Sperax Exercise Bike

Sperax Exercise Bike User Manual

Model: Exercise Bike

Brand: Sperax

Product Overview

The Sperax Exercise Bike is designed for home use, offering a comfortable and effective indoor cycling experience. It features adjustable components, a silent magnetic resistance system, and an LED display for tracking workout data.

Key Features

- **Adjustable Comfort:** Fully adjustable seat and handlebars for a personalized fit.
- **App Connectivity:** Connects to fitness apps for guided workouts and progress tracking.
- **Smooth & Silent:** Advanced magnetic resistance system ensures quiet operation.
- **Real-time Data:** Built-in LED display shows speed, distance, time, and calories burned.
- **Convenient Design:** Includes water bottle holder, phone mount, and non-slip handlebars.

Setup

Before first use, ensure all components are present and assembled according to the included assembly guide.

Component Identification



Figure 1: Main components of the Sperax Exercise Bike.

Stability and Weight Capacity

The bike features a durable and solid construction designed to support users up to 300 pounds. Ensure the bike is placed on a flat, stable surface.



Figure 2: The robust design supports up to 300 lbs.

Adjusting Seat and Handlebars

The seat and handlebars are 4-way adjustable (up/down, forward/backward) to accommodate various user heights and preferences.



Figure 3: Adjustments for seat and handlebar height and position.

Operating the Exercise Bike

Magnetic Resistance System

The bike features a 0-100% adjustable magnetic resistance system for varied workout intensities. Turn the resistance knob to increase or decrease the challenge.



Figure 4: Magnetic resistance adjustment for different workout goals.

LED Display and Data Monitoring

The built-in LED display provides real-time feedback on your workout, including speed, distance, time, and calories burned.



Figure 5: LED display showing real-time exercise data.

App Connectivity

The bike can connect to compatible fitness apps to enhance your workout experience. Refer to the app's instructions for pairing.



Figure 6: The Sperax App provides workout courses and progress tracking.

Transport and Storage

The exercise bike is equipped with transport wheels for easy movement and storage. Simply tilt the bike and roll it to your desired location.



Figure 7: Transport wheels allow for easy relocation and storage.

Maintenance

Cleaning

Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid using abrasive cleaners.

Regular Checks

Periodically check all bolts and nuts to ensure they are securely tightened. Inspect pedals, seat, and handlebars for any signs of wear or damage.

Lubrication

The magnetic resistance system is generally maintenance-free. No lubrication is required for the flywheel or belt drive system.

Troubleshooting

No Display/Incorrect Readings

Ensure the LED display batteries (2 AA) are correctly installed and not depleted. If readings are inaccurate, check sensor connections.

Excessive Noise

The magnetic resistance system is designed for quiet operation. If you hear unusual noises, check for loose components or foreign objects near the flywheel.

Resistance Issues

If resistance is too high or too low, ensure the resistance knob is functioning correctly and fully engaged.

Specifications

Feature	Detail
Brand	Sperax
Model	Exercise Bike
Color	Black Red
Material	Alloy Steel
Item Weight	22 Kilograms
Resistance Mechanism	Magnetic
Product Dimensions	44.48"D x 40.94"W x 18.7"H
Maximum Weight Recommendation	300 Pounds
Drive System	Belt
UPC	797457077067
Power Source	Battery Powered
Date First Available	March 24, 2025

Warranty & Support

Warranty Information

Please refer to the product packaging or contact Sperax customer service for specific warranty details.

Customer Support

For further assistance, technical support, or spare parts, please visit the official Sperax website or contact their customer service department.

Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. Privacy details.

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question