

INDOOR CYCLE S.7



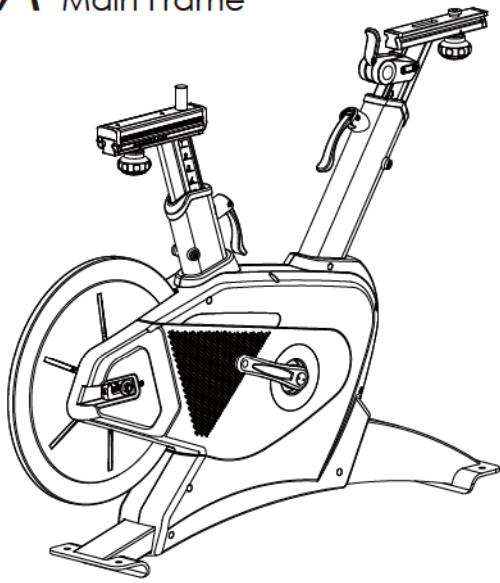
MODEL : INDOOR CYCLE S.7

SPORTOP®

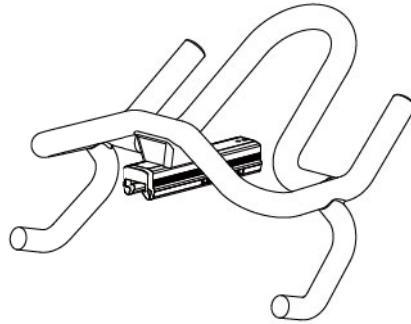
Owner's Operating Manual ENGLISH

PARTS LIST

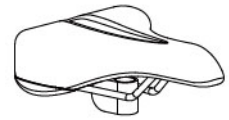
A Main Frame



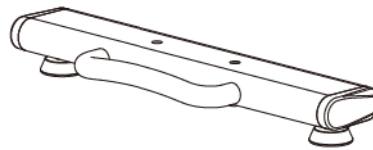
E Handle Bar



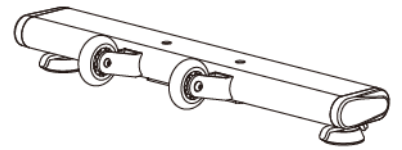
G Seat



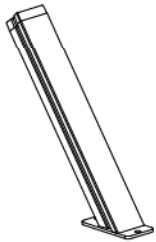
B Front stabilizer



C Rear stabilizer



D Console tube



L Console



M END CAP



K (K1)Pedal-L



(K2)Pedal-R



(A44)
SCREW M6X10



(A45)
End Cap



(B4)
Screw M10 x 55



(B5)
Washer M10



(L8)
End Cap



Tool

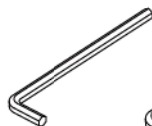
2.5m/m



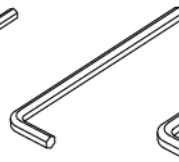
3m/m



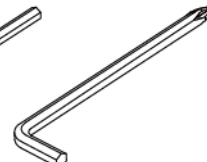
4m/m



5m/m



6m/m



#13 #14

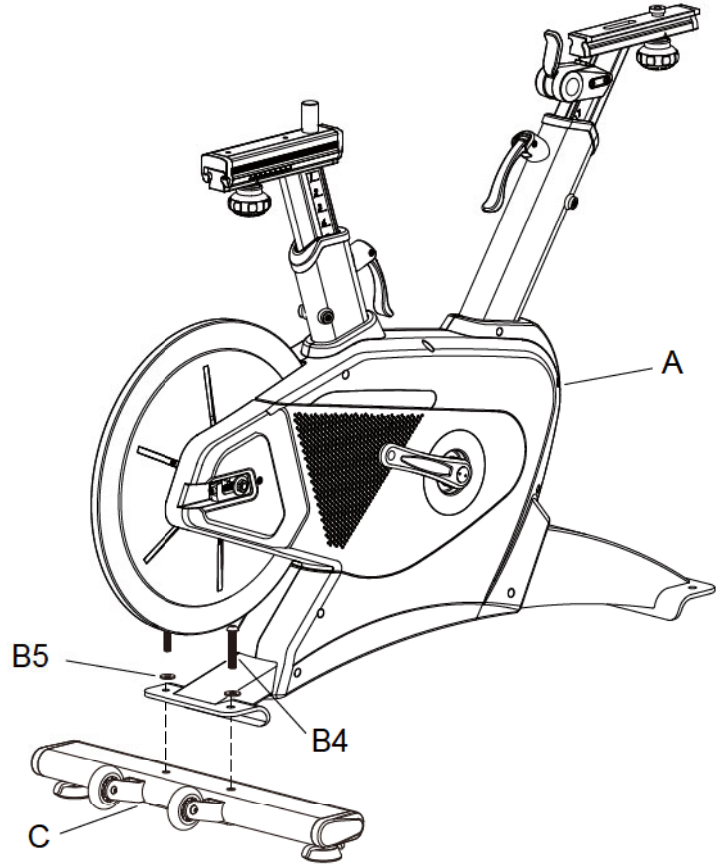
#15 #17



FIGURE 1

FIGURE 1 - HOW TO ASSEMBLE REAR STABILIZER

Attach the rear stabilizer (C) onto main frame by using screw(B4) and washer (B5).



USE TOOL: #6 m/m

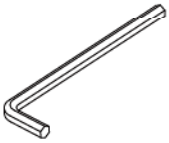
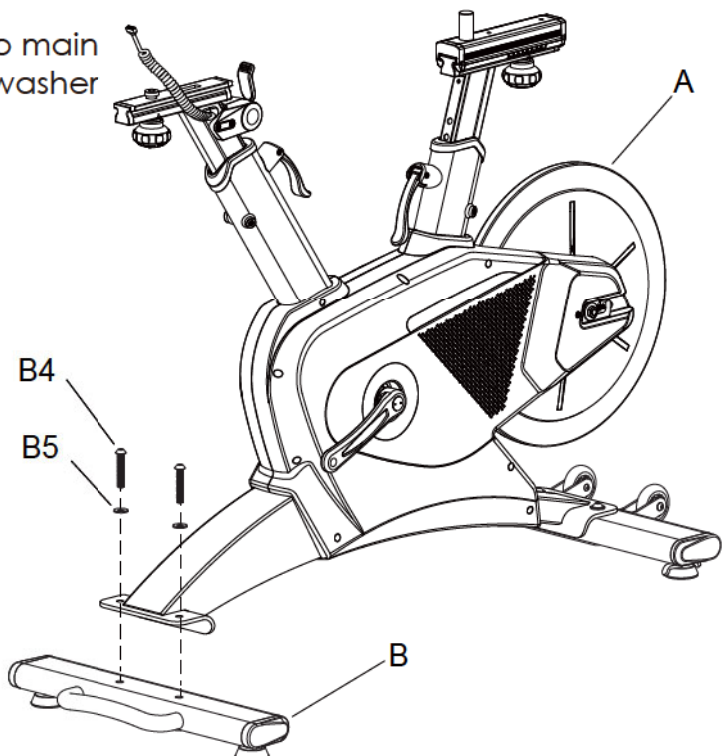


FIGURE 2

FIGURE 2 - HOW TO ASSEMBLE FRONT STABILIZER

Attached the front stabilizer (B) onto main frame by using screw(B4) and washer (B5).



USE TOOL: #6 m/m

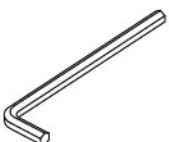


FIGURE 3

FIGURE 3 - HOW TO ASSEMBLE THE HANDLE BAR

Step 1: View A shown:

Start by loosening the adjustment knob and push the red resistance lever down until it stops.

Step 2: View B shown:

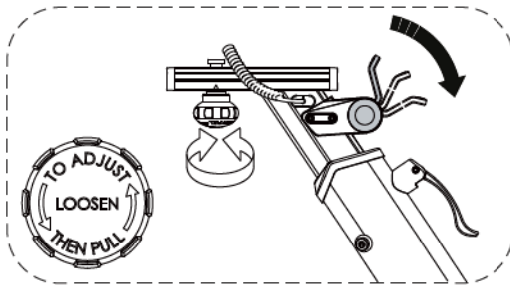
Sliding the handle bar tracking housing onto the post.

Step 3: View C shown:

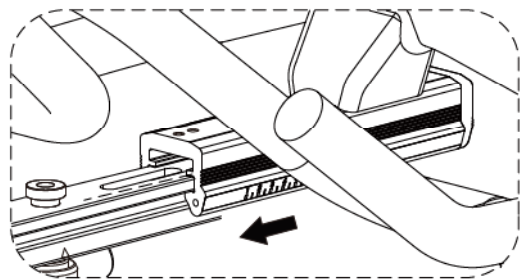
Sliding the handlebars (E) to the front and install the screw (A44) into the second hole position. Install the plastic end cap (A45) to the end of the slide assembly

Finally, tighten the adjustment knob from the first step to finish the assembly.

VIEW A



VIEW B



VIEW C

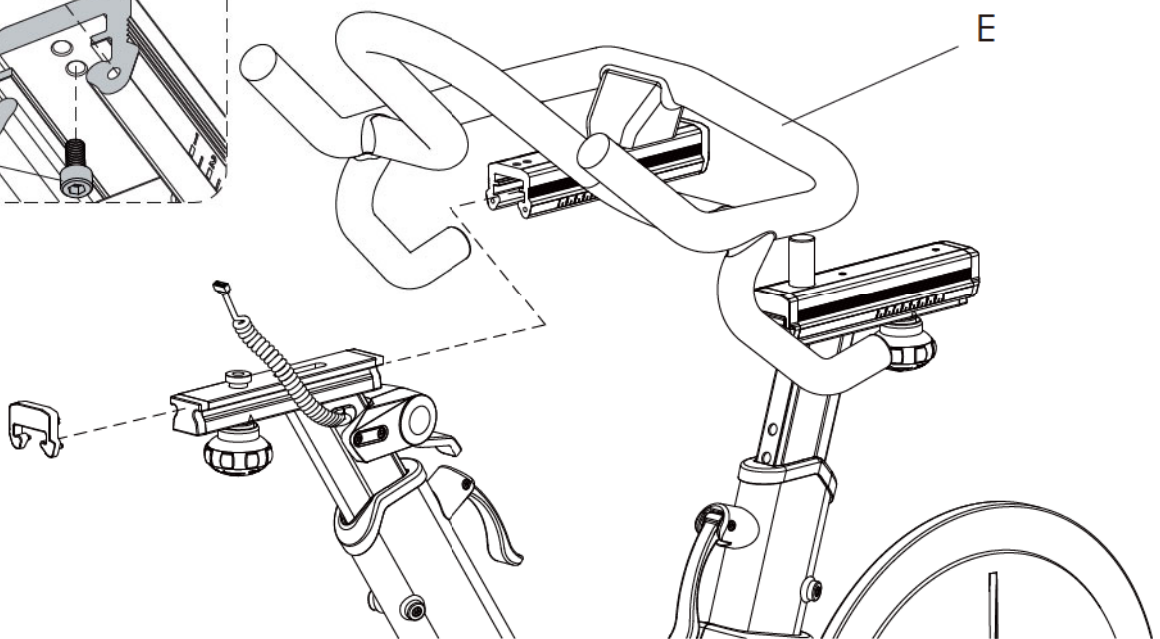
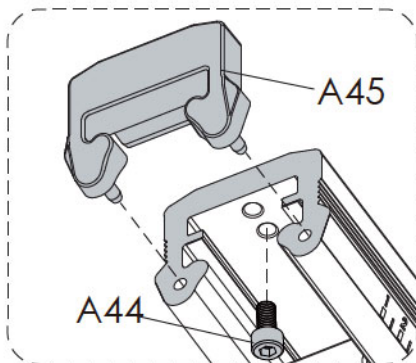


FIGURE 4

FIGURE 4 - HOW TO ASSEMBLE CONSOLE

Step 1: Attach the console tube (D) using 2 screws (A44). Tighten one screw into the first hole position and move onto the second screw. Finally, fully tighten both screws using the provided 5 mm hex key.

Step 2: A-Turn the console.

B-Threading the sensor wire (N-1-2) from the bottom up. (Pay attention to the threading direction.)

C-Connecting the sensor wire (N-1-2) and console's wire.

D-Finally, assembling the end cap (L8) onto the hole.

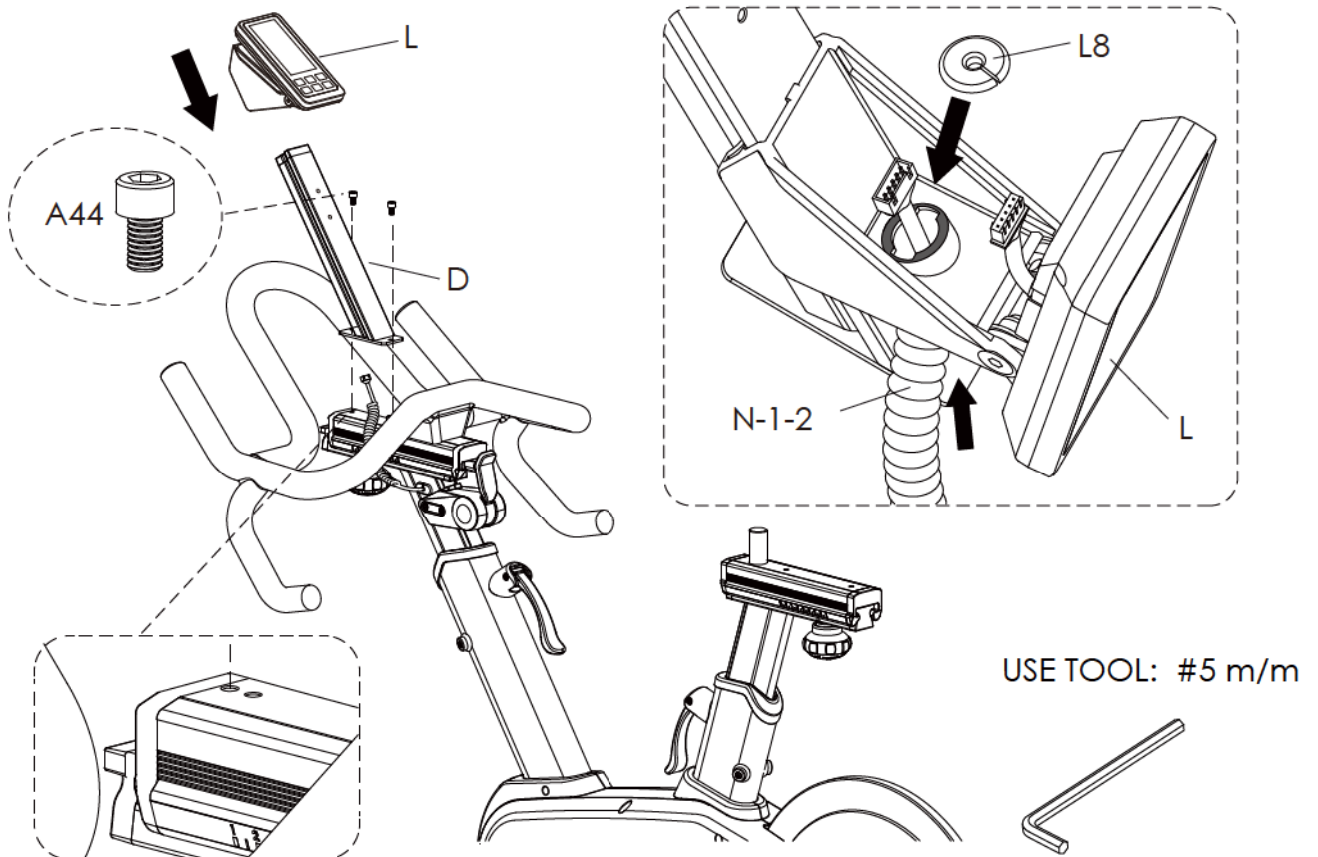


FIGURE 5

FIGURE 5 - The direction of smart phone holder can be changed:

Slide the smart phone holder out of the holder tube. Rotate the smart phone holder and install it into the tube again.

View-angle of console is adjustable.

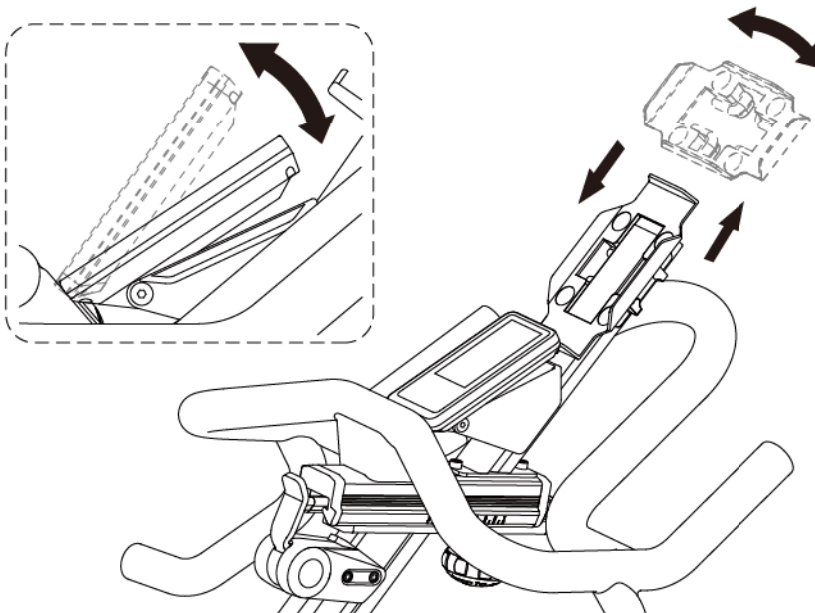


FIGURE 6

FIGURE 6 - HOW TO ASSEMBLE SADDLE

Put the saddle (G) onto sliding basement and using tool to tight it.

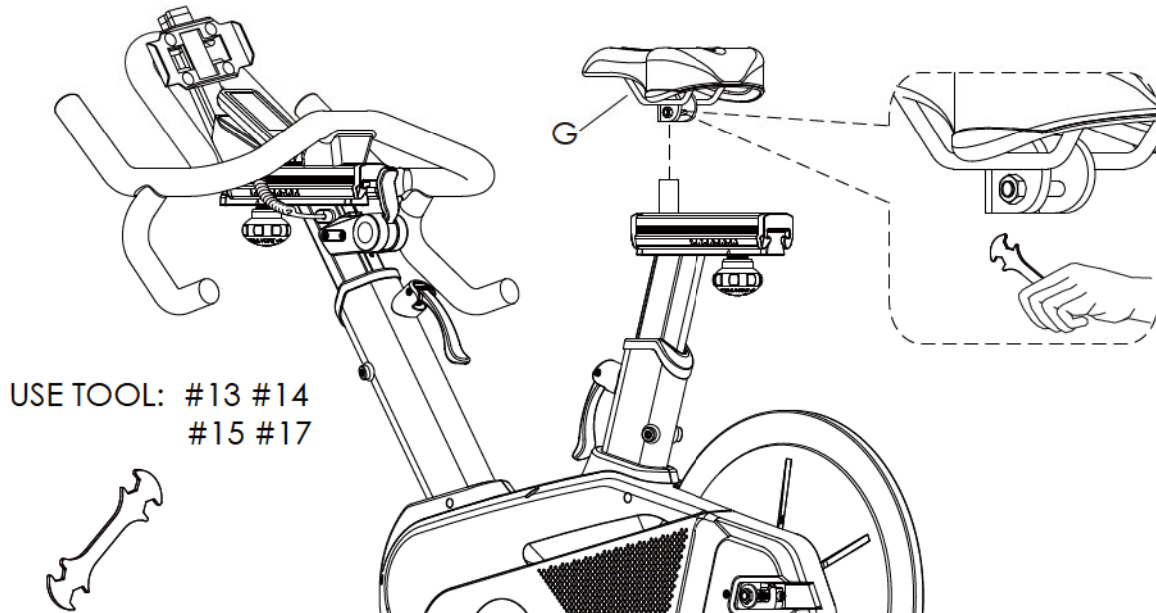


FIGURE 7

FIGURE 7 - HOW TO ASSEMBLE PEDAL

Fix the Right Pedal(screw clockwise) and left Pedal(screw counter-clockwise) to the crank.

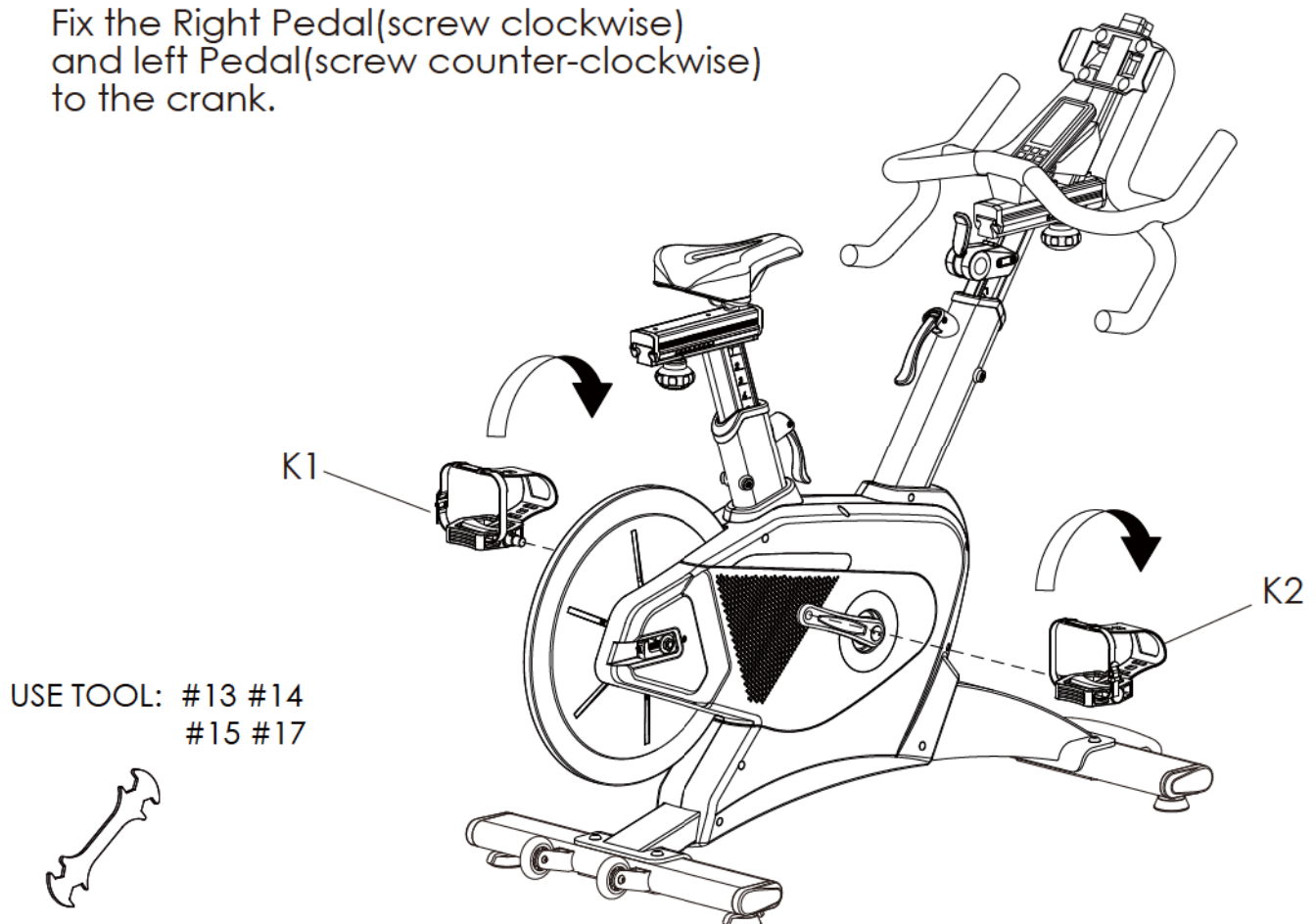


FIGURE 8

FIGURE 8 - HOW TO ADJUST THE HEIGHT OF SADDLE/ HANDLE BAR AND RESISTANCE

View A: Loosen the knob firstly and move to the proper position. After that, just tight the knob. It's the same way for saddle and handle bar position adjustment.

View B: Lift up the grip and move it to the proper position. After then, just press the lever down tightly. It's not necessary to find a hole after proper position find, just press down the lever.

View C: The lever is used for resistance adjustment. The lever is in upper position, the lighter resistance is. The lower position of lever, the heavier resistance is.

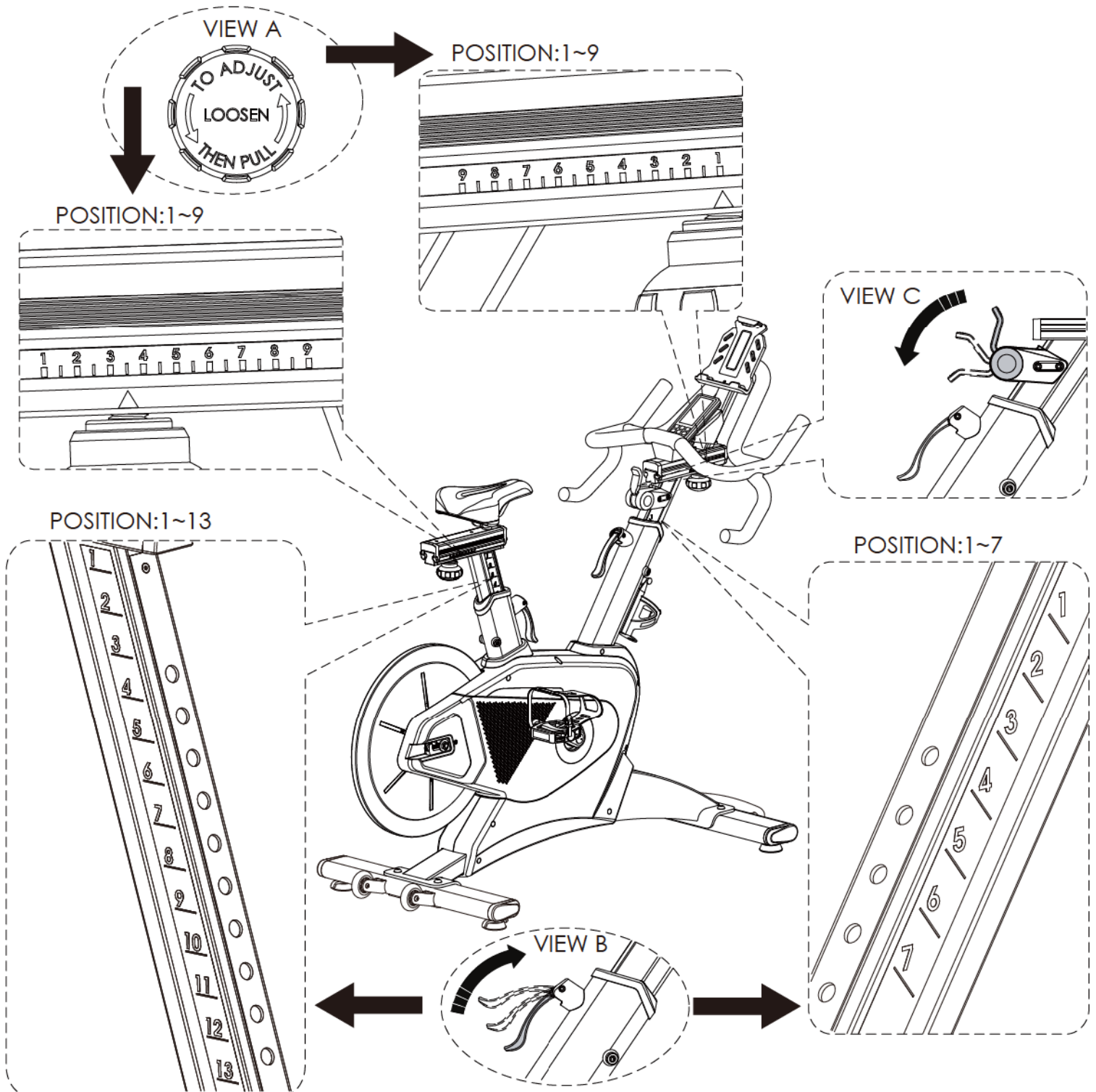
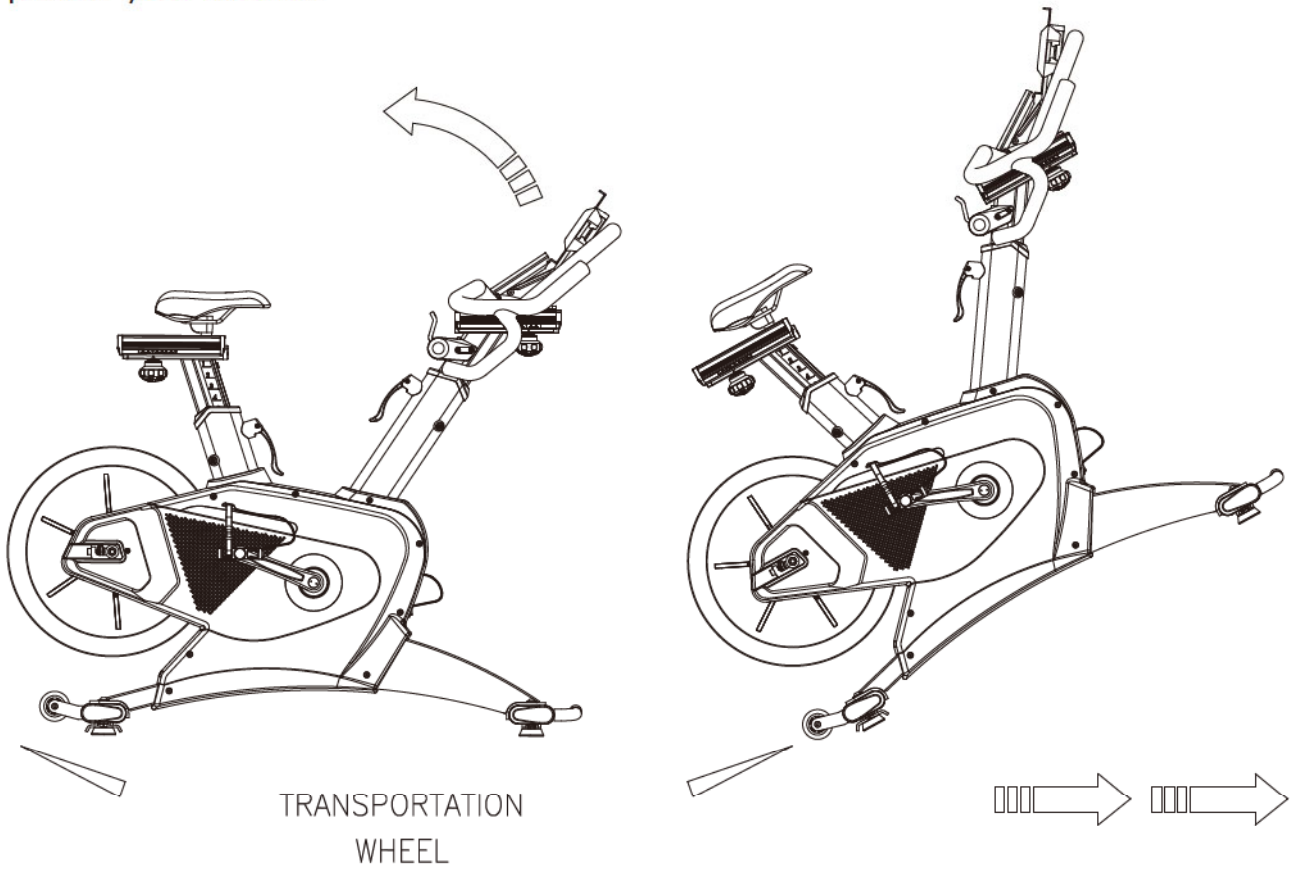
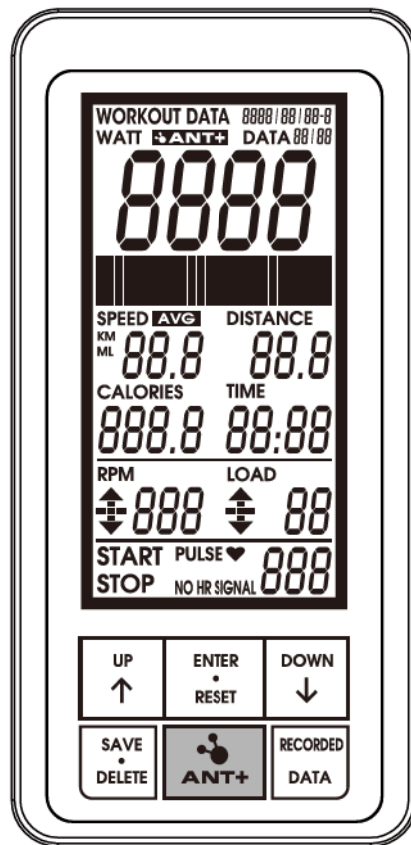


FIGURE 9

FIGURE 9 - HOW TO MOVE THE MACHINE

Hold the handle bar and lift it up until the front transportation wheel touched to the floor, then you can move the machine easily to the place you desire.

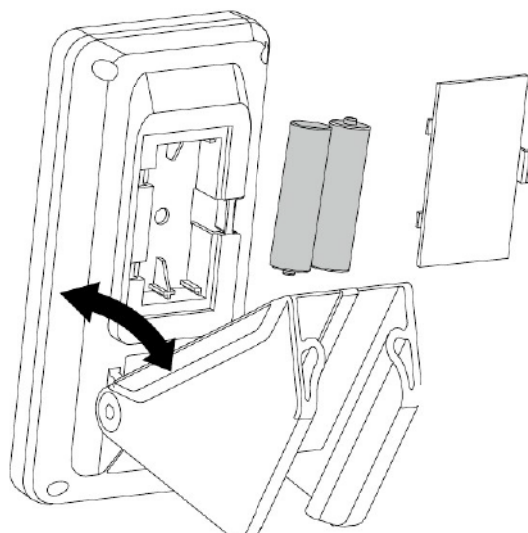




How to change battery:

1. Open battery cover and insert 2 AAA.
2. Properly put back battery cover.
3. If the LCD shows partial display, please take out batteries, wait for 15 seconds and insert again.
4. The batteries are used to power the perpetual calendar and workout data storage.

Note: The batteries need to be replaced once they have no power. The console will reset the date and the time once new batteries are replaced.



Functions

A. Console functions :

1. Operating voltage: 3V
2. Main functions: TIME, SPEED, DIST, CAL, RPM, PULSE, LOAD, WATT, PERSONALIZED WORKOUT DATA STORAGE, PERPETUAL CALENDAR, TARGET TIME, TARGET DIST, TARGET CAL, TARGET WATT

B. Button functions :

1 ENTER/RESET KEY :

1. Select TIME / DIST / CAL function
2. Confirms the function
3. Press and hold the key to reboot

2. UP KEY :

1. Press UP KEY to adjust values during setting
2. Press UP KEY to adjust LEVELS after START

3. DOWN KEY :

1. Press DOWN KEY to adjust values during setting
2. Press DOWN KEY to adjust LEVELS after START

4. RESET KEY : Press RESET KEY under STAND BY mode to reboot the system

5. RECORDED DATA KEY:

To search for data, press the RECORDED DATA key when the console is paused and in STOP mode. When there is no data, the screen will show NO DATA, when there is data then it will show the numbers of stored data.

6. SAVE • DELETE KEY:

When work out was paused and the LCD displayed shows STOP, press SAVE.DELETE key and the data display area will show whether the data is saved. Press ENTER to save the data.

Under RECORDED DATA mode, press SAVE.DELETE to delete the stored data that you selected.

Under RECORDED DATA mode, press and hold the key for 5 seconds to delete all stored data.

7. ANT+ ON/OFF KEY:

Press ANT+ ON/OFF once to activate the ANT+ module function. Do the same to turn off the function.

Power on/off :

A. Power on :

1. After powering on, the LCD will be in full display for one second and a beeping sound will be heard (when the Beeping function is on). Then enter TIME setting mode.
2. If there's no signal input within 4 seconds, the time will pause. The console will then enter STAND BY mode.

B. Power off:

1. If there's no signal input within 4 minutes, the unit will enter SLEEP mode.
2. When there is signal input or button input, the console will WAKE UP.

Operating Instructions

When console is turned on for the first time, the LCD enters the time setting mode after 1 second. (Once set this mode will no longer be displayed unless the batteries are removed or replaced.)

A. Time setting mode:

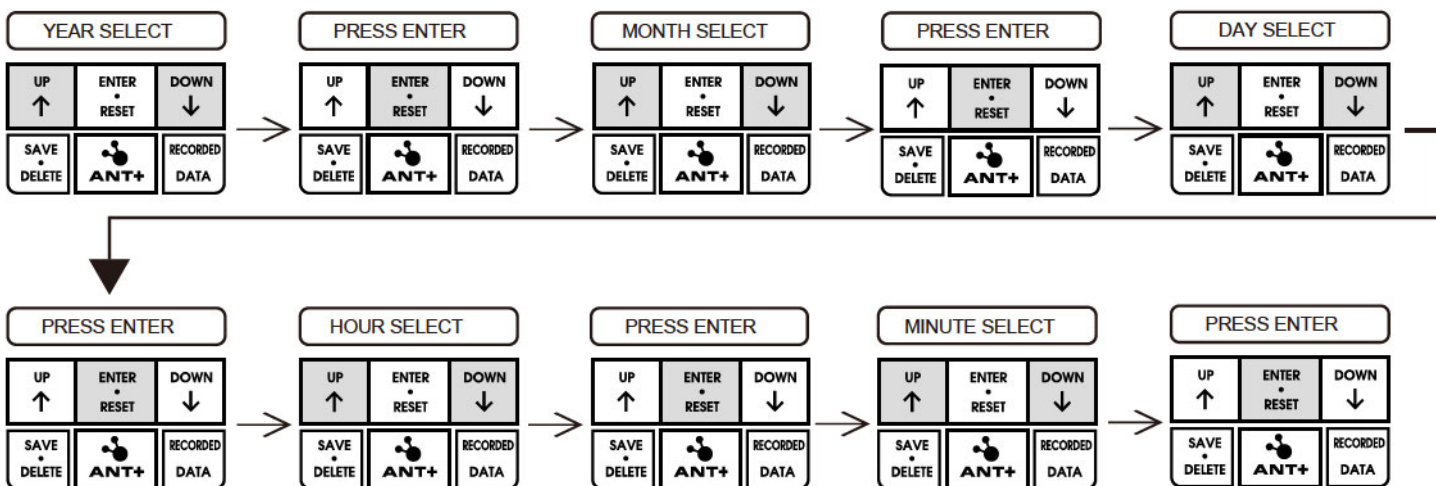
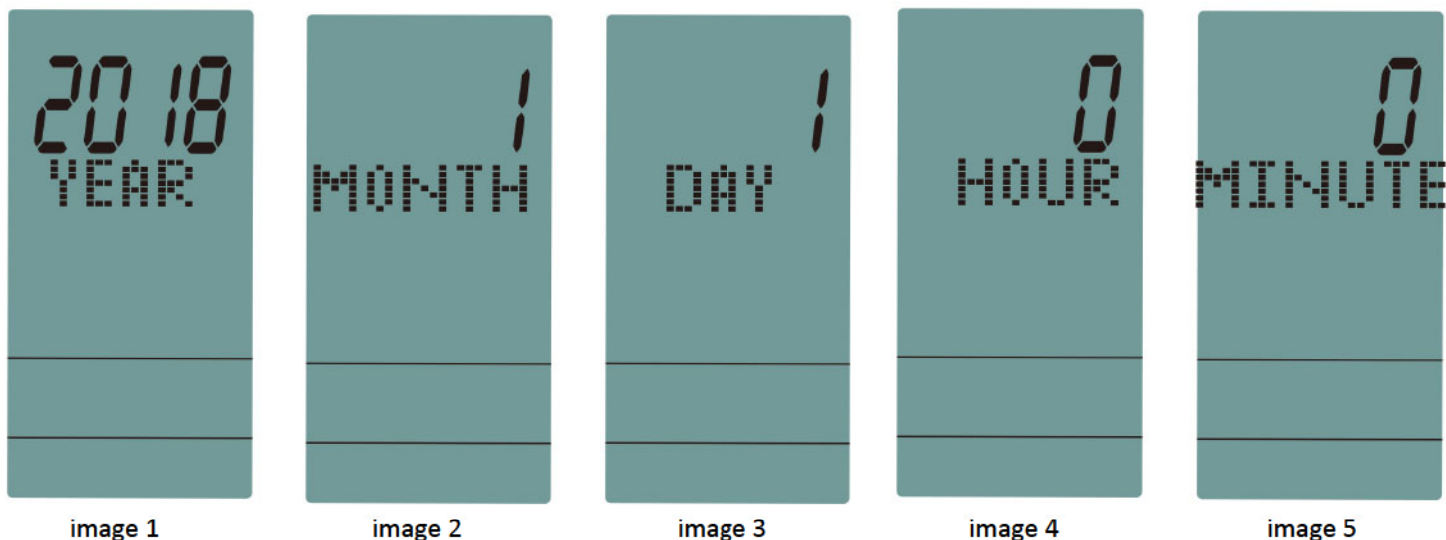
YEAR: Range from 2018 to 2099. Default value: 2018 (image1)

MONTH: Range from 1 to 12. Default value: 1 (image2)

DAY: Range from 1 to 31. Default value: 1 (image3)

HOUR: Range from 0 to 23. Default value: 0 (image4)

MINUTE: Range from 0 to 59. Default value: 0 (image5)



NOTE: The date and time will need to be set up again when batteries are replaced.

B. TIME

Press ENTER KEY and select TIME TARGET mode (The display window in the middle shows ENTER TIME TARGET.) (image6)

1. Or press UP/DOWN to set the value, ranging from 0:00 to 99:00 (the value increases/ decreases 1:00 with each press)

The console's default mode is counting downward. And when the value returns to zero after four beeping sounds, the console will start counting upward.



image 6

C. DISTANCE

Press ENTER KEY, select DIST TARGET mode (The display window in the middle shows ENTER DISTANCE TARGET) (image7)

1. Or press UP/DOWN to set the value, ranging from 0:00 to 99:00

Range between 0.0 and 99.5, (the value increases/decreases 0.5 with each press)

Range between 100 and 999, (the value increases/decreases 1 with each press)

The console's default mode is counting downward. And when the value returns to zero after four beeping sounds, the console will start counting upward.

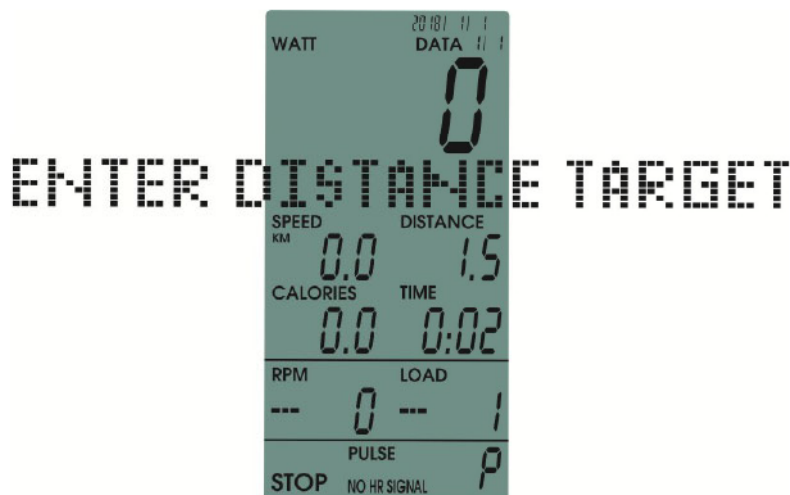


image 7

D.CALORIES

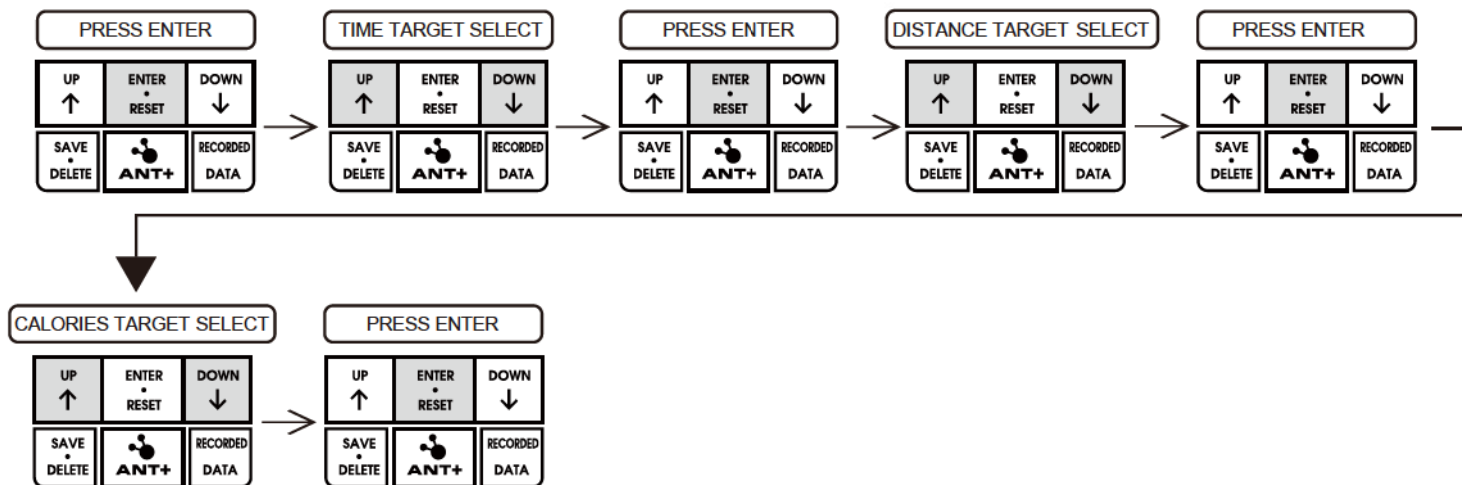
Press ENTER KEY, select CAL TARGET mode (The display window in the middle shows ENTER CALORIES TARGET) (image8)

1. Or press UP/DOWN to set the value, ranging from 0.0~999.0 (the value increases/decreases 0.1 with each press)

The console's default mode is counting downward. And when the value returns to zero after four beeping sounds, the console will start counting upward.



image 8



E. TARGET WATT

Under STOP mode (which will be displayed in the bottom left of console), press UP or DOWN KEY to enter WATT TARGET mode(image9).

You can press UP/DOWN to adjust the value. Setting Range is between 100~999W (Default value: 185W) (the value increases/decreases 5W with each press)

The console will prompt you with an arrow sign whether to increase or decrease or remain the same RPM and LOAD according to the WATT value of the user's work out.

(image10/image11/image12)



image 9



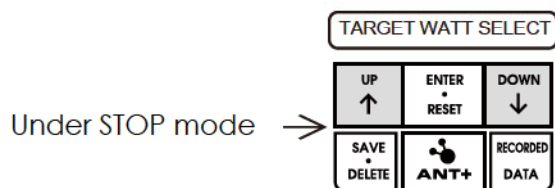
image 10



image 11



image 12



F. SPEED:

1. The value will be displayed according to the user's work out progress.
2. Range from 0.0 to 99.9 (KM/ML)

G. RPM:

1. The value will be displayed according to the user's work out progress.
2. Range from 0 to 999 RPM

H. PULSE:

1. The value will be displayed according to the user's work out progress.
2. The initial PULSE value is 72

I. LOAD:

- According to the user's adjustment.
Range from 1 to 16

J. WATT:

- Enter the watt value and it will be shown on the LCD display.

Work out data storage function

A. After starting up, you need to set the time setting (As shown on page 13).

B. When the console is paused (image13), press the SAVE.DELETE key and the LCD will display SAVE THIS DATA. Press ENTER to save the work out data, time and the number of that work out.

C. When the console is paused, press the RECORDED DATA key to display the saved work out data. Press UP&DOWN to select the stored data (image15)

D. Under the RECORDED DATA display, press the SAVE.DELETE key. The display will then show DELETE THIS DATA. Press the ENTER key to delete the selected data (image16).

E. Under the RECORDED data display, press SAVE.DELETE for 6 seconds to delete all stored data and return to STAND BY mode.



image 13



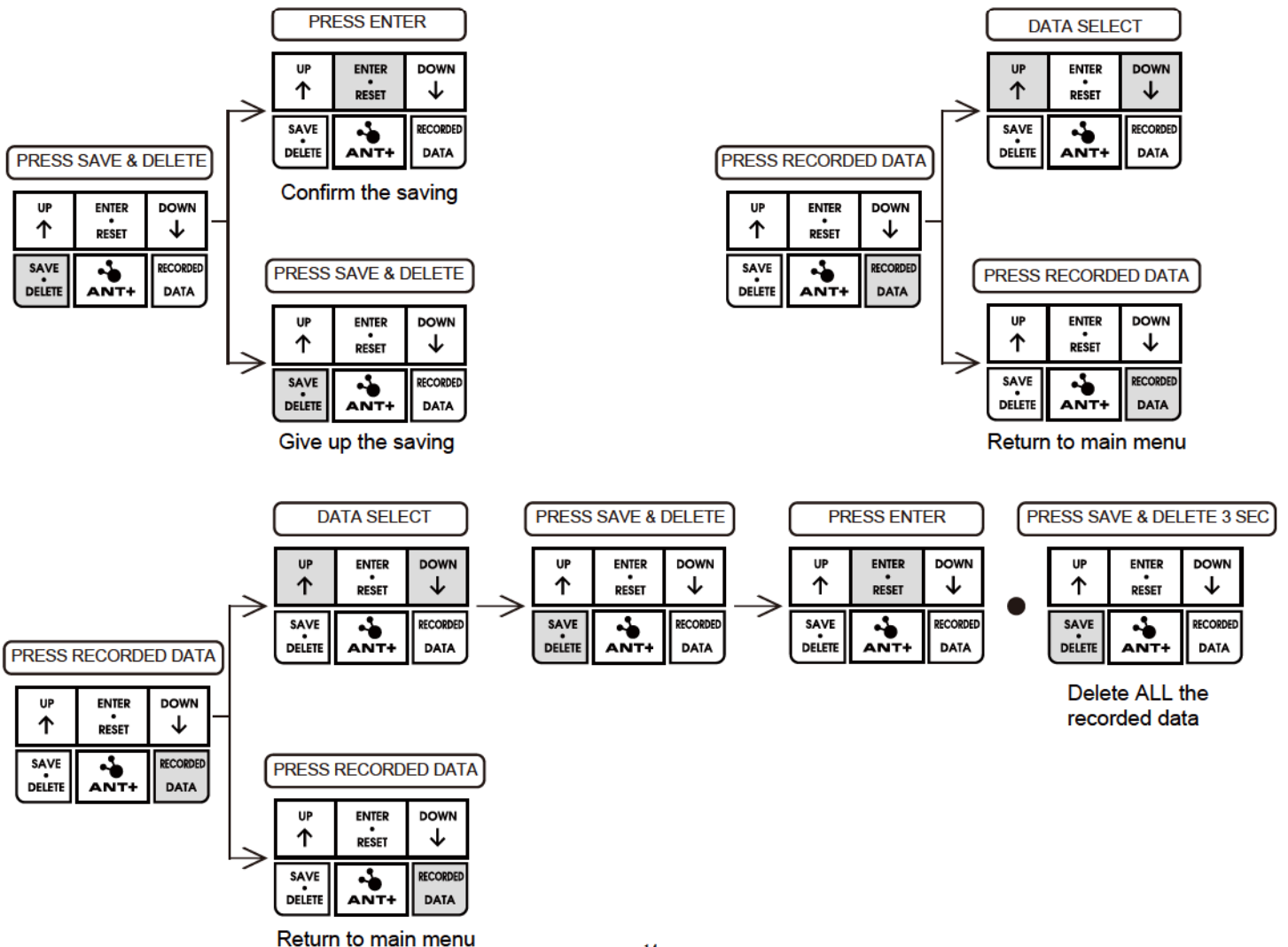
image 14



image 15



image 16



ANT+ Operating Instruction

- A. Press ANT+ to activate the function (the ANT+ sign will blink 30 seconds after the activation, waiting for the user's heartbeat belt & bracelet to be matched.)
- B. Pairing with heart rate wristband & heart rate chest belt: The matching should be completed within 30 seconds after the activation of ANT+.
- C. When the console is matched with APP&PC, it will not be subjected to the 30 seconds limitation, and will be matched automatically.
- D. Matching distance: GARMIN wrist band should be put as close to the console screen as possible. The matching distance of the GARMIN heart rate chest belt is around 18 inches.
- E. APP&PC software that can be matched with this console are as below

1. ANT+ HRM RX

Compatible/certified HRM devices: <https://www.thisisant.com/directory/filter/~/~/~109/>

2. ANT+ FE-C TX

Compatible/certified FE-C devices and APPS: <https://www.thisisant.com/directory/filter/~/~/~268/>

And many not-yet-certified like ZWIFT (famous home use APP), myzone (group cycling), SPIVI and so on.



3. BLE FTMS TX

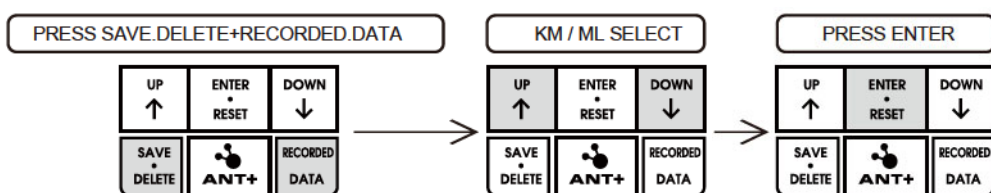
The only BLE standard for fitness equipment. More APPs and bikes are supporting this standard. SufferFest, TrainerRoad, and Kinomap are FTMS compatible.



Factory Mode

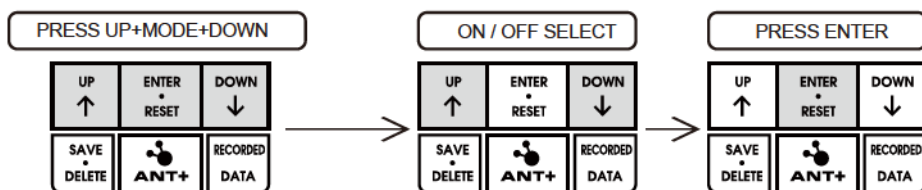
A. HOW TO SET KILOMETERS / MILES

Press the keys "SAVE.DELETE and RECORDED.DATA" together to access KM/ML switch.



B. HOW TO SET ON / OFF BUZZER

Press the keys "UP + ENTER.RESET + DOWN" together to access the voice control, and then to press the key UP/DOWN to choose the voice ON or OFF.



Please Note:

A. The bike needs to be pedaled over 40RPM to power on the console screen.

B. When you stop pedaling, the display will remain on for 120 seconds. After 120 seconds the console will enter Sleep Mode which means the display can't be read.

C. If the rechargeable lithium battery is under low power supply or damaged, the console display data will disappear once you stop pedaling.

