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Exerpeutic 250xl upright bike with pulse manual

Exerpeutic folding upright bike with pulse. Exerpeutic exercise bike manual. Exerpeutic 900xl manual.

****Folding Upright Bike with Pulse OWNER'S MANUAL**** ****Table of Contents**** * Important Labels * Product Safety * Part Drawing * Part List * Hardware Packing List & Tools * Assembly Instructions ****Important Labels**** Three important labels are provided: the product label, the warning label, and the caution label. ****Product Safety**** To use this equipment safely: 1. Read all instructions before using. 2. Warm up exercises are necessary before using. 3. Cool down after exercise is suggested. ****Part Drawing**** A detailed drawing of each part is included for reference. ****Part List**** A list of parts and their quantities is provided. ****Hardware Packing List & Tools**** The following hardware and tools are required for assembly: * Seat Height Adjustment Knob * Safety Pin * Hexagon Nut Cap M8 * Curve Washer Ø8.2xØ22.2 * Flat Washer Ø8.2xØ16.8 * Hexagon Socket Bolt M8x15 * Screw M4x10L * Spring Washer Ø6 ****Assembly**** To assemble the bike, follow these steps: 1. Stand up the base of the machine by separating the Rear and Front Frames. 2. Attach the Front Stabilizer onto the Front Frame using two M8 Hexagon Nuts Cap and Ø8.2xØ22.2 Curve Washers. Note: Refer to Warm Up pages for additional safety precautions. Step 3: Align Seat Cushion (6) with Seat Post (5). Attach using three Flat Washers (33) & M8x15 Hexagon Socket Bolts (58). Tighten with Allen Wrench and Phillips Screwdriver. Insert Seat Post into Bushing (12), adjust seat, and insert Height Adjustment Knob (14). Step 4: Connect Sensor Wire (15) to Computer (9), then attach Handlebar (4) to Rear Frame (1) using Hexagon Socket Bolts (73) & Spring Washers (74). Tighten with Allen Wrench. Attach Holder (62) to Rear Frame using M4x10L Screws (66). **Computer Specifications:** - TIME: 0:00 - 99:59 - SPEED: 0.0 - 999.9 ML/H - DISTANCE: 0.0 - 999.9 ML - CALORIE: 0.0 - 999.9 KCAL - ODOMETER: 0.0 - 999.9 ML - PULSE: 40-240 BEATS/MIN **Computer Functions:** - AUTO ON/OFF: Powers off after 4 minutes of inactivity. **Storage and Adjustments:** 1. Fold bike by pushing Rear and Front Frames together. 2. Adjust Tension Control Knob for load adjustment. 3. Turn Seat Height Adjustment Knob counterclockwise to adjust seat height. **Troubleshooting & Maintenance:** - No display: Check wire connections, battery position, and replace batteries if necessary. - Warm-up exercises: Quadriceps Stretch and Inner Thigh Stretch. **Warranty Information:** Paradigm Health & Wellness, Inc. provides warranty for defects in material and workmanship under intended use conditions. If you have any issues with your Paradigm product, please follow the instructions in the Owner's Manual. We will replace any defective parts free of charge if used properly at home. To request service or replacement parts, call us at 1-866-924-1688 from Monday to Friday, 8am to 5pm Pacific Standard Time, or email us at service@paradigmhw.com. Have your name, phone number, model number, serial number, part number, and proof of purchase ready when requesting service. When returning the product, please contact customer service first. You can also visit our website at www.paradigmhw.com for more information. Please note that this warranty applies only to North America. To request parts or service, you will need to provide your name, address, city, state, and zip code, as well as your telephone number and email address. The Paradigm Parts Request Fax Form can be faxed to 1-626-810-2166 or emailed to service@paradigmhw.com. Please fill out the form with the required information, including your name, address, city, state, zip code, telephone number, and email address. Also provide the serial number, model number, part number, and proof of purchase. We will process your order within 3 business days. You can also use our fax form to request parts or service. Please have all necessary information ready when contacting customer service.