



Smart Bike SBS & SBP

User Guide

User Guide

Capti Smart Bike SBS & SBP

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Specification subject to change without notice.

Trademark

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Important: Save these instructions for future reference.



CAUTION: Any changes or modifications to this equipment by other than authorized personnel will void the product warranty. While every attempt was made to verify the information in this document at the time of writing, the information in this document is provided “as is” without warranty of any kind and is subject to change without notice.

RECOMMENDED USAGE

The Bike is designed for Riders up to 350 lbs (158 kg).

The Bike is designed for adults from 4’11” – 6’6” (150 – 198 cm).

Power requirement 100-240V 50/60HZ 4A

Safety Instructions

Precautions

Read all instructions for installing and using the equipment prior to use of this equipment.

Consult with your doctor or physician before beginning any exercise program, particularly if you have or suspect any sort of medical condition that might be worsened by exercise.

Equivalent notice of above in French for Canadian market:

Consultez votre médecin ou votre médecin avant de commencer un programme d'exercices, en particulier si vous avez ou soupçonnez une sorte de maladie qui pourrait être aggravée par l'exercice.

Pregnant women should also consult their doctor before beginning a training program.

This bike is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the bike by a person responsible for their safety.


User's should wear appropriate clothing and shoes with rubber or high-traction soles while using equipment. Do not use the bike with loose clothing, long shoelaces, shoes with heels, leather soles, cleats, spikes or bare feet.

Health-related injuries may result from incorrect or excessive use of exercise equipment. Interactive Fitness also recommends consulting a fitness professional on the correct use of this product.

Never place containers filled with liquids directly on the unit, except in the water bottle holders. Containers should be covered with lids.




Carefully mount the bike when starting to exercise and dismount carefully when you're finished, especially if you are tired.



WARNINGS



 **WARNING!** Heart rate monitoring systems paired to this equipment may be inaccurate. Over exercise may result in serious injury or death. If you feel faint, stop exercising immediately.



Equivalent notice of above in French for Canadian market:

Les systèmes de surveillance de la fréquence cardiaque de cet équipement peuvent être inexacts. L'exercice excessif peut entraîner des blessures graves ou la mort. Si vous vous sentez faible, faites de l'exercice immédiatement.

   Never remove the plastic covers on your bike. This may expose you to risk of shock, or pinch hazard. Contact Customer Support for service needs.

  To reduce the risk of electrical shock, always unplug the bike before attempting any maintenance activity.

  If the power cord is damaged, it must be replaced with an equivalent rated power cord, use a qualified person to do the replacement to avoid a hazard.

  This bike is only to be used with the power supply unit provided by Interactive Fitness Holdings with the bike . it must only be supplied by a safety extra low voltage Rated 24 max.

 **CAUTION**

Keep the power cord away from heated surfaces. Do not pull the equipment by the power cord or use the cord as a handle.


Never operate the bike with the air vents blocked. Keep air openings free of lint, hair or any obstructing materials.

Do not use this product in areas where aerosol spray products are being used or where oxygen is administered. Such substances create the danger of combustion and explosion.

Never face backward while using the bike.

INSTALLATION PRECAUTIONS

Do not exceed 5 bikes per circuit.

 To reduce risk of burns or shocks, always use grounded (three prong) power cords only.

Installation spacing in relation to other objects

Minimum spacing shall be maintained for movement around and use of the equipment. A minimum of 0.5m (20 in.) on at least one side and minimum of 1.0m (39 in.) to the rear of the unit.

The exercise bike must be installed on a solid level surface.

Do not install the bike outdoors, near swimming pools or in areas of high humidity.

SAFETY APPROVALS

TUV Rheinland of North America



FCC part 15

Product contains wireless device *Intel® Wi-Fi 6 AX200 (Gig+) Module*

FCC ID: PD9AX200NG

IC: 1000M-AX200NG

Industry Canada, the module meets certification labeling requirements for Category I Equipment.

This equipment has been tested and found to comply with the limits for a Class A digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference when the equipment is operated in a commercial environment. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instruction manual, may cause harmful interference to radio communications. Operation of this equipment in a residential area is likely to cause harmful interference in which case the user will be required to correct the interference at his own expense.

Installation and use of this Wireless LAN device must be in strict accordance with the instructions included in the user documentation provided with the product. Any changes or modifications (including the antennas) made to this device that are not expressly approved by the manufacturer may void the user's authority to operate the equipment. The manufacturer is not responsible for any radio or television interference caused by unauthorized modification of this device, or the substitution of the connecting cables and equipment other than manufacturer specified. It is the responsibility of the user to correct any interference caused by such unauthorized modification, substitution or attachment. Manufacturer and its authorized resellers or distributors will assume no liability for any damage or violation of government regulations arising from failing to comply with these guidelines.

CAUTION! To maintain compliance with FCC's RF exposure guidelines, this equipment should be installed and operated with a minimum distance [20cm] between the radiator and your body. Use on the supplied antenna. Unauthorized antenna, modification, or attachments could damage the transmitter and may violate FCC regulations.

CAUTION! Any changes or modifications not expressly approved in this manual could void your authorization to use this device.

MPE Statement

Your device contains a low power transmitter. When a device is transmitted it sends out a Radio Frequency (RF) signal.

FCC Radio Frequency Exposure

This Wireless LAN radio device has been evaluated under FCC Bulletin OET 65C and found compliant to the requirements as set forth in CFR 47 Sections 2.1091, 2.1093, and 15.247(b)(4) addressing RF Exposure from radio frequency devices. The radiation output power of this Wireless LAN device is far below the FCC radio frequency exposure limits. Nevertheless, this device shall be used in such a manner that the potential for human contact during normal operation – as a mobile or portable device but use in a body-worn way is strictly prohibited. When using this device, a certain separation distance between antenna and nearby persons has to be kept to ensure RF exposure compliance. In order to comply with the RF exposure limits established in the ANSI C95.1 standards, the distance between the antennas and the user should not be less than [20cm].

RF Exposure

The antenna(s) used for this transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

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Get to Know your Bike

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Touchscreen

Your Capti Smart Bike comes with a 24 inch high definition touchscreen display. The glossy finish provides the best possible image quality. Roads, games, studio classes playback in full 1080p so you can completely immerse yourself in your workout.

Cleaning Instructions

In most cases, you will need nothing more than a small dry microfiber towel to clean your screen. Rub gently on any fingerprints or smudges to remove them. If fingerprints persist, use pre-moistened screen cleaning wipes to finish the job. Do not spray liquid on your screen or use rough materials to wipe your screen.

Handlebars

The handlebars on your Capti Smart Bike are designed to support the common hand positions of outdoor bikes and studio cycling bikes. Your handlebars will automatically lock in place or allow you to steer depending on the type of activity you have selected.

Activity	Ride	Train	Play	Studio	Pedal
Handlebars	Steer	Steer	Steer	Locked	Locked

Shifters

Your shifters control the gear of your bike. Your Capti Smart Bike has 30 gears. The higher the gear the higher the resistance. Press the shifter on the right to raise your gear and increase resistance. Press the shifter on your left to lower your gear and decrease your resistance.

Resistance

During certain activities, your Capti Smart Bike will factor your gear and the grade on screen into your resistance level to simulate hills or descents. We call this Terrain Adaptive Resistance™ and it can be a very fun way to ride. Other activities base your resistance on your gear only. While in a training activity you can choose between either resistance mode.

Activity	Ride	Train	Play	Studio	Pedal
Resistance	Terrain Adaptive	Rider Choice	Terrain Adaptive	Gear Only	Gear Only

Phone Tray

The oversized phone tray can hold phones as large as the iPhone 13 pro max with most cases. The tray location simulates the position of most bike computers for good visibility and easy access to your device while riding.

Handlebar Adjuster

Your handlebars can be raised or lowered in the direction of the downtube. Unlock the handlebars by twisting the adjuster knob counterclockwise. Once unlocked, press down on the handlebars in the direction of the downtube to lower them, or press up on the handlebars in the direction of the downtube to raise them. Once you have the handlebars in a good position turn the adjuster knob clockwise to lock the bars at that height. The most important thing to consider when adjusting the handlebar height is comfort. What feels best to you is the best setting for your handlebar height.

IMPORTANT: Handlebar height adjustments must be made while standing next to the bike. Do not attempt to adjust the handlebar height while sitting on the bike. Always remember to lock the adjuster knob before riding.

Saddle Adjusters

Your saddle can be adjusted vertically and horizontally with the saddle adjuster knobs. Your position should be adjusted so that your legs are extended but not locked out at the bottom of your pedal stroke and your knee floats above the middle of the pedal when the crank arm is parallel to the ground.

Vertical Positioning

To adjust the saddle up or down first rotate the lower saddle adjuster knob counterclockwise then pull back to release the locking pin from the seatpost. Raise or lower the seatpost to your desired height. Lock the pin into the closest hole on the seatpost. Twist the adjuster knob clockwise to lock the seatpost in place.

Horizontal Positioning

To adjust the saddle forward or back, twist the upper saddle adjuster knob counterclockwise when looking down at the knob from above the saddle to loosen the seat slider. Once loose move the seat slider forward or back to the desired position. Twist the knob clockwise when looking down at the knob from above the saddle to lock the seat slider back into place.

IMPORTANT: Seat position adjustments must be made while standing next to the bike. Do not attempt to adjust the seat position while sitting on the bike. Always remember to lock the adjuster knobs before riding.

Saddle

Your Capti Smart Bike works with any standard rail bike saddle. The saddle mounts to the seat slider with a bike rail seat clamp. The seat slider can be easily removed by fully loosening the horizontal saddle adjuster knob and pushing the slider all the way forward until it slides off the seatpost.

Pedals

Your Capti Smart Bike works with most standard pedal sets and comes pre-configured with dual functional pedals. These pedals offer a strap on one side that can be adjusted by pulling the strap to tighten and push in the locking mechanism to loosen. The other side of the pedal is designed for use with SPD compatible shoes.

Flywheel

The way your flywheel responds to your pedals has the power to transform your Capti Smart Bike into a road bike or a studio bike.

Freewheel

On a road bike your momentum keeps your wheels moving even when you stop pedaling. This is called Freewheel.

Fixed Gear

On a studio bike you have to keep pedaling at all times to keep your flywheel moving. This is called fixed gear.

Dual Drive

The dual drive in your Capti Smart Bike switches how your flywheel responds to your pedals based on the type of activity you select.

Activity	Ride	Train	Play	Studio	Pedal
Flywheel	Freewheel	Freewheel	Freewheel	Fixed Gear	Freewheel

IMPORTANT: Your flywheel can spin at a very fast pace. The flywheel guard protects you from contact with the edge of the wheel. Never touch the flywheel while in motion.

Power Panel

The power panel is found in the front of your Capti Smart Bike near the base of the frame. This is where you will connect your power cord and ethernet cable if you have chosen to hardwire your bike. After setting up your bike initially you should rarely need to access the control panel.

Transport Wheels

Two transport wheels are located at the front of your bike. To move your bike, first power down and disconnect any cables from the power panel. Next, lower the handlebars and seat to the shortest positions. Grab the rear base of the bike and lift up to tip the bike forward until the transport wheels make contact with the ground. Roll

the bike to its new position using the transport wheels and then gently lower the rear base of the bike back down.

Adjustable Feet

If you find that your bike is moving after placing it on a level surface, you can adjust the feet to secure the base. To adjust the feet simply turn clockwise to lower and counterclockwise to raise each foot until the base is firmly secured.

Network Connection

Your Capti Smart Bike does not have high bandwidth requirements. A standard high-speed connection can support multiple bikes. Your Capti Smart Bike does need a stable WiFi or Wired internet connection.

WiFi

To connect your bike to your WiFi network first tap the menu then select bike settings. If your settings menu is protected you will need to enter the code 7913 to access your WiFi settings. From bike settings follow the prompts on screen to select your wireless network and enter your password.

Wired

To hardwire your bike simply connect an active ethernet cable into the ethernet port on the power panel.

Bluetooth Devices

Your Capti Smart Bike uses Bluetooth to connect to a wide variety of third party devices.

Audio Devices

Your bike connects to headphones and speakers that use the standard Bluetooth audio protocol. To connect your audio device, first make sure it is not connected to any other devices, then place the device in pairing mode and follow the prompts on the Capti Smart Bike home screen. Please note that not all activities have corresponding audio for playback.

Activity	Ride	Train	Play	Studio	Pedal
Audio	No	Yes	No	Yes	No

Heart Rate Monitors

Your bike connects to heart rate monitors that use the standard Bluetooth heart rate protocol. To connect your heart rate monitor, first make sure it is not connected to any other devices, then place the device in pairing

mode and follow the prompts on the Capti Smart Bike home screen. Once connected, your bike will show your heart rate from your connected device on screen during your activities.

Membership

Your Capti Smart Bike comes with a variety of interactive workout options that are constantly evolving. All-Access membership includes 50 roads, 20,000+ feet of elevation, and 350+ miles of stunning graphics. A full suite of open gaming worlds with unlimited challenges and areas to explore. A new set of studio classes every week on your bike. For more information on pricing and features please visit capti.co.

Customer Service

Phone Number	1-888-528-8589 x 2
Email	support@capti.co
Customer Service Hours	6:30 am - 4:00 pm (PST) Monday through Friday

When contacting Capti, please provide your facility name, contact person, phone number, and the serial number of your bike.