



S3u™ Installation Guide

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Before using this product, it is essential to read this entire User guide and **all** instructions.

 **CAUTION:** *Changes or modifications not expressly approved by Expresso Fitness could void the user's authority to operate the equipment.*

While every attempt was made to verify the information in this document at the time of writing, the information in this document is provided “as is” without warranty of any kind and is subject to change without notice.

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Safety instructions

DANGER:

- ⚠ Never open the S3r computer pedestal. This may expose you to risk of shock, fires or injury.
- ⚠ To reduce risk of burns or shocks only use grounded (three prong) power cords.



Yes

No!

- ⚠ To reduce the risk of electrical shock, always unplug the S3u before attempting any maintenance activity.

CAUTION:

- ⚠ Keep the power cord away from heated surfaces. Do not pull the equipment by the power cord or use the cord as a handle.
- ⚠ If the power cord is damaged, it must be replaced by the manufacturer, an authorized service agent or a similarly qualified person to avoid a hazard.
- ⚠ Never operate an S3u with the air vents blocked. Keep air openings free of lint, hair or any obstructing materials.
- ⚠ Do not use this product in areas where aerosol spray products are being used or where oxygen is administered. Such substances create the danger of combustion and explosion.
- ⚠ Do not install the S3u outdoors, near swimming pools or in areas of high humidity.

This equipment has been tested and found to comply with the limits for a Class A digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference when the equipment is operated in a commercial environment. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instruction manual, may cause harmful interference to radio communications. Operation of this equipment in a residential area is likely to cause harmful interference in which case the user will be required to correct the interference at his own expense.

Usage



Before using the S3r, Expresso Fitness **strongly** recommends seeing a medical specialist, particularly if you are suffering from any of the following: heart disease (angina pectoris, myocardial infarction), hypertension, diabetes, respiratory disease (asthma, chronic bronchitis, pulmonary emphysema, etc.), articular metamorphosis, rheumatism, gout, or other diseases and physical complaints. Pregnant women should also consult their doctor before beginning a training program.

If you are not used to regular physical activity, it may be dangerous to suddenly engage in strenuous activity. Increase your exercise level gradually.

If you feel sick or sense that something is wrong with your body during exercise, **stop immediately**.

Health-related injuries may result from incorrect or excessive use of exercise equipment. Expresso also recommends consulting a fitness professional on the correct use of this product.

Use the S3r only as described in this guide.

- Children or developmentally-challenged individuals must be monitored while using S3r.
- Never place containers filled with liquids directly on the unit, except in the water bottle holders. Containers should be covered with lids.
- Carefully mount the S3r when starting to exercise and dismount carefully when you're finished, especially if you are tired.
- Wear shoes with rubber or high-traction soles. Do not use shoes with heels, leather soles, cleats or spikes. Do not use the S3r with bare feet.
- Keep all loose clothing, shoelaces and towels away from moving parts.
- Do not reach into, or underneath the S3r; and do not tip the S3r on its side during operation.
- Keep the area around the S3r clear of any obstructions, including walls and furniture. Provide at least three feet of clearance behind the unit.
- Use caution when stepping on or off of the S3r bike.
- Never face backward while using the S3r bike.

Safety Approvals:



TUV Rheinland of North America



EMC Compliance:

This equipment has been certified to comply with the limits for a Class A computing device, pursuant to Subpart B, Part 15 of FCC Rules

IC – Industry Canada

This equipment has been certified to comply with testing requirements for RSS-210 devices.



Industry
Canada

Industrie
Canada



"This device has been designed to operate with the antennas listed below, and having a maximum gain of 5 dB. Antennas not included in this list or having a gain greater than 5 dB are strictly prohibited for use with this device. The required antenna impedance is 50 ohms."

Antenna: Wireless-G

"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."

S3u unpacking and assembly

Important Safety Instructions on Bike Assembly

1. Expresso S3u bikes require two operators to safely assemble the bike from a low profile to fully assembled configuration.
 - a. Please use caution while raising the S3u bike from its low profile to fully assembled position. Expresso recommends using two operators: one to hold the monitor assembly while a second removes the bolts at the frame hinge. Two operators should be used when swinging the hinge either up or down (Figure 1).
 - b. NOTE: S3u bikes should remain on the shipping pallet when moving the bike hinge from a low profile to fully assembled position and vice versa.
2. Remove all packaging from bike.
3. With the help of another person swing monitor up into the full upright position.
4. With bolts provided in the hardware kit (3) screw the upright into position with the #5 Allen wrench which is also supplied in the hardware kit. (Figure 2)
5. Once the upright is secured into its fully assembled position then with the help of another person place bike into position.



Figure 1

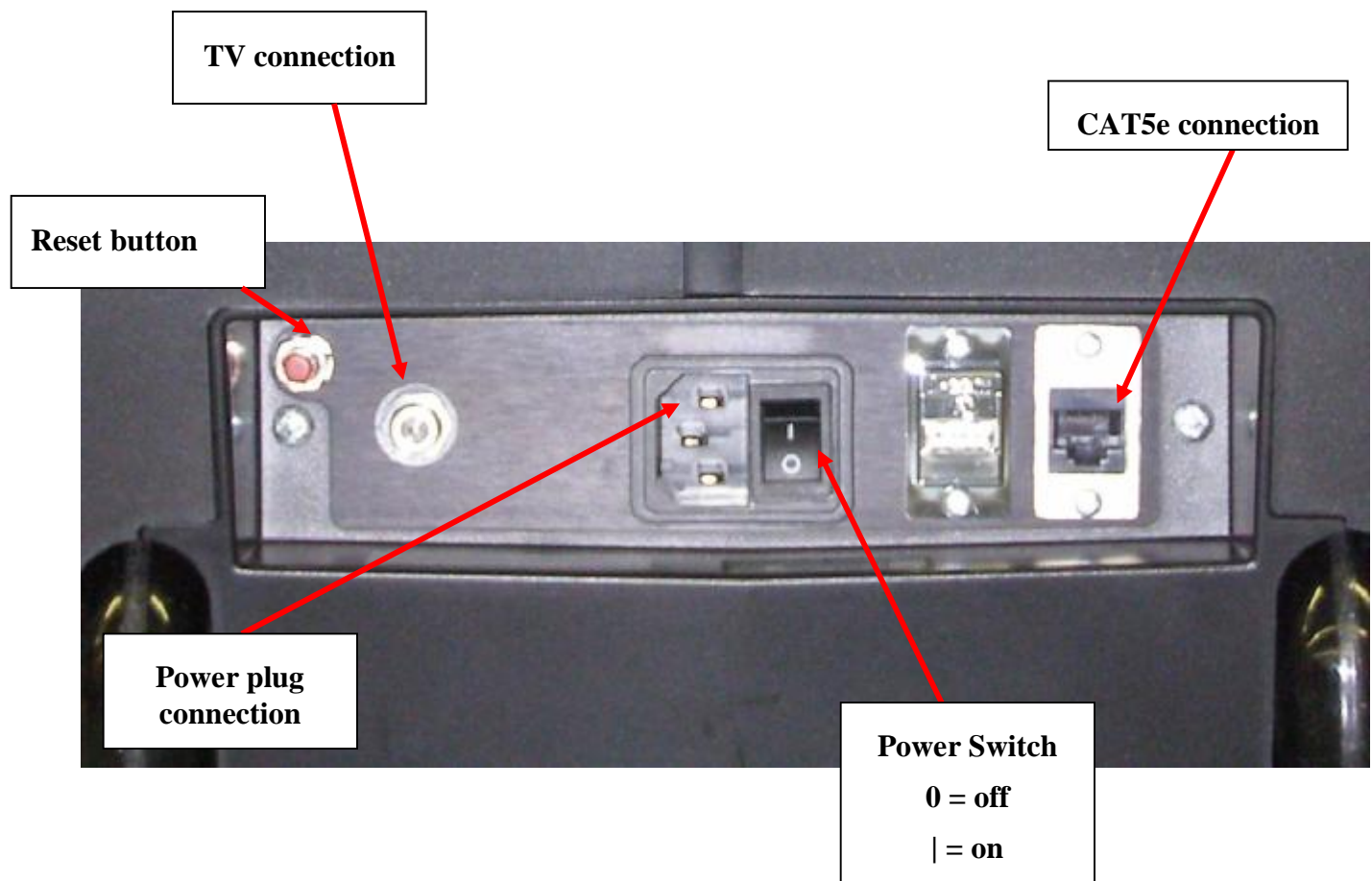


Figure 2

Setting up the S3u

1. Place the S3u unit in the designated location.
2. Connect the power cord into the front power location.

Note: Espresso Fitness' limited warranty on mechanical and electrical parts is voided if the product is ever plugged into a power source that is not surge protected.



Installing the router

Connecting the Expresso Fitness Linksys wireless-N broadband router

1. Connect your broadband modem or router's Ethernet cable to the Expresso Fitness router Internet port.



2. Connect the included power adapter to the router's Power Port, and then plug the power adapter into the electrical outlet. The Power LED on the router front panel will light up when the adapter is connected properly.



3. Power on your S3u bike.

Connecting the Expresso Fitness Linksys wired broadband router

1. Connect your broadband modem or router's Ethernet cable to the Expresso Fitness router Internet port.



2. Connect the CAT5e cables from the yellow ports on the Linksys router directly to each bike.
3. Connect the included power adapter to the router's Power Port, and then plug the power adapter into the electrical outlet. The Power LED on the router front panel will light up when the adapter is connected properly.



4. Power on your S3u bike.

Testing and configuring S3u

Power-on S3u

Check audio

- Insert headphone jack and turn on music

Enter configuration mode

- Log onto bike using *Try Expresso* (if not connected to internet hit **Enter** to continue)
- Press Manual button
- Type **7913**
- Press **Enter** to enter configuration mode

Check/Calibrate steering

- Press **Enter** to select **Calibrate steering**
- If steering bar is *not* centered then press **Enter** and follow instructions to calibrate steering.
- If steering bar is centered go to next step.

Properly calibrated steering makes the "virtual bike" go down the road straight when the steering is centered.

Configure Time Zone

- Scroll down to **Configure Time Zone** and press **Enter**
- Highlight appropriate time zone and press **Enter**
- Push the back button to return to the configuration main menu



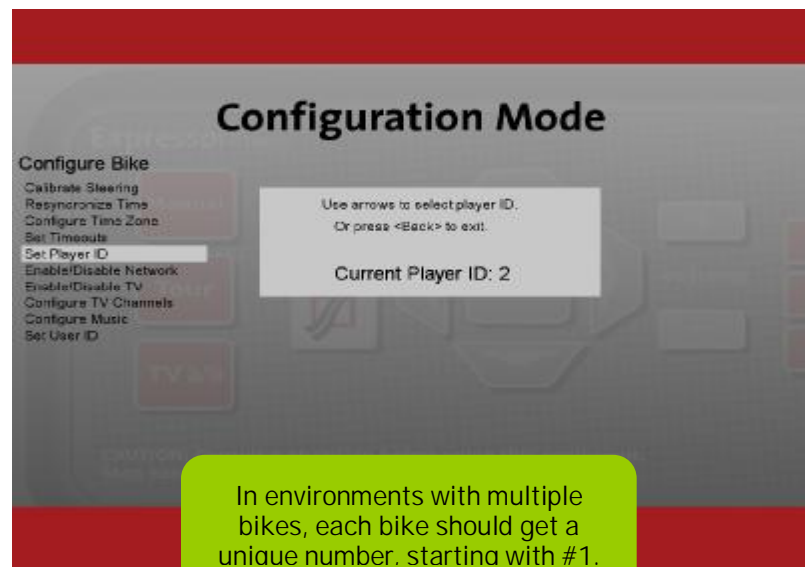
Audio jack on bottom right of user console



Configure player number

- Scroll down to **Set player I/D** press **Enter**
- Use the side arrow keys to select the player number you want then press **Enter**
- Use the **Back** button to return to the configuration menu

Connect 2 to 16 Expresso bikes to enable Multi-Player functionality. Assign a unique I D number to each individual bike for easy identification. For installations larger than 16 bikes, create two or more smaller groups and connect with a wired router.



Enable/disable TV

- Scroll down to **Enable/Disable TV**
- Pressing **Enter** will allow you to turn TV **ON/OFF**.

Configure TV channels

- Scroll down to **Configure TV channels** – press **Enter**
- Use the **UP/Down** arrow to select the channel you want to turn **On/Off**.
- Pushing **Enter** turn On/Off the channel number you have selected.
- Use the up/down arrows to select other channels.
- To set the a **default** channel (such as channel 3 or 4 for cable/DVD):
 - Select the channel you want to set as the default
 - Ensure it is turned **ON** (i.e., it is highlighted with a green background)
 - Push the zero **0** key to set the channel as the default TV channel.
 - Use the **Back** button to exit TV channel configuration mode.

Upload log files

- Push the **Back** button
- Use the **down** arrow - highlight **Use Network** - Press **Enter**
- Use the **down** arrow highlight **Upload log files** – Press **Enter**.

Exit configuration mode

- Push the **Back** button
- Use the **down** arrow - highlight **Exit configuration** - Press **Enter**
- You will now be returned to Tour Mode.

Check to make sure Heart Rate is working

- Placing both hands on handlebars, within 5-10 seconds, one should see “calibrating heart rate” and then your heart rate reading show up on the screen.
- Check wireless heart rate using Polar pulse simulator or belt.

Check the following:

- Make sure Speed and RPM are displaying on the screen
- Make sure Multiplayer is working by placing all bikes on the same route and verifying that all player numbers are displayed on the route track in the left top corner of the screen
- Check to make sure bike shifts gears
- Press all keys on console to make sure they function correctly
- Check that there is no drive train slippage (high gear 25-30)

Contact Expresso Fitness and notify us of installation and upload of file.

- Call 1-888-528-8589 x9

Customer Service Contact Information

Customer Service Phone number:

1-888-528-8589 x9

support@expressofitness.com

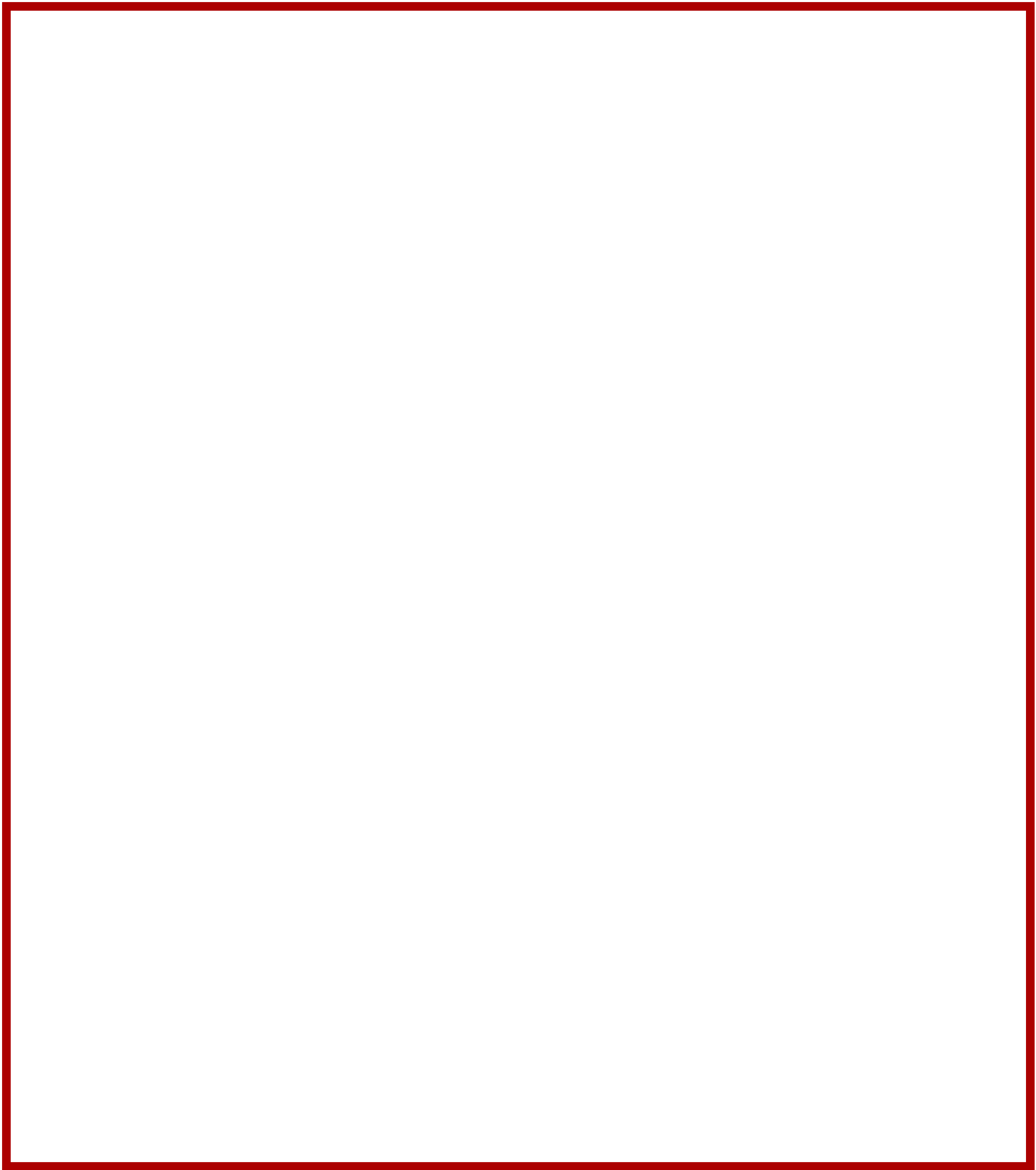
Customer Service Hours:

6:00 AM - 5:00 PM (PST)

Monday thru Friday

Power Specifications:

Power: 100-240V 3A 50/60HZ



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