BT BODYTONE DS16

BT BODYTONE DS16 Magnetic Indoor Exercise Bike User Manual

Model: DS16

Introduction Safety Information Product Components Setup Operation Maintenance Troubleshooting Specifications Warranty & Support

1. Introduction

This manual provides essential instructions for the safe and efficient use of your BT BODYTONE DS16 Magnetic Indoor Exercise Bike. Please read this manual thoroughly before assembly, operation, or maintenance to ensure proper function and to prevent injury.

The DS16 is a high-performance indoor cycling bike designed for athletes and fitness enthusiasts. It offers precise performance data, making it suitable for specific cycling training, high-intensity interval training, and endurance workouts. Its robust design includes a splash-proof coating and a durable POLY-V® belt drive system for a smooth and realistic cycling experience.

2. Important Safety Information

WARNING: Before starting any exercise program, consult your physician. This is especially important for individuals over the age of 35 or those with pre-existing health conditions.

- Always ensure the exercise bike is placed on a stable, level surface.
- Keep children and pets away from the equipment during use.
- Wear appropriate exercise clothing and footwear. Avoid loose clothing that could get caught in moving parts.
- Inspect the bike for loose or damaged parts before each use. Do not use if any components are compromised.
- Do not exceed the maximum user weight of 120 kg (264 lbs).
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

- Maintain a safe distance around the bike during operation.

3. Product Components Overview

The BT BODYTONE DS16 is designed with key components for optimal performance and user comfort.



Figure 1: Overall view of the DS16 Exercise Bike with key dimensions. The bike measures 94cm in length, 55cm in width, and 118cm in height.

- **Handlebars:** Adjustable for height, featuring heart rate sensors and a mobile phone holder.
- **Saddle:** Ergonomically designed, adjustable for both height and depth.
- **Flywheel:** Approximately 16 kg, providing a smooth and consistent pedaling motion.
- **Resistance System:** Magnetic brake system with a graduated adjustment control.
- **Drive System:** POLY-V® belt drive system with Kevlar cords, ensuring a quiet and maintenance-free operation.
- **Console:** Displays TIME, SPEED, DISTANCE, CALORIES, RPM, and HEART RATE.
- **Pedals:** Equipped with a 3-piece crank system for durability.

- **Transport Wheels:** Two front wheels for easy relocation of the bike.



Figure 2: Detailed view showing the adjustable handlebars, the POLY-V® belt drive system, and the 16 kg flywheel.

4. Setup

The BT BODYTONE DS16 comes largely pre-assembled. Follow these steps for final setup and placement.

4.1 Unpacking and Placement

1. Carefully remove the exercise bike from its packaging.
2. Place the bike on a flat, stable surface. Ensure there is adequate space around the bike for safe operation and movement. A minimum of 0.6 meters (2 feet) clear space is recommended around the equipment.
3. Check all components for any signs of damage during transit. If any damage is found, do not proceed with assembly or use, and contact customer support.

4.2 Initial Adjustments

Before your first ride, adjust the saddle and handlebars to your comfort and ergonomic requirements.

- **Saddle Height:** Loosen the adjustment knob below the saddle post. Raise or lower the saddle until your leg has a slight bend at the knee when the pedal is at its lowest point. Tighten the knob securely.
- **Saddle Depth:** Loosen the adjustment knob under the saddle. Slide the saddle forward or backward so that when your feet are on the pedals and the cranks are horizontal, your front knee cap is directly above the pedal spindle. Tighten the knob securely.
- **Handlebar Height:** Loosen the adjustment knob on the handlebar post. Adjust the handlebars to a comfortable height, typically level with or slightly higher than the saddle for beginners, or lower for a more aggressive riding position. Tighten the knob securely.

5. Operating Instructions

5.1 Starting Your Workout

1. Ensure all adjustments (saddle, handlebars) are secure.
2. Step onto the bike and place your feet securely in the pedal straps.
3. Begin pedaling. The console will automatically activate and display your workout data.

5.2 Adjusting Resistance

The DS16 features a magnetic resistance system. To adjust the resistance:

- Turn the graduated adjustment control knob located on the frame below the handlebars.
- Turn clockwise to increase resistance, making pedaling harder.
- Turn counter-clockwise to decrease resistance, making pedaling easier.
- To engage the emergency brake, press the resistance knob down firmly. This will quickly stop the flywheel.

5.3 Console Functions

The integrated console provides real-time feedback on your workout:

- **TIME:** Displays the duration of your workout.
- **SPEED:** Shows your current cycling speed.
- **DISTANCE:** Tracks the total distance covered during your session.
- **CALORIES:** Estimates the number of calories burned.
- **RPM:** Revolutions Per Minute, indicating your pedaling cadence.
- **HEART RATE:** Displays your heart rate when holding the handlebar sensors.

To measure your heart rate, firmly grip the heart rate sensors on the handlebars. Your heart rate will be displayed on the

console after a few seconds.

5.4 Using the Mobile Phone Holder

A mobile phone holder is integrated into the handlebars. Place your device securely in the holder for easy access to entertainment or fitness apps during your workout.

6. Maintenance

The BT BODYTONE DS16 is designed for minimal maintenance, thanks to its durable components and splash-proof coating. Regular cleaning and checks will ensure its longevity.

6.1 Cleaning

- Wipe down the bike after each use with a damp cloth to remove sweat and dust.
- Avoid using abrasive cleaners or solvents, as these can damage the finish and electronic components.
- Ensure no liquids enter the console or other electronic parts.

6.2 Component Checks

- Periodically check all bolts and nuts to ensure they are tight. Retighten if necessary.
- Inspect the pedals and crank arms for any signs of wear or damage.
- The POLY-V® belt drive system with Kevlar cords is designed to be practically maintenance-free and does not require tensioning or lubrication. However, visually inspect the belt for any signs of fraying or damage.
- Ensure the transport wheels move freely.

7. Troubleshooting

This section addresses common issues you might encounter with your exercise bike.

Problem	Possible Cause	Solution
Console not displaying data.	Loose connection; console battery low (if applicable); not pedaling.	Ensure all cables are securely connected. Replace console batteries if necessary. Begin pedaling to activate.
Unusual noise during operation.	Loose components; friction from moving parts.	Check all bolts and nuts for tightness. Ensure no objects are interfering with the flywheel or pedals.
Resistance not changing.	Resistance knob mechanism issue.	Ensure the resistance knob is fully engaged and turning freely. If the issue persists, contact customer support.
Heart rate reading inaccurate or absent.	Improper hand placement; dry hands; sensor malfunction.	Ensure hands are firmly and fully gripping both sensors. Moisten hands slightly if too dry. If problem persists, contact support.

8. Specifications

Feature	Detail
Model	DS16
Brand	BT BODYTONE
Flywheel Weight	Approx. 16 kg
Resistance Mechanism	Magnetic
Drive System	POLY-V® Belt with Kevlar Cords
Console Functions	TIME, SPEED, DISTANCE, CALORIES, RPM, HEART RATE
Adjustments	Millimeter adjustment for handlebar height, saddle height, and saddle depth.
Maximum User Weight	120 kg (264 lbs)
Recommended Usage	10 hours / week
Assembled Dimensions (L x W x H)	94 x 55 x 118 cm (37 x 21.7 x 46.5 inches)
Item Weight	30 kg (66 lbs)
Material	Plastic (frame components, covers)
Special Features	Portable (transport wheels), Speed monitoring, Water bottle holder, Adjustable pedal, Adjustable saddle, Adjustable resistance, Calorie meter, Distance measurement, Handlebar heart rate sensors, Durable, Swivel handlebar.

9. Warranty and Support

For warranty information, please refer to the warranty card included with your product or visit the official BT BODYTONE website. Keep your proof of purchase for any warranty claims.
If you encounter any issues not covered in this manual or require further assistance, please contact BT BODYTONE customer support through their official channels. Provide your product model (DS16) and purchase details when contacting support.
For more information, visit: www.bodytone.eu

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