



**THE FLYWHEEL HOME BIKE**  
ALL-IN-ONE QUICK START GUIDE



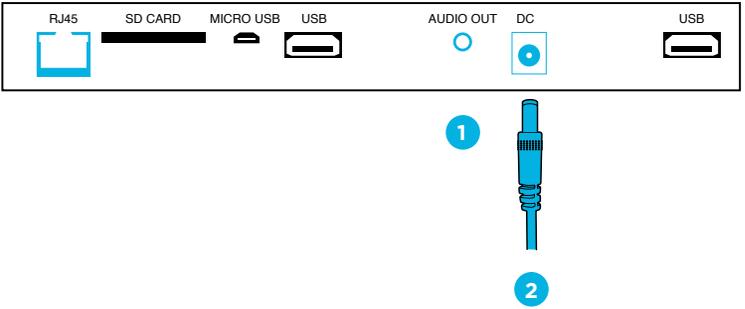
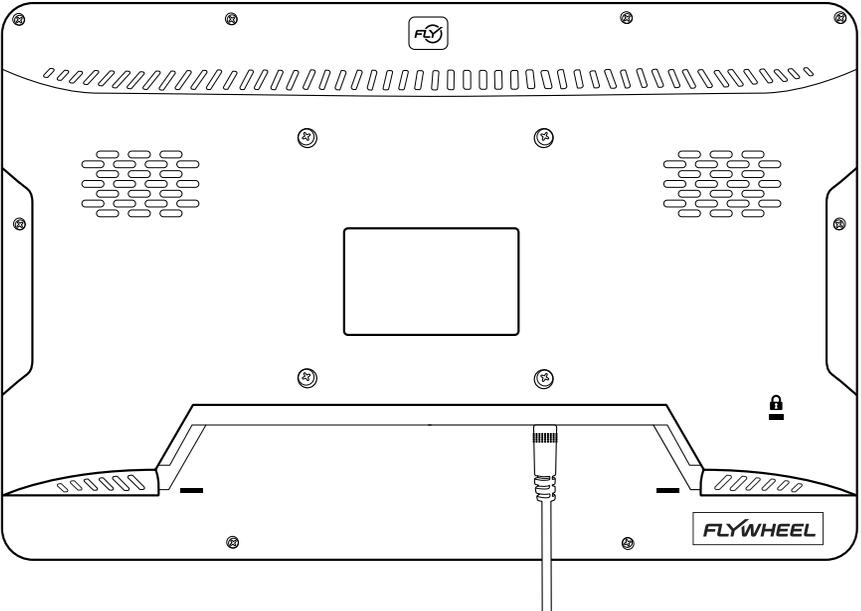
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# DISPLAY

1080p Full HD Touchscreen  
Greater than 10 Mbps upload and download speed;  
802.11 b/g/n, 2.4GHz & 5.0GHz; WPA2 Enterprise is  
not supported Bluetooth® 4.0 (supports most stan-  
dard Bluetooth headphones and heart rate monitors)

Audio Jack (1)  
Power (2)



# CLASSES

## FlyFIT

This full-body workout alternates functional, high-intensity drills and heavier weights to take metabolic conditioning and fat burning to the next level. (Pre-recorded only)

## Upper Body

Work your arms, chest, and upper back using 5-20 lb. weights and high-intensity drills (Pre-recorded only)

## Lower Body

Work all the muscles of your legs using 5-20 lb. weights and high-intensity drills.(Pre-recorded only)

## Core

Strengthen all the muscles of your abdominals and back using a dumbbell and timed sequences. (Pre-recorded only)

## FlyRecover

Through yoga and sports-inspired stretching—plus self-myofascial release (foam rolling) — you'll boost overall athletic performance. (Pre-recorded only)

## FlyBarre

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. (Pre-recorded only)

## Flywheel 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. For the 45 minutes, includes an upper-body series for a full-body workout.

## Flywheel 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 series, and less recovery time between intervals.

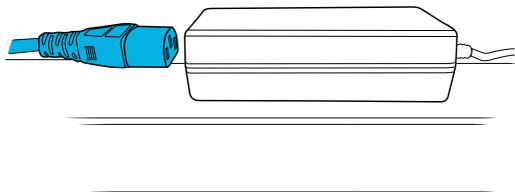
## Flywheel Climb

Climb features mixed terrains and hills of varying intensities. It's advanced and will put your legs and ticker to the test. (A Fly On Demand exclusive!)

## Tempo

This interval training class fuses rhythm riding with core-strengthening athletic movements for the ultimate beat-based, results-driven experience. It's fun. It's challenging. It's rhythm riding for athletes.

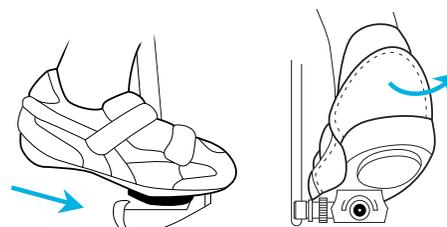
# GETTING STARTED



## PLUGGING IN

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

Your bike includes 2 D batteries that power your Bluetooth. Please ensure that these are properly installed. You can find the battery compartment underneath the left pedal (this can be opened using a screwdriver).



## CLIPPING IN

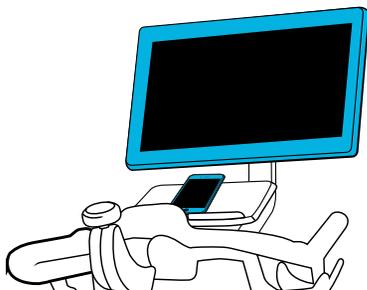
Find the U-shaped side of the pedal, then slide the ball of your foot down while dropping your heel until you hear a click

## CLIPPING OUT

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

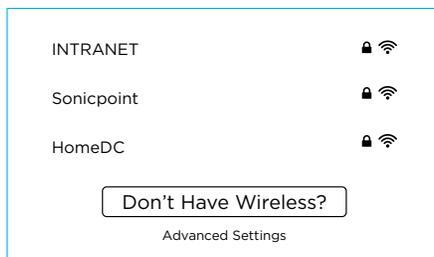
# GETTING STARTED

## CONTINUED



### WAKE THE BUILT-IN DISPLAY

Pedal the bike a few rotations and tap the screen to wake up the display. It will remain on during your ride, and turn off after a couple minutes of inactivity. If for some reason your display does not wake up, please try unplugging the wire and then plug it back in.

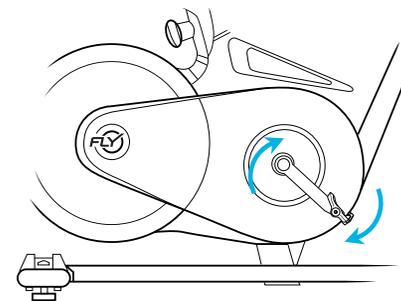


### CONNECTING TO THE INTERNET

Select your WiFi network from the list and enter your password. 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. You'll then be guided through the initial calibration process by the onscreen instructions.

If you receive a prompt that says "Unfortunately Flywheel Anywhere has stopped", please tap "Reset All" and select your network. Please re-enter your password and ensure that each character is being entered correctly.

Please keep in mind that your Wi-Fi password is case sensitive.



### GUIDED SETUP

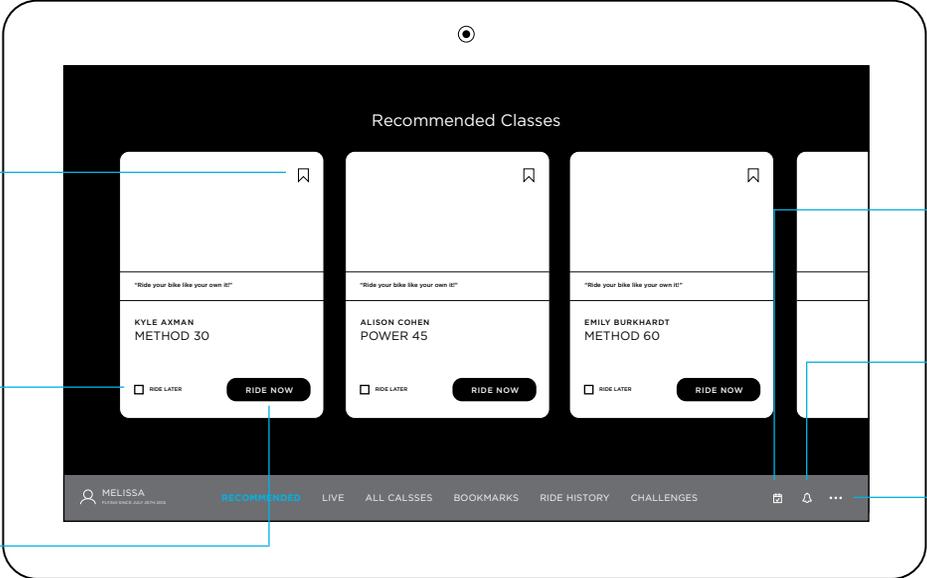
Follow the onscreen instructions to calibrate your bike and customize your account settings.

# 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

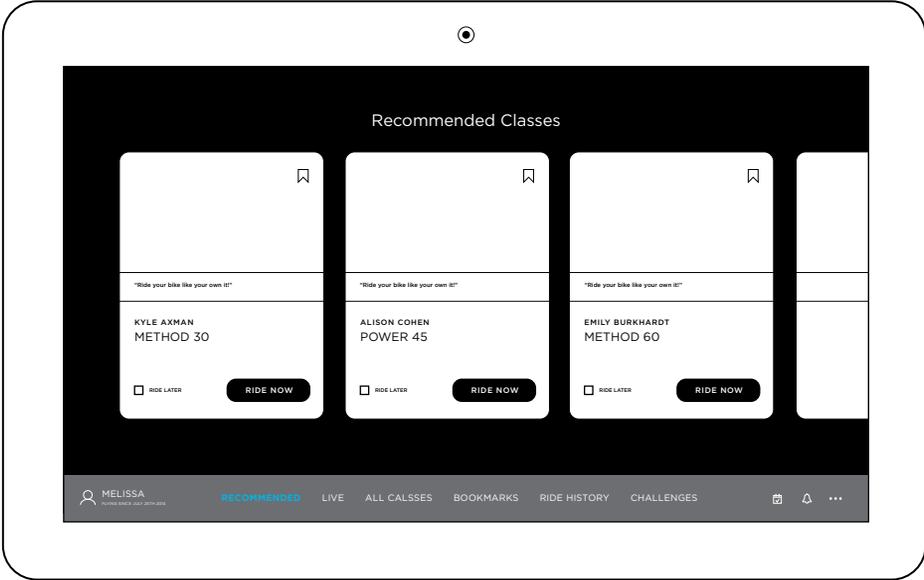
View both live and on demand classes.

## BOOKMARKS

See any favorite classes you've bookmarked.

## RIDE HISTORY

A recent history of classes you've completed.



# RIDE SCREEN

## TORQ

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

## RPM

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

## TOTAL POWER

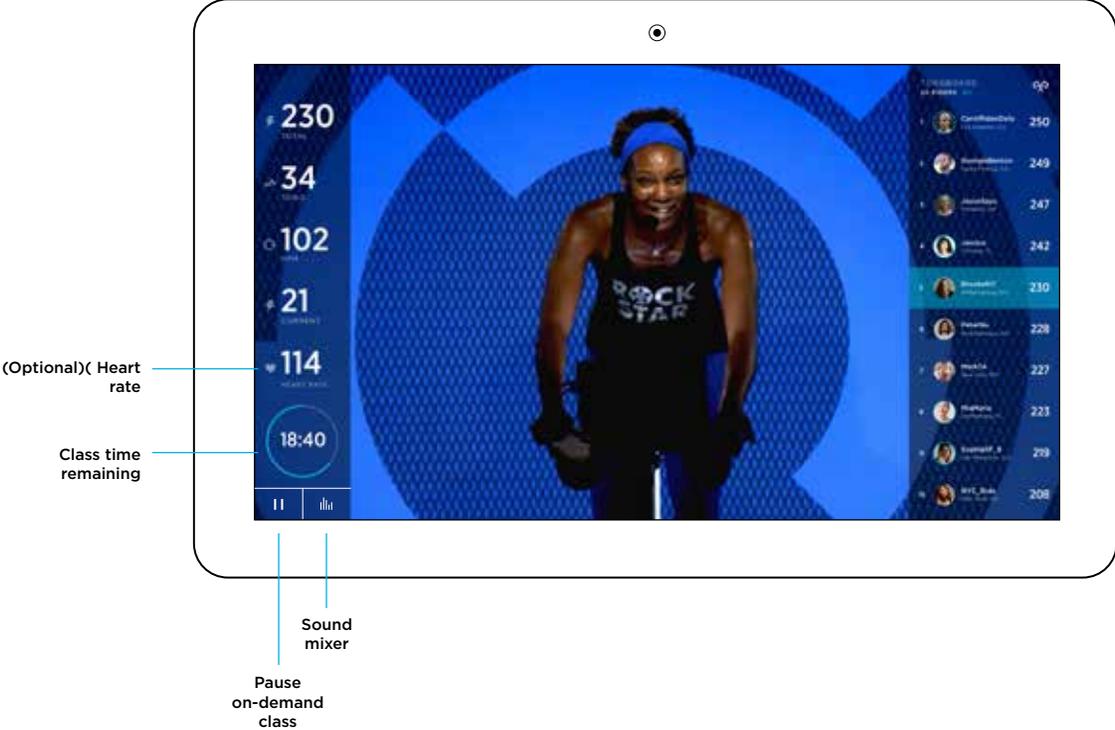
A combination of Torq and RPM to measure your total energy output.

## CURRENT

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

## TORQBOARD

This is your leaderboard where you'll spot other riders in your class.



# 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.

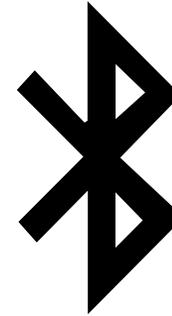
On the Home Screen, tap ••• > **Settings** > **Headphones** > and tap on the device name to connect.

## HEART RATE MONITOR

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

In class, tap the heart icon and then tap on the device name to connect.

Please note that the sensor must be damp in order to pair and sense your heart rate.



# CONTACT US

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