Expresso S3 Upright Bike

Assembly and Installation Guide

S3u   S3y

Expresso
Powered by
IFH LLC

Table of Contents

Before using this product, it is essential to read this entire Assembly and Installation Guide and User 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.

Power Specifications

Power   100-240V 3A 50/60HZ

Surge Protection Requirements

⚠ **IFH highly recommends** a **Surge Suppression device** be used when installing a bike in order to protect the bike's computer from AC power events that may cause damage to the electronics of the bike. An AC Surge Suppressor wall adapter is a good option.

The IFH warranty is void if the product is used without surge protection.

Please choose a surge protection unit that satisfies the following requirements. In addition to the following requirements, specification of AC suppression current in Amps is another thing to look for. Higher number is better.

AC Suppression joule rating
Minimum 400 joules
(Higher number is better.)
Let-through voltage
Maximum 330 volt (Lower is better.)

Customer Service Contact Information

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).

Bike Assembly

NOTE: *If your Expresso bike was delivered with white glove service, please skip this section and go to page 5 for Bike Installation.*

Two people are required to unpack and assemble the Expresso bike.

Prepare to unpack the bike

The S3 Upright Bike package includes:
- *The Expresso S3u or S3y bike*
- *AC power cord*
- *User Guide*
- *Assembly and Installation Guide (this guide)*
- *Hardware kit*

Left side socket head cap with washer, center button cap screw, right side socket head cap with washer, 5mm Allen wrench, 6mm Allen wrench

The following equipment is required to unpack and assemble the S3 bike:
- *Wire snips*
- *Knife or scissors*
- *2 dollies*

Unpack and assemble the bike

1. Remove outer packaging from the bike.

   CAUTION: Use scissors or a knife to cut plastic film. Avoid cutting the film against bike to avoid damage. The following image shows how the bike is placed under the wrapper. Read all instructions before proceeding.

2. Remove only the top foam pad covering the monitor.

3. Remove the protective shipping bracket.

   WARNING: It is important to ***discard the shipping bracket and all 4-hinge bracket bolts*** immediately after taking them off the bike. ***NEVER reuse the hinge bracket or the 4-hinge bracket bolts*** at any time during the assembly and installation of the bike.

   a. Remove screws by using a 6mm Allen wrench.

   b. Remove the shipping bracket carefully. If it does not come off easily, use the plastic tie and lift the bracket.

4. Using two people, lift the monitor into position.
   a. Position hands at monitor support and behind monitor.

   b. One person holds the monitor securely in the upright position using the handlebars while ensuring there are no side loads (uneven weight) in screws

5. The second person installs all 3 screws. Install them by hand with a 5mm Allen wrench prior to torqueing any of them.


   a. Start with the center button cap screw. It does not call for a washer.
   b. Secure the neck with the right and left side socket screws. Be sure to include the washers.
   c. Do two full revolutions on each screw in consecutive order until all three are tight.
   d. Tighten all screws to 11 ft-lbs (15 Nm).

   NOTE: If you run into any problems, please stop and call IFH support at -888-528-8589 x2.

6. Use a pair of wire snips or knife to remove the straps attaching the bike to the pallet.

CAUTION: Do not use a screwdriver to break strapping. This may damage the bike.
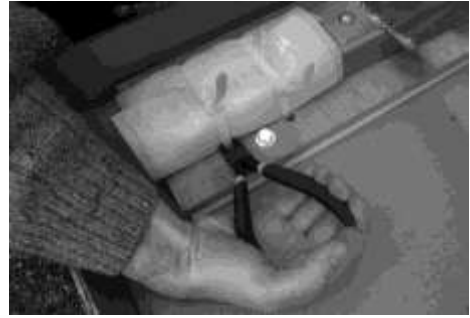
7. Using two people, move the bike out of the bottom part of the packaging by lifting back of the bike and rotating it around the front foot.

8. Adjust a placement of the bike by using the front wheels.

9. Install the AC power cord to bike, plug into surge protected AC power, and turn on power switch.

   a. Confirm the software loads. A properly assembled bike will display the Expresso logo.

Your bike is now assembled and ready for installation!

Bike Installation

WARNING: *Surge Protection is required for all Expresso Bikes. The IFH warranty is void if the product is used without surge protection.*

Prepare to install the bike

The following items are required to complete installation of the S3 upright bike:
◦ Surge Protector (Note the requirements on Page 2)
◦ Expresso Wired or Wireless Linksys® Router

The control panel for your Expresso bike is located on the computer as indicated below:

Control Panel

Control Panel

Reset button — Power Switch | = on O = off — Power connection — CAT5e connection — TV connection
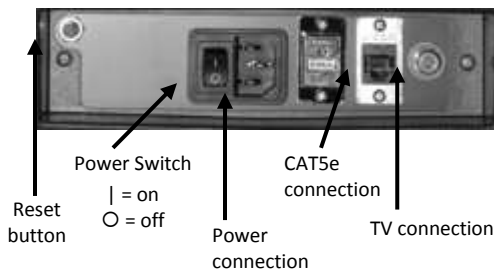
NOTE: *IFH recommends networking Expresso bikes to the internet to take advantage of all networking features. Continue to the next section to network your bikes, or to Bike Configuration on page 6 if you will not be connecting to the network.*

Router Installation

Unpack the Expresso Linksys® router. The router is available separately from IFH and is pre-configured for quick installation and optimum performance with Expresso bikes.

NOTE: *Position a wireless router close to the Expresso Bikes for the best performance. Do not exceed 50'.*

NOTE: *Up to 16 Expresso Bikes can be networked using a single wireless router or wired router with switch.*
Contact Customer Service for installations greater than 16 bikes.

Install *wireless* router

1. Connect your broadband modem or router's Ethernet cable to the Expresso router Internet port.

2. Connect the included power adapter to the router's Power Port, and then plug the power adapter into the electrical outlet. The Power LED on the router front panel will light up when the adapter is connected properly.

Install *wired* router

1. Connect your broadband modem or router's Ethernet cable to the Expresso router Internet port.

2. Connect the CAT5e cables from the blue ports on the Expresso router directly to the control panel of each bike.

3. Connect the included power adapter to the router's Power Port, and then plug the power adapter into the electrical outlet. The Power LED on the router front panel will light up when the adapter is connected properly.

Bike Configuration

The Expresso User Console is used for all bike configuration steps. Follow these instructions and the instructions on the screen to easily configure your bike.

Power on the bike

1. Connect the AC power cable to the surge protector
2. Turn on the bike using the power switch on the control panel of the bike

Configure the bike

1. Enter *CONFIGURATION Main Menu*

   a. Select *TRY* and press **OK** (or press **OK** if not connected to the internet)

   b. Enter Manual Mode
      i.   Press **OK** again – you will see the Route Selection menu
      ii. Press Menu (🚫   )
      iii. Select Manual Mode by using down arrow and press OK

   c. Type 7913 – Configuration Main Menu (shown below) will be displayed

2. Configure the bike - Select **Configure Bike** and press **OK**

Follow the on screen instructions to complete the configuration steps. A brief description of the steps follows:

   a. Calibrate Steering – Follow the on-screen instruction to calibrate steering

   b. Resynchronize Time – Synchronize bike clock with Expresso.net server. Recommended.

   c. Configure Time Zone – Default is PST. Recommended

   d. Set Idle Timeout – Default is 60 seconds. Not Required.

   e. Set Player ID – Assign unique ID to each bike for multi-player function. Required for multiple bike installations only.

   f. Toggle Network Riders – Default is Network Enabled. Network needs to be enabled in order to utilize network features such as Ghosts, fitness data logging and multi-player.

   g. Toggle TV – Default is TV Disabled.

   h. Configure TV System – Set region and country for TV. Recommended if TV is enabled.

   i. Configure TV channels – Turn on/off channels. Define default channel. Recommended if TV is enabled.

   j. Configure Music – Turn on/off channels. Default is mature audience channels are off. Not Required.

   k. Enable Logins –Turn on/off rider login capability.

   l. Set Metric System – Turn on/off metric display of distance.

   m. Set Steering – Not recommended to upright bikes. It allows reversing steering move vs. direction of the bike.

   n. Station Health – Not Required. It is a diagnostics tool.

   o. Reset Location – Should be used for offline stations only. Change the location name displayed on the station.

   Follow the on-screen instructions to return to **MAIN MENU**.

3. Configure Network - Select **Use Network** and press **OK**

   a. Select **Ping Expresso Server** and press **OK**. It checks network connectivity.

   b. **Upload log files**. Log files provide detailed information about the bike computer. Upload the log file after initial installation, or as requested by IFH Customer Service.

   c. Follow the on-screen instructions to return to **MAIN MENU**.

4. Exit Config Mode - Select **Exit Config Mode**

Final System Check

1. Confirm audio
   a. Insert headphone jack into console
   b. Select TRY and press OK
   c. Select Channel up or down near the channel mark

2. Confirm HR
   a. Place both hands on metal heart rate pads on handlebars.
   b. Wait 5-10 seconds. "calibrating heart rate" will appear on the screen, and then your heart rate measurement will appear.
   c. Check wireless heart rate using Polar pulse simulator or belt.
3. Confirm fitness display
   a. Pedal the bike and confirm speed and RPM (cadence) appear in the lower left of the display.
4. Confirm Multi-Player (multiple bike networked installations only)
   a. Place all bikes on the same Tour.
   b. Verify all player numbers appear on the tour and in the route map.

Safety instructions

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 Expresso bikes per circuit.

⚠ Use high quality surge protection with all Expresso 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.

Customer Service Contact Information

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).

Document # 2500.0042.01 Rev 03