



ATOM

QUICK START GUIDE

wattbike

OUR MISSION

IMPROVE THE HEALTH AND PERFORMANCE
PROGRESSION OF EVERY ATHLETE IN THE WORLD

MEET YOUR WATTBIKE ATOM

THE WORLD'S SMARTEST INDOOR BIKE TRAINER

This guide shows you how to build and set up your Wattbike Atom, how to connect to your devices, and how to get the most from your Atom's features.



01 SPECIFICATION

HEIGHT	Min 126cm - Max. 150cm (fully extended tablet holder)
FRAME WIDTH	50cm
FRAME LENGTH	100cm
FOOTPRINT	124 x 50cm
BIKE WEIGHT	45kg
BOXED WEIGHT	50kg
INTEGRATED GEAR SHIFTERS	Yes
GEARS	1 - 22
CRANKS	170mm
CHAIN	Industrial 1/2" x 1/8" steel
BELT	T15 Timing belt
HANDLEBAR HEIGHT ADJUSTABILITY	Range 52cm - 76cm
HANDLEBAR FORE/AFT ADJUSTABILITY	Range 0 - 7.5cm
SEAT HEIGHT ADJUSTABILITY	Range 49cm - 75cm
SEAT FORE/AFT ADJUSTABILITY	Range 0 - 8.8cm
ACCURACY	+/-1%
POWER RANGE	0 - 2500w
RESISTANCE	Electromagnetic
THIRD-PARTY CONNECTIVITY	ANT+ (FE-C), BLE (FTMS)
THIRD-PARTY APP SMART FUNCTIONALITY CONTROL	Any ANT+FEC or Bluetooth FTMS enabled app inc. Zwift, Rouvy, TrainerRoad, FulGaz, MyWhoosh
GRADIENT	0 - 25%
MAX. RIDER WEIGHT	135kg
RIDER HEIGHT	5'-6' 5"
EXTERNAL POWER REQUIRED	Yes, 12V 5A DC
ACCESS TO WATTBIKE HUB+ FOR CUSTOM WORKOUT BUILDER, SHARER, PREMIUM CONTENT	Yes
CUSTOM GEAR AND SHIFTER SETUP	Yes
DUAL-BLUETOOTH CONNECTIVITY	Yes



02 FEATURES

SADDLE WITH
HORIZONTAL
ADJUSTABILITY

ADJUSTABLE
SADDLE HEIGHT

0-2500W POWER RANGE
+/-1% ACCURACY

PEDALS FITTED
AS STANDARD

POWER INLET
AND SWITCH





03 GET READY TO RIDE

BUILD

- 1** Remove the bike and accessories from their packaging.
- 2** Check you have all components ready to assemble:

Tools:

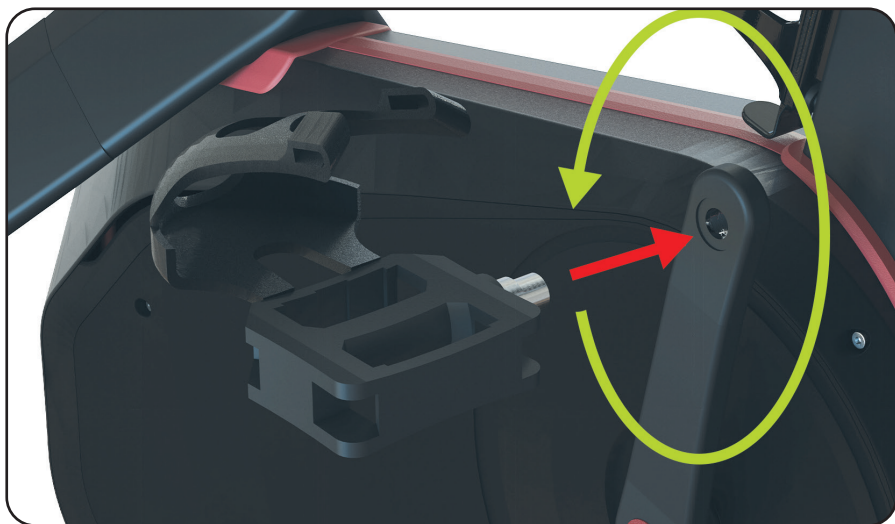
- 2.5, 3, 5 + 6mm Allen key
- 15mm pedal spanner

Components:

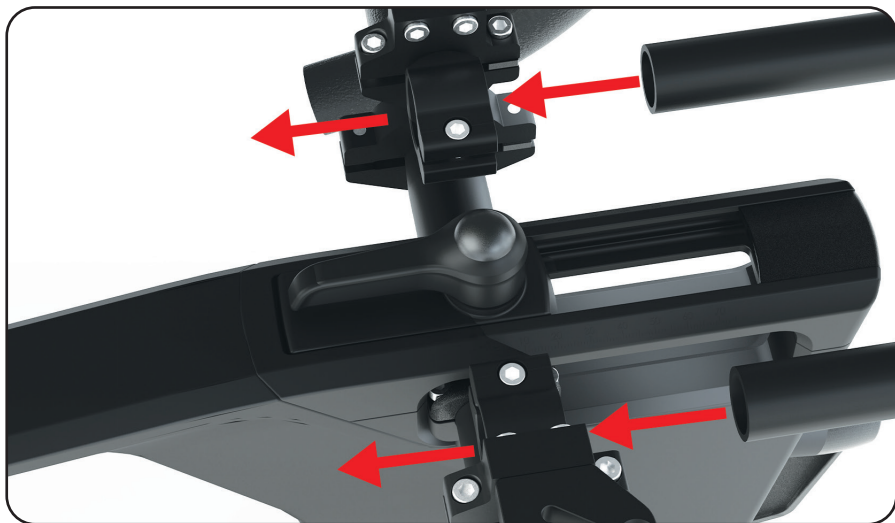
- Wellgo E179 Pedals
- UK Power Adaptor + Kettle Lead
- USB 2.0 Cable 3M
- Arm Pads + Tri Pad Plate Pair + Tri Pad Screw + Tri Bar Plugs
- Tri Bars



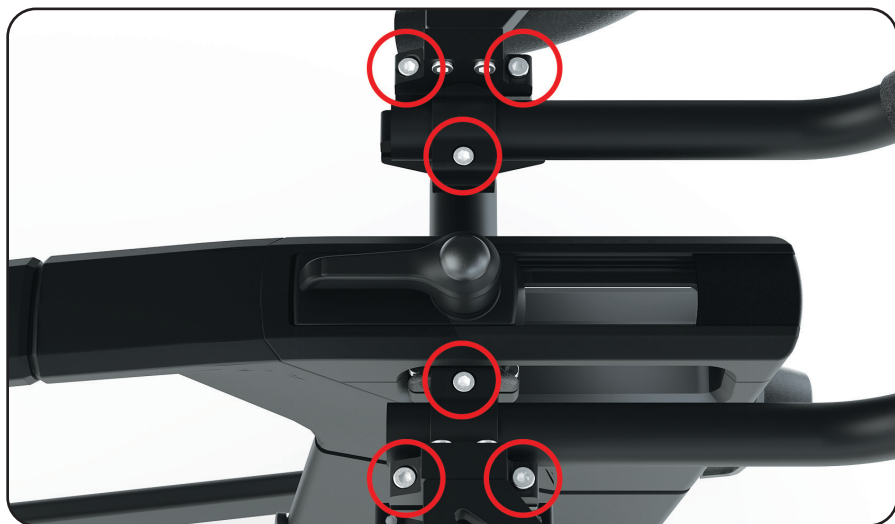
- 3** Attach the pedals (or replace with your own) using the 15mm pedal spanner provided. Take care not to cross thread.



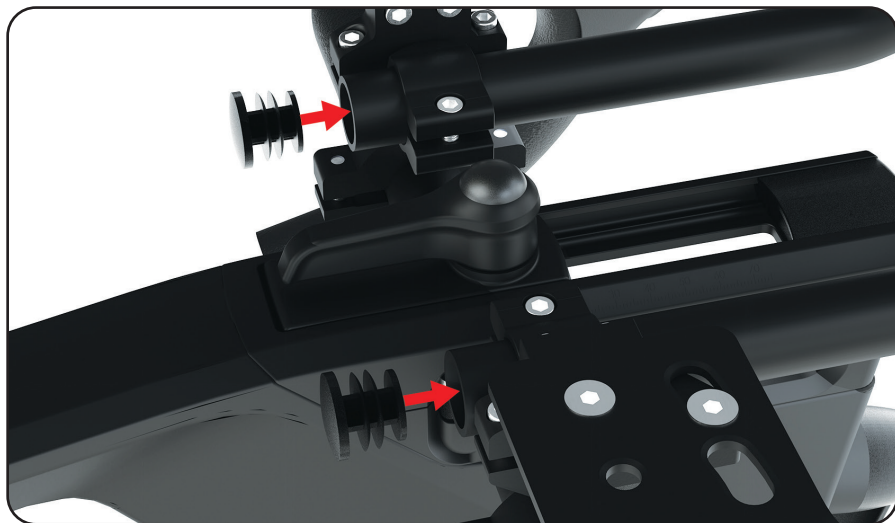
- 4** To attach the tablet holder, insert the ends into the tablet holder bracket. These may need to be loosened slightly.



- 5** Ensure the ends of the tablet holder do not protrude too far, tighten the bracket into place using the 4mm allen key.



- 6** Push the bar end caps into place.



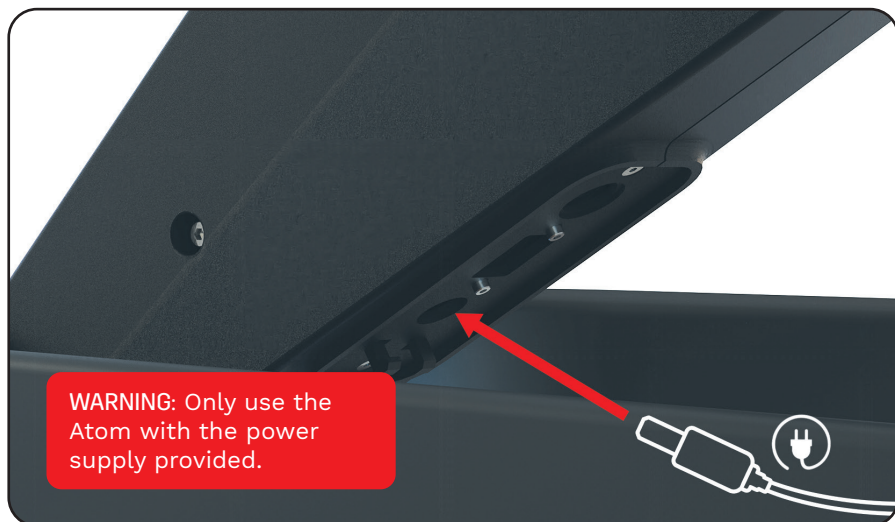
- 7** Attach the tri-pad mounting plate using a 4mm allen key. There is a range of adjustability available for the tri-pad mounting, this is to ensure you can find the most comfortable position.



- 8** Once the mounting plate is positioned, remove the self-adhesive Velcro pad from the arm-pad and attach it to the mounting plate. Ensure to align the holes then attach the pad, ensuring that it fully covers the mounting plate.



- 9** Plug the bike in using the 12v 5a power supply provided and connect to the Wattbike Hub (see next section) using your mobile device. You may be asked to complete a firmware update on first connection.

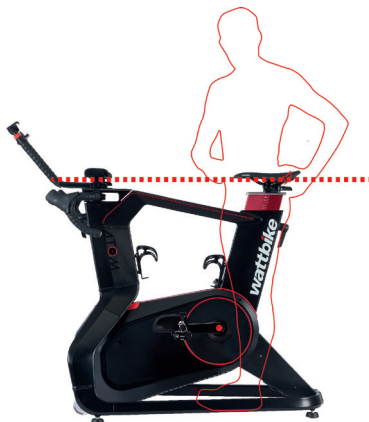


RIDE POSITION

Bike fitting is a complex subject. The following diagrams are a rough guide to get you started.

SETTING THE SADDLE HEIGHT

Set the saddle height to be roughly in line with your hip bone. You don't want your leg fully extended at the bottom of the stroke, or so high that your hips rock while pedalling.



SETTING SADDLE HORIZONTAL POSITION

When your feet are level, the front of your knee should be roughly inline with the ball of the foot.



SETTING HANDLEBAR HEIGHT AND REACH

Set the handlebar height and reach so it is comfortable to hold the riding position, a good starting point is to have your upper arms and body at a 90 degree angle, and the bars at the same height as your saddle.



This is an approximate guide - visit support.wattbike.com for further information and guidance.

04 GET CONNECTED

Once your Wattbike Atom is set up, you will need to link your devices before you can start riding.

1 Ensure your phone or tablet's Bluetooth™ is turned on.

2 Download the Wattbike Hub app from your app store.

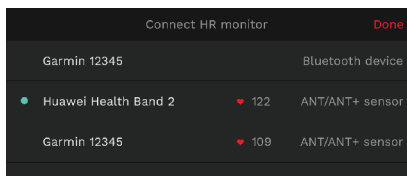


3 Open the app and login or sign up. To connect your Atom:

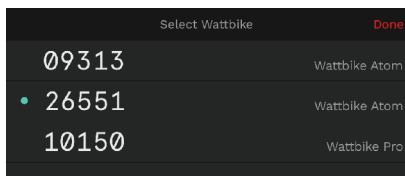
- tap Quick Ride or the workout you'd like to do
- tap Wattbike in the top right corner
- select your Atom ID from the list.

4 Connect your heart rate monitor. The Atom can connect to Bluetooth™, ANT+ and ANT (Suunto) heart rate monitors. They can be paired to the Wattbike Hub before starting your session or during your session when paused.

TIP: Moisten your heart rate belt contacts and wear it before connecting it to your Atom. For more info visit support.wattbike.com



Click here to connect your **HR belt**



Click here to connect the **Atom**



You can connect to other training apps
via Bluetooth™ or ANT+, including:



RESISTANCE MODES

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

Gear mode: Use the up and down buttons to change your gear. This mode is most like riding a bike. This is the default gearing mode for 'quick ride'.

Ergo mode: In this mode, the Atom will hold you to a target wattage, regardless of your cadence. This is the default gearing mode for workouts. To switch between the modes, press the action button on the right shifter.

TIP: Button configuration and custom gearing can be edited in the ride setup options of the Wattbike Hub app, accessed on the ride screen before starting a workout or when paused. Visit support.wattbike.com for further information.



HOW TO USE THE SHIFTERS

The shifters on your Atom control specific actions;

The shifter on the right:

- Action Button – resistance 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 in the middle of the red part of the shifter.

05 CARING FOR YOUR ATOM

AFTER EACH SESSION

To ensure your Atom stays in good condition, use a clean, soft cloth and non-abrasive liquid cleaner after each session. We recommend the Muc-off Care Pack, to remove:

- Sweat
- Dust
- Dirt

You should wipe down the exterior covers, frame, saddle and handlebars and make sure that the handlebar stem and saddle stem are not over the maximum markers.

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 movement 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
- Ensure that no sweat/liquid is pooling on the metalwork or covers
- Ensure pedals are tightened thoroughly to avoid damage to the bike or injury to the user. We advise that you periodically check the tightness as pedals may loosen over time with use

ADDITIONAL RESOURCES

For more information and full set-up guides, visit the support section of wattbike.com



WARNING!

- The appliance is only to be used with the power unit provided.
- This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved.
- Children shall not play with the appliance.
- Cleaning and user maintenance shall not be made by children without supervision.
- The appliance is only suitable for indoor use
- 0.6m free space should be left around the appliance when in use
- Appliance must be used on a stable and flat surface
- Ensure there are no levers or adjustment points protruding which may cause injury while riding

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