



myxfitness[®]

Product Manual



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Product Safety

Before using this equipment, obey the following warnings:

- This machine is not intended to be used by persons over 350 lbs (159 kgs) or by children.
- It is not intended to be used by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless given instruction and under the personal supervision concerning the use of the machine by a person responsible for their safety.
- Consult a physician before you start an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint. Contact your doctor before you use the machine again. Use the value calculated or measured by the console for reference purposes only.
- If you have a pacemaker or other implanted electronic device, consult your physician before using a wireless chest strap or other telemetric heart rate monitor.
- Do not use or put the device into service until it has been fully assembled and inspected for correct performance in accordance with this guide.

Caution: Make sure you have read and understand the complete Product Manual before using your MYX bike.

Danger: Pedals that have not been tested and qualified by MYXfitness should never be used on MYX bikes. Unqualified pedals can lead to pedal failure and serious injury to the rider.

Product Overview

SPECIFICATIONS

Weight	150 lbs (68 kg)
Width	21" (53 cm)
Length	55" (140 cm)
Height	47" (119 cm)
Max User Weight	350 lbs (159 kg)
Recommended User Height	4'11" - 6'8"

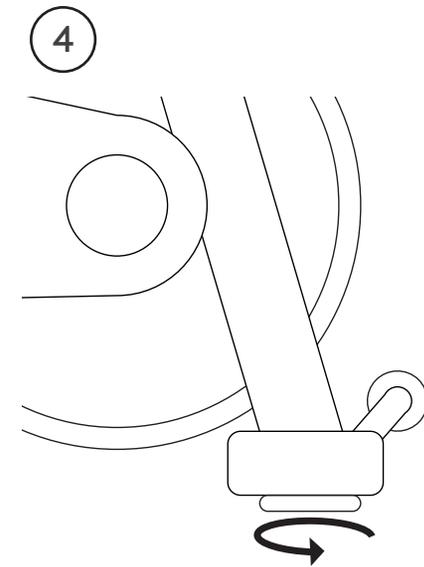
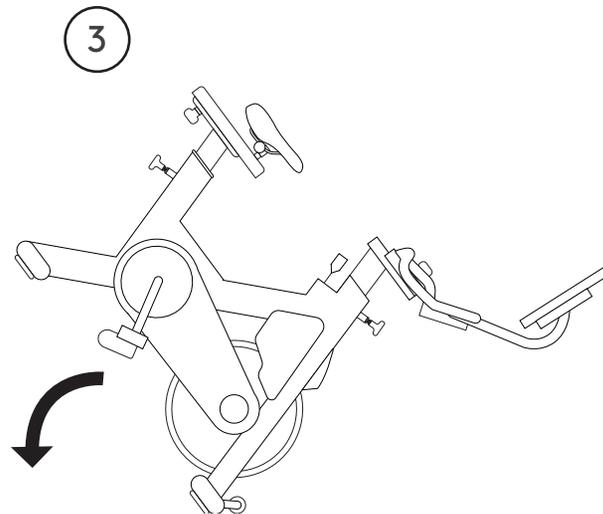
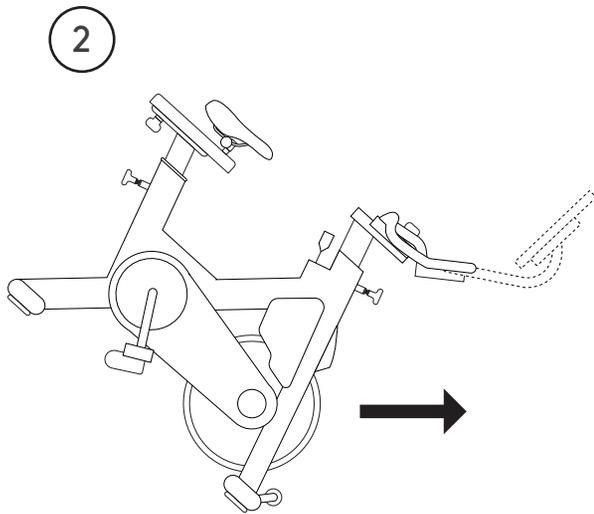
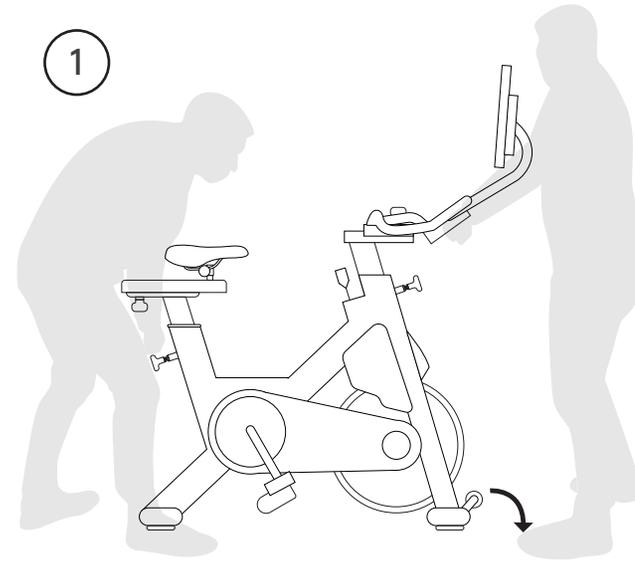


Hardware Setup

MOVING THE BIKE

We recommend using two people to move the bike, since the MYX weighs 150 lbs.

1. Have one person lift the rear stabilizer so the bike tilts forward onto the transport wheels, while the other person holds the handlebars.
2. Roll the bike forward to the new location.
3. Lower the rear stabilizer to the floor.
4. Unscrew leveling feet if needed to prevent rocking on uneven floors.

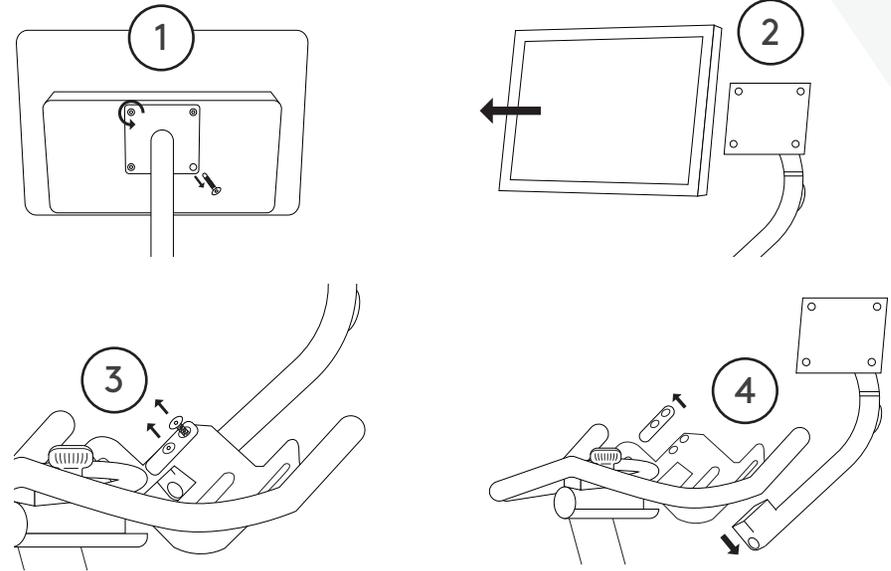


TOUCHSCREEN AND MOUNTING ARM

Your touchscreen will be assembled by the setup team, but it can be easily removed and reattached for ease of transportation later.

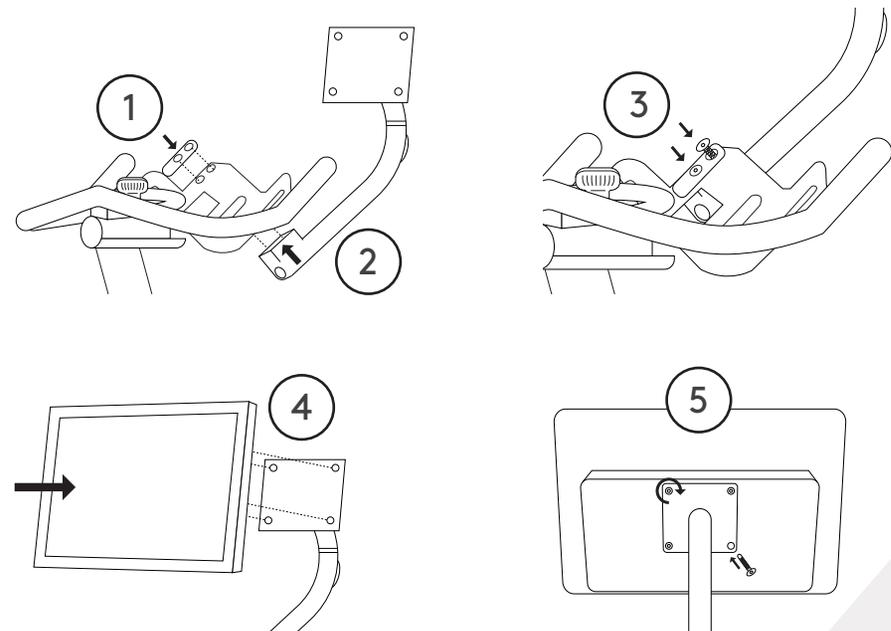
Disassembly

1. Have one person support the touchscreen while the other person removes the four 4mm screws at the back of the touchscreen.
2. Lift off the touchscreen and set the screws aside.
3. Have one person support the mounting arm, while the other loosens and removes the two 9mm screws.
4. Remove the mounting arm and the oval mounting plate.



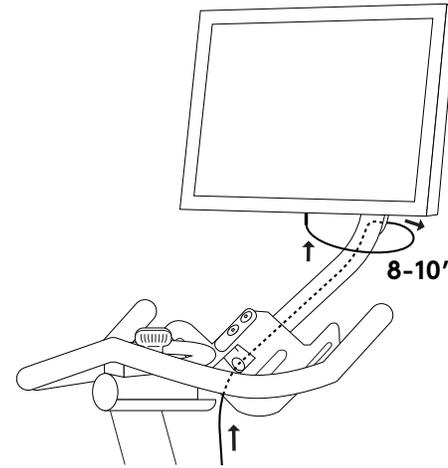
Assembly

1. Align oval mounting plate with the two holes at the center of the bottle holder bracket.
2. Align mounting arm below the bottle holder bracket.
3. Insert and tighten two 9mm mounting screws through the oval plate, bracket holes, and into the holes on the mounting arm.
4. Align the touchscreen with the 4-hole plate at the top of the mounting arm.
5. Insert four 4 mm screws through the plate and into the mounting holes in the back of touchscreen and tighten.



CONNECT POWER CORD

Thread the small end of the power cord from the bottom of the mounting arm to the hole at the bend in the arm. Pull the wire through the hole and connect to touchscreen, allowing 8-10" of slack so the tablet can swivel freely. Insert power cord plug into a grounded 120V outlet.



ADJUSTING SEAT AND HANDLEBAR HEIGHT

Seat and handlebars can be raised and lowered with the adjustment pins at the front and rear of the bike frame, shown in the diagram on page 4.

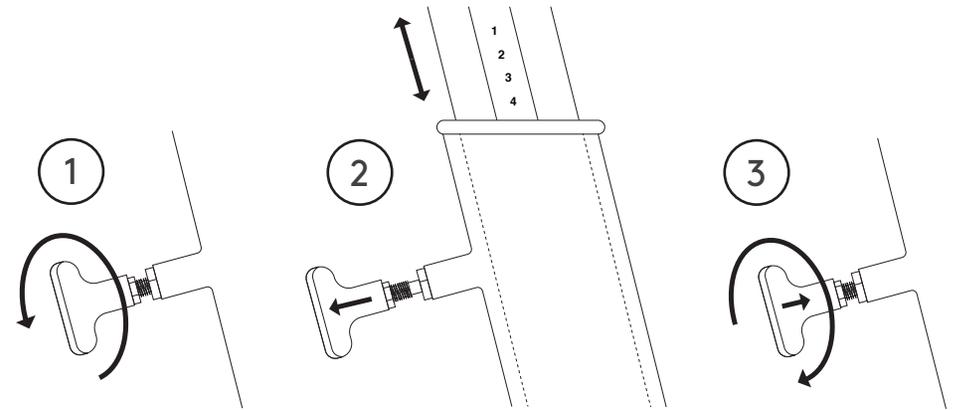


We recommend adjusting the handlebars with two people, due to the weight of the handlebars with touchscreen attached.

1. Turn pins counterclockwise to unscrew.
2. If adjusting the handlebars, have your assistant support the weight of the handlebars from beneath.
3. Pull the pin outward and have raise or lower the post.
4. Release the pin so it locks into the post at the desired height, and tighten the knob to secure it in place.



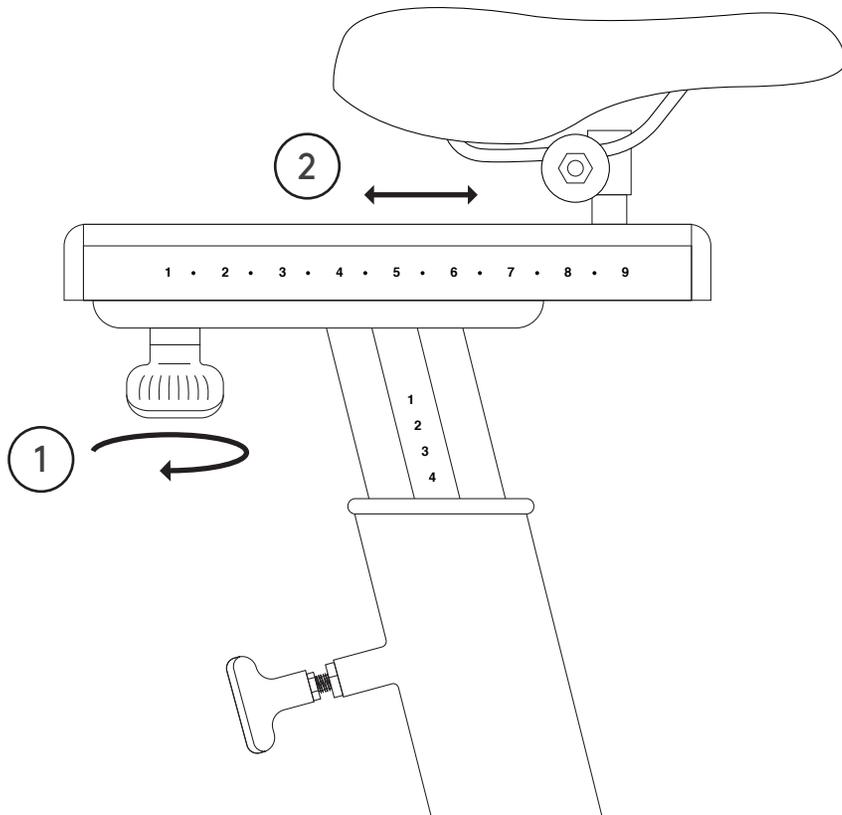
Do not lift the seat or handlebar posts above the MAX mark.



ADJUSTING SEAT AND HANDLEBAR DEPTH

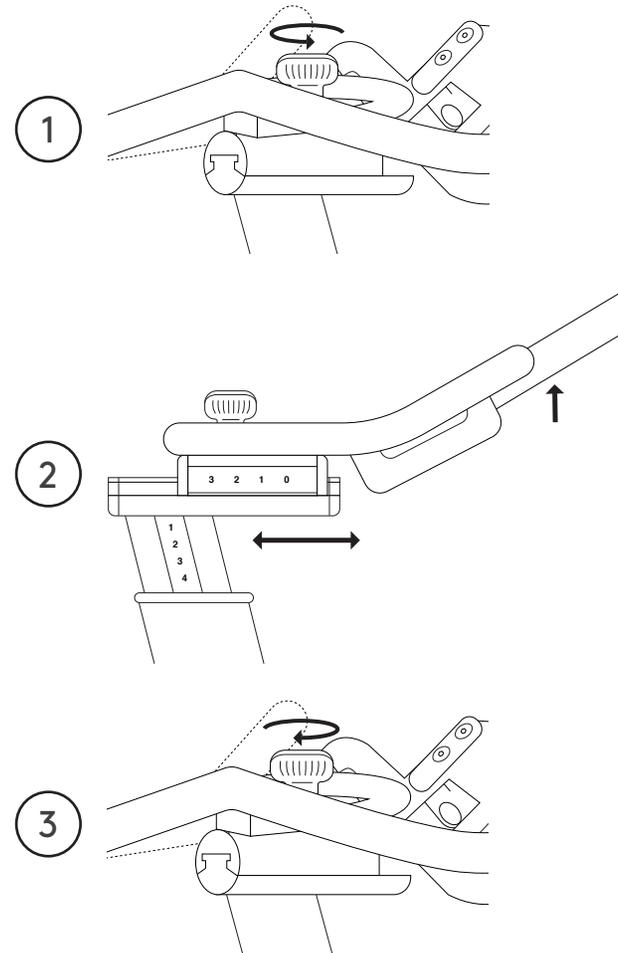
Seat Depth

1. Loosen the knob under the seat slider by turning it clockwise, as shown in the diagram.
2. Push the seat forward or backward to adjust position, and tighten the knob to secure into place.



Handlebar Depth

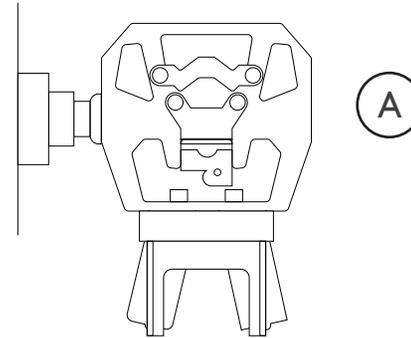
1. Loosen the knob between the handlebars by turning it counterclockwise, as shown in the diagram.
2. While supporting the weight of the touchscreen arm with one hand, slide the handlebars forward or backward to adjust position.
3. Tighten the knob to secure into place.



USING PEDAL CLIPS AND CAGE

To use the MYX bike with SPD clips:

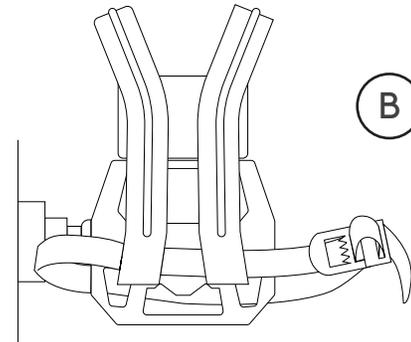
1. Make sure the pedal is flat and right-side up (diagram A).
2. Place the cleat on your shoe into the clip and push down, and you'll feel yourself clip into the pedal.
3. To release the clip, simply twist your heel away from the bike.



To use with regular athletic shoes:

You'll use the cages on the reverse of the pedal (diagram B).

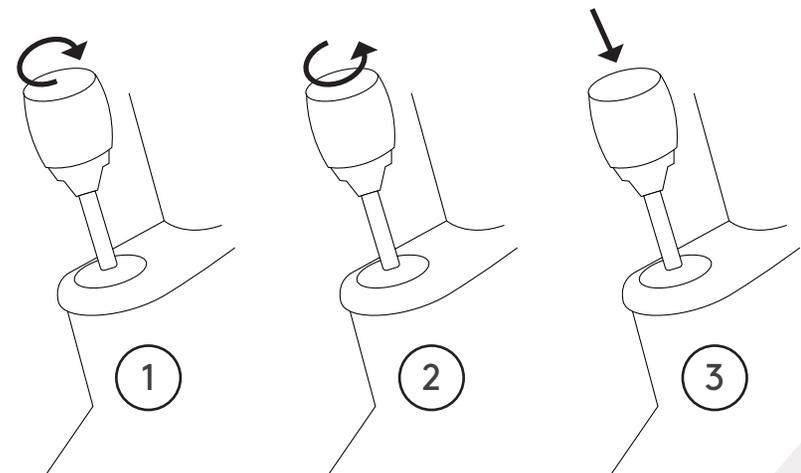
1. First, make sure your shoelaces are tied and not dangling over your foot.
2. Align the ball of your foot over the center of the pedal, and pull the strap to tighten the cage. Thread the excess strap through the metal clip.
3. Repeat on the other side and you're good to go!
4. To loosen the cages, squeeze and release the bottom of the metal clip to release the tension grip.



ADJUSTING RESISTANCE

The resistance knob is located at the base of the handlebar post (see diagram on page 4). Note that it takes several full turns to feel changes in resistance.

1. Rotate right to increase resistance.
2. Rotate left to decrease resistance.
3. Press down on the knob to stop the flywheel.



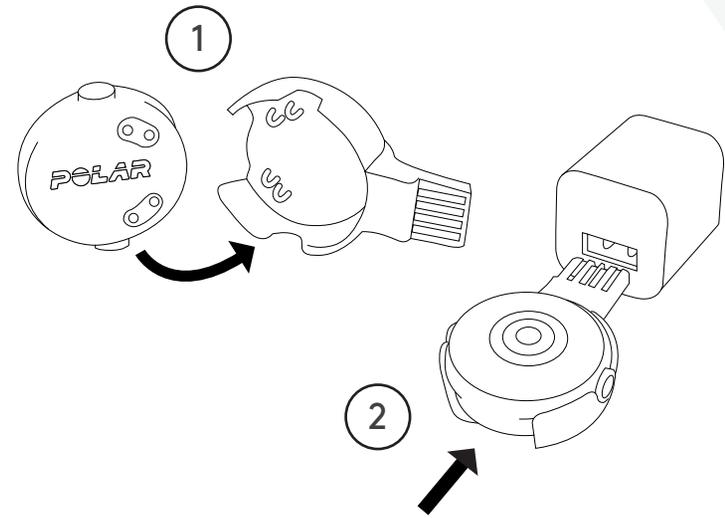
Heart Rate Monitor Setup

CHARGE BATTERY

A red light indicates your heart rate monitor needs to be charged.

1. Place the OH1 sensor into the USB adapter so that the metal contacts meet.
2. Plug the USB adapter into a computer USB port or USB power wall outlet. A flashing yellow light indicates it is charging. A green light indicates that it is fully charged.

If your MYX bike is plugged in you can charge your OH1 with the USB port on the left side of the touchscreen. Check for the orange light which indicates the USB has been inserted correctly.

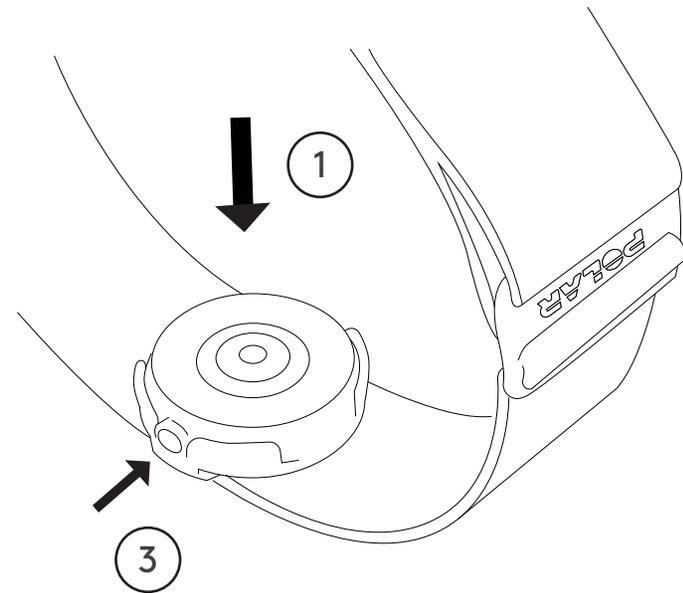


USING YOUR HEART RATE MONITOR

1. Remove the sensor from the charging adaptor, and place it in the holder on the arm band so the sensing side is exposed.
2. Put the arm band on your upper forearm or bicep so that the sensor touches your skin.
3. Press the silver button once to turn on. A blinking green light means it has detected your heartbeat.
4. Choose a workout on the MYX touchscreen. At the top right of the workout details screen, choose Tap to Pair "HR Monitor".

Your heart rate monitor can also be paired by pressing the heart-shaped icon during a workout.

5. After your workout, press and hold the OH1 button to turn off the heart rate monitor.



Touchscreen Setup

POWERING ON THE TOUCHSCREEN

Ensure the touchscreen is connected to a power source. Press and hold the power button on the right side of the touchscreen for five seconds to power on.

To enter or exit sleep mode, quickly press the power button.

To turn off the touchscreen, press and hold the power button for one second, and select Power Off on the screen.

CONNECTING TO INTERNET

A strong internet connection with a minimum download speed of 10-15 MBPS is required to stream MYXfitness content. After powering on your device, follow on screen instructions to select your network.

To use ethernet, run an ethernet cord from your router to the leftmost port at the bottom of the touchscreen, and your device should automatically join the network.

Touchscreen Features

ZONE-BASED TRAINING

We use three personalized zones to represent different stages of your heart rate training. These zones help you work out as efficiently as possible for your fitness level.



Check in with your doctor before beginning any exercise program.

Zone 1 - Blue

- Low to easy-moderate intensity
- Feels sustainable, like you could be there all day
- For active recovery

Zone 2 - Green

- Moderate to hard intensity
- the "fat burning zone"
- Boosts fitness by increasing endurance

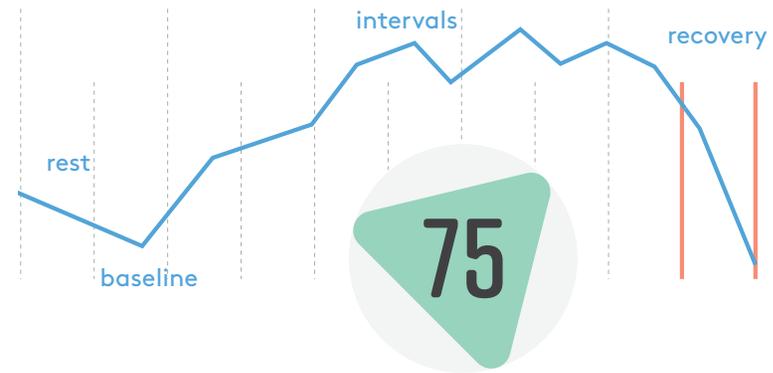
Zone 3 - Orange

- High intensity and maximum effort
- Only sustainable for short periods of time
- Increases your ability to take in and use oxygen efficiently
- Burns calories faster

YOUR MYX SCORE

The MYX Score represents cardiovascular fitness and customizes your heart rate zones to maximize efficiency in each and every workout!

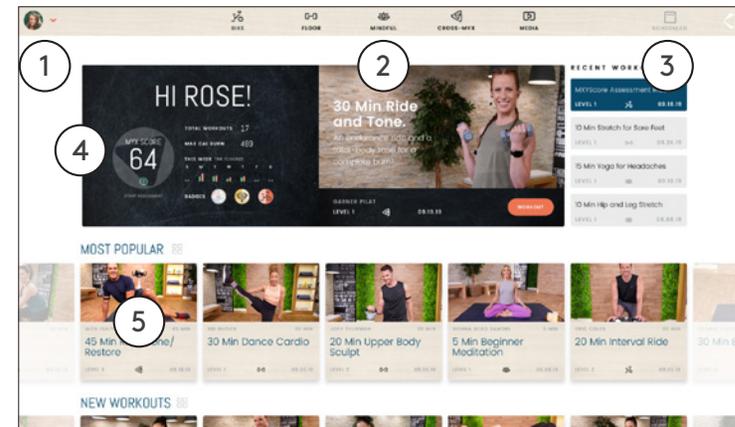
Your score is determined by a twenty minute ride you take as a baseline shortly after joining MYX. Retake the assessment every six weeks to see progress over time.



TOUCHSCREEN APP FEATURES

Home Screen

1. Account Settings Menu
2. Filter workouts by category
3. Access workouts scheduled from the mobile app
4. Dashboard with MYX Score, badges, and progress
5. Easily browse workouts by category



In-Workout Screen

6. Heart rate, current zone, and calories burned
7. Pair heart rate monitor or Bluetooth headphones
8. Pause, go back, or skip ahead in workout
9. Adjust volume of coach and music independently



Caring for Your MYX

MAINTENANCE

Preventative maintenance can increase the life of your product and significantly reduce equipment failures. The chart provided is our recommended maintenance schedule. It is your responsibility to ensure that regular maintenance is performed.



Worn or damaged parts must be replaced immediately, and should not be used until the repair is made.

CLEANING

We recommend wiping down and cleaning the bike frame daily. For a deeper clean use water with a non-abrasive soap, car wash soap, or bike cleaner. Wipe with water and dry. Avoid spraying any liquids directly onto the bike. Instead, spray onto a clean towel first then wipe the unit. You may also seal the frame with wax or bike polish.

Checklist

Weekly

Monthly

Inspect for loose nuts or bolts on handlebar and seat assembly and tighten as necessary.

×

×

Verify that pedal bolts connecting pedals to bike crank are tight after the first 10 hours of use and every 100 hours of use thereafter. Tighten (clockwise) with Allen Wrench.

×

×

Inspect pedals for excessive wobble or side-to-side movement. If loose, they need to be replaced.

×

Check flywheel alignment. Realign flywheel nuts as necessary.

×

Tighten seat hardware (bolt connecting seat to post)

×

Lubricate horizontal and vertical sliders (for seat and handlebars) with dry film lubricant with PTFE or wet film lubricant with PTFE. Apply a layer and use a cloth to clean up excess.

×

Inspect welds for any signs of cracking

×

Inspect leveling feet

×

Appendix

WARRANTY INFORMATION

Visit myxfitness.com/warranty

CONTACT

Help Center

help.myxfitness.com

Customer Support

support@myxfitness.com

Myx Fitness, LLC

19 West Elm St
Greenwich, CT 06830

Please supply the serial number of your machine and the date of purchase when you contact us. The serial number is found under the rear leg of the machine (see diagram on page 4.)