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› [Superun](#) /

› Superun S800 Sports Indoor Cycling Exercise Bike User Manual

Superun S800 Sports

Superun S800 Sports Indoor Cycling Exercise Bike User Manual

Model: S800 Sports | ASIN: B0G8G5TLLX

1. INTRODUCTION

Thank you for choosing the Superun S800 Sports Indoor Cycling Exercise Bike. This manual provides essential information for the safe assembly, operation, and maintenance of your exercise bike. Please read this manual thoroughly before use and retain it for future reference.

2. SAFETY INFORMATION

- Consult a physician before starting any new exercise program.
- Ensure all bolts and nuts are securely tightened before each use.
- Place the exercise bike on a flat, stable surface.
- Keep children and pets away from the equipment during operation.
- Wear appropriate exercise attire and footwear.
- Do not exceed the maximum weight capacity of 300 lbs (136 kg).
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

3. PACKAGE CONTENTS

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

- Main Frame
- Seat and Seat Post
- Handlebars and Handlebar Post
- Pedals (Left and Right)
- Stabilizer Bars (Front and Rear)
- LCD Display Console
- Hardware Kit (bolts, washers, nuts, tools)

4. SETUP AND ASSEMBLY

The Superun S800 Sports Exercise Bike is designed for quick assembly, typically within 30 minutes. Follow the steps below for proper setup.

4.1 Initial Assembly

1. Attach the front and rear stabilizer bars to the main frame using the provided bolts and washers.
2. Insert the seat post into the main frame and secure it at your desired height.
3. Attach the seat to the seat post.
4. Insert the handlebar post into the main frame and secure it.
5. Attach the handlebars to the handlebar post.
6. Attach the left and right pedals to their respective cranks. Note that the left pedal is reverse-threaded.
7. Connect the LCD display console to the handlebar post and attach any necessary sensor cables.

30 Mins Quick Assembly



Figure 4.1: The Superun S800 Sports Exercise Bike components ready for assembly, demonstrating the ease of setup.

4.2 Adjusting the Bike for Use

Proper adjustment ensures comfort and effectiveness during your workout. The bike is suitable for users from 4'6" to 6'2".

- **Seat Height:** Loosen the adjustment knob on the seat post, raise or lower the seat to a comfortable position where your leg has a slight bend at the knee when the pedal is at its lowest point, then re-tighten the knob.
- **Seat Position (Forward/Backward):** Loosen the knob under the seat, slide the seat forward or backward to align your

knees properly over the pedals, then re-tighten.

- **Handlebar Height:** Loosen the adjustment knob on the handlebar post, raise or lower the handlebars to a comfortable height that allows for a relaxed upper body posture, then re-tighten.
- **Pedal Straps:** Adjust the straps on the pedals to securely hold your feet in place.



Figure 4.2: Demonstrating the 4-way seat adjustment and 2-way handlebar adjustment for various user heights.

5. OPERATING INSTRUCTIONS

5.1 Resistance Adjustment

The bike features 32 adjustable magnetic resistance levels. Turn the red knob located on the main frame clockwise to increase resistance and counter-clockwise to decrease resistance. Press the knob down to engage the emergency brake.



Figure 5.1: The magnetic resistance system provides a smooth and quiet workout experience, with sound levels below 25dB.

5.2 LCD Display Console

The integrated LCD display tracks various workout metrics. It includes a phone/tablet holder and a water bottle cage for convenience.

- **SCAN:** Cycles through all metrics automatically.
- **TIME:** Displays your workout duration.
- **SPD (Speed):** Shows your current cycling speed.
- **DIST (Distance):** Tracks the distance covered during your workout.
- **ODO (Odometer):** Records the total accumulated distance.
- **CAL (Calories):** Estimates calories burned.
- **PULSE:** Displays your heart rate when holding the handlebar sensors.

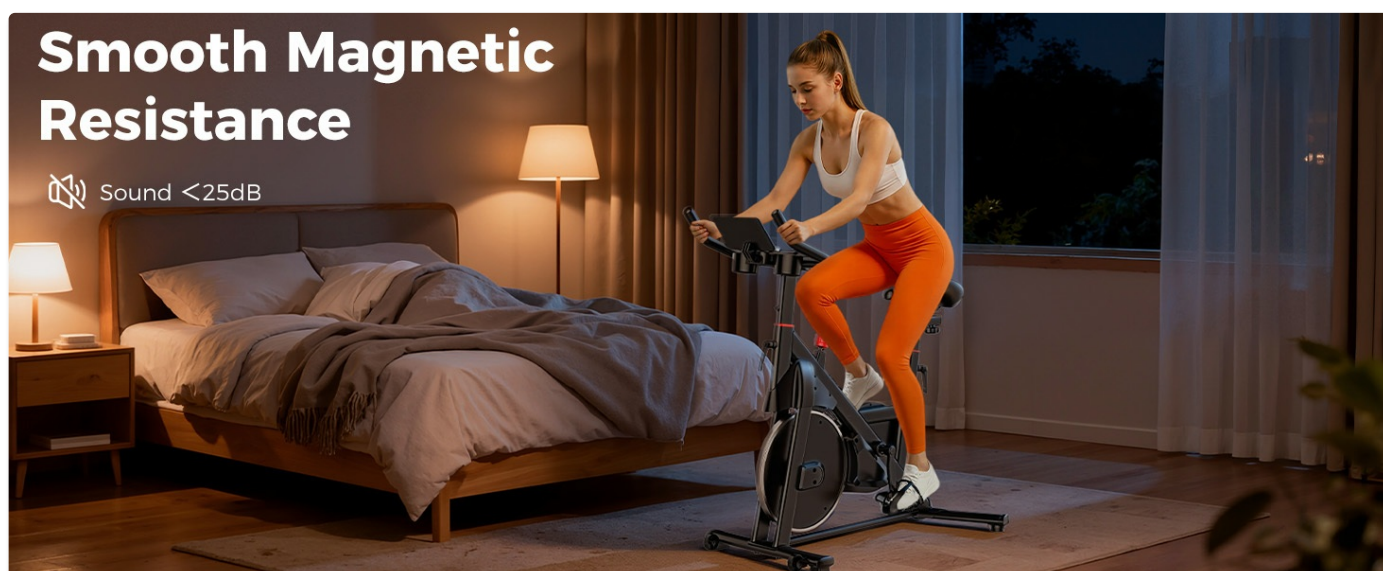


Figure 5.2: The LCD display console provides real-time workout data, with convenient holders for devices and water bottles.

5.3 PitPat App Connectivity

Enhance your workout experience by connecting your Superun S800 Sports Exercise Bike to the exclusive PitPat app via Bluetooth. The app allows you to:

- Track all your workout metrics in detail.
- Join online races and compete with friends.
- Access free guided courses.
- Cycle through immersive virtual worlds.



Figure 5.3: The PitPat app offers personalized training programs and interactive cycling experiences.

6. 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.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Lubrication:** No specific lubrication is required for the magnetic resistance system.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and moisture. The bike features transport wheels for easy relocation.

7. TROUBLESHOOTING

If you encounter any issues, refer to the following common troubleshooting tips:

- **Squeaking Noise:** Check for loose bolts, especially around the pedals, seat, and stabilizer bars. Ensure the bike is on a level surface.
- **Display Not Working:** Check the battery in the LCD console. Ensure all cable connections to the console are secure.
- **Resistance Issues:** Verify the resistance knob is properly engaged and turning smoothly. If resistance feels inconsistent, ensure no foreign objects are obstructing the flywheel.
- **Unstable Bike:** Adjust the leveling feet on the stabilizer bars to ensure the bike is stable on uneven floors.

For issues not resolved by these steps, please contact Superun customer service.

8. SPECIFICATIONS

Feature	Specification
Brand	Superun
Model	S800 Sports
Resistance Mechanism	Magnetic
Resistance Levels	32
Maximum Weight Capacity	300 Pounds (136 kg)
Recommended User Height	4'6" to 6'2"
Product Dimensions (LxWxH)	40.55"D x 19.29"W x 44.09"H (103cm x 49cm x 112cm)
Item Weight	43.09 Pounds (19.54 kg)
Material	Alloy Steel
Power Source	Corded Electric (for console)
Special Feature	Connects to PitPat APP
UPC	740946355306

9. WARRANTY AND SUPPORT

Superun is committed to customer satisfaction. Every exercise bike is backed by a full **1-year warranty** on parts and workmanship from the date of purchase.

Our dedicated team provides professional, **24/7 customer support** to answer any questions you may have. For assistance, please refer to the contact information provided with your purchase or visit the official Superun website.

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