

S2U™

User Guide

1-888-528-8589 x9



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Before using this product, it is essential to read this entire User guide and all instructions.



CAUTION: Any changes or modifications to this equipment by other than authorized personnel will void the product warranty.

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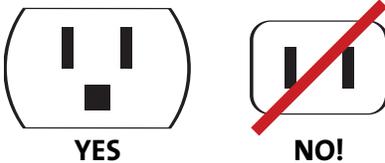
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Safety instructions

DANGER:

- ⚠ Never open the S2u computer pedestal. This may expose you to risk of shock, fires or injury.
- ⚠ To reduce risk of burns or shocks only use grounded (three prong) power cords.



- ⚠ To reduce the risk of electrical shock, always unplug the S2u before attempting any maintenance activity.

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.
- ⚠ 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 an S2u 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 S2u outdoors, near swimming pools or in areas of high humidity.
- ⚠ Any changes or modifications to this equipment by other than authorized personnel could void the product warranty.

USAGE:

- ⚠ Before using the S2u, Expresso Fitness **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.), articular metamorphosis, rheumatism, gout, or other diseases and physical complaints. Pregnant women should also consult their doctor before beginning a training program.

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. Expresso also recommends consulting a fitness professional on the correct use of this product.

Use the S2u only as described in this guide.

- Children or developmentally-challenged individuals must be monitored while using S2u.
- 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 S2u 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 S2u with bare feet.
- Keep all loose clothing, shoelaces and towels away from moving parts.
- Do not reach into, or underneath the S2u; and do not tip the S2u on its side during operation.
- Keep the area around the S2u 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 S2u bike.
- Never face backward while using the S2u bike.

Safety Approvals:

TUV Rheinland of North America



EMC Compliance:

This equipment has been certified to comply with the limits for a Class A computing device, pursuant to Subpart B, Part 15 of FCC Rules



Getting to know your S2u

Below see a diagram of the S2u with the major features called out.



Adjusting your S2u

Seat

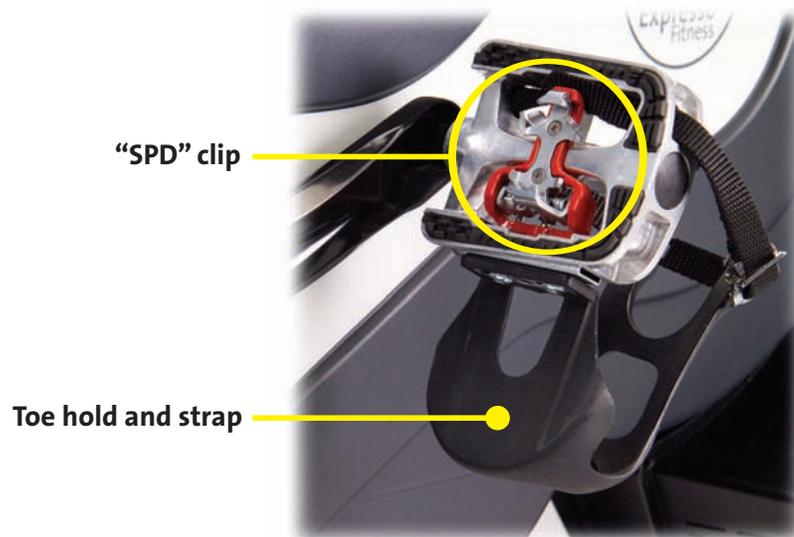
To adjust the height of the seat, pull up on the up/down adjustment lever (1a) and raise or lower the seat to the correct height (1b). Release the lever and ensure that it locks the saddle into place. The seat post is numbered for easy re-adjustment later.

To adjust the fore/aft position of the seat, pull down on the fore/aft adjustment pin (2a) and slide the seat forward or backward to the correct position (2b). Release the pin and ensure that it locks the assembly into place. The slider is numbered for easy re-adjustment later.



Pedals

S2us ship 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 Shimano SPD compatible shoes. Follow directions provided with the shoes/cleats.





User console

User console

The **User console** puts the S2u into action, and lets you navigate through routes, adjust your resistance, and select audio visual options.

Operating the S2u

Power on

To turn on the bike, press the main power switch to the “|” position.

Note: If the screen display freezes, press the red reset button for 10 seconds to reboot the computer. Expresso Fitness’ limited warranty on mechanical and electrical parts is voided if the product is ever plugged into a power source that is not surge protected.



Reset button

Main power switch



Welcome screen



Expresso member screen



Quick start screen



Join Expresso screen

Sign in

To get started, begin pedaling or press **ENTER** key on the **User console**. The welcome screens will guide you through the sign in process.

There are three selections on the Welcome screen; *Expresso Members*, *Join Expresso* and *Quick Start*. If you already have an account then select *Expresso Member* and enter your numeric User ID and password. If you would like to create a new account then select *Join Expresso* and follow the prompts on the screen to create your free numeric User ID and password (we suggest a familiar phone number or date). The final option is to select *Quick Start* to skip the sign in step (note, no fitness data is logged with this option).

Select a route

The S2u offers Tours and Expresso Chases™ through virtual worlds. Tours vary in length and intensity and require the rider to follow a fixed path. Expresso Chases are open world adventures based on time.

Select a Tour

The S2u offers more than 30 Tours of varying terrains, lengths and difficulty levels. Your first task is to select a Tour to ride.

The default selection is our standard Tour. You can also choose to press the **MENU** button after entering the Tour to access Expresso's Power Assist™ mode. Power Assist gives you a power and speed enhancement – providing you the thrill and excitement of experiencing Tours at a much quicker pace.

The Tours are divided into four categories, much like those at an alpine skiing resort. These categories are shown on the right.

Use the left/right arrow keys on the **User console** to select a difficulty level and use the up/down keys to scroll through the available Tours for that difficulty level.

A Tour brochure (see image below) describes the Tour and provide details such as length, difficulty, and estimated time (based on typical riders of that category). Select a Tour and press the **ENTER** key to begin riding.

Basic:

Mostly level, 1 to 5 miles

Moderate:

Some climbing, 5 to 7 miles

Challenging:

Plentiful climbing, 7 to 11 miles

Extreme:

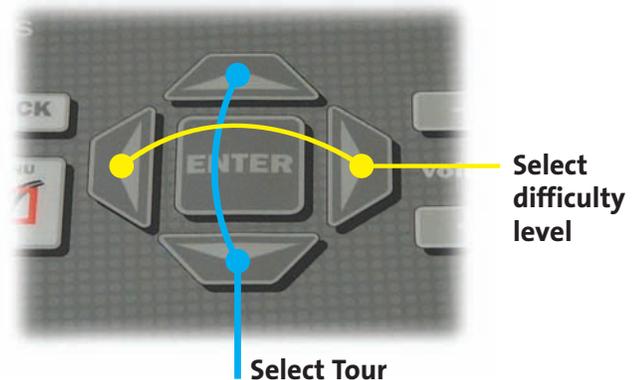
Intense hills, 11 to 20 miles

Chases:

Off-road time based



Arrow keys



Tour selection screen



Select new Chases

Espresso Chases are a new category of ride. They offer a new level of fun and excitement for the user by allowing them to go off road, and score points by chasing down coins and dragons. Develop scoring strategies and learn the layout to improve your score.

Use the left/right arrow keys on the **User console** (see left image) to scroll to the Espresso Chases brochure. The screen will provide information on the Chases. Select **ENTER** to begin a 10 minute session, or select **MENU** to choose a 5 to 30 minutes session.

Ride the Tour

Once you enter the Tour, you'll find the experience is much like riding outdoors. Pedaling, steering and shifting are all part of the experience.

Pedaling: Start pedaling (for best results, pedal at least 50 revolutions per minute [RPM]). The faster you pedal, the faster you will move through the virtual world.

Note that pedal resistance (difficulty) is a function of your gear and the slope. If you start going uphill, you'll feel the resistance increase.

Steering: Move the handlebars. Pick the grip that provides the best comfort as you steer.

Shifting: Choose from 30 gears of speed and varying levels of difficulty. If the difficulty is too high, shift down. If you feel you can go faster, shift up. To shift on the S2u, pull the lever up and down.



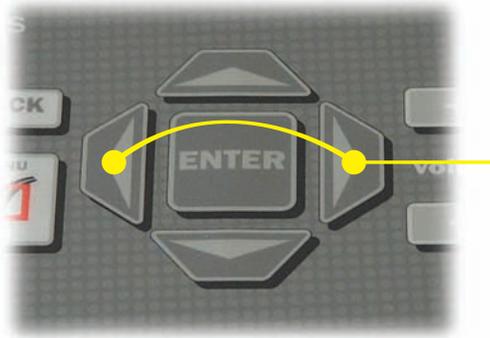
Heads-Up Display (HUD) features

Heart rate: The S2u supports Polar-compatible chest straps. Alternatively, riders can place their hands on the heart rate sensors on the handlebars (See diagram on Page 4).

Pacer: The Pacer is a configurable cyclist that rides the route with you. You'll see him in a yellow jersey. Most riders use the Pacer to motivate themselves by staying just ahead or behind him.

Your Pacer keeps a set power and goes slower uphill than downhill (just like you). To change the Pacer's power setting anytime, just use the left/right arrow keys.

Arrow keys



Heads-Up Display (HUD) for Expresso Tours

Increase or decrease the Pacer's power setting during the Tour

Multiplayer: Anytime two riders enter the same route on two LAN-connected S2us, they will see each other on the screen and the route map. These riders can choose to ride with each other or race against each other. Up to 8 riders can ride together on S2us connected to the same router.

Ghost: The Ghost is an image of your best previous performance in a Tour. You will see the Ghost as a transparent rider. Use your Ghost to motivate you to compete against your best time.

Ghosts are available to Expresso members only. Silver members have a Ghost for every previously completed Tour. Bronze members have a single Ghost for the last Tour completed.

New exciting features are always being developed, so please visit <http://expresso.net> to learn about the latest changes to your Expresso Bike or to get more information about membership.



Heads-Up Display (HUD) for Ghost ride



Heads-Up Display (HUD) for Expresso Chases

Ride the Chase

See 'Ride the Tour' for specific information on steering and shifting. You can ride anywhere you choose in Chases; just stay out of the water!

Watching TV

Press the **TV On/Off** key. If TV is installed, then you can use the channel +/- keys to scroll through channels or use the numeric keypad to enter a specific channel.

In TV mode, there is no steering. The shifter is used to change resistance.

Manual mode (no TV)

Press the **Manual** key. You can use the channel +/- keys to scroll through music stations.

In Manual mode, there is no steering. The shifter is used to change resistance.



- ◀ **Sets Manual mode.** For a non-interactive workout without steering. Shifting adjusts resistance levels. Often used for warm-ups.
- ◀ **Sets Touring mode.** For an interactive experience, riding in a virtual world. This button will take you to the Tour selection screen.
- ◀ **Sets TV mode.** Similar to manual mode but turns on television.

TV mode: Toggle through available TV stations.

Manual or Touring mode: Toggles through available Digital music selections.



Power off

To turn off the bike, press the main power switch to the "O" position.



Main power switch

Customer Service contact information

Customer Service Phone number: 1-888-528-8589 x9

International: 01-408-636-2200

E-mail: support@expressofitness.com

Customer Service Hours:

6:00 AM - 5:00 PM (PST) Monday thru Friday

When contacting us, please provide your facility name, contact person name, day/evening telephone numbers and product model/serial number (found underneath the **User console** on the right hand side).

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