

INSTRUCTIONS

FOR YOUR

BODY BIKE® INDOOR CYCLE



BODY BIKE® SUPREME



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EQUIPMENT REQUIRED

Unpacking	Adjustment handle
Drill bit	5mm Allen Wrench
Drill	Screwdriver
	Steel brush
Bottom frame	Grease
13 mm wrench	Brush
Saddle	Brake block
14 mm wrench	A coin
	8 mm wrench
Pedals	Poly-V belt
15mm pedal wrench	A coin
Grease	10 mm Allen wrench
	19 mm wrench
Cleaning	Measuring device
Tissue paper or cloth	
Spray bottle with water	Side covers
Soap (only washing-up liquid)	A coin
Vaseline oil	3,4 and 8 mm Allen wrenches
Post cleaning	13 mm wrench
Cloth	
Vaseline oil	
Sideways play in posts	
A coin	
3mm Allen wrench	
32mm 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.

*We wish you the best of luck with your
BODY BIKE® indoor cycle*



SPECIFICATIONS

Manufacturer:

BODY BIKE® International A/S
Pier 6 Nord
DK-9900 Frederikshavn
Denmark
Phone: +45 9843 9696

www.body-bike.com

Product description:

Indoor cycle

Length, Width, Height:

Assembled size:
105cm, 60cm, 100cm
Packed size (5 cycles):
120cm, 80cm, 114cm

Weight:

Assembled: 65 kilogram
Packed weight(5 cycles): 350 kg

Patent held for:

Crank system

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, powder coated and hardened.



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

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.

ALWAYS RELEASE TENSION AFTER USE

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UNPACKING THE PALLET

- 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.
- 5) Lift the cycle off the pallet and place it on the flattened box to spare your floor from getting marks.

BOTTOM FRAME

A fixing tool can be bought at BODY BIKE® International A/S to ease the mounting of the bottom frame.

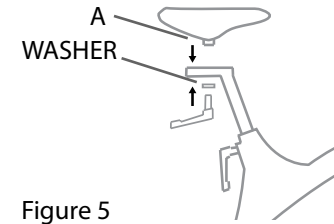
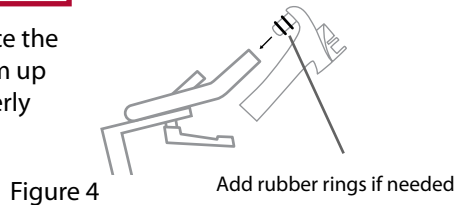
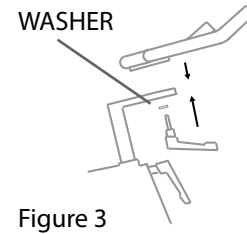
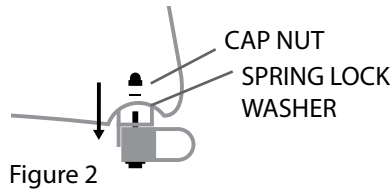
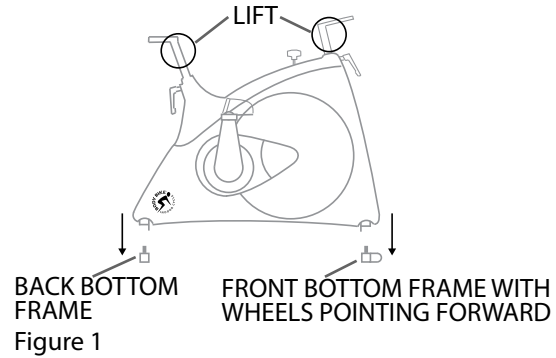
1. Arrange the bottom frames parallel on the floor next to the cycle with the correct mounting distance between them, see figure 1. On the front bottom frame, the transport wheels should point forward.

2. Take hold of the front post and seat post and lift the cycle onto the bottom frames, see figure 1. Ensure that the holes in the frame match the holes in the bottom frames.

3. Put on the spring lock washer and the cap nut and tighten by using a 13 mm wrench, see figure 2.

Please note
Do not overtighten the nuts.
They should only be hand tight.

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.



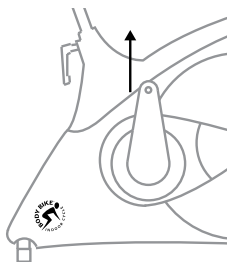


Figure 6

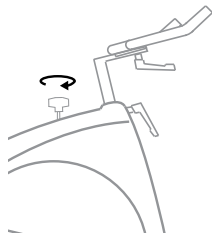


Figure 7

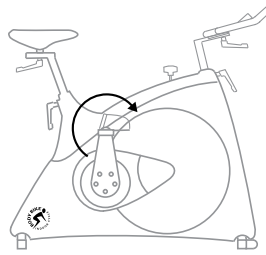
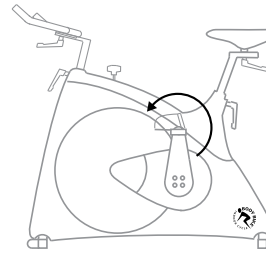


Figure 8



HANDLEBAR

1: Place the handlebar on top of the front post.

2: Screw an adjustment handle (size 32mm) clockwise into the socket from underneath the post, see figure 3. Fix the handlebar completely to the front post by tightening the adjustment screw on the right side of the handlebar.

BOTTLE HOLDER

1: Mount the bottle holder at the top of the handlebar, see figure 4. Add one or two rubber rings if the bottle holder is not firmly fixed.

SADDLE

1: Place the saddle in the track on the seat post.

2: Secure the saddle with the remaining adjustment handle, see figure 5.

To fasten the saddle to the adaptor and adjust the tilt of the saddle, use a 14 mm wrench on the bolt marked with an A on figure 5.

PEDALS

1: Place the right pedal arm with the socket pointing upwards, see figure 6.

2: Put maximum resistance

on the brake, so the pedalarm is unable to rotate, see figure 7

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 8.
- 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 (45Nm).

MAINTENANCE

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CLEANING

After each workout, wipe the cycle down with tissue paper.

If the cycle is covered in sweat or dirt, use water in a spray bottle and if necessary a tissue with some washing-up liquid.

Remember handlebar and saddle.

NEVER use alcohol or chemicals

To make the cycle look its best, use a cloth with a little vaseline oil on all parts except the handlebar and saddle.

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.

At an annual service check, remove the right side cover and make sure that the small hole by the front bottom frame is not blocked and allows water and sweat to exit the frame, see figure 9. Also check that the ribs on the poly-v belt and pulley are clean.

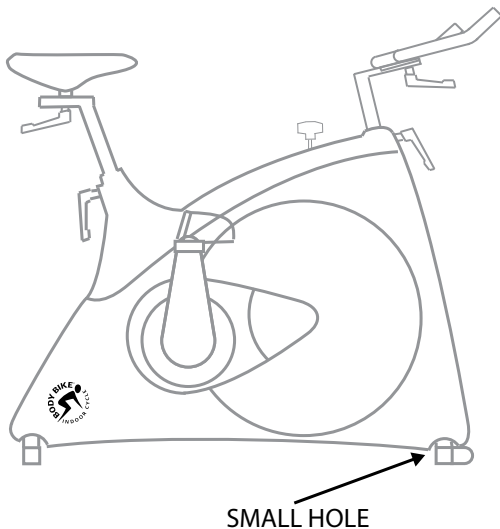


Figure 9

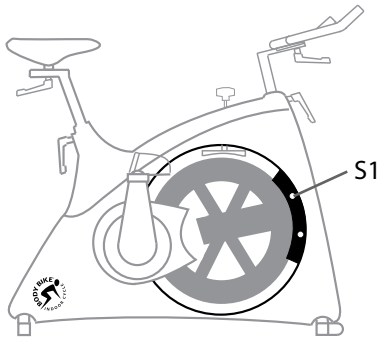


Figure 10

SIDEWARDS PLAY IN POSTS

Front post

1: Remove the right service hatch by loosening the locks with the coin, see figure 14.

2: Adjust the screw marked S1 by using a 3 mm Allen wrench, see figure 10.

Seat post

1: Remove the seat post

2: Remove the handle, the 32 mm nut and the brass piston with a 32 mm wrench.

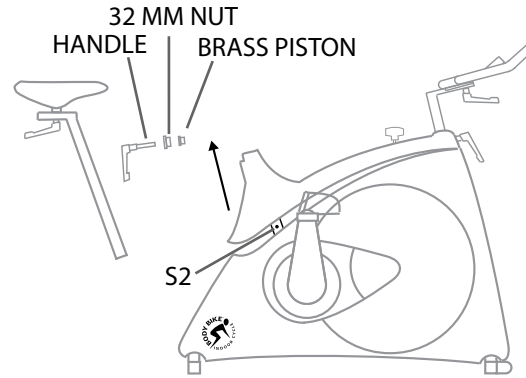


Figure 11

3: Remount the seat post

4: Carefully lift up the top cover as shown on figure 11. Adjust the righthandside screw marked S2 with a 3 mm Allen wrench.

5: Push the top cover back in place.

6: Remove the seat post and remount the brass piston, 32 mm nut and the handle

7: Remount the seat post

Please note:

The adjustment has to be very subtle in order for the post still to be able to move up and down.

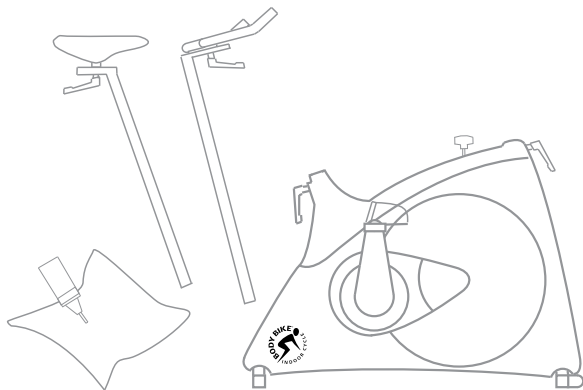


Figure 12

CLEANING THE POSTS

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

1: Pull out the seat post and the front post and wipe them clean with an oily cloth, see figure 12.

Please note:

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

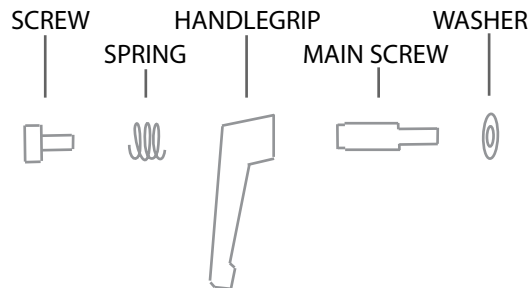


Figure 13

ADJUSTMENT HANDLE

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

1: Remove the adjustment handle and disassemble the handle completely into a screw, a spring, a handlegrip, a main screw and a brass washer, see figure 13.

2: Clean all the parts thoroughly one by one using a steel brush. If the residue is extreme, a sharp object can be used, for example a screwdriver.

3: Lubricate the internal parts with grease before reassembling the handle. Remember to lubricate inside the handlegrip as well.

4: Reassemble the handle by inserting the main screw in the handlegrip.

5: The spring is inserted into the top of the handle and fixed in place with the remaining screw.

6: Tighten with a 5mm Allen wrench.

7: Add grease to the main screw before mounting it on the cycle.

Please note

Never use a tool when tightening the adjustment handle on the cycle.

By pulling the handle it can be turned freely.

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. Inspect the Kevlar brake pad after the first month and hereafter every 3rd month. The Kevlar® brake pad should be replaced before it is worn through and reveal the black rubber.

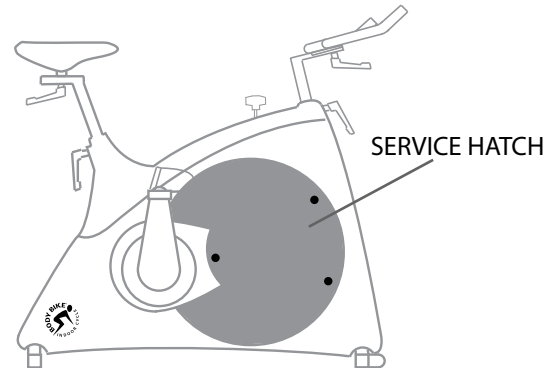


Figure 14

1: Remove both service hatches by loosening the locks with a coin, see figure 14.

2: Release tension completely on the brake.

3: Remove the two screws holding the brake block to the frame by using an 8 mm wrench, see figure 15

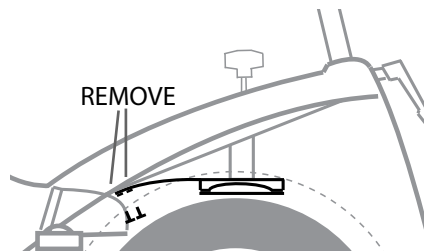


Figure 15

4: 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 16).

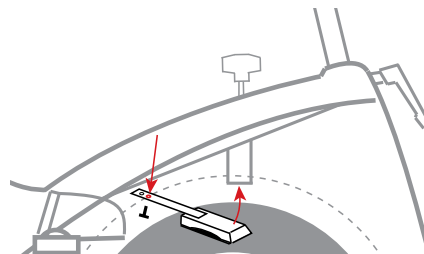


Figure 16

5: Fasten the remaining screw furthest away from the block, and then make sure that both screws are tightened properly, see figure 17.

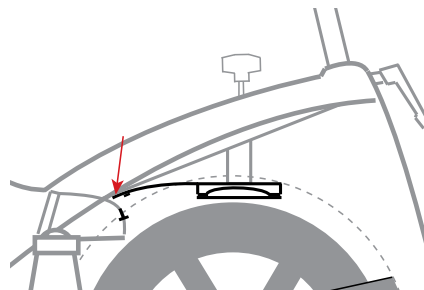


Figure 17

6. 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.

7: Remount both service hatches.

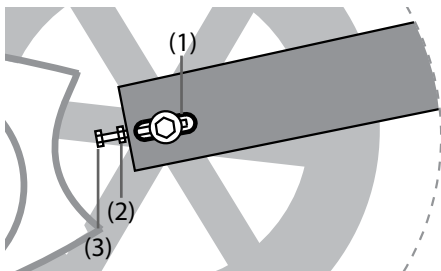


Figure 18

POLY-V BELT

If the belt does not catch hold of the flywheel, it is time for it to be tightened.

- 1: Remove the service hatch on both sides of the cycle by loosening the three locks with a coin, see figure 14.
- 2: Loosen the bolts (1) on both sides of the cycle with a 19 mm wrench, see figure 18.
3. Loosen the nuts (2) on the counter bolt on both sides of the cycle using a 10 mm wrench, see figure 18.

Please note:

The belt should be equally tightened on both sides.

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

- 4: Use a 10 mm 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.
- 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.
- 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.

REMOVAL OF SIDE COVERS

The side covers can be removed e.g. if the belt needs to be changed.

- 1: Dismount the right pedal arm with an 8mm Allen wrench.
- 2: Loosen all the screws holding the side cover with a 3 and 4 mm Allen wrench and remove them.
- 3: Dismount the top nut and washer on the bottom frame on the right side of the cycle both in front and back with a 13 mm wrench.
- 4: Screw the bolts down in order for the side covers to slide past them.
- 5: Remove the side cover.

TROUBLE SHOOTER

How to keep the cycles in good condition?

It is a good idea to place a board at the exit of the spinning room displaying all cycle numbers. Here people can write possible problems or concerns arisen during the exercise. In this way, the people who are servicing the cycles can get up-dated regularly on how the cycles are performing, and problems can be identified before they turn critical.

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SUPREME FIRST AID KIT

Including a range of spare parts for easy replacement of wear and tear parts.
Item number: 97200010



SUPREME TOOL BOX

Handy tool box containing a wide range of tools for maintenance purposes, e.g. the three spanners included in the starter set. Item number: 92300020



Edition 3.2

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