wattbike

Pro/Trainer

QUICK START GUIDE

WELCOME TO
THE TRIBE

#WATTBIKERS

WELCOME TO YOUR WATTBIKE PRO/TRAINER

THE ORIGINAL AND UNDISPUTED PIONEER OF INDOOR BIKES

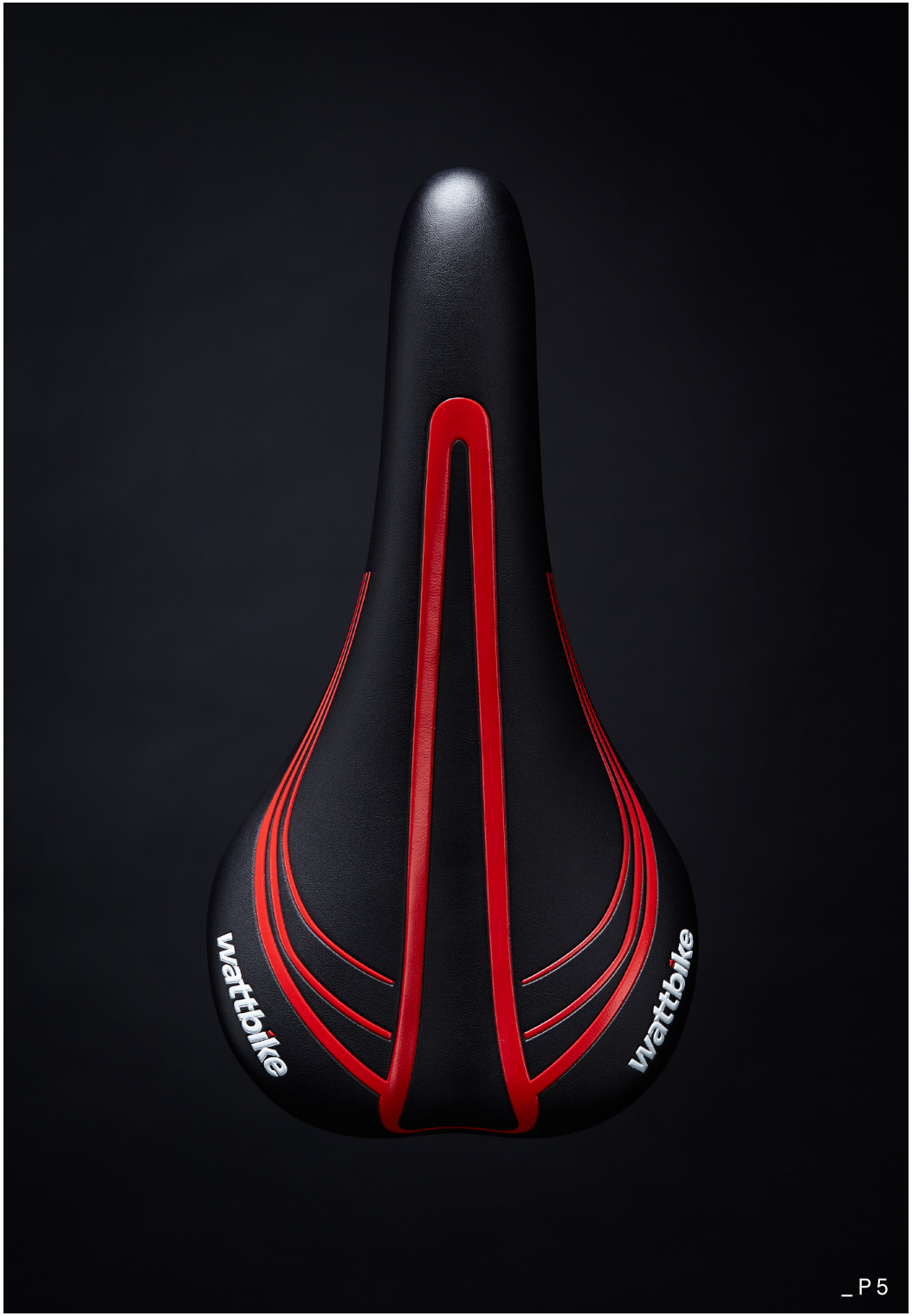
This guide will show you how to build and set up your Pro/Trainer, how to connect to your preferred devices and how to get the most from your Pro/Trainer's features.

01 IN THE BOX

- Wattbike Pro/Trainer
- Wattbike Performance Monitor
- Combination Pedals
- Quick Start Guide
- Allen Keys
- Spanner

02 SPECIFICATION

BIKE WEIGHT	55kg
BIKE FOOTPRINT	66cm x 125cm
MAX RIDER WEIGHT	150kg (23st, 8lb)
MIN - MAX RIDER HEIGHT	150cm - 195cm (4'11" - 6'5")
RESISTANCE TYPE	Dual - air and magnetic
POWER RANGE (TRAINER/PRO)	0-2000W/0-3760W
PEDALS	Combination pedals fitted as standard
WIRELESS TECHNOLOGIES	Bluetooth, ANT (Heart Rate Only), ANT+, Polar (Heart Rate Only)
COMPATIBLE HR DEVICES	BLE, ANT+, ANT (Suunto), Polar



03 FEATURES

WATTBIKE
PERFORMANCE
MONITOR,
BLUETOOTH, ANT+ &
ANT COMPATIBILITY

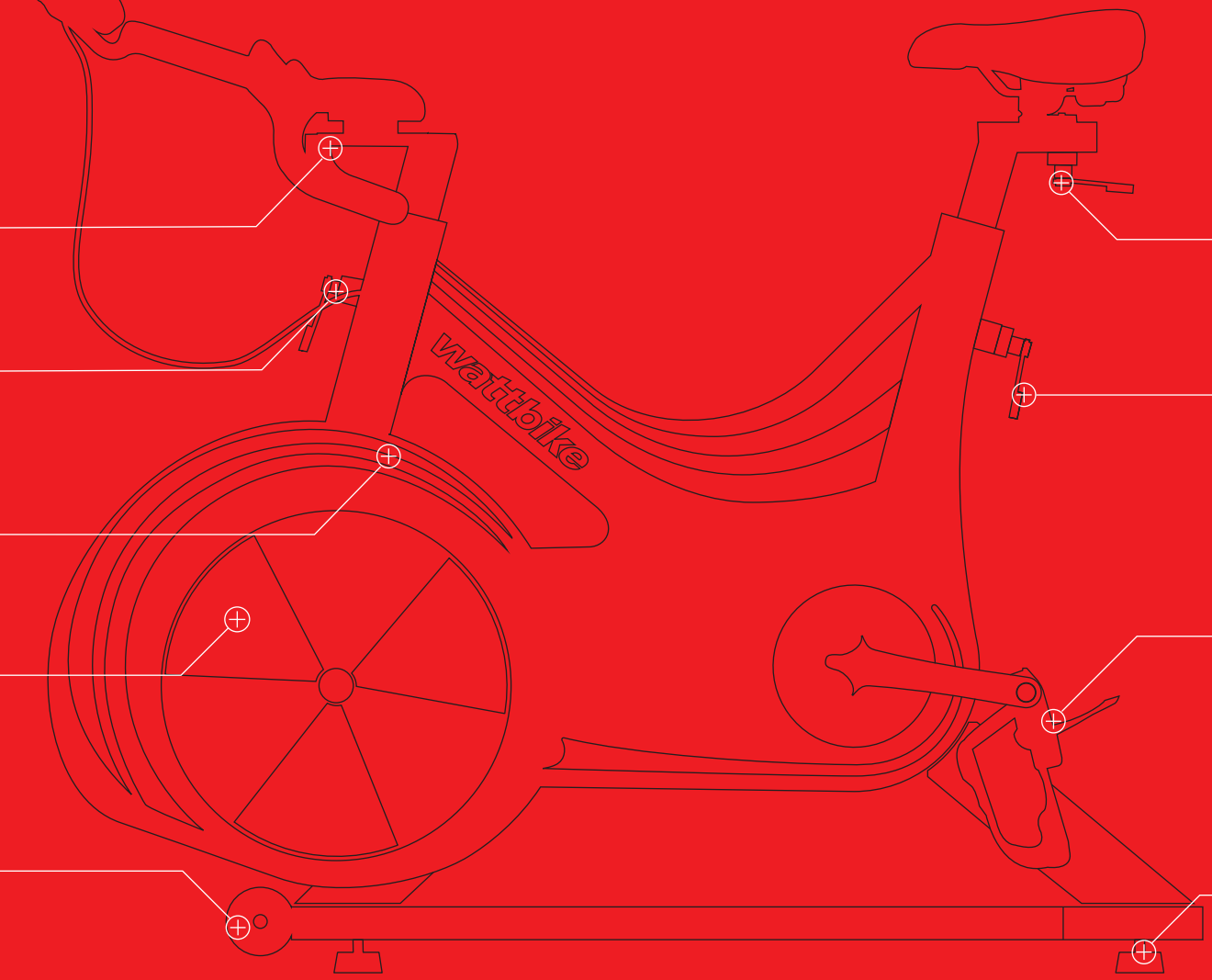
HORIZONTAL
HANDLEBAR
ADJUSTMENT

ADJUSTABLE
HANDLEBAR
HEIGHT

MAGNETIC
RESISTANCE

AIR RESISTANCE
0-2000W [TRAINER]
0-3760W [PRO]
+/-2% ACCURACY

TRANSPORTATION
ROLLERS



HORIZONTAL
SADDLE
ADJUSTMENT

ADJUSTABLE
SADDLE
HEIGHT

COMBINATION
PEDALS

LEVELLING
FEET

04 GET READY TO RIDE

If you have ordered your bike as a boxed delivery, please carefully follow the instructions below to ensure safe use following the build.

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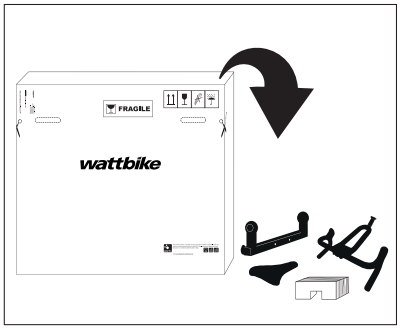

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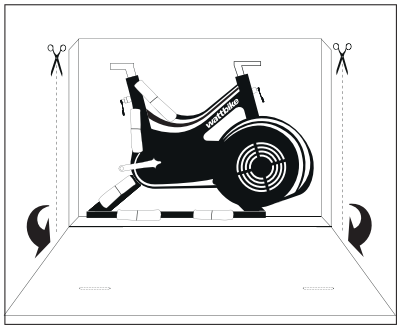

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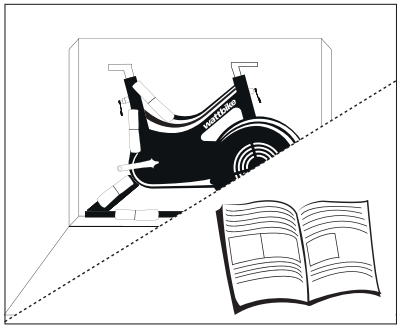

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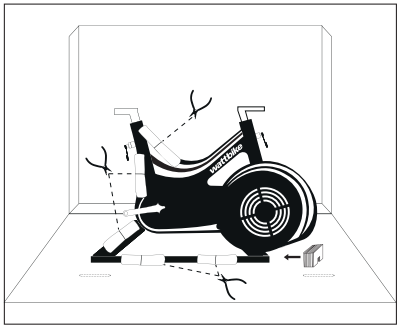

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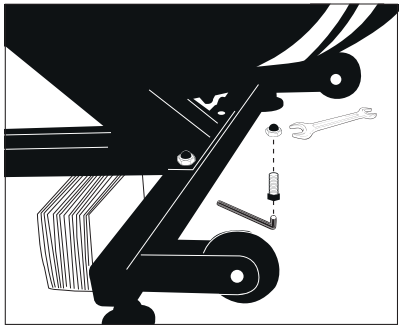

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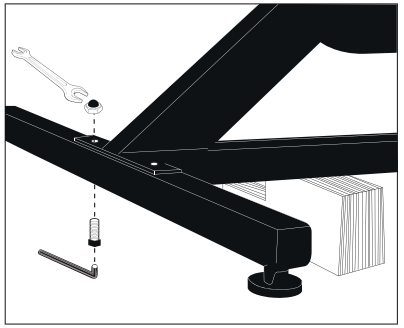

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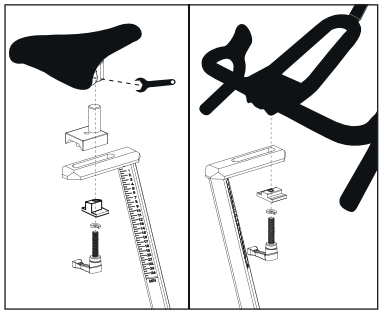

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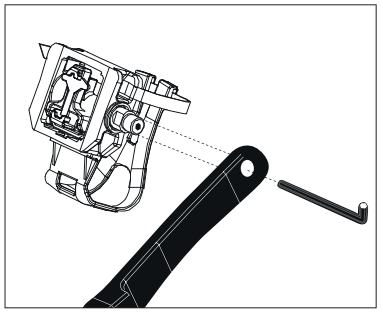

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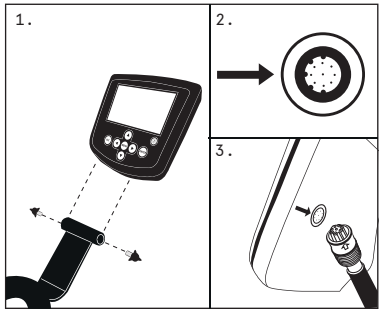
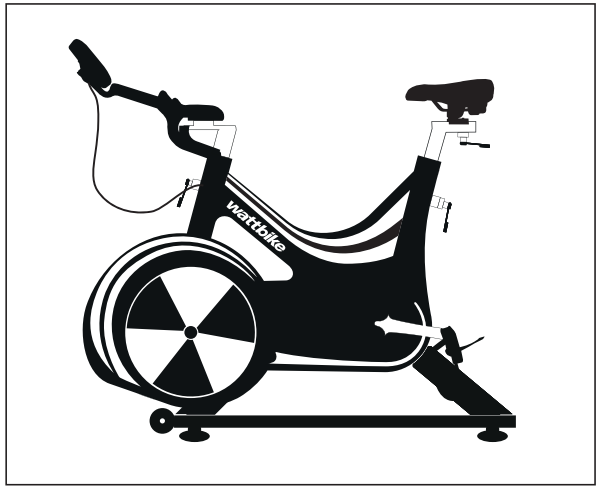
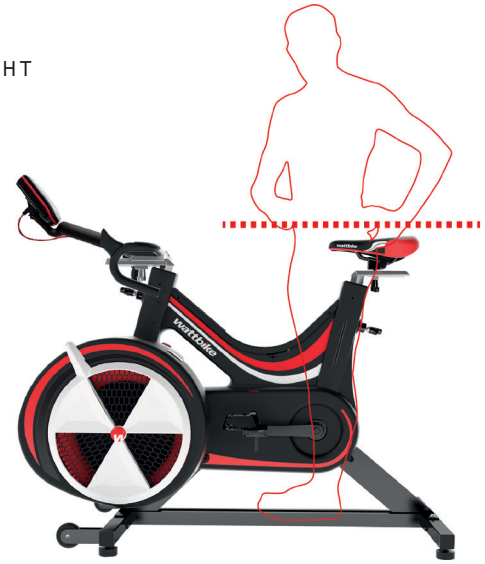




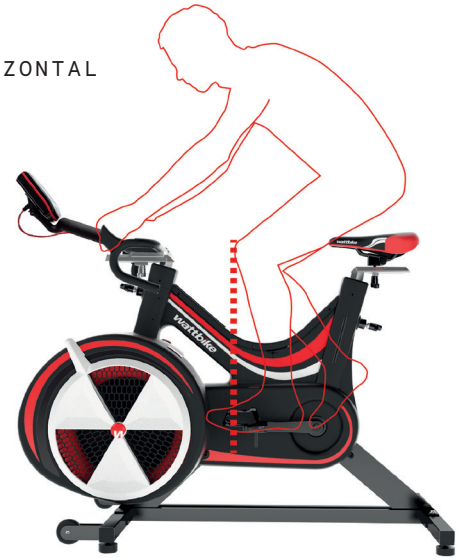
SET UP

The Wattbike Pro/Trainer can accommodate any rider through our unique real ride setup. Use the corresponding adjustment levers to manipulate the saddle and handlebar positions to get the right fit for your members and clients.

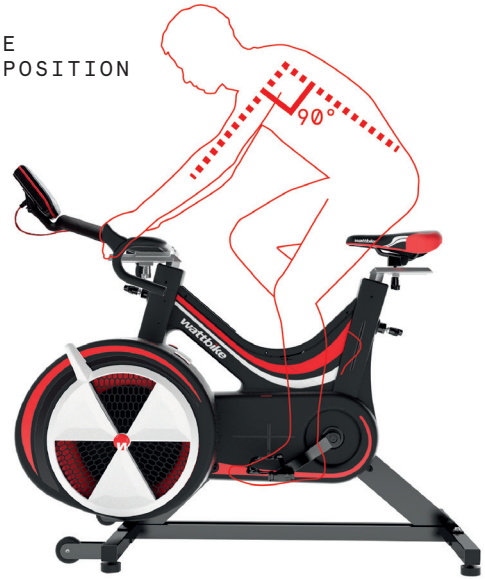
STEP 1:
SETTING THE SADDLE HEIGHT



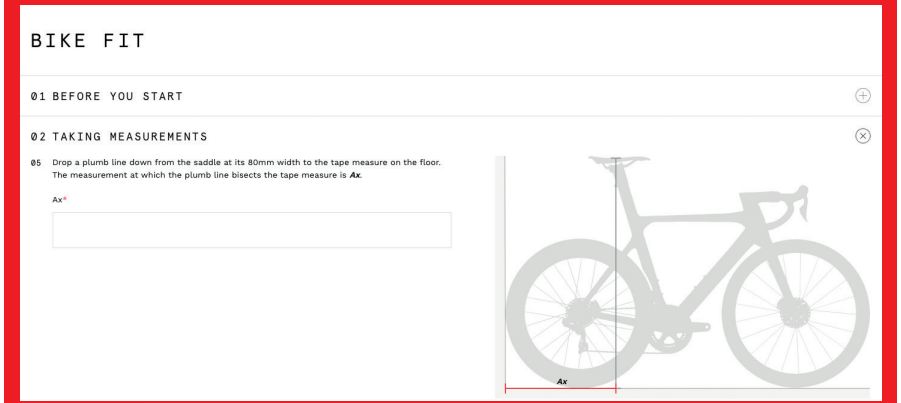
STEP 2:
SETTING THE SADDLE HORIZONTAL POSITION



STEP 3:
SETTING THE HANDLEBAR POSITION



Alternatively, visit **wattbike.com/GB/bike-fit** to accurately replicate real ride bike figures and positioning onto the Pro/Trainer.



05 PERFORMANCE MONITOR

The WPM is designed to be simple and easy to use, displaying all the information you need during and after your ride. To get started press the power button on the monitor.

On the first start up of the monitor you may be asked to confirm the time, date and correct language.

06 GET CONNECTED

LINKING UP A HEART RATE SENSOR

The Wattbike is compatible with all popular HR belts. The HR belts need to be connected before the session, which can be done by navigating to 'Link HR belt'. Choose your category of belt then select your belt from the list.

CONNECTING TO THIRD PARTY APPS

Your Pro/Trainer can connect to third party training apps such as The Sufferfest, Zwift and TrainerRoad through your phone or tablet. To do this, follow the below steps:

1. Enable Bluetooth or ANT+ on your device (phone, tablet or computer)
2. Open your preferred training app and navigate to the point of connecting your indoor trainer
3. Select the ID shown in the bottom of the Performance Monitor, for example: 'WattbikePM12345' or '12345'
4. The monitor will switch to a Quick Ride screen and display your Wattbike workout data
5. Wattbike workout data will be transmitted to your chosen third party app

You can connect to any training apps which support Bluetooth or ANT+*.

THESUFFERFEST FULGAZ TRAINERROAD TRAINING PEAKS STRAVA ZWIFT VIRTU GO

*To use third party apps, a mobile device needs to be connected to the Wattbike via Bluetooth or ANT+, and personal subscriptions to the app are also required.

07 THE WATTBIKE HUB

The Wattbike Hub, our powerful training software, is available on smartphone, tablet and desktop. Containing tests, workouts, training plans and challenges, the Wattbike Hub elevates the member experience and helps individuals stay motivated and engaged with their training - so they stay on track to reach their goals, fast.

For more information go to **wattbike.com/hub**

Download on the App Store

GET IT ON Google Play

INSTALLING THE APP

We would advise deleting the current app on your smart device and re-downloading to ensure you have the most up to date version. Once this is complete log back to the app and follow these instructions:

1. Ensure that all apps using Bluetooth on the device you are wishing to connect are closed.
2. Turn on your Bluetooth on your device. If you have both your iPad and iPhone in close proximity ensure only the device you are wishing to connect to the monitor has Bluetooth turned on.
3. Go onto your Wattbike monitor and follow the following steps. Go to Settings > Remote > Bluetooth On
4. Open your Wattbike Hub app on the device that you are wanting to connect to the Wattbike Performance Monitor (WPM).
5. Select a workout/test or just ride. Press the small white triangle at the bottom left of your device.
6. The serial number of your WPM should appear. Select this number, a red tick will appear once it has connected successfully.
7. Select Done. The serial number of your bike should now appear on the top right hand side of the screen if connected successfully.
8. Click the white play triangle at the bottom of the screen and continue with your workout.

08 MAINTENANCE

AFTER EACH SESSION

To ensure your Pro/Trainer stays in good condition use a clean, soft cloth and non-abrasive liquid cleaner after each session to remove all sweat, dust, dirt and other substances.

REGULAR MAINTENANCE

Where necessary:

– Vacuum the floor under and around the Pro/Trainer to prevent dust ingress

– Inspect the saddle and handlebar stem adjustment levers. Tighten and grease as necessary

– Check that the pedals are secure and fit for use. Replace straps and pedals if necessary

– 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**

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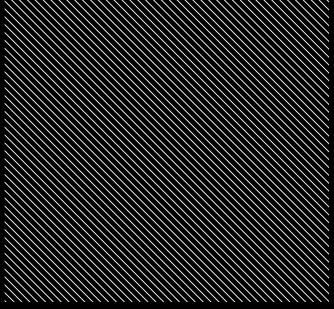
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