

User manual

BIKE PERSONAL



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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 operate 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.

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. Do not connect a device with load exceeding 7A.

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.

If, during exercise, the message "HIGH HEART RATE" appears, your heart rate is too high and you should slow down the exercise.

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 screen.

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.



WARNING. High voltage is present inside the product, and as such, the guard must be only be removed by authorised personnel.

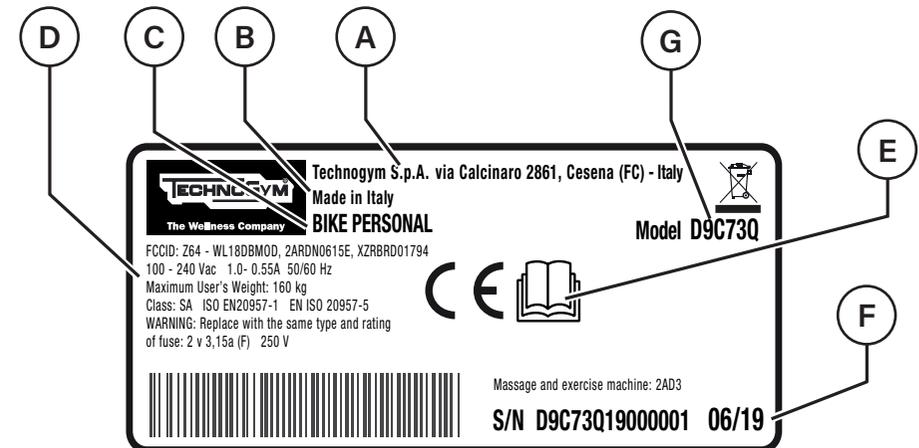
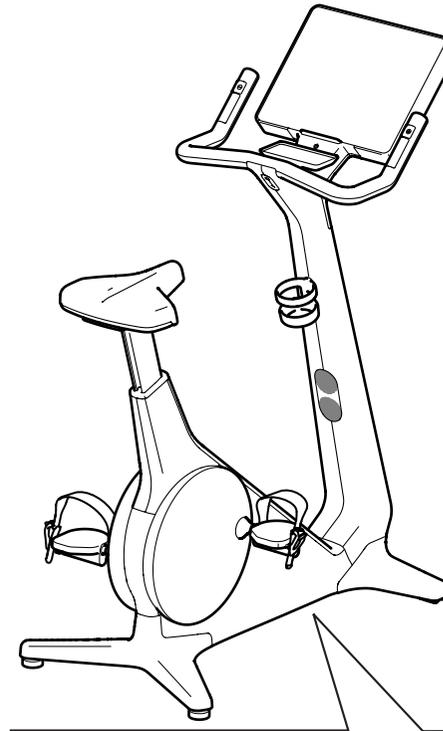
Identification of the manufacturer and the product

- 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 Bike is a commercial device, designed for use in residential and professional environments. It is a class SA device, pursuant to ISO EN 20957-1.

The values stated in the illustration are purely indicative; refer to the label attached to the product or the data in the "Technical characteristics" section for the correct information.

Adjustable braking system; power depends on the level set and speed.



Description of the product

Screen (A). It allows you to view and control information, settings and contents both for workouts and for entertainment. The tablet-style touch screen interface allows you to include the contents offered by the Technogym App Store.

Handlebar (B). For stability when getting on and off the bike; can also be held by the user during the workout.

Hand sensor (C). The metal plate sensors permit constant heart rate monitoring.

Fast Track Control (D). They allow users to change the level of intensity of the exercise without removing their hands from the handlebar.

Audio headphone output (E). Used to plug in headphones and listen to audio content. Headphones with a microphone function may also be used.

USB port (F).

Wireless charger (G). Wireless battery charger to charge phones supporting wireless charging.

RFID reader (H).

Saddle (L). With adjustable height.

Pedals (M). With adjustable straps for a more stable foot position.

Water bottle holder (N). Where you can place water bottles during workout.

Speakers (P). High performance speakers to reproduce audio in the room. To bypass the speakers, insert a headphone plug into the jack.



Using the product

Bike 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.

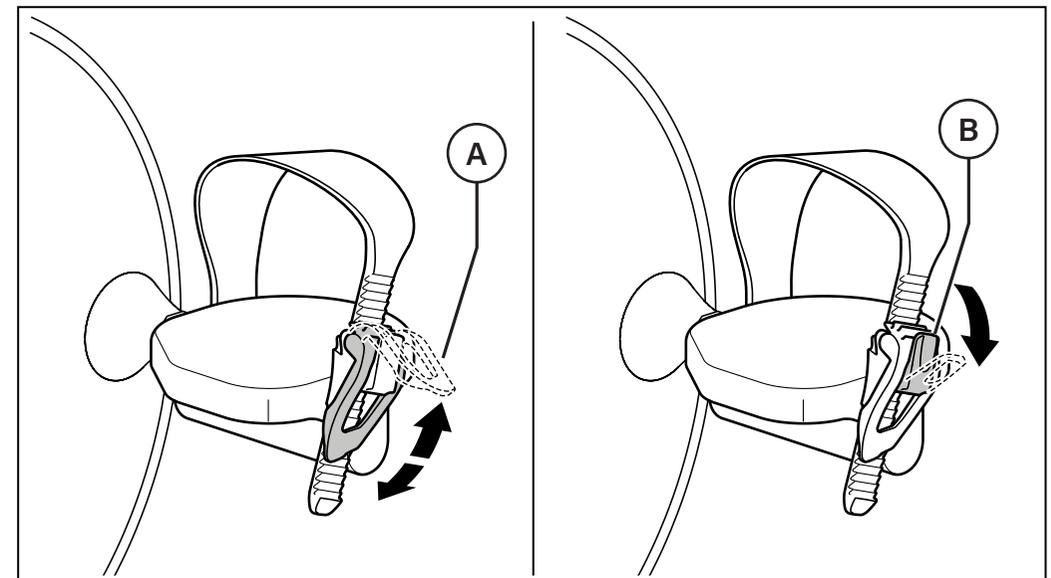
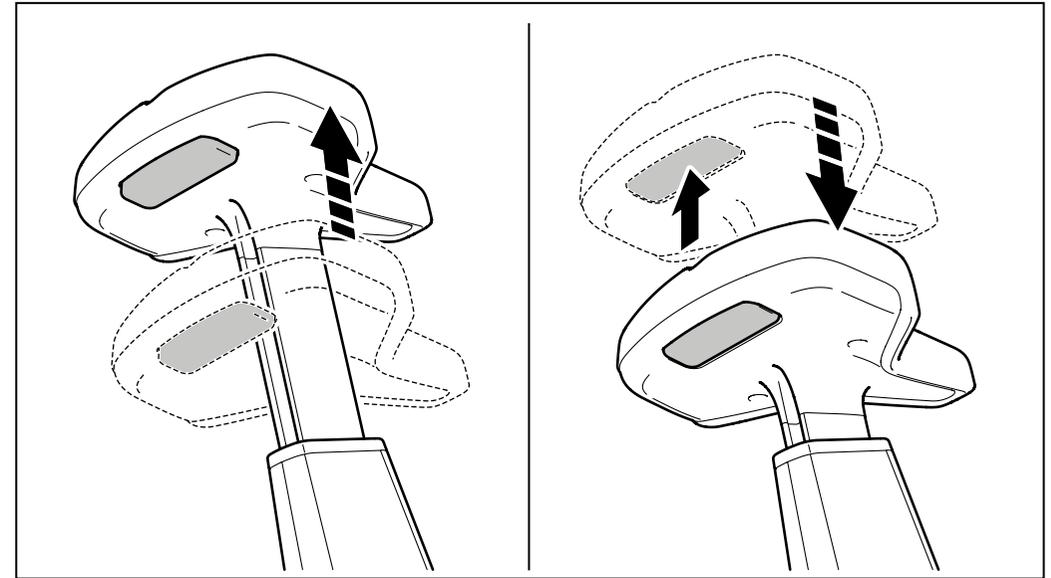
To adjust the saddle height use the lever under the rear part of the saddle.

To lift the saddle simply pull it upwards; to lower it use the lever.



WARNING. If the saddle position is too high or too low, this could result in incorrect leg movement, which may cause pains in various parts of the body.

To adjust the pedal straps, raise and lower the lever **(A)** a few times to tighten the strap; keep the lever **(B)** raised to loosen the strap.



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.

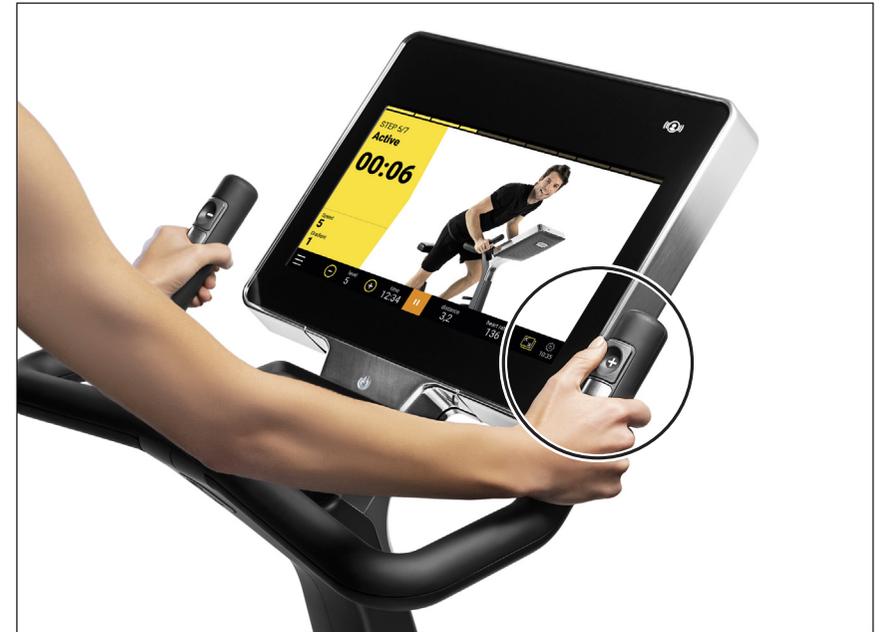
On the saddle, lean your torso forwards, keeping your back straight, then rest your hands on the ends of the handlebar; your arms will be slightly bent.

You can adjust the intensity of the exercise using the buttons on the screen or the Fast Track controls on the handlebar.



WARNINGS. Avoid sideways movements.

Pedal only when in a seated position on the saddle.



Reading the heart rate

Grip the handlebar in the sensors area (hand sensors) to check your heart rate during your workout.

The product is also compatible with Bluetooth Smart heart rate monitors, like the strap sensor supplied.

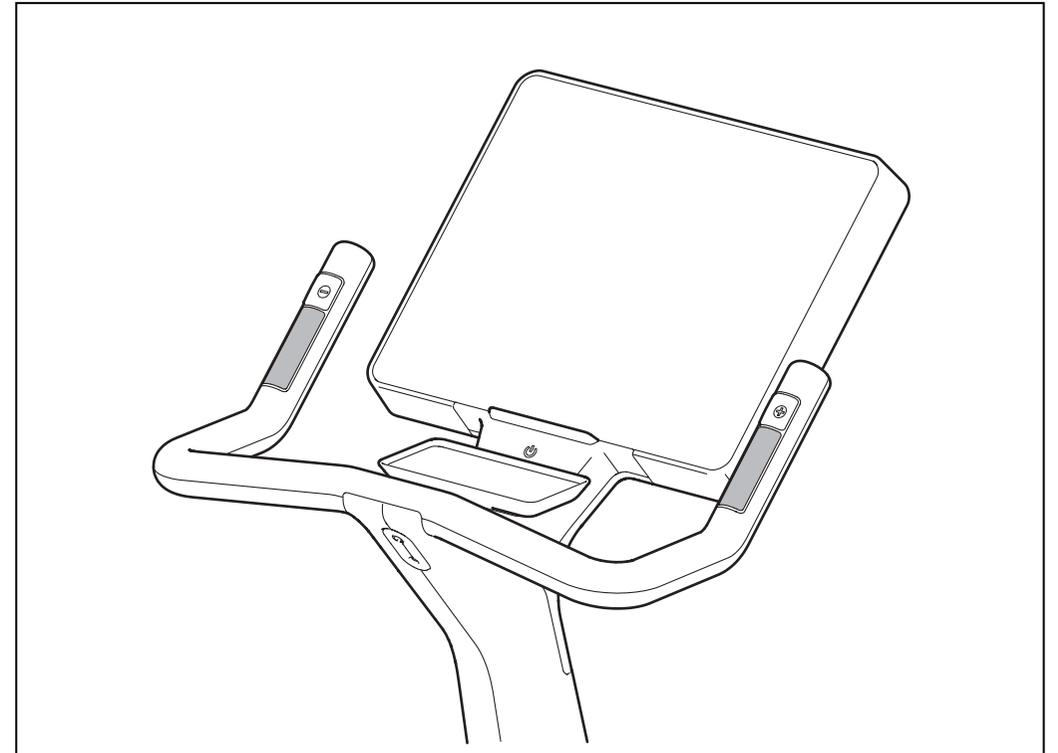
Should you have any doubts about the accuracy of the readings, contact the Technical Support Service.



WARNINGS. During a workout it is very important that your heart rate never goes above 90% of your maximum rate (unless you are an athlete engaged in competitive sport).

The sole function of the heart rate monitor is to display the heart rate during exercise and cannot be used for medical cardiac diagnoses of any kind. The heart rate shown on the display is purely indicative and cannot be considered absolutely certain.

You are advised not to use a chest band with heart rate monitor if you have a cardiac support device such as a pacemaker or similar.



The table shows the optimum heart rate levels in relation to age and the goal to be achieved.

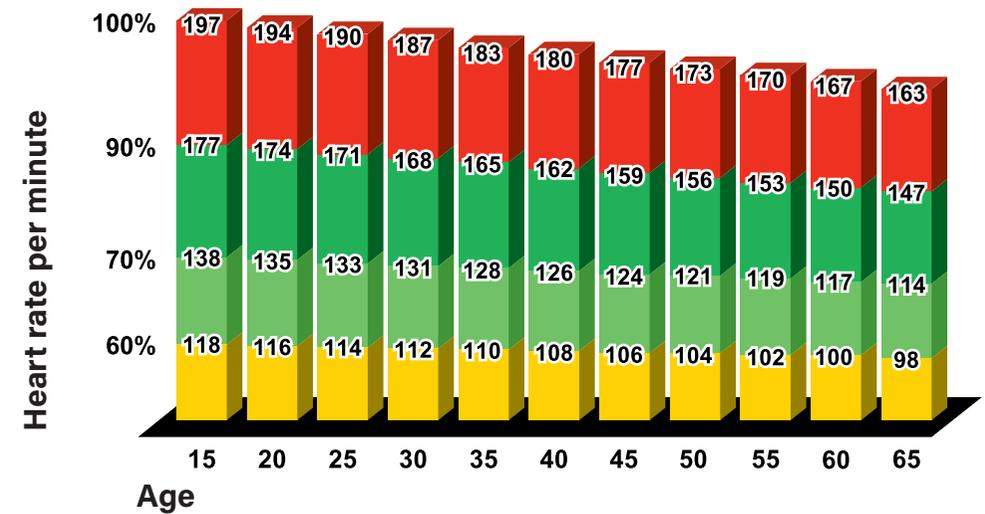
Theoretical maximum heart rate (100%) is calculated on the basis of age using the formula: $\text{max H.R.} = 220 - \text{age}$.

To read the graph, simply find your age on the horizontal axis and scan up the vertical until you reach the 60%, 70% and 90% values.

Aerobic exercise performed at a heart rate **between 60% and 70%** mainly burns fat as an energy source.

When doing aerobic exercise at a heart rate of **70% to 90%** the cardiocirculatory component prevails.

For example, if someone **aged 30** wants to burn off fat, the heart rate during exercise should be kept to between 112 (60%) and 131 (70%); if he or she wants to improve cardio-respiratory capacity, the heart rate should be kept to between 131 (70%) and 168 (90%).



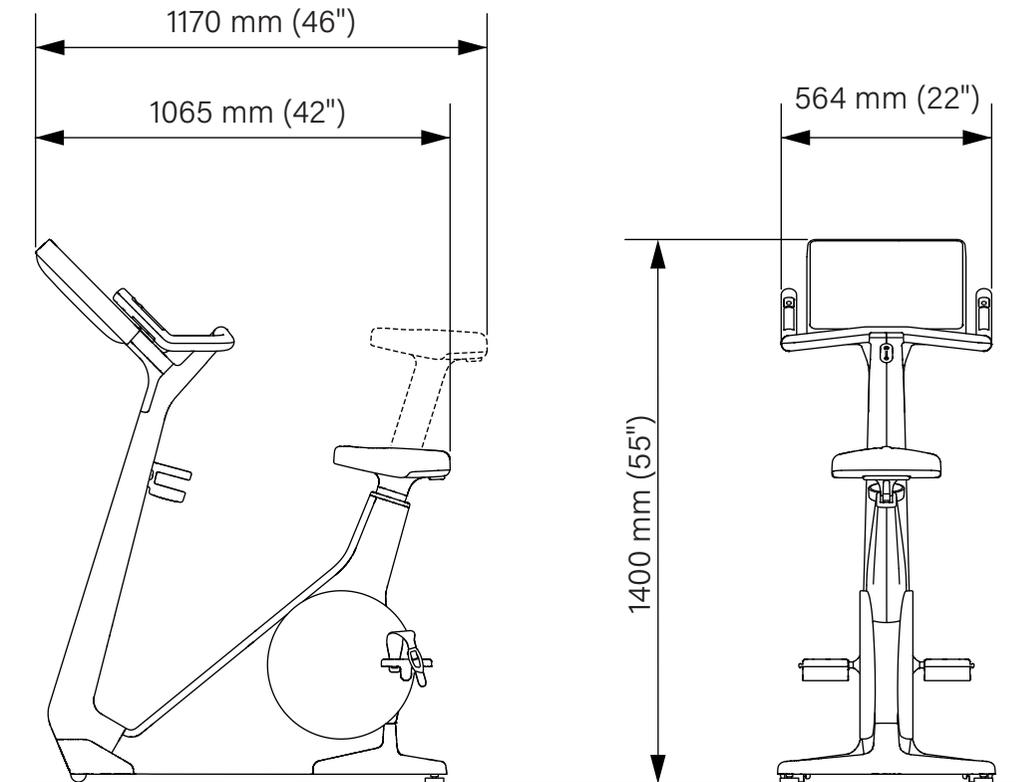
-  Prevalent use of sugars.
Training for athletes who take part in competitions (with medical certificate).
-  Combined use of fats and sugars.
Significant improvement of aerobic efficiency.
-  Prevalent use of fats and increased use of sugars.
Moderate improvement of aerobic efficiency.
-  Prevalent use of fats and little use of sugars.
Limited improvement of aerobic efficiency.

Technical characteristics

| | |
|--------------------------|------------------------------------|
| Power supply | 100÷240 Vac 50/60 Hz |
| Mains power input | 160 VA max |
| Fuses | 2 x 3,15A (F) |
| Braking power (70 rpm) | 40÷500 W ± 10% |
| Time | 0÷999 min ± 1% |
| Distance | 0÷99.99 km ± 5% (0÷99.99 mls ± 5%) |
| Protection grade | IP 20 |
| Electric isolation class | Class I |

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| Weight of the product | 63 kg (139 lb) |
| Maximum user weight | 160 kg (353 lb) |



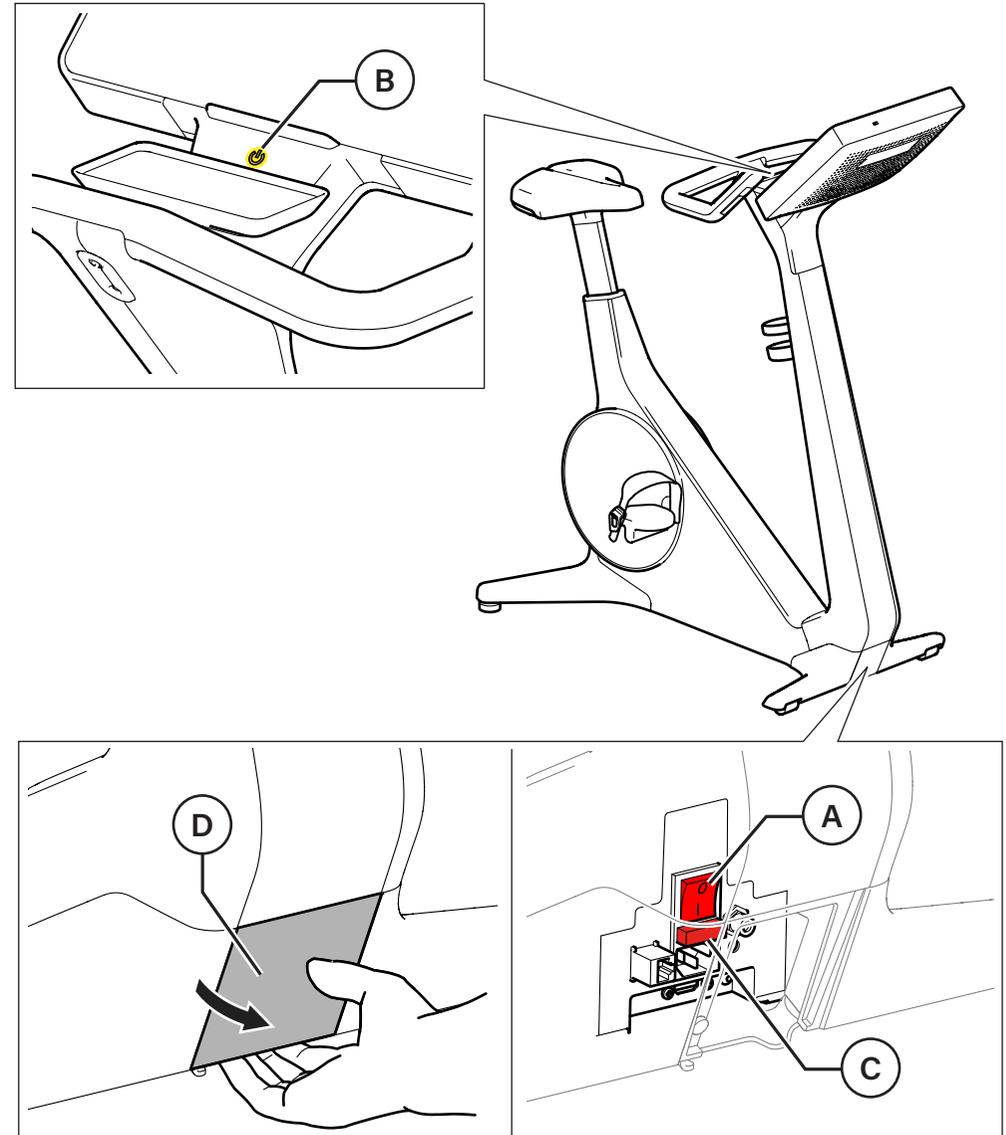
Safety devices

Main switch (A). Turns the product power supply voltage on and off.

Standby switch (B). If the main switch is on, this switch is used to turn the product on. Simply touch it to turn it on; press and hold the standby switch for 3 seconds to turn it off.

Fuses (C). Protect the electrical parts of the product. When the current reaches an excessive value, the fuses melt thus protecting the internal electronics.

To access the main switch and fuses, remove the panel (D).



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;
- free space of at least 60 cm around the entire perimeter of each product;
- the floor is flat, stable and vibration-free, and strong enough to bear the weight of the equipment plus user.

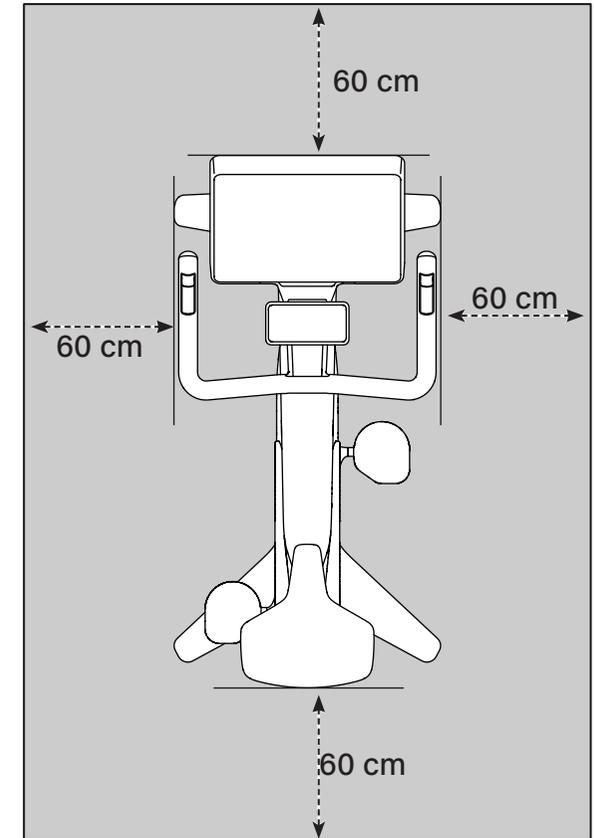
Do not expose the product to direct sunlight.

Do not place the product in humid environments, such as swimming pools, whirlpool baths, and saunas.

Installation location must meet the suitability requirements set forth in current applicable laws.

Do not use outdoors; do not leave the product outside, exposed to the weather elements; do not clean with jets of water.

Do not operate where spray products or oxygen are being used.



Moving the product



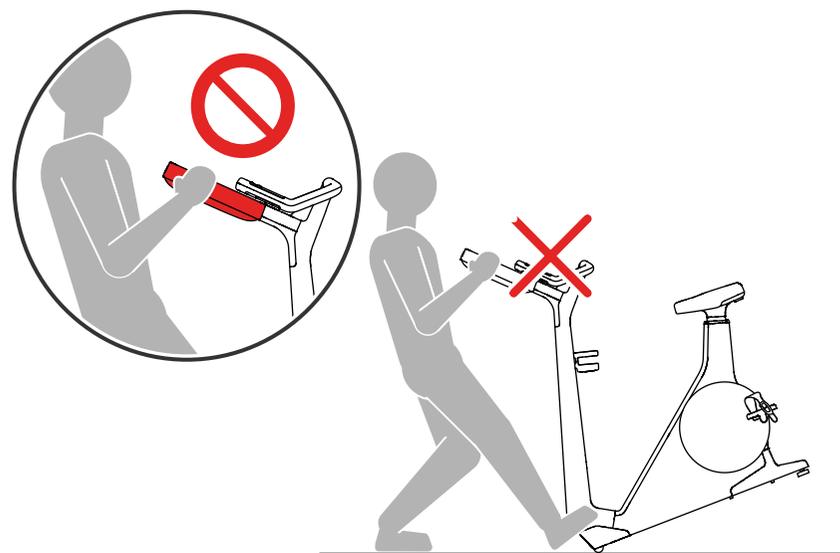
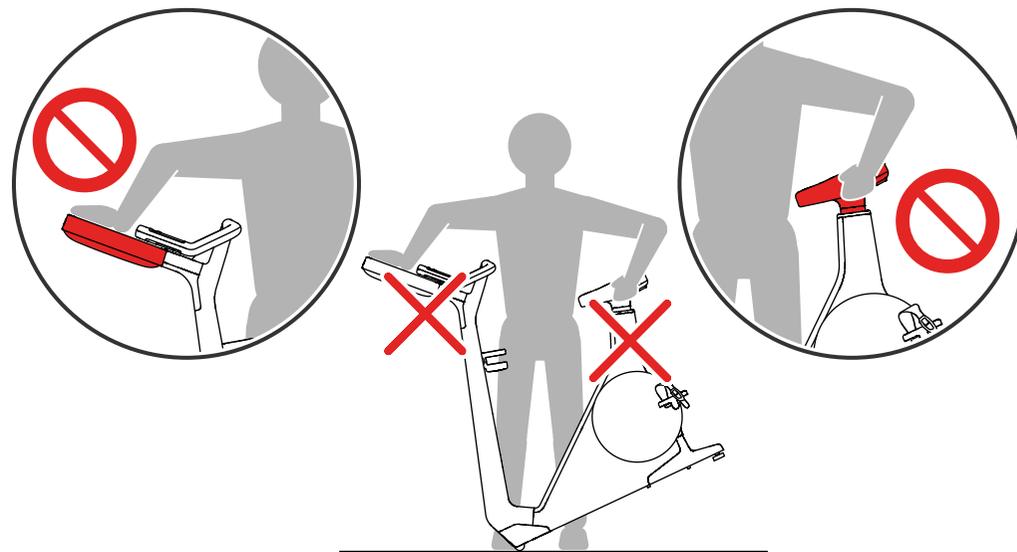
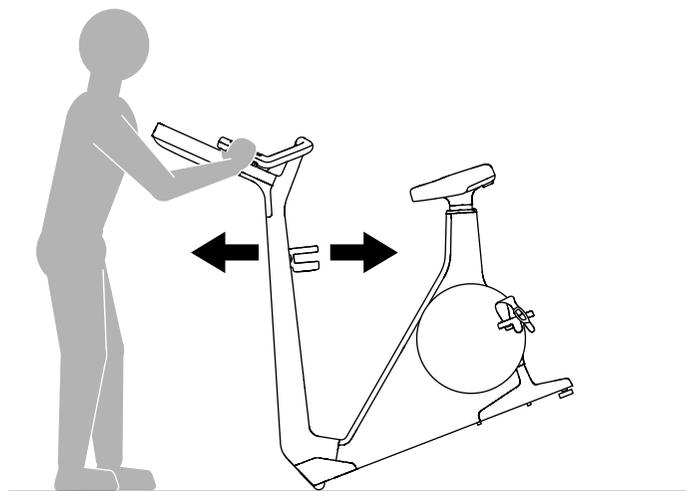
WARNING. Move the product very carefully, because it could become unstable and tip over.

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

Only lift the product as shown in the diagram: do not grip onto the screen or saddle to lift it up

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

After moving the product, always check it is level to safeguard correct operation.

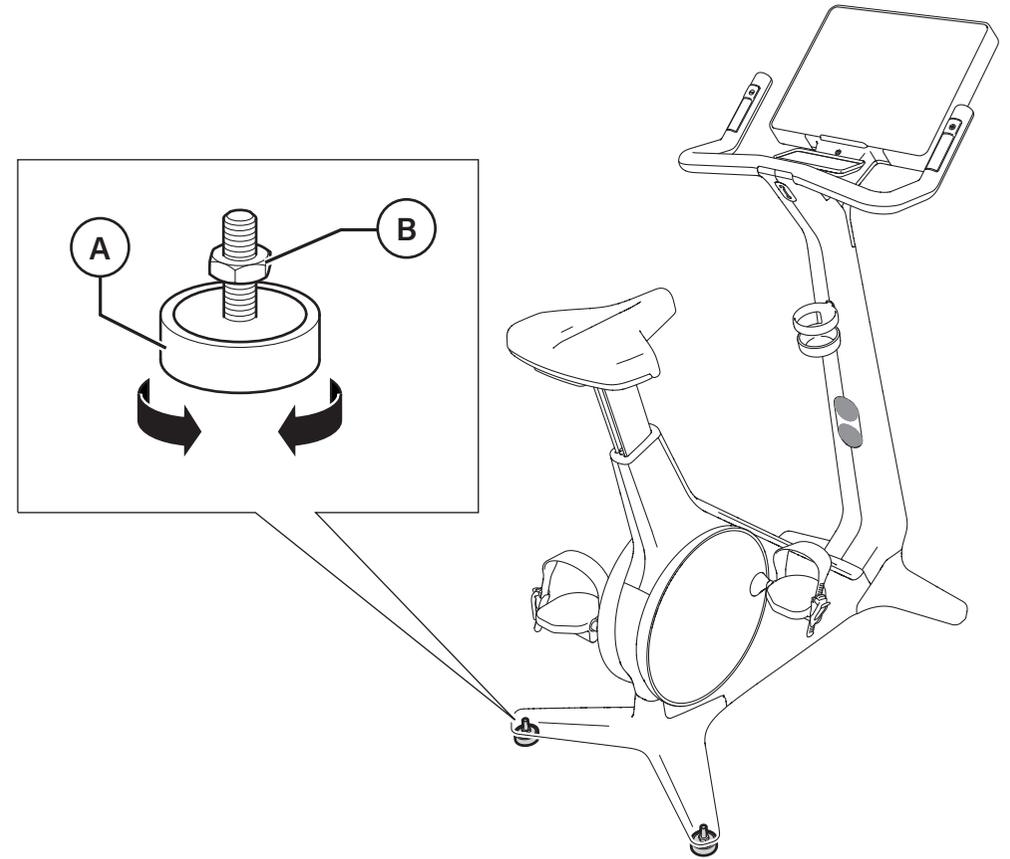


Levelling

In order to function correctly, the product must be level.

Adjust the two feet as shown in the diagram in order to level the product.

- Loosen the lock nut (**B**).
- Screw the front feet (**A**) in or out until the frame is in a stable position.
- Tighten up the lock nut (**B**) after adjusting.



Electrical connection

Before connecting the product to the mains power supply, ensure that the electrical system specifications comply to binding regulations. Check the specifications of the mains power supply on the product's identification label.

Remove panel (A) protecting the connector.

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

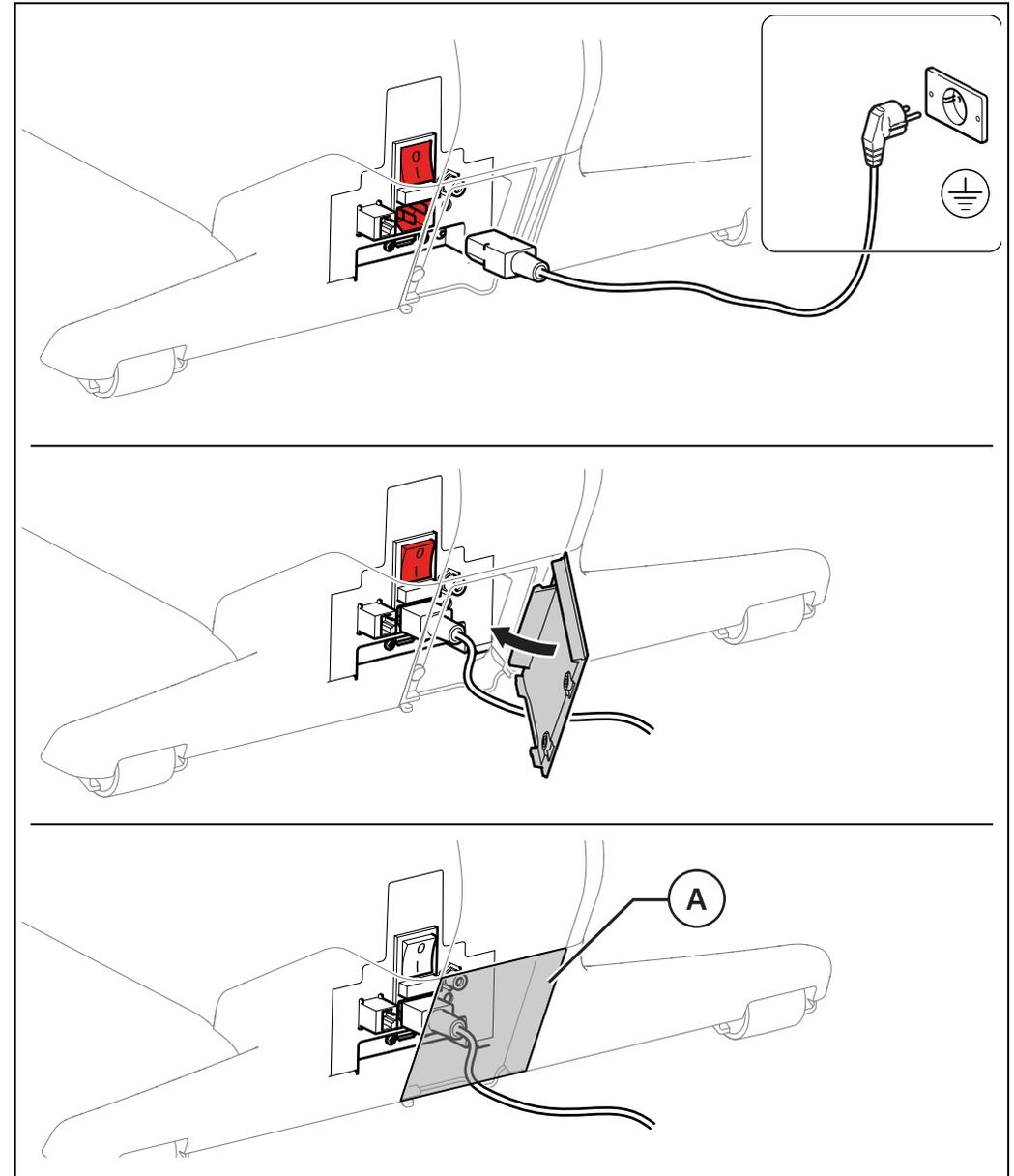
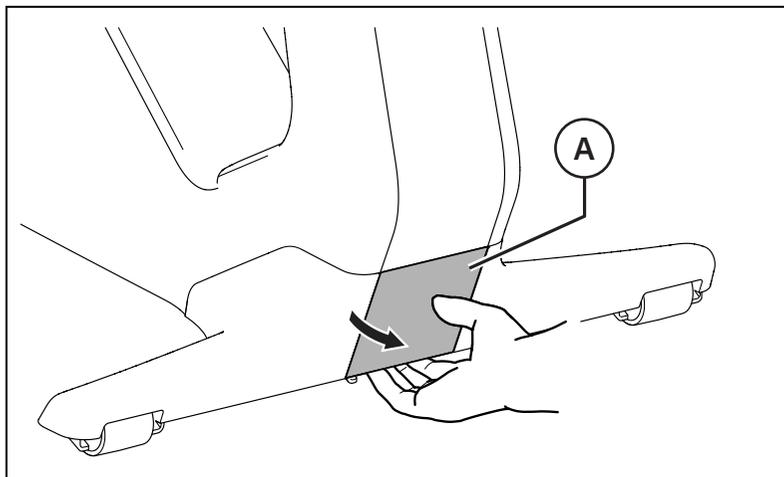
Replace panel (A).



WARNINGS. The wall socket must be located in a place where the plugging and unplugging can be done easily and safely.

When plugging in, the power supply switch must be in the 0 position (the equipment must be switched off).

Check the state of the power supply cable periodically.



The power supply socket must be grounded . If not, a ground connection must be installed by a qualified electrician before connecting the equipment to the electricity mains.

The product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. The product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.



WARNINGS. Improper connection of the equipment-grounding conductor can result in a risk of electrical shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product; if it will not fit in the outlet, have a proper outlet installed by a qualified electrician.

Other connections

A - Antenna cable jack

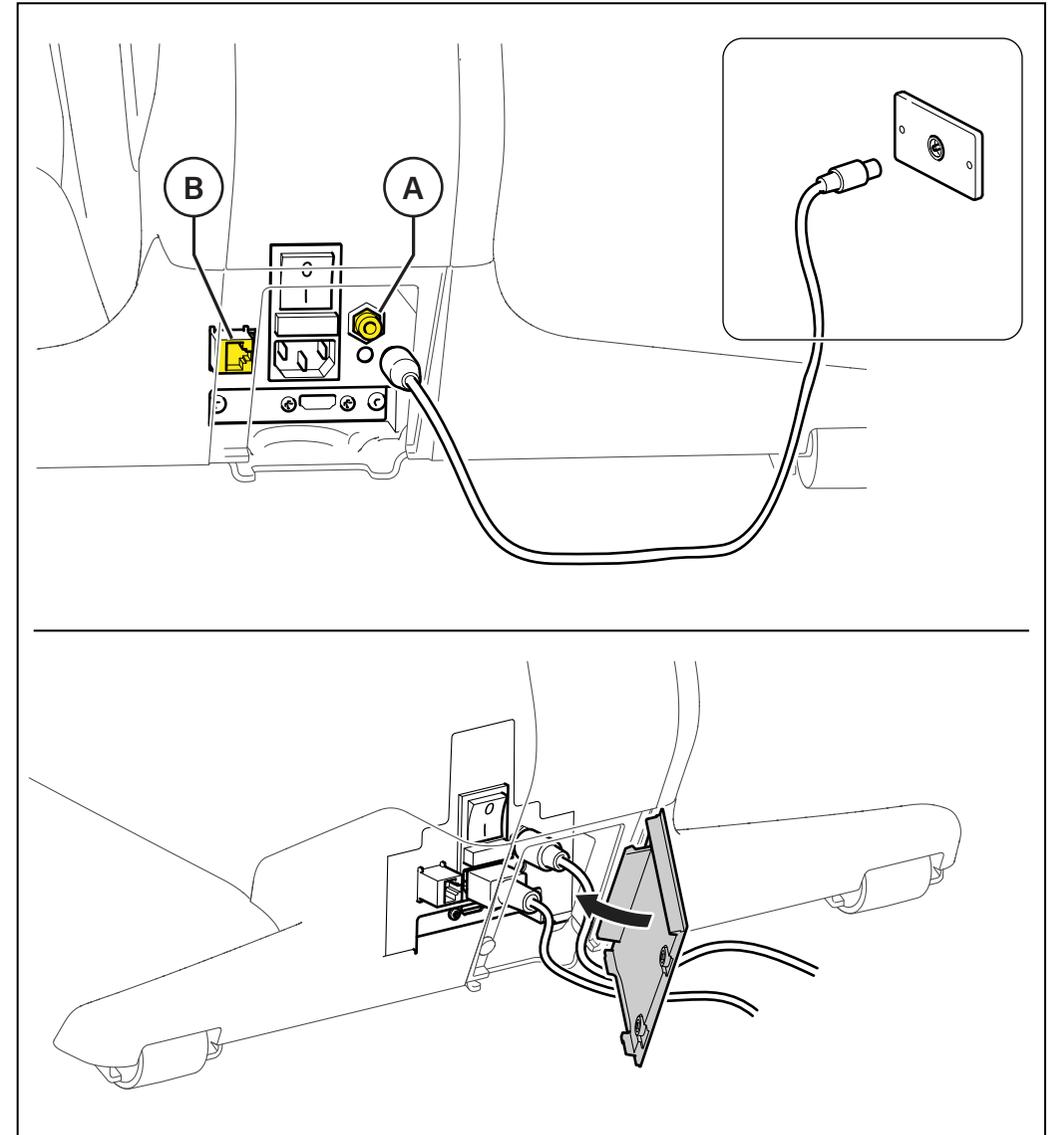
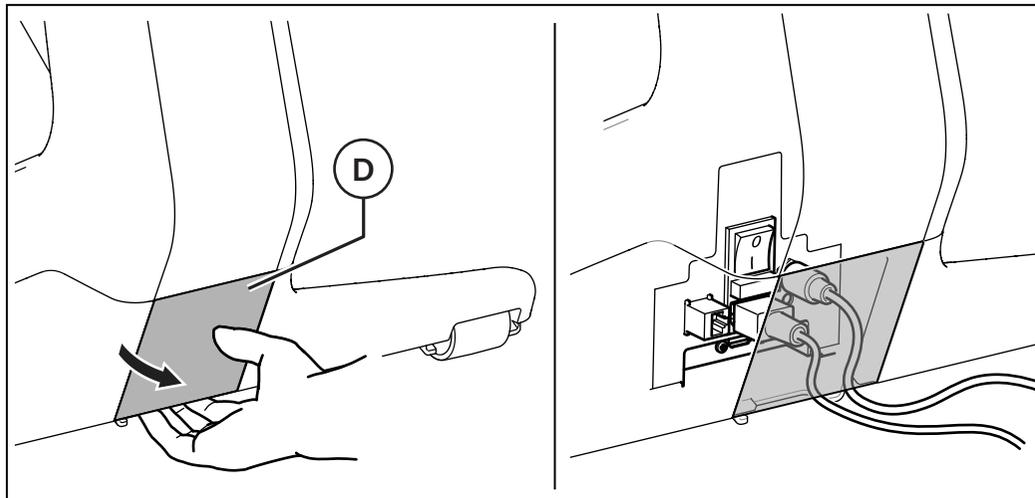
B - Ethernet jack

Remove panel **(D)** to access the jacks.

Use an RF coaxial cable to connect the antenna with an F-type connector for the product.

The wall socket for the antenna cable must be located in a position where the plug can be inserted and removed with ease.

Replace panel **(D)** after completing the connection.



Turning on and off

To turn on the product, press the main switch to I position (ON), and then touch the standby switch for a second. The product is on when the standby switch is lit.

To turn off the product, press and hold the standby switch for 3 seconds; and then press the main switch to the "0" position (OFF).

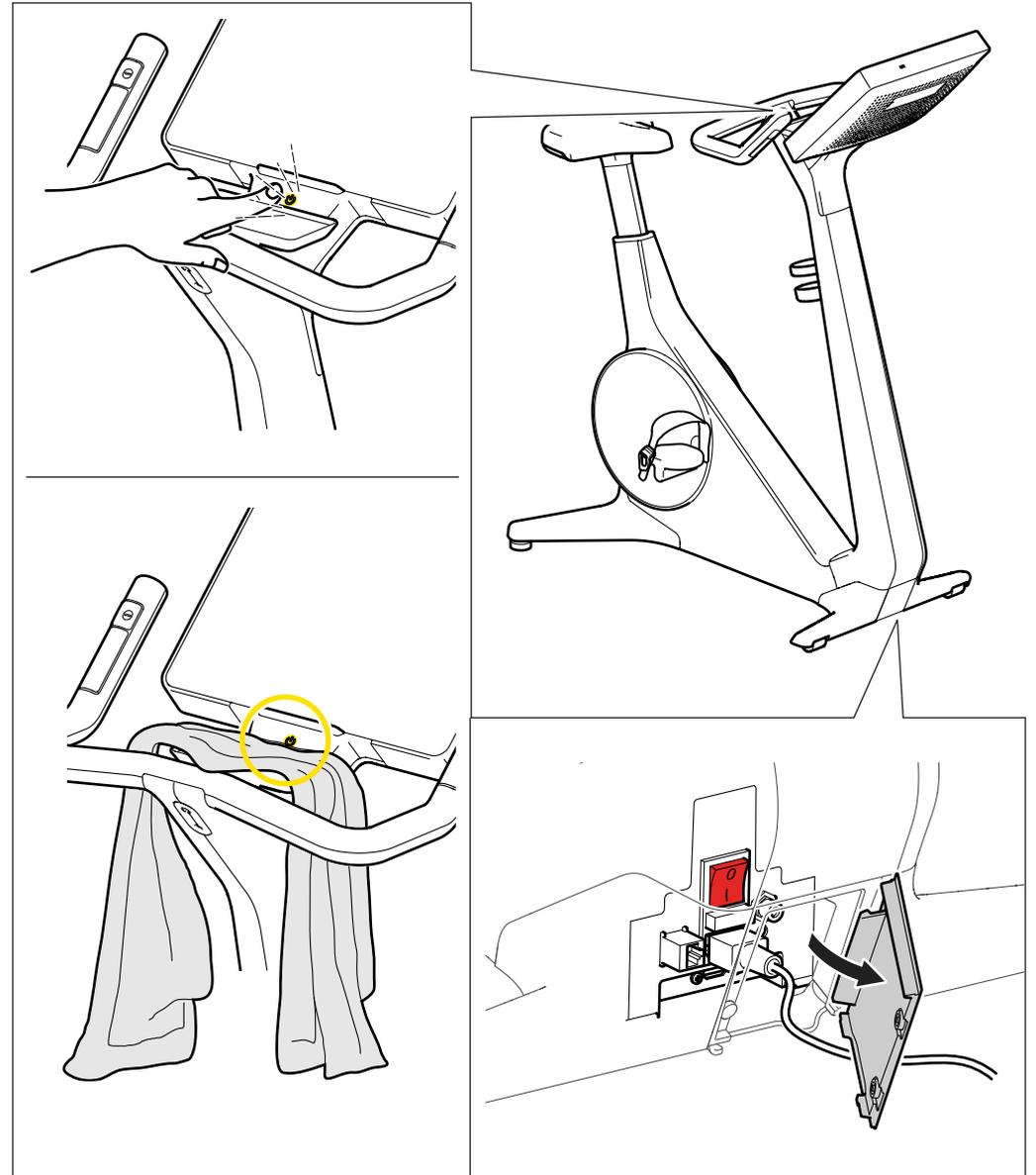
Only turn the product off, after exercising, when it is in stand-by.

If you do not expect to use the product for some time, turn it off at the main switch and take the power plug out of the wall socket.

The standby switch is operated by pressing it lightly; this means that any item left in front of it could switch the product off.



WARNINGS. The switch turns the product on/off but it does not isolate it from the mains voltage, even if it is in position "0" (off). Take the power plug out of the socket to isolate the product.



Routine maintenance

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

Clean the screen as instructed below.

- Turn off the product by pressing the main switch to the "0" position.
- Take the product's power plug out of the wall socket.
- Clean the screen using a damp but not wet cloth.

Clean all the product once a week as instructed below.

- Turn off the product by pressing the main switch to the "0" position.
- Take the product's power plug out of the wall socket.
- Clean external parts using a damp sponge and water and dry with a microfibre cloth.
- Move the product and clean the area underneath with a vacuum cleaner.

Do not use chemical products or solvents.

Do not use products that could scratch parts with a shiny finish.

Take care not to wipe the screen too aggressively.



WARNINGS. The safety of the product is assured only on the condition that it is carefully inspected every two weeks for any signs of damage and/or wear.

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

Changing the fuses



WARNINGS. The fuses must be changed by the Technogym Technical Support Service.

Before changing the fuses, switch the equipment off by switching the switch to 0 and unplug the power cable plug from the wall socket.

If no more of the supplied fuses are available, use certified fuses with identical electrical specifications (3.15A (F) for the replacement).

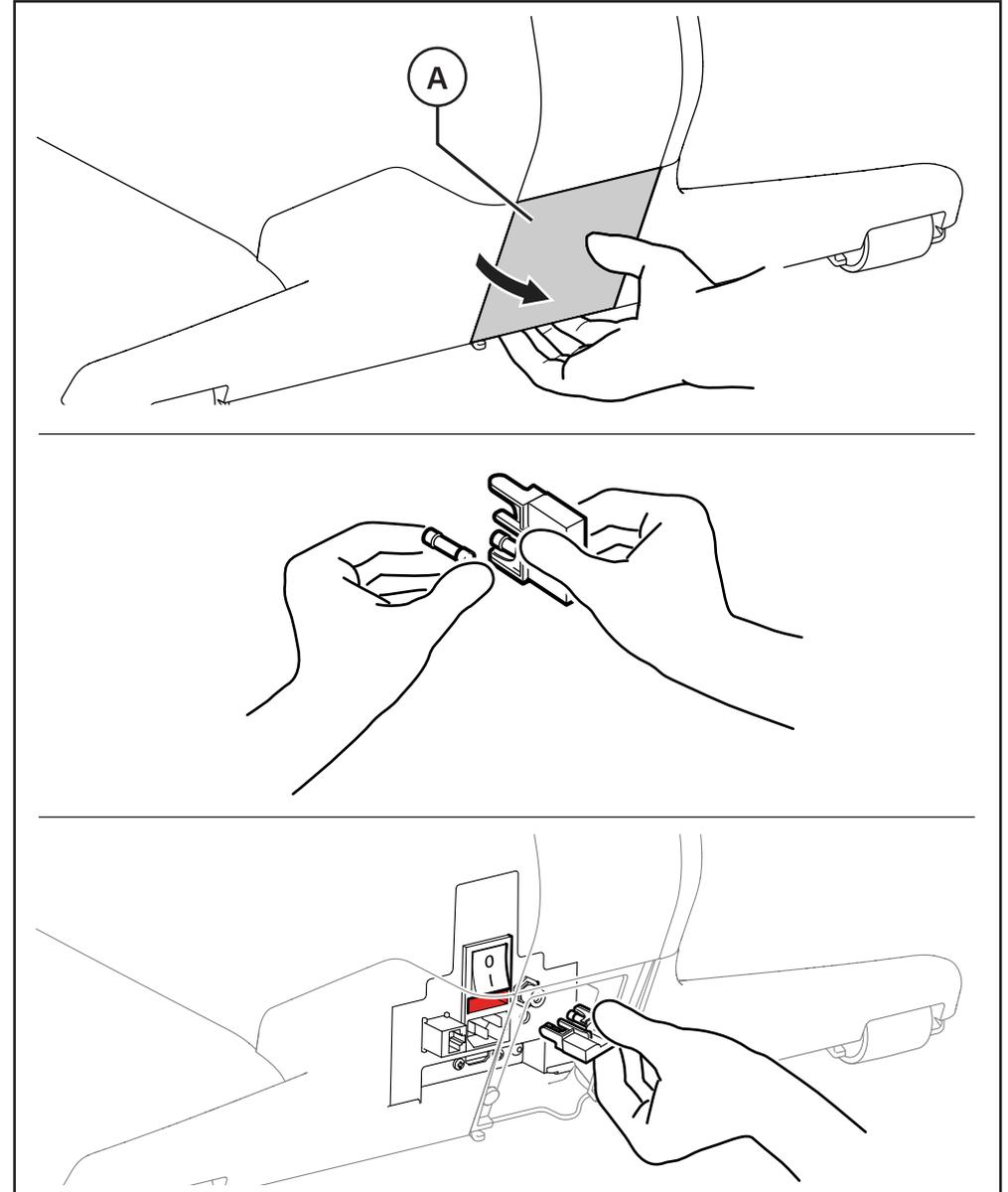
Remove panel **(A)**.

Press the lever to remove the fuse holder.

Replace the blown fuse with a new one as supplied.

Fit the fuse holder back into its housing, making sure it clicks in properly.

Replace panel **(A)**.



Troubleshooting

Below is a list of problems that may arise during normal use of the equipment. If the described remedies do not solve the problem, contact the Technical Support Service.

| Problem | Cause | Remedy |
|------------------------------|--|--|
| Equipment doesn't switch on | Mains power failure | Check the power supply at the wall socket used by the equipment by plugging in an appliance that definitely works. |
| | Power supply cable damaged | Contact the Technogym Technical Support Service. |
| | The power supply cable is not correctly inserted | Check the connection. |
| | Burnt-out fuses | To replace the blown fuse with a spare contact Technogym Technical Support Service. |
| Too noisy | Equipment not properly levelled | Check the position and level the adjustment feet. |
| | Damaged bearings | Contact the Technogym Technical Support Service. |
| | Worn belt | Contact the Technogym Technical Support Service. |
| The speakers are not working | A jack is inserted in the audio output for the headphones. | Remove the jack from the audio output. |

Technical Support Service

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.

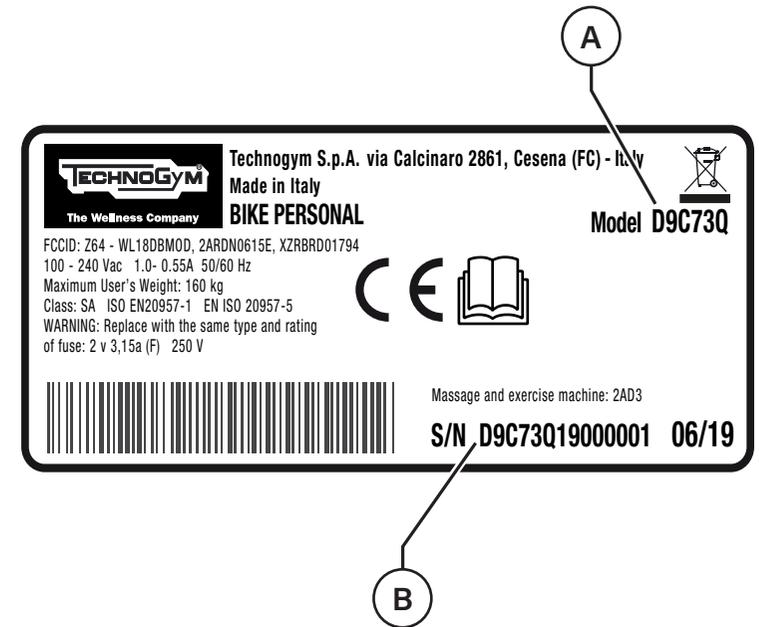
When you contact the Technogym Technical Support Service you must give the following information:

- Product model **(A)**
- Date of purchase
- Serial number **(B)**
- Precise description of the problem



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

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



<https://www.technogym.com/int/contacts/>

tel: +39 0547 56047

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.

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.

Disposing the heart rate monitor strap sensor

The heart rate monitor strap sensor is made of non-recyclable materials. Do not discard into the environment.

Contact a municipal and environmental hygiene services company for disposal.

Disposal of the battery

There is a lithium battery inside the product. Follow the instructions given below to remove the battery safely.

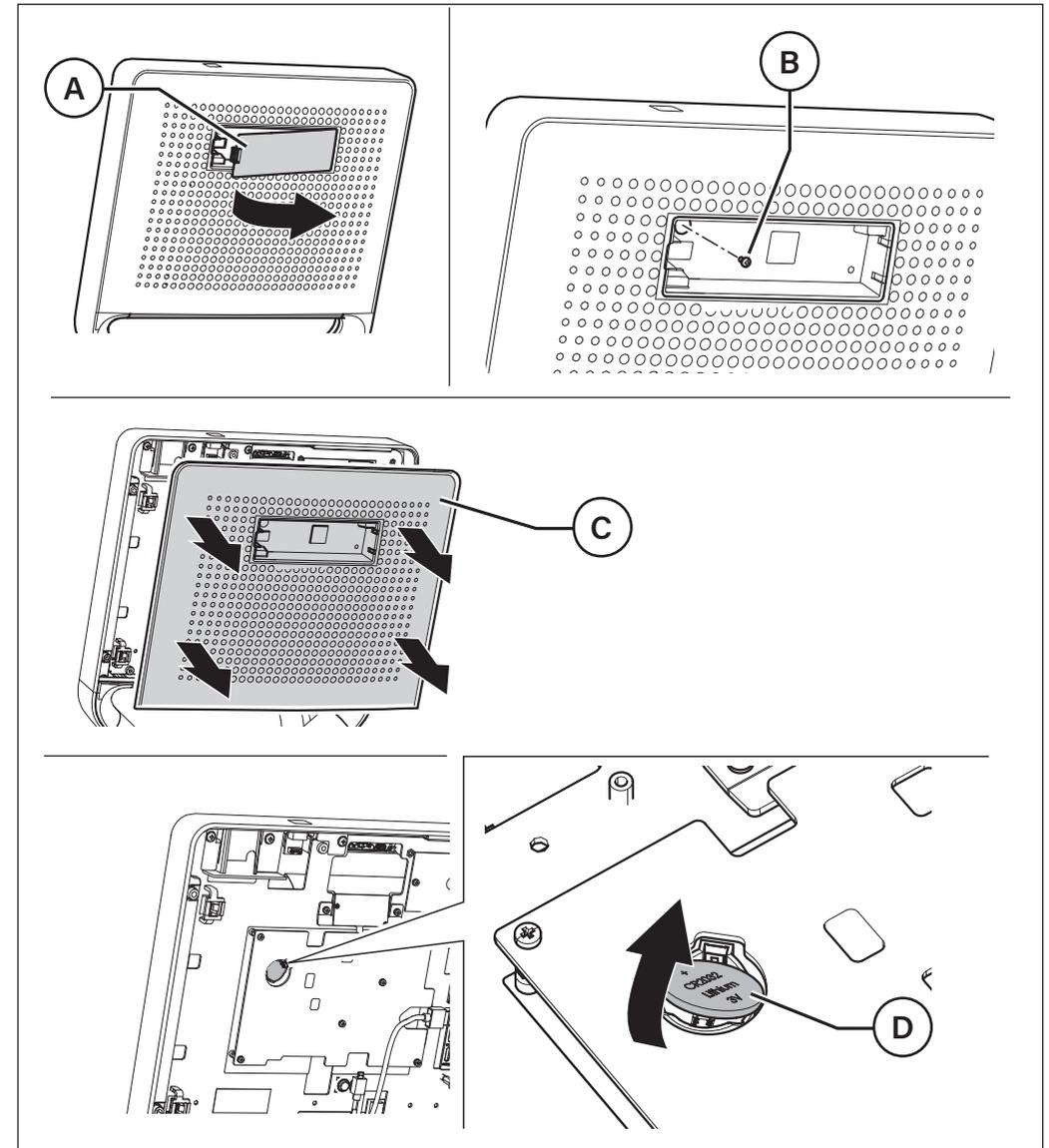
Remove the cover (A).

Unscrew the screw (B).

Remove the cover (C).

Remove the battery (D).

Do not dump the battery or dispose of it in landfill, as it is composed of non-recyclable materials. The battery must be disposed of pursuant to applicable legislation in the place of use. Contact a specialised waste disposal company.



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