FireFly AP1000

Training & Indoor Cycling

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1 Important Notice

FireFly AP1000 Training & Indoor Cycling is referred to as "bike" or "equipment" in this operation guide.

Please Keep the Manual in Good Condition

- Please thoroughly read and follow the instructions for assembling or using the equipment. If you have any questions please contact your local distributor or visit our website: ATTACUSfitness.com.

- For your safety, please take safety measures and follow the instructions. Keep this manual in good condition for future reference.

- The owner of the equipment has the sole responsibility ensuring that all the instructions and safety measures are learned and followed by the users.

- You can download the most up-to-date user's guide from our website: ATTACUSfitness.com.

2 Safety Precautions

Warning!! To reduce the risk of burns, fire, electric shock, or personal injury, please observe the following:

- Please follow the instructions from the manual.

- **DO NOT** add additional components, attachments, or accessories that have not been recommended by the manufacturer.

- Please check the components on a regular basis. Keep the components tightly installed. Please do not use the equipment when there is any malfunction, damage, or missing parts and contact your distributor for maintenance or for spare parts for the damaged/missing component. Do not use the equipment before it is well-maintained.

- ATTACUS is not responsible for any personal injury or death caused by faulty assembly, self-modification/disassembly, or any other ways the user fails to follow the manual.

- Improper training and/or overtraining can cause serious physical injury or death. If you are experiencing any kinds of pain, nausea, dizziness, shortness of breath, etc., Stop exercising immediately and consult a doctor.

- It is highly recommended for you to consult your doctor and run a full health check to find a proper and appropriate exercise program if you are any of the following: pregnant, having chronic health condition like hypertension and cardiovascular diseases, smoking, over45 years old, obese, or not having proper exercise routines for more than one year.

- This equipment is not suitable for anyone who is poor in physical, sensory, or mental capacity. Children under 13 years old are not allowed to use the equipment. Please do

not let children or pets near within 10 inches (3 meters).

- The persons with reduced physical, sensory or mental capabilities, or lack of knowledge, and the adolescent from 13 to 19 years, or the aged over 65 should not be on the equipment without proper and constant supervision by a potter/supervisor.

- Please do not attempt improper use of the product, such as leaping onto, or standing on the handlebar, saddle, or any parts that are not the pedals.

- Please place the indoor bike in an indoor environment with a flat and stable floor. It is highly recommended to put the bike on a shock and sound-absorbing mat to protect the floor and enhance the quality of use.

- Please keep the surrounding area clear for 2 ft (0.6meter) on all sides.

- Under any circumstances, the equipment is for one person to use only. Do not have more than one user using it simultaneously.

- Maximum user weight limit: 350 lb (159 kg).
  User height limit: 200 cm (5 ft 9 in to 7 ft 87 in).

- Please be sure all the adjustment knobs are tightened before using.

- Please adjust the handlebar, seat, resistance, and pedal straps according to your own physical condition to prevent any discomfort and injury. When adjusting the seat and handlebar, please hold the adjusting part with one hand to prevent the parts falling or any danger.

- Please be sure to wear proper exercise attire. Wearing loose blouse or having your shoelaces loosen may caused injury or death when the loose parts being grind into the machine.

- Please be mindful and avoid putting any part of the body or other external object into any open gaps, moveable and/or mechanical parts of the indoor bike. Please do not turn the pedals with your hands.

- Obtrusive parts, such as the Resistance Knob (brake), may hinder user's movement, please beware of these parts when using the equipment.

- Please maintain proper posture and body position to achieve a safe, comfortable and effective workout. Refer to the sections 4.2 Adjusting the Training & Indoor Cycling.

- This equipment does not have a freewheel. This means the momentum of the wheel may cause the pedal to turn even when you have stopped pedaling.

- Do not remove your feet from the pedal cages until the wheel and the pedals have stopped completely. Failure to do so may result in serious injury. The still turning pedals may trip or hit the people around and cause serious injury or death.

- If you would like to stop the wheel immediately, please press the red knob.

- When the bike is not being used, be sure to add on full resistance to prevent it from spinning or causing any potential harm to the personnel around.

- This equipment is for indoor use only. Please avoid keeping the equipment in places with extreme temperature and humidity, or is dusty or susceptible to the splash of water and fluid.
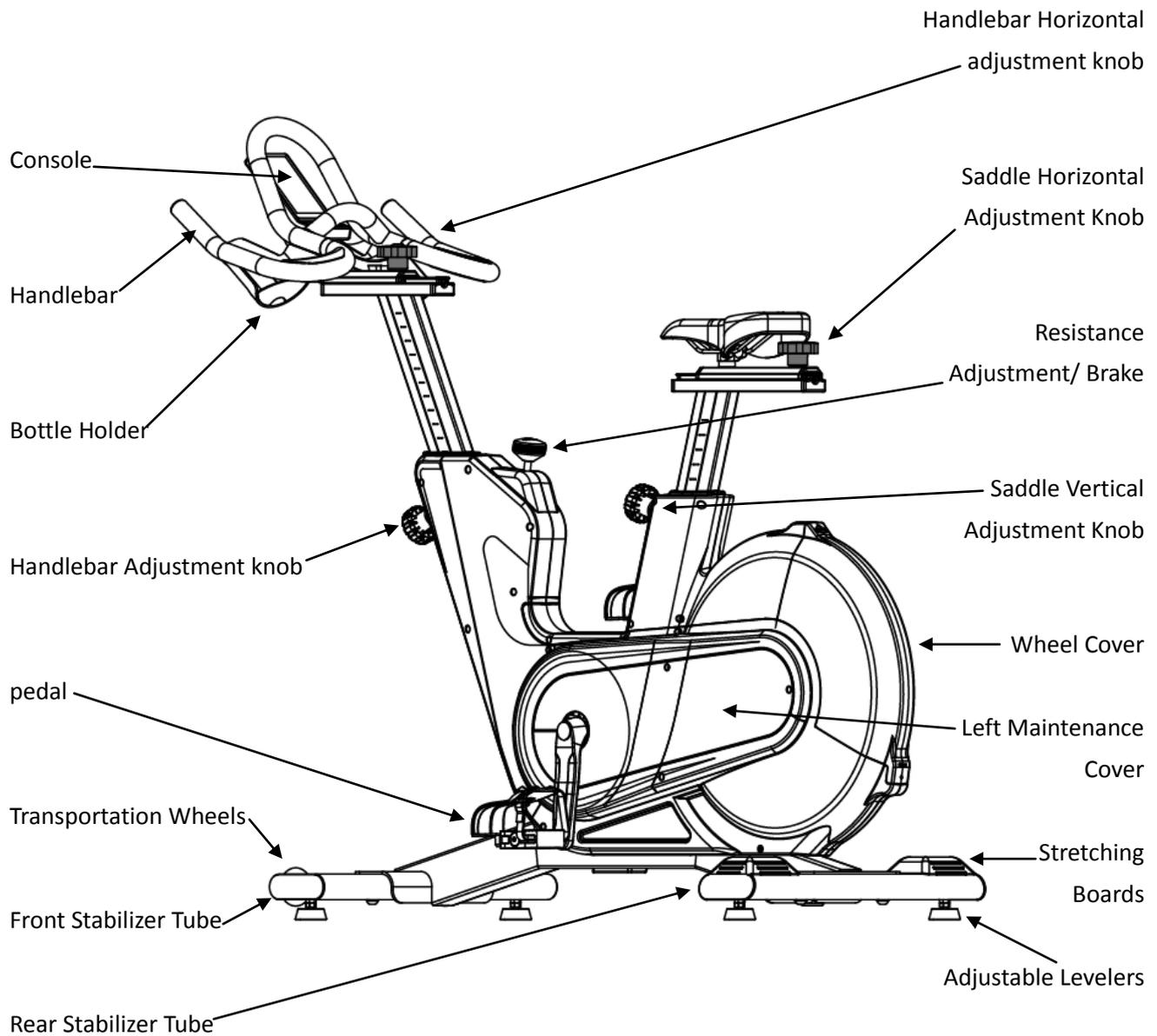
⚠ Warning!

- Use the stationary training equipment in a supervised environment.

- Please consult your physician before starting any exercise plan. Improper training or overtraining can result in serious injury or death.

- Please be sure to read through and be familiar with the instructions and cautions from this guide. This will reduce the potential for injury and insure your safety.

- If the equipment has been exposed to low temperature or humid environment, it is highly recommended to leave it at room temperature and/or dry it before using. Using the bike in the aforementioned circumstance might shorten the lifespan of electronic parts.

3 Assembly

Please thoroughly read through the manual before assembling. If you have any questions, please consult your distributor or see more information on our website: ATTACUSfitness.com. Please have your model number and serial number ready when you call.

Parts List:

Handlebar Horizontal adjustment knob

Console

Saddle Horizontal Adjustment Knob

Handlebar

Resistance Adjustment/ Brake

Bottle Holder

Saddle Vertical Adjustment Knob

Handlebar Adjustment knob

pedal

Wheel Cover

Left Maintenance Cover

Transportation Wheels

Stretching Boards

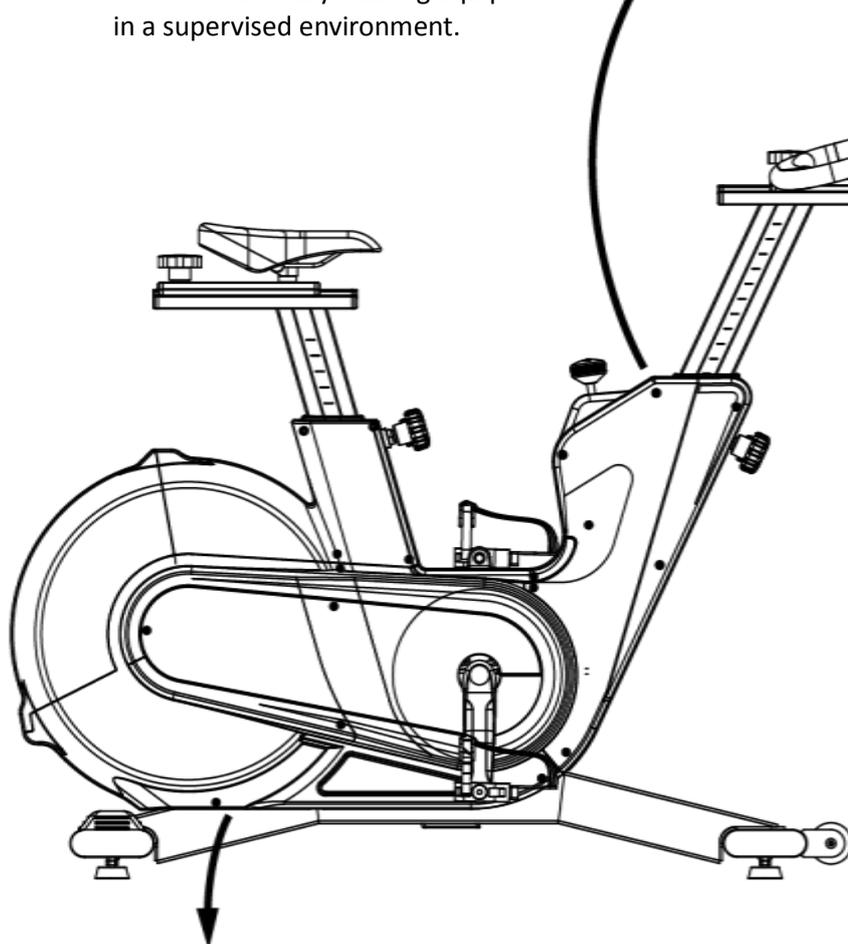Front Stabilizer Tube

Adjustable Levelers

Rear Stabilizer Tube

Product information:

WARNING!

- Heart rate monitoring systems may be inaccurate. Over exercise may result in serious injury or death. If you feel faint stop exercising immediately.
- Use the stationary training equipment in a supervised environment.

Scan the QR Code on the back of your device to:

- Connect and pair with the APPs.
- Register the product.
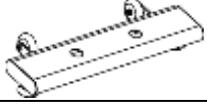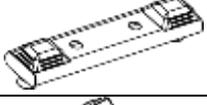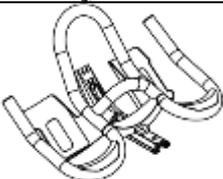- Download the most up-to-date operation guide.

Please be sure to have your model name and serial number ready before calling the customer service. The model name and serial number can be found on the right side near the rear end.

Model: AP1000

SN:

3.1 Parts List

	Image	#	Specification
Components		1	Front Stabilizer Tube
		1	Rear Stabilizer Tube
		1	Console and back-plate *(Optional)*
		1	Handlebar
		1	Saddle
		2	Pedal
		2	Adjustment Knob
		2	Slide Gasket
Included Tools		1	6mm Hex Wrench or Allen Key
		1	Open-ended Wrench/ Screwdriver
Tool Pack		4	Socket Button Head Cap Screw （M10×1.5×20L）
		6	Washer（Ø25×Ø10×2t）
		2	Cable Tie
		1	Console Charging Cable USB-RJ45 （LCD Model only）
Console Screw Pack		4	Cross Recessed Truss Screw（M4×0.7×12L） （LCD Model only）
		4	Phillips Pan Head Screws（M3×0.5×10L） （LCD Model only）
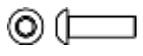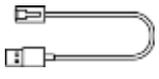
⚠ Attention!

- Please follow the instructions for assembly to ensure all the components are all set and tightened. Failure to follow the correct steps may cause damage to the equipment and make unsettling noises. Using equipment that is improperly assembled may lead to serious injury and death.

- If you have any questions or the equipment has any missing parts, please contact your distributor or dial in the customer service number on the maintenance card.

- The equipment should be assembled by at least 2 persons. **DO NOT** attempt to pull up the bike with single arm because some parts can be heavy. Assembling alone may lead to serious injury and damage to the equipment when parts are dropped.
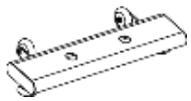
- When the product arrives, please carry it carefully. Place the carton box on a flat surface. Do not open the box when it is placed on its side to prevent parts from falling out.

- It is highly recommended for you to place a mat on the floor to protect your flooring.

- Please unpack and assemble the product on a set location to reduce unnecessary moving.

- Please be careful when removing the cable ties on the package exterior. The cable ties outside the box may produce strong momentum; it might bounce off and snap on the people around if not cautiously removed.

- When unpacked, please place all the components in a clear area to enhance the assembling process.

- Please follow the proper instructions. When performing each step, please be sure all the screws and bolts are in place and partially tighten. Please tighten all the screws and bolts when all are in place.

- Please be sure all the loose components are fixed and tightened. Please do not reduce the number of screws and/or bolts used to prevent unwanted danger and harm.

- Some parts are pre-lubricated to help with the assembly. Do not wipe off the grease. If you have encountered difficulty when assembling, you can apply some grease when assembling. It is recommended to use lithium-based grease.

- Unauthorized personnel are prohibited to remove the maintenance covers.

- Before the assembly is completed, do not throw away the packaging material.

3.2 Assemble Steps

STEP 1	Assemble the Front Stabilizer Tube
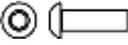
Parts in letters	Parts Images	Specification	# of part used
A		6mm Hex Wrench/Allen Key	1
B		Socket Button Head Cap Screw （M10×1.5×20L）	2
C		Spring Washer（Ø25×Ø10×2t）	2
D		Front Stabilizer Tube	1

STEP 2 Assemble the Rear Stabilizer Tube
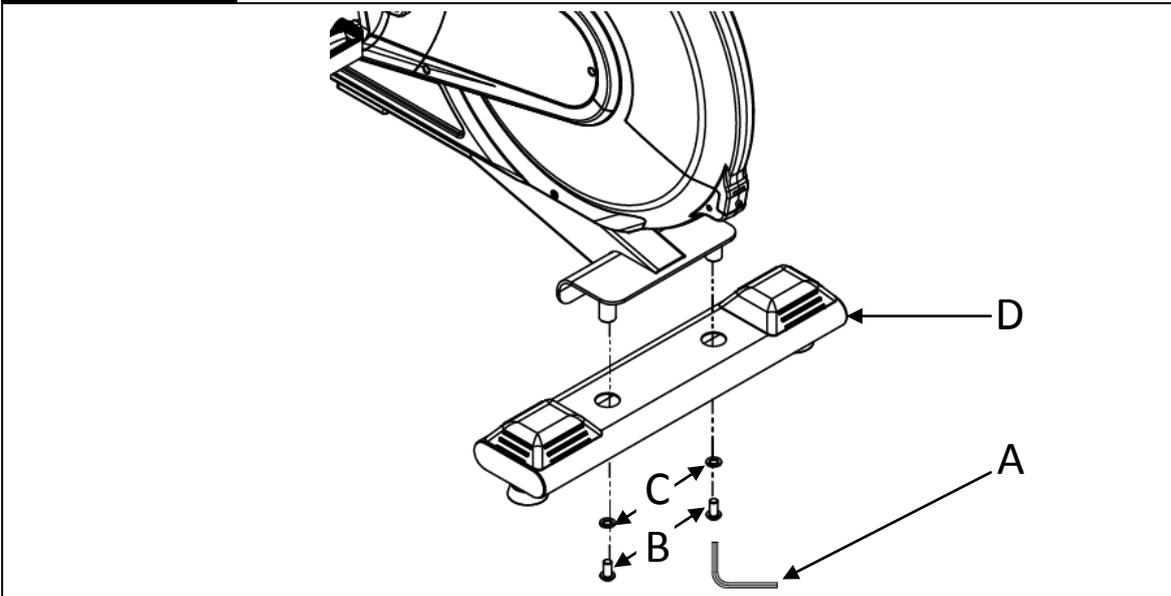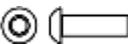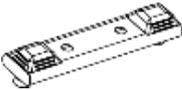
Parts in letters	Parts Images	Specification	# of part used
A		6mm Hex Wrench/Allen Key	1
B		Socket Button Head Cap Screw （M10×1.5×20L）	2
C		Spring Washer（Ø25×Ø10×2t）	2
D		Rear Stabilizer Tube	1

STEP 3

Assemble the Handlebar

1) Please use **A** the screwdriver to remove **F** screw and end cap as shown in the picture below.
2) Place **D** Slide Gasket into the slide bar.
3) Place the **E** Hex Bolt from the bottom to top through the components and the **D** Slide Gasket, screw the **C** Adjustment Knob to the **E** Hex Bolt.
4) Please put the parts removed in STEP 1, the screw and end cap, back on and tighten.

Partial enlarged view
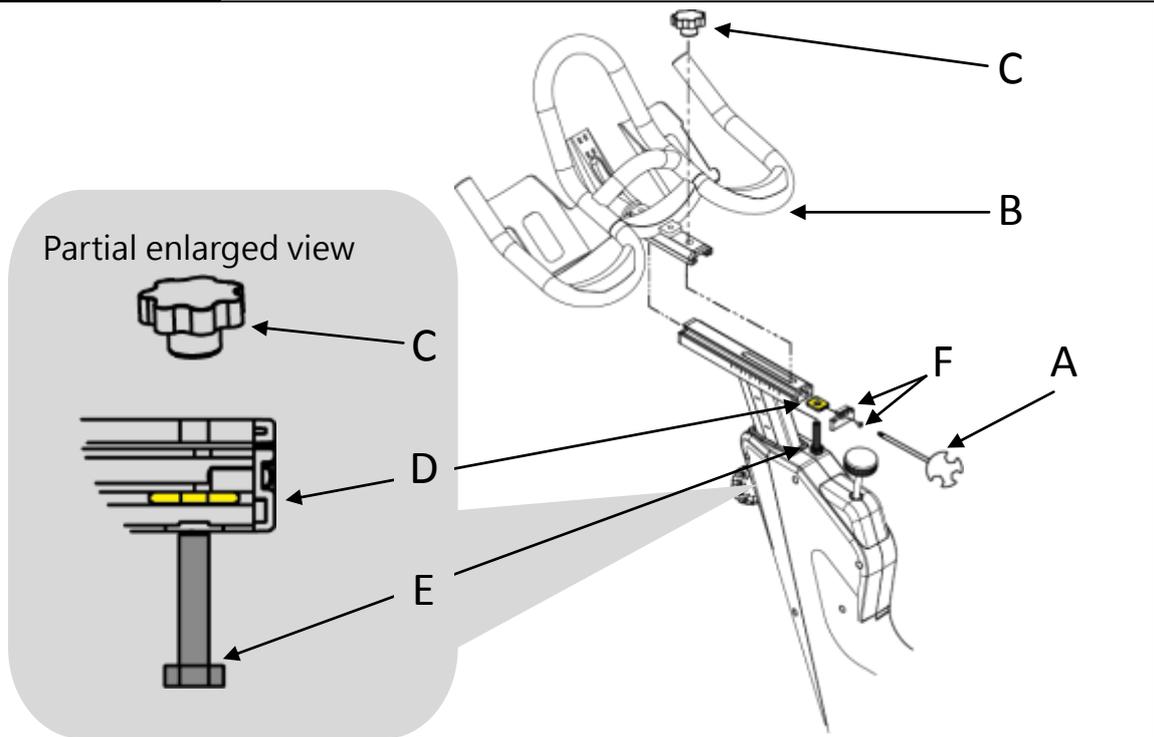
Parts in letters	Parts Images	Specification	# of part used
A		Open-ended Wrench/ Screwdriver	1
B		Handlebar	1
C		Adjustment Knob	1
D		Slide Gasket	1
E		Hex Bolt（M10×1.5×40L）	1

STEP 4

① Assemble Quick-release L Knob

1) Please use **A** Screwdriver to remove **F** screw and end cap as shown in the picture below.
2) Place **D** Slide Gasket into the slide bar.
3) Place the **E** Hex Bolt from the bottom to top through the components and the **D** Slide Gasket, screw the **C** Adjustment Knob to the **E** Hex Bolt.
4) Please put the parts removed in STEP 1, the screw and end cap back on and tighten.

② Use A the Open-ended Wrench to tighten the saddle
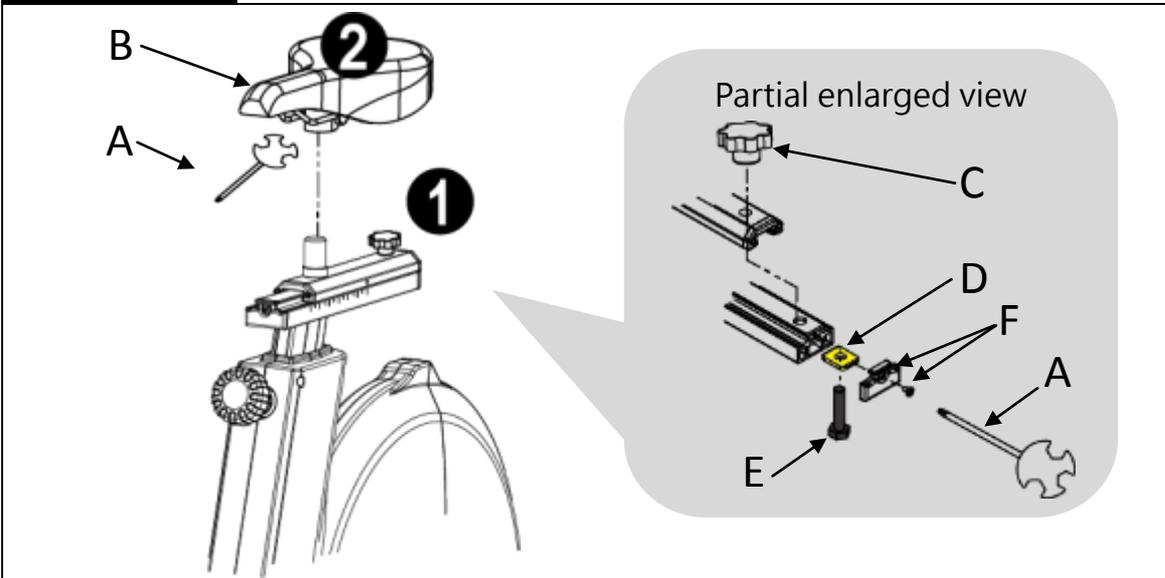
Parts in letters	Parts Images	Specification	# of part used
A		Open-ended Wrench/ Screwdriver	1
B		Saddle	1
C		Adjustment Knob	1
D		Slide Gasket	1
E		Hex Bolt（M10×1.5×40L）	1

STEP 5	# Assemble the pedals

Assemble the pedals

1) Please note that both pedals are reverse-threaded. Put the **B** left pedal into the left crank-hole and screw it in the counterclockwise manner.
2) Align the **C** right pedal into the right crank hole; in the clockwise manner, crank it tight with **A** open-ended wrench into the thread.
3) Please be sure that both pedals are tightened. Having loose pedals during activity will cause serious injury or death to the user.
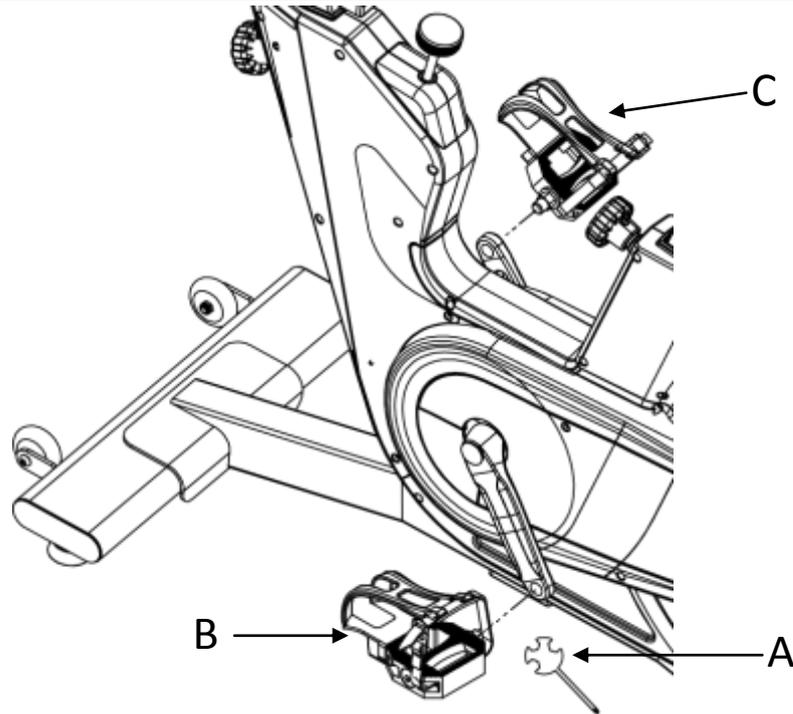
Parts in letters	Parts Images	Specification	# of part used
A		Open-ended Wrench/ Screwdriver	1
B		Left pedal	1
C		Right Pedal	1

STEP 6	Set up the Console* Install the back-plate, use **A** the screwdriver to screw and tighten all four of **C** Phillips Pan Head Screws.
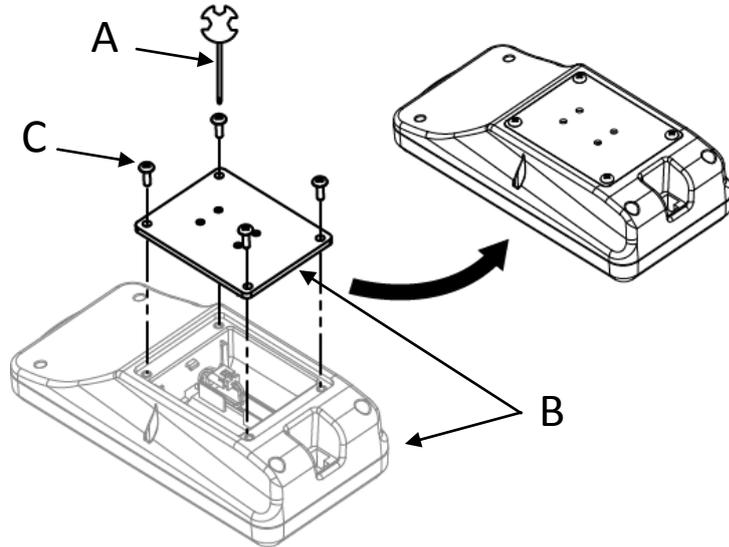
Parts in letters	Parts Images	Specification	# of part used
A		Open-ended Wrench/ Screwdriver	1
B		Console and back-plate *(Optional)*	1
C		Phillips Pan Head Screws（M3×0.5×10L）	4

 * **If your model did not include a console, please skip Assembly Step 6-8.**

STEP 7	Install console to the handlebar*
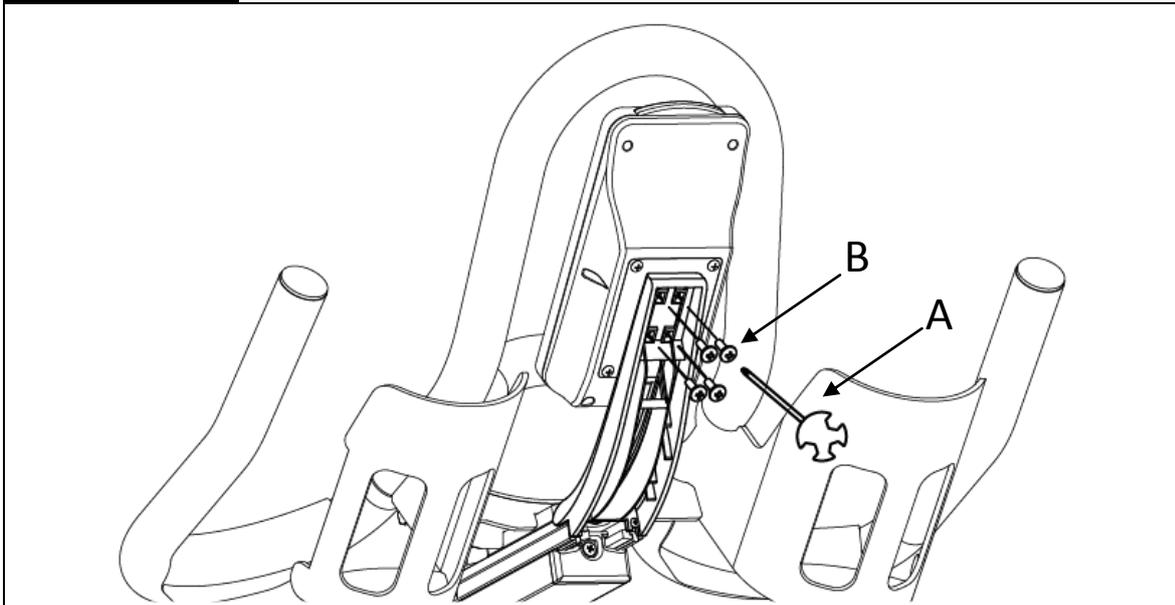
Parts in letters	Parts Images	Specification	# of part used
A		Open-ended Wrench / Screwdriver	1
B		Cross Recessed Truss Screws（M4×0.7×12L）	4

 * **If your model did not include a console, please skip Assembly Step 6-8.**

STEP 8	# Complete the assembly* 1) Insert the power cord into the jack on the back of the console. 2) Please use **A** cable tie to tie the cable with the console stand to avoid damage or personnel injury caused by accidentally pulling the cord or hindrance of movement.

Power cord

A
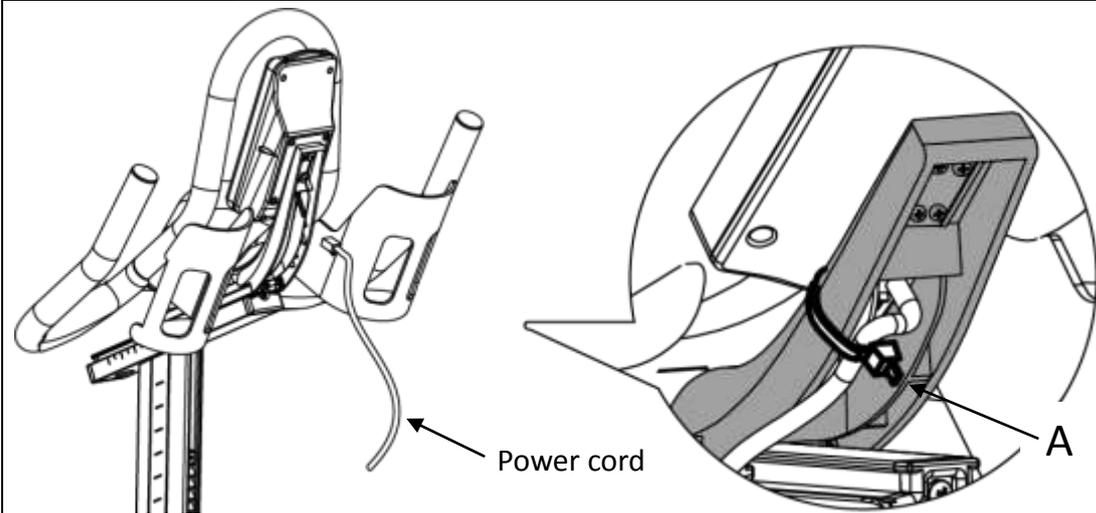
Parts in letters	Parts Images	Specification	# of part used
A		Cable tie	1

* If your model did not include a console, please skip Assembly Step 6-8.

4 Preparation

Riding a spin bike is considered as intense aerobic exercise. To prevent possible injury, please evaluate your physical condition and be sure to do the following:

1) Please warm up properly before the workout.

2) Please stay focused during workout and maintain the correct posture. If you are using a tablet or other devices please ensure your own safety and be mindful of your posture to avoid any danger or injury.

3) Please train with guidance of fitness professionals and train step by step with proper process.

4) Please adjust your training time and intensity according to your own physical condition. Overtraining will cause chronic fatigue and/ or severe physical injury.

5) If you are experiencing any kinds of pain, nausea, dizziness, shortness of breath, etc., Stop exercising immediately and consult a doctor if the symptoms persist.

6) After workout please properly stretch and massage your muscles to reduce physical fatigue.

4.1 Placement of the Equipment

Please place the equipment on a level ground and avoid direct sunlight. Do not place it outdoors, in the garage, open yard, humid, and/or ventilated places. For safety purposes, please keep the equipment's surrounding clear for 2 ft (0.6 Meters) on all four sides.
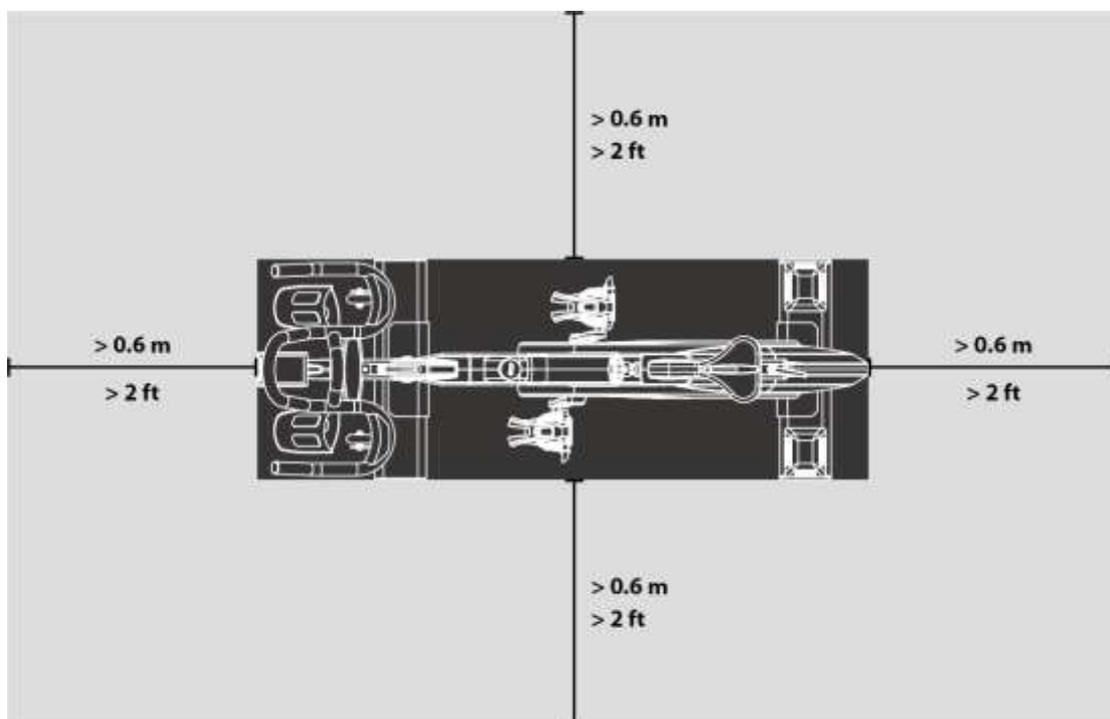
4.2 Adjusting the Training & Indoor Cycling

For your comfort and workout efficiency, please adjust the handlebar and saddle in accordance to your height.

Elbow slightly bent

Naturally hold the handlebar

The front knee and foot should be on one vertical line

Equal force from both legs

Maintain a natural spine

The hips remain stabilized

Knee slightly bent

STEP 1	Adjusting the Saddle
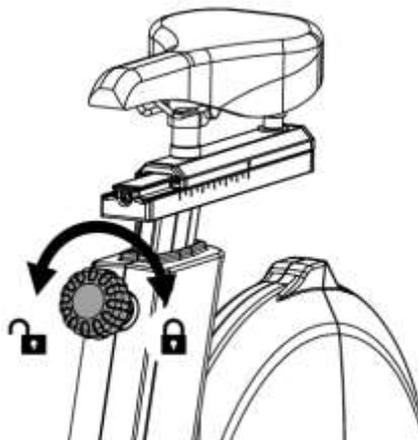
1) Turn the adjustment knob counterclockwise to loosen and pull the knob outwardly.
2) When you have pulled the knob, you can then pull up or adjust the saddle tube. Set the saddle at the in the height of your upper hip. Once all set, in the clockwise manner tightened the knob.
3) For beginners, if you are not used to the height of the saddle, you can adjust it by 1-2 scales lower.

STEP 2   Adjusting the Handlebar and Saddle
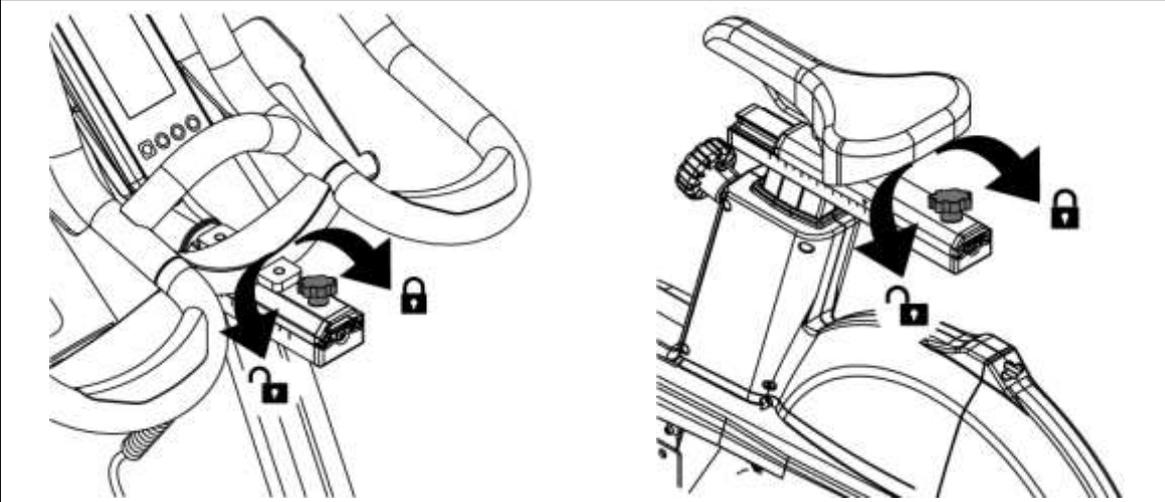
1) Turn the Adjustment Knob counterclockwise to release and push the handlebar and saddle to your preferred horizontal position.
2) The ideal distance between the saddle and handlebar is the length of your elbow to the tip of the middle finger; you can measure it by putting your elbow on the tip of the saddle horizontally to evaluate the distance. Once you are all set, you can turn the Adjustment Knob to the left and tightened it.

STEP 3   Adjusting Handlebar Height
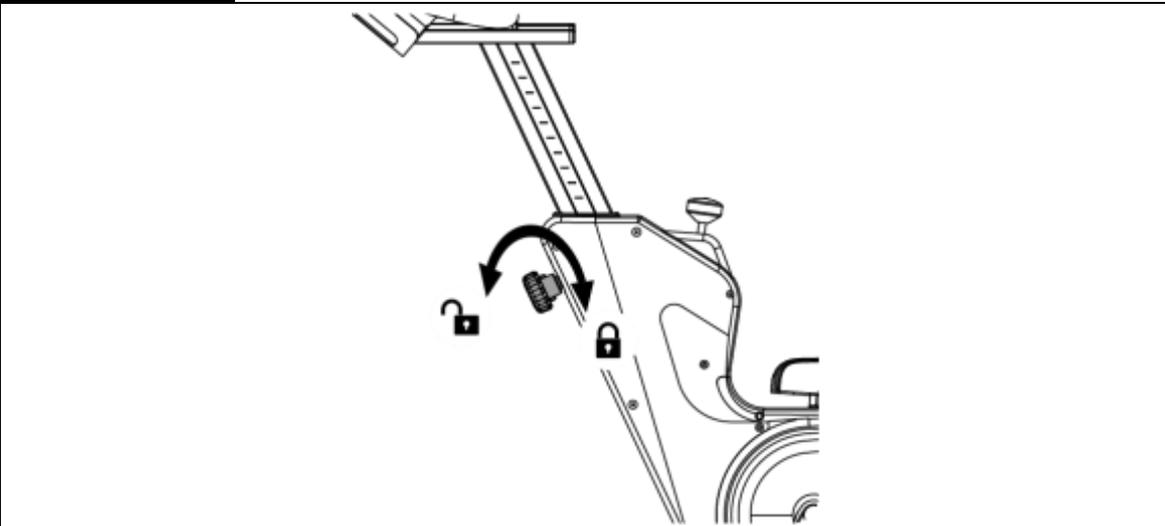
1) Turn the knob counterclockwise, and pulled the knob outwardly.
2) As the knob is pulled, raise the handlebar to the equal height of the saddle. Once done, turn in a clockwise manner to tighten the knob.
3) When on the saddle, hold the handlebar with both hands.
4) You can also pull the handlebar slightly higher than the saddle and ride in a more comfortable posture. Once you are used to the exercise, you can then adjust the height to the same as the saddle.

STEP 4	Tightened and Release of the Pedal Straps

A   B   C
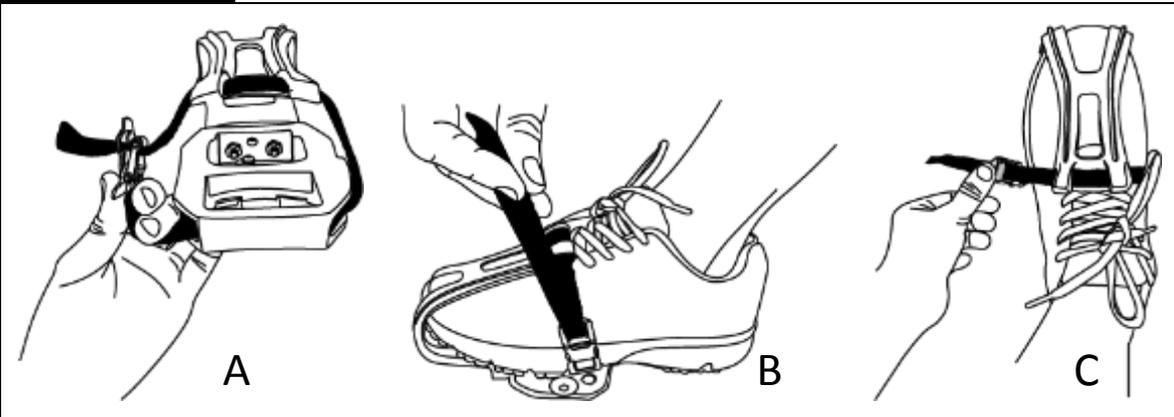
Start an activity	**End an activity**
1) Buckle up the strap.(**A**) 2) Place your foot into the pedal cage.(**B**) 3) Pull up on the Pedal Strap to tighten the Pedal Cage, snug to fit.(**B**)	1) Slow down or press the emergency brake to stop. 2) Once the wheel and the pedals have stopped entirely, push down on the buckle to release the pedal strap.(**C**)

4.3   Resistance/Brake

1) Before workout, warm up for at least 15 minutes. After warming up, you can start to speed up and/or increase the resistance level to meet your target zones.

2) You can adjust the resistance by turning the resistance knob. To reduce the resistance, please turn the knob in the counterclockwise manner toward the left; for greater resistance, turn in the clockwise manner toward the right.

3) If you would like to stop the pedals and the wheel, gradually push down the red resistance knob as a brake to slow down the pedals or press it all the way down to immediately stop the equipment.

4) When the bike is not being used, be sure to add on the full resistance (by turning to the right completely) to prevent it from spinning or causing any potential harm to the personnel around.

Left: Reduce Resistance
Right: Add Resistance

Push Down: Brake
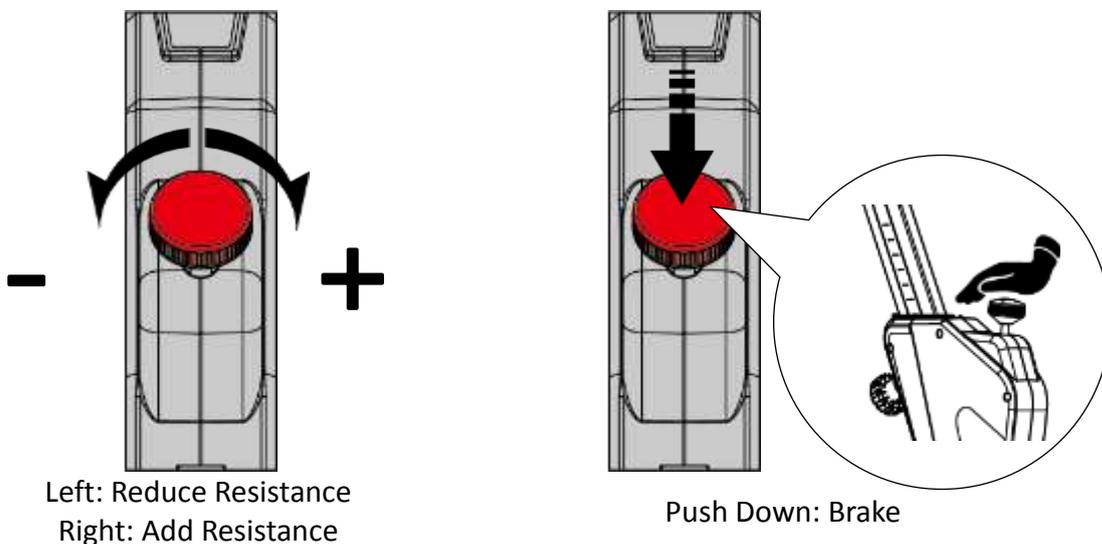
⚠ Warning!

This equipment is not designed with a freewheel. This means the momentum of the wheel may cause the pedals to turn even when you have stopped pedaling. **DO NOT** remove your feet from the pedal cages until the wheel and the pedals have stopped spinning completely. Failure to do so may cause serious injury or death.

4.4 Adjust Resistance Level

If you find the resistance level shown on the console is different from your current operation, please calibrate.

1) Under Sleep Mode, *press any button* to wake the screen.

2) *Press and hold* ▤ to open the menu.

3) *Select* [**Set Up**] and *press and hold* ▤ to enter Level Adjust.

4) Under *Please set Level to low position* window, turn the knob all the way to the left and then *press* ◀ or ▶ to select [**Next**] and *press* ✓ to confirm.

5) Under *Please set Level to high position* window, turn the knob all the way to the right and then *press* ◀ or ▶ to *select* [**Next**] and *press* ✓ to confirm.

6) Under *Adjust Success* window, *press* ✓ to confirm.

| Step 1, 2 | Step 3 | Step 4 | Step 5 | Step 6 |
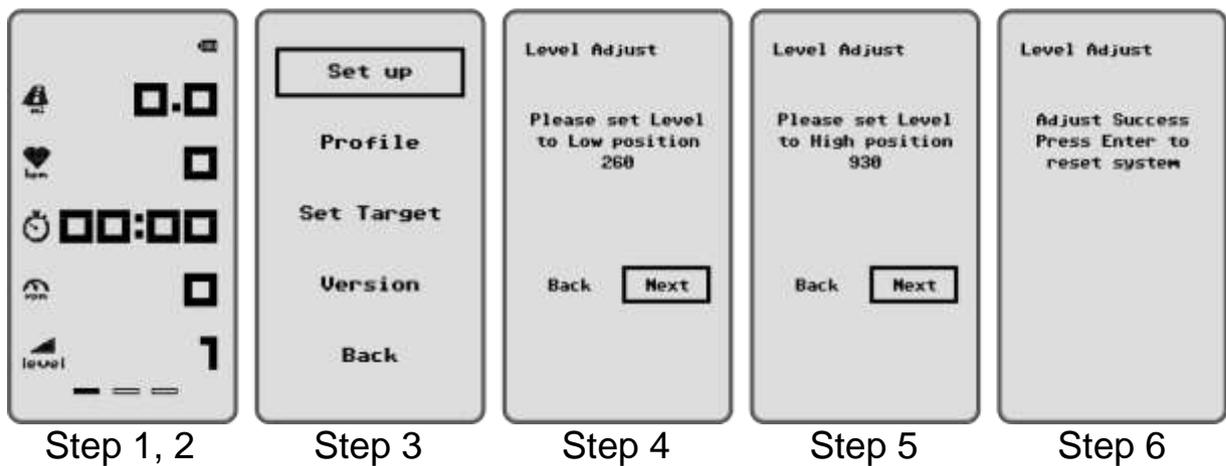
🖝 If you have any questions or the calibrations are failed, please contact the customer service number on the maintenance card.

4.5   Moving Guideline

This bike is very heavy, please be sure to use both hands when lifting it. Follow the instructions below to ensure your safety:

1) Be sure there is enough space in front of the bike so that you can move it in free spaces.

2) Be sure the pedals have stopped turning completely (turn the resistance knob all the way right to fix the wheels).

3) Crouched down as shown in figure 1, use both your hands to slowly lift up the rear stabilizer.

4) Once the rear side is tilted enough, you can start to move the bike by the front transportation wheels as in figure 2.

5) Once you have moved to your preferred spot, slowly and carefully put the rear end down to the floor.
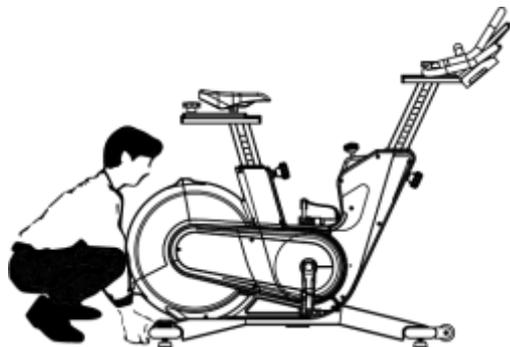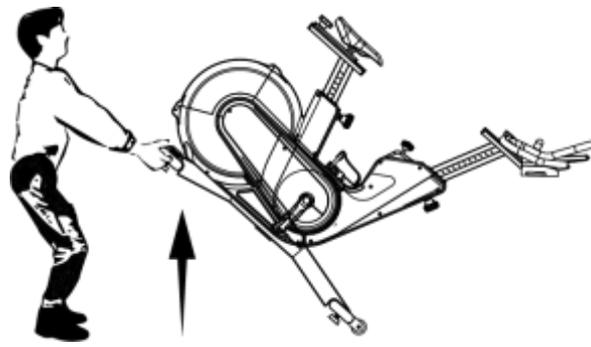
figure 1   figure 2

5 The Electronic Console

5.1 The Buttons

1) Under Sleep Mode, *press any button* to wake the screen.
2) Please see the function of each button below:

☰	● *Press and hold* for the Setting Menu. ● *Press* for the Display Preference.	✓	● *Press and hold* to reset [1] ● *Press* to confirm
◀	● Previous Page ● Scrolling through the options	▶	● Next page ● Scrolling through the options

5.2 On-Screen Icon

Status		During Sports Mode	
🔋	Battery Status	▬ ▭ ▭	Page indicator
	Connectivity to the ANT+ Heart Rate Sensor	⏱	Time
✳	Connectivity to the Bluetooth Heart Rate Sensor		Distance
	Connectivity to mobile device（appears when using the app）[2]	kcal	Calories
HR	HR Zone On	level	Resistance Level
Watt	Watt Zone On	rpm	Pedaling Rate
FTP	FTP ON（Watt）	SPEED	Speed
0077	Connect to Optical HR Watch[3]	⚡ʷ	Power
		♥ bpm	Heart Rate[4]
		🚩	Target Rate
		MAX.	Maximum rate
		Avg.	Average rate
		MPH	mi/h
		KPH	km/h
		％	Heart Rate Percentage

⚠ Attention!

- The battery power will gradually drain when being left idle for too long. You can charge and maintain power by performing routine exercise on the equipment. The battery needs to be charged constantly through pedaling. If being left idle for 3 months or longer, the battery will be completely drained and will not function properly.

- When the cadence is lower than 60 rpm, the rear indicator will NOT be on. When the cadence is higher than 60 rpm, it should remain consistently bright and is charging properly.

- If you discover the console's battery is running low, or could not be charged through pedaling, unplug the power cord and remove the console from the handlebar. Charge the console according to the instructions on Appendix 8.3 Charging.

📝 Footnote

1 *Press and hold* ⊘ at any time can reset the console display into default settings. Once reset, data in your User's Profile, such as units, gender, age, height, weight, etc. remains unchanged. Other data such as heart rate algorithms, maximum heart rate, resting heart rate, training goal, etc will all turn back to default.

2 The icon 🗎 indicates the console is connecting with the APP or compatible Bluetooth device.

3 When the console is connected with ATTACUS Optical Heart Rate Sports Watch or armbands, you will see this icon 🖳 followed by the last four digits of the wearable device's serial number. Ex. 🖳 0001

4 Heart rate reading will only appear when the console is connected to an external heart rate device.

5.3   Setting Mode

5.3.1.   Operation Overview

7) Under Sleep Mode, *press any button* to wake the screen.

8) *Press and hold* ⊞ to open the menu, *press* ◀ or ▶ to select or edit, when done, *press* ✓ to confirm.

9) *Select* [Back] to cancel and return to the previous page.

10) *Select* [Save] to save and return to the previous page.

5.3.2.   Set up

● Turn-Off (min): Set up the time for the console to enter Sleep Mode. You can choose from 1 to 5 minutes.

● Heart Rate Device: If you would like to connect your device via ANT+ or Bluetooth®. (Bluetooth 4.0) Please connect according to the instructions of your heart rate device.

- Auto pause:

  ON: Once stopped riding, the timer will stop automatically and the console will enter a countdown for pausing.

  OFF: The timer will not stop automatically when the bike has stopped. All the elapsed time will be collected in activity.

- Pause time (min): It is by default to have a one-minute countdown before the workout summary is shown. You can set up your preferred pause time; the longest pausing period is 10 minutes.

- Zone light: You can choose Heart Rate Zone, Watt Zone, or FTP Power Zone to indicate your workout intensity.

5.3.3. User's Profile

Please be sure to key-in the correct personal data, the console will use the provided data to measure and calculate your workout data.

- Unit: Choose Metric or Imperial system.

- Please accurately type in your gender, age, height, and weight.

- HR Calculation: Heart Rate Algorithm. Choose your preferred heart rate method, Maxima Heart Rate method (%MHR), or Heart Rate Reserved (%HRR).

- Max HR: Please insert your Maximal Heart Rate. The default algorithm is 220 minus (-) your input age.

- Rest HR: Please insert your resting heart rate; the default Resting HR is 60.

- FTP: Please insert your maximum power, the default FTP is 150.

5.3.4. Set Up Your Target

You can select and set up a personalized training goal.

- Time: Target time. The default elapse period is 30 minutes; it can be manually set up from 5 to 100 minutes.

- Distance: Target Distance. The distance is 5 Kilometers by default; it can be set up manually from 1.6 to 99.9 Kilometers.

- Calories: Target Calories. The default calories are 300 Kcal; it can be set up manually from 100 to 9,950 Kcal.

- FTP (Functional Threshold Power) Test : This is used to test your Mean Maximal Power.
  To learn more about the FTP Test, *please see* Appendix 8.2 Functional Threshold Power Test.

5.3.5. Version

You can check the serial number and the software version on the console. *Press and hold* ▤ to open the menu and *select* [Version].

5.4   Activity Mode

Zone indicator light

Status Bar

Real-time workout data

Page indicator

5.4.1.   Quick Start

1) Start an Activity

   1-1) Under Sleep Mode, *press* any button to wake up the console.

   1-2) Once you start to pedal [1], the console will automatically start elapsed time.

2) During activity, *press* ◀ or ▶ to view different real-time data.

3) Ending an Activity:

   3-1) To stop the turning pedals, please ***slow down your pedaling speed or press the brake.*** The display time will stop automatically once the pedaling has stopped [2].

3-2) If you would like to resume, please continue pedaling.

3-3) If you would like to end the activity and exit, *press* ✓.

4) View your activity summary：

4-1) When an activity is over, *press* ◀ or ▶ to view different workout summaries.

4-2) *Press* ✓ to end the summary and reset the console [3].

5.4.2. Start with Customized the Data Fields

1) Start an Activity

1-1) Under Sleep Mode, *press* any button to wake up the console.

1-2) *Press* ⊞ to turn on/off the manual setting.

1-3) *Press* ◀ or ▶ to select the category you would like to set up. *Press* ✔ to confirm. (*See* 5.9 Data Field)

1-4) *Press* ◀ or ▶ to select your preference. *Press* ✔ to confirm.

1-5) Once you start to pedal [1], the console will automatically start elapsed time.

2) During an Activity:

2-1) *Press* ◀ or ▶ to view real-time data.

2-2) Repeat step 1-2) to 1-4) to change the data displayed.

3) Ending an Activity:

3-1) To stop the turning pedals, please **slow down your pedaling speed or press the brake.** The display time will stop automatically once the pedaling has stopped [2].

3-2) If you would like to resume, please continue pedaling.

3-3) If you would like to end the activity and exit, *press* ✔.

4) View your activity summary:

4-1) When an activity is over, *press* ◀ or ▶ to view different workout summaries.

4-2) *Press* ✔ to end the summary and reset the console [3].

5.4.3. Start with a Training Goal

1) Start an Activity

1-1) Under Sleep Mode, *press* any button to wake up the console.

1-2) *Press and hold* (⊟) to turn on setting mode.

1-3) *Press* (◀) or (▶) to select a [Set Target], *press* (✓) to confirm.

1-4) *Press* (◀) or (▶) to select a goal, *press* (✓) to confirm. (*See* 5.9 Data Field)

1-5) *Press* (✓) and select your preferred options with (◀) or (▶), *press* (✓) to confirm.

1-6) *Press* (◀) or (▶) to select [Save], *press* (✓) to confirm.

1-7) Once you start to pedal [1], the console will automatically start elapsed time.

2) During an Activity:

2-1) *Press* (◀) or (▶) to view real-time data.

2-2) Repeat step 1-2) to 1-4) to change Set Target.

3) Ending an Activity:

3-1) To stop the turning pedals, please ***slow down your pedaling speed or press the brake.*** The display time will stop automatically once the pedaling has stopped [2].

3-2) If you would like to resume, please continue pedaling.

3-3) If you would like to end the activity and exit, *press* (✓).

4) View your activity summary:

4-1) When an activity is over, *press* (◀) or (▶) to view different workout summaries.

4-2) *Press* (✓) to end the summary and reset the console [3].

⚠ Notice!

- The console will not store data. It is highly recommended that you train with **Ala Fitness** (*see* 5.5 Application and Compatibility), or pair the console with **ATTACUS** Optical Heart Rate devices to collect and analyze your workout data.

- Be sure to check if your data has been stored in your compatible devices right after an activity.

- This equipment is embedded with a self-generator. The generator sustains enough energy for the console to function. Therefore, for energy preservation, the console will turn off automatically after a few minutes of no pedaling.

📝 Footnote

1 If you have a heart rate device, be sure your heart rate is broadcasted on the screen before you start pedaling.

2 The pausing period is 1 minute by default, if the pedals are not moving and no action is received from the buttons, the console will stop the timer and show a summary after the 1 minute countdown. If you would like to prolong the pausing period, *please see* 5.3.2 Set up > Pause time for more instruction.

3 If there is no operation on the buttons, the screen will return to the starting page after 3 minutes.

5.5 Application and Compatibility

1) Pair, Connect, and Start Your Activity.

1-1) Scan the QR code to install **Ala Fitness**.

System Requirement:

- iOS 11.0 or later
- Android 5.0 or later
- Built-in Bluetooth 4.0 or later

1-2) Please turn on Bluetooth on your mobile device.

1-3) Open **Ala Fitness**.

1-4) Follow the on screen instructions to register on **Ala Fitness** and set up User's Profile.

📝 Please be sure to key in accurate personal information. The system would need the accurate data to provide personalized analysis and training data. By default, your provided data is not accessible to the public.

1-5) **Ala Fitness**: *Swipe left* and *select* [Spin bike].

1-6) If you have heart rate devices, *select* [Heart Rate Sensor].

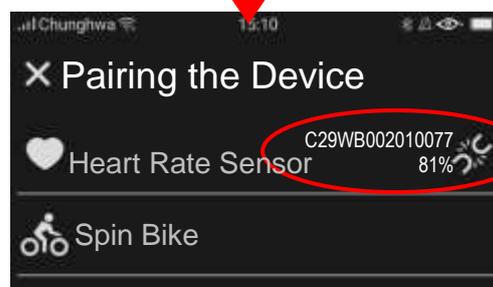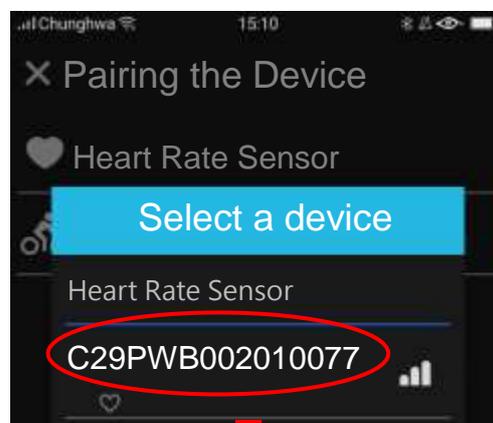1-7) *Find and select* the serial number or ID number of your device to connect to **Ala Fitness**.

Heart Rate Chest Strap or

Optical Heart Rate Armband or

GPS Watch

☞ **Ala Fitness** is compatible with Bluetooth heart rate devices. *See* 7 Specification to select compatible accessories.

Once you have connected your heart rate monitor, follow the instruction below to connect your bike with **Ala Fitness**.

1-8) On **Ala Fitness**: *Select* [Spin Bike]

1-9) On the Console: *Press* *any button* to wake the console.

> ☞If your model does not include a console (the P1002 series) please continually rotate the crank counterclockwise until the App finds your device.

1-10)   From the Search bar on your mobile device, *select* the serial number printed on the QR Code sticker on your bike.

LCD Model only

(P1003 、 P1005)
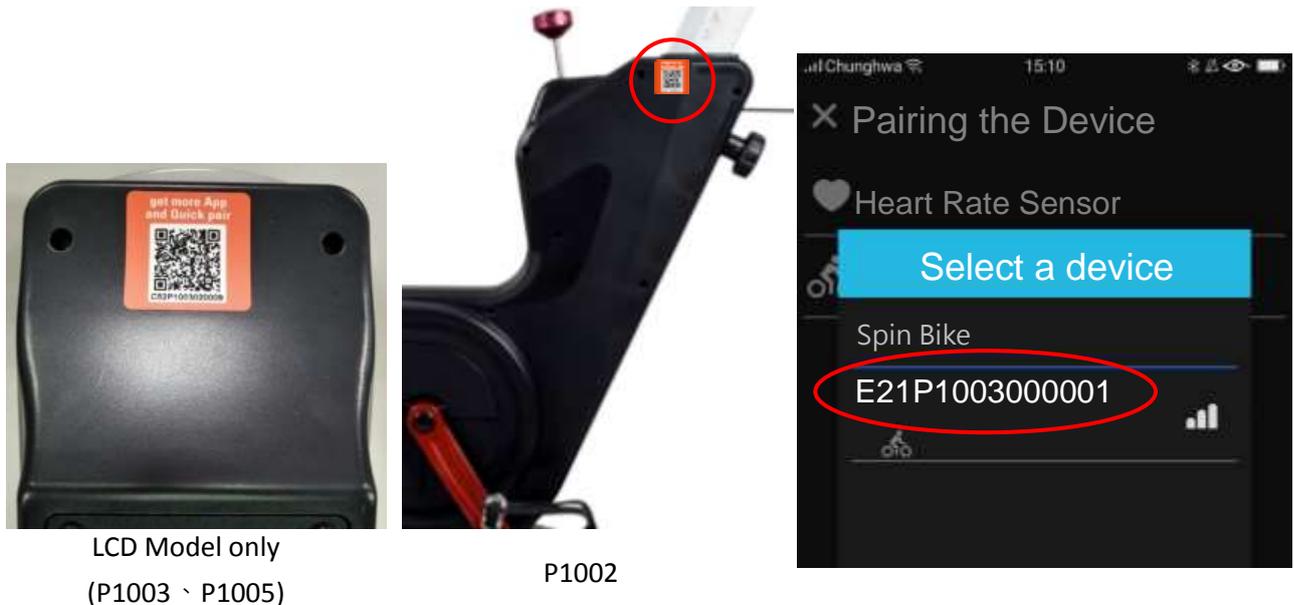
You can find the serial number on the back of your console.

P1002

You can find the serial number on the front right side of your bike.

Select the serial number printed on the QR Code sticker on your bike.

1-11)   Once the pairing is successful, it will show on both the console and **Ala Fitness**.
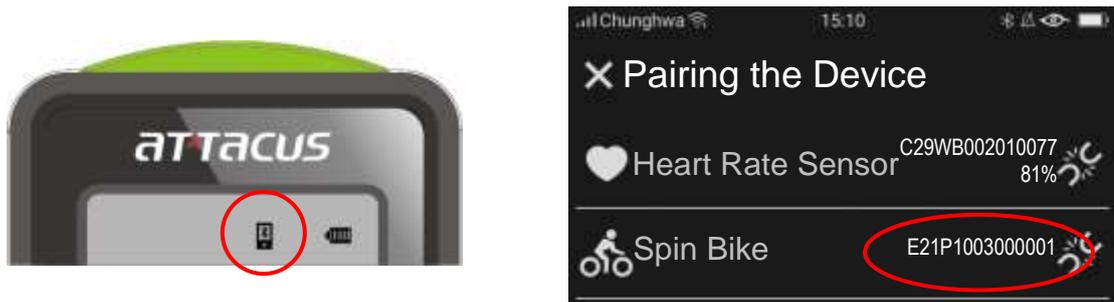
2) **Start an Activity:** On **Ala Fitness**, s*elect* [Next Step] > [Start] then you can start pedaling.

3) **During an Activity:** *Swipe left or right* on **Ala Fitness** to view real-time data.

4) **End an Activity:**

4-1)   To stop the spin bike, stop pedaling or press the brake.

4-2)   On **Ala Fitness:** *Select* [Unlock]> [Pause] > [Stop] to end the activity.

4-3)   *Swipe left or right* on **Ala Fitness** to view workout summary.

4-4) If you would like to save this record, *select* ☁. If you would like to discard, *select* 🗑 。

☞ Data saved by the app will be stored on cloud but not the console. To view your workout report and data, sign in to gptfit.com.

5.6 Heart Rate Zone Indicator

It doesn't matter if you are a well-trained professional athlete or an office worker with mainly sedentary lifestyle, using the heart rate indicator to measure workout intensity is healthy, safe, and efficient. When you have set your 'Zone' preference as HR, the light on the console and the rear wheel will change according to your current heart rate zone.

The heart rate zone can measure your training intensity and the effort you put in on each stage.

Light	Heart Rate Zone		Training Intensity%		Effort	Feel	Training Functions	Purpose
			%MHR	%HRR				
Blue	<Z1	Daily Life	~50	~55				
Cyan	Z1	Warm Up	50~60	55~60	Easy	Fully relax	Facilitate warm-up & energy recovery	Get fit
Green	Z2	Fat Burn	60~70	60~65	Steady	Talking while exercising	Improve metabolism	Lose excessive weight
Yellow	Z3	Aerobic	70~80	65~75	Moderate	Tired & hard to keep talking	Enhance aerobic power	Aerobic fitness
Orange	Z4	Anaerobic	80~90	75~85	Hard	Feeling strenuous, can't talk comfortably	Increase speed & lactate threshold	Get faster & stronger
Red	Z5	Maximum Effort	90~	85~	Very Hard	Out of breath & short heartbeat	Explosive power	Explosive power

⚠ Warning!

- Heart rate monitors may be inaccurate for certain individuals or under some circumstances. The heart rate may display as higher or lower than the actual heart rate for individuals of certain physical features or under certain special activity.

- The heart rate device is for your reference only; it is not a medical device. Overtraining may cause serious injury or death. If you are experiencing any discomfort, please stop exercising immediately.

☞ Tips

- To enable this function, you need a Bluetooth or ANT+ Heart Rate Device to connect to the console.

- HR Zone is one of the most common intensity indicators. The data is based on the two following heart rate measurement methods:

   %MHR = (220 − User's Age)×Intensity percentage

   %HRR = (Max. HR − Resting HR)×Intensity percentage + Resting HR

- The will by default apply Max.HR for the heart rate zone indication. You can adjust the setting and manually set up your Max. HR and Resting HR. *See* 5.3.3 Profile > HR Calculation.

5.7   Watt Zone Indicator

When you have set the display preference for Zone Light as Watt, the console light and the wheel light will change color according to your current Watt Zone.

Light	Watt Zone	Watt Range
Blue	Z0	0~100
Cyan	Z1	101~150
Green	Z2	151~200
Yellow	Z3	201~250
Orange	Z4	251~300
red	Z5	301~350
Magenta	Z6	351~

⚠ Warning!

● Please warm up for at least 15-20 minutes to allow your body to adjust to the intense FTP training.

● It is highly recommended for beginners to seek professional guidance before attempting high intensity training. Attempting intense training prior to any related training or guidance will cause severe energy chronic fatigue and serious injury.

● If you feel faint or any discomfort, please stop exercising immediately.

👉 Tips

● When there is more force being added to the pedals, an increase of the rpm on the crank, or more resistance is added the watt rate will be higher.

5.8   FTP Zone Indicator

Power is one of the most efficient and scientific ways to measure the intensity in cycling training; the unit is Watt. It is commonly used by professional trainers and athletes as an indicator for their improvement. The FTP is definitely a helpful system for both aerobic and anaerobic training.

When you have set the **FTP** as your **Zone light**, the light on the console and the light on the wheel will change color in accordance with the color on the %FTP chart.

Through the FTP Zones, you can measure your training intensity and how much force your body has inserted during the workout.

Light	Power Zone		Training Intensity% (%FTP[1])	Levels
Blue	Z0	Recovery Zone	0~100	Lowest
Cyan	Z1	Endurance	101~150	Low
Green	Z2	Tempo	151~200	Med-Low
Yellow	Z3	Lactate Threshold	201~250	Medium
Orange	Z4	VO2 Max.	251~300	High
red	Z5	Anaerobic	301~350	highest
Magenta	Z6	Maximal Effort	351~	Extreme

Reference: Peaks Coaching Group, Training Peaks.

⚠ Warning!

● Please warm up for at least 15-20 minutes to allow your body to adjust to the intense FTP training.

● It is highly recommended for beginners to seek professional guidance before attempting high intensity training. Attempting intense training prior to any related training or guidance will cause severe energy chronic fatigue and serious injury.

● If you feel faint or any other discomfort, please stop exercising immediately.

☞ Tips

● The default FTP rate is 150. Please adjust in accordance with your own physical condition and insert your personal maximum average rate, *see* 5.3.3 Profile > FTP.

● When you have input the higher force onto the pedals, with faster revolution, or have increase in resistance, the power rate will increase.
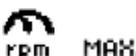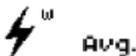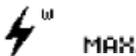
📝 Footnote

1   %**FTP** = Functional Threshold Power × Power Percentage.

The power has been divided to 7 levels and can be used for various training purposes and workout menus.

2 **FTP** stands for Functional Threshold Power. It is the average of power generated after one hour of stable full-strength cycling. The idea was introduced by fitness coach Hunter Allen and Dr. Andrew Coggan in 2012. *Please see* Appendix 8.2 Functional Threshold Power Test.

5.9 Data Field

Under Activity Mode, each icon demonstrates the following:

Icon	Icon Names	Description
	Distance [1]	Distance of your current activity
	Calories	Total calories consumption of current activity（kcal）
	Time [2]	Timer
	Heart Rate [3]	Heart Rate per minute（bpm）
	Average Heart Rate	Ex. **Avg. 157 / 155** indicates: Your average HR is 157 and current HR is 155
	Max. HR	Ex. **MAX. 182 / 155** indicates: Your average HR is 182 and current HR is 155
	HR Percentage	Percentage of your current HR.
	Cadence [4]	Revolution per minute（rpm）
	Avg. Cadence	Ex. **Avg. 87 / 85** indicates: Your average rpm is 87 and current rpm is 85
	Max. Cadence	Ex. **MAX. 107 / 85** indicates: The average rpm 107 and current rpm 85
	Power [5]	Current watt rate from pedaling（watt）
	Avg. Power	Ex. **Avg. 93 / 91** indicates: The average watt rate is 93 and current watt is 91
	Max. Power	Ex. **MAX. 116 / 91** indicates: Your Max. watt rate is 116 and current watt is 91
	Speed [6]	Current moving speed in KPH or MPH
	Avg. Speed	Ex. **Avg. 32.6 / 32.0** indicates: The average speed is 32.6 KPH or MPH and current speed is 32
	Max. Spee	Ex. **MAX. 38.8 / 32.0** indicates: The Max. speed 38.8 KPH or MPH and current speed is 32
	Resistance level	Your current resistance level
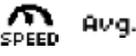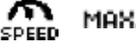
Icons under Training Mode:

| Icon	Icon Names	Description
▲ ⚑	Target Distance	Ex. ⚑**3.5 / 1.8** indicates: Your target distance is 3.5 and you have currently finished 1.8
🔥 kcal ⚑	Target Calorie-burn	Ex. ⚑**250 / 128** indicates: Your target calories consumption rate is 250 and you have burned 128
⏱ ⚑	Target Time	Ex. If you have a target time of 30 min, it will show ⚑**30：00**

📝 Footnote

1 Distance is displayed in either km or mi. *See* 5.3.3 Profile > Unit for more information on changing the units.

2 When the elapsed time is less than 60 min, the display will indicate **MM** : **SS** for Minute : Second.

   When the elapsed time exceeds 60 min, then **HH** : **MM** for Hour : Minutes.

3 HR can only be displayed when a Bluetooth and ANT+ heart rate device is successfully paired and read.

4 This icon demonstrates the cadence per minute, which is the revolution rate of the crank per minute (rpm).

   Ex. 60 rpm is 60 revolutions/min

5 A build-in power meter can transform your pedaling input into Watt rate.
   Power Accuracy:

   Input Power ≥50 Watt is within ±10％

   Input Power <50 Watt is within ±5 Watt

6 The unit for distance is KPH (km/h) or MPH (mi/h). *See* 5.3.3 Profile > Unit for information on changing the units.

6 Maintenance

To ensure the safety of the user and prolong the equipment's life cycle, the bike needs to be inspected and maintained on a regular basis. Please read and follow the instructions below. If you have any questions regarding the maintenance of the equipment, please contact customer service or your distributor.

Frequency	Action
Daily	Check and ensure the equipment is steady.
Before use	Check parts that are most susceptible to wear are not damaged or broken (Pedal Straps, Pedal Cages).
After use	Use a slightly damp cloth to clean on the saddle and handlebar.
Weekly	Wipe down and thoroughly clean the bike using soft damp cloth.
Biweekly	● Test if the brake functions properly. Testing method: Press the red emergency brake while pedaling. The flywheel should slow down (when being pushed down gradually) or stop completely (when being pushed all the way down). ● Inspect if there is any damage on the pedal straps. ● Lubricate the saddle and handlebar posts according to the image below (A, C). Pull up the saddle and handlebar posts to the highest position and spray the silicone-based lubricant on the surface. Wipe the entire post with soft cloth. Once done, set the post back to normal position and tighten the knobs. ● Lubricate the handlebar and saddle slide bars (B, D). Release the slide-bars, remove any foreign objects (if any) on the slide bar and use a soft cloth to apply a small amount of silicon grease. Once complete, put the slide bar back to normal position and tightened the knobs.
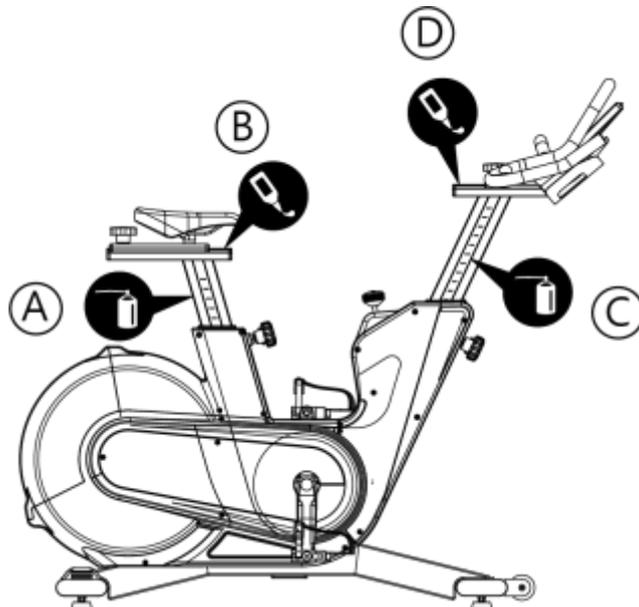
⚠ **Attention!**

- If you have discovered any damage, torn or missing parts, or malfunction, **DO NOT** use the equipment until the issue is fully solved. Contact your distributor immediately for certified maintenance.

7 Specification

| Model	FireFly AP1000		
Series	P1003	P1005	P1002
Size	L 1340×W 530×H 1060mm / L 52.7”×W 20.9”×H 41.7”		
Weight	50 kg / 110 lb.		
Max. User's Weight	159 kg / 350 lb.		
Applicable User's height	150 to 200 cm / 5 ft 9 in to 7 ft 87 in		
Brake System	Magnetic Resistance		
No. of Levels	20 Levels		
Electricity	Generator (self-generated)		
Shipping Size	L 1400×W 300×H 815mm / L55”×W11.8”×H32.1”		
Screen	5” LCD Backlight LCD		N/A
Heart Rate Monitor	Bluetooth$^®$ ANT+$^®$	Bluetooth$^®$ ANT+$^®$ NFC^{TM}	N/A
Wireless Technology	Bluetooth Low Energy FTMS Profile		
Reading in Display	Time, Distance, Speed, Heart Rate, Calories, Cadence (rpm), Watt		N/A
Cloud Integration	GPT fit		
Application	Ala Fitness App		
Compatible Application	Zwift App		
Selective Accessories	**ALATECH** Heart Rate Chest Strap CS009/CS010/CS011/CS012 **ATTACUS** Optical Heart Rate Armband Obeat1/Obeat3 **ATTACUS** GPS Watch Star ONE/Star 2		N/A

Manufacturer

ZHEJIANG ALA FITNESS TECHNOLOGY LTD.

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Tel: +86-573-8862 8666

8 Appendix

8.1 Exploded View

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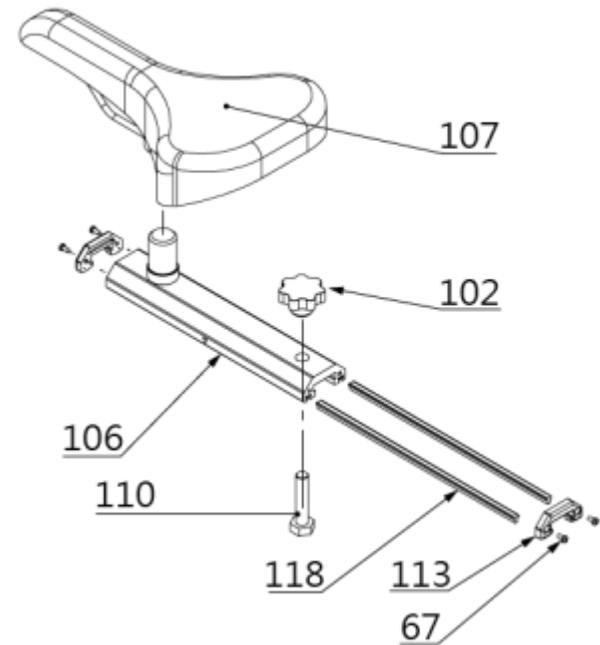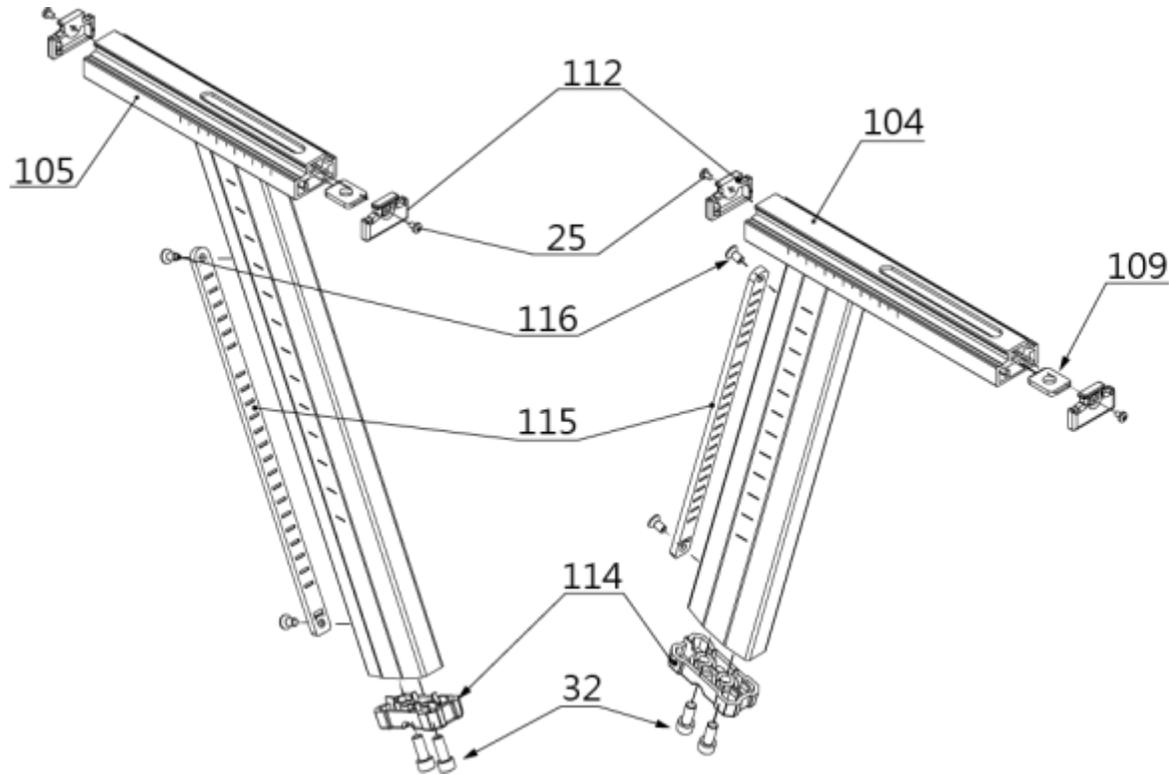
8.2 Functional Threshold Power Test

1   *Press and hold* ☰ to open the setting menu, use ◀ or ▶ to select Set Target, and press ✓ to confirm. Or you can also use ◀ or ▶ to select FTP Test, and press ✓ to confirm.

2   Please follow the onscreen instructions:

Steps	Description
STEP 1	Warm up for 10 minutes (easy cadence).
STEP 2	3 sets x 1 minute with fast cadence and 1 minute of easy cadence.
STEP 3	5 minutes of all out effort (go as hard as you can), then 5 minutes easy cadence.
STEP 4	20 minutes of all out effort. Multiply the 20 minute of average power by 95 to receive the test result

3   When the testing is over, a summary will come up on screen automatically. Please collect the result on a piece of paper.

⚠ **Attention!**
- FTP testing is a challenging and high intensity activity. Please be sure to warm up properly and evaluate your own physical condition.
- Please continue cycling after the testing is over until your heart rate has returned to under 100 bpm.

8.3   Charging

The electronic console contains a lithium battery, if the battery is low, please charge the console immediately.

1. Please remove the console from the handlebar.
2. **Press any button** to wake up the console.
3. Plugged the console charging cable RJ45 to the jack on the back of the console and insert the USB connector to a USB charger.
4. Charge the console until the battery icon ▉▉▉▉ shows it is fully charged.
5. Once the console is fully charged, unplug the charging cable and screw the console back to the handlebar. Plug in the power cord to the jack on the back.
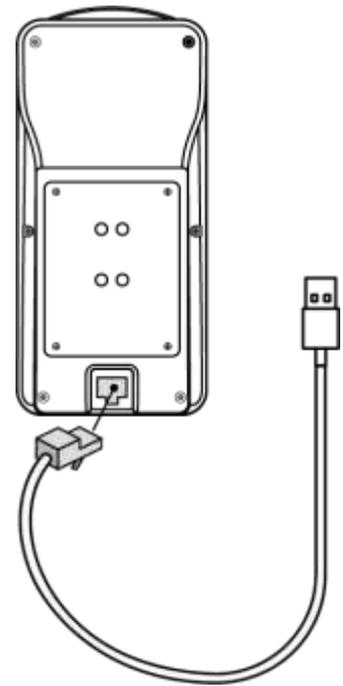
8.4   Pairing with NFC (the P1005 series only)

NFC[1] is a technology that builds quick and short-distance wireless connection between Bluetooth-enabled devices. If you have an NFC heart rate monitor, all you need to do is place the device close to the console. It will automatically transfer the heart rate data over.

Below is a demonstration of NFC pairing with the **ATTACUS** Obeat3 Armband:

1. Turn on both your sensor and console[2].
2. Touch the front side of the armband with the NFC logo below the console buttons to detect.
3. Once connected, the Bluetooth icon ✳ and your heart rate will appear on the screen.
4. Start to pedal and the console will automatically start elapsed time.

The bluetooth icon ✳ and your heart rate show up after connected.

📝 Footnote

1   NFC Tag (Passive).
2   Before connecting with NFC heart rate sensor, please check if the preferred connection method is via BLE. *See* 5.3.2.Set up > Heart Rate Device.
3   Once you start pedaling, the NFC detection will be closed after 1 minute; it is recommended that you pair the device first before you start pedaling.

ATTACUS

attacusfitness.com

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