

AI-Powered Exercise Bike

USER MANUAL

Model: R-Q002



Please read this manual carefully before using the bike and keep it for future reference.

Please scan the QR code to download the copy of the user manual:



THANK YOU FOR CHOOSING RENPHO POWER EXERCISE BIKE

This is an AI-Powered Exercise Bike tailor-made for home use. It is inbuilt with intelligent motor damping, known as the black technology for cyclist training, which provides two very different, yet both scientific training modes-constant resistance and constant power. The bike adopts power and cadence sensor technologies to collect real-time accurate training data, and, with the help of machine learning and AI algorithm, to generate scientific workout plans customized for you. We will also upgrade our mobile APP from time to time to bring you smarter and richer indoor cycling experience.

NOTE:

Please keep the package well in case you want to return it.

WARNINGS AND DISCLAIMERS

RENPHO claims no liability for any damage or injury that result from the use of the bike by persons who have not read and understood the cautions contained in this manual, or through any misuse of the unit. You are responsible for your safety while operating this bike.

1. Children under the age of 14, persons with reduced physical, sensory or mental capabilities, as well as persons with a lack of knowledge must be given supervision or instruction before using the bike. DO NOT allow children to perform maintenance without supervision or to play with the bike.
2. This adapter has passed CQC certification and can be used with this bike only. Do not use it with any other products. In case of any damage, please consult the manufacturer or an authorized agency for replacement.

3. The bike should not be used by persons exceeding 120kg/265lb in weight.
4. The bike is not for medical use of any kind.
5. Consult a physician before beginning a new fitness plan. Incorrect or excessive training can result in serious injury.
6. If you experience dizziness, nausea, chest pain, shortness of breath or any other abnormal symptoms, stop exercising immediately and consult a physician.
7. Only one person should use the equipment at a time.
8. Keep hands away from all moving parts.
9. Always wear appropriate workout clothing when exercising. DO NOT wear loose or baggy clothing as it may get caught in the equipment. Always wear athletic shoes to protect your feet while exercising.
10. DO NOT place any sharp objects around the equipment.
11. The total surface area of equipment is 0.5 square meters.
12. The free area shall be not less than 0.6 m greater than the training area in the directions from which the equipment is accessed.
13. Crank training equipment are not suitable for high accuracy purposes.
14. Do not operate electrically powered equipment in damp or wet locations.
15. Place the bike on a level surface with at least 2 ft. (0.6 m) of clearance around the bike.
16. To protect the floor or carpet from damage, place a mat under the Bike. (Mat not included)

IMPORTANT SAFETY INSTRUCTION

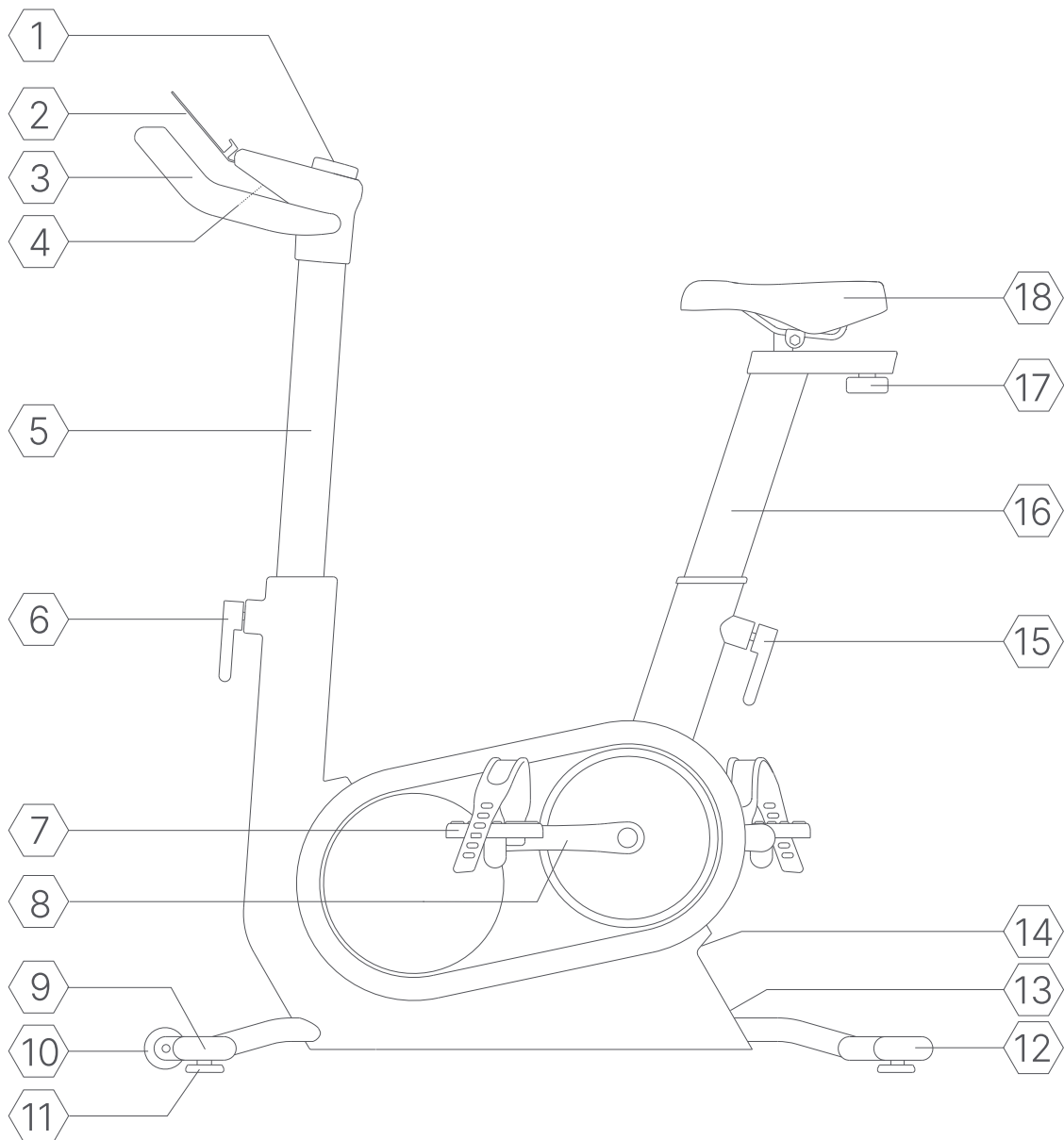
Read all safety information before operating the bike. It is the owner's responsibility to ensure that users are aware of all warnings and precautions.

1. The bike is for home use only.
2. Please correctly connect the power adapter before use.
3. To avoid injury, warm up before using the bike.

4. Incorrect or excessive training can result in serious injury.
5. To avoid accidents, keep the bike out of the reach of children and pets.
6. To avoid getting hurt, keep your hands away from any moving parts of the bike.
7. Use only original parts from the manufacturer. Changes or modifications to this unit voids the warranty.
8. In case of malfunction, stop using the bike immediately.
9. Make sure to secure your feet with the pedal straps while using the bike.
10. The bike should be placed on a solid, level and horizontal surface. Allow a clearance of 60cm on each side of the bike.
11. Perform regular maintenance for optimal performance and longevity. To ensure safety, the bike must be checked for wear and damage on a regular basis.
12. Replace any damaged or worn parts immediately. Do not use the bike until the repair is performed.
13. In case of inaccurate display of resistance or power, please restart the bike while not used.
14. Do not operate this device if it has a damaged cord or plug , if it is not working properly, or it is wet.
15. DO NOT store this machine near heat or an open flame, under direct sunlight or in especially humid areas.
16. If the machine is not in use for an extended period of time, cover it to protect from dust.
17. DO NOT store the machine under direct sunlight or in high temperatures.
18. DO NOT use the machine in wet areas such as a bathroom, spa or pool.
19. Using a corrosive cleaner is prohibited. DO NOT use benzene or thinner to clean the machine.

DANGER: Always unplug the power cord when the bike is not in use or before cleaning.

PRODUCT INTRODUCTION



- | | |
|---------------------------------|---|
| 1. Console | 10. Transport wheels |
| 2. Pad holder | 11. Leveling feet |
| 3. Handlebar | 12. Rear stabilizer |
| 4. USB port | 13. Power port |
| 5. Console post | 14. Power button |
| 6. Handlebar
height L-handle | 15. Seat height L-handle |
| 7. Pedal | 16. Seat post |
| 8. Crank | 17. Seat front-to-back
adjustment knob |
| 9. Front stabilizer | 18. Seat |

ACCESSORIES



5mm Allen wrench x 1



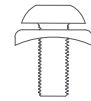
6mm Allen wrench x 1



15mm Open-end wrench x 1



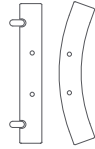
Power adapter x 1



M6 screws x 4



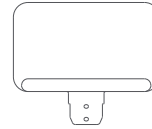
M10 screws x 4



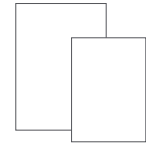
Bike stabilizer x2



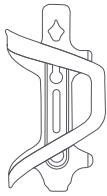
Pedals x 2



Pad holder x 1
(Pre-installed)



User Manual x 1
Quick Start Guide x 1



Bottle cage x 1

PRODUCT SPECIFICATION

Product Name: AI-Powered Exercise Bike

Mode No.: R-Q002

Display: LED nixie tube

Wireless Connection: Bluetooth

Equipment Type: Pedal exerciser

Braking: speed-independent

Resistance: Smart motor damping

Drive: Belt drive

Power Adapter: Input: AC 100-240V 50/60Hz 0.8A

Output: DC 12V  1.5A

Rated Power : 18W

Max Weight Allowed: 120kg / 265lb

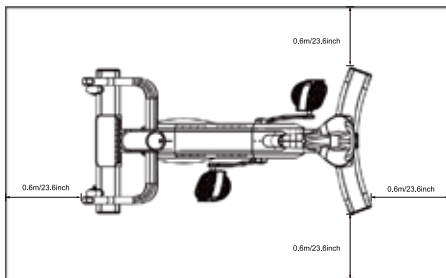
Max Height Allowed: 150-190cm / 59-75in

Net Weight: 35kg / 77lb

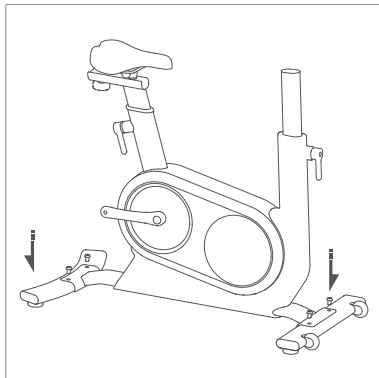
Gross Weight: 40kg / 88lb

SETTING UP YOUR BIKE

NOTE: Manually tighten the screws before using wrench.



The free area shall be not less than 0.6 m greater than the training area in the directions from which the equipment is accessed.



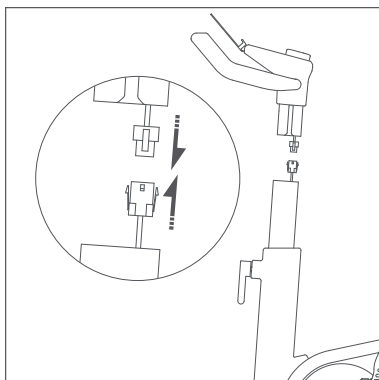
1. Install Bike Stabilizers

Place the front and rear stabilizer as indicated, Manually tighten the FOUR M10 screws.

Tighten with a 6 mm Allen wrench.

NOTE: Manually tighten the screws before using wrench.

Ensure the wheeled-stabilizer is assembled at the FRONT of the bike.

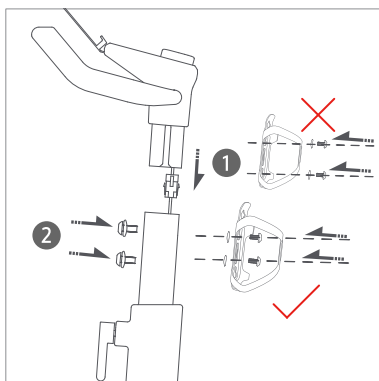


2. Connect Internal Power Cord

Connect the cord inside of the handlebars to the cord inside of the bike unit.

Pay attention to the direction of the handlebars when connecting.

Failing to properly attach will result in power issues.



3. Mount Handlebars & Install Bottle Cage

The bottle cage has two mounting holes. The holes are sized and threaded to accept M6 screws.

1. Manually tighten the TWO M6 screws on the back of the tube as tight as possible.

2. Align the holes of the bottle cage with the threaded holes on the tube.

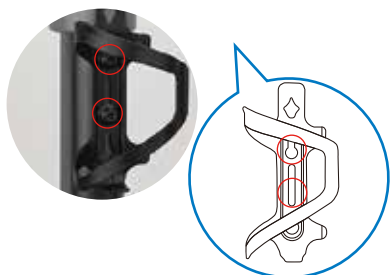
3. Manually tighten the TWO M6 screws on the front of the tube.

4. Tighten and lock in the FOUR M6 screws using the 5mm Allen Wrench provided.

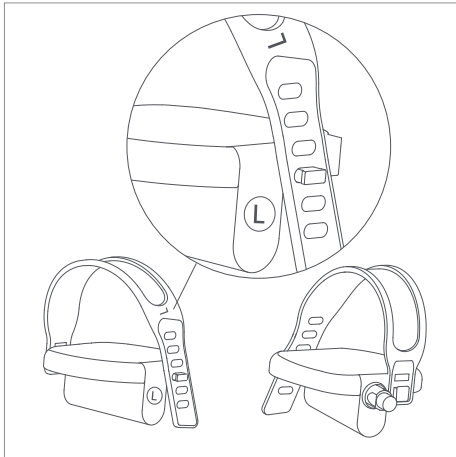
Warning:

* Make sure the bottle cage does not intrude with the operation of your bike before attempting to ride.

* Position the bottle cage between the washer and screw as shown in the figure above.

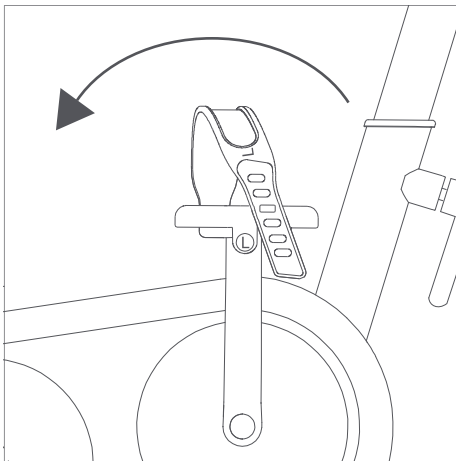


INSTALL THE PEDALS



Install Pedal Straps

Feed the left (L) and right (R) Pedal Straps into the matching pedals; notched side facing inwards.

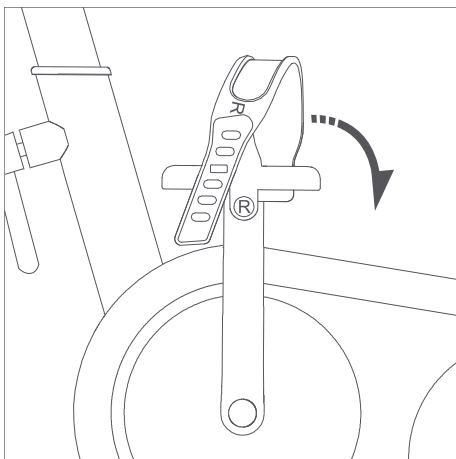


Install Left Pedal

Install the Left Pedal (marked with an L) onto the left crank.

First, manually tighten the screw with your hands (turning counter-clockwise).

Then, use the 15 mm Open-End Wrench to fully tighten (turning counter-clockwise).



Install Right Pedal

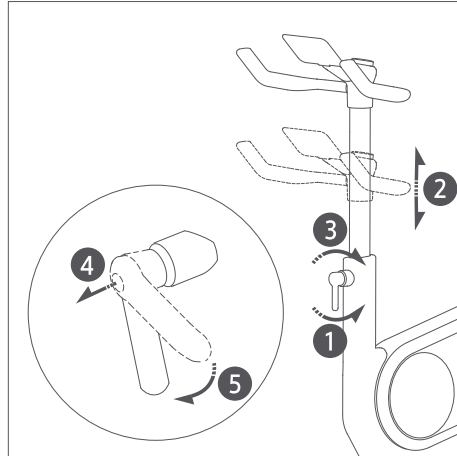
Install the Right Pedal (marked with an R) onto the right crank.

First, manually tighten the screw with your hands (turning clockwise).

Then, use the 15 mm Open-End Wrench to fully tighten (turning clockwise).

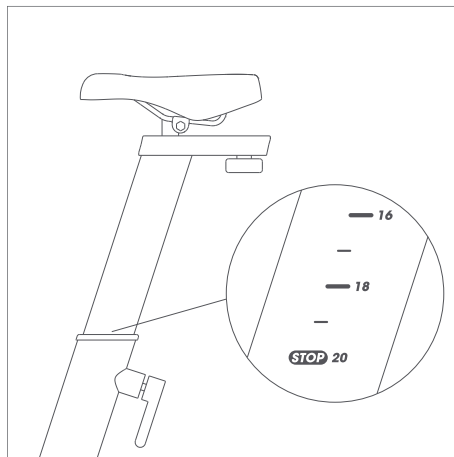
WARNING: Failing to install the pedals on the correct side, or crossing the threads, will result in mechanical failure and may cause serious injury.

HANDLEBAR HEIGHT ADJUSTMENT



1. Turn the handlebar height L-handle counterclockwise to loosen the console post.
2. Adjust the handlebar to a proper height.
3. Turn the L-handle clockwise to tighten.
4. Pull the L-handle outwards.
5. Turn the L-handle to a vertically downward direction.

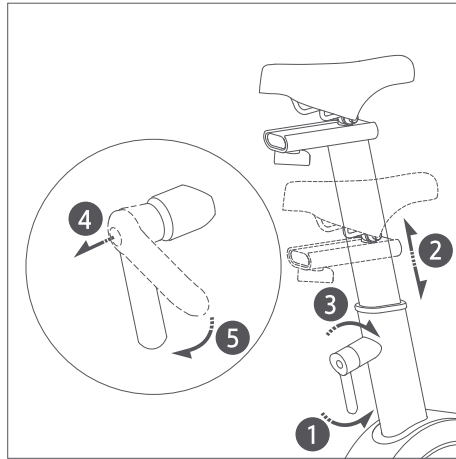
SEAT HEIGHT ADJUSTMENT



Maximum height

For your safety, make sure to keep the STOP mark inside the frame while adjusting the seat height.

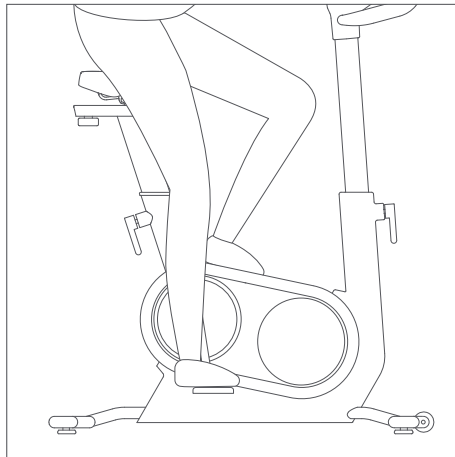
SEAT HEIGHT ADJUSTMENT



Height adjustment

1. Turn the seat height L-handle counterclockwise to loosen the seat post.
2. Adjust the seat height until you feel comfortable.
3. Turn the L-handle clockwise to fix the seat post.
4. Pull the L-handle outwards.
5. Rotate the L-handle to a vertically downward direction.

Caution: It is important to keep the L-handle vertically downwards as projecting handles will interfere with your movements.

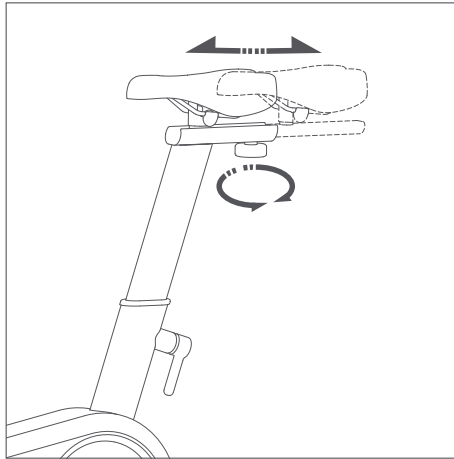


Set the seat height

Sit on the saddle and place your heel on the pedal. Make sure the crank arm which is currently supporting your foot is pointed down and in line with the seat post.

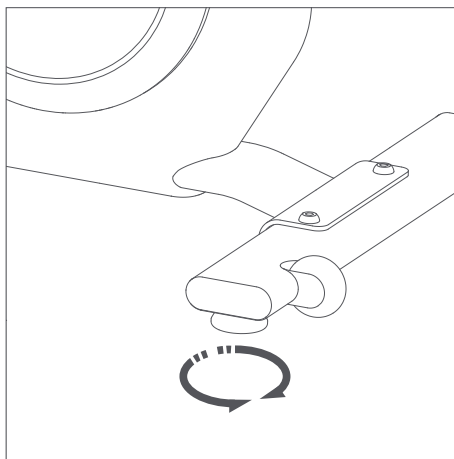
You are at the correct seat height if your leg is now fully extended. That means your leg is straight, but without overextending your knee.

SEAT DEPTH ADJUSTMENT



Seat Depth Adjustment

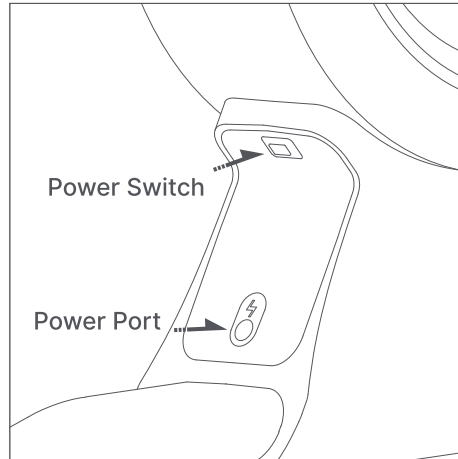
Turn the Below-Seat Knob counterclockwise to loosen. Move the seat forward or back. Turn the knob clockwise to tighten.



Bike Stabilization

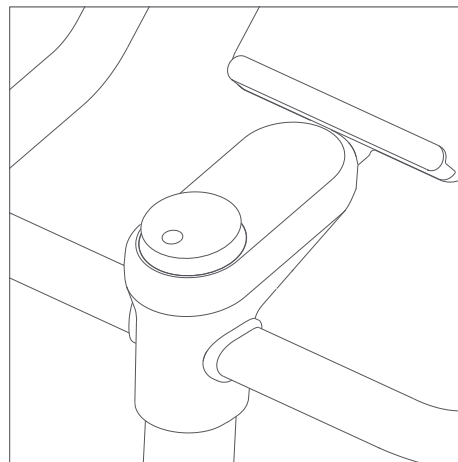
Rotate each leveling foot with your hands until the bike rests firmly on the floor.

FUNCTIONS



Power Port

Connect the Power Adapter to the Power Port at the back of the bike above the rear Stabilizer. Ensure the bike is connected to a suitable power source, then flip the Power Switch to “—” to power ON.



Console

The console works by either rotating its metal frame or pressing the knob.

Units:

N.m: newton meter, unit of torque

W: unit of power

r/min: revolutions per minute, unit of frequency

HOW TO USE THE CONSOLE



Bluetooth ON

Turn on AI Gym App and search your bike to connect. When connected, the Bluetooth indicator on the console stays on.



Bluetooth OFF

Touch the bottom middle area of the console to enter Bluetooth interface. Press and hold the knob to turn it off. When disconnected, you will need to manually reconnect your bike in the App.



Rotate the metal frame to adjust resistance

Rotate the metal frame to adjust resistance

DATA DISPLAY AND SWITCH

Duration



Resistance(Gear)



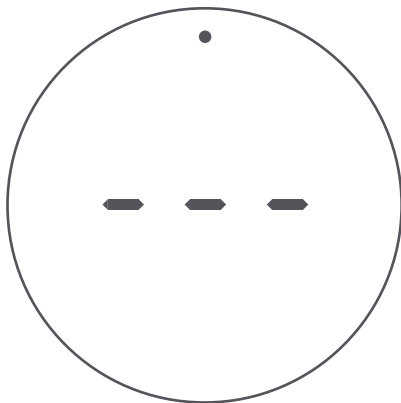
Power



Cadence



Each slight touch at the bottom middle area of the console panel will change data display.



Press the knob to control

When you are taking a riding course or an immersive road riding on the App, press the knob to pause (when paused, the indicating lines flash); Press the knob again to retrieve; Press and hold the knob to end riding (when ended, the indicating lines keep displayed).

AI GYM APP INTRODUCTION

About the App

Via Bluetooth connection, AI Gym App helps record your workout data on the bike, enabling a visible analysis and tracing of your riding. AI Gym App offers a variety of online courses that meet different training goals, bringing you professional and scientifically effective fitness guidance.

1. Search "AI Gym" in the Apple App Store / Google Play or scan the QR below to download.

NOTE: It is Ai, NOT the AL or A1.



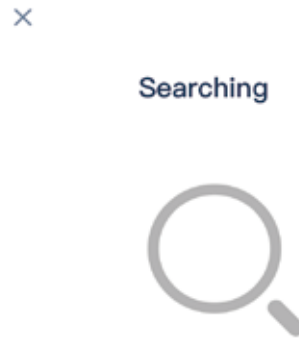
AI Gym



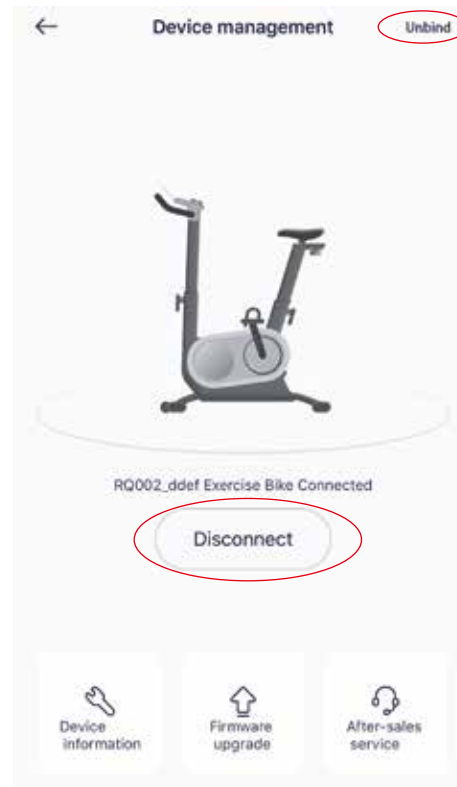
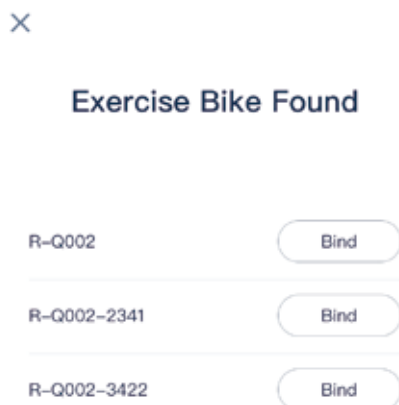
2. Sign up or Log in

Users can log in with a new account or directly log in with their existing RENPHO App account.

3. Bind/Unbind or Connect/Disconnect your bike
Click "Add device" to search for the device you want, wait for search to complete.

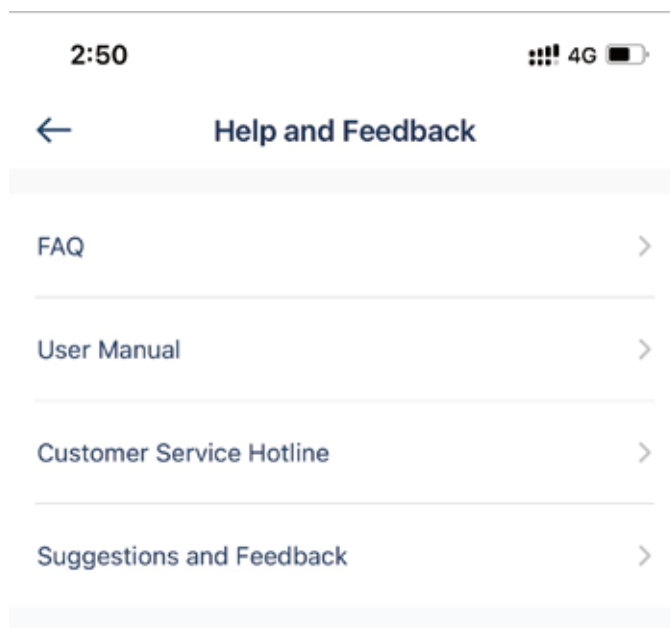


After the search is complete, select the correct device for binding. Once the device is bound, you can view the detailed information about the device. You can also edit the name or unbind the device.



4. Help and feedback

When using the APP or device, you can view more user guides on the Help page. If you have suggestions for us or encounter difficulties, you can contact us by email or call the customer service hotline.



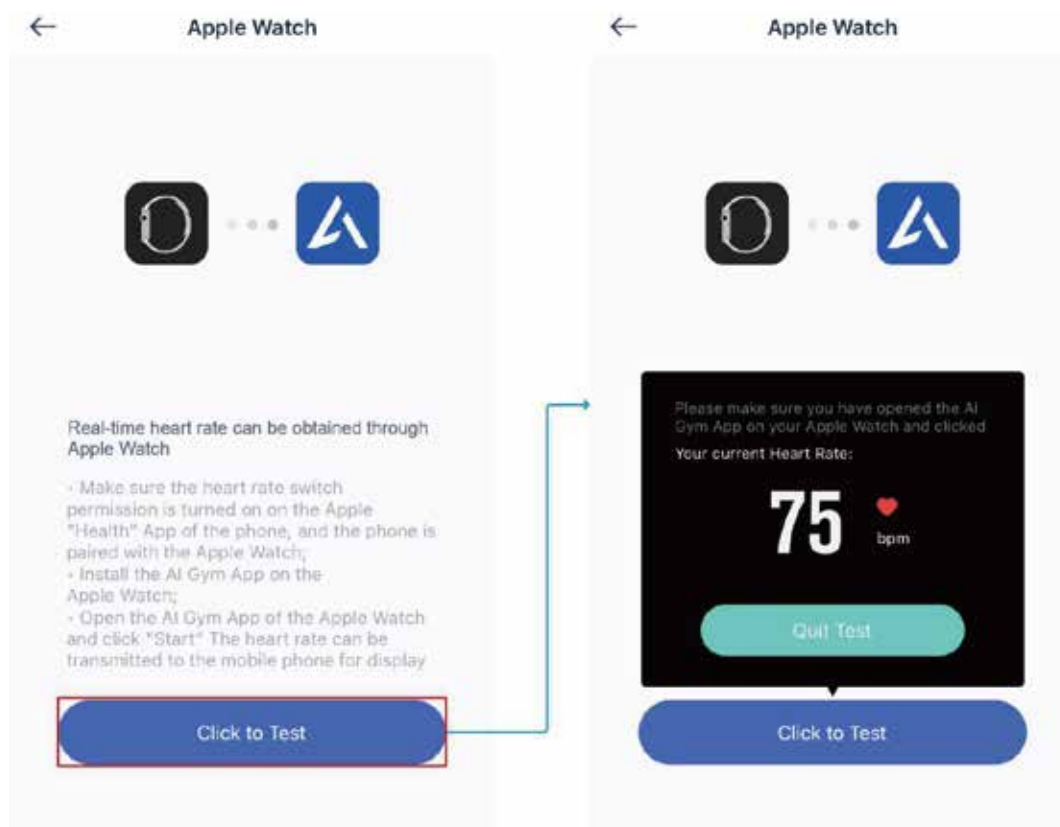
RENPHO AI-Powered Bike connects with the most popular indoor cycling APPs, scan the QR Code to Get the Introductions.



At Home Fitness: Peloton®(iOS ONLY)
Virtual Cycling: Zwift®
Scenic Rides: Kinomap®, FulGaz®, Rouvy®
Power Training apps: XERT®, The Sufferfest®



View your heart rate on AI Gym APP with Apple Watch®.

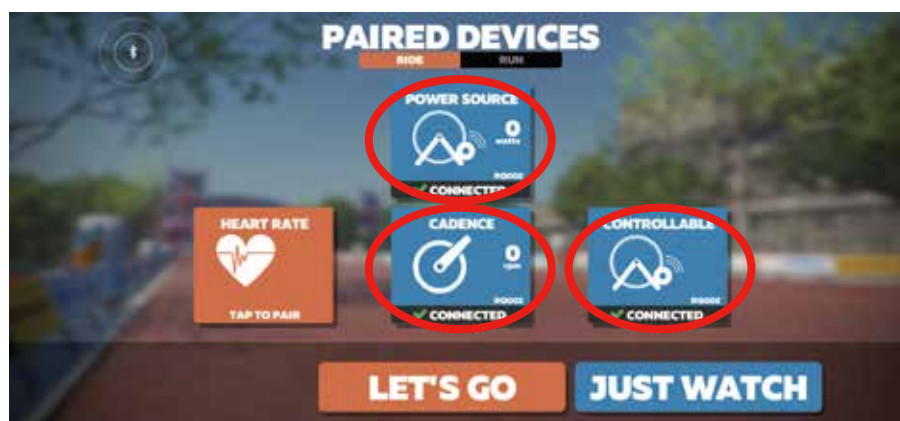


ZWIFT APP INTRODUCTION

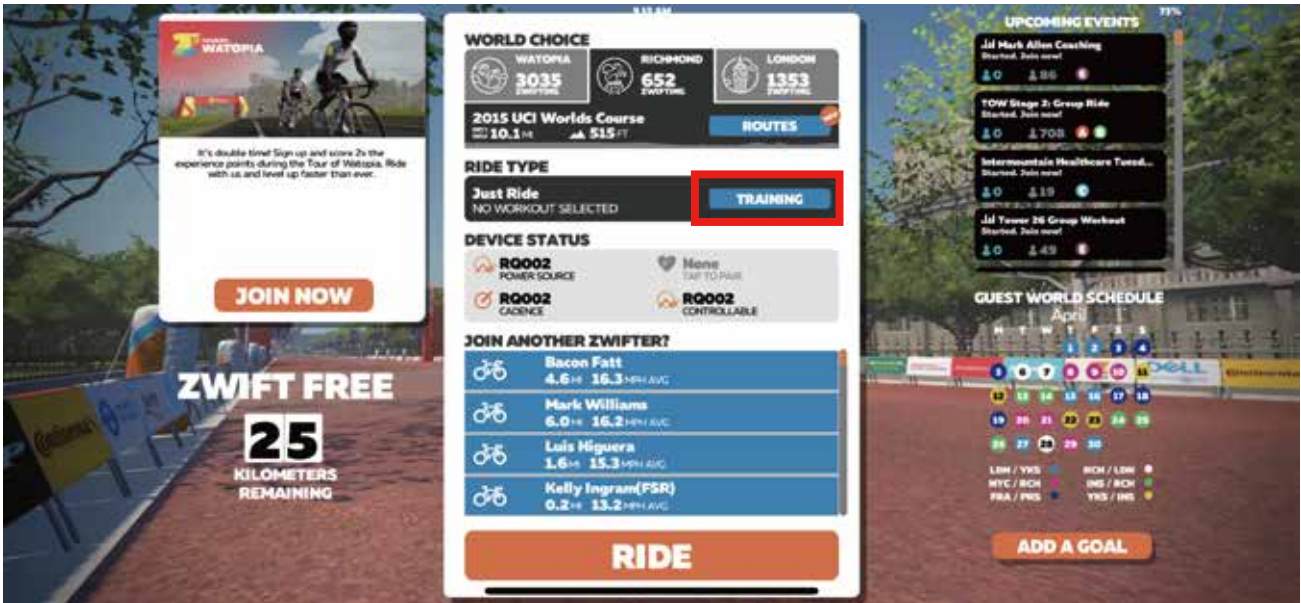
Zwift is virtual training for running and cycling. Smash your goals and compete with others around the world. With structured workouts and social group rides.

Set Up Automatic Resistance Level Change on Zwift App.

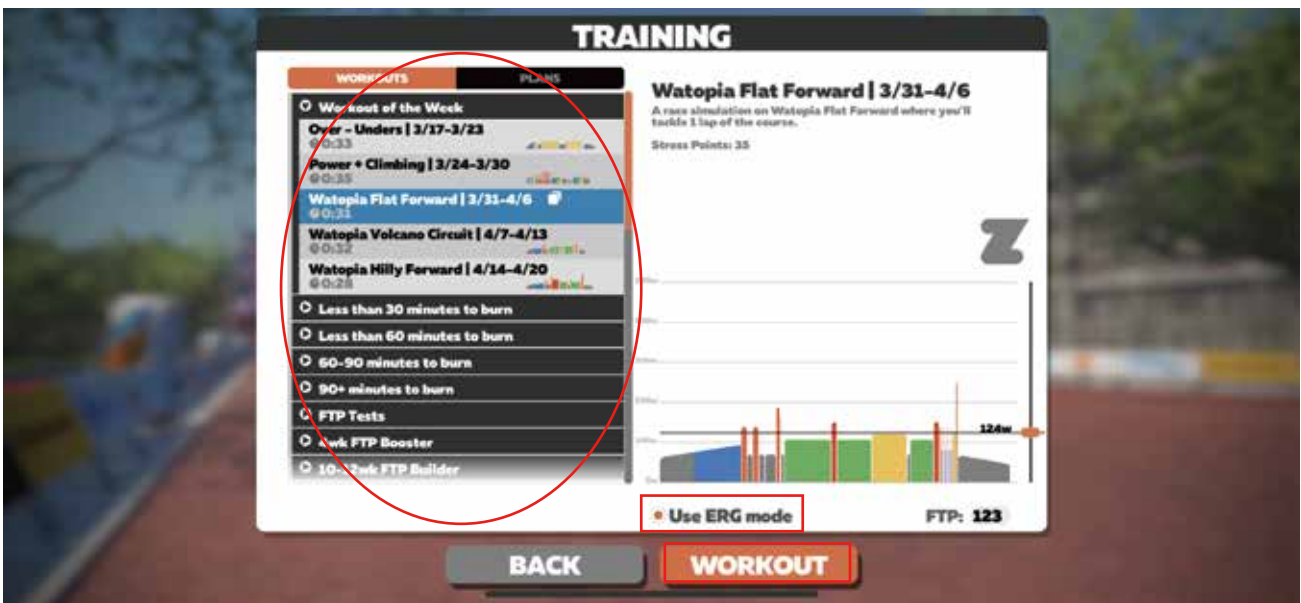
1. Log in with Zwift user account, In "Paired Devices", be sure to pair "Power Source," "Cadence," and "Controllable" to the "R-Q002" device. When paired successfully, the green check below each "Power Source" will display that there is a device "Connected."



2. After clicking "Let's Go," then select "Training."



3. After clicking "Training," select any of the "Workouts" and ensure "Use ERG mode" is highlighted orange. Then, press "Workout."



4. Now, your bike will automatically adjust the resistance level based on your riding cadence. Try maintaining a fast, yet steady momentum to pedal effectively against the resistance! Pedalling consistency is key to staying close to your target power output.



DECLARATION

We've tried to include all functions and necessary instructions while printing this manual. However, due to hardware and software improvement as well as design optimization from time to time, there still may be discrepancies between this manual and the product you buy. The actual product shall be referred to in case of any discrepancies in appearance, interface and color etc.

DAILY STORAGE AND MAINTENANCE

1. This bike is for indoor home use only. Do not store the bike outdoors, near water, or at high humidity levels.
2. Please store in a place with shade and shelter to avoid any damage to the surface.
3. Inspect regularly all screws or parts that need fastening.
4. Inspect bike seat regularly. Tighten the nuts whenever they get loose. Inspect the cranks and pedals regularly. Tighten them if necessary.
5. Clean the bike regularly.

TROUBLESHOOTING

Problem	Solution
Noise while pedaling	<ol style="list-style-type: none"> 1. Remove the pedals from the cranks, turn the pedal axis, in case of smooth turning, mount the pedals back. Consult the service personnel for replacement in case of unsmooth turning of the pedal axis. 2. Rotate the cranks. Tighten the crank screws in case of noise.
Wobbly handlebars	<ol style="list-style-type: none"> 1. Use a 5mm socket head wrench to tighten the four screws on the handlebars.
Unstable bike seat	Adjust the seat to your proper height; use a monkey wrench to fasten the nuts on both sides under the seat saddle.
Unstable bike	Tighten the four screws on the four leveling feet using a 6mm socket head wrench
No display on console	<ol style="list-style-type: none"> 1. Re-connect the power adapter. 2. Make sure the power adapter is properly connected to the bike. 3. Make sure the power button is turned to “-” position.
Failure with Bluetooth connection	Restart your bike and your phone or pad, then re-connect.
Failure with APP connection	Keep your phone close to the bike, then re-connect.
Can't turn on/not working	<ol style="list-style-type: none"> 1. Make sure the socket is working properly. 2. Ensure the power switch above the power port is turned ON. 3. Check that the Internal Power Cord has been properly connected. 4. Try using a new power adapter.

Problem	Solution
No resistance	<ol style="list-style-type: none"> 1. Restart the bike by flipping the power switch, the console will appear 10. 2. Adjust the resistance to 40 to feel the resistance is changed or not. 3. Check that the Internal Power Cord is tightly connected. 4. Contact us for a new handlebar.
<p>If any of above problems cannot be solved, consult our customer service for help.</p>	

WARRANTY POLICY

Your RENPHO product purchase is covered by a one-year limited manufacturer warranty from the date of delivery.


For warranty terms and conditions, please visit:

<https://renpho.com/pages/warranty-terms-and-conditions>

Note: Product registration is not required for the warranty. If you choose not to register your product, it will not diminish the product warranty.

CUSTOMER SERVICE

Please feel free to contact us if you have any questions or concerns. RENPHO Customer Service Team guarantees a quick response and hassle-free solutions to any issue you may have within business hours.

 **TEL:** 1(844) 417-0149(US ONLY)
Monday-Friday 9:00AM-4:30PM

 **Email:** support@renpho.com

*For defective products or the return of items, please contact us with your order number within the specified warranty period. DO NOT dispose of any product parts as they may be required for inspection/repair.

FCC Regulatory Compliance

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1)

This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Warning: changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications.

However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

RF Exposure Compliance

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

ISED Regulatory compliance

This device contains licence-exempt transmitters that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s).

Operation is subject to the following two conditions:

(1) This device may not cause interference.

(2) This device must accept any interference, including interference that may cause undesired operation of the device.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes:

(1) l'appareil ne doit pas produire de brouillage, et

(2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

This equipment complies with IC RSS-102 radiation exposure limits set forth for an uncontrolled environment.

Cet équipement est conforme aux limites d'exposition aux radiations IC CNR-102 établies pour un environnement non contrôlé.

US Importer: JOICOM CORPORATION

14129 The Merge Street, Building 3 Unit A, Eastvale, CA 92880

Manufacturer: Shenzhen Ruiyi Business Technology Co., Ltd.

Qianhai Complex A201, Qianwan Road 1, Qianhai Shenzhen-Hong Kong Cooperation Zone, Shenzhen, P.R.China

Made in China