

Instructions

BODY BIKE Indoor Cycle



BODY BIKE Magic



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EQUIPMENT REQUIRED

Unpacking

Screwdriver with torx 30

Bottom Frame

13mm wrench

Handlebar and Saddle

14mm wrench

Pedals

15mm pedal wrench

Grease

Cleaning

Tissue paper or cloth

Spray bottle with water

Antistatic washing-up liquid

Vaseline oil

Sideways play in posts

A coin

3mm Allen wrench

32mm wrench

Adjustment Handle

Brush

Grease

Post Cleaning

Cloth

Vaseline oil

Adjustment of coil house

5mm Allen wrench

Small screwdriver

Brake block

A coin

8 mm wrench

Poly-V Belt

A coin

10 and 19mm wrench

Measuring device

Side cover

A coin

3, 4 and 8mm Allen wrenches

13mm wrench

Top cover

17mm wrench

Combination pliers

1mm distance piece

INTRODUCTION

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

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

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

Over time it will be necessary to replace worn-out parts. You will find a detailed description of all BODY BIKE's spare parts on our web site 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 cycle at your local BODY BIKE distributor. For further information on accessories, please check our web site www.body-bike.com.

*We wish you the best of luck with your
BODY BIKE indoor cycle*



SPECIFICATIONS

Manufacturer:

BODY BIKE International A/S
Pier 6 Nord
DK-9900 Frederikshavn
Denmark
Tlf: +45 9843 9696
Fax: +45 9843 9688
Email: info@body-bike.com
www.body-bike.com

Product description:

Indoor cycle for young people

Length, Width, Height:

Assembled size:
105cm, 55cm, 100cm
Packed size (5 cycles):
120cm, 80cm, 114cm

Weight:

Assembled: 60 kilogram
Packed weight (5 cycles): 325 kg

Patents held for:

BODY BIKE crank system

Recommended user

specifications:

Maximum user weight
100kg/220pounds
(Please note that the max. pedal
load may be lower)
Minimum height 135cm/55inches
Minimum age 8 years

Materials:

Cast iron.
Stainless steel.
Steel.
Plastic (ABS) side and top covers.
Plastic (PETG) service hatches.
Plastic (PA6 with glass fibre
reinforcement) bottle holder.
Plastic (PA6) ergonomical
adjustment handles.
High quality bearings.
Frame: Robot-welded and powder
coated.

WARRANTY

Warranty for the Danish
manufactured BODY BIKE
Indoor Cycle:

A two-year warranty against
manufacturing defects,
excluding normal wear and
tear. 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 pad,
handlebar rubber, saddle and
pedals, etc.) which are subject
to continuous wear and tear,
are not covered by a warranty.

SAFETY

When dealing with young people safety is especially important. Magic is not a toy, but a piece of sporting equipment. It has a flywheel with no free wheeling, meaning that the pedals keep turning a while after you stop pedalling. It is highly important to have strict rules around the cycles. Therefore:

NEVER use the cycles without professional adult guidance

ALWAYS double check that all adjustment handles are firmly tightened before getting on the cycle

ALWAYS inform the young people about the red emergency brake and let them try it

ALWAYS inform the young people about the flywheel with no free wheeling

NEVER cycle in upright position without holding on to the handlebar

ONLY use the cycle as intended

Please also see "10 steps to a safe cycling experience"

GENERAL INFORMATION

Wipe off the cycle after EVERY use

ALWAYS loosen all handles and release tension after use

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

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

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

Pedals should be changed once a year

DO NOT perform stretch exercises on the cycle, pedals or up against the cycle, except against the stretch area at the rear end of the cycle

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

DO NOT lift the cycle by the saddle

ASSEMBLY

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UNPACKING THE PALLET

1: Begin by opening the top of the box.

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 cycle to the pallet.

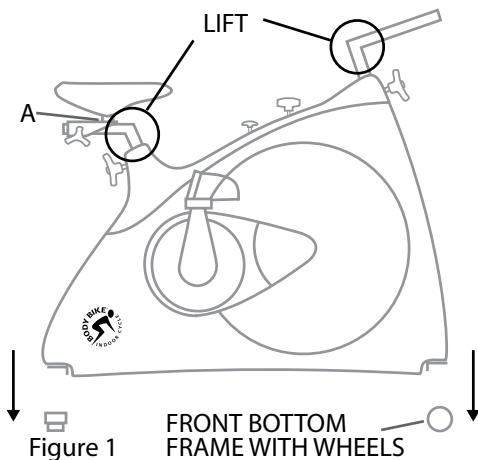
5: Lift the cycle off the pallet and place it on the flattened box to spare your floor from getting marks.

BOTTOM FRAME

1: Arrange the bottom frames parallel on the floor next to the cycle with the correct mounting distance between them, see figure 1.

2: Take hold of the front post and seat post and lift the cycle onto the bottom frames, see figure 1. Ensure that the holes in the frame match the holes in the bottom frames.

3: Put on the spring lock washer with the rough side facing upwards,

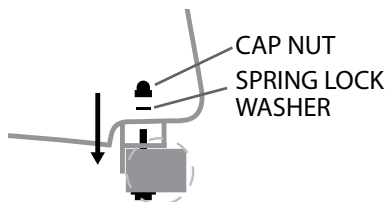


and the cap nut and tighten by using a 13mm wrench, see figure 2.

4: Unscrew the rubber feet a little. Place the cycle in the correct position. Turn them up and down until the cycle stands properly and it is in level.

Please note

Do not tighten the nuts for the bottom frame too much.



HANDLEBAR AND SADDLE

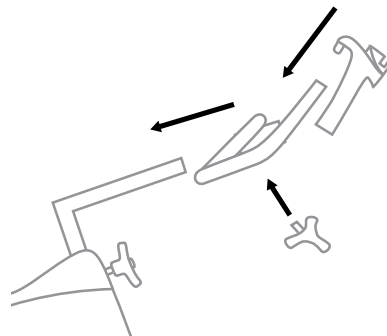
1: Screw the handle into the side of the handlebar's fitting.

2: Slide the handlebar onto the posts as shown on figure 3.

To fasten the saddle to the adaptor and adjust the tilt of the saddle, use a 14mm wrench on the bolt marked with an A on figure 1.

BOTTLE HOLDER

1: Mount the bottle holder at the top of the handlebar, see figure 3.



PEDALS

1: Place the right pedalarm with the socket pointing upwards, see figure 4.

2: Put maximum resistance on the brake, so the pedalarm is unable to rotate, see figure 4.

3: Grease the hole of both the pedalarms.

4: Take the pedal marked with R for right and screw it by hand into the pedalarm on the right

side of the cycle. It should be turned in the direction of the handlebar, see figure 5. Afterwards tighten with a 15mm pedal wrench (45Nm).

5: Take the pedal marked with L for left and screw it by hand into the pedalarm on the left side of the cycle. It should be turned in the direction of the handlebar, see figure 5. Afterwards tighten with a 15mm pedal wrench (45Nm).

Please note

The pedals should always be screwed on in the direction of the handlebar, see figure 5.

Start mounting the pedal by hand as tools will tighten the pedal at a wrong angle.

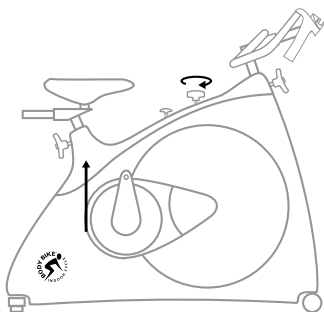


Figure 4

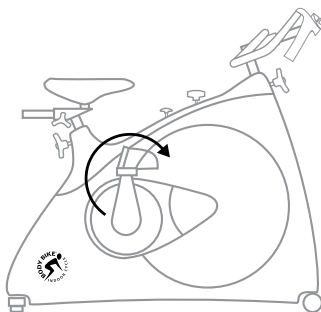
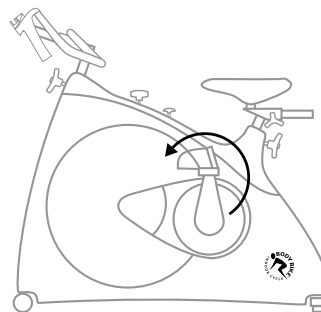


Figure 5



USE

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OPTIMISING THE USE

When cycling in upright position always have shoulders behind elbows.

Adjust the tension to the user's individual need.

Relax the shoulders and wrists, tighten the abdominal muscles and let the legs do the work.

Use different grips on the handlebar.

Never cycle in upright position without holding on to the handlebar.

Create an interesting cycling experience by varying between the different levels and choose popular music to spark the motivation.

ADJUSTING THE CYCLE

It is individual how the adjustment of the cycle is preferred. Therefore the following are only guidelines.

1: Stand next to the cycle and adjust the height of the saddle to the top of the hip, see figure 6.

2: Adjust the height of the handlebar so the lowest part is the same height as the saddle, see figure 7.

3: To adjust the saddle horizontally, place the pedal pointing forward. Adjust the saddle in order for the knee to be straight over the palm of the foot, see figure 8.

4: Adjust the handlebar so the distance between the saddle and the handlebar equals the length of the user's forearm, see figure 9.

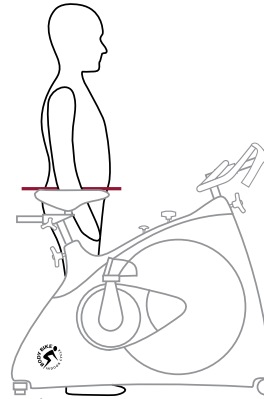


Figure 6

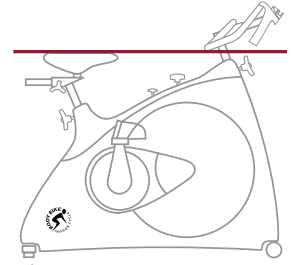


Figure 7

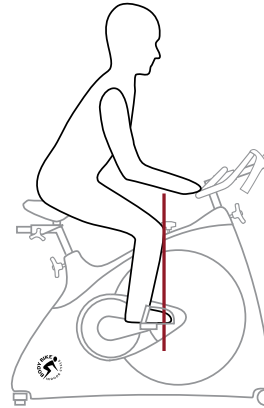


Figure 8

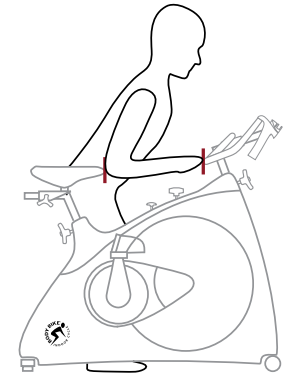
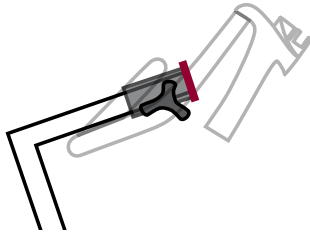


Figure 9

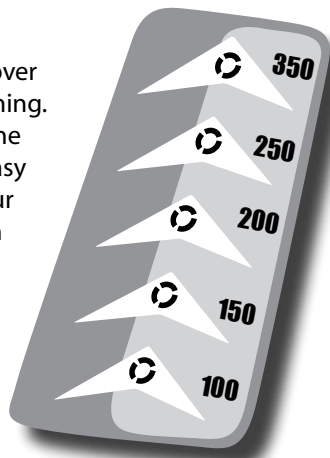
Please note:

Do not slide the handlebar past the red line as the handle then cannot get a firm grip of the post.



THE LIGHT GUIDE

The light guide in the top cover is a tool to optimise the training. It can be difficult to follow the beat in the music, but it is easy and fun to achieve the colour the instructor requests. Each user adjusts the tension on the cycle to fit their own physical fitness, and in that way everyone can cycle in all levels just with different amounts of tension on.



Please note

Never cycle without tension. You should always be able to feel the resistance, especially when cycling fast. If you cannot feel the resistance, it can harm your knees.

Please note

When starting out, the cycle takes a few moments to generate enough power to light up the display. Cycling too slow will not generate enough power to light up the display.

LEVEL 350 RED:

This level is for maximum speed. It is perfect for interval training where maximum speed is required for a shorter period of time.

LEVEL 250 ORANGE:

Orange is for cycling to up-beat songs. Cycling for a longer period at this level can build up the pulse.

LEVEL 200 GREEN:

Green is the medium level. This level is good for practicing how to sit and stand correctly on the cycle. Also additional assignments can be given at this level e.g. placing hands in a certain position on the handlebar.

LEVEL 150 BLUE:

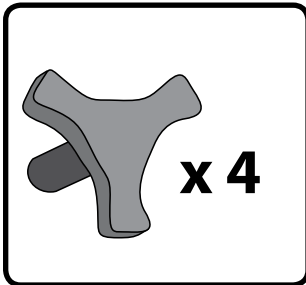
Blue level is for slow cycling. It can be used to get the pulse down or for tough cycling with maximum tension on.

LEVEL 100 WHITE:

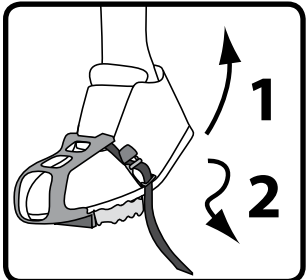
To get the best exercise always keep the legs moving. The white level is for cooling down. It motivates the user to keep the display lit and thereby keep the legs moving.

TEN EASY STEPS TO A SAFE CYCLING EXPERIENCE

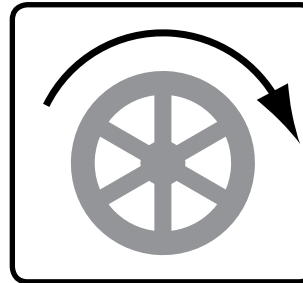
Before cycling



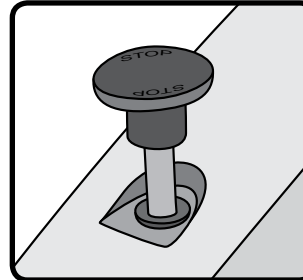
1: Always secure all four adjustment handles before cycling. Make sure that the handlebar is not slid beyond its outermost position.



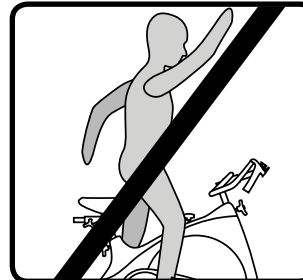
2: The feet should be firmly fixed to the pedals. Pull upwards in the strap to tighten and then tuck it in to keep it in place.



3: Make the young people aware that the flywheel momentum will keep the pedals turning even after they stop pedalling.

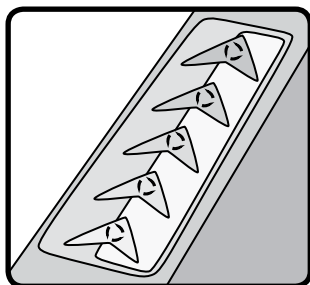


4: Show the young people the emergency brake and let them try it out.

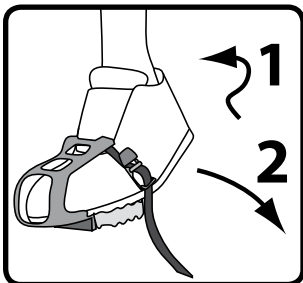


5: Teach the young people about good behaviour on the cycles. E.g. always keep hands on handlebar when cycling in upright position.

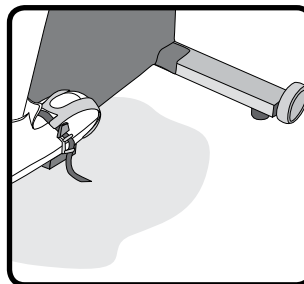
After cycling



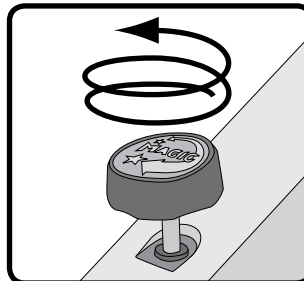
6: Avoid a sudden stop by slowing down the pace over a period of time. Use the lights when slowing down by first cycling in the green level, then blue and last in white level until the young people are cycling slow enough to stop completely.



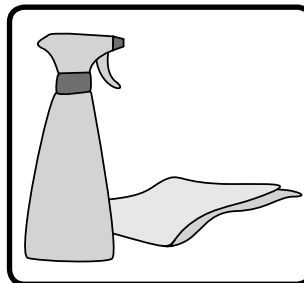
7: Loosen both pedal straps before getting off the cycle. First untuck the strap and then press downwards on the small black plastic piece.



8: Get off the cycle slowly as the floor can be slippery from sweat.



9: Always release tension and loosen all handles.



10: Clean the cycles with water and tissue paper.

MAINTENANCE

Cleaning	(After every use)	17
Sideways play in posts	(When necessary)	18
Adjustment handles	(Every 3 months)	18
Cleaning the posts	(Every other week)	18
Adjusting the coil house	(When necessary)	19
Replacing the brake block	(When necessary)	20
Poly-V belt	(When necessary)	21
Removal of side cover	(When necessary)	22
Removal of top cover	(When necessary)	22
Removal of saddle	(When necessary)	22

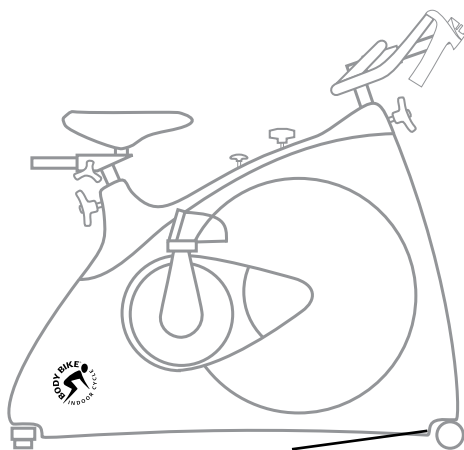


Figure 10

SMALL HOLE

CLEANING

After each workout, wipe the cycle down with tissue paper.

If the cycle is covered in sweat or dirt, use water in a spray bottle and if necessary a tissue with some antistatic washing-up liquid. Remember handlebar and saddle.

NEVER use alcohol or chemicals.

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

The inside of the cycle is well protected by the side covers. If water should enter the frame by the handlebar, it can exit through a little hole at the bottom of the frame. If the hole plugs up, the right side cover can be removed and the hole can be cleaned.

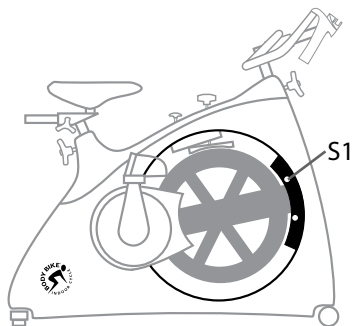


Figure 11

Please note:

The adjustment has to be very subtle in order for the posts to retain a smooth motion up and down.

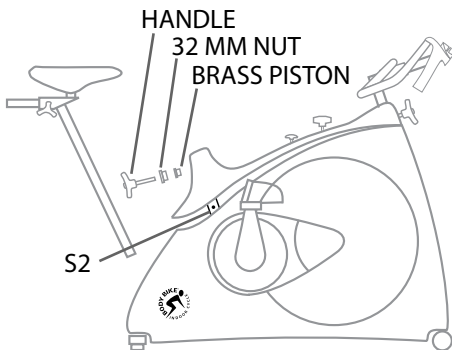


Figure 12

SIDEWARDS PLAY IN POSTS

Front post

1: Remove the right service hatch by loosening the locks with the coin, see figure 16, page 20.

2: Adjust the screw marked S1 by using a 3mm Allen wrench, see figure 11.

Seat post

1: Remove the seat post, the handle, the 32mm nut and the brass piston with a 32mm wrench. See figure 12.

2: Carefully lift up the top cover as shown on figure 12.

3: Remount the seat post and adjust the right-hand side screw marked S2 with a 3mm Allen wrench.

4: Push the top cover back in place.

5: Remove the seat post and remount the brass piston, 32mm nut and the handle. Remount the seat post.

CLEANING THE POSTS

Every other week the posts need cleaning to protect them from sweat etc.

1: Pull out the seat post and the front post and wipe them clean with an oily cloth, see figure 13.

ADJUSTMENT HANDLE

Every 3 months the handles need cleaning and grease to protect them from sweat, dust, dirt and water.

1: Remove the adjustment handle and clean the thread thoroughly with a brush.

2: Add grease to the thread before mounting it on the cycle.

Please note

Do not use a tool when tightening the adjustment handle on the cycle.

ADJUSTING THE COIL HOUSE

It is important that the coil house is placed 1mm from the magnets. It should be placed exactly in front of the magnets so the whole magnet is passing the entire coil house.

1: Loosen the bolt holding the fitting to the side member. It is marked with B on figure 14.

2: Align the fitting in order for the whole magnet to pass the entire coil house and the fitting to be parallel to the side member, see figure 14. Tighten the bolt marked with B.

3: Adjust the two adjustment screws so there is 1mm between the magnet and the coil house. The screws are marked with C on figure 15. This is easily done by placing a piece of 1mm thin cardboard between the two parts and then tightening the screws.

Please note:

The power is generated by magnets and no batteries are used.

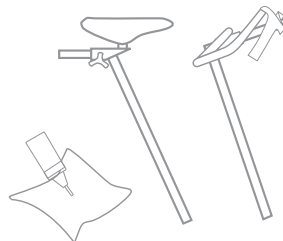


Figure 13

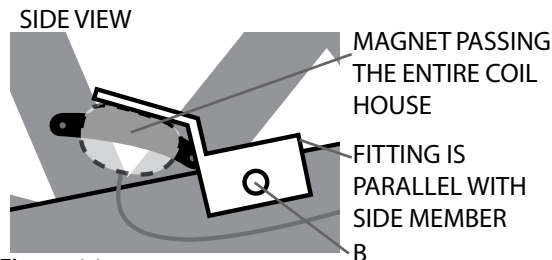


Figure 14

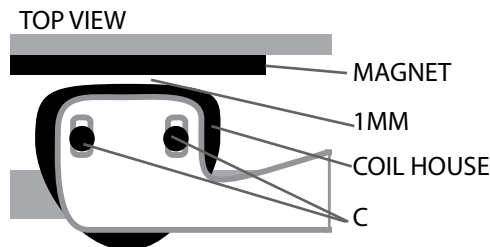


Figure 15

SERVICE HATCH

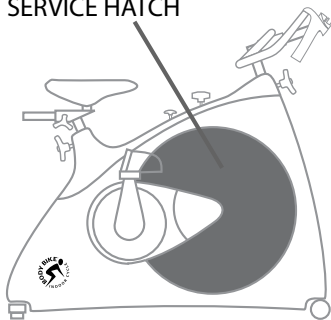
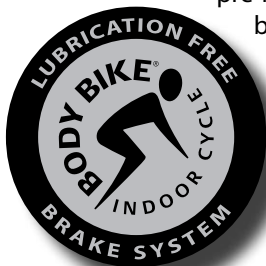


Figure 16

The Synthetic BODY BIKE Kevlar Brake Pad has an expected durability of a minimum of 1500 hours, so eventually the brake pad will be worn. To ensure that the brake pad is correctly mounted, it has been

pre-fitted to the block. It is only possible to purchase the complete brake block.



REPLACING THE BRAKE BLOCK

- 1: Remove both service hatches by loosening the locks with a coin, see figure 16.
- 2: Release tension completely on the brake.
- 3: Remove the two screws holding the brake block to the frame by using an 8mm wrench, see figure 17.
- 4: Take the new brake block and fasten it to the frame by tightening the screw closest to the brake block, see figure 18.
- 5: Grease should be applied to the cavity on top of the brake block or to the top nut on the brake to ensure a smooth interaction between the two.
- 6: Turn the block back in place.
- 7: Fasten the remaining screw furthest away from the block, and then make sure that both screws are tightened properly, see figure 19.
- 8: Remount both service hatches.

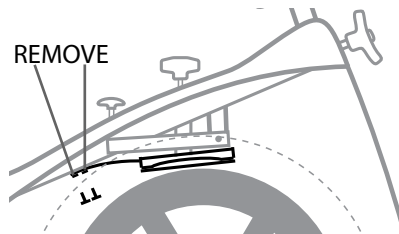


Figure 17

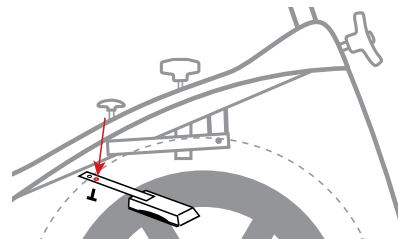


Figure 18

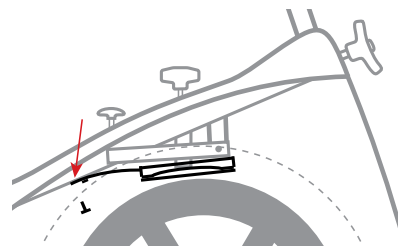


Figure 19

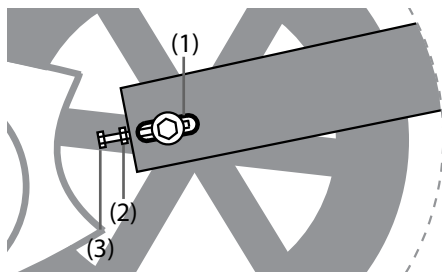


Figure 20

Please note

The belt should be equally tightened on both sides.

The flywheel should be parallel with the long main side member.

POLY-V BELT

If the belt does not catch hold of the flywheel, it is time for it to be tightened.

1: Remove the service hatch on both sides of the cycle by loosening the three locks with a coin, see figure 16.

2: Loosen the bolts (1) on both sides of the cycle with a 19 mm wrench, see figure 20.

3. Loosen the nuts (2) on the

counter bolt on both sides of the cycle using a 10 mm wrench, see figure 20.

4: Use a 10 mm 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.

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.

6: Tighten the counter nut (2) on both sides of the cycle again.

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

8: Close the cycle by fastening the two hatches again.

REMOVAL OF SIDE COVER

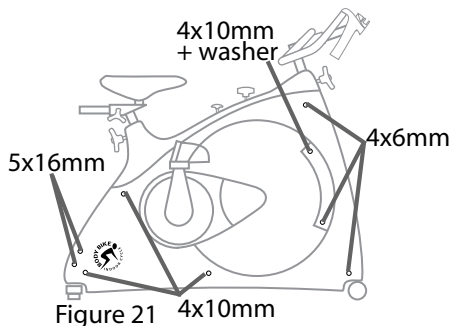
1: Dismount the right pedalarm with an 8mm Allen wrench.

2: Loosen all the screws holding the side cover with a 3 and 4mm Allen wrench and remove them.

3: Dismount the top nut and washer on the bottom frame on the right side of the cycle both in front and back with a 13mm wrench.

4: Screw the bolts down in order for the side cover to slide past them.

5: Remove the side cover.



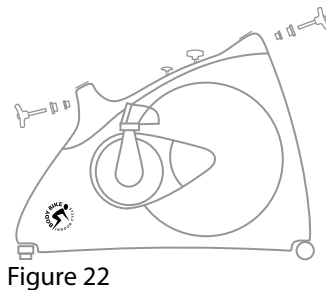
6: Figure 21 illustrates where the different types of screws should be used when the side cover is remounted.

TOP COVER

1: Remove front and saddle post.

2: Remove the two adjustment handles for adjusting front and saddle post. Screw of the 32mm nut and remove the brass piston. See figure 22.

3: Remove the tension knob by holding the nut underneath it fixed with a 17mm wrench while turning the knob. See figure 23.



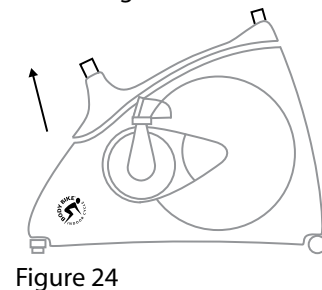
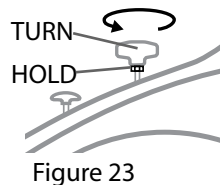
4: Screw of the red stop knob.

5: Carefully lift a little in the top cover to make the edge of the plastic fitting free from the top cover, see figure 24. Grab the edge with a tool and carefully pull out the plastic fittings.

6: Tilt the top cover so the circuit board is visible. Carefully click of the wire connecting the circuit board to the coil house. The top cover can now be removed.

SADDLE

1: Remove the small screw mounted underneath the post by using a 3mm Allen wrench. Now the saddle fitting and saddle can slide off. Remember to remount the screw again.



TROUBLE SHOOTER

How to keep the cycles in good condition?

It is a good idea to place a board at the exit of the cycling room displaying all cycle numbers. Here people can note possible problems or concerns arisen during the exercise. In this way, the people who are servicing the cycles can get updated regularly on how the cycles are performing, and problems can be identified before they turn critical.

Light in display.

If there is no light in the display when cycling, check the following.

1: The coil house is placed directly in front of the magnets and angled so the whole magnet is passing the entire coil house. There should be 1mm between the coil house and the magnets. To adjust the coil house see page 19.

2: Check that the wire is firmly attached to both the coil house and the circuit board at the top cover. To remove top cover, see page 22.

Whistling sound.

The magnets are very powerful and can attract metal dust causing a whistling sound when the magnets pass the coil house. Open the service hatch with a coin and wipe off the magnets.

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