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› Bodytone DS60 Indoor Bike User Manual

BT BODYTONE DS60

Bodytone DS60 Indoor Bike User Manual

Model: DS60

1. INTRODUCTION

Thank you for choosing the Bodytone DS60 Indoor Bike. This high-performance indoor bike is designed to provide an effective and engaging cardiovascular training experience. This manual contains essential information for the safe assembly, operation, and maintenance of your DS60 indoor bike. Please read it thoroughly before use and retain it for future reference.



Image 1.1: The Bodytone DS60 Indoor Bike features a robust black frame, adjustable seat, ergonomic handlebars, and a visible flywheel.

2. SAFETY INFORMATION

To ensure your safety and prolong the life of your equipment, please observe the following precautions:

- Consult a physician before starting any exercise program.
- Ensure all bolts and nuts are securely tightened before each use.

- The maximum user weight for this bike is **150 kg**. Do not exceed this limit.
- Keep children and pets away from the equipment during operation.
- Place the bike on a stable, level surface.
- Wear appropriate athletic footwear and clothing.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- The bike's design is based on an exhaustive biomechanical study to ensure smooth, natural movements and help prevent injuries.

3. SETUP AND ASSEMBLY

While specific assembly steps are not detailed here, the Bodytone DS60 typically requires minimal assembly. Ensure all components are present and undamaged before beginning. Refer to the separate assembly guide provided with your purchase for detailed instructions.

3.1. Adjustments

Proper adjustment of the seat and handlebars is crucial for comfort and effective training.

- **Seat:** The professional cycling saddle, made of gel and synthetic leather, is adjustable in both height and depth. Loosen the adjustment knobs, position the seat to your desired height and fore/aft position, and then securely tighten the knobs.
- **Handlebar:** The ergonomic triathlon handlebar can be adjusted for height. Loosen the adjustment knob, raise or lower the handlebar to a comfortable position, and then securely tighten the knob.

SILLÍN

Sillín de ciclismo profesional fabricado en gel y recubierto en símil piel. Regulable en altura y profundidad.



Image 3.1: The professional cycling saddle, made of gel and synthetic leather, offers both height and depth adjustments for optimal user comfort and biomechanics.

MANILLAR
Ergonómico
de triatlón



TRANSMISIÓN
Sistema POLY-V®



MASA INERCIAL
24 kg



Image 3.2: This image highlights key components: the ergonomic triathlon handlebar for multiple grip positions, the efficient POLY-V® drive system for smooth operation, and the 24 kg inertial mass flywheel ensuring a consistent and fluid pedaling experience.

4. OPERATING INSTRUCTIONS

4.1. Resistance Adjustment

The DS60 features a magnetic resistance system with 32 intensity levels. To adjust the resistance, use the control lever located on the frame. Move the lever to increase or decrease the intensity of your workout.

FRENO

Magnético con **32 niveles de intensidad** para controlar cómodamente la velocidad de tu entrenamiento.



Image 4.1: The magnetic resistance system provides 32 levels of intensity, controlled by a convenient lever, allowing precise adjustment of your workout difficulty.

4.2. Console Functions

The integrated console monitors various workout metrics. It is battery-powered and typically includes buttons such as RESET, MODE, and RECOVERY. The console displays information such as distance traveled.

- **MODE:** Press to cycle through different display modes (e.g., time, distance, calories).
- **RESET:** Press and hold to clear all workout data.
- **RECOVERY:** Use this function to measure your heart rate recovery. Consult the console's specific manual for detailed instructions on this feature.

4.3. Connectivity

The DS60 supports real-time connectivity via Bluetooth to various fitness applications, enhancing your training experience. Compatible platforms include Bkool and Zwift, among others.



Image 4.2: The DS60 console supports real-time connectivity with popular fitness applications such as Kinomap, MyBodytone, Zwift, Onelap, and Bkool via Bluetooth.

5. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your Bodytone DS60 Indoor Bike.

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspections:** Periodically check all bolts, nuts, and moving parts for tightness. Tighten any loose fasteners.
- **Seat Post:** The seat post is treated with corrosion-resistant CP. Keep it clean and dry to

maintain its condition.

- **Pedals:** Inspect the semi-automatic pedals for wear and ensure they are securely attached.
- **Drive System:** The POLY-V® belt drive system is designed for low maintenance. Keep the area around the flywheel and belt clean.

6. TROUBLESHOOTING

If you encounter issues with your Bodytone DS60, refer to the following common troubleshooting tips:

- **Squeaking/Noise:** Check for loose bolts or components. Ensure the bike is on a level surface. If the noise persists, inspect the pedal cranks and flywheel area.
- **Unstable Feel:** Verify that the bike is placed on a flat surface and that all leveling feet are properly adjusted.
- **Console Not Displaying:** Check the batteries in the console. Ensure they are correctly inserted and have sufficient charge.
- **Bluetooth Connectivity Issues:** Ensure your device's Bluetooth is enabled and the bike's console is active. Try restarting both the bike's console and your smart device. Ensure the fitness app is updated to the latest version.
- **Resistance Not Changing:** Inspect the resistance adjustment lever and its connection to the magnetic system. Ensure no obstructions are present.

For issues not covered here, please contact customer support.

7. SPECIFICATIONS

Feature	Specification
Model Name	DS60
Brand	BT BODYTONE
Color	Black
Resistance Mechanism	Magnetic
Resistance Levels	32
Drive System	POLY-V® Belt
Inertial Mass	24 kg
Maximum User Weight	150 kg
Product Dimensions (LWH)	98 x 56 x 124 cm

Feature	Specification
Item Weight	59 kg
Power Source (Console)	Battery Powered
Special Features	Distance Traveled Monitor, Bluetooth Connectivity
Material	Blend (Frame), Gel/Synthetic Leather (Saddle)

8. WARRANTY AND SUPPORT

For warranty details, please refer to the documentation included with your Bodytone DS60 Indoor Bike purchase. If you require technical assistance or have questions not covered in this manual, please contact BT BODYTONE customer service through their official channels.