

ASSEMBLY INSTRUCTIONS



PRO 300PT
COMP 200E
SPORT 100

CycleOps
POWER 

Assembly of Indoor Cycle

Tools Needed

5 mm Hex Wrench
13 mm Adjustable Wrench

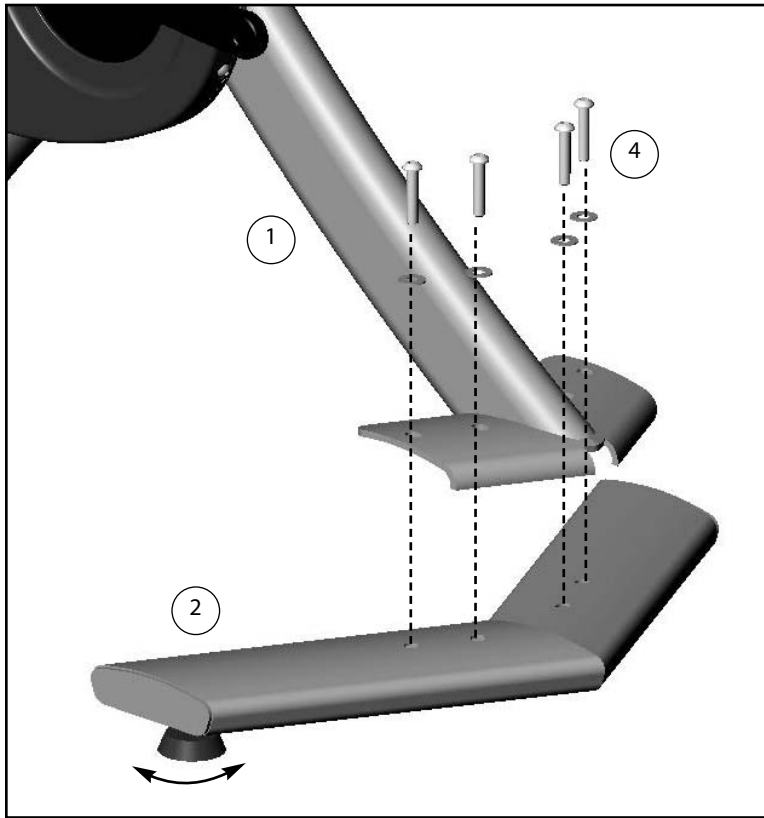
| ITEM # | DESCRIPTION: | QTY: |
|--------|-------------------------|------|
| 1 | Indoor Cycle Frame | 1 |
| 2 | Front V foot | 1 |
| 3 | Back V foot with wheels | 1 |
| 4 | 8 screws & 8 washers | 1 |
| 5 | Seat Post | 1 |
| 6 | Handlebars | 1 |
| 7 | Misc. parts | 1 |

V Foot Assembly

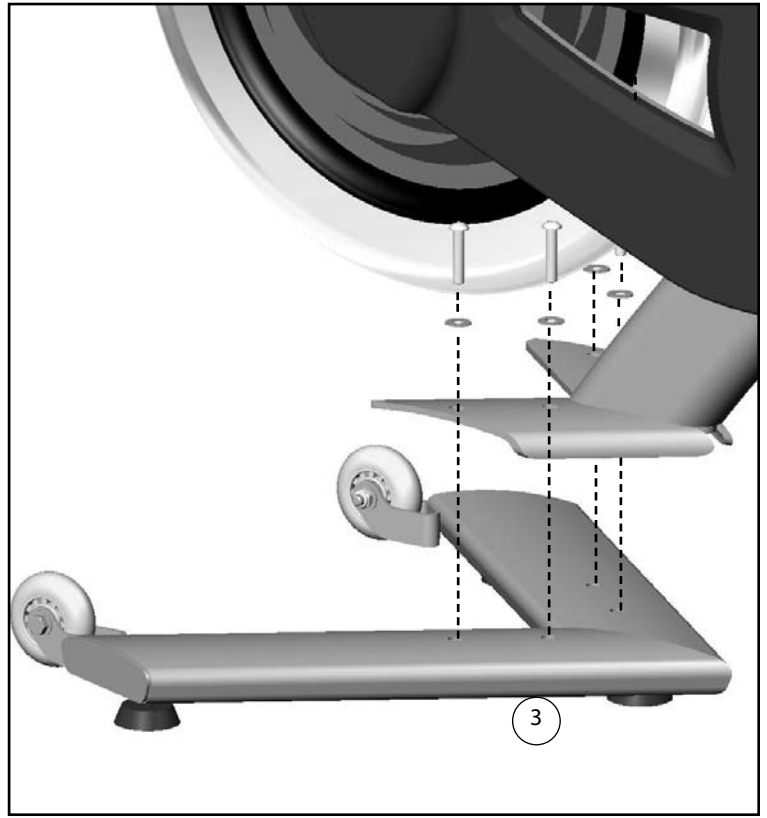
A. Insert bolt through washer, through frame and into the front "v" foot or back "v" foot and tighten. Repeat for all 8 bolts until both Indoor Cycle feet are attached.

B. The CycleOps Indoor Cycle can be leveled to compensate for uneven surfaces. To level the bike, raise or lower the outside feet by rotating them clockwise or counter-clockwise. Once set, tighten jam nut using an adjustable wrench (inside feet should not be adjusted). This will secure the foot at the desired height. (Note: When properly set the outside and middle feet will all be in contact with the floor.)

Front



Back



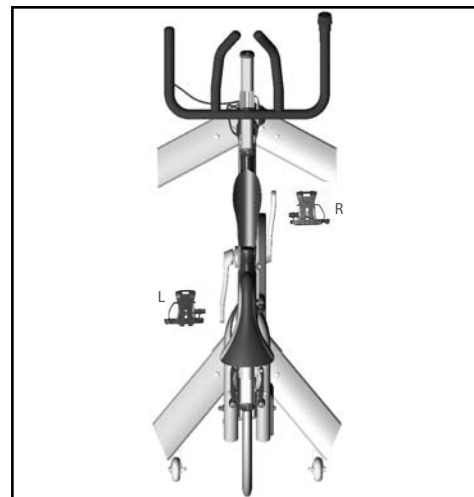
Pedal Attachment

Attach your pedals onto the bike with a pedal wrench (pedals not supplied).

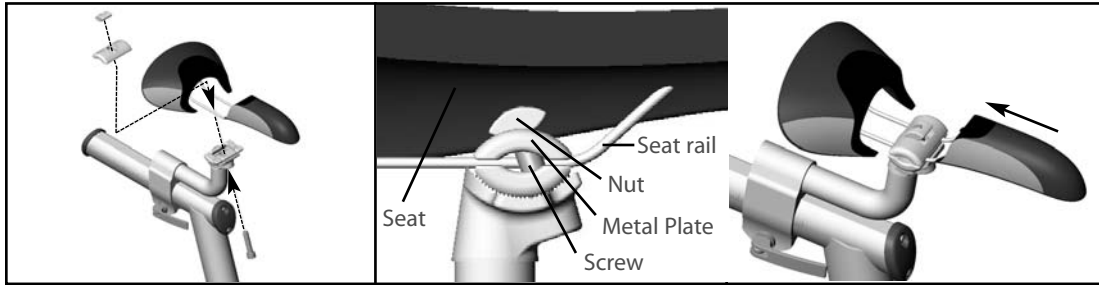
A. You will notice that each pedal is marked with an "R" or an "L" on the very end of the spindle past the threads. This mark indicates which side of the bike the pedal is intended to mount on. This is important since the thread directions are different for each pedal.

B. Locate the pedal that has the "R" on the spindle. This pedal is for the right side crank arm of the bike (chain guard side) and is right hand threaded (turn clockwise to tighten).

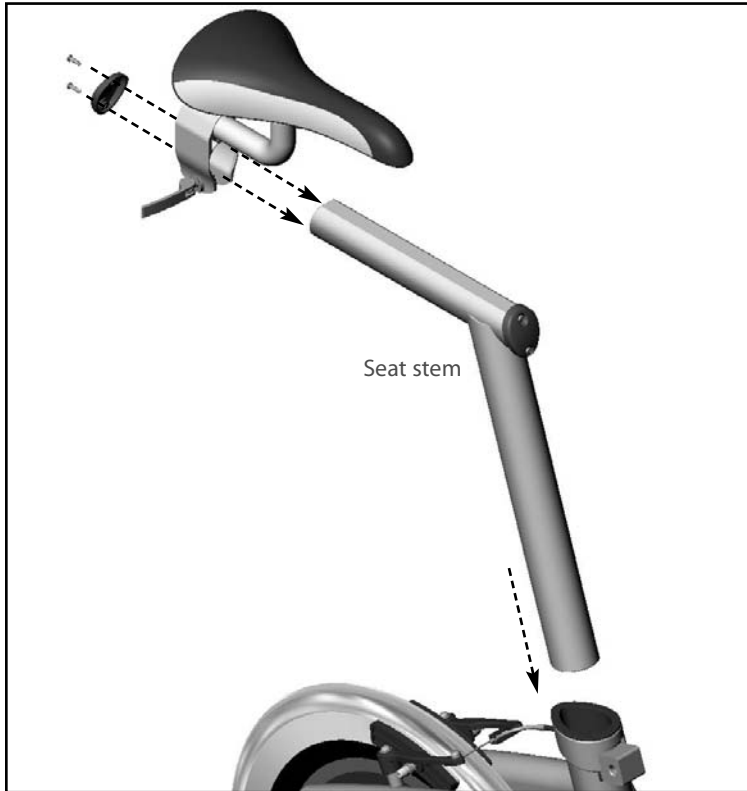
C. Locate the pedal that has the "L" on the spindle. Repeat directions above, however, you will need to turn the spindle left (counter-clockwise) to tighten as the "L" spindle is reverse threaded.



Assembly of the Indoor Cycle



Seat Assembly



A. Assemble the seat as shown in upper left. Maneuver the metal plate and nut between the seat rails, rotate a final 90 degrees. Insert screw through head clamp, metal plate, nut and tighten. Be sure that the seat is pushed back as far as it can be. **Note: Seat needs to be retightened after 1st few uses. Retighten screw for the seat assembly and the angle of the seat.**

B. Insert the seat stem (longer one) into the Indoor Cycle frame (seat clamp may need to be loosened in order to slide in). Both screw and adjustment knob are provided to lock the seat in place. Secure with preferred method (see next page).

C. Remove screws and end cap, slide the seat onto the seat stem. Lock seat into place using the quick release lever.

D. Assemble and tighten end cap with screws as shown.

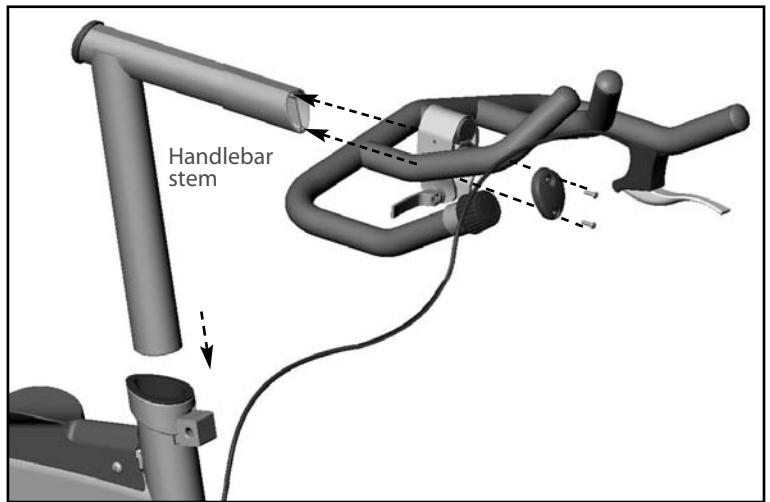
E. Using your own seat is optional. Attach your seat to the seat clamp.

Handlebar Assembly

A. Insert the handlebar stem into the Indoor Cycle (head clamp may need to be loosened in order to slide in). Both screw and adjustment knob are provided to lock the handlebars in place. Secure with preferred method.

B. Slide the handlebars onto stem and lock into place using the quick release lever.

C. Assemble and tighten end cap with screws as shown.



Measurement

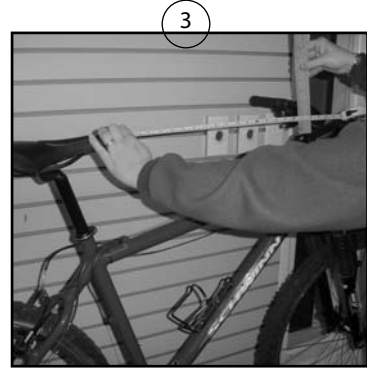
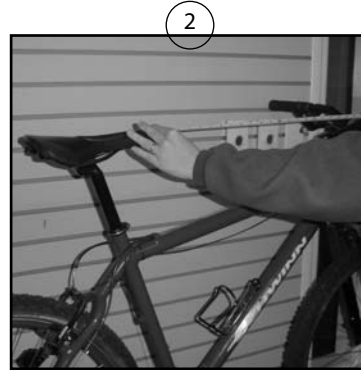
Confirm that the saddle and handlebars are positioned in the desired location. If the angle of the saddle or handlebars or the fore/aft position of the saddle needs to be adjusted, do so.

To get the exact fit of your own bicycle follow these steps:

1. To get the exact seat height, measure from the center of the bottom bracket axle to saddle rail on your bike. Take the measurement from your bike to the Indoor Cycle and adjust the seat height (if using same saddle on both bikes).

2. To get the exact distance between handlebars and seat, measure from the center of the handlebars to the saddle nose on your bike. Take the measurement to the Indoor Cycle and adjust handlebar reach accordingly.

3. To get the exact height for your handlebars, measure the drop in the handlebars from the saddle nose on your bike. Take the measurement over to the Indoor Cycle and adjust the handlebar height accordingly.



Operation

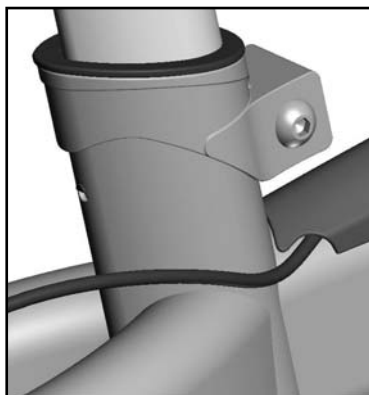
Seat Adjustment

A. Place your foot on pedal, get on the bike and be sure your leg is slightly bent at the knee. If your leg is straight or your foot cannot touch the pedal, you will have to lower your seat. If your leg is too bent, you will have to raise the seat up.

B. Dismount from the bike and loosen the bolt or knob, raise or lower seat post to desired height, and tighten by turning the knob clockwise. (Try several seat heights to find the most comfortable height. Note the seat height you are at so the next time you mount it, you can be sure it is set at the desired height before riding.)

C. To adjust the fore or aft seat position, open quick release lever and slide seat to desired position, retighten quick release lever when positioned.

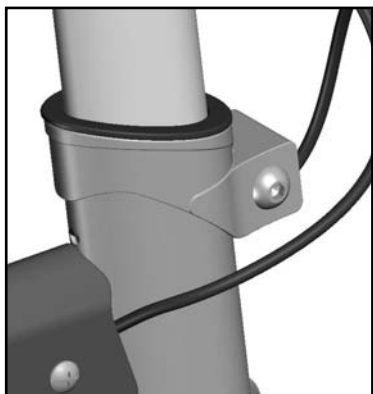
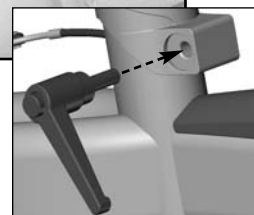
Note: Ensure that the seat is tight. NEVER leave it loose.



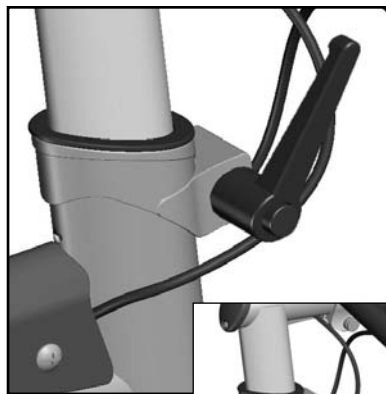
Standard



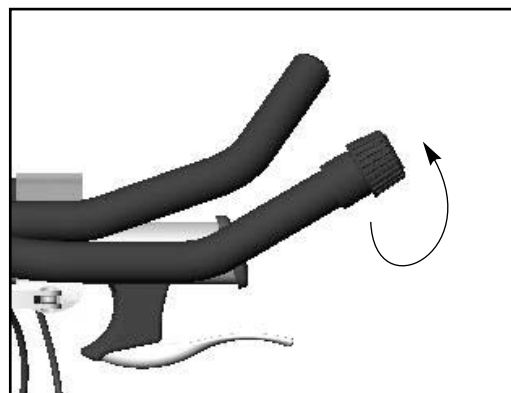
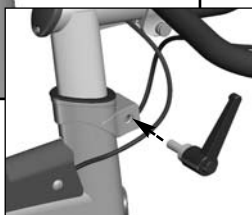
Optional



Standard



Optional



Handlebar Adjustment

A. To raise or lower the handlebars, turn the bolt or knob counter-clockwise, raise or lower handlebars until desired height is achieved and retighten knob by turning clockwise.

B. To adjust the reach of the handlebars, open the quick release lever and slide handlebars into desired position and retighten quick release lever when achieved.

Note: Ensure that the handlebars are tight. NEVER leave them loose for the next person who mounts the bike.

Resistance Control Knob

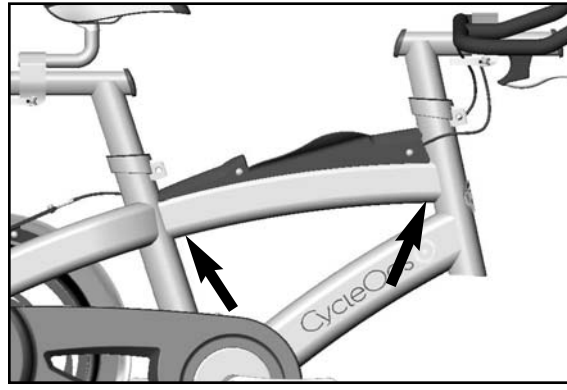
Resistance is controlled by the resistance control knob located on the right side of the handle bar. To increase the resistance turn the knob counter-clockwise. To decrease the resistance turn the knob clockwise. Adjustments can be made easily at any time. It takes 5 full 360 degree rotations to move from minimum to maximum resistance values.

Note: As the cable stretches the starting point will automatically adjust.

Operation cont.

Sport 100 Model ONLY

There are two wires hanging out of the indoor cycle. Do not take apart the configuration of the wire. Simply push the wire up into the frame until the plug engages.



Mounting/Dismounting the Unit

When mounting or dismounting swing your leg over the back of the unit as opposed to stepping through the unit. **WARNING!** The flywheel momentum of the CycleOps Indoor Cycle will keep the pedals turning even after the rider stops pedaling or the rider's feet slip off. **DO NOT ATTEMPT TO DISMOUNT THE BIKE OR REMOVE YOUR FEET FROM THE PEDALS UNTIL BOTH THE PEDALS AND THE FLYWHEEL HAVE COMPLETELY STOPPED.** Use the brake to stop the flywheel. Failure to follow these instructions may lead to loss of control and serious personal injury.

Moving the Indoor Cycle

Make sure the handlebar is securely attached to the bike and that the quick release lever is tight. Standing behind the unit (next to the flywheel), place one foot on the rear "v" shaped base, grasp handle bar, and tilt the bike towards you. Once the bike has tilted enough you will be able to easily roll the bike in any direction using the roller wheels. Be gentle while moving the bike as any sudden impact may affect the operation of the machine.



Daily Maintenance

Dry the CycleOps Indoor Cycle after each use to remove sweat and moisture. Wipe your CycleOps Indoor Cycle regularly with a mild, non-abrasive cleaner and water solution. Rinse to remove detergent residue and then dry. **IMPORTANT!** To avoid damaging the finish on your CycleOps Indoor Cycle, never use a petroleum-based solvent when cleaning.

Chain Adjustment

The chain on your CycleOps Indoor Cycle has been factory set and lubricated. It should not require any immediate attention. Over time however you may need to make minor tension adjustments. **WARNING:** Do not operate bike/pedals without the chain guard. Chain guard must be in place prior to operating!

- Remove the chain guard to inspect the chain tension.
- With an adjustable wrench, loosen the two bolts on either side of the flywheel.
- Tighten the two smaller nuts which go through the frame tube evenly by turning clockwise until there is approximately 3/16" of slack in the chain.
- Tighten the two larger nuts on the sides of the flywheel.
- Replace the chain guard onto the Indoor Cycle.

Prior to your first use of the CycleOps Indoor Cycle bike it is recommended to:

Move bike into its final location. Confirm that all outside feet are in contact with the floor and that the bike is stable. If any of the feet are not making full contact it is recommended that you adjust them by turning the entire foot assembly counter-clockwise which will extend it further from the stabilizer bar. Once the foot is in full contact and the bike is stable, thread the jam nut clockwise until it comes into contact with the stabilizer at the point the foot assembly threads in. Tighten the jam nut until it is snug using an adjustable wrench. This will secure the foot at the desired height.

Cautions:

Before starting any exercise program, consult with your physician or health professional. He or she can help establish the exercise frequency, intensity (target heart rate power zone) and time appropriate for your particular age and condition. If you have any pain or tightness in your chest, an irregular heartbeat, shortness of breath, feel faint or have any discomfort while you exercise, STOP! Consult your physician before continuing.

Failure to follow any of these safeguards may result in injury or serious health problems.

- *Do not remove feet from pedals while CycleOps Indoor Cycle is in motion.
- *Do not attempt to ride the bike at high RPM's or in a standing position until you have practiced at lower RPM's.
- *Do not place fingers or any other objects into moving parts of the indoor cycle.
- *Keep children and pets away from the CycleOps Indoor Cycle while the machine is in use. Do not allow children to ride on the CycleOps Indoor Cycle, pedal travel ranges are designed and intended for adults.
- *Never turn pedal crank arms by hand. To avoid entanglement and possible injury, do not expose hands or arms to the drive mechanism.
- *Do not dismount the CycleOps Indoor Cycle until both the pedals and the flywheel are at a complete STOP.
- *After exercising, turn the adjustment control knob clockwise to increase tension so the pedals will not rotate freely and possibly hurt someone.

Warranty:

All Saris Cycling Group Indoor Cycle products are warranted to the retail purchaser to be free from defects in materials and workmanship. Warranty coverage valid to the original purchaser only and proof of purchase will be required.

Residential Environment:

Frame: Lifetime
Parts: 3 years
Labor: 1 year
Electronics: 1 year

This warranty excludes wear items that need to be replaced due to normal wear and tear.

This warranty does not cover:

1. Any component on original equipment which carries a separate consumer warranty of the parts supplier.
2. Normal wear and tear.
3. Any damage, failure or loss caused by accident, misuse, neglect, abuse, improper assembly, improper maintenance, or failure to follow instructions or warnings in Owner's Manual.
4. Use of products in a manner or environment for which they were not designed.

Limitations:

The foregoing warranties are in lieu of and exclude all other warranties not expressly set forth herein, whether express or implied

by operation of law or otherwise, including, but not limited to, warranties of merchantability or fitness for a particular purpose. Saris Cycling Group shall in no event be liable for incidental or consequential losses, damages or expenses in connection with its exercise products. Saris Cycling Group's liability hereunder is expressly limited to the replacement of goods not complying with this warranty or, at Saris Cycling Group election, to the repayment of an amount of the purchase price of the exercise product in question. Some states do not permit the exclusion or limitation of implied warranties or incidental or consequential damages, so the preceding limitations and exclusions may not apply to you.

Procedures: Warranty service will be performed by Saris Cycling Group or an authorized Saris Cycling Group Dealer. The original purchaser must provide proof of purchase. Service calls and/or transportation to and from the Authorized Saris Cycling Group Dealer is the responsibility of the purchaser.

1. Saris Cycling Group will have the option to repair or replace any product(s) which require warranty service.
2. Saris Cycling Group will replace any equipment frame that is structurally defective with a new frame or replace the unit with a unit of equal value. Saris Cycling Group is not responsible for labor charges in replacing defective frames.
3. In the event a product cannot be repaired, Saris Cycling Group will apply a limited credit reimbursement toward another Indoor Cycle product of equal or greater value.
4. Saris Cycling Group is not responsible for dealer labor charges for component changeovers completed after labor-related warranty period(s) stated herein.
5. If you elect to repair an exercise product or part yourself, using the services of someone other than an Authorized Saris Cycling Group Dealer, or use a replacement part not supplied by Saris Cycling Group, Saris Cycling Group shall not be liable for any cost, damage, failure or loss caused by the use of such unauthorized service or parts.