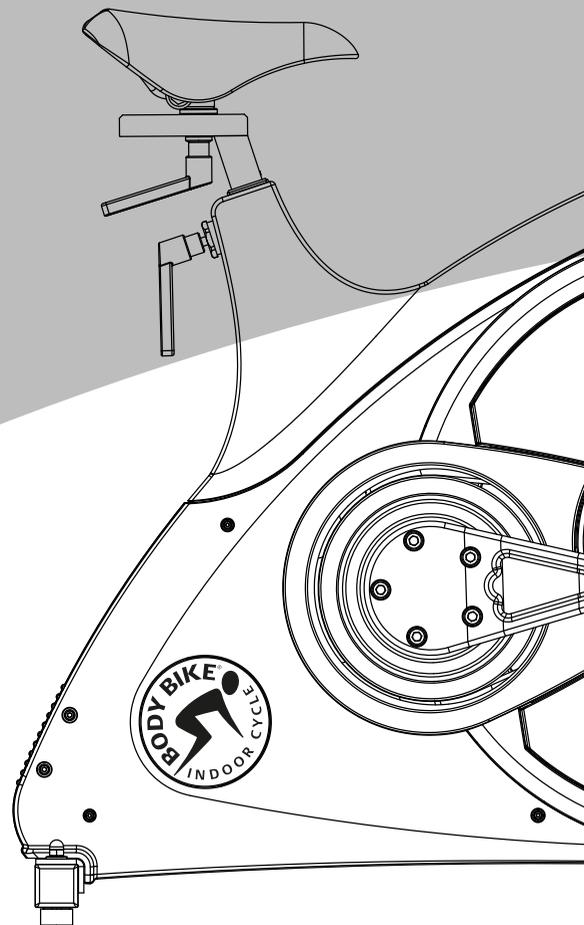


# INSTRUCTIONS

**BODY BIKE®** INDOOR CYCLE

**BODY BIKE® SUPREME**



**ENGLISH**

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## EQUIPMENT REQUIRED

### Unpacking

Drill bit  
Drill

### Bottom frame

13 mm wrench

### Saddle

14 mm wrench

### Pedals

15mm pedal wrench  
Grease

### Cleaning

Tissue paper or cloth  
Spray bottle with water  
Soap (only washing-up liquid)  
Vaseline oil

### Post cleaning

Cloth  
Vaseline oil

### Sideways play in posts

A coin  
3mm Allen wrench  
32mm wrench

### Adjustment handle

5mm Allen Wrench  
Screwdriver  
Steel brush  
Grease  
Brush

### Brake block

A coin  
8 mm wrench

### Poly-V belt

A coin  
10 mm Allen wrench  
19 mm wrench  
Measuring device

### Side covers

A coin  
3,4 and 8 mm Allen wrenches  
13 mm wrench

## INTRODUCTION

This manual provides information on the assembly and maintenance of the BODY BIKE® indoor cycle. The manual is intended for the owners and service people responsible for cleaning and maintenance.

Before assembling the cycle, please read the manual and prepare the correct tools, see equipment required page 2. When assembling the cycle, we recommend that you follow the manual step by step.

Maintaining the cycle is very important. In the manual you will find clear instructions on how to maintain the cycle.

Over time it will be necessary to replace worn-out parts. You will find a detailed description and exploded drawings of BODY BIKE®'s spare parts on our website [www.body-bike.com](http://www.body-bike.com). When ordering spare parts from the local BODY BIKE® distributor, please refer to the item number (P/N no.) in order to make sure you will receive the correct spare part.

We recommend that you order original parts, accessories and materials necessary for the maintenance of the cycle at your local BODY BIKE® distributor.

For further information on accessories, please check our website [www.body-bike.com](http://www.body-bike.com)



## SPECIFICATIONS

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### **Manufacturer:**

BODY BIKE® International A/S  
Niels Bohrs Vej 2  
DK-9900 Frederikshavn  
Denmark  
Phone: +45 9843 9696

### **Length, Width, Height:**

Assembled size:  
105cm, 60cm, 100cm  
Packed size (5 cycles):  
120cm, 80cm, 114cm

### **Materials**

Cast iron  
Stainless steel  
Plastic (ABS) covers  
High quality bearings  
Frame: Robot-welded, powder coated and hardened.

### **Weight:**

Assembled: 65 kilogram  
Packed weight(5 cycles): 350kg

### **Maximum user weight**

150 kg (Please note that the max. pedal load may be lower)

### **Patent held for:**

Crank system

## GENERAL INFORMATION

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Wipe off the cycle after EVERY use.

ALWAYS loosen all handles and release tension after use.

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.

Tighten up the pedals every 14 days or every month to avoid them getting loose or breaking off.

Pedals and adjustment handles should be changed once a year.

DO NOT perform stretch exercises on the cycle, pedals or up against the cycle, except against the stretch area at the rear end of the cycle.

DO NOT switch the front or seat post from one cycle to another.

DO NOT lift the cycle by the saddle.

## WARRANTY

As information to our customers we hereby outline the warranty obligations applicable to BODY BIKE® Indoor Cycles. The warranty comes into force the moment the unit leaves BODY BIKE International A/S. To get an overview see figure 1.

	FRAME	FLY WHEEL & PULLEY	Manufact defects	Crank & pedal arm	Consumable items*	Generator	Load cell, brake & control box	Console/Screen
BODY BIKE® SMART+ SWITCH	5 years	2 years	2 years	3 years	None	2 years	2 years	2 years
BODY BIKE® SMART+	5 years	2 years	2 years	3 years	None	2 years	2 years	-
BODY BIKE® SMART+ OceanIX	5 years	2 years	2 years	3 years	None	-	-	-
BODY BIKE® SMART	5 years	2 years	2 years	3 years	None	-	-	-
BODY BIKE® CONNECT	5 years	2 years	2 years	3 years	None	-	2 years	2 years
BODY BIKE® SUPREME	5 years	2 years	2 years	3 years	None	-	-	-
BODY BIKE® CLASSIC	5 years	2 years	2 years	3 years	None	-	-	-

Figure 1

## WARRANTY

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### Warranty for the Danish manufactured BODY BIKE® Indoor Cycle:

A two-year warranty against manufacturing defects, excluding normal wear and tear, is given for the flywheel and pulley. A three-year warranty is given on the crank and the pedal arms, and a five year warranty is given against frame breakage.

Consumable items (such as the poly V-belt, brake pad, handlebar rubber, adjustment handles, saddle and pedals, etc.) which are subject to continuous wear and tear, are not covered by a warranty.

There is currently no warranty applying to the pedals.

The warranty only applies to cycles equipped with original BODY BIKE® spare parts. All warranties are cancelled if the cycle has been modified or in any way not used as intended.



#### **PLEASE NOTE**

ALWAYS RELEASE TENSION AFTER USE

In order for the warranty to be sustained, all instructions in the respective manuals have to be followed.

#### **This particularly relates to:**

- Replacement of rubber feet on the bottom frames once a year
- Replacement of pedals once a year and tightening of these
- General cleaning of the bikes after use with correct materials
- Lubrication of the adjustment handles every 3 months
- Original spare parts must be used on the bike

Warranty repairs are to be carried out by BODY BIKE International A/S in Denmark.

At the expense of BODY BIKE International A/S. Related freight costs are held by the customer. Warranty spare parts are shipped ex. works.

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## UNPACKING

- 1) Open the top of the box.
- 2) Remove all the unmounted parts.
- 3) Flatten the box on the floor next to the pallet.
- 4) Loosen the four screws mounting the first cycle to the pallet. See figure 2.
- 5) Lift the cycle off the pallet and place it on the flattened box to spare your floor from getting marks.

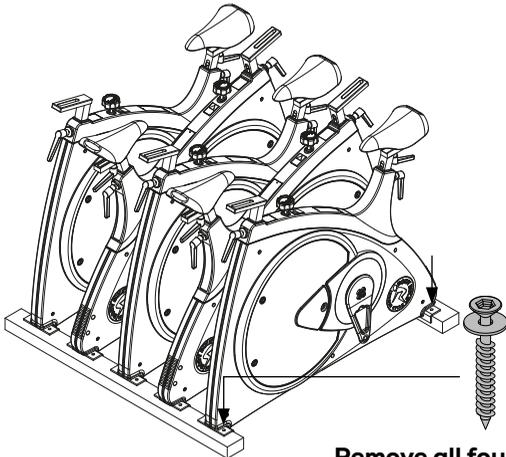


Figure 2

**Remove all four screws**

## BOTTOM FRAME

A fixing tool can be bought at BODY BIKE® International A/S to ease the mounting of the bottom frame.

- 1) Arrange the bottom frames parallel on the floor next to the cycle with the correct mounting distance between them, see figure 3. On the front bottom frame, the transport wheels should point forward.
- 2) Take hold of the front post and seat post and lift the cycle onto the bottom frames, see figure 3. Ensure that the holes in the frame match the holes in the bottom frames.
- 3) Put on the spring lock washer and the cap nut and tighten by using a 13 mm wrench, see figure 4.
- 4) Unscrew the rubber feet a little. Place the cycle in the correct position. Turn them up and down until the cycle stands properly and it is in level.

### ! PLEASE NOTE

Do not overtighten the nuts.  
Max 12 Nm

# BOTTOM FRAME

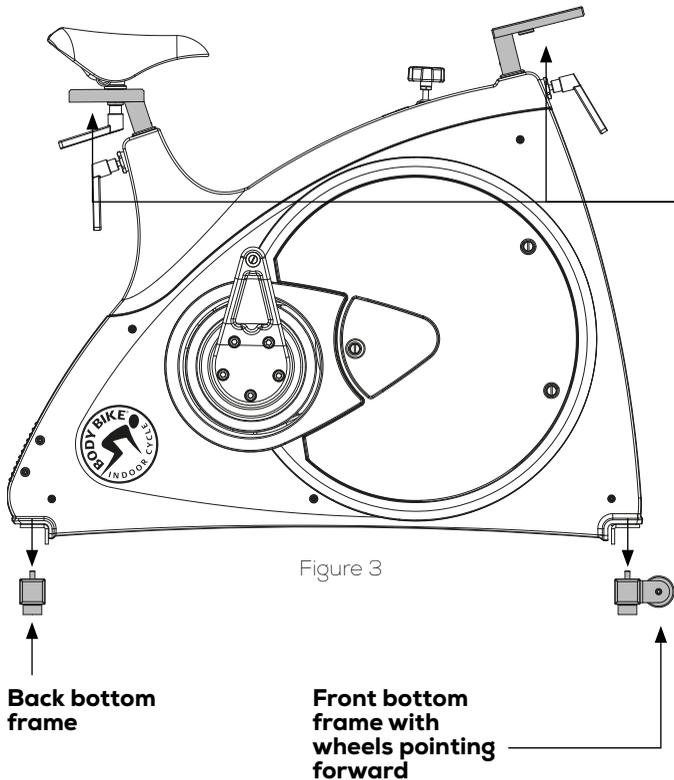


Figure 3

**LIFTING SPOTS.** Be sure that the saddle and handlebar are locked before lifting

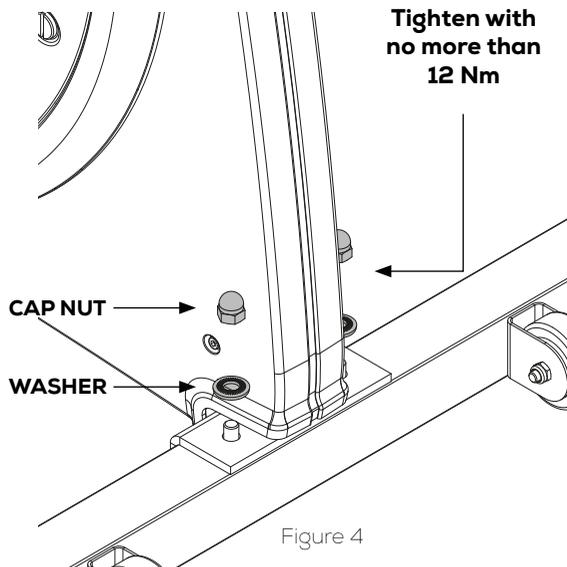
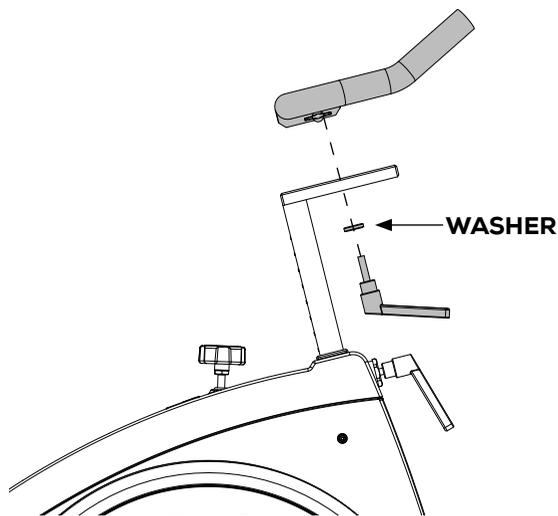


Figure 4

# ASSEMBLY

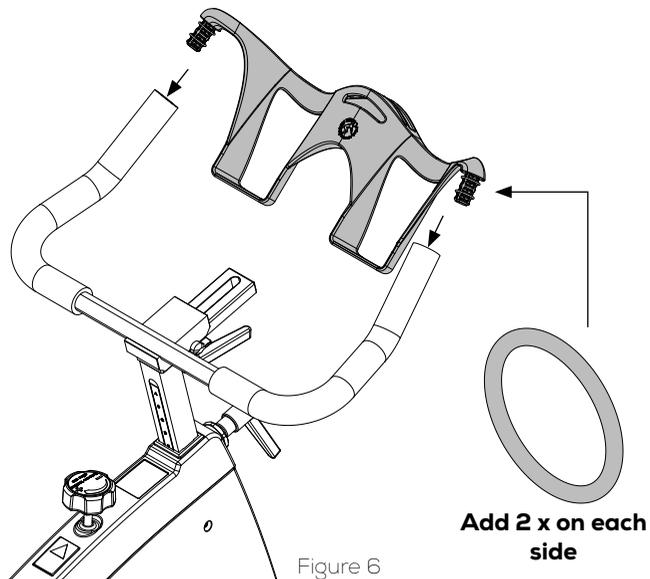
## HANDLEBAR

- 1) Place the handlebar on top of the front post.
- 2) Screw an adjustment handle (size 32mm) clockwise into the socket from underneath the post, see figure 5. Fix the handlebar completely to the front post by tightening the adjustment screw on the right side of the handlebar.



## BOTTLE HOLDER

Mount the bottle holder at the top of the handlebar, see figure 6. Insert the two rubber rings so the bottle holder is firmly fixed.



## SADDLE

**ONLY RELEVANT IF THE SADDLE IS NOT ALREADY INSTALLED.**

- 1) Place the saddle in the track on the seat post.
- 2) Secure the saddle with the remaining adjustment handle, see figure 7.

To fasten the saddle to the adaptor and adjust the tilt of the saddle, use a 14 mm wrench on the bolt marked with an A on figure 7.

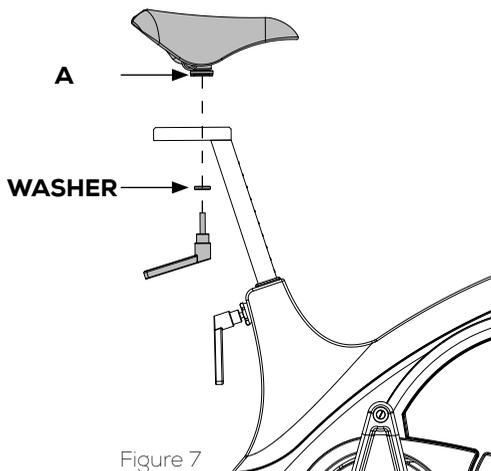


Figure 7

## PEDALS

- 1) Place the right pedal arm with the socket pointing upwards, see figure 8 .
- 2) Put maximum resistance on the brake, so the pedalarm is unable to rotate, see figure 9

### ⚠ PLEASE NOTE

The pedals are marked with R for Right and L for Left side.

The pedals should always be screwed on in the direction of the handlebar, see figure 10 and 11.

Make sure that the hole in the pedal arm is greased when mounting the pedal.

Start mounting the pedal by hand as tools will tighten the pedal at a wrong angle.

- 3) After tightening by hand, use a 15mm pedal wrench to tighten the pedal completely (45Nm).

# PEDALS

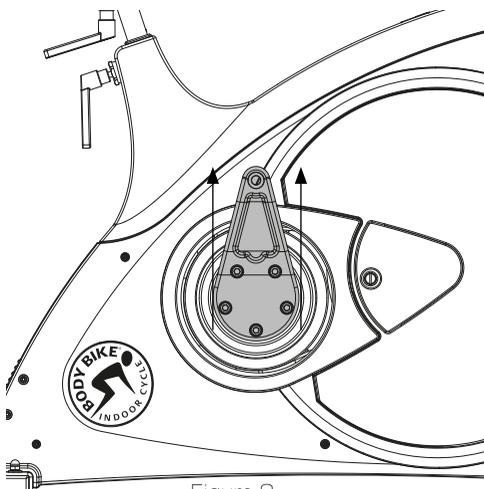


Figure 8

**Increase the resistance of the brake, before installing the pedals.**

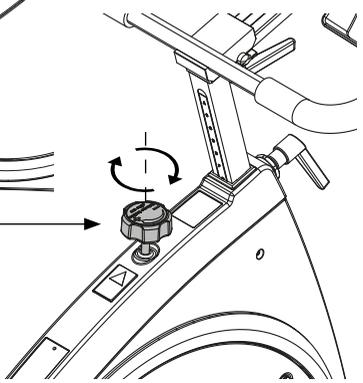


Figure 9

**Always screw on in the direction towards the handlebar**

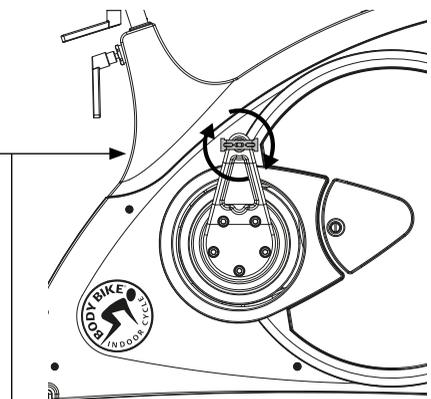


Figure 10

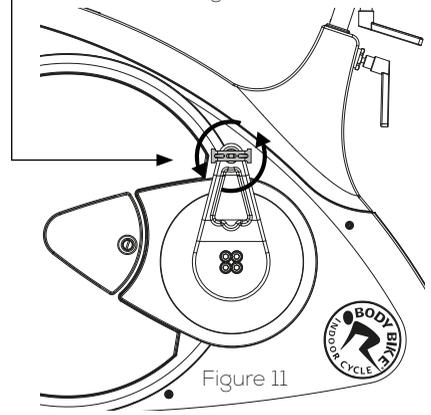


Figure 11

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## CLEANING

After each workout, wipe the cycle down with tissue paper.

If the cycle is covered in sweat or dirt, use water in a spray bottle and if necessary a tissue with some washing-up liquid. Remember handlebar and saddle.

### ⚠ PLEASE NOTE

NEVER use alcohol or chemicals

To make the cycle look its best, use a cloth with a little vaseline oil on all parts except the handlebar and saddle.

Vacuum clean the bike inside when necessary to prevent dust from gathering on the flywheel. If dirt has already gathered on the flywheel edge, use a piece of rough felt to sand it down.

At an annual service check, remove the right side cover and make sure that the small hole by the front bottom frame is not blocked and allows water and sweat to exit the frame, see figure 12. Also check that the ribs on the poly-v belt and pulley are clean. **To remove the side cover go to page 20.**

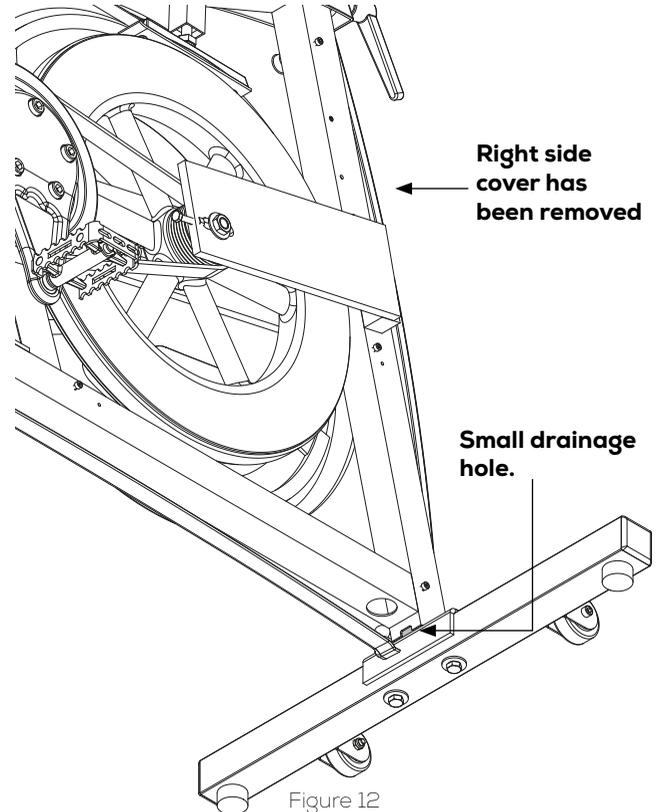


Figure 12

## SIDEWARDS PLAY IN POSTS

### Front post

1) Remove the service hatch. See figure 17.  
Remove the right side cover by loosening the 8 bolts by using a 3 mm Allen wrench.

2) Adjust the 5x6mm pinion screw, marked S1 by using a 2.5 mm Allen wrench, see figure 13.

### Seat post

1) Remove the seat post

2) Remove the handle, the 32 mm nut and the brass piston with a 32 mm wrench.

3) Remount the seat post

4) Carefully lift up the top cover as shown on figure 14. Adjust the right hand side screw marked S2 with a 2.5 mm Allen wrench.

5) Push the top cover back in place.

6) Remove the seat post and remount the brass piston, 32 mm nut and the handle

7) Remount the seat post

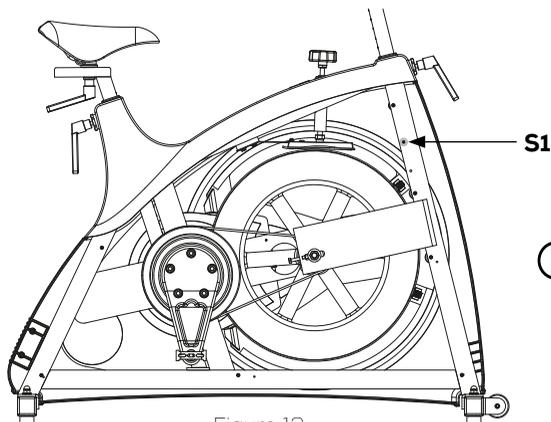


Figure 13



### PLEASE NOTE

The adjustment has to be very subtle in order for the post still to be able to move up and down.

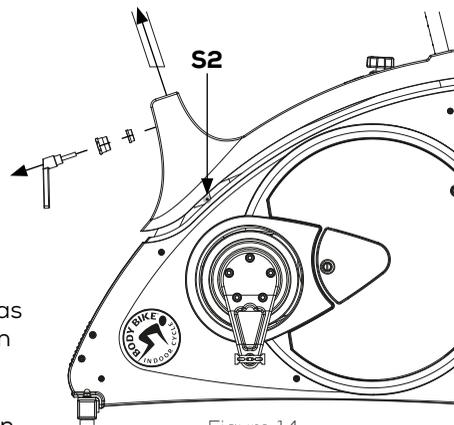


Figure 14

## CLEANING THE POSTS

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, see figure 15. Use vaseline oil.

### ⚠ PLEASE NOTE

The posts should be cleaned every other week to keep them in good condition

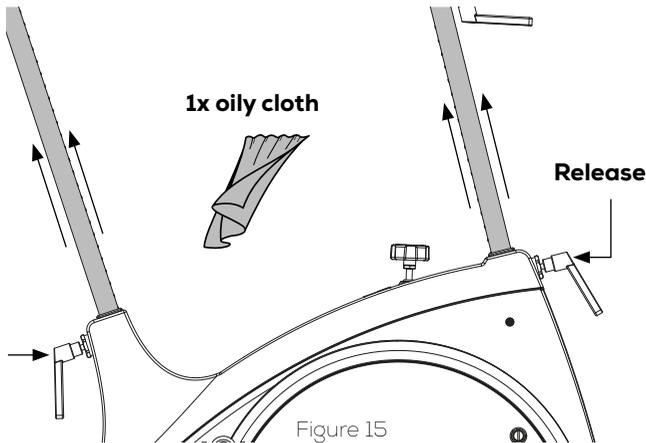


Figure 15

## ADJUSTMENT HANDLES

Every 3 months the handles need cleaning and grease to protect the parts from sweat, dust, dirt and water.

1) Remove the adjustment handle and disassemble the handle completely into a screw, a spring, a handlegrip, a main screw and a brass washer, see figure 16. Do this with both the horizontal and vertical adjustment handle.

**You don't need to remove the 32mm nut.**

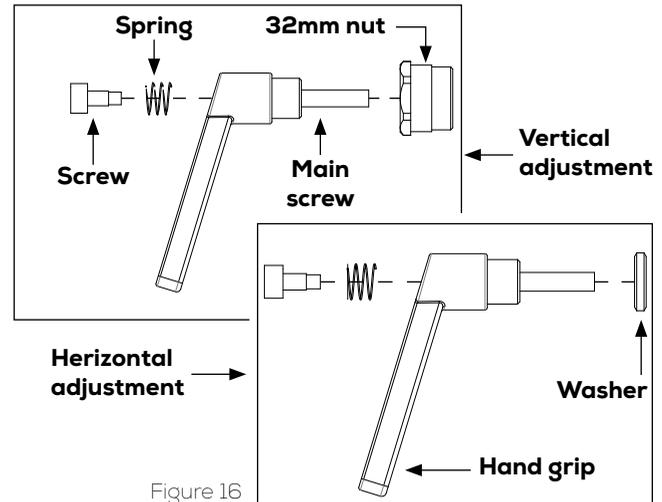


Figure 16

## REPLACING THE BRAKE BLOCK

2) Clean all the parts thoroughly one by one using a steel brush. If the residue is extreme, a sharp object can be used, for example a screwdriver.

3) Lubricate the internal parts with grease before reassembling the handle. Remember to lubricate inside the handlegrip as well.

4) Reassemble the handle by inserting the main screw in the handlegrip.

5) The spring is inserted into the top of the handle and fixed in place with the remaining screw.

6) Tighten with a 5mm Allen wrench.

7) Add grease to the main screw before mounting it on the cycle.

### ⚠ PLEASE NOTE

Never use a tool when tightening the adjustment handle on the cycle.

By pulling the handle it can be turned freely.

The Kevlar® pad on the BODY BIKE® Synthetic Brake has an expected durability of a minimum of 1500 hours, so eventually the brake pad will be worn. To ensure that the brake pad is correctly mounted, it has been pre-fitted to the block, and it is only possible to purchase the complete brake block. 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.

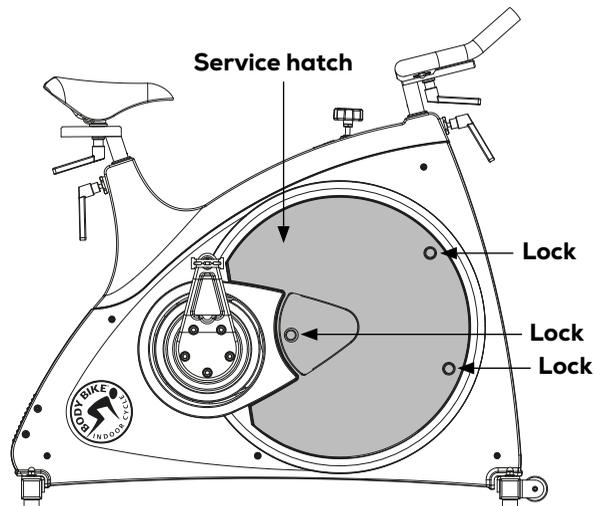


Figure 17

## REPLACING THE BRAKE BLOCK

- 1) Remove both service hatches by loosening the locks with a coin, see figure 17.
- 2) Release tension completely on the brake.
- 3) Remove the two screws holding the brake block to the frame by using an 8 mm wrench, see figure 18
- 4) Take the new brake block and fasten it to the frame by tightening the screw closest to the brake block. Then place the block in the correct position under the brake (see figure 19).
- 5) Fasten the remaining screw furthest away from the block, and then make sure that both screws are tightened properly, see figure 20.
- 6) Grease should be applied to the cavity on top of the brake block or to the top nut on the brake to ensure a smooth interaction between the two.
- 7) Remount both service hatches.

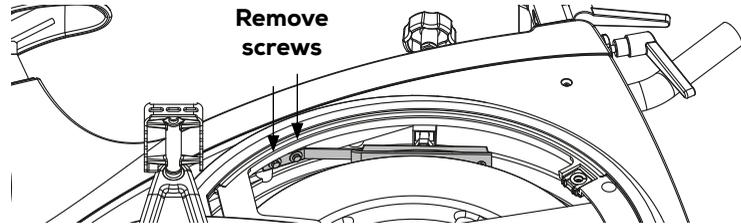


Figure 18

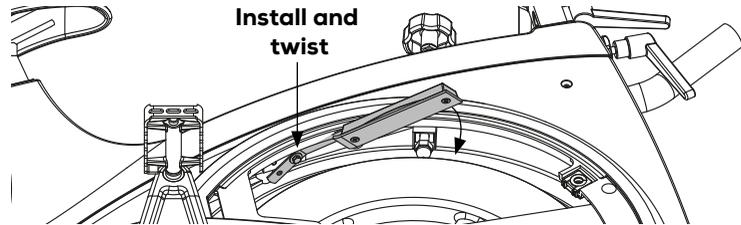


Figure 19



Figure 20

## POLY-V BELT

If the belt does not catch hold of the flywheel, it is time for it to be tightened.

1) Remove the service hatch on both sides of the cycle by loosening the three locks with a coin, see figure 17.

2) Loosen the bolts (1) on both sides of the cycle with a 19 mm wrench, see figure 21.

3) Loosen the nuts (2) on the counter bolt on both sides of the cycle using a 10 mm wrench, see figure 21.

4) Use a 10 mm wrench to tighten the counter bolts (3). On the right side, the tool should be pulled downwards and on the left side upwards to tighten.

5) The belt should be tightened to approximately 125 kg/229 Hz. To measure this, a special device can be bought at your local BODY BIKE® distributor.

6) Tighten the counter bolt (2) on both sides of the cycle again.

7) And tighten the bolt(1) again on both sides of the cycle.

8) Close the cycle by fastening the two hatches again.

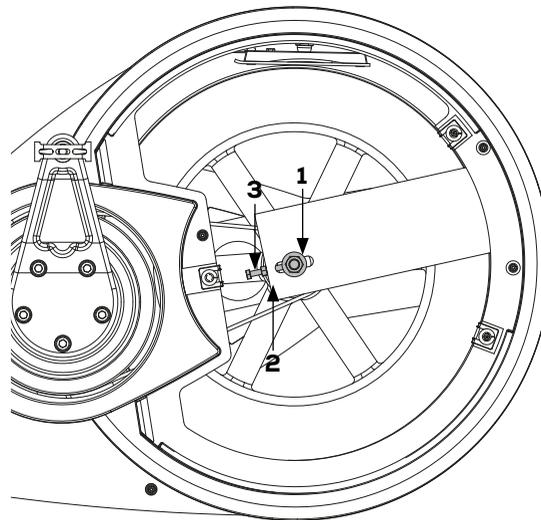


Figure 21

### ! PLEASE NOTE

The belt should be evenly tightened on both sides.

The flywheel should be parallel with the long main side member.

## REMOVAL OF SIDE COVERS

The side covers can be removed e.g. if the belt needs to be changed.

- 1) Dismount the right pedal arm with an 8mm Allen wrench. See figure 22. Remove hatch. See figure 17.
- 2) Loosen all the screws holding the side cover with a 3 and 4 mm Allen wrench and remove them. See figure 23.
- 3) Dismount the top nut and washer on the bottom frame on the right side of the cycle both in front and back with a 13 mm wrench. See figure 24.
- 4) Screw the bolts down in order for the side covers to slide past them. See figure 24.
- 5) Remove the side cover.

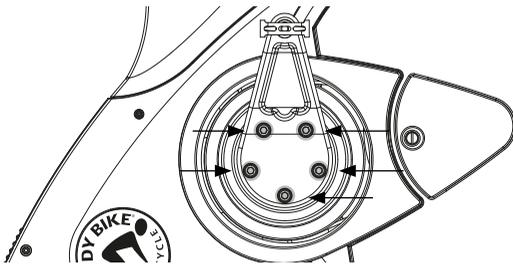


Figure 22

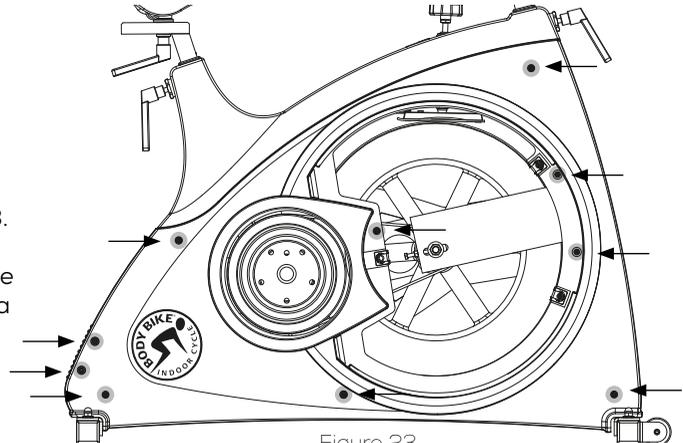


Figure 23

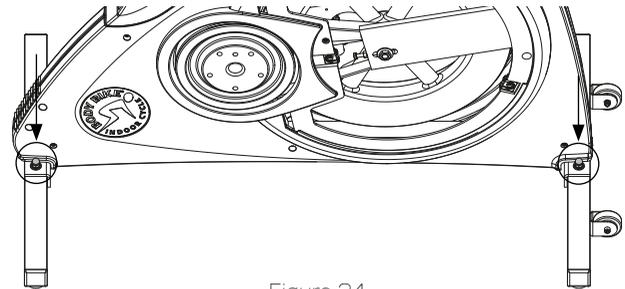


Figure 24

## TROUBLESHOOTER

### 1) How to get rid of downwards movement in the saddle and steer?

If the front post or saddle post begins to slide down even though they are locked, it is time to tighten them up. Go to page 15 and follow the instructions. Remember, do not overtighten.

### 2) How to get rid of horizontal movement in the saddle and steer?

If the front sled or saddle sled begins to slide forward even though they are locked by the smart handles, it is time to tighten them up. Go to page 10 and 11 and follow the instructions. Remember, do not overtighten. Everybody needs to be able to adjust the bike.

### 3) Does the warranty cover me?

If something on your bike breaks it is always a good idea to check if it is covered by the warranty. Go to page 5 and 6. This gives you the overview that you need. If the warranty covers the damage then go to Page 38.

### 4) The poly-v belt doesn't grip properly in the flywheel?

This can easily be fixed. Go to page 19 and follow the instructions. But do not perform this action if you don't have the necessary tools.

### 5) What is the durability of the brake block?

It is expected that the durability of the brake block is minimum 1500 hours. This can vary depending on the power applied. Go to page 17 and check if it is time to replace your brake block.

### 6) Any good daily advice to keep the cycles in a good condition?

It is not only important to follow the maintenance but also very important to treat the bike well in everyday use. This keeps the bikes in a good condition. Go to page 4 and make sure that this is respected in daily use.

## ONLINE INFORMATION

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### **Need any spare parts?**

If you need any spare parts for your bike, follow the link below and choose your location. You will then get the direct contact information for your local distributor.

<https://body-bike.com/distributors-search/>

### **Need more information?**

Wanna know more about your BODY BIKE Supreme, follow the link below.

<https://body-bike.com/indoor-bikes/body-bike-supreme/>

### **Need an upgrade?**

Take a look. Upgrade your BODY BIKE Supreme with the BODY BIKE Performance. Follow the link below.

<https://body-bike.com/explore/upgrade-your-body-bike/>

### **Need support?**

If you have any questions, problems or anything else regarding your BODY BIKE, you are welcome to contact us on the mail below.

[info@body-bike.com](mailto:info@body-bike.com)

### **Looking for another bike?**

Take a look at our collection.

We provide a wide range of bikes and customization.

Follow the link below.

<https://body-bike.com/category/indoor-bikes/>

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Edition 5.0

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