

# Expresso S3 Recumbent Bike

## User Guide



S3A

 Expresso  
Powered by  
**IFH** LLC

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Congratulations on joining the Expresso Community! We are sure that you will enjoy what your new bike can do for you. Follow this User Guide to get the most enjoyment out of your new Expresso Bike. Before using this product, it is essential to read this entire User Guide and Assembly and Installation Guide.



**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.

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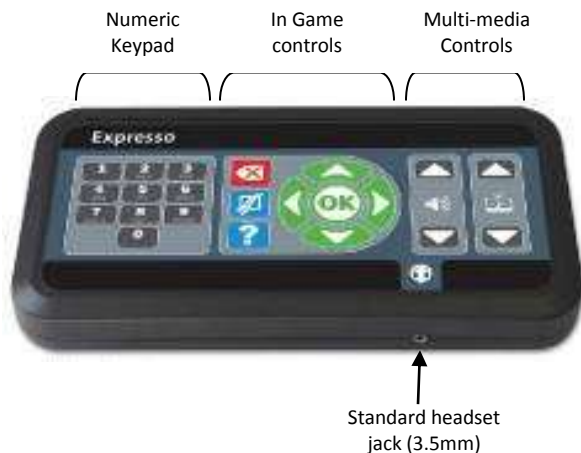
## Get to know your S3 Recumbent Bike

### Overview



### User Console

Use the console to navigate all bike controls.



### Bike Control Panel

Input power, TV and internet (wired only) connections, a main power on/off switch and a reset button are located on the bike control panel. See the *Assembly and installation guide* for further details.



Reset Button Main power switch

### On-Bike Features

The following features are available on all S3 Bikes and do not require internet connectivity.

- 4 levels of Tours and an Espresso Chase
- Adjustable Pacer
- Virtual Riders
- Heads Up Display with real time fitness data
- Tour, Chase, TV, and Manual mode.
  - Tour and Chase are virtual reality modes. The rider can steer through the selected course and the resistance will vary with the terrain of their Route.
  - TV and Manual modes feature fixed resistance and do not require steering.
  - Riders can adjust their resistance in all modes by adjusting their gear from 1-30.

### Network Features

In addition to the features described in On-Bike Features, network connected bikes allow riders to ride real-time against others on their local network.

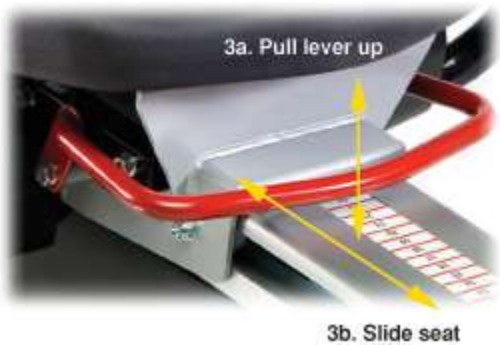
### Expresso Live! Features

In addition to the features described above, the bikes under Expresso Live! subscription allow riders to log their fitness data, listen to internet music, download Ghosts, and participate to global and local leader boards. Visit [Expresso.com](http://Expresso.com) for complete details.

## Adjust your S3 Bike

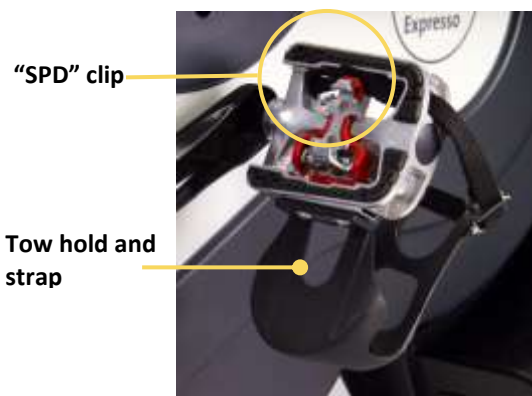
### Seat

To adjust fore/aft position of the seat, pull up in the fore/aft adjustment lever (3a) and with your body weight slide forward or backward on the seat to the correct position (3b). Release the adjustment lever and ensure that it locks the seat into plate. The seat slider is numbered for easy re-adjustment later.



### Pedals

The S3 bike comes with dual function pedals. The dual function pedals offer a strap on one side that can be adjusted by pulling on the strap to tighten, and pushing in on the locking mechanism to loosen. The other side of the pedal is designed for use with SPD compatible shoes. Follow directions provided with the shoes/cleats.



## Use your S3 Bike

Refer to the Assembly and *Installation Guide* to connect power, network, and turn on your bike.

### Sign In

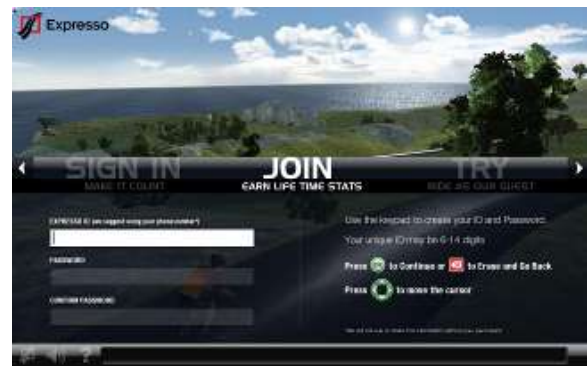
The S3 bike under Expresso Live! subscription allows riders to create and use Expresso ID to track fitness data.

### Join

Create an Expresso ID to track all of your fitness data over time. Use the in game controls on the user console to make your selections.

1. Press **OK** to access the Sign in screen.
2. Select **Join** and follow the instructions on the screen to create your unique ID.

HINT: We recommend using your phone number because it is unique and easy to remember.



### Sign in with an existing Expresso ID

1. Press **OK** to access the Sign in screen.
2. Select **Sign In** and follow the instructions on the screen to enter your Expresso ID.



### Try

Ride as a guest to try out the exciting features of the Expresso bike without an ID

1. Press **OK** to access the Sign in screen.
2. Select **Try** and follow the instructions on the screen to ride as a guest.

## Select your workout

The Espresso bike offers two types of virtual workouts – tours and chases – as well as manual and TV options.

### Select a Tour

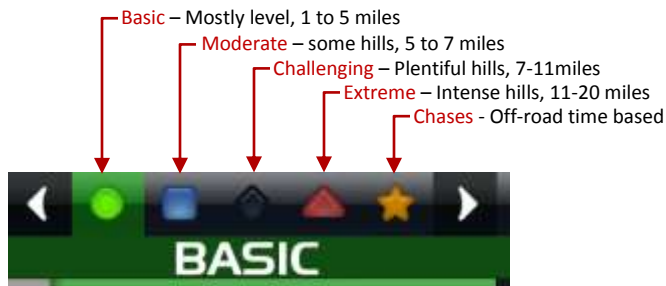
An Espresso Tour is a fixed length course through a virtual world. Over 30 Tours are available that range from 1 to 20 miles long, and vary from flat to very hilly.



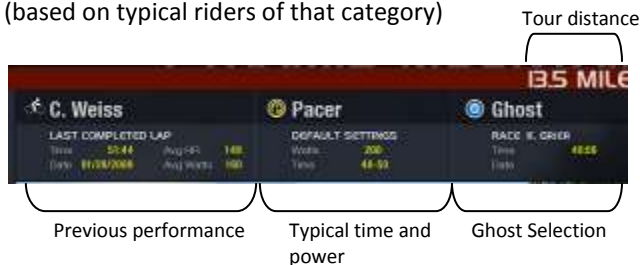
1. Sign on to the bike using the user console
2. Select **OK** to enter the Route Selection menu
3. Select **OK** again to select the default Tour OR
4. Follow the Instructions on screen and use the In Game controls to select the Tour difficulty (Basic, Moderate, Challenging, Extreme)
5. Follow the instructions on screen and use the In Game controls to select the desired Tour and press **OK**.
6. Start pedaling and steering, just like riding outdoors!

#### NOTES:

The Routes are divided into four Tour categories and a Chase category as shown below:



The Tour brochure describes the Tour and provides details such as length, difficulty, and estimated time (based on typical riders of that category)



## Select a Chase

An Espresso Chase is a fixed time, off-road course. Riders score points by chasing down coins and dragons. Develop scoring strategies and learn the layout to improve your score.



1. Sign on to the bike using the user console
2. Select **OK** to enter the Route Selection menu
3. Use the In Game controls to select the Gold Star for Chases
4. Review the on-screen Game Play instructions
5. Use the In Game controls to select the desired Game duration and press **OK**.
6. Start pedaling and steering, just like riding outdoors!

### Select TV or Manual Mode

Steering is not available in TV or manual mode. All mileage counts to your Espresso totals.

1. Sign on to the bike using the user console
2. Select **OK** to enter the Route Selection menu
3. Select Menu
4. Follow the instructions on screen to select TV or manual mode
5. Start riding!



NOTE: Use the multi media controls to change the TV channel (TV mode) or Music channel (manual mode) and adjust the volume.



## Riding the S3 Bike

Pedal, steer and shift through the routes just like you would on a real bike. You'll find the experience is much like riding outdoors!

For best results:

Pedal at a cadence of at least 50rpm. The faster you pedal, the faster you will move through the virtual world. Pedal resistance is a function of your gear and the slope. When you start going uphill, you'll feel the resistance increase, and you'll have to work harder. Use the shifting buttons to adjust from gear 1-30. Adjust the gear lower for less resistance (less difficult) but slower speed, and adjust the gear higher for more resistance (more difficult) and faster speed.

## Fitness Tools

### Heads Up Display

The video display contains a wealth of information for you to plan your workout, monitor your progress and stay motivated.

**Speed and Cadence** – adjust your gear and cadence to improve your speed on the tour.



**Fitness** – monitor your HR, power and calories to evaluate how hard you are working and track your fitness level.



**Tour Progress** (Tours only) – Compare your progress to your Pacer, Ghost, or networked riders. Be prepared for changes in elevation and watch your progress to the finish line.



**Pacer** (Tours only) – Your pacer keeps a set power over the entire Tour. Adjust the pacer's power using In Game Controls.



**Multi-Player** (Tours only) – Two or more Riders in the same Tour on networked Expresso Bikes will see each other on the Tour Progress display and in the Tour. Ride together, or race for the best time. Up to 16 riders can ride together on Expresso bikes connected to the same router.

**Ghost** (Tours only)– The Ghost is a replay of a previous performance in a Tour. The Ghost appears as a transparent rider. Use this feature to motivate and challenge you.



Ghosts will appear automatically on any Tour that has been previously completed. Additional Ghost Features are available at [www.expresso.net](http://www.expresso.net). Log in using your Expresso ID and password. Ghost is available to riders with Expresso ID using the Expresso bikes under Expresso.net service subscription.

**Game Counter** (Chases only) –track time left in the game and current point total

**Chase Map** (Chase only) – Locate coins and dragons at a glance

**Dragon Queue** (Chases only) – Stores the current coin – find the matching dragon to score points.

## Safety instructions

Please see the *Assembly and Installation Guide* for safety instructions related to installation and set-up of your Espresso S3 upright bike.

### RECOMMENDED USAGE:

- The Espresso S3r Bike is designed for riders from 4'8" – 6'4" (147 – 193 cm), up to 350 lbs. (160 kg).

### DANGER:

- Never open the S3 bike computer pedestal. This may expose you to risk of shock, fires or injury.
- To reduce risk of burns or shocks, always use grounded (three prong) power cords only.



- To reduce the risk of electrical shock, always unplug the S3 before attempting any maintenance activity.

### CAUTION:

- Do not exceed 4 Espresso bikes per circuit.
- Use high quality surge protection with all Espresso bikes.
- Keep the power cord away from heated surfaces. Do not pull the equipment by the power cord or use the cord as a handle.
- If the power cord is damaged, it must be replaced by the manufacturer, an authorized service agent or a similarly qualified person to avoid a hazard.
- Never operate the S3 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.
- Do not install the S3 outdoors, near swimming pools or in areas of high humidity.

### WARNING:

- If you are not used to regular physical activity, it may be dangerous to suddenly engage in strenuous activity. Increase your exercise level gradually.
- If you feel sick or sense that something is wrong with your body during exercise, stop immediately.
- Health-related injuries may result from incorrect or excessive use of exercise equipment. IFH also recommends consulting a fitness professional on the correct use of this product.

Use the S3 bike only as described in this guide.

- Developmentally-challenged individuals must be monitored while using the equipment.
- 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 S3 bike when starting to exercise and dismount carefully when you're finished, especially if you are tired.
- Wear shoes with rubber or high-traction soles. Do not use shoes with heels, leather soles, cleats or spikes. Do not use the S3 bike with bare feet.

- Keep all loose clothing, shoelaces and towels away from moving parts.
- Do not reach into, or underneath the S3 bike; and do not tip the S3 bike on its side during operation.
- Keep the area around the S3 bike clear of any obstructions, including walls and furniture. Provide at least three feet of clearance behind the unit.
- Use caution when stepping on or off of the S3 bike.
- Never face backward while using the S3 bike.
- Before using the S3 bike, IFH strongly recommends seeing a medical specialist, particularly if you are suffering from any of the following: heart disease (angina pectoris, myocardial infarction), hypertension, diabetes, respiratory disease (asthma, chronic bronchitis, pulmonary emphysema, etc.), particular metamorphosis, rheumatism, gout, or other diseases and physical complaints.
- Pregnant women should also consult their doctor before beginning a training program.

When used by children:

- The equipment is not to be used by children or persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge unless they have been given instruction or are supervised
- Children must be supervised while using the equipment.

### SAFETY APPROVALS

TUV Rheinland of North America



### FCC

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.

### Safety statements - Wireless

#### Regulatory Information/Disclaimers

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 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.

#### **Safety Information**

In order to maintain compliance with the FCC RF exposure guidelines, this equipment should be installed and operated with minimum distance [20cm] between the radiator and your body. Use only with 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 device is transmitted it sends out 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 prohibit. 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.

## **Contact Customer Service**

**Phone number:** 1-888-528-8589 x 2

**E-mail:** support@ifholdings.com

**Customer Service Hours:**

9 AM – 5 PM (PST) Monday thru Friday

When contacting Interactive Fitness Holdings, please provide your facility name, contact person, name, day/evening telephone numbers and product model / serial number (found on the screen, or on the computer on the front of the bike).

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