

TIPS AND INFORMATION

Heart rate

The BODY BIKE® Performance Console is able to receive data from several brands of heart rate transmitters. Some connections may be more fragile than others. Move the bikes further apart if you experience crosstalk. BODY BIKE® recommends use of an ANT+ heart rate transmitters. Make sure you are the one closest to the console when pairing.

Weight

Units (kg/lb) can be set in default setting mode, see page 29-30. Your weight together with your work load is used for calculating calories.

Age or MHR

Enter maximum heart rate if you know it. Otherwise enter age and your maximum heart rate will be calculated from your age (220 - age). Your MHR is used to determine %MHR.

Watt level test

Relative VO₂ max and %MAX WATT If you do not know your relative VO₂ max, you can take the watt level test to determine it. The test will reveal your watt level and from this the relative VO₂ max is calculated. The relative VO₂ max is an expression of your oxygen consumption in relation to your body weight. The watt level

is used to determine %MAX WATT. Many instructors use the %MAX WATT to guide a class because it is relative to what each participant is able to perform. If you feel the level is too high or too low, adjust your watt level in user settings, see page 33-34. A high watt level means you will have to work harder to obtain a certain %MAX WATT than if you choose a lower watt level. Adjust the watt level according to your physical state.

Default user values

If you start pedaling without entering your individual values, the default settings will be used. The default setting are:
Age or MHR - 30 or 190bpm.
Weight - 70kg or 154lb.
Relative VO₂ max - 35.

———— **INDIVIDUAL LOAD CELL NO. DO NOT CHANGE.**

———— **END DEFAULT SETTING MODE**

———— **CHANGE LOAD CELL CAL. NO. (ONLY WHEN REPLACING LOAD CELL)**

HEART RATE

1) Put on your heart rate transmitter, see figure 35. The belt should be worn tight without causing discomfort. The electrodes must be moist and be placed just below the chest muscles.

⚠ PLEASE NOTE

Electrodes facing inwards in contact

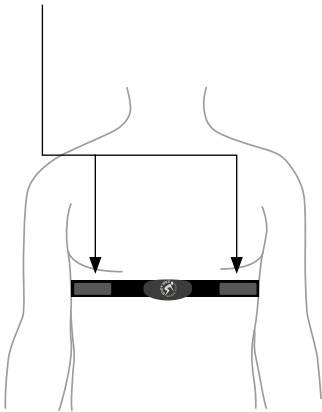


Figure 35

2) Press **F** to enter setting mode.

3) If there is no heart rate transmitter paired, the pairing will start automatically and the display will look like figure 36. If a heart rate transmitter is already paired, the display will look like figure 33. Press **F** to maintain this pairing and continue to next setting, see figure 41, or press **◀** or **▶** to start new pairing.

4) Lean forward to get your heart rate transmitter as close to the bottom of the console as possible. The display will run segments in 0 shapes until the code is registered. When the pairing is finished the display will look like figure 37. Press **F** to maintain this pairing and continue to next setting. Press **◀** or **▶** to start new pairing.

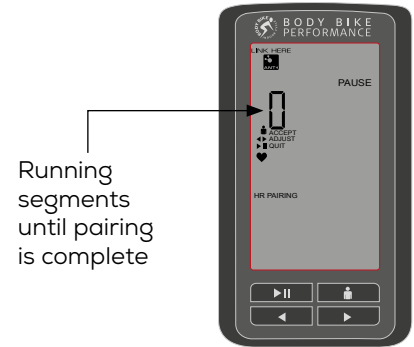


Figure 36

Press **F** to accept and continue

Press **▶E** to accept and end

Press **◀** or **▶** to start new pairing



Figure 37

AGE, HMR AND WEIGHT

Press **F** to enter setting mode. If you are wearing a heart rate transmitter, follow the guidance on page 32 to pair it. If not, press **F** to continue without heart rate transmitter. Enter your age or MHR and weight as described on figure 38.

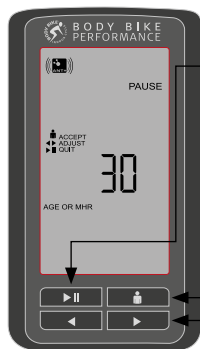


Figure 38

Press **▶E** to accept and end setting mode

Press **F** to accept and continue to next setting

Press **◀** or **▶** to increase/decrease

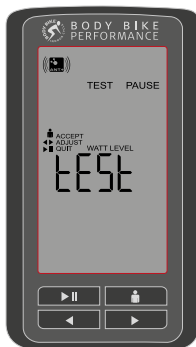


Figure 39

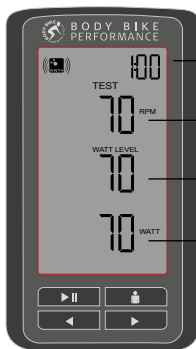


Figure 40

Time left on this level

Your current cadence

The watt you must attain

Your current watt

WATT TEST

If you already know your relative VO2 max, use the arrows to enter it and press F or **▶E** to accept and end setting mode. If you do not know it, you can do a watt max test. Please follow the guide below.

- 1) Gently warm up for 5-10 min.
- 2) Enter the test by pressing F until you reach the test screen, see figure 39.
- 3) Press F again to start the test.
- 4) The top figure is your cadence. This should be as close to 70 as possible, see figure 40.

5) The middle figure is the watt you need to attain and the bottom figure is how many watt you are currently performing, see figure 40. Adjust the tension until you attain the watt prescribed in the middle figure. The arrows at the bottom left of the screen will tell you if you need to add more tension or release tension.

WATT TEST

6) Every 2 minutes, the watt will increase by 35 watt. Adjust tension to match again. You can follow the time in the top right corner of the display, see figure 40.

7) Continue until you are unable to progress further. Press any button to end test. The display will show your relative VO2 max and your watt level, see figure 41. Press F or ►E to accept and end or use ◀▶ to adjust.

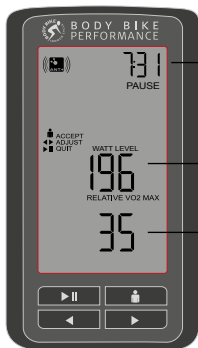


Figure 41

Total test time

Your Watt level

Your relative VO2 max

NAVIGATION AND SCAN

The navigation line at the bottom of the screen will show you what screen you are on and if you are in scan mode. In scan mode the console automatically changes between the first two screens. The console is in scan mode when the line underneath the word 'scan' is on and the line above 'scan 1 2' is on. A line will also appear under the screen number which is currently shown, see figure 43.

End scan mode:

Press ◀ or ▶ and the console will end scan mode. ▶ takes you to screen 1 and ◀ takes you to screen 5, see figure 46.

Enter scan mode:

Keep pressing ◀ or ▶ until the line under 'scan' turns on, see figure 42.

Navigate between screens:

Use ◀ or ▶, see figure 42.

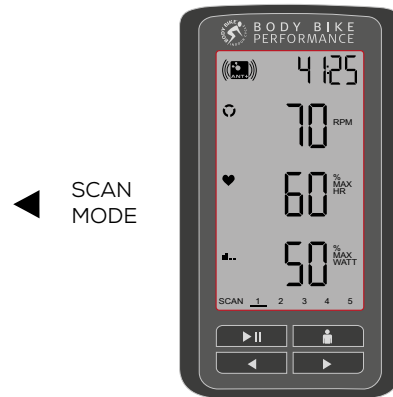


Figure 42

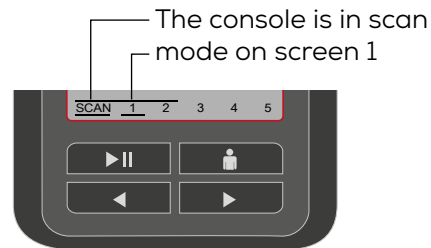


Figure 43

Screen 1

[RPM, %MAX HR, %MAX WATT] The screen shows the values relative to your maximum values. This is the data you will most likely use during training.

Screen 2

[RPM, HR, WATT] This screen holds the absolute values.

Screen 3

[Km/Mi, Kcal/Hr, Kcal] This is a summary screen with your total distance at the top and your total burned kilocalories at the bottom. Both the distance and the calories are based on watt. The middle figure is KCAL/HR. It is an expression of how hard you are working right now and tells how many kilocalories you will burn if you keep up the current pace and tension for an hour.

Screen 4

[RPM AVG, HR AVG, WATT AVG] Screen 4 holds average values accumulated from all data collected throughout the workout.

Screen 5

[MAX RPM, MAX HR, MAX WATT] Screen 5 shows the maximum values you have reached during the workout. Do not pedal uncontrollably fast or hard in an attempt to break a record.



Figure 44

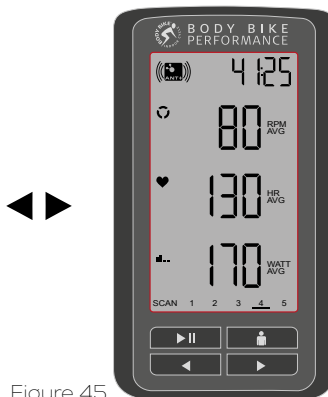


Figure 45

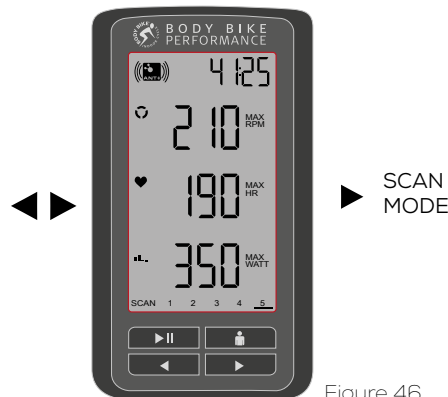


Figure 46