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# Espresso HD Upright and Youth Bike

## User Guide



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Congratulations on joining the Interactive Fitness Community! Follow this User Guide to get the most enjoyment out of your new Interactive Bike. Before using this product, it is essential to read this entire User Guide and Assembly and Installation 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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## Get to know your Bike

### Overview



Reset Button  
Main power switch

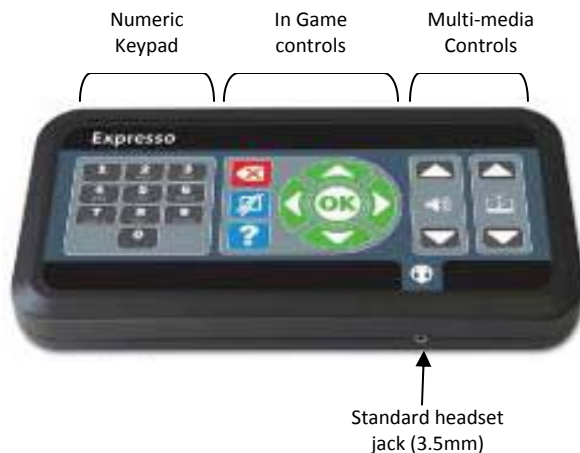
### On-Bike Features

The following features are available on all Expresso HD bikes.

- 4 levels of Tours and a Chase
- Adjustable Pacer
- Virtual Riders
- Heads Up Display with real time fitness data
- Tour, Chase, and Manual mode.
  - Tour and Chase are virtual reality modes. The rider can steer through the selected course and the resistance will vary with the terrain of their Route.
  - Manual mode feature fixed resistance and does not require steering.
  - Riders can adjust their resistance in all modes by adjusting their gear from 1-30.

### User Console

Use the console to navigate all bike controls.



### Network Features

In addition to the features described in On-Bike Features, network connected bikes allow riders to ride real-time against others on their local network.

### eLive Features

In addition to the features described above, connected bikes with eLive allow riders to log their fitness data, listen to internet music, download Ghosts, and participate to global and local leader boards. See [Expresso.com](http://Expresso.com) for complete details.

### Bike Control Panel

Input power and internet (wired only) connections, a main power on/off switch and a reset button are located on the bike control panel. See the *Assembly and installation guide* for further details.

## Adjust your Bike

### Seat

To adjust the height of the seat:

- 1a. Pull up the up/down adjustment lever
- 1b. Raise or lower the seat to the correct height.  
Release the lever and ensure that it locks the saddle into place.

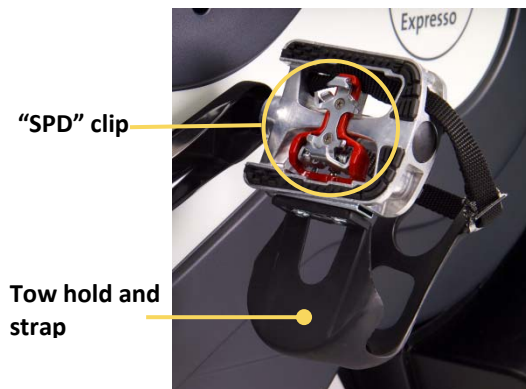
To adjust the fore/aft position of the seat:

- 2a. Pull down the fore/aft adjustment pin
- 2b. Slide the seat forward or backward to the correct position. Release the pin and ensure that it locks the assembly into place.



### Pedals

The bike comes with dual function pedals. The dual function pedals offer a strap on one side that can be adjusted by pulling on the strap to tighten, and pushing in on the locking mechanism to loosen. The other side of the pedal is designed for use with SPD compatible shoes. Follow directions provided with the shoes/cleats.



## Use your Bike

Refer to the *Assembly and Installation Guide* to connect power, network, and turn on your bike.

### Sign In

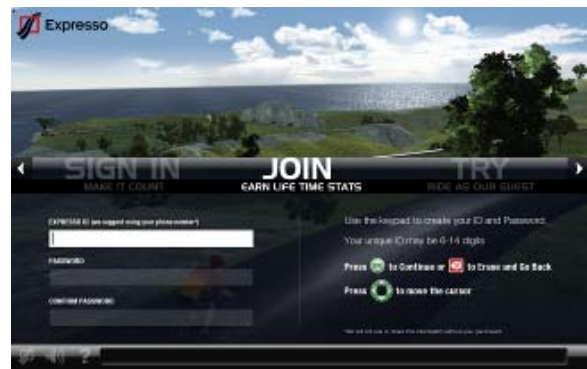
Internet connected bikes with eLive allow riders to sign in to track fitness data.

### Join

Create a Rider ID to track all of your fitness data over time. Use the console to make your selections.

1. Press **OK** to access the Sign in screen.
2. Select **Join** and follow the instructions on the screen to create your unique ID.

**HINT:** We recommend using your phone number because it is unique and easy to remember.



### Sign in with an existing Rider ID

1. Press **OK** to access the Sign in screen.
2. Select **Sign In** and follow the instructions on the screen to enter your Rider ID.



### Try

Ride as a guest to try out the bike without an ID.

1. Press **OK** to access the Sign in screen.
2. Select **Try** and follow the instructions on the screen to ride as a guest.

### Select your workout

The bike offers two types of virtual workouts – tours and chases – as well as manual mode.

### Select a Tour

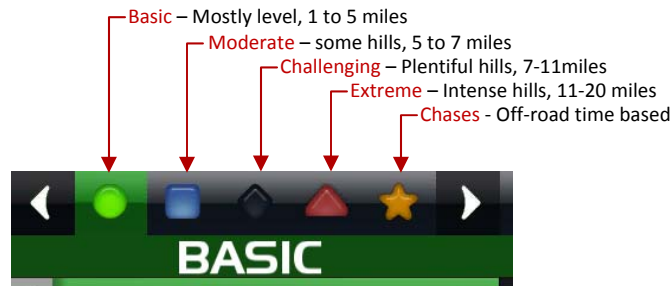
A Tour is a fixed length course through a virtual world. Over 40 Tours are available that range from 1 to 20 miles long, and vary from flat to very hilly.



1. Sign on to the bike using the user console
2. Select **OK** to enter the Route Selection menu
3. Select **OK** again to select the default Tour OR
4. Follow the Instructions on screen and use the In Game controls to select the Tour difficulty (Basic, Moderate, Challenging, Extreme)
5. Follow the instructions on screen and use the In Game controls to select the desired Tour and press **OK**.
6. Start pedaling and steering, just like riding outdoors!

**NOTES:**

The Routes are divided into four Tour categories and a Chase category as shown below:



The Tour brochure describes the Tour and provides details such as length, difficulty, and estimated time (based on typical riders of that category)

Tour distance: 13.5 MILES

<b>C. Weiss</b>	<b>Pacer</b>	<b>Ghost</b>
LAST COMPLETED LAP	DEFAULT SETTINGS	RACE R. GRIER
Time: 52:44	Watts: 330	Time: 48:59
Date: 01/28/2008	Avg HR: 148	Date: 4/2/08
Avg Watts: 160		

Previous performance (C. Weiss) | Typical time and power (Pacer) | Ghost Selection power (Ghost)

### Select a Chase

A Chase is a fixed time, off-road course. Riders score points by chasing down coins and dragons. Develop scoring strategies and learn the layout to improve your score.



1. Sign on to the bike using the user console
2. Select **OK** to enter the Route Selection menu
3. Use the In Game controls to select the Gold Star for Chases
4. Review the on-screen Game Play instructions
5. Use the In Game controls to select the desired Game duration and press **OK**.
6. Start pedaling and steering, just like riding outdoors!

### Select Manual Mode

Steering is not available in manual mode and your mileage will only count towards your lifetime totals.

1. Sign on to the bike using the user console
2. Select **OK** to enter the Route Selection menu
3. Select Menu
4. Follow the instructions on screen to select manual mode
5. Start riding!





## Riding the Bike

Pedal, steer and shift through the routes just like you would on a real bike. You'll find the experience is much like riding outdoors!

For best results:

Pedal at a cadence of at least 50rpm. The faster you pedal, the faster you will move through the virtual world. Pedal resistance is a function of your gear and the slope. When you start going uphill, you'll feel the resistance increase, and you'll have to work harder. Use the shifting buttons to adjust from gear 1-30. Adjust the gear lower for less resistance (less difficult) but slower speed, and adjust the gear higher for more resistance (more difficult) and faster speed.

## Fitness Tools

### Heads Up Display

The video display contains a wealth of information for you to plan your workout, monitor your progress and stay motivated.

**Speed and Cadence** – adjust your gear and cadence to improve your speed on the tour.



**Fitness** – monitor your HR, power and calories to evaluate how hard you are working and track your fitness level.



**Tour Progress** (Tours only) – Compare your progress to your Pacer, Ghost, or networked riders. Be prepared for changes in elevation and watch your progress to the finish line.



**Pacer** (Tours only) – Your pacer keeps a set power over the entire Tour. Adjust the pacer's power using In Game Controls.



**Multi-Player** (Tours only) – Two or more Riders in the same Tour on networked Interactive Bikes will see each other on the Tour Progress display and in the Tour. Ride together, or race for the best time. Up to 16 riders can ride together on Interactive bikes connected to the same router.

**Ghost** (Tours only)– The Ghost is a replay of a previous performance in a Tour. The Ghost appears as a transparent rider. Use this feature to motivate and challenge you.



Ghosts will appear automatically on any Tour that has been previously completed. Additional Ghost challenges are available through My Expresso by signing into [expresso.com](http://expresso.com) with your Rider ID and password.

**Game Counter** (Chases only) – track time left in the game and current point total

**Chase Map** (Chase only) – Locate coins and dragons at a glance

**Dragon Queue** (Chases only) – Stores the current coin – find the matching dragon to score points.

## Safety instructions

Please see the *Assembly and Installation Guide* for safety instructions related to installation and set up of your bike.

### RECOMMENDED USAGE:

- The Espresso HD Upright Bike is designed for Riders up to 350 lbs (160 kg).
- The Espresso HD Upright Bike is designed for adults from 4'10" – 6'4" (147 – 193 cm).
- The Espresso HD Youth Bike is designed for children aged 9-14 from 4'4" to 5'10" (132 to 178 cm).

### DANGER:

- ⚠ Never open the 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 bike before attempting any maintenance activity.

### CAUTION:

- ⚠ Do not exceed 4 bikes per circuit.
- ⚠ Use high quality surge protection with all 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 bike 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 bike 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. Interactive Fitness recommends consulting a fitness professional on the correct use of this product.

Use the 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 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 bike with bare feet.
- Keep all loose clothing, shoelaces and towels away from moving parts.
- Do not reach into, or underneath the bike; and do not tip the bike on its side during operation.
- Keep the area around the 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 bike.
- Never face backward while using the bike.
- Before using the bike, Interactive 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.), 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.

## Contact Customer Service

**Phone number:** 1-888-528-8589 x 2

**E-mail:** support@ifholdings.com

### **Customer Service Hours:**

6:30 AM – 5 PM (PST) Monday thru  
Friday

When contacting Interactive Fitness, please provide your facility name, contact person, name, phone number, and serial number (found on the screen, or on the computer on the front of the bike).



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