

FireFly API 000

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 question 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 component, attachment, or accessories that have not been recommended by the manufacturer.
- Please check the components on 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 part for the damaged/missing component. Do not use the equipment before it is well-maintained.
- Alatech 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 pet 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 using 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 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 (150 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 under [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.

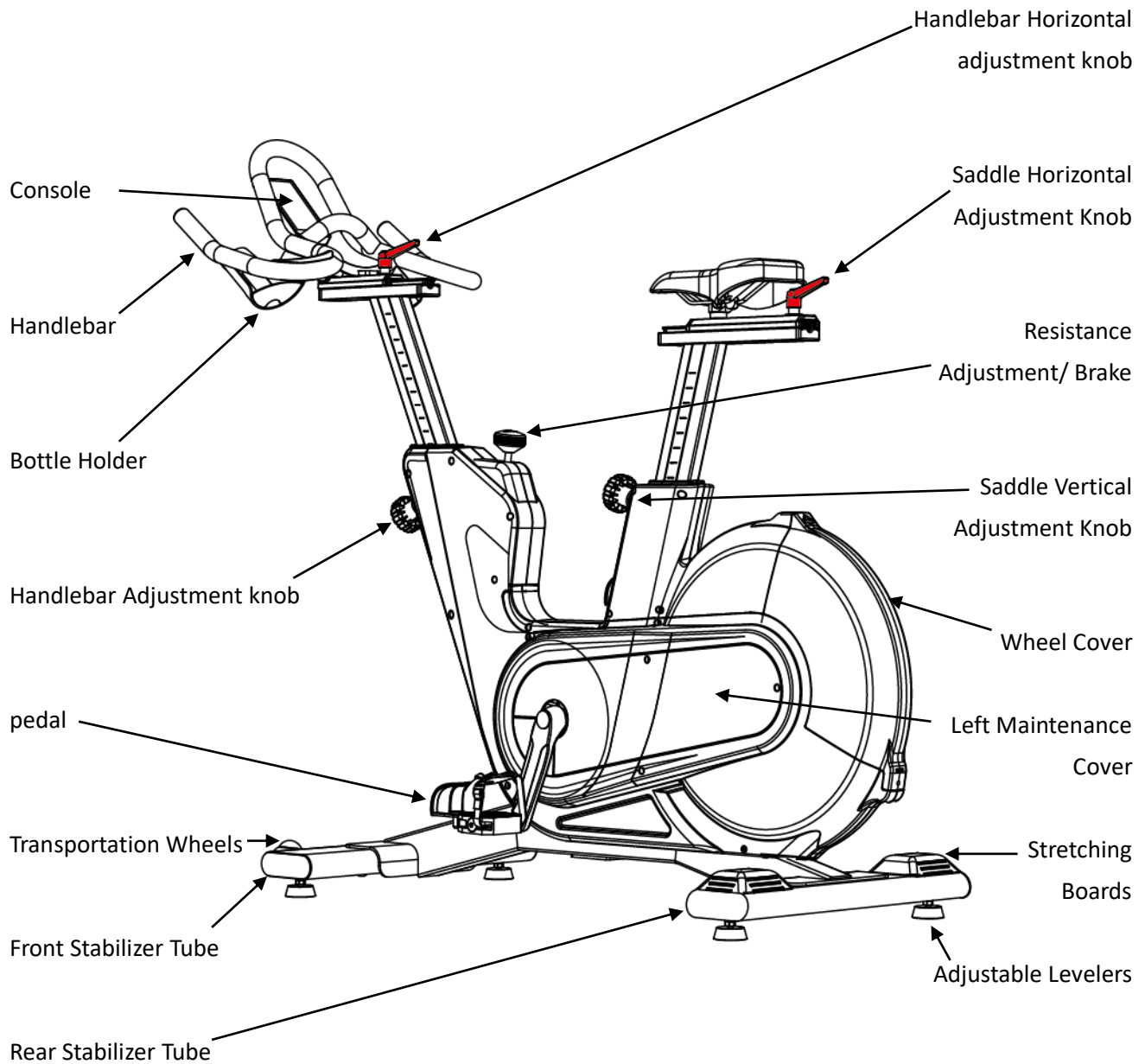
Warning !

- 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 familiarize with the instructions and cautions from this guide. This will reduce the potential to injury and insure your safety.
- If the equipment has been exposed to low temperature or humid environment, it is highly recommended to leave it in room temperature and/or dry it before using. Using the bike in the aforementioned circumstance might shorten the lifespan of electronic parts.

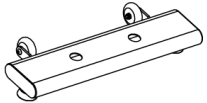
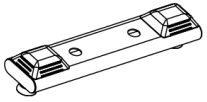
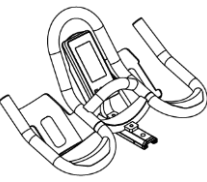


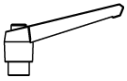


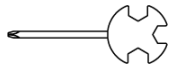
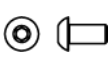
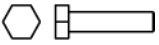


3 Assembly

Please thoroughly read through the manual before assembling. If you have any question, 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:



3.1 Parts List

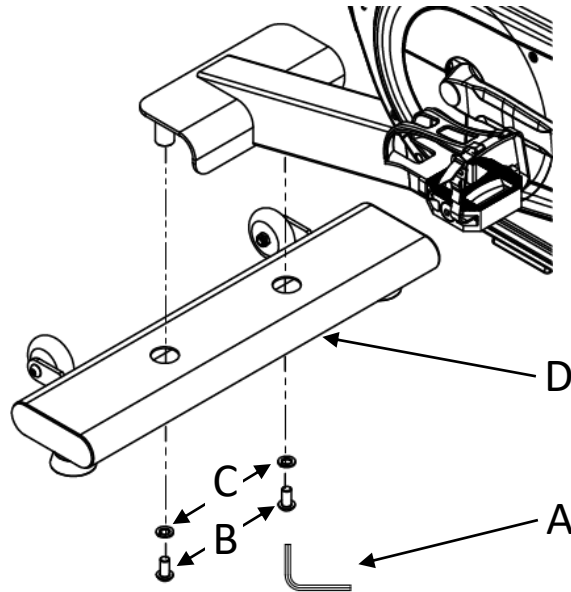
	Image	#	Specification
Components		1	Front Stabilizer Tube
		1	Rear Stabilizer Tube
		1	Handlebar (with a console attached.)
		1	Saddle
		2	Pedal
		2	Quick-Release Knob
		2	Slide Gasket
Included Tools		1	6mm Hex Wrench or Allen Key
		1	Open-ended Wrench
Tool Pack		4	Hexagon socket head cap screw (M10×1.5 ×20L)
		2	Hex Bolt (M10×1.5×40L)
		6	Washer (Ø25×Ø10×2t)
		2	Cable Tie




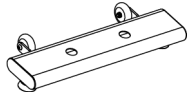
Attention !

- Please follow the instructions for assembly to ensure all the components are all set and tightened. Fail 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 question 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 a least 2 persons. Do no 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 arrived, 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.

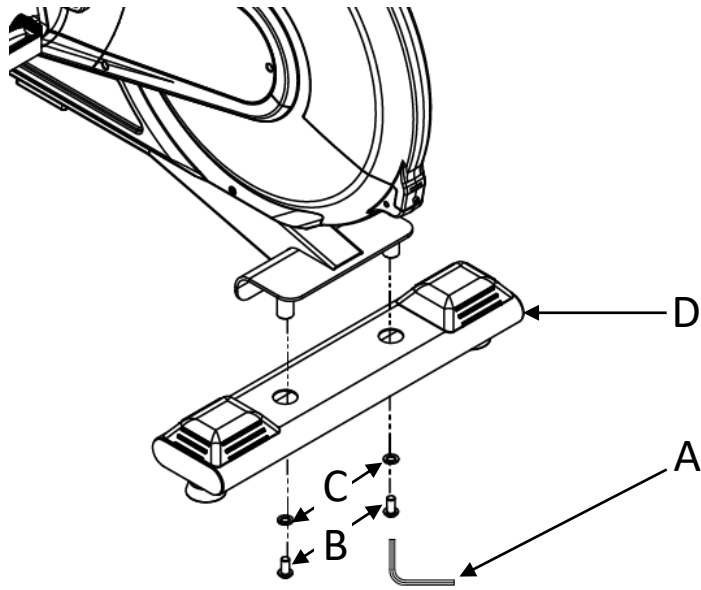
3.2 Assemble Steps




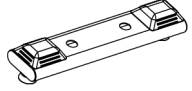
STEP 1 Assemble the Front Stabilizer Tube



Parts in letters	Parts Images	Specification	# of part used
A		6mm Hex Wrench/Allen Key	1
B		Hexagon socket 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

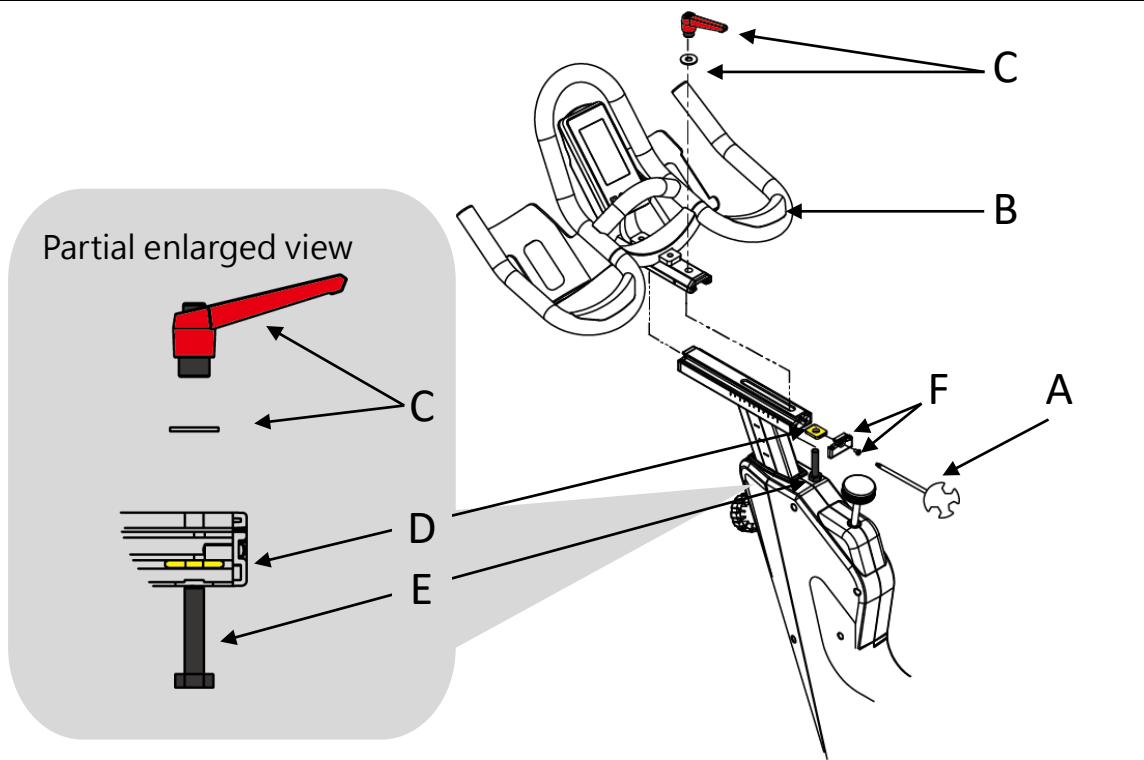


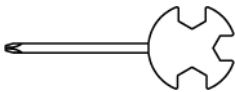
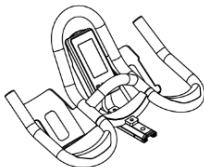


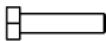
Parts in letters	Parts Images	Specification	# of part used
A		6mm Hex Wrench/Allen Key	1
B		Hexagon socket head cap screw (M10 ×1.5×20L)	2
C		Spring Washer ($\varnothing 25 \times \varnothing 10 \times 2t$)	2
D		Rear Stabilizer Tube	1

STEP 3

Assemble the Handlebar

- 1) Please use **A** the Open-end Wrench to remove **F** screw and end cap as shown on 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 in the following order the **D** Slide Gasket, **C** washer and place the Quick-release L knob on top.
- 4) Please put the parts removed in STEP 1, the screw and end cap, back on and tighten.



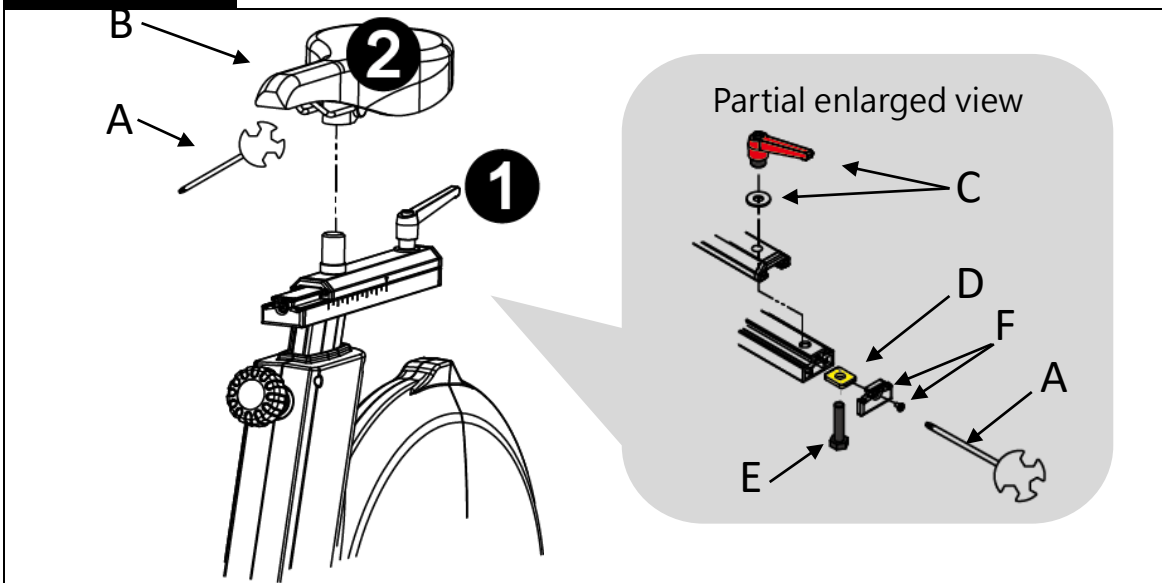
Parts in letters	Parts Images	Specification	# of part used
A		Open-end Wrench	1
B		Handlebar (with console already attached)	1
C		Quick-release L Knob with Washer ($\varnothing 25 \times \varnothing 10 \times 2t$)	1
D		Slide Gasket	1
E		Hex Bolt (M10 \times 1.5 \times 40L)	1

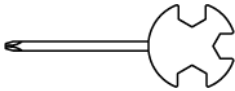



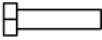
STEP 4

① Assemble Quick-release L Knob

- 1) Please use **A** the Open-end Wrench to remove **F** screw and end cap as shown on 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 in the following order the **D** Slide Gasket, **C** washer and place the Quick-release L knob on top.
- 4) Please put the parts removed in STEP 1, the screw and end cap back on and tighten.

② Use the Open-end Wrench to tighten the saddle

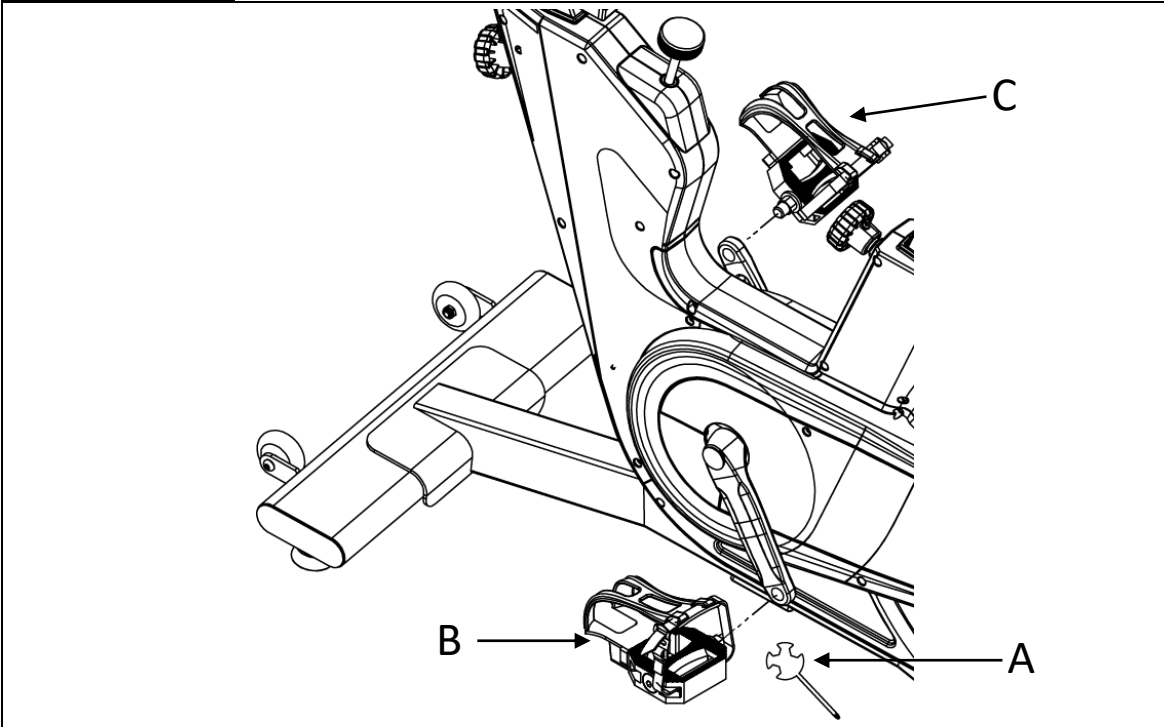


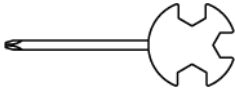


Parts in letters	Parts Images	Specification	# of part used
A		Open-end Wrench	1
B		Saddle	1
C		Quick-release L Knob with Washer ($\varnothing 25 \times \varnothing 10 \times 2t$)	1
D		Slide Gasket	1
E		Hex Bolt (M10×1.5×40L)	1

STEP 5

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 clockwise manner.
- 2) Align the **C** right pedal into the right crank hole; in the counterclockwise manner, screw it with **A** open-end 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.

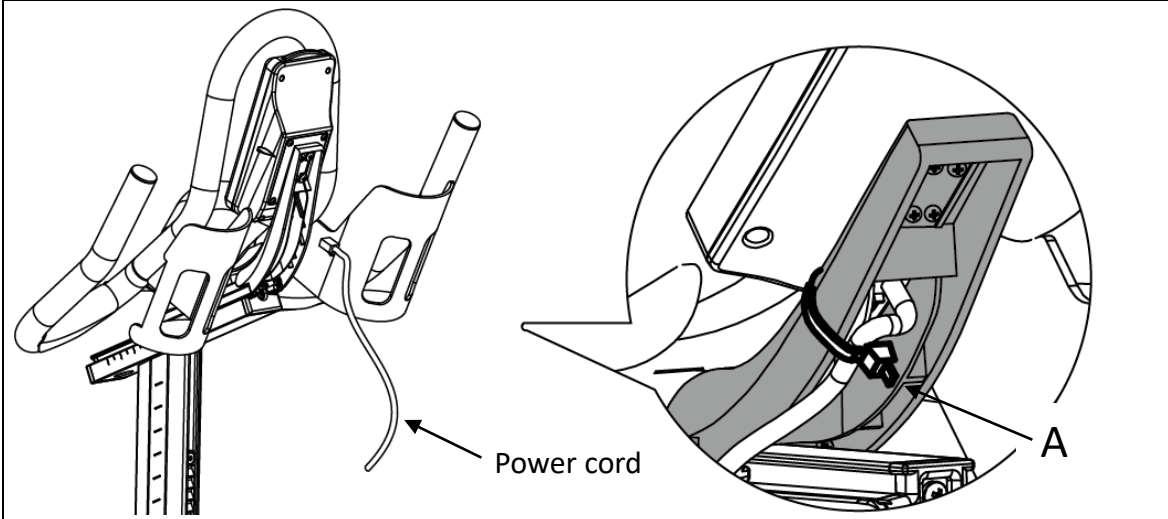



Parts in letters	Parts Images	Specification	# of part used
A		Open-end Wrench	1
B		Left pedal	1
C		Right Pedal	1

STEP 6

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 accidental pulling the cord or hindrance of movement.



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

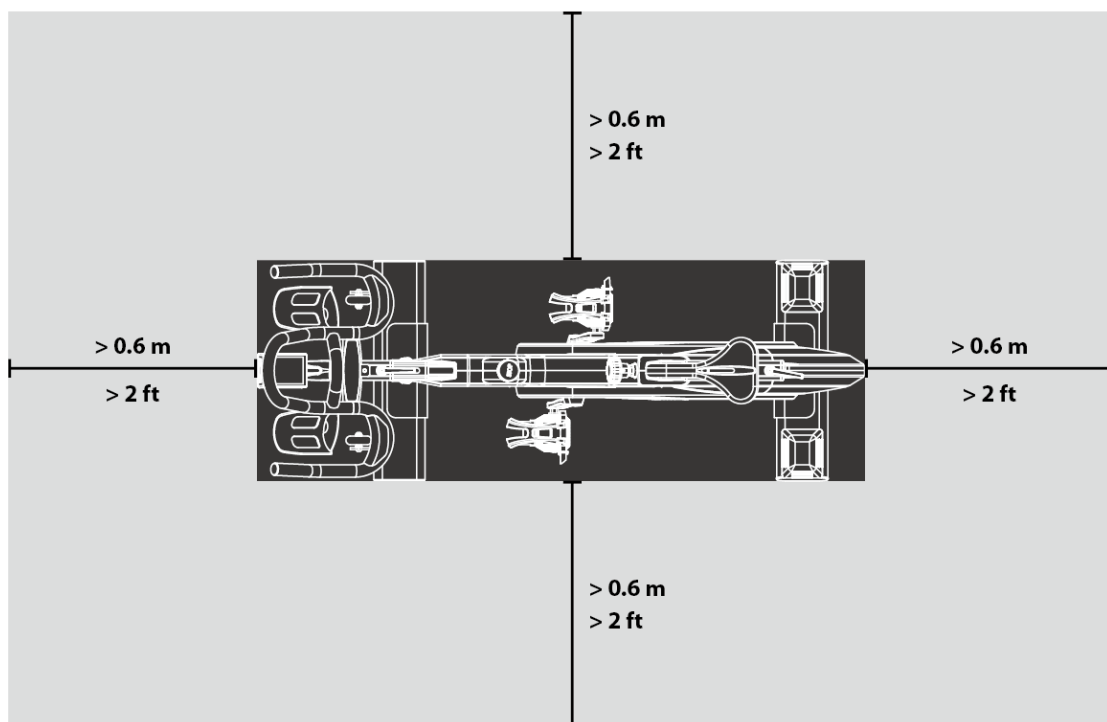
4 Preparation

Riding 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 workout.
- 2) Please stay focused during workout and maintaining 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 professional fitness coach 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.

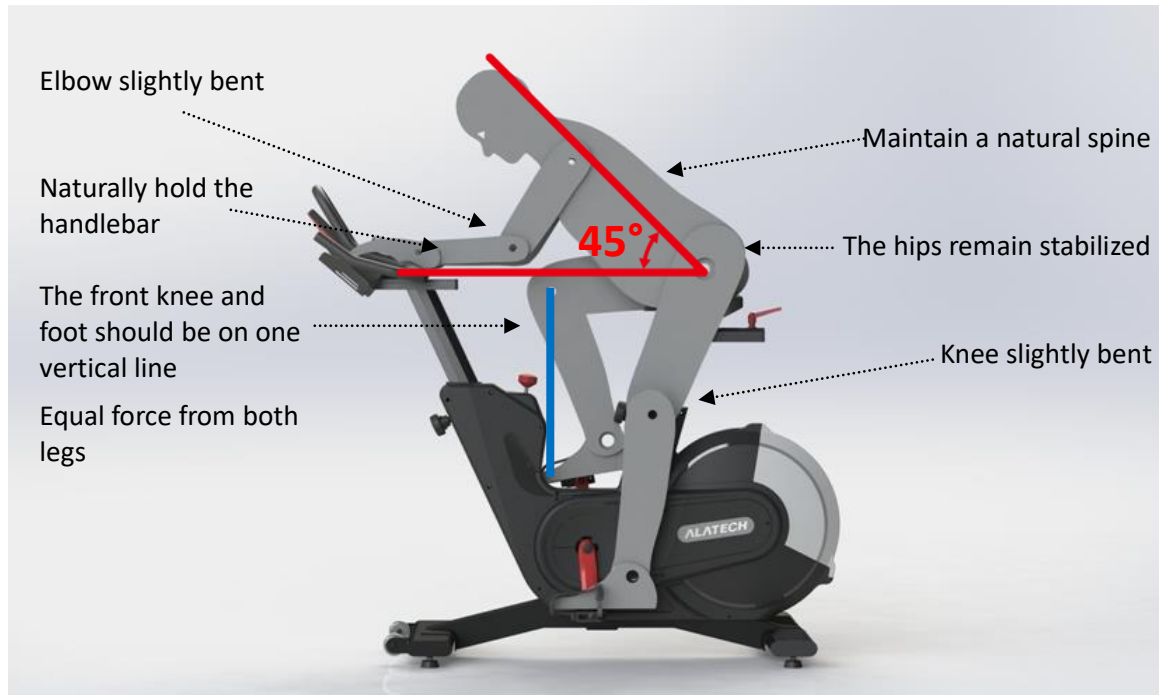
4.1 Placement of the Equipment

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

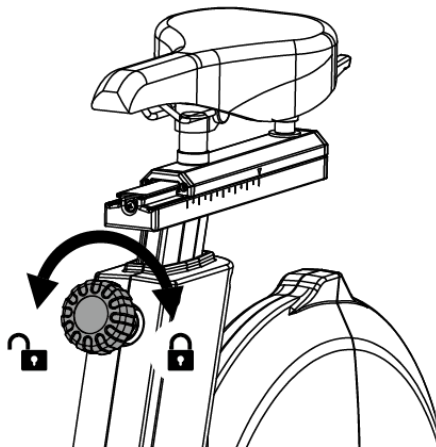


4.2 Adjusting the Training & Indoor Cycling

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

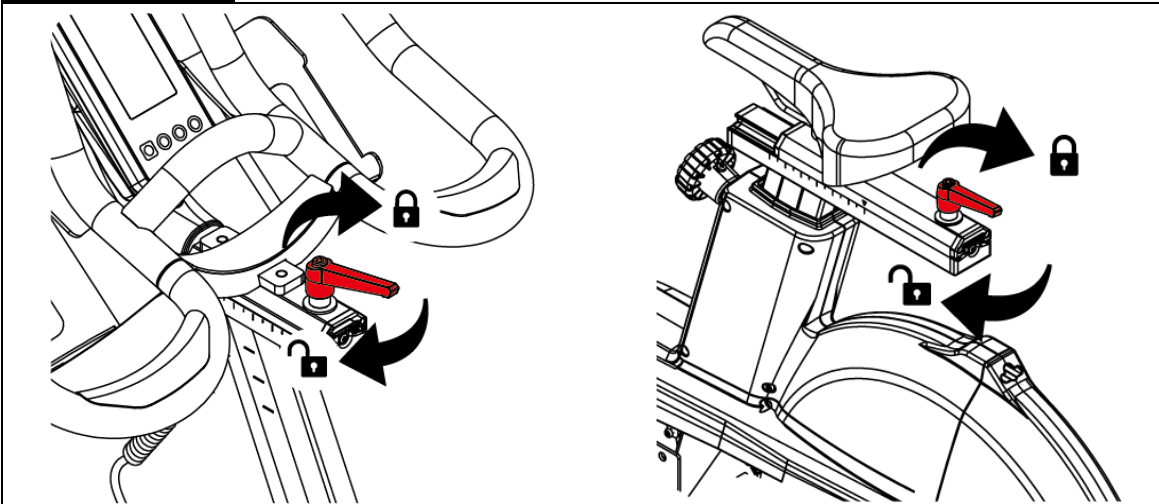


STEP 1 Adjusting the Saddle



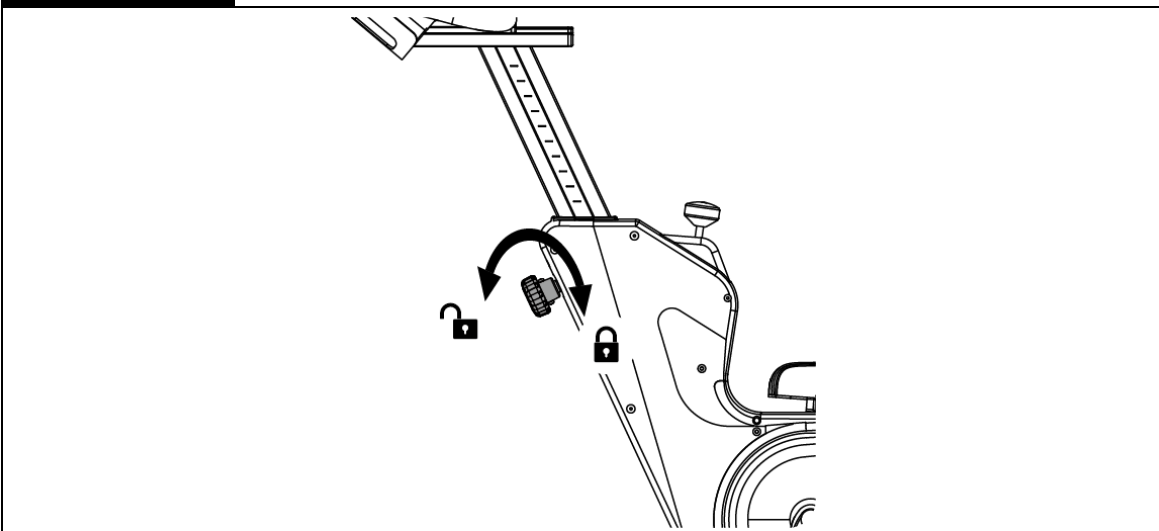
- 1) Turn the adjustment knob counterclockwise to loosen and pull the knob outwardly.
- 2) When you have pulled the knob, you can then pull up or adjust the saddle tube. Set the saddle the in the height of your upper hip. Once all set, in the clockwise manner tightened the knob.
- 3) For beginners, if 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 L knob counterclockwise to release and push the handlebar and saddle to your preferred horizontal position.
- 2) The ideal distance between the saddle and handle bar 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 red knob to the left and tightened it.

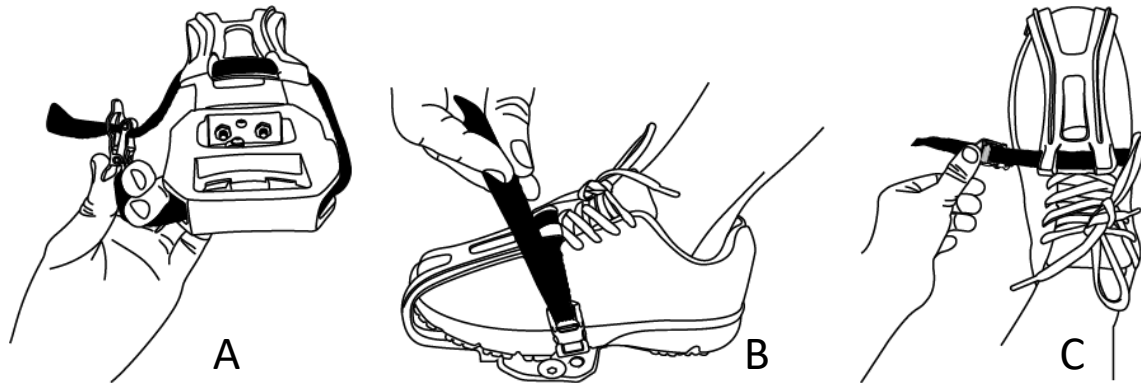
STEP 3 Adjusting Handlebar Height



- 1) Turn the knob counterclockwise, and pulled the knob outwardly
- 2) As the knob is pulled, raised the handlebar to the equal height of the saddle. Once done, turn in the clockwise manner to tightened the knob.
- 3) When on the saddle, hold the handlebar with both hands, your upper body should be a 45° angle with the lower body.
- 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 than adjust the height to the same as the saddle.

STEP 4

Tightened and Release of the Pedal Straps



Start an activity

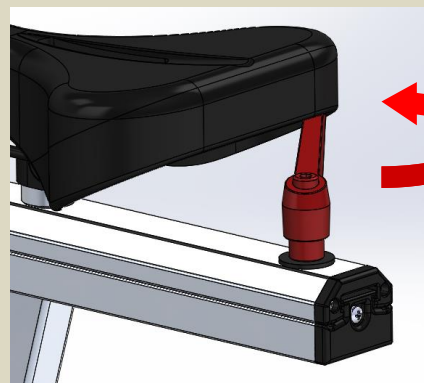
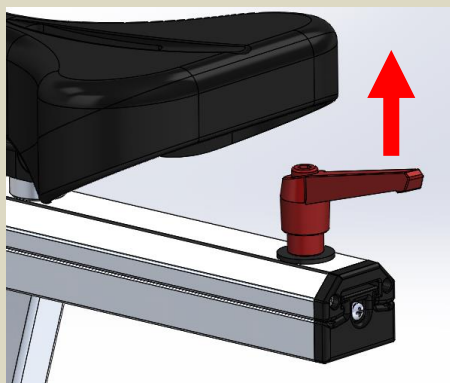
- 1) Buckle up the strap.(A)
- 2) Place your foot into the pedal cage.(B)
- 3) Pull up on the Pedal Strap to tighten the Pedal Cage, snug to fit.(B)

End an activity

- 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)

Warning !

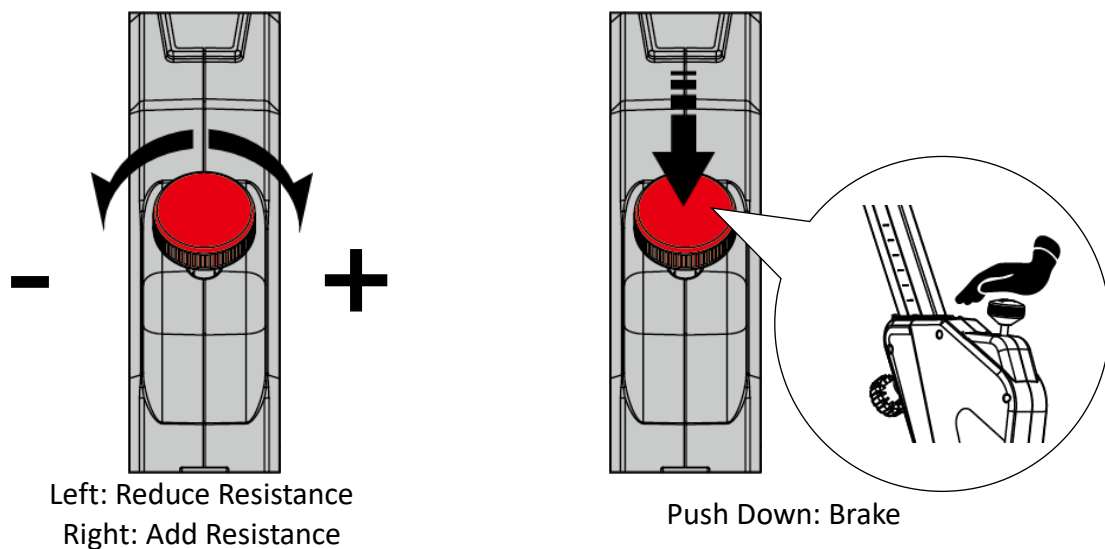
Warning that if any of the adjustment knobs are left projecting, they could interfere with the user's movement.



The direction of the L knob's lever arm is adjustable by pulling the entire L knob upward; turn it to the direction that will not hinder your movement. (When you pull the L knob upward, turning will not affect the tightness of the L knob.)

4.3 Resistance/Brake

- 1) Before workout, warm up for at least 15 minutes. After warm 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.



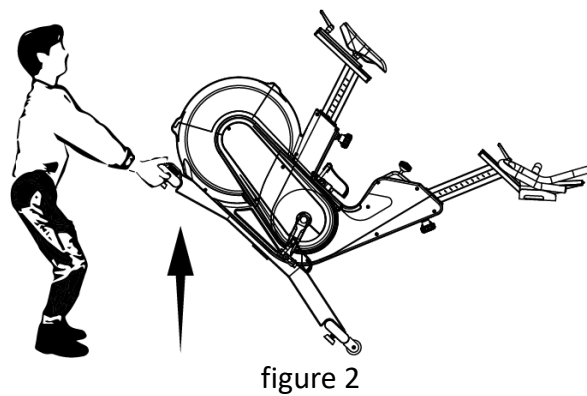
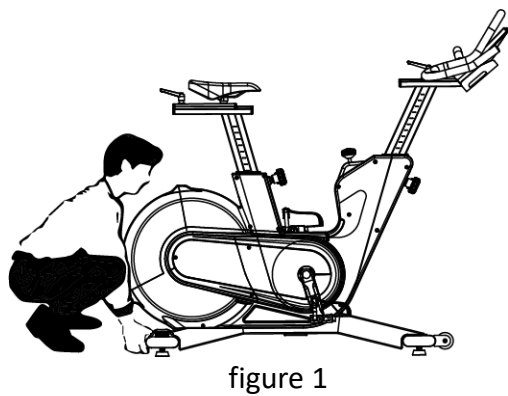
Warning!

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 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 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 move to your prefer spot, slowly and carefully put the rear end down to the floor.







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:

	<ul style="list-style-type: none"> ● Press and hold for the Setting Menu. ● Press for the Display Preference. 		<ul style="list-style-type: none"> ● Press and hold to reset ¹ ● Press to confirm
	<ul style="list-style-type: none"> ● Previous Page ● Scrolling through the options 		<ul style="list-style-type: none"> ● 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
	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 perform routine exercise on the equipment. The battery needs constantly charging via movements on the bike. If being left idle for 3 months or longer, the battery will be 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.





Footnote

- 1 Press and hold  at anytime 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'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

- 1) Under Sleep Mode, **press** any button to wake the screen.
- 2) **Press and hold**  to open the menu, **press**  or  to select or edit, when done, **press**  to confirm.
- 3) **Select** [Back] to cancel and return to the previous page.
- 4) **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®. (Bluetooth4.0) Please connect according to the instruction of your heart rate device.

- Auto pause:
 - ON:** Once stop riding, the timer will stop automatically and the console will enter pausing countdown.
 - 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 [Index 8.2 FTP Testing Method](#).

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



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 record the elapse time automatically.

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

5.4.2. Start with Personalized Training Goal


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 record the elapse time automatically.




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 summary.
- 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 record the elapse time automatically.




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.

4) Ending an Activity:

- 3-4) 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.
- 3-5) If you would like to resume, please continue pedaling.
- 3-6) If you would like to end the activity and exit, **press** .

5) View your activity summary:

- 4-1) When an activity is over, **press**  or  to view different workout summary.
- 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 self-generator. The generator sustains enough energy for the console to function. Therefore, for energy preservation, the console will turn off automatically after 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) Go to App Store \ Google Play or scan the QR code to install **Ala Fitness**.

System Requirement:


- iOS 10.0 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) Console: ***Press*** any button to wake the console.

1-7) From the Search bar on your mobile device, ***select*** the serial number of your console.



You can find the serial number on the back of your console.



Select the serial number of your console.



1-8) Once the pairing is successful, it will show on both the console and **Ala Fitness**.



2) Start an Activity: On **Ala Fitness**, ***press*** [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, **press** . If you would like to discard, **press** .

 All your uploaded data will be stored on Cloud. To view your workout report and data, sign in to <https://www.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 monitor 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:

$$\%MHR = (220 - \text{User's Age}) \times \text{Intensity percentage}$$

$$\%HRR = (\text{Max. HR} - \text{Resting HR}) \times \text{Intensity percentage} + \text{Resting HR}$$
- Max. HR is the maximal number one's heart could beat in one minute. The data varies from individuals, and the result is changeable through efficient training. Therefore, is highly recommended to have professional trainer to train and measure one's heart rate.
- Resting HR measures the first three minutes you stand up in the morning. A high resting

heart rate indicates you have not fully recovered from your previous exercise. Give yourself approximately three days for the lowest average, during this period, do not attend intensive workout.

- 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 TFT training.
- It is highly recommended for beginners to seek professional guidance before attempting high intensity trainings. 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 way 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 adjust to the intense TFT training.
- It is highly recommended for beginners to seek professional guidance before attempting high intensity trainings. 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 is introduced by fitness coach Hunter Allen and Dr. Andrew Coggan in 2012.

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
	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

- Distance is displayed in either km or mi. See [5.3.3 Profile > Unit](#) for more information on changing the units.
- When the displayed time is lesser than 60 min, the display will indicate **MM : SS** for Minute: Second.

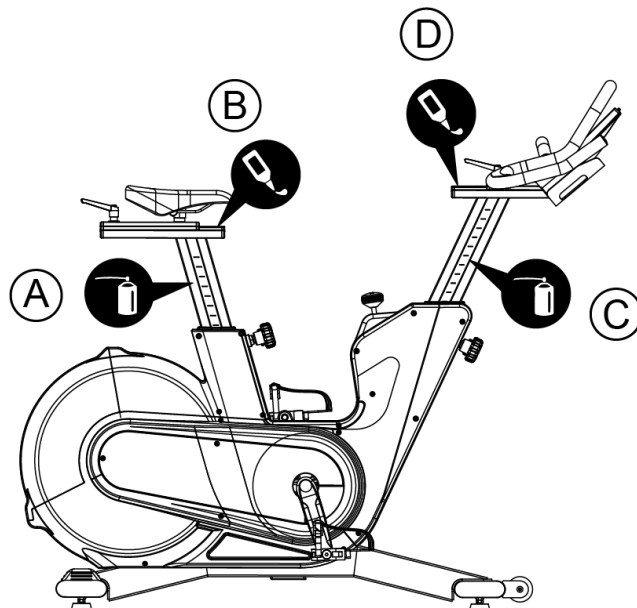
When the time exceeds 60 min, then **HH : MM** for Hour and Minutes.
- HR can only be displayed when a Bluetooth and ANT+ heart rate device is successfully paired and read.
- This icon demonstrates the cadence per minute, which is the revolution rate of the crank per minute (rpm).
Ex. 60 rpm is 60 revolutions/min
- 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
- 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 need to be inspected and maintained on a regular basis. Please read and follow the instructions below. If you have any question 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 saddle and handlebar.
Weekly	Wipe down and thoroughly clean the bike using soft damp cloth.
Biweekly	<ul style="list-style-type: none"> ● 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 silicon-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 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

Size	L 1340×W 530×H 1060mm / L 52.7"×W 20.9"×H 41.7"
Weight	52 kg / 115 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
Heart Rate Monitor	Via Bluetooth [®] or ANT+ [®] wireless technology
Reading in Display	Time, Distance, Heart Rate, Calories, Cadence (rpm), Watt
Workout Tracking System	Ala Fitness App(with Cloud) 、Ala Cloud Run App(with Cloud)
Compatible Application	Zwift App
Selective Accessories	ALATECH Heart Rate Chest band CS009/CS010/CS011/CS012, Optical Heart Rate Armband and ATTUCUS GPS Watches

After Sale Services (Only applies to Taiwan area)

Attacus International

39F., No.758, Zhongming S. Rd., South Dist., Taichung City 40255, Taiwan (R.O.C.)

Customer Service line: 0800-608341

Operating Hours : Mon.-Fri. 9:30-17:30 (Time may vary on national holidays)

Manufacturer

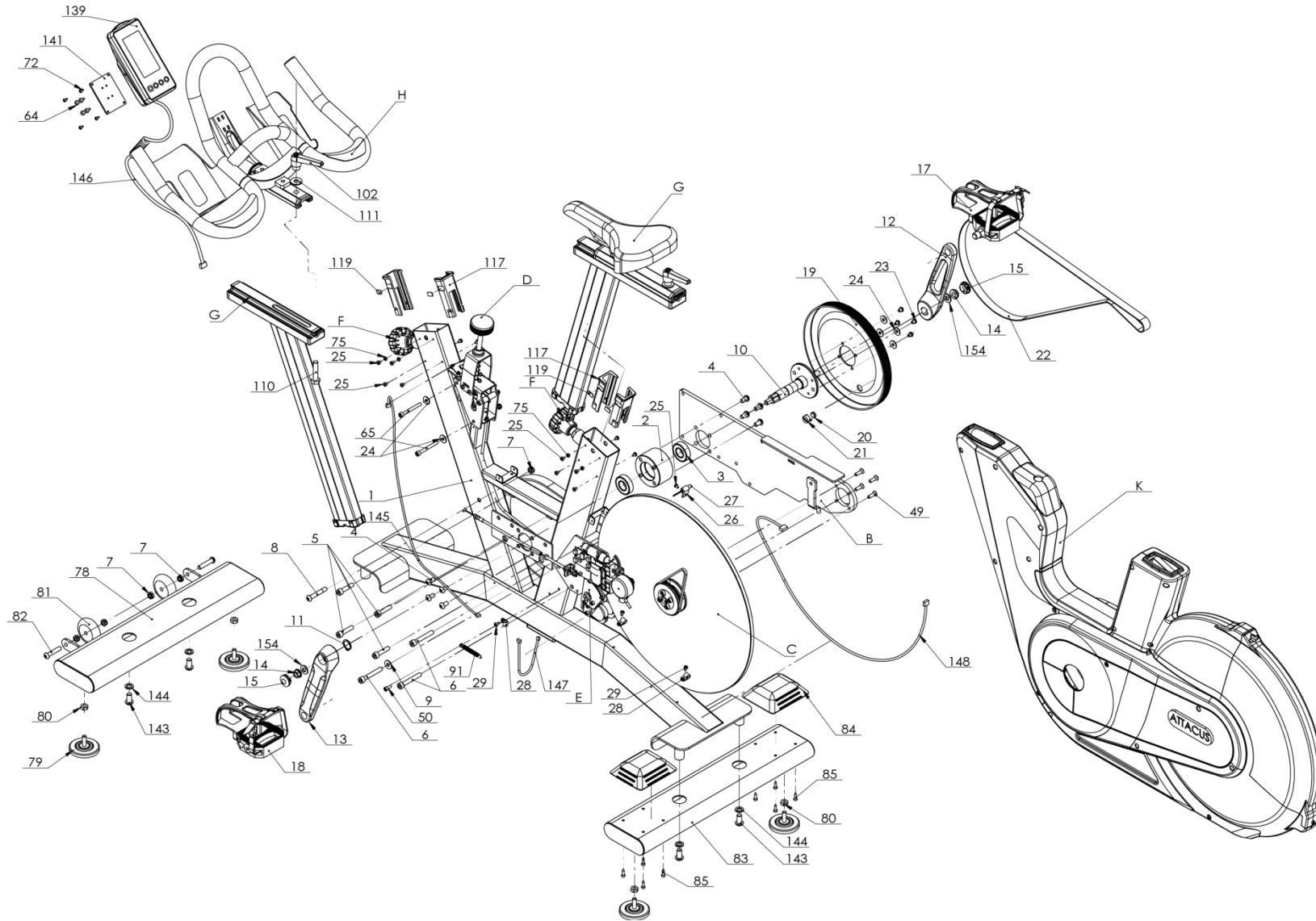
ZHEJIANG ALA FITNESS TECHNOLOGY LTD.

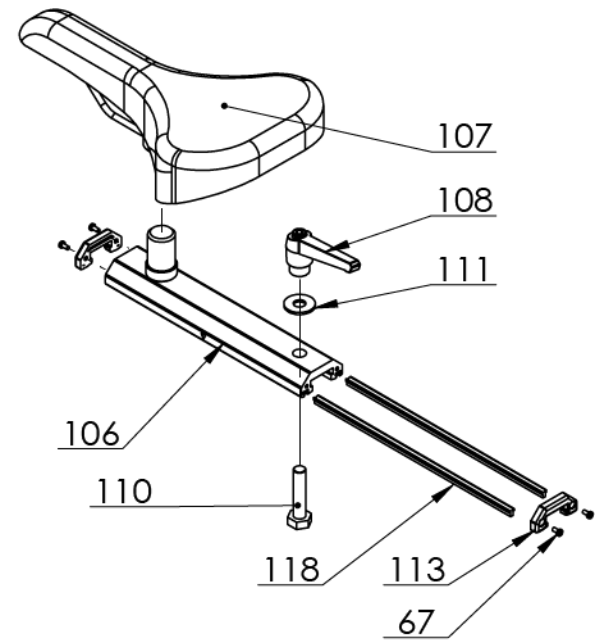
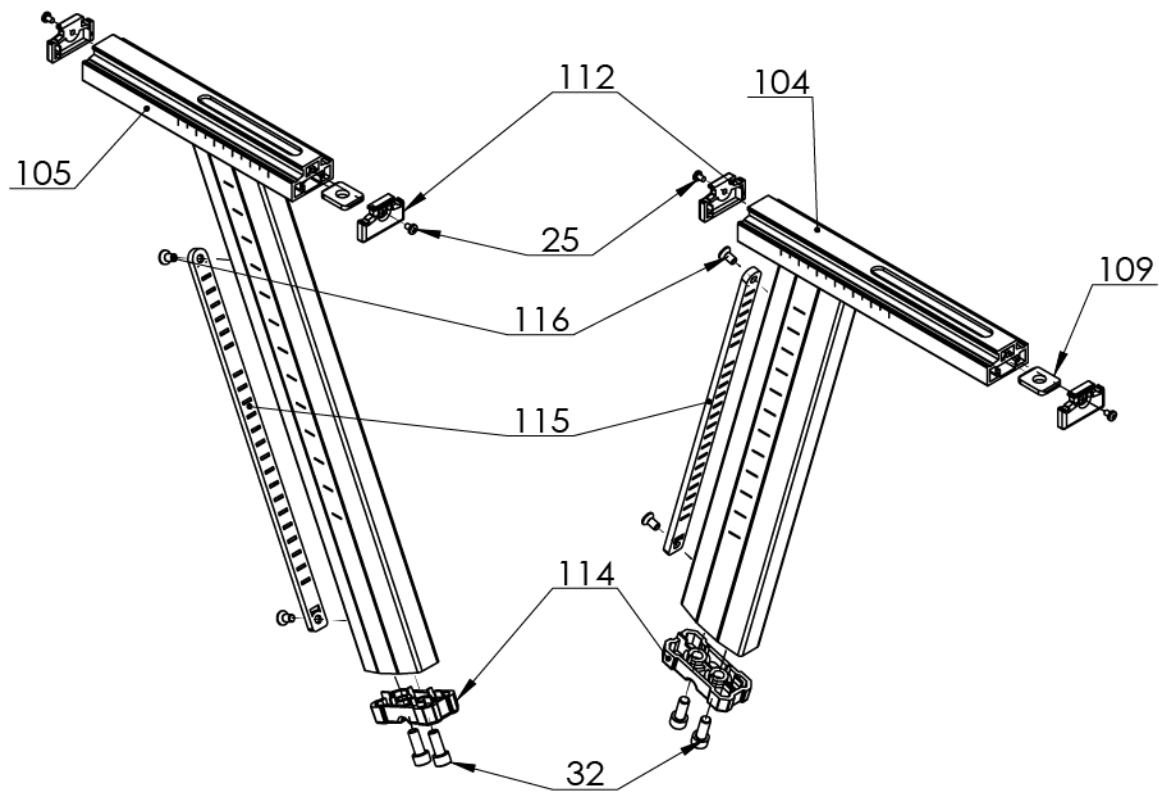
No.405 Tongxin Road, Tongxiang Economic Development Zone, Zhejiang 314500, CHINA

Tel: +86-573-8862 8666








8 Index

8.1 Exploded View





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 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!

- FTC 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.



attacusfitness.com

Designed in Taiwan, made in China.