

# MAGNETIC UP-RIGHT BIKE



MODEL: **U80**

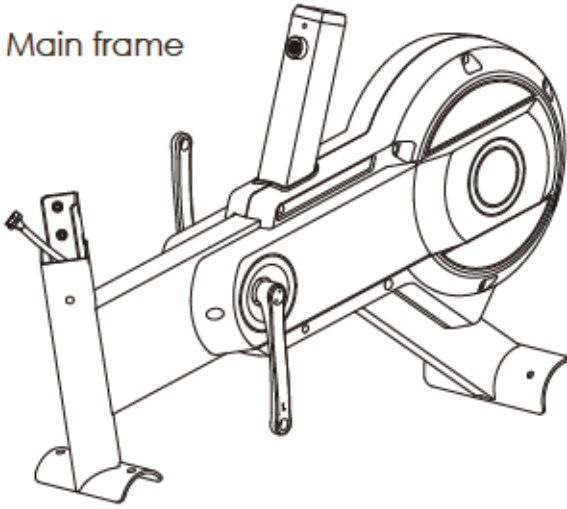
**SPORTOP**®

Owner's Operating Manual

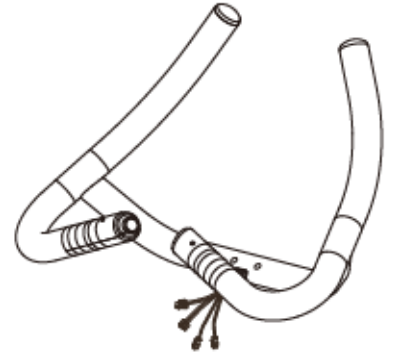
**ENGLISH**

# Parts List

**A** Main frame

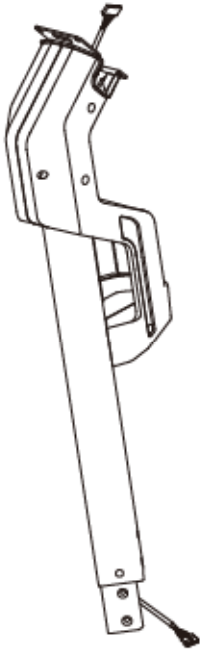


**E** Handle bar



**G** Console

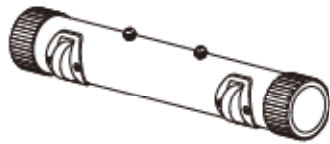
**B** Central supporting tube



**C** Rear stabilizer



**D** Front stabilizer



**H** Saddle



**K** Left pedal (K1) & Right pedal (K2)



**I** Adaptor



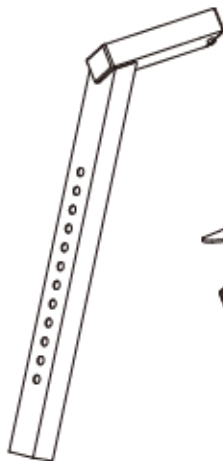
**L** Water bottle



**A46** Knob



## Tool



**F** saddle tube & Saddle basement



4m/m



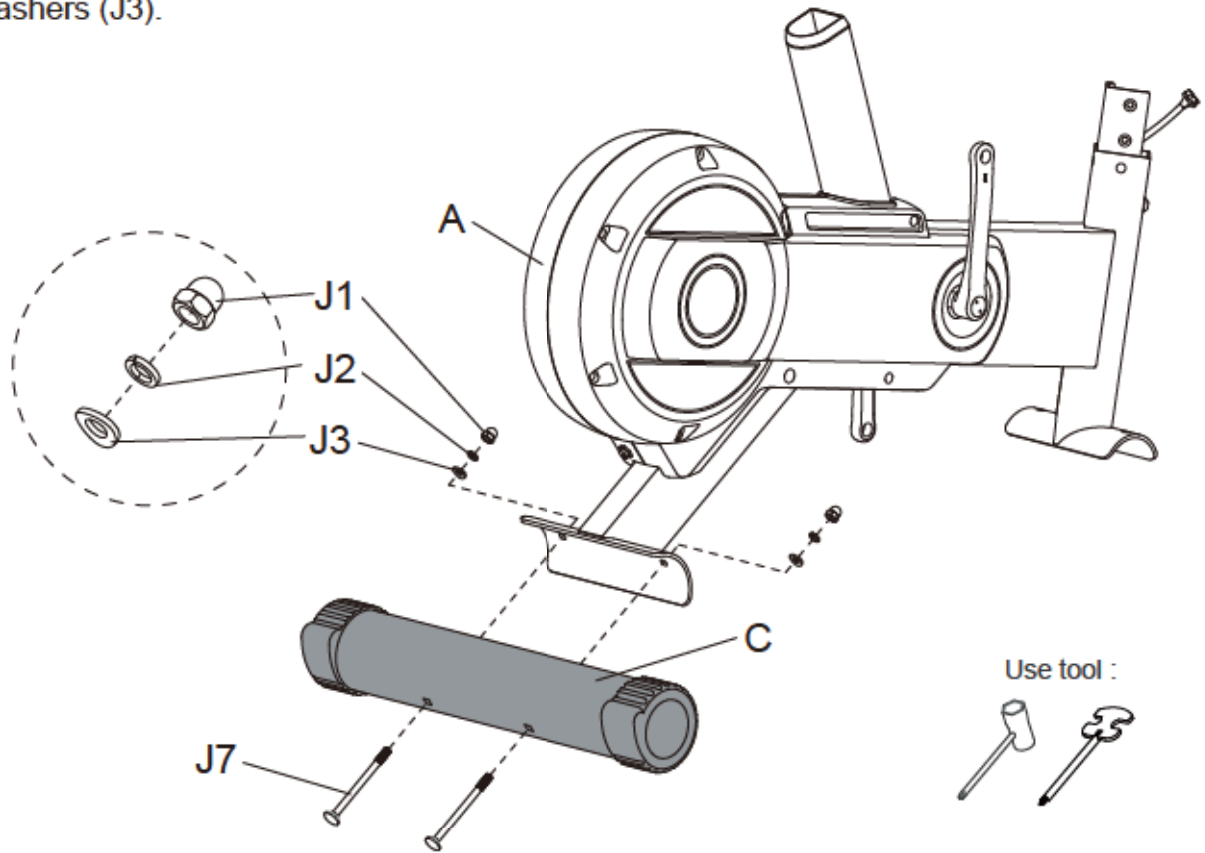
6m/m



## FIGURE 1 : Rear Stabilizer Assembly

Step 1. Remove the preassembled nut (J1), spring washers (J2), and washers (J3) from the rear stabilizer (C).

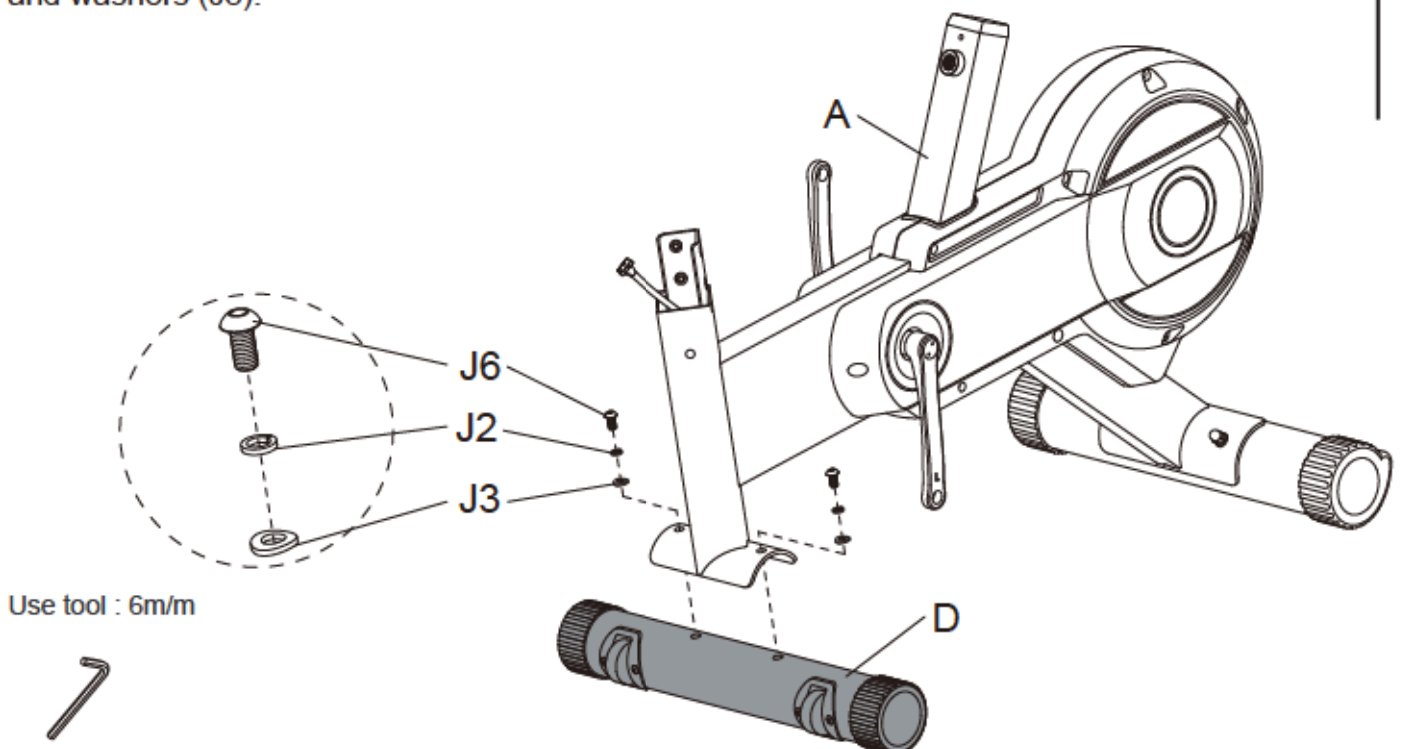
Step 2. Attach the rear stabilizer (C) to the main frame (A) with nut (J1), spring washers (J2), and washers (J3).



## FIGURE 2 : Front Stabilizer Assembly

Step 1. Remove the preassembled screws (J6), spring washers (J2) and washers (J3) from the front stabilizer (D).

Step 2. Attach the front stabilizer (D) to the main frame (A) with screws (J6), spring washers (J2) and washers (J3).



## FIGURE 3 : Central Supporting Tube Assembly

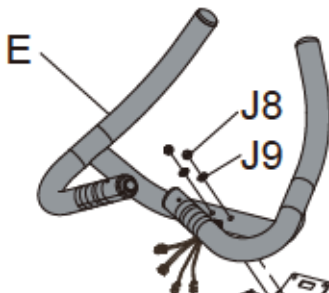
Note: Additional assistance may be needed to help connect sensor wire and to stabilize central supporting tube (B).

- Step 1. First, remove the screws (J4), spring washers (J12) and washers (J5) from the main frame (A).
- Step 2. Locate and connect sensor wire (M1) with sensor wire (M2), make sure connections are joined properly.  
Note: Be careful not to pinch wires while joining the central supporting tube (B) to the main frame (A).
- Step 3. Place the central supporting tube (B) into the main frame (A) and join them with screws (J4), spring washers (J12) and washers (J5).
- Step 4. Use a 6m/m Allen wrench to tighten screws (J4) firm.

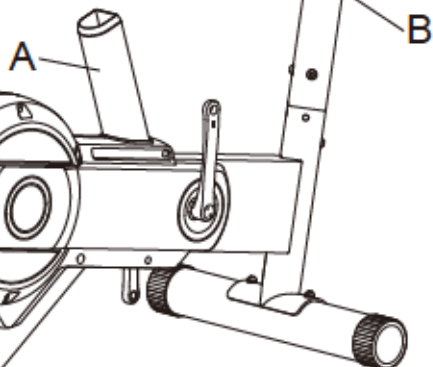
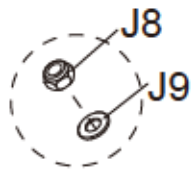
Use tool : 6m/m



## FIGURE 4



Note!



## FIGURE 4 : Handle Bar Assembly

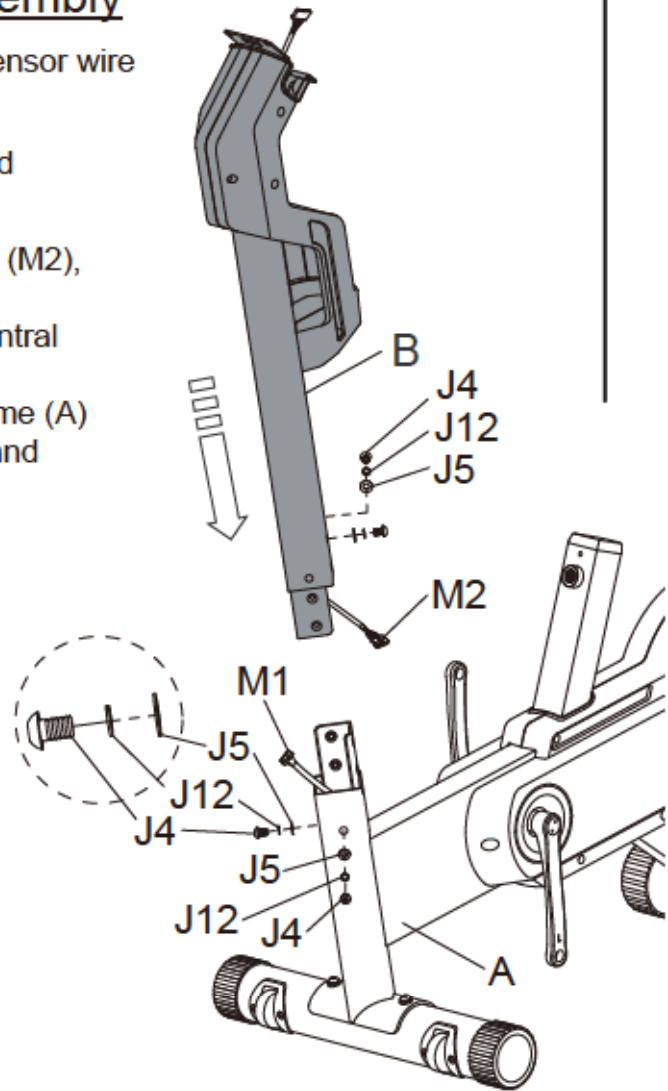
- Step 1. Remove nuts (J8) and washers (J9) from the central supporting tube (B).
- Step 2. Join the handle bar (E) assembly to the central supporting tube (B) using the same washer (J9) and nut (J8).
- Step 3. Using a 13mm wrench to tighten nut (J8) firm.

Note : Do not pinch the sensor wire when assembling

Use tool :

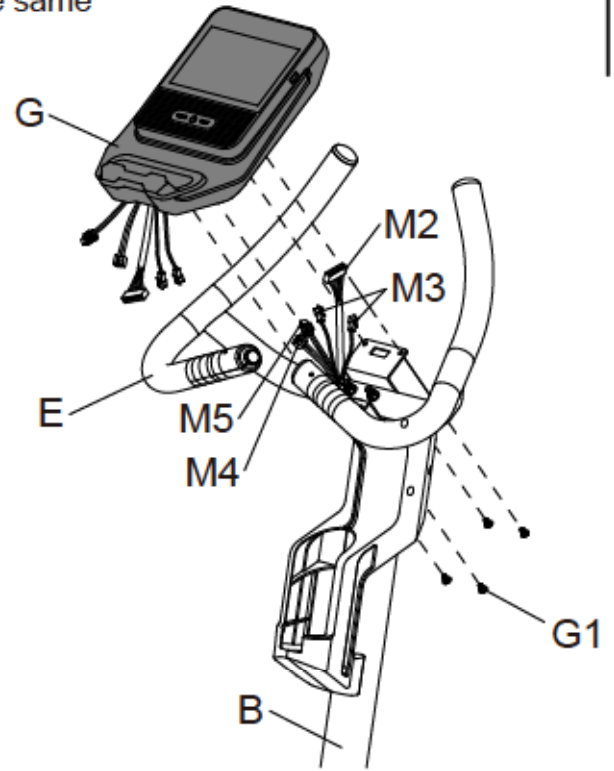


## FIGURE 3



## FIGURE 5 : Console Assembly

- Step 1. Remove four screws (G1) on the back of the console (G).
- Step 2. Connect cable (M2, M4, M5) and the handle pulse sensor wires (M3) to the console (G). The handle pulse sensor wires (M3) can be interchangeable.
- Step 3. Mount the console (G) onto the central supporting tube (B). Be aware of the wire location at all times to prevent any pinched wires. Push any extra wires back into the mounting hole of the handle bar (E). Slide the console down until it cannot be pushed any further.
- Step 4. Using a screw driver, tighten the console (G) using the same screws (G1).



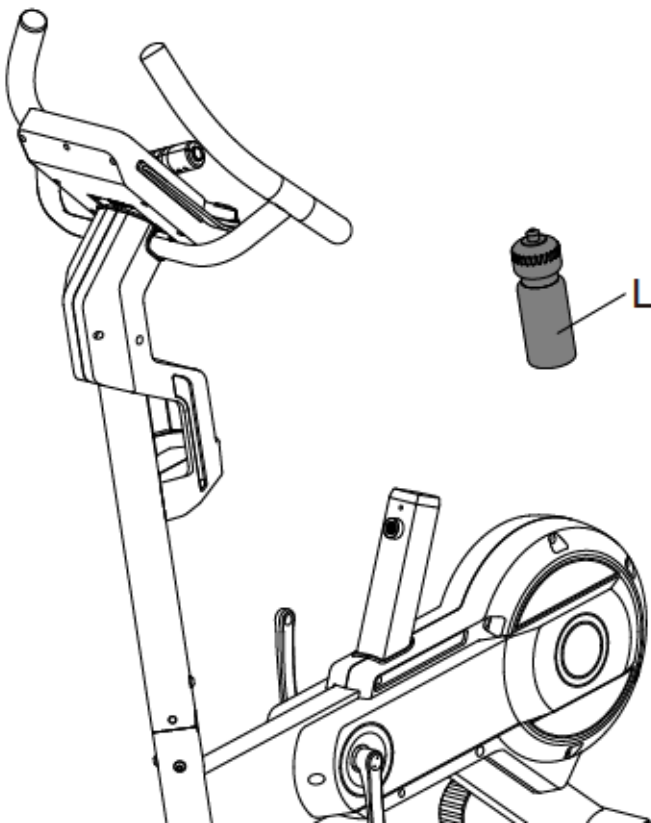
Use tool :



## FIGURE 6

### FIGURE 6 : Install Bottle Holder

Put water bottle (L) on bottle holder cover.



## FIGURE 8 : Saddle & Seat Tube Assembly

Step 1. Remove nuts (H1) and washes (H2) on the back of the saddle (H).

Step 2. Position seat (H) onto the seat basement (F2) and tighten it using nuts (H1) and washes (H2).

Step 3. Loosen the knob (F4) on the seat tube receiver and pull on the knob (A46) to allow the seat tube (F) to slide down receiver.

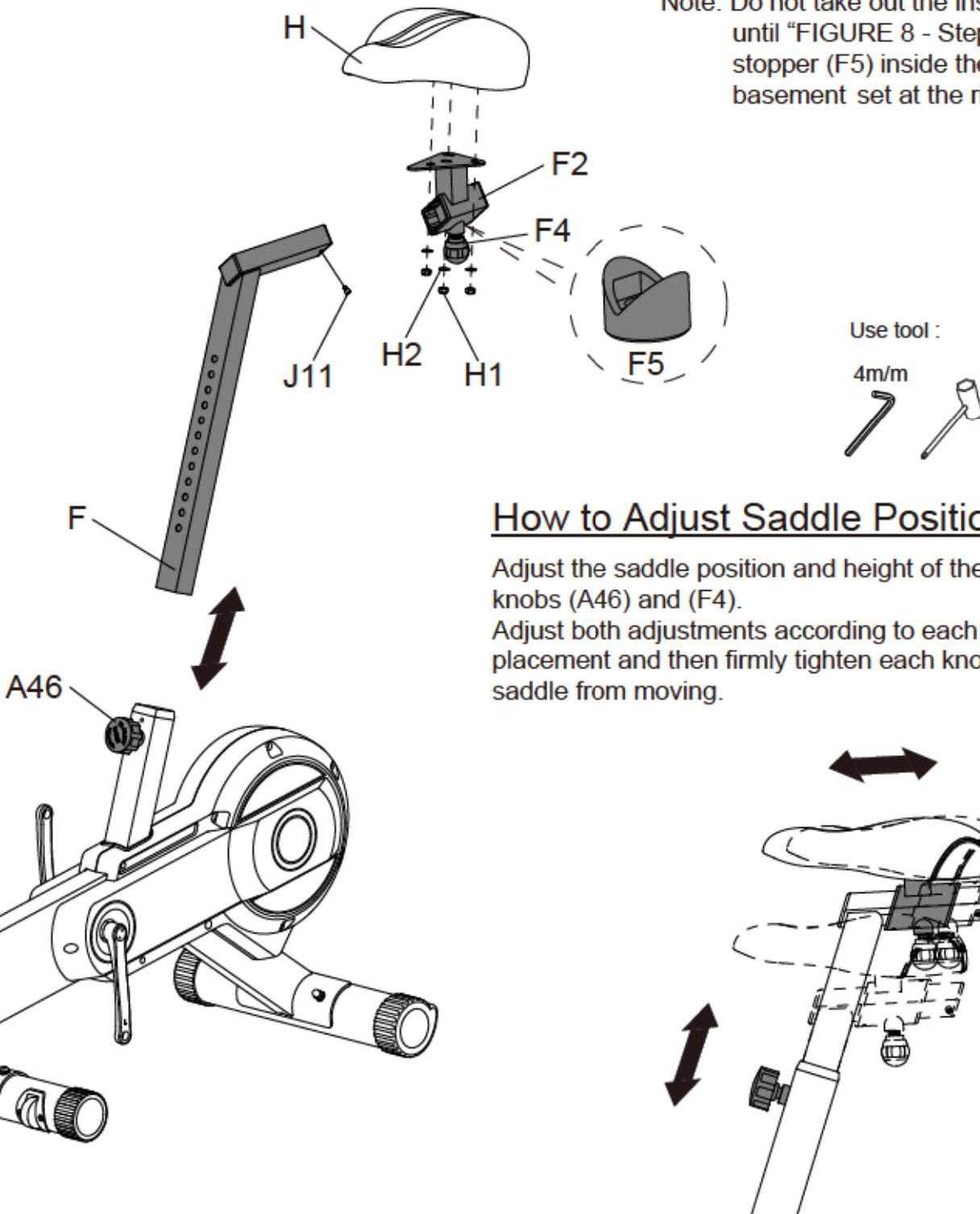
Once the seat tube (F) is positioned in the desired location, release the knob (A46) and tighten the knob to secure.

Step 4. Remove screw (J11) on the seat tube (F).

Step 5. Loosen the knob (F4) and gently slide the seat basement (F2) onto the seat tube (F).

Let the inside styrofoam slide out at the same time. Then screw back the same screw (J11) onto the seat tube (F).

Note: Do not take out the inside styrofoam until "FIGURE 8 - Step 5." to let the stopper (F5) inside the seat basement set at the right position



### How to Adjust Saddle Position

Adjust the saddle position and height of the bike by loosening knobs (A46) and (F4).

Adjust both adjustments according to each rider's desired placement and then firmly tighten each knob to prevent the saddle from moving.

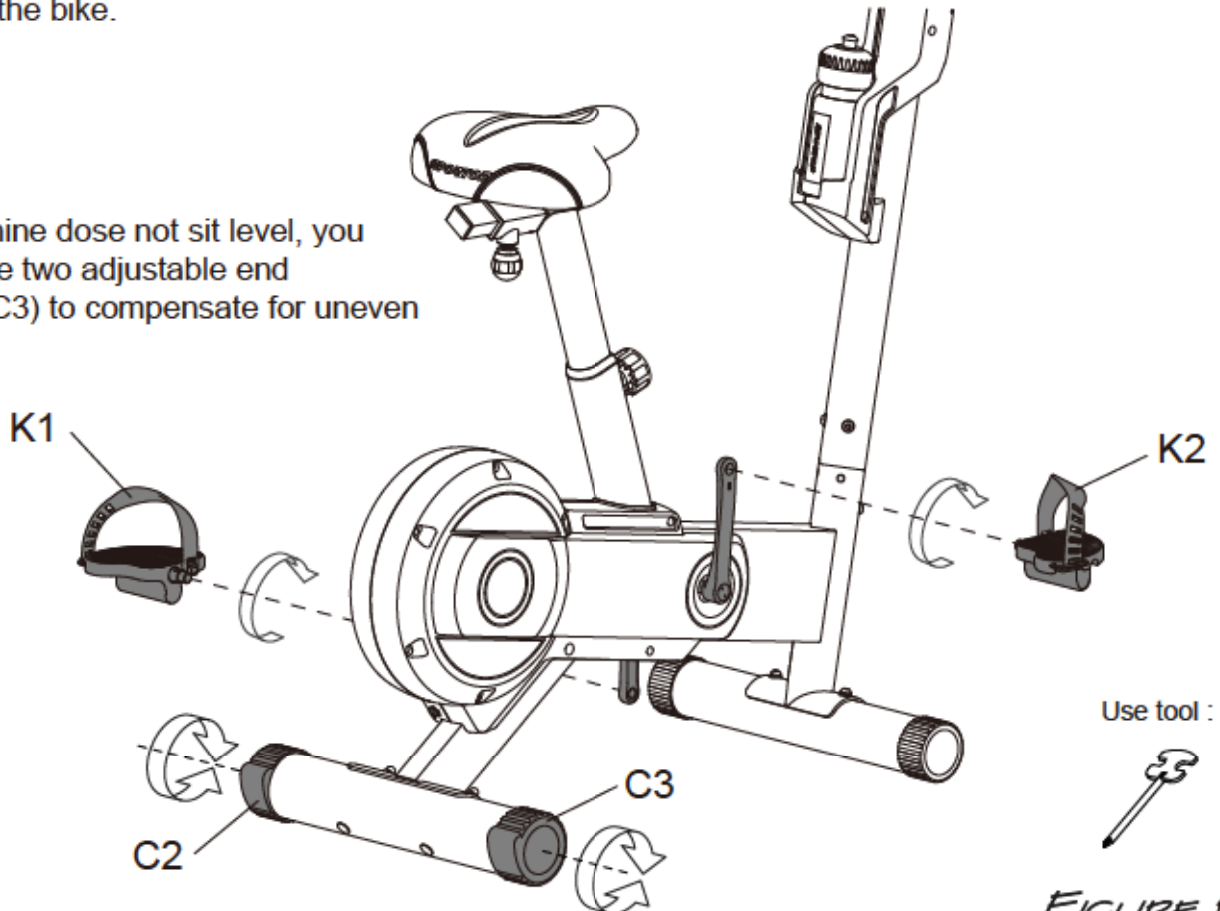
## FIGURE 9 : Pedal Assembly

Note: Locate the left & right pedals. There is a Left and Right mark on each pedal and each pedal strap to distinguishing them.

Step 1. Tighten the left pedal (K1) counter-clockwise to left crank arm and the right pedal (K2) clockwise to right crank arm. Use a 15mm wrench to tighten each pedal as tight as possible.

Step 2. Insert the pedal straps into each pedal. Adjust the straps according to the user's shoe size while on the bike.

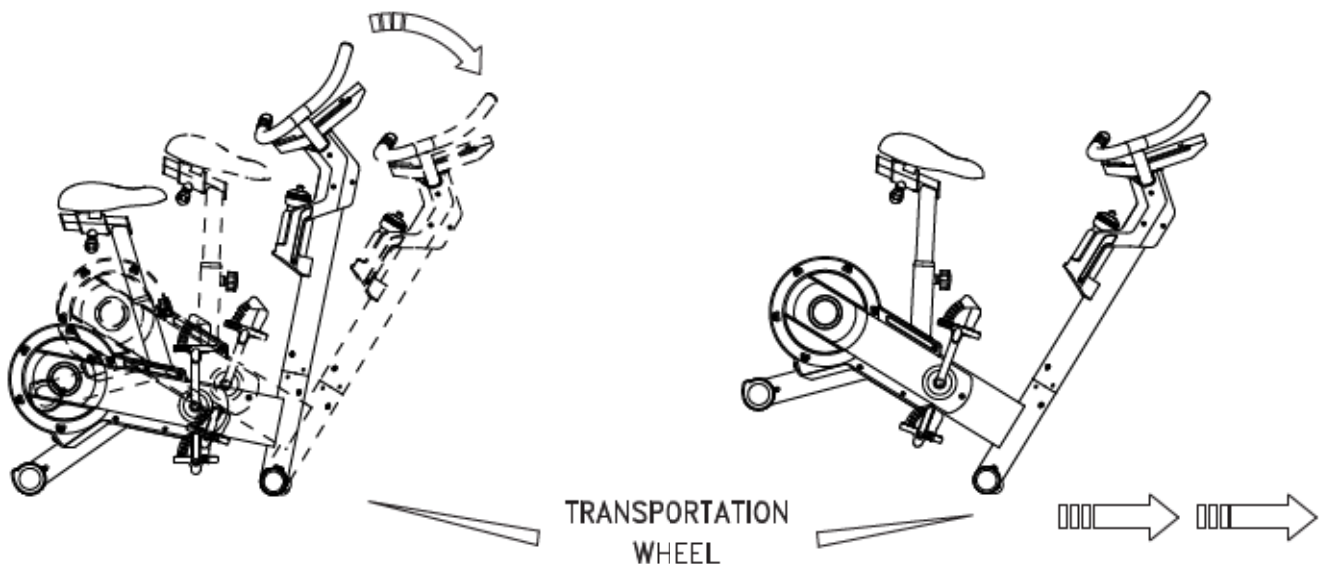
NOTE:  
if the machine dose not sit level, you can use the two adjustable end caps(C2&C3) to compensate for uneven floors.



## FIGURE 10 : How to Transport the Bike

If the machine needs to be transported to a different location, lift up the rear stabilizer until the front transport wheels are touching the ground. You may now move to the desired location. After the move, gently set the machine down at its new location and adjust the stabilizers' end caps to stabilize the machine if needed.

**WARNING:** Never attempt to lift the bike by yourself, ask for additional help if needed and never attempt to lift the machine if you have any medical issues.



## CONSOLE DISPLAY



7" TFT

### Step-by-Step Instructions

- **Power-up**

Press the Quick Start Button to turn on the console.



Fig 1. TURN-ON DISPLAY

Once warmed up, the display will turn on the Home Screen. Please check Figure 2.



Fig 2. Home Screen

\*\*\* Notice that if the console has already been started, it will turn from a black screen into the Home screen directly after you press the Quick Start Button.



- **How to Set-up Your Console?**

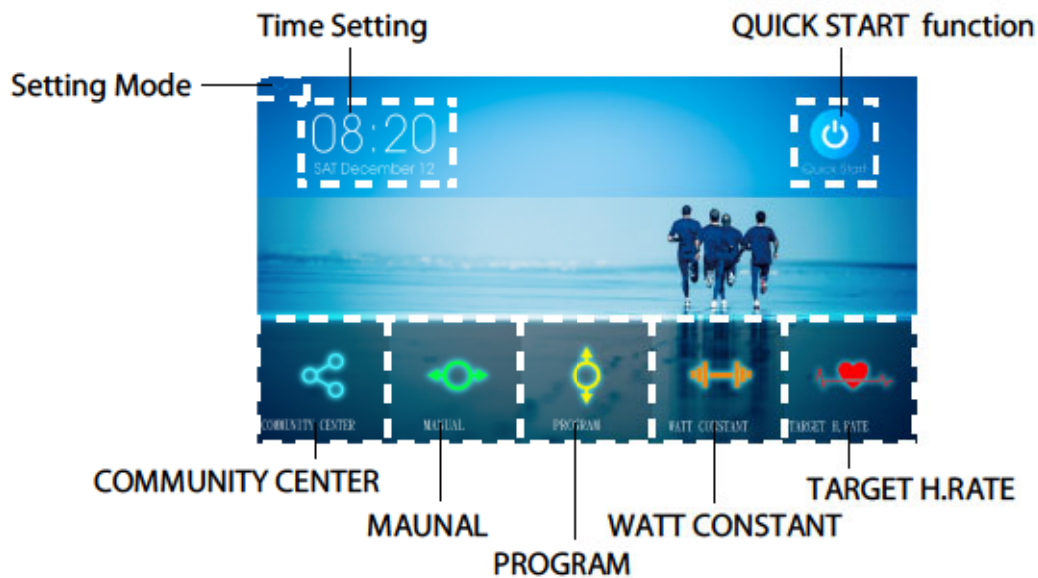


Fig. 3 Functions on the Home Screen

- **Time Setting**

1. Press Time Setting to set-up the time and date of the console.
  2. Turn on the 'Automatic date & time.'
- Please check Figure 4.

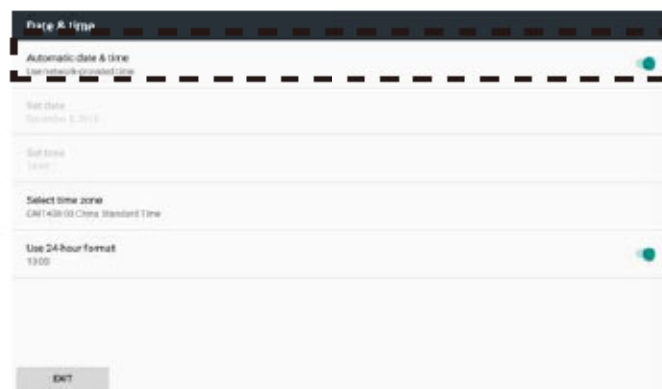


Fig.4 'Automatic date & time' can help the console adjust the time automatically while the console connects with WIFI.

3. Choose the correct time zone where you are located.



Fig.5 Time Zone Selection

➤ **SETTING MODE**

Press the icon on the upper left corner of the home screen. (Fig.3)

You can enter the SETTING MODE. Please check Figure 6.

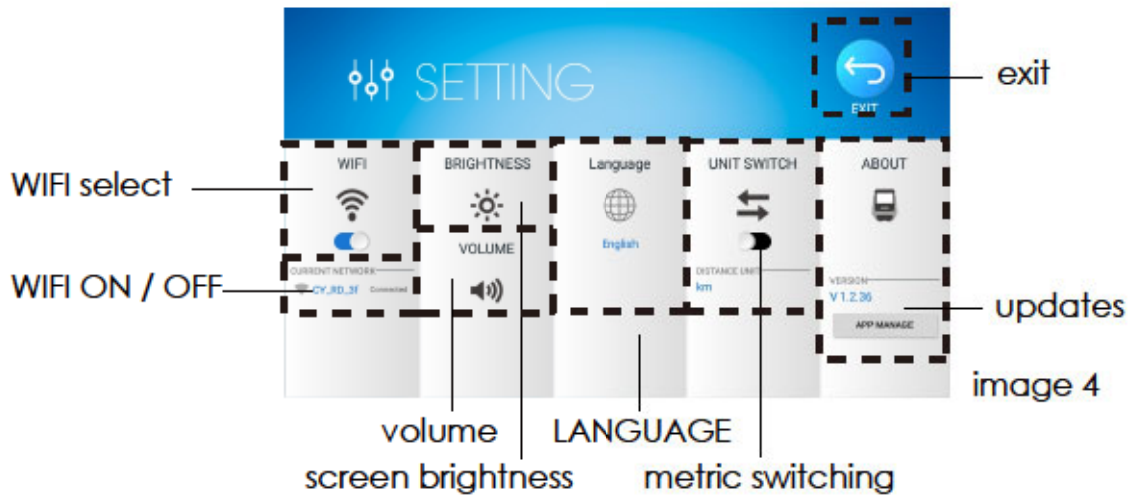


Fig.6 SETTING MODE

✧ **WIFI CONNECTION**

1. Turn on the Wifi, then press the Wifi icon. (Fig.6)
2. Choose the available network you would like to connect to. Please check Figure 7 for demonstration.

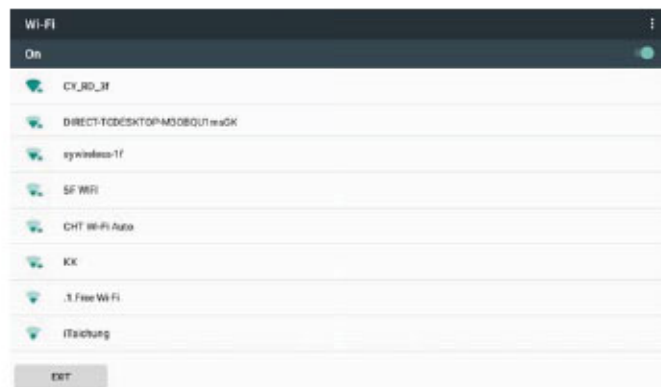


Fig.7 WiFi Selection (You can also turn on Wifi by )

3. After connection, press the exit function at the left bottom corner of the screen. Check the WiFi name to make sure that it is the one you would like to connect to. (Fig.6)

✧ **BRIGHTNESS AND VOLUME**

Press the icon of Brightness and Volume to adjust them with the sliding bar. Please check Figure 8.



Fig. 8 Brightness Adjustment

✧ **LANGUAGE**

1. Press the  (Fig.6 & Fig.9a)

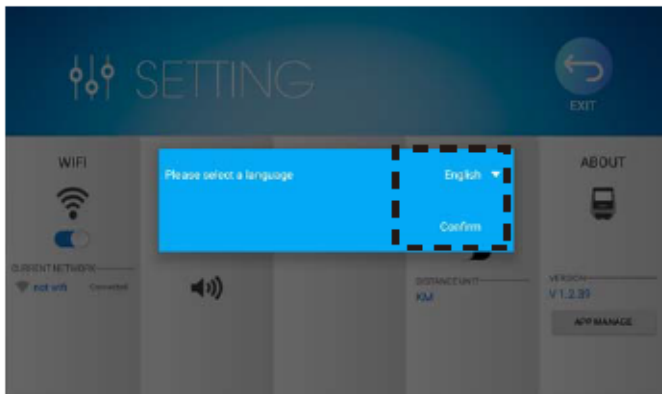


Fig.9 Language Selection (a)

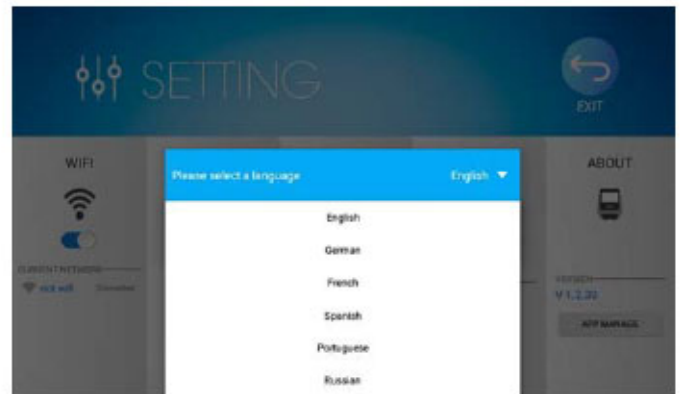


Fig.9 Language Selection (b)

2. Press the recent language and then choose the language you want.
3. Press Confirm to change the language of the console. (Fig. 9b)

✧ **UNIT SWITCH**

Choose the unit, KM or ML, you want to display. (Fig.6)

✧ **ABOUT**

1. Press the APP MANAGE Button (Fig.6)
2. The APPs installed in the console are listed with their version.  
Please check Figure 10.

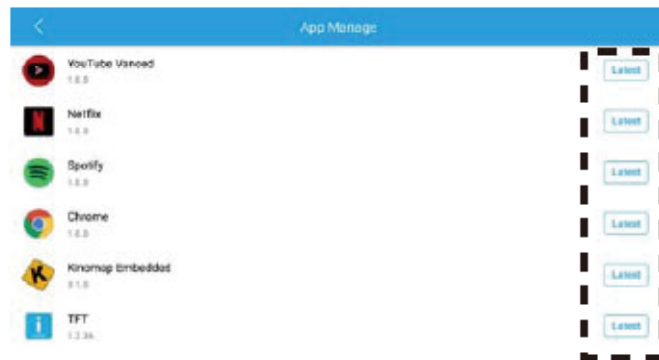


Fig.10 App Manage List

• **How to Start Your Training?**

➤ **QUICK START**

1. **How to start the 'QUICK START'?**

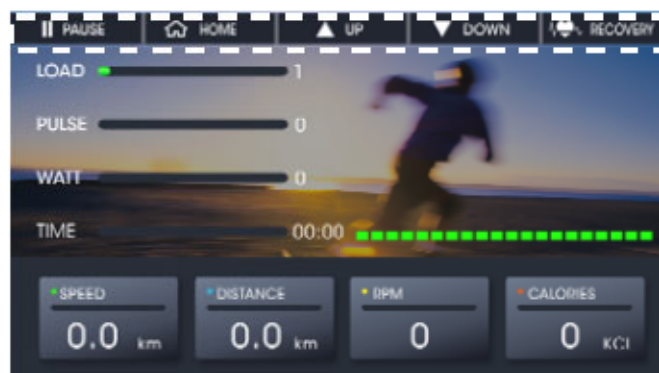


Fig.11 Quick Start Function

If you would like to directly start your training without any training schedule (Fig.11), please follow these two instructions

- Press the Quick Start Button on the Home Screen (Fig.3)
- Press Quick Start Button on the console (Fig.12) when the display is at Home Screen.

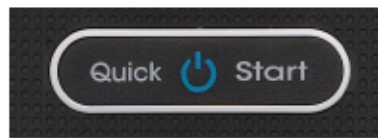


Fig.12 Quick Start Button on the Console

## 2. While Using QUICK START (Fig.11)




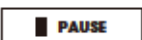

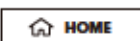
- SPEED, DISTANCE, RPM and Calories will change if the RPM is larger than 15.
- Press  or  to adjust the load. The load adjustment will be demonstrated by the amount of the green square bar. (Fig.11)
- Press  to stop the training and go back to the Home Screen
- Press  to pause the training.



Fig.13 Paused Training

- ✧ Press  to continue (Fig.13)
- ✧ Press  to stop the training and go back to the Home Screen
- ✧ If you would like to keep going on the Entertainment with your training remained, please follow the instructions in the **“Entertainment with Training”** section

## 3. After Using QUICK START

Before going back the Home Screen, it will show out the Workout Data if your training time is over 30 Seconds. Please check Figure 14

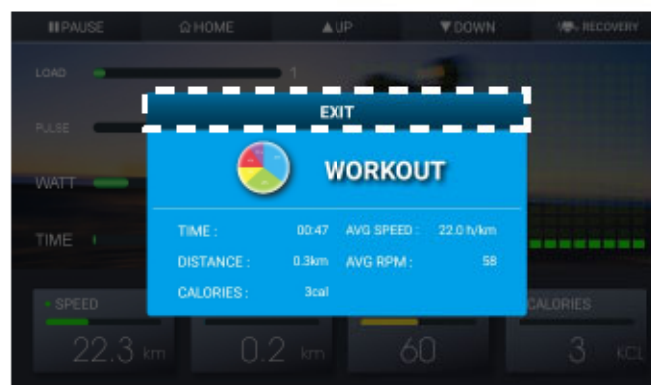



Fig. 14 WORKOUT DATA DISPLAY(I)

Press  to go back to the Home Screen

## ➤ **MANUAL**

### **1. How to start Manual?**

Press Manual on the Home screen (Fig. 3) to start exercising with several training goals like Time, Distance and Calories. Please check Figure 15.





Fig. 15 Manual Mode

#### ◆ **Set-up Users' Information**

There are five users that can be chosen, From U0~U4.

Here we take U0 as an example of set-up.

1. Press U0 to choose the user.
2. Press Age, Height, Weight and USER respectively to insert the user's information.
3. Choose the   to select the gender you want.

\*\*\* Notice that only U1~U4 will be saved after the training. All the information about U0 will be deleted after your training.


#### ◆ **Set-up Training Goals**

Press TIME, DISTANCE AND CALORIES to setup the training goals. Notice that if the time isn't set, the training time will count up. If the time is set, the training time will count down from the time you set.

#### ◆ **Train along with Entertainment**

Please check the instruction in the “Entertainment with Training” section.

### **2. While using Manual mode**

After setting up the information, press  to start the training.

Then, check the section of “How to Start Your Training? — Quick Start — While Using QUICK START”

### **3. After using Manual mode**

Please check the section of “How to Start Your Training? — Quick Start — After Using QUICK START”

## ➤ PROGRAM

### 1. How to start Program?

Press Program on the Home screen (Fig. 3) to start training with 12 different programs so that the load will be changed automatically along with time. Please check Figure 16.

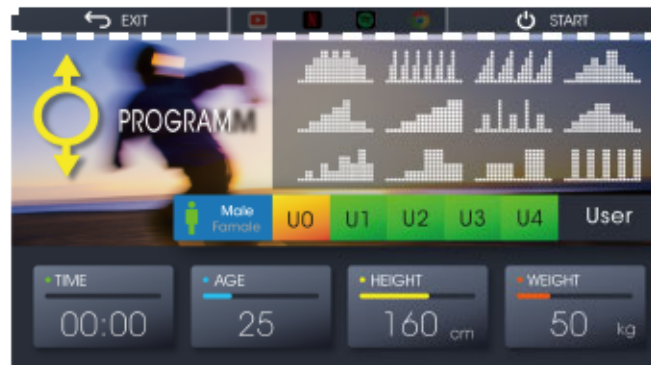




Fig. 16 Program Mode

#### ◆ Set-up Users' Information

There are five users can be chosen, From U0~U4.

Here we take U0 as an example of set-up.

1. Press U0 to choose the user.
2. Press Age, Height, Weight and USER respectively to insert the user's information.
3. Choose the   to select the gender you want.

\*\*\* Note that only U1~U4 will be saved after the training. All the information about U0 will be deleted after your training.

#### ◆ Set-up Training Schedule

Press the schedule you want to train with.

#### ◆ Train along with Entertainment

Please check the instruction in the "Entertainment with Training" section.

### 2. While Using Program Mode

After setting up the information, press  to start the training.

Then, check the section of "How to Start Your Training? — Quick Start — While Using QUICK START"

### 3. After Using Program Mode

Please check the section of "How to Start Your Training? — Quick Start — After Using QUICK START"

## ➤ WATT CONSTANT

### 1. How to start WATT CONSTANT

Press WATT CONSTANT on the Home screen (Fig. 3) to start training with targeted Watt. Please check Figure 17.



Fig. 17 Program Mode


#### ◆ Set-up Users' Information

There are five users can be chosen, From U0~U4.

Here we take U0 as an example of set-up.

4. Press U0 to choose the user.

5. Press Age, Height, Weight and USER respectively to insert the user's information.

6. Choose the   to select the gender you want.

\*\*\* Note that only U1~U4 will be saved after the training. All the information about U0 will be deleted after your training.

#### ◆ Set-up Target Watt


Press WATT and insert the target you want to train with.

### 2. While using WATT CONSTANT

After setting up the information, press  to start the training.





Fig. 18 WATT CONSTANT TRAINING

- During the training, it will show out the SPEED, RPM, TIME, DISTANCE, CALORIES and Pulse on the right side of the screen. Please check Figure 18
- The Target watt you set and the real time watt will be shown on the left side of the screen.
- You do not need to change the load by yourself. The console will automatically adjust in order to keep you on your Target watt setting.
- Press  to stop the training and go back to the Home Screen

- Press  to pause the training.



Fig.19 Paused Training

- ✧ Press  to continue (Fig.19)
- ✧ Press  to stop the training and go back to the Home Screen

### 3. After using WATT CONSTANT

Before going back the Home Screen, it will show out the Workout Data if your training time is over 30 Seconds. Please check Figure 20

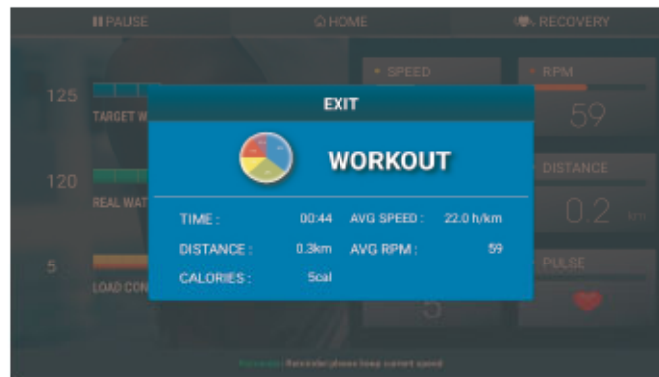


Fig. 20 Workout Data Display (II)

## ➤ TARGET H. RATE

### 1. How to start TARGET H. RATE

Press TARGET H. RATE on the Home screen (Fig. 3) to start the training with targeted Heart Rate. Please check Figure 21.



Fig. 21 TARGET H. RATE



## 2. While using TARGET H. RATE

After setting up the information, press  to start the training.



Fig. 22 TARGET H.RATE TRAINING

- During the training, it will show the SPEED, RPM, TIME, DISTANCE, CALORIES and Watts on the right side of the screen. Please check Figure 21
- The Target H. Rate you set and real time H. Rate will be shown on the left side of the screen.
- You do not need to change the resistance. The console will automatically adjust the resistance in order to let your H. Rate stay close to your target heart rate.
- If the heart rate is not close to the target rate for more than 30 seconds, it will stop the training and return to the home screen.
- If there is no the heart rate received after START, a message will be shown immediately. Please check figure 23.



Fig.23 Reminder Without Heart Rate Signal





- Press  to stop the training and go back to the Home Screen
- Press  to pause the training.



Fig.24 Paused Training

- ✧ Press  to continue (Fig.24)
- ✧ Press  to stop the training and go back to the Home Screen

### 3. After using TARGET H. RATE

Before going back to the Home Screen, it will show the Workout Data if your training time was over 30 Seconds. Please check Figure 25

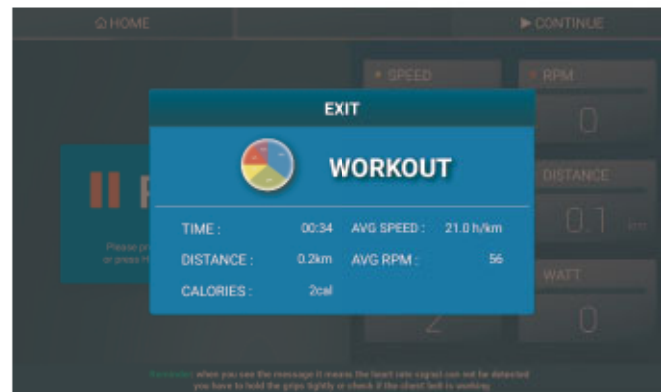


Fig. 25 Workout Data Display (III)

### ➤ Recovery Function

There is a **RECOVERY** function button on every kind of training modes when you are exercising.

Take Quick Start as an example, please check figure 26.

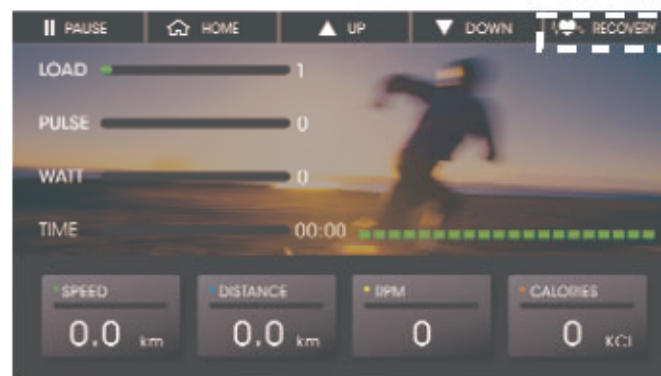


Fig.26 Recovery Function

If you want to check your heart rate performance when slowing down, press this button and it will start to count down from 60 seconds.

Keep holding the grips and let the console evaluate your heart rate performance.

Please check Figure 27.

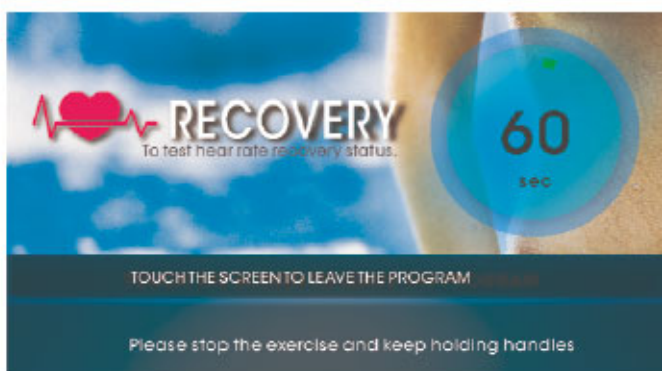


Fig. 27 Recovery Function (a)



Fig. 27 Recovery Function(b)

There are six levels of performance, from F1 to F6.

Note: This is just an evaluation for reference.

According to research, if your heart rate slows down faster after you exercise, you have a better performing cardiovascular system. F1 is the best, and F6 is the worst.

- **How to Enjoy the Community Center?**

- **Press the Community Center button on Fig.3 to enter.**

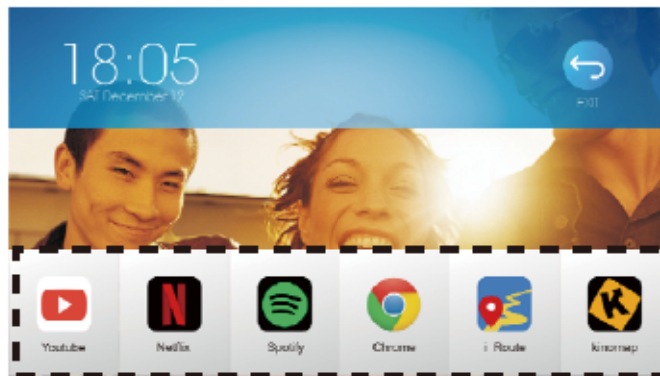








Fig. 27 Community Center

- **Six Apps**

**Press the icon of the Apps then Enjoying the Apps.**

- ✦ **Youtube** 
- ✦ **Netflix** 
- ✦ **Spotify** 
- ✦ **Chrome** 
- ✦ **iRoute** 
- ✦ **Kinomap** 

- **Update of the Apps**

These apps will sometimes automatically notify you that they need to be updated. For example, please check Figure 29.

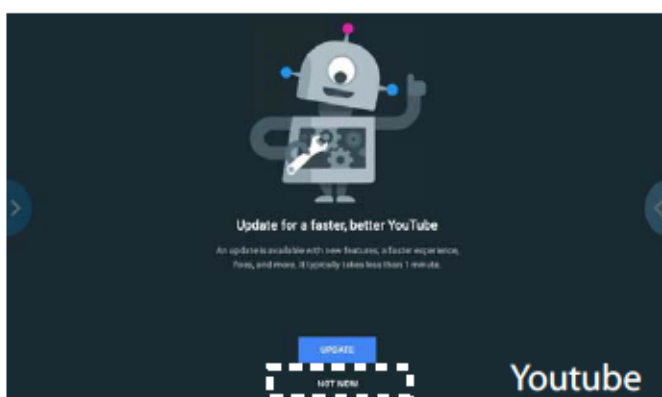


Fig.29 Update Notification in Apps

**Please don't update the Apps here.**

**About the Update, please check the instructions in the section of "How to Update the Apps and the System in the Console"**

- **Entertainment Apps with Training**

There are two ways that can let you enjoy Youtube, Netflix, Spotify and Chrome (Entertainment Apps).

- **How can we start training directly when using entertainment Apps?**

1. Press the icon on the left border of the screen. Please check Figure 30.

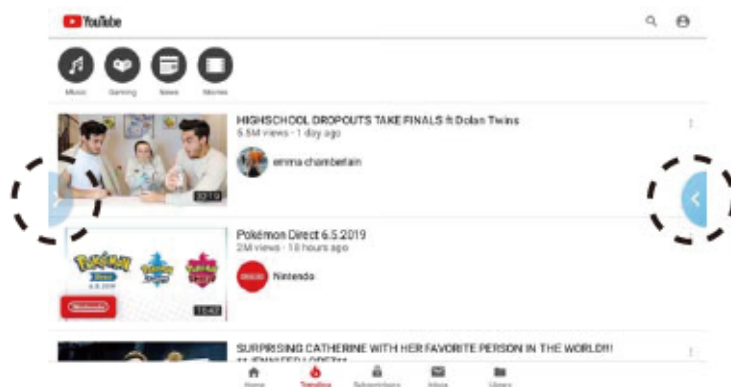


Fig. 30 Functional Button in Entertainment Apps (Left)

2. Press the Quick start Button, then press the icon on the right border of the screen to check if the Quick Start works.

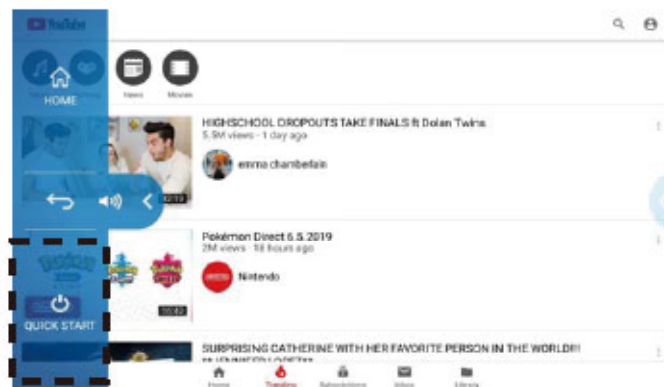


Fig. 31 Quick Start Function in Entertainment Apps

- **How can we start enjoying Entertainment Apps when using training programs, Quick Start, Program and Manual?**

- ◇ When using Quick Start, Program and Manual

1. Press the
2. Choose the Apps you want to continue with  
Please check Figure 32.

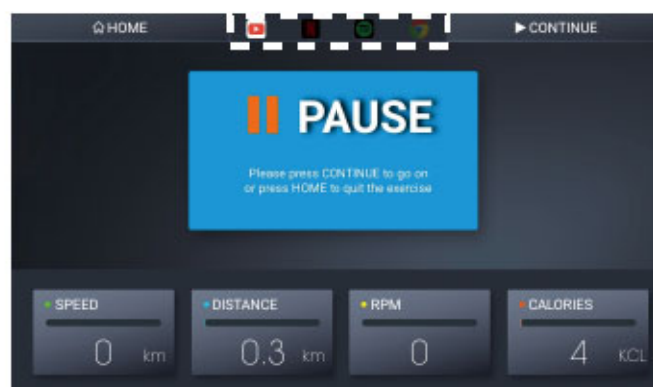



Fig. 32 Pause with Youtube Chosen

3. Press  to continue
  4. After entering the App, please follow the instructions in the section of **“Entertainment Apps with Training”—“How can we start training directly when using entertainment Apps?”** Then, you can keep training.
- ✧ Before using Program and Manual  
Take Manual Mode for example.
1. Follow the instructions in the section of **“How to Start Your Training?”—“Manual” —“How to start Manual?”**
  2. Choose the Apps you want to continue with.

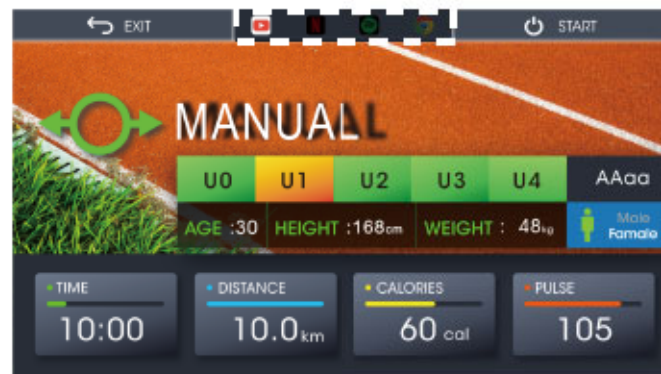



Fig.31 Youtube Chosen before starting training with Manual Mode

3. Press  to start the training with the selected App. (Fig.15)
4. Press the icon on the left border of the screen. (Fig. 30)
5. Press the Quick Start Button, then press the icon on the right border of the screen if the Quick Start works.(Fig.31)

- **How to Update the Apps and the System in the Console?**

From the Home Screen, enter the Setting Mode and press the App Manage button. Check if there is an Update button on the App manage list.

If so, press it to update.

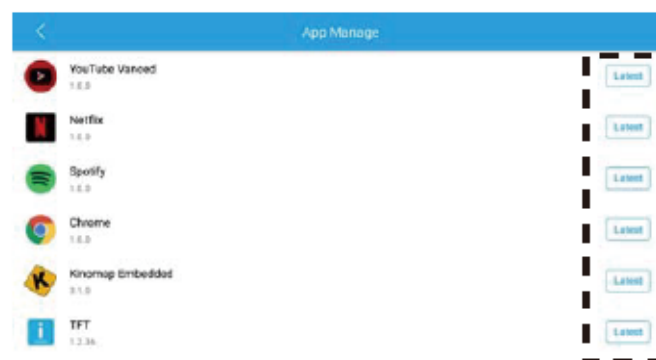


Fig. 33 Update or Latest for App Manage list

Press Download. Please check Figure 34.

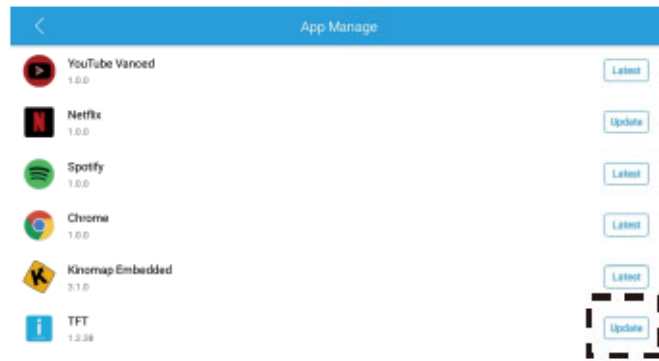


Fig. 34 Update Process 1

Press Install. Please check Figure 35.

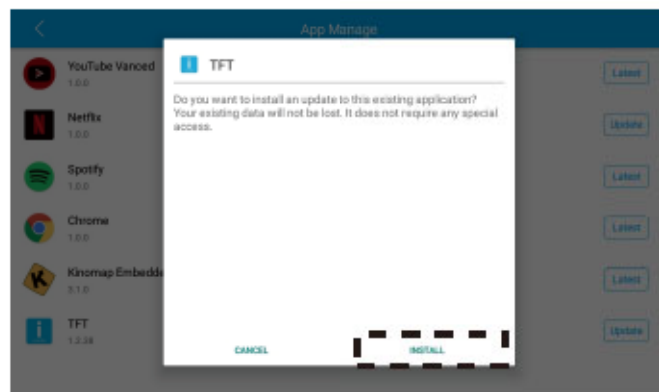


Fig. 35 Update Process 2

Press Done. Please check Figure 36.

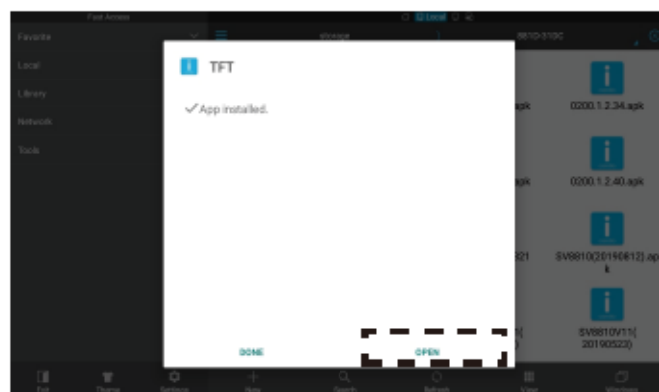



Fig. 36 Update Process 3

Update is finished.

## \*\* NOTICE

When long pressing  for 2 seconds, you will see a message "POWER OFF" (Like below).  
If pressing the white area, you will turn off the console.  
If pressing others, you will do nothing.  
To power on the console, you have to replug the DC line.

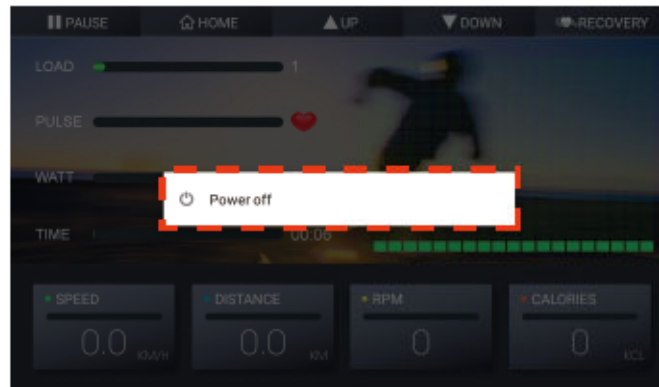
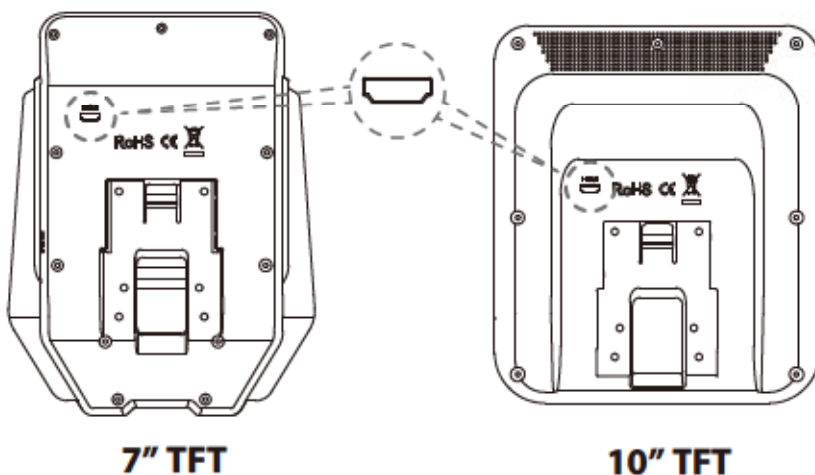


Fig. 37

## Optional Spec-How to Mirror the Console Display to Your TV?

Please check whether there is HDMI plug at the back of your console like below.  
If yes, please find the following manual.  
If not, please skip this part.



1. Prepare a HDMI line.
2. Connect the console and the TV through your HDMI line.  
You can find the HDMI plug at the back of the console.
3. Start enjoying your workout with big display!

**\*\* Please check whether your TV has HDMI plug first.**  
**\*\* Our HDMI plug is compatible with HDMI A Type connector.**

