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BT BODYTONE AB400SM-G

BT BODYTONE AB400SM-G Smart Indoor Cycling Bike User Manual

Model: AB400SM-G

Introduction Safety Information Setup Operating Instructions Maintenance Troubleshooting Specifications Warranty & Support

1. Introduction

Thank you for choosing the BT BODYTONE AB400SM-G Smart Indoor Cycling Bike. This manual provides essential information for the safe assembly, operation, and maintenance of your new fitness equipment. Please read this manual thoroughly before use and keep it for future reference.

The AB400SM-G is an indoor cycling bike designed for home fitness, featuring an electromagnetic brake, 800 watts of power, and a 22kg flywheel for a smooth and challenging workout. It offers smart connectivity to various fitness applications, enhancing your training experience.



Image 1.1: The BT BODYTONE AB400SM-G Smart Indoor Cycling Bike, showcasing its sleek design and robust frame.

2. Important Safety Information

Before using the AB400SM-G, please observe the following safety precautions:

- Consult a physician before starting any new 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 with adequate clearance around it.
- Wear appropriate athletic footwear and clothing.
- Do not exceed the maximum user weight specified in the specifications.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- The emergency brake knob (red) can be pressed down to stop the flywheel instantly.

3. Setup and Assembly

The AB400SM-G requires some assembly. Follow these general steps. Refer to the included assembly guide for detailed, step-by-step instructions and diagrams.

3.1 Unpacking

- Carefully remove all components from the packaging.
- Check the parts list against the contents to ensure all items are present.
- Keep packaging materials until assembly is complete in case of returns or missing parts.

3.2 Assembly Steps (General)

1. **Attach Stabilizer Bars:** Secure the front and rear stabilizer bars to the main frame using the provided bolts and washers.
2. **Install Pedals:** Identify left (L) and right (R) pedals. Thread the left pedal counter-clockwise and the right pedal clockwise into the crank arms. Tighten securely. Note: This model's pedals are similar to professional cycling pedals, featuring cleats.
3. **Mount Seat Post and Saddle:** Insert the seat post into the frame and secure it at the desired height. Attach the saddle to the seat post.
4. **Install Handlebar Post and Handlebar:** Insert the handlebar post into the frame and secure it. Attach the triathlon handlebar to the post.
5. **Connect Console:** Carefully connect the console cables to the main frame wiring harness. Mount the console onto the handlebar post.



Image 3.1: The AB400SM-G bike, highlighting its adjustable seat and handlebar for personalized fit.

3.3 Adjusting the Bike

- **Saddle Adjustment:** The indoor cycling saddle is adjustable in depth and height. Loosen the adjustment knobs, move the saddle to a comfortable position, and tighten securely.
- **Handlebar Adjustment:** The triathlon handlebar with upper and lower grips is adjustable in height and depth. Loosen the adjustment knobs, position the handlebar for optimal comfort and reach, and tighten securely.

4. Operating Instructions

This section details how to use your AB400SM-G Smart Indoor Cycling Bike.

4.1 Console Functions

The integrated console provides real-time workout data. It measures speed, distance, elapsed time, calories burned, and RPM (Revolutions Per Minute).



Image 4.1: Close-up of the AB400SM-G console display, showing various workout metrics like time, speed, distance, calories, and RPM.

- **Power On/Off:** The console typically activates when you start pedaling or press any button. It will automatically turn off after a period of inactivity.
- **Display Modes:** Use the 'MODE' button to cycle through different display metrics or to hold a specific value.
- **Reset:** Press the 'RESET' button to clear all workout data.
- **Resistance Adjustment:** The bike features an electromagnetic brake. Adjust the resistance level using the knob located on the frame. Turn clockwise to increase resistance, counter-clockwise to decrease.
- **Emergency Stop:** In case of an emergency, press down firmly on the resistance knob to engage the emergency brake and stop the flywheel immediately.

4.2 Smart Connectivity and Applications

The AB400SM-G offers Bluetooth connectivity to various fitness applications, allowing for interactive training sessions.

- **Compatible Apps:** This bike is compatible with applications such as Bkool, Kinomap, Onelap, Zwift, Volava, or MyBodytone.
- **Connecting to Apps:**
    a. Ensure Bluetooth is enabled on your mobile device or tablet.
    b. Download and open your preferred compatible fitness application.

c. Follow the in-app instructions to search for and connect to your AB400SM-G bike. The bike should appear as a discoverable Bluetooth device.
d. Once connected, the app will display your workout data and may control the bike's resistance based on the chosen program.

- **Mobile/Tablet Support:** The handlebar includes a dedicated holder for your mobile phone or tablet, allowing easy access to your connected applications during workouts.



Image 4.2: A user actively cycling on the AB400SM-G, demonstrating proper posture and use of the handlebar and console.

5. Maintenance

Regular maintenance ensures the longevity and optimal performance of your indoor cycling 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. Tighten any loose fasteners.

- **Lubrication:** The magnetic resistance system is generally maintenance-free. However, if you notice any squeaking from moving parts (e.g., seat post, handlebar post), apply a small amount of silicone-based lubricant.
- **Pedals:** Ensure pedals are securely tightened to the crank arms. Check cleats for wear if applicable.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures.

6. Troubleshooting

This section addresses common issues you might encounter with your AB400SM-G bike.

Problem	Possible Cause	Solution
Console not displaying data	Loose cable connection, dead batteries (if applicable), inactivity.	Check all cable connections. Replace console batteries if necessary. Start pedaling to activate.
Unusual noises (squeaking, grinding)	Loose parts, lack of lubrication, worn components.	Inspect and tighten all bolts and nuts. Apply silicone lubricant to moving parts if needed. Contact support if noise persists.
Difficulty connecting to fitness apps	Bluetooth off, app issues, bike not discoverable.	Ensure Bluetooth is enabled on your device. Restart the app and bike. Check app permissions. Ensure no other device is connected to the bike.
Resistance not changing	Resistance mechanism issue, cable disconnection.	Check the connection of the resistance knob to the magnetic brake system. Ensure the knob is turning freely. Contact support if the issue persists.

7. Specifications

Key technical specifications for the BT BODYTONE AB400SM-G Smart Indoor Cycling Bike:

- **Model Number:** AB400SM-G
- **Brand:** BT BODYTONE
- **Product Dimensions:** 104 x 30 x 86 cm (Depth x Width x Height)
- **Product Weight:** 22 Kilograms
- **Flywheel Weight:** 22 kg
- **Resistance Mechanism:** Magnetic
- **Number of Resistance Levels:** 8
- **Power Source:** Corded Electric
- **Special Features:** Adjustable seat, App connectivity, Calorie monitor, Distance monitor, Speed monitor
- **Connectivity:** Bluetooth (compatible with Bkool, Kinomap, Onelap, Zwift, Volava, MyBodytone)
- **Material:** Plastic
- **Color:** Grey
- **Recommended Uses:** Indoor

8. 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 warranty claims.
If you require technical assistance, have questions about assembly, or need replacement parts, please contact BT BODYTONE customer support through their official channels. Contact details can typically be found on their website or in the product packaging.

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