

BIKERG

Concept2

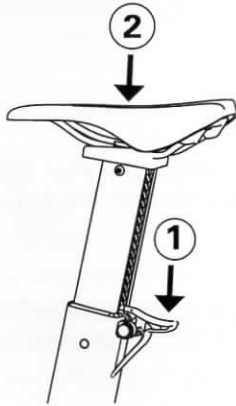


Setting Up the BikeErg

The BikeErg provides a range of settings for the saddle and handlebars so that you can find the position that is most comfortable and effective for you.

HOW TO ADJUST THE SADDLE

1. Release lever (1) and lower the saddle (2). For fine tuning the horizontal position and saddle angle, adjustments can be made using a 9/16" or 14 mm wrench (not included).



2. Step onto the BikeErg.
3. With your heel on the down pedal and your leg straight, pull the saddle up to your body.



4. You should have a slight bend in your leg as you ride with the ball of your foot on the pedal.

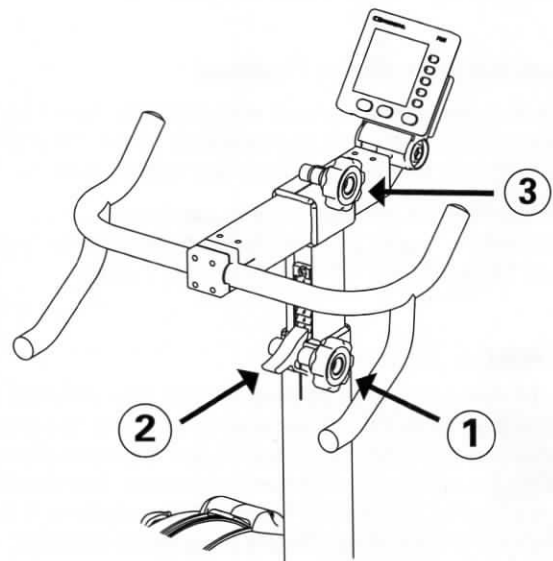
HOW TO ADJUST THE HANDLEBARS

To adjust handlebar height:

1. Loosen the adjustment knob (1).
 - To lower: release ratchet by pressing lever (2) then press handlebars down.
 - To raise: simply pull up to desired height.
2. Tighten adjustment knob (1).

To adjust reach position:

1. Loosen adjustment knob (3)
 - Slide handlebars forward or back as desired.
2. Tighten adjustment knob (3).



For information on using the BikeErg, including training tips, workouts, the free Online Logbook and more, visit concept2.com/start.

BEFORE YOUR FIRST WORKOUT

Consult your physician. Be sure that it is not dangerous for you to undertake a strenuous exercise program.

WARNING! ⚠ Over-exercising may result in serious injury or death. If you feel faint, stop exercising immediately.

Getting Started

1. Keep your workouts short and easy at first, to let your body adjust to the new exercise.
2. Gradually increase your cycling time and intensity over the first two weeks. Like any physical activity, if you increase the volume and intensity too quickly, fail to warm up properly, or use poor technique, you will increase the risk of injury.

WORKOUT INTENSITY

User-Controlled Resistance

- The BikeErg offers you two ways of managing the resistance you feel and the resulting intensity of your workout: the damper setting and your pedaling cadence. An increase in either one will raise the resistance that you feel, and if you increase both, the resistance will go up even more quickly.
- You can cycle as hard or as easily as you wish. The BikeErg will not force you to work at any set intensity level. As you put more effort into your cycling, you will go faster, produce more watts, and burn more calories. All of these outputs will be measured and displayed by the PM5.

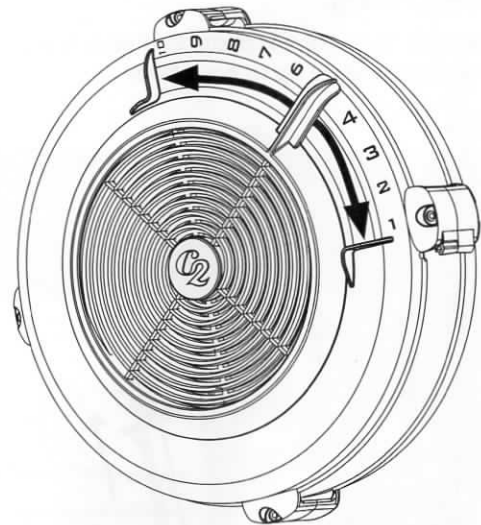
Damper Settings on the Flywheel

The BikeErg features a damper with settings from 1 to 10. Higher numbers feel more like pedaling in a heavier gear. Lower numbers feel like pedaling in a lighter gear.

For general fitness and a good aerobic workout, use a damper setting where you can maintain a cadence in the range of 60 to 80 rpm.

Drag Factor

The 1–10 damper setting scale is a quick reference for setting the “gearing.” A more precise way to tune the “gearing” is by viewing the drag factor, which is a measure of the air resistance within the flywheel enclosure. To view drag factor on the PM go to Main Menu > More Options > Display Drag Factor. The BikeErg offers a drag factor range of approximately 40 to 210.



Calibration

The BikeErg will prompt you periodically to confirm the calibration, including whenever you program a distance that is part of our Online World Ranking. The process is simple and the PM5 will guide you through it. To confirm the calibration or start a full calibration at any other time, press More Options > Utilities > Calibration Utilities.

After moving the BikeErg to a different location, confirm the calibration to ensure accurate results.

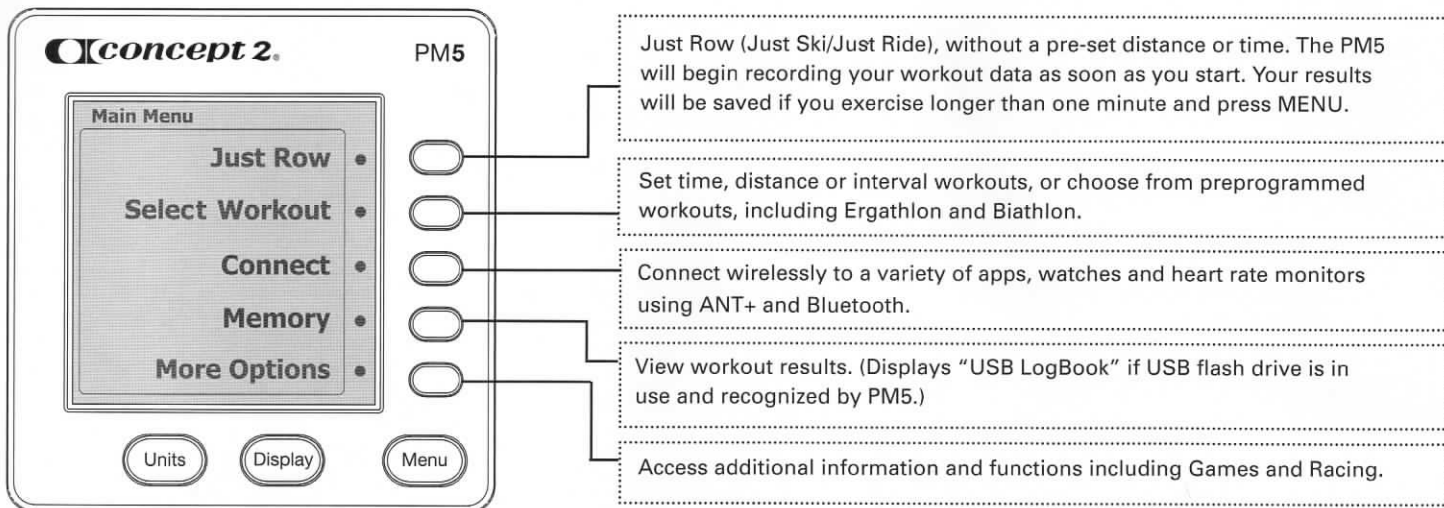
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EN PERFORMANCE MONITOR (PM5)

The PM5 is included with all of Concept2's ergometers:
The Model D, Model E and Dynamic Indoor Rowers, SkiErg and BikeErg.

The operation and features of the PM5 are the same on all of these machines, though the displays and units will vary slightly depending on which machine you use.

The PM5 delivers reliable, comparable data for every workout and has Bluetooth and ANT+ wireless connectivity, allowing it to connect to heart rate belts, fitness devices and apps, including our own ErgData app and free online logbook.



RECORDING RESULTS, GETTING CONNECTED AND STAYING MOTIVATED

Recording workout data lets you track progress and measure your results. The PM5 automatically saves your workout data.

Concept2 provides a free Online Logbook, where you can store all your data for easier tracking and analysis. The Online Logbook also lets you participate in Concept2's annual series of challenges and motivational programs. Set up your free online logbook at concept2.com/logbook.

Options for transferring workout results from the PM5 to your online logbook include:

- ➔ **RECOMMENDED: Concept2's free ErgData app.** Available for both iOS and Android, ErgData connects wirelessly to the PM5 via Bluetooth. It enables easy uploading of your results to your online logbook. It also provides additional performance statistics and display options on your device during your workout and stores your results. concept2.com/ergdata.
- **Concept2 Utility.** Free software that enables you to use a USB cable or flash drive to transfer results from the PM5 to your online Logbook. concept2.com/usbflashdrive and concept2.com/utility.
- **Manual Entry.** Enter your results to your online logbook manually at concept2.com/logbook.

Firmware

Firmware is the internal software that runs your Performance Monitor. Your PM5 comes preinstalled with the latest firmware, however, new and improved versions are offered regularly. Visit concept2.com/pm5firmware to update your PM5 using the free Concept2 Utility.

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After moving the BikeErg to a different location, confirm the calibration to ensure accurate results.

RowErgs and SkiErg

Calibration on RowErgs and the SkiErg is performed automatically during the recovery phase of each stroke. Additional calibration is not necessary.

Sample Display The displays will vary slightly depending on which machine you use.

