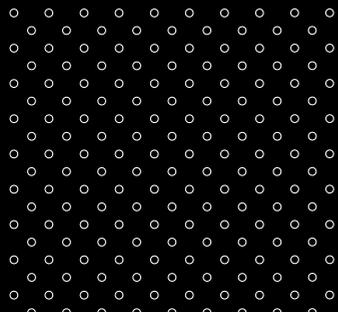


*wattbike*

ATOM



QUICK START GUIDE

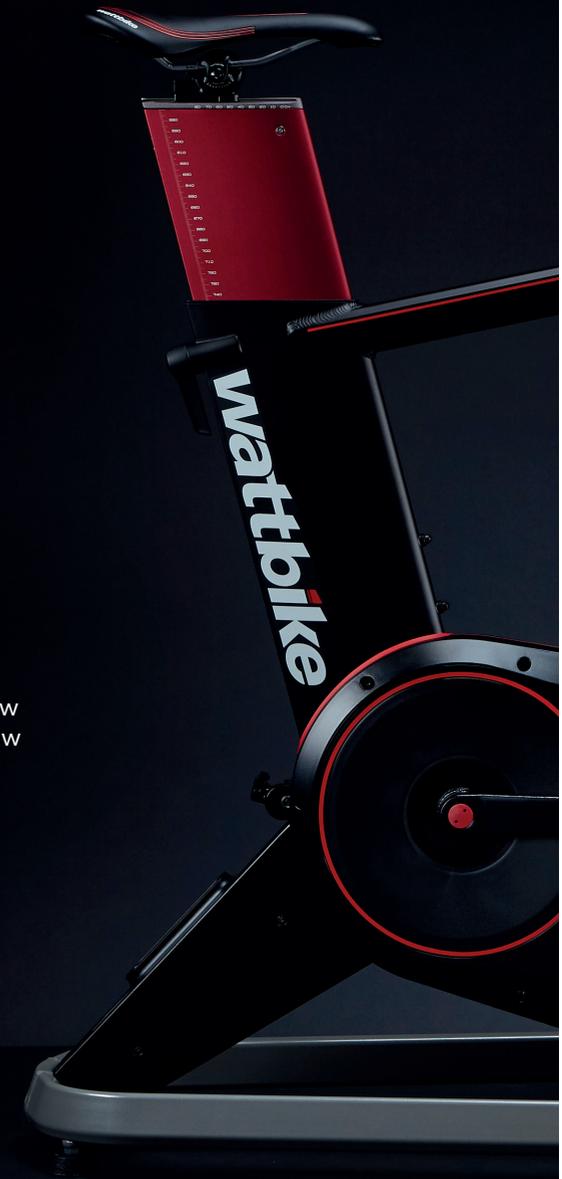
WELCOME TO  
THE TRIBE

#WATTBIKERS

## 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 its features.



## 01 IN THE BOX

- Atom
- 2, 4, 5 and 6mm Allen keys
- 15mm spanner
- Power adaptor
- Pedals
- Device holder
- Tri-bars
- Atom tri-pads

## 02 SPECIFICATION

WEIGHT	44kg, 97lb
MAX RIDER WEIGHT	135kg, 21st 3lb, 297lb
POWER REQUIREMENTS	Mains powered – 12Vdc / 2A power supply
RESISTANCE TYPE	Magnetic
WIRELESS TECHNOLOGIES	Bluetooth, ANT+ (FE-C ready, PWR, S&C, HR), ANT (heart rate only), Polar (heart rate only)
FOOTPRINT	100cm (l) x 50cm (w) x 150cm (h) - tri-bar & tablet holder fully extended
COMPATIBLE HR DEVICES	Bluetooth, ANT+, ANT (Suunto), Polar
HANDLEBAR DIAMETER	26mm
GEARS	22 virtual
GRADIENT RANGE	0 – 25%



# 03 FEATURES

SADDLE WITH HORIZONTAL ADJUSTABILITY

ADJUSTABLE SADDLE HEIGHT

0-2000 POWER RANGE +/-2% ACCURACY

PEDALS FITTED AS STANDARD

ANT+ AND FEC CONTROL

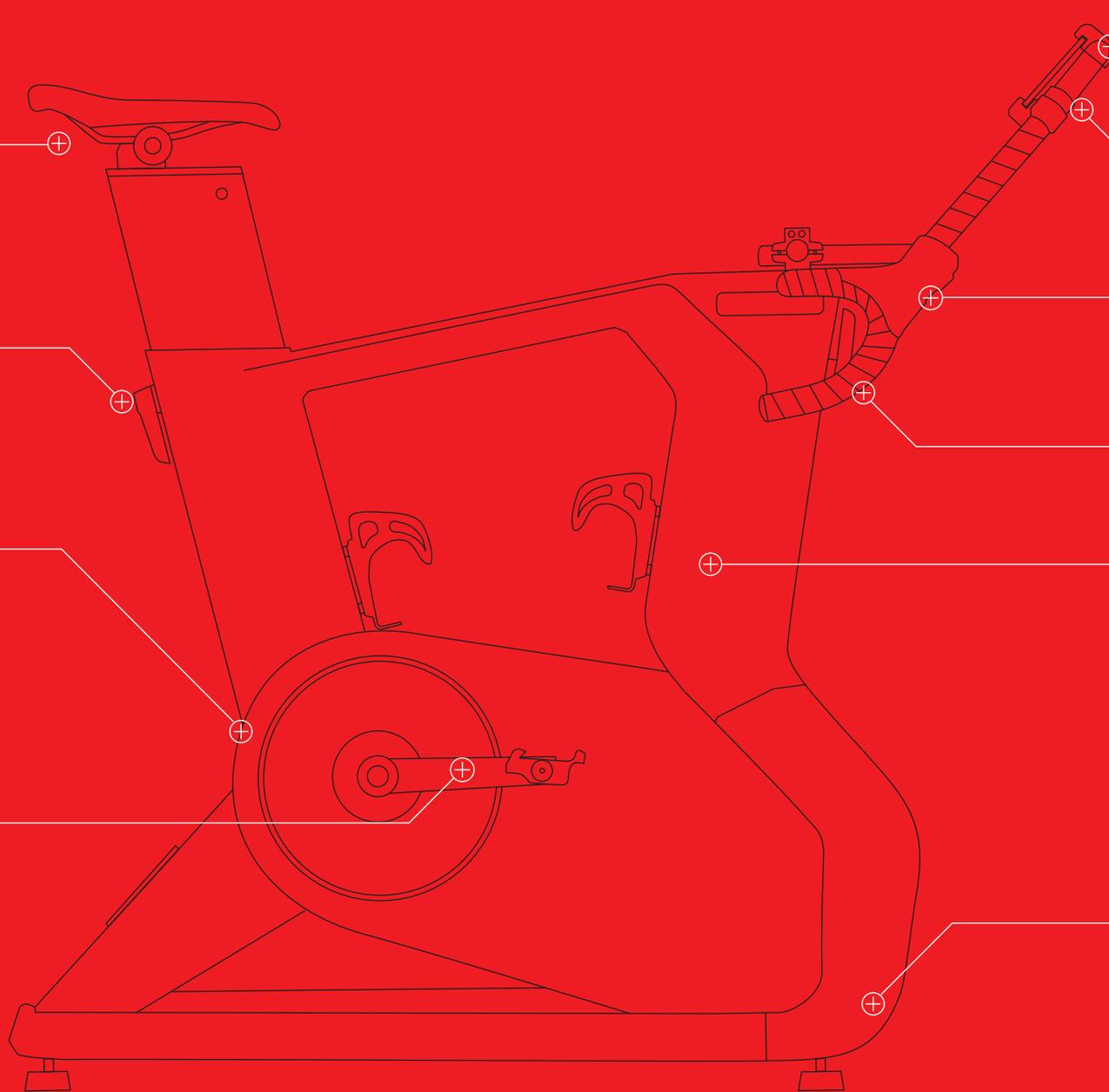
ADJUSTABLE DEVICE HOLDER

INTEGRATED DIGITAL GEAR SHIFTERS

FULLY ADJUSTABLE HANDLEBARS

2 BOTTLE CAGES

TRANSPORTATION ROLLERS FITTED WITH INLINE SKATE BALL-BEARING WHEELS



## 04 GET READY TO RIDE

### 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, so you can customise the Atom with your preferred pedals.**
- 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 the 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.
- 4 Take the metal tri-pad plates, rest on the blocks and screw into place. Remove the velcro base (with white backing) from the back of the soft tri-pads. Peel the white layer off the back of the velcro and affix to the metal plate. Now secure the tri-pads on top of the velcro. **TIP: The tri-bar pads will point towards your hand position.**



- 5 Before riding the Atom, ensure all bolts are tight and the handlebar fixings are secure.
- 6 Plug your Atom into a wall outlet using the power adaptor provided.\* Switch the power on at both the wall outlet and the rear of the Atom (red button).



\* Use the provided power adapter supplied with your Atom. Using any other power adapters may damage your Atom.

## SET UP

Use the corresponding levers and adjusters to set up the Atom to your preferred cycling position.

Make all adjustments off the bike.

- 1 Raise or lower your saddle height using the lever on the rear of the seat post. Loosen the lever to adjust the post and secure again before use.
- 2 Adjust the horizontal position of your saddle using a 4mm Allen key to loosen the slider. After adjusting, tighten to secure.



- 3 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. **TIP: We recommend you have your handlebars between 4-10cm lower than your saddle height.**
- 4 Adjust the horizontal position of your handlebars using the 5mm Allen key to loosen the handlebars. After adjusting, tighten to secure.
- 5 Open the red locking rings on the device holder and slide your device into place. Rotate the red locking rings backwards to secure.
- 6 Visit [wattbike.com/bikefit](http://wattbike.com/bikefit) to accurately replicate your real ride bike figures and positioning onto the Atom.

## 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.

## HOW TO USE THE SHIFTERS

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.**

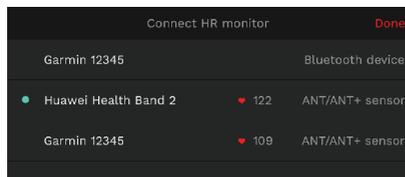
## 05 GET CONNECTED

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

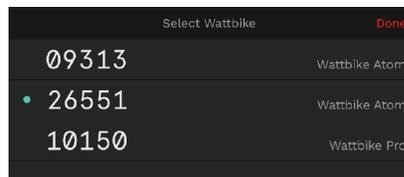
- 1 Turn your device's Bluetooth™ on.
- 2 Download the Wattbike Hub app from your app store.
 




- 3 Open the app and login or sign up. To connect your Atom:
  - tap Just Ride
  - 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+, ANT (Suunto) and Polar heart rate monitors. They can be paired to the Wattbike Hub before starting your session or during your session when paused. **TIP: Wear your heart rate belt before trying to connect it to your Atom.**



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:



## 06 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

### ADDITIONAL RESOURCES

For more information and full set-up guides, visit the support section of [wattbike.com](http://wattbike.com)



