



Welcome to the Flywheel Home Bike
Fitness Experience

TABLE OF CONTENTS

Safety Information	4	Clipping In and Out	14
Before Getting Started	5	Riding with the Built-In Display	14
Tech Specs & Requirements	6	Riding with our iOS or Android app	14
Optional Display	8	Connecting to the Internet	15
Positioning the Bike	9	Sharing your Subscription	16
Moving the Bike	10	Waking the Bike	15
Adjusting the Saddle	11	Joining a Class	16
Adjusting the Handebers	12	Ride Screen	17
Torq Knob	13	Sharing your Bike	17
Emergency Brake	13	Wireless Streaming	18
Plugging in	14	Preventative Maintenance	19
		Warranty	21
		Contact us	24

SAFETY INFORMATION

Read this manual carefully before using the Flywheel Home Bike. Follow all operating and maintenance instructions. Please keep this manual for future reference. Improper use or maintenance can result in injury and void the warranty terms.

WARNING!

To reduce the risk of serious injury due to improper use of the equipment, carefully read and adhere to the following important precautions and information before operating the Flywheel Home Bike.

1. It is the sole responsibility of the owner to ensure that all users of the Flywheel Home Bike are informed and aware of all warnings and precautions.
2. Operate and maintain the Flywheel Home Bike only as described in this manual and after proper assembly and functionality check.
3. Keep the Flywheel Home Bike indoors, away from moisture and dust. Do not place the Flywheel Home Bike outdoors, in a garage

or covered patio or near water or pools. Operating temperature of the Flywheel Home Bike has to be between 15°C- 40°C Celsius (59°-104°F) at max. humidity of 65%.

4. Place the Flywheel Home Bike on a horizontal and stable surface. To protect the floor or carpet from damage, place a mat beneath the bike. Make sure that there is adequate room (28 inches/0.7m) around the bike to assemble, disassemble and operate it.
5. Regularly inspect and properly tighten all parts of the Flywheel Home Bike as recommended in this manual. Please replace defective parts immediately and do not use the bike until repair is performed. Only use original parts from the manufacturer.

SAFETY INFORMATION

CONTINUED

6. The Flywheel Home Bike can be used by children aged 14 years and above, as well as persons with lack of experience and knowledge if they have been given supervision or instruction concerning use in a safe way and understand the hazards involved. Persons with reduced physical, sensory or mental capabilities are prohibited from using the Flywheel Home Bike. Children shall not play with the bike. Cleaning and user maintenance shall not be made by children without supervision.

7. The Flywheel Home Bike should not be used by persons exceeding weight of 330 lbs/150 kg. The bike is designed to accommodate most persons with body height between 5'1" to 7' 0" (155 cm to 215 cm).

8. Always wear appropriate tight-fitting cycling or athletic attire and sturdy shoes, while operating the bike. Unfastened shoelaces may become caught in the drive system and lead to injury.

9. The Flywheel Home Bike does not have an independently-

moving flywheel. The pedals will continue to move with the flywheel until the flywheel stops. The movement can only be stopped by using the emergency brake or by reducing the pedaling frequency in a controlled manner. Always ride with resistance load to ensure that your pedaling motion is controlled. Do not adjust handlebar or saddle during workout. Do not pedal backwards.

10. Keep your back straight while using the Flywheel Home Bike; do not arch your back.

11. If you feel pain or dizziness while exercising, stop immediately. It is recommended that you consult a doctor if the pain does not subside for an extended period of time.

12. If replacement parts are needed, use only manufacturer supplied parts.

BEFORE GETTING STARTED



DELIVERY AND SETUP

The Flywheel Home Bike is delivered already assembled by our delivery partner or if you purchased through a third-party vendor delivered via their partner. If you purchase the bike with the built-in display, this will be installed at the time of delivery.



ACCOUNTS AND PASSWORDS

Gather any accounts and passwords you need to get set up, including your Flywheel username and password, as well as any Wi-Fi passwords you need to connect to the internet.



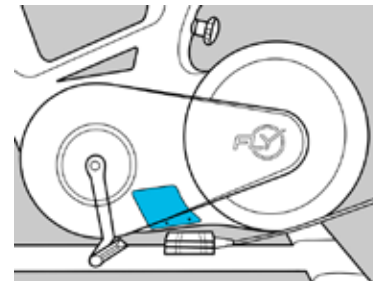
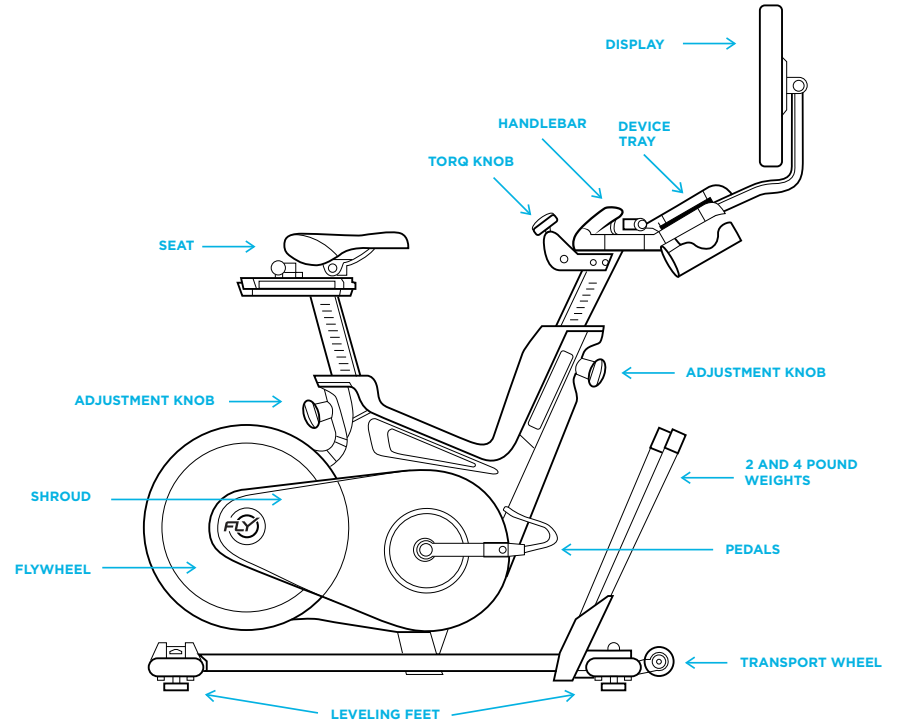
DOWNLOAD THE FLYWHEEL APP

If you purchased the Flywheel Home Bike without the built-in display, you'll need to download the Flywheel Sports app from the Apple or Google Play App Store to connect your bike and stream online classes.

The Flywheel Sports app is compatible with iOS 10 and above or Android 5.0 (lollipop) and above.

TECH SPECS & REQUIREMENTS

Foot print	20.5 in X 52 in (52 X 132 CM)
Weight of bike	112.5 lbs (51 KG)
Max saddle height	47 in (119 CM)
Max handlebar height	46 in (117 CM)
User Height Range	5'1" to 7' 0" (155 cm - 215 cm)
Max User Weight	330 lbs (150 KG)
Pedals	LOOK® Delta compatible single side
Internet	Greater than 10 Mbps upload and download speed; 802.11 b/g/n, 2.4GH 5.0GHz; WPA2 Enterprise is not supported
Software	iOS 10 and above, Android 5.0 (lollipop)
TV	Optional streaming to TV: iPhone 6s and above + Apple TV (3rd generation) or later for iOS; Chromecast (2nd generation) or later for Android.



The blue highlighted area represents the bike battery compartment.

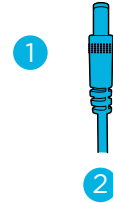
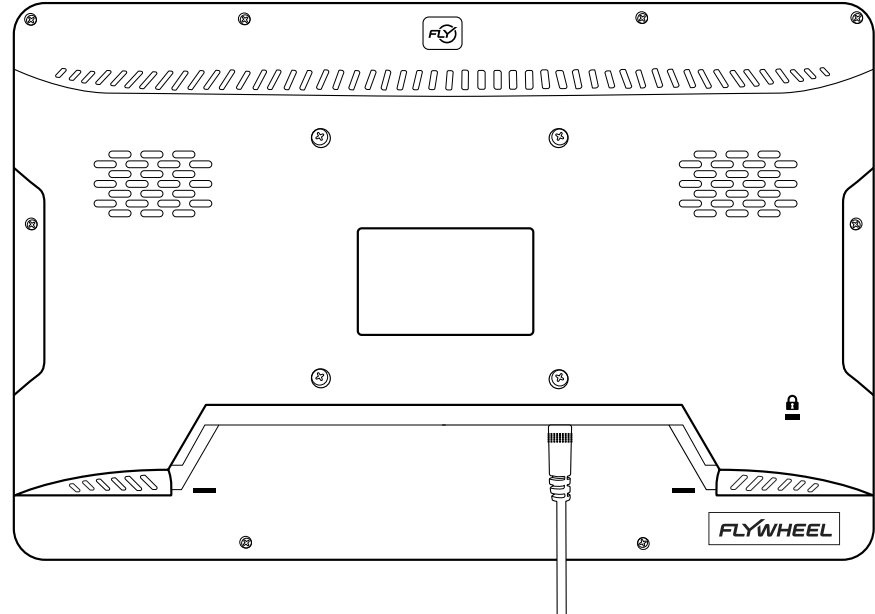
This bike requires 2 D batteries.

OPTIONAL BUILT-IN DISPLAY

1080p HD Screen
WiFi 802.11 A/B/G/N/AC / 100 mbps Ethernet
Bluetooth 4.0
Stereo speakers

Audio jack (1)

Power (2)



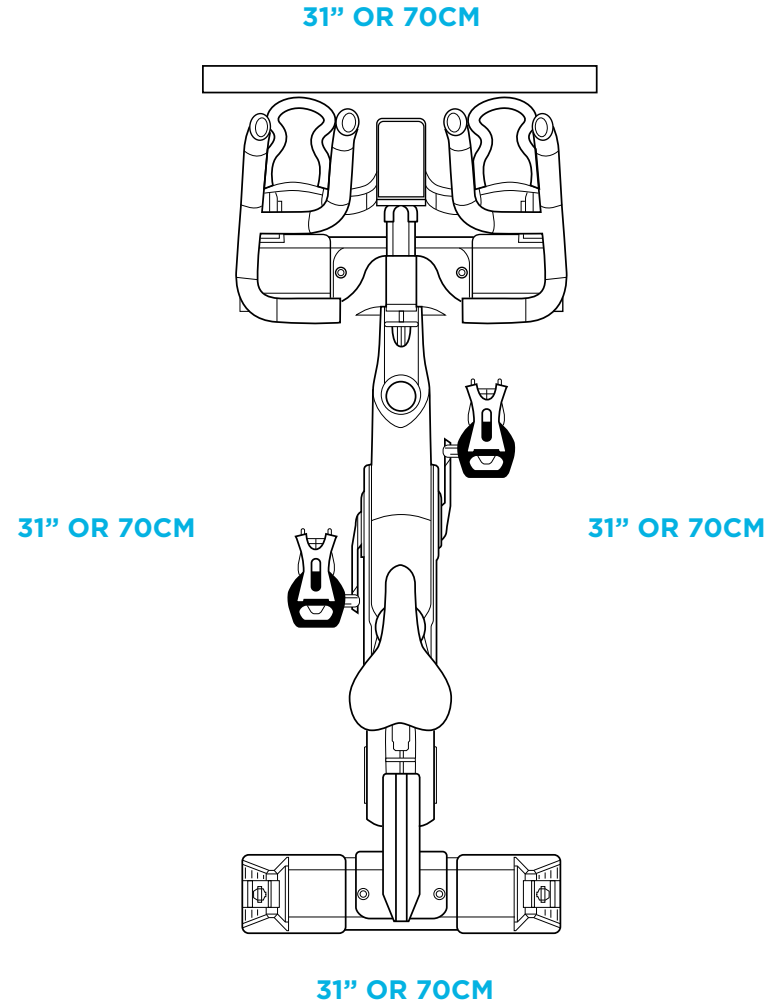
SETTING UP YOUR BIKE

POSITIONING THE BIKE

The bike should be on a level, flat, and secure surface near an AC power outlet. Keep a minimum safe distance of 30" (70 cm) between the bike and any obstructions.

INJURY WARNING

- To prevent injury, always adjust the seat and handlebars to your personal requirements and tighten all adjustment knobs before taking your first ride. Protruding levers and knobs can interfere with your movements.



SETTING UP YOUR BIKE

MOVING THE BIKE

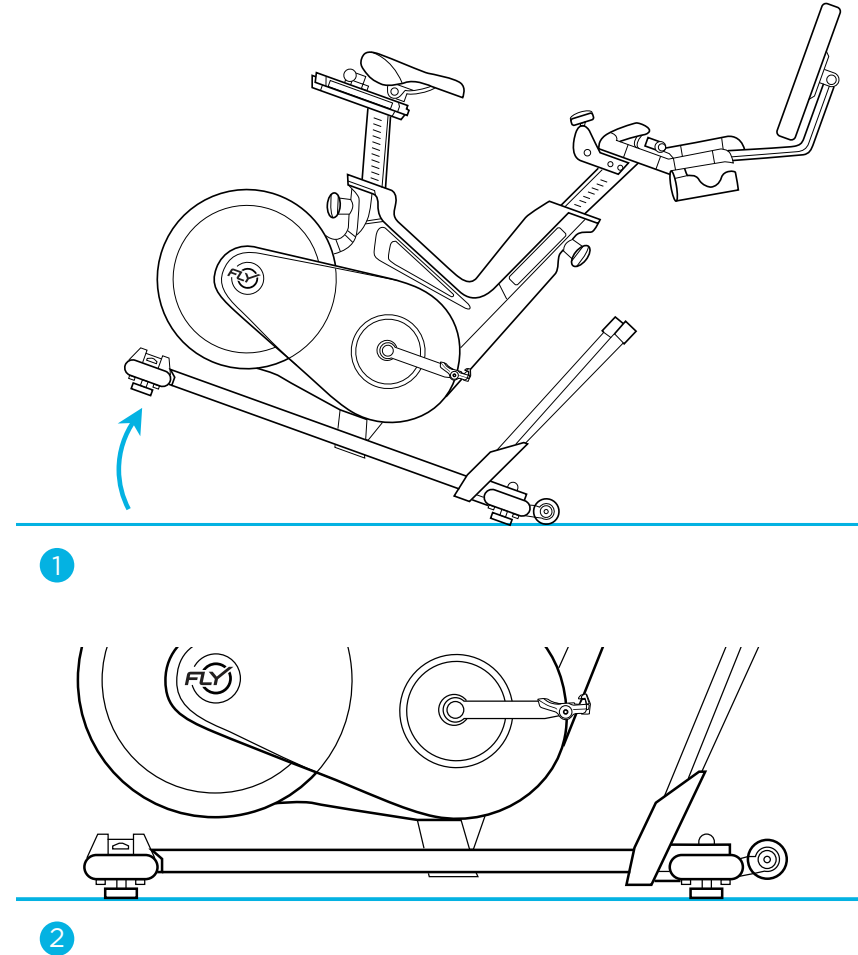
Two wheels are located on the front floor mount for easily relocating the bike.

- Grip the back floor mount and tilt the bike forward (1)
- While avoiding uneven surfaces, roll the bike to its new location
- If the bike rocks after being set down, turn each leveling foot until it rests firmly on the floor (2).

Note: Due to the weight of the Flywheel Home Bike, it's recommended that two persons move it.

EQUIPMENT WARNING

- Do not unscrew the leveling feet more than 1/2".
- Before moving your bike, adjust your handlebar and seat settings to their lowest levels.

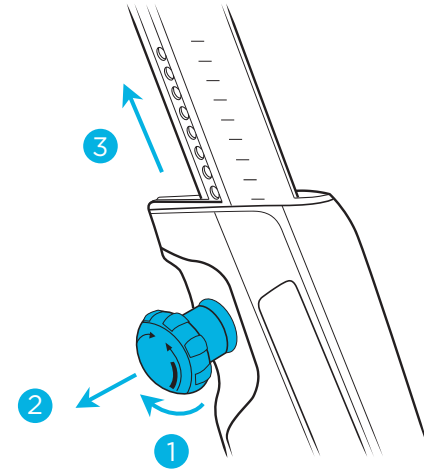


ADJUSTING THE SEAT

With your hips level in the saddle, your knees should be slightly bent when the pedal is closest to the floor. When both pedals are parallel to the floor, your forward kneecap should be directly above the center of the pedal.

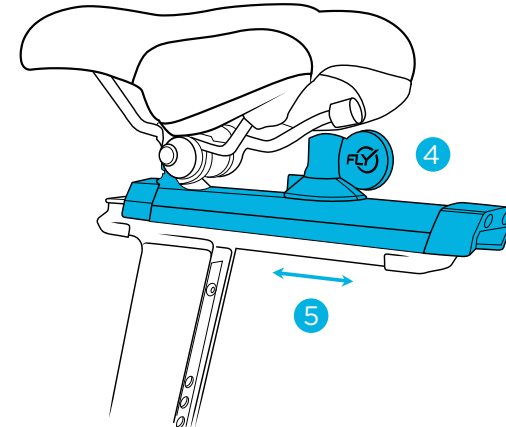
HEIGHT

- Turn the knob two to three revolutions counterclockwise to loosen (1)
- Pull the knob (2) while simultaneously raising or lowering the seat (3)
- Release the knob at the desired height (2)
- Turn the knob clockwise to tighten (2)



DEPTH

- Turn the rear adjustment lever counterclockwise to loosen (4)
- Slide the saddle forwards or backwards (5)
- Turn the lever clockwise to tighten (4)



INJURY WARNING

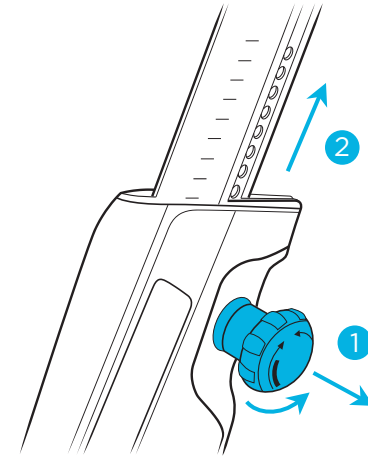
- To avoid hyper extending your knees, make sure that your legs are not completely straight.
- Do not adjust seat height beyond the stop mark on the seatpost.

ADJUSTING HANDLEBARS

When gripping the handlebars, your arms should be slightly bent, and the handlebars should be at the same height (or slightly higher) than the top of the seat.

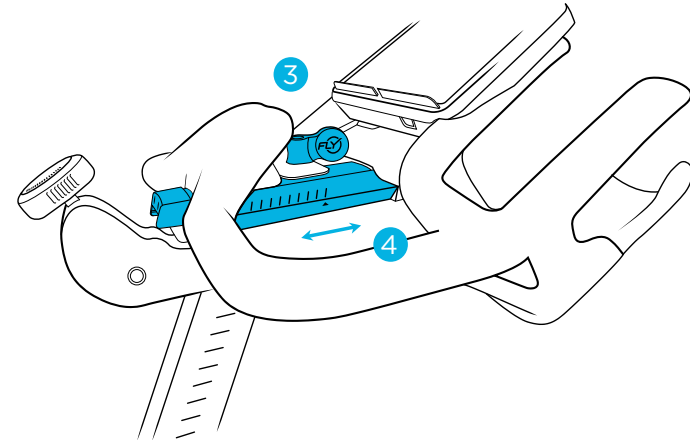
HEIGHT

- Turn the knob two to three revolutions counterclockwise to loosen (1)
- Pull the knob (1) while simultaneously raising or lowering the handlebar (2)
- Release the knob at the desired height (1)
- Turn the knob clockwise to tighten (1)



DEPTH

- Turn the handlebar lever counterclockwise to loosen (3)
- Slide the handlebars forwards or backwards (4)
- Turn the lever clockwise to tighten (3)



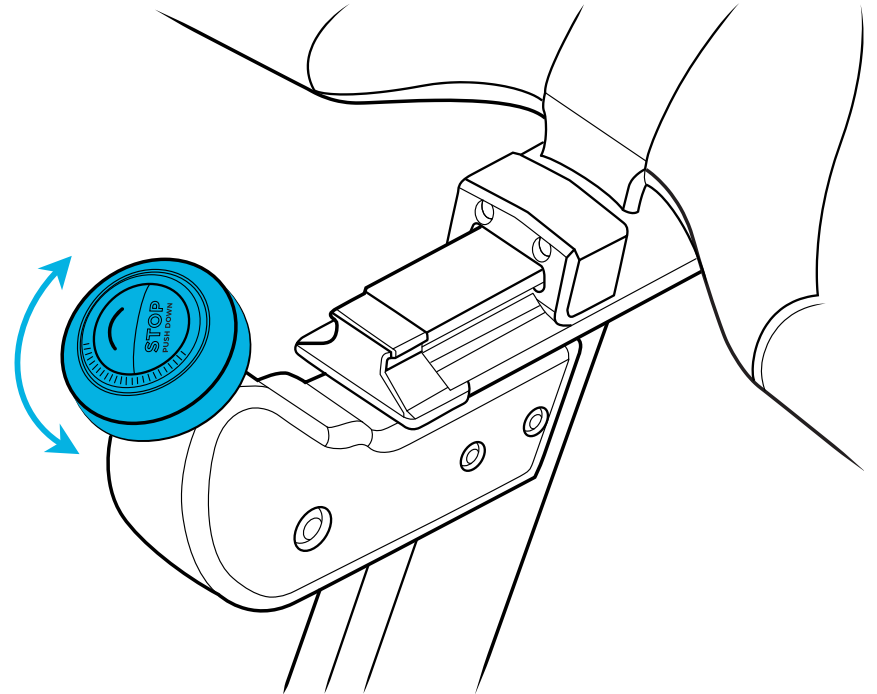
TORQ KNOB AND EMERGENCY BRAKE

Turn the Torq Knob to adjust pedaling difficulty, or press it to use the emergency brake.

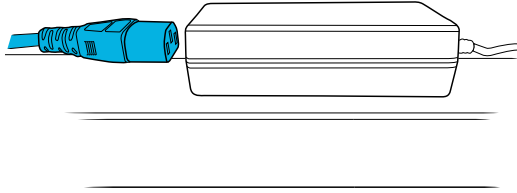
- Turn clockwise to increase resistance
- Turn counterclockwise to decrease resistance
- Push down to stop the pedals and wheel from moving
- (italics) We recommend performing a physical calibration upon delivery. You may do this by raising your handlebars to the max settings and lowering them to their minimum height several times.

EQUIPMENT WARNING

- Increase the resistance to maximum when the bike is not in use to prevent injuries from moving pedals.
- The pedals and wheel will continue to move together until the wheel stops. The emergency brake will be released after the wheel comes to a complete stop and pressure is removed from the pedals.



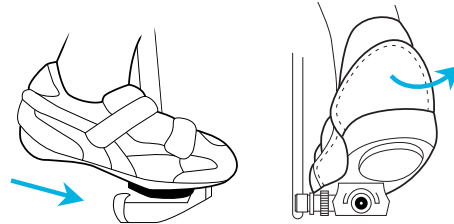
GETTING STARTED



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).

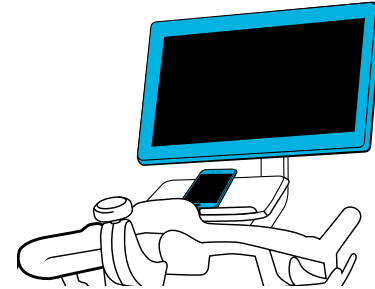


CLIPPING IN

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.



RIDING WITH THE BUILT-IN DISPLAY

If your bike came with the built-in display, wake it up by pedaling the bike a few times and tapping the screen. The display will remain on during your ride, and turn off after a couple of minutes of inactivity.

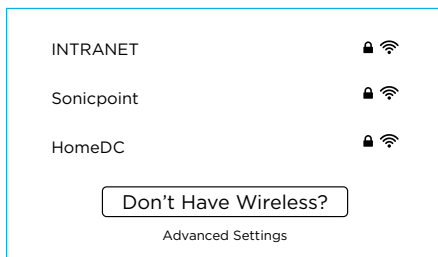
RIDING WITH YOUR IOS OR ANDROID DEVICE

If your bike did not come with a built-in display, you can use the Flywheel Sports iOS or Android app to stream classes and track your progress.

Note: You can't stream classes over a cellular connection. Make sure your device is connected to your Wi-Fi network before opening the Flywheel Sports app and joining a class.

GETTING STARTED

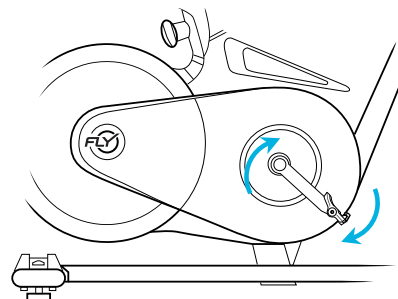
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CONNECTING TO THE INTERNET ON THE BUILT-IN DISPLAY

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.



WAKING THE BIKE

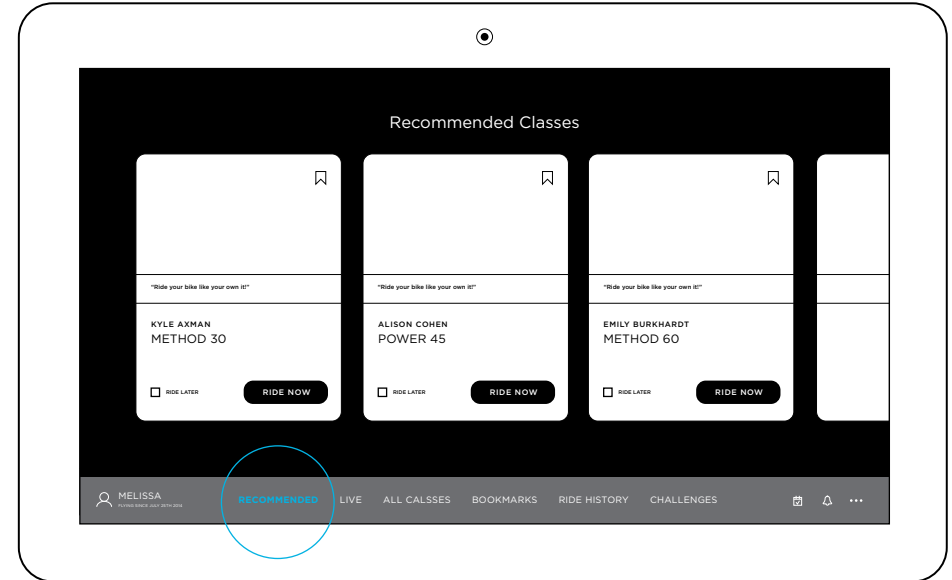
When joining a class, you'll be prompted by the onscreen animation to start pedaling to wake up your bike.

The bike will return to a power-saving standby mode after a brief period of inactivity.

JOINING A CLASS ON THE BUILT-IN DISPLAY

Ride a live or on-demand class on the home screen of the built-in Flywheel Home Bike display.

- Tap **Recommended** to see classes catered to your profile
- Tap **Live** to see all live classes
- Tap **All Classes** to see both live and on-demand classes
- To provide you with the best streaming experience, you may only stream FlyBarre, FLYFit and FlyRecover classes on an iOS or Android personal device or tablet. Even if you purchased the bike with the built-in display, you can still download our iOS and Android app.



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.

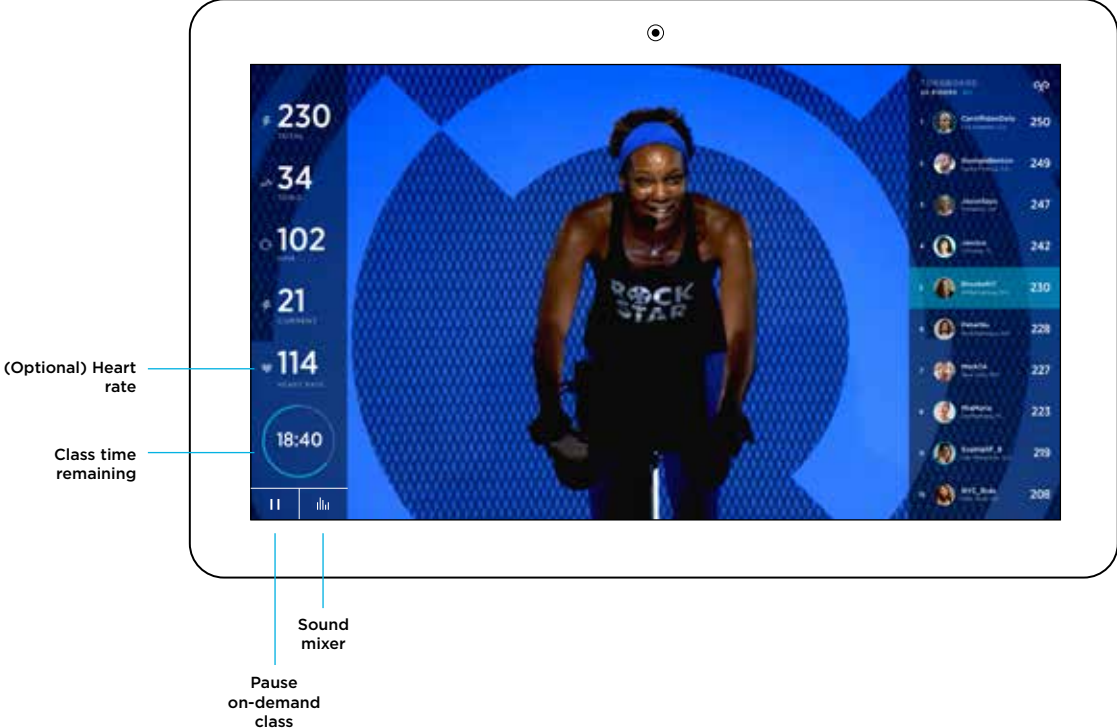
CURRENT

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.

Torqboard only visible on an iPad, built-in display or through Apple TV or Chromecast streaming.



SHARING YOUR BIKE

You may share your Flywheel Home Bike subscription with 3 other guests.

IOS

1. Log into the subscription master holder and tap • • • on the bottom right.
2. Tap on Household Sharing.
3. Enter the email associated with your friend or family's Flywheel account and tap Add User.
4. Once you've sent the invite, your friend or family member will receive an immediate email to accept your invite and start accessing the content.

ANDROID

1. Log into the subscription master holder and tap the hamburger menu on the top left, then tap on your profile picture.
2. Scroll down to household sharing and enter the email associated with your friend or family's Flywheel account and tap Add User.
3. Once you've sent the invite, your friend or family member will receive an immediate email to accept your invite and start accessing the content.

BUILT-IN DISPLAY

1. Tap on "Add Account" on the mainscreen to add a new guest.

WIRELESS STREAMING

APPLE TV MIRRORING (IOS)

If you have a 3rd generation Apple TV or later, you can stream classes from the Flywheel iOS app to your high-definition television over your local network. Select **Control Center > Screen Mirroring** on your iOS device to start mirroring audio and video. You can only stream from an iOS device to Apple TV.

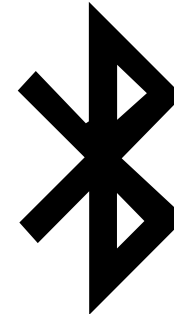
CHROMECAST (ANDROID)

If you have a 2nd generation Chromecast or later, you can stream classes from the Flywheel Android app to your high-definition television over your local network. Proceed to joining a class and you will see a prompt that says “Select a casting device to begin” and you can press “Chromecast.” You can only stream from an Android device to Chromecast.

BLUETOOTH AUDIO

Whether you’re streaming classes on the built-in the Flywheel Home Bike display or your own device, we recommend using your favorite Bluetooth headphones or speakers for the best riding experience.

To pair your wireless audio devices on the built-in display, go to **••• > Settings > Network > Headphones** and tap on the device name to connect. You may also connect to your Bluetooth audio while you are in the class.



PREVENTATIVE MAINTENANCE

If the Flywheel Home Bike is not maintained as described, components may wear excessively and the Flywheel Home Bike may become damaged. Improper maintenance will void the warranty terms.

NOTE

Many maintenance procedures require lubricant spray. Manufacturer recommends using only silicone free, solvent free and acid free lubricant.

Feet leveling, disinfection & cleaning of the bike	Daily
Detailed bike cleaning	Weekly
Check emergency brake function	Bi-weekly
Handlebar and seat slider and stem lubrication	Monthly
Tablet cleaning with lint-free cloth or electronics cleaner	As needed

EQUIPMENT WARNING

- The safety of the Flywheel Home Bike can only be ensured if the bike (saddle, drive train, brake and pedals) are checked on a regular basis for wear and damage. Regular maintenance must also be performed on the bike for optimal performance and longevity.

PREVENTATIVE MAINTENANCE

DAILY MAINTENANCE

Make sure that the Flywheel Home Bike is leveled. If the bike rocks on your floor, turn the leveling feet underneath the front or rear stabilizer until the rocking motion is eliminated.

After exercising, the bike should be disinfected and cleaned to maintain a hygienic environment. First, apply a disinfectant spray to a lint free cloth and rub down the handlebars, saddle, and adjustment knobs and handles. Avoid using strong detergents on the bike frame.

WEEKLY MAINTENANCE

Depending on how often the bike is used, it must be cleaned extensively once a week. To do this, apply maintenance spray onto a soft cloth and clean all plastic parts, the entire flywheel, and exposed framework parts including the stabilizers and the plastic casing. Never spray maintenance spray or anything else directly onto the bike, especially the flywheel and pedals, as this could cause the drive belt to slip during use, reduce braking performance, or damage internal components.

BI-WEEKLY MAINTENANCE

Emergency brake: To ensure operating safety, the emergency brake must be regularly checked to make sure it is functioning properly. To do this, completely press down the resistance/brake knob whilst pedaling. When functioning optimally, it should produce an immediate braking effect and bring the flywheel to a complete standstill. The flywheel is only released by the emergency braking function after coming to a complete standstill and pressure is removed from the pedals.

MONTHLY MAINTENANCE

Saddle / Handlebar adjustments: To maintain easy adjustment, the vertical and horizontal saddle posts must be regularly cleaned and lubricated. To do this, position the vertical saddle post in the uppermost position, spray maintenance spray onto a soft cloth, and rub down the entire exterior surface including the horizontal post. Clean sweat residue off the contact surfaces of the horizontal sliders beforehand, and if necessary, apply a small amount of lithium/grease.

WARRANTY

WHAT IS COVERED?

This Flywheel Home Bike exercise equipment ('Product') is warranted to be free of all defects in material and workmanship.

WHO IS COVERED?

The original purchaser or any person receiving a newly purchased Product as a gift from the original purchaser. Warranty will be voided on subsequent transfers.

WHO PAYS TRANSPORTATION AND INSURANCE FOR SERVICE?

If the Product or any covered part must be returned to a service facility for repairs, our warranty service provider, Life Fitness, will pay all transportation and insurance charges for the first year. You are responsible for transportation and insurance charges during subsequent years (if applicable).

WHAT IS NOT COVERED?

Any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, debris resulting from any construction activities in the Product's environment, rust or corrosion as a result of the Product's location,

alterations or modifications without our written authorization or by failure on your part to use, operate and maintain the Product as set out in your operation manual.

WHAT WILL WE DO TO CORRECT COVERED DEFECTS?

Our warranty service provider, Life Fitness, will dispatch a technician, ship to you any new or rebuilt replacement part or component or, at our option, replace the Product. Such replacement parts are warranted for the remaining portion of the original warranty period.

WHAT YOU MUST DO?

Retain proof of purchase; use, operate and maintain the Product as specified in the manual; notify customer support services of any defect within 10 days after discovery of the defect; if instructed, return any defective part for replacement or, if necessary, the entire Product for repair.

OPERATION MANUAL?

It is **VERY IMPORTANT THAT YOU READ THE MANUAL** before operating the Product. Remember to perform the periodic maintenance requirements specified in the manual to assure proper operation and your continued satisfaction.

REPLACEMENT PARTS AND SERVICE

FLYWHEEL SPORTS CONTACT INFORMATION

Email: help@flywheelsports.com

Phone: (888) 589-8431

You must provide the following information before any warranty services can be authorized:

- Your name
- Your address
- Your phone number
- Flywheel Home Bike serial #(This is located on a label under the wheel on a sticker, and begins with WB)
- Description of the issue
- Picture(s) of the issue

EXCLUSIVE WARRANTY

CHANGES IN WARRANTY NOT AUTHORIZED

No one is authorized to change, modify or extend the terms of this limited warranty.

EFFECT OF STATE LAWS

This warranty gives you specific legal rights and you may have other rights which vary from state to state.

OUR PLEDGE TO YOU

Our products are designed and manufactured to the highest standards. We want you to be completely satisfied with our products and will do everything possible under the terms of this warranty to keep you secure in knowing you have bought the best!

THIS LIMITED WARRANTY IS IN LIEU OF ALL OTHER WARRANTIES OF ANY KIND EITHER EXPRESSED OR IMPLIED, INCLUDING BUT NOT LIMITED TO THE IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, AND ALL OTHER OBLIGATIONS OR LIABILITIES ON OUR PART. We neither assume nor authorize any person to assure for us any other obligation or liability concerning the sale of this Product. Under no circumstances shall we be liable under this warranty, or otherwise, of any damage to any person or property, including any lost profits or lost savings, for any special, indirect, secondary, incidental or consequential damages of any nature arising out of the use of or inability to use this Product. Some states do not allow the exclusion or limitation of implied warranties or of liability for incidental or consequential damages, so the above limitations or exclusions may not apply to you.

COVERAGE WARRANTY

STANDARD WARRANTY:

- Structural Frame: 5 years
- Parts: 1 year
- Labor: 1 year

EXTENDED WARRANTY:

Extended warranties are available for purchase through Flywheel:

EXTENDED WARRANTY FOR NON-TABLET BIKE SOLUTION

- 2-year bumper to bumper
- 3-year bumper to bumper

EXTENDED WARRANTY FOR TABLET BIKE SOLUTION

- 2-year bumper to bumper
- 3-year bumper to bumper

SPECIFICATIONS

- Designed Use: Consumer
- Max User Weight: 330 lbs. (150 kg)
- Pedal: Look delta single side pedals

PHYSICAL DIMENSIONS

- Length: 52" (132 cm)
- Width: 20.5" (52 cm)
- Max Saddle Height: 47" (119 cm)
- Max Handlebar Height: 46" (117 cm)
- Weight: 112 lbs. 51 kg



FLYWHEELSPORTS.COM

CONTACT

Web: www.flywheelsports.com

Email: help@flywheelsports.com

Phone: (888) 589-8431

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