



Bike Owner's Manual

intenza

Intenza Recumbent Bike 550RBe2

Intenza Recumbent Bike 550RBI

Intenza Upright Bike 550UBe2

Intenza Upright Bike 550UBI

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Welcome To Intenza

Thank you for purchasing an Intenza product.

Since Intenza Fitness first launched its line in 2012, our compelling designs, innovation and energy efficiency have garnered multiple awards. Designed to inspire, your future is bright. Exciting, and full of promise. It is our pleasure to join you on your fitness journey.

Before installing or using the equipment, please read all instructions in the documentation provided with this equipment. Always follow basic safety precautions when installing and using this equipment. This manual will provide guidelines for quick set up and the correct way to use the equipment. We hope your experience with this product allows you to achieve your fitness goals and meets your expectations.

The Intenza 550 Series Bike has been tested and designed to comply with the regulations for a Class A digital device and for Class S studio use pursuant to part 15 of the FCC rules and UL regulations. This equipment is in compliance with European Directives, i.e. Machinery Directive 2006/42/EC and Low Voltage Directive 2006/95/EC. The Intenza 550 Series Bike is designed to provide you with a safe, intuitive, comfortable and reliable experience, guiding you to a healthy lifestyle.

FCC Warning Possible Radio/Television Interference

CAUTION Any changes or modifications to this equipment will affect the product warranty.

Team Intenza



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IMPORTANT SAFETY INSTRUCTIONS

When using an electrical appliance, basic precautions should always be followed, including the following: please read all instructions before operation.

WARNING

- The 550 Series Bike is designed for aerobic exercise in a commercial or consumer environment.
- Please check with your physician prior to beginning any exercise program.
- Heart rate monitoring systems may be inaccurate. Over exercise may result in serious injury or death. If you feel faint stop exercising immediately.
- Stop exercising immediately and consult a physician if you feel any abnormal symptoms such as fainting, dizziness, chest pain, nausea or shortness of breath.

DANGER

- Make sure all users see a physician for a complete physical examination before they begin any fitness program.
- Unsupervised children must be kept away from this equipment.
- Assemble and operate the equipment on a solid level surface.
- Set the equipment a few feet away from walls or furniture, and away from sources of heat, such as radiators, heat registers and stoves. Avoid extreme temperature changes.
- Do not place outdoors or in an enclosed swimming pool environment.
- Keep hands and loose clothing away from moving parts.
- Keep equipment away from water and moisture. Avoid dropping or spilling anything on/inside the equipment to prevent electric shock, or damage to the equipment.
- Never leave the equipment unattended when it is plugged in. Unplug the equipment from its power source when it is not in use.
- The optional power adapter is considered a power source for self-powered equipment. Always unplug this equipment from the electrical outlet immediately after use or before cleaning.
- Keep the optional power adapter and plug away from heated surfaces.
- Do not insert any object into any opening, or underneath the equipment.
- Do not attempt to remove the cover or modify the equipment. Service should only be conducted by an authorized service technician.
- Wear shoes with rubber or high-traction soles. Do not wear shoes with heels, leather soles, cleats or spikes. Make sure no stones are embedded in the soles.

IMPORTANT SAFETY INSTRUCTIONS

DANGER

- Do not use the equipment with bare feet.
- Stop operating the equipment until the defective components are repaired.
- Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.
- Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- To disconnect, turn all controls to the off position, then remove plug from outlet.
- This appliance can be used by persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision.

IMPORTANT OPERATION INSTRUCTIONS

- NEVER operate this bike without reading and completely understanding the results of any operational change you request from the computer.
- Understand that changes in resistance do not occur immediately. Set your desired resistance level on the computer console and release the adjustment key. The computer will obey the Command gradually.
- Use caution while participating in other activities while pedaling on your bike, such as watching television, reading, etc. These distractions may cause you to lose balance which may result in serious injury.
- Do not use excessive pressure on console control keys. They are precision set to function properly with little finger pressure.
- Always hold on to a handle bar while making control changes.
- Do not use excessive pressure on console control keys. They are precision set to function properly with little finger pressure. If you feel the buttons are not functioning properly with normal pressure contact your dealer.

2. Intenza 550 Series Bike Overview And Assembly



Important Safety Precautions

SAFETY PRECAUTIONS

- Unsupervised children must be kept away from this equipment.
- Assemble and operate the equipment on a stable base which is properly leveled.
- Keep an area of 3 feet by 3 feet (1000 mm x 1000 mm) behind the bike clear of any obstructions, including walls, furniture, and other equipment.
- Keep away from sources of heat such as radiators, heat registers and stoves. Avoid extreme temperature changes.
- Do not use outdoors or in an enclosed swimming pool environment.
- Keep equipment away from water and moisture. Avoid dropping anything on or spilling anything inside the equipment to prevent electric shock or damage the electronics.
- Never leave the equipment unattended when it is plugged in. Unplug the equipment from its power source when it is not in use for a long time.
- Do not drop or insert any object, hands, or feet into any opening, or underneath the equipment.
- Do not attempt to remove the cover or modify the equipment. Service should only be done by an authorized service technician.
- Do not use the equipment with bare feet. Wear shoes with rubber or high—traction soles. Do not use shoes with heels, leather soles, cleats, or spikes. Make sure no stones are embedded in the soles.
- Do not operate the equipment until the defective components are repaired.
- Use the handrails whenever additional stability is required. In case of emergency, such as tripping, the user should grab the handrails. The handrails may be held to enhance stability as needed, but are not for continuous use.

2.1 550RBe2 Overview



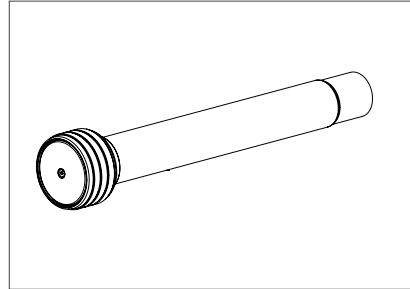
2.2 550RBi Overview



2.3 550RBe2 & 550RBi Part List

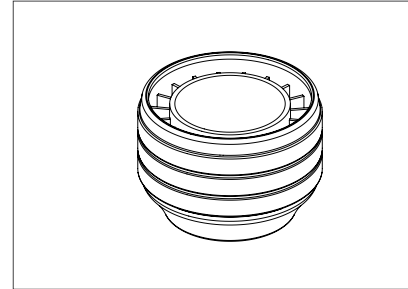
Open the shipping carton. Remove all parts from the carton and cardboard inserts.

Before beginning assembly, verify that the following hardware items are packed with the equipment. Do not attempt to move the equipment off the pallet by yourself. At least two people are required for safe moving or lifting. Please use safe lifting techniques.



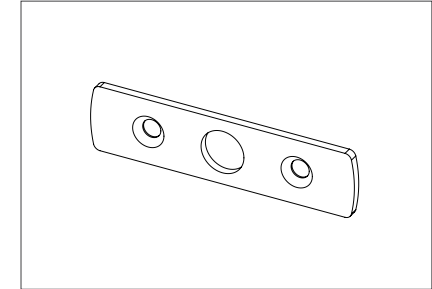
1. Front stabilizer

QTY 1



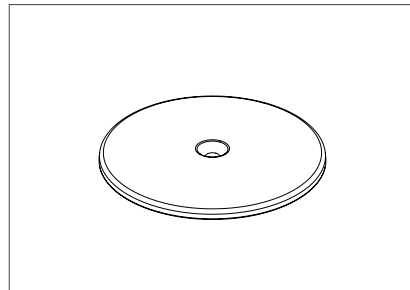
2. Transportation wheel

QTY 1



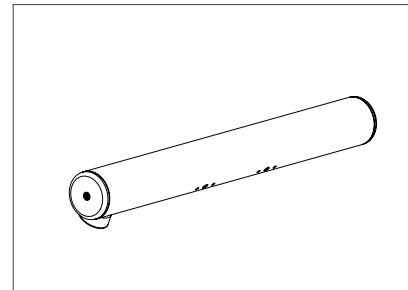
3. Wheel bracket

QTY 1



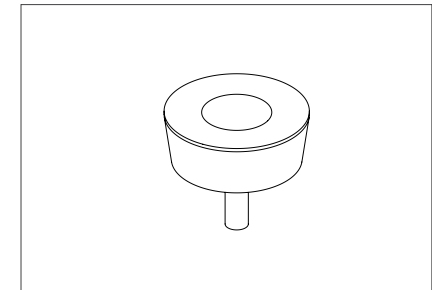
4. Transportation wheel cap

QTY 1



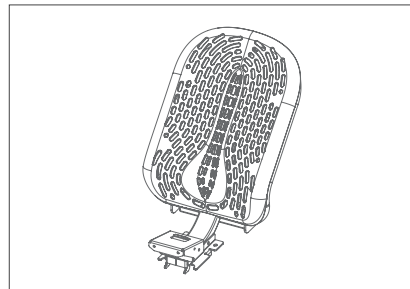
5. Rear stabilizer

QTY 1



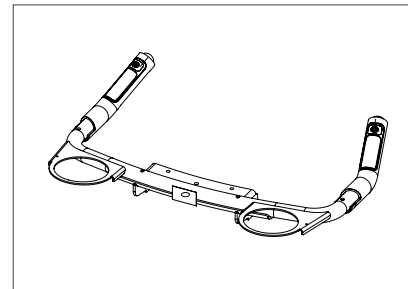
6. Adjustment foot

QTY 1



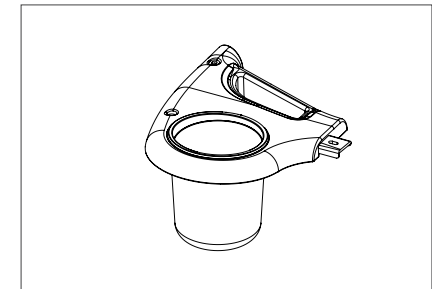
7. Seat frame

QTY 1



8. Side handlebar

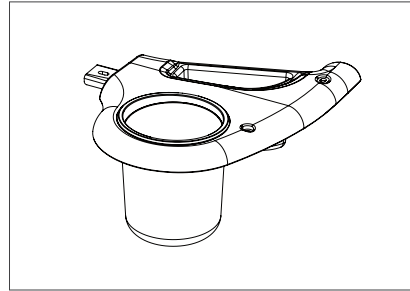
QTY 1



9. Cup holder, Left

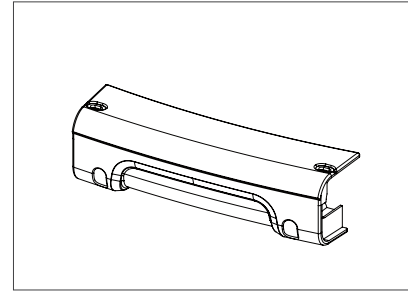
QTY 1

2.3 550RBe2 & 550RBi Part List



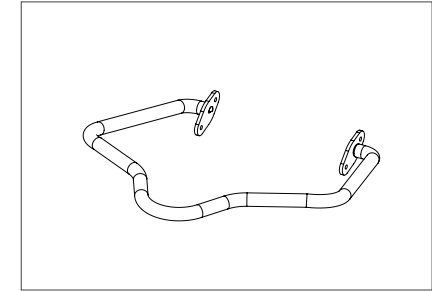
10. Cup holder, Right

QTY 1



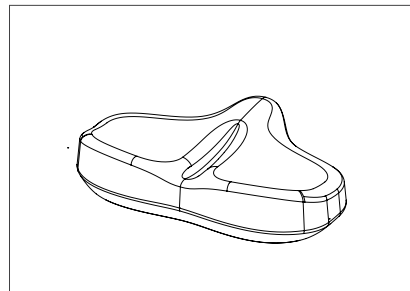
11. Cap of side handlebar

QTY 1



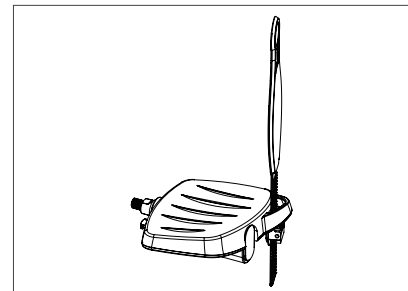
12. Seat adjustment handle

QTY 1



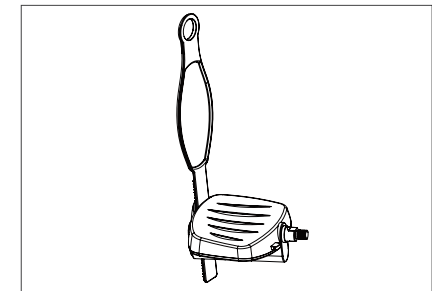
13. Saddle

QTY 1



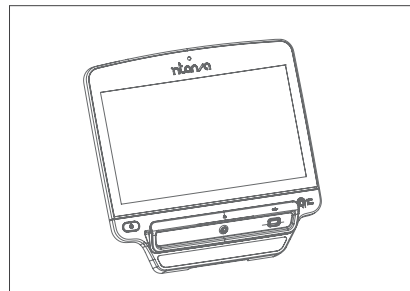
14. Pedal, Left

QTY 1



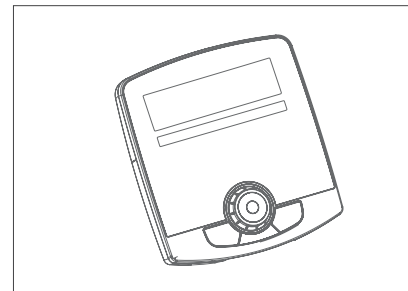
15. Pedal, Right

QTY 1



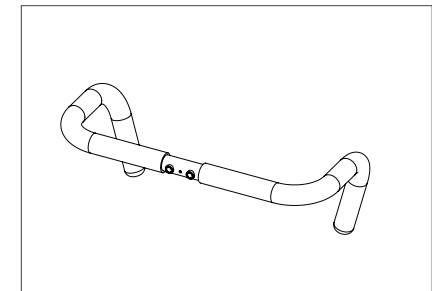
16. Console for 550 RBe2

QTY 1



17. Console for 550 RBi

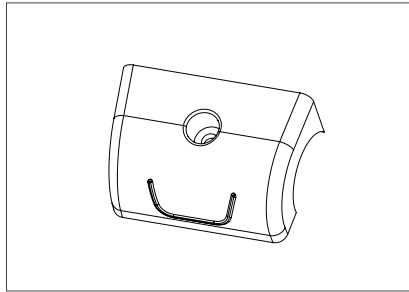
QTY 1



18. Front handle bar

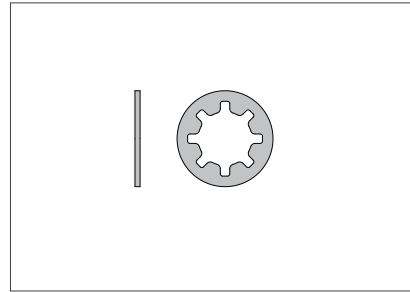
QTY 1

2.3 550RBe2 & 550RBi Part List



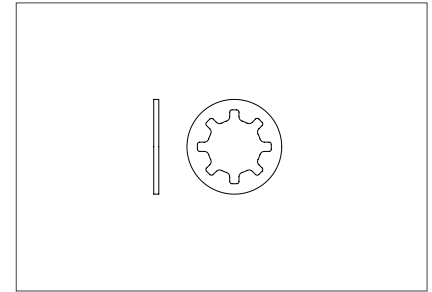
19. Console cap

QTY 1



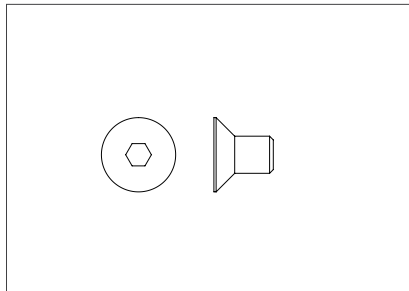
20. Star washer, black, M8

QTY 19



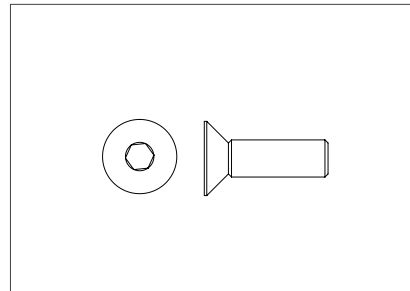
21. Star washer , white, M8

QTY 4



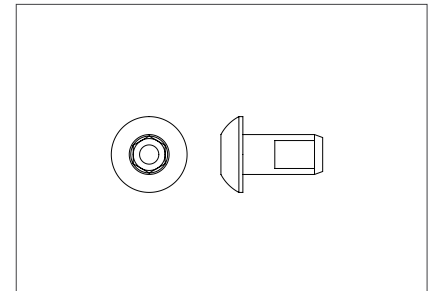
22. Countersunk screw, M5 x 8L

QTY 2



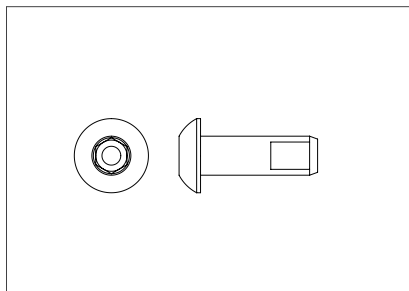
23. Countersunk screw, M6 x 15L

QTY 1



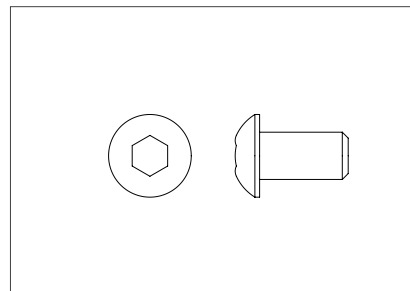
24. Dome screw, M5 x 10L

QTY 7



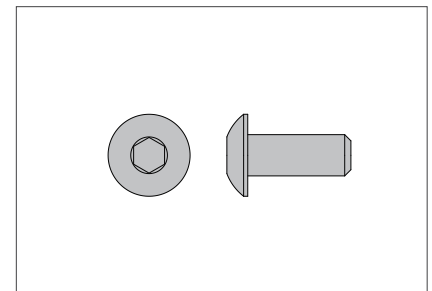
25. Dome screw, M5 x 15L

QTY 2



26. Dome screw, white, M8 x 15L

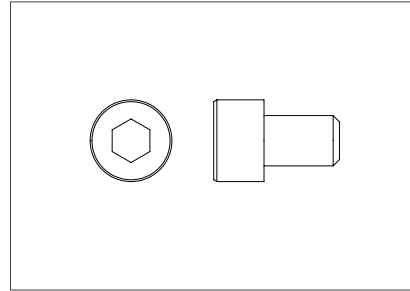
QTY 4



27. Dome screw, black, M8 x 20L

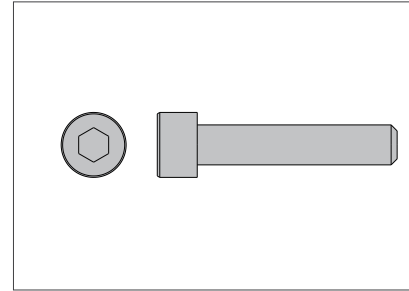
QTY 12

2.3 550RBe2 & 550RBi Part List



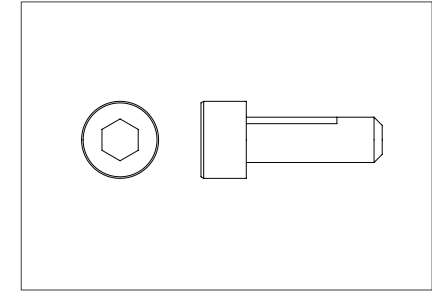
28. Screw, socket, M8 x 12L

QTY 5



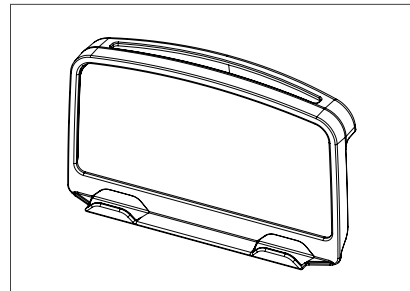
29. Screw, socket, black, M8 x 40L

QTY 2



30. Screw, socket, M5 x 10L

QTY 4



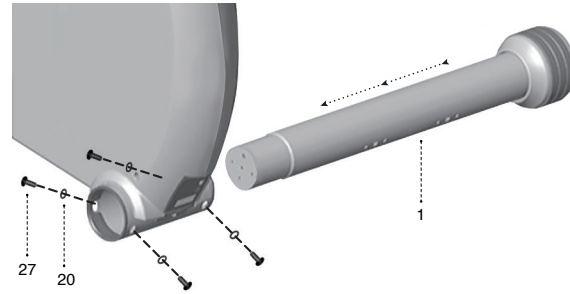
31. iPad rack for RBi

QTY 1

2.4 550RBe2 & 550RBi Assembly Instructions: Bike Frame

STEP 1

Assemble the front stabilizer.



PLEASE NOTE

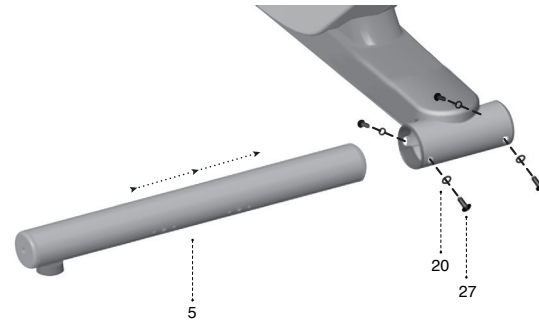
Lift up the bike carefully to assemble the front stabilizer.

COMPONENTS AND TOOLS

Star washer, black, M8(20), Dome screw, black, M8 x 20L(27),
Hex wrench— 6mm

STEP 3

Assemble the rear stabilizer.

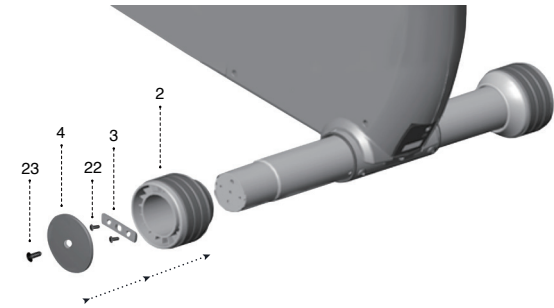


COMPONENTS AND TOOLS

Star washer, black, M8(20),
Dome screw, black, M8 x 20L(27), Hex wrench— 6mm

STEP 2

Assemble the transportation wheel.

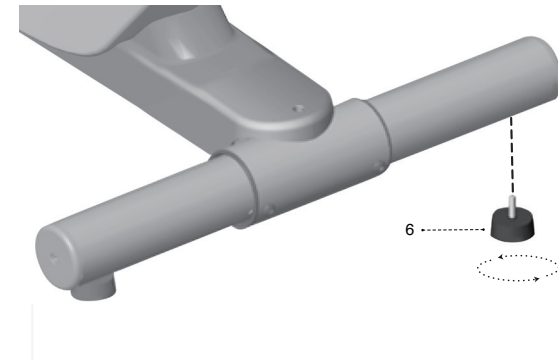


COMPONENTS AND TOOLS

Countersunk screw, M5 x 8L(22),
Countersunk screw, M6 x 15L(23), Hex wrench— 6mm,
Hex wrench— 3mm

STEP 4

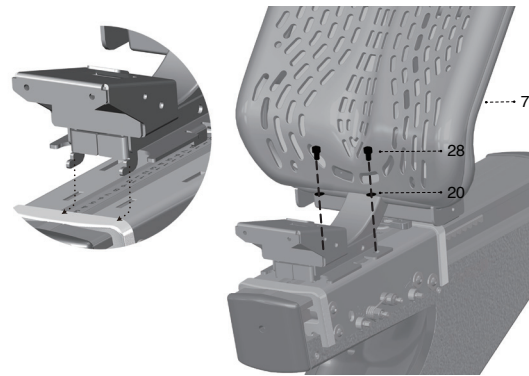
Assemble the adjustment foot.



2.4 550RBe2 & 550RBi Assembly Instructions: Bike Frame

STEP 5

Assemble the seat frame.



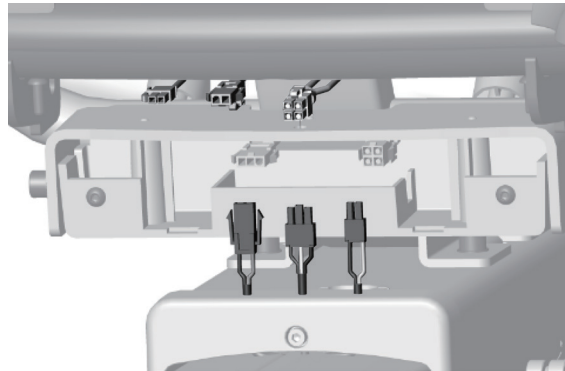
COMPONENTS AND TOOLS

Star washer, black, M8(20), Screw, socket, M8 x 12L(28),

Hex wrench— 6mm

STEP 7

Assemble the side handle bar—connect the cables

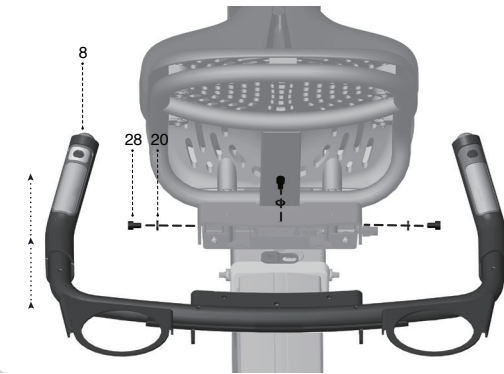


PLEASE NOTE

Connect the cables with matched pin with the same color.

STEP 6

Assemble the handlebar.



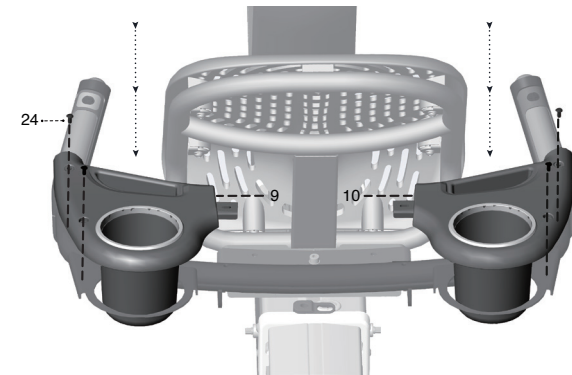
COMPONENTS AND TOOLS

Star washer, black, M8(20), Screw, socket, M8 x 12L(28),

Hex wrench— 6mm

STEP 8

Assemble the L and R cup holder.



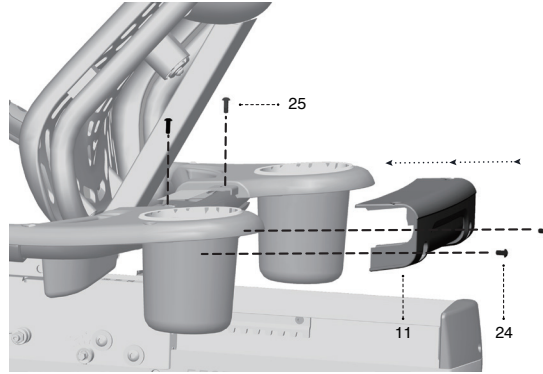
COMPONENTS AND TOOLS

Dome screw, M5 x 10L(24), Hex wrench—4mm

2.4 550RBe2 & 550RBi Assembly Instructions: Bike Frame

STEP 9

Assemble the side cover of side handlebar.



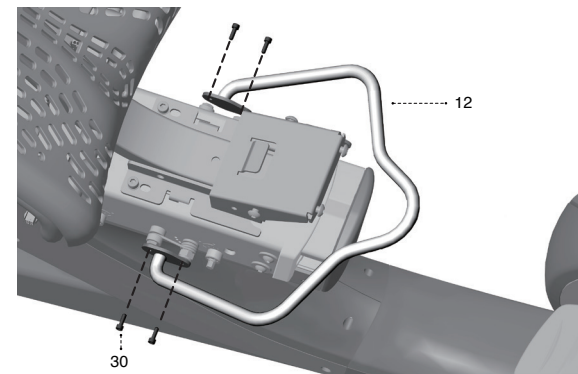
COMPONENTS AND TOOLS

Dome screw, M5 x 10L(24), Dome screw white, M8 x 15L(25)

Hex wrench—4mm

STEP 10

Assemble the seat adjustment handle.

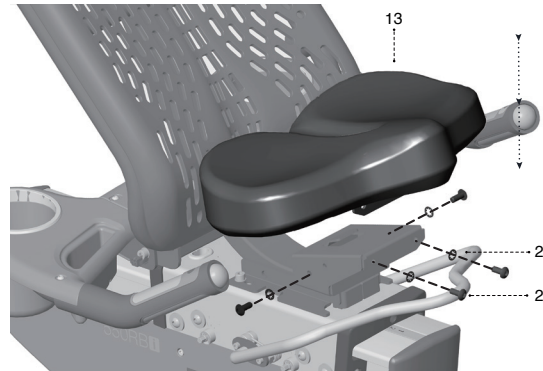


COMPONENTS AND TOOLS

Screw, socket, M5 x 10L(30), Hex wrench— 3mm

STEP 11

Assemble the saddle.



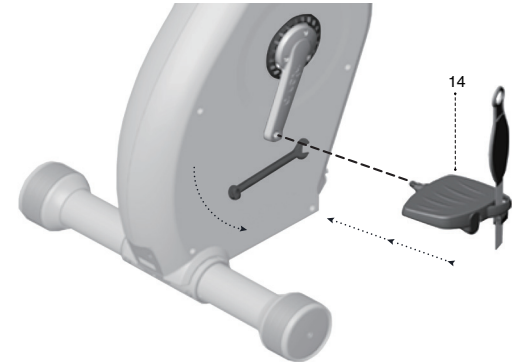
COMPONENTS AND TOOLS

Star washer, black, M8(20),

Dome screw, black, M8 x 20L(27), Hex wrench— 6mm

STEP 12

Assemble the Left pedal.



COMPONENTS AND TOOLS

Open—end wrench— 15mm

PLEASE NOTE

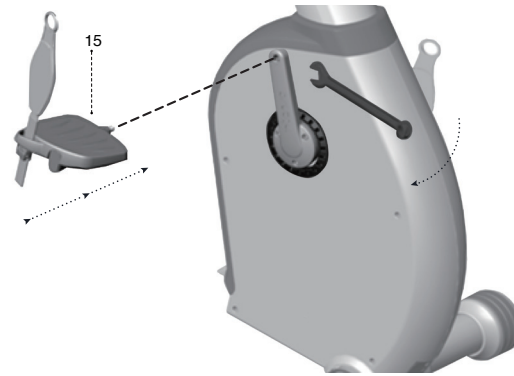
Rotate the wrench according to instruction.

Make sure the pedal is Left side.

2.4 550RBe2 & 550RBi Assembly Instructions: Bike Frame

STEP 13

Assemble the Right pedal.



COMPONENTS AND TOOLS

Open-end wrench— 15mm

PLEASE NOTE

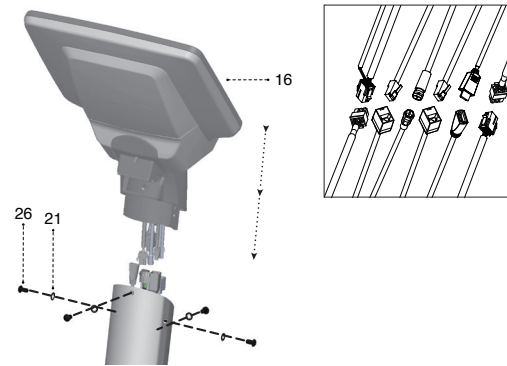
Rotate the wrench according to instruction.

Make sure the pedal is Right side.

2.5 550RBe2 Assembly Instructions: Entertainment Console

STEP 1

Assemble the console.



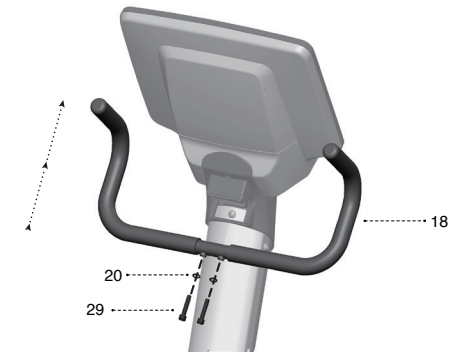
COMPONENTS AND TOOLS

Star washer, white, M8(21), Dome screw, white, M8 x 15L(26),

Hex wrench— 6mm

STEP 2

Assemble the console.



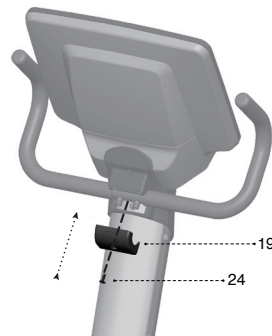
COMPONENTS AND TOOLS

Star washer, black, M8(20), Screw, socket, M8 x 40L(29),

Hex wrench— 6mm

STEP 3

Assemble the console.



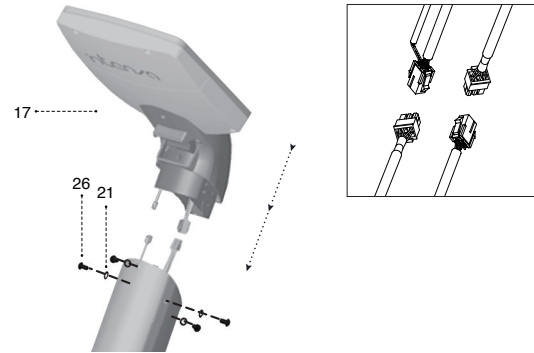
COMPONENTS AND TOOLS

Dome screw, M5 x 10L(24), Hex wrench—4mm

2.6 550RBi Assembly Instructions: Interactive Console

STEP 1

Assemble the console.

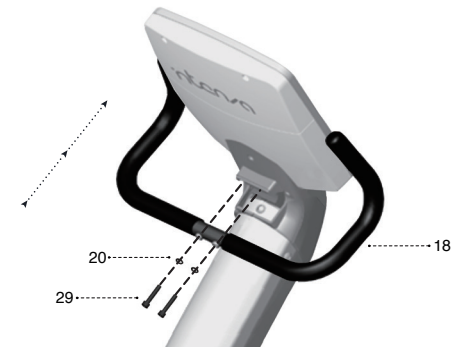


COMPONENTS AND TOOLS

Star washer, white, M8(21), Dome screw, white, M8 x 15L(26),
Hex wrench— 6mm

STEP 2

Assemble the console.

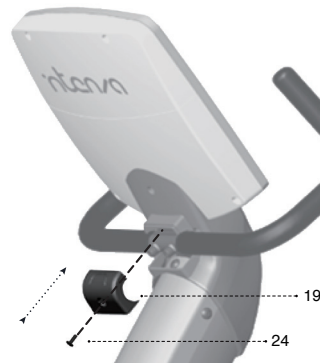


COMPONENTS AND TOOLS

Star washer, black, M8(20), Screw, socket, M8 x 40L(29),
Hex wrench— 6mm

STEP 3

Assemble the console.

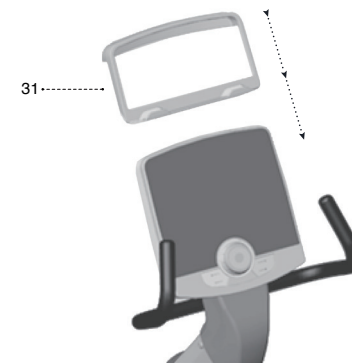


COMPONENTS AND TOOLS

Dome screw, M5 x 10L(24), Hex wrench—4mm

STEP 4

Assemble the iPad rack.



2.7 550UBe2 Overview

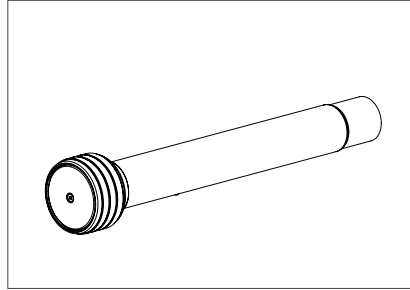


2.8 550UBi Overview

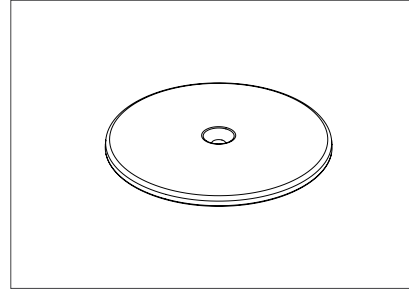


2.9 550UBe2 & 550UBi Part List

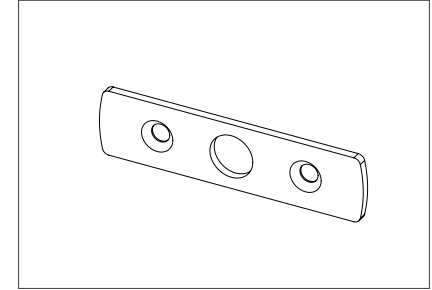
Open the shipping carton. Remove all parts from the carton and cardboard inserts.
Before you begin assembly, verify that the following hardware items are packed with the equipment.



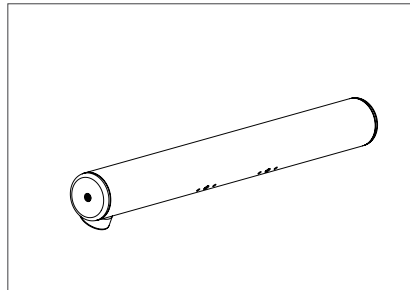
1. Front stabilizer
QTY 1



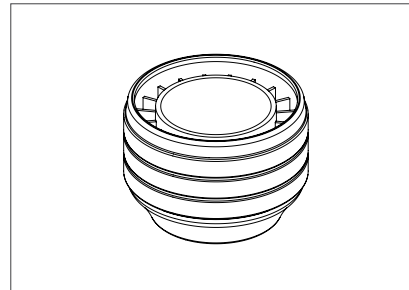
2. Moving wheel cover
QTY 1



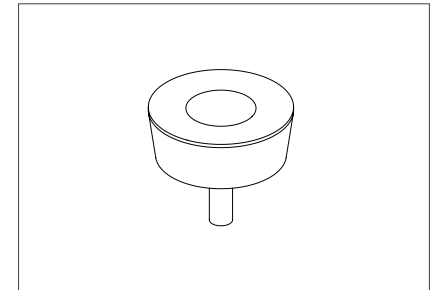
3. Wheel bracket
QTY 1



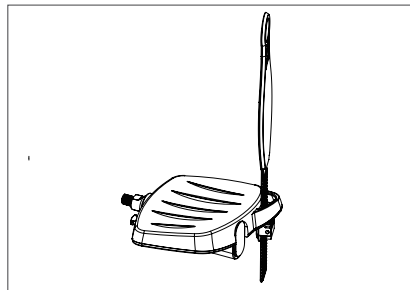
4. Rear stabilizer
QTY 1



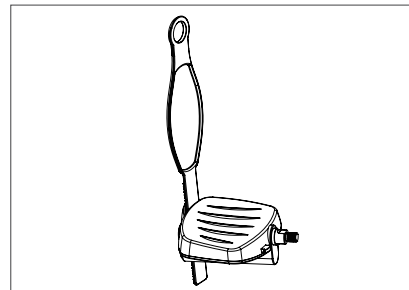
5. Transportation wheel
QTY 1



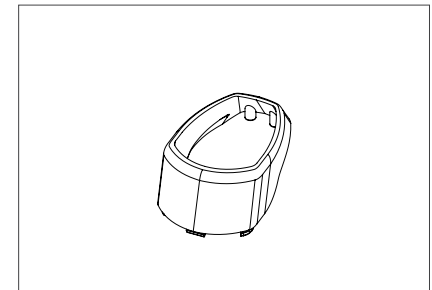
6. Adjustment foot
QTY 1



7. Pedal, Left
QTY 1

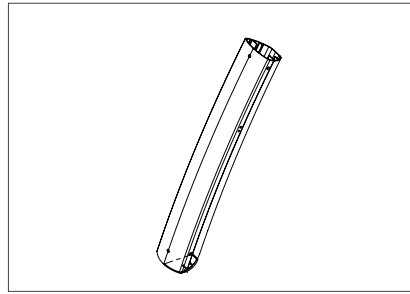


8. Pedal, Right
QTY 1

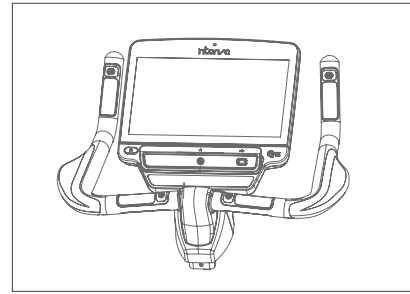


9. Front post cover
QTY 1

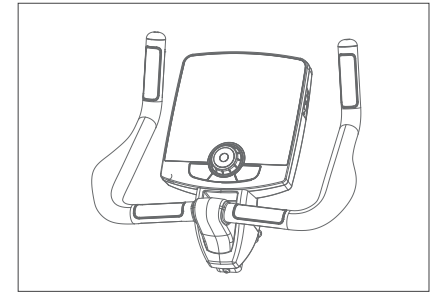
2.9 550UBe2 & 550UBi Part List



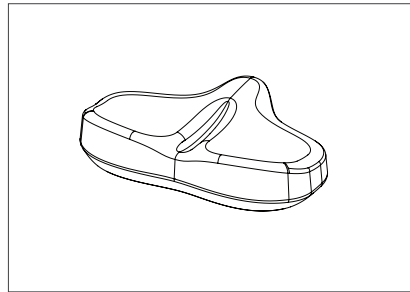
10. Front post
QTY 1



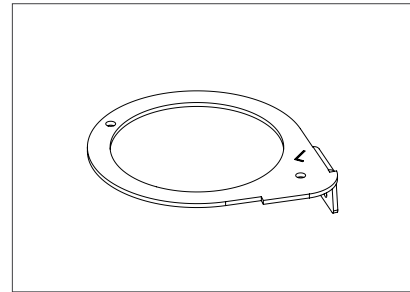
11. Console for UBe2
QTY 1



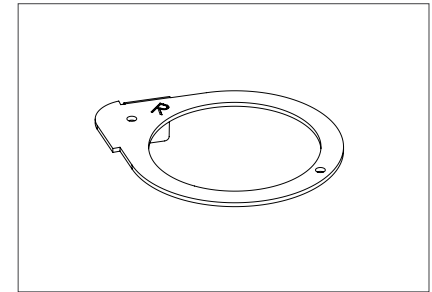
12. Console for UBi
QTY 1



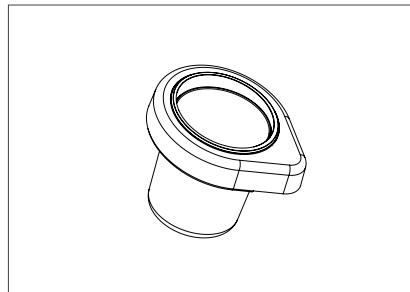
13. Saddle
QTY 1



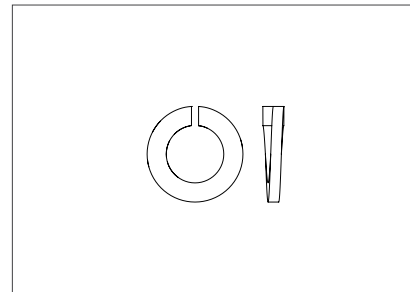
14. Left cup holder
QTY 1



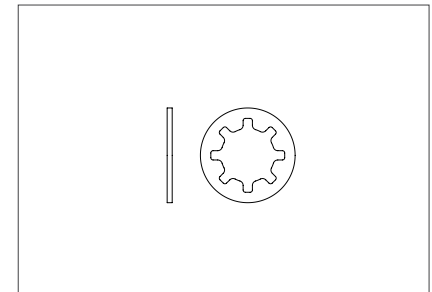
15. Right cup holder
QTY 1



16. Cup holder
QTY 2

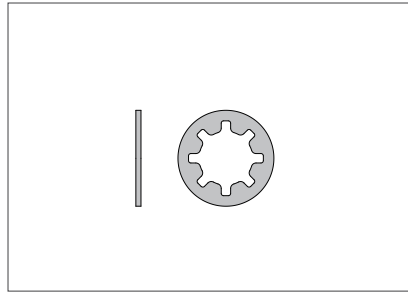


17. Spring washer, M8
QTY 3

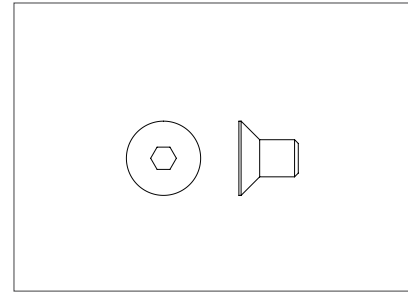


18. Star washer, white, M8
QTY 8

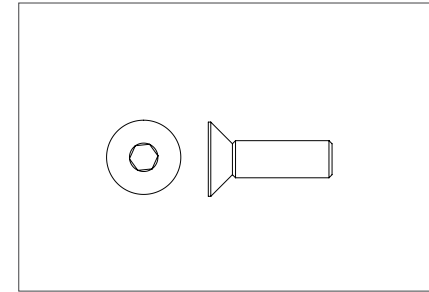
2.9 550UBe2 & 550UBi Part List



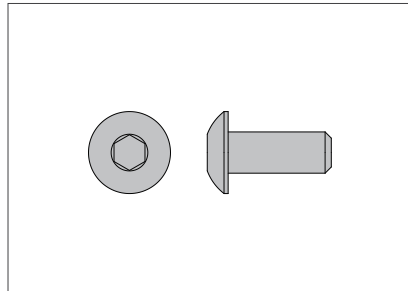
19. Star washer , black, M8
QTY 8



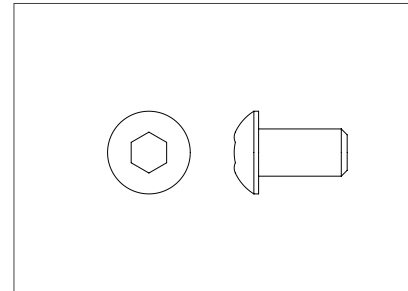
20. Countersunk screw, M5 x 8L
QTY 2



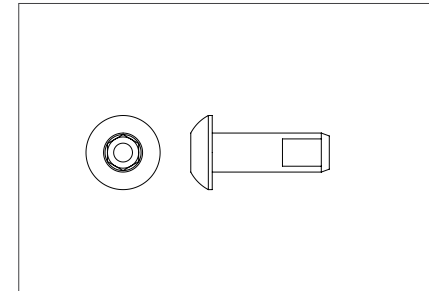
21. Countersunk screw, M6 x 15L
QTY 1



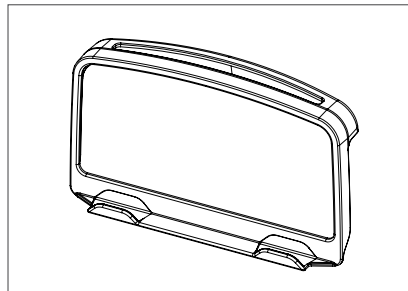
22. Dome screw, black, M8 x 20L
QTY 11



23. Dome screw, white, M8 x 15L
QTY 8



24. Dome screw, M5 x 15L
QTY 8

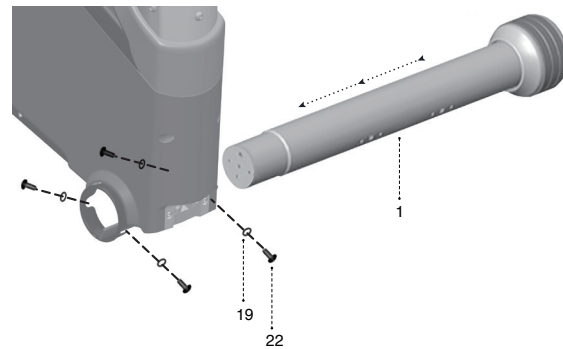


25. i—Pad rack
QTY 1

2.10 550UBe2 & 550UBi Assembly Instructions: Bike Frame

STEP 1

Assemble the front stabilizer.

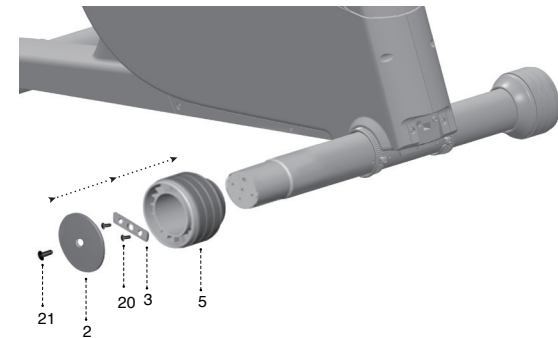


COMPONENTS AND TOOLS

Star washer, black, M8(19), Dome screw, black, M8 x 20L(22),
Hex wrench— 6mm

STEP 2

Assemble the transportation wheel.

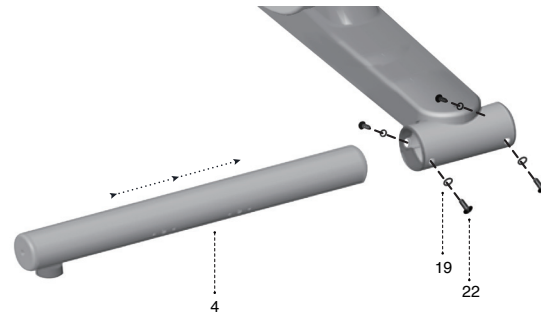


COMPONENTS AND TOOLS

Countersunk screw, M5 x 8L(20),
Countersunk screw, M6 x 15L(21), Hex wrench— 6mm,
Hex wrench— 3mm

STEP 3

Assemble the rear stabilizer.

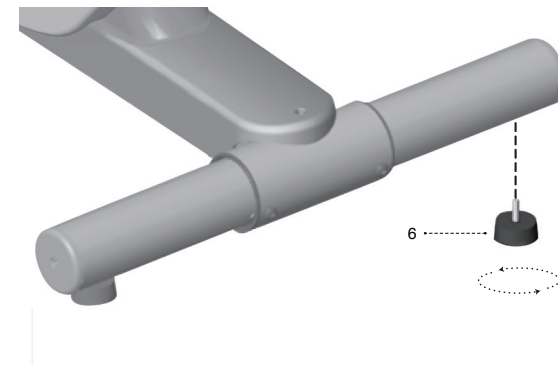


COMPONENTS AND TOOLS

Star washer, black, M8(19),
Dome screw, black, M8 x 20L(22), Hex wrench— 6mm

STEP 4

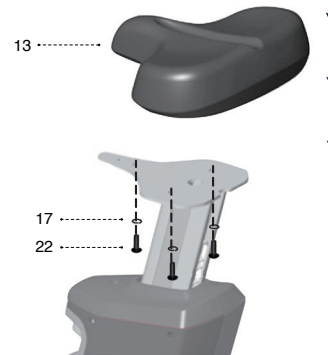
Assemble the adjustment foot.



2.10 550UBe2 & 550UBi Assembly Instructions: Bike Frame

STEP 5

Assemble the saddle.



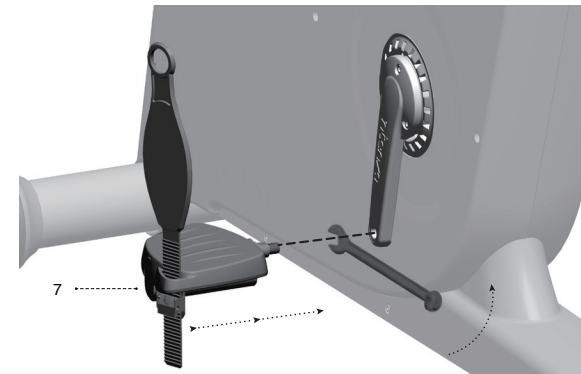
COMPONENTS AND TOOLS

Spring washer, black, M8(17), Dome screw, black, M8 x 20L(22),

Hex wrench— 6mm

STEP 6

Assemble the Left pedal.



COMPONENTS AND TOOLS

Open—end wrench— 15mm

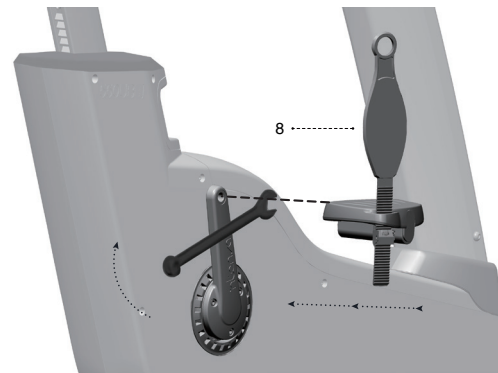
PLEASE NOTE

Rotate the wrench according to instruction.

Make sure the pedal is Left side.

STEP 7

Assemble the Right pedal.



COMPONENTS AND TOOLS

Open—end wrench— 15mm

PLEASE NOTE

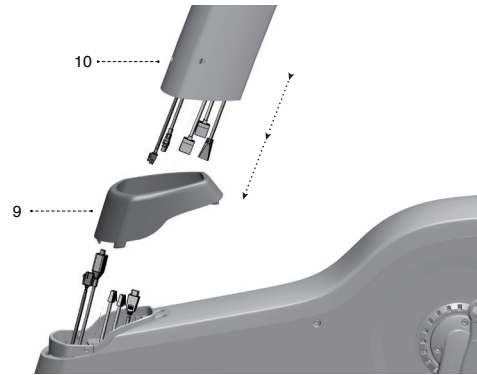
Rotate the wrench according to instruction.

Make sure the pedal is Right side.

2.11 550UBe2 Assembly Instructions: Entertainment Console

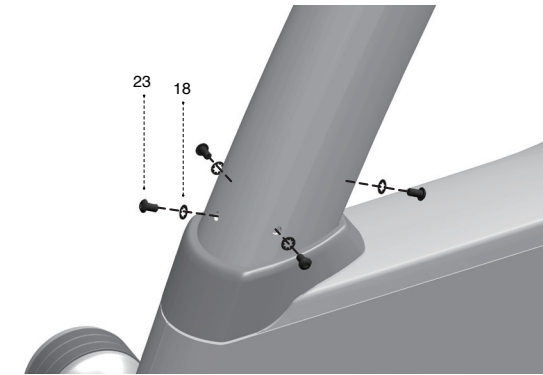
STEP 1

Assemble the front post.



STEP 2

Assemble the console.

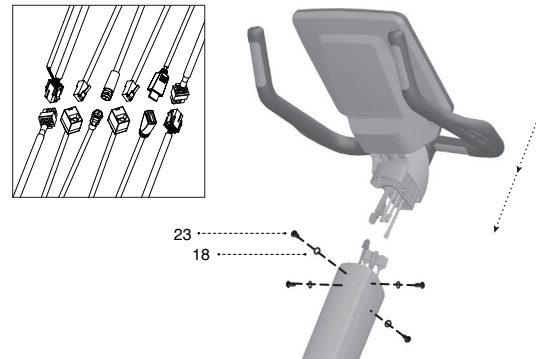


COMPONENTS AND TOOLS

Star washer, white, M8(18), Dome screw, white, M8 x 15L(23),
Hex wrench— 6mm

STEP 3

Assemble the console.



COMPONENTS AND TOOLS

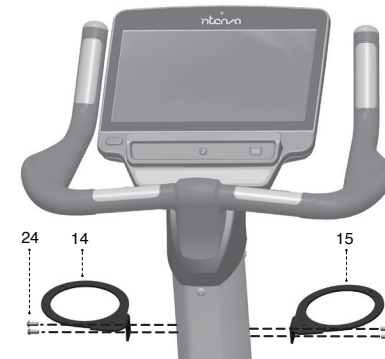
Star washer, white, M8(18), Dome screw, white, M8 x 15L(23),
Hex wrench— 6mm

PLEASE NOTE

Make sure cables are not pinched and position them into
front post before assembling the console.

STEP 4

Assemble the cup holders.



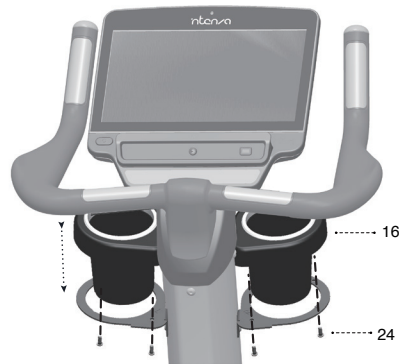
COMPONENTS AND TOOLS

Dome screw, M5 x 15L(24), Hex wrench—4mm

2.11 550UBe2 Assembly Instructions: Entertainment Console _____

STEP 5

Assemble the cup holders



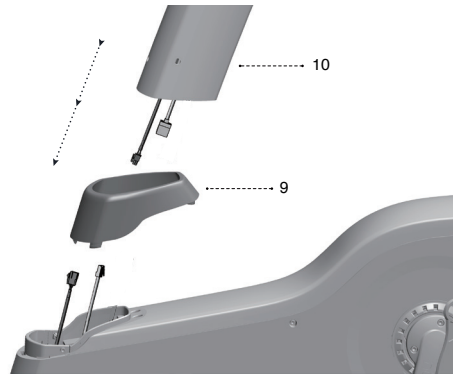
COMPONENTS AND TOOLS

Dome screw, M5 x 15L(24), Hex wrench—4mm

2.12 550UBi Assembly Instructions: Interactive Console

STEP 1

Assemble the front post.



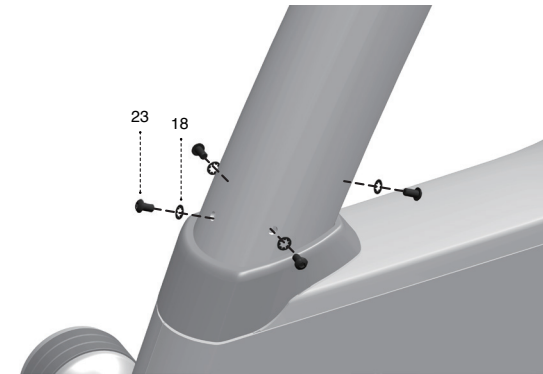
PLEASE NOTE

Make sure cables are not pinched and position them into front post before assembling the console.

Position the front post cover tightly onto the bike.

STEP 2

Assemble the front post.



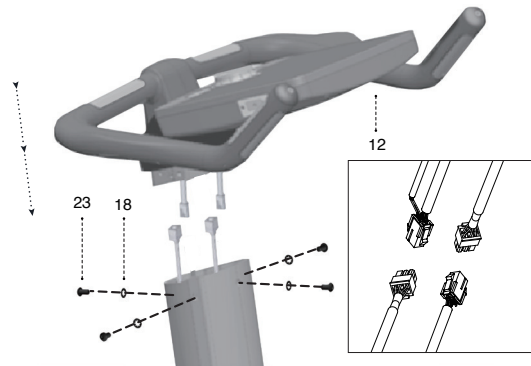
COMPONENTS AND TOOLS

Star washer, white, M8(18), Dome screw, white, M8 x 15L(23),

Hex wrench— 6mm

STEP 3

Assemble the console.



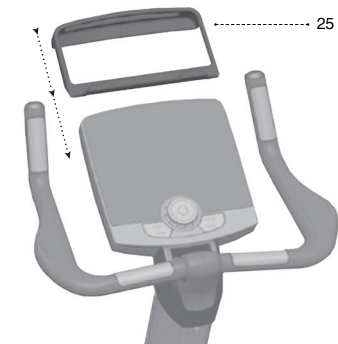
COMPONENTS AND TOOLS

Star washer, white, M8(18), Dome screw, white, M8 x 15L(23),

Hex wrench— 6mm

STEP 4

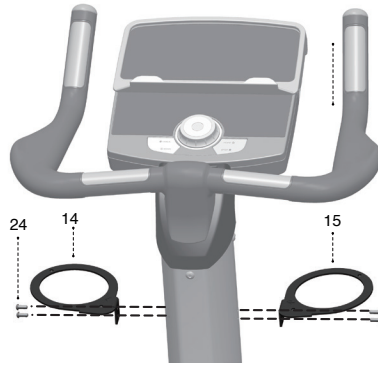
Assemble the iPad rack.



2.12 550UBi Assembly Instructions: Interactive Console

STEP 5

Assemble the cup holders.

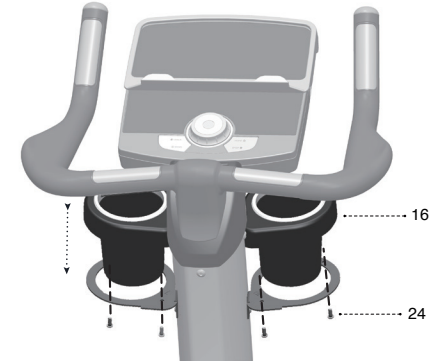


COMPONENTS AND TOOLS

Dome screw, white, M5 x 15L(24), Hex wrench—4mm

STEP 6

Assemble the cup holders.



COMPONENTS AND TOOLS

Dome screw, white, M5 x 15L(24), Hex wrench—4mm

3. Adjustments

A properly adjusted seat is extremely important in order to achieve a comfortable workout experience.

The 550 Series Bike is equipped with easy seat adjustment. Providing you with the most comfortable ride as well as ensuring maximum exercise efficiency. External injuries may result from incorrect or excessive training. Please refer to the illustrations below for correct riding postures.



3.1 The Elbow Pads

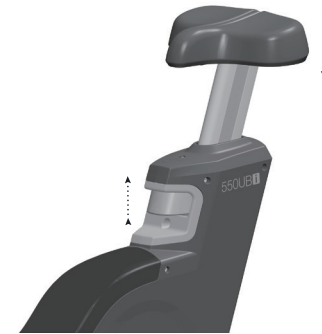
With ergonomically designed elbow pads, the Intenza 550 Upright Bike provides you with a natural bicycle race feel.

Distinctively shaped contoured, and angled, elbow pads allows you to rest your elbows during the bike race training position.

3.2 Seat Adjustment

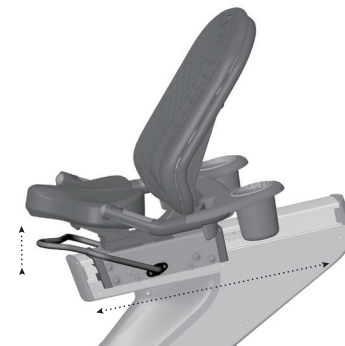
550 Upright Bike—Seat Height Adjustment

The Intenza 550 Upright Bike features a vertical ratchet seat adjustment system which makes it easy and safe to change seat height quickly. Comfort Fit™ offers 26 incremental 1/2 inch levels to accommodate any user height. To raise the seat, elevate your body so that there is no weight on the seat, or dismount. Then, simply pull the seat upwards to the desirable height. Make sure the seat locks into place before proceeding to work out. Test and readjust the seat height if necessary. To lower the seat, dismount; then holding the seat, pull the adjustment RELEASE in front of the seat post to unlock. Slide the seat up, or down, to the desired height. Make sure the seat locks into place before proceeding to work out.



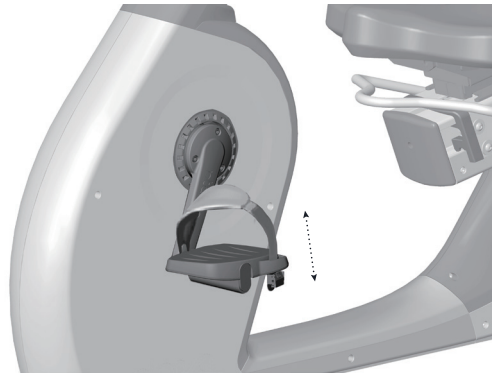
550 Recumbent Bike—Seat Position Adjustment

The Intenza 550 Recumbent Bike has a newly designed seat adjustment system which makes it easy and safe to change seat position quickly and smoothly. Comfort Fit system offers twenty 1/2 inch incremental levels of adjustment to comfortably accommodate any user height. For adjustment, sit on the seat and slightly lift up the seat adjustment handle located underneath the saddle. Lift up the handle and gently slide the seat forwards, or backwards, to the closest available position that allows your knees to be slightly bent toward the lower pedal. Check the seat distance again and adjust if necessary.



3.3 Pedal Strap Adjustment

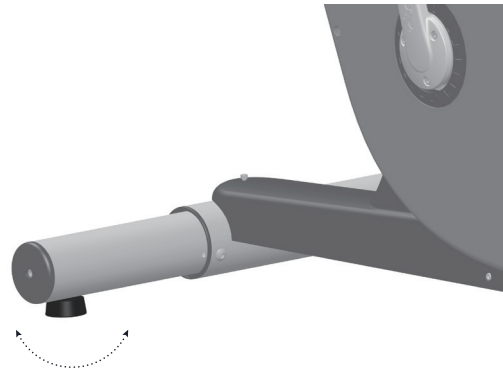
The pedal straps should be adjusted to hold each foot comfortably, but firmly, on the pedal. Place your foot on the pedal, and then adjust the pedal strap as necessary. Pull the strap down to tighten. Press the release button to loosen.



3.4 Foot Adjustment

Determine which foot is not resting completely on the floor.

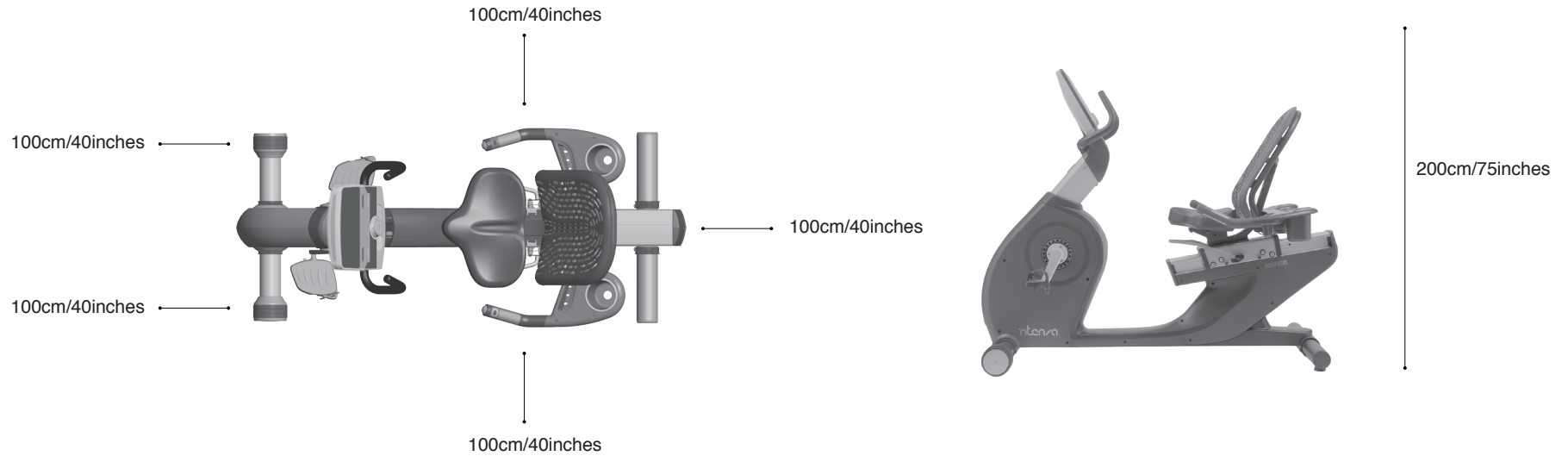
Rotate adjustment foot clockwise to raise or counterclockwise to lower. Verify that the bike is stable and repeat adjustment as necessary until the unit is stable. Lock the adjustment by tightening the jam nut against the stabilizer tube.



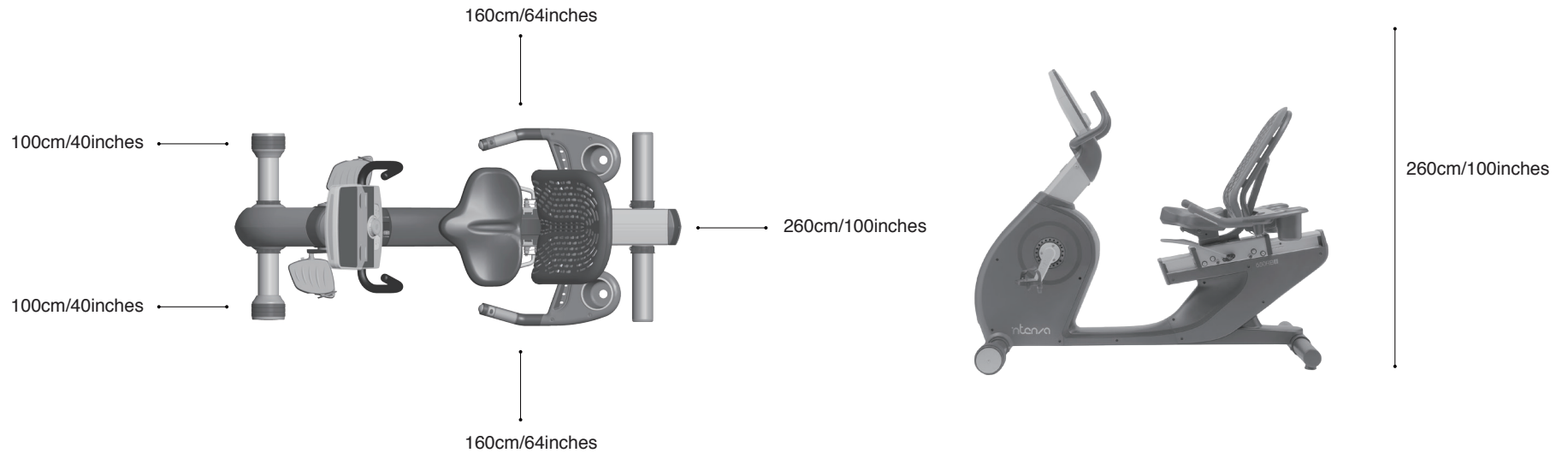
3.5 Safety Space

Make sure that you maintain the proper safety space as shown below around the equipment.

550RB Series Training area

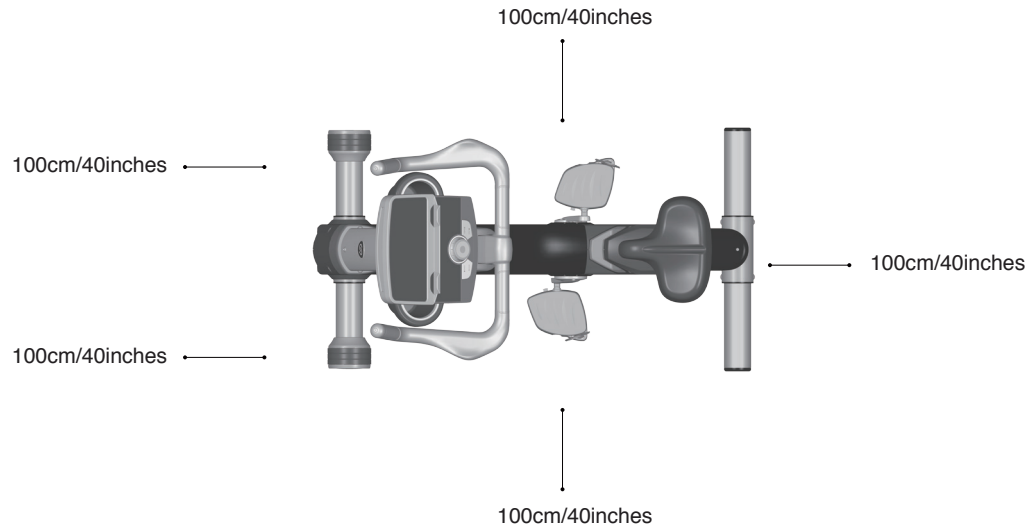


Free area

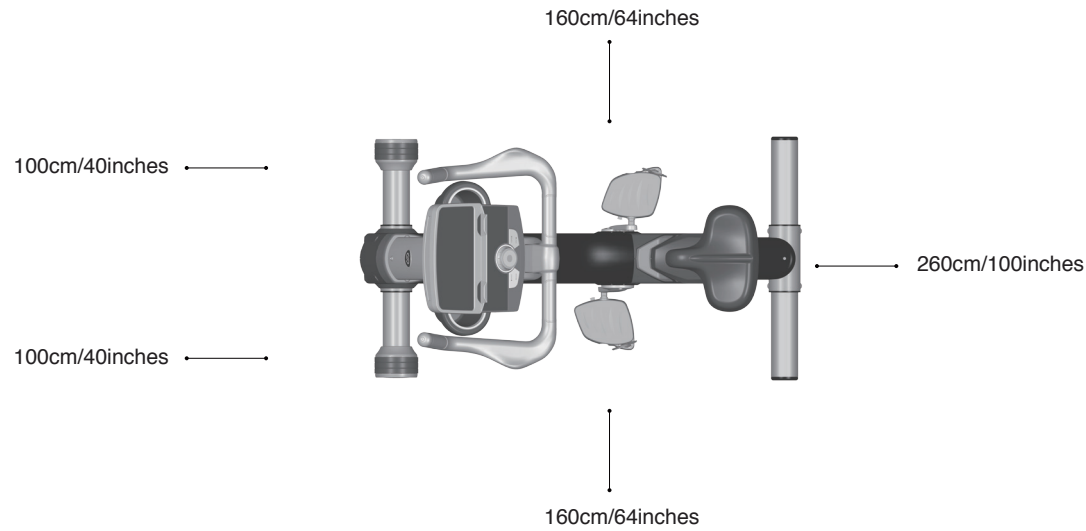


3.5 Safety Space

550UB Series Training area



Free area









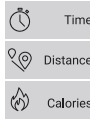



4. How To Use The Intenza 550 Series Bike

Operating the Intenza 550 Series Bike is very easy.

Learning the features and incorporating the Intenza 550 Series Bike into your member's fitness program is just as easy. In this chapter, you will learn the display function and how to get the most from your workouts using the Intenza 550 Series Bike.

4.1 550RBe2 & 550UBe2 Entertainment Console Overview

Language		Arabic, Dutch, English (UK English), English (US English), Finnish, French, German, Hungarian, Japanese, Korean, Persian, Polish, Portuguese, Russian, Spanish, Simplified Chinese, Traditional Chinese, Turkish, Lithuanian, Italian 20 languages are offered.
	 Language	
Login	 Login	“Press” to log in
Bluetooth		Displays Bluetooth connection status.
WiFi		Displays WiFi connection status.
USB		Displays USB connection status.
Swipe		Swipe screen horizontally to jump to next available screen.
Homepage Picture		Homepage picture changes depending on the machine.
Quick Start		Allows users to start a workout immediately, by bypassing any setup or goal setting.
Favorite Programs		Allows the user easy access to frequently used programs.
Exercises	 Exercise	Please refer to section 5 workout options for additional information



A ENERGY SAVER

The energy saver mode is used to minimize the power consumption when the Intenza 550UBe2 or 550RBe2 is not in use. Press this button to put the Intenza 550UBe2 or 550RBe2 into energy saver mode after ending a workout. Press this button to “wake up” the Intenza 550UBe2 or 550RBe2.

B READING AND TABLET RACK

Hold printed reading material, as well as mobile devices and tablets using this built-in rack

C OPTIONAL RFID/NFC

Fitness facility owners can order this option for their users, allowing them to swipe facility identification card on the console.

D HEADPHONE JACK

Allows you to plug in headphones.

E USB PORT


Allows data download. Read and play audio/video files.

F HOME SCREEN

See home screen table to the left.

4.1 550RBe2 & 550UBe2 Entertainment Console Overview

Favorites



Allows users easy access to frequently used entertainments.

Entertainment

TV/Intenzacast/
Internet/Video/Audio/Virtual
scenery/YouTube/HDMI.

Entertainment >

During your workout, you can switch between different types of entertainment on the console.


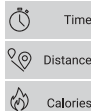




4.2 550RBe2 & 550UBe2 Entertainment And Media Operation



Users can select and set up entertainment items before entering a workout or quick start.

- TV: Watch live TV.
- Intenzacast: A wireless display standard designed for mirroring smart mobile devices to 550 e2 console
- Internet: Users can quickly access pre-programmed websites and browse websites freely.
- Video/Audio: Watch or listen to a variety of videos or music audios (visible if USB device is detected).
- Reserved: Reserved function key (currently unassigned).
- Virtual scenery: A first-person, forward-motion video experience designed to enhance your workout.
- Youtube: Users can Browse and enjoy YouTube videos while working out.
- HDMI Input: Allows users to connect any digital audio and video source, such as a DVD player or set-top box (visible if HDMI device is detected).

4.2.1 550RBe2 & 550UBe2 Entertainment And Media Operation: TV

Screen Size Toggle		During a workout session, press to toggle between standard and full screen sizes.
Exercise Program		Exercise programs are listed on the left column for quick access.
Channel Keypad	0 1	Users can input the TV channels with the screen keypad displayed.
Workout Status		Press to show your workout statistics or progress.
Channel List		List of all available channels.
Volume		Tap volume in the display and slide the volume bar up/down to increase/decrease volume intensity. Enabled if headphone is detected.
Cool Down	COOL DOWN	Press during workout to begin a cool down period.
Stop	STOP	Press to stop the workout, then display workout summary and exit the workout program.
Pause	PAUSE	Press this key to pause the workout.
Back		Go back to Entertainment home screen.



Users can set up and watch TV before entering a workout—
Select TV on the Entertainment screen.

4.2.2 550RBe2 & 550UBe2 Entertainment And Media Operation: Intenzacast






Intenzacast is a wireless technology that can be used to project your mobile device screen to 550RBe2 or 550UBe2 consoles.

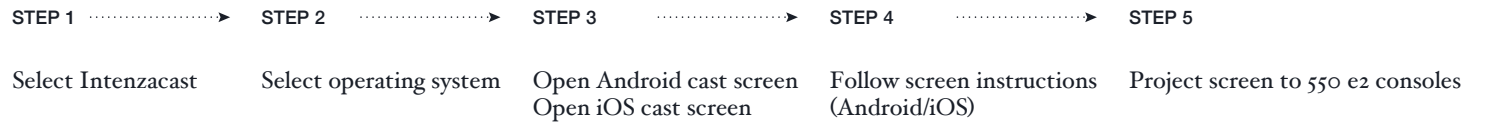
Users can personalize their workout experience by connecting their smart mobile devices (Apple or Android) to Intenzacast via WiFi or RJ45 cable*.

* For best connectivity results we recommend connecting the 550RBe2 or 550UBe2 consoles with RJ45 cables.

4.2.2 550RBe2 & 550UBe2 Entertainment And Media Operation: Intenzacast

Intenzacast Steps

Workout Status		Press to show your workout statistics or progress.
Volume		Tap volume in the display and slide the volume bar up/down to increase/decrease volume intensity. Enabled if headphone is detected.
Quick Start	START	Allows the user to start a workout immediately, bypassing any setup or goal setting.
Back		Go back to Entertainment home screen.



Detailed instructions for Intenzacast connection

It is recommended to set up Intenzacast from the Start Up or Main Screen before you start your work out.


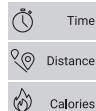





1. If in a program, enter **entertainment** and select Intenzacast.
2. Select operating system (Android/iOS).
 - 3.1 Open Android cast screen
 - Enable WiFi.
 - Using two fingers, swipe down to skip notifications and enter into the full quick settings panel.
Or, double swipe down.
 - Choose Mirrrorcast on your smart phone.

PLEASE NOTE

There are different names in different devices for Mirrrorcast, ie Screen mirroring, Cast screen, HTC connect etc.

- 3.2 Open iOS cast screen:
 - Turn on Wi—Fi of your **iOS** device. Your device will automatically search for available Wi—Fi networks.
 - Tap the name of Intenza to join. Please follow the instruction on e2 console display.
 - Swipe up from the bottom of your **iOS** device screen to access Control Center.
 - Tap AirPlay on your **iOS** device .
 - Tap the name of intenzacast and then turn on Mirroring.
4. Follow cast screen instructions to connect Intenzacast.
5. Project screen to 550RBe2 or 550UBe2 consoles.

4.2.3 550RBe2 & 550UBe2 Entertainment And Media Operation: Internet

Screen Size Toggle		During a workout session, press to toggle between standard and full screen sizes.
Exercise Program		Exercise programs are listed on the left column for quick access.
Workout Status		Press to show your workout statistics or progress.
Favorite Web List		List of saved websites (set up in Engineering mode only).
Volume		Tap volume in the display and slide the volume bar up/down to increase/decrease volume. Enabled if headphone is detected.
Cool Down	COOL DOWN	Press during workout to begin a cool down period.
Stop	STOP	Press to stop the workout, then display workout summary and exit the workout program.
Pause	PAUSE	Press this key to pause the workout.
Back		Go back to Entertainment home screen.
Keyboard		Users can input the website address with the screen keypad displayed.


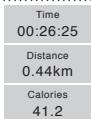







Internet browsing at your fingertips— 550RBe2 & 550UBe2 consoles.

Users can personalize their workout experience by connecting their smart mobile devices (iOS or Android) to Intenzacast via WiFi*.

* For internet access we highly recommend connecting 550RBe2 & 550UBe2 consoles with ETHERNET cables to ensure Intenzacast operating stability.


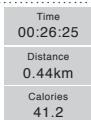




4.2.4 550RBe2 & 550UBe2 Entertainment And Media Operation: Audio/Video

Screen Size Toggle		During a workout session, press to toggle between standard and full screen sizes.
Workout Status		Display your workout status whilst browsing websites.
Previous/Next		In “now playing” press Previous/Next to skip to the previous/next song or video in the list.
Workout Status		Press to show your workout statistics or progress.
Play List		Sort the music, songs or video contents of USB by playlist.
Volume		Tap on the Volume in the display and slide the volume bar up/down to decrease/increase volume level. Enabled if headphone is detected.
Cool Down	COOL DOWN	Press during workout to begin a cool down period.
Stop	STOP	Press to stop the workout, then display workout summary and exit the workout program.
Pause	PAUSE	Press this key to pause the workout.
Back		Go back to Entertainment home screen or workout status dashboard.



Inserting a pre—loaded audio/video programmed USB—

4.2.5 550RBe2 & 550UBe2 Entertainment And Media Operation: Virtual Scenery


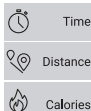



Screen Size Toggle		During a workout session, press to toggle between standard and full screen sizes.
Workout Status		Display your workout status whilst browsing websites.
Swipe		Swipe screen horizontally to jump to next available screen.
Workout Status		Press to show your workout statistics or progress.
Virtual Scenery List		List of all virtual scenery videos. User can choose from available videos.
Cool Down	COOL DOWN	Press during workout to begin a cool down period.
Stop	STOP	Press to stop the workout, then display workout summary and exit the workout program.
Pause	PAUSE	Press this key to pause the workout.
Back		Go back to Entertainment home screen or workout status dashboard.



Virtual scenery is a first—person, forward—motion video experience designed to enhance users workouts.

Scenery using beautiful locations has been created to turn indoor exercise spaces into outdoor adventures. Virtual scenery interacts with the equipment to provide an immersive experience. The frame rate of the video is increased ,or decreased, based on the speed of the connected exercise equipment.

4.2.6 550RBe2 & 550UBe2 Entertainment And Media Operation: YouTube* **

Screen Size Toggle		During a workout session, press to toggle between standard and full screen sizes.
Exercise Program		Press icons on the left side to quickly access exercise programs.
Workout Status		Press to show your workout statistics or progress.
Volume		Tap on the Volume in the display and slide the volume bar up/down to decrease/increase volume intensity.
Cool Down	COOL DOWN	Press during workout to begin a cool down period.
Stop	STOP	Press to stop the workout, then display workout summary and exit the workout program.
Pause	PAUSE	Press this key to pause the workout.
Back		Go back to Entertainment home screen.



Users can browse and enjoy YouTube videos while working out—

*Similar operation for Youku (China).

**Similar operation for Aparat (Iran).

4.2.7 550RBe2 & 550UBe2 Entertainment And Media Operation: HDMI Input _____

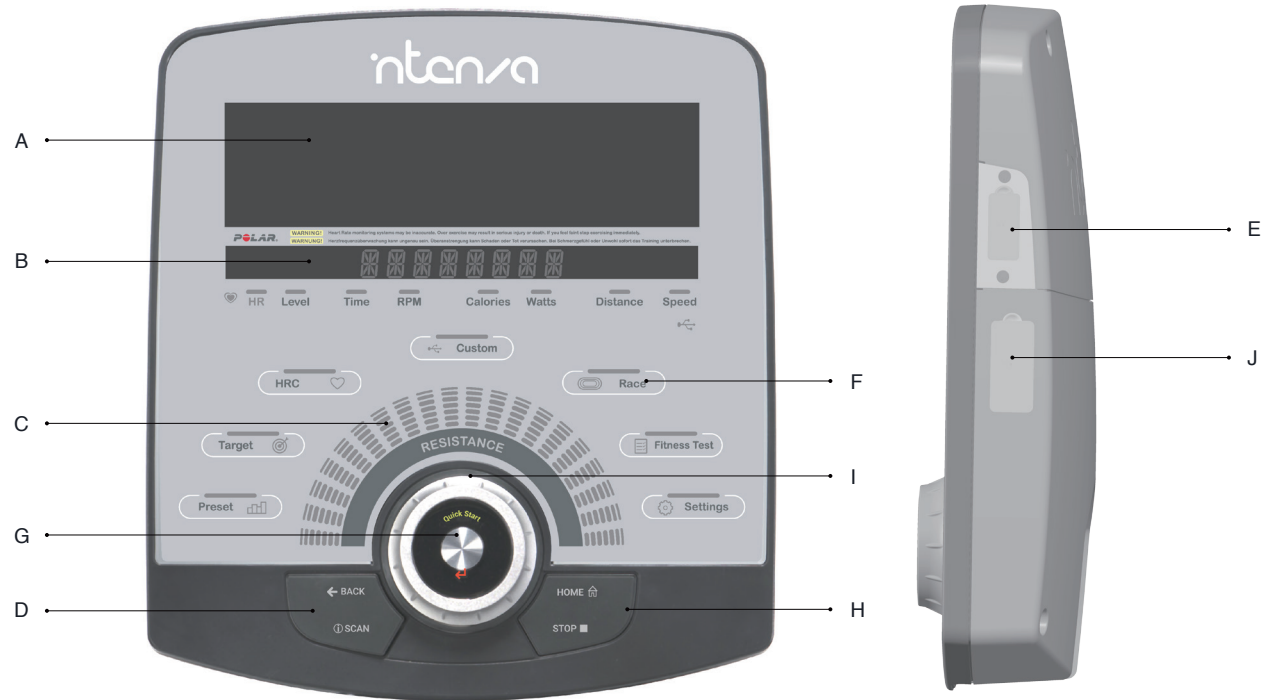
PLEASE NOTE Features of HDMI input are only applicable to consoles shipped with an integrated HDMI device.

HDMI technology is the global standard for connecting high—definition equipment.

HDMI Input is an alternative way to provide TV programs that use a HDMI single connect cable and signals as opposed to traditional coaxial cable and RF signals. This allows you to connect any digital audio and video source, such as a DVD player or set—top box to a 550RBe2 or 550UBe2 console.

4.3 550RBi & 550UBi Interactive Console Overview

- A** Profile Window
This window displays the exercise profile for the selected workout.
-
- B** Message Bar
During program set-up, operating instructions will be displayed in the message bar. During the workout, exercise data will be displayed below for your reference.
- HR** heart rate can be detected if the user is wearing the Polar heart rate chest strap or by holding onto the contact heart rate grips consistently.
- Level** the level of the workout you are using.
- TIME** the elapsed time since beginning the workout.
- RPM (Revolutions Per Minute)** the speed at which you are currently pedaling in revolutions—per—minute.
- CALORIES** the number of calories burned since beginning the workout.
- Watts** effort level in Watts. The Watt is a unit of power output or the expression of the mechanical rate of work.
- Distance** the total number of miles or kilometers you have traveled so far.
- Speed** the speed at which you are currently traveling, in miles—per—hour or kilometers—per—hour.








- C** Resistance Scale
Increase/decrease the resistance level from 1 (least difficult) to 40 (most difficult) by adjusting the Uni—Dial™ Navigation control clockwise for increased resistance, or counter clockwise for decreased resistance. Users can customize the resistance of their workouts.

Your Intenza 550i Series Bike provides the user unlimited exercise opportunities.

Experiment with each feature to find the right combination for your fitness regimen. The console provides the operating controls and display elements described on the following page.

4.3 550RBi & 550UBi Interactive Console Overview

- D** Back/ iSCAN
During program set up, press this key to go back to previous selection for correction.
-  **BACK** During name setting, press this key to correct wrong input.
During the workout, the display information toggles between both exercises parameters in each message bar. Press  **SCAN** to display one of the parameters' statistic continuously throughout the workout.
-
- E** USB Icon
This icon lights up when the Intenza console detects a USB device.
-
- F** Programs
Please refer to Section 5 Exercise Workout Option.
-
- G** Quick Start/Enter
Press this key to enter the manual workout mode promptly, without selecting a workout program.
-  **ENTER** During program set up, press this key to confirm selection or value.
-
- H** Home/Stop Key
Press this key to go back to the starting screen when necessary. During the setting of saving confirmation, press this key to double confirm. (Please refer to Section 5 Exercise Workout Option).
This key is only effective when a selected program is in operation. Pressing **STOP** once will end the workout program and the message bar will show the workout summary. Pressing **STOP** again will exit the workout program promptly.
-  **HOME**
-  **STOP**
- I** InZone™
The Uni—Dial's™ skirting light indicates workout intensity. (Please refer to Section 4.4 How To Effectively Workout At Your Own Level).
-
- J** C—SAFE port
All commercial bikes, treadmills and elliptical trainers built after October 2014 are C—SAFE compatible.

PLEASE NOTE The Intenza 550 Series Bike's heart rate function is intended only for use as an exercise aide. Various factors can affect the accuracy of your heart rate reading. The heart rate function of the Intenza 550 Series Bike should not be considered, or used, as a medical device.

4.4 How To Effectively Workout At Your Own Level

InZone™ system provides visual color feedback by illuminating the Uni—Dial's™ skirting light.

The different colors encourage users to optimize their workout efforts for maximum results based on heart rate level, and helps users to stay in their target heart rate zones. The InZone™ system detects heart rate by i) holding onto the contact heart rate plates or ii) by wearing a telemetry heart rate chest strap sensor. It is recommended that users wear a telemetry heart rate chest strap for this function. During a workout there are 4 different colors that represent a workout intensity.

GREEN: THE ENERGY EFFICIENT OR RECOVERY ZONE: 55% TO 65%

Training within this zone develops basic endurance and aerobic capacity. All low intensity peddling should be completed at a maximum of 65%.

YELLOW: THE AEROBIC ZONE: 65% TO 75%

Training in this zone may improve your cardiovascular system. The body's ability to transport oxygen and carbon dioxide to and away from the working muscles may developed and improved.

ORANGE: THE ANAEROBIC ZONE: 75% TO 85%

Training in this zone may develop your lactic acid system. In this zone, your individual anaerobic threshold (AT), sometimes referred to as the point of deflection (POD), is found. In the heart rate zone, the amount of fat being utilized as the main source of energy is greatly reduced and glycogen stored in the muscle is predominantly used. One of the by—products of burning glycogen is lactic acid. The point at which the body can no longer quickly remove the lactic acid from the working muscles is your anaerobic threshold (AT). Through the correct training, it is possible to delay the AT by being able to increase your ability to deal with the lactic acid for a longer period of time or by improving your AT level.

RED: THE EXTREME ZONE: 85% TO 100%

The Red is a high intensity work out. It effectively trains your fast twitch muscle fibers and helps to develop speed. This zone is reserved for interval cycling .

4.5 Optimize Training In Power Mode Or Bike Mode

Two workout mode options on the Intenza 550 Series Bike offer alternative methods to workout.

You can choose your workout mode at the Preset, Target or Custom program during the set up of your workout program. (Quick start, Race programs are in bike mode only. HRC, Fitness test programs are in power mode only.)

Bike mode—

In this workout mode, the rate of calories displayed burned will increase, or decrease, automatically depending on the user's pedaling speed. This is similar to the outdoor bike exercise. The resistance level can be adjusted in this workout mode.

Power mode—

In this workout mode the calorie burning rate will be the same throughout the exercise. When the user increases, or decreases, the pedaling speed, the resistance level will increase or decrease automatically.

4.6 How To Personalize Your Workout

PLEASE NOTE The USB Screen Jump Button only appears if a USB device is plugged in and detected. When you remove the USB stick from the port, replace the USB port cover.

Users can personalize the workout routine via USB.

This port can also be used by trained service technicians for troubleshooting purposes.

Workout Data: While you exercise, your Intenza 550 Series Bike console will keep track of the following exercise statistics—

HR	LEVEL	WATTS	TIME
RPM	CALORIES	DISTANCE	SPEED

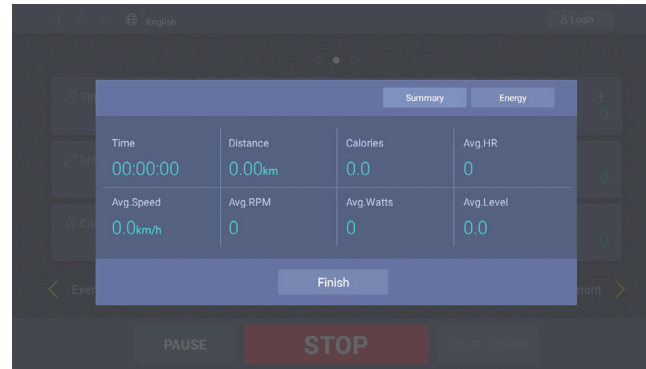
These values will be recorded once every five seconds during the workout, if you have a installed a USB device before you began a workout program. Your downloaded data will be placed in a BIKE folder on your USB device as a .csv (Microsoft Excel compatible) format. You can open this file on your computer to view and track your workout progress.

The USB port is on the right side of the console. When a USB is plugged into this port, the USB icon will light up.



4.7 Save The Workout Profile.

4.7.1 Save The Workout Profile: 550RBe2 & 550UBe2



Insert the USB device to USB port, if you want to save the workout profile—

STEP 1

Press **STOP** to enter the workout summary mode and save the workout profile.

STEP 2

Choose **SAVE** to confirm saving.

STEP 3

Choose **FILE (SUNDAY—SATURDAY)** and press **YES** to confirm. When the display shows **SUCCESS** saving process is complete

4.7.2 Save The Workout Profile: 550RBi & 550UBi

Insert the USB device to USB port, if you want to save the workout profile—

STEP 1

Press **STOP** or **ENTER** again to exit the workout summary mode and save the workout profile.

STEP 2

Choose **YES** to confirm saving or **NO** to exit by turning Uni—Dial™ and press **ENTER** to double confirm.

STEP 3

Choose **FILE (SUNDAY—SATURDAY)** by turning Uni—Dial™ and press **ENTER** to confirm. When the display shows **SAVING COMPLETE** saving process is complete.

4.8 How To Track Your Workout Record

You can easily personalize the workout routine and the workout data to manage your workout record.

To easily track the record, there are three folders—Custom, Fitness and Workout data. Each folder contains the record of the workout program.

4.8.1 Custom

This folder contains 7 files of the workout profile users saved as DAYS.



Route: BIKE\CUSTOM

Data	80	108	108	30	30	60
Data2	0	0	0	0	0	0
Time	20	20	20	20	20	20
Profile Type	0	0	0	3	3	3

Data = Level of workout interval
80 = Lv8
40 = Lv4

Data2 = N/A

Time(s) = seconds of workout interval
20 = 20 seconds

ProfileType:
1 = Level Profile
3 = Watt Profile
0 = HR Profile

Route: BIKE\CUSTOM\CUSTOM_WED

4.8.2 Fitness

This folder contains files of Fitness Test score records.

The value is the score users attained by fitness test.

Information of Astrand—Rhythmic workout records

- The file will save up to 30 score records, the most current record will be at the bottom.
- The score recorded onto the USB needs to be multiplied by 0.1 to match the score displayed on the console. Please refer to example below and Section 5.7 VO₂ MAX chart for more information.

Score Array List	963	504
-------------------------	-----	-----

.....> **Score Array List:**
963 = 96.3 = 1st VO₂ max score
504 = 50.4 = 2nd VO₂ max score
and etc.

Route: BIKE\FITNESS\FITNESS_SCORE

4.8.3 Workout Data

This folder contains files of workout data from all the programs of the Intenza 550 Series Bike.

The workout record will be saved automatically every 5 seconds.

Information provided • Time: unit is 5 seconds.

- Calories: the accumulated calories burned during the workout.
- Distance: the accumulated distance traveled during the workout.

The data stored in the USB file needs to be multiplied by a certain value in order to match the score displayed on the console. Speed data should be multiplied by 0.1. Distance data should be multiplied by 0.01.

Please refer to the example below. Route: BIKE\WKO_DATA\

	LEVEL	RPM	WATTS	SPEED	HR	TIME	CALORIES	DISTANCE
1	1	49	19	104	0	3	0	0
2	1	50	19	107	0	8	0	2
3	8	51	41	109	0	13	0	3
4	8	52	41	111	0	18	1	5

Level =
workout intensity

RPM =
resolutions per minute
as a measure of rotational
speed

Watts =
the unit of power per second

SPEED data x 0.1
13 x 0.1 = 1.3 (kph/mph)

DISTANCE data x 0.01 = DISTANCE
1 X 0.01 (kph/mile)

Route: BIKE\WKO_DATA\

4.9 Setting Of Intenza 550 Series Bike

PLEASE NOTE The USB Screen Jump Button only appears if a USB device is plugged in and detected.

The user can customize their personal settings by USB.

This friendly and convenient function is compatible with both series of Intenza products, e-series and i-series. You can enjoy your workout and enter the programs promptly without having to re-enter personal information (name, age, weight) settings. After using the Intenza 550RBe2 or 550UBe2 for a period of time, you may want to change some of the basic settings, e.g. distance unit or sound.



4.9.1 550RBe2 & 550UBe2

Personalize and change the settings with USB device

STEP 1>

Insert USB device to USB port

STEP 2>

Press the  Login  on the screen.

STEP 3

Follow the onscreen instructions

PLEASE NOTE The 550 Series interactive console only supports USB in FAT format. If your USB is in NTFS format, it will need to be reformatted to FAT in order to be used with an Intenza console.

4.9.2 550RBi & 550UBi

Personalize the setting with USB device

STEP 1

Insert USB device to USB port.

STEP 2

Select **UNIT** (Km/Mile) by turning Uni—Dial™ and press **ENTER**.

STEP 3

Input **AGE** by turning Uni—Dial™ and press **ENTER**.

STEP 4

Input **WEIGHT** by turning Uni—Dial™ and press **ENTER**.

STEP 5

Select the **SOUND** (On/Off) by turning Uni—Dial™ and press **ENTER**.

STEP 6

Turn Uni—Dial™ to key in name using alphabet, then press **ENTER** to confirm. Then select **END** to confirm the **NAME** editing.

STEP 7

During name editing, you can press **BACK** to edit and correct input.

STEP 8

When you pause for 5 seconds or press **STOP**, **END** of name editing. You can press **ENTER** to confirm and exit setting mode.

Change the 550RBi & 550UBi setting

STEP 1

Choose **SETTING** by turning Uni—Dial™ and press **ENTER**.

STEP 2

Select **UNIT** (Km/Mile) by turning Uni—Dial™ and press **ENTER**.

STEP 3

Select **SOUND** (On/Off) by turning Uni—Dial™ and press **ENTER**.

STEP 4

Lastly, you will see your information on the console. Press **ENTER** to return to homepage.

4.10 Begin The Workout

Before beginning any fitness program, see your physician for a complete physical examination.

The equipment is speed independent.

To maintain your balance, always grasp a handlebar when you step on or off the foot pedals.

Training Starts—

To maintain your balance, always grasp a handlebar when you step on or off the foot pedals.

1. Hold on to a handlebar and step on the foot pedals.
2. When you are in stable position, begin to pedal.

Training ends—

1. Stop the equipment by pressing STOP button.
2. Step backwards and ensure to grab handlebars on both sides.



5. Workout Options

This section outlines Intenza 550 Series Bike pre-programmed workouts.

The workout programs are easily accessed by turning the Uni-Dial™ switch and pressing ENTER to start the programs. By inserting a USB device before starting your workout, the Intenza console system will save your workout record automatically to the USB device every five seconds during your workout.

PLEASE NOTE To enter into this workout on the Intenza 550RBe2 & 550UBe2 follow the onscreen prompts.

5.1 Quick Start

Quick Start allows users to begin a workout with one key press.

The quick Start default is LEVEL 8 resistance and 30 minutes. Resistance levels can be adjusted during the workout. The workout record is saved automatically every 5 seconds, when your personal USB device is installed prior to beginning the workout. When you complete the workout, the profile is saved to your USB device as a routine workout by filename of days to track your exercise progress.

Detailed instruction for Intenza 550UBi & 550RBi

STEP 1

Mount the bike (Please refer to section 3. ADJUSTMENTS) and begin pedaling.

STEP 2

To save your workout record, insert a USB device to the USB port.

STEP 3

Press **QUICK START** to enter the workout.

STEP 4

Input desired workout time by turning Uni—Dial™ and press **ENTER** to confirm.

STEP 5

You can adjust the resistance level during the program by turning Uni—Dial™.

STEP 6

During the workout InZone™ Heart Rate Training will indicate your change of heart rate. (Please refer to section 4.4 How To Effectively Workout At Your Own Level).

STEP 7

During the workout, data will be shown in message bar under scan mode. Press **SCAN** to lock the workout data on the screen.

STEP 8

If you wish to **PAUSE** the program, stop pedaling. In pause mode, the countdown timer will appear for 1 minute, the power will go off after 1 minute. You can pedal to restart the console within 1 minute.

STEP 9

Press the **STOP** key, if you wish to exit the program before reaching your workout goal, stop pedaling or allow pause timer to expire.

STEP 10

Save the workout profile. (Please refer to section 4.7 Save The Workout Profile).

5.2 Preset Program

The Intenza 550 Series Bike is designed with many preset programs to add variety and challenges to your workout plan.

Each program provides different benefits and can help you to achieve your own personal fitness goals.

5.2.1 Preset Program: 550RBe2 & 550UBe2



Workout procedure



1:3 Interval



Rolling Hills



1:2 Interval



Peak



1:1 Interval



Hills Step



3 Step Interval



HIIT Beginner



Easy Hills



HIIT Advanced

5.2.1 Preset Program: 550RBe2 & 550UBe2

PLEASE NOTE

MAX LEVEL— the peak of each column of workout profile. You need to input the **MAX LEVEL** for your own workout target according to your physical ability. You may also adjust the resistance levels during the workout.

To enter into this workout on the 550RBe2, or 550UBe2, follow the onscreen prompts.

Workout procedure—

STEP 1	STEP 2	STEP 3	STEP 4	START
MAIN PROGRAM 1:3 interval 1:2 interval 1:1 interval 3 step interval Easy hills Rolling hills Peak Hills step HIIT beginner HIIT advanced	SELECT PROFILE Time setting: 10—99 Minutes	INPUT TIME Bike, Power	INPUT SPEED Level setting: 8—40 levels	

Detailed instructions for Intenza 550RBe2 & 550UBe2—

STEP 1

Mount the bike (Please refer to section 3. ADJUSTMENTS) and begin pedaling.

STEP 2

To save your workout record, insert a USB device into the USB port.

STEP 3

Choose **PRESET** by touching console screen

STEP 4

Choose **PROGRAM** by touching console screen.

STEP 5

Input your age, gender, weight.

STEP 6

Input the desired **WORKOUT TIME** by touching console screen. The bike displays a default time of 30 minutes. You may enter any time between 1 to 99 minutes.

STEP 7

Choose **MODE (BIKE, POWER)** by touching console. (Please refer to section 4.5 Optimize Training In Power Mode Or Bike Mode).

STEP 8

Input **MAX LEVEL, MAX WATTS** and press **ENTER** to confirm. (Please refer to note on **MAX LEVEL**).

STEP 9

During the workout InZone™ Heart Rate Training will indicate your change of heart rate. (Please refer to 4.4 How To Effectively Workout At Your Own Level).

STEP 10

The timer will appear and count down for 3 seconds, then you will enter **WARM UP** timer, you can adjust the warm up time between 1—99 minutes, or touch **SKIP** to enter the workout.

STEP 11

If you wish to **PAUSE** the program, stop pedaling. In pause mode, the countdown timer will show up for 1 minute, the power will go off after 1 minute. You can pedal to restart the console after 1 minute.

STEP 12

If you wish to cool down the workout, press **COOL DOWN**. The timer will automatically count down from 4 minutes. You can adjust the cool down time by touching ▲▼ to extend or shorten time.

STEP 13

Press **STOP** key, if you wish to exit the program before reaching your workout goal, stop pedaling or allow pause timer to expire.

STEP 14

Save the workout profile. (Please refer to section 4.7 Save The Workout Profile).

5.2.2 Preset Program: Intenza 550RBi & 550UBi

Workout procedure

STEP 1	STEP 2	STEP 3	STEP 4	START
MAIN PROGRAM 1:3 Interval 1:2 Interval 1:1 Interval 3 Step Interval Easy Hills Rolling Hills Peak Hills Step HIIT Beginner HIIT Advanced	SELECT PROFILE Time setting: 10—99 Minutes	INPUT TIME Bike, Power	INPUT SPEED Level setting: 8—40 levels	

Detailed instructions for the Intenza 550RBi & 550UBi

STEP 1

Mount the bike (Please refer to section 3. ADJUSTMENTS) and begin pedaling.

STEP 2

To save your workout record, insert a USB device into the USB port.

STEP 3

Choose **PRESET** by turning Uni—Dial™ and press **ENTER** to confirm.

STEP 4

Choose **PROGRAM** by turning Uni—Dial™ and press **ENTER** to confirm.

STEP 5

Input your age, gender, weight.

STEP 6

Input the desired **WORKOUT TIME** by turning Uni—Dial™ and press **ENTER** to confirm. The bike displays a default time of 30 minutes. You may enter any time between 10 to 99 minutes.

STEP 7

Choose **MODE (BIKE, POWER)** by turning Uni—Dial™ and press **ENTER** to confirm. (Please refer to section 4.5 Optimize Training In Power Mode Or Bike Mode).

STEP 8

Input **MAX LEVEL, MAX WATTS** by turning Uni—Dial™ and press **ENTER** to confirm. (Please refer to note on **MAX LEVEL**).

STEP 9

During the workout InZone™ Heart Rate Training will indicate your change of heart rate. (Please refer to 4.4 How To Effectively Workout At Your Own Level).

STEP 10

During the workout, data will be shown in the message bar under scan mode. Press **SCAN** to lock the workout data on the screen.

STEP 11

If you wish to **PAUSE** the program, stop pedaling. In pause mode, the countdown timer will appear for 1 minute, the power will go off after 1 minute. You can pedal to restart the console within 1 minute.

STEP 12

Press **STOP** key, if you wish to exit the program before reaching your workout goal, stop pedaling or allow pause timer to expire.

STEP 13

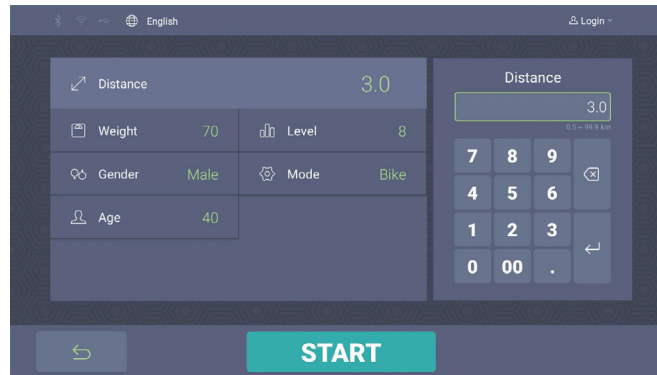
Save the workout profile. (Please refer to section 4.7 Save The Workout Profile).

5.3 Target Program

The Intenza 550 Series Bike offers 3 target workout options to meet your training goals.

By setting time, distance, or calories, you may select the program by touching the console screen or turning the Uni—Dial™ to enter the program. If you wish to save the workout record, insert a USB device before beginning your workout.

5.3.1 Target Program: Intenza 550RBe2 & 550UBe2



Workout procedure

STEP 1	STEP 2	STEP 3	START
PROGRAM	TARGET	MODE	
Distance	Distance Setting: 0.5—60 mi/0.5—99 km	Bike	
Time	Time Setting: 1—99 minutes	Power	
Calories	Calorie Setting: 10—9,999 kcal		

5.3.1 Target Program: Intenza 550RBe2 & 550UBe2

Detailed instructions for the Intenza 550RBe2 & 550UBe2 Bike

STEP 1

Mount the bike (Please refer to section 3. ADJUSTMENTS) and begin pedaling.

STEP 2

To save your workout record, insert a USB device into the USB port.

STEP 3

Choose **TARGET** program by touching the console screen to enter the target program.

STEP 4

Input your age, gender, weight.

STEP 5

Choose **PROGRAM (Distance, Time, Calories)** by touching console screen.

STEP 6

The distance range is between 0.5—60 mi/0.5—99 km, the time range is between 1—99 minutes, and the calories range between 10—9,999 kcal. Press **↵** to confirm.

STEP 7

Choose **MODE (BIKE, POWER)** by touching screen console.

STEP 8

The timer will appear and count down for 3 seconds, then you will enter the **WARM UP** time, you can adjust the warm up time between 1—99 minutes, or touch **SKIP** to enter the workout.

STEP 9

During the workout InZone™ Heart Rate Training will indicate your change of heart rate. (Please refer to 4.4 How To Effectively Workout At Your Own Level).

STEP 10

If you wish to **PAUSE** the program, press **STOP** or touch **PAUSE** on console screen. In pause mode, the timer will appear and countdown for 3 minutes, you can adjust the pause time by touching **▲▼** to extend or shorten time. You can press **START** or touch **RESUME** on screen and run to restart the console.

STEP 11

If you wish to cool down after the workout, press **COOL DOWN**. The timer will automatically count down from 4 minutes. You can adjust the cool down time by touching **▲▼** to extend or shorten time.

STEP 12

Press the **STOP** key, if you wish to exit the program before reaching your workout goal, press **STOP** again or allow pause timer to expire.

5.3.2 Target Program: Intenza 550RBi & 550UBi

Workout procedure

STEP 1	STEP 2	STEP 3	START
PROGRAM	TARGET	MODE	
Distance	Distance Setting: 0.5—60 mi/0.5—99 km	Bike	
Time	Time Setting: 1—99 minutes	Power	
Calories	Calorie Setting: 10—9,999 kcal		

Detailed instructions for the Intenza 550RBi & 550UBi Bike

STEP 1

Mount the bike (Please refer to section 3. ADJUSTMENTS) and begin pedaling.

STEP 2

To save your workout record, insert a USB device to the USB port.

STEP 3

Choose **TARGET** program by turning Uni—Dial™ and press **ENTER** to confirm.

STEP 4

Input your age, gender, weight.

STEP 5

Choose **PROGRAM** (Distance, Time, Calories) by turning Uni—Dial™ and press **ENTER** to confirm.

STEP 6

The distance range is between 0.5—60 mi/0.5—99 km, the time range is between 1—99 minutes, and the calories range between 10—9,999 kcal.

STEP 7

Choose **MODE** (**BIKE**, **POWER**) by turning Uni—Dial™ and press **ENTER** to confirm.

STEP 8

The timer will appear and count down for 3 seconds, then you will enter the **WARM UP** timer, you can adjust the warm up time between 1—99 minutes, or touch **SKIP** to enter the workout.

STEP 9

During the workout InZone™ Heart Rate Training will indicate your change of heart rate. (Please refer to 4.4 How To Effectively Workout At Your Own Level).

STEP 10

If you wish to **PAUSE** the program, stop pedaling. In pause mode, the timer will appear and count down for 1 minute, the power will go off after 1 minute. You can pedal to restart the console within 1 minute.

STEP 11

Press **STOP**, if you wish to exit the program before reaching your workout goal, press **STOP** again or allow pause timer to expire.

5.4 HRC Program

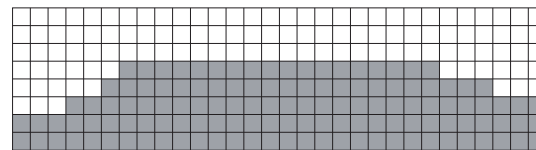
The Intenza 550 Series Bike offers 4 heart rate control workout options.

The heart rate control workout program allows the user to program their target heart rate zone. During the HRC program, the screen's LED will show the profile below which represents the target heart rate zone. Each column represents 1 minute of workout. The column that the user is currently using will flash for reference. Input the target workout heart rate % and your age, and the Intelligent HR system will automatically calculate the personal target. The heart rate zone is calculated by using the following equation: $(220 - \text{Age}) \times \% = \text{heart rate target zone}$. The user must wear a telemetry heart rate chest strap for this workout.

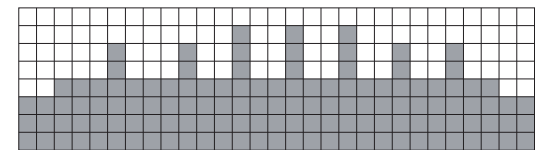
HEART RATE ZONE

AGE	60%	65%	70%	75%	80%	85%
10	126	137	147	158	168	179
20	120	130	140	150	160	170
30	114	124	133	143	152	162
40	108	117	126	135	144	153
50	102	111	119	128	136	145
60	96	104	112	120	128	136
70	90	98	105	113	120	128
80	84	91	98	105	112	119
90	78	85	91	98	104	111
99	73	79	85	91	97	103

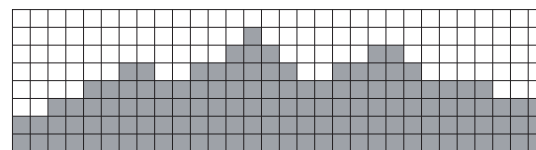
HEART RATE CONTROL PROGRAM OPTIONS



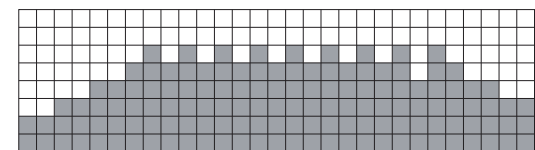
Constant HR



Interval HR

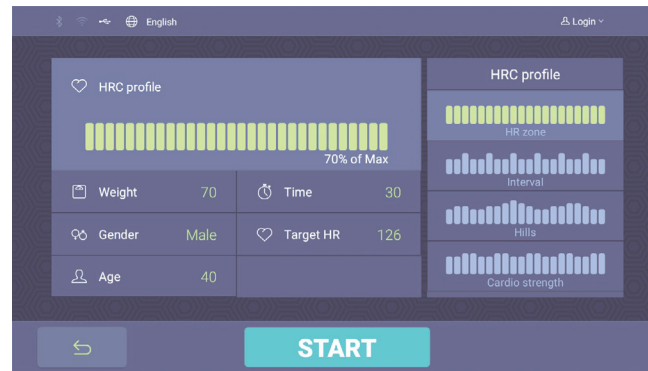


Hill HR



Cardio HR

5.4.1 Intenza 550RBe2 & 550UBe2



Workout procedure

STEP 1	STEP 2	STEP 3	STEP 4	STEP 5	START
MODE	ATTAINING SPEED	WORKOUT TIME	AGE	TARGET HR	
HR Zone	Slow	Time setting:	Age setting:	Refer to Heart Rate	
Interval HR	Mid	1—99 Minutes	10—99	Zone table	
Hill HR	Fast				
Cardio Strength					

5.4.1 Intenza 550RBe2 & 550UBe2

Detailed instructions for the Intenza 550RBe2 & 550UBe2 Bike—

STEP 1

Mount the bike (Please refer to section 3. ADJUSTMENTS) and begin pedaling.

STEP 2

To save your workout record, insert a USB device to the USB port. Choose **HRC** by touching console screen and press **↵** to confirm.

STEP 3

Choose **HRC** by touching console screen and press **↵** to confirm.

STEP 4

Input your **AGE** by touching console screen and press **↵**. The default value of age is at 40 years old, you can adjust the value between 10 to 99 years old.

STEP 5

Choose **MODE (CONSTANT/INTERVAL/HILL/CARDIO)** by touching console screen and press **↵** to confirm.

STEP 6

Choose **ATTAINING SPEED** by touching console screen and press **↵** to confirm. You may choose a speed from 3 options, **MID**, **SLOW**, and **FAST**.

STEP 7

Input the desired **WORKOUT TIME** by touching console screen. The bike display default time is 30 minutes. You may enter a time between 10 to 99 minutes.

STEP 8

Input your **AGE** by turning console screen. The bike displays a default age of 40 years. You may enter an age between 10 to 99 years.

STEP 9

Input **TARGET HEART RATE** by touching console screen and press **↵** to confirm.

STEP 10

The timer will appear and count down for 3 seconds after confirming the target **HR**, then the workout will start automatically.

STEP 11

If you wish to cool down after the workout, press **COOL DOWN**. The timer will automatically count down from 4 minutes. You can adjust the cool down time by touching **▲ ▼** to extend or shorten time.

STEP 12

Press **STOP**, if you wish to exit the program before reaching workout goal, press **STOP** again or allow pause timer to expire.

5.4.2 Intenza 550RBi & 550UBi

PLEASE NOTE

Calculating your theoretical maximum heart rate is an approximation only. For more information, please contact a fitness professional or doctor.

Attaining speed— speeds may be adjusted according to how fast you wish to reach your target.

HRC programs are power mode (constant power wattages). You must wear a telemetry heart rate chest strap for HRC program.

The default **TARGET HR** (percentage of max HR) of each mode of heart rate control program is set for different training purposes.

Workout procedure—

STEP 1	STEP 2	STEP 3	STEP 4	STEP 5	START
MODE	ATTAINING SPEED	WORKOUT TIME	AGE	TARGET HR	
Constant HR					
Interval HR	Slow	Time setting:	Age setting:	Refer to Heart Rate	
Hill HR	Mid	10—99 Minutes	10—99	Zone table	
Cardio HR	Fast				

Detailed instructions for the Intenza 550RBi & 550UBi Bike—

STEP 1

Mount the bike (Please refer to section 3. ADJUSTMENTS) and begin pedaling.

STEP 2

To save your workout record, insert a USB device to the USB port. Choose HRC by turning Uni—Dial™ and press **ENTER** to confirm.

STEP 3

Choose HRC by turning Uni—Dial™ and press **ENTER** to confirm.

STEP 4

Input your age, gender, weight.

STEP 5

Choose **MODE (CONSTANT/INTERVAL/HILL/CARDIO)** by turning Uni—Dial™ and press **ENTER** to confirm.

STEP 6

Choose **ATTAINING SPEED** by turning Uni—Dial™ and press **ENTER** to confirm. You may choose a speed from 3 options, **MID**, **SLOW**, or **FAST**.

STEP 7

Input the desired **WORKOUT TIME** by turning Uni—Dial™ and press **ENTER** to confirm. The bike display default time is 30 minutes. You may enter a time between 20 to 99 minutes.

STEP 8

Input your **AGE** by turning Uni—Dial™ and press **ENTER**. The bike displays a default age of 30 years. You may enter an age between 10 to 99 years.

STEP 9

Input **TARGET HEART RATE** by turning Uni—Dial™ and press **ENTER** to confirm.

STEP 10

The timer will appear and count down for 3 seconds. After confirming the target HR, the workout will automatically start.

STEP 11

During the workout, data will be shown in message bar under scan mode. Press **SCAN** to lock the workout data on the screen.

STEP 12

During the workout InZone™ Heart Rate Training will indicate your change of heart rate. (Please refer to 4.4 How To Effectively Workout At Your Own Level).

STEP 13

If you wish to **PAUSE** the program, stop pedaling. In pause mode, the timer will appear and count down for 1 minute, the power will go off after 1 minute. You can pedal to restart the console within 1 minute.

STEP 14

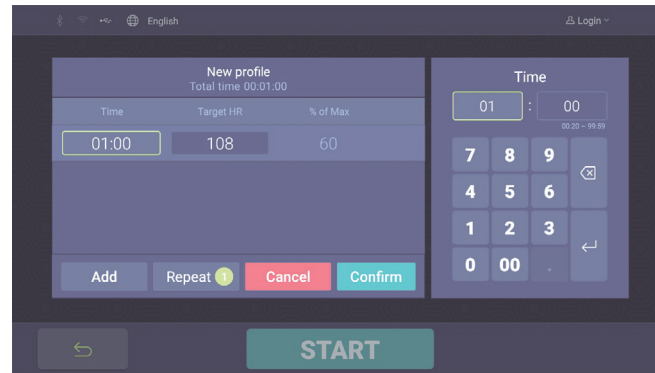
Press **STOP** key, if you wish to exit the program before reaching your workout goal or stop pedaling and allow pause timer to expire.

5.5 Custom Program

The Custom program allows a user to save personal workout data onto a USB.

You can customize the workout profile to meet your own workout goals. By using CUSTOM program, you may easily track exercise progress and choose the program you desire from the folders.

5.5.1 Intenza 550RBe2 & 550UBe2 Bike



Detailed instructions for the Intenza 550RBe2 & 550UBe2 Bike

STEP 1

Mount Intenza 550RBe2 or 550UBe2 Bike.

STEP 2

Choose **CUSTOM** on 550RBe2 or 550UBe2 console.

STEP 3

Insert a USB device to USB port

STEP 4

If you want to create a new profile, please follow the procedure below

A> CREATE NEW PROFILE Level Watts HRC	B> TIME Time Setting 00:20—99:59	C> OPTIONAL INPUT Level setting: 1—40 mph Watts setting: 30—320 Target HR setting: 108—180	START
---	---	--	--------------

STEP 5

You can choose **ADD** to create additional profiles.

STEP 6

You can choose **REPEAT** and + to create more than one identical profile.

STEP 7

During the workout, you can adjust speed.

STEP 8

If you wish to **PAUSE** the program, press **STOP**. In pause mode, the timer will appear and count down for 1 minute, the power will go off after 1 minute. You can press **START** and restart the console.

STEP 9

Press **STOP**, if you wish to exit the program before reaching workout goal, press **STOP** again or allow pause timer to expire.

STEP 10

If you want to record the workout profile in a USB, choose **YES** to save the workout profile.

5.5.2 Intenza 550RBi & 550UBi Bike

The custom program offers a maximum of 7 personal profiles saved by default file name—

Monday, Tuesday, Wednesday, Thursday, Friday, Saturday and Sunday.

Detailed instructions for the Intenza 550RBi & 550UBi Bike—

STEP 1

Mount the bike (Please refer to section 3. ADJUSTMENTS) and begin pedaling.

STEP 2

Insert a USB device into the USB port if you wish to save your program.

STEP 3

Choose **CUSTOM** by turning Uni—Dial™ and press **ENTER** to confirm.

STEP 4

Input your age, gender, weight.

STEP 5

Choose **FILE NAME (SUNDAY—SATURDAY)** by turning Uni—Dial™ and press **ENTER** to confirm.

STEP 6

During the workout InZone™ Heart Rate Training will indicate your change of heart rate.
(Please refer to 4.4 How To Effectively Workout At Your Own Level).

STEP 7

During the workout, the data will be shown on the message center under scan mode. Press **SCAN** to lock the workout data on the screen.

STEP 8

To **PAUSE** the program, press **STOP**. In pause mode, the timer will appear and count down for 1 minute. The power will go off after 1 minute. You can press **START** and run to restart the console.

STEP 9

Press **STOP** to exit the program before reaching workout goal, press **STOP** again or allow pause timer to expire.

STEP 10

If you want to record the workout profile in a USB, choose **YES** to save the workout profile.

PLEASE NOTE Users can adjust WARM UP and COOL DOWN time (1—99 mins) according to personal preference.

5.6 Race Program

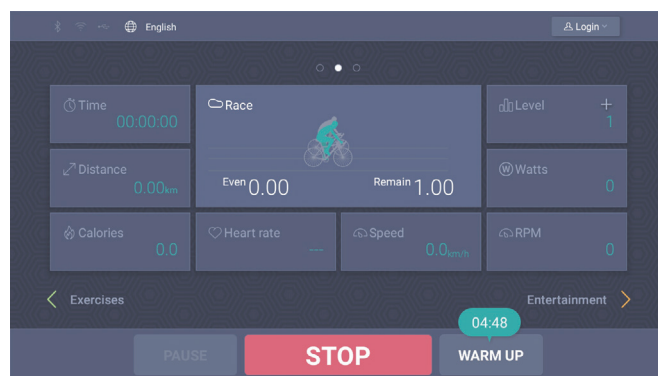
The Race program offers a fun and challenging workout option.

You can compete against other riders, who have saved their workout in the race program, or your own previous record from a USB. If you win the record in the system (the default champion), your record and name can be saved to the console system for the next challenger. Also you can save your record to a USB. This program's default is set at resistance level 10, the resistance level of this program cannot be adjusted.

5.6.1 Intenza 550RBe2 & 550UBe2 Bike

You can view your racing status on the dashboard.

The highlighted runner represents the user and the darker one represents your competitor. **BEHIND** or **EVEN** is the distance between you and your competitor, **REMAIN** is the distance to your target.



Workout procedure

STEP 1	STEP 2	STEP 3	STEP 4	STEP 5	STEP 6	STEP 7
RACE TYPE	COMPETITOR	WARM UP	START	RACE	COOL DOWN	SAVE THE RECORD
0.62 mi/1 km	Computer	Pedaling 5 min	Skip Warm Up	Duration	4 Minutes	Auto saving by USB
1.25 mi/2 km	Computer/ Customize	Pedaling 5 min	Skip Warm Up	Duration	4 Minutes	Auto saving by USB/ Input Name To Console Memory
2.5 mi/4 km	Customize	Pedaling 5 min	Skip Warm Up	Duration	4 Minutes	Input Name To Console Memory

5.6.1 Intenza 550RBe2 & 550UBe2 Bike

Detailed instructions for the Intenza 550RBe2 & 550UBe2 Bike

STEP 1

Mount the bike (Please refer to section 3. ADJUSTMENTS) and begin pedaling.

STEP 2

Choose **RACE** by touching console screen.

STEP 3

Choose **MODE (1KM, 2KM, 4KM)** by touching the console screen and press **↵** to confirm.

STEP 4

Select competitor by touching console screen

A Computer (Intenza system default)— you can choose the records for **RACE MODE**.

B Custom— You can input a custom record between 00:01:24 to 00:07:00

STEP 5

Press **START** to start the workout after you finish the **WARM UP**. You can adjust the **WARM UP** time by touching **▲ ▼** to extend or shorten time.

STEP 6

You will lose the race if you press **STOP**.

STEP 7

If you touch **COOL DOWN** mode, the default is 4 minutes. You can adjust Cool down time (1—99 mins) according to preference.

If you are no longer to maintain speed, press **STOP** to exit the workout.

STEP 8

Press **STOP** to exit the program reaching workout goal, press **STOP** again or allow pause timer to expire.

STEP 9

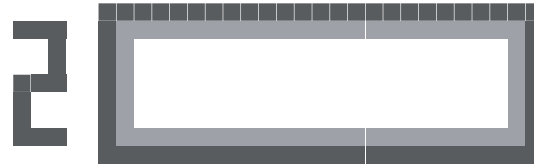
Racing results will be displayed in the profile window. You can save your name into the Intenza console system if you are the race winner.

You can save the racing record (win or lose) to your personal USB device.

5.6.2 Intenza 550RBi & 550UBi Bike

For the 550RBi & 550UBi Bike, once you choose the race distance, the race tracks will be displayed in the profile window.

The outer lap represents the user and the inner lap represents your competitor. The laps will display the racing status by flashing LED lights during your workout. A lap equals 25 miles or 400 meters, the number shown next to the laps is the laps remaining.



Workout procedure

STEP 1	STEP 2	STEP 3	STEP 4	STEP 5	STEP 6	STEP 7
RACE TYPE	COMPETITOR	WARM UP	START	RACE	COOL DOWN	SAVE THE RECORD
0.62 mi/1 km	USB User	Pedaling	Press Start	Duration	4 Minutes	Auto saving by USB
1.25 mi/2 km	USB User/ Champion	Pedaling	Press Start	Duration	4 Minutes	Auto saving by USB/ Input Name To Console Memory
2.5 mi/4 km	Champion	Pedaling	Press Start	Duration	4 Minutes	Input Name To Console Memory

5.6.2 Intenza 550RBi & 550UBi Bike

Detailed instructions for the Intenza 550RBi & 550UBi Bike

STEP 1

Mount the bike (Please refer to section 3. ADJUSTMENTS) and begin pedaling.

STEP 2

Choose **RACE** by turning Uni—Dial™ dial and press **ENTER** to confirm.

STEP 3

Input your age, gender, weight.

STEP 4

Choose **RACE TYPE** (1km, 2km, 4km) by turning Uni—Dial™ and press **ENTER** to confirm.

STEP 5

Select the competitor by turning Uni—Dial™.

- A Champion from Intenza system— • Choose Champion to compete with by turning Uni—Dial™ and press **ENTER** to start.
- B Your previous record from USB— • Insert the USB device to USB port.
- Choose USB to compete with by turning Uni—Dial™ and press **ENTER** to start.

STEP 6

Press **ENTER** to start the workout, after you finish the **WARM UP**.

STEP 7

During the workout InZone™ Heart Rate Training will indicate your change of heart rate.
(Please refer to 4.4 How To Effectively Workout At Your Own Level).

STEP 8

During the workout, the workout data will be shown in message bar under **SCAN** mode. Press **SCAN** to lock the workout data on the screen.

STEP 9

You will lose the race if you press **STOP**. When you win the race, the Intenza 550 Series Bike will enter **COOL DOWN** mode for 4 minutes.

STEP 10

Press **STOP** to exit the program before you reaching your workout goal, stop pedaling or allow pause timer to expire.

STEP 11

Racing results will be displayed in the profile window. You can save your name into the Intenza console system if you are the race winner. Additionally, you can save the racing record (win or lose) to your personal USB device.

5.6.2 Intenza 550RBi & 550UBi Bike

Saving win records into the Intenza system

STEP 1

By turning Uni-Dial™, select the letters to input your name and press enter.

STEP 2

During name editing, you can press **BACK** to correct input.

STEP 3

When you complete input, pause for 5 seconds or press **STOP** then **END** will appear. Press **ENTER** to confirm.

Save racing win records into a personal USB

STEP 1

Press **STOP** or **ENTER** to exit the summary mode.

STEP 2

Choose **YES** to confirm saving or **NO** to exit by turning Uni-Dial™ and press **ENTER** to double confirm.

STEP 3

When the display shows **SAVING COMPLETED**, the process saving is complete.

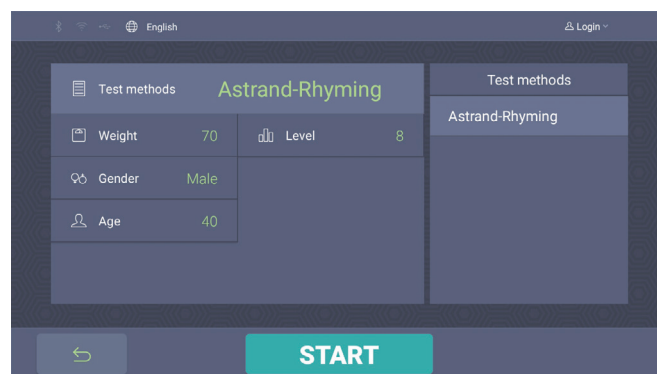
PLEASE NOTE Users can adjust Cool down time (1—99 mins) according to personal preference.

5.7 Fitness Test

VO₂ max technology is useful in measuring the ability of an individual to transport and utilize oxygen during exercise progression.

The test starts at a low intensity level and gradually increases in resistance levels every 2 minutes. The user must maintain the pedaling speed of 60 to 120 RPMs in order to advance to the next level. The test will end when the user is no longer able to maintain this speed. Use of a telemetry heart rate belt is optional, however, it will allow more data to be transmitted to the system during the test. Once you finish the test and recovery period (cool down), the workout results and scores will be displayed in the profile window. Please refer to VO₂ MAX CHART to read your test score.

5.7.1 Intenza 550RBe2 & 550UBe2 Bike



Workout procedure

STEP 1	STEP 2	STEP 3	STEP 4	STEP 5
AGE	WEIGHT	WARM UP	WORKOUT	COOL DOWN
IPPT	1 km—25 km	2 minutes	Duration	4 Minutes

5.7.1 Intenza 550RBe2 & 550UBe2 Bike

Detailed instructions for the Intenza 550RBe2 & 550UBe2 Bike

STEP 1

Mount the bike (Please refer to section 3. ADJUSTMENTS) and begin pedaling

STEP 2

Choose **FITNESS TEST** by touching screen on console.

STEP 3

Input your **AGE/GENDER/WEIGHT** and press **↵** to confirm.

STEP 4

You will enter the **WARM UP** mode for 5 minutes after inputting your weight. After 5 minutes of warm up time, your workout will start automatically.

STEP 5

During the Fitness Test Program, the user must maintain a pedaling speed of 60 to 120 RPMs in order to advance to the next level. During the test, you cannot adjust the resistance levels.

STEP 6

Pedal until you are no longer able to maintain the speed. Once you fall below the required **RPM (60—120)**, program will go into **COOL DOWN** for 4 minutes.

STEP 7

If your **HR** is over 100% maximum, the test program will stop automatically for your personal safety.

STEP 8

Press **STOP** key, if you are not able to continue the workout.

5.7.2 Intenza 550RBi & 550UBi Bike

Detailed instructions for Intenza 550RBi & 550UBi Bike

STEP 1

Mount the bike (Please refer to section 3. ADJUSTMENTS) and begin pedaling.

STEP 2

Choose **FITNESS TEST** by turning Uni-Dial™ and press **ENTER** to confirm.

STEP 3

Input your age, gender, weight by turning Uni-Dial™ and press **ENTER** to confirm..

STEP 4

You will enter the **WARM UP** mode for 2 minutes after inputting your weight. After 2 minutes of warm up time, your workout will start automatically.

STEP 5

During the Fitness Test Program, the user must maintain a pedaling speed of 60 to 120 RPMs in order to advance to the next level.

During the test, you cannot adjust the resistance levels.

STEP 6

During the workout InZone™ Heart Rate Training will indicate your change of heart rate.

(Please refer to 4.4 How To Effectively Workout At Your Own Level).

STEP 7

During the workout, the workout data will be shown in message bar under **SCAN** mode. Press **SCAN** to lock the workout data on the screen.

STEP 8

Pedal until you are no longer able to maintain the speed. Once you fall below the required **RPM** (60—120), program will go into **COOL DOWN** for 4 minutes.

STEP 9

Press **STOP** to exit the program before reaching workout goal, stop pedaling or allow pause timer to expire.

STEP 10

If your **HR** is over 100% maximum, the test program will stop automatically for your personal safety.

STEP 11

Press **STOP** key, if you are not able to continue the workout.

V_O2 Max Chart

Male (Values in ml/kg/min)

AGE	VERY POOR	POOR	FAIR	GOOD	EXCELLENT	SUPERIOR
13-19	<35.0	35.0-38.3	38.4-45.1	45.2-50.9	51.0-55.9	>55.9
20-29	<33.0	33.0-36.4	36.5-42.4	42.5-46.4	46.5-52.4	>52.4
30-39	<31.5	31.5-35.4	35.5-40.9	41.0-44.9	45.0-49.4	>49.4
40-49	<30.2	30.2-33.5	33.6-38.9	39.0-43.7	43.8-48.0	>48.0
50-59	<26.1	26.1-30.9	31.0-35.7	35.8-40.9	41.0-45.3	>45.3
60+	<20.5	20.5-26.0	26.1-32.2	32.3-36.4	36.5-44.2	>44.2

Female (Values in ml/kg/min)

AGE	VERY POOR	POOR	FAIR	GOOD	EXCELLENT	SUPERIOR
13-19	<25.0	25.0-30.9	31.0-34.9	35.0-38.9	39.0-41.9	>41.9
20-29	<23.6	23.6-28.9	29.0-32.9	33.0-36.9	37.0-41.0	>41.0
30-39	<22.8	22.8-26.9	27.0-31.4	31.5-35.6	35.7-40.0	>40.0
40-49	<21.0	21.0-24.4	24.5-28.9	29.0-32.8	32.9-36.9	>36.9
50-59	<20.2	20.2-22.7	22.8-26.9	27.0-31.4	31.5-35.7	>35.7
60+	<17.5	17.5-20.1	20.2-24.4	24.5-30.2	30.3-31.4	>31.4

6. Maintenance.

6.1 Preventative Maintenance Tips

With durable, high performance components, the Intenza 550 Series Bike is designed for commercial health club usage with minimal maintenance required.

To keep your Intenza 550 Series Bike working properly, Intenza strongly recommends performing daily, and regularly scheduled, preventative maintenance routings as outlined below.

WARNING

REGULAR MAINTENANCE

Before cleaning or performing repairs, always unplug the equipment from its power source to reduce risk of electric shock.

Before use, make certain the area around the bike is free of obstacles and any clutter that may interfere with pedal rotation.

Remove excessive accumulations of dust, dirt and other substances by using a clean, soft cloth and a non—abrasive liquid cleaner.

Wipe down the exterior of the display panel, handlebars, seat, pedals, shrouds and contact heart rate grips.

Avoid excessive moisture on the display console. Keeping the display console free of fingerprints and sweat will extend its life.

Never use ammonia, acid—based, or petroleum—based solvents on any part of the bike as it may damage the finish.

Do not spray cleaning liquid onto the display screen or heart rate grips.

REGULAR MAINTENANCE

Inspect the display panel mounting screws for security, and retighten if necessary.

Inspect the display panel keypads for wear and tear.

Check that the seat, pedals and shrouds are secure.

If loose, tighten the foot pedal to the pedal crank using an adjustable wrench or 5/8 inch open end wrench.

6.2 Self Diagnosis

Your Service Representative may need to check accumulated data about the past usage of your bike, test the function and check for error message.

For these reasons, Intenza 550 Series Bikes are equipped with a service mode which has diagnostic reports that can assist with troubleshooting. Intenza E2 Series consoles are designed with built-in WiFi that uses InCare™ Online. InCare™ Online function is a service diagnostic process that can automatically send out detected error message to Intenza customer service. This feature requires a functional WiFi connection. For more information about self diagnosis, please contact your local dealer or refer to the service manual.

6.3 550i Series— How to Charge The Battery

The Intenza 550UBi and 550RBi is equipped with a generator and rechargeable battery to provide constant power.

Upon initial use (or after a prolonged storage period) the battery may require charging before achieving maximum capacity. There is no need to charge the equipment's battery for normal and frequent use. The console will display CHARGE THE BATTERY when the voltage of battery is low.

CHARGE BY GENERATOR

During normal daily use the power generated by your workout will keep the battery charged.

CHARGE BY EXTERNAL POWER

An optional power adaptor can be purchased and provides constant power to the equipment. You need to use 12V/3A type of adaptor to charge the battery. To purchase the optional power adaptor, check with your local dealer.

6.4 550i Series— Recycling The Battery

When no longer useful, this equipment and/or its battery must be recycled, or discarded, according to your local, or national, recycling regulations.

To remove the battery, disassemble the chain cover and rear cover by using a 4mm and 5mm hex wrench, then disconnect the two cables.

PLEASE NOTE Replace defective components immediately or place the equipment out of use until it is repaired properly by an authorized repair person.

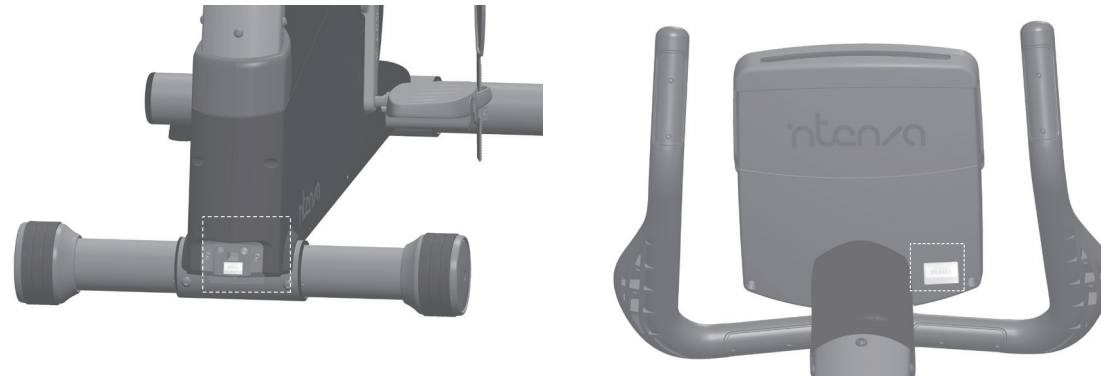
7. Trouble Shooting.

7.1 When To Call For Help

- Do not attempt to service this equipment, with the exception of routine maintenance tasks described in this manual.
- If this product is not functioning properly or the Display shows NEED MAINTENANCE place the unit out of service and contact your Authorized Intenza Dealer or Service provider.
- To efficiently and successfully request a service visit, please have the model number and serial number available.

WHERE IS THE PRODUCT SERIAL NUMBER?

The Intenza 550 Series Bike serial number is a six—digit number, which you can find at the front of the product, close to the power switch, and also on the back cover of the console.

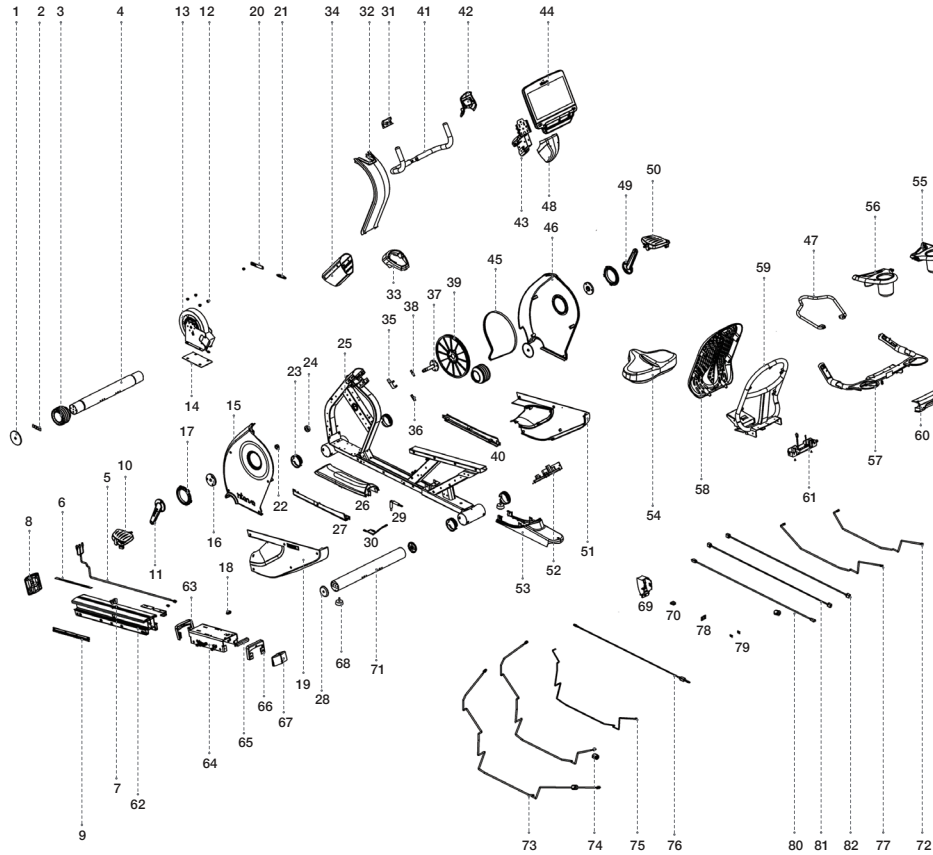


7.2 Error Message

When the display shows an error message, please contact your local Authorized Dealer or Service.

8. Exploded Drawings, Parts List And Specifications.

8.1 Intenza 550RBe2 Bike Exploded Drawing And Parts List



NO	ITEM	NO	ITEM	NO	ITEM
1	Coating, cover, wheel	31	Cover, console, handlebar	61	Assy, box, HR connect
2	Bracket, stop, wheel, front	32	Cover, frame, top	62	Track
3	Wheel, front	33	Cover, up, ring	63	Cover, track, front
4	Coating, tube, base, front	34	Upright, post	64	Coating, carrier, seat
5	Cable, signal, track	35	Bracket, sensor	65	Bracket, support
6	Sticker, track	36	Assy, temperature Senso, PCB	66	Cover, track, rear
7	Bushing, snap	37	Weldment, shaft	67	Cover, track, rear
8	Track	38	Sensor, RPM	68	Foot, adjustable
9	Bracket, slider, seat	39	Assy, pulley	69	Assy, cover, power connector
10	Pedal, standard, L	40	Cover, frame, side, mid, R	70	Seat, HDMI
11	Crank, L	41	Overmold, handlebar, console	71	Coating, tube, base, rear
12	Washer, insulation	42	Cover, connect, console, mid	72	Cable, hybrid, torque control
13	Magnetic, system	43	Coating, consol	73	Cable, sensor, frame
14	Plastic, hybrid, support	44	Assy, console, 16"	74	Assy, cable, signal, frame
15	Cover, frame, front, L	45	Belt, drive	75	Cable, speed, frame
16	Crank, bracket	46	Cover, frame, front, R	76	Cable, TV, frame, R551
17	Cover, crank	47	Overmold, bar	77	Cable, hybrid, power input
18	Bushing, snap	48	Assy, Cover, connect, console, top	78	Bracket, HDMI
19	Assy, cover, frame, side, rear, L	49	ED & Coating	79	Clip, nut
20	Bracket, tension, belt, adjust	50	Pedal, standard, R	80	Cable, HDMI
21	Spring, idler	51	Assy, Cover, frame, side, rear, R	81	Cable, connect, frame, C—SAFE
22	Nut, nylon	52	Assy, heatsink	82	Cable, connect, frame, RJ45
23	Bushing, leg	53	Cover, rear, top		
24	Bearing, ball, 6004ZZ	54	Assy, seat		
25	Coating, frame, main	55	Assy, holder, cup, R		
26	Cover, frame, mid	56	Assy, holder, cup, L		
27	Cover, frame, side, mid, L	57	Assy, handlebar, seat		
28	Cap, end, base	58	Assy, cover, seat		
29	Assy, fix, battery	59	Coating, back, seat		
30	Cable, battery, frame	60	Cover, handlebar		

8.1 Intenza 550RBe2 Bike Exploded Drawing And Parts List

Specifications: Intenza 550RBe2 Bike

Design Use Commercial
 Maximum User Weight 181 kgs/400 lbs

CONSOLE

Type 16" TFT capacitance touch screen monitor
 Display Heart rate, Incline, Pace, Time, METs, Calories, Distance, Speed, Intensity,
 Language 20 countries, 20 Languages— Arabic, Dutch, English (UK English), English (US English), Finnish, French, German, Hungarian, Japanese, Korean, Persian, Polish, Portuguese, Russian, Spanish, Simplified Chinese, Traditional Chinese, Turkish, Lithuanian, Italian
 Summaries Total elapsed time of workout, total calories burned, total distance, total watts generated, resistance/heart rate profile record of workout
 Workout Quick start, Preset programs, Target programs, Heart rate programs, Custom programs, Race programs, Fitness test
 Heart rate monitor Polar telemetry heart rate monitoring system
 Headphone jack 3.5mm stereo
 Resistance levels 40
 Pedal size 168mm x 144mm
 Drive system Belt drive

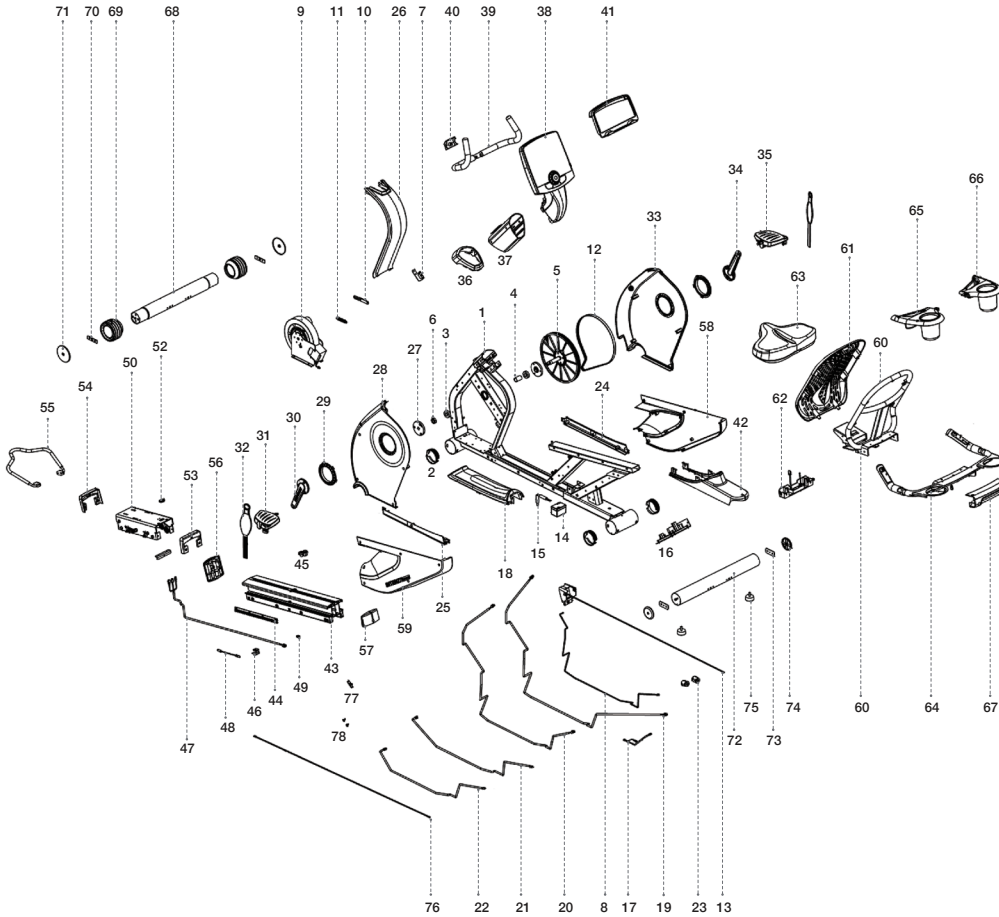
ASSEMBLY DIMENSIONS

DIMENSION	550RBe2	
LENGTH	1,596 mm	63 inches
WIDTH	702 mm	27 inches
HEIGHT	1,238 mm	49 inches
WEIGHT	109 kgs	240 lbs

SHIPPING DIMENSIONS

DIMENSION	550RBe2	
LENGTH	1,690 mm	66.5 inches
WIDTH	375 mm	14.7 inches
HEIGHT	1,010 mm	39.7 inches
WEIGHT	119 kgs	262 lbs

8.2 Intenza 550R Bi Bike Exploded Drawing And Parts List



NO	ITEM	NO	ITEM	NO	ITEM
1	Frame, main, coated	31	Pedal, L	61	Cover, seat
2	Bushing, leg	32	Pedal strap	62	Box, cable connector, assy
3	Bearing, ball, 6004ZZ	33	Cover, frame, front, R	63	Saddle, assy
4	Sleeve, support, bearing	34	Crank, R	64	Handlebar, seat
5	Pulley, assy	35	Pedal, R	65	Holder, bottle, L
6	Nut, nylon	36	Cover, post	66	Holder, bottle, R
7	Sensor, speed, assy	37	Post, upright	67	Cover, handlebar
8	Cable, speed, frame	38	Console, assy	68	Stabilizer, front, coated
9	Generator, assy	39	Handlebar, console	69	Wheel
10	Bracket, tension, belt	40	Cover, connect, console, btm	70	Bracket, wheel
11	Spring, idler	41	Book rack	71	Cover, wheel
12	Belt, drive	42	Cover, rear, top	72	Stabilizer, rear, coating
13	Cover, adapter, assy	43	Track	73	Bracket, base, rear
14	Battery	44	Ratchet	74	Cap, stabilizer
15	Holder, battery	45	Bushing, snap	75	Foot, adjustable
16	PCB	46	Bracket, wire, track	76	Cable, temp sensor
17	Cable, battery, frame	47	Cable, signal, track	77	PCB, temperature sensor
18	Cover, frame, mid	48	Bungee, hand pulse	78	Spacer support
19	Cable, sensor, frame	49	Bushing, strain relief		
20	Cable, signal, frame	50	Slider, seat		
21	Cable, generator, power input	51	Bracket, support		
22	Cable, generator, torque control	52	Bushing, snap		
23	Core, ferrite, semi-close	53	Cover, carrier		
24	Cover, frame, side, mid, R	54	Cover, carrier, front		
25	Cover, frame, side, mid, L	55	Handle, adjustment		
26	Cover, frame, top	56	Cover, track, front		
27	Disk, crank	57	Cover, track, rear		
28	Cover, frame, front, L	58	Cover, frame, side, rear, R		
29	Cover, crank	59	Cover, frame, side, rear, L		
30	Crank, L	60	Support, back, seat		

8.2 Intenza 550RBi Bike Exploded Drawing And Parts List

Specifications: Intenza 550RBi Bike

Design Use Commercial
 Maximum User Weight 181 kgs/400 lbs

CONSOLE

Type LED
 Display Heart rate, Distance, Time, RPM, Calories, Watts, Resistance level, workout profile.
 Summaries Total elapsed time of workout, total calories burned, total distance, total watts generated, resistance/heart rate profile record of workout
 Workout Quick start, Preset programs, Target programs, Heart rate programs, Custom programs, Race programs, Fitness test
 Heart rate monitor Polar telemetry heart rate monitoring system
 Headphone jack 3.5mm stereo
 Resistance levels 40
 Pedal size 168mm x 144mm
 Drive system Belt drive
 iPad rack Standard

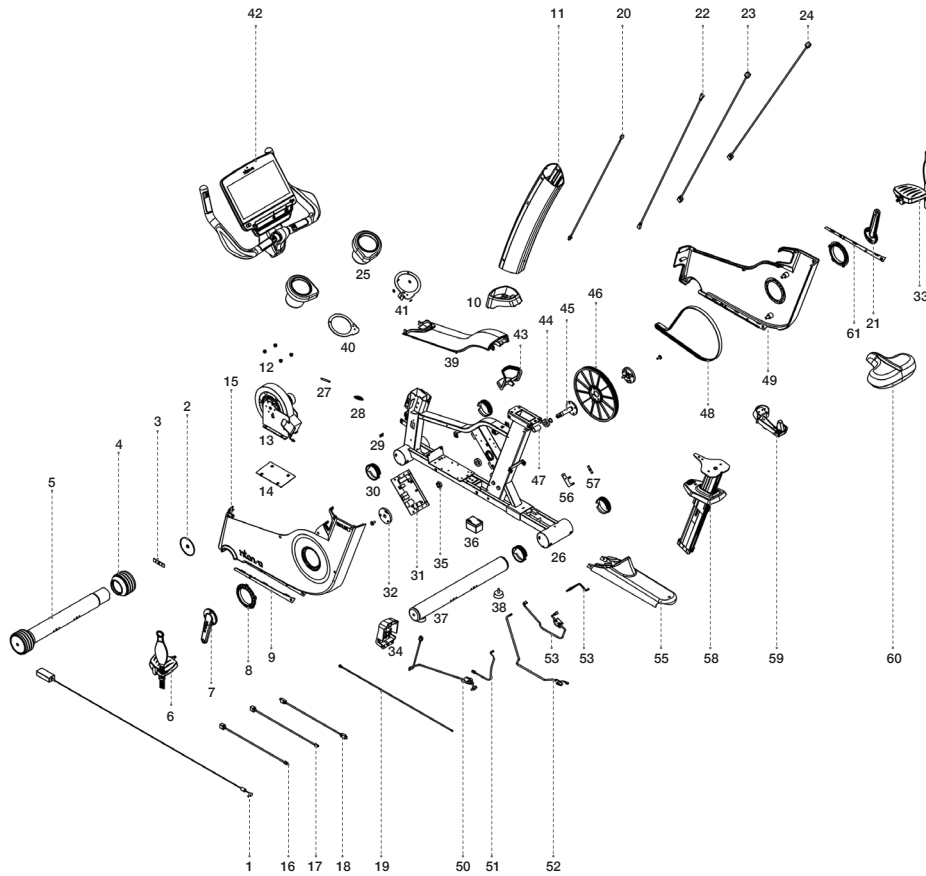
ASSEMBLY DIMENSIONS

DIMENSION	550RBi	
LENGTH	1,596 mm	63 inches
WIDTH	702 mm	27 inches
HEIGHT	1,238 mm	49 inches
WEIGHT	102 kgs	225 lbs

SHIPPING DIMENSIONS

DIMENSION	550RBi	
LENGTH	1,690 mm	66.5 inches
WIDTH	375 mm	14.7 inches
HEIGHT	1,010 mm	39.7 inches
WEIGHT	112 kgs	247 lbs

8.3 Intenza 550UBe2 Bike Exploded Drawing And Parts List



NO	ITEM	NO	ITEM	NO	ITEM
1	Adaptor, 12V	31	Assy, heatsink	61	Cover, side, R
2	Coating, cover, wheel	32	Crank, bracket		
3	Bracket, stop, wheel, front	33	Assy, pedal, standard, R		
4	Wheel, front	34	Assy, cover, front, B330		
5	Assy, base, front	35	Nut, nylon		
6	Assy, pedal, standard, L	36	Foam, one side, battery		
7	Crank, L	37	Assy, base, rear		
8	Cover, crank	38	Foot, adjustable		
9	Cover, side, L	39	Cover, frame, Top		
10	Ring, upright, post	40	Bracket, holder, bottle, L		
11	Upright, post, front	41	Bracket, holder, bottle, R		
12	Washer, insulation	42	Console, w/handle, e2		
13	Magnetic, system	43	Cover, adjustment, seat		
14	Plastic, hybrid, support	44	Bearing, ball, 6004ZZ		
15	Cover, L	45	Weldment, shaft		
16	Cable, frame, C—safe	46	Assy, pulley		
17	Cable, frame, RJ45	47	Sleeve, support, bearing		
18	Cable, HDMI, TOP	48	Belt, drive		
19	Jack, power, DC, w/ cable	49	Cover, R, w/ bushing		
20	Cable, signal, post, upright	50	Assy, cable, LCB, frame		
21	Crank, R	51	Cable, hybrid		
22	Cable, HDMI, BTM	52	Cable, battery		
23	Cable, connect, frame, RJ45	53	Assy, cable, hybrid		
24	Cable, connect, frame, C—SAFE	54	Cable, sensor		
25	Holder, bottle, water	55	Cover, frame, rear		
26	Coating, main, frame	56	Bracket, sensor		
27	Screw, spring	57	Sensor, RPM		
28	Spring, idler	58	Assy, post, seat		
29	Nut plate	59	Adjustment, handle		
30	Bushing, leg	60	Seat, advance, B331		

8.3 Intenza 550UBe2 Bike Exploded Drawing And Parts List

Specifications: Intenza 550UBe2 Bike

Design Use Commercial
 Maximum User Weight 181 kgs/400 lbs

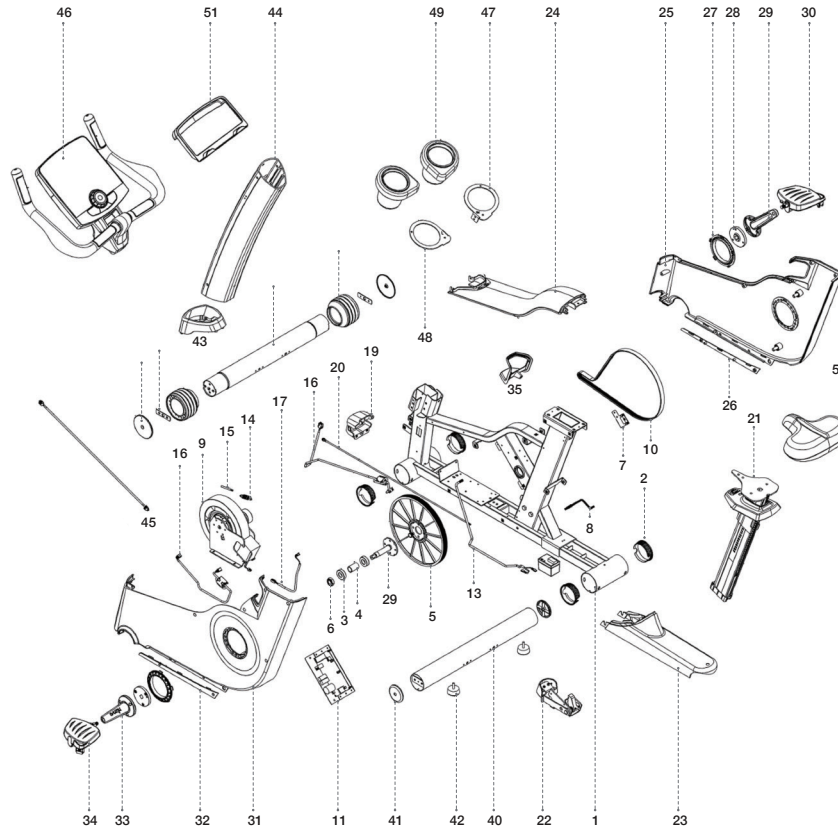
CONSOLE

Type 16" TFT capacitance touch screen monitor
 Display Heart rate, Incline, Pace, Time, METs, Calories, Distance, Speed, Intensity,
 Language 20 countries, 20 Languages— Arabic, Dutch, English (UK English), English (US English), Finnish, French, German, Hungarian, Japanese, Korean, Persian, Polish, Portuguese, Russian, Spanish, Simplified Chinese, Traditional Chinese, Turkish, Lithuanian, Italian
 Summaries Total elapsed time of workout, total calories burned, total distance, total wattsgenerated, resistance/heart rate profile record of workout
 Workout Quick start, Preset programs, Target programs, Heart rate programs, Custom programs, Race programs, Fitness test
 Heart rate monitor Polar telemetry heart rate monitoring system
 Headphone jack 3.5mm stereo
 Resistance levels 40
 Pedal size 168mm x 144mm
 Drive system Belt drive

ASSEMBLY DIMENSIONS		
DIMENSION	550UBe2	
LENGTH	1,222 mm	48 inches
WIDTH	665 mm	26 inches
HEIGHT	1,462 mm	57 inches
WEIGHT	78 kgs	172 lbs

SHIPPING DIMENSIONS		
DIMENSION	550UBe2	
LENGTH	1,480 mm	58.2 inches
WIDTH	240 mm	9.4 inches
HEIGHT	1,090 mm	42.9 inches
WEIGHT	88 kgs	194 lbs

8.4 Intenza 550UBi Bike Exploded Drawing And Parts List



NO	ITEM	NO	ITEM
1	Frame, main, coated	31	Cover, L
2	Bushing, leg	32	Cover, side, L
3	Bearing, ball, 6004ZZ	33	Crank, L
4	Sleeve, support, bearing	34	Pedal, L
5	Pulley, assy	35	Cover, adjustment, seat
6	Nut, nylon	36	Stabilizer, front, coated
7	Sensor, speed, assy	37	Wheel, front
8	Cable, speed, frame	38	Bracket, wheel
9	Generator, assy	39	Cover, wheel
10	Belt, drive	40	Stabilizer, rear, coated
11	LCB	41	Cap, stabilizer
12	Battery	42	Foot, adjustable
13	Cable, battery	43	Ring, upright, post
14	Spring, idler	44	Post, upright
15	Screw, spring	45	Cable, signal, post, upright
16	Cable, LCB, frame, w/core	46	Console, w/handle
17	Cable, generator, power input	47	Bracket, holder, bottle, R
18	Cable, generator, torque control	48	Bracket, holder, bottle, L
19	Cover, adaptor	49	Holder, bottle
20	Cable, power, adaptor	50	Saddle
21	Post, seat, assy	51	Book rack
22	Handle, adjustment		
23	Cover, frame, rear		
24	Cover, frame, top		
25	Cover, frame, R		
26	Cover, side, R		
27	Cover, crank		
28	Disk, crank		
29	Crank, R		
30	Pedal, L		

8.4 Intenza 550UBi Bike Exploded Drawing And Parts List

Specifications: Intenza 550UBi Bike

Design Use	Commercial
Maximum User Weight	181 kgs/400 lbs

CONSOLE

Type	LED
Display	Heart rate, Distance, Time, RPM, Calories, Watts, Resistance level, workout profile.
Summaries	Total elapsed time of workout, total calories burned, total distance, total watts generated, resistance/heart rate profile record of workout
Workout	Quick start, Preset programs, Target programs, Heart rate programs, Custom programs, Race programs, Fitness test
Heart rate monitor	Polar telemetry heart rate monitoring system
Headphone jack	3.5mm stereo
Resistance levels	40
Pedal size	168mm x 144mm
Drive system	Belt drive
iPad rack	Standard

ASSEMBLY DIMENSIONS		
DIMENSION	550UBi	
LENGTH	1,222 mm	48 inches
WIDTH	665 mm	26 inches
HEIGHT	1,462 mm	57 inches
WEIGHT	62 kgs	134 lbs

SHIPPING DIMENSIONS		
DIMENSION	550UBi	
LENGTH	1,480 mm	58.2 inches
WIDTH	240 mm	9.4 inches
HEIGHT	1,040 mm	40.9 inches
WEIGHT	83 kgs	182 lbs

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