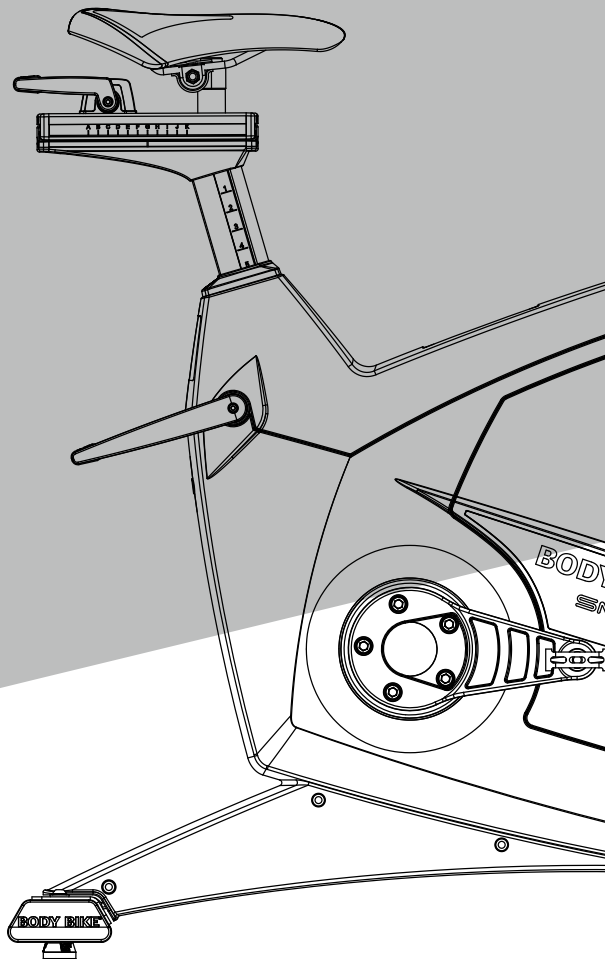


INSTRUCTIONS

BODY BIKE® INDOOR CYCLE

BODY BIKE® SMART



ENGLISH

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EQUIPMENT REQUIRED

Unpacking

Drill bit
Drill

Bottom frame

5 mm Allen 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

6mm Allen Wrench
5mm Allen Wrench
3mm Allen Wrench
Screwdriver

Brake block

8 mm wrench

Poly-V belt

10 mm Allen wrench
19 mm wrench
Measuring device
Screwdriver

Side covers

3 mm Allen 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. 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

Length, Width, Height:

Assembled size:
106cm, 56cm, 99cm
Packed size (5 cycles):
120cm, 80cm, 114cm

Patent held for:

Crank system

Weight:

Assembled: 64 kilogram
Packed weight(5 cycles): 350kg

Maximum user weight

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

Materials

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

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.

 **PLEASE NOTE**
ALWAYS RELEASE
TENSION AFTER USE

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

All warranties are cancelled if the control box has been disassembled.

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.

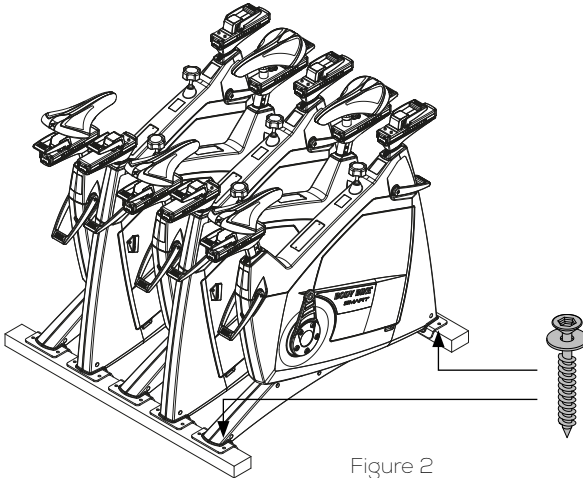


Figure 2

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 30.

- 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 8mm bolt and tighten by using a 5 mm Allen 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

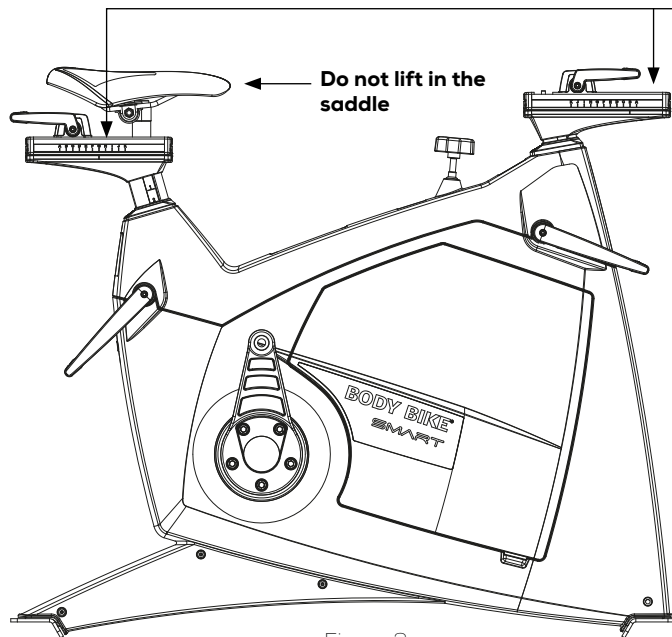


Figure 3

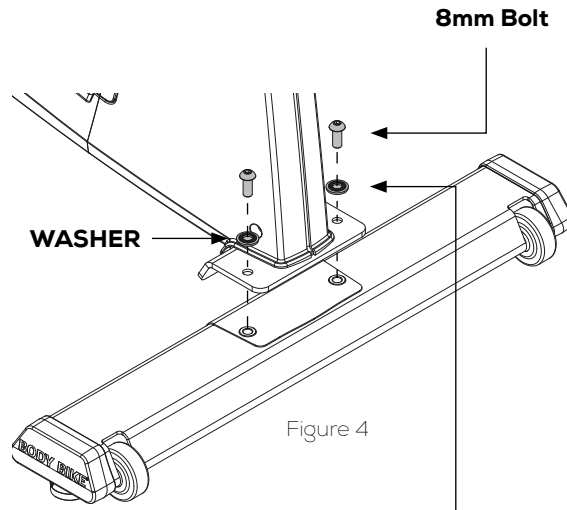


Figure 4

Tighten with no more than 12 Nm

ASSEMBLY

HANDLEBAR

- 1) Release the front sled and pull it all the way backwards.
- 2) Place the handlebar on top of the front sled as shown in figure 5.
- 3) Screw a 4mm bolt into the sled from below. Remember to use a washer in between as shown in figure 5. Tighten with no more than 8 Nm.

! **PLEASE NOTE**
Make sure the handlebar is stable.

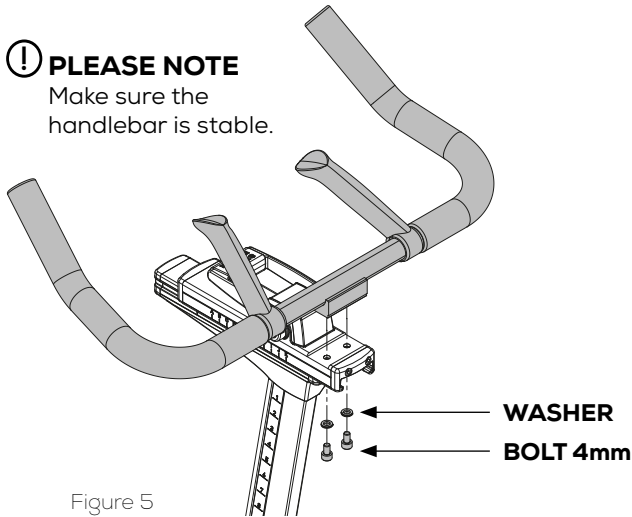
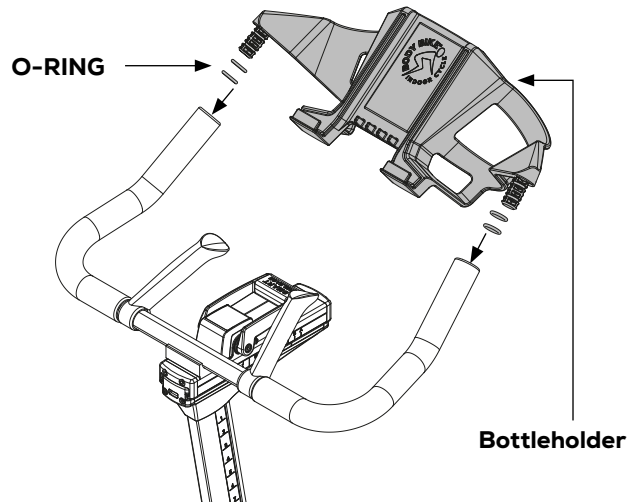


Figure 5

BOTTLEHOLDER

- 1) Grab the bottleholder and install two o-rings on each side.
- 2) Press the bottleholder into the steer as shown in figure 6. Make sure that the o-rings stay in place.

! **PLEASE NOTE**
Do not lift the bike in the bottleholder



SADDLE

ONLY RELEVANT IF THE SADDLE IS NOT ALREADY INSTALLED.

- 1) Place the saddle on top of the cylinder.
- 2) Secure the saddle by tightening the bolt. Adjustment and tilt can be done before it's completely fixed.

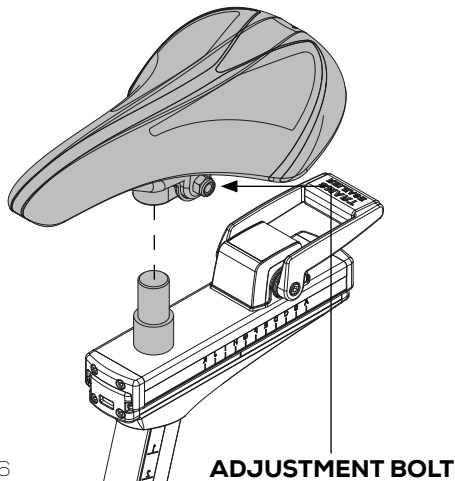


Figure 6

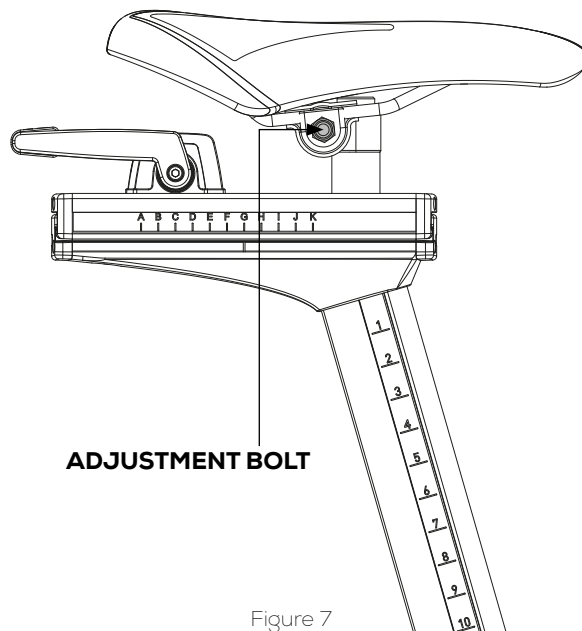


Figure 7

PEDALS

1) Place the right pedal arm with the socket pointing upwards, see figure 9.

2) Put maximum resistance on the brake, so the pedal arm is unable to rotate, see figure 8.

! 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 (45N/4,5kg).

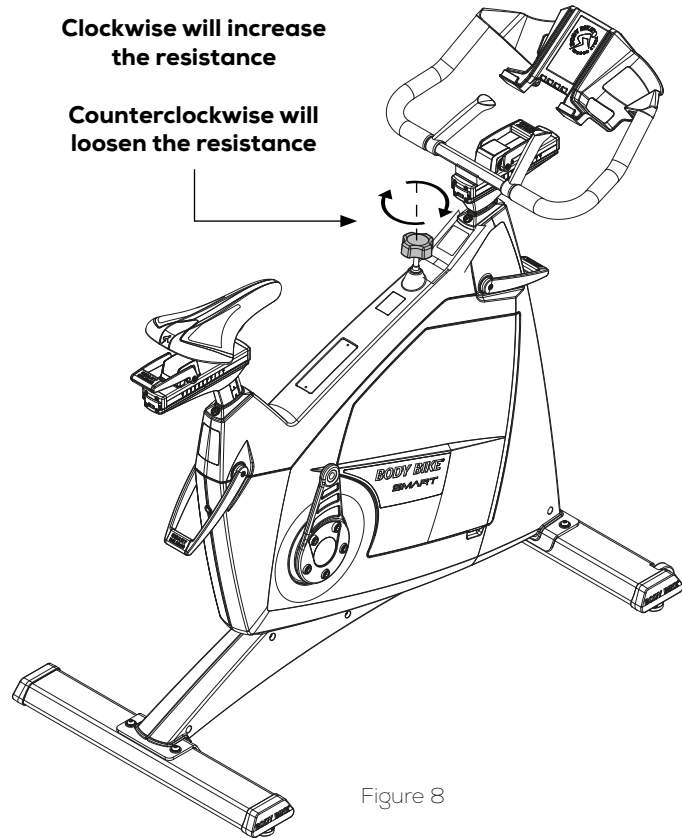
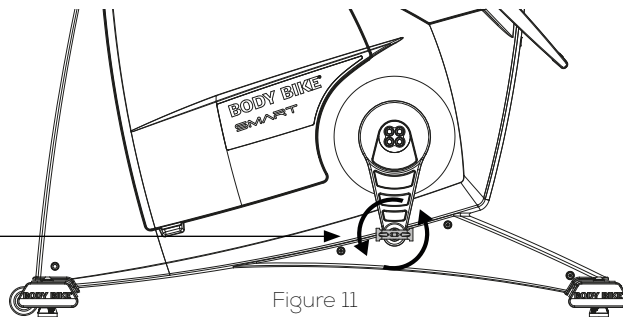
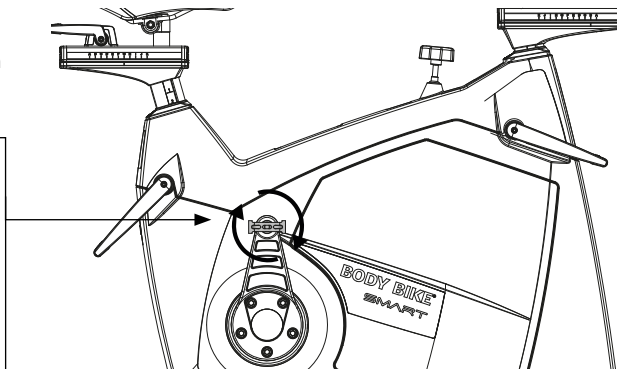
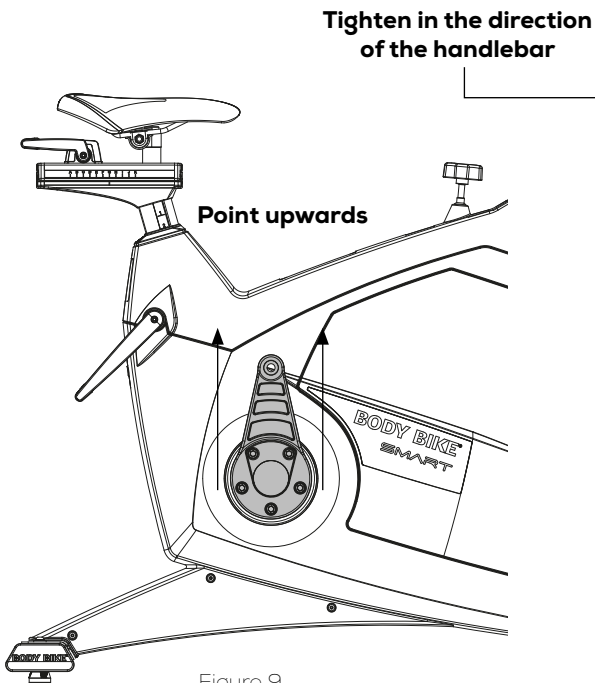


Figure 8



MAINTENANCE

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ADJUSTMENT HANDLE HORIZONTAL

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

1) Remove the front end-cap by releasing the two 4mm bolts. See figure 11

2) Release resistance and push the sled forward. The letter **K** Should be above the line as shown in figure 11.

3) Unscrew the 8mm bolt from below. This enables you to slide off the handlebar from the sled. See figure 11.

4) Remove the handlebar, 8mm

! PLEASE NOTE

Never use grease or vaseline oil on the Brake plate. See figure 13.

bolt, brake plate and plastic tube. See figure 13

5) Clean every part if necessary. Clean also inside the aluminum sled. Do not use any kind of grease inside the sled.

6) Check if the brake plate and 8mm

bolt are fine. If not replace these parts.

7) **This is optional.** Use vaseline oil on top of the front post sled. Apply sparingly.

8) Reassemble the step by pushing the brake plate into the front post alu profil. Place it above the hole.

9) Insert the 8mm bolt from

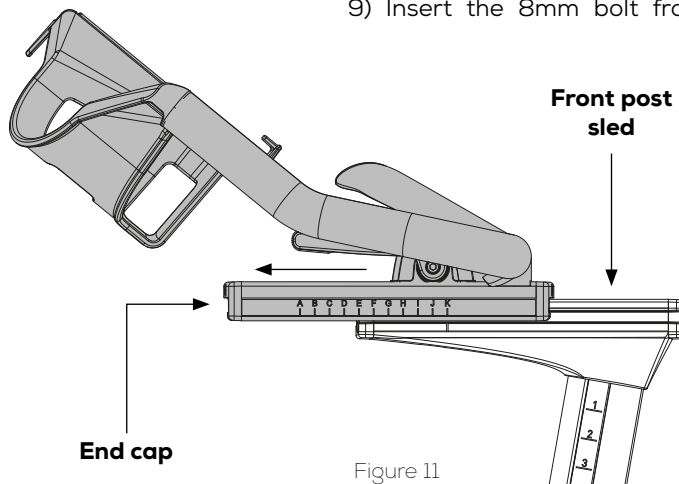


Figure 11

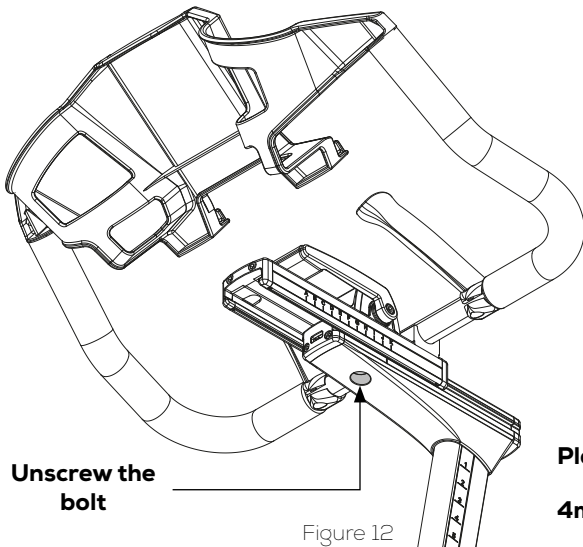


Figure 12

below.

Mount the plastic tube on top of the bolt from above.

10) Slide on the handlebar until **K** is above the line. Screw in the bolt.

11) Mount the end cap and the two 4mm bolts.

12) Tighten or loosen the 8 mm bolt to adjust the smart handle. Make sure that everybody can release the smart handle. If that is not the case, the smart handle has been overtightened.

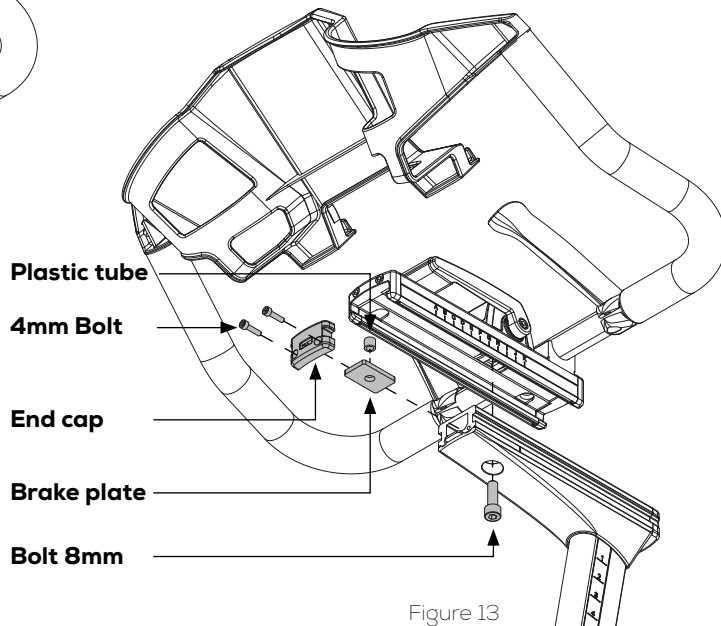


Figure 13

ADJUSTMENT HANDLE VERTICAL

The vertical adjustment handles doesn't need cleaning, but with time they need to be tightened in order to keep the posts in position. In order to do so a 6mm Allen wrench is needed.

Front post adjustment

- 1) Open the service hatch as shown in figure 23.
- 2) Locate the adjustment bolt, just above the control box. See figure 14.

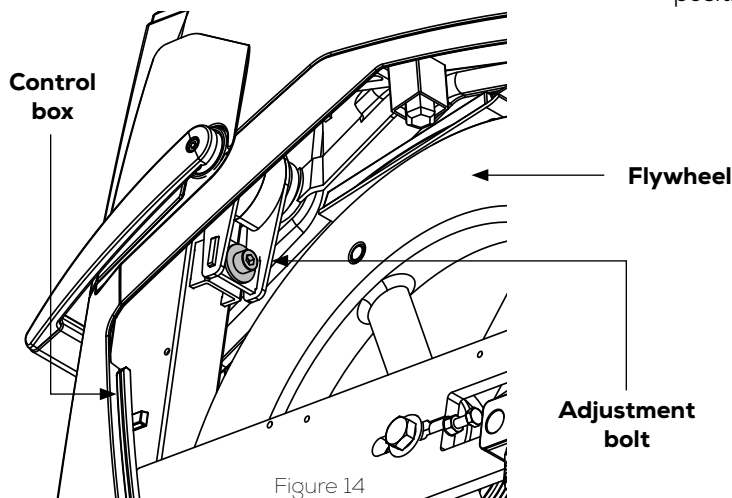


Figure 14

- 3) Use a 6mm Allen wrench to tighten the front post.
- 4) Lock the adjustment handle and validate if the front post is fixed. Continue until it is fixed in position.

Saddle post adjustment

- 1) Push the 6mm Allen wrench into the hole at the back of the bike. Tighten carefully.
- 2) Lock the adjustment handle and validate if the saddle post is fixed. Continue until it is fixed in position.

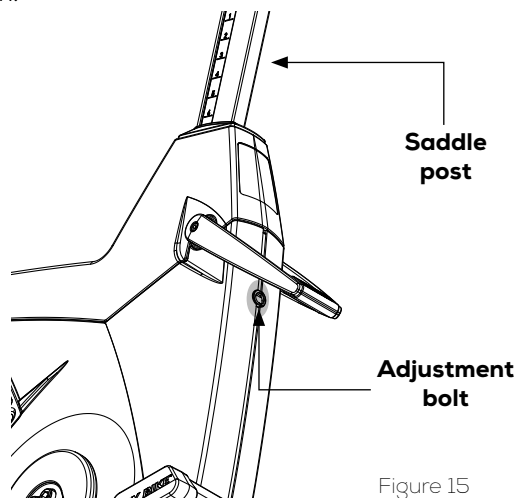
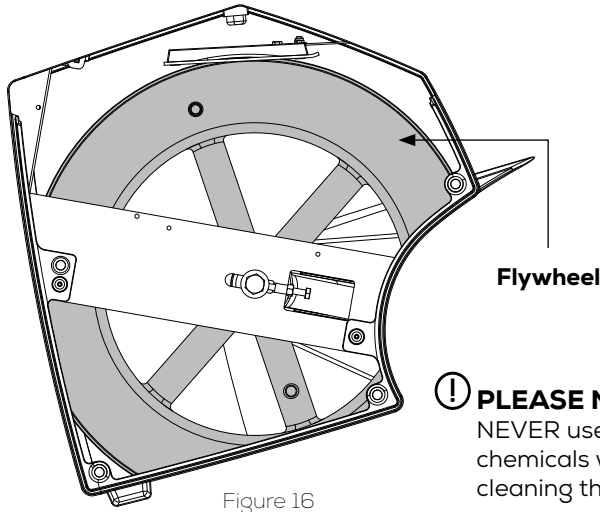


Figure 15

CLEANING THE FLYWHEEL

To maintain a smooth ride it is important to clean the flywheel from dust. No cleaning results in an uneven watt output.

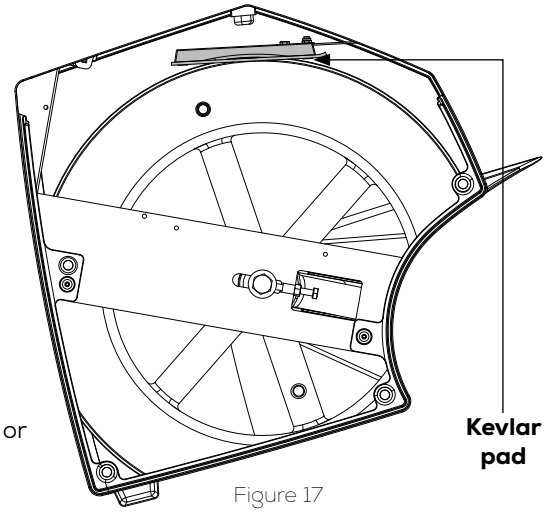
- 1) Remove the service hatch. See figure 23.
- 2) Vacuum clean the bike inside when necessary to prevent dust from gathering on the flywheel. If dirt has already gathered on the flywheel edge, use a piece of rough felt to sand it down.



CLEANING THE BRAKE BLOCK

To maintain a smooth ride it is important to clean the kevlar pad from dust. No cleaning results in a dark slippery surface on the brake pad and uneven watt output.

- 1) Remove the service hatch. See figure 23.
- 2) Use steel wool or something similar to remove the slippery surface. Vacuum clean the kevlar pad and the inside of the bike afterwards.



REMOVAL OF SIDE COVERS

The side covers can be removed e.g. if the belt needs to be changed. **This is technician only.**

1) Dismount the right pedal arm with an 8mm Allen wrench. See figure 19.

2) Dismount the brake handle. See figure 20. Hold the cap nut with a 17 mm wrench and unscrew the brake handle. Be sure to catch all internal parts in the brake system.

3) Remove front and back post sealings. See figure 18.

4) Remove the 4mm bolt in the front and back of the bike. See figure 21.

5) Pull off the top cover. This makes the two hidden bolts accessible. See figure 22

⚠ PLEASE NOTE

Don't change the poly v-belt if you don't have the right tools to install it properly again.

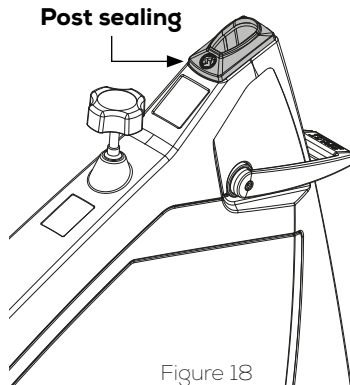


Figure 18

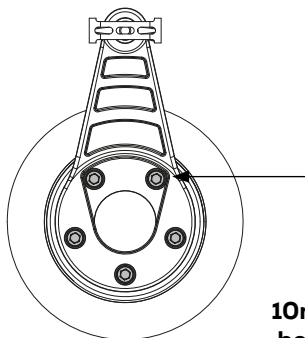
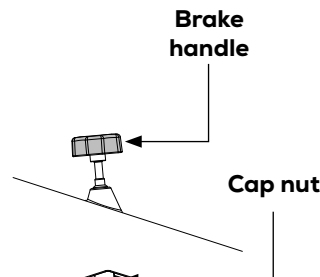


Figure 19

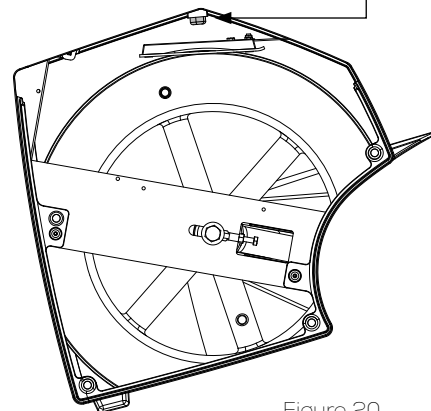
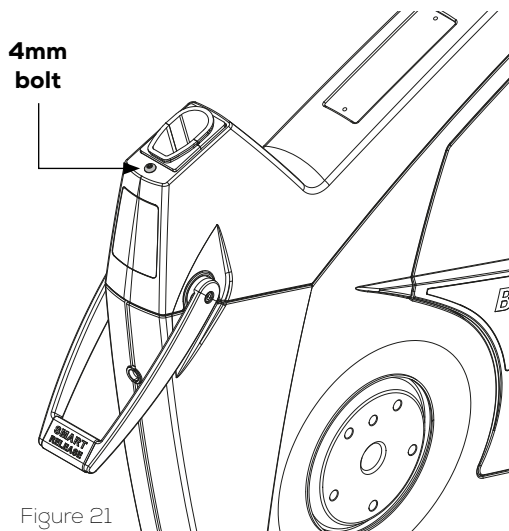


Figure 20

6) Remove the service hatch. See figure 23.

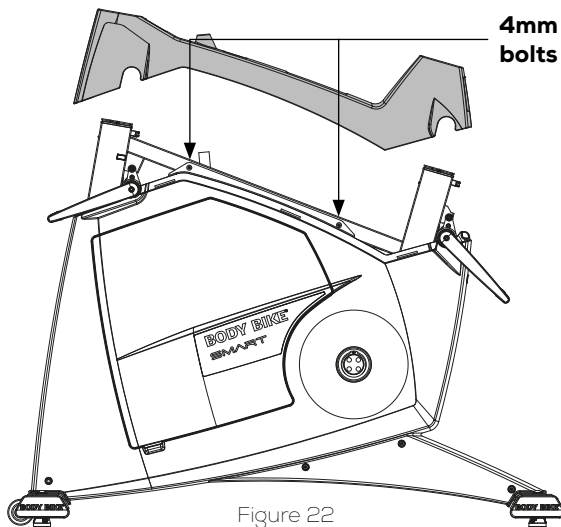
7) Unscrew all bolts on each side cover. 8 bolt on the left side and 11 on the right side. Keep all the bolts together in order not to lose them.



8) It is possible to remove the side covers without removing the 8mm bolt mounted in the bottom frame. But we recommend that it gets removed. See figure 4.

! PLEASE NOTE

When assembling, be sure that the steer and saddle don't get mixed up with others.



SERVICE HATCH

Most maintenance and actions can be done through the service hatch. Pull out the service hatch in the small opening as shown in figure 23.

⚠ PLEASE NOTE

Be careful when remounting the service hatch. The magnets make the hatch snap and can squeeze a finger.

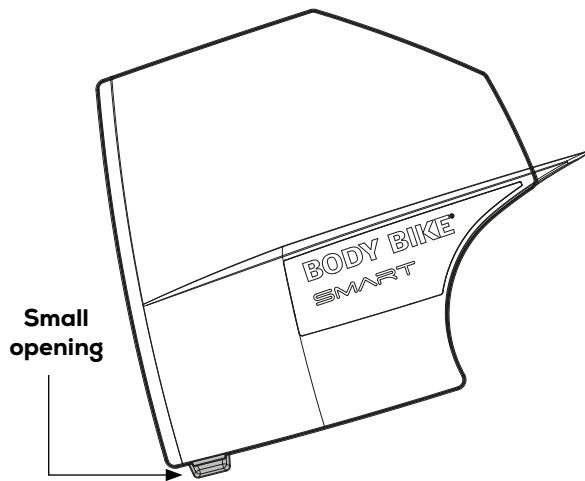


Figure 23

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 30.

But most of the time, cleaning the Kevlar® pad is enough to obtain a smooth ride again. See figure 17. If cleaning doesn't help anymore follow the steps below.

Inspect the Kevlar® brake pad after the first month and thereafter 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 service hatch. See figure 23.

- 1) Release tension completely on the brake. Counterclockwise will loosen the resistance. See figure 8.
- 2) Remove the two screws holding the brake block to the frame by using an 8 mm wrench, see figure 24.

3) 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 25.

4) Fasten the remaining screw furthest away from the block, and then make sure that both screws are tightened properly, see figure 26.

5) 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.

6) Finally, remount the service hatch.

! PLEASE NOTE

Clean the flywheels outer diameter to an even smoother ride.

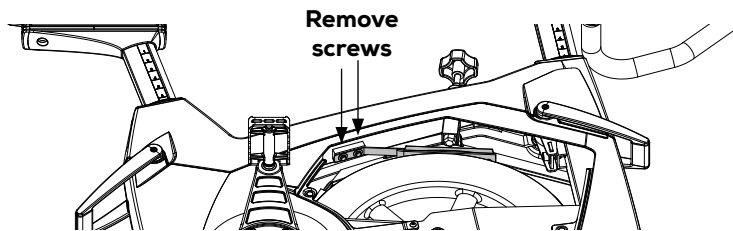


Figure 24

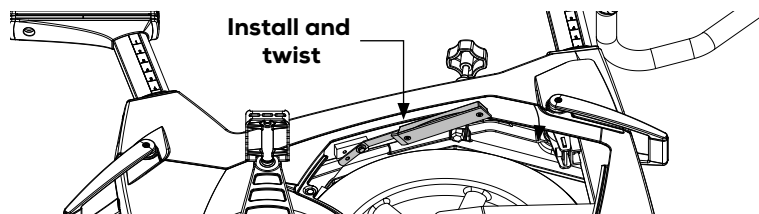


Figure 25

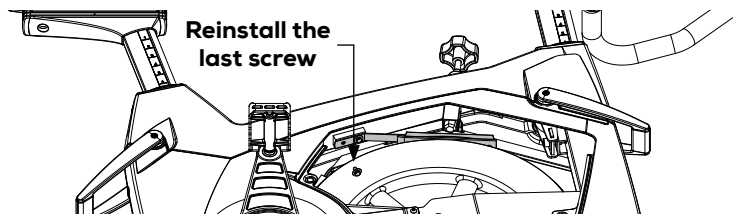


Figure 26

POLY-V BELT

If the belt does not catch hold of the flywheel, it is time for it to be tightened. **Do not adjust this if you don't have the right tools. Check step 5.**

1) Remove the service hatch on both sides of the cycle. See figure 23.

2) Loosen the bolts (1) on both sides of the cycle with a 19 mm wrench, See figure 27

3) Loosen the nuts (2) on the counter bolt on both sides of the cycle with a 10 mm wrench, see figure 27.

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 30.

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.

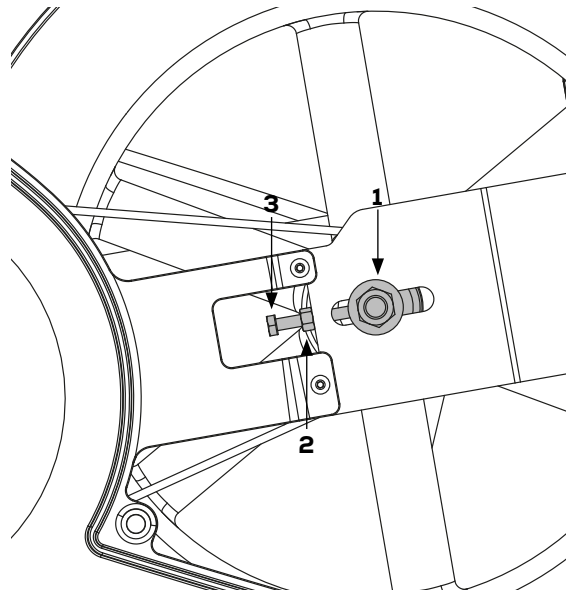


Figure 27

⚠ PLEASE NOTE

The belt should be evenly tightened on both sides.

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

POSTS

Every other week the posts need cleaning to protect them from sweat etc.

Pull out the seat- and front post until a **STOP** sign appear then wipe them clean with an oily cloth, see figure 28.

Do not pull the saddle and front post out from the bike, unless it was the intention. Remember each bike has a bike nr. which is indicated on the saddle and front post. Therefore, do not switch posts between the bikes.

If this has happened, use the BODY BIKE INDOOR CYCLE app to safely switch the posts back. Step on the pedals and the bike number will appear in the app. Match the number with the number on the posts.

! PLEASE NOTE

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

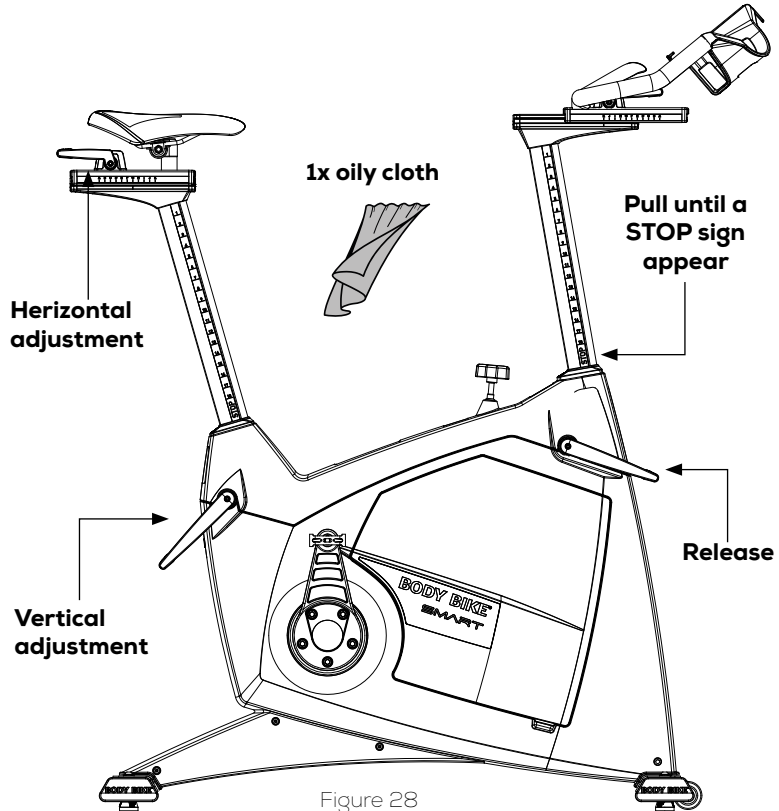


Figure 28

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 by the smart handles, it is time to tighten them up. Go to page 17 and follow the instructions. Remember, do not overtighten. Everybody needs to be able to adjust the bike.

2) 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 26.

3) 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 15-16 and follow the instructions. Remember, do not overtighten. Everybody needs to be able to adjust the bike.

4) 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.

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

This can easily be fixed. Go to page 23 and follow the instructions. But do not perform this action if you don't have the necessary tools.

6) 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 21 and check if it is time to replace your brake block.

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 SMART, follow the link below.

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

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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Crank, warranty	5	Product description	4		
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Height	4	Trouble shooter	25		



Edition 5.0

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