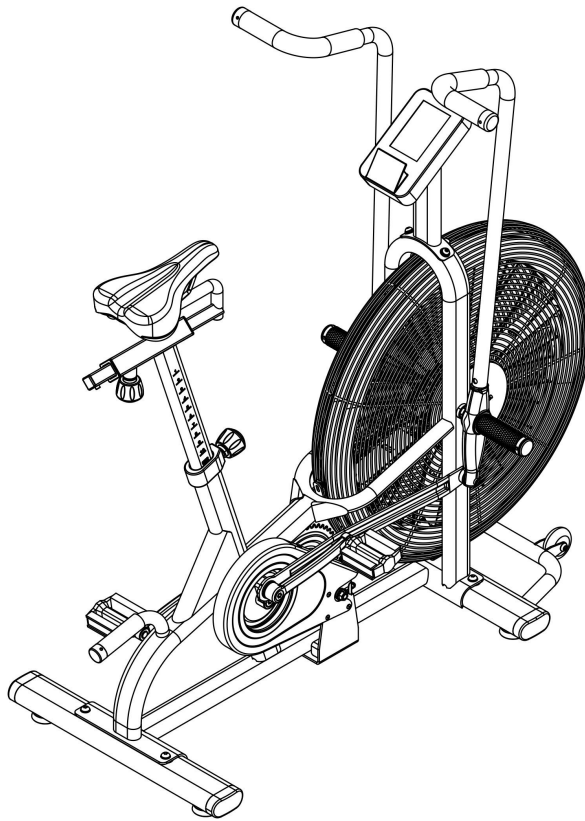


ETHC200

ETHOS AIR BIKE OWNER'S MANUAL



DICK'S Sporting Goods 345 Court Street Coraopolis, PA 15108

ETHOS



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BEFORE YOU BEGIN

Thank you for selecting the ETHOS AIR BIKE. For your safety and benefit, read this manual carefully before using the exercise equipment. If you have any questions, or find there are missing or damaged parts, please contact our Customer Service Agents.

Toll-Free Customer Service Number
1-877-846-9997
Mon. – Fri. 9 a.m. – 5 p.m. EST

RETAIN THESE INSTRUCTIONS FOR FUTURE USE



IMPORTANT SAFETY NOTICE

For your safety and benefit, read the following instructions carefully prior to assembly or use. Failure to follow all instructions and safety precautions can result in **serious injury or death or damage to equipment.**

WARNING

1. USERS SHOULD CONSULT WITH THEIR PHYSICIAN BEFORE BEGINNING ANY EXERCISE PROGRAM.
2. If you feel pain or dizziness at any time while exercising, STOP immediately and consult your physician. Excessive or incorrect use may cause pain or injury.
3. This exercise equipment is **NOT FOR USE BY CHILDREN UNDER AGE 14**. Keep children and pets away from equipment at all times. **DO NOT** leave children unattended in the same room with the exercise equipment.
4. Hands and feet may become entangled with the moving parts and cause serious injury.
5. Place the unit in an area that will meet minimum clearance requirements:
side=24 inches, front & rear =12 inches.
6. **ADULTS ONLY** should assemble, disassemble, adjust, or move the exercise equipment.
7. Ensure the product is completely and securely assembled prior to use.
8. Always wear appropriate workout clothing when exercising. **DO NOT** wear jewelry, robes or other clothing that could become caught in the exercise equipment. Running or aerobic shoes are also required when using the exercise equipment.
9. Always use this product on a flat, even surface free of obstacles to avoid injury.
10. Always adjust the leveling feet before using the AIR Bike. Ensure all adjustment knobs and levers are fastened securely before using the unit and after making an adjustment.



IMPORTANT! CARE AND MAINTENANCE

1. Inspect all parts before using the exercise equipment for signs of wear or failure. If parts are worn or damaged, DO NOT use. Contact Customer Service for Replacement parts.
2. If the equipment is making any abnormal sounds that may indicate structural fatigue e.g. cracking, then stop use immediately and have the equipment inspected by a professional.
3. The equipment can be cleaned using a damp cloth and mild non-abrasive detergent. DO NOT use solvents or abrasive cleaners.
4. **Maximum Weighty Capacity: 300 lb user weight.**



IMPORTANT! OPERATIONAL INSTRUCTIONS

This product is designed to be used for weight training, exercise, and physical fitness activities.

This exercise equipment is intended for commercial and residential use.

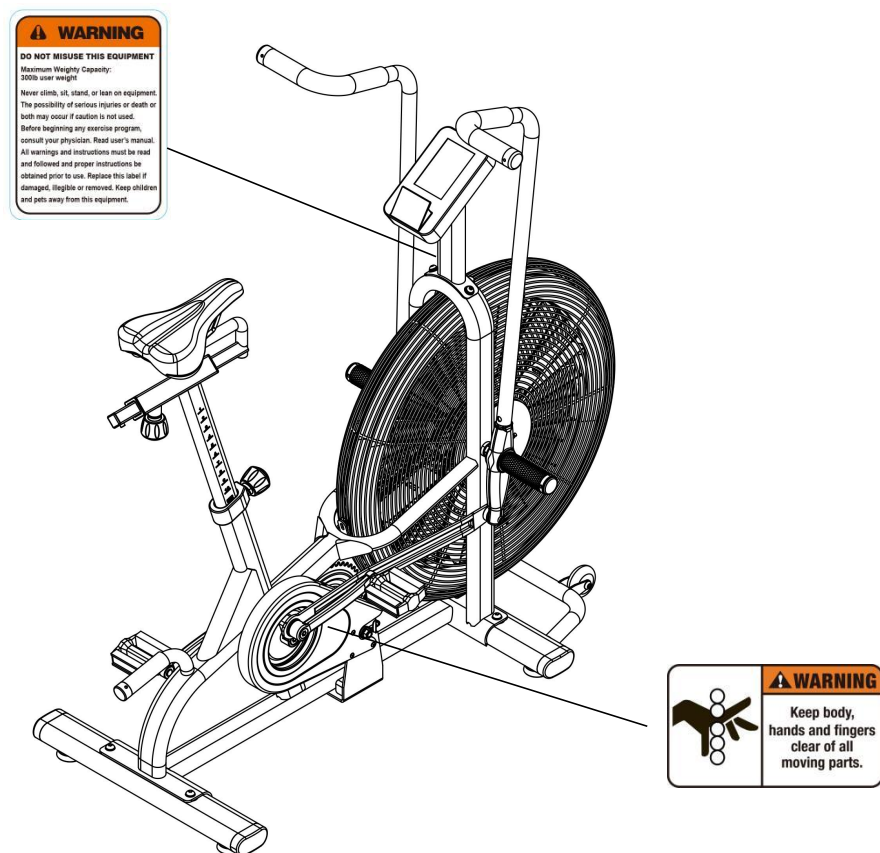
This equipment meets the safety and performance requirements of the ASTM F2276 standard for exercise equipment.

WARNING

CONSULT WITH YOUR DOCTOR BEFORE BEGINNING ANY EXERCISE PROGRAM. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. NOT FOR USE BY CHILDREN UNDER AGE 14. INSPECT FOR DAMAGE BEFORE EACH USE.

SAVE THESE INSTRUCTIONS.

WARNING LABEL PLACEMENT



The warning label shown here has been placed on the Console Mast and Linkage Arm. If the label is missing or illegible, please call customer service at 1-877-846-9997 for replacements. Apply the labels in the location shown.

ETHC200 PARTS LIST

Part #	Description	Qty
1	Main Frame	1
2	Rear Stabilizer	1
3	Linkage Arm-Right	1
4	Front Stabilizer	1
5	Seat Slide Rail	1
6	Fan Wheel Assembly	1
7	Handle Bar - Right	1
8	Handle Bar - Left	1
9	Fan Cage - Right	1
10	Fan Cage - Left	1
11	Middle Hub Assembly	1
12	Linkage Arm - Left	1
13	Console Mast	1
14	Console	1
15	Pedal -Right	1
16	Pedal -Left	1
17	Crank Arm - Right	1
18	Crank Arm - Left	1
19	Bell Crank/Chain Wheel - Right	1
20	Chain Guard -Right	1
21	Bottom Bracket Assembly	1
22	Seat Post Assembly	1
23	Chain Guard - Left	1
24	Chain -Right Side 1/2x1/8" 64L	1
25	Chain- Left Side 1/2x1/8" 98L	1
26	Foot Peg End Cap	2
27	Foot Peg	2

28	Handle End Cap $\varphi 1\frac{1}{8}$ "	2
29	Ball-Bearing 6003ZZ	4
30	Set Screw	6
31	Handlebar Pivot	2
32	Handle Bar Grip $\varphi 35 \times \varphi 27 \times 300$	2
33	Button Head Screw M10 x $\frac{3}{4}$ "	4
34	Lock Washer M10	4
35	Flat Washer M10	8
36	Ball-Bearing 6000	2
37	Pop Pin Knob	2
38	Bottom Bracket Retaining Ring	2
39	Phillips Screw M5x $\frac{3}{8}$ "	16
40	Bell Crank - Left	1
41	Handle Bar Grip $\varphi 31 \times \varphi 24 \times 110$	1
42	Crank/Bell Crank Fixing Bolt	4
43	Wave Washer $\varphi \frac{5}{8}$ "	4
44	Ball-Bearing 99502ZZ w/Cir-Clips	2
45	Spherical Bearing PB8	2
46	Cir-Clip RTW-22	2
47	Acorn Nut M10	4
48	Self Tapping Screw ST4.8x $\frac{3}{4}$ "	6
49	Chain Tensioner Bolt	4
50	Fan Cage Clip & Nut	6
51	Nut M10	4
52	Middle Hub Rotating shaft	1
53	Stabilizer Leveling Foot	4
54	Stabilizer Transport Wheel	2
55	Button Head Screw M8x $1\frac{1}{2}$ "	2
56	Handle End Cap $\varphi 1$ "	1
57	Stabilizer End Cap	4
58	Nvlock Nut M8	4

59	Self Tapping Screw ST4.2x $\frac{5}{8}$ "	1
60	Speed Sensor Mounting Bracket	1
61	Cable Bushing $\phi\frac{1}{2}$ "	2
62	Speed Sensor Cable	1
63	Rivnut	2
64	Saddle	1
65	Seat Slide Bushing	2
66	Button Head Screw M8x1"	2
67	Lock Washer M8	2
68	Flat Washer M8	2
69	Flat Washer $\phi 9 \times \phi 32 \times 2.0$	1
70	Socket Head Screw M8x $\frac{3}{4}$ "	1
71	Seat Slide End Cap	1
72	Drive Cog 14T	2
73	Drive Cog Locking	2
74	Chain Wheel 46T	1
75	Socket Head Screw M5x $\frac{3}{4}$ "	3
76	Nylock Nut M5	3
77	Phillips Screw M5x $\frac{3}{8}$ "	4
78	Speed Sensor Magnet & Plate	1
79	Speed Sensor Plate Clip	4
80	Fan Cage Cover - Right	1
81	Fan Cage Cover - Left	1

ASSEMBLY INSTRUCTIONS

Tools Required for Assembly:



#33 $M10 \times \frac{3}{4}$ " Allen Bolt $\times 4$

#34 $\phi \frac{5}{8}$ " Spring Washer $\times 4$



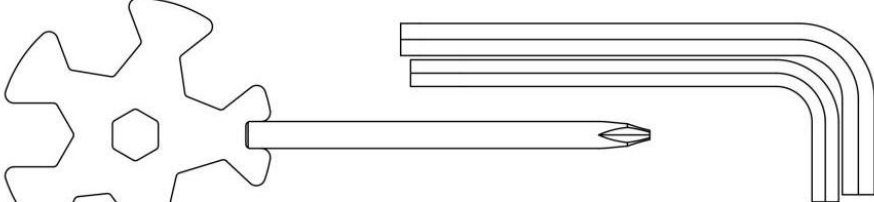
#35 $\phi \frac{5}{8}$ " Washer $\times 4$

#66 $M8 \times \frac{2}{3}$ " Allen Bolt $\times 2$



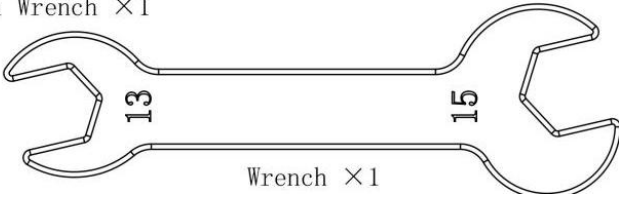
#67 $\phi \frac{1}{3}$ " Spring Washer $\times 2$

#68 $\phi \frac{1}{3}$ " Washer $\times 2$



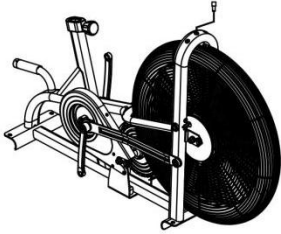
Multi Wrench $\times 1$

5# 6# Allen Wrench $\times 2$



Wrench $\times 1$

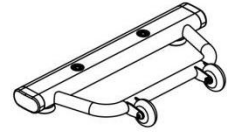
① x1



② x1



④ x1



⑤ x1



⑦ x1



⑧ x1



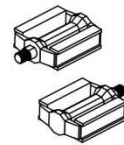
⑬ x1



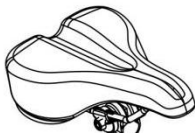
⑭ x1

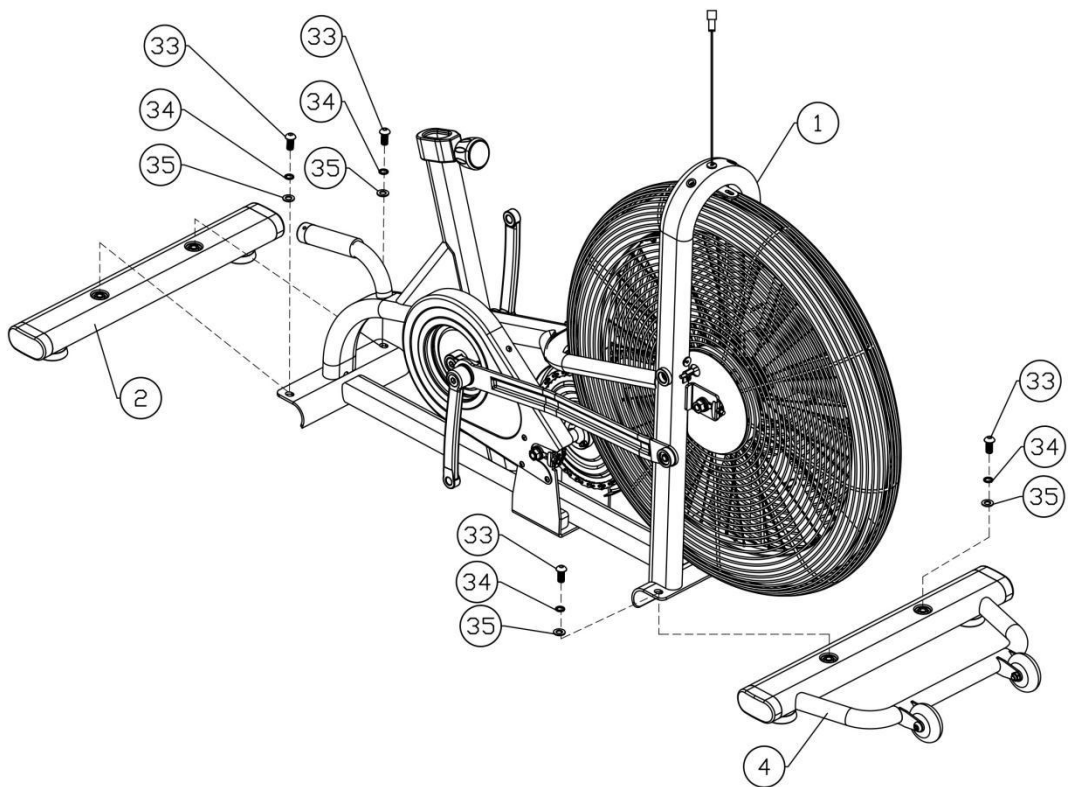


⑮ ⑯ x1

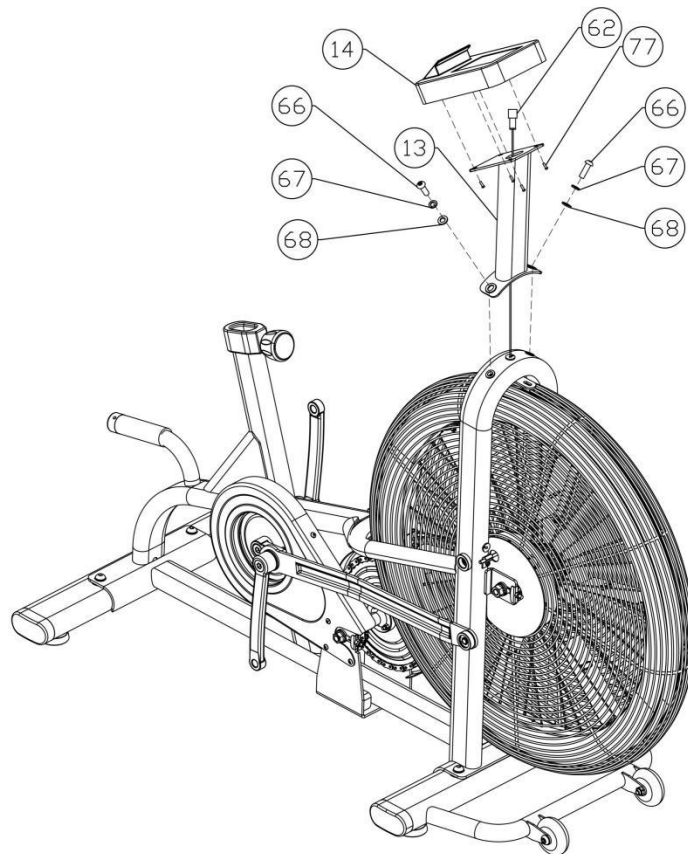


⑥④ x1

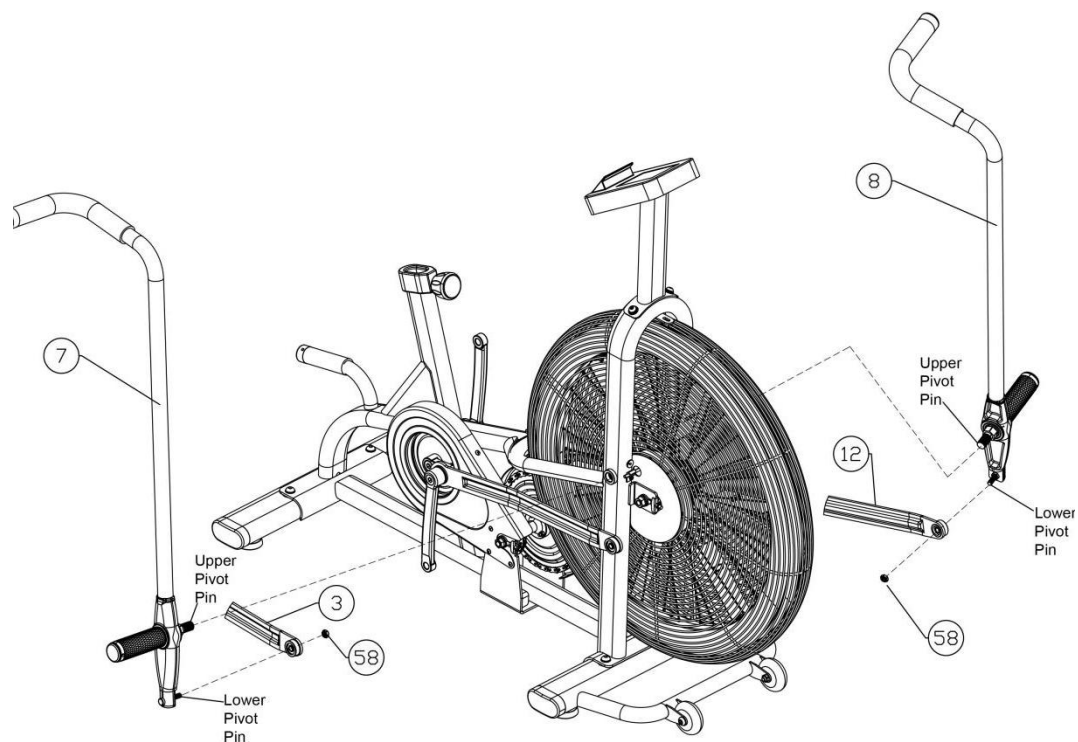




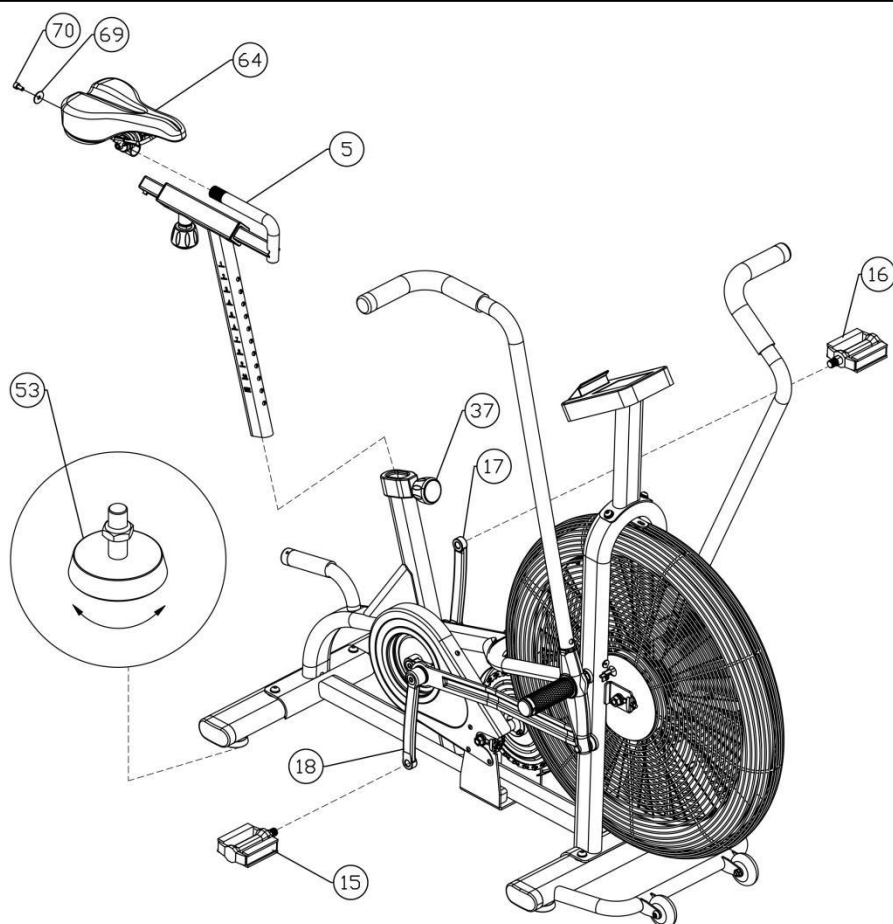
1. Align the front stabilizer (4) with the receiver on the main frame, and re-install the two screw, lock washer and flat washer assemblies (33, 34 & 35) with the supplied 6mm hex wrench.
2. Repeat step 2 for the rear stabilizer (#2).



1. Inspect the console cable (62) for damage before threading it through the bottom side and out the top of the console mast (13).
2. Install the button head screw, lock washer and flat washer assemblies (66, 67 & 68) through the console mast base (13) and into the main frame.
3. Plug the console wire (62) into the back side of the console (14) and carefully tuck the cable into the console mast (13). Do not pinch the cable.
4. Insert the four screws (77) through the console mast (13) and into the back of the console (14).



1. Place the right handlebar assembly (7) on the floor extending forward and away from the right linkage arm (3). Remove the lock nut (58) and set aside.
2. Slide the right linkage arm (3) onto the Lower Pivot Pin and re-install the lock nut (58) with the provided 13mm wrench.
3. Raise the right handlebar (7) into a vertical position and align the inside of the Upper Pivot Pin with the threaded mount on the main frame. Thread the pivot into the frame by hand, then tighten with the supplied wrench.
4. Repeat steps 2 through 3 for the left side assembly.



1. Remove the hex screw (70) and flat washer (69) from the end of the Seat Post Assembly.
2. Loosen the seat clamp assembly that is pre-installed onto the rails of the seat (64) and slip the assembly onto the knurled portion of the seat slide (5). Ensure the seat is level with the ground and fix both nuts firmly and evenly.
3. Reinstall the flat washer (69) and hex screw (70) into the end of the seat post assembly.
4. Loosen the pop pin (37) by grasping and rotating the knob counter-clockwise. Pull the pop pin outward, insert the seat post assembly into the frame, and release the pop pin when the seat is at the desired height. To ensure the pop pin is fully engaged, lift upward on the seat post assembly (5). Tighten the pop pin to secure.

5. Loosely thread the left pedal(16) into the left crank Arm(17) by hand.

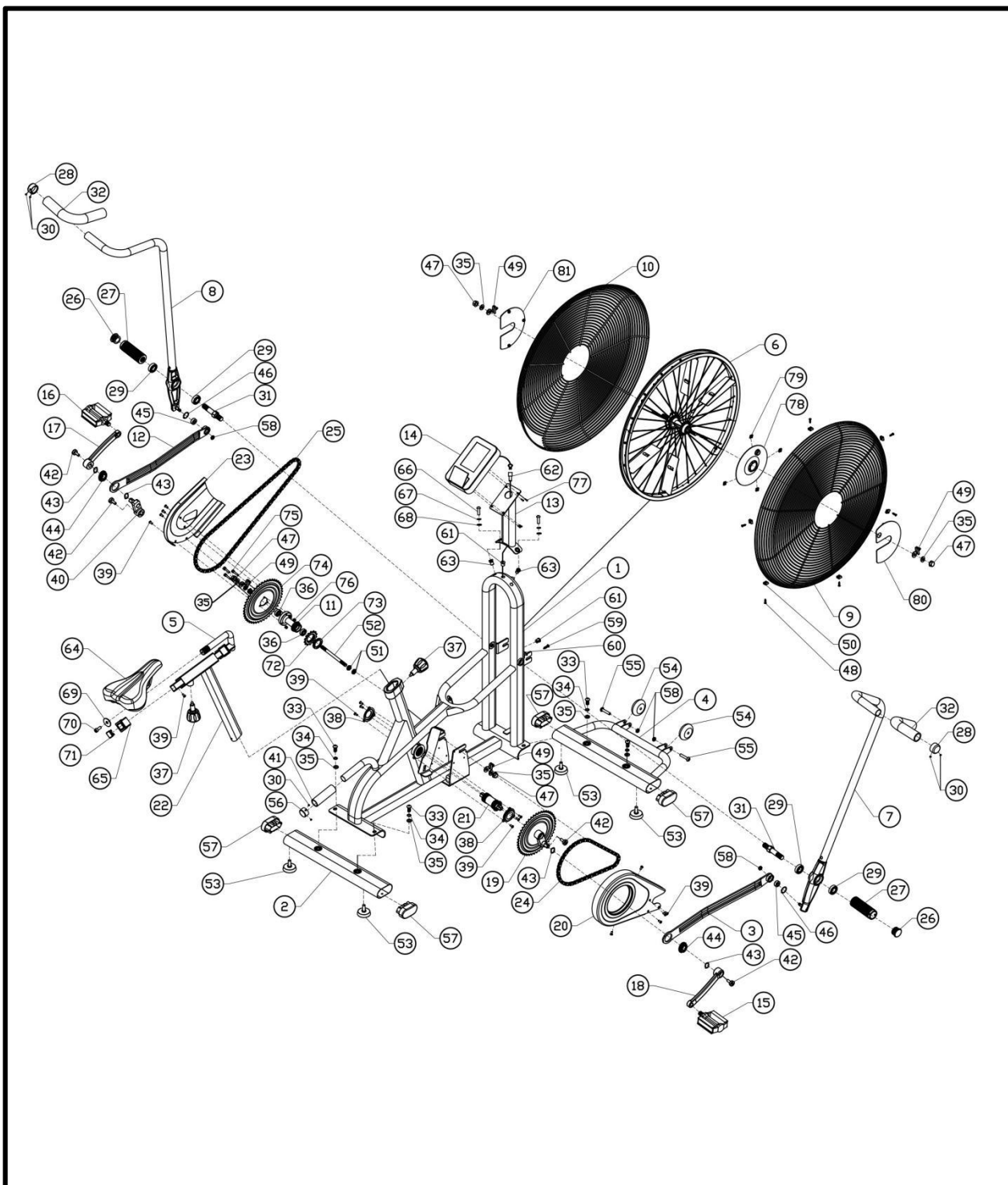
NOTE: The threads are reversed; rotate the axle counter-clockwise when viewed the outboard end of the pedal to install. Use the provided wrench to firmly fix the pedal.

6.Repeat this process for the right pedal(15).

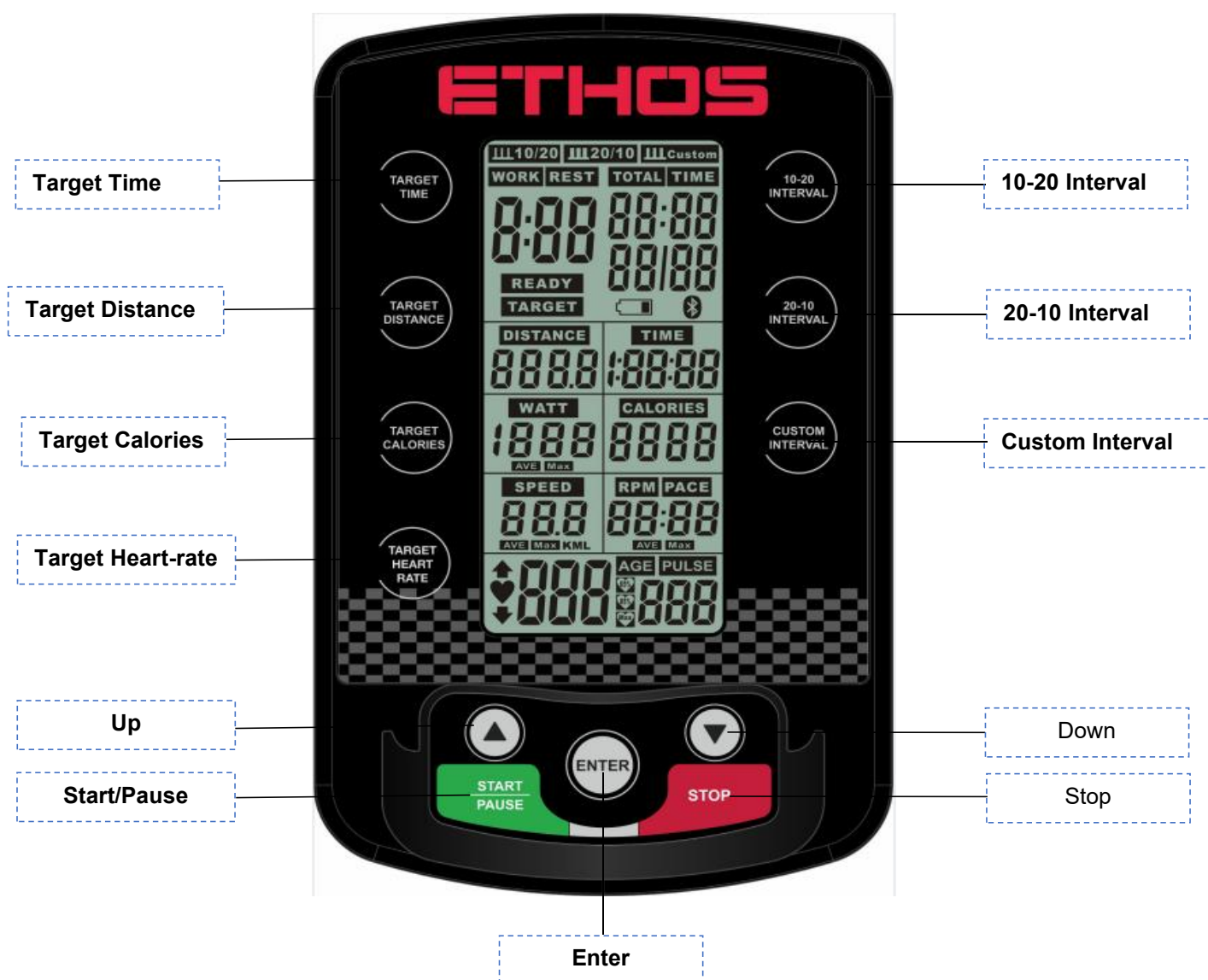
NOTE: The right pedal axle will be rotated clockwise to install.

7. Level your Air Bike by adjusting the four Stabilizer Leveling Foot (53). The feet may come Assembly from the factory tightened in the lowest position. When viewed from above, place a wrench on the nut and rotate to loosen. Adjust the foot to the desired height and tighten the lock nut in a counter-clockwise direction.

EXPLODED DIAGRAM



CONSOLE INSTRUCTION



Display function:

Item	Description
TIME	- Display user workout time - Display range 0:00~1:59:00
DISTANCE	- Display user workout distance - Display range 0.5~100
CALORIES	- Display calories consumption during workout - Display range 0 ~ 2000
PULSE	- Display user heart-rate during workout - Display range 30~230
WATT	Display the power consumption during training
SPEED	Display current training speed
RPM	Display current training RPM

Button function:

Item	Description
Up ▲	● Adjust function value up.
Down ▼	● Adjust function value down.
Enter	● Confirm setting or selection.
Start	● Start workout quickly or resume workout in Stop mode.
Stop	● To stop/pause workout. ● Hold on this key for 2 seconds to reboot the console.
Interval	● Three program options: Interval 10/20, Interval 20/10, or Custom Interval.
Target Distance	● Fast access to Target Distance training mode.
Target Calories	● Fast access to Target Calories training mode.
Target Heart-rate	● Fast access to Target Heart Rate training mode.
Target Time	● Fast access to Target Time training mode.

Operation procedure :

Power on--

When Power On is pressed, the LCD will display full screen (Figure 1) with a long beep sound and then enter into display standby mode (Figure 2). The pictures will be displayed from top to bottom in sequence. Press STOP for 2 seconds to enter standby mode. If no display input or RPM signal for 4 minutes, the LCD will go to Sleeping Mode (Figure 3).



Figure 1

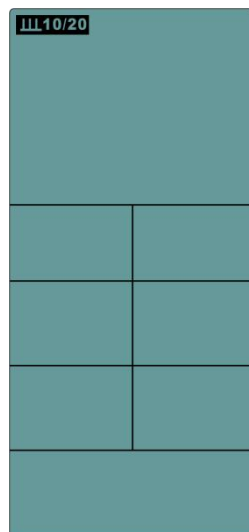
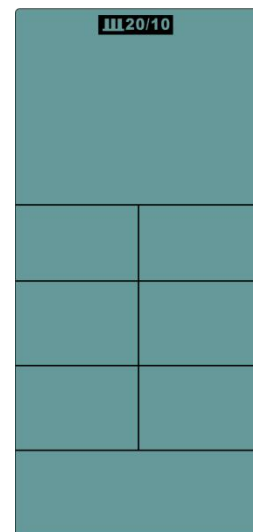


Figure2



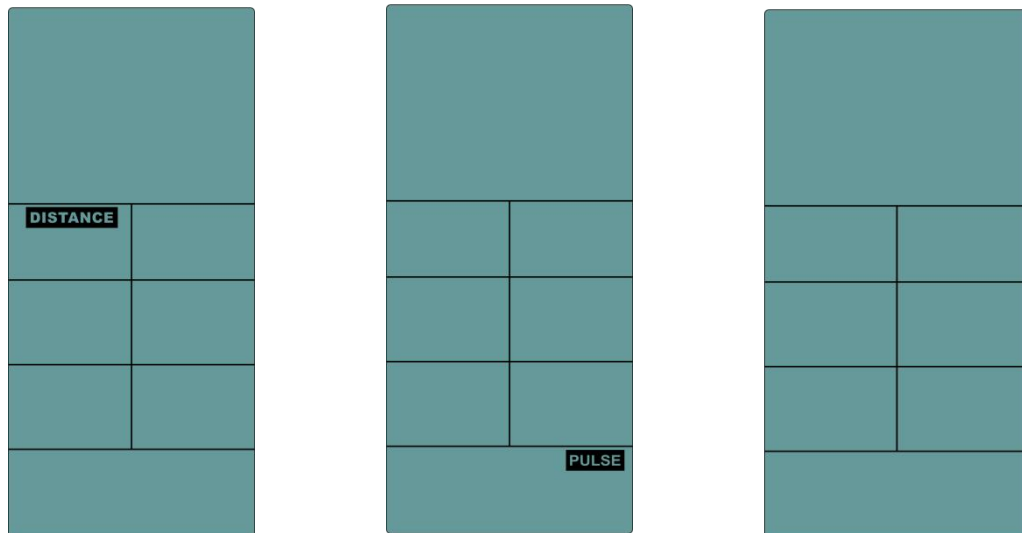
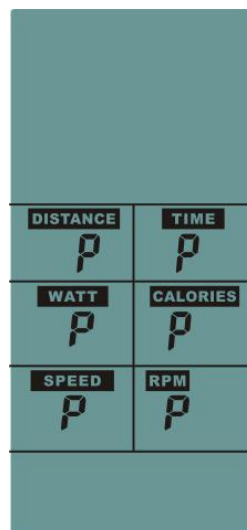


Figure3

1.Break mode:

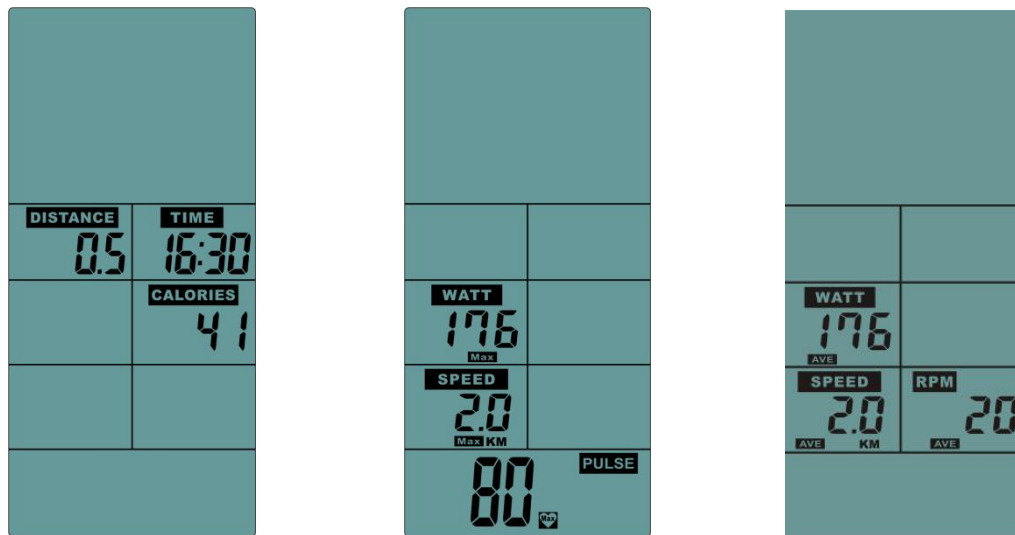
To start Break Mode, press the "START" button one time. Entering Break mode will create a 0.5 second buzzer sound every 30 seconds. The computer will still display all functions, but the LCD windows will display "P". Buzzer will sound for 1 second and enter into standby mode after a break has lasted 5 minutes. Press "START" again to continue (Figure 4).



(Figure 4)

2.Stop mode:

Press the "STOP" button and a buzzer will sound for 0.5 seconds. All LCD windows will go blank. After 0.5 seconds, the LCD will display TIME, DIST, CAL (display KM or ML according to settings). After 7 seconds, a buzzer will sound for 0.25 seconds and the LCD will display MAX ICON, WATTS, SPEED, and PULSE. After another 7 seconds and a 0.25 second buzzer, the LCD will display AVE ICON WATTS, SPEED, and RPM. This will display for 7 seconds and then the screen will go blank and cycle through the data two additional times and then enter standby mode (Figure 5).



(Figure 5)

3.Quick start :

In standby mode with pedalling greater than 20 RPMs, press "START". The buzzer will sound for 0.5 seconds and then TIME, CALORIES, DISTANCE, WATTS, SPEED, and RPM will display in sequence. The value will count up according to the operation. The "PULSE" icon will display if any heart rate monitor is connected. If no heart rate monitor is connected, the screen will display "P". If no pedalling occurs for 5 minutes, a buzzer will sound for 0.5 seconds and the screen will enter standby mode. Press the "START" button once to enter break mode and press the "START" button again to continue exercising. Press the "STOP" button and the buzzer will sound for 0.5 seconds to enter stop mode. If results are displayed, press the "STOP" button to leave and return to standby mode. Press the adjustment button and the screen will display LOAD resistance for each segment in the WATT window.



(Figure 6)

4.INTERVAL 10/20:

Press the "INTERVAL 10/20" button to enter this mode. The LCD will display **III 10/20** icon and a buzzer will sound for 0.5 seconds. If there is no pedaling within 30 seconds, the LCD will enter standby mode.

The "READY" icon will count down for 3 seconds, a short buzzer will sound and the LCD will display "01/XX" with the "01" flashing (Figure 7). The work icon flashes every second

and the TIME icon counts down from 10 seconds to 0. The LCD will display DISTANCE, CALORIES, WATTS, SPEED, and RPM (Figure 8).



(Figure 7)



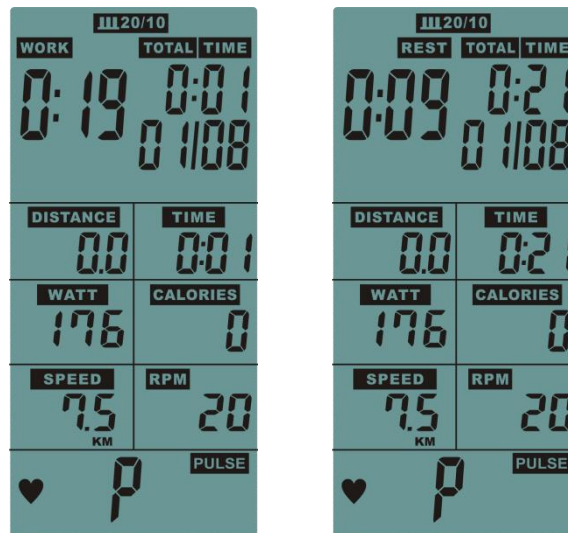
(Figure 8)

After exercising for 10 seconds, the LCD will display "01/08" with "01" flashing. The "REST" icon will flash and a buzzer will sound every second as TIME counts down from 20 seconds to 0. WORK and REST will display in sequence and the cycle count will increase by 1 after each REST/WORK cycle until "08/08" is reached. After 8 cycles, a buzzer will sound for 0.5 seconds and the LCD will enter STOP mode. The average results for each cycle will only calculate once the last rest period is reached. If no single input occurs after 5 minutes, a buzzer will ring for 0.5 seconds and the LCD will enter standby mode. Press the "START" button once to enter break mode and press "START" again to continue exercising. Press the "STOP" button and a buzzer will sound for 0.5 seconds to enter stop mode. Press the "STOP" button again exit the workout and return to standby mode.

5.INTERVAL 20/10:

Press the "INTERVAL 20/10" button to enter this mode. The LCD will display **III 20/10** icon and a buzzer will sound for 0.5 seconds (Figure 10). If there is no pedaling within 30 seconds, the LCD will enter standby mode.

The "READY" icon will count down for 3 seconds, a short buzzer will sound and the LCD will display "01/XX" with the "01" flashing (Figure 7). The work icon flashes every second and the TIME icon counts down from 20 seconds to 0. The LCD will display DISTANCE, CALORIES, WATTS, SPEED, and RPM (Figure 10).



(Figure 10)

After exercising for 20 seconds, the LCD will display "01/08" with "01" flashing. The "REST" icon will flash and a buzzer will sound every second as TIME counts down from 10 seconds to 0. WORK and REST will display in sequence and the cycle count will increase by 1 after each REST/WORK cycle until "08/08" is reached. After 8 cycles, a buzzer will sound for 0.5 seconds and the LCD will enter STOP mode. The average results for each cycle will only calculate once the last rest period is reached. If no single input occurs after 5 minutes, a buzzer will ring for 0.5 seconds and the LCD will enter standby mode. Press the "START" button once to enter break mode and press "START" again to continue exercising. Press the "STOP" button and a buzzer will sound for 0.5 seconds to enter stop mode. Press the "STOP" button again exit the workout and return to standby mode.

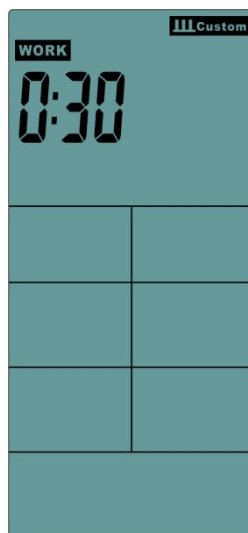
6.INTERVAL CUSTOM:

Press the "INTERVAL CUSTOM" button to create a custom interval. The LCD will display the **III Custom** icon (FIGURE 13) and a buzzer will sound for 0.5 seconds. The LCD will display the preset value 01. Press the "UP" or "DOWN" button to set desired range from 1 to 20 (Figure 14). Press "ENTER" to confirm the desired number of cycles. Next, the "WORK" icon will flash and the time display setting will show 0:30. Press "UP" or "DOWN" to adjust the WORK time during intervals. Press "ENTER" to confirm the desired length of work time. Next the "REST" icon will flash and the time display will show 0:20. Press "UP" or "DOWN" to adjust the REST time during intervals. Press "ENTER" to confirm the desired length of REST during intervals. A buzzer will sound for 0.5 seconds and the LCD will display "01/XX" with 01 flashing. The WORK icon will flash every second and the time will count down to 0. The LCD will display DISTANCE, CALORIES, WATTS, SPEED, and RPM.

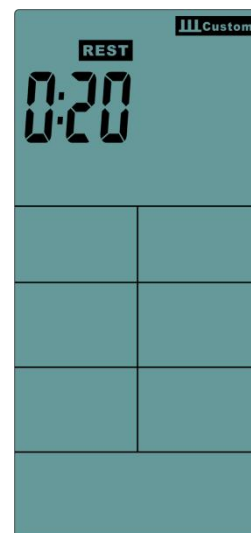
After exercising for the desired interval, the LCD will display "01/XX" with "01" flashing. The "REST" icon will flash and a buzzer will sound every second as TIME counts down to 0. WORK and REST will display in sequence and the cycle count will increase by 1 after each REST/WORK cycle until the preset number of intervals is reached. After all intervals have been completed, a buzzer will sound for 0.5 seconds and the LCD will enter STOP mode. The average results for each cycle will only calculate once the last rest period is reached. If no single input occurs after 5 minutes, a buzzer will ring for 0.5 seconds and the LCD will enter standby mode. Press the "START" button once to enter break mode and press "START" again to continue exercising. Press the "STOP" button and a buzzer will sound for 0.5 seconds to enter stop mode. Press the "STOP" button again exit the workout and return to standby mode.



(Figure 14)



(Figure 15)



(Figure 16)

7.TARGET TIME:

Press "TARGET TIME" to enter this mode. The LCD will display "TARGET" & "TIME". The TIME window will display 1:00. Press "UP" or "DOWN" to adjust from 1:00 to 1:59:00. Press "ENTER" to set the desired time and begin exercise. The target time will count down to 0. Press the "START" button once to enter break mode and press the "START" button again to continue exercising. Press the "STOP" button and the buzzer will sound for 0.5 seconds to enter stop mode. Press the "STOP" button again exit the workout and return to standby mode. If no single input occurs after 5 minutes, a buzzer will ring for 0.5 seconds and the LCD will enter standby mode.



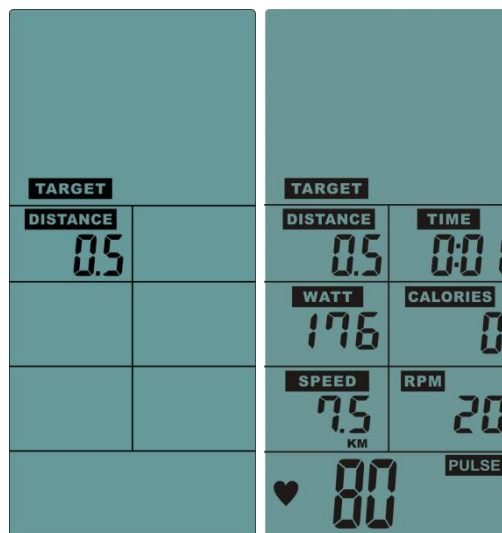
8.TARGET CALORIES:

Press "TARGET CALORIE" to enter this mode. The LCD will display "TARGET" & "CALORIE". The CALORIE window will display 20. Press "UP" or "DOWN" to adjust from 1 to 2000. Press "ENTER" to set the desired calorie target and begin exercise. The target Calories will count down to 0. Press the "START" button once to enter break mode and press the "START" button again to continue exercising. Press the "STOP" button and the buzzer will sound for 0.5 seconds to enter stop mode. Press the "STOP" button again exit the workout and return to standby mode. If no single input occurs after 5 minutes, a buzzer will ring for 0.5 seconds and the LCD will enter standby mode.



9.TARGET DISTANCE:

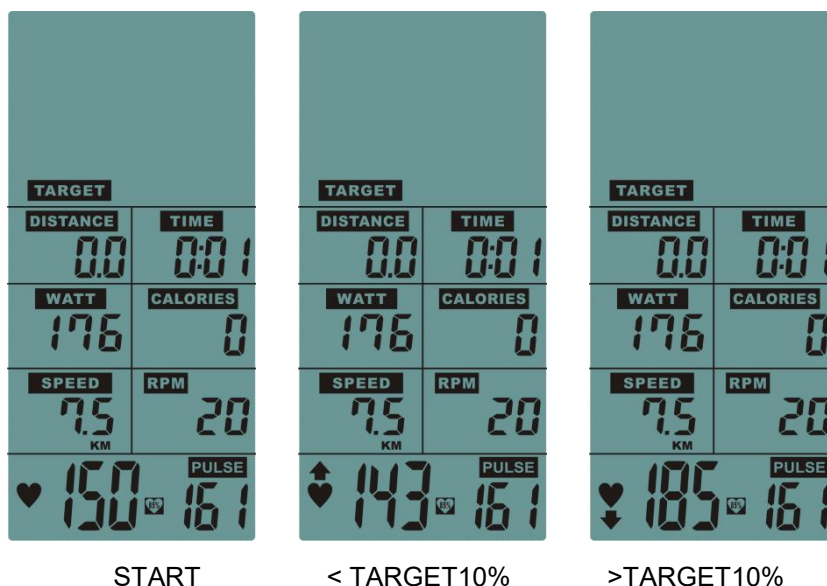
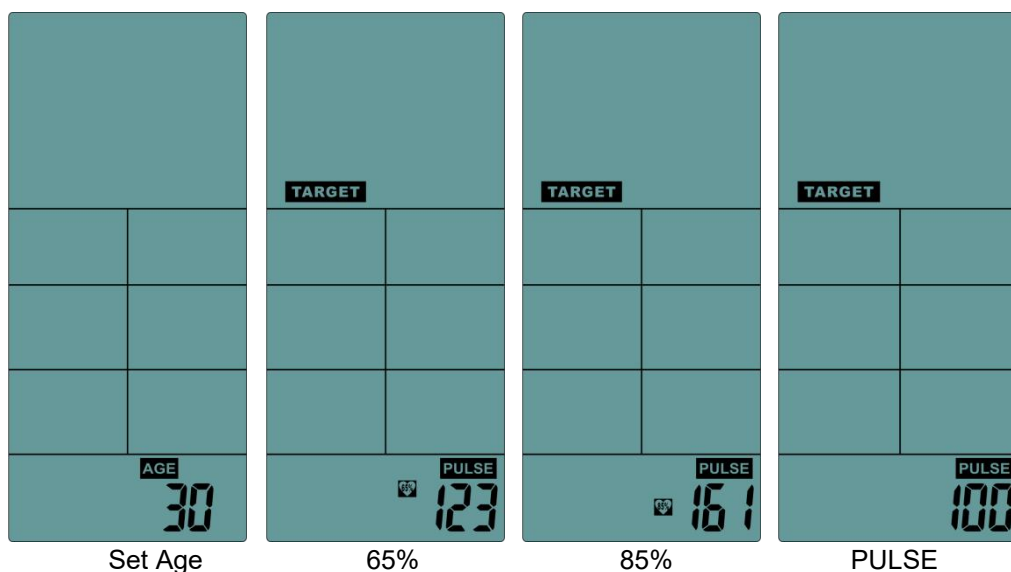
Press "TARGET DISTANCE" to enter this mode. The LCD will display "TARGET" & "DISTANCE". The DISTANCE window will display 0.5. Press "UP" or "DOWN" to adjust from 0.5 to 100.0 .Press "ENTER" to set the desired distance target and begin exercise. The target distance will count down to 0. Press the "START" button once to enter break mode and press the "START" button again to continue exercising. Press the "STOP" button and the buzzer will sound for 0.5 seconds to enter stop mode. Press the "STOP" button again exit the workout and return to standby mode. If no single input occurs after 5 minutes, a buzzer will ring for 0.5 seconds and the LCD will enter standby mode.



10.TARGET HEART RATE:

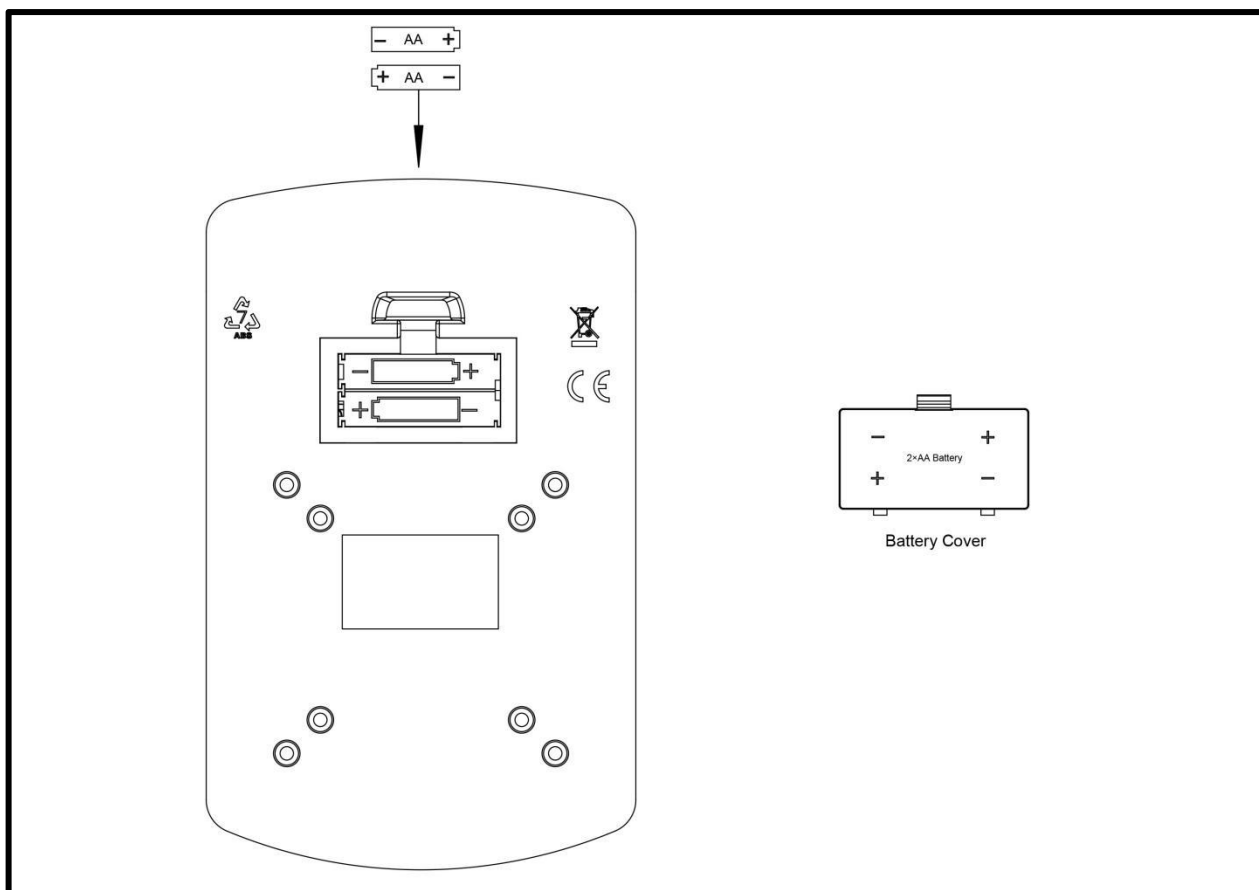
Press "TARGET HEART RATE" to enter this mode. The LCD will display "AGE" starting at 30. Press "UP" or "DOWN" to adjust from 11 to 120. Press "ENTER" to confirm age. The LCD will display 65%. Press the up or down button to adjust between 65% and 85% or a desired pulse setting. If desired pulse is selected, 100 will display on the LCD. Press "UP" or "DOWN" to select the desired pulse value between 30 and 230. Press "ENTER" to start. The "TARGET" and "PULSE" icon will flash. When the heartbeat value is higher or lower than the setting by 10% or more, the pulse value is displayed continuously. If the pulse is more than 10% below the target value, the "UP" icon will display reminding

the user to accelerate. If the pulse is more than 10% above the target value, the "DOWN" icon will display reminding the user to slow down. If the heartbeat value is higher than 100%, the buzzer will ring three times per second for up to 10 seconds. If the heart rate value does not go below 100%, the buzzer will ring for 1 second and then enter standby mode. Without any input for 30 seconds, "PULSE" will display "P", the buzzer will sound for 1 second, and enter standby mode. Press the "START" button once to enter break mode and press the "START" button again to continue exercising. Press the "STOP" button and the buzzer will sound for 0.5 seconds to enter stop mode. Press the "STOP" button again exit the workout and return to standby mode. If no single input occurs after 5 minutes, a buzzer will ring for 0.5 seconds and the LCD will enter standby mode.



Battery installation instruction :

- A. Remove the battery cover on the back of the console.
- B. Replace 1.5V (AA) battery.
- C. Make sure the battery is installed correctly and the polarities are correct.



Note:

1. required only for devices which use more than one battery in one circuit,
Do not mix old and new batteries;**Do not** mix alkaline, standard (carbon-zinc), or rechargeable (Ni-Cd, Ni-MH, etc.) batteries.
2. Products with replaceable batteries shall be permanently marked, visible at time of battery replacement, to indicate type of battery, polarity alignment and how to insert correctly.

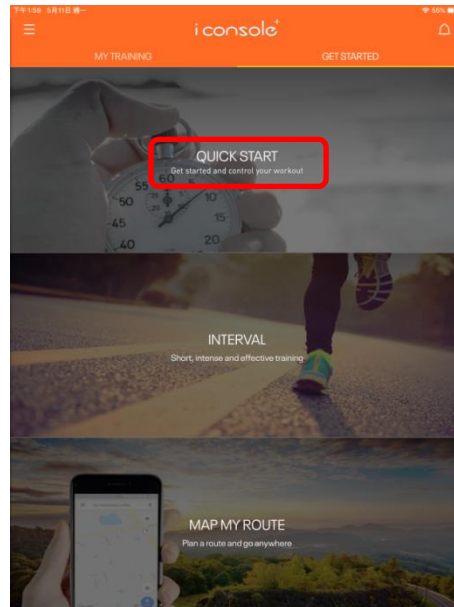
Note: a secure label with aforementioned info printed on it can be accepted.

Bluetooth APP connection instructions

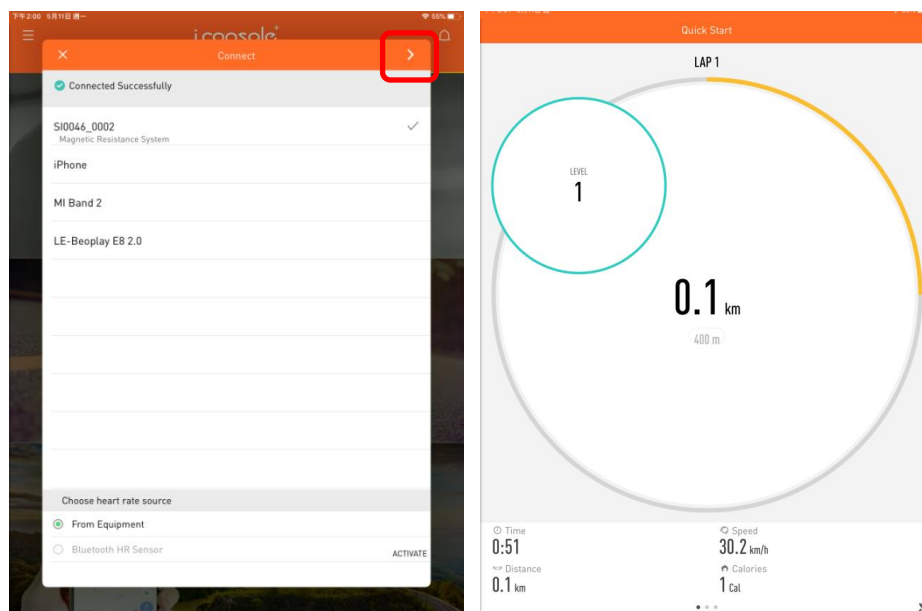
Connection steps of Iconsole +, Kinomap & Zwift APP(FTMS)

1. iConsole+ APP Connection steps

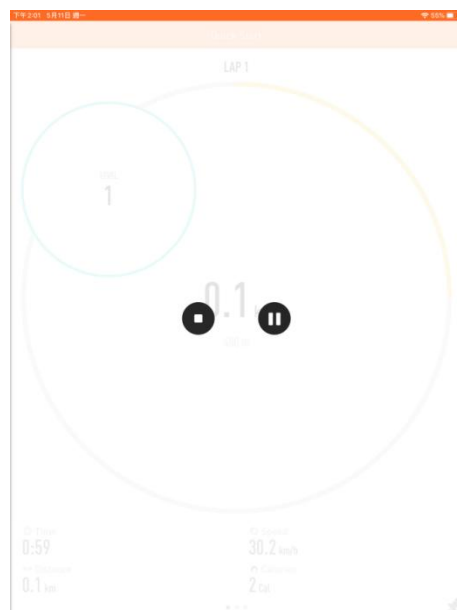
- Open iConsole+ APP enter into the home page, choose Quick Start or other training mode.



- Select the Bluetooth device, then press the arrow key in the upper right corner to enter the training screen.

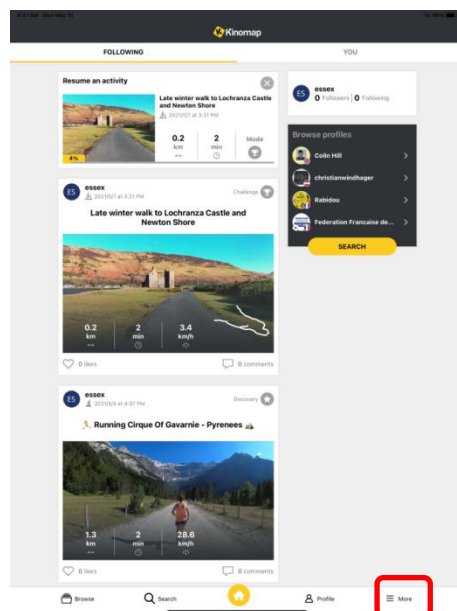


- Press the screen will display pause button (Stop training) and stop button (End training) .

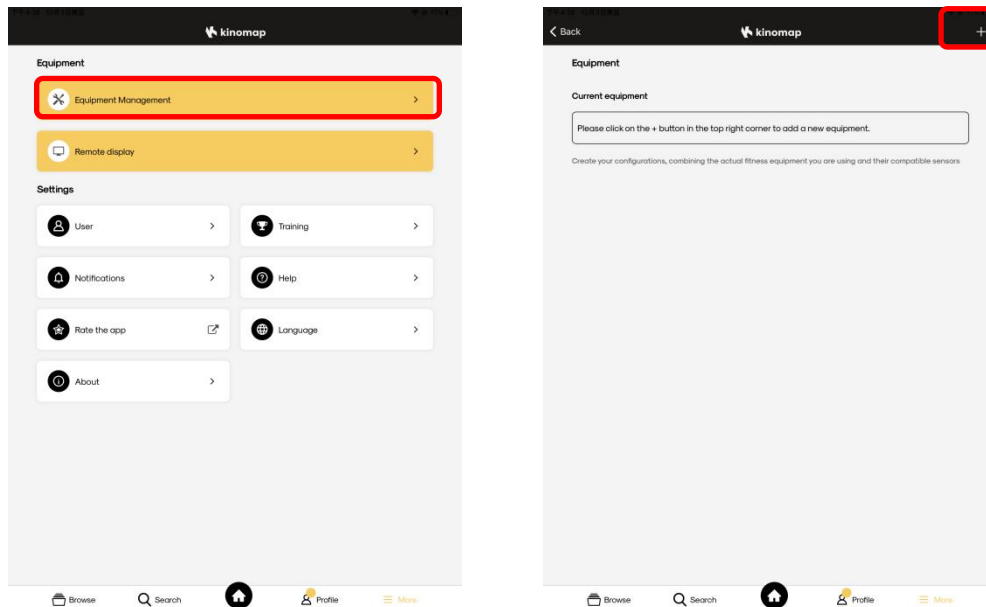


2. Kinomap APP connection steps

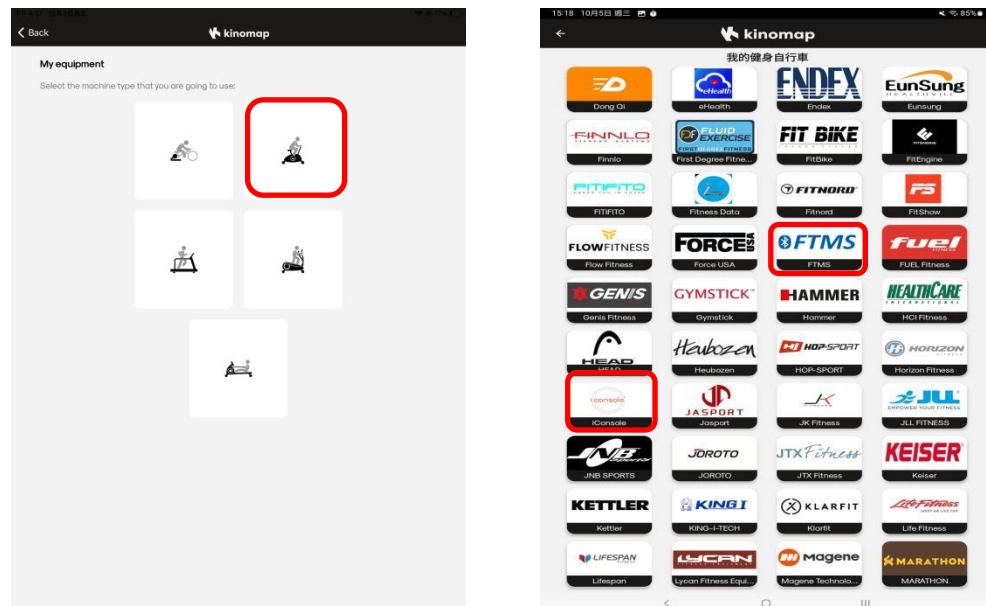
- Open the Kinomap + App and enter the home page. Click the button in the lower right corner“More”to add new devices.



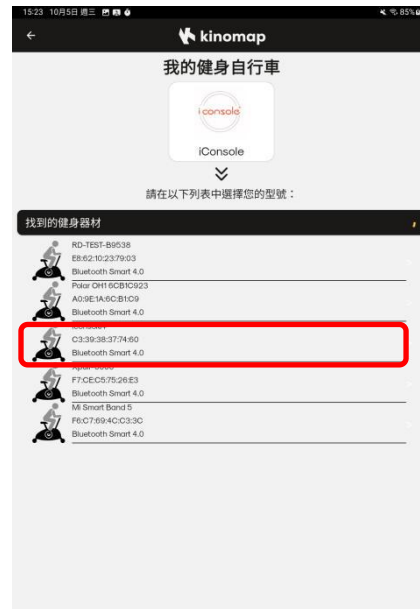
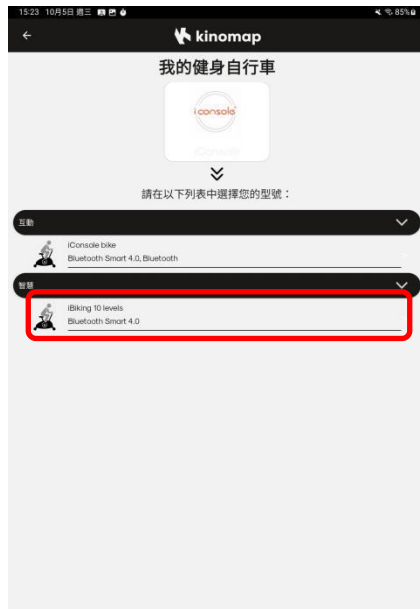
- Click “equipment management”, then click the “+” symbol in the upper right corner to start adding equipment.



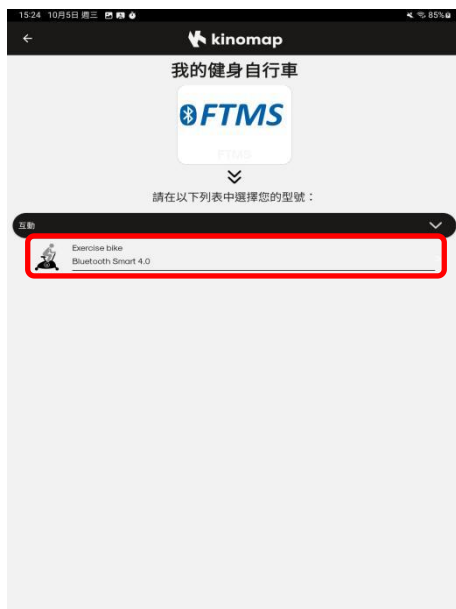
- Click “Bike” graphics, then enter a variety of brand connection screen, select ICONSOLE or FTMS.



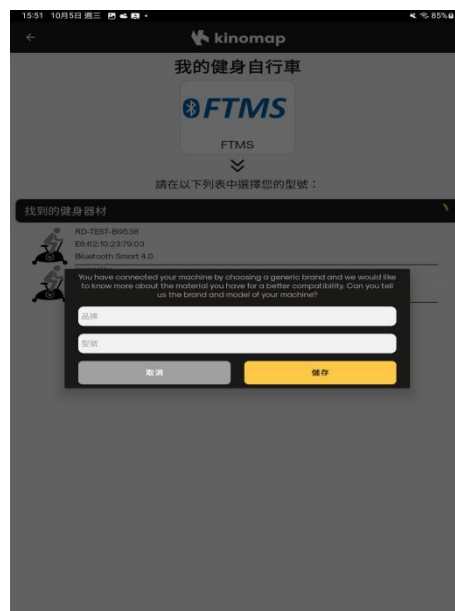
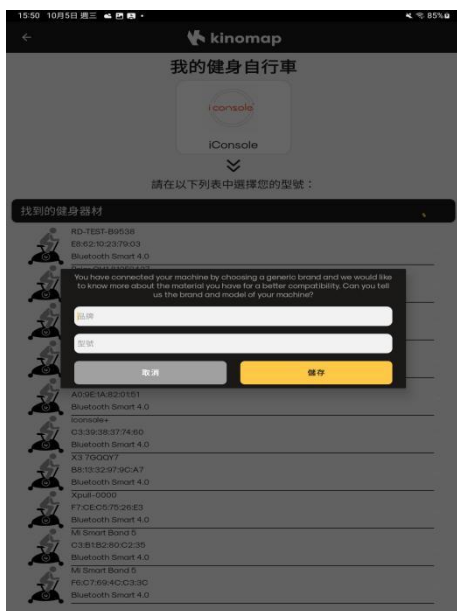
- Once the user selected ICONSOLE, click on "iBiking 10 levels" under SMART and then select the Bluetooth device.



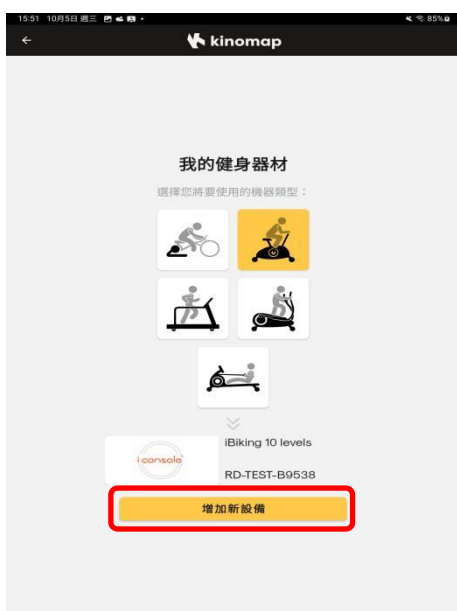
- Once the user selected FTMS , click on "Exercise Bike" under INTERACTIVE, and then select the Bluetooth device.



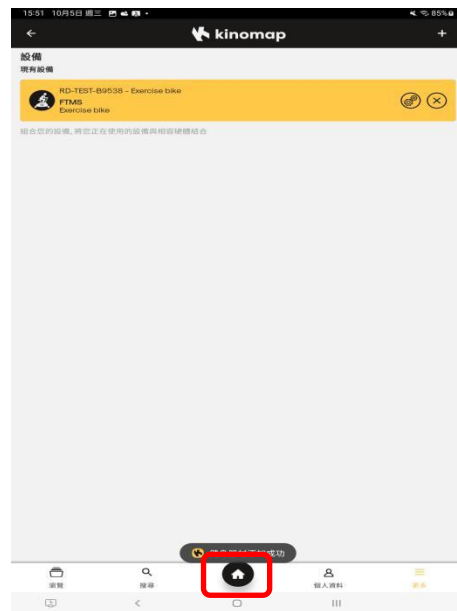
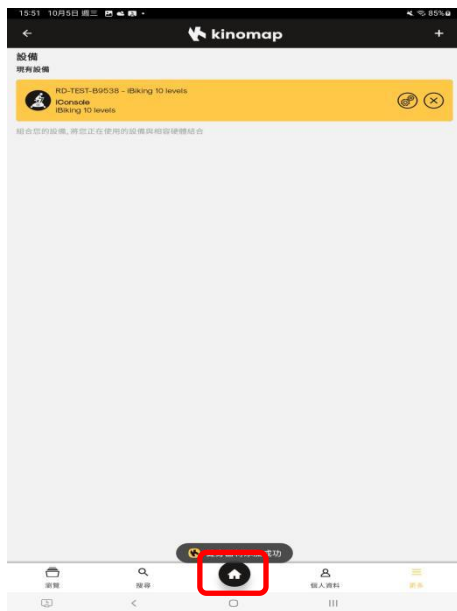
- Fill in the brand and model of the Bike.



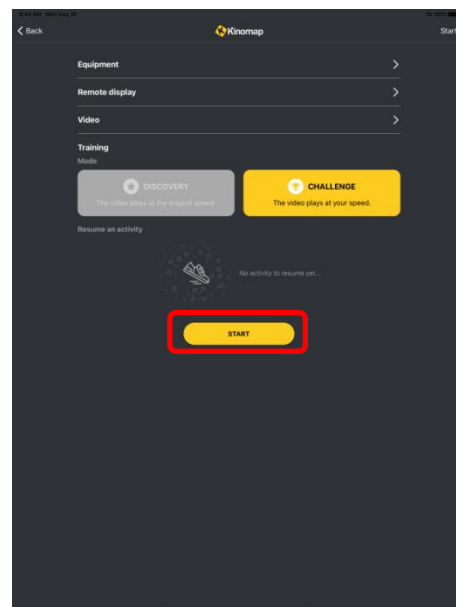
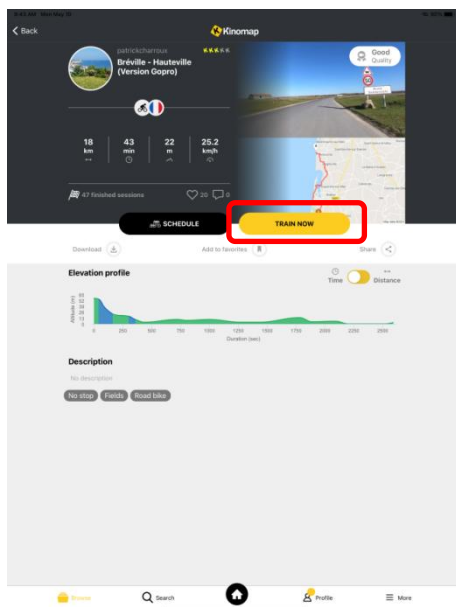
- Click to add a new device. (IOS does not have this screen setting, Android needs to select to add a new device.)



- Press the Home button to return to the Home page after adding the device.



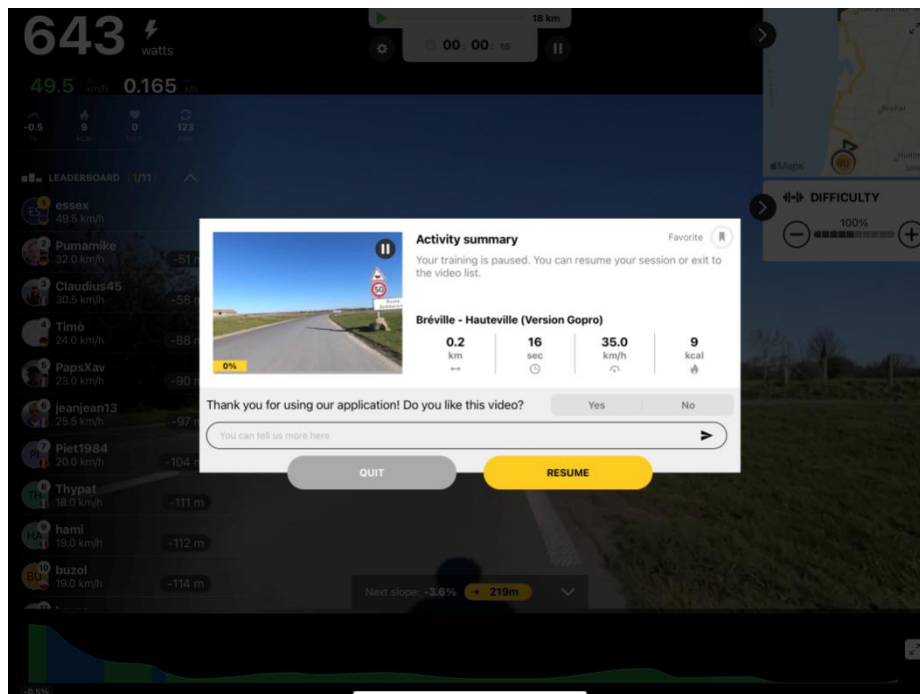
- To select the training video, you must select the type of Bike and press the button to enter the training screen.



- Start pedaling. Pressing the pause button at the top of the screen to stop.

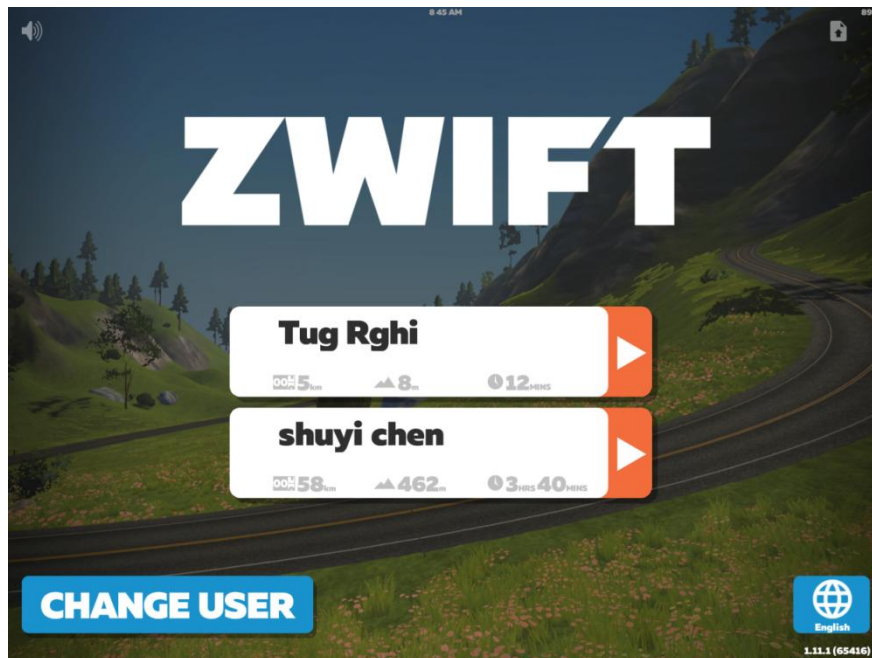


- Enter the pause screen and you can choose to continue or exit to end the training.

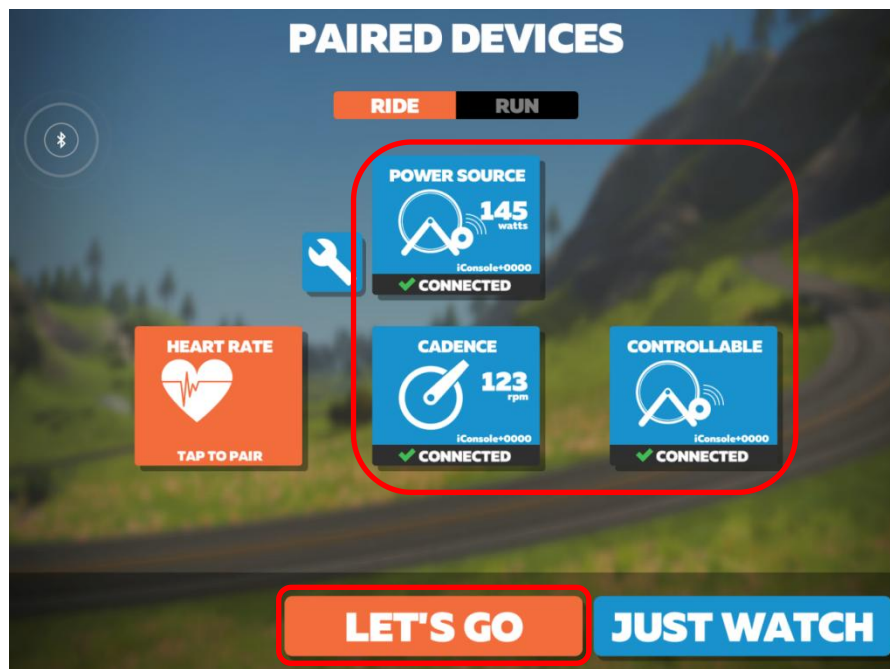


3. Zwift APP connection steps

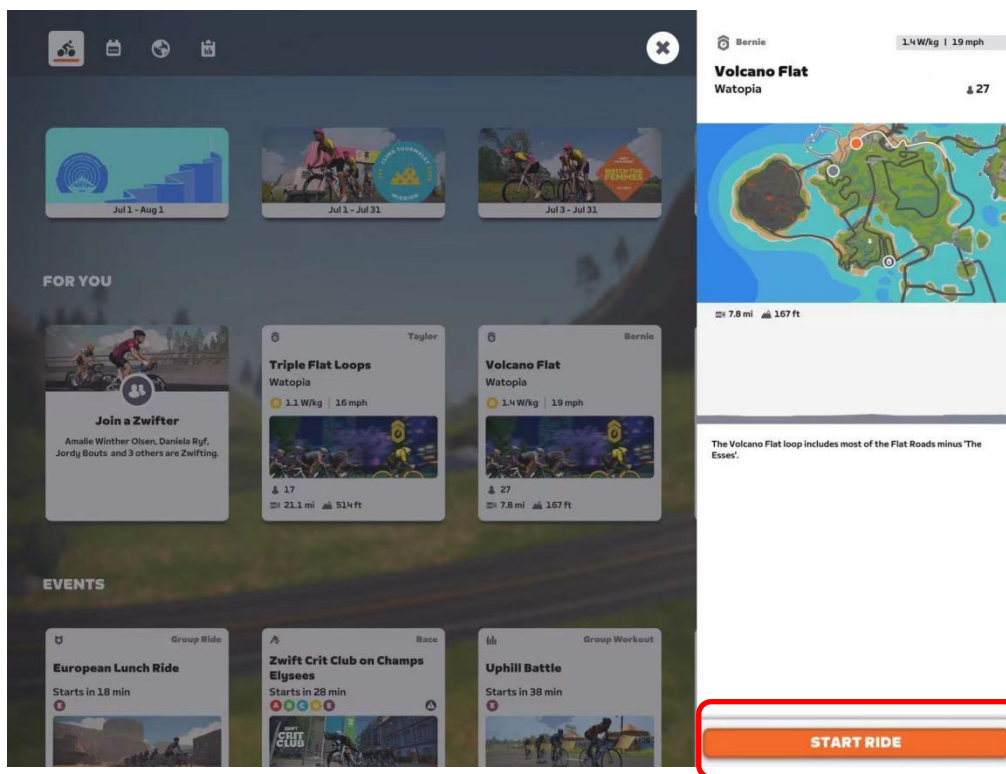
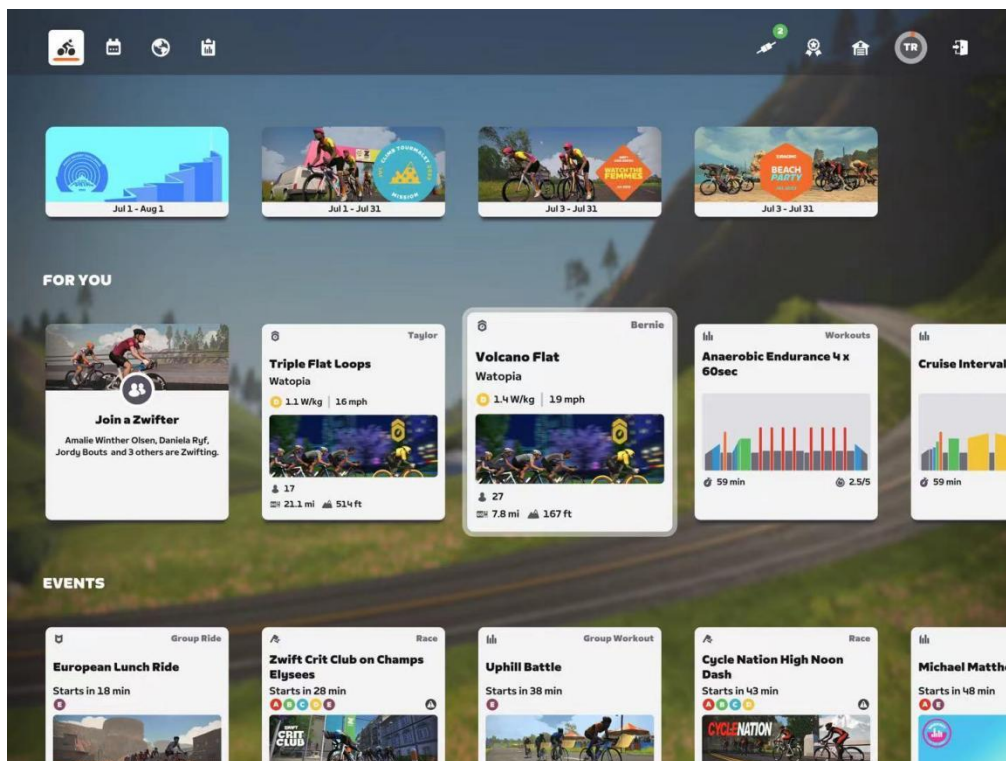
- Open the Zwift app and select the user.



- Enter the device connection screen. Click the Bluetooth device to connect the three devices below, and press the start button to enter.



- Click on exercises Video&Mode, then press START RIDE.



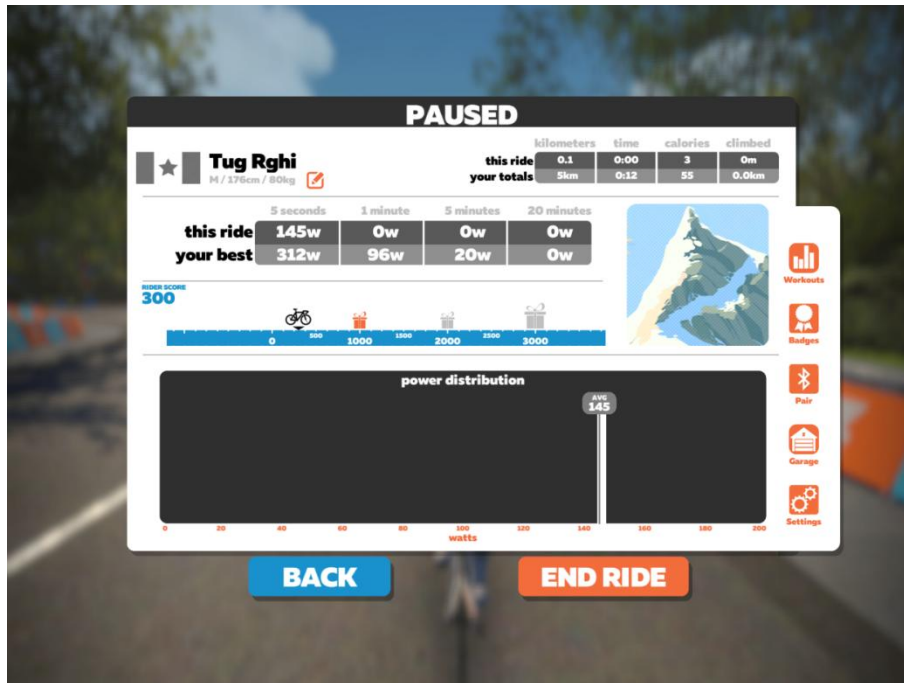
- Enter the training screen to start pedaling, you can manually adjust the resistance of the console .



- Press any part of the screen will appear the option, click the option button in the lower left corner to enter the pause.



- You can choose to continue or end the training.



DICK'S LIMITED WARRANTY

DICK'S warrants the products described above to be free from defects in workmanship and materials as follows:

Who is Covered?

This limited warranty ("Limited Warranty") covers only the person who first purchased the product. This Limited Warranty expires at the time of transfer and is not transferable to anyone else. Proof of purchase is required to make a warranty claim.

What the Warranty Covers

This Limited Warranty covers defects in materials and workmanship.

What the Warranty Does Not Cover

This Limited Warranty does not cover:

- Expendable items, including by way of example only and not by way of limitation: batteries, light bulbs, fuses, zippers, tires, belts, shoe soles, fabric, and other items that experience wear as a result of normal use.
- Damage through improper use, negligence, abuse, misuse, transportation, acts of nature, or accident, including failure to perform routine maintenance or follow the assembly and/or operating instructions supplied with the product.
- Products used in rental applications.
- Products that have been modified using replacement parts that were not provided by Dick's.
- Defects or damage caused by using third-party parts or services.

This Limited Warranty does not cover any consequential or incidental damages of any kind, including transportation to get warranty service, loss of time, and loss of use. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation may not apply to you.

What the Period of Coverage Is

This Limited Warranty lasts for a period of one year from receipt of the product (unless a different warranty period is noted in Appendix 1). Any implied warranty arising under state law is limited in duration to the one-year period (or other noted time frame) of this Limited Warranty. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.

How to Make a Warranty Claim

You can make a warranty claim by bringing the product to any store location of the chain the product was purchased as long as: (1) it meets the warranty criteria, (2) is within the warranty period (one year, unless noted differently in Appendix 1), (3) you have a valid proof of purchase and provide that to the store at the time of making the warranty claim, and (4) you are the original purchaser of the product. If you are unable to find your valid proof of purchase, please contact 1-877-846-9997 and a customer service representative may be able to assist.

Please direct all warranty service inquiries as follows:

If in writing, mail to:

**DICK'S Sporting Goods, Inc.
345 Court St.
Coraopolis, PA 15108
Attn: Customer Service**

If by telephone, call: **1-877-846-9997**

What DICK'S Will Do to Correct the Problem

Once you make a valid warranty claim, DICK'S will either:

- Return or exchange the product; or
- Provide a free replacement part, if applicable; or
- Repair the product for free, if applicable.

How State Law Applies

This Limited Warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

Appendix 1

PRODUCT CATEGORY	WARRANTY TERMS	LIMITATIONS
GYM UNITS	Frames/Welds: Limited Lifetime*, Components: Three-Year Limited Warranty	Warranted for indoor use only
WEIGHT BARS	Limited Lifetime*	Warranted for indoor use only
KETTLEBELLS/DUMBBELLS/WEIGHT PLATES	Limited Lifetime*	-
WEIGHT STORAGE	Frames/Welds: Limited Lifetime*, Components: Three-Year Limited Warranty	Warranted for indoor use only
WEIGHT BENCHES	Frames/Welds: Lifetime*, Components: Three-Year Limited Warranty	Warranted for indoor use only
CARDIO (Bike, Rower)	Frame/Welds: 5 Year Limited Warranty, Components: 2 Year Limited Warranty	Warranted for indoor use only
ACCESSORIES (Sandbag, Pull-Up Assist, Rig Accessories, Collars, Foam Rollers & Recovery, Plyo Box, Battle Ropes)	Three-Year Limited Warranty	Warranted for indoor use only
SLAM BALLS	Three-Year Limited Warranty	Warranted for indoor use only
WALL BALLS	Three-Year Limited Warranty	Warranted for indoor use only
RINGS/SUSPENDED STRAPS	Three-Year Limited Warranty	Warranted for indoor use only
GLOVES/GRIPS	One-Year Limited Warranty	-
JUMP ROPES	Three-Year Limited Warranty	-
SUPER BANDS	Three-Year Limited Warranty	-
WEIGHTED VESTS	Three-Year Limited Warranty	-
AB MAT	Three-Year Limited Warranty	-

*DICK'S warrants this product from defects in material, functionality and workmanship for the lifetime of the product. "Lifetime" warranty coverage ends when the product becomes unusable for reasons other than defects in material or workmanship. This warranty applies only to the original purchaser for as long as they own the product and is non-transferable.