

BODY BIKE® SMART

DO'S & DON'TS

TROUBLE
SHOOTING



DO'S & DON'TS

GENERAL INFORMATION

Before beginning any exercise, please consult your physician

Wipe off the cycle after EVERY use. If necessary, use water in a spray bottle and a tissue with some washing-up liquid.

NEVER use alcohol or chemicals to clean the cycle

ALWAYS release tension after use

The rubber feet should always be adjusted to ensure that the cycle is in level

DO NOT perform stretch exercises on the cycle, pedals or up against the cycle

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

DO NOT lift the cycle by the saddle or the handles – use the handlebar in locked position and wheel the cycle. Avoid bumps, uneven surfaces and set down the cycle with care. Only for indoor use

DO NOT pedal fast in an attempt to set a record if you do not have the bike under control

DO NOT add more tension than necessary. Over-tightening the tension knob to the extent that pedalling is not possible may cause harm to the brake unit

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

Use a cloth with Vaseline oil to clean between the top of the posts and the sliders.

Every other week pull out the seat post and the front post and wipe them clean with an oily cloth

Tighten the pedals every 14 days to avoid them getting loose or breaking off

Tighten handlebar screws to 4,5Nm every 14 days, see quick manual for further instruction

Inspect the brake pad after the first month and hereafter every three months to make sure it is not worn through.

Pedals should be changed once a year or at least after 1500 hours.

At an annual service check vacuum clean inside the cycle and check that the ribs on the Poly-V belt and pulley are clean.

Every second year the rubber feet should be replaced as the rubber hardens and becomes unable to absorb the impact.



TROUBLESHOOTING

How to keep the cycles in good condition?

It is a good idea to place a board at the exit of the room displaying all cycle numbers. Here people can write possible problems or concerns arisen during the workout. 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.

SMART Release handles are not locking

Adjust the handles by tightening the M8 bolt. For more information, see instruction video.

