

TECHNOGYM BIKE

USER MANUAL



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IMPORTANT SAFETY INSTRUCTION

You should always consult with a qualified and licensed medical professional or healthcare practitioner before starting any nutritional, diet, stretching or exercise program. You are advised to investigate and inform yourself about any health related actions and choices you make.

Please read all instructions before using the product. These instructions were written to ensure the safety of the user and to protect the product.

When using an electrical appliance, basic precautions should be always followed, including those listed below.



DANGER

To reduce the risk of electric shock, always remove the plug from the electrical socket immediately after using and before cleaning or performing any maintenance procedures.



WARNING

To reduce the risk of burns, fire, electric shock or injury to persons, take the following precautions.

The product should never be left unattended when plugged in. Unplug the product from the power socket when not in use, before cleaning it, and before installing or removing electrical parts.

Do not allow children to have unsupervised access to the product.

Close supervision by qualified personnel is necessary when the product is being used by or near children, invalids or disabled persons.

Use the product exclusively for the purposes described in the user manual; only perform the exercises for which the equipment has been designed, following the instructions provided in the manual. Any other use should be considered incorrect and therefore dangerous.

Do not use any accessories other than those recommended by Technogym.

Never turn on the product if it has a damaged cable or plug, if it is not working correctly, if it has been knocked over or damaged, or if it has fallen into water. In these circumstances, contact the Technogym Technical Support Service.

Do not pull the product by the power cable or use the cable as a handle.

IMPORTANT SAFETY INSTRUCTION

Keep the power cable away from heated surfaces.

Keep your hands away from moving parts.

Never drop or insert any object into any opening.

To disconnect power, turn all controls to the off position, then remove the plug from the outlet.

SAVE THESE INSTRUCTIONS



WARNINGS

Risk Of Electric Shock. Do Not Disconnect Under Load.

Do not connect to a circuit operating at more than 150V to Ground.

PERSONAL SAFETY

Use of the product is subject to a medical examination to assess your suitability to the type of workout exercise you intend to perform, and in compliance with the conditions for use laid down by Technogym.

Persons suffering from certain physical conditions may only use the product under the strict supervision of a doctor with specific qualifications.

Before starting any workout, make sure your position on the product is correct, paying attention to any components that may obstruct use.

Plan the workout according to your physical characteristics and state of health, beginning with less demanding workloads.

Do not overexert yourself or work to exhaustion. Incorrect or excessive exercise may cause physical harm or sudden death. If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.

Wear proper workout clothing and shoes during training; do not wear garments that block perspiration; do not wear loose clothing. Tie long hair back. Keep garments or towels away from moving parts.

When using the product, other people must remain at a safe distance.

Do not use the product when children or pets are present.

Fully assemble the product before using it. Check the product before each use. Do not continue to use the product if it is not working properly.

Assemble and use the product only on a solid and flat surface.

Keep all the components (such as the power cable and the on/off switch) away from liquid substances, to avoid all risk of electric shock.

Keep the product in good working condition. If you see signs of wear, contact Technogym's technical support service.

Do not attempt any maintenance work on the product other than the operations described in the user manual.

The installation, maintenance and setting operations must be carried out by qualified Technogym staff or persons authorised by Technogym.

The electrical system must conform to the standards and legal requirements in the country of use.

Do not place anything on the frame or the display.

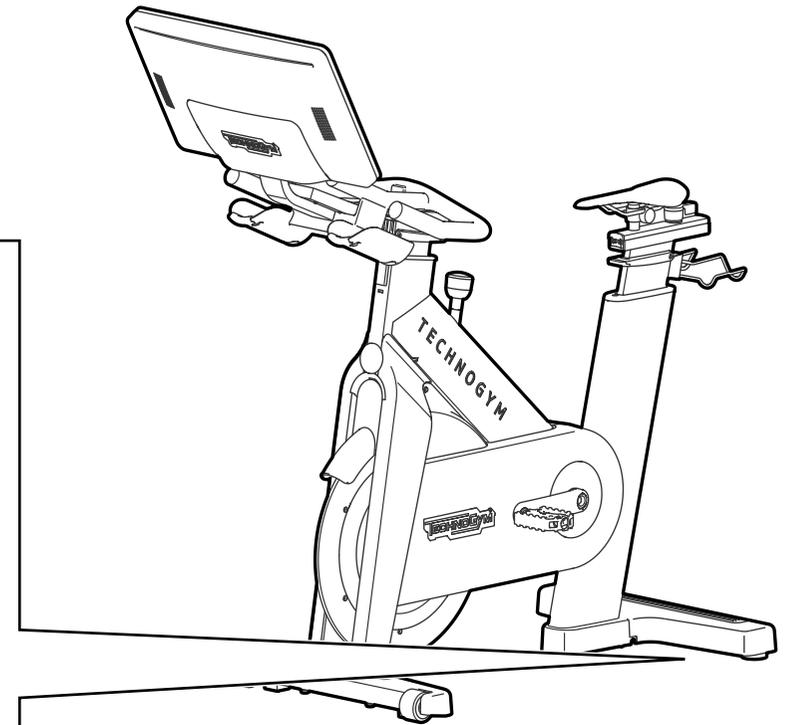
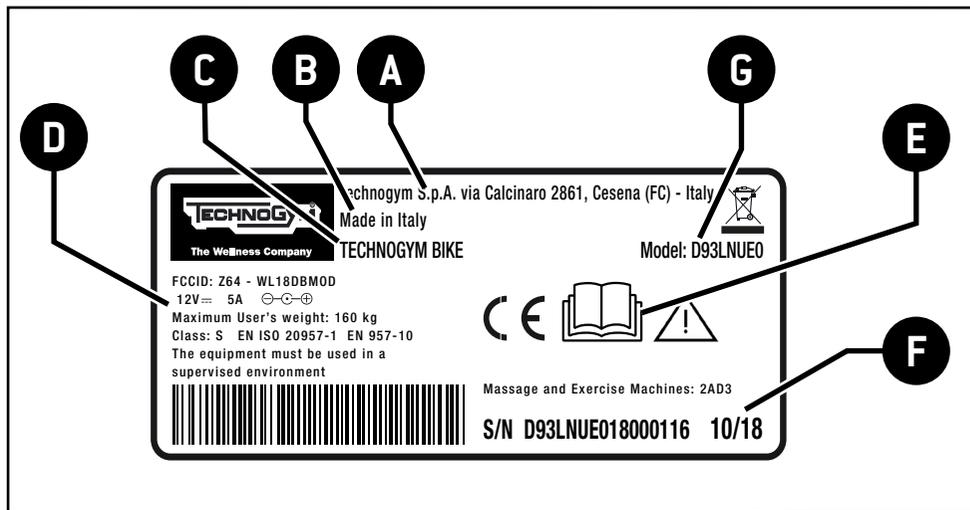
PERSONAL SAFETY

Technogym is not responsible for any harm due to any failures or damage caused by unauthorised maintenance, misuse, accident, negligence, improper assembly or installation, debris resulting from any construction activities in the area where the product is used, rust or corrosion as a result of the product's location, alterations or modifications without Technogym's written authorisation or for failure on your part to use, operate and maintain the product as set out in this User Manual.

IDENTIFICATION OF THE MANUFACTURER AND THE PRODUCT

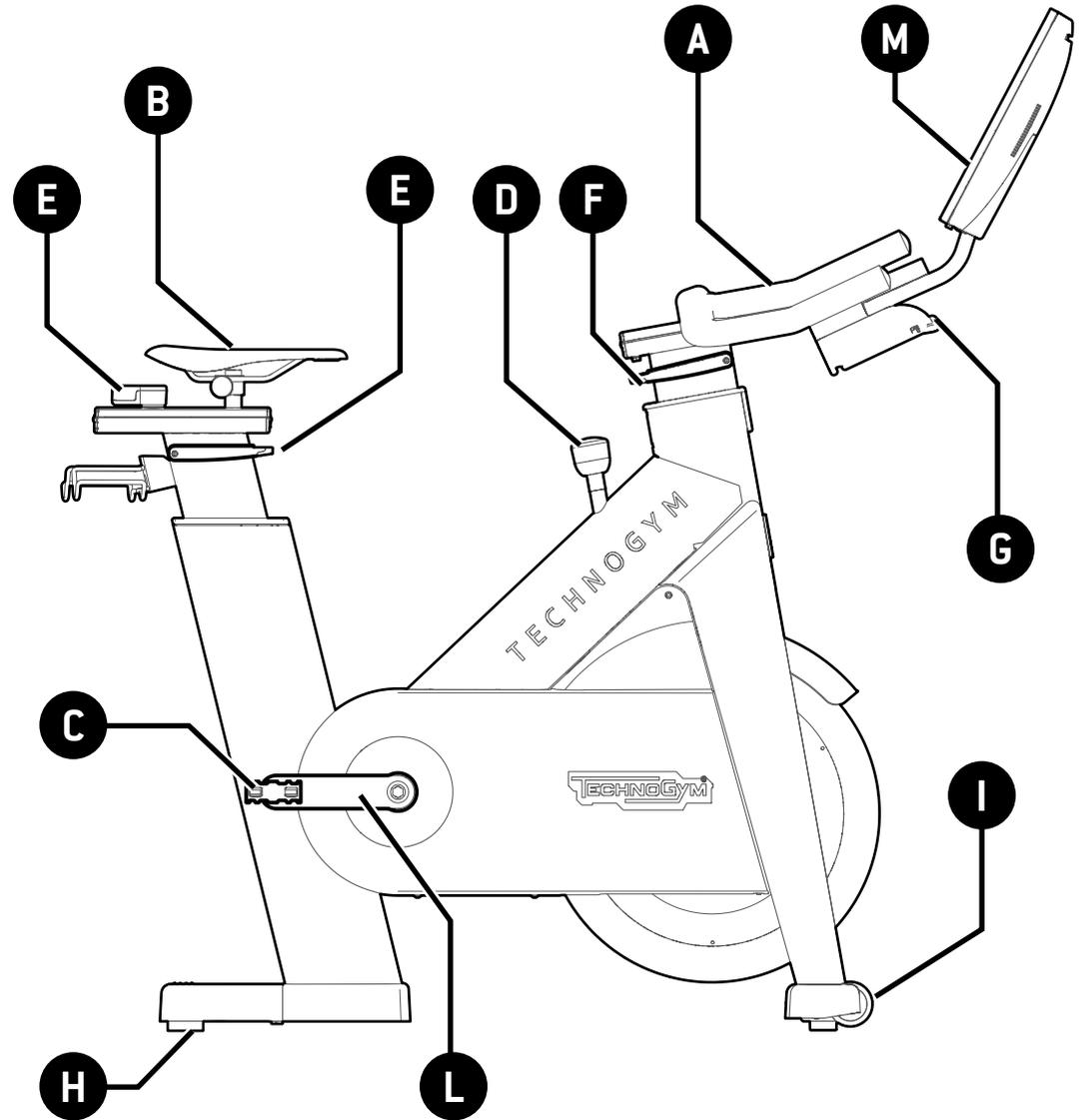
- A** - Manufacturer's name and address
- B** - Place of manufacture
- C** - Description of product
- D** - Electrical specifications
- E** - Tells you to consult the User manual
- F** - Serial number and date of manufacture
- G** - Product model

The TECHNOGYM BIKE is a home device, designed for indoor use in residential environments. It is classified as a class HA device according to ISO EN 20957-1.



DESCRIPTION OF THE PRODUCT

- A Handlebar
- B Saddle
- C Pedals
- D Knob for adjusting resistance
- E Levers for adjusting the saddle
- F Lever for adjusting the handlebar
- G Personal item tray/water bottle holder
- H Adjustable feet
- I Wheels
- L Pedal cranks
- P Display

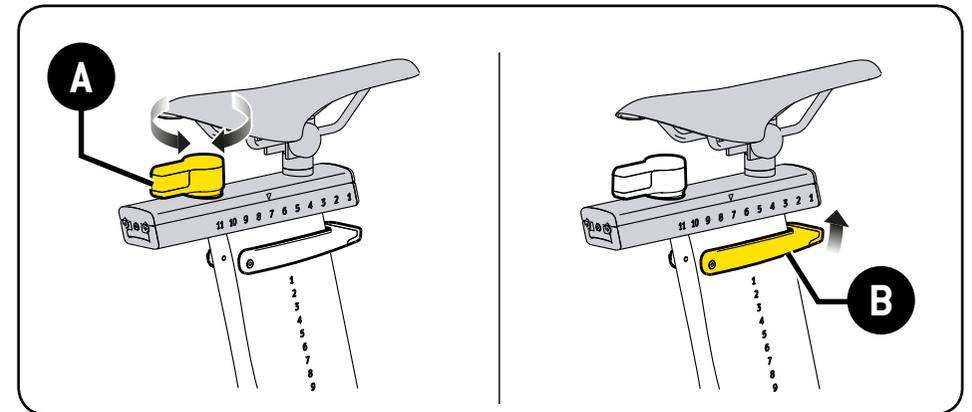


USING THE PRODUCT

To move the saddle horizontally, use the adjustment lever (A).

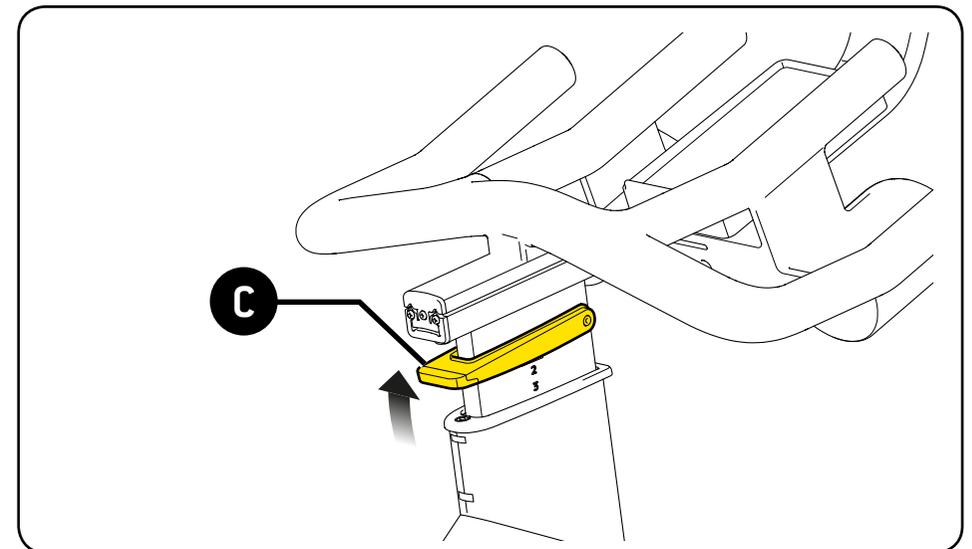
- Turn the lever (A).
- Move the saddle horizontally.
- Put the lever (A) back in its original position.

To raise the saddle, simply lift it. To lower the saddle, move the lever (B).



To adjust the height of the handlebar, use the adjustment lever (C).

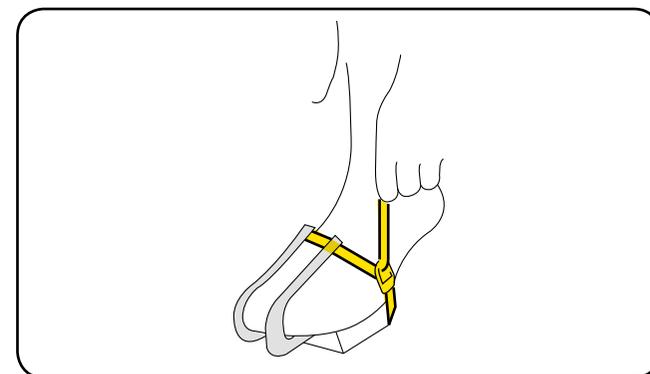
To raise the handlebar, simply lift it. To lower the handlebar, move the lever (C).



USING THE PRODUCT

Adjust the toe clip straps.

- Put your toes in the clips and make sure the front parts of your feet are in front of the pedal axles.
- Tighten the strap buckles, thus ensuring that your feet are fitted in properly and securely fastened.

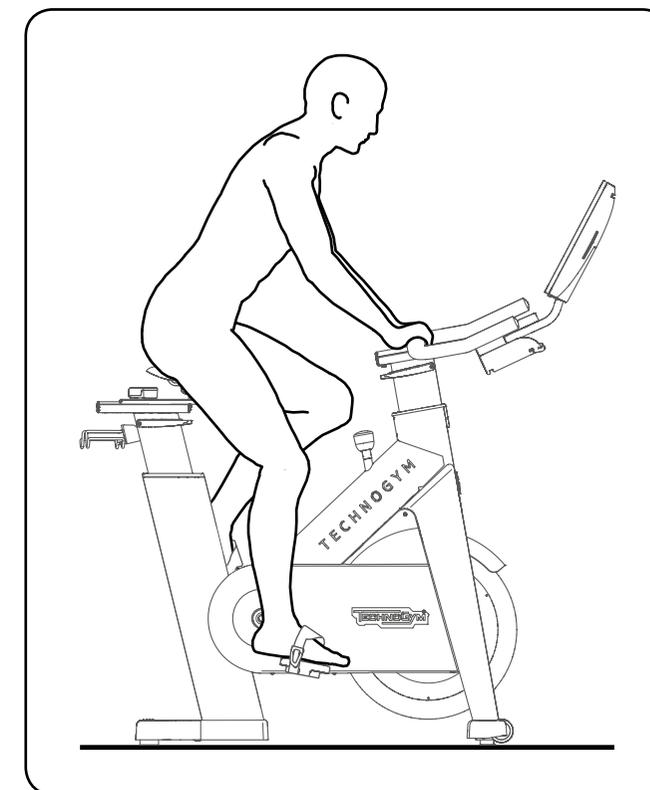


Sit on the saddle and grasp the handlebar. From that position, ensure that you can almost fully extend your legs when the pedals are at their lowest point.

Sit on the saddle with your torso bent forward and your back straight. Put your hands on the ends of the handlebar, with your arms slightly bent. Try not to sway sideways.

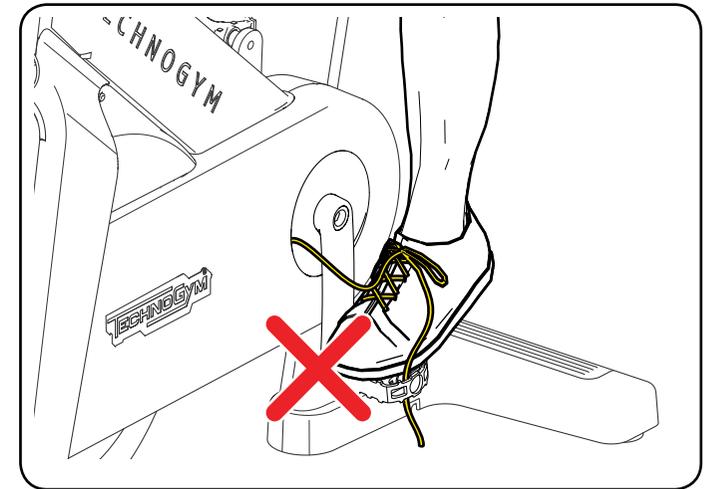
Keep your feet lined up properly so that they do not scrape against the covers of the product.

The TECHNOGYM BIKE must only be used for the purpose for which it was designed and made: as a cycle ergometer. Any other use must be considered inappropriate and therefore dangerous.



USING THE PRODUCT

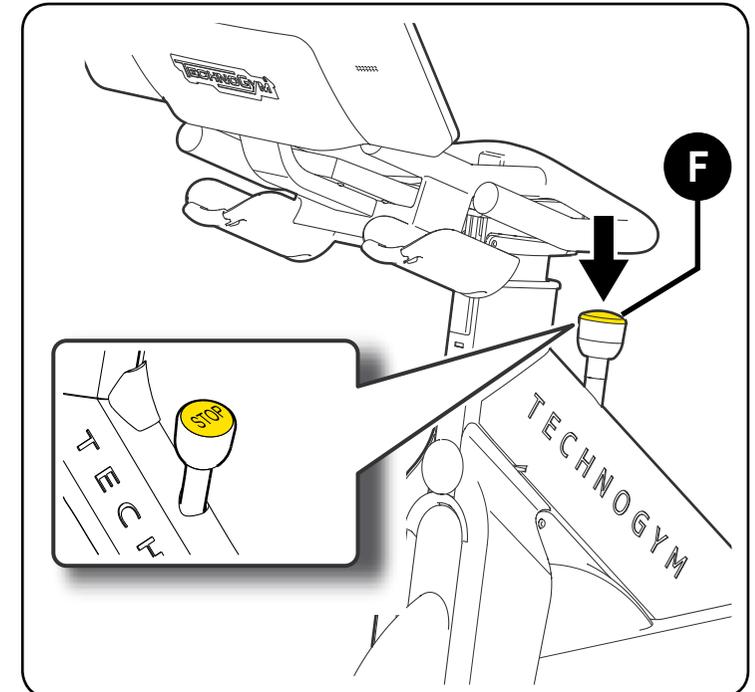
Make sure you do not have any loose clothing or laces that could get caught in the product.



To adjust the equipment's resistance and vary the exercise intensity, turn the knob **(F)**. Turn the knob in a clockwise direction **(+)** to increase resistance, or in an anti-clockwise direction **(-)** to decrease resistance.

This product does not have a freewheel; as such, when the user stops pedalling, the system gives back the stored energy, keeping the pedals moving. To stop the movement of the pedals, press the knob **(F)** all the way down.

Emergency pushbutton (F). Stops the product immediately in case of emergency. The stop speed is calibrated by the pressure put on the button. The emergency button also permits the equipment to be locked to prevent its use by children. Turn the knob clockwise **(+)** as far as it will go to lock the equipment.

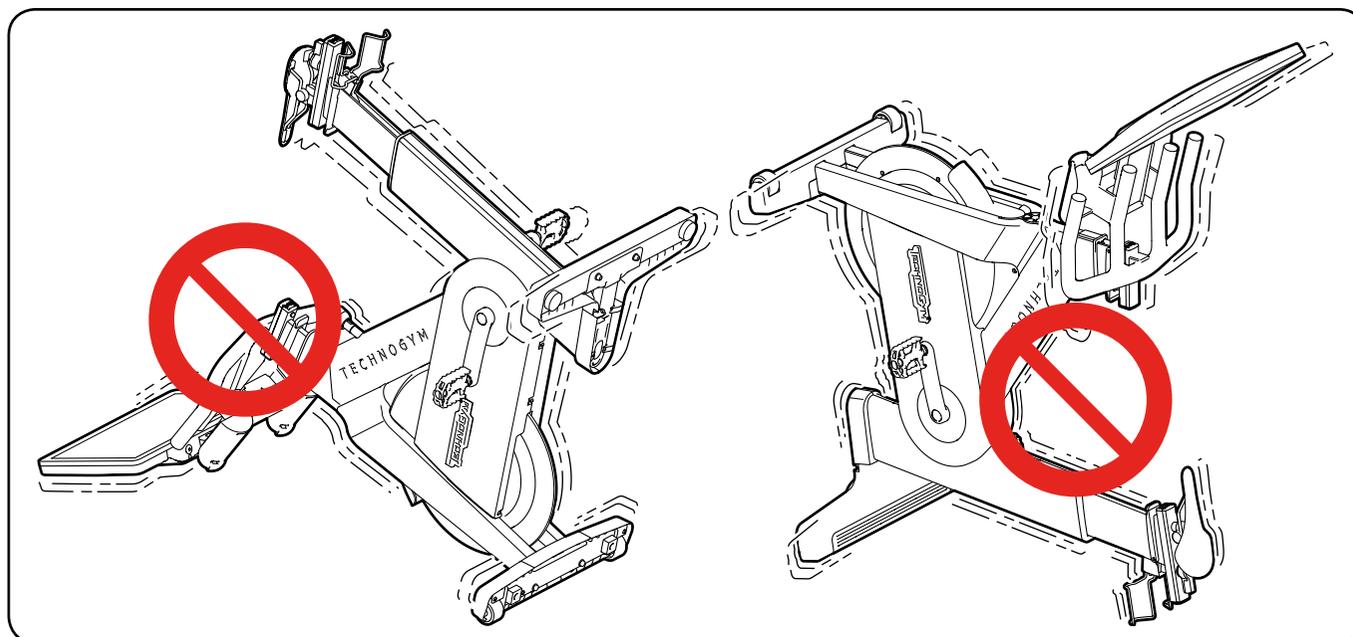
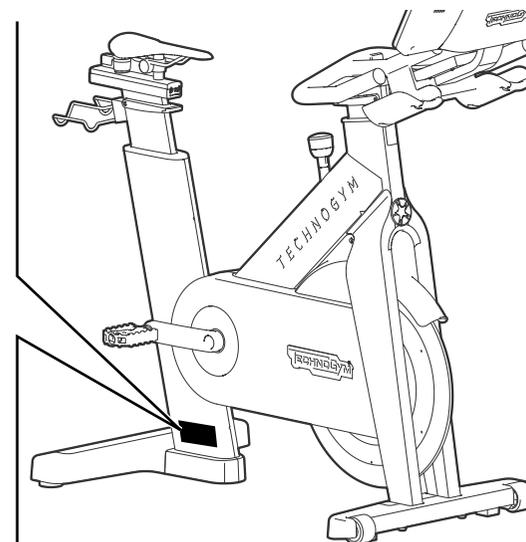


USING THE PRODUCT

Before using the product, read all the warnings on the label.

⚠ WARNING

Serious injuries can occur on this equipment.
Do not allow children unsupervised access to the equipment.
Close supervise teenagers.
Before using the equipment, read all the warnings and all the instructions. Refer to the user manual for additional warnings and safety information.
Stop exercise if you feel faint, dizzy or experience pain.
Keep body, hair, clothing away from all moving parts.
Check the equipment before use.
Do not use the equipment if you see signs of wear or damages.
In this case notify the staff immediately.
The heart rate shown on the display is purely indicative and cannot be considered absolutely certain.
DO NOT REMOVE THIS LABEL. REPLACE IF DAMAGED.

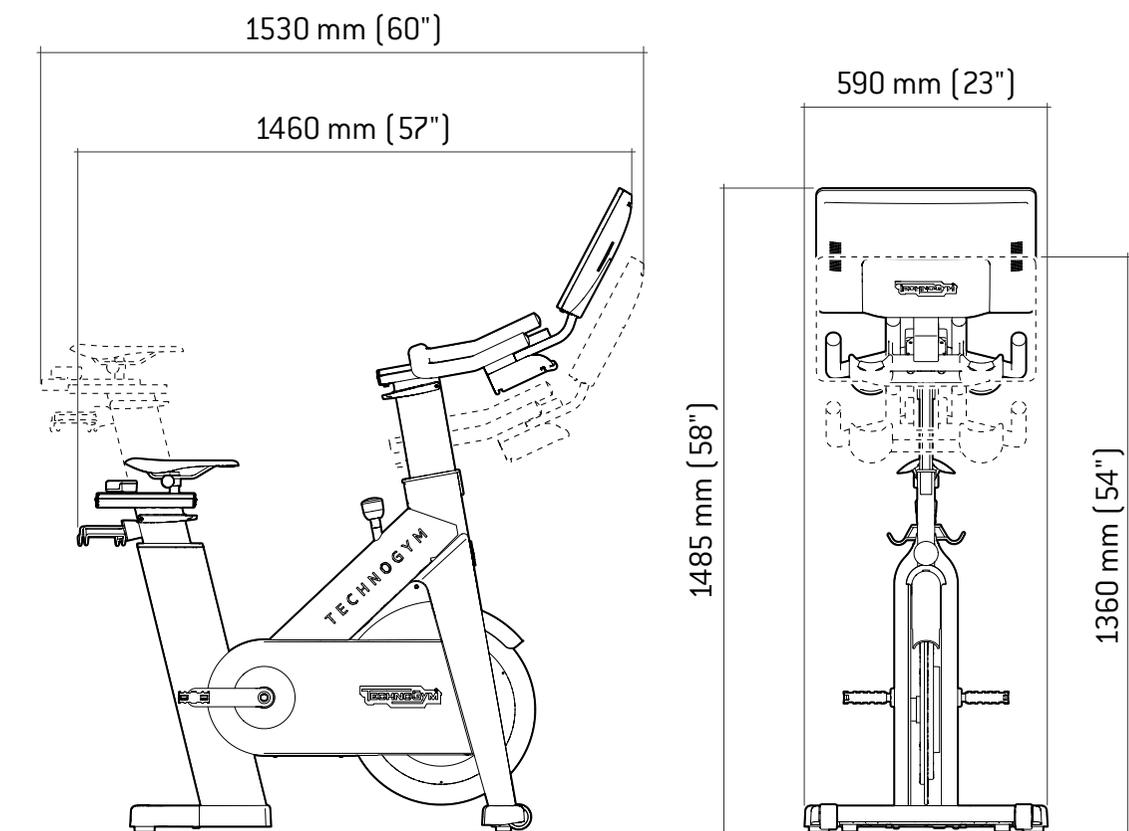


Do not store the product in a vertical position. It may be unstable and it could fall over.

TECHNICAL CHARACTERISTICS

Power supply	12V 5A
Power supply unit	input 100÷240 Vac 50/60 Hz 2A output 12V 5A
Noise level	Less than 70 dB
Protection rating	IP 20
Operating temperature	from +5°C to +30°C (from +41°F to +86°F)

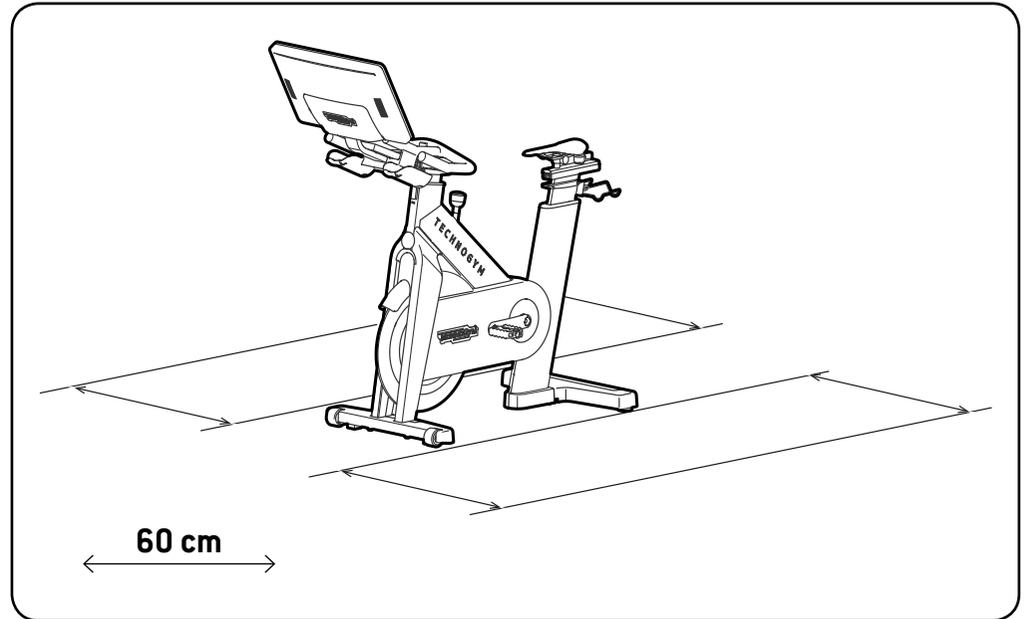
Weight of the product	67 kg (148 lb)
Maximum weight of user	160 kg (353 lb)



PLACE OF USAGE

In order to ensure that activities with the products are easy and risk-free for people, the area in which they take place must meet a number of specific requirements. In particular, when deciding where to install the product, make sure that the location satisfies the following requirements.

- Temperature of between +10°C and +25°C.
- Sufficient air circulation, with the capacity to keep humidity levels between 20% and 90% during exercise.
- Sufficient lighting, so that physical exercise can be done in pleasant, relaxing conditions.
- An empty space at least 60 cm wide all around every product.
- A flat, stable and vibration-free surface that is capable of supporting the weight of both the product and the user.



Do not expose the product to direct sunlight.

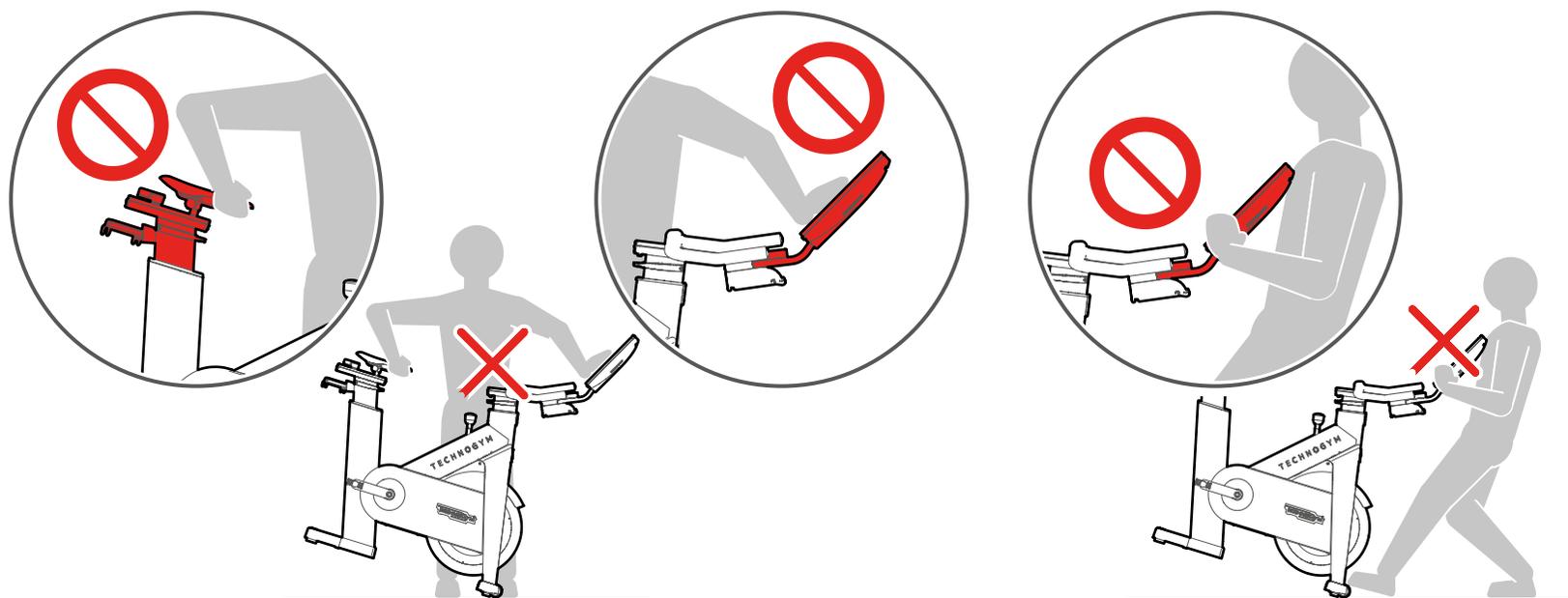
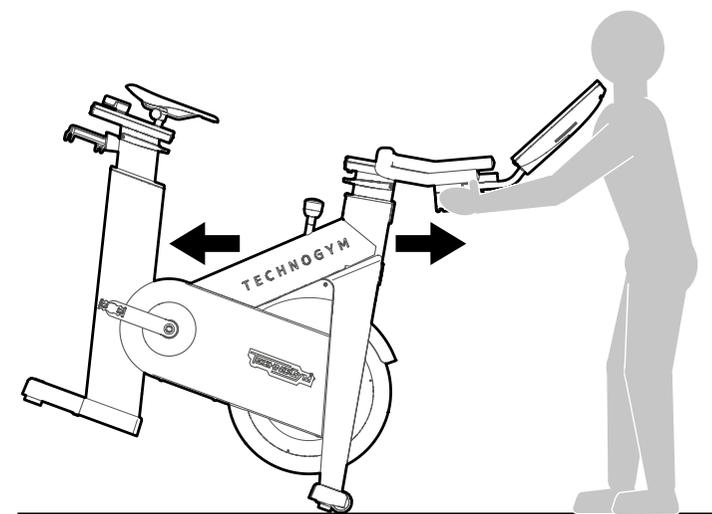
Do not use the product outside. Do not use the product outdoors, where it is exposed to the elements. Ensure that the product does not get splashed by water.

Do not place the product in locations with high moisture levels, such as swimming pools, whirlpool tubs and saunas.

MOVING THE PRODUCT

The product has two fixed front wheels. To move it, lift it up slightly as shown in the illustrations, then push it forwards or backwards.

Before you lift the product, ensure that the handlebar is securely fastened.



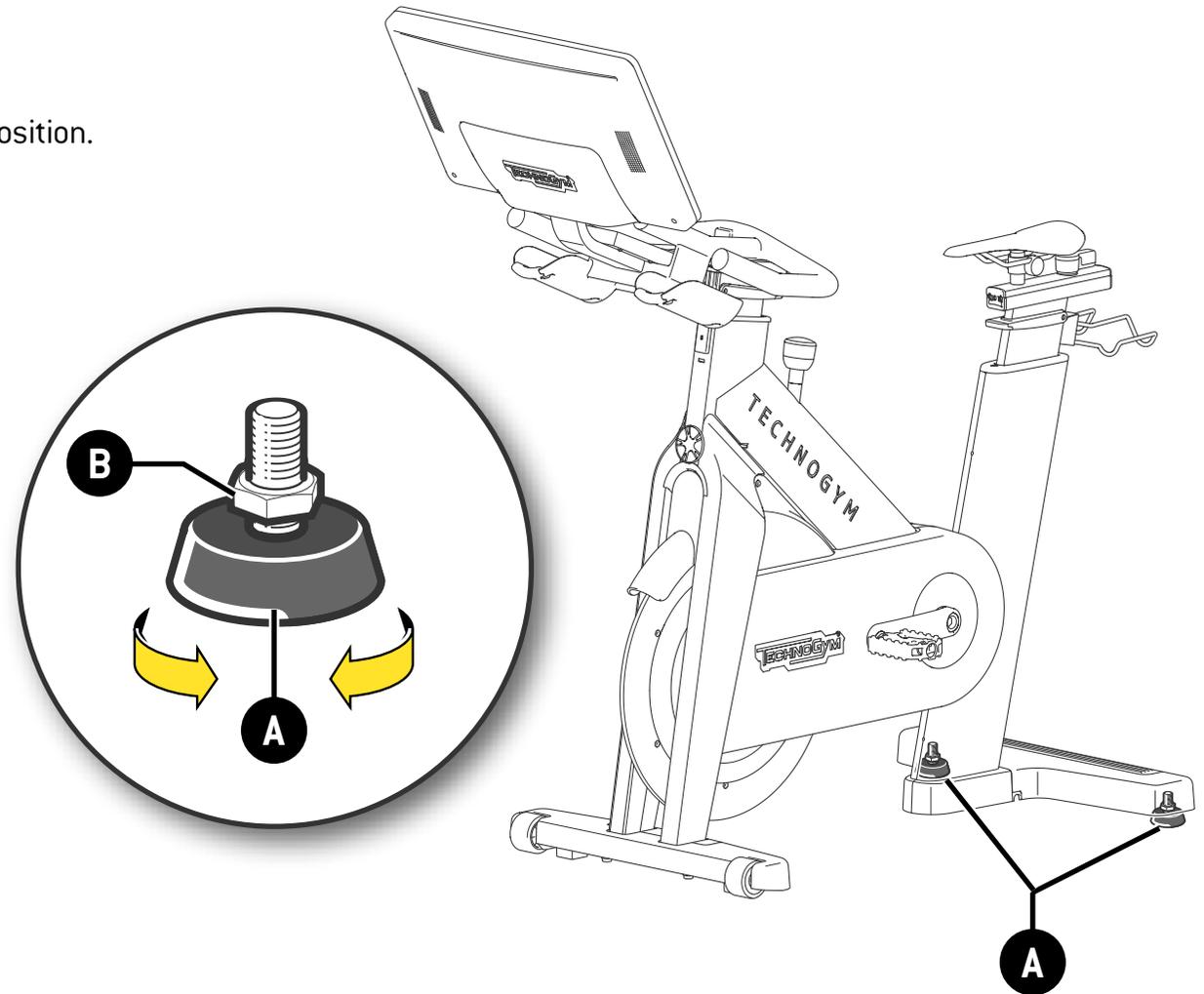
LEVELLING THE PRODUCT

The product must be level for proper operation.

Loosen the locknut **(B)**.

Screw or unscrew the foot **(A)** until the frame is in a stable position.

After adjusting, tighten the lock nut **(B)**.



ELECTRICAL CONNECTION

Before connecting the product to the mains power supply, ensure that the electrical system specifications comply with current regulations. Check the mains power supply specifications on the identification label.

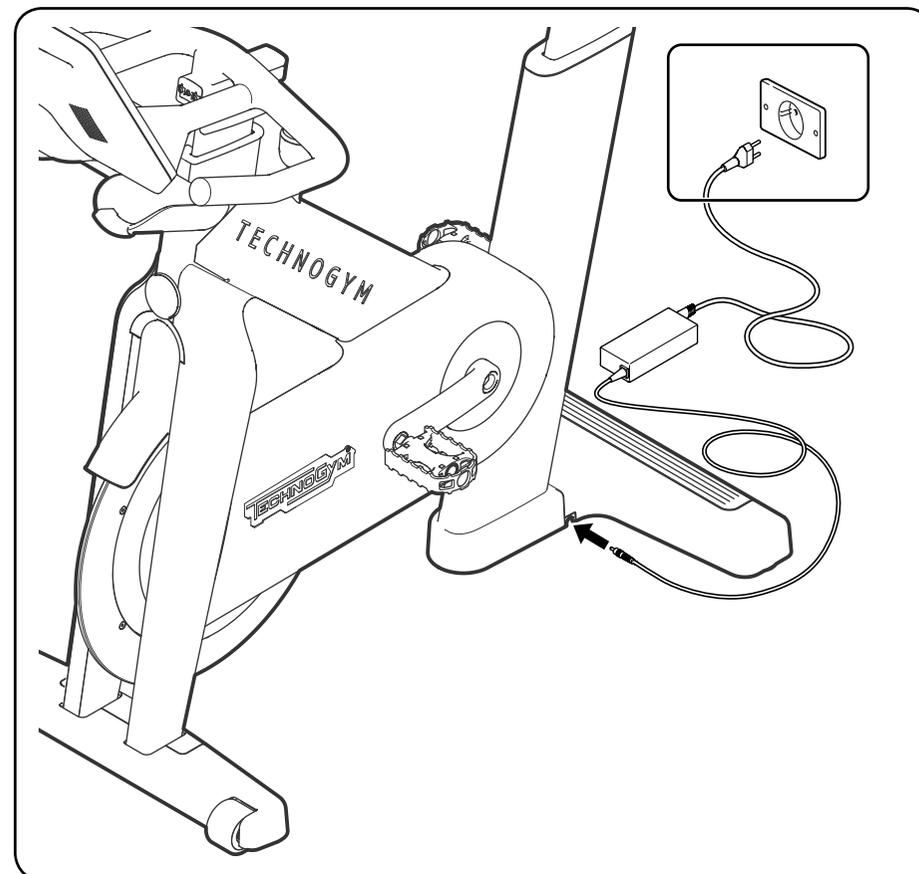
Plug the power cable into the product socket first and then into the wall socket.



WARNINGS

Check the state of the power cable periodically.

The wall socket must be located in a place where the unit may be easily and safely plugged in and unplugged.



TURNING ON AND OFF

Press the switch underneath the screen to turn the product on. The product will perform a quick check (reset) and then it is ready to use.

Press the switch underneath the screen to turn the product off.

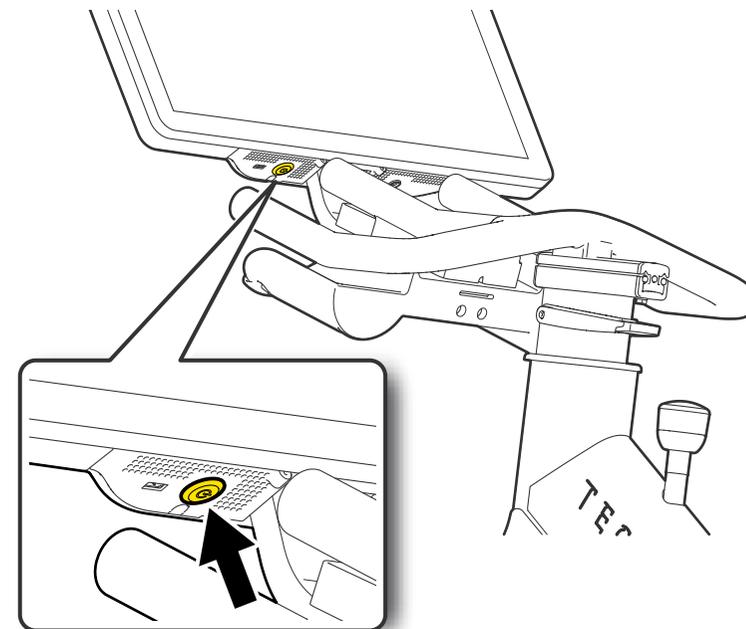
Only turn the product off, after exercising, when it is in stand-by.

If the product is not expected to be used for a long time, as well as turning it off you should also pull the plug out of the wall socket.



WARNING

The switch only turns the product on/off but does not isolate it from the mains voltage. Take the power plug out of the socket to isolate the product.



INTERNET CONNECTION

The quality of the service depends on the speed of the internet connection.

An internet connection of 5 Mbps or more is required for each individual product to guarantee an optimum HD audio-video experience; this requisite safeguards HD quality up to 1080 p.

With lower internet speeds, the product will automatically adapt to the connection speed available and reduce the service quality and the video definition.

- 3 Mbps: internet connection speed for SD quality (standard definition video), i.e. average quality video (DVD quality)
- 1.5 Mbps: broadband connection speed for low quality video (not recommended)

Wi-Fi Network

Comply with the following requirements when connecting the product to the Wi-Fi network:

- Standard: IEEE 802.11 a/b/g/n with 2.4 GHz or 5 GHz.
- Security protocols: WEP, WPA/WPA2.
- Unique or dedicated Wi-Fi router / access point.
- DHCP: enabled

Additional configurations are necessary when using professional or advanced Wi-Fi routers/access points, or if the product is connected to a public/company network (clubs, gyms, hotels), as indicated below.

- SESSION TIMEOUT: disabled.
- LEASE TIME: at least 3 days.
- Enter the setting for the dedicated Wi-Fi router / access point with a single SSID (Service Set Identifier). The SSID must be visible, not hidden.
- Avoid transmitting the same SSID several times (for example, same SSID on 2.4 GHz and 5 GHz bandwidths, or same SSID transmitted by different access points /Wi-Fi routers).

INTERNET CONNECTION

- Avoid different SSIDs but with the same initial root (for example, network 2.4 GHz and network 5 GHz).
- If you use 2.4 GHz bandwidth, we recommend using channels 1, 6, 7, 8, 9, 10, 11, and 12. Avoid channels 2, 3, 4, 13, and 14, because they can cause interference with Bluetooth devices.

MAINTENANCE

The product should always be kept clean and free of dust, in compliance with common health and hygiene standards.

After every use, clean the product with a damp sponge and neutral soap to remove moisture and perspiration, then dry it well.

Put the saddle and the handlebar into their highest positions so that you can clean the full length of the post and stem respectively.

Do not use chemical products or solvents.

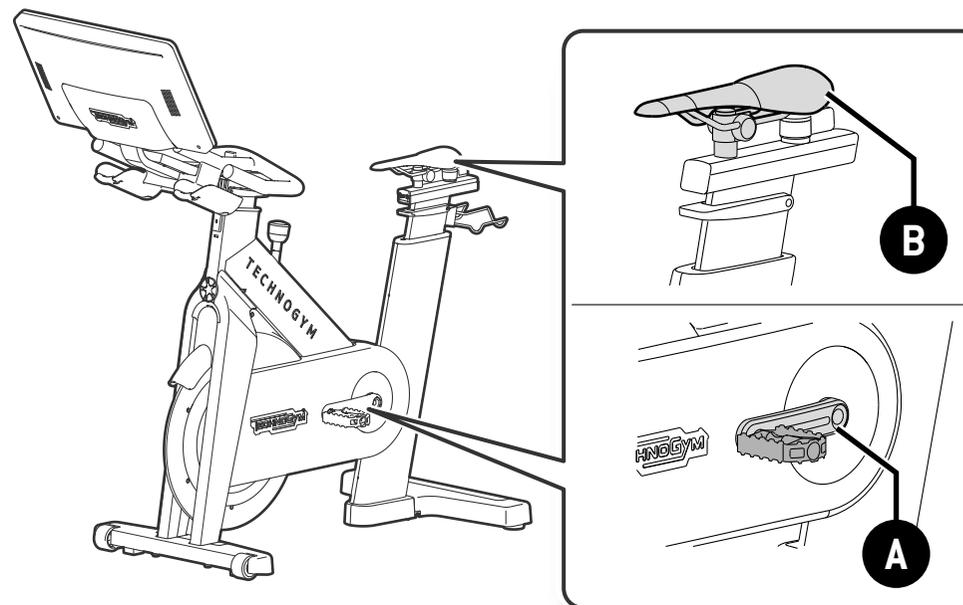
Contact the Technogym Technical Support Service for information about any maintenance operations not described in this manual.

The safety of the product is assured only on the condition that it is carefully inspected once a week for any signs of damage and/or wear. Either replace defective or worn components immediately, or remove the equipment from service.

Ensure that you remove the power plug from the socket before carrying out any maintenance procedures.

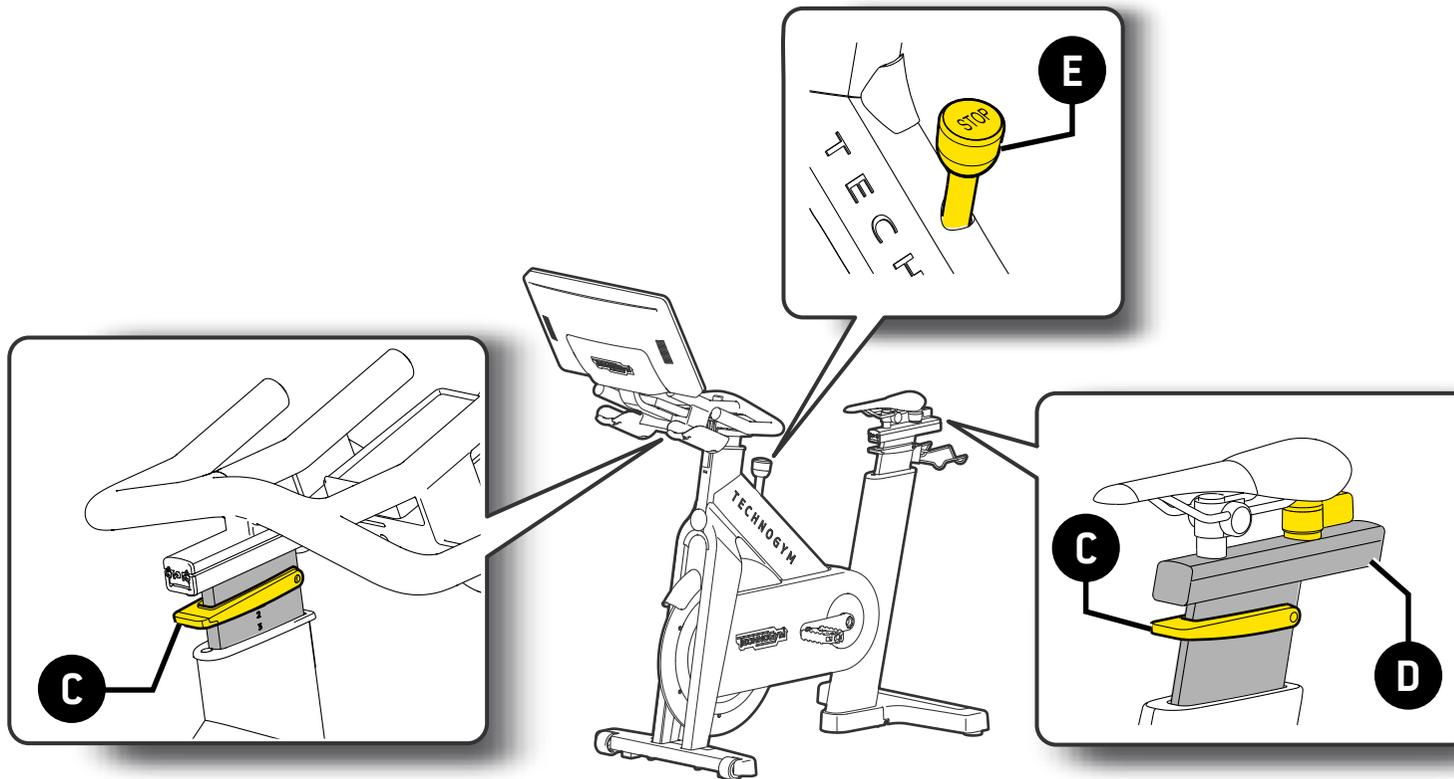
MAINTENANCE

Description	Type of check	Regularity of action	Type of action
Cleaning	Check that the product is clean.	Every day	After every use, clean the product with a damp sponge and neutral soap to remove moisture and perspiration, then dry it well.
Pedals	Check the level of wear and tear on the pedals and ensure that they are securely fastened to the pedal cranks (A).	Every 6 months	In the event of faults, contact the Technogym Technical Support Service.
Saddle	Check that the saddle (B) is stable.	Every 6 months	Tighten the two saddle attachment nuts.



MAINTENANCE

Description	Type of check	Regularity of action	Type of action
Vertical adjustment unit (saddle and handlebar)	Check that the tooth is locking and the associated lever (C) is working.	Every 6 months	To adjust the tooth so that it locks properly, contact the Technogym Technical Support Service.
Horizontal adjustment unit (saddle)	Check that the horizontal movement (D) of the saddle post is smooth..	Every 6 months	Lubricate the stem and post with oil containing PTFE.
Emergency pushbutton	Check that the button (E) is operating properly and the flywheel stops correctly.	Every 3 months	If the button does not function correctly, contact the Technogym Technical Support service.



ADJUSTING THE PLAY OF THE SADDLE

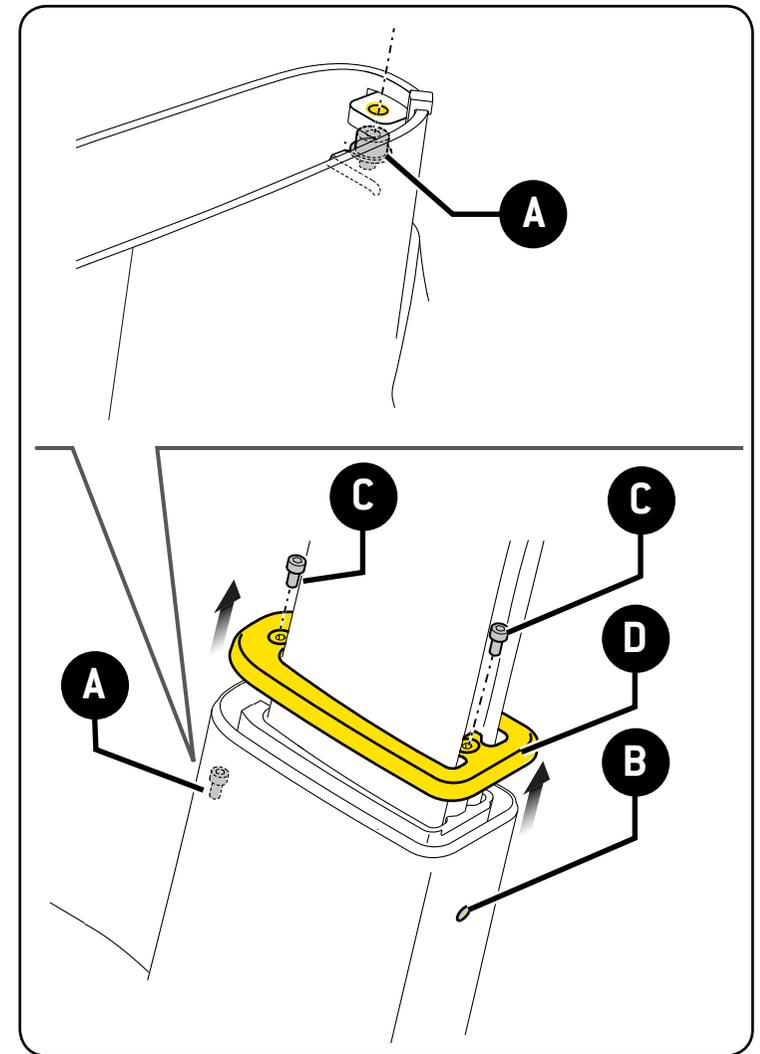
We recommend checking the play of the saddle on a regular basis because it can cause noise and vibrations. In addition, it could make it more difficult to adjust the saddle.

To adjust the play in the vertical sliding mechanism for the saddle, proceed as follows.

- Unscrew the screws (C).
- Lift the cover (D).
- Adjust the screws (A) and (B) with an Allen key.
- Check the play all along the saddle.
- Lower the cover (B).
- Tighten the screws (C).

Turn the screws (A) and (B) right to tighten them and make the saddle move less easily.
Turn the screws (A) and (B) left to loosen them and make the saddle move more easily.

Give each screw 1/8 of a turn each time and see how the saddle moves, then turn it again if necessary.



ADJUSTING THE PLAY OF THE SADDLE

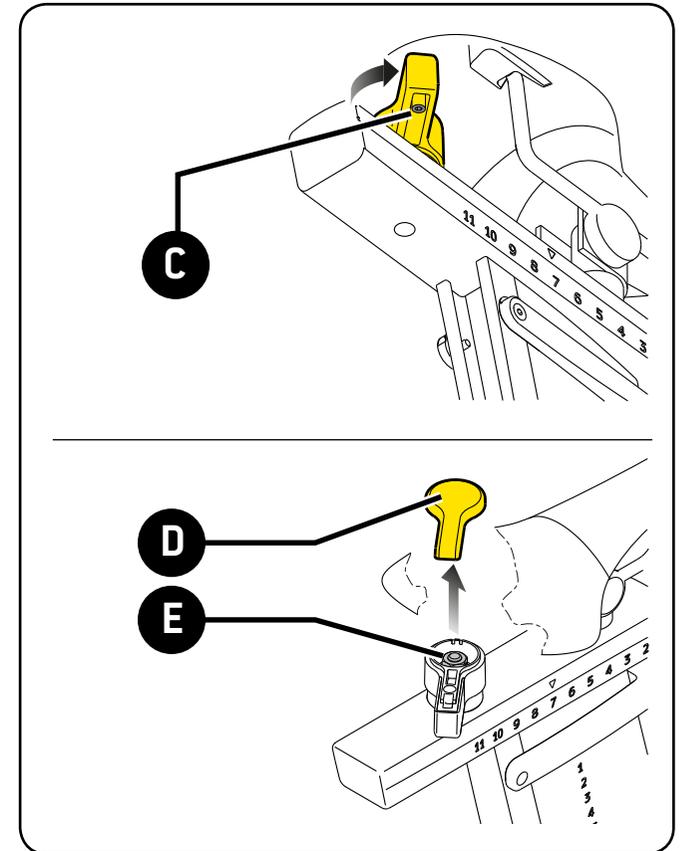
To adjust the play in the horizontal sliding mechanism for the saddle, proceed as follows.

- Unscrew the screw **(C)**.
- Lift up the cover **(D)**.
- Adjust the nut **(E)**.
- Check the play all along the saddle.
- Lower the cover **(D)**.
- Tighten the screw **(C)**.

Turn the nut right to tighten it and make the saddle move less easily.

Turn the nut left to loosen it and make the saddle move more easily.

Give the nut 1/8 of a turn each time and see how the saddle moves, then turn it again if necessary.



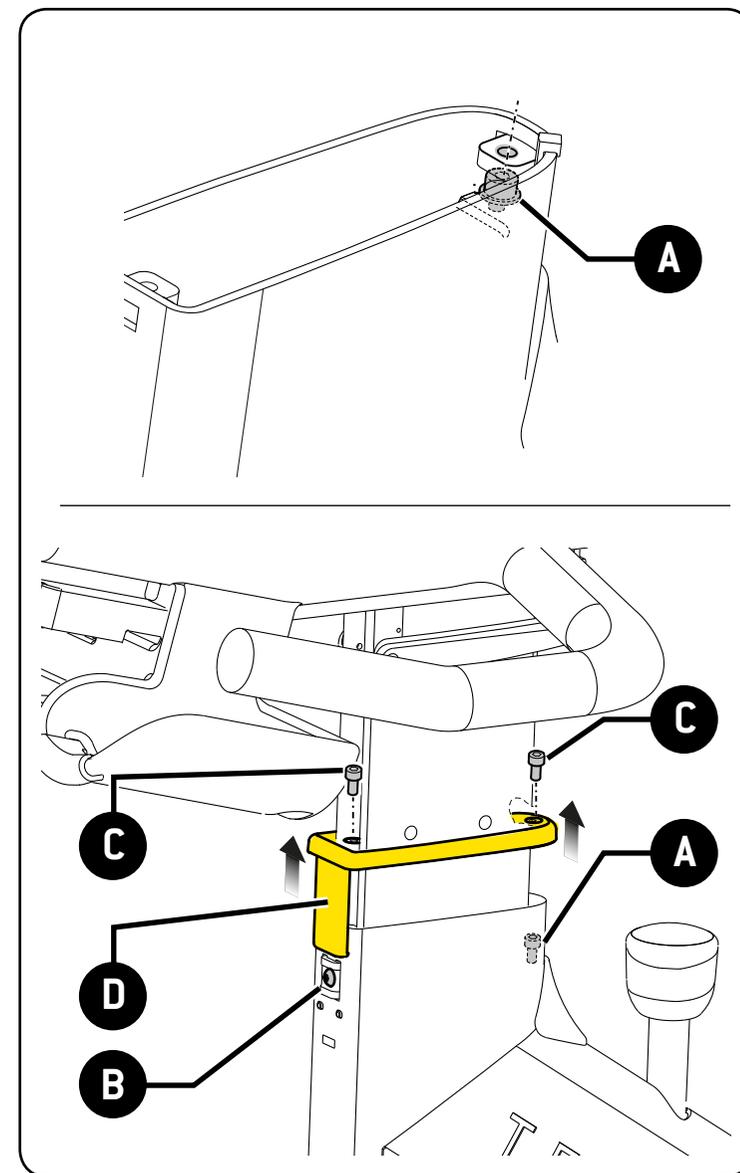
ADJUSTING THE PLAY OF THE HANDLEBAR

To adjust the play in the vertical sliding mechanism for the handlebar, proceed as follows.

- Unscrew the screws (C).
- Lift the cover (D).
- Adjust the screws (A) and (B) with an Allen key.
- Check the play all along the handlebar.
- Lower the cover (B).
- Tighten the screws (C).

Turn the screws (A) and (B) right to tighten them and make the saddle move less easily.
Turn the screws (A) and (B) left to loosen them and make the saddle move more easily.

Give each screw 1/8 of a turn each time and see how the saddle moves, then turn it again if necessary.



TECHNICAL ASSISTANCE

The Technogym Technical Support Service provides:

- telephone consultation
- information about which services are covered by the warranty and which must be paid for
- on-site servicing
- supply of original spare parts.

**Technical Support Service
Technogym s.p.a.**

**Via Calcinaro 2861, 47521 Cesena Italy
tel: +39 0547 56047
www.technogym.com/Support**

When you contact the Technogym Technical Support Service you must give the following information:

- model,
- date of purchase,
- serial number,
- precise description of the problem.

Work on the equipment by persons unauthorised by Technogym invalidates the warranty.

Technogym supplies the electrical and wiring diagrams to companies with technical support.

STORING THE PRODUCT

If a long period of non-use is expected, you are advised to store the equipment in the following way:

- in a clean dry place, with a dust cover;
- at a room temperature between -10°C and 70°C and relative humidity between 20% and 90%.

For better storage, use the original packing materials.

Do not store the product in a vertical position.

DISPOSING OF THE PRODUCT

It is always advisable to check that the product does not create any type of hazard, and therefore it should not be left for children to play with. For this reason, when it is not used for long periods it must be turned off by disconnecting the power cable.

The product must not be disposed of in the environment, in public areas, or private areas used for public purposes.

The product is made from recyclable materials such as steel, aluminium and plastic, which must be disposed of in the manner prescribed by the urban refuse collection regulations in force, by firms specialised in urban and environmental hygiene.

Waste deriving from electrical and electronic equipment must not be disposed of as urban waste. A specific disposal system involving suitable processing, recovery and recycling in compliance with the regulations in force, is provided for this kind of waste.

Illegal dumping or improper use of electrical and electronic equipment waste may cause serious damage to the environment and have repercussions on people's health.

Under the provisions put into effect by the European Union Member States, private citizens resident within the European Community may take used electrical and electronic equipment to authorised collection centres.

If the product is used for commercial purposes, contact your reseller or the Technogym Customer Service, in the various Countries, to arrange for collection and disposal of waste from electrical and electronic equipment.

For disposal of electrical and electronic equipment in Countries outside the European Union, contact your local authorities.

Average life of the product: 10 years.

TECHNOGYM BIKE_en-AA
OSM01134

