Instructions

for your

BODY BIKE® Performance Console

BODY BIKE®
INDOOR CYCLE

TABLE OF CONTENTS

For instructions in other languages go to: www.body-bike.com

INTRODUCTION

This manual provides information on the assembly, use and maintenance of the BODY BIKE® Performance Console for your BODY BIKE® Indoor Cycle. For information on the BODY BIKE® Indoor Cycle, please refer to the specific manual for the bike which can be downloaded on our website www.body-bike.com. Before using the console, please read this manual.

BODY BIKE® Performance Console is compatible with BODY BIKE® Classic, BODY BIKE® Supreme and BODY BIKE SMART®. If you wish to include power measurements in your training, please contact your distributor to learn more about the BODY BIKE® Connect or BODY BIKE SMART®+.

We wish you the best of luck with your BODY BIKE® Performance Console

WARRANTY

A two-year warranty against manufacturing defects, excluding normal wear and tear, is given for the BODY BIKE® Performance Console and the speed transmitter. Consumable items (such as batteries) which are subject to continuous wear and tear, are not covered by warranty. All warranties are cancelled if the BODY BIKE® Performance Console has been modified or in any way not used as intended. The warranty does not cover any accessories used together with the BODY BIKE® Performance Console. ANT+ communication from the speed transmitter to non-BODY BIKE® products is not guaranteed by any warranty. Any attempt to use the console and/or speed transmitter on products other than BODY BIKE® indoor cycles voids this warranty. All warranties are cancelled if the console or speed transmitter has been disassembled.

SPECIFICATIONS

Manufacturer:
BODY BIKE® International A/S
Pier 6 Nord
DK-9900 Frederikshavn
Denmark
Tlf: +45 9843 9696
www.body-bike.com

Product description:
Bike console for BODY BIKE®
Indoor Cycles

Length, Width, Height, Weight:
Console: 12cm, 3cm, 6,5cm, 0,15kg
Box: 18cm, 13,5cm, 11,5cm, 0,6kg

Box content:
- Console incl. batteries and handlebar or Wave mount.
- Speed transmitter incl. batteries, magnet and ties. Manual.

Features:
- Console in ABS plastic with POM battery hatch.
- LCD Display of the FSTN type with acrylic glass lens.
- ANT+ wireless data transfer.
- Compatible with most heart rate transmitters, but BODY BIKE recommends use of ANT+.
(See a list of ANT+ heart rate transmitters here: www.thisisant.com/directory)
- Console battery: 3 AAA (DC 4,5V 30mA), battery life: 450 hours depending on usage.
- Speed transmitter battery: 1 lithium cell CR2032, battery life: 450 hours depending on usage.
- Water resistant (IPX2).
- FCC ID: QSWASPDCS.
- CE 1177 Certified.
- ANT+ Certified.

CERTIFICATION

Federal Communication Commission Interference Statement

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:
• Reorient or relocate the receiving antenna.
• Increase the separation between the equipment and receiver.
• Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
• Consult the dealer or an experienced radio/TV technician for help.

FCC Caution:

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:
(1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

EU Declaration of Conformity

This device complies with the essential requirements of the R&TTE Directive 1999/5/EC. The following test methods have been applied in order to prove presumption of conformity with the essential requirements of the R&TTE Directive 1999/5/EC:
EN 60950-1:2006+A12:2011
EN 55022+EN 55024(2010)
EN 301 489-1 V1.8.1(2008-04)
EN 301 489-3V1.4.1(2002-08)
EN 300 440-2 V1.3.1(2009-03)

This device is a 2.4 GHz wideband transmission system (transceiver), intended for use in all EU member states and EFTA countries, except in France and Italy where restrictive use applies. In Italy the end-user should apply for a license at the national spectrum authorities in order to obtain authorization to use the device for setting up outdoor radio links and/or for supplying public access to telecommunications and/or network services. This device may not be used for setting up outdoor radio links in France and in some areas the RF output power may be limited to 10 mW EIRP in the frequency range of 2454 – 2483.5 MHz. For detailed information the end-user should contact the national spectrum authority in France.

Hereby, BODY BIKE, declares that this Performance Console is in compliance with the essential requirements and other relevant provisions of Directive 1999/5/EC.

ANT+™
Performance Console is ANT+ certified.

CE 1177

GENERAL INFORMATION

Before beginning any exercise, please consult your physician

Do not switch console from one bike to another unless recoding

Immediately change battery in console when the icon below is shown on the screen

🔋
DISPLAY

Change battery in speed transmitter if the green light does not turn on when pressing the reset button

Do not pedal fast in attempt to set a record if you do not have the bike under control

The console is water resistant, not water proof. Do not expose it to large amounts of water

MOUNT CONSOLE

1: Remove the small plastic strip on the back of the console, see figure 1. Make sure batteries are correctly inserted.

2: Mount the console on the handlebar mount by using the 3 screws, see figure 2. The rubber pad should face matt side outwards.
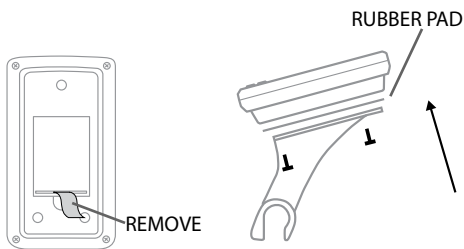
3: Press the handlebar mount onto the handlebar, see figure 3.

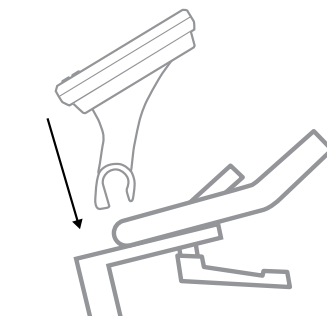4: Adjust the angle to your preferred view of the console, see figure 4.

5: Tighten the two screws on the mount, see figure 5.

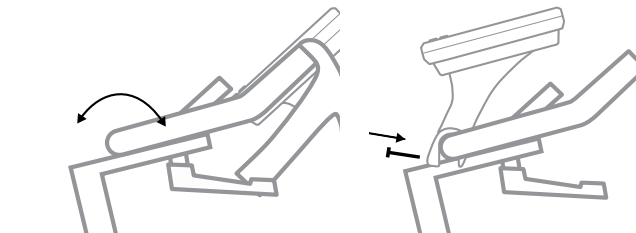For instructions on how to mount the console with the Wave-bracket, please go to Support on www.body-bike.com.

Please note:
The console is set for km and kg as default. If preferred, change to miles and lb before mounting the console. See chapter 'Default settings'.

RUBBER PAD

REMOVE

Figure 1   Figure 2

Figure 3   Figure 4   Figure 5

SPEED TRANSMITTER
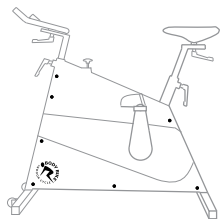
1a: BODY BIKE® Supreme: Remove the left service hatch by loosening the three locks with a coin, see figure 6.

1b: BODY BIKE® Classic: Remove left side cover by removing the pedal arm and all screws in the side cover, see figure 6.

2: Use a strong solvent to clean the flywheel spoke where the magnet should be placed. BODY BIKE® recommends Isopropyl.

3: Remove the paper from the back of the magnet holder and glue it onto the spoke. Note that the holder is not symmetric and should be placed exactly as shown on figure 7.

4: Add the two shortest cable ties and firmly secure the magnet holder to the spoke, see figure 7.

5: Cut off extra tie as close to the spoke as possible. Extra tie can conflict with the frame making noise.

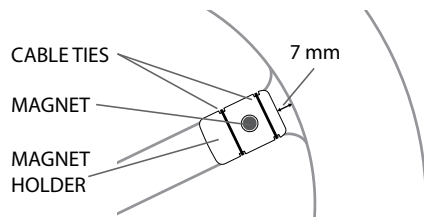6: Add the magnet in the magnet holder, see figure 7.

7: Put the two longest ties through the holes in the speed transmitter, see figure 8.

8: Place the speed transmitter above the middle of the hole in the frame and tighten the two cable ties, see figure 9. The logo should be facing outwards. Cut off extra tie.
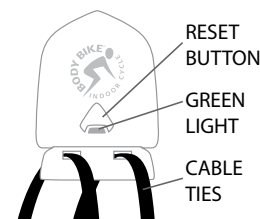
9: Ensure that the speed transmitter is correctly installed by pressing the reset button on the speed transmitter, see figure 8. A green light should come on to indicate battery. Pedal a few times and the green light should flash when the magnet passes. If not, mov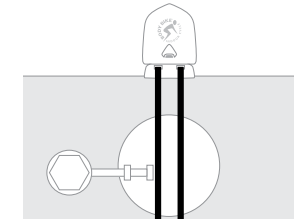e the speed transmitter slightly to one side to make the magnet pass exactly in front of the arrow indicated on the back of the speed transmitter, see figure 10.

10: Turn on the console by pressing any button and ensure that the console receives RPM. If not, go to page 20 for troubleshooting. Close the cycle.
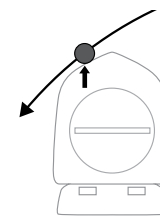

Figure 6   SERVICE HATCH

CABLE TIES

MAGNET

MAGNET HOLDER

7 mm

Figure 7

RESET BUTTON

GREEN LIGHT

CABLE TIES

Figure 8

Figure 9

Figure 10

REPLACE SPEED TRANSMITTER BATTERIES

The battery in the speed transmitter can be checked by pressing the reset button below the BODY BIKE® logo. If a green light turns on underneath the button, there is enough battery, see figure 8 on page 9. If not, the battery needs to be replaced:

1: Get access to the speed transmitter by following step 1a or 1b on page 8.

2: Carefully slide the speed transmitter down to the side of the frame, see figure 11. If this is not possible, cut the cable ties and replace with new ones.

3: Open the back of the speed transmitter with a coin, see figure 12. Be careful not to drop the battery hatch into the cycle.

4: Replace the lithium cell CR2032 battery. The text on the battery should be facing outwards, see figure 12.

5: Remount the battery hatch and make sure that the transmitter is placed correctly in front of the passing magnet, see figure 10 on page 9.

6: Test the transmitter by pressing the reset button. A

green light should turn on to indicate battery power, see figure 8 on page 9. Pedal a few times and ensure that the green light flashes when the magnet is passing. Close the cycle.

CLEANING

After each workout, wipe the console off with tissue paper. If the console is covered in sweat or dirt, use a moist tissue with some washing-up liquid.

NEVER use alcohol or chemicals

REPLACE CONSOLE BATTERIES

An icon will light up on the console when the display needs new batteries.

DISPLAY

1: Dismount the console from the handlebar mount by removing the three

screws on the back, see figure 13. If the three screws are not accessible, release the two screws holding the handlebar mount and adjust the angle of the handlebar mount to make the screws easy to reach, see figure 4 on page 7.

2: Remove the battery hatch on the back of the console, see figure 14.

3: Replace the 3 AAA batteries.

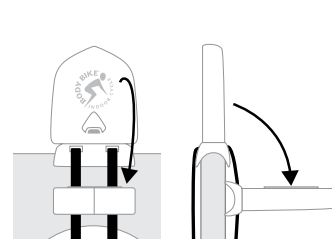4: Remount the battery hatch and remount the console, see page 7.

CLOSE
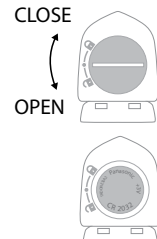
OPEN

PRESS AND LIFT

Figure 11   Figure 12   Figure 13   Figure 14
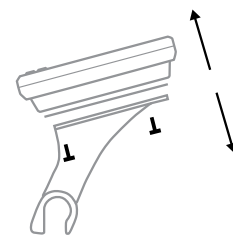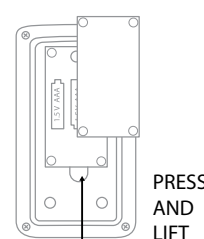
ON, OFF AND RESET

The console will turn ON when:
- pressing a random key

The console will turn OFF when:
- continually pressing ▶II
- no cadence for 5 minutes

The console will RESET when:
- continually press 👤 and the message 'Hold to clear' will appear. Keep pressing the key for 5 sec and all recorded data will be reset. Heart rate pairing and individual settings will be kept. This function is useful if you have used the console during warm-up before the actual class starts. When turning off the console, all data and individual settings will be reset and the console is ready for a new user.

KEYS

◀ and ▶ are for navigating between screens and for adjusting values in setting mode. Continually press either ◀ or ▶ to increase/decrease rapidly.

👤 is for entering setting mode and for accepting individual values. A continued press will reset time and data measurements.

▶II is for starting or pausing time and data measurements. A continued press will turn off the console.

DEFAULT SETTINGS

In the default settings it is possible to change 3 settings:
- Model (Cad/Po)
- Code for speed transmitter
- Units (kg/lb, km/mi).

1: Enter default settings by taking out the batteries, press any key while reinserting the batteries. A full screen display

Please note:
Individual settings like Age, MHR, AHR and weight can be changed in setting mode, see page 17.

will indicate that you have entered the default settings. Press 👤 to accept.

2: Choose the model Cad. Use ◀▶ to change. Press 👤 to continue directly to set units (go to step 3) or press ▶II to start reconnecting to the speed transmitter. For reconnecting automatically, press ▶II again and pedal a few times to activate the speed transmitter. The console will run segments until the code is shown. For reconnecting manually, continually press ▶II. Use ◀▶ to enter code and 👤 to accept. The code is written on the black/white label on the side of the speed transmitter.

3: Set units (kg or lb) by using ◀▶. Press 👤 to accept.

4: Set units (km or miles) by using ◀▶. Press 👤 to accept.
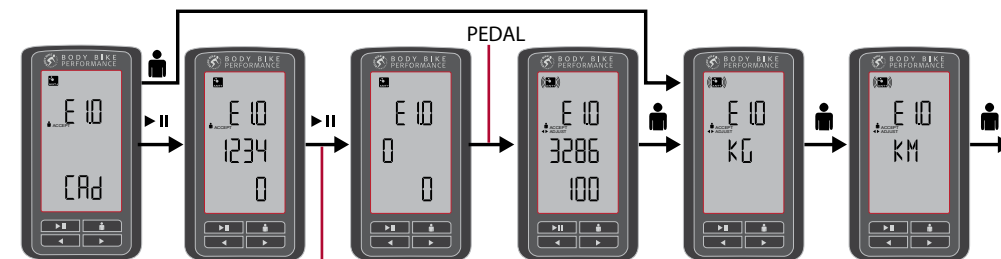
You are now done and will leave setting mode.

Figure 16

PRESS ▶II FOR AUTO SEARCH
LONG PRESS ▶II FOR MANUAL

PEDAL

TIPS AND INFORMATION

Heart rate
The BODY BIKE® Performance Console is able to receive data from several brands of heart rate transmitters. Some connections may be more fragile than others. Move the bikes further apart if you experience cross talk. BODY BIKE® recommends use of ANT+ heart rate transmitters. Make sure you are the one closest to the console when pairing.

Age or MHR
Enter maximum heart rate if you know it. Otherwise enter age and your maximum heart rate will be calculated from your age (220-age).

Your MHR is used for calculating calories and to determine %MHR.

AHR
AHR is the ambient heart rate, which is your heart rate at rest before any exercise. The ambient heart rate is typically between 60-80bpm . The better shape you are in, the lower the number. You can measure your AHR on the console before exercising. Sit on the bike without pedalling until you are fully relaxed. Your HR at this point is your AHR. It is important that you have not exercised just before the measurement. Your AHR is used for calculating calories.

Weight
Your weight is used for calculating calories. You can change the unit setting (kg or lb) in the default setting mode, see page 12-13.

Default user values
If you start pedalling without entering your individual values, the default values will be used. The default values are:
Age or MHR: 30 or 190 bpm
AHR: 70 bpm
Weight: 70 Kg or 154 Lb

HEART RATE

1: Put on your heart rate transmitter, see figure 17. The belt should be worn tight without causing discomfort. The electrodes must be moist and be placed just below the chest muscles.

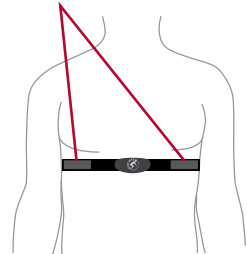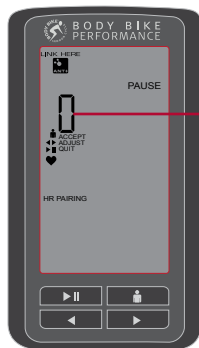*Electrodes facing inwards in contact with bare skin*

Figure 17

2: Press 🔋 to enter setting mode.

3: If there is no heart rate transmitter paired, the pairing will start automatically and the display will look like figure 18. If a heart rate transmitter is already paired, the display will look like

Running segments until pairing is complete

Figure 18

figure 19. Press 🔋 to maintain this pairing and continue to next setting (skip step 4). Press ◀ or ▶ to start new pairing.

4: Lean forward to get your heart rate transmitter as close to the bottom of the console as

Accept pairing and quit setting mode

Accept pairing and continue to next setting

Start new pairing

Figure 19

possible, see figure 20. The display will run segments in 0 shapes until the code is registered. When the pairing is finished, the display will look like figure 19. Press 🔋 to maintain this pairing and continue to next setting.
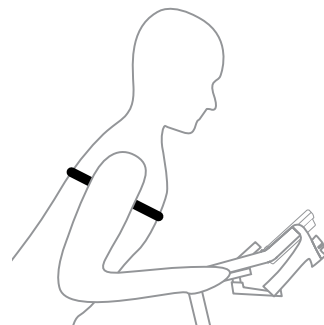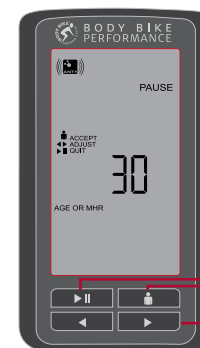

Figure 20

Press ◀ or ▶ to start new pairing.

AGE OR MHR, AHR AND WEIGHT

Press 🔋 to enter setting mode. If you are wearing a

heart rate transmitter, follow guidance on page 16 to pair it. If not, press 🔋 to continue without heart rate transmitter. Enter your age or MHR, AHR and weight as described on figure 21.

Press ▶❚❚ to accept and end setting mode

Press 🔋 to accept and continue to next setting

Increase/decrease the number by pressing ◀ or ▶. Keep pressing ◀ or ▶ to increase/decrease rapidly

Figure 21

NAVIGATION, SCAN AND THE THREE SCREENS

The navigation line at the bottom of the screen will show you what screen you are on and if you are in scan mode. In scan mode, the console automatically changes between the three screens. The console is in scan mode when a line underneath the word 'scan' is visible. A line will also appear under the screen number which is currently shown, see figure 22.

End scan mode: Press either ◀ or ▶ and the console will end scan mode. ▶ takes you to screen 1 and ◀ takes you to screen 3, see figure 23.

Enter scan mode: Keep pressing either ◀ or ▶ until the line under 'scan' turns on, see figure 23.

Navigate between screens: use ◀▶, see figure 23.

Screen 1 [RPM, %MAX HR, HR] The screen contains the data you most likely will use during training.

Screen 2 [Km/Mi, Kcal/Hr, Kcal] This is a summary screen with your total distance at the top and your total burned

kilocalories at the bottom. The middle number is KCAL/HR. It is an expression of how hard you are working right now and tells how many calories you will burn if you keep up the current pace
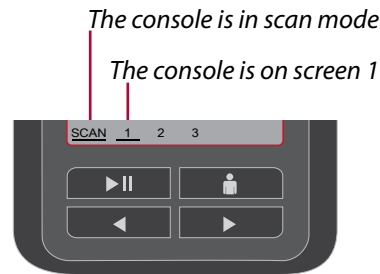
The console is in scan mode

The console is on screen 1

SCAN   1   2   3

Figure 22

and heart rate for an hour. Your calories are known from your heart rate and the data you have entered in setting mode (MHR, AHR and Weight).

Screen 3 [RPM AVG, MAX HR, AVG HR] Screen 3 holds average and maximum values. AVG RPM is the average cadence throughout the workout.

MAX HR is the maximum your heart rate has reached. AVG HR is the average heart rate throughout the workout.

Figure 23

TROUBLESHOOTING

Heart Rate Cross talk

Cross talk can occur with heritage analogue heart rate transmitters due to non-coded signals interfering with each other and the non-coded signals might affect one or more consoles. To avoid this, move the bikes 100cm apart or change to an ANT+ heart rate transmitter (like BODY BIKE®). ANT+ digital heart rate transmitters do not suffer from cross talk and will securely pair with the console.

Interference

All wireless devices are subject to the possibility of electrical interference. Symptoms could include erratic or flickering readings on the console. To eliminate this effect, move the bike away from equipment or wiring that could cause radio frequency interference. Note: high power cabling may be behind a wall and require some experimenting with the location of the cycle.

Flickering numbers on console

This could be caused by cross talk or interference. See above.

No cadence

- Ensure that the magnet is securely located on the flywheel in the correct position and that the path of the magnet passes over the arrow on the speed transmitter, see figure 10 on page 9.
- Ensure that the distance between magnet and the speed transmitter is no more than 12mm.
- Press the reset button on the speed transmitter and a green light should turn on. If not, change battery, see page 10.
- Reconnect the speed transmitter to the console, see page 12-13.

No heart rate

- Moisten the transmitter electrodes with water or ECG gel.
- Check the transmitter is being worn in the right place on the chest, tightly fitted but without causing discomfort.
- Perform re-pairing with the console, see page 16-17.
- Change to ANT+ heart rate transmitter or move the bikes further apart, see section on heart rate cross talk on page 20.

- Make sure that the bikes are not exposed to radio frequency interference, see section on interference on page 20.
- Check heart rate transmitter battery and replace if voltage under 3V.

No numbers or icons in the display

- Press any button to get the console out of sleep mode.
- Check the battery in console and replace if low voltage, see page 11.

All icons are on

- You have entered default setting mode. Pedal a few times on the bike to activate the speed transmitter. Press 📱 4 times to leave default setting mode. See more about default setting mode on page 12.

Data from one bike is shown on a console on another bike

- The console has been switched between bikes. Change them back or reconnect the speed transmitter, see page 12-13.

DISPLAY MESSAGES

DISPLAY

There is low battery in the console. Change the battery, see page 11.

HoLd to CLr

Means Hold to Clear, see page 12.

LINK HERE

There are no ANT+ devices connected.

LINK HERE

The console is searching for a heart rate transmitter.

LINK HERE

There is an ANT+ device connected e.g. speed transmitter or heart rate.

CONNECT WITH OTHER ANT+ DEVICES

The speed transmitter and the heart rate transmitter are constantly sending out ANT+ data signals which other ANT+ devices are able to pick up. This provides the opportunity to collect data on ANT+ devices used in other training situations e.g. an outdoor computer, a pulse watch or an iPhone with an ANT+ dongle.
For a list of compatible ANT+ devices, visit
www.thisisant.com/directory/body-bike-performance-console/

BODY BIKE HEART RATE TRANSMITTER

Purchase your own BODY BIKE® heart rate transmitter with ANT+ interoperable wireless technology. The heart rate transmitter has a signal-filtering algorithm for noise rejection and a long battery life. The strap is designed in a soft, flexible and comfortable fabric. The light-weight pod can be clicked off and the strap can be machine washed. Contact your distributor to learn more or visit www.body-bike.com.

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Find spare parts and accessories on our website. **www.body-bike.com**