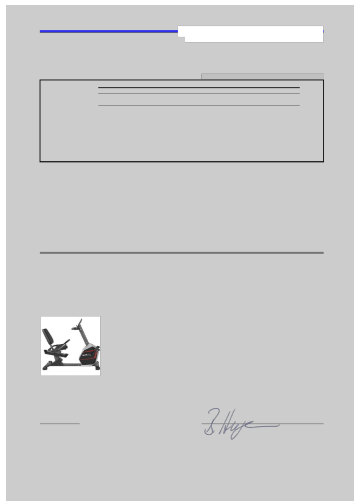
8. PRODUCT SPECIFICATIONS

Feature	Detail
Model Name	SP-RB-9900-R-iE
Brand	SportPlus
Product Dimensions (L x W x H)	62 x 132 x 132 cm
Product Weight	21.38 kg
Resistance System	Magnetic Brake
Resistance Levels	24
Drive System	Belt
Special Feature	Durable construction, comfortable seating, joint-friendly design

9. WARRANTY AND SUPPORT

For warranty information, technical support, or to order replacement parts, please contact SportPlus customer service. Refer to the contact details provided with your product packaging or visit the official SportPlus website.
Website: www.sportplus.de (Example, actual URL may vary)

	SportPlus SP-RB-9500-iE Liegerad Bedienungsanleitung & Montageanleitung Umfassende Bedienungsanleitung und Montageanleitung für das SportPlus SP-RB-9500-iE Liegerad. Enthält technische Daten, Sicherheitshinweise, Montageanleitungen und Wartungstipps für eine sichere und optimale Nutzung.
	SportPlus SP-MR-030-R-iE Rudergerät Bedienungsanleitung Dieses offizielle Handbuch für das SportPlus SP-MR-030-R-iE Rudergerät bietet umfassende Anleitungen zur Montage, korrekten Bedienung, wichtigen Wartung und Sicherheitshinweisen. Es wurde entwickelt, um Benutzern ein sicheres und effektives Heimtrainer-Erlebnis zu ermöglichen.
	SportPlus FAN BIKE PRO Bedienungsanleitung Umfassende Bedienungsanleitung für das SportPlus FAN BIKE PRO (Modelle SP-FB-2100-B-iE, SP-FB-2100-W-iE) mit Anleitungen zur Montage, sicheren Nutzung, Wartung und Fehlerbehebung.
	SportPlus SP-HRM-BLE-400 Herzfrequenzmonitor Bedienungsanleitung Bedienungsanleitung für den SportPlus SP-HRM-BLE-400 Herzfrequenz-Brustgurt, einschließlich Geräteübersicht, Anlegetechnik, Batteriewechsel, unterstützte Geräte und Kundenservice.
	Gebrauchsanleitung Wasserrudermaschine aus Holz Umfassende Anleitung für die SportPlus SP-WR-1800 Holz Wasserrudermaschine, die Montage, Bedienung, Sicherheitshinweise und Wartung abdeckt.
	3G Cardio Elite RB X Recumbent Bike Owner's Manual Comprehensive owner's manual for the 3G Cardio Elite RB X Recumbent Bike, covering assembly, operation, maintenance, safety guidelines, and troubleshooting.



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Verantwortung, ... ccordingly. Artikelbezeichnung: Article Description: Typ / Model:

Liegeheimtrainer Recumbent Bike SP-RB-9900-R-iE Technische Angaben: Technical
data: Mae 1380x625x1230mm, Klasse HC, geringe Genaui...

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