

TECHNOGYM EXCITE+ RECLINE 700i

USER GUIDE

This guide covers setting up and using the Technogym Excite+ Recline 700i, a commercial recumbent bike with the 700i LED console and 23 built-in workouts.

Guide at a glance

Use this guide to set up the bike, choose a workout, adjust resistance, monitor heart rate and finish safely.

AT A GLANCE

Item	Specification
Dimensions	160 cm long × 60 cm wide × 129 cm high
Weight	81 kg
Maximum user weight	220 kg
Resistance	30–500 W (at 70 rpm), 25 effort levels
Console	700i LED display with 23 workouts, pause, quick start and stop; 13 languages
Seat	27 positions
Backrest	4 positions
Heart rate	Hand sensors on the side handles; wireless chest strap (telemetry)
Connectivity	Optional mywellness key reader for personal profiles and workout data
Power	Mains, 100–240 V, 50/60 Hz (some units are self-powered)
Operating conditions	5–35 °C, 30–80% humidity (non-condensing)

SAFETY AND PLACEMENT

BEFORE YOU RIDE

Important health warning

Speak to a doctor before starting a new exercise plan. Stop straight away if you feel faint, dizzy, short of breath or have chest pain.

- Heart rate and calorie readings are estimates for guidance only.

- Keep children and pets away from the pedals and moving parts.
- Wear trainers and keep laces, loose clothing and towels clear of the pedals.
- Check the pedal straps and seat are secure before every ride.
- Don't use the bike if anything is loose, damaged or making unusual noises.

WHERE TO PUT IT

- On a solid, level floor indoors, within the operating range of 5–35 °C and 30–80% humidity.
 - Near a wall socket, with the power cable routed where nobody can trip on it.
 - Leave enough space around the bike to get on and off easily from either side.
 - If the bike rocks, adjust the levelling feet until it sits firmly.
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GETTING SET UP

GETTING ON AND OFF

Step through the low, open frame, holding the side handles for support, and sit back into the seat. Reverse this to get off, only once the pedals have stopped.

SEAT POSITION (27 SETTINGS)

1. Sit on the seat and use the seat adjustment lever to release it.
2. Slide the seat forward or back until your leg is almost straight, with a slight bend in the knee, when the pedal is at its furthest point.
3. Release the lever and rock gently to check the seat has locked.

Useful reminder

Note your seat number so you can set it quickly next time.

BACKREST (4 SETTINGS)

Adjust the backrest so you sit supported and upright enough to breathe comfortably, with your shoulders relaxed.

PEDALS

Place the ball of each foot over the centre of the pedal and tighten the straps so your feet feel secure but not pinched.

USING THE CONSOLE

QUICK START

1. Switch on at the mains; the console lights up.
2. Start pedalling, then press **Quick Start** to begin a manual workout straight away.
3. Use the effort controls to change resistance as you ride.
4. Press **Pause** to take a break, or **Stop** to end the workout and see your summary.

CHOOSING A PROGRAMME

Select a programme on the console, enter any details it asks for (such as age, weight or target), then press Enter to start.

- **Quick Start** – Manual ride; you control the effort level
- **Time goal** – Ride for a set time
- **Distance goal** – Ride a set distance
- **Calorie goal** – Ride until a calorie target is reached
- **CPR (constant pulse rate)** – Adjusts resistance to hold your heart rate at a target (needs a heart-rate reading)
- **Profiles (6 preset)** – Pre-set resistance patterns such as hills and intervals
- **Profiles (9 customisable)** – Resistance patterns you can build and adjust
- **Custom** – Create your own workout
- **Training Zone** – Keeps you working within a chosen heart-rate zone
- **Weight Loss** – Moderate, steady workout designed for fat burning
- **Fitness Test** – Estimates your fitness level
- **Military tests (2)** – Air Force PRT and Navy PRT fitness tests
- **Calorie Coach** – Guides you towards a calorie target

DISPLAY READINGS

The console shows time, distance, speed, rpm, power (watts), calories, effort level and heart rate (when detected).

RESISTANCE AND HEART RATE

CHANGING RESISTANCE

- Use the Fast Track controls on the side handles, or the effort keys on the console, to move between levels 1 and 25.
- Resistance ranges from 30 W to 500 W at 70 rpm. The faster you pedal at a given level, the more power you produce.

Build up gradually

Start each session with 3–5 minutes at a low level.

HEART RATE

- **Hand sensors:** hold both side-handle sensors lightly with relaxed hands. The reading takes a few seconds to appear and is less accurate while you grip hard or move a lot.
- **Chest strap:** a compatible wireless chest strap gives a steadier reading and is recommended for the CPR programme.

AFTER EACH RIDE

1. Cool down for 3–5 minutes at a low level, then press **Stop**.
2. Wait for the pedals to stop before getting off.
3. Wipe the seat, backrest, handles and console with a soft cloth and a mild, non-abrasive cleaner. Never spray liquid directly onto the console.

TROUBLESHOOTING

Situation	Cause	Fix
Console won't light up	No power.	Check the plug, socket and mains switch, then report it to staff.
No heart-rate reading	Poor contact or no strap detected.	Hold both hand sensors lightly; moisten the chest strap contacts.
Resistance doesn't change	Console or brake fault.	Stop and report it to staff.
Clicking or grinding noise	Loose pedal or part.	Stop using the bike and report it to staff.
Bike rocks	Uneven floor.	Report it to staff so the levelling feet can be adjusted.

