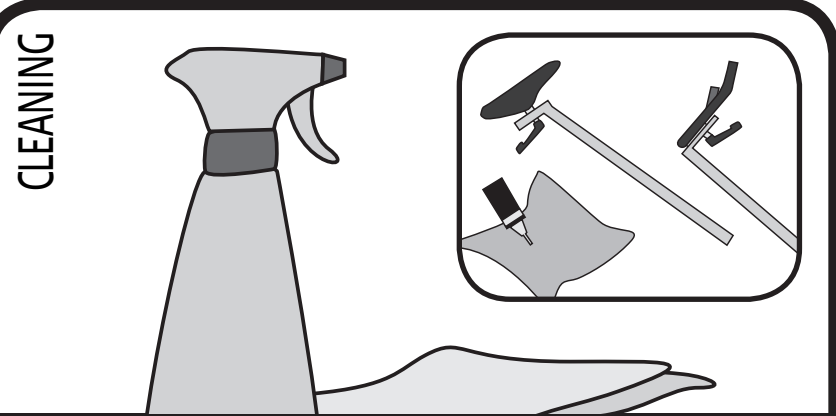
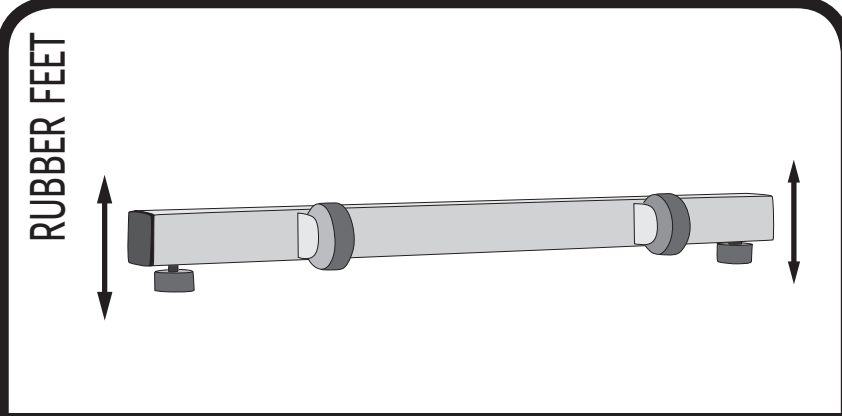


MAINTENANCE OF YOUR BODY BIKE



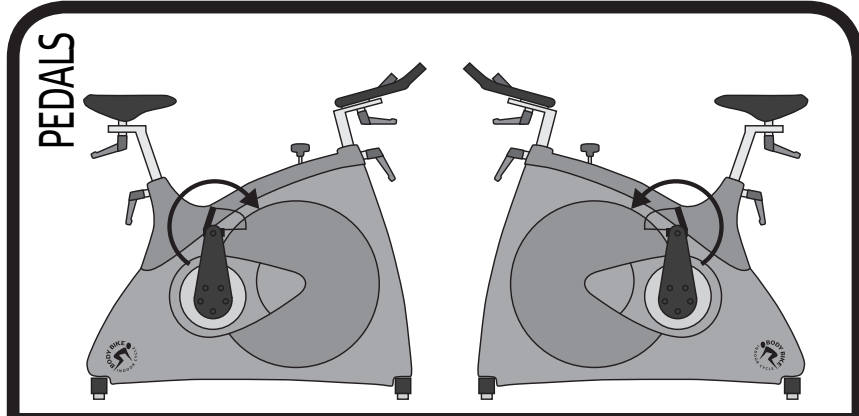
CLEANING

After each workout, wipe the cycle down with tissue paper. Every other week the posts need cleaning to protect them from sweat etc. Pull out the seat post and the front post and wipe them clean with an oily cloth.



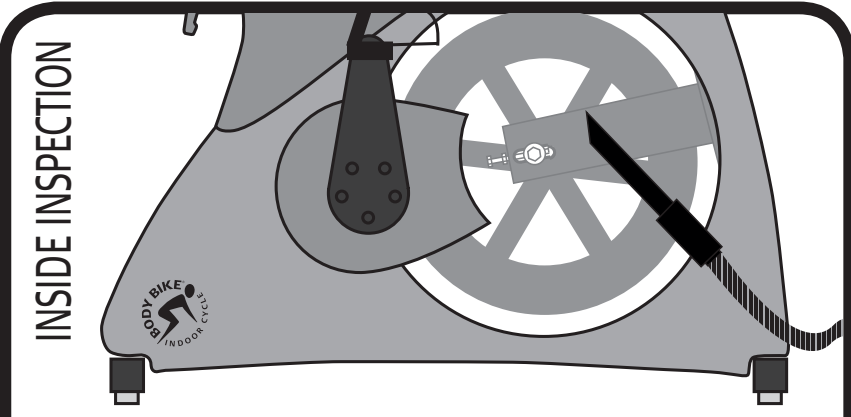
RUBBER FEET

The rubber feet should always be adjusted to ensure that the cycle is in level. Every other year the rubber feet should be replaced as the rubber hardens and becomes unable to absorb the impact.



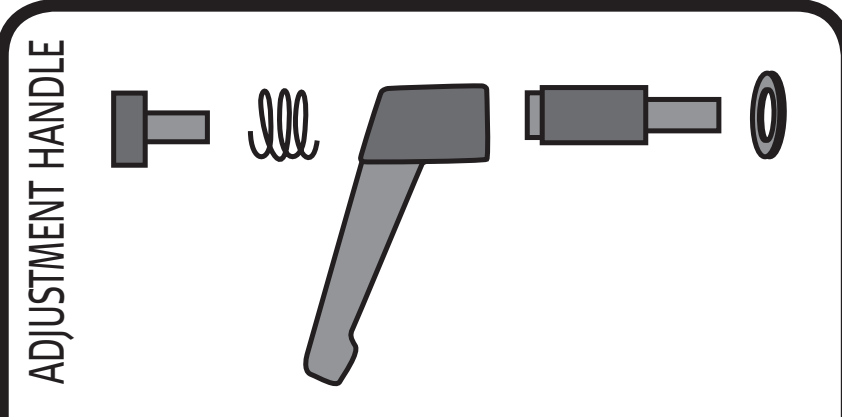
PEDALS

Tighten up the pedals every 2 weeks to avoid them getting loose or breaking off. The pedals should always be screwed on in the direction of the handlebar. Use a 15mm pedal wrench to tighten the pedal. Pedals should be changed once a year or after 1500 hours of cycling.



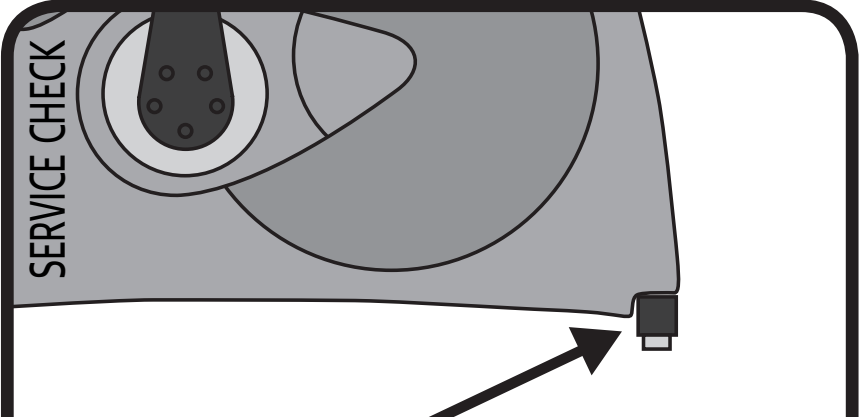
INSIDE INSPECTION

Inspect the Kevlar brake pad after the first month and hereafter every 3rd month. The Kevlar brake pad should be replaced before it is worn through and reveal the black rubber. At every inspection the bike should be vacuum cleaned inside.



ADJUSTMENT HANDLE

Every 3 months the handles need cleaning and grease. Disassemble the handle completely. Clean all the parts thoroughly using a steel brush. Lubricate the internal parts with grease. Add grease to the main screw before mounting it on the cycle.



SERVICE CHECK

At an annual service check, make sure that the small hole by the front bottom frame is not blocked and allows water and sweat to exit the frame. Also check that the ribs on the poly-v belt and pulley are clean.

See manual for specific information. Be aware that older models do not have lubrication free brakes.

TEN EASY STEPS TO A SAFE CYCLING EXPERIENCE



GUIDELINES FOR BODY BIKE INDOOR CYCLES FOR ADULTS

Before cycling


TIGHTEN HANDLES

4 x



Always secure all four adjustment handles before cycling. By pulling the handle it can be turned freely.

CLICK PEDAL ON

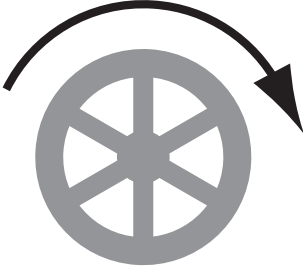


1

2

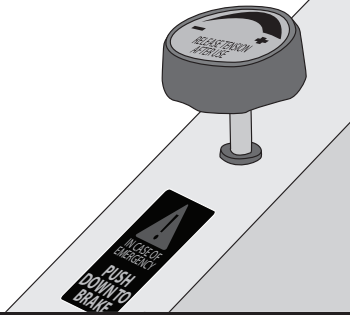
The feet should be firmly fixed to the pedals. Place the front of the clamp in the pedal and click into it by pushing down the heel.

FLYWHEEL MOMENTUM



Be aware that the flywheel momentum will keep the pedals turning even after you stop pedalling.

EMERGENCY BRAKE



Locate the emergency brake and try it out.

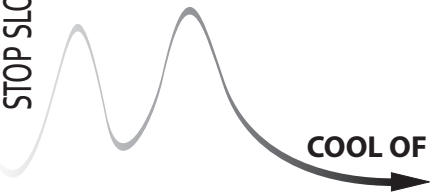
SAFETY



Only practise safe behaviour on the cycles.

After cycling


STOP SLOWLY



COOL OF

Avoid a sudden stop by slowing down the pace over a period of time.

CLICK PEDAL OFF



1

Loosen both shoes before getting off the cycle. Twist the foot slightly outwards to unclick.

GET OFF SLOWLY



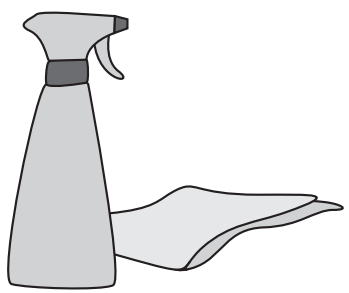
For safety reasons get off the cycle and take off the shoes before doing stretch exercises. Be aware that the floor can be slippery.

RELEASE TENSION



Always release tension and loosen all handles after each use.

CLEAN CYCLE



Clean the cycles with water and tissue paper.

CONNECT HEART RATE TRANSMITTER AND ENTER INDIVIDUAL SETTINGS



GUIDELINES FOR BODY BIKE CONNECT CONSOLE

<p>Press to enter setting mode.</p>	<p>Running segments until pairing is complete.</p>	<p>Lean close to console. Make sure the transmitter electrodes are moist and correctly worn on chest. Use of ANT+ transmitter is recommended.</p>	<p>Press to accept pairing and continue to next setting.</p>
<p>Press to accept and continue to next setting. Increase/decrease the value by pressing the arrows. Continually press the arrow to increase/decrease rapidly.</p>	<p>Press to accept and continue to next setting. Increase/decrease the value by pressing the arrows. Continually press the arrow to increase/decrease rapidly.</p>	<p>Press to start test. Press arrows to enter watt level or VO2 max manually. (Go to last picture.)</p>	
<p>Time left on this level. Your current cadence. Try to hit 70 RPM. The watt you must attain. If your output is too low the watt test will end automatically. Your current watt.</p>	<p>After 2 minutes the watt level will go 35 watt up. Adjust your work load. Keep going until exhaustion. Press any button to end the test and see your result.</p>	<p>Press to accept and end setting mode. Use arrows to adjust.</p>	

CONNECT HEART RATE TRANSMITTER AND ENTER INDIVIDUAL SETTINGS



GUIDELINES FOR BODY BIKE PERFORMANCE CONSOLE

Press to enter setting mode.

Running segments until pairing is complete.

Lean close to console.

Make sure the transmitter electrodes are moist and correctly worn on chest.

Use of ANT+ transmitter is recommended.

Press to accept pairing and continue to next setting.

Press to accept and continue to next setting.

Increase/decrease the value by pressing the arrows. Continually press the arrow to increase/decrease rapidly.

Press to accept and end setting mode.

Increase/decrease the value by pressing the arrows. Continually press the arrow to increase/decrease rapidly.

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