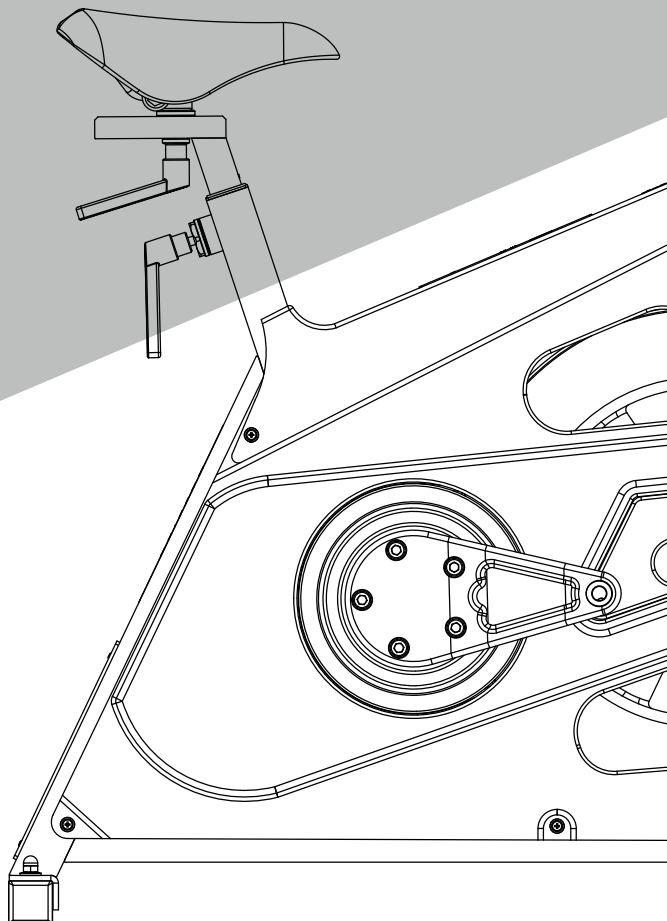


INSTRUCTIONS

BODY BIKE® INDOOR CYCLE

BODY BIKE® ELEMENT



ENGLISH

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EQUIPMENT REQUIRED

Unpacking

Drill bit
Drill

Bottom frame

6 mm allen wrench
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

Adjustment handle

5mm Allen Wrench
Screwdriver
Steel brush
Grease
Brush

Brake block

8 mm wrench

Poly-V belt

10 mm Allen wrench
19 mm wrench
Measuring device
Screwdriver

Side covers

4 mm Allen wrench
PZ2 drill bit
Drill

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. 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



SPECIFICATIONS

Manufacturer:

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

Weight:

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

Length, Width, Height:

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

Maximum user weight

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

Patent held for:

Crank system

Materials

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

GENERAL INFORMATION

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

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 two 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.

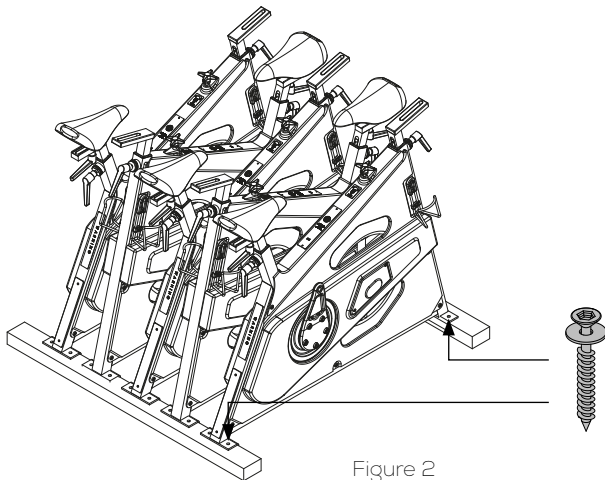


Figure 2

BOTTOM FRAME

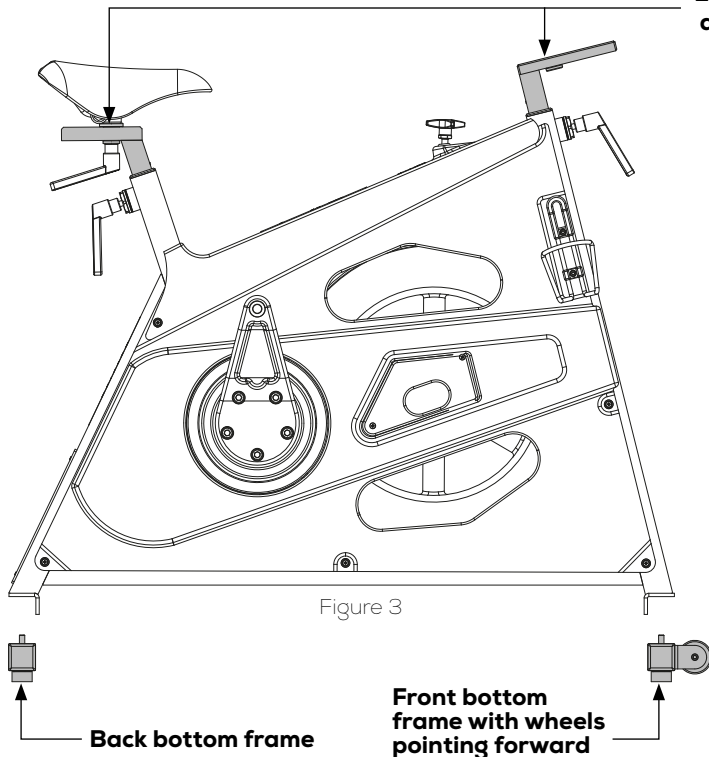
A fixing tool can be bought at BODY BIKE® International A/S to ease the mounting of the bottom frame. Go to page 22.

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.

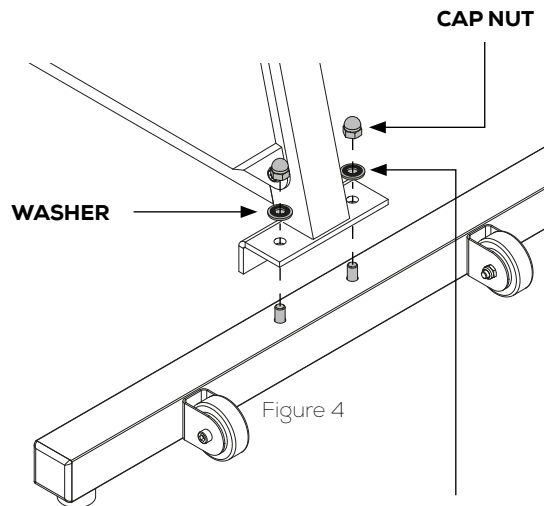
⚠ PLEASE NOTE

Do not overtighten the nuts. Max 12 Nm.

BOTTOM FRAME



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



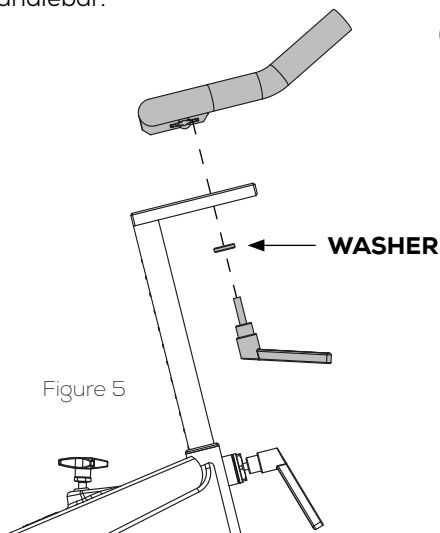
Tighten with no more than 12 Nm

ASSEMBLY

HANDLEBAR

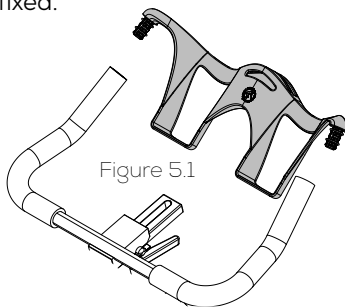
1) Place the handlebar on top of the front post.

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 side of the handlebar.



BOTTLE HOLDER

Mount the bottle holder at the top of the handlebar, see figure 5.1. Add one or two rubber rings if the bottle holder is not firmly fixed.

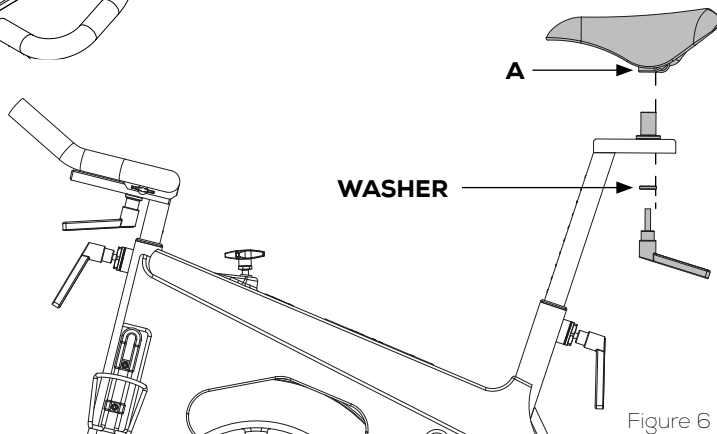


SADDLE

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 6. 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 6.



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 7.

! 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 9 and 10.

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 (45N/4,5kg).

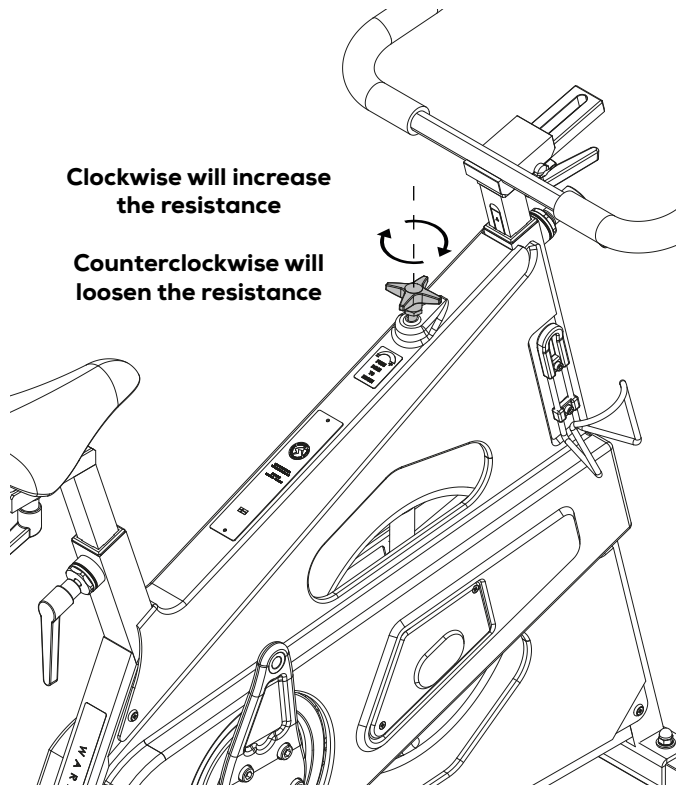
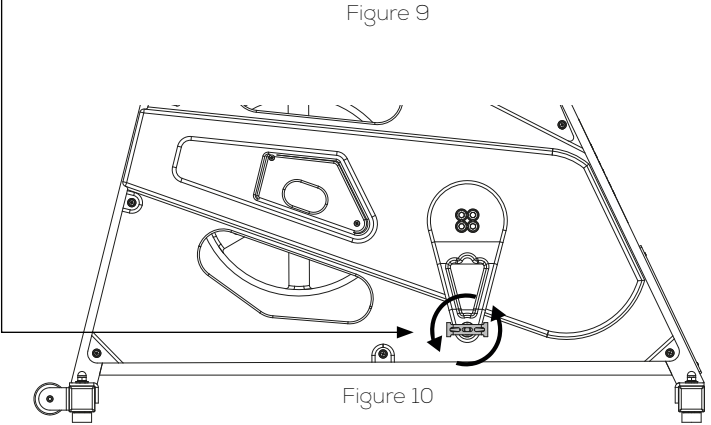
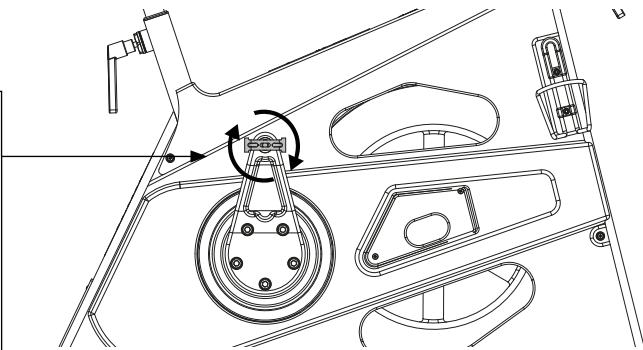
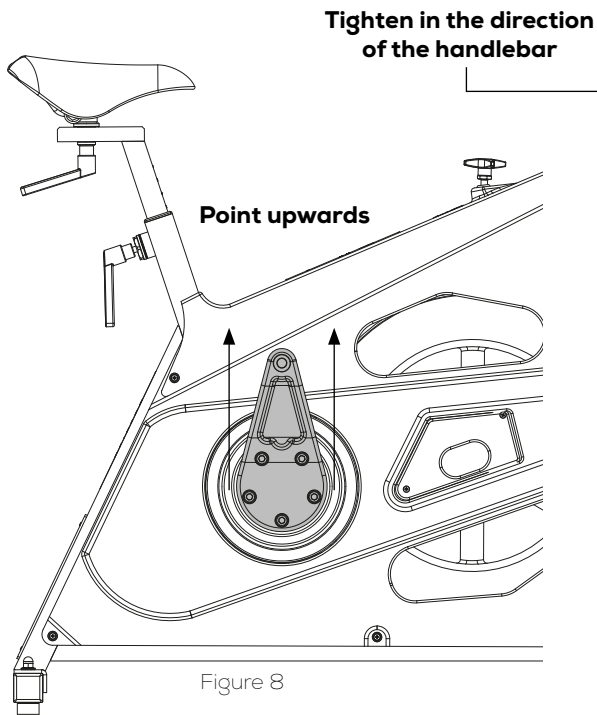


Figure 7



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ADJUSTMENT HANDLE

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 handle grip, a main screw and a brass washer, see figure 9. Do this with both the horizontal and vertical adjustment handle. **You don't need to remove the 32mm nut.**

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.

! PLEASE NOTE

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

By pulling the handle it can be turned freely.

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

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

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.

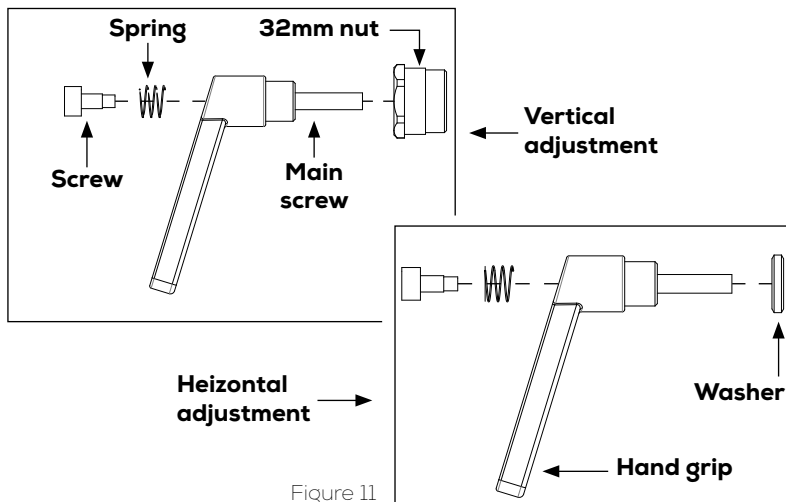


Figure 11

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 12.

If there is a slight sideways play in the front post you can adjust it on both sides of the cycle with the screws marked with an S on figure 12. This adjustment has to be very subtle in order for the post still to be able to move up and down.

ⓘ PLEASE NOTE

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

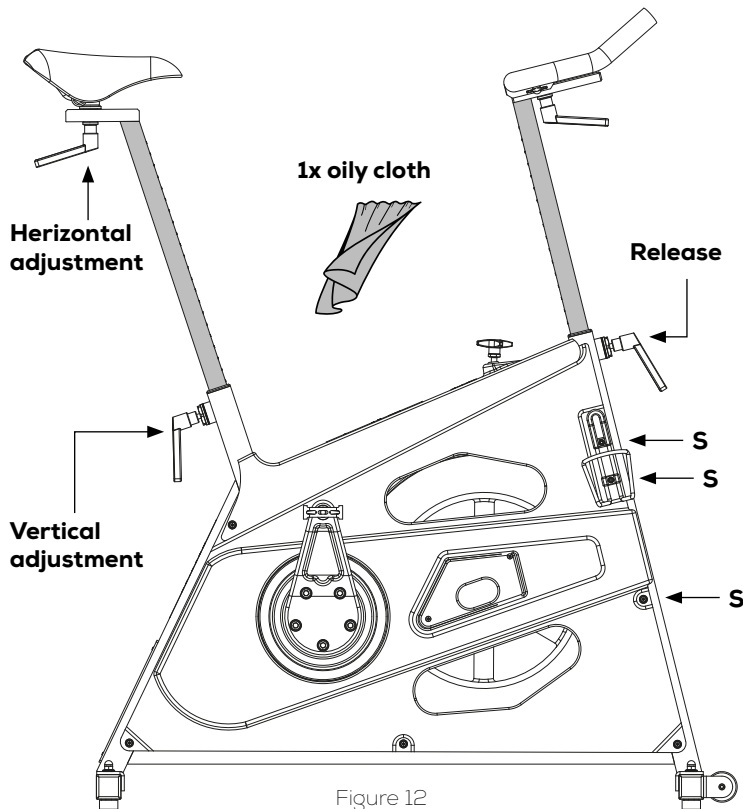


Figure 12

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.

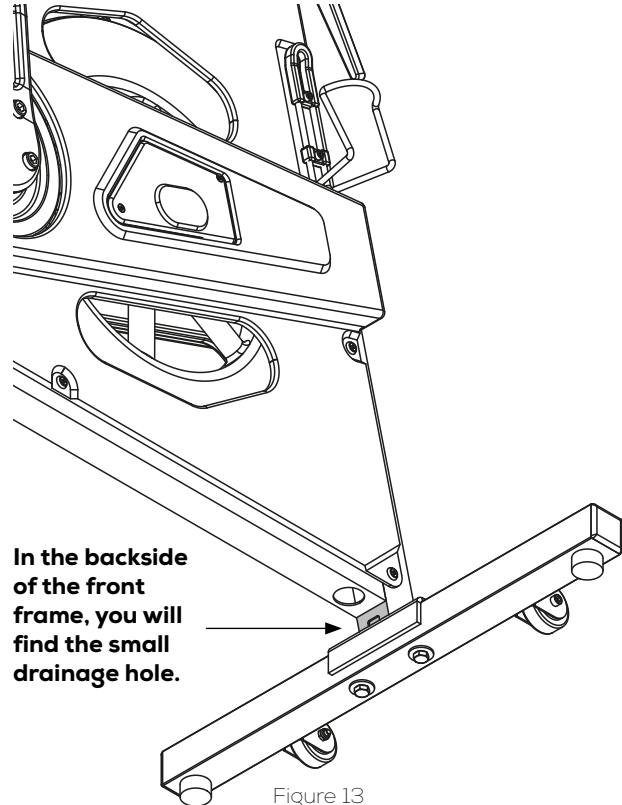
⚠ PLEASE NOTE

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.

Always 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 13.



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 14.
- 2) Loosen the two bolts on the bottle holder with a 4 mm Allen wrench. See figure 15.
- 2) Loosen all the screws holding the side cover with a PZ2 drill bit. See figure 15.
- 3) Keep all the bolts together in order not to lose them.
- 5) Slide the side cover free from the top cover. Do always this in the direction of the steer. See figure 16.

⚠ PLEASE NOTE

You don't need to remove the top cover in order to remove the side covers.

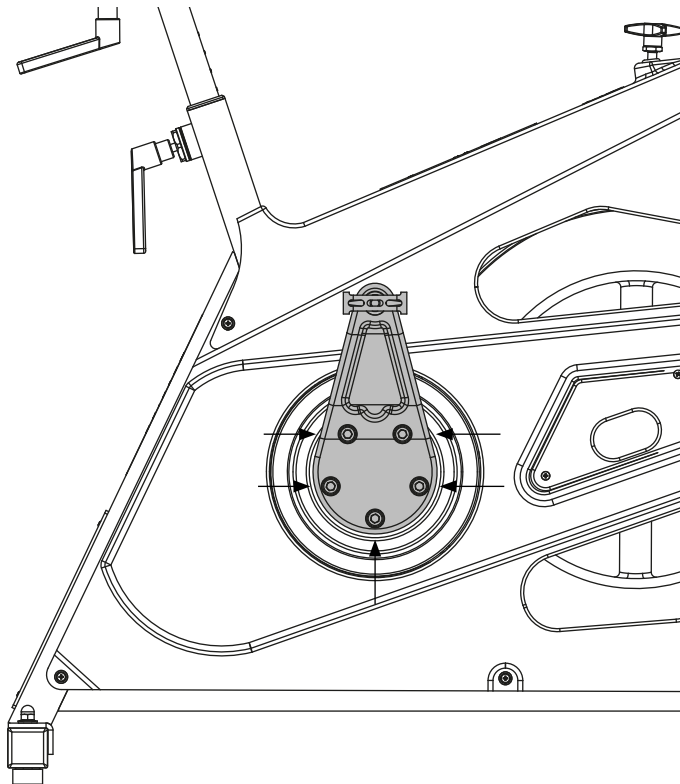


Figure 14

**Remove the 7 bolts and
slide the side cover off in
the direction of the steer.**

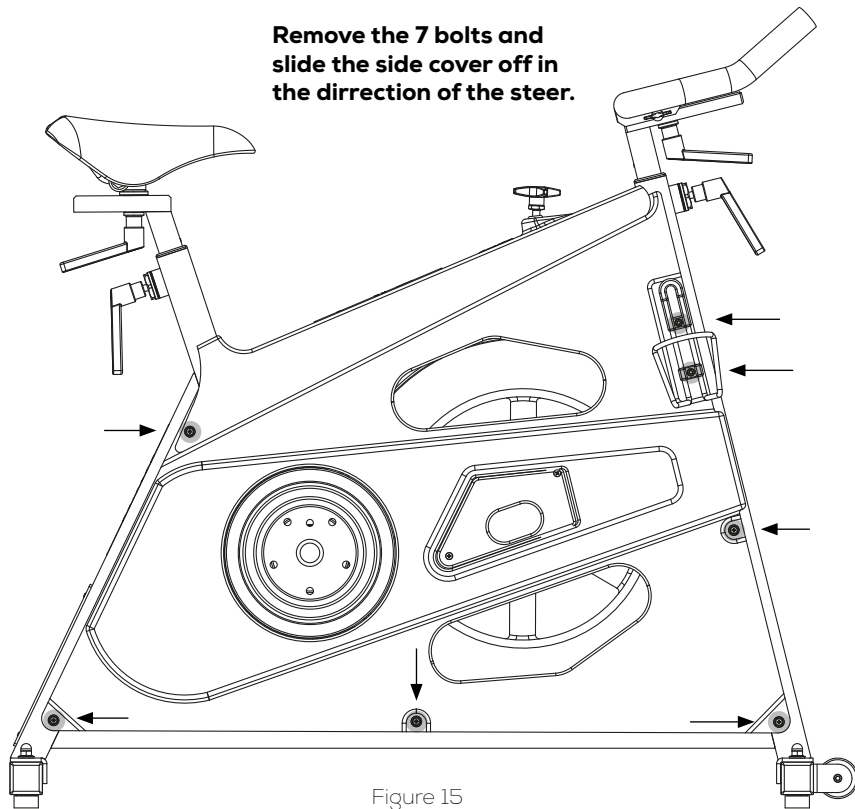


Figure 15

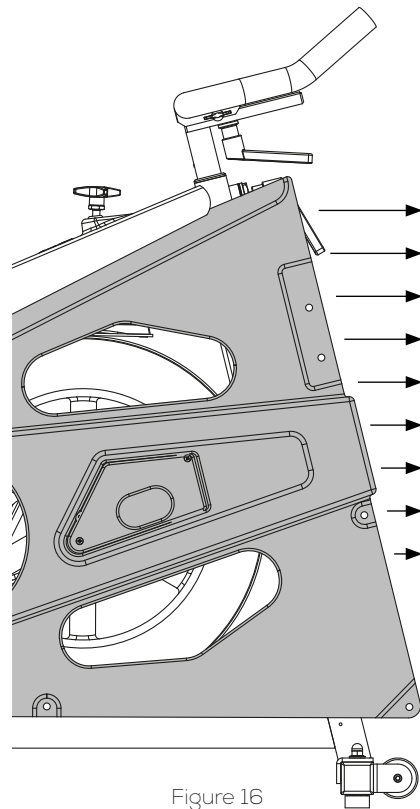


Figure 16

SERVICE HATCH

In order to remove the service hatch, use a PZ2 drill bit and a drill. Remove the 2 screws and then the hatch. See figure 17.

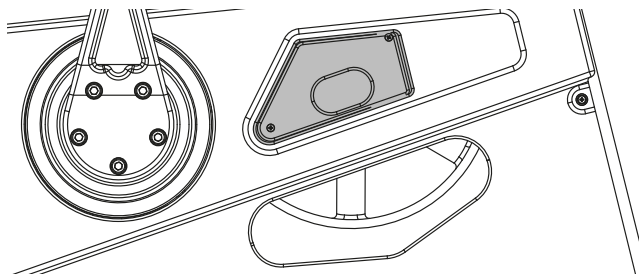


Figure 17

Quick access to adjust the poly-v belt. See figure 18

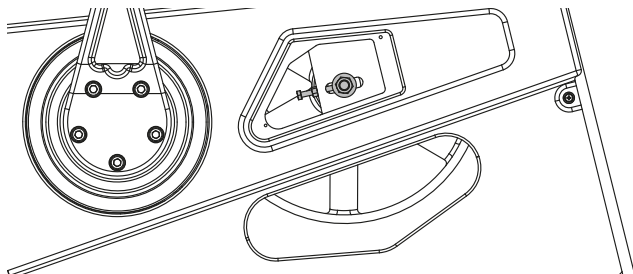


Figure 18

REPLACING THE BRAKE BLOCK

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. Go to page 22.

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.

To get to the brake block, it is necessary to remove the right side cover from the cycle. See figure 14-16

- 1) Loosen all the screws in the side cover and remove them as well as the bottle holder.
- 2) Remove the side cover by sliding the side cover in the direction of the steer. See figure 16
- 3) Release tension completely on the brake. Counterclockwise will loosen the resistance. See figure 7.
- 4) Remove the two screws holding the brake block to the frame by using an 8 mm wrench, see figure 19.

5) 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 20.

6) Fasten the remaining screw furthest away from the block, and then make sure that both screws are tightened properly, see figure 21.

7) 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.

8) Finally, remount the side cover by screwing in the corner screws first. Hereafter the remaining screws.

! PLEASE NOTE

Clean the flywheels outer diameter to an even smoother ride.

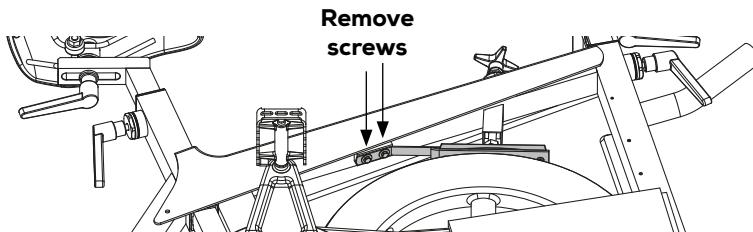


Figure 19

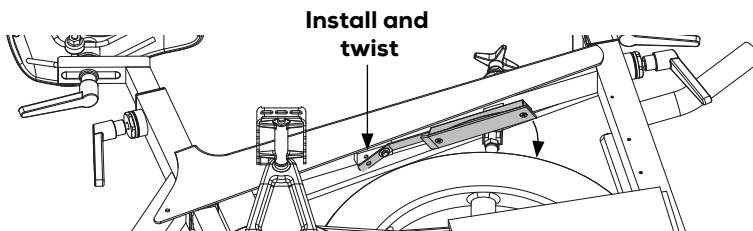


Figure 20

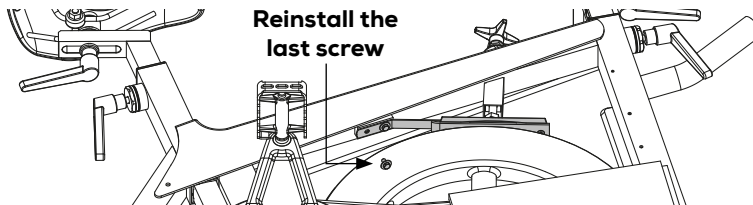


Figure 21

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 with a screwdriver, see figure 17.
- 2) Loosen the bolts (1) on both sides of the cycle with a 19 mm wrench, see figure 22
- 3) Loosen the nuts (2) on the counter bolt on both sides of the cycle with a 10 mm wrench, see figure 22.
- 4) Use a 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 with a 10 mm wrench.
- 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. Go to page 22
- 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.

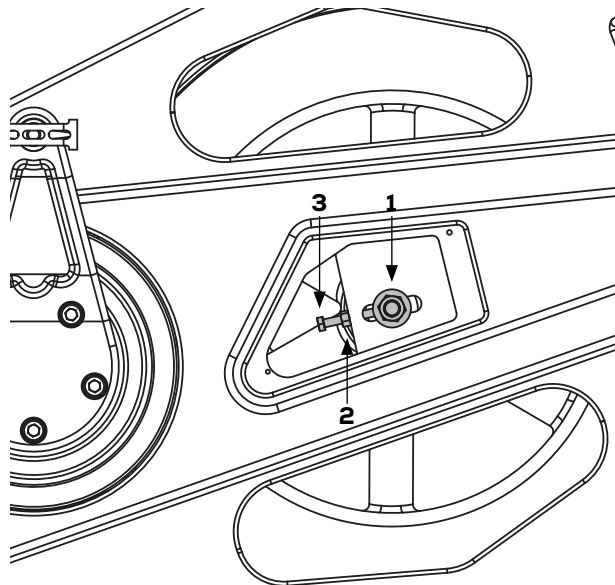


Figure 22

⚠ PLEASE NOTE

The belt should be evenly tightened on both sides.

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

ONLINE INFORMATION

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 Classic, follow the link below.

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

Need an upgrade?

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

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

Need online 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

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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