



Owner's Manual

REVOLUTION



A product of

FIT One®


CHANGING FITNESS
TO FIT YOU®


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Contact BallBike


Customer Service - Sales - Technical Support

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2207 Kimball Road SE
Canton, Ohio 44707
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Please share your thoughts, questions, and successes with us.



***Thank You very much** for purchasing BallBike and joining a growing revolution in fitness. By being the world's first patented core ball, cardio and strength cycle, BallBike has forever changed workouts. You've seen every variation for existing cardio equipment, but you've never seen this before. This innovation is a totally new fitness experience, a more efficient and smarter way to work out.*

Our motto at Fit One is "Changing Fitness to Fit You", and we believe BallBike does just that. We are determined to continue providing innovative and products of the highest quality that will prove valuable in helping as many people as possible achieve their fitness goals and a lifetime full of health!

- The Fit One Team

BallBike is a division of Fit One and is the only fitness manufacturer in the world dedicated exclusively to Core-Cardio-Strength cycle training machines. Precise focus and proven performance clearly distinguishes the company, and benefits the customer with innovation, dedicated resources, uncompromising quality, and personalized support for our machines.

BallBike was proudly invented in the USA and launched by Fit One, a USA company. It will continue to build on that foundation by looking for opportunities to benefit other partners nationwide. Born in the USA, BallBike and Fit One are hoping to impact the Global fitness community.

BallBike®, *Fit One®*, and *Changing Fitness to Fit You®* are registered trademarks. Covered by at least one of the following patents: US D625,370; US D637,245; ZL 201020176816; USA and International Patents Pending.

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- The BallBike Difference -

BallBike Revolution is a more efficient, smarter workout because:

- * Stability ball strengthens **CORE** muscles including abdominals, back, and hips resulting in better balance, breathing, posture, and back support, while also engaging more muscles to further elevate heart rate.
- * Elevates heart rate for a great **CARDIO** workout utilizing all lower body muscles.
- * Almost all of the body's 640 muscles are engaged in a natural rhythmic motion for **TOTAL BODY STRENGTH** and conditioning.
- * Resistance tubing **FUNCTIONALLY** strengthens upper body's arms, chest, shoulders, and back while enhancing the core workout and further elevating heart rate. All the while cardio and lower body muscles are engaging during cycling. Core, Cardio, and Strength - all at the same time - to **SAVE TIME**.
- * **"RIDE ON AIR" in COMFORT** using the core ball instead of the discomfort of a hard restrictive bike seat, the impact of a treadmill, or the boredom of many traditional exercise machines. This is one of the most popular and favorite features of people who have tested and bought BallBike...comfort!
- * Our ball passed some of the world's highest testing standards, thus making BallBike core balls more **SAFE**.
- * Creates unique, challenging, and fun **GROUP CYCLING** and club experiences.
- * **DIVERSE** enough for Physical Therapists or Personal Trainers to use with rehabbing / de-conditioned patients all the way to challenge Professional Athletes, the young or the "Young at Heart" active-aging community.
- * **ULTRA QUIET** and **SMOOTH** pedaling with a magnetic resistance flywheel system.

ONE MACHINE - TOTAL FITNESS

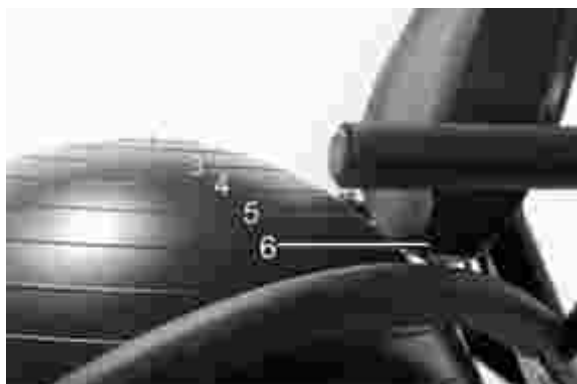
Quick Start Guide

Watch the *Join the Revolution* instructional workout DVD before beginning.

BallBike Set-Up Tips

1. Inflating Ball - "6 Lines Down" Quick Check

It's important to maintain proper ball inflation to get a great workout. Use the enclosed tape measure when inflating the ball. You can then slightly adjust if you want a little softer or more firm. An easy way to check the ball for proper size is to use our **"6 Lines Down" Quick Check**. Simply count down 6 lines/ribs from the top of ball, and if properly inflated the 6th line will be aligned with the bottom front seam of your back rest (See Photo.) Great tool for staff at commercial facilities.



2. Sitting and Pedaling

- Getting Centered:

Center the ball between the two side bars and then sit on the center of the ball! Don't "wedge" the ball under the side bars.

- Body Posture:

Sit upright with good posture and keep your core "engaged" / tightened during your workout! Maintain a natural, correct spinal curve at all times (no slouching and rounding your back)! Allow your shoulders to be aligned over your hips as much as possible. Keep your head aligned above your shoulders, and not tilting side to side, forwards or backwards.



- Pedaling

Place your feet squarely centered onto the pedals and all the way forward into the pedal straps. (This will help with balance, as well as keep your feet from slipping off moving pedals.)



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- Handle Grips:

BallBike has many great handle grip options for you. Whether on the front padded foam handles, on the ball holder's padded side handles, or even on the side flare padded handles that also hold the resistance tubing attachment hooks. By alternating hand grip positions, you can create unique core challenges.



To further challenge your core workout, use a lighter grip with relaxed forearms when holding the handlebars, while maintaining balance. This will help you to focus your balance and muscle activation on your core and not on your arms. Simply use the handlebars to balance and maintain safe operation and control of the bike.

3. Adjust Seat For Your Height

Adjust the ball seat track to a distance that the balls of each foot can be completely and squarely placed on their pedal while making sure that a slight bend remains in your knees at full leg extension. Before pedaling, listen to make sure that the track's locking lever has made an audible "click" sound into its hole. Make note of the number on the track that fits you so you can start your next workout faster.



4. Setting Console Display

Press and hold the Left button for about 3 seconds to Reset the Average Speed, Pulse, Time, Distance, and KCal. You will notice the display screen temporarily go blank, and then numbers will return when the computer resets. This will reset all memory stored in the display, allowing for a new workout reading. If button is not held down long enough for reset, the memory from previous workouts will remain on the display screen. See "Console Instructions" on pages (??) for detailed info on selecting User Weight in Lbs or Kgs, Mph or Kph, Female or Male, setting Alarm Clock, etc. Batteries (AAA) need changed periodically.



5. Adjust Resistance Level / Emergency Stop

The Revolution comes with 16 Levels of incremental magnetic resistance that creates a very smooth workout, and that can be very easy or very challenging. **Level 1** is the easiest level (magnets farthest away from the flywheel), and **Level 16** is the hardest (magnets closest to flywheel). (See Photos.)



TO STOP the bike's flywheel and pedals, simply turn the manual resistance knob on the bike to Level 16 and the magnetic resistance will very quickly and powerfully stop the flywheel from turning. Please use this as needed for Emergency Stopping.

Note: Many BallBike Revolution models outside of the United States may have an additional hand brake system mounted on the right front handlebar that can also be used as an Emergency Stop.

6. Choose Resistance Tubing

(Yellow = Easiest, Black = Harder, Yellow + Black combined = Hardest)

Attach the resistance tube that's safe and effective for you to the handles' rings. (See Photo and Info Above.) Do not perform over-the-head exercises while not leaning against the back rest, as this typically will over-stretch the tubing. (Ex. Overhead Presses, Triceps Extensions, etc.)



- Resistance Tubing / Hands-Free Workouts:

Before attempting any "hands - free" movements (when hands are not holding onto the frame's handlebars), make sure that you are comfortable with your balance on the ball. You can slowly take your hands on and off of the handles to learn hands-free moves. If needed, have a trained instructor assist you.





Important Safety Instructions and Warnings

Follow all instructions and warnings before assembling or operating BallBike.

IMPORTANT NOTE TO OWNERS / OPERATORS OF COMMERCIAL FACILITIES:
OWNERS / FACILITY OPERATORS ARE SOLELY RESPONSIBLE FOR THE USE OF BALLBIKE IN THEIR COMMERCIAL FACILITY, AND MUST INSURE THAT ALL PEOPLE PRIOR TO USING BALLBIKE WILL HAVE ACCESS TO, UNDERSTAND AND FOLLOW ALL OF THE INFORMATION, WARNINGS, AND INSTRUCTIONS CONTAINED WITHIN THIS OWNER'S MANUAL, INCLUDING THE DVD THAT COMES WITH IT AND ANY OTHER NECESSARY INFORMATION. THE OWNER HAS SOLE RESPONSIBILITY TO ALWAYS INSPECT BALLBIKE AND MAINTAIN PROPER, INTENDED, AND SAFE PRODUCT CONDITIONS. THANK YOU, OWNERS, FOR SUPERVISING THIS PRODUCT AND INSURING ITS USERS' SAFETY AND HEALTH.

** Applicable to such commercial facilities including, but not limited to: fitness clubs, studios, hospital / rehab facilities, senior / retirement communities, hotels, schools and universities, military, police / fire, corporate, etc.*

1. Consult your physician prior to using for the proper supervised exercise type and amount that's safe and appropriate to be beneficial for you regarding the BallBike. The instructions and information given by BallBike and any of its affiliates should never replace the advice and instruction of your physician. Serious injury or death can occur from over-exercising or using improper form, as well as from pre-existing conditions of injury, disability, or un-health.
2. Following all safety guidelines expressed in this manual is both necessary and the expressed purpose meant for this product. Using this product in a manner of unintended and unexpressed purpose not included in this manual may result in injury or death. Please follow all safety instructions and use common sense.
3. If you feel dizzy, loss of control or balance, faint, out of breath, pain, or discomfort of any type, stop using the BallBike immediately and consult a physician. Do not use if you cannot remain balanced while sitting on the ball. Breathe normally while using (do not hold your breath).
4. Keep children and pets away from the machine at all times.
5. Keep people and objects at a safe distance from the BallBike while in use.
6. Product should be placed and used only on a level and solid surface.
7. Use only after all parts as detailed in the Assembly Instructions are assembled properly.

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8. Never exceed this machine's Max User Weight limit of 350 lbs / 159 kgs.
This weight limit is the Total weight to be placed on BallBike, including the ball if it is outside of the bike and used separately.
9. Keep all body parts and objects (i.e. hands, jewelry, loose clothing, etc) away from this machine's moveable parts (i.e. belt, flywheel, magnets, sliding track, etc).
10. Always wear appropriate exercise clothing and shoes when using this product.
11. This bike does not have a freewheel system, and the pedals will continue to spin when the flywheel is spinning. Caution should always be taken when using.
Reduce pedal speed in a controlled and safe manner, and do not attempt to stop the bike by reverse pressure to the pedals as injury could occur. The pedals and flywheel should be at a complete stop before mounting or dismounting the bike. Do not remove your feet from the pedals while they are moving, and use the pedals' foot straps when pedaling.
12. Care should be taken when mounting and / or dismounting the BallBike.
13. Always use proper Posture (keep a correct, natural spinal curve - no rounding of your lower back. Only use BallBike as able to keep a correct and aligned posture, with shoulders centered over hips, and head centered over shoulders.
14. Do not keep or use near water / outdoors (includes highly humid / dusty places).
15. Do not keep any parts of the bike, ball and / or resistance tubing, in direct sunlight.
16. Regularly inspect for any damage or wear. Do not use the machine until it is fully repaired, or until damaged or worn parts are replaced with new and undamaged parts. Only use parts approved by and manufactured for / by BallBike. For assistance in repair or replacing / ordering parts, contact BallBike. (See page 1)
17. Replace the Warning label located on bike if lost, damaged, removed, or illegible.
18. Take caution when folding or unfolding the bike as it is heavy weight; lower the bike's back half gently onto the floor when unfolding.
19. Product warranty does not cover improper assembly or servicing / repair of the product, unauthorized parts use, abuse, misuse, negligence or disregard of the instructions and information contained within this Owner's Manual.
20. Never over-inflate the ball; this increases the danger of material weakening and/or ball breakage. Read the label on the tape measure that comes with the ball to confirm the correct size (typically 57cm or 58cm diameter) maximum inflation. Inflate ball using the pump that came with the ball upon new purchase.
21. Properly insert the air plug securely into ball after inflation.
22. Keep the ball measure for future reference.
23. Do not expose ball to high temperatures or direct sunlight.
24. Inspect ball for punctures, cracks, or wear before each use, and do not use or try to repair if damaged. Replace before use with a BallBike manufactured core ball.
25. Only use the ball on smooth, level, and intended surfaces free from sharp or angular or sharp objects.

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26. Only use for intended purposes (i.e. no kicking, hitting, or throwing the ball, using weights such as dumbbells while outside of the bike, children using, etc.)
27. Do not wear any such items of clothing (i.e. buttons or zippers) or jewelry (i.e. rings) that can puncture the ball while using (caution with sharp fingernails).
28. Clean ball with damp soft cloth and air dry fully as needed. Do not use blowdryer or other artificially heat sources. Also, do not dry in direct sunlight.
29. Do not use harsh or abrasive cleaning agents to clean ball. Use mild soap (such as mild dishwashing liquid) and / or water. Towel dry completely.
30. Do not drive in an automobile with an inflated ball.
31. Never use another ball with BallBike other than the manufacturer approved BallBike brand ball that came with the entire bike.
32. Resistance tubing is made of rubber **Latex** because of its high quality. Do not use if allergic to latex.
33. Always inspect and confirm that tubing is free from wear, tears, damage, or any other problems. Do Not Use if damaged or flawed in any manner, and replace before your next workout with BallBike manufactured resistance tubing. (Keep away from abrasive surfaces and objects that could damage the tubing, such as sharp metal, plastic, rings and bracelets on fingers / arms, sharp fingernails, etc).
34. To lessen risk of injury, always securely fasten the resistance tube hook rings to the steel hook rings on the back of bike, as well as to the tube handle.
35. Do not stretch the tubing over 4x their resting length. Example: if resting length is 10", do not stretch over 40" to insure safety and longest life of the product.
36. When stretching and using the resistance tubes, always keep the eyes safe. Do not perform any exercise that pulls the resistance tubes towards the face, or in any way that the tube could snap back towards and hit the face and / or eyes.
37. Only use the tubes while sitting on your BallBike while the ball is on the ball pad. The tubes are not intended for use while sitting or standing behind or to the side of the machine. * See *Revolution's workout DVD* for appropriate exercises.

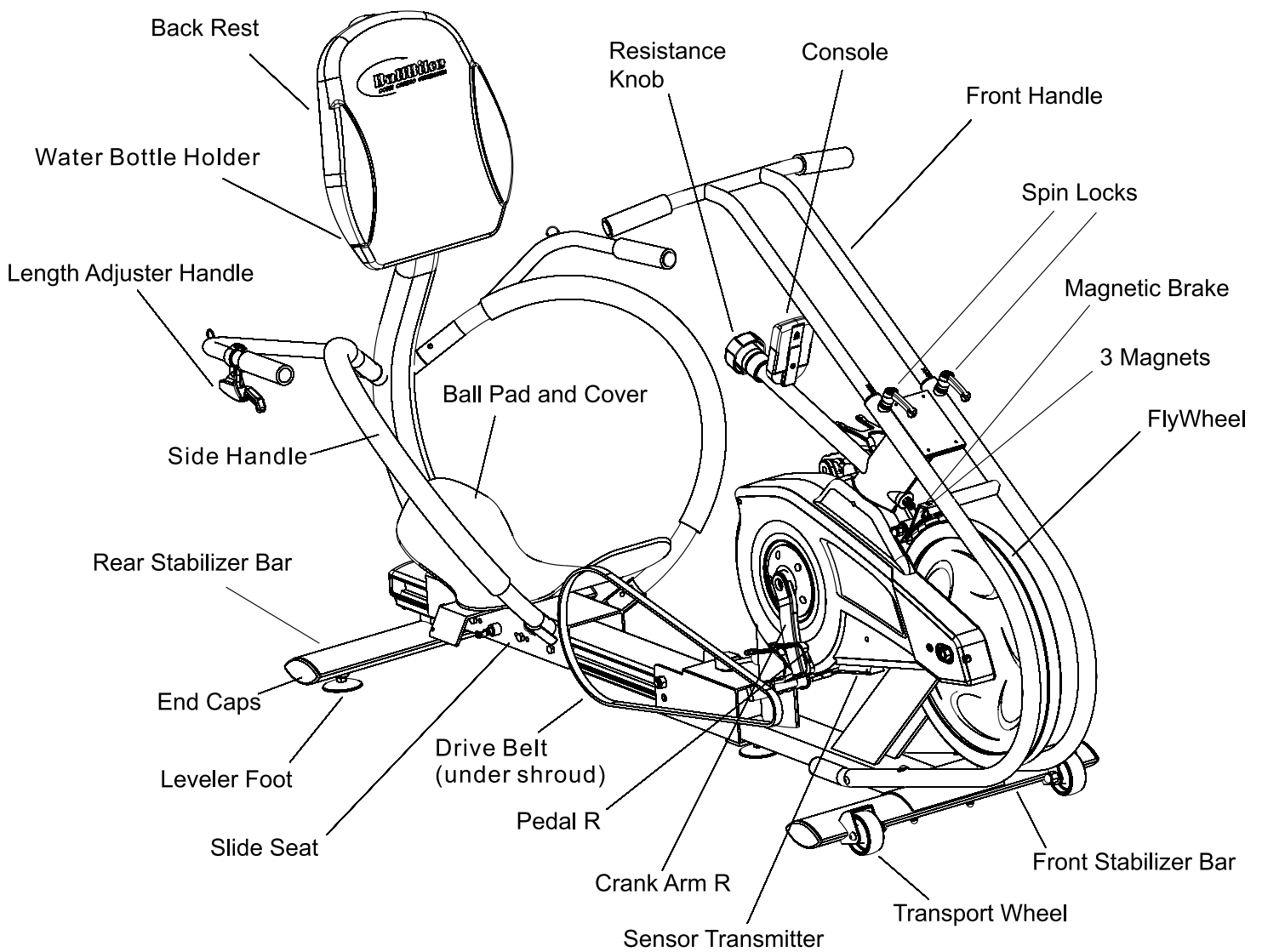
* In Commercial and Light Commercial Facilities and settings, the BallBike Revolution should always be supervised by qualified instructors/personnel as to insure safe and proper usage.

* BallBike and Fit One LLC assumes no responsibility for damage sustained by, through the use of, or associated with this product.

* DO NOT TRY TO FIX / SERVICE THIS PRODUCT BY YOURSELF AS WARRANTY MAY BECOME VOID IF NOT ASSEMBLED / SERVICED CORRECTLY. CONTACT THE DEALER WHERE PURCHASED OR BALLBIKE CUSTOMER SERVICE TO FIND AN AUTHORIZED SERVICE TECHNICIAN AND MORE INFORMATION FOR PROPER CARE.

Assembly Instructions

Exploded View



Parts List



1. Rear Stabilizer Bar (1)



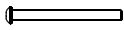
2. M6-10L (4)



3. Middle Folding Bolt (1)



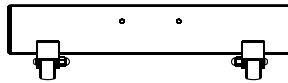
4. Flat Washer-5T (1)



5. M8-90L (2)



6. Curved Washer (8)



7. Front Stabilizer Bar (1)



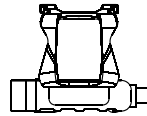
8. Cap Nut-M8 (2)



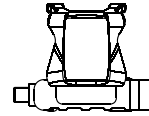
9. Leveler Foot (3)



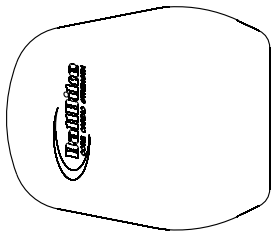
10. M8-15L (10)



11. Pedal-R (1)



12. Pedal-L (1)



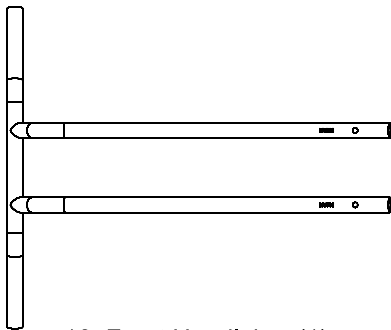
13. Back Rest (1)



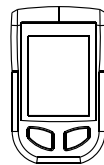
14. Water Bottle Holder (1)



15. M5-12L (2)



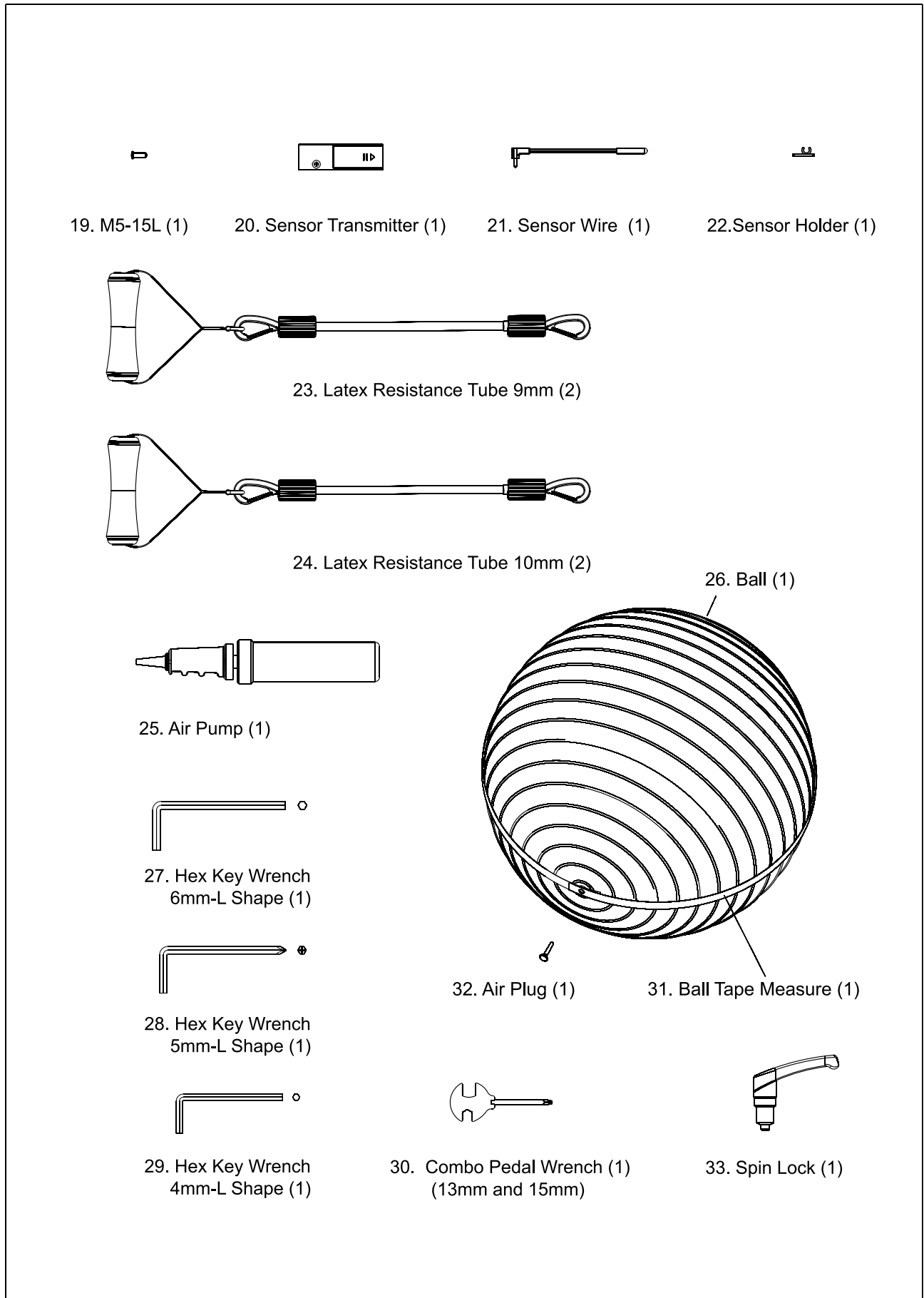
16. Front Handlebar (1)



17. Console (1)



18. Batteries (4)



*Actual parts of your bike may look slightly different in detail than images shown here; assembly is the same.

Assembling Instructions

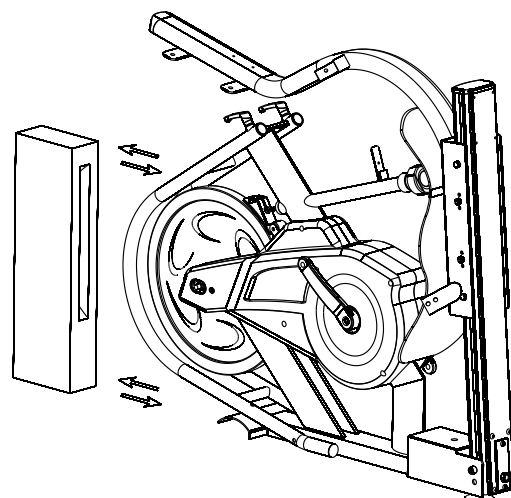
The BallBike Revolution is packaged in 1 box. It is partially assembled and folded-up inside of the shipping box, making assembly faster and easier for you.

Unpacking the Revolution

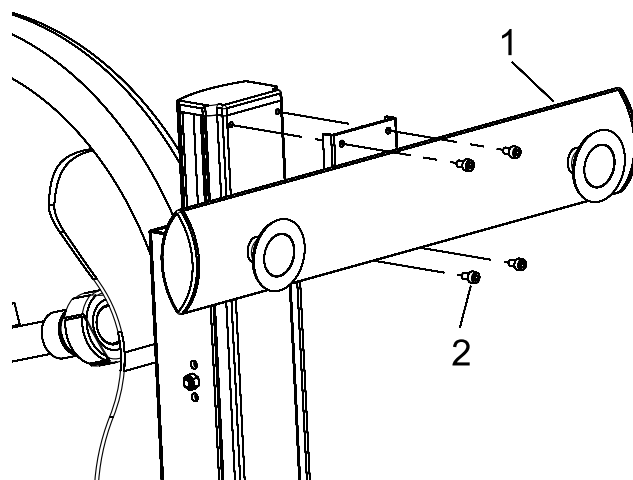
1. Begin unpacking on a level surface free from obstructions and in an inside location. Remove the shipping straps from the box, lift the box up and off of the Revolution. Remove the foam packaging that protects the product during shipping.

* Confirm that all parts are inside the box by using this Owner's Manual's Parts List.

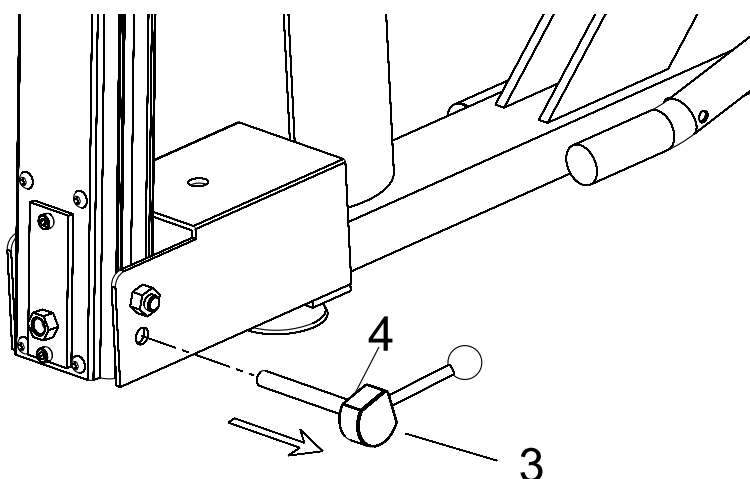
If not, immediately contact the location you purchased the product from or contact BallBike Customer Service (page 1)



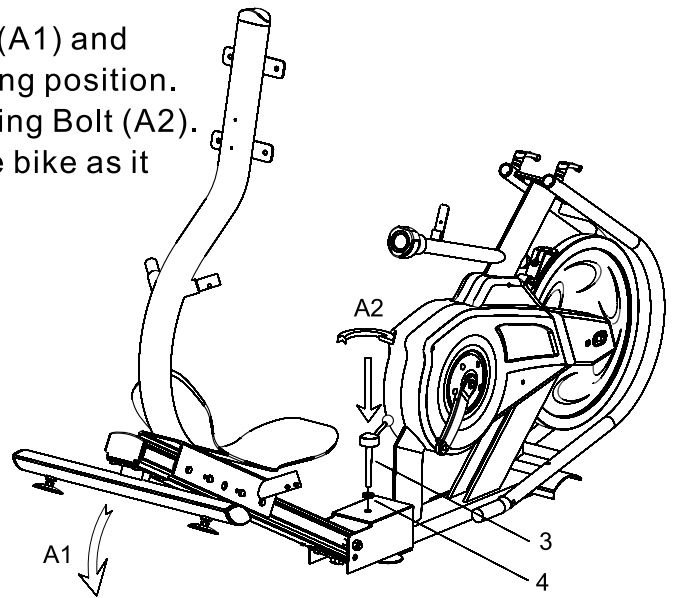
2. Attach Rear Stabilizer Bar using 4 screws into the rear mounting bracket.



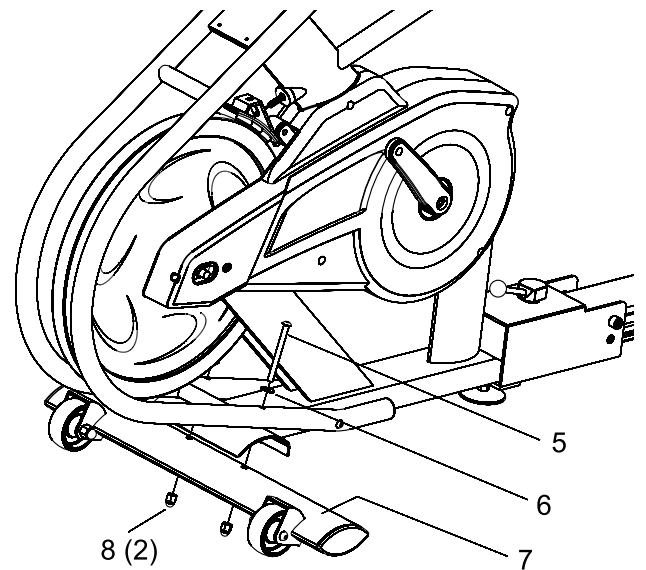
3. Remove the Middle Folding Bolt and Flat Washer.



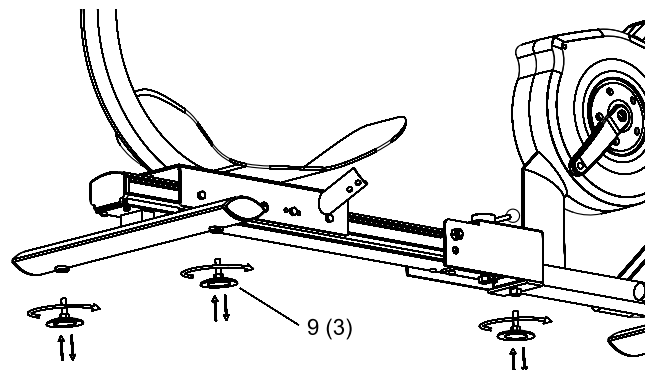
4. Carefully un-fold the back half of the bike (A1) and lower it gently onto the floor and into a riding position. Then screw in and tighten the Middle Folding Bolt (A2). Take caution when folding or unfolding the bike as it has weight.



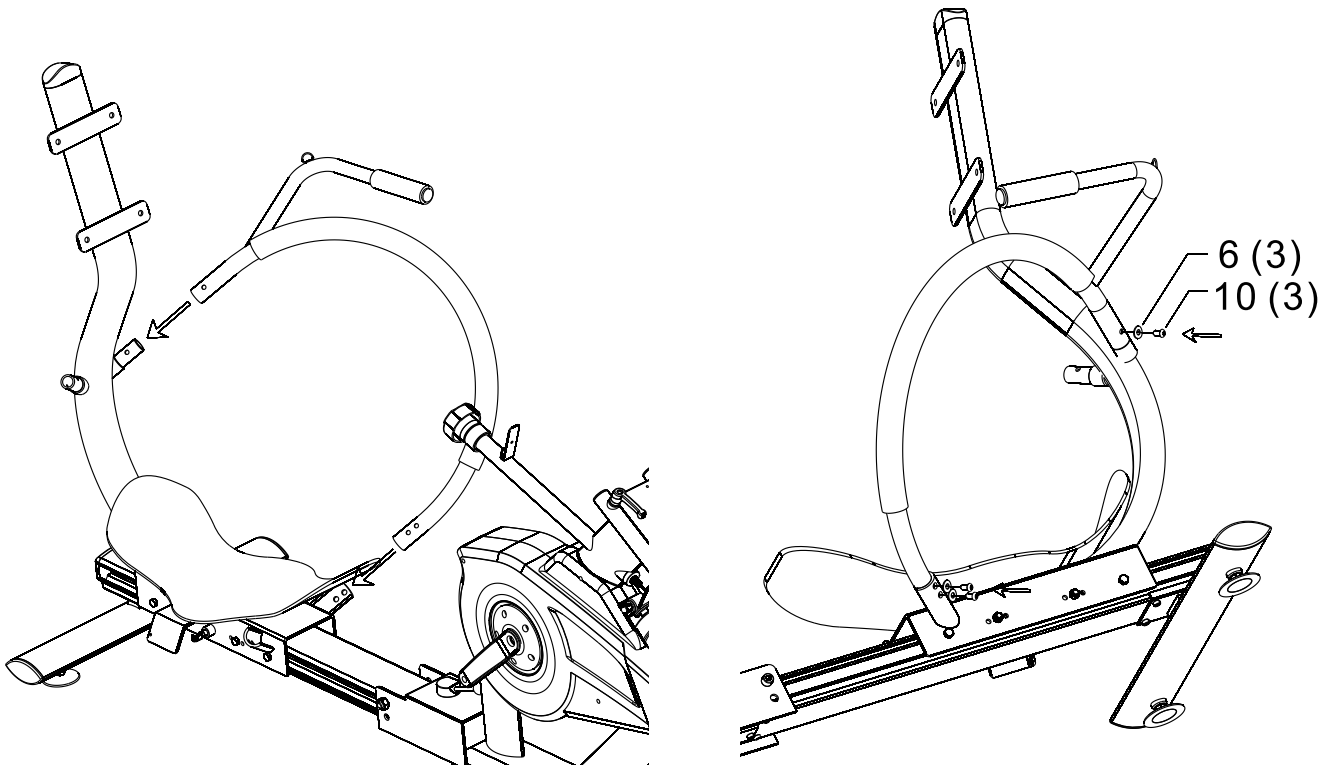
5. Attach the Front Stabilizer Bar with Transport Wheels using the 2 screws, 2 curved washers and nuts.



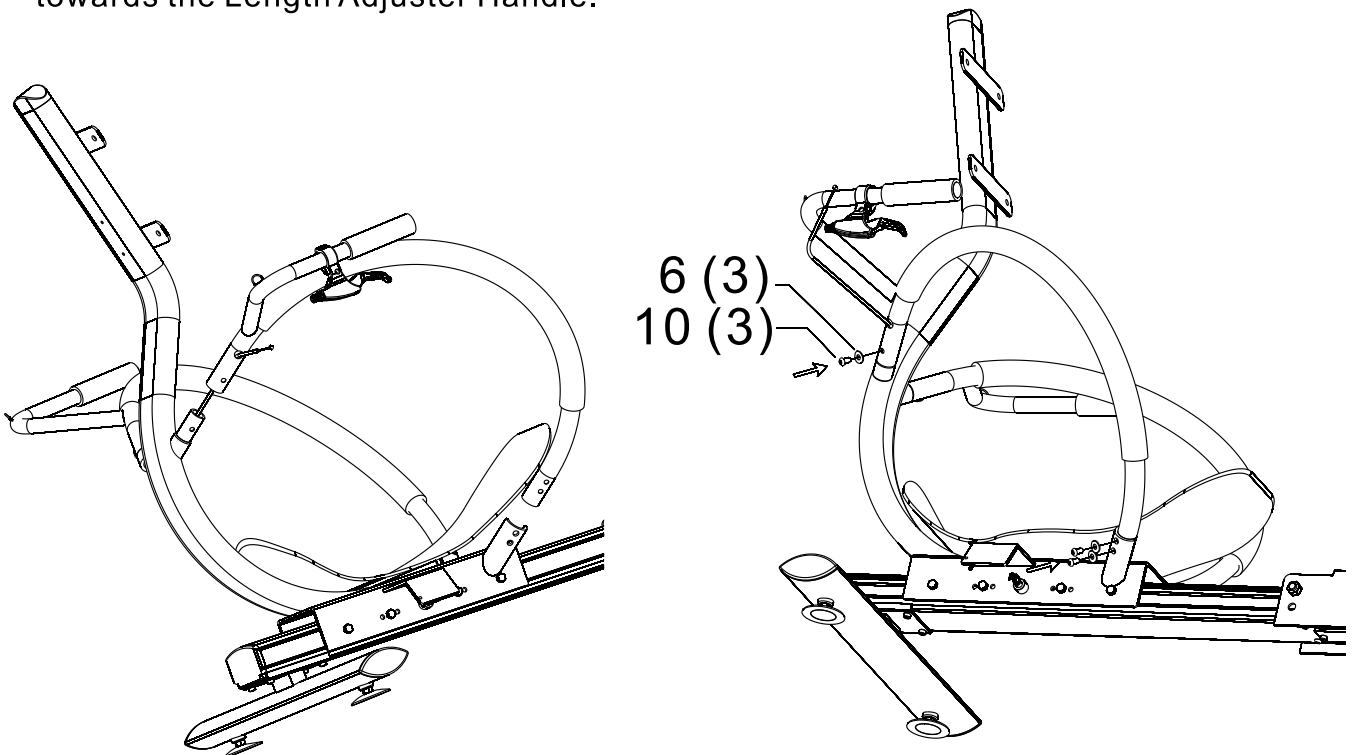
6. Make sure the Revolution is stable by adjusting the 3 Leveler Feet. Turn /screw them in to lower the height, or screw out to raise the height of the Revolution.



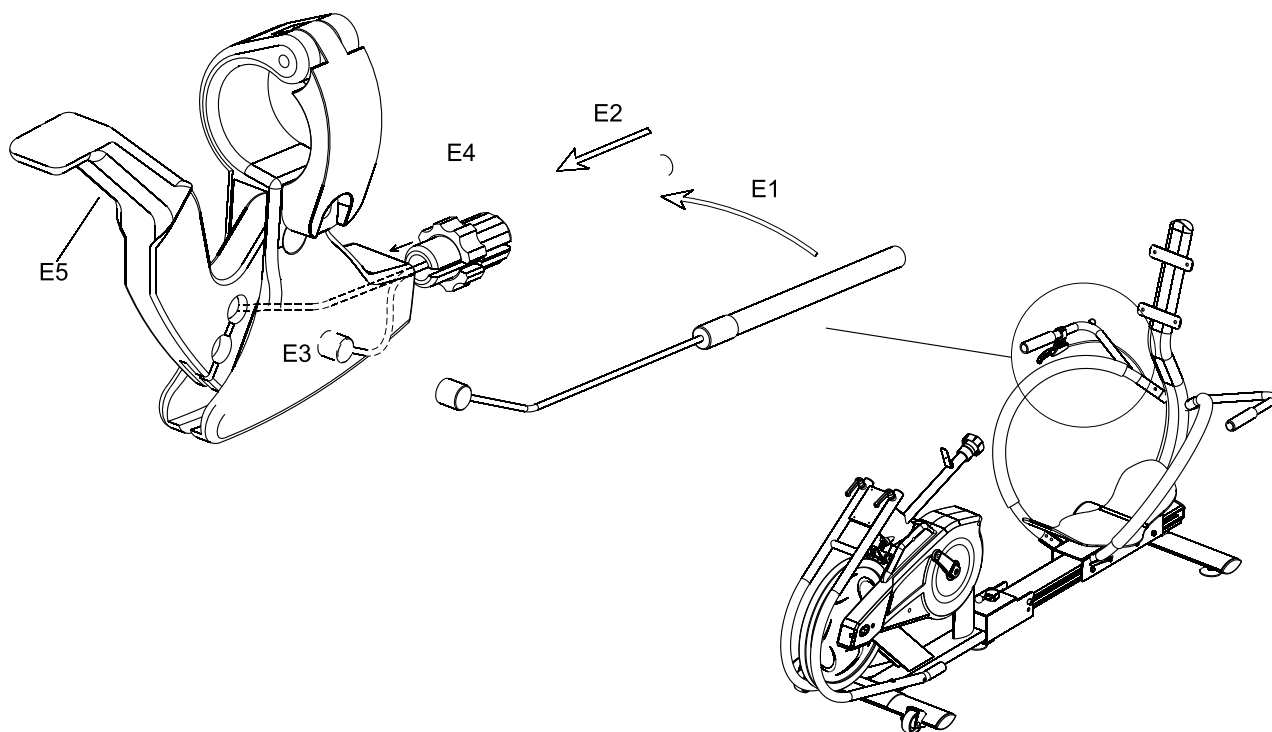
7. Insert the Left Side Handlebar into the left side joints and tighten using the 3 screws and washers.



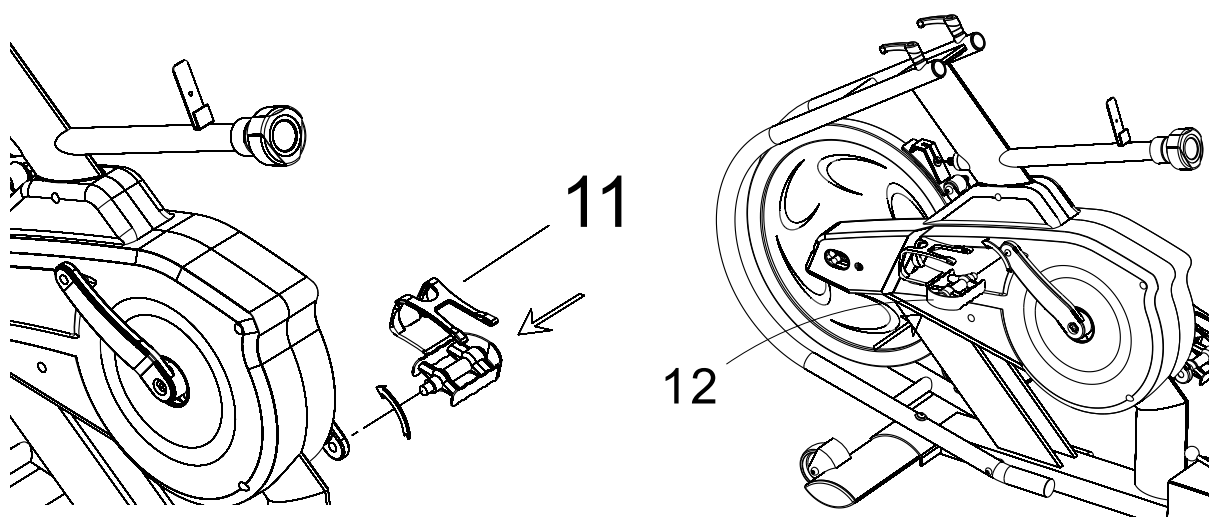
8. Insert Length Adjuster Cable through the Right Side Handlebar and pull gently towards the Length Adjuster Handle.



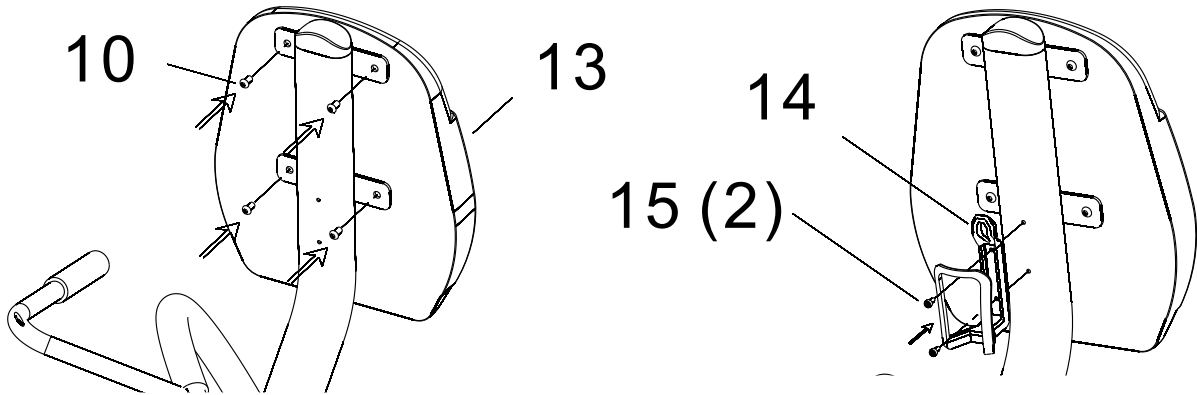
9. Insert the Track Adjustment Cable into the cable bracket (1) and thread into the Length Adjuster Handle hole (2 and 3). Tighten to lock in place and adjust (4). When properly adjusted, the Handle will have a firm, not loose, feeling when squeezing (5).



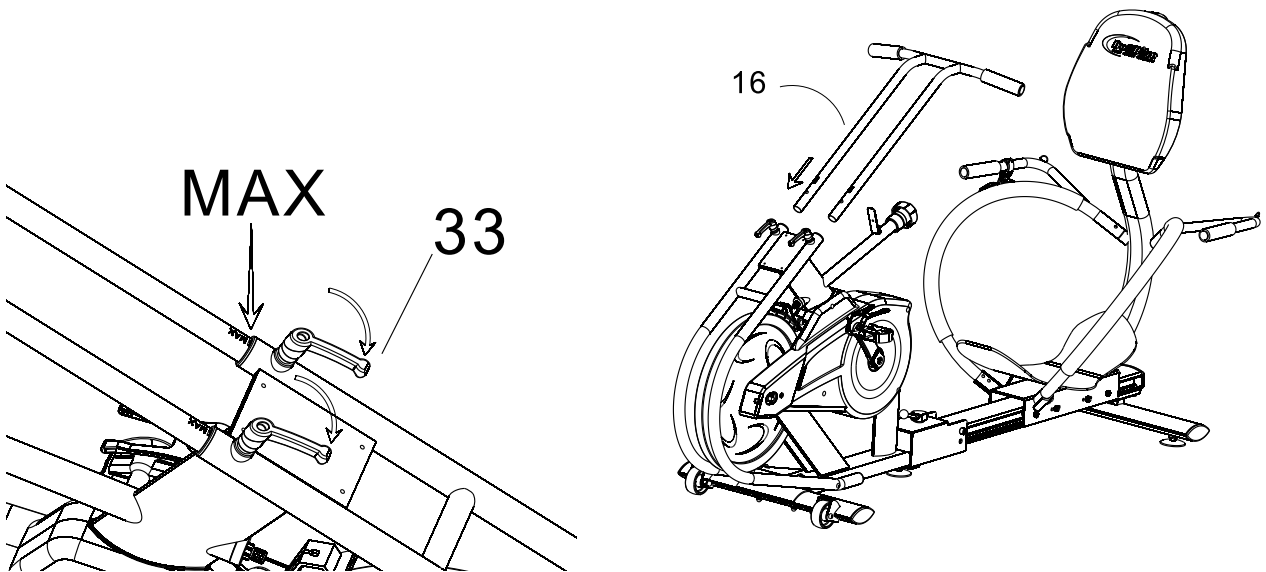
10. Tighten the Left and Right pedals onto the Cranks by using the Pedal Wrench (30) and turning/screwing them on in a Clockwise direction.



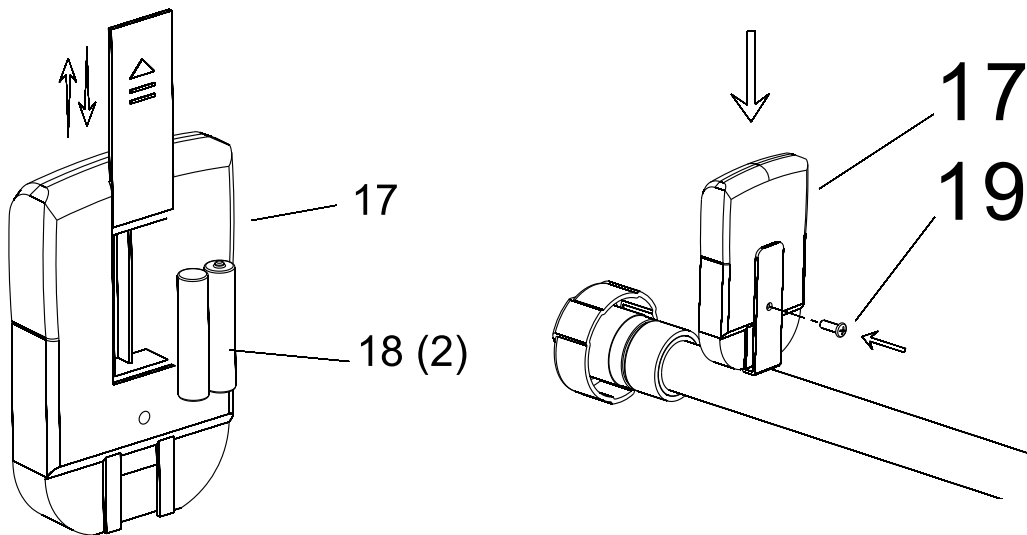
11. Attach the Back Rest to the back frame of the bike by using the 4 screws. Then insert 2 screws into the back frame to attach the Water Bottle Holder.



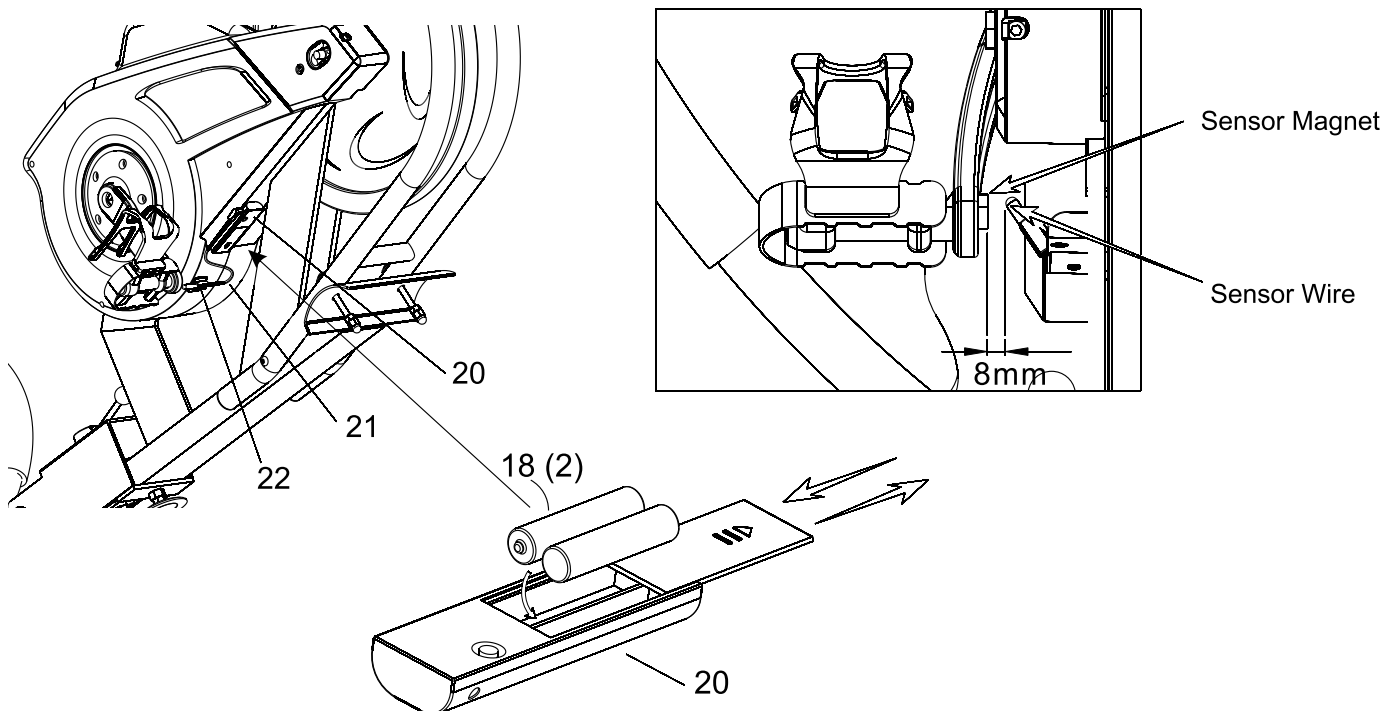
12. Insert the Front Handlebars into the bottom curved tubing of the frame, and Carefully tighten the 2 Spin Locks into the holes so that the word **"MAX"** and the line below it align with the joint holes. This keeps the Front Handlebar holes aligned so that the Spin Locks do not scratch/touch the Front Handlebar paint surface.



13. Remove the battery cover from the back of the computer and insert 2 AAA batteries. Reinstall the battery cover. Slide the Console onto the mounting bracket and attach it tightly with screw.



14. Remove the battery cover from the Sensor Transmitter (part 20) and insert 2 AAA batteries in the compartment and reinstall the battery cover. Then attach the velcro on the Sensor Transmitter to the matching velcro on the bottom of the right side plastic shroud. Note: Confirm that the end of the Sensor Wire (part 21) is at a max distance of 8mm from the Sensor Transmitter to insure a strong signal reading. (See sketch below)



Inflating the Ball

Never over-inflate more than the maximum diameter of your specific ball as this can weaken the burst resistance of the ball's material. Use the enclosed ball air pump and tape measure when inflating for proper size. Periodically check the ball for proper size. Re-inflate as needed to maintain correct ball size. Clean the ball regularly, or after each use, with water and mild soap (ex. dishwashing). Towel dry.

Ball Tape Measure



Resistance Tubing

Securely attach the resistance tubes to the sides of the bike. Attach 1 Yellow (easier) and 1 Black (harder) tube to each side for a total of 2 tubes per side. Before each use, inspect the resistance tubes' attachment points to confirm that the resistance tubes are properly and securely fastened and free of damage, wear, and contact with abrasive surfaces. We recommend replacing your tubing periodically as needed; commercial facilities with high use will need to replace more often than a home user typically. Contact BallBike customer service for replacements.

Yellow

Black



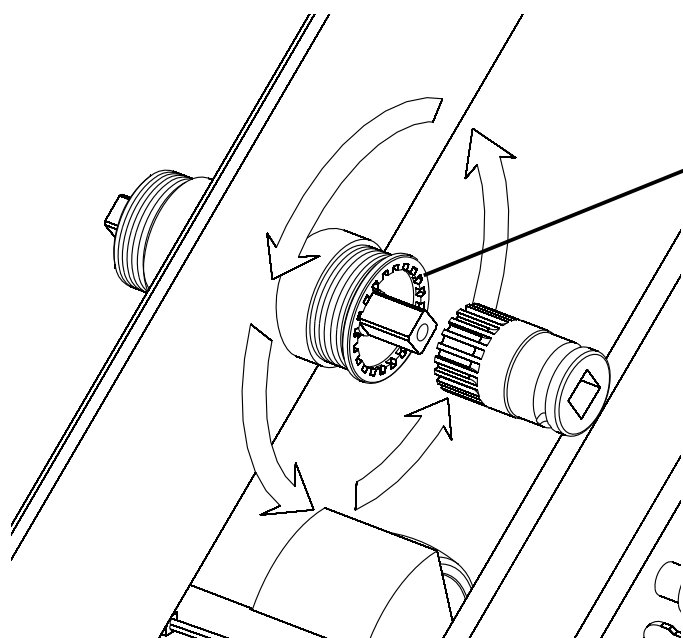
Caution

* If any bolt, nut, or screw will not tighten, or if any frame member is loose, damaged, or worn, contact the distributor that you bought your BallBike from, or contact BallBike's customer service for instruction and/or replacement parts. Warranty affects this process. Do not use until fixed.

* Do not over-inflate the ball. Do not inflate ball with air compressor, as the cold air can expand causing over-inflation. Inspect ball for punctures, wear, or cracks before each use, and do not use if damaged. Contact the distributor that you purchased BallBike from, or BallBike Customer Service directly, to order new BallBike approved core balls.

* Magnets are at a pre-set factory distance of 2mm from the flywheel when the magnetic resistance knob is turned to the Level 16 (the most difficult level). Therefore always inspect this, as it will keep the resistance and function of the machine working at intended levels. If serviced, and the flywheel or magnet positions are altered, please alert the technician to this Important Factory Standard! Please refer to the "Maintenance / Servicing Tips" on page (??) for more information.

* **Special Note for Technicians Servicing the Crank and Bottom Bearings Bracket**
The Right Side Crank requires the use of an appropriate Crank tool/wrench as shown in the sketch below to tighten correctly. **The Right Side of the Revolution's Crank assembly needs to be tightened in a Counter-Clockwise direction!** Many bikes tighten in a Clock-wise direction, but always alert the Servicing and Maintenance of this bike to be tightened in a Counter-Clockwise direction on the Right side, and a Clock-wise direction on the left side.



**Right - side Crank
Assembly Tightens in a
Counter-Clockwise
Direction!!!**

Console Instructions

SPECIFICATIONS:

CADENCE BAR GRAPHIC: 0~199rpm per Bar

RPM : 0 ~ 199 RPM SPEED : 0 ~ 99 KM/H PULSE : 30 ~ 240 BPM

TIME : Count down setting range 1~99 Minuets

Count up range 00:01~99:59

Parts Check List

Sensor Wire & Holder - Transmitter - Magnet - Velcro - AAA Batteries

Sponge - Wire Ties - Chest Belt (Heart Rate Featured Models Only)

The sensor in the transmitter counts the number of times the magnet (mounted on the crank) passes the sensor and then transmits a coded signal to the console, which contains the measured value (Speed and Cadence). Both the computer console and the speed sensor transmitter use AAA type batteries. Install batteries into the computer console and speed sensor transmitter before using.

Note: When Battery voltage is low, the 'Low battery' indicator will show on Console display.

DISPLAY WINDOW

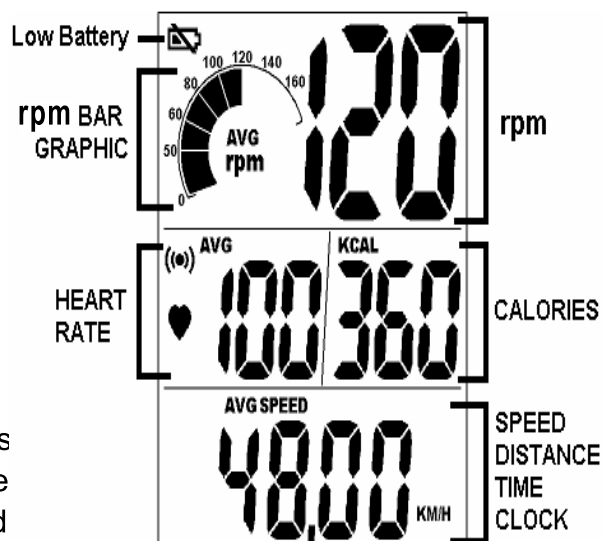
TIME

Shows the length of time (min. / sec.)

The time will count up or count down when user is pedaling. When pedaling is stopped, the time will stop counting after 3 seconds.

CADENCE & SPEED

Cadence is the measurement of how fast the cranks are rotating in RPM's. The approximate speed of the bike can also be displayed MPH / KPH. In addition to the MPH / KPH, the CADENCE will also display a bar graph that allows the rider to keep track of the approximate cadence that's been achieved. Average Cadence or Speed will be automatically shown after the rider stops pedaling for 3 seconds.



DISTANCE

Distance is the measurement of the approximate distance achieved on the bike. This distance is based on the user riding a bike with tires that are the same size as the bike's flywheel.

KCAL

Kcal is the approximation of calories burned during your workout. The calories are calculated by measuring the rider's instantaneous heart rate, age, and weight.

HEART RATE (applies to HR featured models only)

This is the approximation of heart rate detected from the chest belt during the workout. Average Heart Rate will be automatically shown after 3 seconds if the console cannot detect the current Heart Rate.



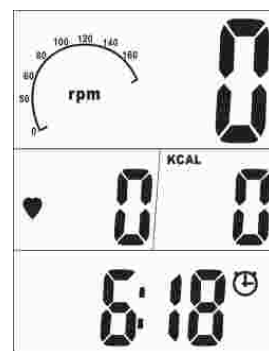
CONSOLE Quick Start

In Power Saving Mode, pressing any key will bring the CONSOLE to 'QUICK Start' active state.

Power Saving Mode

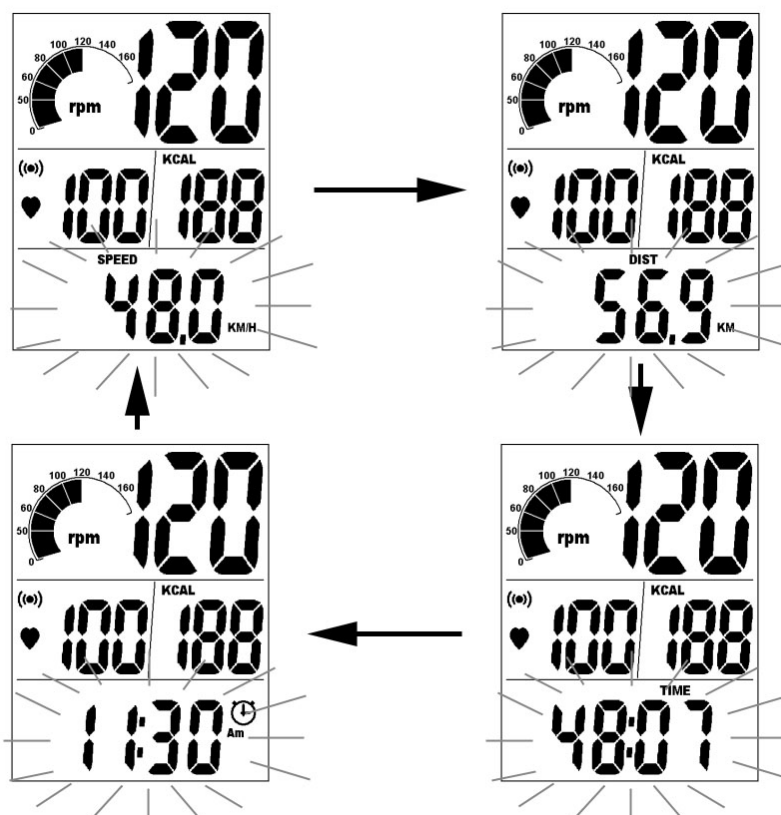


QUICK START Mode

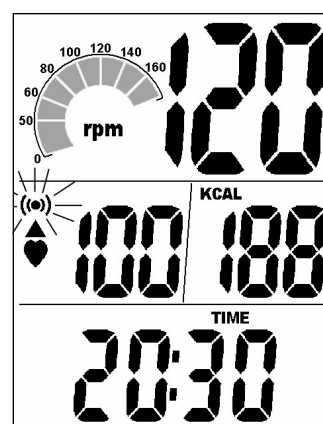


MODE SELECT

Press the Left key to select the SPEED, DIST, TIME or CLOCK display.



ALARM Setting (applies to HR featured models only)
Under the TIME MODE, press the Right key to select the Alarm display. The heart rate symbol will also flash to visually indicate that your heart rate is either above or below the selected target zone (applies to HR featured models only)



Reset

To clear all the measured values, press and hold the Right key under the TIME Mode for 3 seconds. All the measured value for AVG SPEED, AVG PULSE, TIME, DIST, KCAL will reset to zero.

TIMER Setting

The TIMER displays users' exercise-workout time. If the user does not set the COUNT DOWN TIME, the TIME will count up from 00:00 to 99:59. If user prior set the COUNT DOWN TIME, the TIME will count down to zero with flashing display and Alarm sound for 3 seconds. Then TIME will change automatically from counting down to counting up from 00:01. The user can go into TIMER setting from SPEED or DISTANCE Mode by pressing and holding the Right key for 3 seconds.

CLOCK Setting

Under the CLOCK MODE, press and hold the Right key, 12H or 24H will flash. Press the Right key to switch from 12H to 24H. Press the Left key to flash the CLOCK HOUR, then the Press Right key to adjust the clock hour (0 – 24). Press the Left key again to flash the CLOCK MINUTE, the press the Right key to adjust the clock minute (0 – 59).

HEART RATE TARGET ZONES

Under SPEED or DISTANCE MODE, Hold the Right key for 3 seconds to go into the setting, press the Left key to go to the heart rate target zones window.

Press the Right key to increase maximum heart rate limit. After setting the maximum heart rate, press the Left key to adjust the minimum heart rate limit.



PERSONAL DATA SETTING

Accurate personal data will make your calories burned more accurate. Under SPEED or DISTANCE MODE, Hold the Right key for 3 seconds to go into the setting and continually press the Left key to get to the personal data windows.

Press the Right key to select the gender, either: Male / Female

Press the Left key to go to the weight unit setting. Press the Right key to select the weight (Lb / Kg). Note: this change of metric units to imperial units will affect the displaying units of MPH / KPH, Lb / Kg, and ML (miles) / KM (kilometers).

Press the Left key to go to the weight setting. Press the Right key to increase the weight by 0.5 Kg. or 0.5Lb.

SPEED PAIR STAGE

(Exclusive in Digital Coded Only)

Note: All models will be paired right after production.

For commercial and maintenance purpose – press and Hold both Left and Right keys for 3 seconds to go into the SPEED PAIR STAGE. The user will have to press the small 'SPEED CONTROL PAIR KEY' on the speed transmitter to actively sending signals to the console for pair stage.

If the number '0' is displayed on LCD, it means that the pair stage is successfully completed. On the other hand, if the console displays 'Err', it means that the pair stage is failed. Then the user can press Right key, and repeat the pair stage again. Alternatively, it will exit the pair stage automatically after 10 seconds with the memory of previous paired speed transmitter.

SPEED transmitter illustration

Notice: The LED indication light will flash when pressed SPEED ID CONTROL PAIR key and receiving signals.

Console System Cleaning / Maintenance:

The Console system is designed as sealed units and not meant to be opened other than for the sole purpose of installing batteries. Any opened units will void the warranty. To clean the Console system, lightly spray the monitor with an authorized cleaning or disinfectant solution and wipe dry with a soft towel. Use of any caustic cleaning solutions will void the warranty.

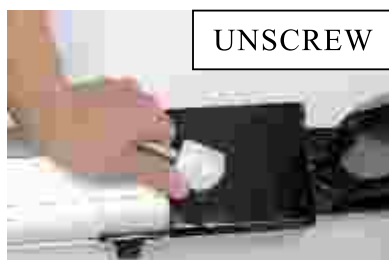
The Console system is NOT waterproof, only water resistant. Any excessive exposure to water will void the warranty.



CAUTION

EXTERNAL INTERFERENCE MAY BE CAUSED BY OTHER ELECTRONIC DEVICES, SUCH AS: NEARBY TELEVISIONS, STEREO EQUIPMENT, SPEAKERS, ELECTRICAL WIRE CABLING, ETC. IF YOU EXPERIENCE DISTURBANCES IN THE CONSOLE DISPLAY TRY MOVING YOUR BIKE(S) AWAY FROM POTENTIAL RF INTERFERENCE AREAS.

Folding and Transporting



1. Unscrew and Remove the Middle Folding Bolt and washer.



2. Unscrew and Remove both front handle Spin Locks. Push the front handles down to their lowest position and lightly screw spin locks back into their holes, as not to lose them. **DO NOT SCREW IN TOO FAR AS TO TOUCH OR SCRATCH THE PAINT!**



3. Adjust seat back to most rear position. Listen for click to confirm rear position.



4. Slowly fold the bike's back half over the front handles. The side handles' foam padding will not touch the front handles when correctly adjusted/folded. There will be space between the foam of the side and front handles.



5. Insert the Middle Folding Bolt completely through the bottom hole of the middle joint. This will hold / lock the fold into a safe and stable position. (**NOTE** - In this position, you will be able to see the 3rd hidden transport wheel inside aluminum contact the floor.)



6. When folded properly, and with the front handle spin locks facing downward, the back rest will not touch the spin locks.



7. The Revolution is now ready to store or transport, using the 3 wheel system (3rd wheel appears on folding-up). To Unfold, remove Middle Folding Bolt and reverse steps.

Maintenance / Servicing Tips

* DO NOT TRY TO FIX / SERVICE THIS PRODUCT BY YOURSELF AS WARRANTY MAY BECOME VOID IF NOT ASSEMBLED / SERVICED CORRECTLY. CONTACT THE DEALER WHERE PURCHASED OR BALLBIKE CUSTOMER SERVICE TO FIND AN AUTHORIZED SERVICE TECHNICIAN AND MORE INFORMATION FOR PROPER CARE. MAINTENANCE IS THE SOLE, AND VITAL, RESPONSIBILITY OF THE OWNER.

1. Inspect All Parts Regularly and Repair or Replace as needed.

This includes inspecting the Core Ball and Resistance Tubing for wear, cracks, etc. Inspect for frayed, cracked or flawed Belt, and looseness or a grinding in the Crank assembly area near the pedals, and tighten Crank Arms and / or replace the Bottom Bracket assembly if needed. Keep Pedals tight.

Contact BallBike Customer Service or your dealer for further help.

2. Cleaning the Parts

Use a Soft, clean dry cloth to wipe down. Keep abrasive, corrosive, and harsh chemicals away from all parts at all times, including the ball, resistance tubing, paint finish, etc.

Daily clean, or after each use if needed:

- Ball (after each use with mild dishwashing soap water and towel dry),
- Back Rest,
- Handlebar Foam Grips,
- Resistance Tubing
- Frame

Weekly clean, or as needed:

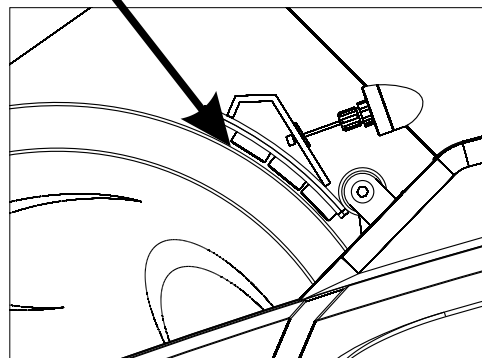
- Magnets (soft dry cloth),
- Plastic Side Covers

3. Magnet Calibration - Caution when Servicing!

Magnets are at a pre-set factory distance, so in the case that servicing the Revolution is needed (example, when changing the belt), technicians must be made aware that

the flywheel and magnet relationship is at a maximum distance of 2mm when the resistance is at Level 16. After servicing the product, technician must turn the Resistance to Level 16 and set the magnets to be at a 2mm maximum distance from the flywheel at this point. They can do this by adjusting the Flywheel axle on the front of bike. If the flywheel is further than 2mm from the magnets at Level 16, the resistance will most likely be too Easy when pedaling. If the magnets are closer than a 2mm distance from the flywheel when at Level 16 resistance, not only will the resistance be too Difficult when pedaling, but **more importantly (take Caution!) the magnets will have a high risk of touching / scratching and damaging both the flywheel's outer surface as well as the magnets themselves!!** So please be careful to always Carefully set the magnets to a 2mm maximum distance when servicing. For questions or help, please contact BallBike customer service.

2mm



4. Tightening Crank Arms

Remember that the Right side of bike's crank arm will tighten in a reverse threaded direction (counter-clockwise). The Left side of bike's crank arm will tighten in a clockwise direction. Pedals both sides tighten into the crank arms in a clockwise direction.

Troubleshooting

General:

1. Drive Belt Slipping???
2. Noise or Grinding feeling in the Pedal Crank area.
Pedals or crank arms have loosened, and needs tightened. Or contact service tech.
3. Too Easy or Too Hard
Make sure the magnets are at a 2mm distance from the surface of the flywheel.
Use a soft, dry cloth to wipe off any excess dust/dirt from the surfaces of the magnets and flywheel.
4. Bike Rocks left/right while using.
Make sure that A) the bike is on a level floor, and B) use adjustable leveler feet to level the bike, and C) insure the middle folding joint is fully tightened.
5. Ball is not moving well
A) Insure ball is inflated to correct size, B) do not let the ball get "wedged" into the side handlebars, but keep ball centered in the holder.

Console:

1. No Display on Console

Press any key to bring the console to 'Quick Start' mode.

Ensure that the batteries are installed properly in the Console and Transmitter. If they are, install fresh batteries.

2. No Heart Rate signal displayed

Ensure that your chest strap is worn correctly, and that there is moisture under the electrodes of the chest strap.

Relocate the bike away from any equipment that could potentially interrupt the radio frequency signal, such as a DVD player or television, etc.

3. RPM or HR does not change

Press 'MODE key' repeatedly to toggle between SPEED (SPD), DISTANCE (DIST), TIME (TIME) and CLOCK (CLK) values.

Press and Hold 'SET key' repeatedly to clear past measured value or go into setting and exit.

4. Cadence number jumps high or low

Separate bikes that may be paired to the same console code and are cross-talking, or simply run transmitter pair stage again on the bike.

Relocate the bike to a different part of the room, away from any RF interference areas.

5. Heart Rate signal gets interrupted or drops out

Ensure that there is a minimum distance of 36 inches between bikes.

Verify that your chest strap is secure and that the electrodes are making contact with your chest at all times.

Warranty

This is to certify that the BallBike Revolution is warranted by FIT One, LLC to be free of all defects in materials and workmanship. This warranty does not apply to any defect caused by negligence, misuse, accident, alteration, improper maintenance, or disaster. The BallBike product Warranty assumes that the Instructions / Warnings and recommended assembly instructions have been followed by the customer. It covers the following:

Parts:

- * 5 Years - Frame
- * 2 Years - Cranks, Flywheel, Handlebar, Ball Cradle, Bottom Bracket Cartridge Assembly, Bearings, Magnetic Resistance assembly
- * 1 Year - Wireless Console System (including HR chest strap), Pedals
- * 90 Days - Core Ball, Foam Grips, Handles, Pedal Straps, Seat Adjustment Lever, Cables, Resistance Knob, Resistance Tubing

Labor: 1 Year - following customer installation.

Contact BallBike Customer Service and provide the following information:

1. Customer Name and Number
2. Shipping and Billing Addresses
3. Telephone Number
4. Bike Serial Number being reported
5. Date purchased

Procedures and Policies:

1. Call BallBike Customer Service (877-668-4402) to receive a Return Goods Authorization before shipment of returned goods.
2. If the machine is Under 1 Year old, FIT One, LLC will pay the ground freight charges for warranty parts ordered. If Over 1 Year old, customer must pay the freight charges for warranty parts ordered.
3. Warranty parts that are inoperable and in need of being returned to our Customer Service will have shipping paid for by Fit One, LLC . Return shipping instructions will be provided.

* Note: If replacement parts are shipped to you, and under warranty, you may be required to return the part in question.

Warranty information continued on the next page....

Revolution Owner's Manual

Warranty Information cont'd:

This warranty begins upon original purchase of the product from an official, authorized distributor or retailer. Fit One LLC (warrantor) reserves all rights to inspect any parts requesting replacement. Purchaser may be required, at own expense, to send in any part to the Canton, Ohio, USA address for complete inspection and authorized validation of claim by Fit One LLC before a replacement is given to purchaser.

This warranty is also void if the product was misused in any way other than expressed in the Owner's Manual, had faulty repair or replacement attempts by purchaser, or if in conjunction with the product any substituted part (s) not authorized or given by Fit One LLC was used.

This is the only warranty that Fit One LLC issues with this product. No other warranty or implied warranty applies. This warranty and any possible rights adjoined to it only apply for the duration of the warranty.

This warranty gives you specific legal rights. You may have other legal rights which vary from state to state.

Please write down the following information and keep for your records:

_____ / _____
Product Serial Number

_____ / ____ (____) _____ / _____
Name of BallBike Dealer Telephone # of Dealer Date Purchased

