BT BODYTONE DU30

Bodytone Smart DU30 Indoor Exercise Bike

User Manual

1. Introduction

Thank you for choosing the Bodytone Smart DU30 Indoor Exercise Bike. This manual provides essential information for the safe and effective use of your new fitness equipment. Please read it thoroughly before assembly and operation, and keep it for future reference.

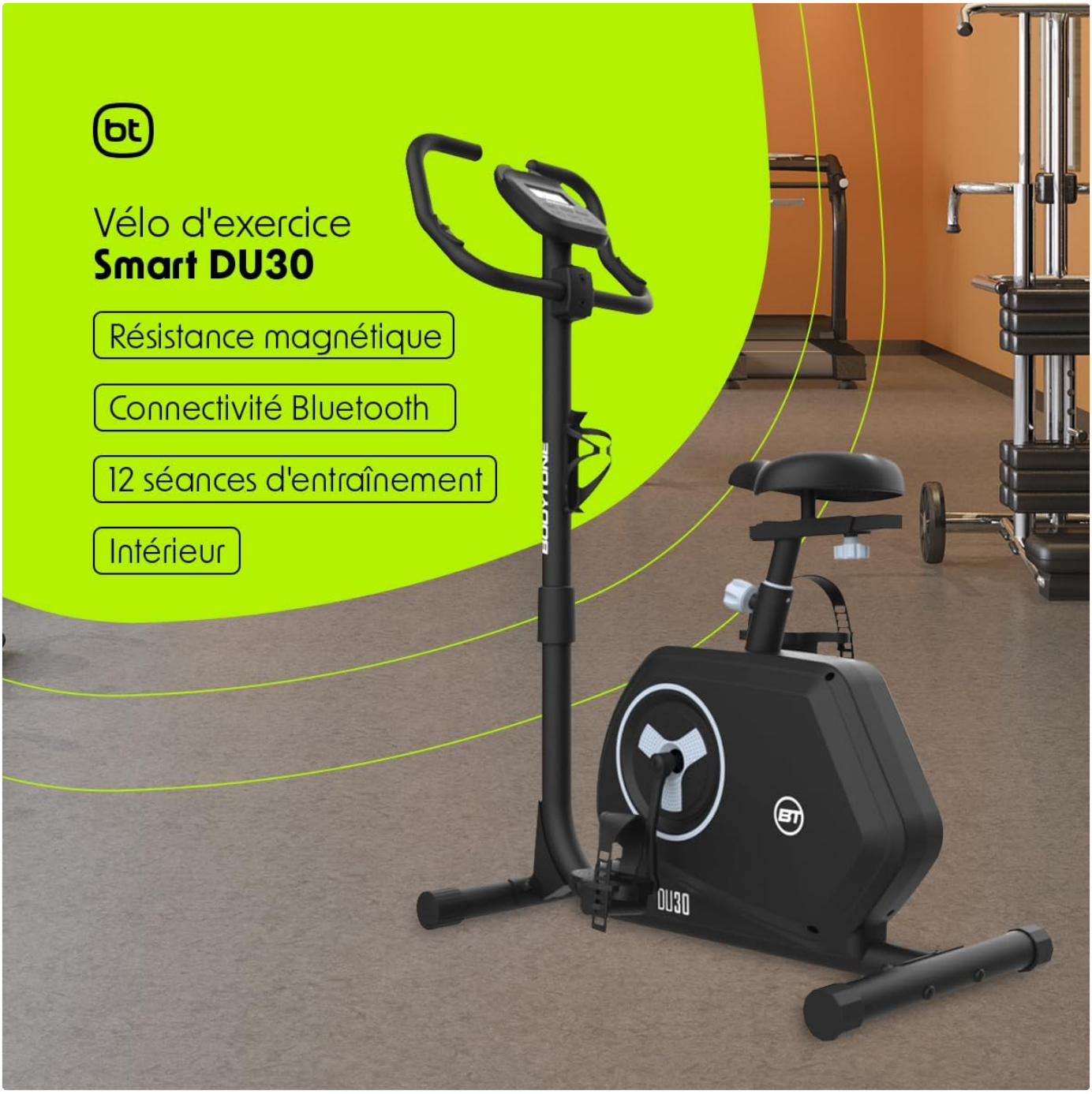


Figure 1: The Bodytone Smart DU30 Indoor Exercise Bike. This image shows the complete exercise bike in a modern home gym environment, highlighting its sleek black design and compact footprint.

2. Important Safety Information

- Consult your physician before starting any exercise program.
- Ensure all parts are correctly assembled and tightened before each use.
- Keep children and pets away from the equipment during operation.
- Place the bike on a flat, stable surface.
- Wear appropriate exercise attire and footwear.
- Maximum user weight capacity: **120 kg (264 lbs)**.
- Recommended usage: Up to **10 hours per week**.

3. Setup and Assembly

The Bodytone Smart DU30 is designed for easy setup with its 'Plug & Train' system, meaning it comes largely pre-assembled. Follow these steps for final adjustments:

1. **Unpacking:** Carefully remove all components from the packaging.
2. **Stabilization:** Place the bike on a level surface. Use the adjustable end caps on the stabilizers to ensure the bike is stable and does not wobble.
3. **Saddle Adjustment:** Adjust the ergonomic gel saddle for both height and depth to achieve a comfortable and efficient pedaling position. Loosen the adjustment knob, slide the saddle to the desired position, and tighten securely.



Figure 2: Saddle Adjustment. This image illustrates how to adjust the height and depth of the ergonomic gel saddle for optimal user comfort and posture.

4. **Handlebar Adjustment:** The bike features dual-action handlebars (mobile and fixed). Adjust the fixed handlebars to a comfortable height.
5. **Pedal Straps:** Secure your feet in the pedals using the adjustable straps for maximum stability and pedaling efficiency.

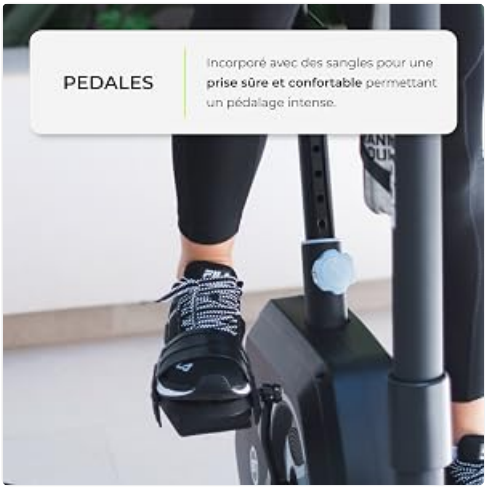


Figure 3: Pedal Straps. This image shows a close-up of the pedals, emphasizing the adjustable straps designed to keep feet secure during intense workouts.

The compact dimensions of the bike (85 x 28 x 61 cm; 25.85 kg) make it suitable for various home spaces. Transport wheels are integrated for easy relocation.



Figure 4: Key Features and Dimensions. This image visually presents the bike's compact size (83x51x130 cm), 120 kg weight support, dual-action handlebars, and integrated tablet/bottle holders.

4. Operating Instructions

The Smart DU30 features an intuitive LCD console and Bluetooth connectivity for an engaging workout experience.

4.1. Console Functions

The LCD console displays real-time workout data:

- **Time:** Duration of your workout.
- **Distance:** Total distance covered.
- **Calories Burned:** Estimated calories consumed.
- **Pulse:** Heart rate measured via handlebar sensors.
- **RPM (Cadence):** Revolutions per minute of the pedals.

- **Scan:** Cycles through all metrics automatically.



Figure 5: LCD Console. This image provides a detailed view of the bike's console, showing the digital display and control buttons for various workout functions.

4.2. Resistance Levels and Programs

- The bike offers **24 levels of motorized magnetic resistance** for varied intensity workouts. Adjust resistance using the console controls.
- Choose from **12 pre-set fitness programs** to diversify your training.

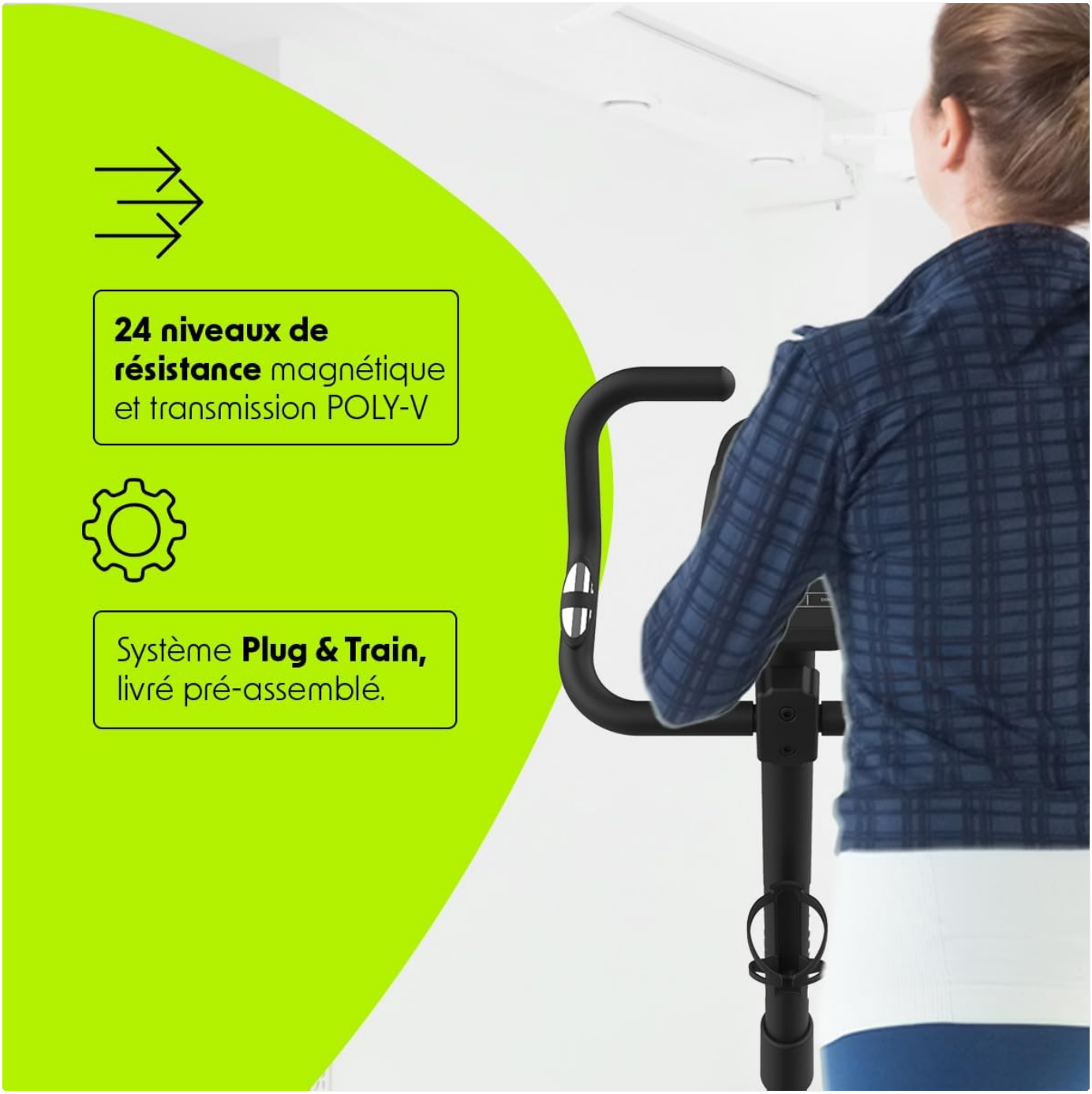


Figure 6: Resistance and Programs. This image highlights the bike's 24 magnetic resistance levels and the convenience of its pre-assembled 'Plug & Train' system.

4.3. Bluetooth Connectivity

Connect your Smart DU30 via Bluetooth to popular fitness applications:

- **Zwift:** Experience virtual cycling routes and compete with others.
- **Kinomap:** Ride along real-world videos and interactive training.
- **MyBodytone:** Access additional workout options and track your progress.

Place your tablet or smartphone on the integrated holder for easy viewing during your workout.



Figure 7: Bluetooth Connectivity. This image shows the console with icons representing popular fitness apps like Kinomap, MyBodytone, and Zwift, indicating the bike's Bluetooth compatibility.

5. Product Features

- **Magnetic Resistance:** 24 levels of motorized magnetic resistance for smooth and quiet operation.
- **Flywheel:** 9 kg (20 lbs) flywheel ensures a fluid and consistent pedaling motion.
- **Transmission System:** Equipped with a durable POLY-V belt drive system for enhanced fluidity and minimal maintenance.
- **Saddle:** Ergonomic gel saddle, adjustable in both height and depth for optimal comfort.
- **Handlebars:** Dual-action design with both mobile and fixed sections. Fixed handlebars include integrated heart rate sensors.
- **Pedals:** Designed with adjustable straps for secure foot placement.
- **Connectivity:** Bluetooth enabled for compatibility with Zwift, Kinomap, and MyBodytone apps.
- **Console:** LCD display showing time, distance, calories, pulse, and RPM.
- **Programs:** 12 pre-set fitness programs.
- **Convenience:** Integrated tablet/phone holder and bottle holder.
- **Portability:** Transport wheels for easy movement.
- **Stability:** Adjustable end caps for stability on uneven surfaces.



Figure 8: Internal Components and Handlebars. This image provides a closer look at the dual-action handlebars, the POLY-V transmission system, and the 9 kg flywheel, highlighting key functional features.

6. Maintenance

Regular maintenance ensures the longevity and optimal performance of your Bodytone Smart DU30 exercise bike.

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Lubrication:** The POLY-V transmission system is designed for low maintenance. No regular lubrication is typically required for the internal mechanism.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures.

7. Troubleshooting

If you encounter any issues with your Bodytone Smart DU30, refer to the following common solutions:

Problem	Possible Cause	Solution
Console not displaying data	Loose power connection, dead batteries (if applicable), sensor issue.	Check power cable connection. If battery-operated, replace batteries. Ensure sensor cables are securely connected.
Unstable bike	Uneven surface, loose stabilizers.	Adjust the leveling feet on the base of the bike. Ensure all assembly bolts are tight.
Resistance not changing	Motorized resistance mechanism issue, console malfunction.	Ensure the bike is powered on. Try restarting the console. If the problem persists, contact customer support.
Bluetooth connectivity issues	Device not discoverable, app issues.	Ensure Bluetooth is enabled on your device. Restart both the bike and your device. Check app settings and permissions.

For issues not listed here or if troubleshooting steps do not resolve the problem, please contact Bodytone customer support.

8. Specifications

Feature	Detail
Model	DU30
Brand	BT BODYTONE
Resistance System	Motorized Magnetic Resistance
Resistance Levels	24
Flywheel Weight	9 kg (20 lbs)
Transmission System	POLY-V Belt
Console Display	LCD (Time, Distance, Calories, Pulse, RPM)
Connectivity	Bluetooth (Zwift, Kinomap, MyBodytone compatible)
Programs	12

Feature	Detail
Max User Weight	120 kg (264 lbs)
Recommended Use	Up to 10 hours/week
Product Dimensions (L x W x H)	85 x 28 x 61 cm (33.5 x 11 x 24 inches)
Product Weight	25.85 kg (57 lbs)
Material	Alloy Steel, ABS
Power Source	Electric Cable
Color	Black

9. Warranty and Support

For warranty information, product support, or to purchase replacement parts, please contact BT BODYTONE customer service. Refer to your purchase documentation for specific warranty terms and contact details.
Manufacturer: BT BODYTONE
Website: Visit the BT BODYTONE Store on Amazon

Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

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Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

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