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› [EXERPEUTIC](#) /

› Exerpeutic Foldable Exercise Bike Model 4102 User Manual

## EXERPEUTIC 4102

# Exerpeutic Foldable Exercise Bike Model 4102 User Manual

Your Guide to Assembly, Operation, and Maintenance

## INTRODUCTION

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This manual provides detailed instructions for the assembly, safe operation, and proper maintenance of your Exerpeutic Foldable Exercise Bike Model 4102. Please read this manual thoroughly before initial use and retain it for future reference. Following these guidelines will ensure optimal performance, longevity, and user safety.

## IMPORTANT SAFETY INFORMATION

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- Consult your physician before starting any exercise program.
- Keep children and pets away from the exercise bike during operation.
- Place the bike on a level, stable surface with adequate clearance around it.
- Inspect the bike for loose parts or wear before each use. Do not use if damaged.
- Wear appropriate exercise clothing and footwear. Avoid loose clothing that could get caught.
- Do not exceed the maximum user weight capacity of 300 lbs (136.08 kg).
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- Ensure all bolts and nuts are securely tightened before use.

## PACKAGE CONTENTS

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Before assembly, ensure all components are present and undamaged. If any parts are missing or damaged, contact customer support.

- Main Frame Assembly
- Front and Rear Stabilizers
- Handlebar Post and Handlebars
- Seat Post and Airsoft Seat
- Left and Right Pedals

- LCD Display Console
- Hardware Kit (bolts, washers, nuts, tools)

## SETUP AND ASSEMBLY

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The Exerpeutic Foldable Exercise Bike is designed for straightforward assembly. All necessary tools are included.

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 washers.
3. **Install Pedals:** Attach the left pedal (marked 'L') to the left crank arm by turning counter-clockwise. Attach the right pedal (marked 'R') to the right crank arm by turning clockwise. Tighten securely.
4. **Assemble Seat:** Attach the Airsoft seat to the seat post, then insert the seat post into the main frame. Adjust to desired height and secure with the locking knob.
5. **Mount Handlebars and Console:** Attach the handlebar post to the main frame. Secure the handlebars to the post. Connect the LCD display console to the handlebar post and connect any necessary sensor wires.



Image: The Exerpeutic Foldable Exercise Bike in its fully assembled, upright position, ready for use.

## OPERATING INSTRUCTIONS

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### Adjusting Seat Height

To ensure proper posture and comfort, adjust the seat height. Loosen the locking knob on the seat post, slide the seat to the desired height (suitable for users from 5'3" to 6'1"), and then firmly tighten the knob. Your knees should have a slight bend at the bottom of the pedal stroke.

### Adjusting Resistance Level

The bike features a 12-level magnetic resistance system. Turn the resistance knob located below the handlebars clockwise to increase resistance for a more challenging workout, or counter-clockwise to decrease resistance for an easier session.

### Using the LCD Display Console

The 3.5" W x 1.5" H LCD screen tracks your workout data. It displays distance, calories burned, time, and speed. The console also features a hand pulse monitor. To activate, simply begin pedaling. Press the 'Mode' button to cycle through different display functions.



Image: A detailed view of the LCD display console, showing time, speed, distance, and calorie tracking functions.

### Airsoft Seat Comfort

The patented Airsoft Seat Cushion is designed with individual air chambers and breathable fabric to provide enhanced comfort and pressure relief during extended workouts.



Image: An exploded view illustrating the multi-layered Airsoft seat technology, highlighting its cushioning and breathable design.

### Folding for Storage

To fold the bike for compact storage, locate the folding pin or knob on the main frame. Release it and carefully fold the bike

until it is half its assembled size. The integrated transportation wheels allow for easy relocation.



Image: Rear view of the exercise bike, demonstrating its compact, folded state for convenient storage and showing the transportation wheels.

## MAINTENANCE

- **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 moving parts to ensure they are secure. Tighten as needed.
- **Pedal Straps:** Ensure pedal safety straps are intact and functioning correctly to prevent foot slippage.
- **Battery Replacement:** If the LCD display becomes dim or unresponsive, replace the batteries (typically AA or AAA, refer to console for specifics).

## TROUBLESHOOTING

- **LCD Display Not Working:** Check battery installation and replace if necessary. Ensure all sensor wires are securely connected to the console.
- **Resistance Not Changing:** Verify the resistance knob is properly engaged and turning freely. Inspect the resistance mechanism for any obstructions.
- **Unusual Noises:** Check all bolts and connections for tightness. Lubricate any moving parts if squeaking persists (use silicone-based lubricant, avoid oil).
- **Bike Feels Unstable:** Ensure the bike is on a level surface. Adjust the leveling caps on the stabilizers if present. Confirm all frame connections are tight.

## SPECIFICATIONS

Model Number	4102
Brand	EXERPEUTIC
Product Dimensions (L x W x H)	78.74 x 48.26 x 116.84 cm (31.0" L x 19.0" W x 46.0" H)
Item Weight	18.14 kg (39.99 lbs)
Maximum Weight Capacity	136.08 kg (300 lbs)
Resistance Mechanism	Magnetic (12 Levels)
Drive System	Belt
Display Type	LCD
Display Metrics	Distance, Calories Burned, Time, Speed, Heart Rate
Power Source	Battery Powered
Material	Alloy Steel, Plastic

<b>Special Features</b>	Adjustable Resistance Level, Adjustable Seat, Console Display, Distance Traveled Monitor, Foldable
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## **WARRANTY AND CUSTOMER SUPPORT**

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For warranty information, parts replacement, or technical assistance, please contact Exerpeutic customer support. Refer to your purchase documentation for specific warranty terms and contact details.

You can typically find support contact information on the manufacturer's website or through your retailer.