

Adidas AVUS-10401

Adidas C-21 Bike User Manual

Model: AVUS-10401

1. IMPORTANT SAFETY INFORMATION

Please read this entire manual before assembling or operating the Adidas C-21 Bike. Keep this manual for future reference. Failure to follow these instructions could result in injury or damage to the product.

- Consult your physician before beginning any exercise program.
- This product is designed for indoor use only.
- Ensure the bike is placed on a stable, level surface.
- Keep children and pets away from the equipment during use.
- The maximum user weight for this bike is 149.69 kg (330 lbs). Do not exceed this limit.
- Inspect the bike for loose or worn parts before each use. Do not use if damaged.
- Wear appropriate exercise attire and footwear.
- Do not place hands or feet near moving parts.

2. PRODUCT OVERVIEW

The Adidas C-21 exercise bike is engineered to enhance cardiovascular endurance and strengthen lower body muscles, minimizing joint impact. It features a robust 9 kg (20 lb) flywheel, 24 levels of electronic resistance, and a variety of pre-set and custom workout programs.

Key Features:

- **Self-Generating Power:** The bike is powered by your pedaling, eliminating the need for external power adapters or restrictive plug sockets.
- **Resistance Levels:** 24 levels of electronic resistance for varied intensity.
- **Workout Programs:** 12 pre-set fitness programs and 4 custom user programs.

- **Console Feedback:** Displays speed, time, distance, calories, pulse, watts, RPM, and resistance.
- **Adjustable Saddle:** Wide, densely padded saddle with full vertical and horizontal adjustment (26.3" - 36.2" / 67cm - 92cm saddle height range).
- **Portability:** Built-in transport wheels and grip bar for easy movement.
- **Connectivity:** Bluetooth connectivity, tablet holder, and built-in speakers.
- **Integrated Sensors:** Hand pulse sensors and included heart rate chest strap for accurate heart rate monitoring.
- **Convenience:** Water bottle holder within easy reach.

Product Views:



Front-side view of the Adidas C-21 Bike, showcasing its console, handlebars, and main frame.

ADIDAS ULTRA SERIES



CREATE ENERGY

C-21 BIKE

Build cardio endurance
and target lower body
muscles with the
Ultra Series
adidas C-21



The Adidas C-21 Bike illuminated with red ambient lighting, highlighting its sleek design and the Adidas logo.

SMOOTH FLYWHEEL



Solid flywheel weight:
20lb / 9kg



Provides a smooth cycling
motion for consistent cadence



Close-up view of the smooth flywheel, emphasizing its 20lb (9kg) weight for consistent cadence.

TAILOR + TRACK



24 electronic resistance levels adjust intensity



Console feedback: speed, time, distance, calories, pulse, watts, RPM and resistance



12 pre-set programs & 4 custom workouts

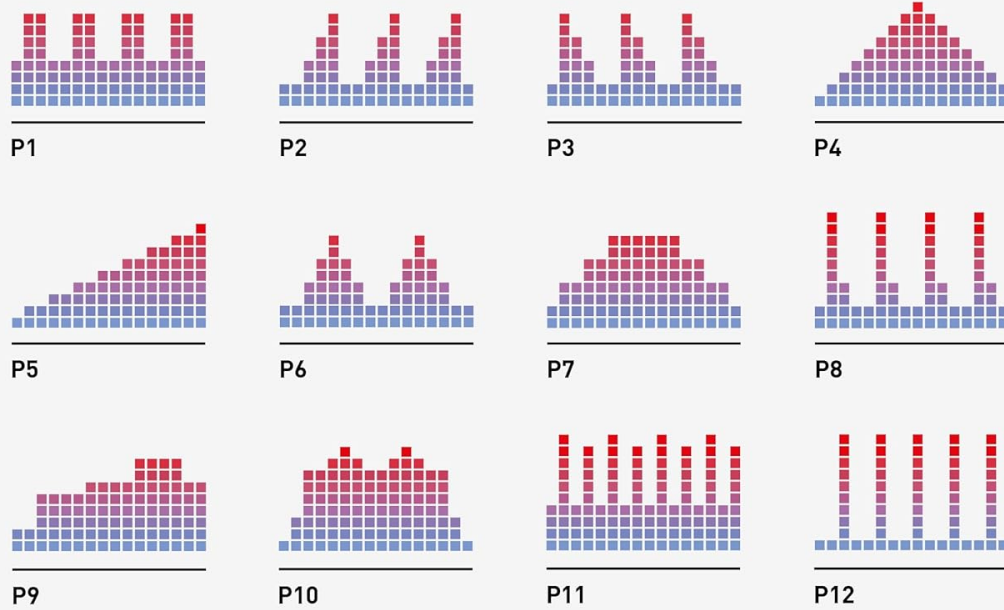


Detailed view of the bike's console, showing the clear LCD screen and control buttons for tracking workout metrics.

PRE-SET PROGRAMS



12 pre-set fitness programs offer a variety of challenges to keep you motivated



Graphic illustrating the 12 pre-set fitness programs available on the Adidas C-21 Bike, each with a unique intensity profile.

ADDITIONAL FEATURES



Gripped pedals
with adjustable
straps



Integrated pulse
sensors on the
handles



Signature Ultra
Series red LED
lighting



Built-in wheels
+ grip bar for
maneuvering



Dependable build
quality - 330lb
max. user weight



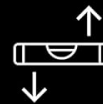
Vertical and
horizontal seat
adjustment



Clear LCD
screen



Water
bottle holder



Floor level
adjustment

Graphic detailing additional features such as gripped pedals, integrated pulse sensors, LED lighting, built-in wheels, robust build quality, adjustable seat, LCD screen, water bottle holder, and floor level adjustment.

DIMENSIONS

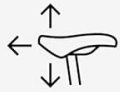


Diagram showing the dimensions of the Adidas C-21 Bike: Length 42.1" (107 cm), Width 22.4" (57 cm), Height 57.8" (147 cm).

COMFORT SADDLE



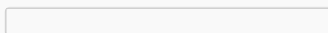
Wide, densely padded comfort saddle



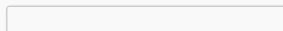
Vertical and horizontal seat adjustment with 26.3" - 36.2" / 67cm - 92cm saddle height range to suit all rider heights



Close-up of the wide, densely padded comfort saddle, highlighting its design for extended use.



The Adidas heart rate chest strap included with the bike for accurate pulse monitoring during workouts.



Close-up of the bike's gripped pedals with adjustable straps, designed for secure foot placement.

3. SETUP AND ASSEMBLY

The Adidas C-21 Bike requires some assembly. Please follow the included assembly guide for detailed step-by-step instructions. Ensure all parts are present and undamaged before beginning assembly.

Powering the Console:

The bike's console requires 7 AA batteries (not included) for operation. Insert batteries into the designated compartment on the console, ensuring correct polarity. The bike itself is self-generating, meaning your

pedaling powers the resistance system.

Adjusting the Bike:

- **Saddle Adjustment:** The saddle can be adjusted both vertically and horizontally to accommodate various rider heights and preferences. Loosen the adjustment knob, slide the saddle to the desired position, and tighten securely.
- **Handlebar Adjustment:** Adjust the angle of the handlebars for optimal comfort and posture during your workout.
- **Floor Level Adjustment:** Use the adjustable feet on the base stabilizers to ensure the bike is level and stable on uneven surfaces.

4. OPERATING INSTRUCTIONS

Console Functions:

The intuitive console provides comprehensive feedback during your workout. Use the buttons to navigate through modes and adjust settings.

- **Display Metrics:** The LCD screen shows real-time data including speed, time, distance, calories burned, pulse (from hand sensors or chest strap), watts, RPM, and current resistance level.
- **Resistance Control:** Use the '+' and '-' buttons to increase or decrease the electronic resistance, offering 24 distinct levels.
- **Program Selection:** Choose from 12 pre-set fitness programs designed for various training goals, or create and save up to 4 custom user programs. Refer to the console manual for detailed program descriptions.
- **Pulse Monitoring:** Grip the integrated pulse sensors on the handlebars or wear the supplied heart rate chest strap for accurate heart rate readings.



A user engaged in a workout session on the Adidas C-21 Bike, demonstrating proper form and use.



A full view of a user on the Adidas C-21 Bike within a home setting, highlighting the bike's compact footprint.

Connectivity:

The C-21 Bike features Bluetooth connectivity, allowing you to link your phone or tablet. Utilize the integrated tablet holder and built-in speakers for entertainment during your workout.

5. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your Adidas C-21 Bike.

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners or solvents.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Lubrication:** The internal mechanisms are largely maintenance-free. Do not attempt to lubricate internal components unless specifically instructed by Adidas support.

- **Storage:** Store the bike in a cool, dry place away from direct sunlight and extreme temperatures.

6. TROUBLESHOOTING

If you encounter issues with your Adidas C-21 Bike, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Console not powering on.	Dead or incorrectly installed batteries.	Replace the 7 AA batteries in the console. Ensure correct polarity.
No resistance change.	Loose connection or electronic fault.	Check all cable connections. If issue persists, contact customer support.
Inaccurate pulse reading.	Improper hand placement on sensors or chest strap not worn correctly.	Ensure hands are firmly on both pulse sensors. For chest strap, ensure it's snug and positioned correctly.
Squeaking or grinding noise.	Loose bolts or internal component issue.	Check and tighten all visible bolts. If noise continues, discontinue use and contact support.

7. SPECIFICATIONS

Feature	Detail
Model Name	C-21
Item Model Number	AVUS-10401
Brand	Adidas
Product Dimensions (L x W x H)	107 x 57 x 147 cm (42.1" x 22.4" x 57.8")
Item Weight	48.5 kg (107 lbs)
Maximum User Weight	149.69 kg (330 lbs)
Flywheel Weight	9 kg (20 lbs)
Resistance Levels	24 Electronic Resistance Levels
Workout Programs	12 Pre-set + 4 Custom User Programs
Display Type	LCD
Power Source	Self-generating (Console requires 7 AA batteries)

Feature	Detail
Material	Polypropylene (PP)
Color	Black
First Available Date	Nov. 25 2021

8. WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the warranty card included with your product or contact the manufacturer directly.

- **Manufacturer:** RFE
- **Place of Business:** Woodbridge, ON L4H 3N2, CA
- For service or parts, please have your model number (AVUS-10401) and date of purchase ready.