

Expresso S3 Recumbent Bike Assembly and Installation Guide



S3R

 Expresso

Powered by

 IFH_{LLC}

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Before using this product, it is essential to read this entire Assembly and Installation Guide and User Guide.



CAUTION: Any changes or modifications to this equipment by other than authorized personnel will void the product warranty.

While every attempt was made to verify the information in this document at the time of writing, the information in this document is provided “as is” without warranty of any kind and is subject to change without notice.

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Power Specifications

Power 100-240V 3A 50/60HZ

Surge Protection Requirements



IFH highly recommends a Surge Suppression device be used when installing a bike in order to protect the bike’s computer from AC power events that may cause damage to the electronics of the bike. An AC Surge Suppressor wall adapter is a good option.

The IFH warranty is void if the product is used without surge protection.

Please choose a surge protection unit that satisfies the following requirements. In addition to the following requirements, specification of AC suppression current in Amps is another thing to look for. Higher number is better.

AC Suppression joule rating

Minimum 400 joules
(Higher number is better.)

Let-through voltage

Maximum 330 volt (Lower is better.)

Customer Service Contact Information

Phone number 1-888-528-8589 x 2

E-mail support@ifholdings.com

Customer Service Hours

9 AM – 5 PM (PST) Monday thru Friday

When contacting Interactive Fitness Holdings, please provide your facility name, contact person, name, day/evening telephone numbers and product model / serial number (found on the screen, or on the computer on the front of the bike).

Bike Assembly

Prepare to assemble

S3R package contents

The S3 Recumbent Bike package includes:

- *Expresso S3R bike*
- *AC power cable*
- *Assembly and Installation Guide (this guide)*
- *Seat back*
- *Hardware kit (in a plastic bag)*
 - *TWO M8x1.25, 16mm Flat head SOC screw*
 - *TWO M3.5x6, 8mm Phillips screw*
 - *FOUR M8x1.25, 40mm Button Head screw*
 - *FOUR M8 Flat washer*
 - *5mm Allen wrench*
 - *Wireless USB Adapter packing (discard)*



Required tools for assembly

Not included in the S3R package:

- *Scissors*
- *Diagonal Cutting Pliers*
- *14mm socket wrench*

Unpack

CAUTION: Use scissors to cut plastic film.

Do **NOT** cut the film against the bike to avoid damage. Read all instructions before proceeding.

1. Remove the Hardware kit from the bottom of the container.
2. Remove the plastic bag from the front of the bike.



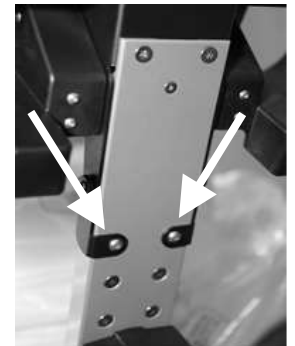
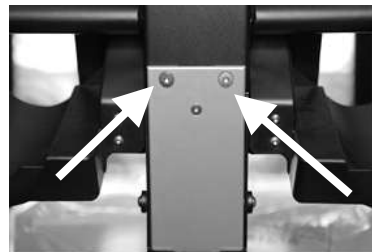
Assemble

Installing Monitor Mast

1. Raise the monitor mast into place being very careful not to pinch any wires.



2. Install the two flat head bolts (M8 x 1.25 16mm) into the top two holes.
3. Install the two button head bolts (M8 x 1.25 10mm) into the mast.



Installing Seat Back

1. Cut plastic film with scissors and remove foam block.



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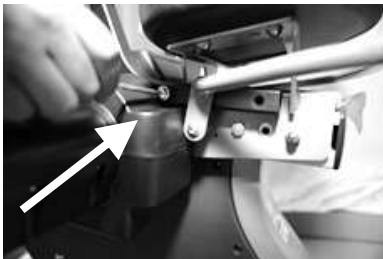
2. Cut plastic film and remove from seat carriage area.



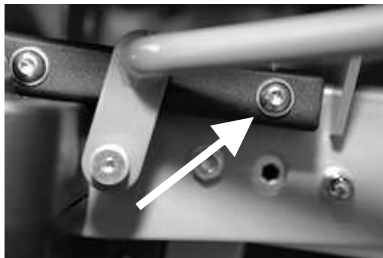
3. Slide seat back rails into place.



4. Fasten the seat back using four button head bolts (M8 x 1.25 40mm) and four washers by installing the back bolts first.



5. Install the front seat back bolts (M8 x 1.25 40mm) with washer.



6. Slide the seat carriage back and lift and cut the blue film off slider.



7. Slide the seat carriage forward and remove the remainder blue film.



8. Using Diagonal cutters remove the bands from the support feet.



9. Using two people remove the bike from the pallet by taking the front end off pallet first.



Assembled bike



Your bike is now assembled and ready for installation!

Bike Installation

WARNING: Surge Protection is required for all Espresso Bikes. The IFH warranty is void if the product is used without surge protection.

Prepare to install the bike

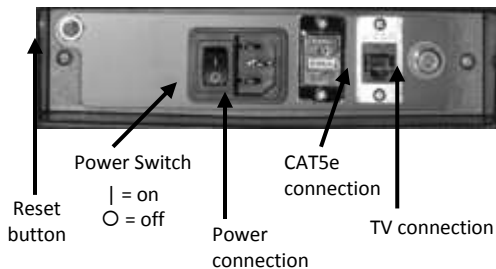
The following items are required to complete installation of the S3 bike:

- Surge Protector (Note the requirements on Page 2)
- Espresso Wired or Wireless Linksys® Router

The control panel for your Espresso bike is located on the computer as indicated below:



Control Panel



NOTE: IFH recommends networking Espresso bikes to the internet to take advantage of all networking features. Continue to the next section to network your bikes, or to Bike Configuration on page 6 if you will not be connecting to the network.

Router Installation

Unpack the Espresso Linksys® router. The router is available separately from IFH and is pre-configured for quick installation and optimum performance with Espresso bikes.

NOTE: Position a wireless router close to the Espresso Bikes for the best performance. Do not exceed 50'.

NOTE: Up to 16 Espresso Bikes can be networked using a single wireless router or wired router with switch.

Contact Customer Service for installations greater than 16 bikes.

Install wireless router

1. Connect your broadband modem or router's Ethernet cable to the Espresso router Internet port.
2. Connect the included power adapter to the router's Power Port, and then plug the power adapter into the electrical outlet. The Power LED on the router front panel will light up when the adapter is connected properly.



Port, and then plug the power adapter into the electrical outlet. The Power LED on the router front panel will light up when the adapter is connected properly.



Install wired router

1. Connect your broadband modem or router's Ethernet cable to the Espresso router Internet port.
2. Connect the CAT5e cables from the blue ports on the Espresso



router directly to the control panel of each bike.



3. Connect the included power adapter to the router's Power Port, and then plug the power adapter into the electrical outlet. The Power LED on the router front panel will light up when the adapter is connected properly.



Bike Configuration


The Espresso User Console is used for all bike configuration steps. Follow these instructions and the instructions on the screen to easily configure your bike.



Power on the bike

1. Connect the AC power cable to the surge protector
2. Turn on the bike using the power switch on the control panel of the bike

Configure the bike

1. Enter *CONFIGURATION Main Menu*
 - a. Select *TRY* and press **OK** (or press **OK** if not connected to the internet)
 - b. Enter Manual Mode
 - i. Press **OK** again – you will see the Route Selection menu
 - ii. Press Menu ()
 - iii. Select Manual Mode by using down arrow and press **OK**
 - c. Type 7913 – Configuration Main Menu (shown below) will be displayed



2. Configure the bike - Select **Configure Bike** and press **OK**



Follow the on screen instructions to complete the configuration steps. A brief description of the steps follows:

- a. Calibrate Steering – Follow the on-screen instruction to calibrate steering
- b. Resynchronize Time – Synchronize bike clock with Espresso.net server. Recommended.
- c. Configure Time Zone – Default is PST. Recommended
- d. Set Idle Timeout – Default is 60 seconds. Not Required.
- e. Set Player ID – Assign unique ID to each bike for multi-player function. Required for multiple bike installations only.
- f. Toggle Network Riders – Default is Network Enabled. Network needs to be enabled in order to utilize network features such as Ghosts, fitness data logging and multi-player.
- g. Toggle TV – Default is TV Disabled.
- h. Configure TV System – Set region and country for TV. Recommended if TV is enabled.
- i. Configure TV channels – Turn on/off channels. Define default channel. Recommended if TV is enabled.
- j. Configure Music – Turn on/off channels. Default is mature audience channels are off. Not Required.
- k. Enable Logins – Turn on/off rider login capability.
- l. Set Metric System – Turn on/off metric display of distance.
- m. Set Steering – It allows reversing steering move vs. direction of the bike.
- n. Station Health – Not Required. It is a diagnostics tool.
- o. Reset Location – Should be used for offline stations only. Change the location name displayed on the station.

Follow the on-screen instructions to return to **MAIN MENU**.

3. Configure Network - Select **Use Network** and press **OK**



- a. Select **Ping Espresso Server** and press **OK**. It checks network connectivity.
- b. **Upload log files**. Log files provide detailed information about the bike computer. Upload the log file after initial installation, or as requested by IFH Customer Service.
- c. Follow the on-screen instructions to return to **MAIN MENU**.
4. Exit Config Mode - Select **Exit Config Mode**

Final System Check

1. Confirm audio
 - a. Insert headphone jack into console
 - b. Select TRY and press OK
 - c. Select Channel up or down near the channel mark



2. Confirm HR
 - a. Place both hands on metal heart rate pads on handlebars.
 - b. Wait 5-10 seconds. "calibrating heart rate" will appear on the screen, and then your heart rate measurement will appear.
 - c. Check wireless heart rate using Polar pulse simulator or belt.
3. Confirm fitness display
 - a. Pedal the bike and confirm speed and RPM (cadence) appear in the lower left of the display.
4. Confirm Multi-Player (multiple bike networked installations only)
 - a. Place all bikes on the same Tour.
 - b. Verify all player numbers appear on the tour and in the route map.

Safety instructions

DANGER:

- ⚠ Never open the S3 bike computer pedestal. This may expose you to risk of shock, fires or injury.
- ⚠ To reduce risk of burns or shocks, always use grounded (three prong) power cords only.



- ⚠ To reduce the risk of electrical shock, always unplug the S3 before attempting any maintenance activity.

CAUTION:

- ⚠ Do not exceed 4 Espresso bikes per circuit.
- ⚠ Use high quality surge protection with all Espresso bikes.
- ⚠ Keep the power cord away from heated surfaces. Do not pull the equipment by the power cord or use the cord as a handle.
- ⚠ If the power cord is damaged, it must be replaced by the manufacturer, an authorized service agent or a similarly qualified person to avoid a hazard.
- ⚠ Never operate the S3 with the air vents blocked. Keep air openings free of lint, hair or any obstructing materials.
- ⚠ Do not use this product in areas where aerosol spray products are being used or where oxygen is administered. Such substances create the danger of combustion and explosion.
- ⚠ Do not install the S3 outdoors, near swimming pools or in areas of high humidity.

WARNING:

- If you are not used to regular physical activity, it may be dangerous to suddenly engage in strenuous activity. Increase your exercise level gradually.
- If you feel sick or sense that something is wrong with your body during exercise, stop immediately.
- Health-related injuries may result from incorrect or excessive use of exercise equipment. IFH also recommends consulting a fitness professional on the correct use of this product.

Use the S3 bike only as described in this guide.

- Developmentally-challenged individuals must be monitored while using the equipment.
- Never place containers filled with liquids directly on the unit, except in the water bottle holders. Containers should be covered with lids.
- Carefully mount the S3 bike when starting to exercise and dismount carefully when you're finished, especially if you are tired.
- Wear shoes with rubber or high-traction soles. Do not use shoes with heels, leather soles, cleats or spikes. Do not use the S3 bike with bare feet.
- Keep all loose clothing, shoelaces and towels away from moving parts.
- Do not reach into, or underneath the S3 bike; and do not tip the S3 bike on its side during operation.
- Keep the area around the S3 bike clear of any obstructions, including walls and furniture. Provide at least three feet of clearance behind the unit.
- Use caution when stepping on or off of the S3 bike.
- Never face backward while using the S3 bike.
- Before using the S3 bike, IFH strongly recommends seeing a medical specialist, particularly if you are suffering from any of the following:

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heart disease (angina pectoris, myocardial infarction), hypertension, diabetes, respiratory disease (asthma, chronic bronchitis, pulmonary emphysema, etc.), particular metamorphosis, rheumatism, gout, or other diseases and physical complaints.

- Pregnant women should also consult their doctor before beginning a training program.

When used by children:

- The equipment is not to be used by children or persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge unless they have been given instruction or are supervised
- Children must be supervised while using the equipment.

SAFETY APPROVALS

TUV Rheinland of North America



FCC

This equipment has been tested and found to comply with the limits for a Class A digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference when the equipment is operated in a commercial environment. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instruction manual, may cause harmful interference to radio communications. Operation of this equipment in a residential area is likely to cause harmful interference in which case the user will be required to correct the interference at his own expense.

Safety statements - Wireless

Regulatory Information/Disclaimers

Installation and use of this Wireless LAN device must be in strict accordance with the instructions included in the user documentation provided with the product. Any changes or modifications (including the antennas) made to this device that are not expressly approved by the manufacturer may void the user's authority to operate the equipment. The manufacturer is not responsible for any radio or television interference caused by unauthorized modification of this device, or the substitution of the connecting cables and equipment other than manufacturer specified. It is the responsibility of the user to correct any interference caused by such unauthorized modification, substitution or attachment. Manufacturer and its authorized resellers or distributors will assume no liability for any damage or violation of government regulations arising from failing to comply with these guidelines.

CAUTION! To maintain compliance with FCC's RF exposure guidelines, this equipment should be installed and operated with minimum distance [20cm] between the radiator and your body. Use on the supplied antenna. Unauthorized antenna, modification, or attachments could damage the transmitter and may violate FCC regulations.

Safety Information

In order to maintain compliance with the FCC RF exposure guidelines, this equipment should be installed and operated with minimum distance [20cm] between the radiator and your body. Use only with supplied antenna.

Unauthorized antenna, modification, or attachments could damage the transmitter and may violate FCC regulations.

CAUTION! Any changes or modifications not expressly approved in this manual could void your authorization to use this device.

MPE Statement

Your device contains a low power transmitter. When device is transmitted it sends out Radio Frequency (RF) signal.

FCC Radio Frequency Exposure

This Wireless LAN radio device has been evaluated under FCC Bulletin OET 65C and found compliant to the requirements as set forth in CFR 47 Sections 2.1091, 2.1093, and 15.247(b)(4) addressing RF Exposure from radio frequency devices. The radiation output power of this Wireless LAN device is far below the FCC radio frequency exposure limits. Nevertheless, this device shall be used in such a manner that the potential for human contact during normal operation – as a mobile or portable device but use in a body-worn way is strictly prohibit. When using this device, a certain separation distance between antenna and nearby persons has to be kept to ensure RF exposure compliance. In order to comply with the RF exposure limits established in the ANSI C95.1 standards, the distance between the antennas and the user should not be less than [20cm].

RF Exposure

The antenna(s) used for this transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

Customer Service Contact Information

Phone number 1-888-528-8589 x 2

E-mail support@ifholdings.com

Customer Service Hours

9 AM – 5 PM (PST) Monday thru Friday

When contacting Interactive Fitness Holdings, please provide your facility name, contact person, name, day/evening telephone numbers and product model / serial number (found on the screen, or on the computer on the front of the bike).

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