

# TRUEBIKE

USER MANUAL | ENGLISH



TRUEKINETIX



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# INTRODUCTION

Welcome to TrueKinetix and congratulations on your new TrueBike, the world's first robotic indoor training bike. Please make sure you have read, performed and completed the assembly instructions completely, and that the TrueBike is properly installed before continuing with this user manual.

This manual provides the information necessary for owners/users to use the TrueBike. This manual tells you how the TrueBike's functions and settings work. If you have any problems using the TrueBike, please read the details of our support desk on the last page of this manual.

This manual is written for the owner/user/tenant of the TrueBike. If changes in the use and manual occur during the development process of the TrueBike, we will inform you as indicated in the privacy policy on our website.

# OVERVIEW

The TrueBike is the world's first robotic indoor bicycle trainer and should be used as an indoor bicycle trainer. This document contains screenshots and instructions to describe how the TrueBike system works. Fields or buttons that must be clicked are indicated by quotation marks.

Note: The term "user" is used in this document to refer to the person who needs or has been granted access to the TrueBike.

## Warnings

When you turn on your TrueBike, pay attention to the following warning: 'Your battery is low'. If this message is displayed, use the charger plugged in. Make sure

Before you start exercising, make sure the saddle and handlebars are correctly positioned, both

vertical and horizontal, to avoid physical discomfort and risk of injury.

## After using the TrueBike:

- Be sure to unplug it from the power outlet to prevent the battery from overcharging.
- Turn off the bike.



# 1. TRUEBIKE WELCOME SCREEN

It's time to start using your TrueBike! After completing the set-up guide, you are ready to discover all the features of the TrueBike. Read on and enjoy your first TrueBike experience. After turning on the TrueBike (the power button is located on the right side of the motor housing), after a start-up sequence of about 30 seconds, you will see the TrueBike's home screen.

# 2. NAVIGATING THE USER INTERFACE

To select something on the display, use the 9 buttons on the TrueBike's keypad. They correspond to the 9 buttons you see on the screen. If you press the center "Enter" button, the "Select a User" screen will appear. Follow the instructions to proceed.

# 3. GETTING STARTED

In the 'Select a User' screen, you can choose from the following options:

Sign in: Sign in to your TrueBike account with your username and PIN created/set up through [athletes.truekinetix.com](https://athletes.truekinetix.com).

Guest: The guest user's personal information cannot be changed. This account can be used by users without a personalized account.

System Settings: In the System Settings, you can change the general settings, such as the WIFI. You will need a pin to access the system settings. When you receive the TrueBike, this pin will be set to '0000' (four times zero). We recommend changing this pin when the TrueBike is in a public area with multiple users. This is to prevent anyone from changing important settings in System Settings. The user with the System Settings pin has the following rights:

- Change Settings PIN: Wijzig de pin voor toegang tot de systeeminstellingen.
  - WIFI-Setup: Aansluiten of wijzigen van het WIFI-netwerk (zie meer 3.1).
  - UserDeletion: Gebruiker(s) verwijderen.
  - Factory reset: Alle gegevens van uw TrueBike verwijderen. Inclusief gebruikers-, fiets- en setup-gegevens. Wanneer de fiets verbonden is met het internet, zullen de accountgegevens die verwijderd worden met de 'Factory Reset' nog steeds online toegankelijk zijn.
- Voltage calibration.



### 3.1. CONNECTING TO WIFI

Before you can log into the TrueBike with your own account, it must first be connected to the WIFI network. Use the keypad to navigate to 'System Settings' and press 'Enter'. Enter the PIN to access 'System Settings' and use the arrows to navigate to 'Select Network'. Press the ' > ' arrow and the TrueBike will begin to scan and search for available networks (this may take a few seconds). Select your WIFI network from the displayed list and press 'Enter'. Enter the WIFI password for this network using the arrows on the keyboard and press 'Done'. If you want to add an additional field, press the ' > ' arrow. If you want to delete a field, use the down arrow to go back to the beginning (one field before the 'a'). If your password is incorrect or there is no WIFI connection, a cross will be displayed in front of the connection icon at the top of the screen. If the system is still looking for a connection, a red question mark will be displayed.

Important: in order to connect to the WIFI network, the WIFI network must be 'visible'. If the WIFI network is 'hidden', the TrueBike cannot connect.



## 4. TRUEBIKE MENU

The TrueBike Menu contains the following options:

- 4.1. Train
- 4.2. Program
- 4.3. History
- 4.4. Settings
- 4.5. About

After creating your user profile, you will be directed to the 'Select Train to ride' screen. To start a training session, select 'Train' and then 'Enter' to go to your training screen.





## 4.1. TRAIN

When you press 'Train' you will enter the training screen. There are six main categories shown at the top of the screen.

From left to right, the following main categories are shown:

Power -> W (wattage) = Average 10 sec power

Speed -> Km/h (kilometers per hour) = Instantaneous speed

Vert Vel -> M/min (meters per minute) = Vertical displacement per minute

HR -> Bpm (beats per minute) = heartbeats per minute

Cadence -> Rpm (revolutions per minute) = Crank revolutions per minute

Left/Right balance -> L/R Balance = Power distribution between left and right le



### Navigating through the training screen

The 9 buttons on the screen correspond to the 9 buttons on your keypad.

#### Fields 1 to 4

The main categories are broken down into four fields at the bottom left of the screen. If you want to display the subcategories on the training screen, you have to choose between the mode "Show me the Data" or the "The Matrix". In the latter, you can also change the location of the main categories.

#### Graph1 en Graph2

In the default screen, the main Power and Cadence categories are shown in the graphs on the left and right sides of the screen. To change the graphs, press the layout button on your handlebar. Move the yellow frame to Graph1 or Graph2 by using the (vv) button. Select the desired data by pressing the (>>>)-button. To confirm press 'Enter' on the center of the handlebar.



### Pre sets

The training screen can be customized to your liking. There are five pre-programmed screen layouts to choose from (Pre-sets). You can easily limit or expand the amount of training data per field with a few clicks of a button. The table below shows which data you will see for each pre-set. In addition to these four pre-sets, there is a fifth called 'The Matrix' where you can customize all fields.

	Easy rider	Gear it Up	The Fundamental (Default)	Show me the Data
Power (W)	X	X	X	X
Speed	X	X	X	X
Cadence	X	X	X	X
Heart rate		X	X	X
L/R balance			X	X
Pedal Force Graph			X	X
Ascend			X	X
Elevation (m)			X	X
Energy (kCal)				X
Average power, heart rate, speed.				X
MAX Power, MAX Heart rate,				X





## Customize your fields in The Matrix

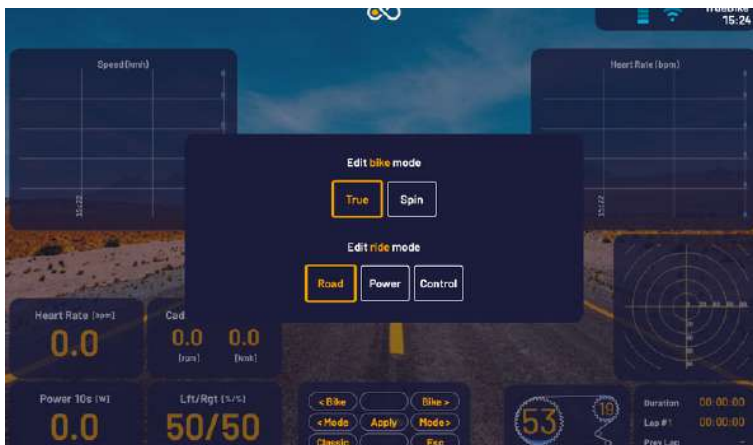
To change the fields, press the layout button on the handlebar. Put the frame around 'presets' and press the (>>>) button on your handlebar. Use the (^^^ ) or (vvv) buttons to select 'The Matrix'. Depending on the preset mode you will press one of the two navigation buttons more often. Confirm by pressing 'Enter'.

Once in 'The Matrix', move the yellow frame to the field you want to edit [Field 1, 2, 3 or 4]. Then press (>>>) to edit the field. The screen is shown below. Here you can choose the number of values and which subcategories will be shown in the training screen. To exit the screen, press the Esc button on the bottom right of your handlebar.



## Mode

To change the mode of the bicycle displayed in the lower-left corner of the screen (TRUE or SPIN, POWER and HILL).



## Stop

Press 'Stop' if you want to end your training session.



### Subcategories

When you select a main category, the subcategories are displayed below:

Power 1 (W)	Gemiddelde Power over 10 seconde	Power 2 (W)	Gemiddelde Power over 10 seconde
Power Average (W)	Average Power over entire session	Power 3s Avg (W)	Average Power 3 seconds
Power Lap Average (W)	Average Power over last lap	Power 30s Avg (W)	Average 30 second PPower
Power Previous Lap (W)	Average Power over previous lap	Power Previous Lap (W)	Total Power of the previous lap
Energy (J)	Total amount of Calories burned in KiloJoules	Pedal Force (N)	Pedal force on pedals
Speed (km/h)	Instant speed in km/h	HR (bpm)	HR in beats per minute
Speed avg (km/h)	Average Speed in entire session	HR Average (bpm)	Average Heart Rate in BPM
Power Lap Average (W)	Average Speed of last lap	HR lap Avg (bpm)	Average Heart Rate of previous lap in BPM
Speed Previous Lap (km/h)	Average Speed of previous lap	HR Previous Lap (bpm)	Average Heart Rate of previous lap in BPM
Distance (km)	Travelled distance in kilometres	Intensity	<i>Value not yet available</i>
Cadence (rpm)	Amount of revolutions per minute	Vertical Velocity (m/min)	Vertical displacement per minute
Cadence Average	Average Cadence	Vert Vel Lap Average (m/min)	Average vertical displacement per minute for the entire session
Cadence Lap Average (W)	Average Cadence of last lap	Vert Vel Prev Lap Avg (m/min)	Average vertical displacement per minute of the previous round
Cadence Previous Lap (W)	Average Cadence of previous lap	Incline (%)	Slope percentage in percent
Balance	<i>Value not yet availale</i>	Elevation (m)	Average vertical displacement in meters



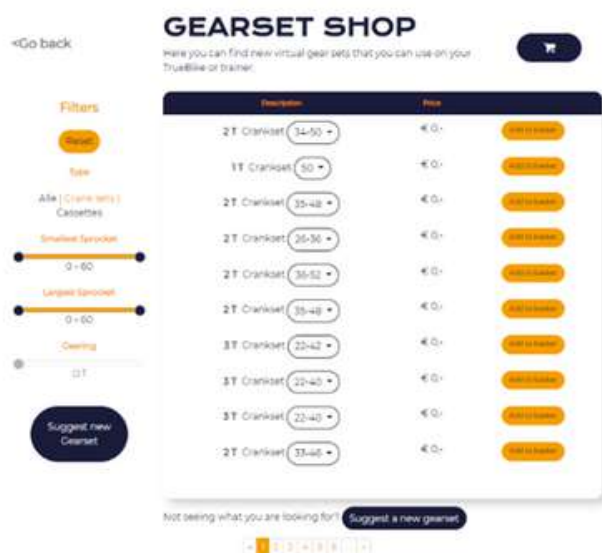
## Bottom of the screen

The bottom part of the screen displays the following:



## Gears

The default gears are 53/18. The switches can be found on your handlebars: Front gear: 2 buttons on the left to change the front 'chainrings' and 2 buttons on the right to change the gear on your 'cassette'. You can set your gears in your TrueAthletes account. Login to your TrueAthletes account on the computer and select 'Gears'. Select 'crankset' or cassette. Now you will see the Gearshop. Use the filters to find the crankset you want, then click 'add to basket' to order. Then select 'checkout' to confirm or select 'add cassette' to order a cassette additionally. Repeat previous actions.



## Laps

If you want to do an interval workout, you can split the workout into stages. By using the Lap button at the bottom right of your handlebar, you can mark a new stage. Above in the right-hand corner, there are various data, including the elapsed training time (Duration), the number of the current lap (lap #3) and the time marker of the previous lap.

## Bike Mode

True (= TrueBike)

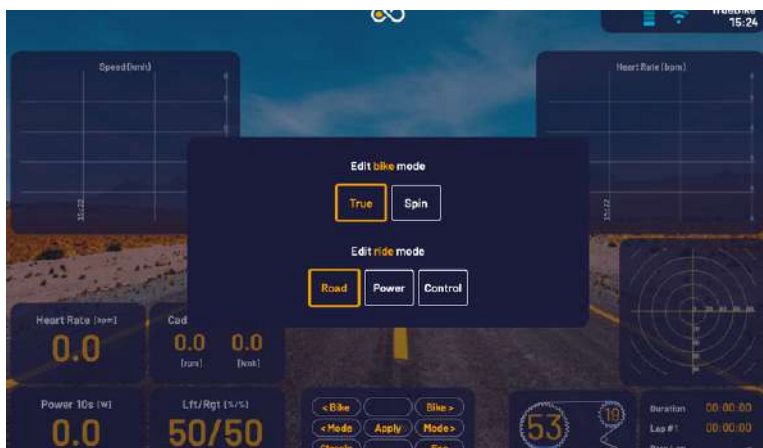
Spin (= spinnen, simulation of a spinbike) mode



## Training modes

- Road-mode: In this mode you can train and change the incline whenever you want. You can set inclines from +15% to -15%.
- Power: Load-restricted mode in Watts.
- Control: Mode in which you cycle within the control of external software.

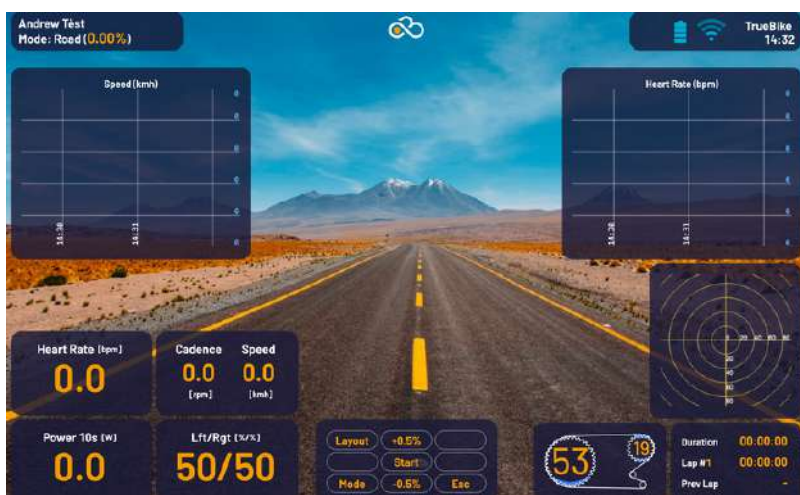
You can change the 'Mode' by using the Mode button, on the left side of the TrueBike keypad. When you press 'Mode', the screen below is displayed:



To change the cycling mode of your TrueBike (True or Spin), use the left and right buttons at the top of your keyboard (shown on your screen as '< Bike' and 'Bike >'). To change the 'Mode' setting for your workout, press the middle left and right buttons. You can choose between 'Road', 'Power' and 'Control'. Press 'Apply' when you have finished editing your Bike Control Mode.

## Press start to begin your training session

Your workout will start after pressing 'Start'. Below is an example of a workout screen. Each field displays a selected category. In the image below, the right graph shows the Pedalforce of your left and right leg/pedal and the left graph shows the Speed.





## 4.2. PROGRAM

Next to 'Train' in your Home Menu you will find 'Program'. Select a program from the list if you want to select an existing workout. If you want to add a new workout, select 'Add new workout' using the buttons on your panel. When you select 'Add new workout', you will be presented with a screen where you can create your own workout program.

First, name your program using the buttons on your panel. Navigate to Add Event to begin editing/creating your workout and press 'Select'. After pressing 'Select' the screen below will be displayed.



This screen allows you to personalize a phase of your program. The following options and subcategories can be changed:

### A. Type (the main purpose of the phase in the training).

- Duration (duration of the phase in training)
- Distance (distance of the phase in training)
- Elevation (increase or decrease in the training phase)
- Energy (energy consumed in the training phase)

### B. Intensity (the intensity of the phase in the workout)

- WarmUp
- CoolDown (concluding part of training)
- Easy
- Moderate
- Hard
- Sprint



- C. Duration (duration of your training phase)
- D. Distance (travelled distance in the training phase)
- E. Elevation (height in meters traveled in the training phase)
- F. Energy (energy consumption in Joules during training phase)
- G. Power (power during training phase)
- H. Hill (% of slope in training phase)

Note the limitations when choosing the type of training: if you choose 'Elevation', you can only set the option 'Hill' and not 'Power'. If you choose 'Energy', you can only change 'Power' and not 'Hill'. Press 'Modify' when you are done entering all the data.

### 4.3. HISTORY

After you finish and save your session, the data will be uploaded to your TrueAthletes account (only if you are connected to the WIFI). Log into your online account via [athletes.truekinetix.com](https://athletes.truekinetix.com), then click on the workout you want to see and easily analyze your data.

If you want to see your training data on the bike itself, you can go to 'History' in your Home screen. A list of your workouts will then appear. Use the buttons to select a date to view a particular training session with all the graphs and data. Initially the entire session will be shown, but you can also select individual laps to view using the navigation buttons on your keyboard. All main categories, shown at the top of the screen, can be displayed in a graph.



## 4.4. SETTINGS

To change the specific settings of your bike, return to the Start menu and select 'Settings'. When you select 'Settings', the menu appears with the following options:

Personal Info: In 'Personal Info' you can change your weight and maximum heart rate.

Interface: Information about your TrueBike Interface.

Support VPN: When you contact the support desk they may ask you to turn on the 'Support VPN' so they can connect to your bike.

ANT+ Devices: Press here to connect your ANT+ device to the TrueBike (see below).

Remove User: If you want to remove your own account, use this option.

### Connect your ANT+ device

Select 'Devices' and press 'Enter'. If you have added ANT+ devices before, the device will appear in a list. If this is the first time or if you want to connect another device, you must select 'Scan for new device' and wait for the system to find your device. Select your device and connect. Now your device is connected. The ANT+ ID is stored in your account, so you don't have to perform a new scan next time. In your TrueAthletes account you can see which devices are connected to your account and change or delete them if necessary.

## 4.5. ABOUT

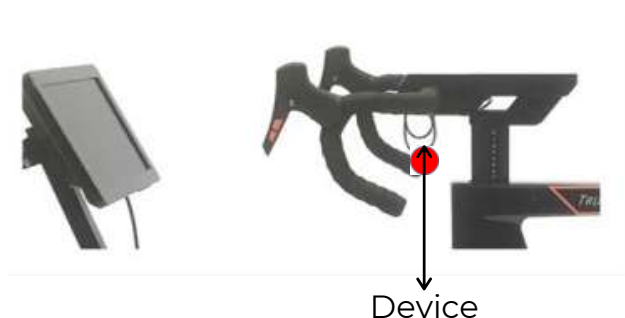
In 'About' you can find information about your TrueBike. Here you can also proceed to the system settings if you have the PIN code required for this.



## 5. CONNECTIONS

### 5.1. SPORTS WATCH

To connect your watch to the TrueBike, the TrueBike must be in Train mode. When in Train mode, the watch should be held just below the handlebars of the TrueBike (hold it where the circle is in the image below) and follow the instructions on your watch.



### 5.2. ZWIFT

In 'Settings' you will find 'Interface'. The interface shows the BikeID of your TrueBike. You will need this when you log into your Zwift account. If you want to connect to Zwift, the TrueBike must be in Train mode. When you start the Zwift program on the computer/laptop/tablet/phone, Zwift will search for the connection to the TrueBike. Select your TrueBike ID from the list and connect. After connecting in Zwift, the TrueBike will ask if you want to connect to an external controller. Select 'YES' and the TrueBike's mode will change to 'CONTROL'.

You are now connected to Zwift and the workout can begin. Please note, do not forget to press 'Start' to start the workout. Otherwise, all training data will only be available in Zwift (it is less detailed and cannot be moved to your TrueAthletes account).

Enjoy your ride!





## 6. SUPPORT

We are continuously optimizing the TrueBike and trying to give you the best TrueBike experience. We strive for a trouble-free TrueBike and we will do everything possible to achieve this goal. Despite all our efforts to achieve this goal, it is possible that you may experience a problem while using the TrueBike. If errors or problems occur, we will try to help you by finding an appropriate solution.

### 6.1. ERROR MESSAGES

If an error occurs on the screen, stop using the TrueBike and contact our support desk. You can find the details of our support at the bottom of this page (6.3).

### 6.2. SPECIAL CONSIDERATIONS

The TrueBike must be used as described in this manual. If you fail to do so and a problem occurs, we are not responsible for the consequences and costs associated with it. Of course, we want you to have the best possible experience with the TrueBike and will do everything we can to help you solve any problems. Unfortunately, we cannot guarantee a solution if the TrueBike is not used as explained above.

### 6.3. SUPPORT CONTACT

If the TrueBike is not working as it should, please review our online support center via <https://support.truekinetix.com/hc/en-us>. If your question and solution is not listed, please contact our support desk. See the contact information below.

#### Contact & TrueBike Support

Phone +31 6 48 36 30 19

Email [support@truekinetix.com](mailto:support@truekinetix.com)