

ATOM

USER GUIDE

WATTBIKE ATOM NEXT GENERATION

wattbike



CONTENTS

01. INTRODUCTION	03
02. ATOM FEATURES	04
03. GET READY TO RIDE	05
Build	
Set Up	
Set Up Diagrams	
04. GET CONNECTED	11
Connect to the Wattbike Hub	
To connect your Atom	
Connect a Heart Rate Monitor	
Atom Connectivity Methods	
Connecting to Apps	
Connecting Cycling Computers	
How to use the Shifters and Resistance Modes	
Resistance Modes	
05. WORKOUTS AND TESTS	15
06. PES AND POLAR VIEW	17
07. CARE, MAINTENANCE AND STORAGE	20
Firmware Updates	
Replacing shifters	
Replacing shifter batteries	
Ports	
After each session	
Monthly maintenance	
Moving and storing your Atom	
08. SUPPORT AND TECH SPECS	24
Customer Services	
Technical Support	
Warranty and Terms and Conditions	
Technical Specifications	
Declaration of Conformity	
Schematics	

IMPORTANT Read this instruction manual carefully to familiarize yourself with the device before connecting or using the power. Keep the instruction so that you can read it anew and share it when the device is shared.



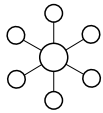


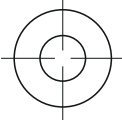
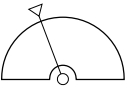
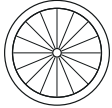

INTRODUCTION

Wattbike Atom is the most realistic, intelligent and effective smart trainer on Earth. Offering ultimate realism, unrivalled connectivity, cutting edge accuracy and analysis.

To get the most from your Atom, you should start by getting it set up correctly. Use this guide to get your bike set up, get connected, and start training.

ATOM FEATURES



	<p>CONNECTIVITY</p>	<p>Atom makes your riding experience seamless. With ANT+, FE-C and BLE FTMS compatibility you can connect to all popular apps and devices.</p> 
	<p>LIVE VISUALISATION</p>	<p>Our innovative analysis tools, Polar View and Pedalling Effectiveness Score (PES) visualise how you apply force through each pedal revolution so you can optimise your technique.</p>
	<p>ACCURACY</p>	<p>With Atom you can rely on your data. Atom delivers approximately $\pm 1\%$ accuracy.</p>
	<p>PERFORMANCE INSIGHTS</p>	<p>Access training plans. Test your performance. Analyse your data. Using the Wattbike Hub as you ride, you will structure your training and meet your goals.</p>
	<p>INTEGRATED GEAR SHIFTERS</p>	<p>Integrated gear shifters combine with our unique Real Ride Feel technology to offer the ultimate in-ride experience.</p>
	<p>CLIMB MODE</p>	<p>Using Strava GPS and data from VeloViewer, Wattbike Atom comes pre-loaded with epic climbs.</p>

GET READY TO RIDE



**WARNING**

- Any modifications to the Atom during the assembly of the are prohibited. Only use the recommended build instructions and supplied parts, failing to do so can present a safety risk. Atom max user weight is 120kg (265lbs).
- Unpacking the Wattbike Atom requires scissors and/or a knife. Take care with these items to avoid personal injury or product damage. TIP: A degree of basic knowledge is required for a safe assembly and if you are unsure how to assemble the bike seek a competent person to help.

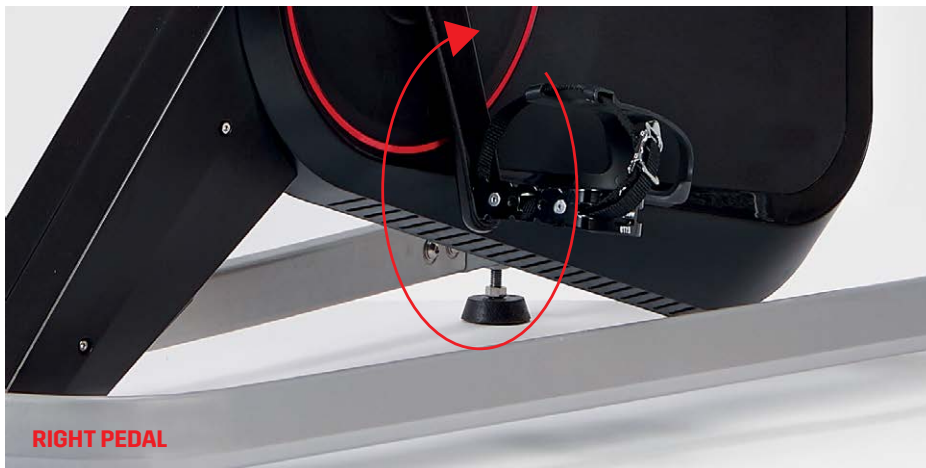


You will need the supplied 15mm spanner and the 5mm and 4mm Allen keys to complete the build. Ensure you place and assemble the atom on a safe and level surface, any small deviations in surface level may be corrected using the leveling feet.

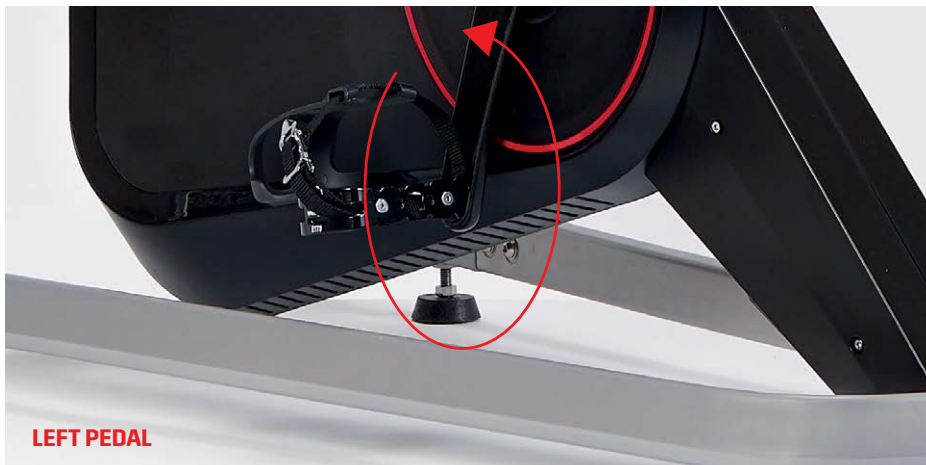
BUILD

1. Remove the Atom and its accessories from the packaging.
- 2a. Screw the right pedal onto the right crank. Tighten clockwise securely using the provided spanner.

TIP: The cranks have a standard screw fitment, allowing you to customise the Atom with pedals of your choice. Please take care around the pedals and cranks not to trap fingers or feet as this may cause injury.



- 2b. Screw the left pedal onto the left crank. Tighten anti-clockwise securely using the spanner.



- 3a. Take the Tri-bar assembly and insert the two ends into the Tri-bar clamps with device holder out in front of the bike.



- 3b. Level up the two Tri-bar ends in their clamps, tighten the securing screw using the 4mm Allen key.

- 3c. Insert the two plastic bungs into the open ends of the Tri-bar ends.

4. Take the metal Tri-pad cups, rest them on the blocks and screw into place to secure. Remove the velcro from the back of the pads (without removing the protective layer). Once off, remove the protective layer and affix to the metal Tri-pad cup. You can now fasten the Tri-pads in position on to the velcro.



5. Ensure all bolts are tight and the handlebar fixings are secure.
6. Plug your Atom into a wall outlet using the power adaptor provided. Make sure the switch on both the wall outlet and the rear of the Atom are turned on.



WARNING

- Do not exceed the maximum markers on the Saddle and Handlebar posts. The following procedure represents an ergonomically safe set up.
- Take care when dismounting the bike onto slippery surfaces.
- Do not only hold onto the arms of the device holder whilst riding, as this may cause damage to your Atom. Use the Tri-pads or handlebars to rest your weight and hold onto the handlebars for hard efforts.

SET UP

The adjustment levers on the Atom are spring loaded, allowing you to pull on the lever and rotate then release back into place without having to tighten or loosen the lever.

Use the corresponding levers and adjusters to set up your Atom to your preferred cycling position. Make all adjustments off the bike.

Raise or lower your saddle height using the lever on the rear of the saddle stem. Pull the lock lever outwards (step 1 above), then rotate anti-clockwise to loosen (step 2). Push inwards and rotate clockwise and tighten to secure. Ensure you position the lock lever in a vertical alignment (as shown in the picture) after saddle height has been adjusted in order to not interfere with the users movement.



VERTICAL ADJUSTMENT LEVERS



1. Adjust your saddle horizontal position by using the 4mm Allen key to loosen the saddle slider. After adjusting, tighten to secure.
2. Set your handlebar height using the lever on the front of the handlebar stem. Loosen the lever to raise or lower the handlebars. Tighten to secure.
3. Adjust your handlebar fore/aft position using the 5mm Allen key to loosen the handlebar. After adjusting, tighten to secure.

TIP: We recommend you have your handlebars equal height to the saddle height.

4. Raise the device mount to slide your device into place, push the mount down and rotate the red locking rings backwards to secure.
5. Use the rubber feet on the Atom to adjust the height of each corner of the frame to stabilise the bike.

TIP: We recommend using a Wattbike floor mat under your Atom to protect the floor or carpet from sweat and fluid.

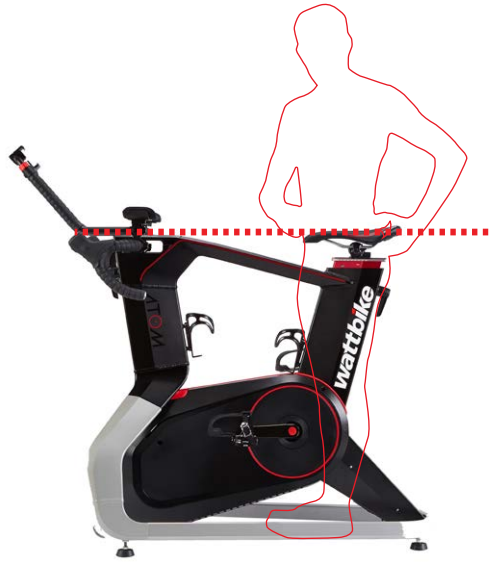
6. To lower the rubber feet, screw clockwise, to raise the feet screw anti-clockwise.
7. Visit wattbike.com/bikefit to accurately replicate your road bike figures onto the Atom.

TIP

Videos are available on the Wattbike YouTube channel detailing the processes - search "WATTBIKE - HOW TO SET UP YOUR ATOM"



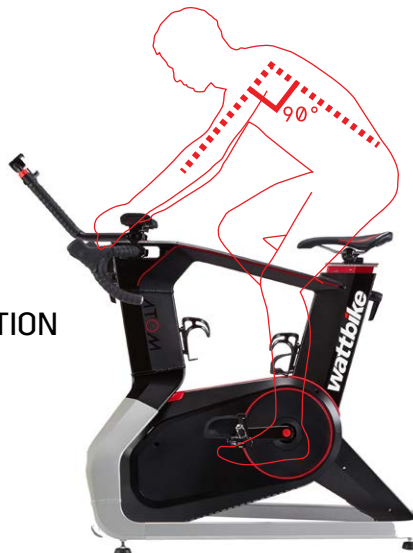
STEP 1:
SETTING THE
SADDLE HEIGHT



STEP 2:
SETTING THE SADDLE
HORIZONTAL POSITION



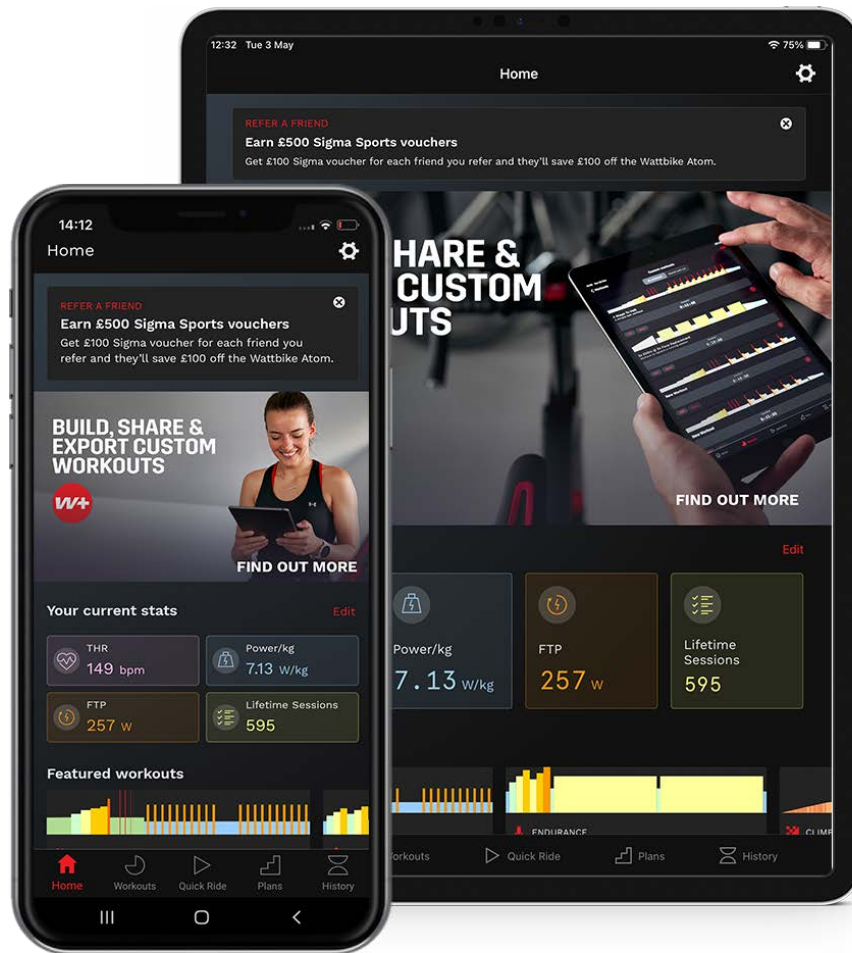
STEP 3:
SETTING THE
HANDLEBAR POSITION



WARNING Improper rider set up and over training can cause injury. Take care to set yourself up on the Atom correctly. Always dismount the Atom before making set up adjustments. If wearing cleats take extra care when mounting and dismounting the Atom. Injuries to health may result from incorrect or excessive training on this cycling ergometer.



GET CONNECTED



Whether you want to take on a stage of the Tour on Zwift, download custom training plans from Training Peaks, or test your mettle with a Sufferfest challenge, the Atom makes it simple and seamless. Your Wattbike Atom can connect to any BLE or ANT+ enabled app or 3rd party software.

TIP: To prevent interruptions to your session, ensure your device is well charged or plugged in.

CONNECT TO THE WATTBIKE HUB

1. Plug your Atom into a wall outlet using the power adaptor provided. Ensure the switches on both the wall outlet and the rear of the Atom are turned on.
2. Enable Bluetooth on your device.
3. Download the Wattbike Hub from your app store.
4. Open the Wattbike Hub app, login or sign-up.

TIP: If you already have the Wattbike app, make sure it is up-to-date.

TO CONNECT YOUR ATOM

1. Tap 'just ride'.
2. Tap the top right corner.
3. Select your Atom ID from the list.

TIP: The Atom ID digits correspond to the last 5 digits of the serial number of your Atom.



CONNECT A HEART RATE MONITOR



WARNING Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint, stop exercising immediately.

Your Atom can connect to Bluetooth™, ANTANT (SUUNTO), Polar and Wattbike heart rate belts. They can be paired up in the Wattbike Hub before your session.

TIP: Wear your heart rate belt before trying to connect it to your Atom. You can also connect to your heart rate belt during a session using the Wattbike Hub - simply tap the HR sensor in the top right hand corner of the screen and select your belt.

1. Tap the play button to begin your session.
2. When finished, press the pause button then the stop button. The session will be saved and uploaded to the Wattbike Hub (when an internet connection is available).

ATOM CONNECTIVITY METHODS

Straight out of the box, your Atom can connect to 3rd party training apps such as The Sufferfest, Zwift and TrainerRoad.

The Atom allows control from apps with the following protocols:

1. ANT+ FE-C
2. Bluetooth Smart FTMS

Many apps have the ability to control resistance over the above protocols, which offer a smart training experience.

If your chosen training app does not have the ability to control resistance based on on-screen data, you can still record your session data via BLE or ANT+.

CONNECTING TO APPS

1. Plug your Atom into a wall outlet using the power adaptor provided. Ensure the switches on both the wall outlet and the rear of the Atom are turned on.
2. Enable Bluetooth or ANT+ on your device.
3. Open your preferred training app and navigate to the point of connecting your indoor trainer.
4. Select the displayed Atom ID. For example: 'Atom02345' or '02345'.

TIP: The digits correspond to the last 5 digits of the serial number of your Atom.

CONNECTING CYCLING COMPUTERS

To connect your Atom with your cycle computer:

1. Navigate to the 'pair sensors' or similar screen.
2. Depending how your device displays the sensor ID, select the displayed Atom sensor ID. For example: 'Atom02345' or '02345'.

TIP: The digits correspond to the last 5 digits of the serial number of your Atom.

3. If you are prompted to confirm your selection, confirm to finalise the pairing process.

HOW TO USE THE SHIFTERS AND RESISTANCE MODES

The shifters on your Atom control specific actions;



The shifter on the right:

- Action Button* – Mode selection
- Up button:
 - Click: Increase Gear or Target Watts
 - Hold: Increase Gear or Target Watts + multiple changes
- Down button
 - Click: Decrease Gear or Target Watts
 - Hold: Decrease Gear or Target Watts + multiple changes

The shifter on the left:

- Action Button*: + 1 Lap (for Just Ride and Climb mode only)
- Up button:
 - Click: Scroll to next view
- Down button
 - Click – Scroll to previous view

***TIP: When pressing the action button, push the button in the middle of the red part of the shifter.**

RESISTANCE MODES

You have the ability to change between two resistance modes during a session.

Gear mode

This is the default mode on your Atom. Use the up and down buttons to change your gear. This mode is most like riding a bike.

Ergo mode

In this mode, the Atom will hold you to a target wattage, regardless of your cadence. To switch between the modes, press the action button on the right shifter.

WORKOUTS AND TESTS



The Wattbike Hub has a variety of workout types to suit your needs:

The Climb feature lets your tackle bucket-list climbs without leaving your home. Your Atom will actively map the precise gradient of your chosen climb and you can change your gear during these sessions to accurately replicate how you would ride a climb out on the road.

Tests offer a measureable way of benchmarking and assessing your performance throughout a training block.

Once you have completed a test in the Wattbike Hub, your profile will automatically be updated and the Atom will adjust your training zones and resistance settings to the exact intensity you need.

To set or reset your training zones, take one of the following tests based on your ability and training background:

NEW OR STARTING TRAINING	TRAINED	ADVANCED
Sub-max Ramp Test	3-minute Test	FTP Test

To start a test:

- Plug your Atom into a wall outlet using the power adaptor provided. Ensure the switches on both the wall outlet and the rear of the Atom are turned on.
- Enable Bluetooth on your device.
- Open the Wattbike Hub.

Ensure you are adequately warmed up for the test you are about to complete.

TIP: If you are attempting either the 3 minute test or the FTP test we recommend you complete the 20 minute warm-up found in the warm-up section of the Wattbike Hub.

- Once you are warmed up and ready to go; tap the tests section and select the test you would like to do.
- Ensure you have connected your heart rate belt/sensor before you start your test.
- Tap the 'Play' icon to begin.

Once you have completed your test the data will be saved and stored in the Wattbike Hub and your user profile will automatically be updated with your new training zones.

WARNING

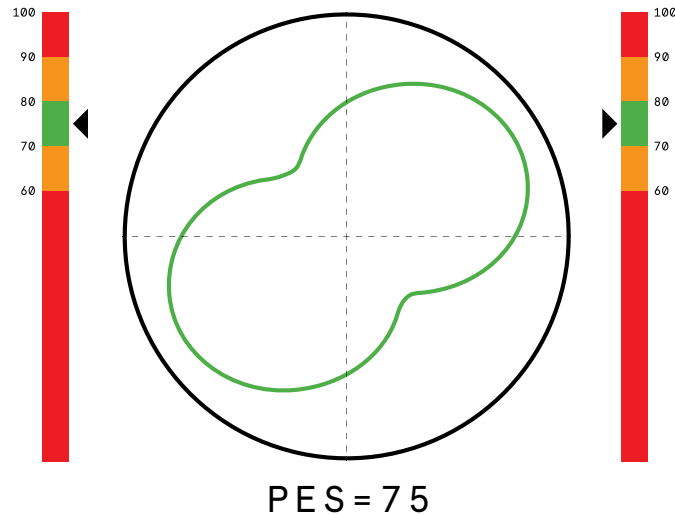


- The tests in this Guide assume a high level of basic fitness and should not be attempted if you are a beginner or have been recently ill or injured. If in doubt, consult your Doctor before you commence a Wattbike test or training plan. The tests are not suitable for children or young adults under the age of 18 unless under supervision. Wattbike cannot be held responsible for any accidents or liable for any damage to health.
- Using the Wattbike, its tests and functions, is done at your own risk.
- Before any test or exercise session on the Atom ensure you have the correct rider set up (bio-mechanical position) please see section 3 of this user guide for set up instruction and guidelines.

PES AND POLAR VIEW



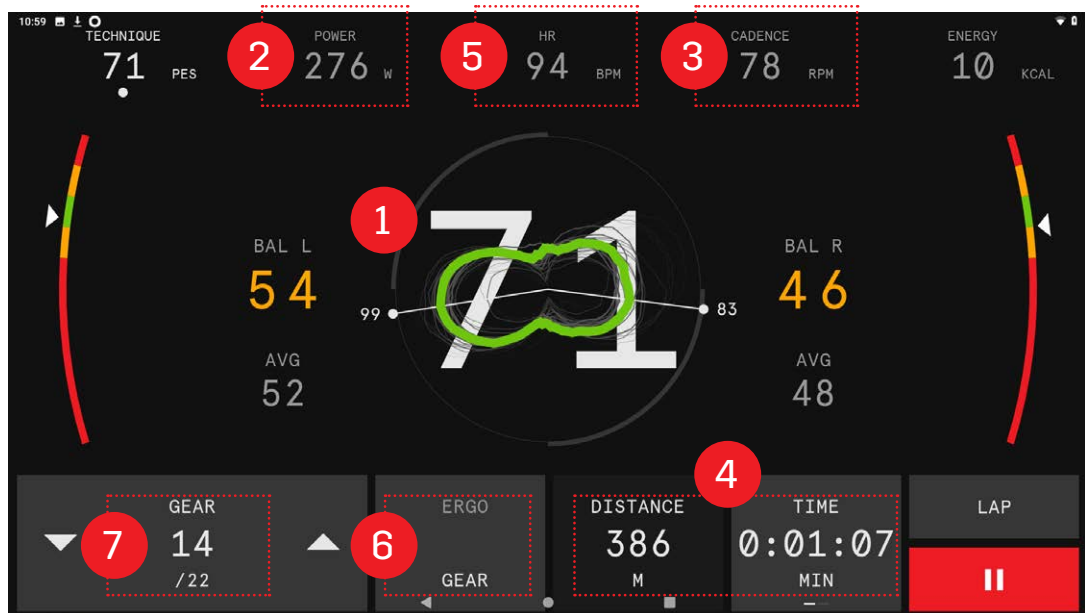
The pioneering Pedalling Effectiveness Score (PES) is a natural progression of our innovative Polar View feature, helping you easily assess the impact of changes in pedalling technique in real-time.



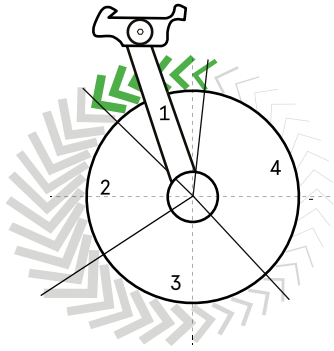
PES is a revolutionary system comprised of a number, a traffic-light colour coded polar view and goal indicators acting a powerful visual cue that shows the rider, how effective their pedalling is.

Never before could you see and change your effectiveness in real time from pedal stroke to pedal stroke.

Use the following images as a technique guide to help with improving your PES score.



1. **Polar view and PES:** Real time objective pedal profile, technique display, PES metric average and instantaneous L/R leg balance.
2. **Power metrics:** Tap to scroll through alternative screens.
3. **Cadence metrics:** Tap to scroll through alternative screens.
4. **Session timer and Lap information:** Tap to pause and stop the session. Lap timer tap the '+' symbol or the top button on the left shifter to start a new lap.
5. **Heart rate metrics:** Tap to scroll through alternative screens.
6. **Mode selection**
7. **Gear number and Ergo target**

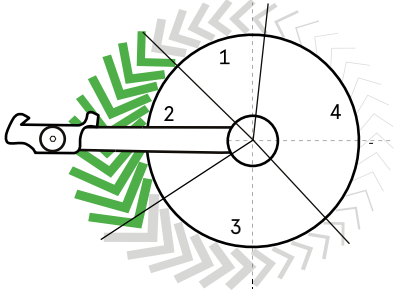


PHASE ONE

From the top of the pedal stroke the pedal is pushed forwards

Key muscle groups:

Quads and glutes

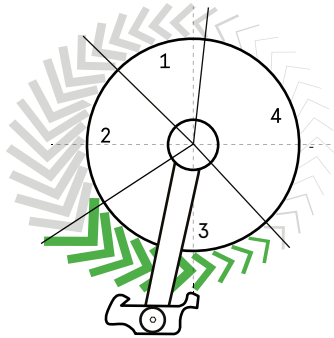


PHASE TWO

Shortly after this, a powerful downwards push starts through the middle part of the pedal stroke

Key muscle groups:

Quads and glutes

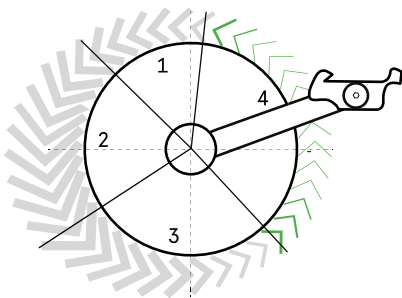


PHASE THREE

As the pedal approaches the bottom of the pedal stroke, the pedal is pulled backwards

Key muscle groups:

Hamstrings and calves



PHASE FOUR

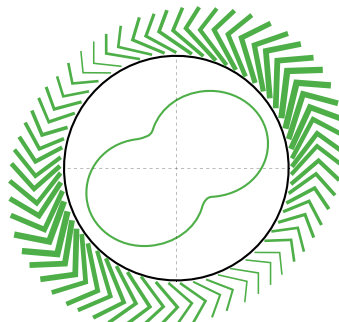
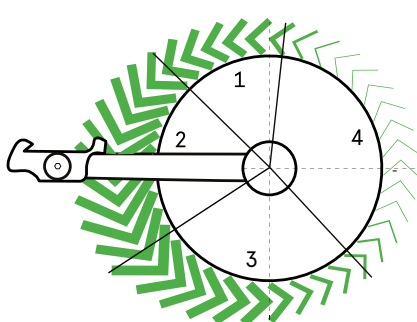
During the return part of the stroke there is a light upwards pull

Key muscle group:

Hip flexors and Tibialis Anterior

CONNECTED PHASES

A smooth balanced pressure on the pedal throughout the pedal stroke



- Recruit more muscles
- Train more effectively
- Get fitter faster

CARE, MAINTENANCE AND STORAGE



FIRMWARE UPDATES

From time to time we issue firmware updates to keep electronics inside your Atom up-to-date.

When a firmware update is issued, a firmware request will show on screen when you next connect your device to your Atom.

TIP: This requires both internet connection and the latest version of the Wattbike Hub to be installed on your device.

1. Ensure you have the latest app from the iOS App Store or Android Play Store.
2. Go to 'Just Ride'.
3. Connect to your Atom as if you were starting a ride.
4. Follow the on-screen instructions to update.

TIP: Remember to restart the Atom, turning it off and then on using the switch at the rear. You must also restart your device.

REPLACING SHIFTERS

If your shifters have permanently malfunctioned and you need to replace them then contact Wattbike Customer Services to order a replacement shifter.

Shifters are either Left or Right handed; they are not interchangeable. Once you have your replacement shifter follow the steps below to replace them.

1. Pull back and remove the rubber hood on the shifter
2. Undo the Allen headed bolt securing the shifter to the shifter mount and remove the shifter
3. Attach the new shifter and screw in the securing bolt
4. Open the Wattbike Hub app that you have used with the bike before:

For iOS devices:

1. Navigate to Settings > Known Wattbikes
2. Select your bike from the list (you must have connected to the bike previously).
3. After a few seconds the app will connect to the bike, the connection circle will go green and an advanced settings button will appear
4. Tap 'advanced settings'.
5. Tap the 'Pair' button under the shifter you want to change and immediately hold all three shifter buttons until status reads 'Connected'.
6. Your new shifter has now paired with your Atom
7. Test the shifter by going into a 'Just Ride' session and pressing the buttons

On Android devices:

1. Click the overflow, 'three dots' menu item in the top right corner and select 'Known Wattbikes'.
2. Select your bike from the list (you must have connected to the bike previously).
3. After a few seconds the app will connect to the bike and the circle will go green.
4. Click 'Advanced Settings'.
5. Click the 'Pair' button next to the shifter you want to change and immediately hold all three shifter buttons until the status reads 'Connected'.

TIP: Test the shifter by going into a 'Just Ride' session and pressing the buttons

REPLACING SHIFTER BATTERIES

Tools required:

- A 1 bladed screwdriver
- A CR2032 button cell battery

If the shifters on your Atom have stopped working the batteries may need replacing.

To replace the batteries:

1. Pull back and remove the rubber hood on the shifter to reveal the shifter.

TIP: Look on the inside (the side that faces the bike) to find the screw door.

2. Turn the screw door anti-clockwise to undo and remove.
3. Using a small flat bladed screwdriver carefully work the battery loose and remove.
4. Replace with the new battery with the positive side showing.
5. Replace the screw door and turn clockwise to secure.
6. Test the shifter by engaging the 'Just Ride' mode and testing the buttons.

PORTS

There are 2 ports on your Atom:

1. The USB port - this is used for diagnostics which are carried out at our service centre.
2. The power jack port, for plugging your Atom into the mains power.



WARNING Trip and fire hazard. Ensure power cable is stowed away after use. Ensure the plug is fully inserted into the socket before use, check the socket periodically for damage. There is a risk of fire if the socket is only partially inserted and or the socket is damaged.



The Atom is constructed from high performance components, and is designed to withstand heavy usage, making it almost maintenance-free.



WARNING

- Maintenance of the Atom must be done as stated in the lists below. A high operational safety level can only be maintained if the Atom is regularly checked for damage and wear of parts.
- If you notice a defect the Atom may no longer be used. It must be secured against unauthorized use. Call or contact Wattbike to organise a service to address, repair and ensure safe operation of the Atom.
- Wear parts such as the saddle and pedals you should take extra care to inspect for damage or excessive wear beyond the point of safe use. If these items are worn and need to be replaced, contact customer services to organise a new unit or direct replacement.
- If you notice any unusual/loud noises or grinding during operation, stop using your Atom and contact Wattbike for support and maintenance advice.
- Do not use corrosive or abrasive materials to clean the equipment.
- Ensure that the handlebar stem and saddle stem do not exceed the max markers.
- Inspect the feet bolts, saddle and handlebar sliders and device holder monthly for looseness and corrosion. Tighten as necessary.
- Inspect the saddle and handlebar stem adjustments monthly. Tighten as necessary.

AFTER EACH SESSION

- To ensure your Atom stays in good condition, after each session remove all sweat, dust, dirt and any other substances.
- Always use a clean, soft cloth and a non-abrasive liquid cleaner - we recommend the Wattbike Muc-Off Care Pack.
- Wipe down the exterior covers and frame, saddle, and handlebars.

MONTHLY MAINTENANCE

Where necessary:

- Vacuum the floor under and around the Atom to prevent the bike from picking up dust.
- Inspect the feet bolts, saddle and handlebar sliders and device holder for looseness and corrosion. Tighten as necessary.
- Inspect the saddle and handlebar stem adjustments. Tighten as necessary.
- Check that the pedals are secure and fit for use.

MOVING AND STORING YOUR ATOM

Before attempting to move your Atom ensure all levers and bolts are tight. Failure to do so may cause injury.



WARNING 44kg, 2 person lift. Do not attempt to move the bike unaided if you anticipate needing to take the whole weight unaided.

- Ensure the path to your destination is free from trip hazards that could cause harm or damage to yourself or the Atom.
- Turn the Atom off at the switch and wall outlet and unplug from the mains supply. Place your hands on the handlebars of the Atom and pull towards you to balance the weight on the coaster wheels.
- Roll the Atom on the wheels to its destination.
- If the Atom is not being used for an extended period of time, ensure it is unplugged (with the power cable gathered up and stored) and covered with a sheet to reduce damage from dust and moisture.

SUPPORT AND TECH SPECS



CUSTOMER SERVICES, TECHNICAL SUPPORT AND WARRANTY

CUSTOMER SERVICES

Tel: +44 (0)115 945 5450

Email: info@wattbike.com

Web: support.wattbike.com

Post: Wattbike Ltd.

Unit 13,
Nottingham South and Wilford Industrial Estate,
Ruddington Lane,
Nottingham
NG11 7EP
United Kingdom

TECHNICAL SUPPORT

For Servicing enquiries and Technical Support, please contact Wattbike on the number above or email: service@wattbike.com.

The Wattbike Technical Support Service provides:

- Telephone consultation.
- Information about which services are covered by the warranty and which must be paid for.
- On-site support service.
- Supply of original spare parts.

WARRANTY AND TERMS AND CONDITIONS

For Wattbike's full terms and conditions, visit wattbike.com

TECHNICAL SPECIFICATIONS

ATOM WEIGHT:

- 44kg, 97lb

MAX RIDER WEIGHT:

- 120kg
- 18st 12lb
- 264lb

MAX RIDER HEIGHT:

- 5'-6' 5"
- 152cm-196cm

POWER REQUIREMENTS:

- Mains powered - 12v, 5A DC power supply
- The device may only be operated with Safety Extra Low Voltage (SELV)

RESISTANCE TYPE:

- Electromagnetic

RESISTANCE MECHANISM:

- Speed independent training equipment

WIRELESS TECHNOLOGIES:

- Bluetooth 5.0 (FTMS)
- ANT+ (FE-C ready, PWR, S&C)
- ANT (Heart Rate Only)
- Polar (Heart Rate Only)

FOOTPRINT:

- 100cm 3'3" (l), 50cm 1'7" (w), 110cm 3'6" (h)
- Recommended area space (see diagrams below): 220cm 7'2" (l), 170cm 5'6" (w) 200cm 6'6" (h)

COMPATIBLE HR DEVICES:

- Bluetooth 4.0
- ANT+
- ANT (Suunto)
- Polar

HANDLEBAR DIAMETER:

- 26mm

VIRTUAL GEARS:

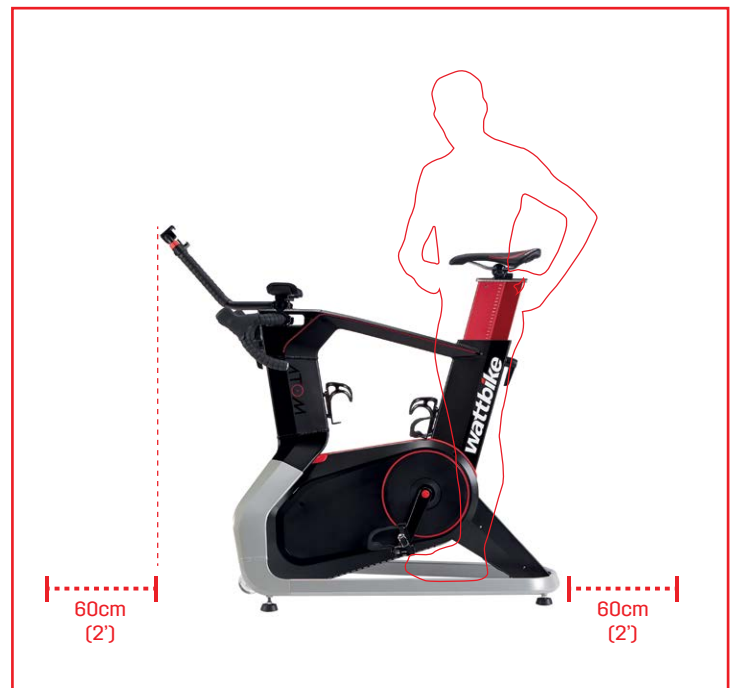
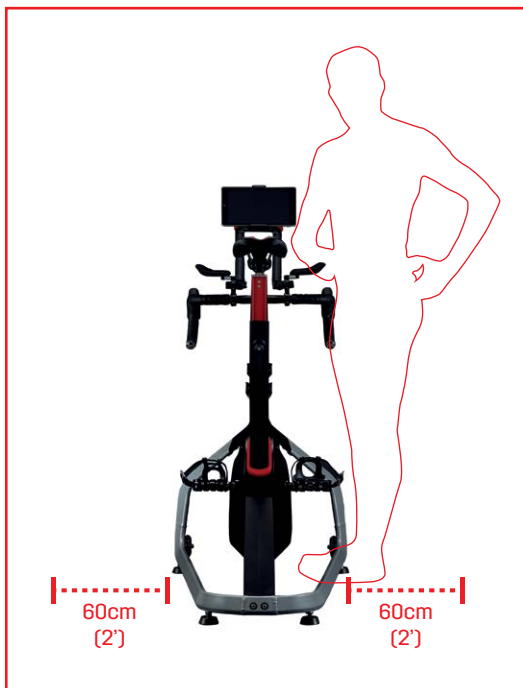
- 22

GRADIENT RANGE:

- 0 – 25%

PRODUCT CLASS:

- HA



DECLARATION OF CONFORMITY

The Wattbike Atom is only suitable for home use. The Wattbike's sole intended purpose is to simulate cycling as described in our manual. Any other use of the equipment is considered improper and outside of our remit of responsibility.

Maximum User weight: 120kg (265lbs) **Maximum User height:** 5'–6"5' / 152cm-196cm



DANGER OF DEATH OR SERIOUS INJURY

- Injuries to health may result from incorrect or excessive training on this cycling ergometer.
- This equipment is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- The tests in the user guide assume a high level of basic fitness and should not be attempted if you are a beginner or have been recently ill or injured. If in doubt, consult your Doctor before you commence a Wattbike test or training plan. The tests are not suitable for children or young adults under the age of 18 unless under supervision. Wattbike cannot be held responsible for any accidents or liable for any damage to health. Using the Wattbike, its tests and functions, is done at your own risk.
- Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint or unwell during training (dizziness, chest pain, etc.) stop exercising immediately and consult a Doctor.
- Do not allow children or pets near a Wattbike whilst it is in use.
- Never leave children or pets unattended with a Wattbike. Store Wattbike away in a locked room after use.
- Always unplug and store away cables after each use.



DANGER OF FIRE OR ELECTRIC SHOCK

- Excessive heating can occur. Always unplug the Wattbike from the power outlet when unattended or not in use. To disconnect, switch off all controls, then remove the plug from outlet.
- Always unplug the Wattbike from the electrical outlet before cleaning, maintaining, adjusting and adding or removing attachments. Only use attachments specifically recommended by Wattbike.
- Only use a proprietary Wattbike power supply. Keep the equipment away from heat and liquids and do not use the cord as a manoeuvring handle. The power supply must be replaced if it malfunctions or becomes wet or damaged. Do not use the Wattbike until you have received a suitable power supply replacement from a Wattbike service agent.
- Never drop or insert any object into any grill, vent or opening.
- Never operate the Wattbike with blocked vents. Keep air openings free of lint, hair, and other debris.
- Do not use aerosol products or administer oxygen nearby a Wattbike.
- Do not use a Wattbike outdoors.



TAKE CAUTION USING SHARPS WHEN UNPACKING



DANGER OF INJURY

- Wattbike cannot be held liable for damage or injury caused by improper use, assembly or modification. It must be assembled with due care. If in doubt, call our Customer Service team for advice and guidance.
- Never operate the Wattbike if it is damaged or in poor repair. Instead, return it to a service centre.
- Before any test or exercise session on the Atom ensure you have the correct rider set up (bio-mechanical position) please see section 3 of this user guide for set up instruction and guidelines.
- Always dismount before making set up adjustments. Firmly secure adjustment points before use. Do not overextend parts beyond maximum markers. Take care to reposition items such as adjustment levers and cleats so they do not obstruct your safe passage when mounting and dismounting the Wattbike.
- A surrounding clear area of 60cm (2ft) must be provided all around the Wattbike.
- Beware of slips due to liquids, sweat and spillages when mounting or dismounting the Wattbike.
- Use of attachments unauthorised by Wattbike may pose risk of injury. For example, replacing Wattbike supplied pedals may reduce frame clearance to an unacceptable degree.
- Maintenance of the Atom must be done as described in the user manual. A high operational safety level can only be maintained if the Atom is regularly checked for damage and wear of parts.
- If you notice a defect the Atom may no longer be used. It must be secured against unauthorised use. Call or contact Wattbike to organise a service to address, repair and ensure safe operation of the Atom.
- With parts such as the saddle and pedals you should take extra care to inspect for damage or excessive wear beyond the point of safe use. If these items are worn and need to be replaced, contact customer services to organise a new unit or direct replacement.



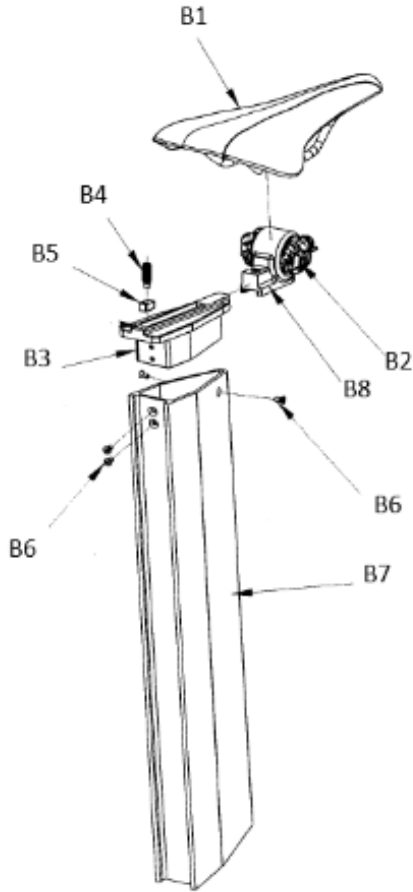
WEIGHT 44KG (97LBS)

- Do not attempt to carry the Wattbike Atom unaided. Two person lift only.
- Wheels have been provided to aid solo manoeuvring. Ensure all adjustment points are tight. Unplug from the power supply. Hold the frame firmly whilst tilting and manoeuvring the Wattbike into position. Ask for assistance if unsure.
- Ensure a secure grip on the frame of the Wattbike if it is tilted to adjust the height of the feet.



WEEE DIRECTIVE

- Under the UK WEEE (Waste Electrical & Electronic Equipment) and battery Regulations, Producers are required to mark all relevant Electrical & Electronic Equipment (EEE), battery & battery packs with a “crossed-out wheeled bin” symbol to remind consumers not to discard WEEE or batteries in the domestic waste stream.
- Wattbike encourages all its customers to make note of this symbol and avoid putting any WEEE or batteries in domestic waste bins or containers. Alternatively, there is a network of recycling centres across the UK where consumers of WEEE and/or batteries can also take it free of charge to be discarded, reused and/or recycled. The complete list of locations can be found at: www.recyclenow.com

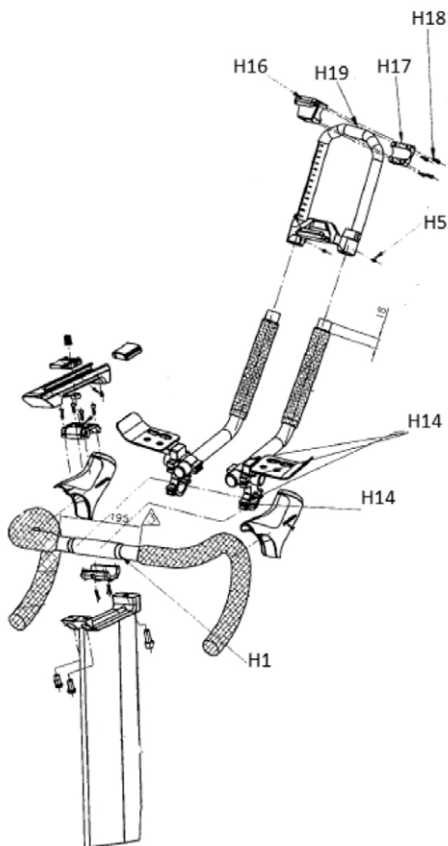


1. SEAT POST ASSEMBLY

SCHEMATIC	WB CODE
B1	53-001
B2	71-136
B3	71-258
B4	71-138
B5	71-139
B6	90-068
B7	71-257
B8	71-142

DESCRIPTION

P/T/A/NGA/AX // Race Saddle
A/NGA/AX // Saddle Clamp
NGA // Saddle Block
A/NGA // Saddle Slider Screw M8
A/NGA // Saddle Slider Block
NGA/AX // Shifter Mounting Screw
NGA // Saddle Stem
A/NGA // Saddle Slider



2. HANDLEBAR ASSEMBLY

SCHEMATIC	WB CODE
H1	71-112
H5	71-115
H14	71-193
H16	71-124
H17	71-125
H18	71-067
H19	71-127

DESCRIPTION

Atom 42cm handlebar
Atom Tablet Holder Grub Screw M4
Atom Tri Pad Clamp Assembly Inc Bolts
Atom Tablet Holder Upper Front
Atom Tablet Holder Upper Rear
Atom Step Motor Bolt M3
Atom Tablet holder tube

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