

# USER MANUAL

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## ACTIVE BIKE 400 SMART



**bodytone**

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## WARNING

Read this manual before using the equipment

You must keep the original packaging with its protections, manually components during the warranty period.

# 1. BUTTON FUNCTIONS

1. START/STOP: To start or stop the exercise.
2. RESET: In Stop mode, this is used to return to the main menu. Press and hold this button for two seconds to restart the console.
3. UP (+):
  - I. Select the exercise mode.
  - II. Increase the level of the chosen parameter.
4. MODE: In Stop mode, it is used to confirm the settings and start the program. In Running mode it doesn't work.
5. DOWN (-):
  - I. Select the exercise mode.
  - II. Decrease the level of the chosen parameter.
6. RECOVERY: Check the recovery status of the heart rate.

# 2. MONITOR FUNCTIONS

1. TIME: Displays a range from 0:00 to 99:99 min (minutes); Adjustment range from 5:00 to 99:00 min.
2. DISTANCE: Displays a range from 0 to 99.99 kilometers; Adjustment range from 1 to 99.9 km.
3. CALORIES: Shows a range of 0 to 9999 kcal (calories); Adjustment range from 100 to 9900 kcal.
4. PULSE: Displays a range of 30 to 230 keystrokes; Adjustment range from 0-50 to 220 keystrokes.
5. WATT: Displays a range from 0 to 999 w (watts); Adjustment range from 10 to 350 W.
6. SPEED: 0 to 99,9 km/h.
7. RPM: 0 to 999 r. p. m. (revolutions per minute).

### 3. OPERATION

1. Install the batteries or press the RESET button for two seconds; The console will beep and the monitor will light up for two seconds (Figure 1). Next, the wheel diameter, kilometers, or miles symbols, and the body fat symbol "E" will light up for one second (Figure 2). The console will wake up in sleep mode (Figure 3). At that point, the engine will return to effort level 1.



Figure 1



Figure 2

2. In sleep mode (Figure 3), press the MODE/ENTER button to select the mode: MANUAL > P01 > P02 > P03 > P04 > P05 > P06 > P07 > P08 > P09 > P10 > P11 > P12 > P13 > P14 > P15 > P16 > P17 (cyclic).
3. If you select MANUAL mode, press the MODE button directly and select the TIME window. Turn the UP (+) or DOWN (-) knobs to adjust the time, and press the MODE button to adjust the DISTANCE/CALORIES values (Figure 5). Once adjusted, press the START/STOP button to start the console running and calculating the parameters. Turn the UP(+) or DOWN(-) knobs to adjust the effort level.



Figure 3

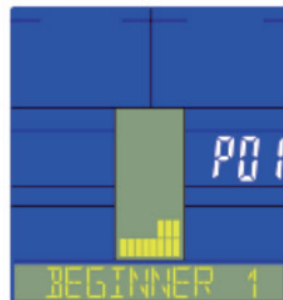


Figure 4



Figure 5

4. Program P01 (Figure 6): To return to the main menu from any program, press the START/STOP button and then the RESET button. When the MANUAL mode flashes, turn the UP (+) button once, select P01 mode, adjust TIME by turning the UP (+) or DOWN (-) buttons, or press START directly to start the exercise. When the TIME counter reaches 0:00, the system will stop automatically. You can also stop the exercise by pressing the START/STOP button.

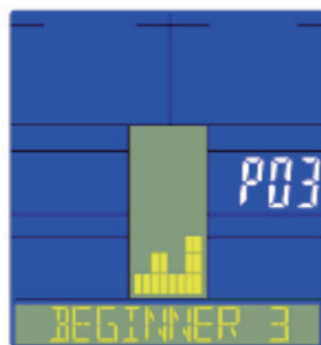


Figure 6

5. The procedure for initiating programmes P02 to P12 is the same as that followed for initiating P01.
6. Programs P13 - P16 (HRC function; heart rate monitoring): To return to the main menu from any program, press the START/STOP button and then the RESET button. When MANUAL mode flashes, turn the UP (+) knob to select the P13 HRC program.  
Press the MODE button to confirm and go to the next step. Turn the UP(+) or DOWN(-) buttons to set TIME, press the MODE button to confirm, and then set AGE (HRC AGE SET, range 10 to 99 years). Press the MODE button again to confirm and go to the next step.  
Select the HRC option, turn the UP (+) or DOWN (-) buttons (range 0-50 to 220). Once the setting has been analyzed, press the START/STOP button to start the console running and calculating the parameters. You can also press the START button directly to start the exercise after selecting HRC mode (P13 to P16). When the TIME counter reaches 0:00, the system will beep.

7. Program P17 (WATT function) (Figure 8): To return to the main menu from any program, press the START/STOP button and then the RESET button. When MANUAL mode flashes, turn the UP (+) knob to select the P17 WATT program. Press the MODE button to set and select WATT to set the watts. Turn the UP (+) button to adjust the time (from 1 to 99 minutes) Press the MODE button to set and go to the next step.

Then set WATT (range 10 to 350 watts; standard = 120) and press MODE to set up. Press START to begin the exercise. The system will automatically adjust the effort level based on the wattage setting indicated by the user.

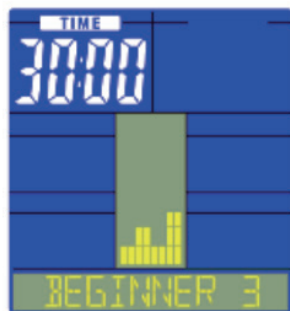


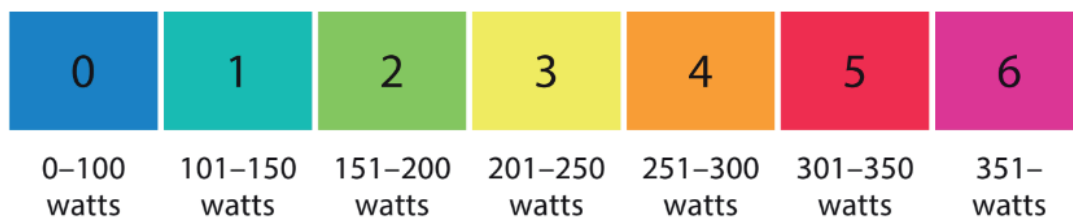
Figure 7



Figure 8

8. RECOVERY Function:
  - A. If no heart rate is detected, the RECOVERY button will not work.
  - B. Once the heart rate appears on the monitor, press the RECOVERY button:
    1. Only the TIME and PULSE windows will appear, the rest of the functions will not.
    2. The TIME window will display 0:60 and the countdown will begin. It doesn't matter if the heart rate stops being detected before the counter reaches 0. In PULSE, you'll be able to check your current heart rate. Once the counter reaches 0, it will show "FX" (X = 1... 6) and beep. Press RECOVERY to return to the main menu.
    3. During the RECOVERY function, you can stop the measurement and return to the previous screen by pressing this same button.

## 4. WATT LED INDICATOR



## 5. CONNECTION TO APPS VIA BLUETOOTH

This console integrates Bluetooth wireless technology that allows the connection of heart rate bands (Polar Bluetooth brand and similar), as well as the connection with APPS such as ZWIFT, BKOOL, MyConnect, Kinomap and those that support the FTMS communications protocol.

Install and open the app on your Smartphone or Tablet, look for the Bluetooth devices available within the app, you will find one called "SMB1". Connect with this device. Once connected, start pedaling and you'll start seeing the Watts and RPM in the app. If the data doesn't start to show, press the "Play" button. The console will display only the word "BLUETOOTH" once it is connected. Once the exercise data is displayed in the app, start the workout.

If the app allows the simulation of cycling routes as in the case of ZWIFT or BKOOL, the resistance of the bike will automatically change according to the slope of the simulated route, in the case of the ZWIFT app the option "Controllable" will have to be checked in the connection parameters. In the Bkool app, connect to the bike under the "Smart Devices" option.

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