

FLY ANYWHERE

ALL-IN-ONE QUICKSTART GUIDE



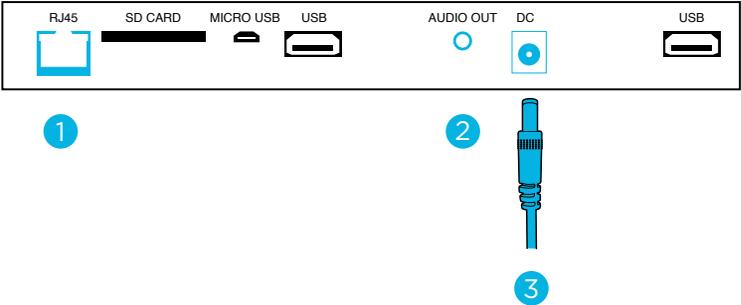
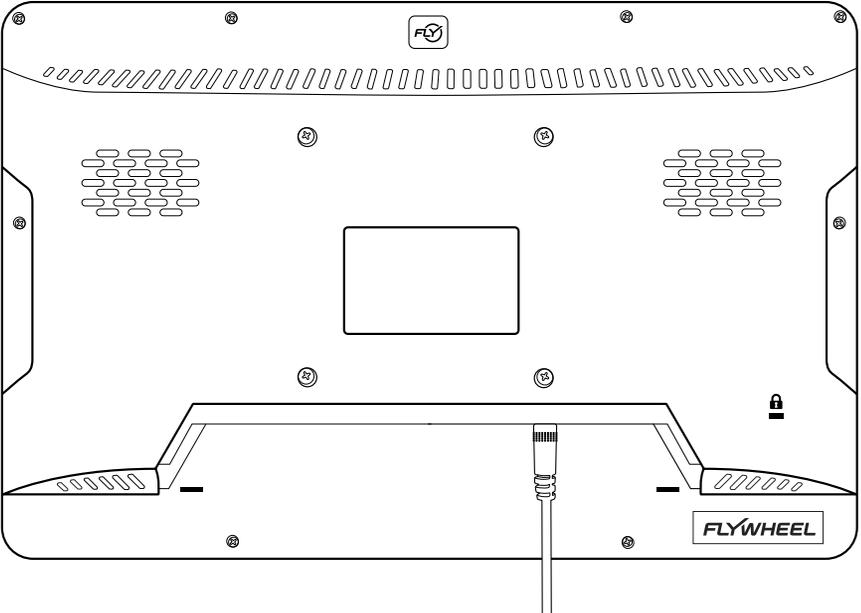
TABLE OF CONTENTS

Display	3
Classes	4
Getting started	5
Home screen	7
Filter class type	8
Ride screen	9
Bluetooth pairing	10
Contact us	11

DISPLAY

1080p Full HD Touchscreen
WiFi 802.11 b/b/n 2.4GHz + 5GHz
Bluetooth® 4.0

- Ethernet Port (1)
- Audio Jack (2)
- Power (3)



CLASSES

F.I.T. (Functional Intense Training)

This full-body workout alternates functional, high-intensity drills and heavier weights to take metabolic conditioning and fat burning to the next level. The result: A badass body that knows no limits. (ON DEMAND ONLY)

Upper Body

Push and pull for strong, defined arms. Focused on upper body-targeted exercises, it's the ideal workout to balance your hard work on the bike, and make your flex a lot more fierce.

Lower Body

Kick your own ass. And legs. And back. Through a series of lower body moves, you'll sculpt, strengthen, and feel like a total powerhouse.

Core

Burn out those abs, plank your way to a stronger core, and build the foundation for better rides on the bike.

Regen

Recover like an athlete and boost performance as you stretch and foam roll in this regenerative class.

Barre

Our signature total body workout. Blending light weights, high repetitions, and core strengthening exercises, it's the ultimate toning experience that's transformed countless bodies.

Method

Our signature high-intensity interval training ride. Climb heavy hills, sprint through fast flats, jog up and down mixed terrains, and race against others in the epic class that's changed countless bodies and minds. Includes an upper-body series for a full-body workout.

Power

Ready to take it to the next level? This no-holds-barred ride is a more challenging version of our Method ride, with longer races, steeper hills, no upper body section, and less recovery time between intervals.

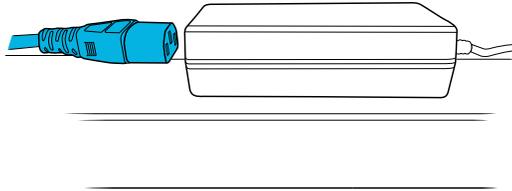
Endurance

Whether you're in the saddle, jogging in second, or up in third, this leg-burning, heart-pumping ride will put your endurance to the test. Build your stamina and push your body to go the distance.

Fusion

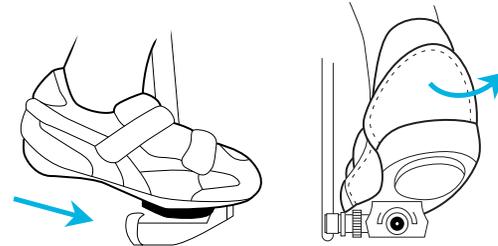
Using the beat of the music, this rhythm—based ride incorporates choreography and our exclusive metrics for a results-driven fitness

GETTING STARTED



PLUGGING IN

Plug the power cord into the adapter on the bottom of the bike, then plug the other end into an outlet.



CLIPPING IN

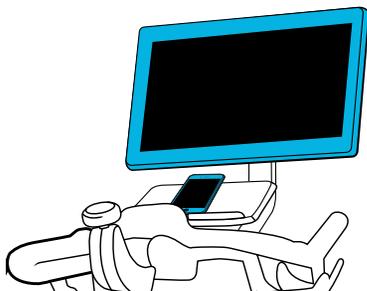
Find the U-shaped side of the pedal, then slide the ball of your foot down while dropping your heel until you hear a click

CLIPPING OUT

With your hand on the Torq Knob, swing your heel away from the bike.

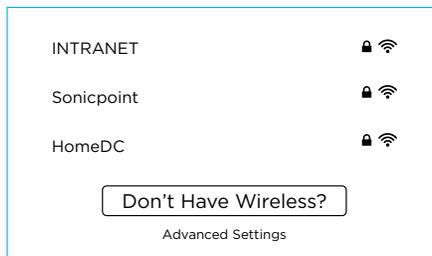
GETTING STARTED

CONTINUED



WAKE THE BUILT-IN DISPLAY

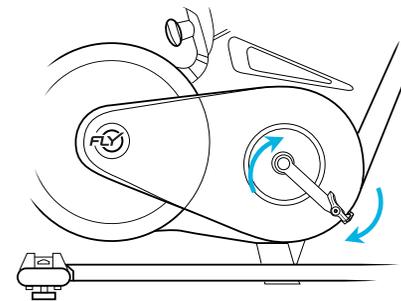
Tap the screen to wake up the display. It will remain on during your ride, and turn off after a couple minutes of inactivity.



CONNECTING TO THE INTERNET

Select your WiFi network from the list and enter your password (if required).

If you're setting up your bike for the first time, you'll be prompted to enter your Flywheel Sports account information once you're connected to the internet.



GUIDED SETUP

Follow the onscreen instructions to calibrate your bike and customize your account settings.

HOME SCREEN

BOOKMARK

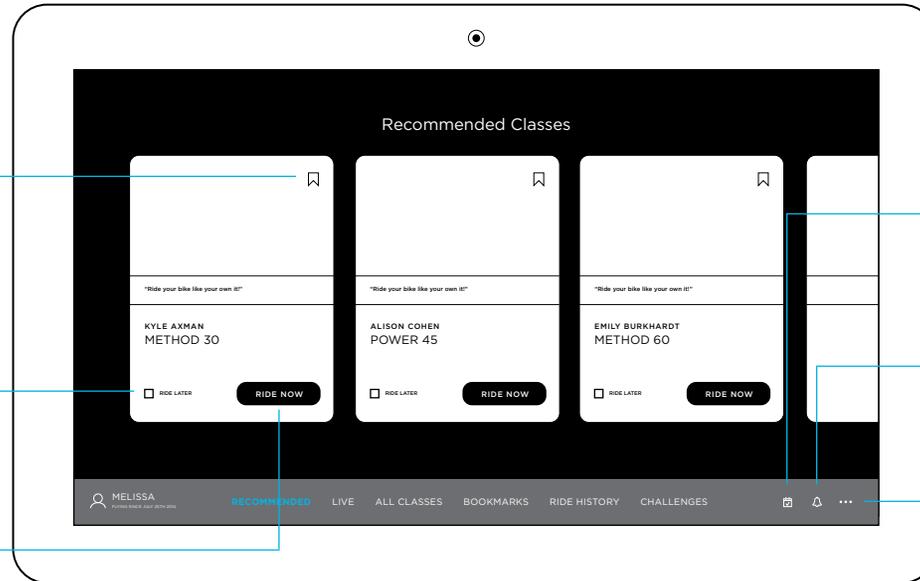
If you really enjoyed a particular class, bookmark it to easily find it again later.

RIDE LATER

Add a live class to your calendar, or schedule a time to take an on-demand class.

RIDE NOW

Jump into an on-demand class, or join a scheduled live class.



SCHEDULE

See your upcoming live classes.

NOTIFICATIONS

Get alerts for new classes and challenges, new medals earned, and more.

MENU

Add a rider, switch rider profiles, or sync a Bluetooth device in settings.

FILTER CLASS TYPE

You can browse by all available classes, or narrow-down your search by tapping the categories at the bottom of the Home Screen.

RECOMMENDED

Suggested classes based on your workout preferences.

LIVE

View all live classes.

ALL CLASSES

View both love and on-demand classes.

BOOKMARKS

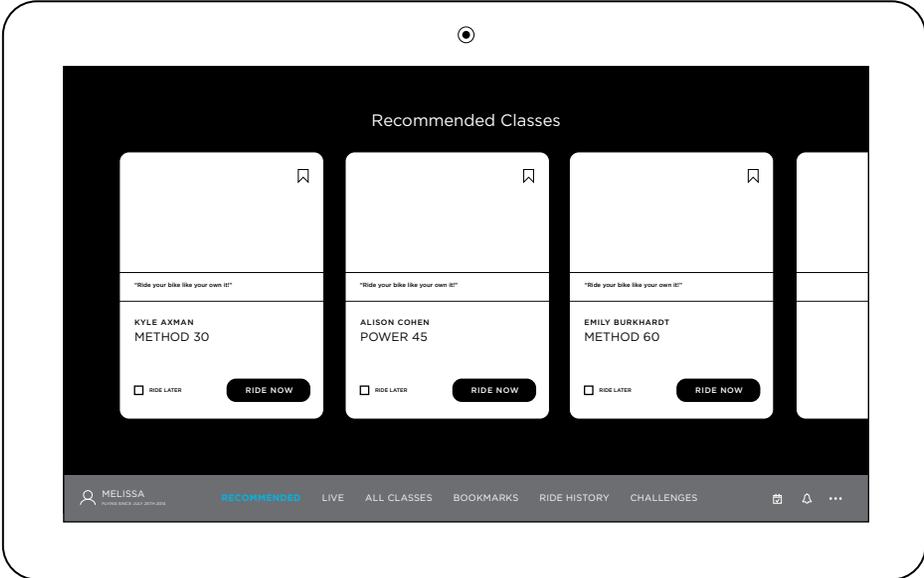
See any favorite classes you've bookmarked.

RIDE HISTORY

A recent history of classes you've completed.

CHALLENGES

Specific ride challenges that target a specific goal.



RIDE SCREEN

TOTAL POWER

A combination of Torq and RPM to measure your total energy output.

TORQ

This is your resistance. You'll crank it up to climb hills, and lower it for fast flats.

TORQBOARD

This is your leaderboard where you'll spot other riders in your class. You can always opt out before your ride.

CURRENT

A combination of Torq and RPM to measure your energy output at any given point in your ride.

RPM

This is your speed, or how many times your wheel is revolving per minute.



BLUETOOTH PAIRING (OPTIONAL)

You can connect Bluetooth® compatible devices such as the Flywheel Heart Rate Monitor, Flywheel Headphones, or any compatible external speakers or headphones.

BLUETOOTH AUDIO

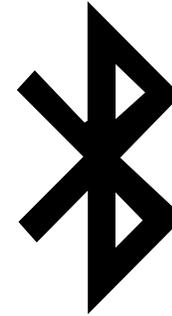
We recommend using your favorite Bluetooth headphones or speakers for the best riding experience.

On the Home Screen, tap ••• > **Settings** > **Network** > **Headphones** > and tap on the device name to connect.

HEART RATE MONITOR

Connect the Flywheel Heart Rate Monitor to track your heart rate during class.

On the Home Screen, tap ••• > **Settings** > **Network** > **HRM** > and tap on the device name to connect.



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FLYWHEELSPORTS.COM

CONTACT

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