**Saved from manuals.plus.**
**Open the live page for links to other documents and user manuals.**



**XVGVSV W241**

# XVGVSV Recumbent Exercise Bike W241 User Manual

Model: W241

## 1. Important Safety Information

Please read this entire manual before assembling or operating your XVGVSV Recumbent Exercise Bike. Keep this manual for future reference. Failure to follow these instructions can result in injury or damage to the product.

- Consult your physician before starting any exercise program.
- Keep children and pets away from the equipment during use.
- Place the exercise bike on a flat, stable surface. Ensure adequate space around the equipment.
- Inspect the equipment before each use for loose parts or signs of wear. Do not use if damaged.
- Wear appropriate exercise attire and footwear.
- Do not exceed the maximum weight capacity of**400 lbs (181 kg)**.
- Adjust the seat and handlebars to a comfortable and secure position before beginning your workout.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

## 2. Product Overview

The XVGVSV W241 is a versatile 2-in-1 Recumbent Exercise Bike and Elliptical designed for effective, low-impact home workouts. It features 16 levels of magnetic resistance, a multi-function LCD display, and a comfortable, adjustable seat. Its robust construction supports users up to 400 lbs while operating quietly.




Image: The XVGVSV W241 Recumbent Exercise Bike and Elliptical in use, highlighting its dual functionality and robust design.

### Key Features:

- **2-in-1 Design:** Combines recumbent cycling and elliptical motion for a full-body workout.
- **16 Levels Magnetic Resistance:** Allows for varied workout intensities, from light warm-ups to intense cardio.
- **Whisper-Quiet Operation:** Advanced magnetic resistance system ensures silent workouts (under 15dB).
- **Multi-Function LCD Monitor:** Tracks time, speed, distance, calories, odometer, and heart rate.
- **Heart Rate Sensors:** Integrated hand-pulse sensors for real-time heart rate monitoring.
- **Ergonomic Comfort:** Plush padded seat with backrest and lever-based height adjustment.
- **High Weight Capacity:** Supports users up to 400 lbs (181 kg).
- **Easy Mobility:** Equipped with front transport wheels for convenient relocation.

## 3. Setup and Assembly

The XVGVSV W241 Recumbent Exercise Bike arrives **85% pre-assembled**, making the setup process quick and straightforward. Typical assembly time is approximately 30 minutes.

## Assembly Steps:

1. **Unpack Components:** Carefully remove all parts from the packaging. Verify all components are present against the included parts list in your user manual.
2. **Attach Stabilizers:** Secure the front and rear stabilizer bars to the main frame using the provided bolts and tools.
3. **Install Pedals:** Attach the left and right pedals to their respective crank arms. Note that the left pedal is reverse-threaded.
4. **Assemble Seat and Backrest:** Mount the padded seat and backrest onto the seat post. Adjust the seat to your preferred height and position.
5. **Connect Handlebars and Console:** Attach the handlebars and the LCD monitor console to the main frame. Connect any necessary sensor cables.
6. **Final Check:** Ensure all bolts are tightened and the bike is stable before first use.




Image: The XVGVSV W241 bike partially assembled, showing included assembly tools and user manual, emphasizing ease of setup.

### Moving the Bike:

The bike is equipped with front transport wheels. To move, simply tilt the bike forward onto its wheels and roll it to your desired location. Ensure the area is clear before moving.

## 4. Operating Instructions

### Adjusting Resistance:

The XVGVSV W241 offers **16 levels of magnetic resistance**. To adjust the intensity of your workout, turn the tension control knob located on the main frame. Turn clockwise for higher resistance and counter-clockwise for lower resistance.




Image: Close-up of the 16-level magnetic resistance knob, illustrating how to adjust workout intensity.

### Using the LCD Monitor:

The integrated LCD monitor displays important workout data to help you track your progress and stay motivated. It shows:

- **Time:** Duration of your current workout.
- **Speed:** Current speed in MPH or KM/H.
- **Distance:** Distance covered during your workout.
- **Calories:** Estimated calories burned.
- **Odometer:** Total accumulated distance.
- **Heart Rate:** Your current heart rate (when holding the pulse sensors).

Use the buttons on the console to cycle through display modes, reset values, or set workout targets.




Image: Detailed view of the LCD monitor displaying workout metrics and the integrated heart rate sensors.

## Adjusting Seat and Handlebars:

The seat can be adjusted forward and backward using the lever-based adjustment system to accommodate various user heights. The handlebars are also adjustable for optimal comfort and reach.




Image: The XVGVSV W241 bike showcasing its adjustable seat and handlebars, designed for user convenience and comfort.

### Workout Modes:

This 2-in-1 machine allows you to switch between recumbent cycling and elliptical motion. Engage your legs with the pedals for a traditional cycling workout, or use the moving handlebars and pedals simultaneously for a full-body elliptical experience.

Video: A demonstration of the XVGVSV Recumbent Exercise Bike, highlighting its features and ease of use for home workouts.

Video: A short clip emphasizing the quiet operation of the exercise bike, suitable for use in shared living spaces without disturbance.

## 5. Maintenance

Regular maintenance ensures the longevity and optimal performance of your XVGVSV Recumbent 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 moving parts to ensure they are securely fastened. Tighten if necessary.
- **Lubrication:** Moving parts may require occasional lubrication. Refer to the detailed assembly manual for specific lubrication points if applicable.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures.

## 6. Troubleshooting

If you encounter any issues with your XVGVSV Recumbent Exercise Bike, refer to the following common troubleshooting tips:

- **Squeaking Noises:** Check for loose bolts or connections. Apply a small amount of lubricant to moving joints if the noise persists.
- **Unstable Operation:** Ensure the bike is on a flat surface. Adjust the leveling caps on the stabilizer bars if your floor is uneven.
- **Monitor Not Displaying:** Check battery installation and ensure all sensor cables are securely connected to the console. Replace batteries if needed.
- **Resistance Not Changing:** Verify the tension control knob is functioning correctly and the internal magnetic mechanism is not obstructed.

For issues not covered here, please contact XVGVSV customer support.

## 7. Specifications

| Feature | Specification |
|---|---|
| Brand | XVGVSV |
| Model Name | W241 |
| Resistance Mechanism | Magnetic |
| Number of Resistance Levels | 16 |
| Maximum Weight Recommendation | 400 pounds (181 kg) |
| Item Weight | 66 pounds (30 kg) |
| Product Dimensions (D x W x H) | 48.3"D x 45"W x 26.4"H (122.7 cm x 114.3 cm x 67.1 cm) |
| Display Type | LCD (Time, Speed, Distance, Calories, Odometer, Heart Rate) |
| Special Features | Adjustable Footstrap, Adjustable Resistance Level, Adjustable Seat, Calories Monitor, Speed Monitor, Heart Rate Sensors, Transport Wheels |
| Material | Metal |
| Color | New Update-Black |

## 8. Warranty and Support

For warranty information or customer support, please refer to the contact details provided with your purchase or visit the official XVGVSV store on Amazon:

**Visit the XVGVSV Store**

Our customer service team is available to assist with any questions regarding assembly, operation, or maintenance of your exercise bike.

© 2026 XVGVSV. All rights reserved.

### 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**

---

**Open the live page**

**https://manuals.plus/asin/B0H79P715Q**

More documents and user manuals: **https://manuals.plus/**