

GROUP CYCLE



User manual

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Technogym® is committed to a policy of continuous improvement and reserves the right to modify its products and documentation without prior notice.

Important safety instructions

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 Group Cycle. These instructions were written to ensure your safety and to protect the equipment.

The User Manual has been written in the manufacturer's original language and translated into the language of the country in which the equipment is used. The user manual forms an integral part of the equipment, with which it should always be kept. The user manual should always accompany the equipment even in the event of relocation or sale. Technogym declines all responsibility for failure to pass on the user manual if the equipment is sold or relocated.

Do not allow unsupervised children close to the equipment.

Close supervision by qualified staff is necessary when Group Cycle is used by or near children, invalids or disabled persons.

Do not use the product in presence of small children or pets.

Use Group Cycle only for its intended use as described in the user manual. Only perform the exercises for which the equipment has been designed, following the instructions given in the manual. Any other use of the equipment is to be considered improper and therefore dangerous.

Do not use attachments not recommended by Technogym.

Never operate the equipment if it is not working properly, if it has fallen or been damaged, or if it has fallen into water. In these circumstances, contact the Technogym Technical Support service.

Keep hands and feet away from moving parts.

During use people must remain at a safe distance.

Completely assemble Group Cycle before using it.

Check the product before each use.

Assemble and operate the equipment on a solid, level surface.

Do not put anything on the frame or on the display either, when present.

Never drop or insert any object into any opening.

Important safety instructions

Maintain Group Cycle in good working conditions. If you see signs of wear, contact the Technogym Technical Support service.

Do not attempt to service the equipment in ways other than those stated in the maintenance instructions in this manual.

The person in charge of the gym must explain to the users about proper and improper use of the equipment.

Use of the equipment is subject to a medical examination in relation to the intended type of exercise, and compliance with the conditions of use laid down by the manufacturer.

Persons suffering from certain physical conditions may only use the equipment under the strict supervision of a specialist doctor.

Before starting an exercise, make sure your position on the equipment is correct. Be careful about any components that might constitute an obstruction.

Wear proper exercise clothing and shoes during a workout: no garments that impede perspiration and no loose clothing. Tie long hair back. Keep garments or towels away from moving parts.

Choose suitable exercises for your physical characteristics and state of health, starting out with lightweight loads.

Do not overexert yourself or work to exhaustion. If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.

Incorrect or excessive exercise may cause physical harm.

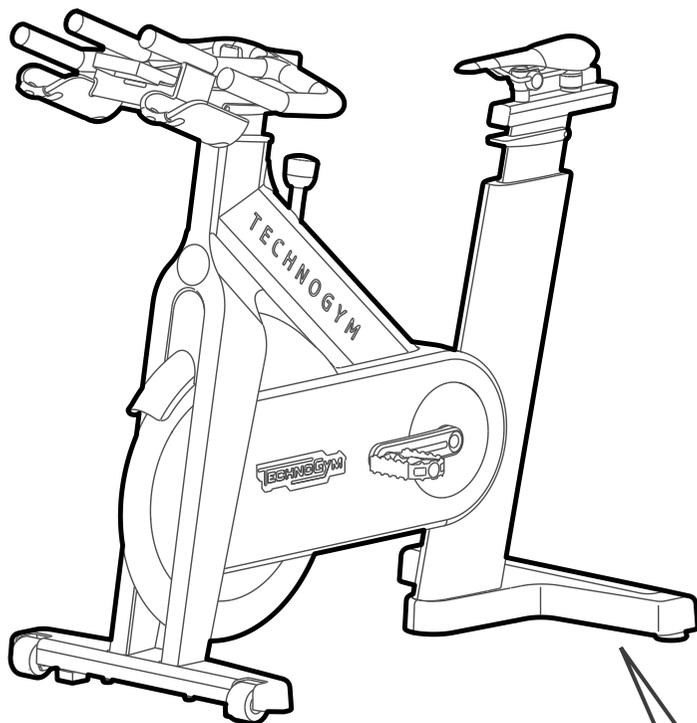
Technogym is not responsible for any damages due to any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, debris resulting from any construction activities in the product's environment, rust or corrosion as a result of the product's location,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

Manufacturer and equipment identification

Group Cycle is a commercial device, designed for indoor use in residential and professional environments.

It is a Class S product without freewheel pursuant to ISO EN 20957-1.

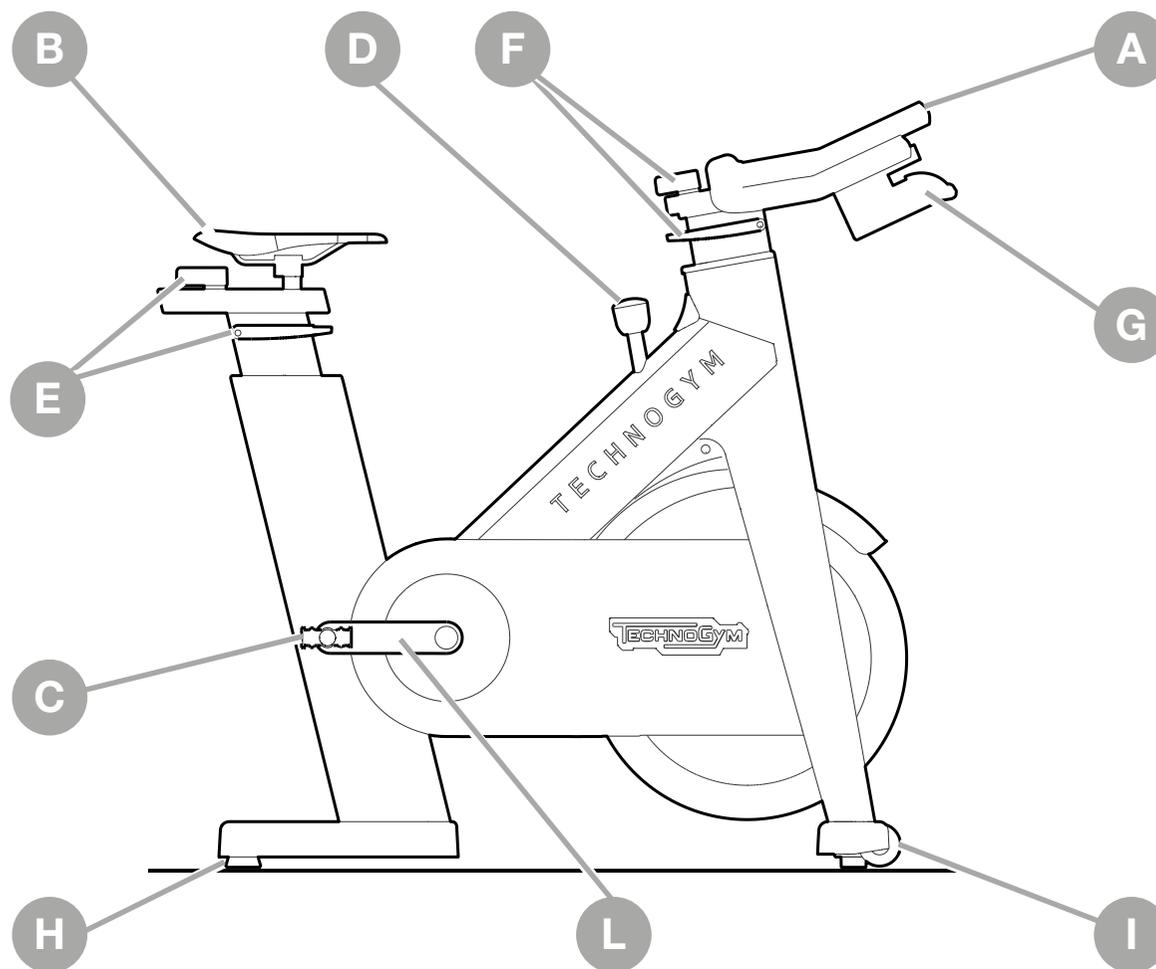
The equipment identification plate, situated on the front of the machine, includes the following information:



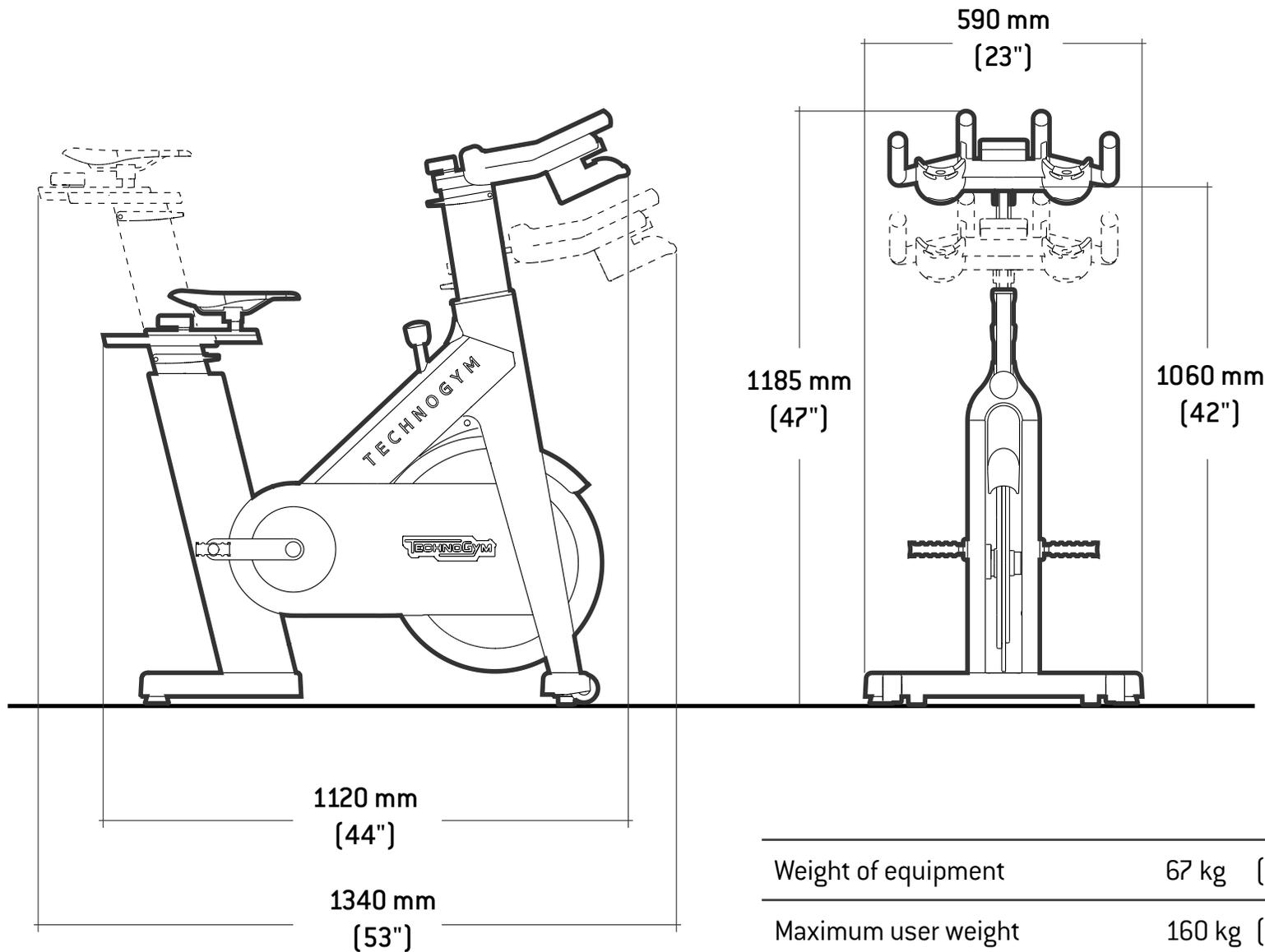
- Manufacturer's name and address
- Place of production
- Description of product
- Equipment classification
- CE Mark
- Serial number and date of manufacture
- Product code

Description of the equipment

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



Technical data



Weight of equipment	67 kg (148 lb)
Maximum user weight	160 kg (353 lb)
Manufacturer	Technogym s.p.a. via Peticari 20 - 47065 Gambettola FC

Safety devices

Emergency pushbutton: stops the machine 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.

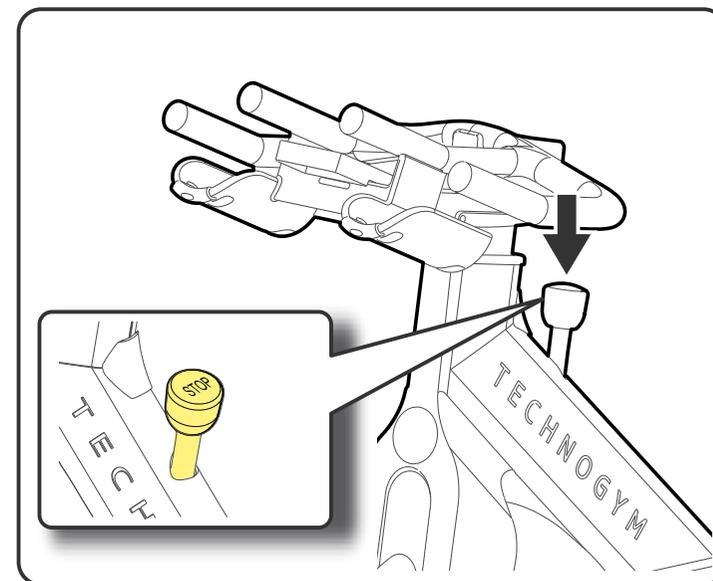
Turn the knob clockwise (+) as far as it will go to lock the equipment.



WARNINGS

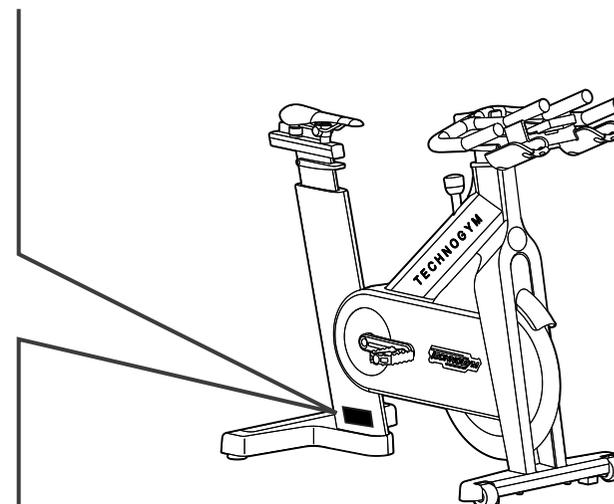
Please read the adhesive labels on the equipment, which provide information about possible risks and hazards.

We recommend immediately replacing the labels when they become damaged or difficult to read.



⚠ 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.



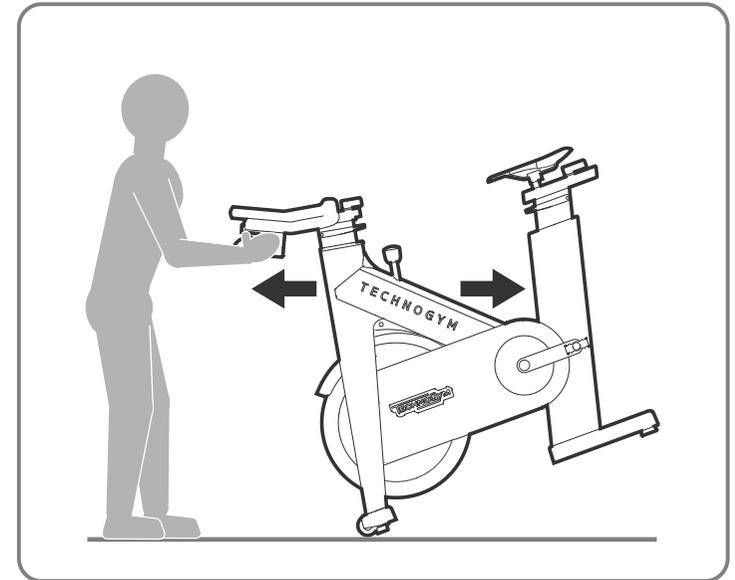
Moving the equipment



WARNING

Take great care when moving the equipment and positioning it on the ground, as it may overbalance.

The equipment has two fixed front wheels. To move the equipment, lift it up slightly, as shown in the figure, and push it forwards and backwards.



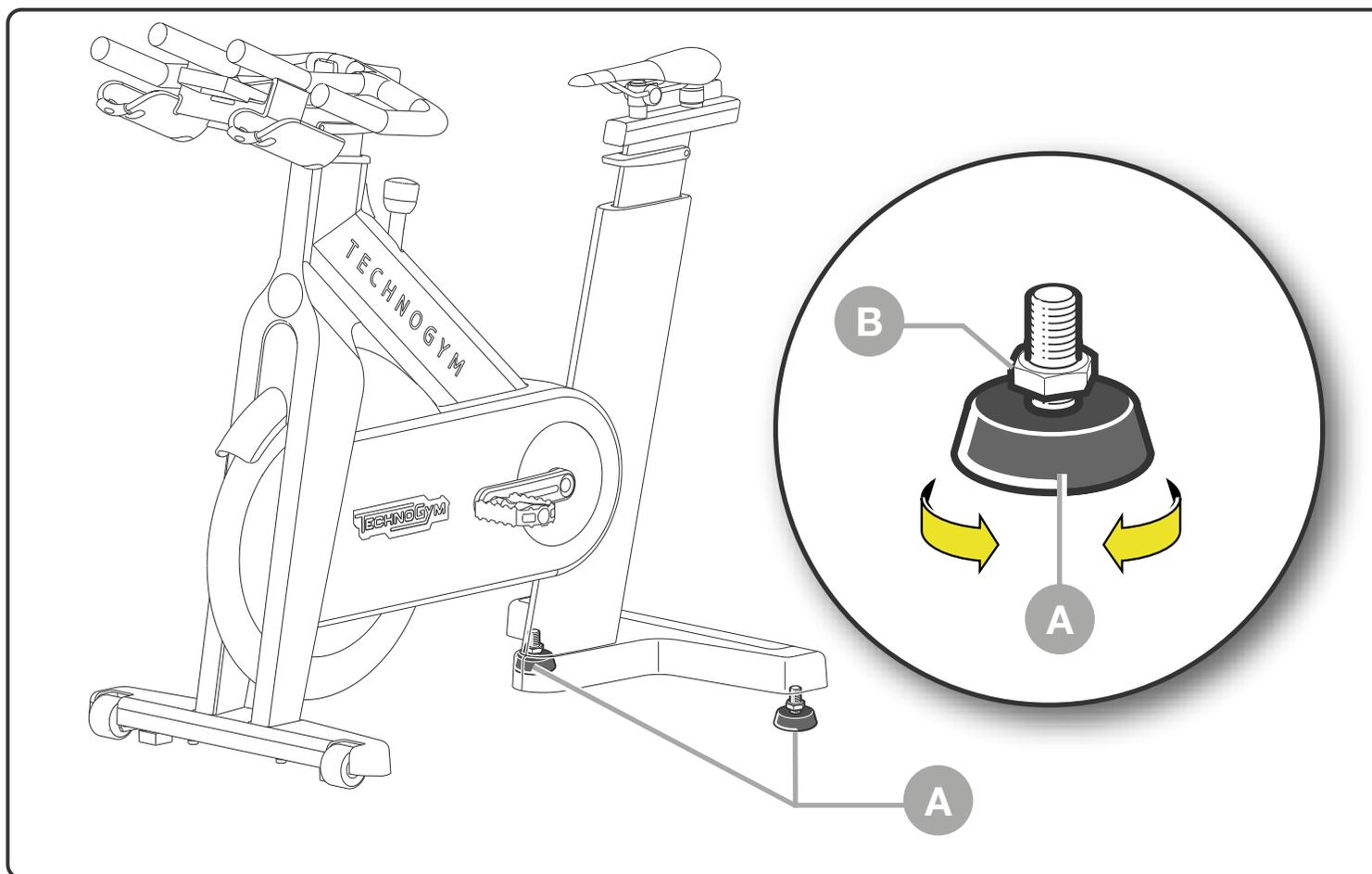
Check that the handlebar is firmly fastened before lifting the product.

If wheels cannot be used on the floor, move the equipment with normal lifting and transport methods.

Levelling

Use the rear feet to level the equipment:

- loosen the lock nuts **(B)**;
- screw the foot **(A)** in or out until the frame is in a stable position;
- tighten up the lock nut **(B)** after adjusting.



Maintenance

Always keep the equipment clean and free of dust, in accordance with normal hygiene and sanitary standards.

Every time you finish using the equipment, clean it with a damp sponge and neutral soap to remove any sweat and wetness. Then dry it carefully.

Clean and dry the equipment every day, and lift the saddle and handlebars as high as they will go so you can clean the full length of the stems.

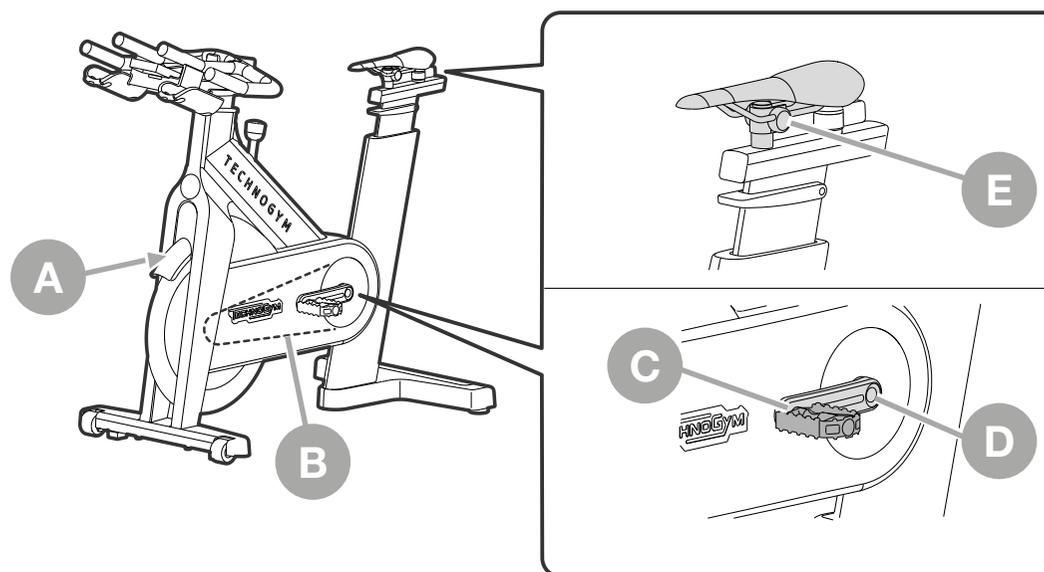
Do not use chemical products or solvents to clean the equipment.

For maintenance actions not described in this manual, call in the Technogym Technical Service.

The safety standards of this equipment are only guaranteed if a careful inspection is performed every week to make sure that nothing is damaged and/or worn. We therefore strongly urge you to replace any faulty or worn parts immediately, or put the equipment out of service until you can do so.

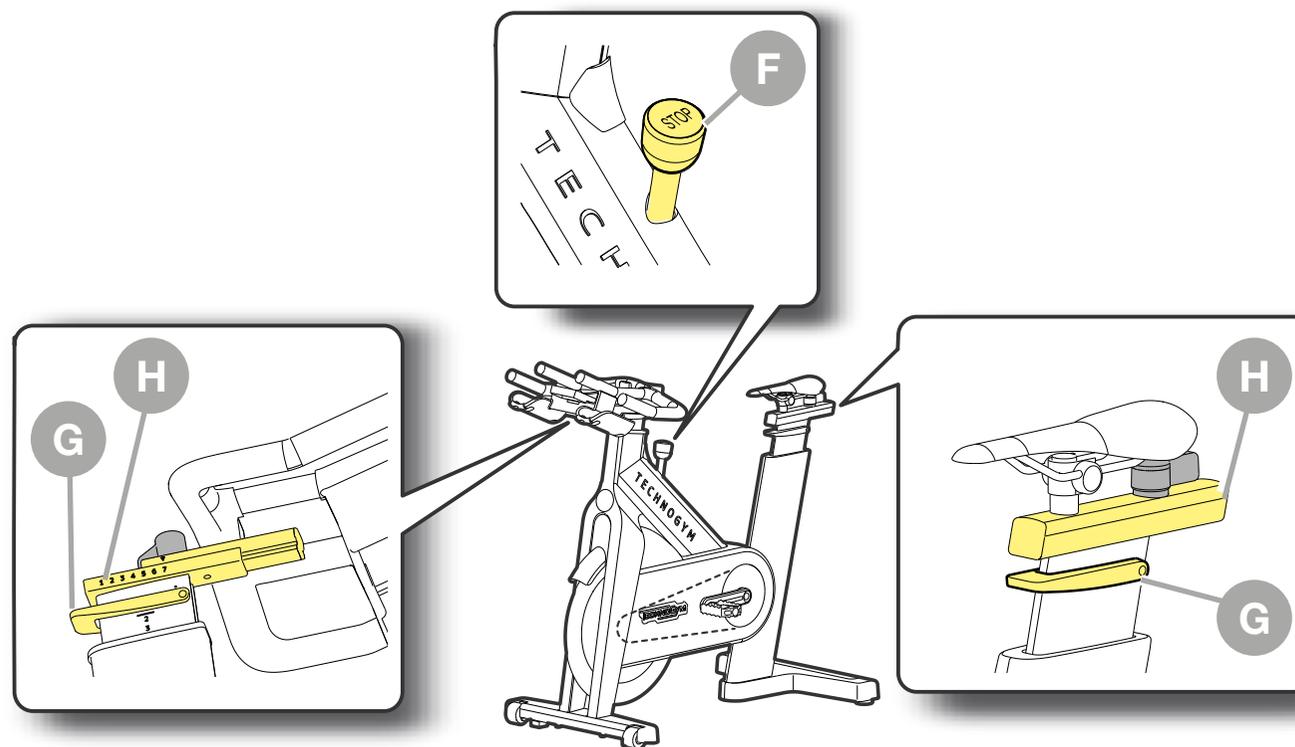
Maintenance

Pos.	Description	Type of check	Intervention schedule	Type of intervention
A	Cleaning	Check that the equipment is clean.	Every day.	Every time you finish using the product, clean it with a damp sponge and neutral soap to remove any sweat and wetness. Then dry it carefully.
B	Drive belt	Check that the belt is tensioned and aligned correctly.	Every 6 months.	Follow the instructions in the manual.
C	Pedals	Check that the pedals are secured correctly on the pedal crank and that they are not worn.	Every 3 months.	Secure the pedals with a torque of 40 Nm and replace if worn.
D	Pedal cranks	Check the tightening of the central axle.	Once a year	Tighten the fastening screw to a tightening torque of 50 Nm.
E	Saddle	Check the stability of the saddle.	Every 6 months	Tighten the two seat attachment nuts to a tightening torque of 25 Nm.



Maintenance

Pos.	Description	Type of check	Intervention schedule	Type of intervention
F	Emergency pushbutton	Check that the button is operating properly and the flywheel stops correctly.	Every 3 months.	If the button does not function correctly, contact the Technogym Technical Support service.
G	Vertical adjustment assembly (saddle and handlebar)	Check that the tooth grips correctly and the lever is operating properly.	Once a month.	For correct tooth grip contact the Technogym Technical Support Service.
H	Horizontal adjustment assembly (saddle and handlebar)	Check that the saddle and handlebar uprights slide smoothly in the horizontal direction.	Once a month.	Lubricate the uprights with PTFE-based oil.



Adjusting the belt tension.

To adjust belt tension, proceed as follows:

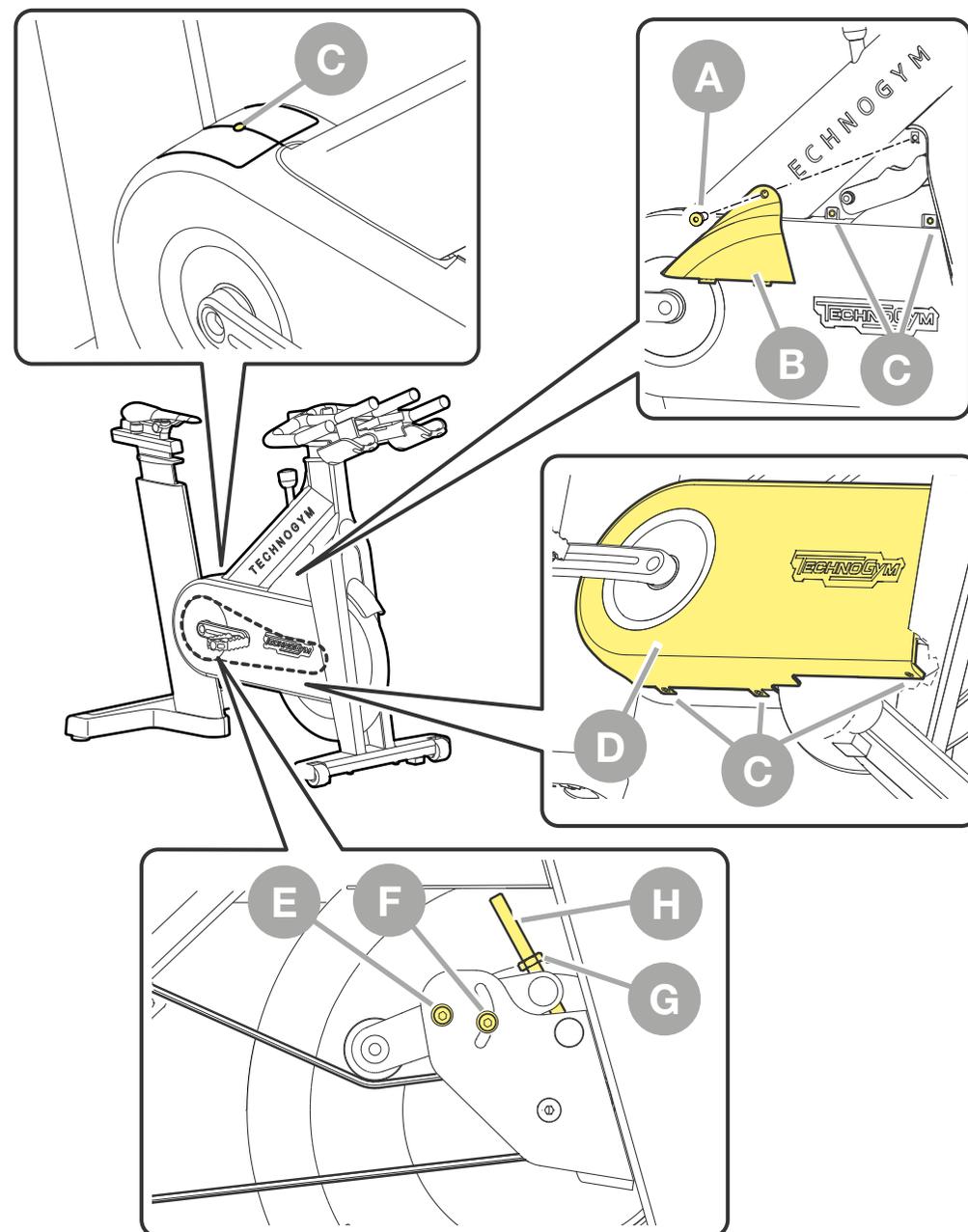
- undo the screw (A) and remove the safety guard (B);
- undo the screw (C) and remove the safety guard (D);
- using a 5 mm hex wrench slacken the screws (E) and (F);
- using a 17 mm wrench slacken the lock nut (G) on the belt adjustment screw (H);
- to tighten the belt, tighten the screw (H);
- to slacken the belt, slacken the screw (H);
- tighten the lock nut (G), and the screws (E) and (F);
- refit the safety guards (B) and (D).



WARNING

Do not over-tighten the belt. Excessive tension on the belt shortens its lifetime.

The correct tension of the belt is 94 ± 5 Hz.



Adjusting play in the vertical adjustments

It is recommended you regularly check the play in the sliding mechanism, because this can be the cause of vibrations and noise; it may also make adjustment of the saddle or handlebar more difficult.

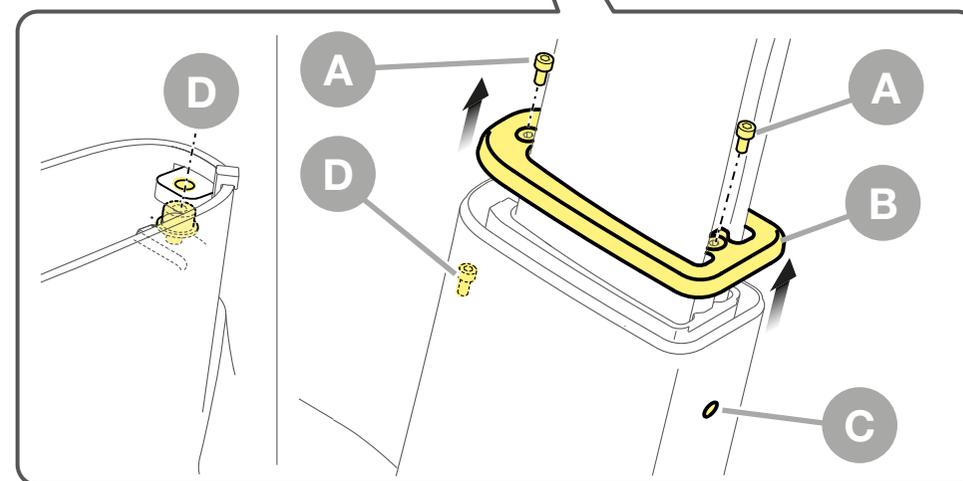
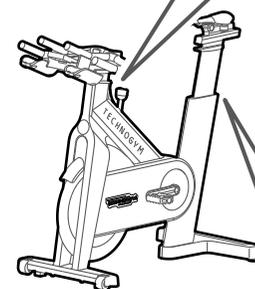
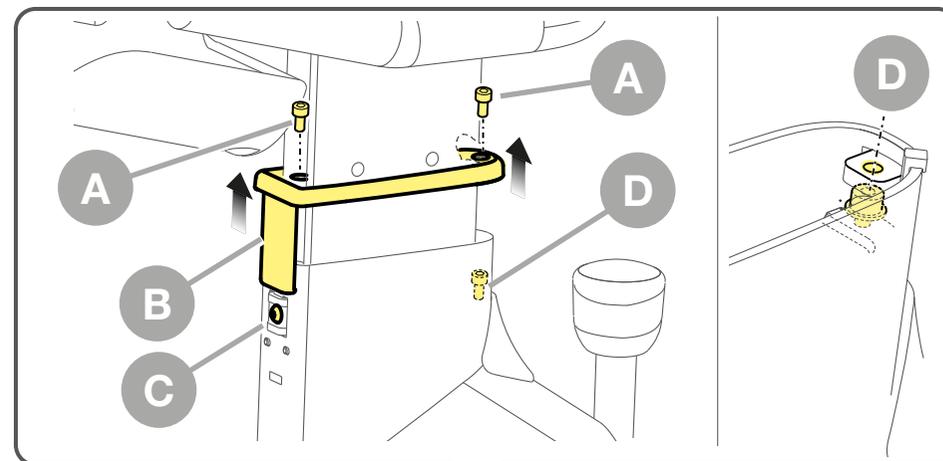
To adjust the play in the vertical sliding mechanism for the saddle and handlebar:

- unscrew the screws (A)
- lift the cover (B);
- adjust screws (C) and (D) using an Allen key;
- check the play along the whole length of the saddle and handlebar;
- lower the cover (B);
- tighten the screws (A).

Tightening screws (C) and (D) (clockwise) makes sliding harder.

Loosening screws (C) and (D) (anticlockwise) makes sliding easier.

Turn the screws 1/8 turn at a time and check the ease of sliding before making further adjustments.



Adjusting play in the horizontal adjustments

It is recommended you regularly check the play in the sliding mechanism, because this can be the cause of vibrations and noise; it may also make adjustment of the saddle or handlebar more difficult.

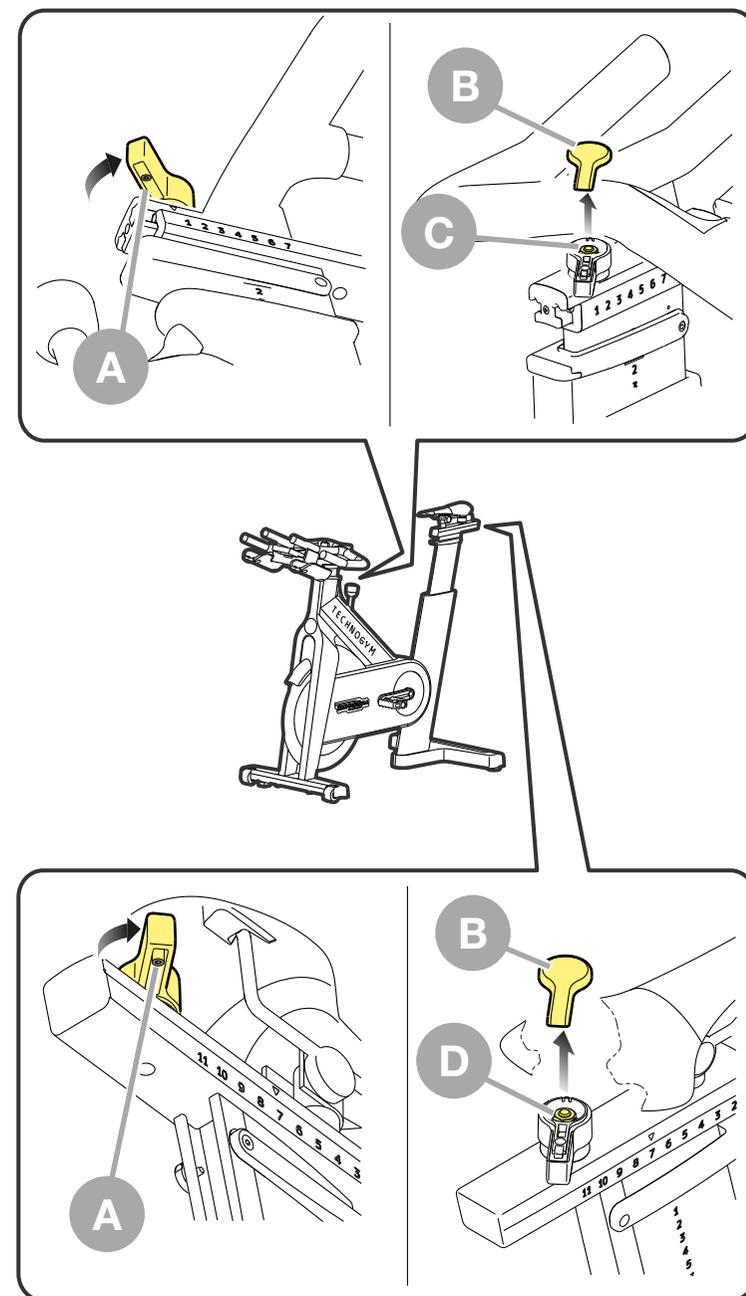
To adjust the play in the horizontal sliding mechanism for the saddle and handlebar:

- unscrew the screw (A)
- lift the cover (B);
- adjust the nut (C);
- check the play along the whole length of the saddle and handlebar;
- lower the cover (B);
- tighten the screw (A).

If the nut is tightened (clockwise), sliding becomes harder.

If the nut is loosened (anticlockwise), sliding becomes easier.

Turn the nut 1/8 turn at a time and check the ease of sliding before making further adjustments.



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
<http://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.



WARNING

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

Storage

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%.

Disposal

It is always good practice to ensure that the unit can never constitute a hazard; therefore do not leave the equipment where children may play with it. For this reason, when it is not used for long periods it must be turned off by disconnecting the power cable.

Do not dump the equipment in the environment, or in public or private areas accessible to the public.

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

Electrical and electronic waste must not be put out for normal waste collection. A specific waste collection system is provided for with this type of product, in conformity with applicable legislation requiring appropriate handling, recovery and recycling.

Unauthorised dumping or disposal of electrical and electronic equipment or improper use of the same can cause serious damage to the environment and human health.

Following measures implemented by the member states of the European Union, private citizens resident in the EC can take their used electrical and electronic equipment to authorised collection centres for disposal.

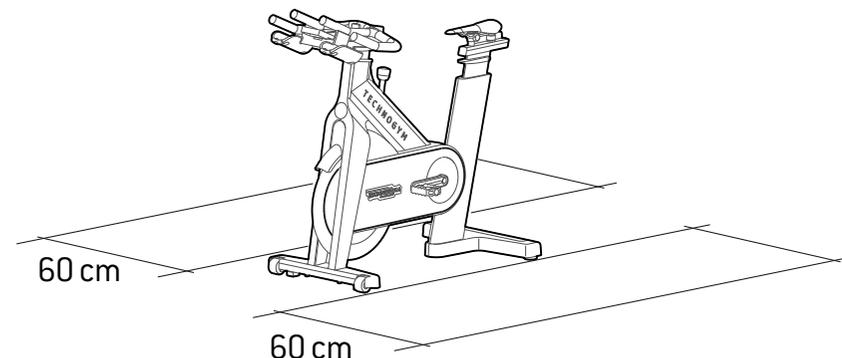
If the product is used commercially, contact your reseller or Technogym Customer Service in your country to arrange collection and disposal of the electrical or electronic waste.

Contact the local authorities for disposal of electrical or electronic waste in countries outside the European Union.

Place of usage

To ensure that exercising with the equipment is easy, safe and effective, the place where it is used should comply with certain specific requirements; in particular, before choosing the place where the equipment will be installed, please ensure that the following conditions are satisfied:

- the **temperature** is between +10°C and +25°C;
- enough air is circulating to keep **humidity** during exercise to between 20% and 90%;
- the **lighting** is good enough to make the area safe and relaxing place to exercise in;
- plenty of **free space** around each item of equipment;
- that the floor is flat, stable and vibration-free, and strong enough to bear the weight of the equipment plus user.



Do not expose the equipment to direct sunlight.

Do not use Group Cycle in water.

Do not use outdoors. Do not leave the equipment outdoors, exposed to the elements (rain, sun, wind, etc.). Do not expose the equipment to water jets.

Do not operate where aerosol (spray) products are being used or where oxygen is being administered.

Do not install the equipment in areas with high humidity levels, for example close to swimming pools, whirlpools or saunas.

The place of installation must comply with all the suitability requirements laid down in current legislation on this matter.

Using the equipment

Mount the saddle and take hold of the handlebar, then check that your legs are fully extended when the pedals are in the lower position.

On the saddle, lean your torso forwards, keeping your back straight, then rest your hands on the ends of the handlebar; your arms will be slightly bent.



WARNINGS

Avoid sideways movements.

Group Cycle is to be used solely for its intended purpose, i.e. as a cycle ergometer. Any other use of the equipment is to be considered improper and therefore dangerous.



Using the equipment

To make horizontal adjustments to the saddle and handlebar, turn the adjustment lever (A), move the saddle to the required position and then return the lever to its original position.

The adjustment lever has a limited preset force to allow for easy opening.

To adjust the height of the saddle and handlebar, operate the lever (B) located underneath the rear part of the saddle or the handlebar.

To raise the saddle or handlebar it is sufficient just to lift them; to lower them, on the other hand, you must operate the lever:

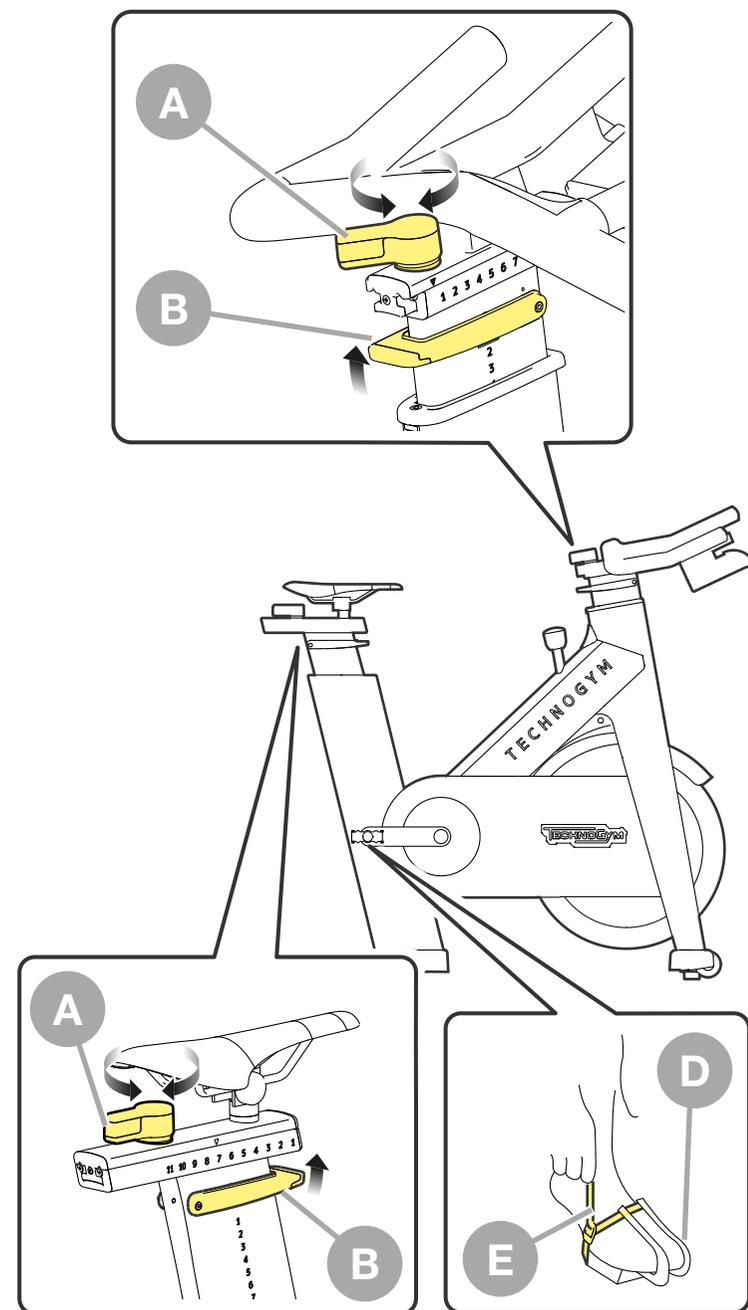


WARNING

If the saddle position is too high or too low, this could result in incorrect leg movement.

To adjust the pedal straps, insert the tip of the foot into the toe clip (D) and move the front of the foot beyond the pedal axis; tighten the buckles on the straps (E) so that the foot is properly inserted and held by the toe clip (D).

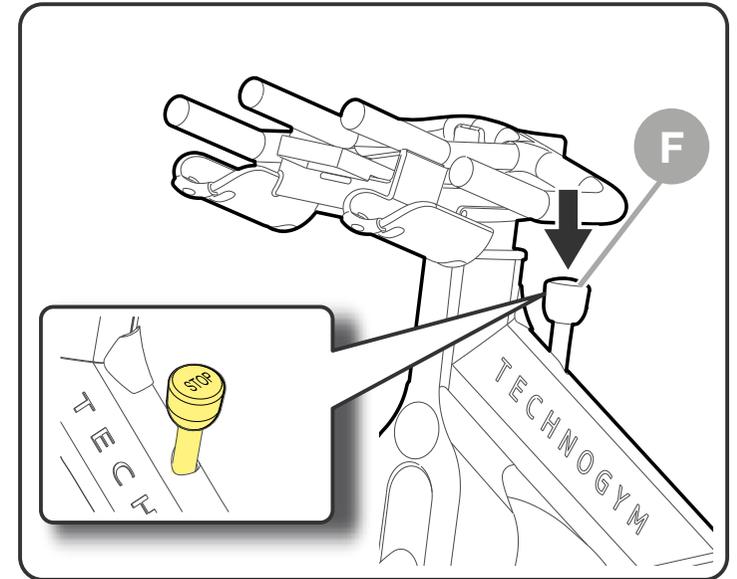
Move the tip of the foot and the knees forwards to ensure maximum pedal efficiency.



Using the equipment

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



GROUP CYCLE

