



# S3r™ Installation Guide

Expresso Fitness Corporation  
435 Lakeside Drive  
Sunnyvale, CA 94085 USA

Phone: 1-888-528-8589 x9  
International: 01-408-636-2200  
E-mail: [support@expressofitness.com](mailto:support@expressofitness.com)


Document number 2500.0023.01 Rev A

Expresso Fitness Corp. ® Confidential

## Table of Contents

Safety instructions	3
Setting up the S3r	4
Installing the Router	5
Testing and configuring S3r	6

Before using this product, it is essential to read this entire User guide and **all** instructions.

 **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.

Copyright © by Espresso Corporation®. All rights reserved. No part of the contents of this document may be reproduced or transmitted in any form or by any means without written consent of the publisher.

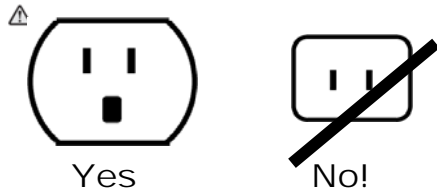
Espresso Fitness® and the Espresso Fitness logo are registered trademarks of Espresso Fitness Corporation®.

All other designated trademarks, registered trademarks, copyrights and brands are the property of their respective owners.

## Safety instructions

### DANGER:

- ⚠ **Never open the S3r computer pedestal. This may expose you to risk of shock, fires or injury.**
- ⚠ **To reduce risk of burns or shocks only use grounded (three prong) power cords.**



- ⚠ **To reduce the risk of electrical shock, always unplug the S3r before attempting any maintenance activity.**

### CAUTION:

- ⚠ **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 an S3r 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 S3r outdoors, near swimming pools or in areas of high humidity.**
- ⚠ **Any changes or modifications to this equipment by other than authorized personnel could void the product warranty.**

### Usage

- ⚠ Before using the S3r, Expresso Fitness **strongly** recommends seeing a medical specialist, particularly if you are suffering from any of the following: heart disease (angina pectoris, myocardial infarction), hypertension, diabetes, respiratory disease (asthma, chronic bronchitis, pulmonary emphysema, etc.), articular metamorphosis, rheumatism, gout, or other diseases and physical complaints. Pregnant women should also consult their doctor before beginning a training program.

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. Expresso also recommends consulting a fitness professional on the correct use of this product.

Use the S3r only as described in this guide.

- Children or developmentally-challenged individuals must be monitored while using S3r.
- 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 S3r 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 S3r with bare feet.
- Keep all loose clothing, shoelaces and towels away from moving parts.
- Do not reach into, or underneath the S3r; and do not tip the S3r on its side during operation.
- Keep the area around the S3r 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 S3r bike.
- Never face backward while using the S3r bike.

This equipment has been certified to comply with the limits for a Class A computing device, pursuant to Subpart J of Part 15 of FCC Rules.

### Safety Approvals:

TUV Rheinland of North America



### EMC Compliance:

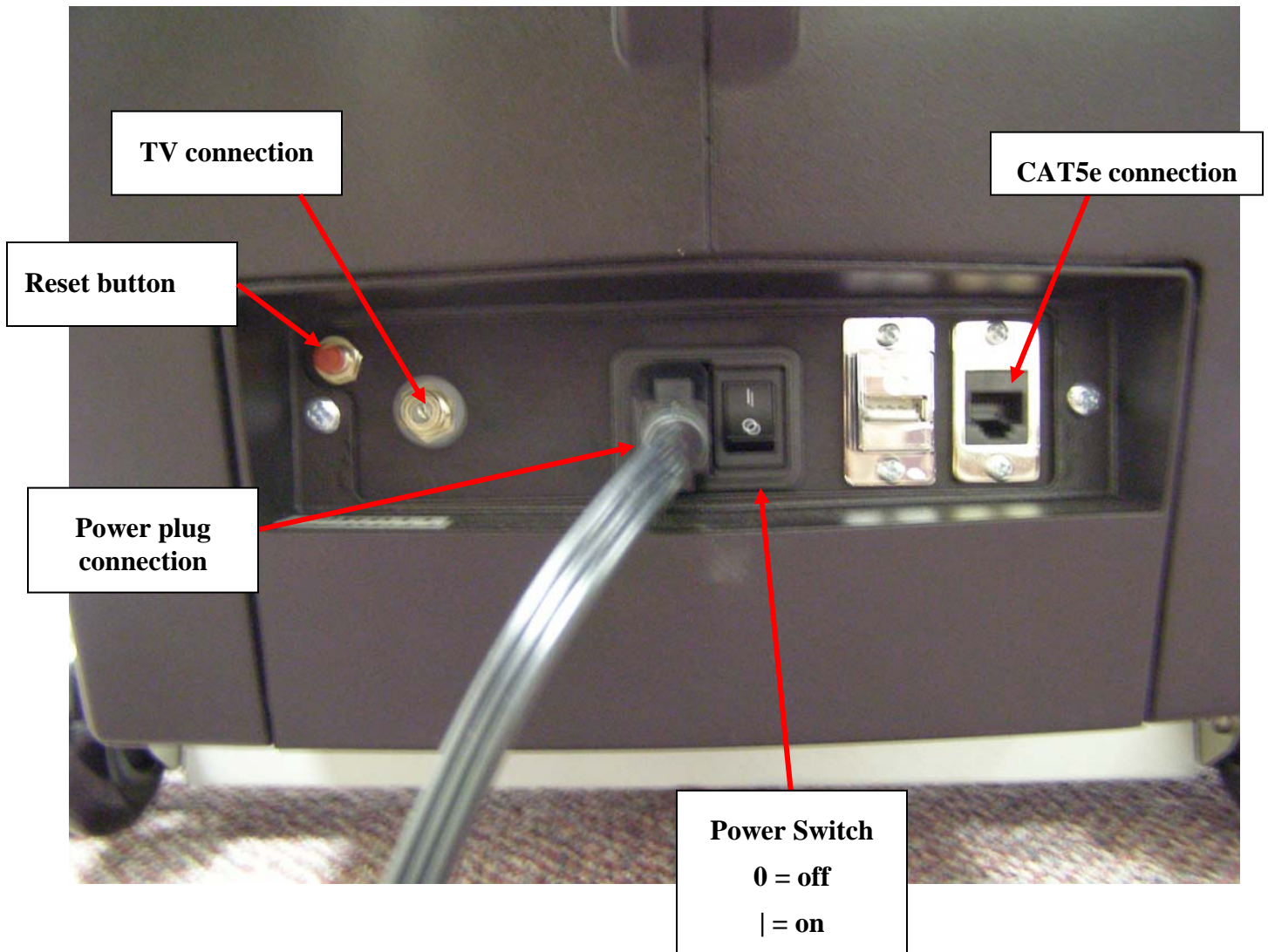
This equipment has been certified to comply with the limits for a Class A computing device, pursuant to Subpart B, Part 15 of FCC Rules



## Setting up the S3r

1. Place the S3r unit in the location.
2. Connect the power cord into the front power location.

**Note: Expresso Fitness' limited warranty on mechanical and electrical parts is voided if the product is ever plugged into a power source that is not surge protected.**



## Installing the Router

### Connecting the Expresso Fitness Linksys wireless-N broadband router

1. Connect your broadband modem or router's Ethernet cable to the Expresso Fitness 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.



3. Power on your S3r bike.

## Connecting the Expresso Fitness Linksys wired broadband router

1. Connect your broadband modem or router's Ethernet cable to the Expresso Fitness router Internet port.



2. Connect the CAT5e cables from the yellow ports on the Linksys router directly to 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.



4. Power on your S2u bike.

## Testing and configuring S3r

### Power-on S3r

#### Check audio

- Insert headphone jack and turn on music

#### Enter configuration mode

- Log onto bike using Quick start (if not connected to internet hit **Enter** to continue)
- Enter manual mode
- Type **7913**
- Press **Enter** to enter configuration mode

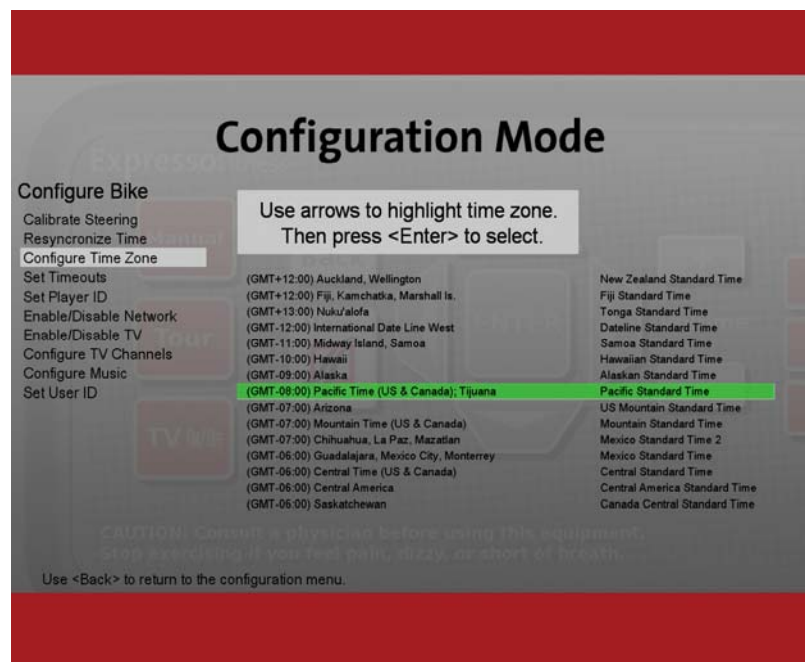
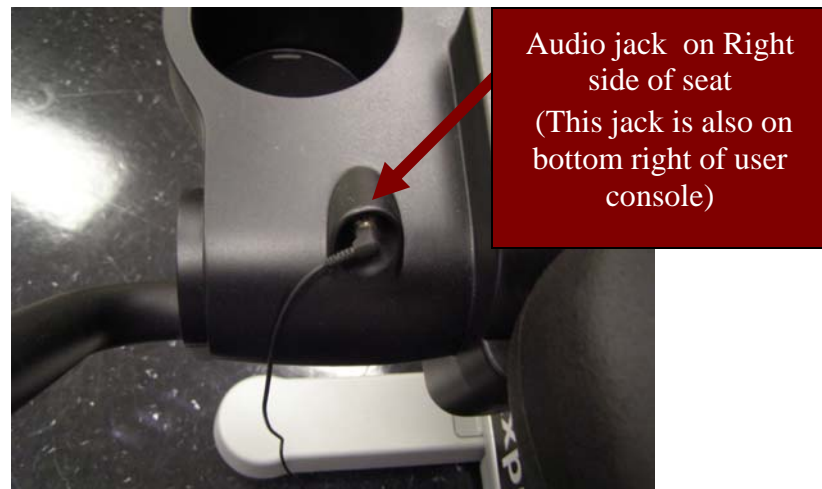
#### Check/Calibrate steering

- Press **Enter** to select **Calibrate steering**
- If steering bar is *not* centered then press **Enter** and follow instructions to calibrate steering.
- If steering bar is centered go to next step.

*Properly calibrated steering makes the "virtual bike" go down the road straight when the steering is centered.*

#### Configure time zone

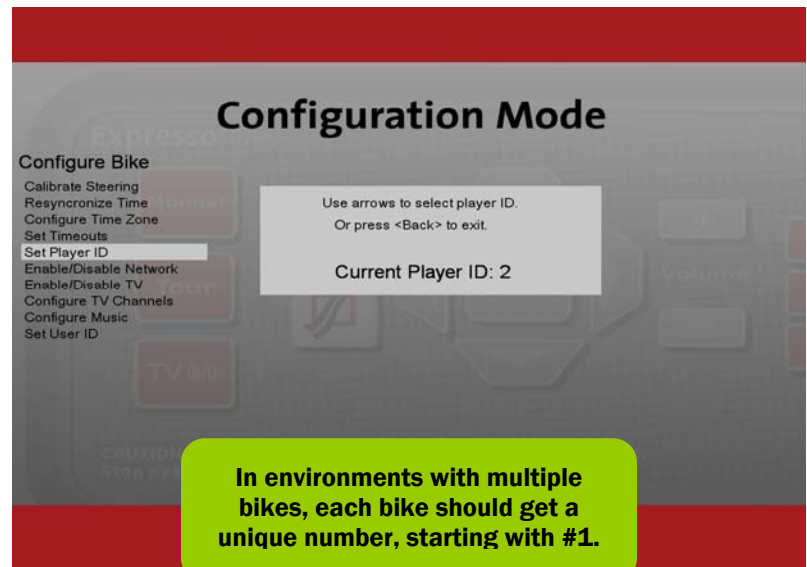
- Scroll down to **Configure time zone** and press **Enter**
- Highlight appropriate time zone and press **Enter**
- Push the back button to return to the configuration main menu



### Configure player number

- Scroll down to **Set player I/D** press **Enter**
- Use the side arrow keys to select the player number you want then press **Enter**
- Use the **Back** button to return to the configuration menu

*Connect 2 to 16 Expresso bikes to enable Multi-Player functionality. Assign a unique ID number to each individual bike for easy identification. For installations larger than 16 bikes, create two or more smaller groups and connect with a wired router.*



### Enable/disable TV

- Scroll down to **Enable/Disable TV**
- Pressing **Enter** will allow you to turn TV **ON/OFF**.

### Configure TV channels

- Scroll down to **Configure TV channels** – press **Enter**
- Use the **UP/Down** arrow to select the channel .
- **Enter On/Off** .
- Use the up/down arrows to select other channels.
- To set the a **default** channel (such as channel 3 or 4 for cable/DVD):
  - Select the channel you want to set as the default
  - Ensure it is turned **ON** (i.e., it is highlighted with a green background)
  - Push the zero **0** key to set the channel as the default TV channel.
  - Use the **Back** button to exit TV channel configuration mode.

### Upload log files

- Use the **down** arrow - highlight **Use network** - Press **Enter**
- Use the **down** arrow highlight **Upload log files** – Press **Enter**.

**Exit configuration mode**

- Use the **down** arrow - highlight **Exit configuration** - Press **Enter**
- You will now be returned to Tour Mode.

**Check to make sure Heart Rate is working**

- Placing both hands on handlebars, within 5-10 seconds, one should see “calibrating heart rate” and then your heart rate reading show up on the screen.
- Check wireless heart rate using Polar pulse simulator or belt.

**Check the following:**

- Make sure Speed and RPM are displaying on the screen by pedaling the bike.
- Make sure Multiplayer is working by placing all bikes on the same route and verifying that all player numbers are displayed on the route track in the left top corner of the screen
- Check to make sure bike shifts gears
- Press all keys on console to make sure they function correctly
- Check that there is no drive train slippage (high gear 25-30)

**Contact Expresso Fitness and notify us of installation and upload of file.**

- Call 1-888-528-8589 x9

## Customer Service Contact Information

**Customer Service Phone number:**

1-888-528-8589 x9

[support@expressofitness.com](mailto:support@expressofitness.com)

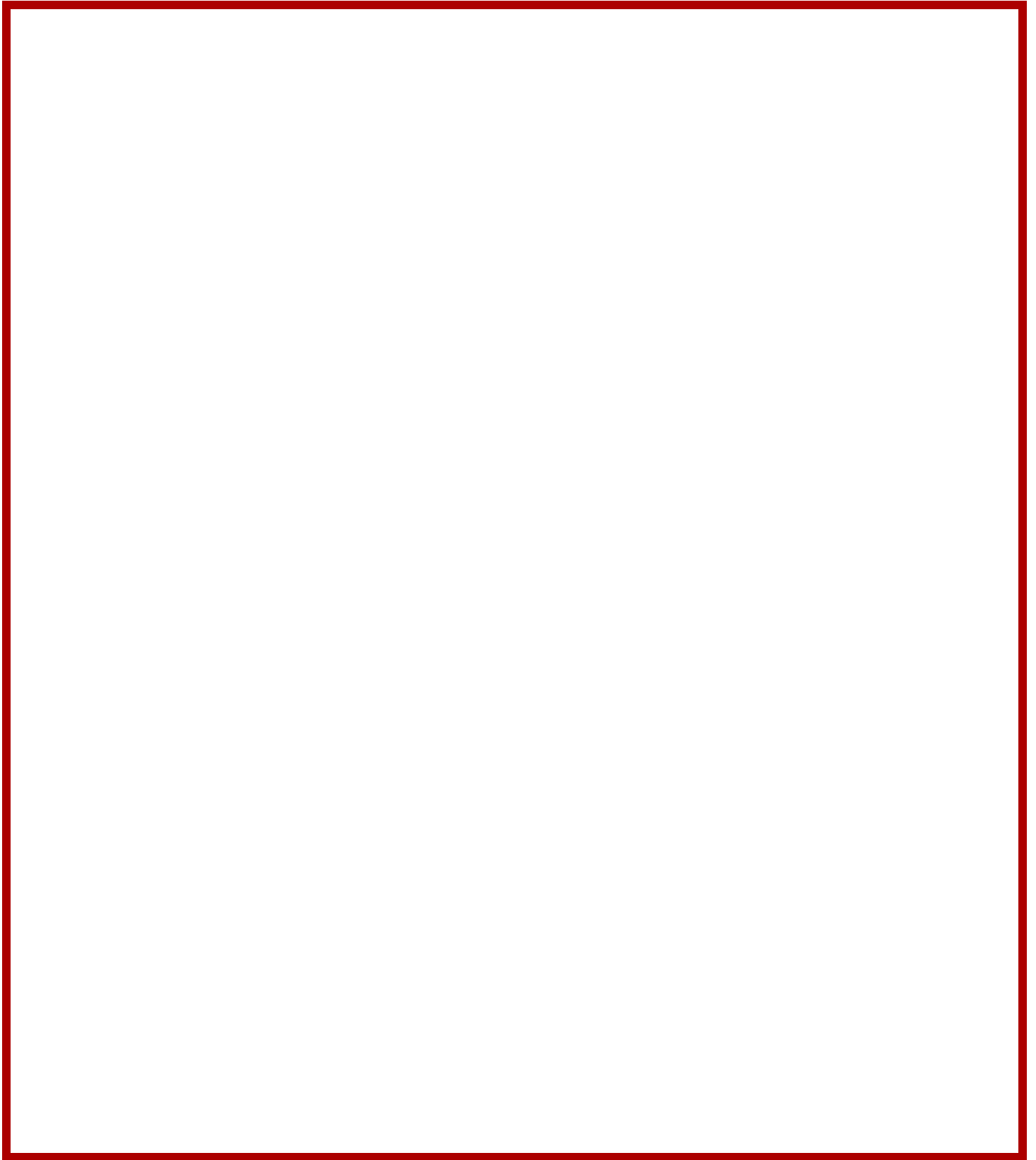
**Customer Service Hours:**

6:00 AM - 5:00 PM (PST)

Monday thru Friday

## Power Specifications:

Power: 100-240V 3A 50/60HZ



Document number 2500.0023.01 Rev A