

Owner's Manual.

550 UBe Upright Bike

550 UB*i* Upright Bike

550 RBe Recumbent Bike

550 RB*i* Recumbent Bike

intensity

interna

Thank you for purchasing Intenza product. Before installing or using the equipment, please read all instructions carefully to ensure that you have the knowledge to safely and properly operate all of this product's features. The following will provide guidelines for quick set up and the correct way to use the equipment. We hope you achieve the product experience that you expect.

Intenza 550 series bike has been tested and designed to comply with the regulations for Class A digital device and for class S, studio use. Intenza 550 series bike is designed to provide you with safe, intuitive, comfortable, reliable experience, guiding you to a healthy lifestyle.

CAUTION

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

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1. IMPORTANT SAFETY PRECAUTIONS

Warning

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





























Safety Precautions

- 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 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 done 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.
- Do not use the equipment with bare feet.
- Stop operating the equipment until the defective components are repaired.

2. ASSEMBLY AND SETUP
























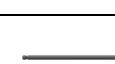



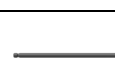




550UBi Part List

Open the shipping carton box, remove all parts from the carton and styrofoam inserts. Before you begin the assembly, verify that the following hardware items are packed with the equipment. This part list is for assembly instruction of section 2.1 550UBi & 550UBe bike frame and section 2.2 550UBi interactive console.

NO.	Part description	Image	QTY	NO.	Part description	Image	QTY
1	Front stabilizer		1	16	Spring washer, M8		3
2	Moving wheel cover		1	17	Star washer (White), M8		8
3	Wheel bracket		1	18	Star washer (Black), M8		8
4	Rear stabilizer		1	19	Countersunk screw, M5 x 8L		2
5	Transportation wheel		1	20	Countersunk screw, M6 x 15L		1
6	Adjustment foot		1	21	Dome screw(Black), M8 x 20L		11
7	Pedal, Left		1	22	Dome screw(White), M8 x 15L		8
8	Pedal, Right		1	23	Dome screw, M5 x 15L		8
9	Front post cover		1	24	Open-end wrench-15MM		1
10	Front post		1	25	Hex wrench-6MM		1
11	Console		1	26	Hex wrench-4MM		1
12	Saddle		1	27	Hex wrench-3MM		1
13	Left cup holder		1	27A	i-Pad rack		1
14	Right cup holder		1				
15	Cup holder		2				

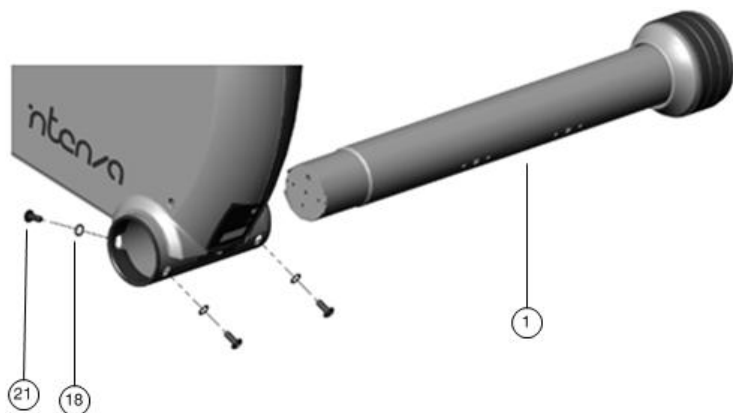
550UBe Part List




Open the shipping carton box, remove all parts from the carton and styrofoam inserts. Before you begin the assembly, verify that the following hardware items are packed with the equipment. This part list is for assembly instruction of section 2.3 550UBe entertainment console.

NO.	Part description	Image	QTY	NO.	Part description	Image	QTY
1	Front stabilizer		1	15	Cup holder		2
2	Moving wheel cover		1	16	Spring washer, M8		3
3	Wheel bracket		1	17	Star washer (White), M8		8
4	Rear stabilizer		1	18	Star washer (Black), M8		8
5	Transportation wheel		1	19	Countersunk screw, M5 x 8L		2
6	Adjustment foot		1	20	Countersunk screw, M6 x 15L		1
7	Pedal, Left		1	21	Dome screw(Black), M8 x 20L		11
8	Pedal, Right		1	22	Dome screw(White), M8 x 15L		8
9	Front post cover		1	23	Dome screw, M5 x 15L		8
10	Front post		1	24	Open-end wrench-15MM		1
11A	Console		1	25	Hex wrench-6MM		1
11B	Console cover		1	26	Hex wrench-4MM		1
11C	Handle bar		1	27	Hex wrench-3MM		1
12	Saddle		1	28	Hex wrench-5MM		1
13	Left cup holder		1	29	Countersunk screw, M8 x 20L(White)		3
14	Right cup holder		1	30	Socket head screw, M4 x 10L(Black)		3

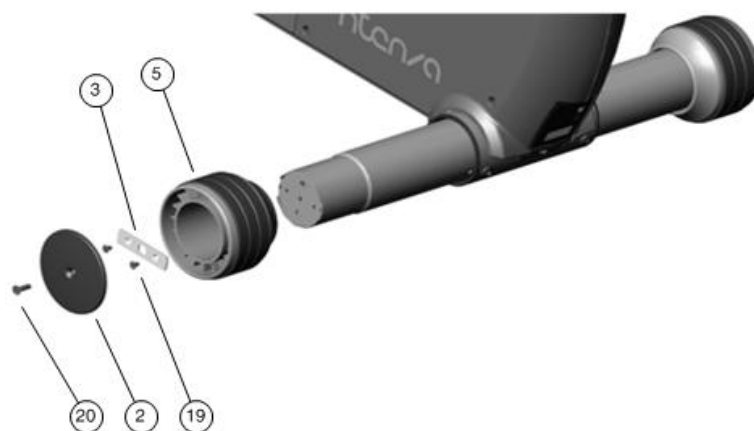
2.1 Assembly Instruction- 550UBi & 550UBe Bike Frame





STEP 1 Assemble the front stabilizer



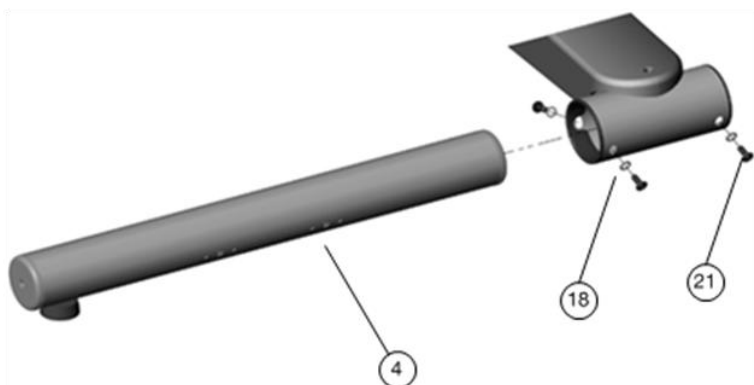
TOOL	
18	M8 x 4 (Black) 
21	M8 x 20L x 4 (Black) 
25	6mm x 1 




STEP 2 Assemble the transportation wheel



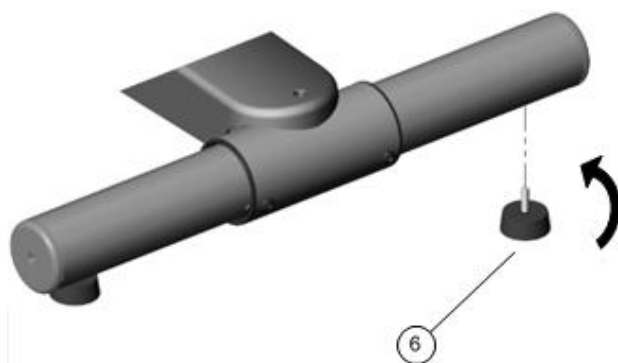
TOOL	
19	M5 x 8L x 2 
20	M6 x 15L x 1 
25	6mm x 1 
27	3mm x 1 

STEP 3 Assemble the rear stabilizer






TOOL	
18	M8 x 4 (Black) 
21	M8 x 20L x 4 (Black) 
25	6mm x 1 

STEP 4 Assemble the adjustment foot

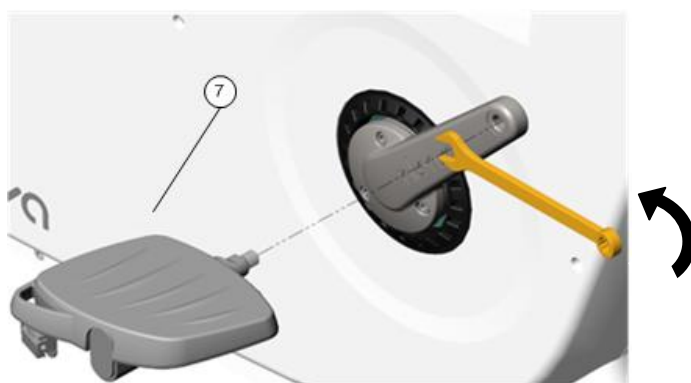


STEP 5 Assemble the saddle



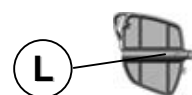
TOOL	
16	M8 x 3 
21	M8 x 20L x 3(White) 
25	6mm x 1 


STEP 6 Assemble the L pedal



NOTE

1. Rotate the wrench according to instruction.
2. Make sure the pedal is L side.



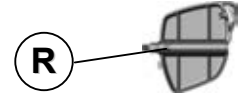
TOOL	
24	15mm x 1 

STEP 7 Assemble the R pedal

- ※ Turn to p.10 to assemble 550UBi console.
- ※ Turn to p.12 to assemble 550UBe console.

NOTE

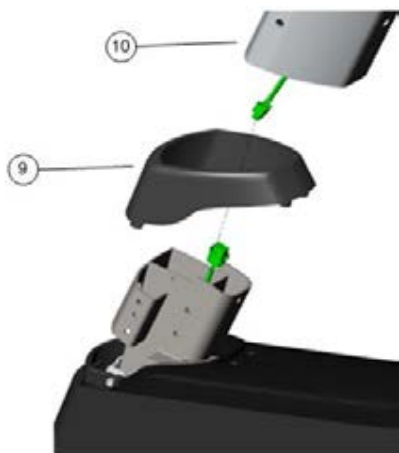
1. Rotate the wrench according to instruction.
2. Make sure the pedal is **R** side.

**TOOL**

24	15mm x 1	
----	----------	--

2.2 Assembly Instruction- 550UBi Interactive Console

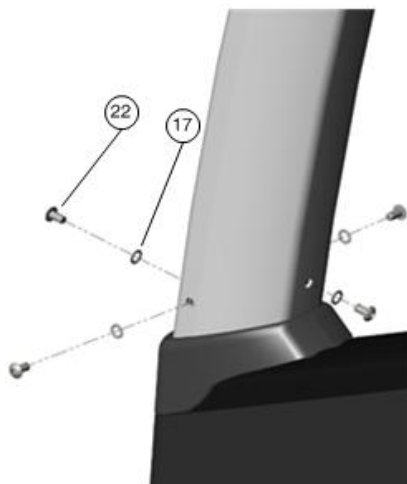
STEP 8 Assemble the front post (1)






NOTE

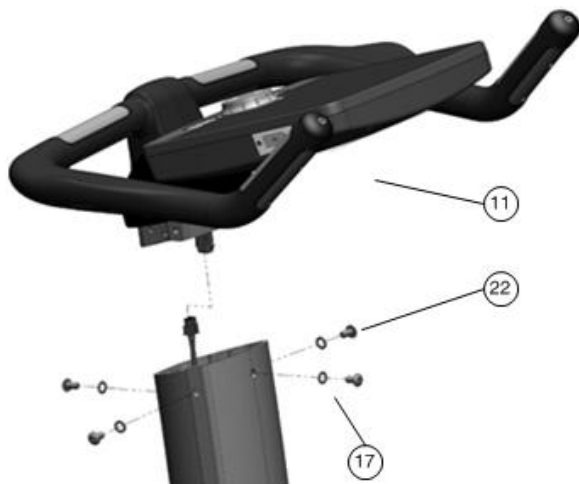
1. Make sure cables are not pinched and position them into front post before assemble the console.
2. Position the front post cover tightly onto the bike.




STEP 9 Assemble the front post (2)



TOOL	
17	M8 x 4 (White) 
22	M8 x 15L x 4 (White) 
25	6mm x 1 

STEP 10 Assemble the console






TOOL	
17	M8 x 4 (White) 
22	M8 x 15L x 4 (White) 
25	6mm x 1 

STEP 11 Assemble the iPad rack






STEP 12 Assemble the brackets of the cup holders



TOOL	
23	M5 x 15L x 4  
26	4mm x 1 

STEP 13 Assemble the cup holders

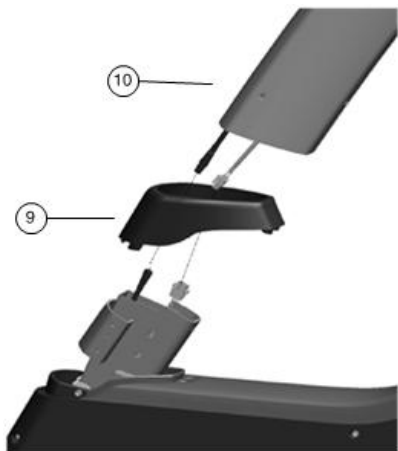


TOOL	
23	M5 x 15L x 4  
26	4mm x 1 

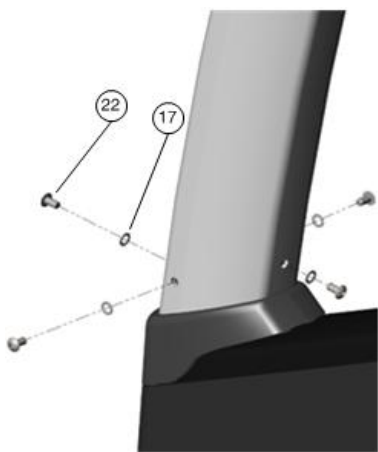
- Assemble finished -




2.3 Assembly Instruction- 550UBe Entertainment Console

STEP 8 Assemble the front post (1)



STEP 9 Assemble the front post (2)



TOOL	
17	M8 x 4 (White) 
22	M8 x 15L x 4 (White) 
25	6mm x 1 

STEP 10 Assemble the console (1)



STEP 11 Assemble the console (2)





NOTE

Put two cables through the hole of the handle bar bracket carefully.

STEP 12 Assemble the console (3)





TOOL	
29	M8 x 20L x 3 (White) 
28	5mm x 1 

STEP 13 Assemble the console (4)



NOTE

Make sure cables are not pinched before assemble the cover.




TOOL	
30	M4 x 10L x 3 (Black) 
27	3mm x 1 

STEP 14 Assemble the console (5)

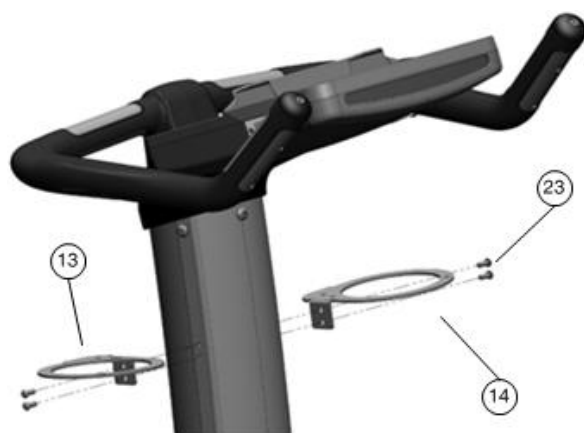




NOTE

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

TOOL	
17	M8 x 4 (White) 
22	M8 x 15L x 4 (White) 
25	6mm x 1 

STEP 15 Assemble the cup holders





TOOL	
23	M5 x 15L x 4 
26	4mm x 1 

STEP 16 Assemble the cup holders































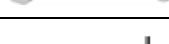




- Assemble finished -

TOOL	
23	M5 x 15L x 4 
26	4mm x 1 

550Rbi Part List

















Open the shipping carton box, remove all parts from the carton and styrofoam inserts. Before you begin the assembly, verify that the following hardware items are packed with the equipment. This part list is for assembly instruction of section 2.4 550Rbi & 550Rbe bike frame and section 2.5 550Rbi interactive console.













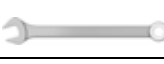
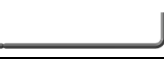


NO.	Part description	Image	QTY
1	Front stabilizer		1
2	Transportation wheel		1
3	Wheel bracket		1
4	Transportation wheel cap		1
5	Rear stabilizer		1
6	Adjustment foot		1
7	Seat frame		1
8	Side handlebar		1
9	Cup holder, Left		1
10	Cup holder, Right		1
11	Cap of side handlebar		1
12	Seat adjustment handle		1
13	Saddle		1
14	Pedal, Left		1
15	Pedal, Right		1
16	Console		1
17	Front handle bar		1

NO.	Part description	Image	QTY
18	Console cap		1
19	Star washer (Black), M8		19
20	Star washer (White), M8		4
21	Countersunk screw, M5 x 8L		2
22	Countersunk screw, M6 x 15L		1
23	Dome screw, M5 x 10L		7
24	Dome screw, M5 x 15L		6
25	Dome screw (White), M8 x 15L		4
26	Dome screw (Black), M8 x 20L		12
27	Dome screw, M8 x 12L		5
28	Dome screw, M8 x 40L(Black)		2
29	Open-end wrench-15MM		1
30	Hex wrench-6MM		1
31	Hex wrench-4MM		1
32	Hex wrench-3MM		1
33	iPad rack		1

550RBe Part List

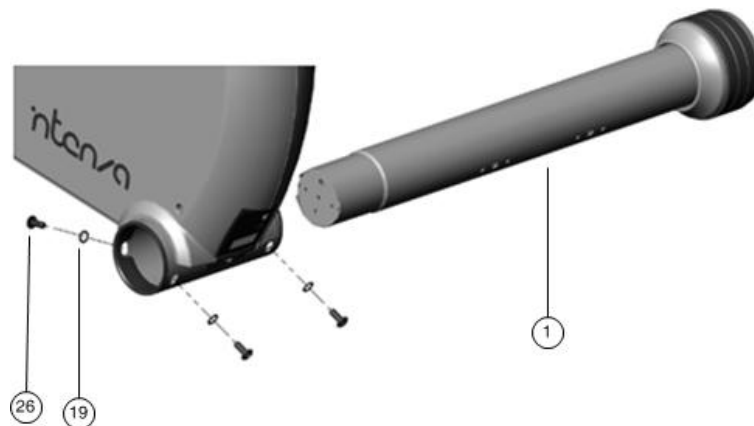
Open the shipping carton box, remove all parts from the carton and styrofoam inserts. Before you begin the assembly, verify that the following hardware items are packed with the equipment. This part list is for assembly instruction of section 2.6 550RBe entertainment console.

NO.	Part description	Image	QTY
1	Front stabilizer		1
2	Transportation wheel		1
3	Wheel bracket		1
4	Transportation wheel cap		1
5	Rear stabilizer		1
6	Adjustment foot		1
7	Seat frame		1
8	Side handlebar		1
9	Cup holder, Left		1
10	Cup holder, Right		1
11	Cap of side handlebar		1
12	Seat adjustment handle		1
13	Saddle		1
14	Pedal, Left		1
15	Pedal, Right		1
16	Console		1

NO.	Part description	Image	QTY
17	Front handle bar		1
18	Console cap		1
19	Star washer (Black), M8		19
20	Star washer (White), M8		4
21	Countersunk screw, M5 x 8L		2
22	Countersunk screw , M6 x 15L		1
23	Dome screw, M5 x 10L		7
24	Dome screw, M5 x 15L		6
25	Dome screw (White), M8 x 15L		4
26	Dome screw (Black), M8 x 20L		12
27	Dome screw, M8 x 12L		5
28	Dome screw, M8 x 40L(Black)		2
29	Open-end wrench-15MM		1
30	Hex wrench-6MM		1
31	Hex wrench-4MM		1
32	Hex wrench-3MM		1

2.4 Assembly Instruction- 550RBi & 550RBe Bike Frame

STEP 1 Assemble the front stabilizer



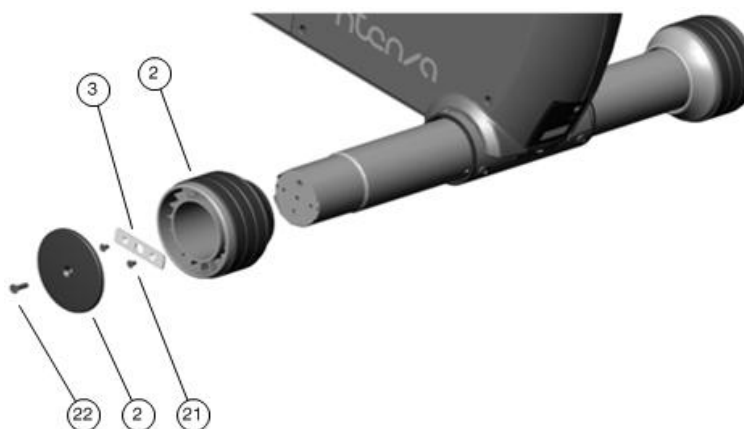
NOTE

Lift up the bike carefully to assemble the front stabilizer.

TOOL

19	M8 x 4 (Black)	
26	M8 x 20L x 4 (Black)	
30	6mm x 1	

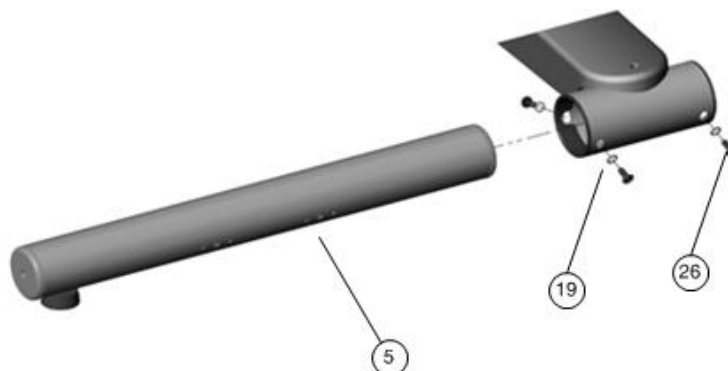
STEP 2 Assemble the transportation wheel



TOOL

21	M5 x 8L x 2	
22	M6 x 15L x 1	
30	6mm x 1	
32	3mm x 1	

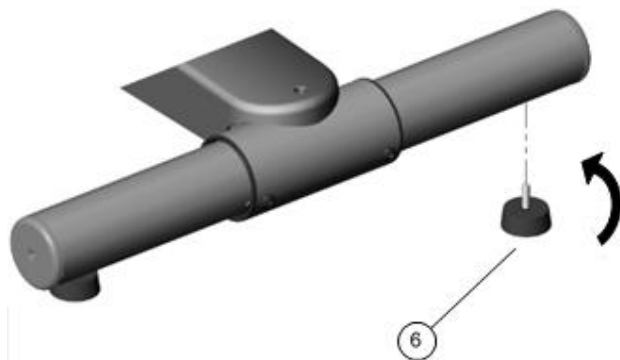
STEP 3 Assemble the rear stabilizer



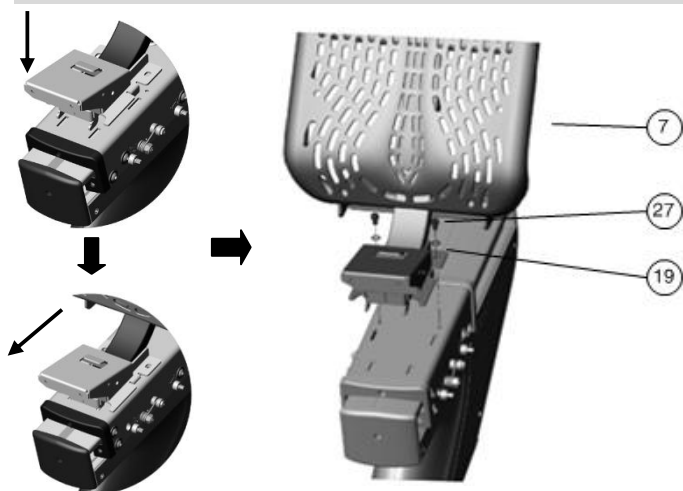
TOOL

19	M8 x 4 (Black)	
26	M8 x 20L x 4 (Black)	
30	6mm x 1	

STEP 4 Assemble the adjustment foot






STEP 5 Assemble the seat frame

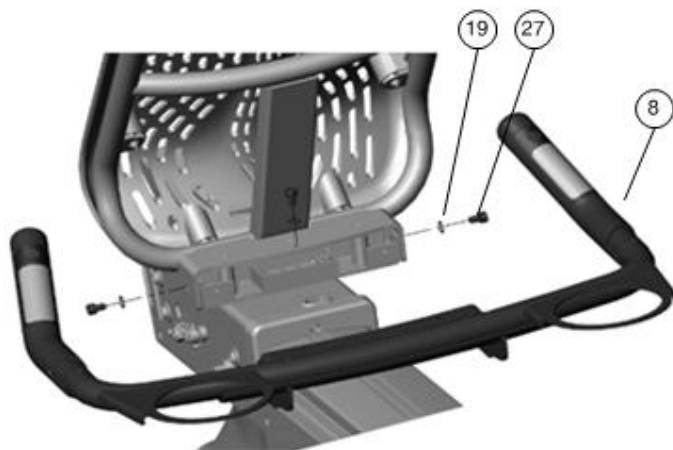





Note

Put the seat frame over the seat carriage.

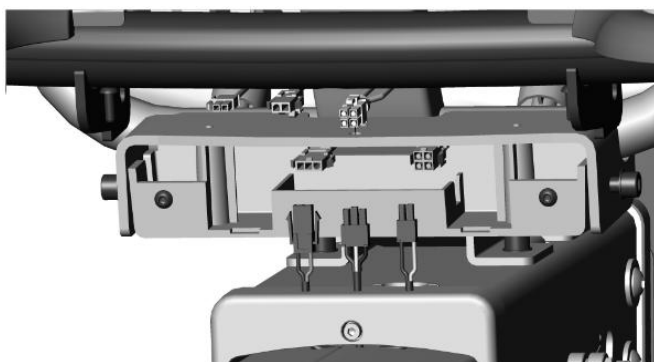
TOOL	
19	M8 x 2 (Black) 
27	M8 x 12L x 2 (Black) 
30	6mm x 1 

STEP 6 Assemble the handlebar (1)



TOOL	
19	M8 x 3 (Black) 
27	M8 x 12L x 3 (Black) 
30	6mm x 1 

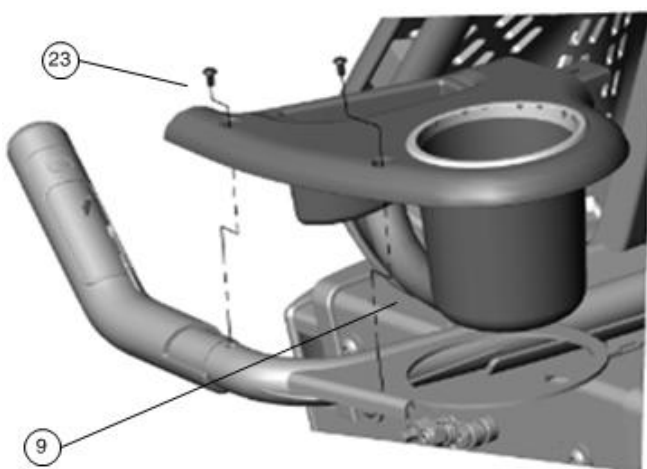
STEP 7 Assemble the side handle bar (2) connect the cables





NOTE

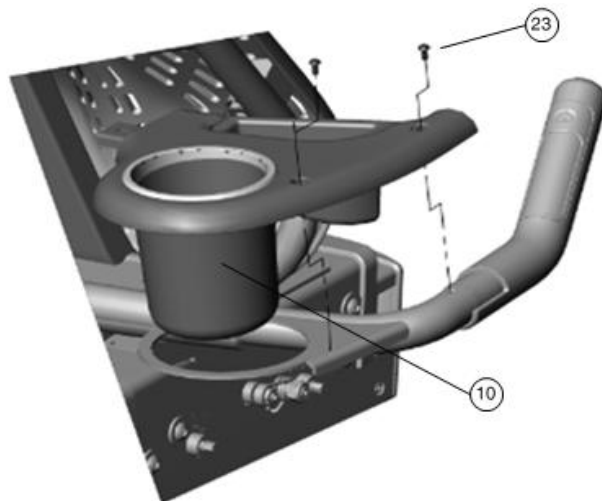
Connect the cables with matched pin with the same color.



STEP 8 Assemble the L cup holder



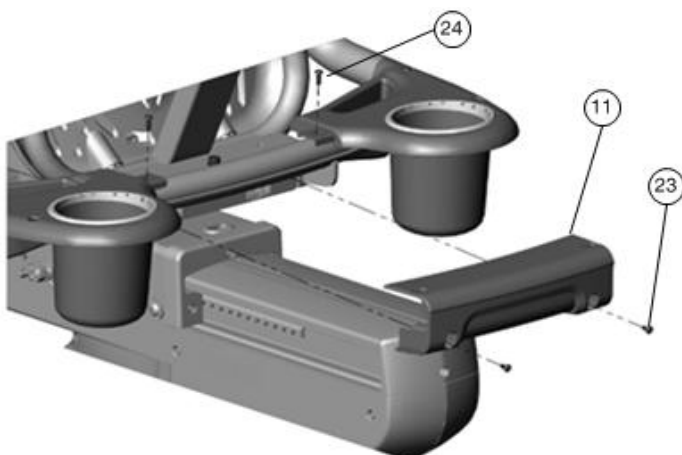
TOOL	
23	M5 x 10L x 2 
31	4mm x 1 




STEP 9 Assemble the R cup holder



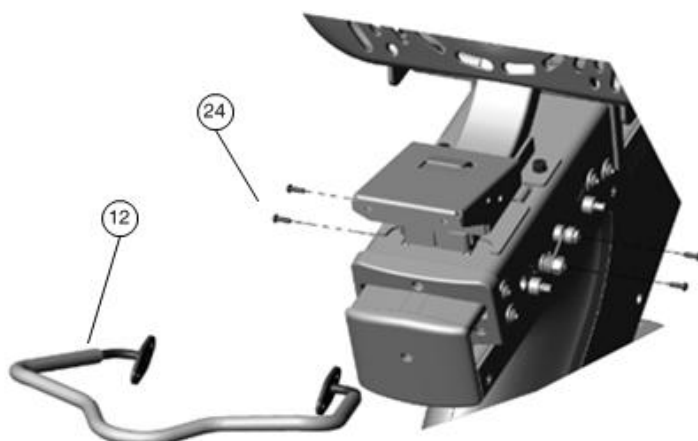
TOOL	
23	M5 x 10L x 2 
31	4mm x 1 

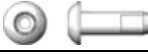

STEP 10 Assemble the side cover of side handlebar



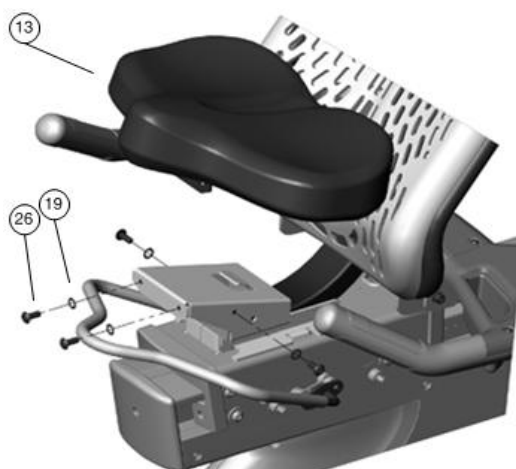
TOOL	
23	M5 x 10L x 2 
24	M5 x 15L x 2 
31	4mm x 1 




STEP 11 Assemble the seat adjustment handle



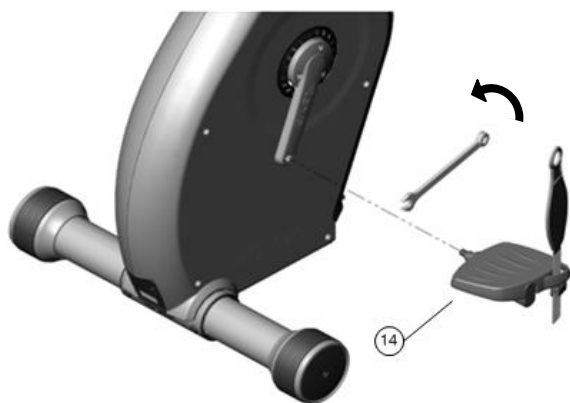
TOOL	
24	M5 x 15L x 4 
31	4mm x 1 

STEP 12 Assemble the saddle



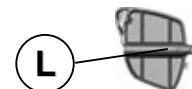
TOOL	
19	M8 x 4 (Black) 
26	M8 x 20L x 4 (Black) 
30	6mm x 1 

STEP 13 Assemble the L pedal



NOTE

1. Rotate the wrench according to instruction.
2. Make sure the pedal is **L** side.

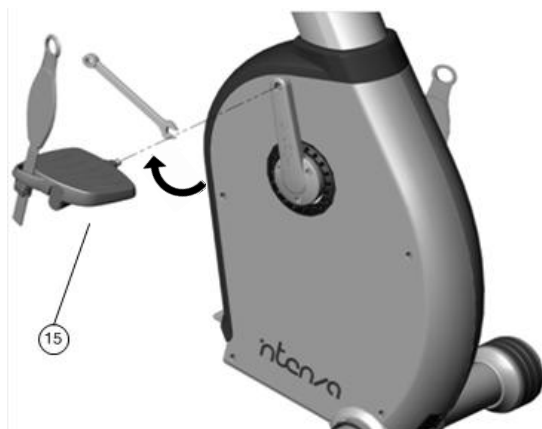


TOOL

29	15mm x 1
----	----------

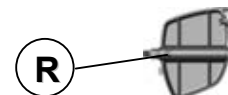


STEP 14 Assemble the R pedal



NOTE

1. Rotate the wrench according to instruction.
2. Make sure the pedal is **R** side.



TOOL

29	15mm x 1
----	----------






- ❖ Turn to p.21 to assemble 550RBi console.
- ❖ Turn to p.23 to assemble 550RBe console.

2.5 Assembly Instruction- 550RBi Interactive Console




STEP 15 Assemble the console



TOOL	
20	M8 x 4 (White) 
25	M8 x 15L x 4 (White) 
30	6mm x 1 



STEP 16 Assemble the front handle bar



TOOL	
19	M8 x 2 (Black) 
28	M8 x 40L x 2 (Black) 
30	6mm x 1 

STEP 17 Assemble the cap of the console



TOOL	
23	M5 x 10L x 1 
31	4mm x 1 




STEP 18 Assemble the iPad rack

- Assemble finished -

2.6 Assembly Instruction- 550RBe Entertainment Console




STEP 15 Assemble the console (1)



TOOL	
20	M8 x 4 (White) 
25	M8 x 15L x 4 (White) 
30	6mm x 1 



STEP 16 Assemble the console (2)



TOOL	
19	M8 x 2 (Black) 
28	M8 x 40L x 2 (Black) 
30	6mm x 1 

STEP 17 Assemble the console (3)



TOOL	
23	M5 x 10L x 1 
31	4mm x 1 

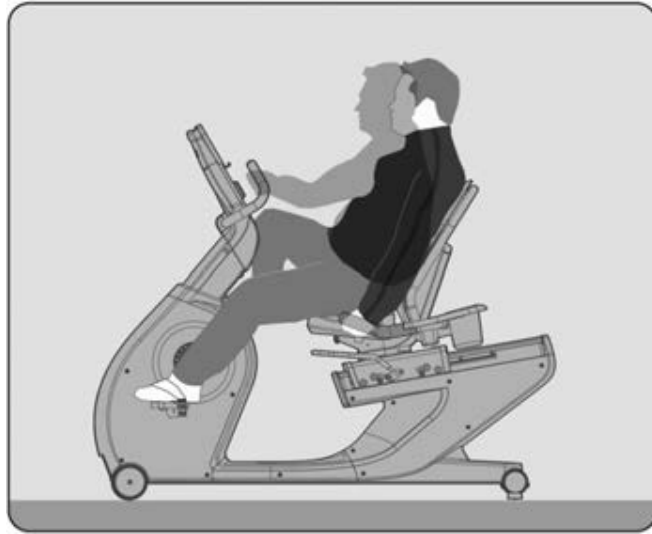
- Assemble finished -

3. ADJUSTMENTS

Properly adjusted seat is extremely important in any bike-oriented exercise in upright bike or recumbent bike. When the seat is too low or too close, excessive strain will be placed on the knees and quadriceps muscles; when the seat is too high or too far away, the equipment may possibly irritate the feet, ankles, hips and knees. The design of the 550 series bike is equipped with easy seat adjustment. Providing you the most comfortable ride as well as ensuring maximum exercise efficiency. External injuries may result from incorrect or excessive training. Please refer to the following illustrations for correct riding postures.



550UBi & 550UBe Upright Bike



550UBe & 550RBe Recumbent Bike

3.1 The Elbow Pads

Intenza 550 Upright bike provides you a natural bicycle race feel with ergonomic elbow pads design. Contoured elbow pads with distinctive shape and angel design allows you to rest the elbow while doing a bike race training position.

3.2 Seat Adjustment

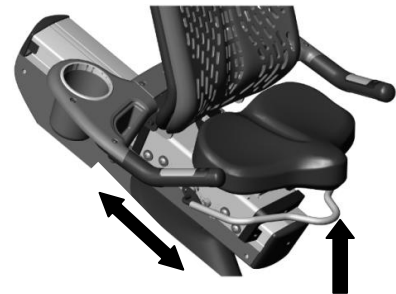
550 Upright Bike – Seat Height Adjustment

Intenza 550 Upright BIKE features a vertical ratchet seat adjustment system which makes it easy and safe to change the height of the seat quickly. Comfort Fit system offers 26 incremental levels, 1/2" inch apart to comfortably accommodate any user height. To raise the seat, firstly-lift up your body so that there is no weight on the seat, or get off the bike. Then, simply pull the seat upward to the desirable height, and let it lock into place. Test and readjust the seat height if necessary. To lower the seat, first get off the bike, hold the seat, pull the adjustment **RELEASE** in front of the seat post to unlock the seat post, let the seat slide down to the desirable height, and release the lever to lock the post.



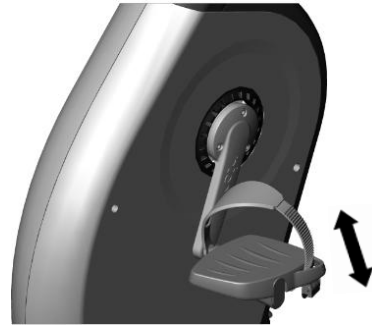
550 Recumbent Bike – Seat Position Adjustment

Intenza 550 Recumbent BIKE has a newly designed seat adjustment system which makes it easy and safe to change the seat position quickly and smoothly. Comfort Fit system offers 20 incremental levels of 1/2" each 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 forward or backward to the closest available position that allows your knees to be slightly bent toward the lower pedal. Check the seat distance again and re-adjust if necessary.



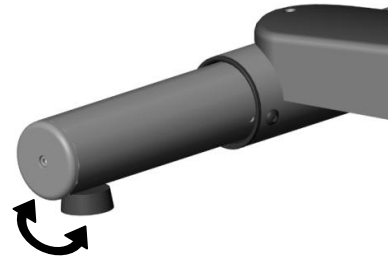
3.3 Pedal Strap Adjustment

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 free end of 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. Loosen the jam nut without any tool and rotate the adjustment foot to lower it. Verify that the bike is stable and repeat the adjustment as necessary until the unit is no longer rock. Lock the adjustment by tightening the jam nut against the stabilizer tube.

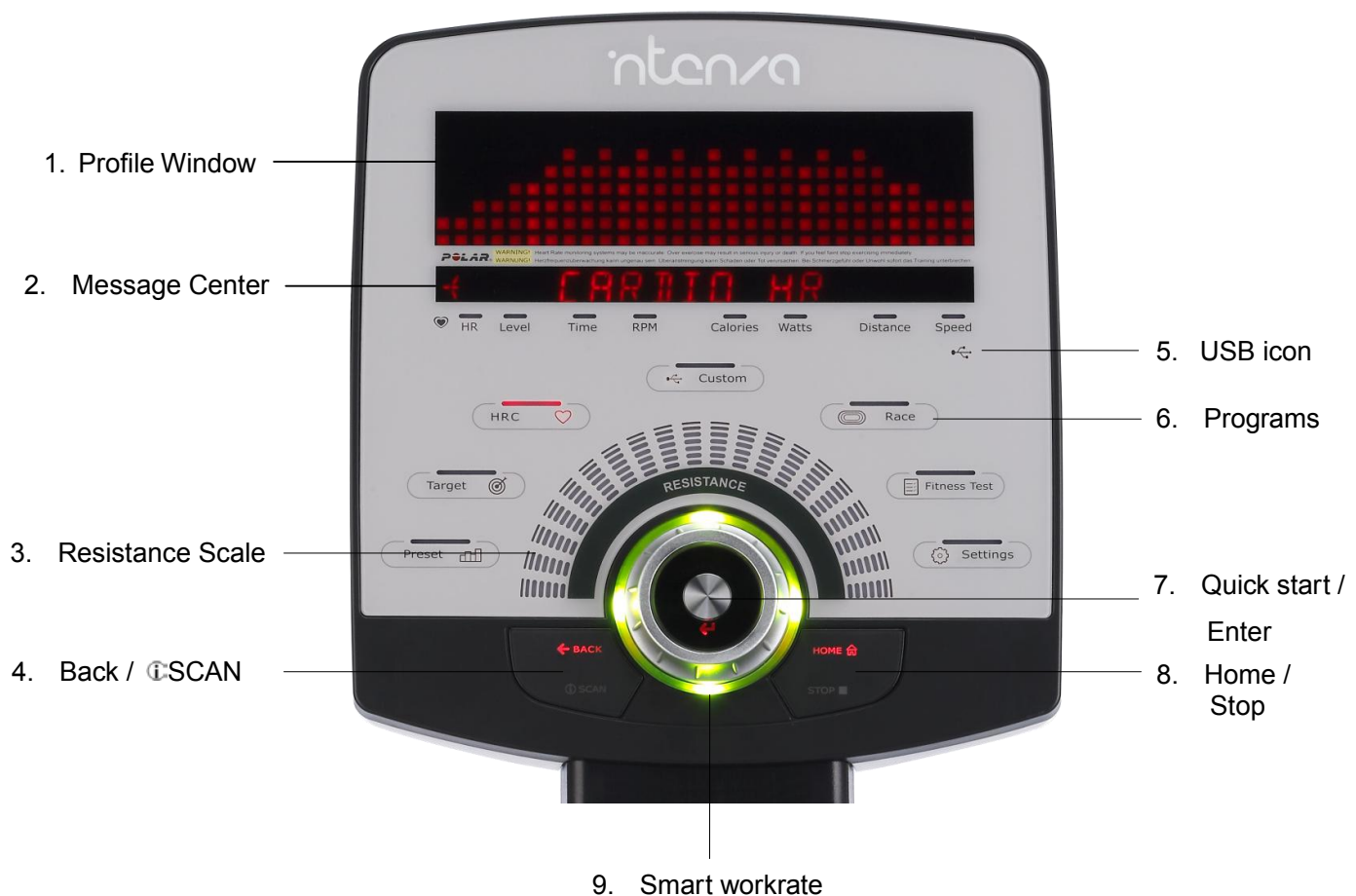


4. HOW TO USE THE BIKE?

Operating Intenza 550 series Exercise Bike is very easy. Simply mount on the bike, begin pedaling, and press QUICK START. Learning the features and incorporating Intenza 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 workout from each Intenza Upright Exercise Bike or Recumbent Exercise Bike.

4.1 550UBi & 550RBi Display Console Overview

Your Intenza 550UBi & 550RBi is equipped to provide you and your users unlimited exercise opportunities. Experiment with each feature to find the right combination for your fitness regimen. The Display provides the operating controls and display elements described in the following paragraphs.



1. Profile Window: This window displays columns of light, which represent the levels of workout intensity and Watts at constant power mode. It also displays the information for setting up a workout.


2. Message Bar:



During program set up, operating instructions will be displayed in the message bar.

During the workout, below exercise data will be displayed for your reference.

- HR: heart rate can be detected if the user is wearing Polar® heart rate chest strap or hold onto the contact heart rate grips consistently.
- Level: intensity of workout level (resistance in bike mode and watts at constant power mode).
- Time: the number of time elapsed since beginning the workout.
- RPM (Revolutions Per Minute): the speed at which you are currently pedaling in revolution-per-minute.
- Calories: the number of calories burned since pedaling 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 ridden.
- Speed: the speed at which you are currently pedaling, in miles-per-hour or kilometers-per-hour.

3. Resistance Scale: This scale displays the resistance. Increase/decrease the resistance level from 1 (least difficult) to 40 (greatest difficult) can be adjusted by Uni-jog during the workout.


4. Back key and  Scan:

 BACK	During program set up, press this key to go back to previous selection for correction.
	During the name setting, press this key to correct the wrong input.
SCAN	During the workout, the display information is toggling between both exercises parameter in each message bar. Press  SCAN to display that statistic continuously throughout the workout.



5. USB icon: This icon lights up when Intenza console detects the USB device.

6. Programs: Please refer to section 5 Exercise Workout Option

7. Quick start and Enter key:

QUICK START	Press this key to enter the workout mode, without having to select a workout program. Quick start program defaults at level 8 resistance and 30 minutes.
 ENTER	During program set up, press this key to confirm selection or value.

8. Home and Stop key:



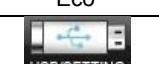

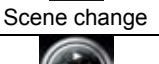
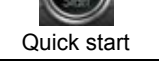
 HOME	Press this key to go back to the first layer if necessary.
	During the setting of saving confirmation, press this key to double confirm. (Please refer to section 5 Exercise Workout Option.)
 STOP	This key is only effective while a selected program is running. Press STOP key once will end the workout program and the message bar will show the workout summary. Press STOP key twice will exit the workout program promptly.

9. Smart Workrate: The skirting light of Uni jog lights indicate the workout intensity. (Please refer to section 4.2 How To Workout Effectively.)

4.2 550UBe & 550RBe LCD Console Overview




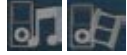



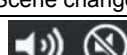



1. Energy saver On/Off: The energy saver mode is used to minimize the power being pulled from the wall when the bike is not in use. Press this button to put bike into energy saver mode after ending a workout. Press this button to either "wake up" the bike.
2. iPod dock: Allows an iPod to be docked and controlled by the display while it is being charged.
3. Headphone jack: Allows you to plug in headphone.
4. USB port: Allows for data download, reads and plays MP3 files.
5. Home screen:

 Language	Simplified Chinese, English, Spanish, Germany, Japanese, Korean.
 Eco	This icon light up when the equipment is powered by self-generated energy.
 USB setting	Allows you to customize your personal information, name, age, weight. (Please refer to section 4.8 Settings)
 Scene change	Allows you to change the scene between multimedia and workout scenes.
 Quick start	Allows the user to start a workout immediately, bypassing any setup or goal setting.
 Programs	Preset / Target / HRC / Custom / Race / Fitness Test Allows the user to select programs to setup the goal or customize programs. (Please refer to section 5 workout Option.)



6. Multimedia Bar

 Previous	In the now playing screen, press the Previous button skips to the previous song/video in the list.
 Play	Pressing this button plays the selected song/video; while playing, press this button to pause the song/video being played.
 Next	In the now playing screen, press the Next button skips to the next song in the list.
 Audio/Video- iPod	Allows you to control your iPod playlist from the display and watch iPod-delivered music/video.
 Audio/Video-USB	Allows you to enjoy the entertainment songs or videos from your personal USB device.
 Play list	Sort the contents of iPod, USB and TV by playlist.
 Scene change	Allows you to change the scene between multimedia and workout scenes.
 Volume	Tap on the Volume icon in the display and slide the volume bar up/down decrease/increase volume intensity. Press the Mute button to turn off the volume.
 Zoom	Press this button to zoom in/out the scene of video or movie.

4.3 How To Operate Multimedia?

USB device

1. Insert the USB device to USB port.
2. Press the USB setting icon in the Multimedia bar of the current screen.
3. Follow the onscreen prompts.

iPod

1. Connect your iPod to the built-in iPod connector.
2. Press the iPod icon in the Multimedia bar of the current screen.
3. Follow the onscreen instructions.

4.4 How To Effectively Workout At Your Own Level?

Smart Workrate system provides visual color feedback of skirting light. Skirting light at the Uni jog switch enhances users to optimize their workout efforts for maximum result based on heart rate level. This system also helps users to stay in their target heart rate zones. Smart workrate system will detect heart rate by holding on to contact heart rate plates or by wearing a telemetry heart rate sensor chest strap. You are recommended to wear telemetry heart rate chest strap for this function. During workout there are 4 different colors as following which represent your workout intensity.

Green - The Energy Efficient or Recovery Zone - 55% to 65%

Training within this zone develops basic endurance and aerobic capacity. All easy recovery running should be completed at a maximum of 65%. Another advantage to exercise in this zone is that while you are happily fat burning you may lose weight and allow your muscles to re-energize with glycogen, which has been consumed during those faster pace workouts.

Yellow - The Aerobic Zone - 65% to 75%

Training in this zone will improve your cardiovascular system. Your body is able to improve transport of oxygen and carbon dioxide to and away from the working muscles. As you become fitter and stronger from training in this zone, you may engage in some of your long weekend running at up to 75% aerobic training zone, so as to get the benefits of fat burning and improvement of aerobic capacity.

Orange - The Anaerobic Zone - 75% to 85%

Training in this zone will develop your lactic acid system. In this zone, your individual anaerobic threshold (AT) is found - sometimes referred to the point of deflection (POD). At these heart rates 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 this glycogen is lactic acid. There is a point at which the body can no longer quickly remove the lactic acid from the working muscles. This 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%

Training in this zone will only be possible for a short period. It can effectively train your fast twitch muscle fibers and help you to improve your speed. You need to be quite fit in order to train effectively within this zone.

NOTE

The heart rate monitoring system of Intenza 550 series bike is intended only for use as an exercise tool. Various factors can affect the accuracy of your heart rate reading. The heart rate readings of the Intenza bikes should not be considered or used as a medical device.

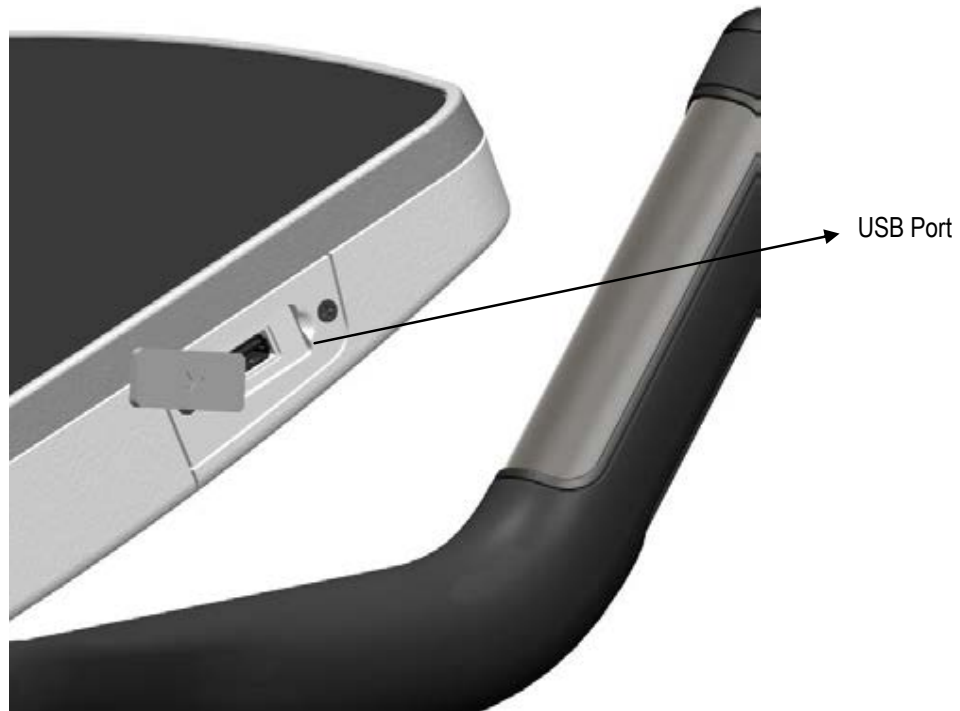
4.5 How To Personalize Your Workout?

You can personalize the workout routine via USB. The USB function also gives access to the service technician to download the usage record of Intenza bike system to track problems and upgrade the new version of software.

Workout Data: While you exercise, your Intenza 550 series bike will be keeping track of the following exercise parameters:

Time	RPM	Speed	Calories
Distance	HR	Level	Watts

These values will be recorded once every five seconds during the workout, if you have a USB installed before you begin a workout program. Your downloaded data on your USB device reads as .csv (Excel compatible) file. You can open the file and review the data of your workout progress.



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

NOTE

When pull out the USB stick from the port, do not remove the USB port cover.

4.6 Save The Workout Profile

In the program of Quick start, Preset, and Custom, the workout profile can be saved to your USB under filename of days to track your exercise progress. If you want to save the workout profile, insert the USB device after the workout is finished.

1. Press **STOP** or **ENTER** again to exit the workout summary mode and save the workout profile.
2. Choose **YES** to confirm saving or **NO** to exit by turning Uni jog and press **ENTER** to double confirm.
3. Choose **FILE (SUNDAY~SATURDAY)** by turning Uni jog and press **ENTER** to confirm.
4. When the display shows **SAVING COMPLETED**, the process of saving is finished.

4.7 How To Track Your Workout Record?

You can easily personalize the workout routine and the workout data to manage your workout record. For tracking the record easily, there are three folders: Custom, Fitness and Workout data. Each folder contains the record of the workout program.

4.7.1 Custom

This folder contains seven files of the workout profile you saved as **DAYS**.

Meaning of information:

1. The value A is the workout time.
2. The value B is the workout mode. (0=Bike mode, 1=Power mode)
3. The rest of values (C...) are the resistance levels of each minute.

	A	B	C	D	E	F	G	...
1	30	0	8	9	9	10	11	...

BKPP_SUN.CSV



Route:\BIKE\CUSTOM

4.7.2 Fitness

This folder contains a file of **Fitness Test** score record. The value is the score you attained by fitness test. Maximum 30 records of score can be saved in this file. (Please refer to section 5.7 VO2 MAX chart.)

Meaning of information:

1. File can be saved up to 30 score records, the most current record will be at the bottom.
2. The score record in the USB file needs to be multiplied by 0.1 to match the score displayed in the console. (Please refer to below example.)

	A
1	0
2	0
3	0
...	...
...	...
28	43
29	25
30	213

BKFIT.CSV




→ **A data x 0.1 = Score**
213 x 0.1 = 21.3

4.7.3 Workout Data

This folder contains file of workout data from all the programs of 550 series bike. The workout record will be saved automatically every five seconds.

Meaning of information:

1. Time: unit is five seconds.
2. Calories: the accumulated calories burned during the workout.
3. Distance: the accumulated distance rode during the workout. .
4. The score record of speed and distance in the USB file needs to be multiplied by 0.1 and 0.01 to match the score displayed in the console.

 BKWD0000.CSV
 BKWD0001.CSV
 BKWD_NUM.BIN
 Route:\BIKE\WKO_DATA

	A	B	C	D	E	F	G	H
1	LEVEL	RPM	WATTS	SPEED	HR	TIME	CALORIES	DISTANCE
2	34	66	242	237	103	5	1	2
3	34	26	95	93	107	10	2	4
4
5	36	30	200	203	130	1200	56	253

BIKE\WKO DATA\BKWD0000.CSV

↓
Speed.data x0.1= Speed
 $203 \times 0.1 = 20.3$ (Kmh/Mph)

↓
Dist.data x0.01= Distance
 $253 \times 0.01 = 2.53$ (Km/Mile)

4.8 Optimize Training In Power Mode Or Bike Mode

Two workout mode options on Intenza 550 series bikes give alternative ways to workout. You can choose your workout mode at 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

At this workout mode, the rate of calories burned (Wattages) will increase or decrease automatically depending on the user's pedaling speed. It is similar to the outdoor bike exercise. The resistance level can be adjusted at this workout mode.

Power mode

At this workout mode the calories 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.

4.9 Settings Of 550UBi & 550RBi

The user could customize own personal setting by USB. This friendly and convenient function is compatible with series of Intenza product, recumbent bike, treadmill, elliptical trainer...etc. You can enjoy your workout and enter the programs promptly without any personal information (name, age, weight) setting. After using Intenza 550UBi & 550RBi for a period of time, you may want to change some of the basic settings, e.g. distance unit or sound. In Settings mode, it can detect the version of the bikes' LCB display.

Personalize the setting with USB device

1. Insert the USB device to USB port.
2. Select the *UNIT* (Km/Mile) by turning Uni jog and press **ENTER**.
3. Input *AGE* by turning Uni jog and press **ENTER**.
4. Input *WEIGHT* by turning Uni jog and press **ENTER**.
5. Select the *SOUND* (On/Off) by turning Uni jog and press **ENTER**.
6. Edit the alphabet of the *NAME* by turning Uni jog and press **ENTER**.
7. During the name editing, you can press **BACK** to delete the wrong input.
8. When you pause for 5 seconds or press **STOP**, *END* will show up. You can press **ENTER** to confirm and exit the setting mode.

Change the bike settings

1. Choose *SETTING* by turning Uni jog and press **ENTER**.
2. Select *UNIT* (Km/Mile) by turning Uni jog and press **ENTER**.
3. Select *SOUND* (On/Off) by turning Uni jog and press **ENTER**.

4.10 Setting Of 550UBe & 550RBe

The user can customize own personal setting by USB. This friendly and convenient function is compatible with both series of Intenza products, upright bike, recumbent bike, treadmill, elliptical trainer...etc. You can enjoy your workout and enter the programs promptly without any personal information (name, age, weight) setting. After using Intenza 550UBe & 550RBe for a period of time, you may want to change some of the basic settings, e.g. distance unit or sound.

Personalize and change the setting with USB device

1. Insert the USB device to USB port.
2. Press the USER SETTING on the screen.
3. Follow the onscreen instructions.

Note

550 series interactive and entertainment console only support USB in FAT format.

If your USB is in NTFS format, you need to reformat your USB to FAT format in order to be used in Intenza console.

5. WORKOUT OPTIONS

This section lists Intenza 550UBi & 550RBi pre-programmed workouts. The following workouts are accessed by turning and pressing Uni jog switch. Intenza console system can save each workout automatically every five seconds during your workout, just insert the USB device before starting your workout.

5.1 Quick Start

Quick Start allows you to begin your workout by simply pressing one key. Quick Start defaults at LEVEL 8 resistance and 30 minutes. Resistance levels can be adjusted during the workout. The workout record can be saved automatically every 5 seconds. You just insert your personal USB device before your workout. When you complete the workout, workout profile can be saved to your USB device as a routine workout by filename of days to track your exercise progress.

Detailed instruction for Intenza 550UBi & 550RBi

1. Mount on the bike (Please refer to section 3 Seat Adjustment Section), begin pedaling.
2. Insert the USB device to the USB port if you want the workout record to be saved automatically.
3. Press **QUICK START** to enter the workout.
4. Input the workout time you desired by turning Uni jog switch and press **ENTER** to confirm.
5. You can adjust the resistance level during the program by turning Uni jog switch.
6. During the workout smart workrate will indicate your change of heart rate. (Please refer to section 4.4 How To Workout Effectively.)
7. During the workout, the workout data will be shown in message bar under scan mode. Press **SCAN** to lock the workout data.
8. 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 within 1 minute.
9. Press **STOP** key, if you wish to exit the program before you reach your workout goal, stop pedaling or allow pause timer to expire.
10. Save the workout profile. (Please refer to section 4.6 Save The Workout Profile)

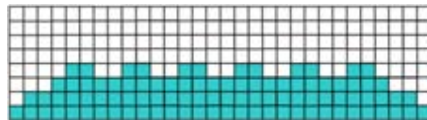
To enter into this workout on a 550UBe or 550RBe, follow the onscreen prompt message.

5.2 Preset Program

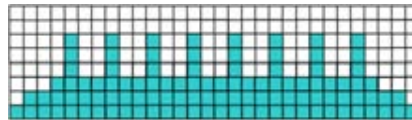
Intenza 550 series bikes offer 6 preset programs to add variety and challenge to your workout. Each program provides different benefits and can help you achieve your own personal fitness goals. During the Preset program, the LED matrix will show below profile which represents the resistance levels. If the workout time is 30 mins. each column will represent 1 minute. The column that the user is currently on will flash for reference. You may just choose the program and adjust the max level according to your physical ability by turning Uni jog during the workout. The workout record will be saved automatically every 5 seconds, Insert your personal USB device before your workout if you desire to save the record. When you complete the workout, workout profile can be saved to your USB device as a routine workout by filename of days to track your exercise progress.

Preset program options

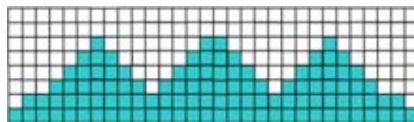
Weight loss



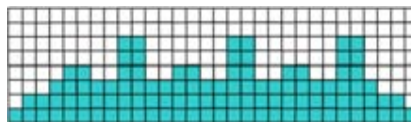
Interval



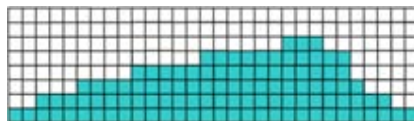
Hill



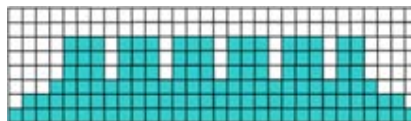
Cross train



Step by step



Strength



Workout procedure

Step 1	Step 2	Step 3	Step 4	START
PROGRAM	WORKOUT TIME	MODE	MAX LEVEL	
Weight loss	Time setting: 10~99 Minutes	Bike, Power	Level setting: 8~40 levels	
Interval				
Hill				
Cross train				
Step by step				
Strength				

Detailed instruction for Intenza 550UBi & 550RBi

1. Mount on the bike (Please refer to section 3 Seat Adjustment Section), begin pedaling.
2. Insert the USB device to the USB port, if you want the workout record to be saved automatically.
3. Choose **PRESET** by turning Uni jog and press **ENTER** to confirm.
4. Choose **PROGRAM** by turning Uni jog and press **ENTER** to confirm.
5. Input the desired **WORKOUT TIME** by turning Uni jog and press **ENTER** to confirm. The bike displays a default time of 30 minutes. You may enter anytime from 10 to 99 minutes.
6. Choose **MODE** (BIKE, POWER) by turning Uni jog and press **ENTER** to confirm. (Please refer to section 4.8 Achieve Your Workout Target By Different Modes.)
7. Input **MAX LEVEL** by turning Uni jog and press **ENTER** to confirm. (Please refer to note on MAX LEVEL.)
8. During the workout **SMART WORKRATE** will indicate your change of heart rate. (Please refer to 4.4 How To Workout Effectively)
9. During the workout, the workout data will be shown in message bar under scan mode. Press **SCAN** to lock the workout data.
10. 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 within 1 minute.

11. Press **STOP** key, if you wish to exit the program before you reach your workout goal, stop pedaling or allow pause timer to expire.
12. Save the workout profile. (Please refer to section 4.6 Save The Workout Profile)

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 a 550UBe or 550RBe, follow the onscreen prompt message.

5.3 Target Program

Intenza 550 series bikes offer 3 target workout options to meet your training target, by setting time, distance, or calories. You may choose the program by turning Uni jog easily, and saving the workout record to your USB by inserting the USB device before your workout start.

Target program options

Distance
Time
Calories

Workout procedure

Step 1	Step 2	Step 3	START
PROGRAM	TARGET	MODE	
Distance	Distance setting: 1~99 km	Bike, Power	
Time	Time setting: 10~99 minutes		
Calories	Calories setting: 10~2,500 cal		

Detailed instruction for Intenza 550UBi & 550RBi

1. Mount on the bike (Please refer to section 3 Seat Adjustment Section), begin pedaling.
2. Insert the USB device to the USB port; if you want the workout record to be saved automatically.
3. Choose **TARGET** program by turning Uni jog and press **ENTER** to confirm.
4. Choose **PROGRAM** (Distance, Time, Calories) by turning Uni jog and press **ENTER** to confirm.
5. Input the target value by turning Uni jog and press **ENTER** to confirm. You may enter the max distance from 1~99 km, max time from 10~99 minutes, and the max calories from 10~2,500 cal.
6. Choose **MODE** (BIKE, POWER) by turning Uni jog and press **ENTER** to confirm. (Please refer to section 4.8 Achieve Your Workout Target By Different Modes.)
7. The timer will show up to counts down for 3 seconds after confirm the workout mode, and then the workout will automatically start.
8. During the workout SMART WORKRATE will indicate your change of heart rate. (Please refer to section 4.3 How To Workout Effectively)
9. During the workout, the workout data will be shown in message bar under scan mode. Press **SCAN** to lock the workout data.
10. If you wish to **PAUSE** the program, stop pedaling. In pause mode, the timer will show up and countdown for 1 minute, the power will go off after 1 minute. You can pedal to restart the console within 1 minute.
11. Press **STOP** key, if you wish to exit the program before you reach your workout goal or stop pedaling and allow pause timer to expire.

To enter into this workout on a 550UBe or 550RBe, follow the onscreen prompt message.

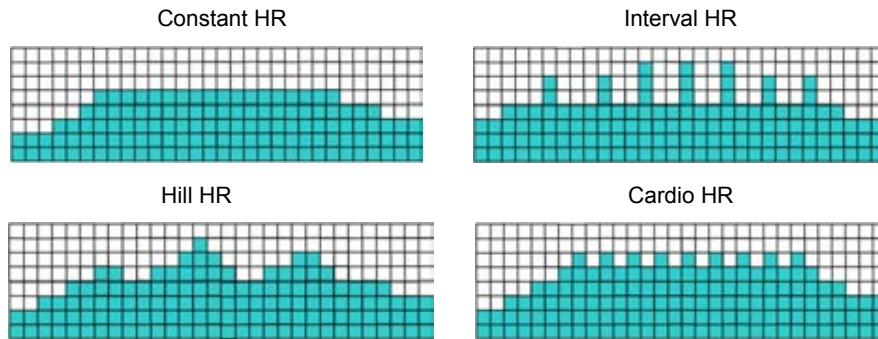
5.4 HRC Program

Intenza 550 series bikes offer 4 heart rate workout options. The heart rate control workout program allows the user to program their target heart rate zone. During the HRC program, the LED matrix will show the below profile which represents the target heart rate zone. Each column will represent 1 minute when the workout time is 30min. The column that the user is currently on will flash for reference. You may just input the target workout heart rate % and your age, the Intelligent HR system will automatically calculate the personal target for you. The heart rate zone is calculated using the following equation: $(220 - \text{Age}) \times \% = \text{heart rate target zone}$. You may adjust the target heart rate zone by turning Uni jog during the workout time. The user must wear a telemetric heart rate chest belt 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



Workout Procedure

Step 1	Step 2	Step 3	Step 4	Step 5	START
MODE	ATTAINING SPEED	WORKOUT TIME	AGE	TARGET HR	
Constant HR	Slow Mid Fast	Time setting: 20~99 Minutes	Age setting: 10~99	Refer to Page 35 of Heart Rate Zone table	
Interval HR					
Hill HR					
Cardio HR					

Detailed instruction for Intenza 550UBi & 550RBi

1. Mount on the bike (Please refer to section 3 Seat Adjustment Section), begin pedaling.
2. Insert the USB device to the USB port; if you want the workout record be saved automatically.
3. Choose **HRC** by turning Uni jog and press **ENTER** to confirm.
4. Choose **MODE** (CONSTANT/INTERVAL/HILL/CARDIO) by turning Uni jog and press **ENTER** to confirm.
5. Choose **ATTAINING SPEED** by turning Uni jog and press **ENTER** to confirm. You may choose a speed from 3 options, MID, SLOW, and FAST.
6. Input the desired **WORKOUT TIME** by turning Uni jog and press **ENTER** to confirm. The bike display a default time of 30 minutes. You may enter anytime from 20 to 99 minutes.

7. Input your **AGE** by turning Uni jog and press **ENTER**. The bike display a default age of 30. You may enter your age from 10 to 99.
8. Input **TARGET HEART RATE** by turning Uni jog and press **ENTER** to confirm.
9. The timer will show up to counts down for 3 seconds after confirm the target HR, and then the workout will automatically start.
10. During the workout, the workout data will be shown in message bar under scan mode. Press **SCAN** to lock the workout data.
11. During the workout SMART WORKRATE will indicate your change of heart rate.(Please refer to section 4.4 How To Workout Effectively)
12. If you wish to **PAUSE** the program, stop pedaling. In pause mode, the timer will show up and countdown for 1 minute, the power will go off after 1 minutes. You can pedal to restart the console within 1 minute.
13. Press **STOP** key, if you wish to exit the program before you reach your workout goal or stop pedaling and allow pause timer to expire.

NOTE

- Calculating your theoretical maximum heart rate is an approximation only. For more information, please contact a fitness professional or doctor.
- Attaining speed: you can choose the speed which means how fast you want to reach your target.
- HRC programs are power mode, constant power wattages.
- You must wear telemetry heart rate chest belt for HRC program. Contact HR is disabled.
- The default TARGET HR (Percentage of max HR) of each mode of heart rate control program is set for different training purpose.

To enter into this workout on a 550UBe or 550RBe, follow the onscreen prompt message.

5.5 Custom Program

Custom program allows user to save personal workout data into the USB and offers max 7 personal profiles save by default file name, Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, and Sunday. You can customize the workout profile to meet your own workout goal. Use CUSTOM program, you can easily track exercise progress and choose the program you desired from the folders.

Detailed instruction for Intenza 550UBi & 550RBi

1. Mount on the bike (Please refer to section 3 Seat Adjustment Section), begin pedaling.
2. Insert the USB device to USB port.
3. Choose *CUSTOM* by turning Uni jog and press **ENTER** to confirm.
4. Choose *DAY FILE* (SUNDAY~SATURDAY) by turning Uni jog and press **ENTER** to confirm.
5. Race result will be displayed in the profile window. If you reach the workout target and want to save the profile into USB.
6. During the workout Smart Workrate will indicate your heart rate level. (Please refer to section 4.4 How To Workout Effectively)
7. During the workout, the workout data will be shown on message center under scan mode. Press **SCAN** to lock the workout data.
8. If you wish to **PAUSE** the program, stop pedaling. In pause mode, the timer will show up and countdown for 1 minute, the power will go off after 1 minute. You can pedal to restart the console within 1 minute.
9. Press **STOP** key to exit the program before you reach your workout goal or stop pedaling and allow pause timer to expire.
10. Save the workout profile. (Please refer to section 4.6 Save The Workout Profile)

To enter into this workout on a 550UBe or 550RBe, follow the onscreen prompt message.

5.6 Race Program

Race program offers a fun and challenging workout option. You can compete against with previous champion which saved in the system or your previous record from the 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 the USB. 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 light during your workout. A lap equals 500 meter, and the number shown next to the laps is the laps remaining. This race program is default at resistance level 10, the resistance level of this program cannot be adjusted.



Race type options

1K / 2K / 3K

Workout procedure

Step 1	Step 2	Step 3	Step 4	Step 5	Step 6	Step 7
Type	Competitor	Warm up	Start	Race	Cool down	Save the record
1 km	USB user	Pedaling	Press start	Duration	4 minutes	Auto saving by USB
2 km						Input name to console memory
4 km	Champion					

Detailed instruction for Intenza 550UBi & 550RBi

1. Mount on the bike (Please refer to section 3 Seat Adjustment Section), begin pedaling.
2. Choose **RACE** by turning Uni jog and press **ENTER** to confirm.
3. Choose **RACE TYPE** (1km, 2km, 4km) by turning Uni jog and press **ENTER** to confirm.
4. Select **USB user** or **Champion** by turning Uni jog. Insert the USB device, if you want to compete with your precious record.
5. Press **ENTER** to start the workout, after you finish the **WARM UP**.
6. During the workout Smart Workrate will indicate your heart rate level. (Please refer to section 4.4 How To Workout Effectively)
7. During the workout, the workout data will be shown in message bar under scan mode. Press **SCAN** to lock the workout data.
8. You will lose the race if you stop pedaling for 10 seconds during the workout and the bike will enter **COOL DOWN** mode for 4 minutes.
9. Press **STOP** key to exit before you reach your workout goal, stop pedaling or allow pause timer to expire.
10. Racing result will be displayed in the profile window. When you win over the last champion, you can save your name into Intenza console system. Also, you can save your racing record to your personal USB device.

Save win record into Intenza system

- (1) Input your name in alphabet by turning Uni jog and press **ENTER**.
- (2) During the name editing, you can press **BACK** to correct the wrong input.
- (3) When you complete your input, pause for 5 seconds or press **STOP** then **END** will show up. You can press **ENTER** to confirm.

Save racing record save personal USB

- (1) Press **STOP** or **ENTER** to exit the summary mode.
- (2) Choose **YES** to confirm saving or **NO** to exit by turning Uni jog and press **ENTER** to double confirm.
- (3) When the display shows **SAVING COMPLETED**, the process of saving is finished.

To enter into this workout on a 550UBe or 550RBe, follow the onscreen prompt message.

5.7 Fitness Test

VO2 max technology is useful in measuring the ability of an individual to transport and utilize oxygen during incremental exercise. It is beneficial to humans for medical diagnosis, maximization of athletic performance, and determination of fitness performance in certain occupations, such as the U.S. Air Force, where specific standards must be met in order to remain employed. It is particularly useful in cardiology, sports medicine, and rehabilitative medicine.

The test starts at a low intensity level and gradually increases in resistance levels in every 2 minutes. When it increases, user RPMs (must maintain at 60~120 rpm) to advance to the next level. The test will end when the user is no longer able to maintain at 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 result and scores will be displayed in the profile window. You can refer to **VO2 MAX CHART** to read your test score.

Workout procedure

Step 1	Step 2	Step 3	Step 4	Step 5
Age	Weight	Warm up	Workout	Cool down
Default value: 30 Setting Range: 10~99	Default value: 70 kg Weight setting: 30~180 kg	2 minutes	Duration	4 minutes

Detailed instruction for Intenza 550UBi & 550RBi

1. Mount on the bike (Please refer to section 3 Seat Adjustment Section), begin pedaling.
2. Choose *FITNESS TEST* by turning Uni jog and press **ENTER** to confirm.
3. Input your *AGE* by turning Uni jog and press **ENTER** to confirm.
4. Input your *GENDER* by turning Uni jog and press **ENTER** to confirm.
5. Input your *WEIGHT* by turning Uni jog and press **ENTER** to confirm.
6. 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.
7. You will lose the race test if you stop pedaling for 10 seconds during the workout and the bike will enter *COOL DOWN* mode for 4 minutes.
8. During the Fitness Test Program, you must maintain pedaling speed that required RPM (60~120). During the test, you cannot adjust the resistance levels.
9. During the workout Smart Workrate will indicate your heart rate level. (Please refer to section 4.4 How To Workout Effectively)
10. During the workout, the workout data will be shown on message center under scan mode. Press **SCAN** to lock the workout data.
11. Keep pedaling until you are no longer able to keep up with the speed. Once you fall below required RPM (60~120), program will go to *COOL DOWN* for 4 minutes.
12. For safety reason, when your HR goes over 100% maximum, the test program will stop automatically.
13. Press **STOP** key, if you are not able to continue the workout.

To enter into this workout on a 550UBe or 550RBe, follow the onscreen prompt message.

VO2 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, Intenza 550 series bike is designed for heavy usage with minimal maintenance required. To keep your bike in top condition, Intenza strongly recommends performing the regular daily and regularly preventative maintenance routines outlined below.

Daily maintenance

- Each time before use, make certain that the area around the bike is free of obstacles and any clutter that may interfere with the 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 getting extra moisture on the display console. Keeping the display console free of fingerprints and sweat will extend the life of console.
- Never use ammonia, acid-based, or petroleum-based solvents on any portion of the bike as it may damage the finish.
- Do not spray the cleaner 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.
- Check the seat, pedals and shrouds are secure.
- Tighten the pedals onto their respective pedal cranks using a 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 error message. For these reasons, Intenza 550 series bikes are equipped with a service mode and can offer the diagnosis report for easily trouble shooting. Intenza E series console is designed with build-in WiFi that enhance on-line service function. On-line service function is a service diagnostic process that can automatically send out detected error message to Intenza customer service centre. Therefore, please make sure the Wi-Fi connection is well- connected after assembly. For more information of self diagnosis, please contact your local dealer or refer to the service manual.

6.3 How To Charge The Battery (550 i series bikes only)

Intenza 550UBi and 550RBi is equipped with generator and rechargeable battery to provide constant power. A new battery comes in a discharged condition and charge the battery before use is recommended. Upon initial use (or after a prolonged storage period) the battery may require to charge before achieving maximum capacity. There is no need to charge the battery of the equipment for normal and frequent use. The console will display **CHARGE THE BATTERY** when the voltage of battery is low.

Charge by generator

The power which generated from your workout will be transferred through the generator to the battery.

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 Recycling The Battery (550 i series bikes only)

When this Intenza product or the battery is about to be discarded at the end of its useful life, the rechargeable battery must first be removed and recycled. To remove the battery, disassemble the chain cover and rear cover by using 4MM and 5MM hex wrench then disconnect the two cables.

7. TROUBLE SHOOTING

7.1 When To Call For Help

1. Verify the symptom and review the operating instructions. The problem may be unfamiliarity with the product and its features and workout programs.
2. Check the error message then follow the instruction on the service manual.
3. When the display shows **NEED MAINTENANCE**, you are suggested to contact your local dealer for service.
4. When the problem has not been solved by the above steps, the bike is still not operational. Locate and document the serial number of the unit, and contact your local dealer.
5. Send the diagnosis report (Please refer to section 6.2 Self Diagnosis.) and serial number to your local dealer for service.

Where Is The Serial Number Of The Product?

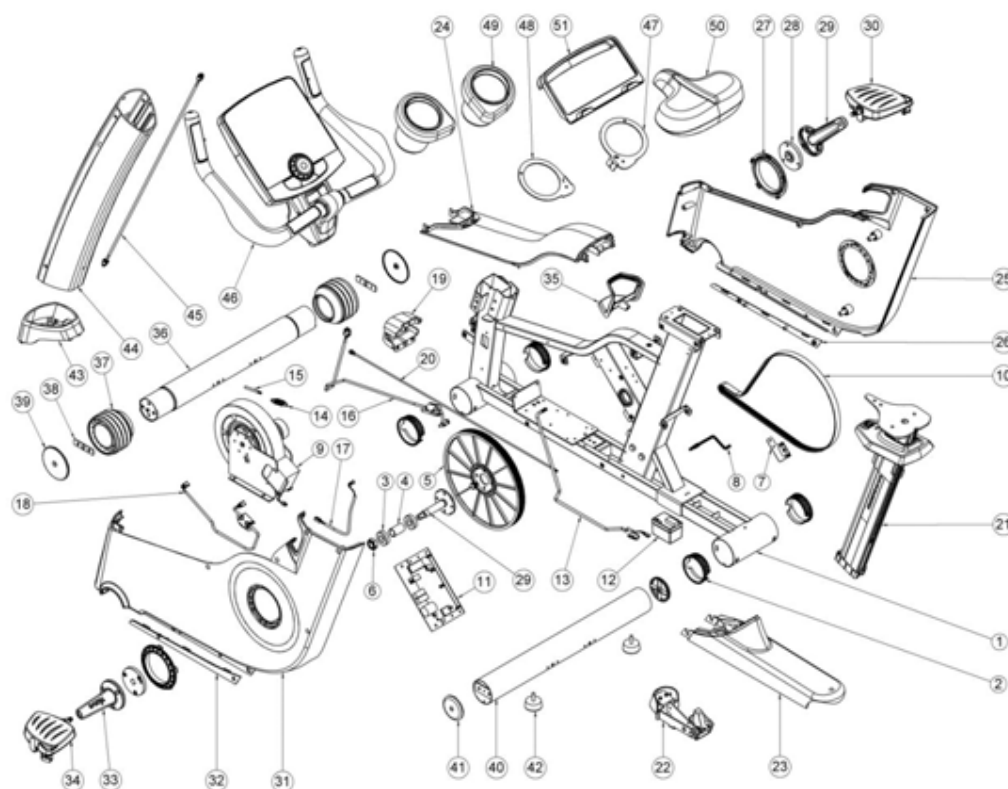
The serial number contains of six values. There are two locations to look for the serial number. One is on the cover of external power socket. The other location is on the extension wire which is inside the front post. To access the serial number, you need to disassemble the console. (Please refer to section 2 Assembly And Setup.)

7.2 Error Message

When the display shows below message, below corrections for checking the problem and you can also refer to the service manual for more details.

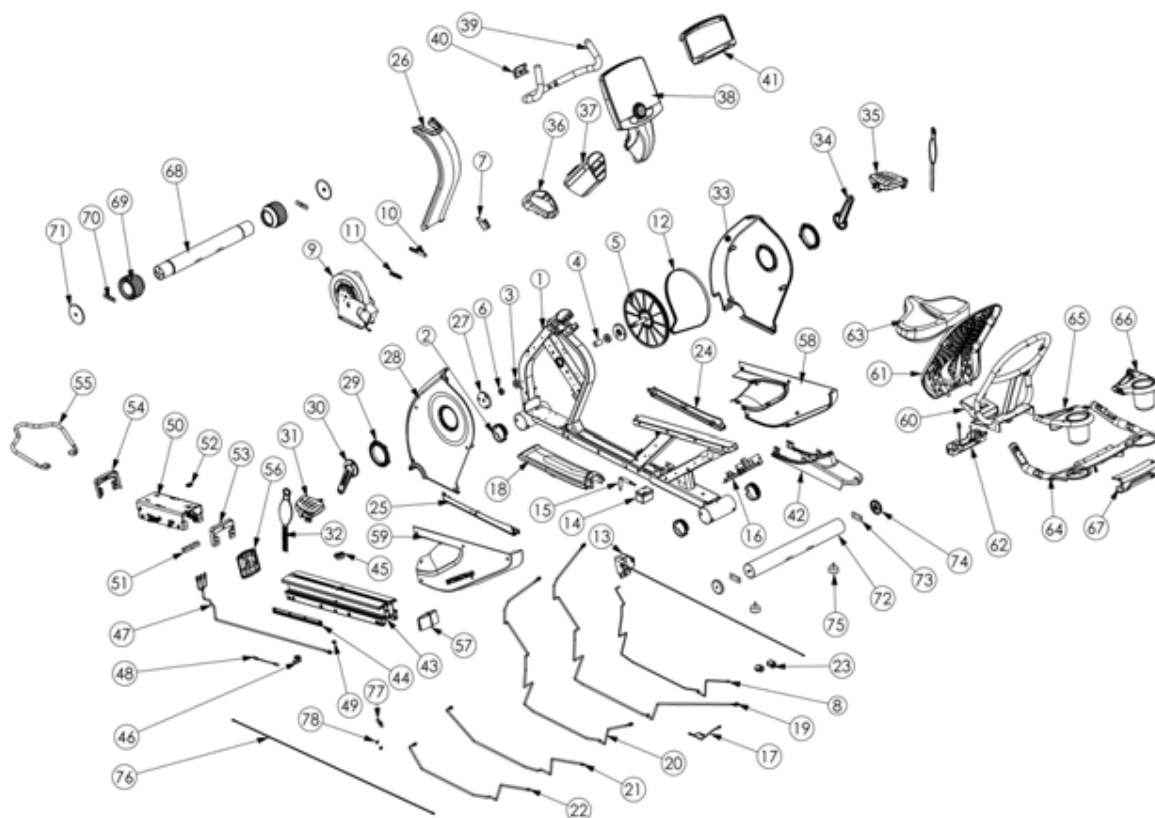
Message	Corrections
NEED MAINTENANCE	Execute Self Diagnosis function.
CHECK MEMORY CHECK USB COMM CHECK CONSOLE PCB	Change the console.
NO BATTERY	Check battery connection (cable and connector).
LOW BATTERY	Need to charge the battery.
CHECK LCB OR CABLE	Check buzzer sound from LCB. If the period of the sound is 3sec, check the cable connection. If the period of the sound is 1sec, change LCB.
CHECK PEDAL SENSOR	Change pedal sensor.

8. 550UBi EXPLODED DRAWING & PART LIST



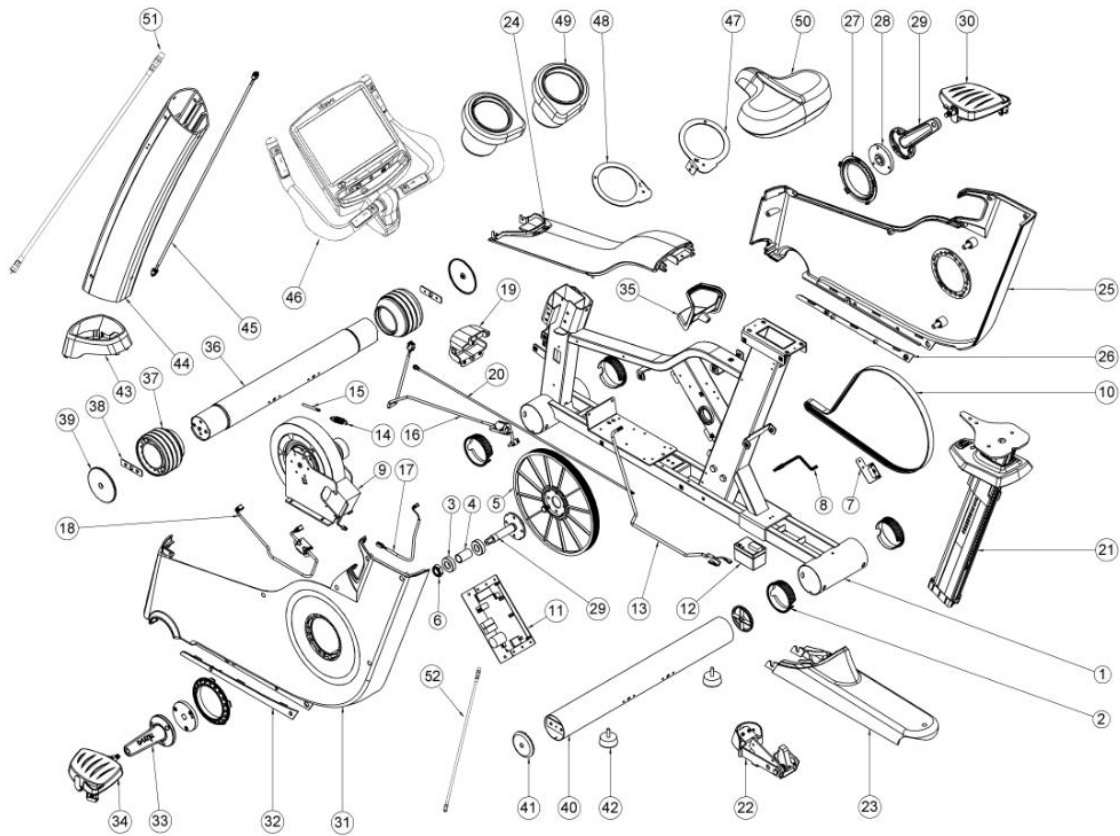
No	Item	No	Item	No	Item
1	Frame, main, coated	21	Post, seat, assy	41	Cap, stabilizer
2	Bushing, leg	22	Handle, adjustment	42	Foot, adjustable
3	Bearing, ball, 6004ZZ	23	Cover, frame, rear	43	Ring, upright, post
4	Sleeve, support, bearing	24	Cover, frame, top	44	Post, upright
5	Pulley, assy	25	Cover,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

9. 550RBi EXPLODED DRAWING & PART LIST



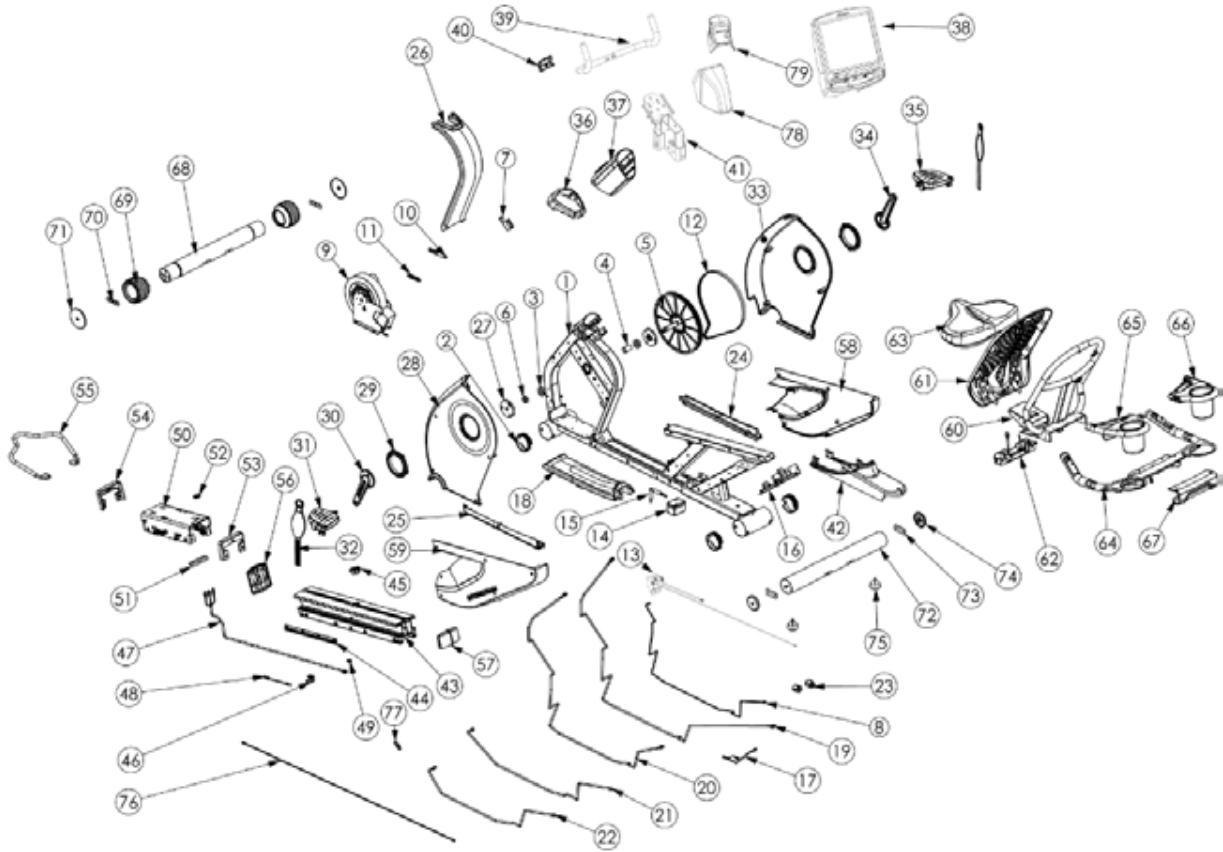
No	Item	No	Item	No	Item	No	Item
1	Frame, main, coated	21	Cable, generator, power input	41	Book rack	61	Cover, seat
2	Bushing, leg	22	Cable, generator, torque control	42	Cover, rear, top	62	Box, cable connector, assy
3	Bearing, ball, 6004ZZ	23	Core, ferrite, semi-close	43	Track	63	Saddle, assy
4	Sleeve,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

10. 550UBe EXPLODED DRAWING & PART LIST



No	Item	No	Item	No	Item
1	Coating, main, frame	21	Assy, post, seat	41	Cap, end, base
2	Bushing, leg	22	Adjustment, handle	42	Foot, adjustable
3	Bearing, ball, 6004ZZ	23	Cover, frame, rear	43	Ring, upright, post
4	Sleeve, support, bearing	24	Cover, frame, Top	44	Upright, post, front
5	Assy, pulley	25	Cover, R, w/bushing	45	Cable, signal, post, upright
6	Nut, nylon	26	Cover, side, R	46	Assy, console
7	Assy, sensor	27	Cover, crank	47	Bracket, holder, bottle, R
8	Cable, sensor	28	Crank, Bracket	48	Bracket, holder, bottle, L
9	Magnetic, system	29	Crank, R	49	Holder, bottle, water
10	Belt, drive	30	Assy, Pedal, standard, R	50	Seat, advance, 550UBe
11	Assy, heatsink	31	Cover, L	51	Cable, TV, upright
12	Battery	32	Cover, side, L	52	Cable, TV, frame
13	Cable, battery	33	Crank, L		
14	Spring, idler	34	Assy, Pedal, standard, L		
15	Screw, spring	35	Cover, adjustment, seat		
16	Assy, cable, LCB, frame	36	Coating, tube, base, front		
17	Cable, hybrid	37	Wheel, front		
18	Assy, Cable, hybrid	38	Bracket, stop, wheel, front		
19	Cover, front	39	Coating, cover, wheel		
20	Jack, power, DC, w/ cable	40	Coating, tube, base, rear		

11. 550RBe EXPLODED DRAWING & PART LIST



No	Item	No	Item	No	Item	No	Item
1	Coating, frame, main	21	Cable, hybrid, power input	41	Coating, console, Bracket	61	Assy, cover, seat
2	Bushing, leg	22	Cable, hybrid, torque control	42	Cover, rear, Top	62	Assy, box, HR connect
3	Bearing, ball, 6004ZZ	23	Core, ferrite, semi-close	43	Track	63	Assy, seat
4	Sleeve, support, bearing	24	Cover, frame, side, mid, R	44	Bracket, slider, seat	64	Assy, handlebar, seat
5	Assy, shaft, pulley	25	Cover, frame, side, mid, L	45	Bushing, snap	65	Assy, holder, cup, L
6	Nut, nylon	26	Cover, frame, Top	46	Bracket, wire, track	66	Assy, holder, cup, R
7	Assy, sensor	27	Crank, Bracket	47	Cable, signal, track	67	Cover, handlebar
8	Cable, speed, frame	28	Cover, frame, front, L	48	Bungee, pulse, hand	68	Coating, tube,base, front
9	Magnetic, system	29	Cover, crank	49	Sticker, track	69	Wheel, front
10	Bracket, tension, belt, adjust	30	Crank, L	50	Slider, seat	70	Bracket, stop, wheel, front
11	Spring, idler	31	Pedal, standard, L	51	Bracket, support	71	Coating, cover, wheel
12	Belt, drive	32	Pedal, strap	52	Bushing, snap	72	Coating, tube, base, rear
13	Assy, cover, power	33	Cover, frame, front, R	53	Cover, track, rear	73	Bracket, base, rear
14	Battery	34	Crank, R	54	Cover, track, front	74	Cap, end, base
15	Assy, fix, battery	35	Pedal, standard, R	55	Overmold, bar	75	Foot, adjustable
16	Assy, heatsink	36	Cover, up, ring	56	Cover, track, front	76	Cable, temp senso
17	Cable, battery, frame	37	Upright, post	57	Cover, track, rear	77	Assy, temperature Senso, PCB
18	Assy, Cover, frame, Mid	38	Assy, console, RBe	58	Assy, Cover, frame, side, rear, R	78	Cover, connect, console, front
19	Cable, sensor, frame	39	Overmold, handlebar, console	59	Assy, Cover, frame, side, rear, L	79	Cover, connect, console, rear
20	Cable, signal, frame	40	Cover, connect, console, btm	60	Coating, back, seat		

SPECIFICATION OF Intenza 550UBi & 550RBi BIKE

Design use	Commercial
Maximum user weight	181kgs /400 lbs
Display type	LED
Display readout	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 options	Quick start, Preset programs, Target programs, Heart rate programs, Custom program, Race programs, Fitness test
Heart rate monitor	Polar telemetry heart rate monitoring system
Resistance levels	40
Pedal size	168 mm x 144 mm
Drive system	Belt drive
iPad rack	Standard

ASSEMBLY DIMENSION

Dimension	550 UBi	550 RBi
Length	1222 mm / 48 inches	1596 mm / 63 inches
Width	662 mm / 26 inches	702 mm / 27 inches
Height	1462 mm / 57 inches	1238 mm / 49 inches
Weight	68 kgs / 149.6 lbs	101 kgs / 222.2 lbs

SHIPPING DIMENSION

Dimension	550 UBi	550 RBi
Length	1480 mm / 58 inches	1690 mm / 67 inches
Width	240 mm / 9 inches	375 mm / 15 inches
Height	1040 mm / 41 inches	1010 mm / 41 inches
Weight	77.5kgs / 170.5 lbs	110 kgs / 242 lbs

SPECIFICATION OF Intenza 550UBe & 550RBe BIKE

Design use	Commercial
Maximum user weight	181kgs /400 lbs
Display type	TFT LCD system with touch screen technology
Resolution	1024 x 768
Touch screen	5 wire resistive touch screen
Headphone jack	3.5mm stereo
iPod compatibility	iPod, iPod touch, iPod nano, iPhone
Language	English, Simplified Chinese, Spain, Germany, Japanese, Korean
Broadcast capabilities	NTSC, PAL and SECAM
Summaries	Total elapsed time of workout, total calories burned, total distance, total watts generated, resistance/heart rate profile record of workout
Workouts	Quick start, Preset programs, Target programs, Heart rate programs, Custom program, Race programs, Fitness test
Heart rate monitor	Polar telemetry heart rate monitoring system
Resistance levels	40
Pedal size	168 mm x 144 mm
Drive system	Belt drive

ASSEMBLY DIMENSION

Dimension	550 UBe	550 RBe
Length	1222 mm / 48 inches	1596 mm / 63 inches
Width	662 mm / 26 inches	702 mm / 27 inches
Height	1462 mm / 57 inches	1238 mm / 49 inches
Weight	73 kgs / 160.6 lbs	106 kgs / 233.2 lbs

SHIPPING DIMENSION

Dimension	550 UBe	550 RBe
Length	1480 mm / 58 inches	1690 mm / 67 inches
Width	240 mm / 9 inches	375 mm / 15 inches
Height	1040 mm / 41 inches	1010 mm / 41 inches
Weight	82.5kgs / 181.5 lbs	115 kgs / 253 lbs



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