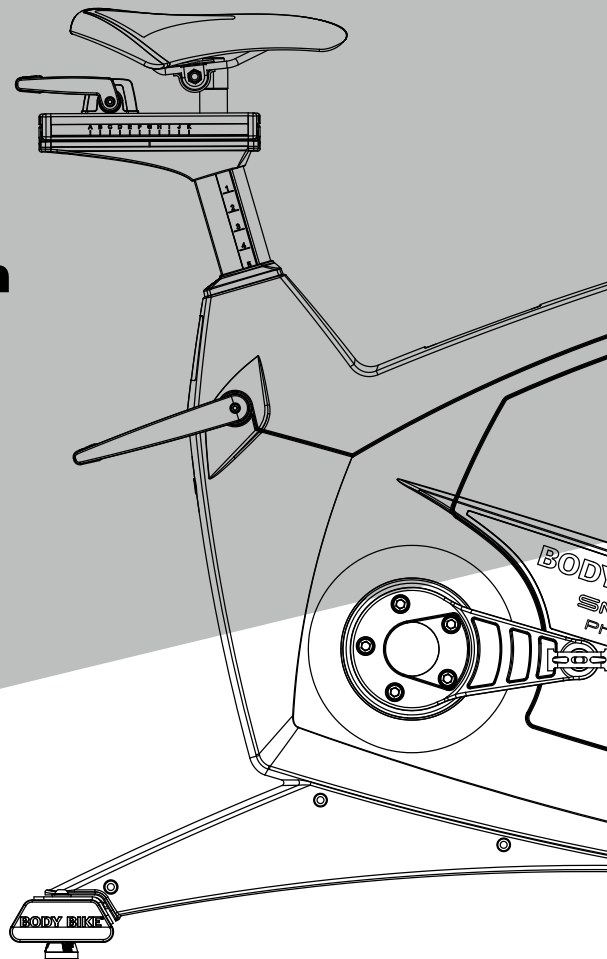


# INSTRUCTIONS

**BODY BIKE®** INDOOR BIKE

**BODY BIKE® SMART+ Phantom**



**ENGLISH**

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**EQUIPMENT REQUIRED**

- Unpacking**  
 Drill bit  
 Drill
- Bottom frame**  
 5mm Allen wrench
- Saddle**  
 14mm wrench
- Pedals**  
 15mm pedal wrench  
 Grease
- Cleaning**  
 Tissue paper or cloth  
 Spray bottle with water  
 Soap (only washing-up liquid)  
 Vaseline oil
- Control Box**  
 5mm Allen wrench
- Post cleaning**  
 Cloth  
 Vaseline oil
- Adjustment handle**  
 17mm Allen wrench  
 8mm Allen wrench  
 6mm Allen wrench  
 5mm Allen wrench  
 4mm Allen wrench  
 Screwdriver
- Brake unit**  
 3mm Allen wrench  
 2,5mm Allen wrench
- Poly-V belt**  
 10mm Allen wrench  
 19mm Allen wrench  
 Measuring device
- Side covers**  
 3mm Allen wrench

**INTRODUCTION**

This manual provides information on the assembly and maintenance of the BODY BIKE® indoor bike. The manual is intended for the owners and service people responsible for cleaning and maintenance.

Before assembling the bike, please read the manual and prepare the correct tools, see equipment required page 2. When assembling the bike, we recommend that you follow the manual step by step.

Maintaining the bike is very important. In the manual, you will find clear instructions on how to maintain the bike.

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](http://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 bike at your local BODY BIKE® distributor.

For further information on accessories, please check our website [www.body-bike.com](http://www.body-bike.com) or email questions to [info@body-bike.com](mailto:info@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, 108cm  
Packed size (5 bikes):  
120cm, 80cm, 114cm

**Patent held for:**

Crank system

**Materials**

Cast iron (containing recycled materials).  
Stainless steel.  
Plastic (ABS) covers (containing recycled materials).  
High quality stainless steel bearings.  
Frame: Robot-welded steel and stainless steel, powder coated.  
Aluminum and anodized aluminum.

**Weight:**

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

**Maximum user weight**

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

**GENERAL INFORMATION**

Wipe off the bike after EVERY use.

ALWAYS loosen all handles and release tension after use.

The rubber feet should always be adjusted to ensure that the bike 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 bike, pedals or up against the bike, except against the stretch area at the rear end of the bike.

DO NOT switch the front or seat post from one bike to another.

DO NOT lift the bike by the saddle.

**⚠ PLEASE NOTE ALWAYS RELEASE TENSION ON BRAKE AND ALL FOUR ADJUSTMENT HANDLES AFTER USE**

**CERTIFICATION**

**Federal Communication Commission Interference Statement**

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

**FCC Caution:**

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:  
(1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

**EU Declaration of Conformity**

This device complies with the essential requirements of the Radio Equipment Directive, RED 2014/53/EU. The following test methods have been applied in order to prove presumption of conformity with the essential requirements of the RED 2014/53/EU:  
EN60950  
EN61000-6-2  
EN61000-6-3  
EN 55022+EN 55024(2010)  
EN 301 489-1 V1.8.1(2008-04)  
EN 301 489-3V1.4.1(2002-08)  
EN 300 440-2 V1.3.1(2009-03)

This device is a 2.4 GHz wideband transmission system (transceiver), intended for use in all EU member states and EFTA countries, except in France and Italy where restrictive use applies. In Italy the end-user should apply for

a license at the national spectrum authorities in order to obtain authorization to use the device for setting up outdoor radio links and/or for supplying public access to telecommunications and/or network services.

This device may not be used for setting up outdoor radio links in France and in some areas the RF output power may be limited to 10 mW EIRP in the frequency range of 2454 – 2483.5 MHz. For detailed information the end-user should contact the national spectrum authority in France.

Hereby, BODY BIKE, declares that the BODY BIKE SMART+ Phantom is in compliance with the essential requirements and other relevant provisions of RED 2014/53/EU.

ANT+ and Bluetooth  
The SMART+ Phantom control box is compatible with BLE/Bluetooth Smart and ANT+ certified.



**WARRANTY**

As information to our customers we hereby outline the warranty obligations applicable to BODY BIKE® SMART+ PHANTOM. The warranty comes into force the moment the unit leaves BODY BIKE International A/S.

To get an overview see figure 1.

	NONE	2 YEARS	3 YEARS	5 YEARS
CONSUMABLE ITEMS	X			
FLYWHEEL & PULLEY		X		
MANUFACTURING DEFECTS		X		
GENERATOR		X		
LOAD CELL, BRAKE & CONTROL BOX		X		
CRANK & PEDAL ARM			X	
FRAME				X

Figure 1

**WARRANTY**

**Warranty for the Danish manufactured BODY BIKE® SMART+ PHANTOM:**

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, 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 bikes equipped with original BODY BIKE® spare parts. All warranties are cancelled if the bike 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. DO NOT USE CLEANING PRODUCT CONTAINING ALCOHOL OR ACID
- Original spare parts must be used on the bike

Warranty repairs are to be carried out by local appointed distributor or servicepartner of 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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Pedals .....	13

**UNPACKING**

- 1) Open the top of the box and read the manual.
- 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 bike to the pallet. See figure 2.
- 5) Lift the bike off the pallet and place it on the flattened box to spare your floor from getting marks.

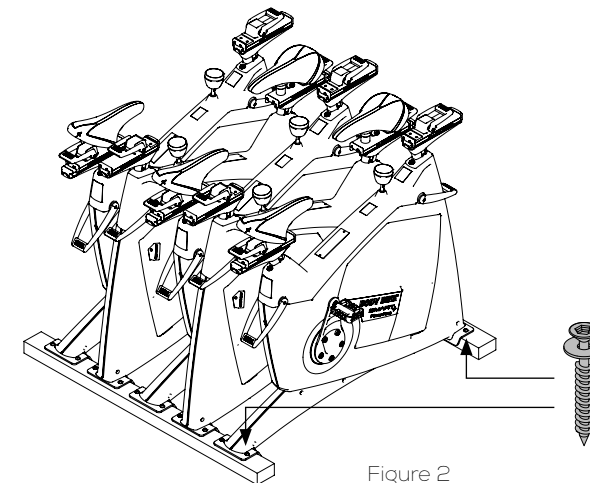


Figure 2

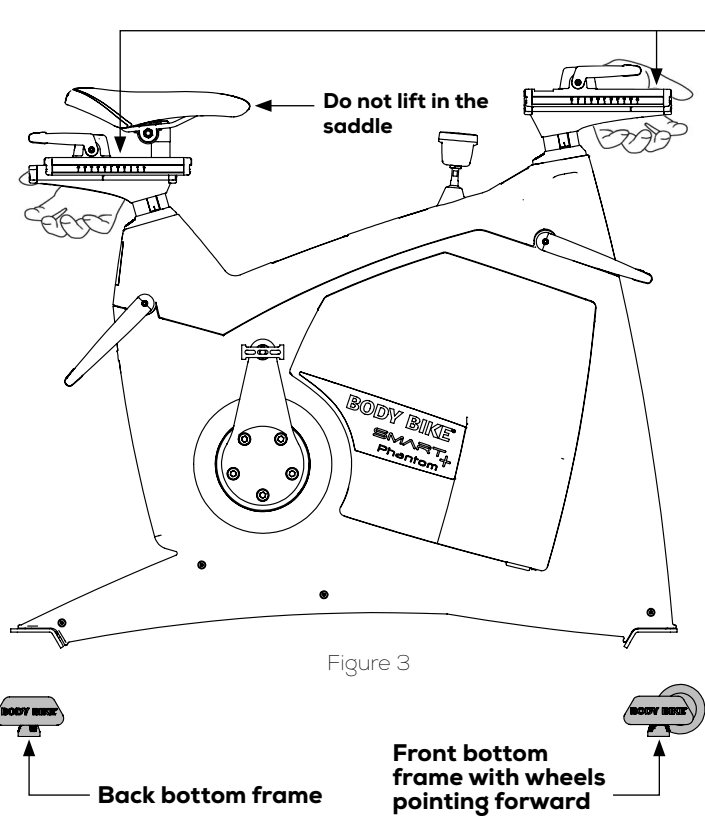
**BOTTOM FRAME**

A fixing tool can be bought at BODY BIKE® International A/S to ease the mounting of the bottom frame. Go to page 32.

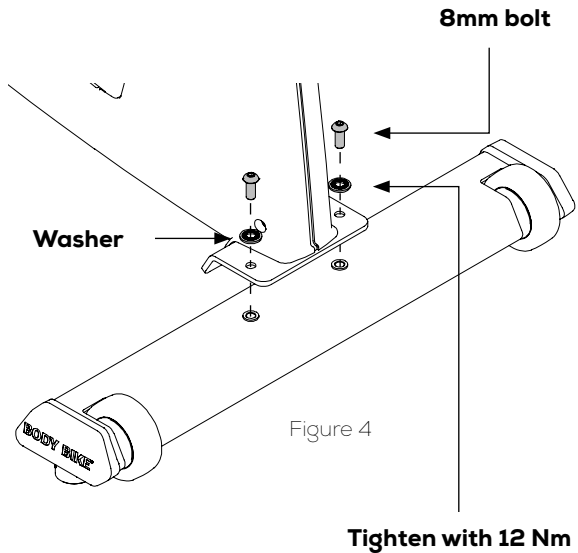
- 1) Arrange the bottom frames parallel to each other on the floor next to the bike, with the correct mounting distance between them as shown in figure 3. On the front bottom frame, the transport wheels should point forward.
- 2) Take hold of the front post and seat post and lift the bike onto the bottom 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 Torque wrench, with clear indication of torque Nm. See figure 4.
- 4) Unscrew the rubber feet a little. Place the bike in the correct position. Turn them up and down until the bike stands properly and it is in level.

**⚠ PLEASE NOTE**  
Do not overtighten the nuts. Max 12 Nm.

**BOTTOM FRAME**

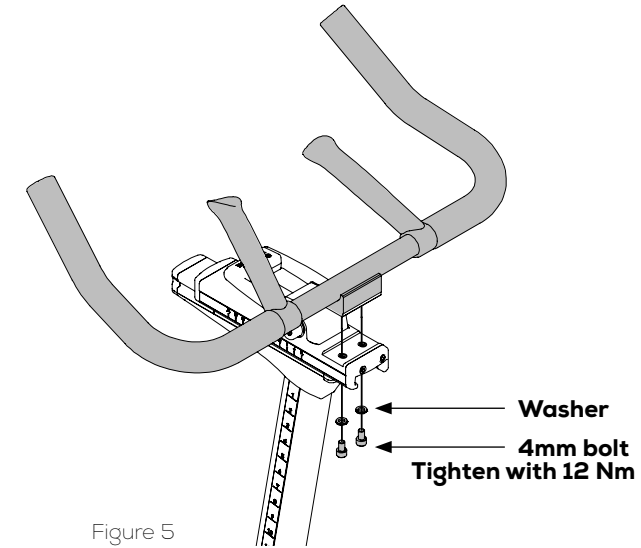


**LIFTING SPOTS. Be sure that the saddle and handlebar are locked before lifting**



**HANDLEBAR**

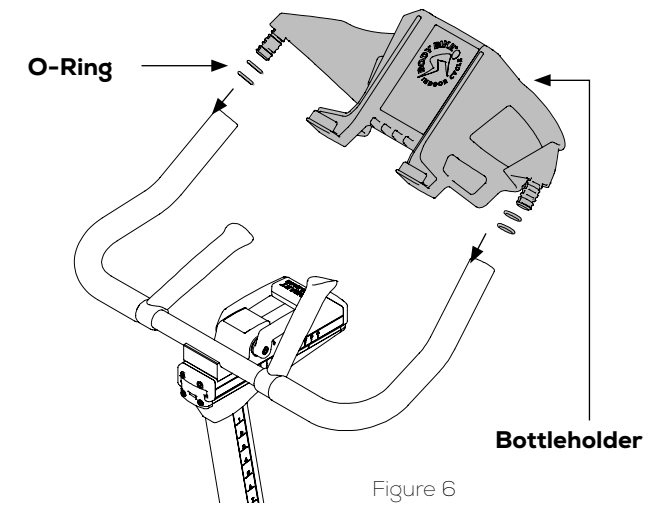
- 1) Release the front sled and pull it completely backward.
- 2) Place the handlebar on top of the front sled as shown in figure 5.
- 3) From underneath the sled, screw a 4mm bolt with a washer in between, as shown in figure 5. Tighten the bolt to a maximum torque of 12 Nm



**BOTTLEHOLDER**

- 1) Take 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 with 14mm wrench. Adjustment and tilt can be done before it's completely fixed.

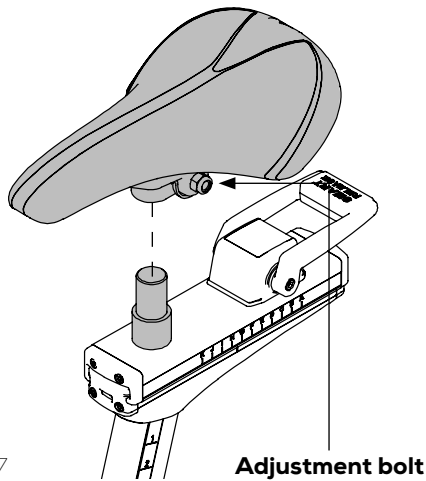
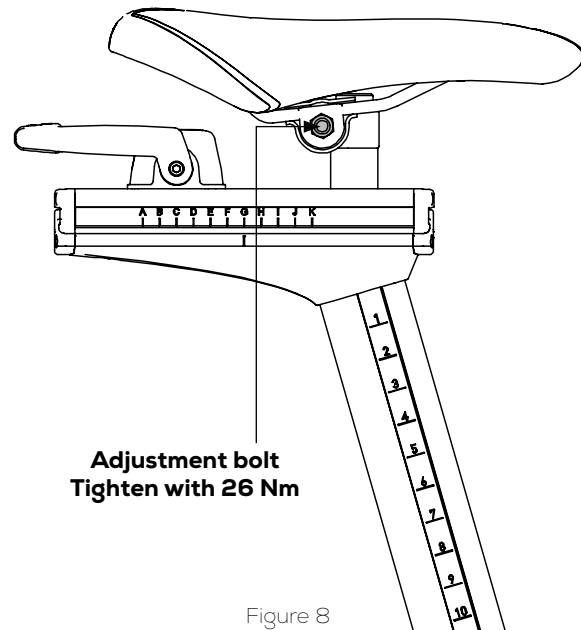


Figure 7

**Adjustment bolt**



**Adjustment bolt  
Tighten with 26 Nm**

Figure 8

**PEDALS**

- 1) Place the right pedal arm with the socket pointing upwards, see figure 10.
- 2) Press the emergency brake all the way down and press it while at the same time tighten the pedal with 45 Nm.

**! Please note**

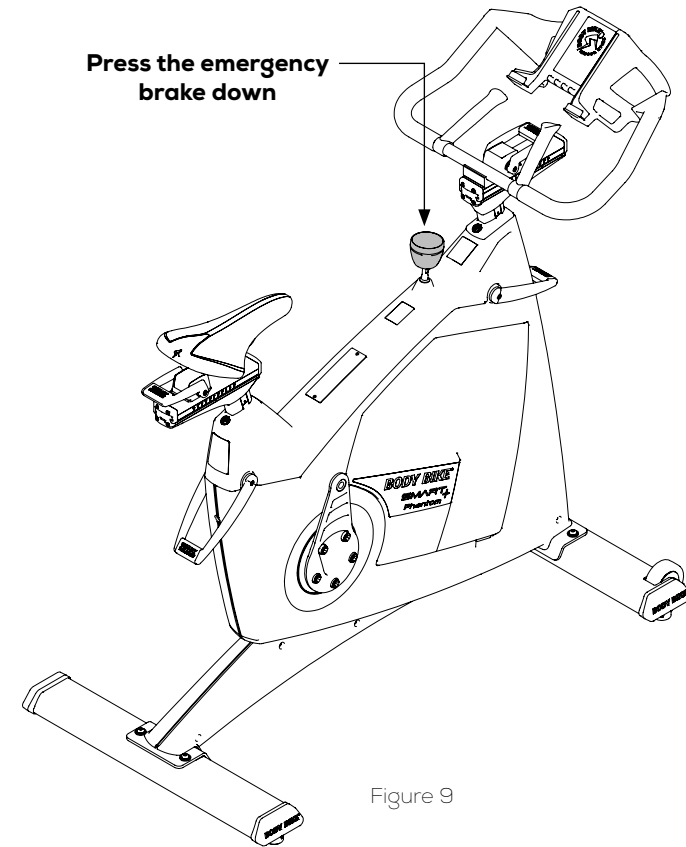
The pedals are marked with R for Right and L for Left side.

The pedals should always be screwed on in the direction of the handlebar, see figure 11 and 12.

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/4,5kg).



**Press the emergency  
brake down**

Figure 9

**PEDALS**

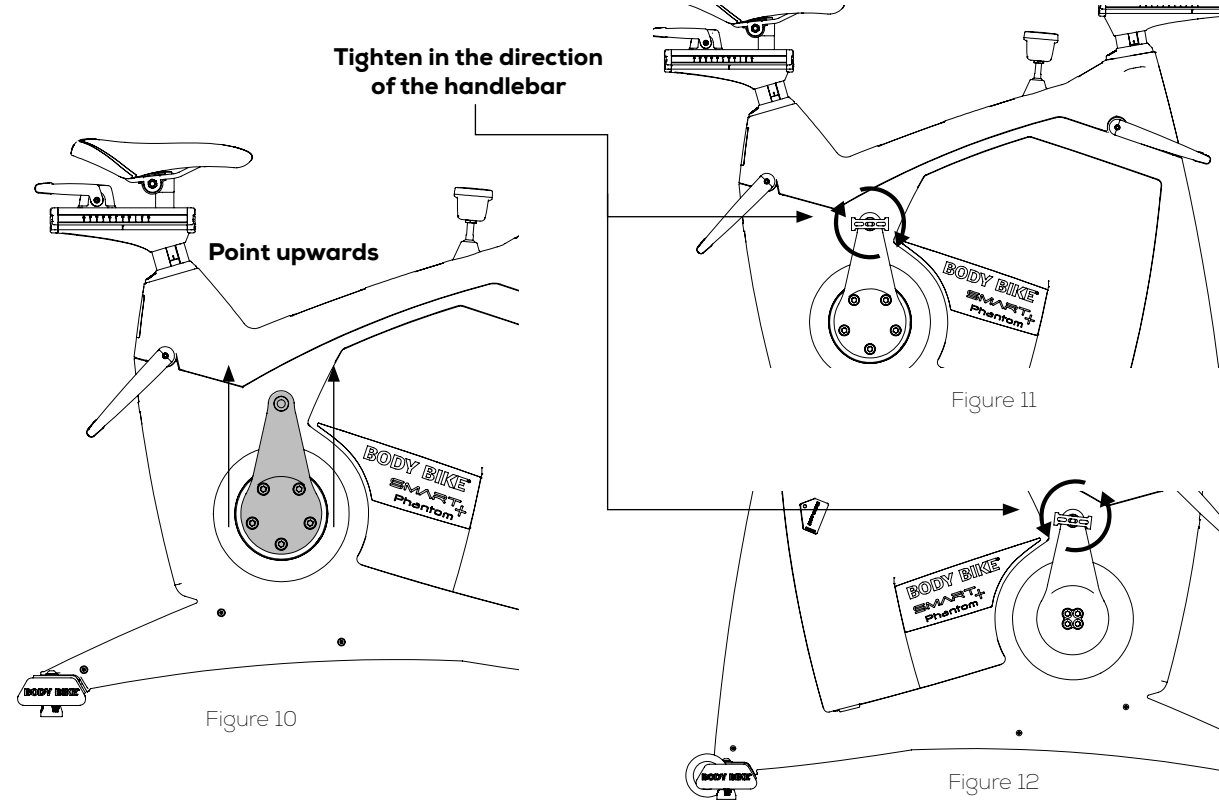


Figure 10

Figure 11

Figure 12

**MAINTENANCE**

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- Adjustment handle horizontal ..... 17
- Adjustment handle vertical ..... 19
- Service hatch ..... 20
- Removal of side covers ..... 20
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- Quattro step (Click function) ..... 23
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- Replacing the vertical handle ..... 25
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## TRACK YOUR MAINTENANCE

BODY BIKE SMART+ Phantom features tracking and service history capabilities designed to enhance club management and maintenance.

### For Club Managers

Leverage comprehensive performance data to optimize your facility's operations. Monitor key metrics such as:

- Total operation time
- Distance covered
- Average wattage output
- Detailed parts history

### For Authorized Service Personnel

Efficiently manage bike maintenance with automated tracking. Easily register replaced spare parts, with the bike automatically recording:

- Date of replacement
- Accumulated distance at time of replacement

To access the performance and service data:

- 1) Navigate to the "App settings" menu within the bike's app.
- 2) Locate the "Authorized service only" section.
- 3) Enter the code provided by your BODY BIKE distributor.

### ⚠ PLEASE NOTE

BODY BIKE SMART+ Phantom can only connect to the app from version 2.2.7 and above.



Club managers

Service Technicians

Figure 13

### ⚠ PLEASE NOTE

We recommend modifying BIKE ID **only** when necessary. iPhones tend to retain the names of Bluetooth devices, which can cause confusion if the user has previously connected to the bike.

## 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 14.

2) Release resistance and push the sled forward. The letter **K** should be above the line as shown in figure 14.

3) Unscrew the 8mm bolt from below. This enables you to slide off the handlebar from the sled. See figure 14.

4) Remove the handlebar, 8mm bolt, brake plate and plastic tube. See figure 16.

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.** If difficulty with sliding. Use vaseline oil on top of the front post sled. Apply sparingly

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

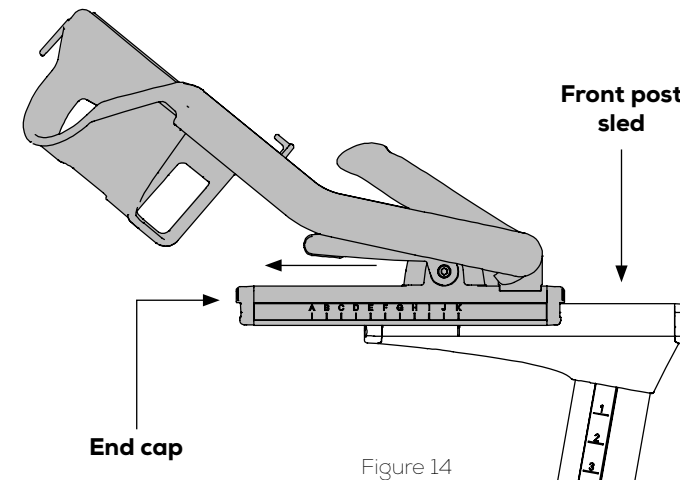
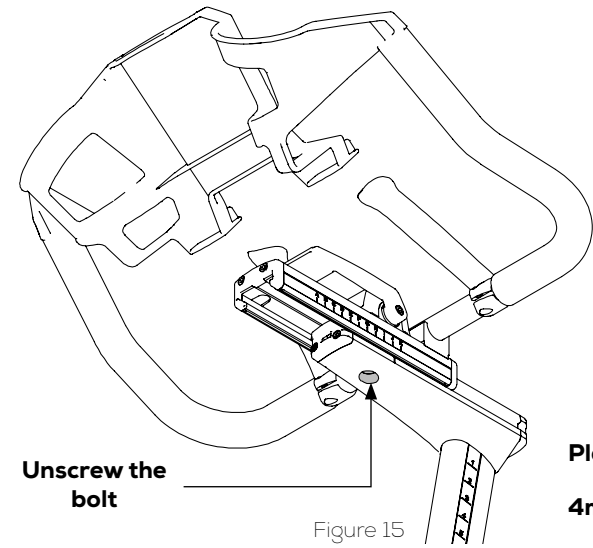


Figure 14

### ⚠ PLEASE NOTE

Never use grease or vaseline oil on the Brake plate. See figure 16.

## ADJUSTMENT HANDLE HORIZONTAL



Unscrew the bolt

Figure 15

9) Insert the 8mm bolt from 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.

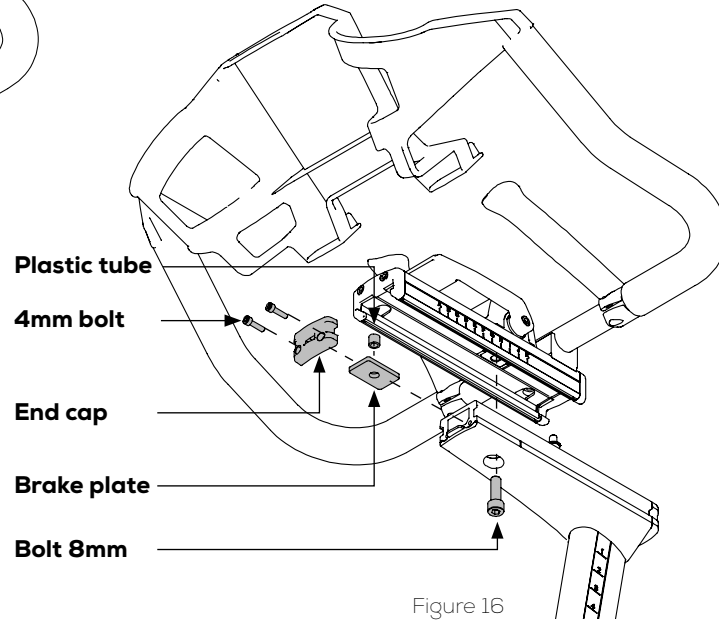


Figure 16

## 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 19.

2) Locate the adjustment bolt, just above the control box. See figure 17.

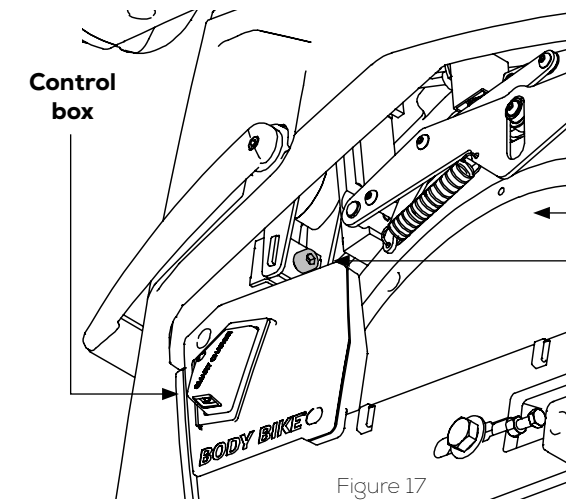


Figure 17

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.

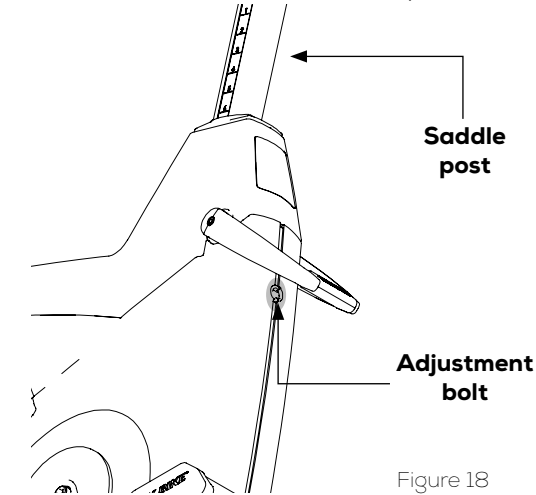


Figure 18

## 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 19.

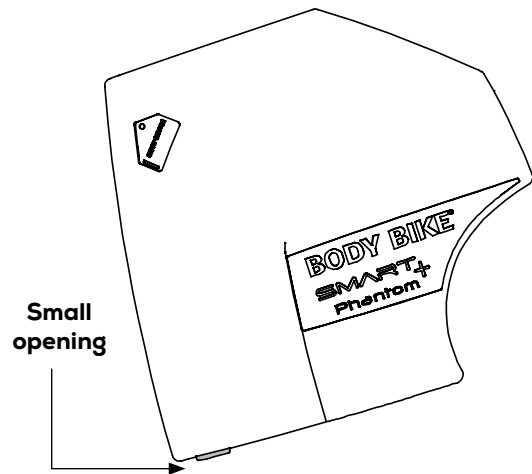


Figure 19

**! PLEASE NOTE**

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

## 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 20.
- 2) Dismount the brake lever. See figure 21. Hold the cap nut with a 17 mm wrench and unscrew the brake handle.

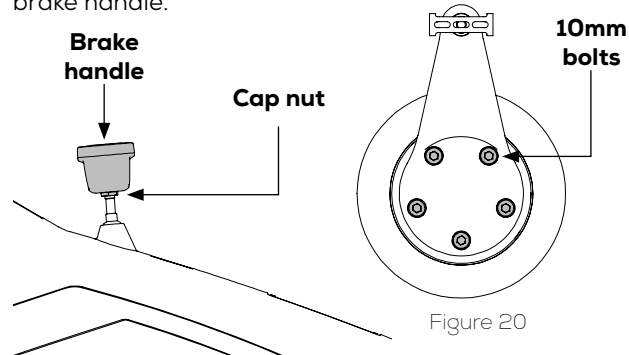


Figure 21

**! PLEASE NOTE**

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

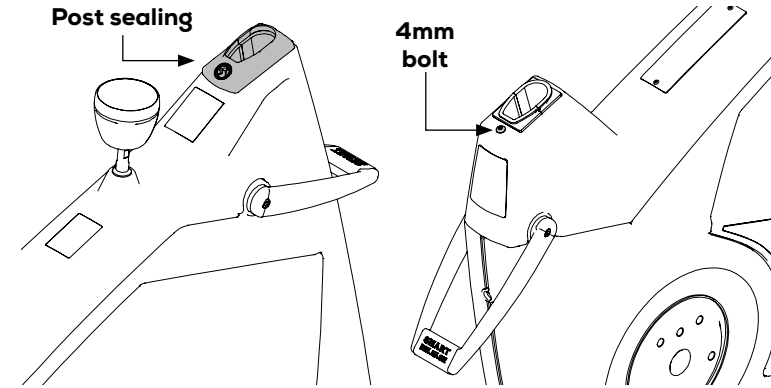


Figure 22

Figure 23

- 3) Remove front and back post sealings. See figure 22.
- 4) Remove the 4mm bolt in the front and back of the bike. See figure 23.
- 5) Pull off the top cover. This makes the two hidden bolts accessible. See figure 24.
- 6) Remove the service hatch. See figure 19.

- 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.

**! PLEASE NOTE**

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

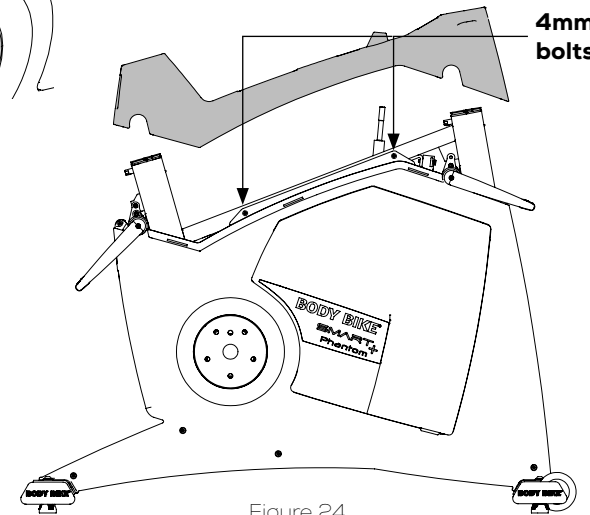


Figure 24

## REPLACING THE SILICON RING

The generator wheel has a red silicone ring that runs against the flywheel. Due to normal wear, the silicone ring will eventually need replacement. This can be done by removing the right service hatch (see Figure 19).

- 1) Remove the old silicone ring by pushing it off the generator wheel.
- 2) Position the new silicone ring loosely in the groove on the edge of the generator wheel.
- 3) Install the new silicone ring by turning the generator wheel while gently pushing the ring into place with one finger.

**⚠ PLEASE NOTE**

Ensure the silicone ring is correctly fitted. Turn the generator wheel with a finger on the ring to verify proper seating.

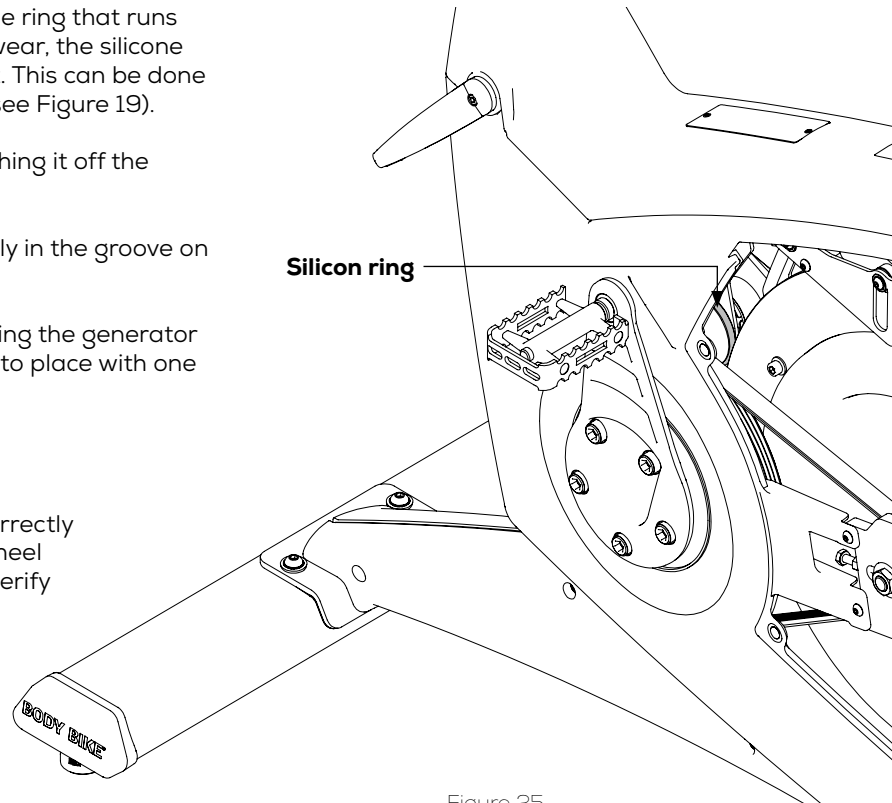


Figure 25

## QUATTRO STEP (CLICK FUNCTION)

If you no longer hear or feel a click when turning the brake lever, it might need adjustment. **This is technician only.**

- 1) Remove the top cover and the left side cover of the bike. Go to page 20-21.
- 2) Find the pin screw on the brake housing. See figure 26.
- 3) Use a 5mm Allen wrench to adjust the pin screw. While holding the brake lever, slowly turn the pin screw to check if the click feels as desired.
- 4) If you prefer no click at all, completely loosen the pin screw.

**⚠ PLEASE NOTE**

Avoid over-tightening the screw. Minor adjustments are usually enough.

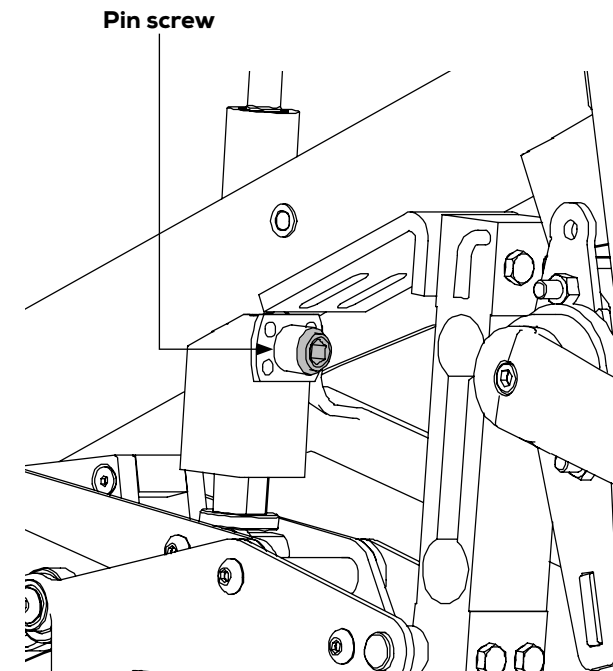


Figure 26

## REPLACING THE EMERGENCY KEVLAR PAD

The brake uses a Kevlar pad for emergency braking. This Kevlar pad must be replaced if it is worn out. **This is technician only.**

- 1) Remove tension from the brake. Take off the top cover and both side covers of the bike. Go to page 20-21.
- 2) Remove the spring from both sides.
- 3) Loosen the three 3mm bolts. See Figure 27.
- 4) Remove the other side and ensure the spacer is not lost.

- 5) Lift the brake unit off the flywheel and pivot it over the flywheel.
- 6) Use a 2.5mm Allen wrench to loosen the two bolts securing the Kevlar band. See Figure 28.
- 7) Replace the Kevlar pad with a new one.
- 8) Tighten the bolts securely. Check the backside to ensure they are inserted evenly.
- 9) Place the brake unit back onto the flywheel. Attach the left side of the brake arm with the spacer already installed. Mount the brake arm at the load cell and the plastic block on the frame.

**! PLEASE NOTE**  
Do not adjust the load cell or pressure pin. The setup is calibrated for the correct wattage from the factory.

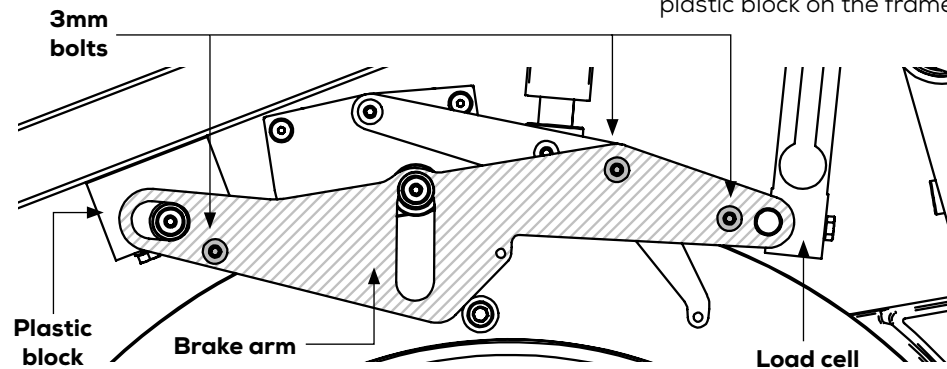


Figure 27

- 10) On the opposite side, first install the spacer, then attach the right side of the brake arm.  
**Note: Ensure the brake arm is correctly seated on the bearings.**
- 11) While holding the sides in place, loosely tighten the three 3mm bolts.
- 12) Tighten the 3mm bolts securely on both sides.
- 13) Reattach the spring to both sides.
- 14) Reattach the side covers, top cover, and brake handle.

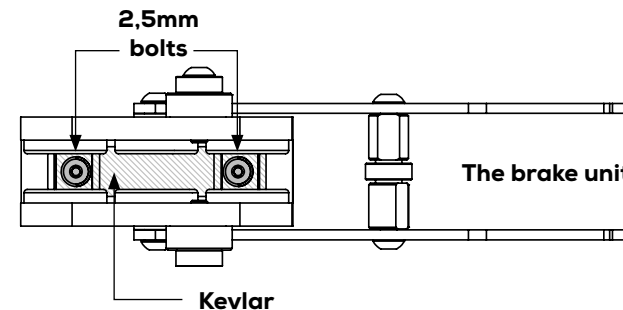


Figure 28

## REPLACING THE VERTICAL HANDLE

The bike has two vertical adjustable handles, making it easy to customize the bike to your height.

Rear handle:

- 1) Use a 4 mm Allen key to completely loosen screw (1). See figure 29.
- 2) Then, loosen screw (2) with a 5 mm Allen key and remove the old handle.
- 3) Place the new handle in position and tighten screw (2) first, then screw (1).

Front handle:

Use only a 5 mm Allen key to loosen and tighten the screw on the front handle.

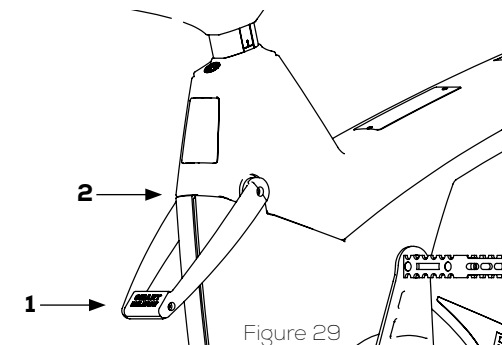


Figure 29

## 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 bike. See figure 19.

2) Loosen the bolts (1) on both sides of the bike with a 19 mm wrench. See figure 30.

3) Loosen the nuts (2) on the counter bolt on both sides of the bike with a 10 mm wrench. See figure 30.

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 32.

6) Tighten the counter bolt (2) on both sides of the bike again.

7) And tighten the bolt(1) again on both sides of the bike.

8) Close the bike by fastening the two hatches again.

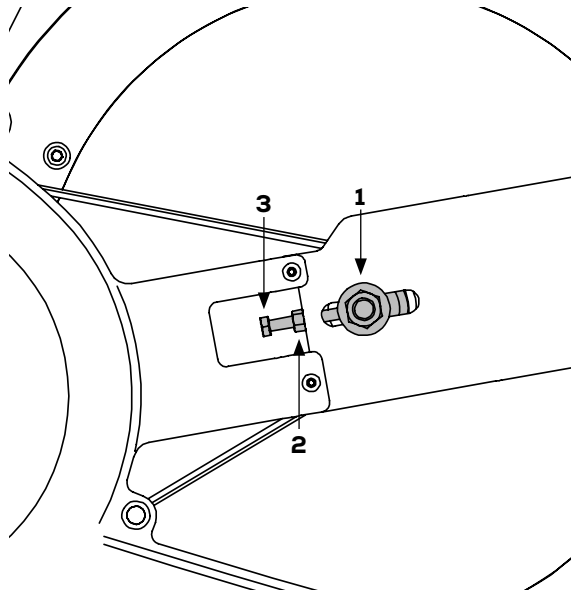


Figure 30

### ⚠ 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 31.

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 BIKE 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

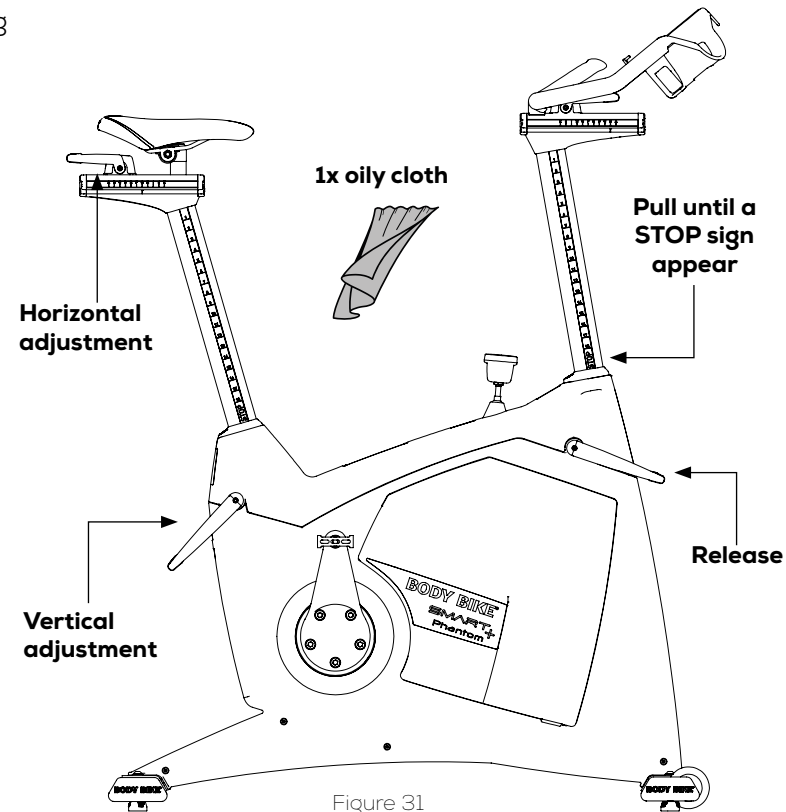


Figure 31

## CONTROL BOX

The control box is located as shown in figure 32. This is the part of the bike which handles all data. It communicates through ANT+ and Bluetooth, which means that the SMART+ Phantom can connect to a long range of different software. Check out Explore and virtual software at [www.body-bike.com](http://www.body-bike.com).

The LED light on the side of the control box tells in which state the bike is in.

- 1) **Constant blue.** The bike is connected to a device.
- 2) **Flashing blue.** The bike is searching for a device.
- 3) **Purple.** Bootloader menu. This is technician only.
- 4) **Yellow.** Updating firmware. This is technician only.
- 5) **Green.** No loadcell number registered. This is technician only.

To activate the control box, you need to turn the pedals. The generator will then provide power to the control box. If there is no light, then open the service hatch and check if the red silicon ring on the generator wheel is in good condition.

**! PLEASE NOTE**

The SMART+ Phantom can only be connected to one device at a time through bluetooth.

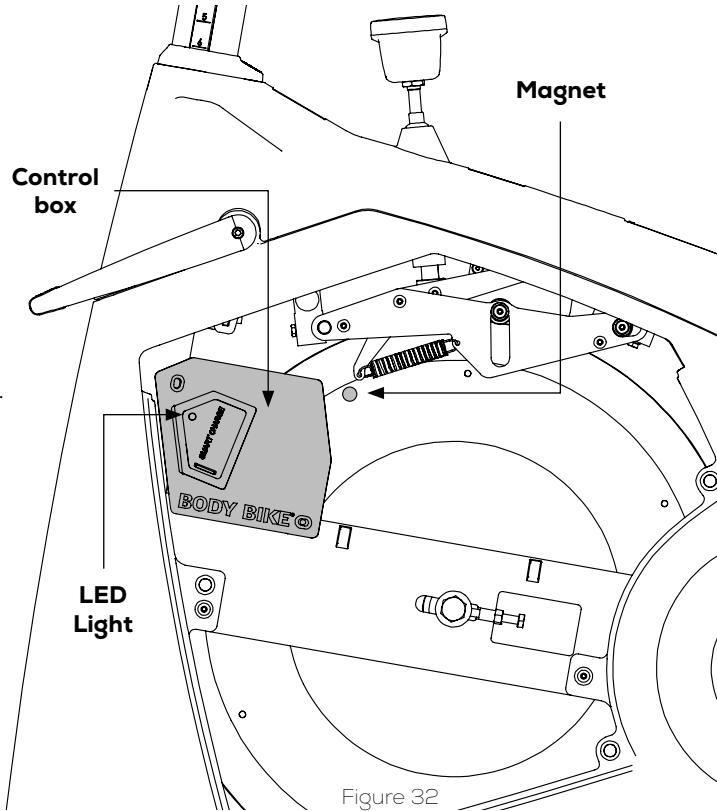


Figure 32

## BODY BIKE INDOOR BIKE APP

Connect the BODY BIKE SMART+ Phantom with the BODY BIKE INDOOR BIKE App and get a long range of different workout data.

- 1) **Start time**
- 2) **Duration**
- 3) **Intensity scale** in percentage.
- 4) **Watt** (Live, Avg and Max)
- 5) **RPM** (Live, Avg and Max)
- 6) **Km/t** (Live, Avg and Max)
- 7) **Distance**
- 8) **Kcal/t** (Live, Avg and Max)
- 9) **HR** (Live, Avg and Max)
- 10) **FTP** in percentage.

**! PLEASE NOTE**

BODY BIKE SMART+ Phantom can only connect to the app from version 2.2.7 and above.

If some of the Live data doesn't appear eg. RPM, then open the service hatch and check if a magnet is mounted on the side of the flywheel. If not then contact [info@body-bike.com](mailto:info@body-bike.com).

**! PLEASE NOTE**

HR data is only possible if an HRM is connected with the BODY BIKE app. Download the app on Play store or App store.

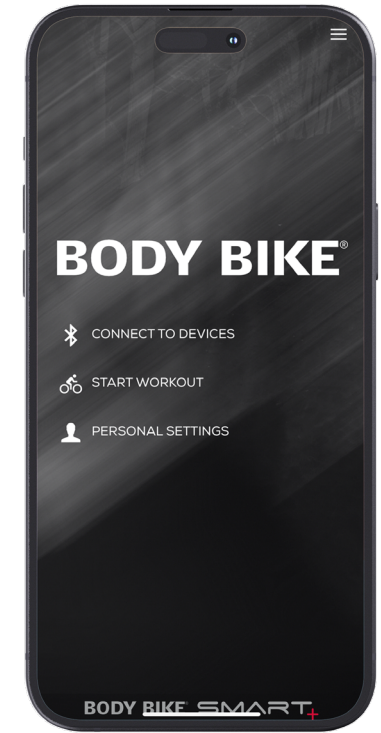


Figure 33

## 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 19 and follow the instructions. Remember, do not overtighten. Everybody needs to be able to adjust the bike.

### 2) 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 17-18 and follow the instructions. Remember, do not overtighten. Everybody needs to be able to adjust the bike.

### 3) Does the LED light, from the bikes left side, have any meaning?

The BODY BIKE SMART+ Phantom is equipped with a control box which is the heart of the bike. This box communicated through colour, telling which state it is in. Go to page 28 and get an overview of the colour codes.

### 4) Does the BODY BIKE SMART+ Phantom provide LIVE tracking data?

The BODY BIKE SMART+ Phantom provides a long list of tracking data. But an external device is needed in order to display the data. Go to page 29 and download the BODY BIKE INDOOR BIKE app on your phone.

### 5) 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 6 and 7. This gives you the overview that you need. If the warranty covers the damage then go to page 32.

### 6) Can I replace the handlebar with a new one?

If there are several SMART+ Phantom bikes in the room, it is important not to switch the front- and saddle posts between the bikes. The bike has a unique number, which is located on the posts. Go to page 27.

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

This can easily be fixed. Go to page 26 and follow the instructions. But do not perform this action if you don't have the necessary tools.

### 8) Any good daily advice to keep the bikes 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.



**ONLINE INFORMATION**

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**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+ Phantom, follow the link below.

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

**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](mailto: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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The bike's durability ensures a longer lifespan, reducing the need for frequent replacements and subsequent carbon emissions associated with the production of new units. By creating a product that stands the test of time, the company promotes sustainable consumption and minimizes waste.

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**BODY BIKE®**  
OBSESSED WITH PERFECTION

# BODY BIKE®

Edition 1.0

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