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|---|--|---|-----------------------------------|
|  | | SOP SET UP GUIDE | |
| Release Date: 1.03.2016 | | Indoor Cycles Affected IC4, IC5 & IC6 | Sop Number SB-33 |
| Prepared by: Oliver Duke | | | |

Earliest Affected S/N:

All IC4, IC5 and IC6

Reason

The guide is step by step instructions on best practice on how to unbox and setup an IC4, IC5 or IC6.

Solution

Solutions for equipment in the field or in your warehouse.

| | | | | | |
|---|--------------------------|------|---|-----------------|-----|
| 1 | Date implemented | 2016 | 5 | Video available | N/A |
| 2 | Field service suggestion | N/A | 6 | Old part number | N/A |
| 3 | Units in warehouse | N/A | 7 | New part number | N/A |
| 4 | Parts in stock | N/A | 8 | Retrofit | N/A |

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REQUIRED TOOLS

- 17mm Open end spanner or equivalent
- 15mm Pedal wrench
- 13mm Hex. socket
- 10mm Open end spanner or equivalent
- 6mm Straight shaft round head 6mm Allen socket
- 3mm Straight shaft Allen key
- 2.5mm Straight shaft round head Allen key
- > 60 Nm Torque ratchet wrench
- 17mm Hex. socket
- 6mm Allen key socket
- Loctite 2701
- Cutter
- Cleaning cloth

WARNING

The Indoor cycles are very heavy and require 2 people to move and set up safely.

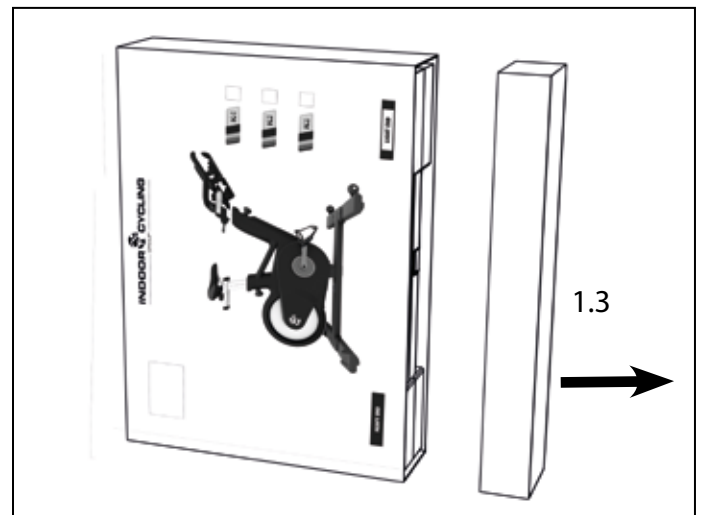
Do not completely unpack the bike before installation and follow each step carefully to ensure a successful setup.

1. BOX REMOVAL

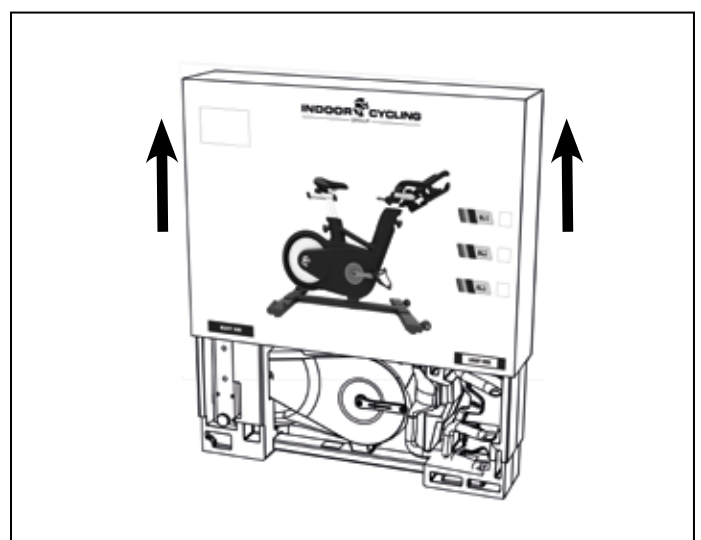
1.1 Position the box as below and note the heavy side of the box.



- 1.2 Tilt the box on the heavy side as depicted.
- 1.3 Remove tape and pull the bottom of the carton from inside the box.



1.4 Turn the box 90° so the bottom (open side) is facing the floor. Lift the box from the bike.



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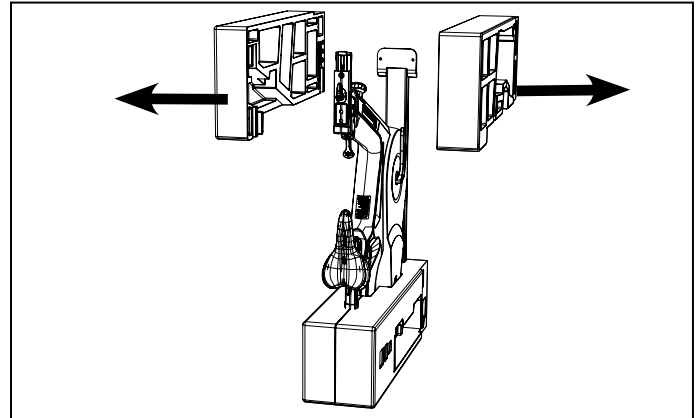
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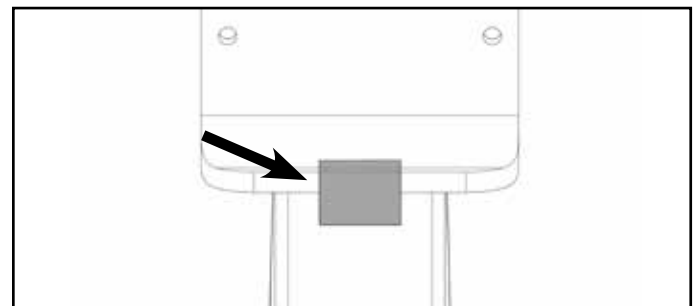
1.6 Remove all parts taped inside the Styro foam inserts.

WARNING!
ONLY REMOVE PARTS! DO NOT REMOVE THE TAPE HOLDING THE STYROFOAM TOGETHER!

1.8 Carefully remove the tape and Styrofoam only from the top of the bike.

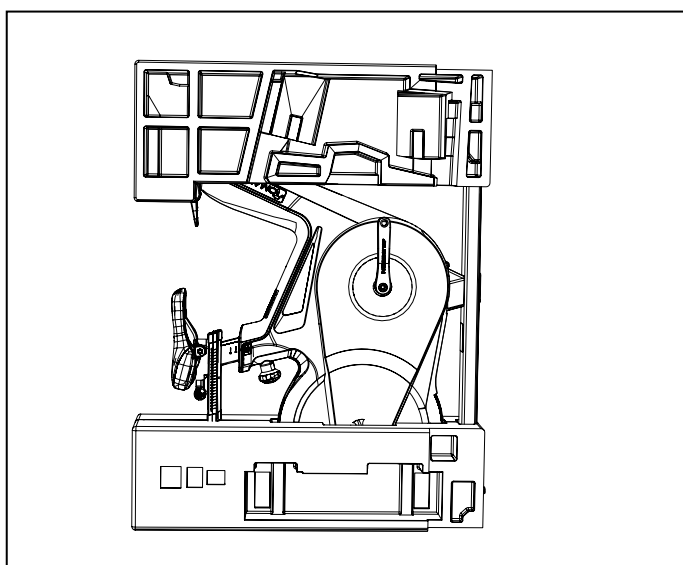
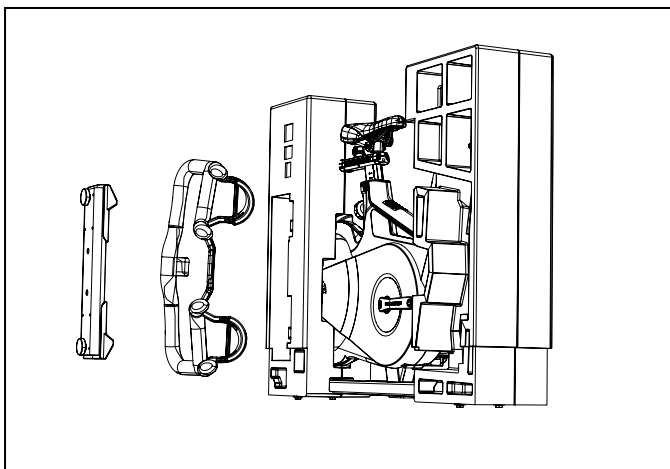
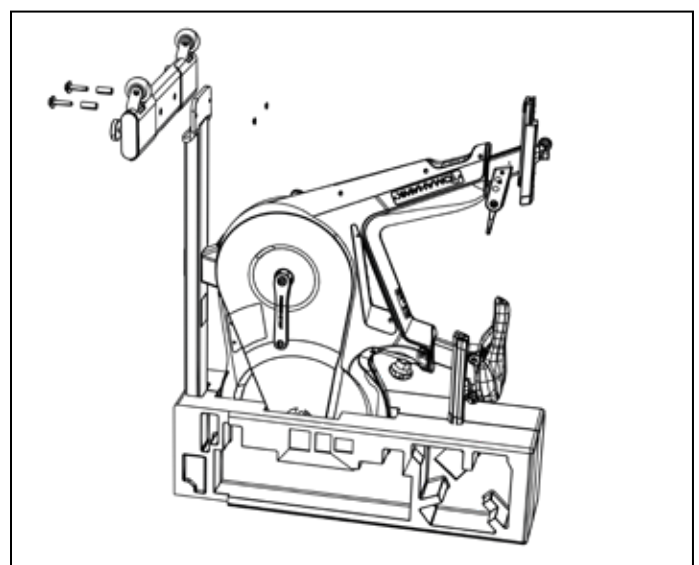


1.9 Carefully remove the tape from the frame before the stabilizer is mounted.



1.7 Tilt the bike with the Styrofoam on the fly wheel side.

2. FRONT STABILIZER ASSEMBLY



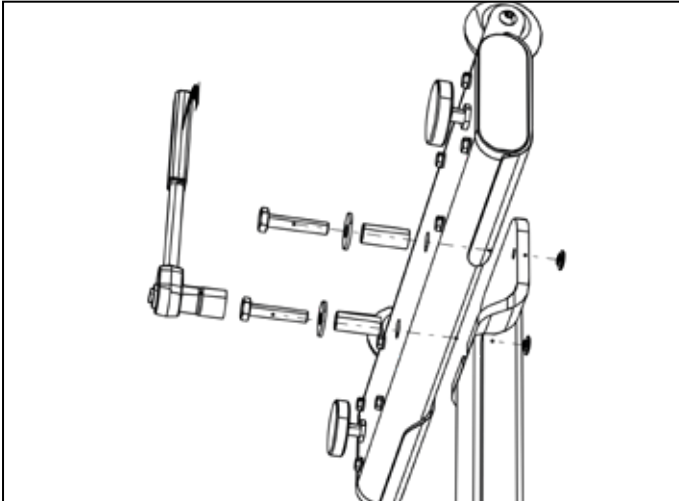
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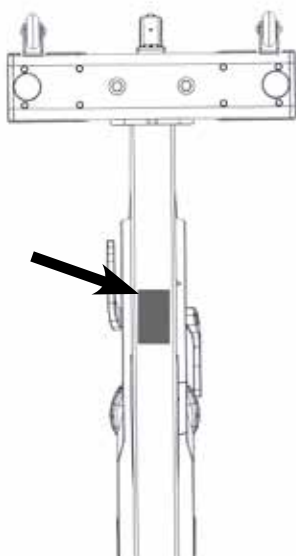
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2.1 Fasten the stabilizer and mount the caps to the top of the frame.

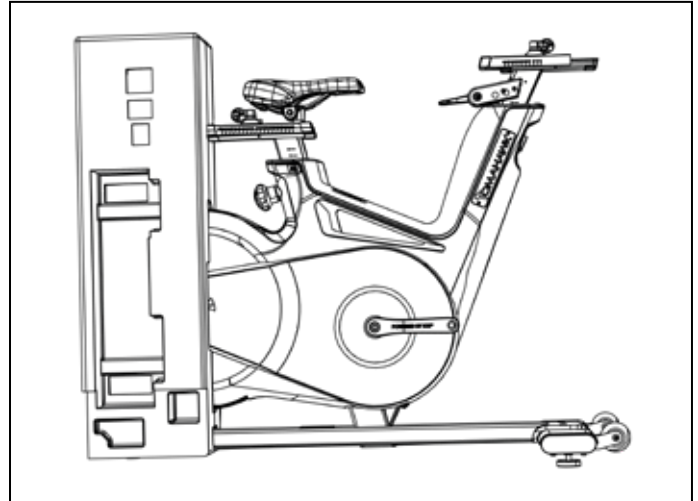


17 mm socket
Torque: 50 Nm
Hex Head Bolt: M10x50x1 bolt
Spacer: D11.9 x D15.9 x L38
Washer: D11.3 x D31.6 x L3

2.2 Remove the tape from the bottom of the bike.

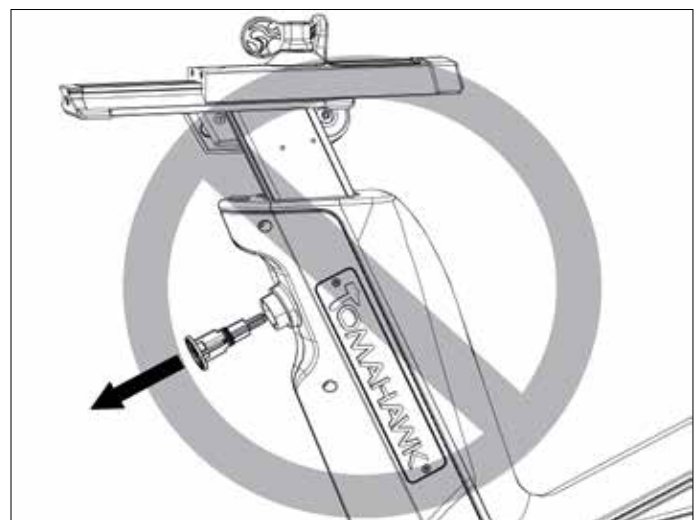


2.3 Rotate the bike 90° on the stabilizer for the next assembly steps.



CAUTION! DANGER OF INJURY!

DO NOT REMOVE THE SAFETY PIN BEFORE THE HANDLEBAR HAS BEEN MOUNTED ON THE UPPER HORIZONTAL HANDLE BAR SLIDER!



THE VERTICAL HANDLEBAR STEM OF THE INDOOR CYCLE IS SPRING LOADED AND WILL EXTEND QUICKLY UNLESS THE HANDLEBAR IS MOUNTED ONTO THE STEM. EXTENSION OF THE STEM WITHOUT THE MOUNTED HANDLEBAR MAY CAUSE INJURY OR/AND DAMAGE TO THE INDOOR CYCLE.

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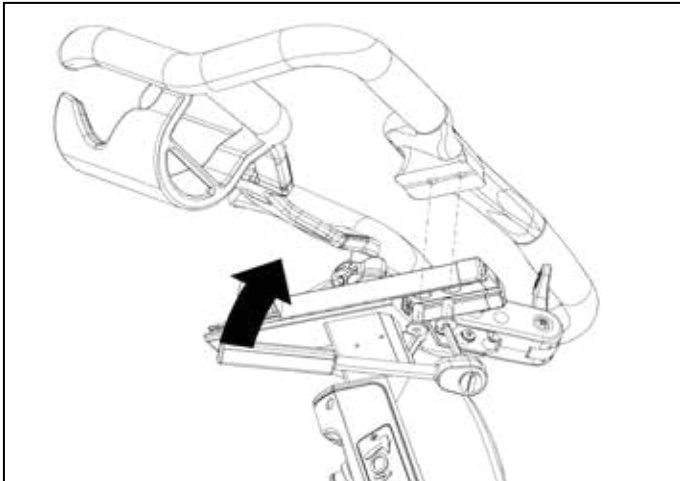
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3 Handlebar and Brake Assembly

3.1 Mount the handlebar to the stem with 2 counter sunk hex bolts.

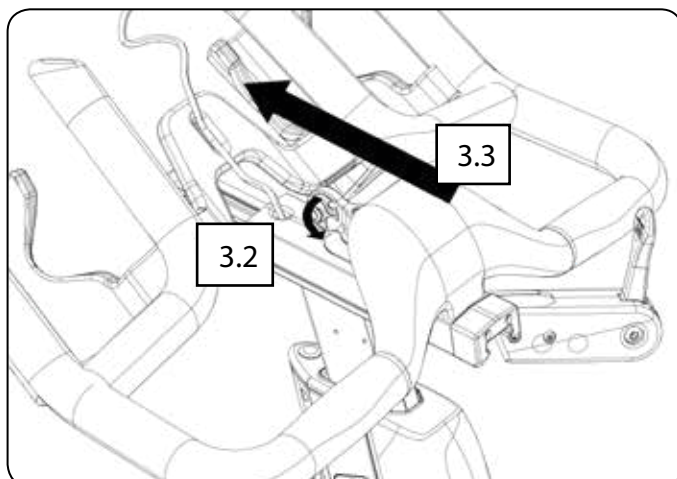


6 mm ball hex socket
Torque: 30 Nm
Counter sunk hex bolts M10 x 25

The bolts are PRE-coated with a THREAD LOCK when tightened for the first time. If the bolts should loosen, glue bolts with Loctite® 2701 upon re-tightening.

3.2 Loosen the thumb lever.

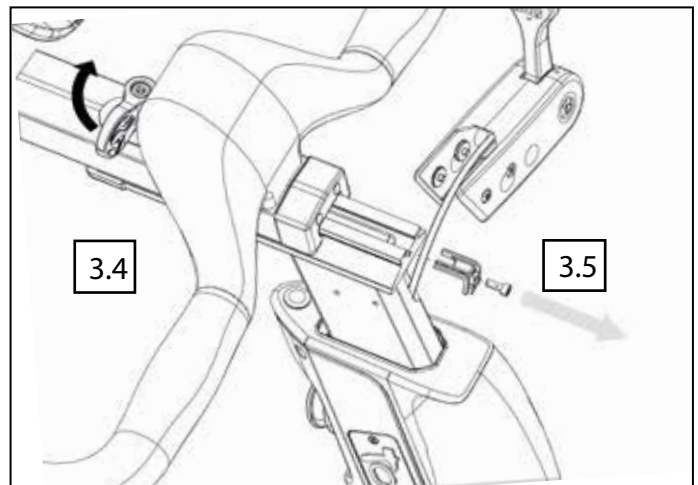
3.3 Push the horizontal slider to the forward position.



3.4 Tighten the thumb lever

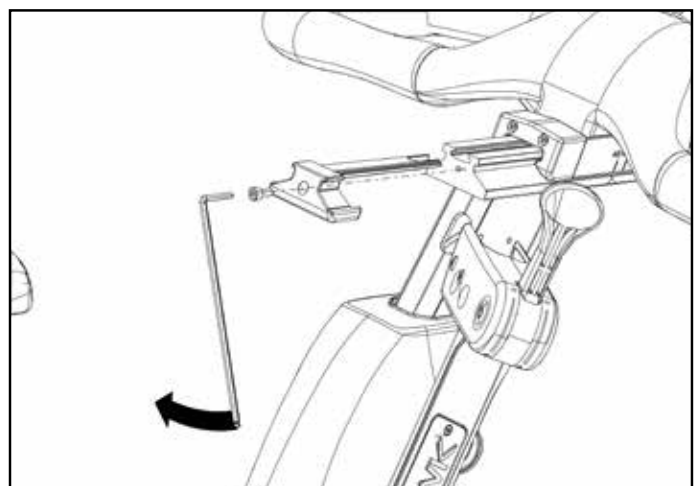
3.5 Remove the limit stop.

Never pull the handlebars toward the seat when the limit stop has been removed. This will damage the internal cable.



3 mm hex key

3.6 Insert and fasten the end cap.



4 mm hex key
Hex socket head bolt M4 x 10

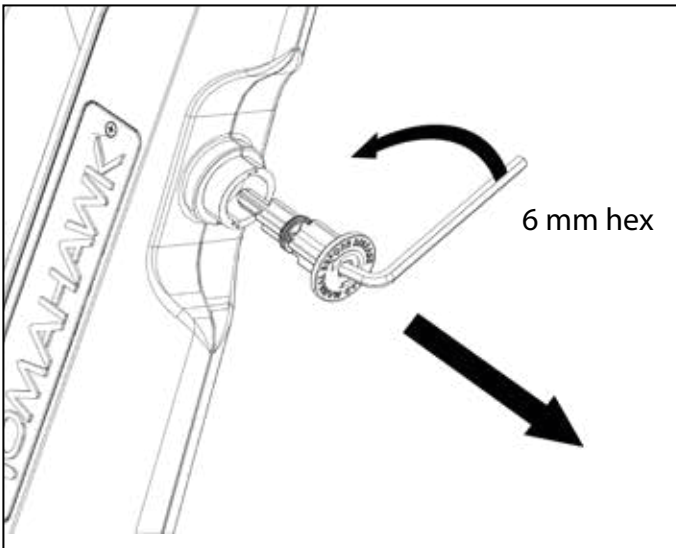
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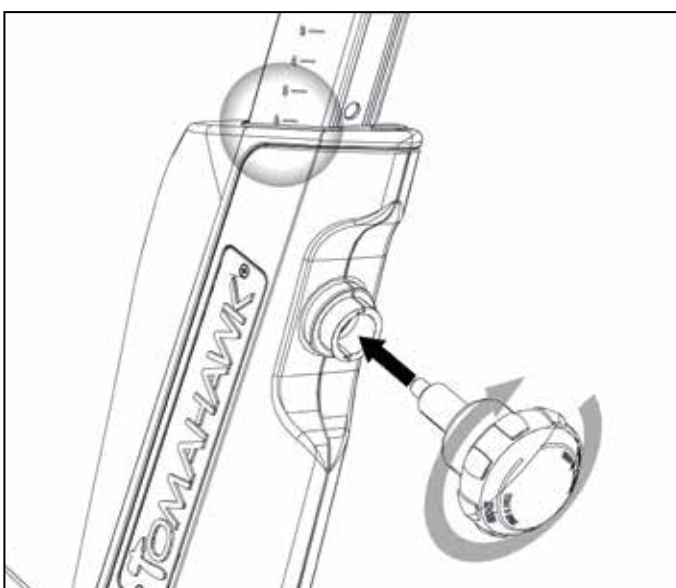
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3.6 Loosen and remove the safety pin

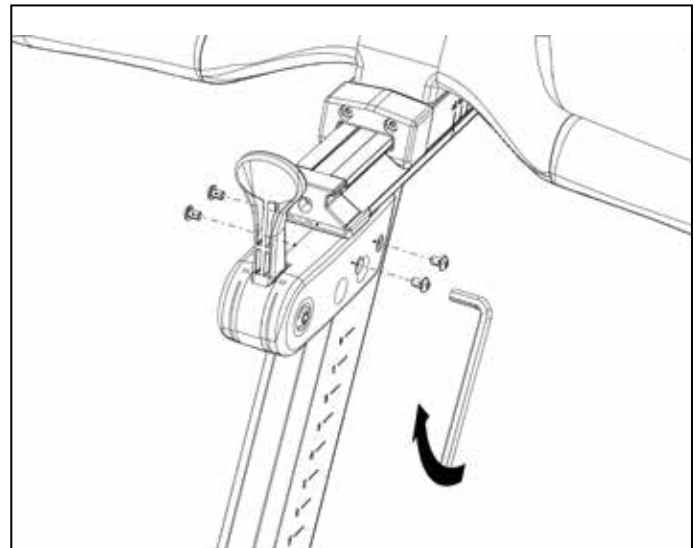


Caution: Never remove the safety pin before the handlebar has been mounted on the bike.

3.7 Lift the handlebar to position 6 and screw the pop pin knob completely into the frame to lock the stem.



3.8 Mount the brake lever carefully on to the handlebar stem.

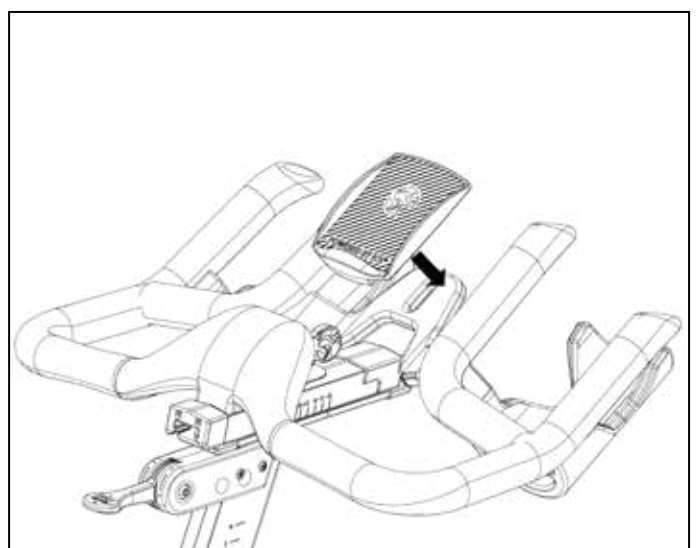


2.5 mm hex key
4 pcs. Hex socket button head bolt M4 x 6

4. IC4 Smartphone Tray Assembly

Bracket assembly applies only to IC4! If you have an IC5 or IC6, proceed to step 5.

4.1 Position the smartphone tray on the handlebar bracket.



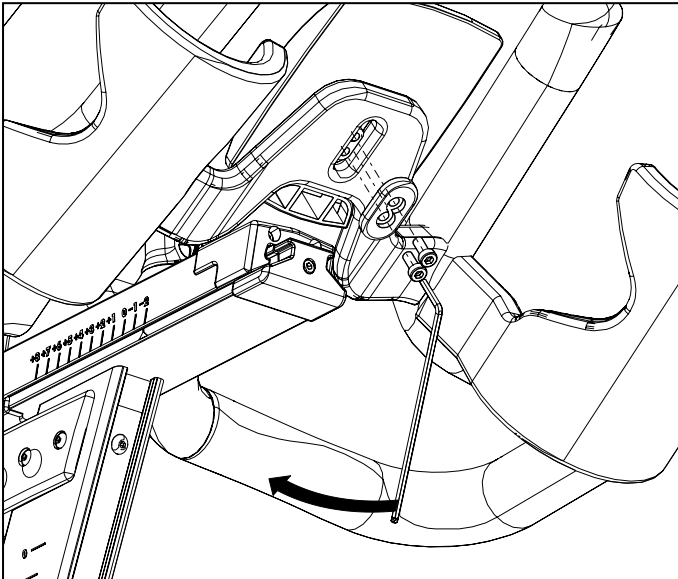
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4.2 Fasten bracket to the smart phone tray.

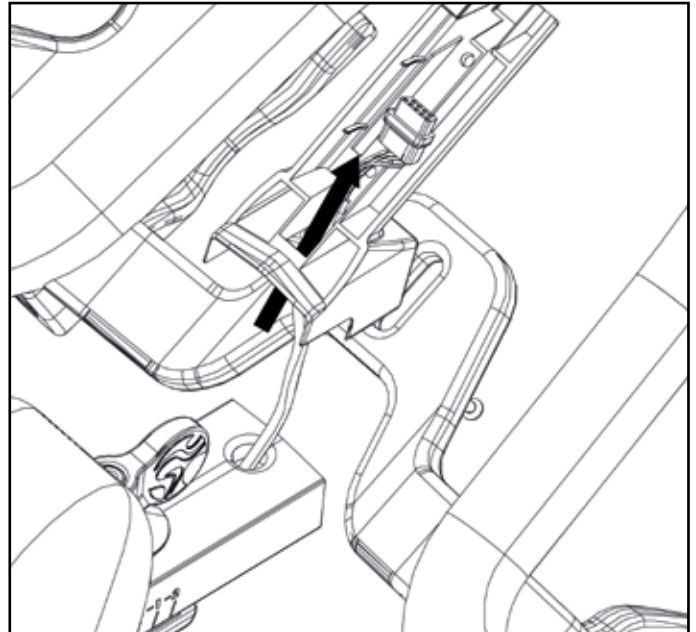


3 mm Hex key

Hex socket head bolt - M4 X 10

5. IC5 & IC6 Bracket and Computer Assembly

5.1 Slide the cable through the opening in the lower console bracket.



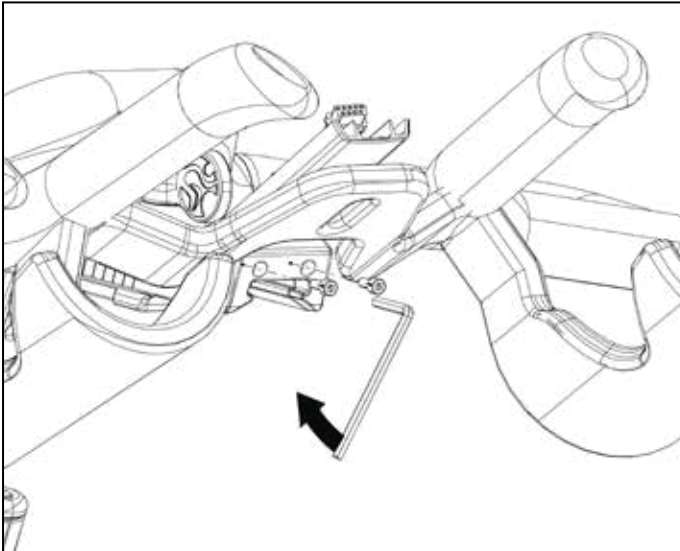
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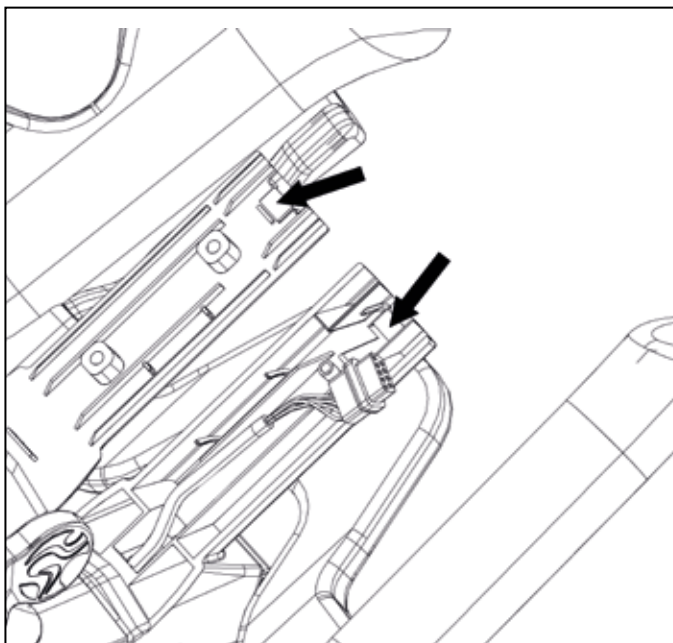
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5.2 Fasten the Bracket with two bolts.

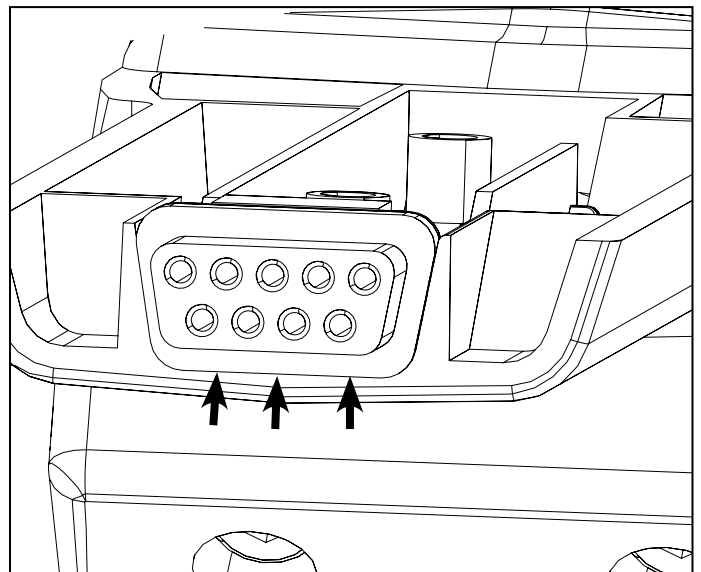
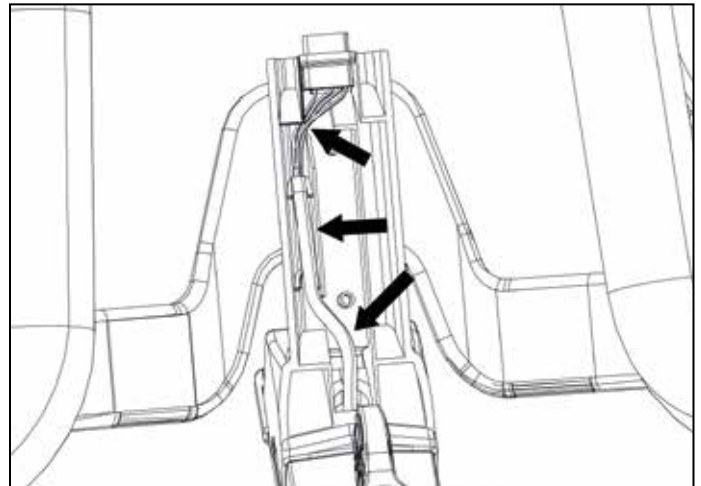


3 mm hex key
2 pcs. Hex socket head bolt M4 x 10

5.3 Remove the backing from the adhesive on both sides of the bracket



5.4 Position the cable and connector into the contour of the bracket. The connector must be flush with the bracket.



Position the smaller side of the connector to the lower side of the bracket.

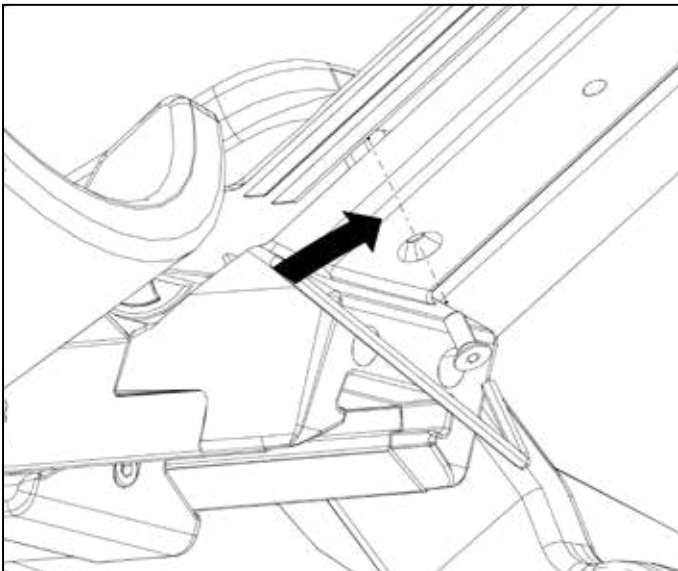
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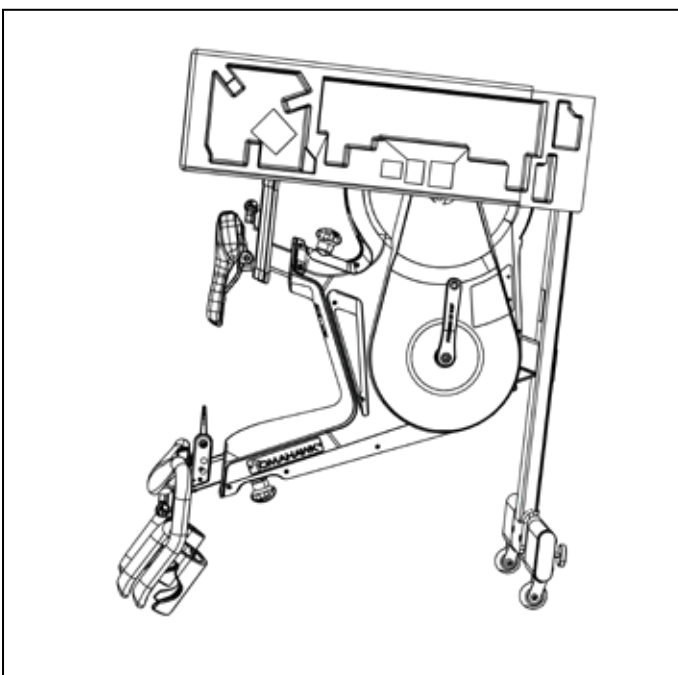
5.5 Position the bracket cover on the bracket and fasten with countersunk bolt.



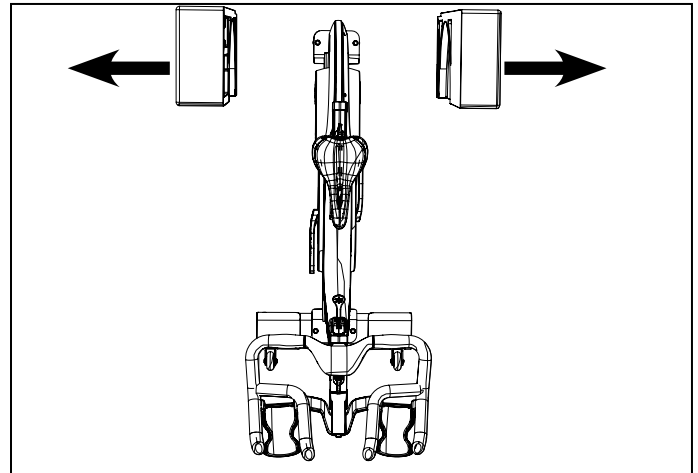
2.5 mm Hex key
Counter sunk hex socket bolt - M4 X 10

4 Rear Stabilizer

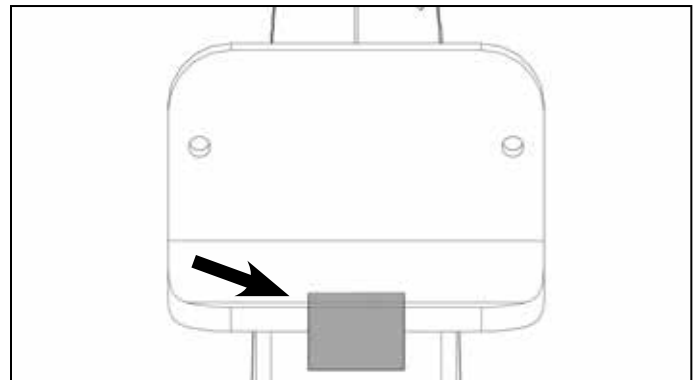
6.1 Carefully Rotate the bike on to the handlebars.



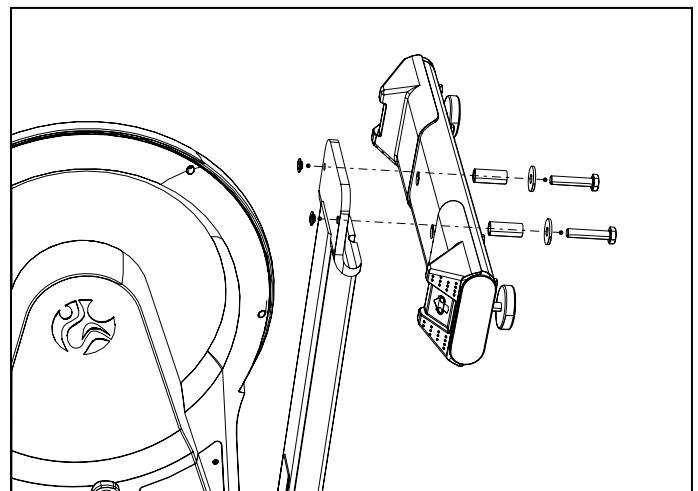
6.2 Take the Styrofoam off the bike and be sure to remove all parts taped inside.



6.3 Carefully remove the tape from the frame before the stabilizer is mounted.



6.4 Fasten the rear Stabilizer and mount the caps to the top of the frame



17 mm socket Torque: 50 Nm
Hex Head Bolt: M10x50x1 bolt, Spacer: D11.9 x D15.9 x L38, Washer: D11.3 x D31.6 x L3

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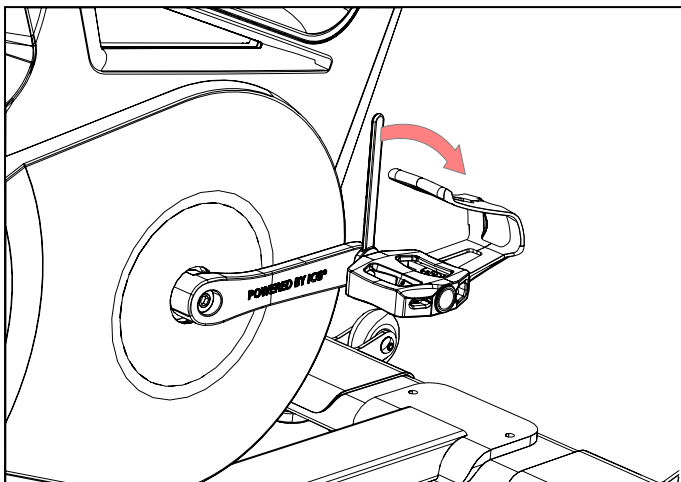
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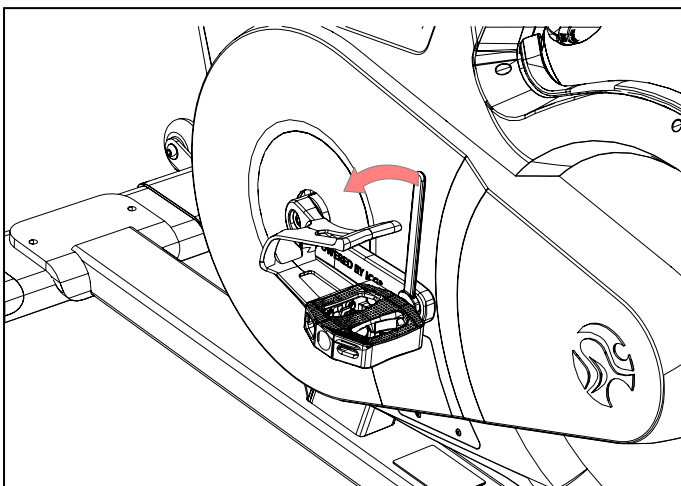
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7. Pedal assembly

7.1 Tighten the pedal marked "R" on the right crank arm by turning in the clockwise direction to 55 N.



Tighten the pedal marked "L" on the left crank arm by turning in the clockwise direction to 55 N.

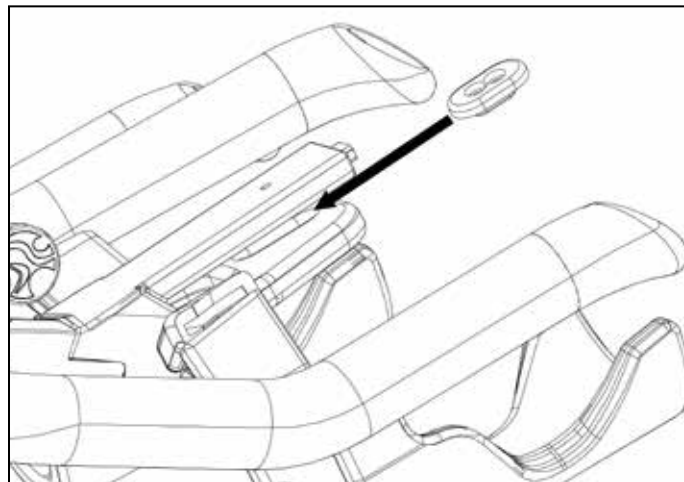


The threads are provided with TufLok® at the factory to prevent them from becoming loose during use.

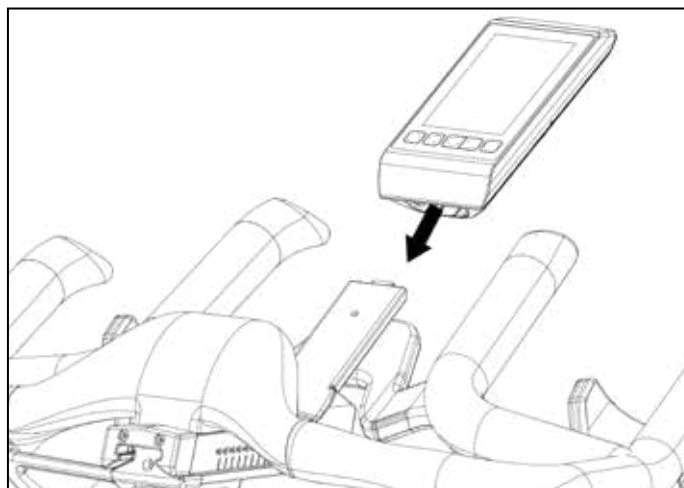
If bolts are loosened after initial assembly, we recommend using medium-strength LOCTITE® 243 when reassembling.

8 Computer Assembly

8.1 Slide the spacer between the bracket and handlebar.



8.2 Slide the bike computer onto the computer bracket.



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IC5 Computer Setup

After the computer has been mounted to the bike, turn the crank 2 full revolutions and it will automatically guide you through the general settings. These settings can be changed at a later point in time in the settings menu.

Select according to your regional or personal preferences.

Language: EN/ES/DE

Weight units: KG/LBS

Distance units: KM/MILES

Color mode on/off

If set to off, the CBC LED indicator will disabled and CBC training will not be possible.

Show QR code

If ON, the QR code with ICG App download information will be displayed during cycle start up.

ICG Heat Training Mode.

Coming soon.

Brake calibration

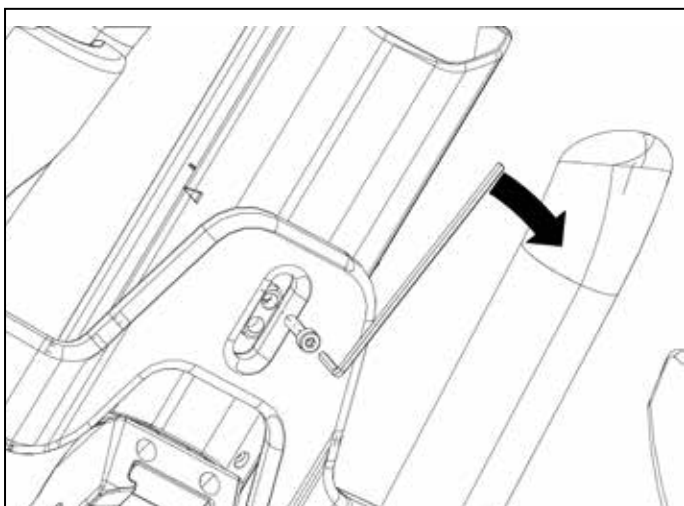
Calibrates the mechanical settings with the displayed information.

Finishing setup

Once the selections have been made, you will be referred to the Settings Overview Screen.

Following the instructions on the screen, press the USER button to complete the initial setup.

8.3 Fasten the bike computer into place from the underside of the handlebars with one bolt.



3 mm Hex key

Counter sunk hex socket bolt - M4 X 10



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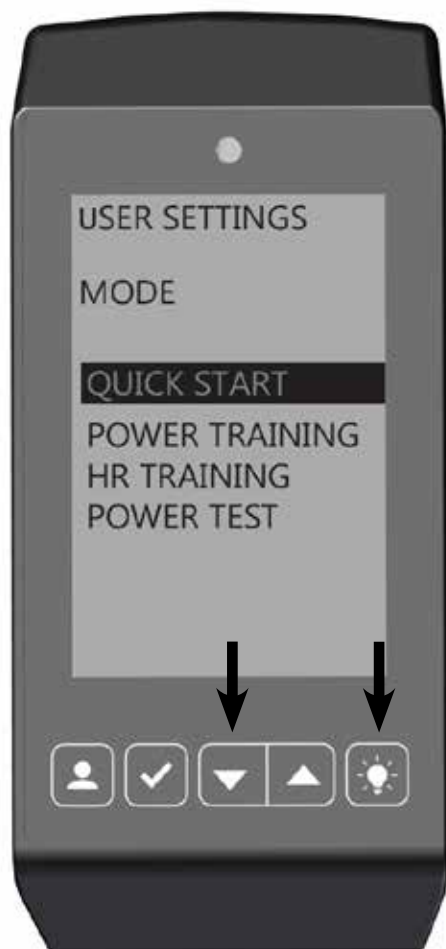
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Settings Menu

To access the computer settings, a special key combination must be confirmed which protects the settings menu from unauthorized access.

The computer must be in the mode selection screen to access the settings menu!



To open the settings menu:

1. Be sure you are in the mode selection screen (Start up screen)
2. press the down key and the back light button simultaneously for a minimum of 3 seconds.

See the Wate Rate LCD handbook for more details.

IC6 Computer Setup

After the console has been mounted to the bike, turn the crank 2 full revolutions and the console will automatically guide you through the general settings when being turned on for the first time. These settings can be changed at a later point in time in the settings menu. Select according to your regional or personal preferences.

Bike model: IC6/IC7

Language: EN/ES/DE

Weight units: KG/LBS

Distance units: KM/MILES

Selecting COLOR MODE

Enables the user to view the power or heart rate training screen in either of 3 ways.

Full Screen - Training Zone Color is displayed over the entire screen

Banner - Training Zone Color is displayed as a small bar at the top of the screen

Off - Training Zone Color is NOT displayed

Front LED

By turning the light off, the trainer receives no color indication via the front LED during a Coach By Color course, and the possibilities for training guidance are therefore limited. The background lighting of the display remains unaffected by this setting. ICG suggests leaving this setting on.

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ICG Training App Advert

When ON, a QR code with a download link will be displayed on the screen during startup.

ICG Heat Training Mode.

Coming soon.

Bike ID

Bike identification number is only required when connecting via Bluetooth or Ant.

Finishing setup

Once the selections have been made, you will be referred to the Settings Overview Screen.

Following the instructions on the screen, press the **USER** button to complete the initial setup.

Settings Menu

To access the computer settings, a special key combination must be confirmed which protects the settings menu from unauthorized access.

The computer must be in the mode selection screen to access the settings menu!



To open the settings menu:

1. Be sure you are in the mode selection screen (Start up screen)
2. press the down key and the lap button simultaneously for a minimum of 3 seconds.

See the Wate Rate TFT handbook for more details.

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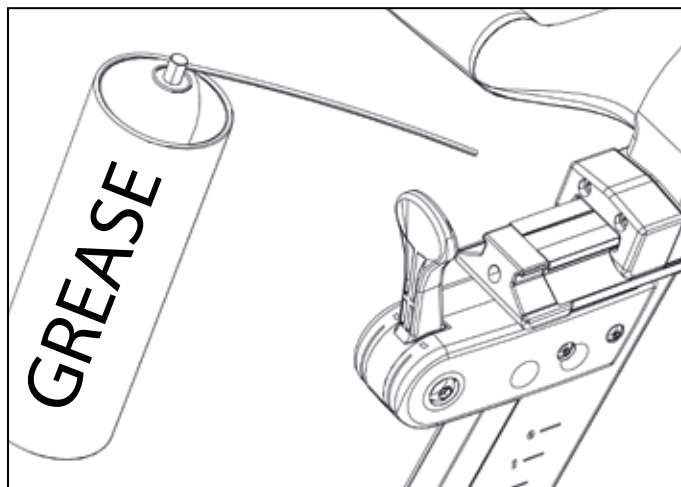
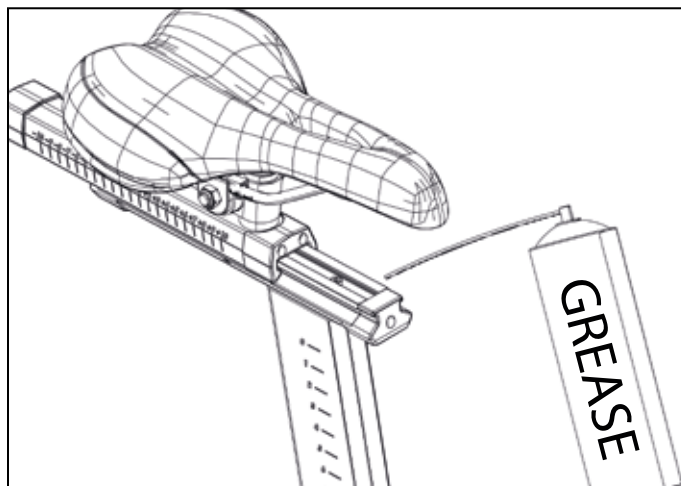
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Final check

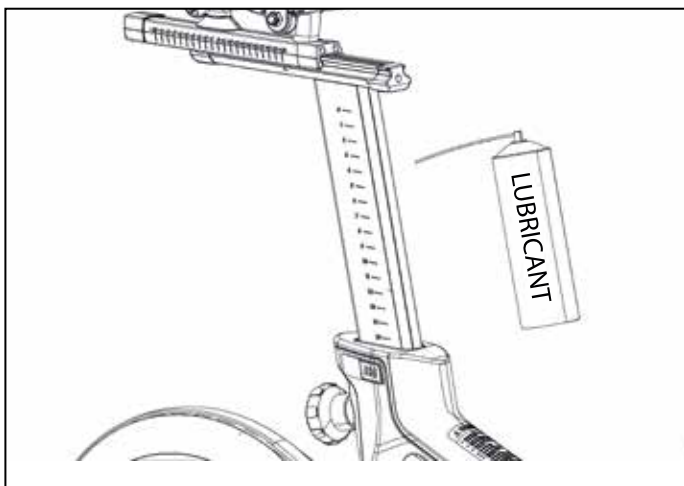
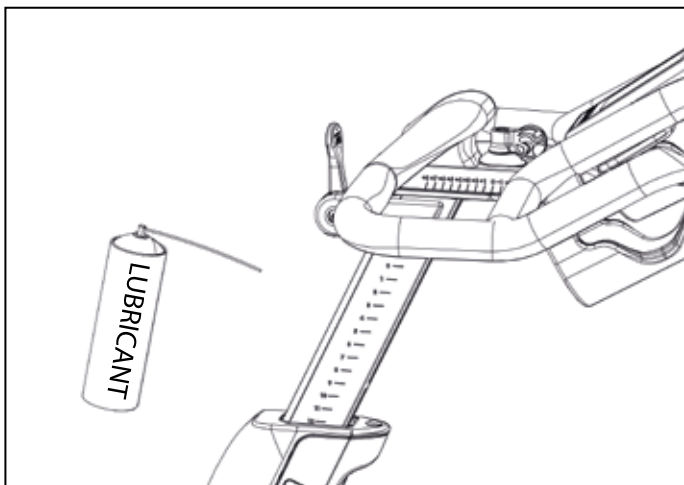
Before the setup is complete, the following must be completed to be sure the bike is 100% functional, clean, lubricated and ready for use.

Moisten a rag with acid and solvent free maintenance and care spray and lubricate the stem and seat.

Check the horizontal sliders on the seat and handlebar and lubricate if required.



Check the locking function of the thumb levers on the lateral handlebar and seat adjustment.



Check height adjustment and pop pin function of the handlebar and seat height adjustment.

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Riding check

Simulate a brief riding session. (60 sec)

- 1) Adjust the bike to accommodate your height.
- 2) In the sitting position, pedal the bike with a low cadence at a low resistance.
- 3) Increase the resistance
- 4) Pedal in a standing position and increase the resistance to simulate uphill riding.
- 5) In the sitting position, reduce resistance, increase cadence and test the brake by pushing down the brake!

End of operation.

Brake calibration

Enter the Setup mode and select the brake calibration modus.

Follow the steps as depicted on the screen.