

*Live Healthy, Live Smart*

**RENPHO**

# AI-POWERED SMART BIKE

## USER MANUAL

Model: R-Q002



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

## THANK YOU FOR CHOOSING RENPHO POWER EXERCISE BIKE

This is an AI-Powered Smart 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.

## WARNINGS

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.

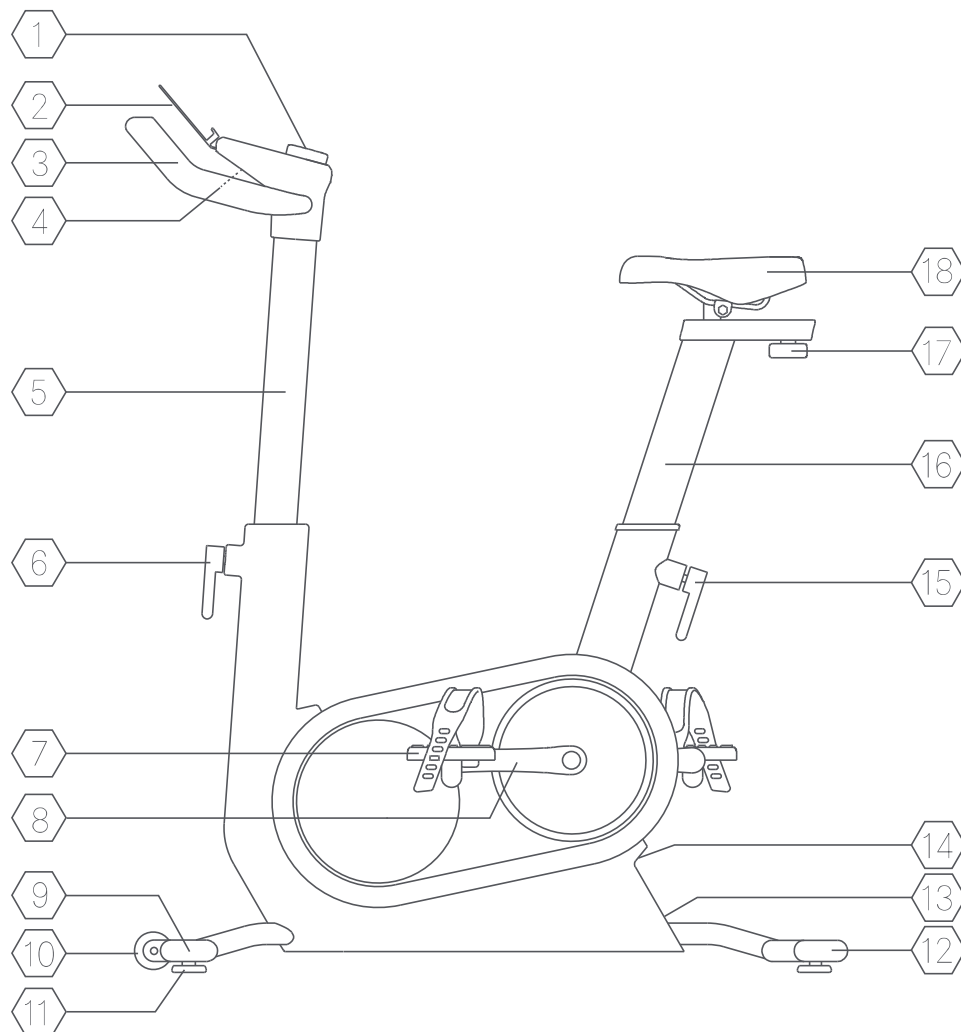
# IMPORTANT SAFETY INSTRUCTION

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 if it is wet.

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

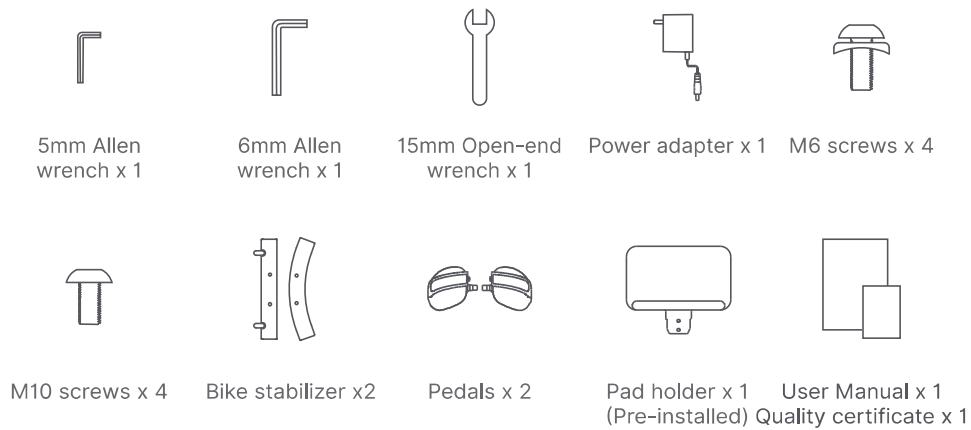
# PRODUCT INTRODUCTION



1. Console
2. Pad holder
3. Handlebar
4. USB port
5. Console post
6. Handlebar height L-handle
7. Pedal
8. Crank
9. Front stabilizer

10. Transport wheels
11. Leveling feet
12. Rear stabilizer
13. Power port
14. Power button
15. Seat height L-handle
16. Seat post
17. Seat front-to-back adjustment knob
18. Seat

## Accessories



## Product Specification

Product Name: **Renpho A1, AI-Powered Bike**

Mode No.: R-Q002

Display: LED nixie tube

Wireless Connection: Bluetooth

Equipment Type: Pedal exerciser

Braking: Non speed-dependent

Resistance: Smart motor damping

Drive: Belt drive

Power Adapter: Input: AC 100-240V, 0.6A 50/60Hz

Output: DC 12V  $\equiv$  1.5A

Rated Power : 18W

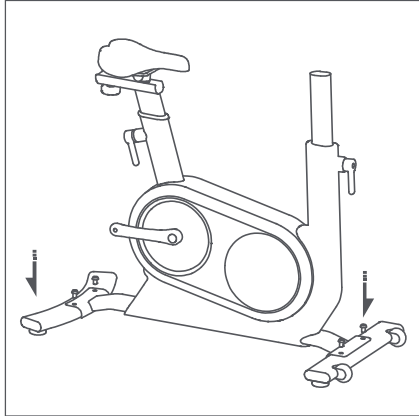
Max Weight Allowed: 120kg / 265lb

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

Net Weight: 35kg / 77lb

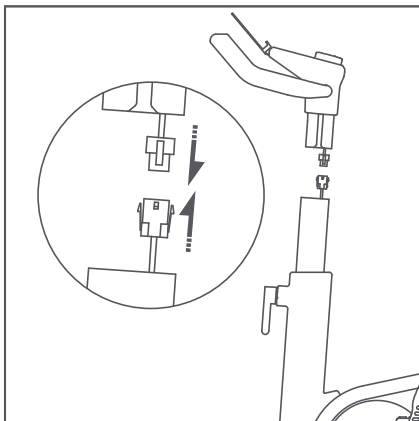
Gross Weight: 40kg / 88lb

# SETTING UP YOUR BIKE



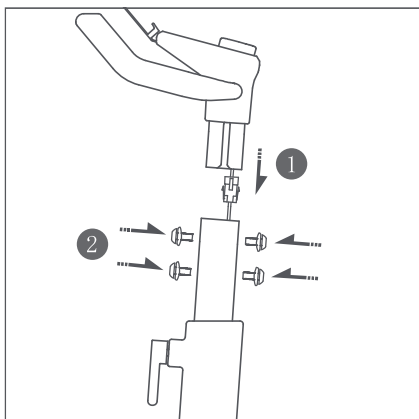
## 1. Install bike stabilizers

Place the front and rear stabilizer as indicated, install four M10 screws and tighten them with a 6mm Allen wrench.



## 2. Connect the tube

Connect the tube inside the handlebar to the one inside the console post. Pay attention to the direction when inserting.

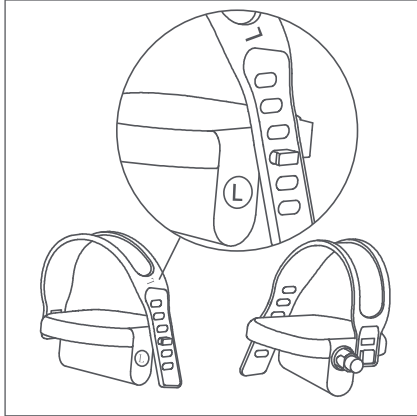


## 3. Mount the handlebar

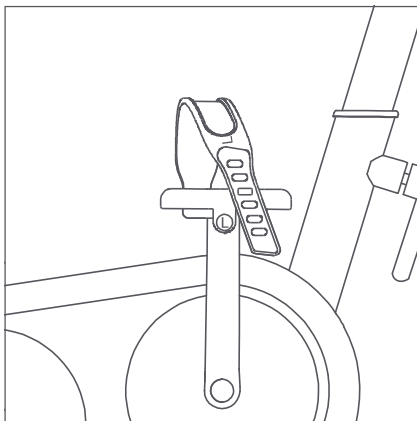
- With the tube well connected, mount the handlebar to the console post.
- Lock 4 M6 screws with a 5mm Allen wrench.

**Attention:** Make sure to place the screw shim properly, with the cambered surface clung to the post.

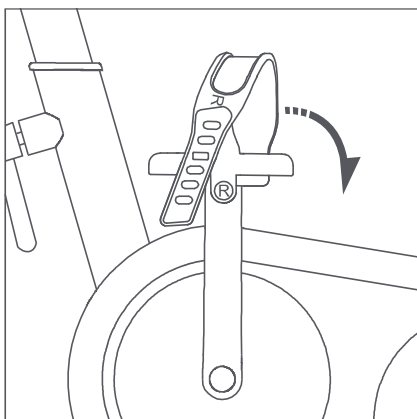
## INSTALL THE PEDALS



Install the pedal straps  
Mount the pedal strap with L sign to the left pedal and the one with R sign to the right pedal.



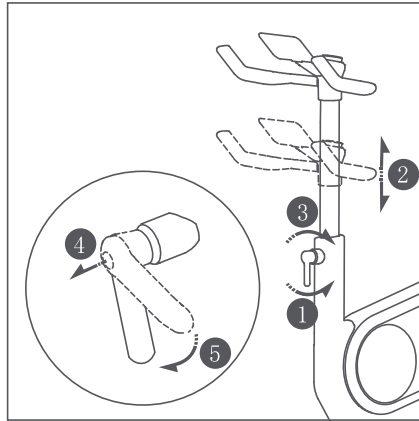
Mount the pedal with L sign to the left side crank, fastening it with a 15mm open-end wrench in an anti-clockwise direction.



Mount the pedal with R sign to the right side crank, fastening it with a 15mm open-end wrench in a clockwise direction.

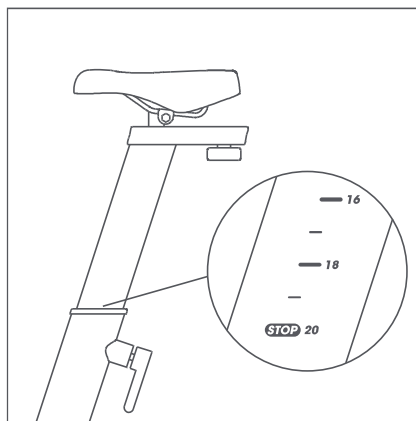


## HANDLEBAR HEIGHT ADJUSTMENT



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.

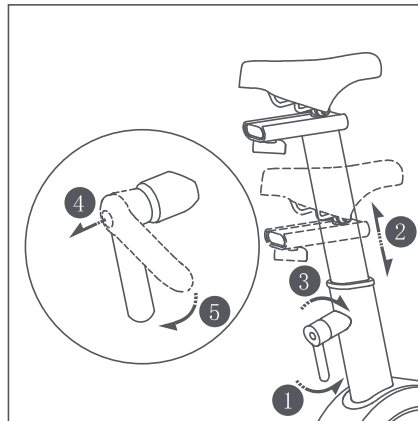
## SEAT HEIGHT ADJUSTMENT



Maximum height

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

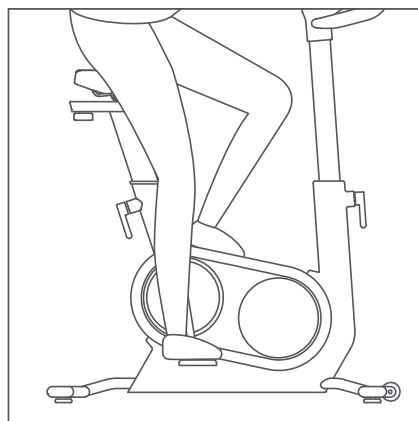
# HANDLEBAR HEIGHT ADJUSTMENT



## 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.

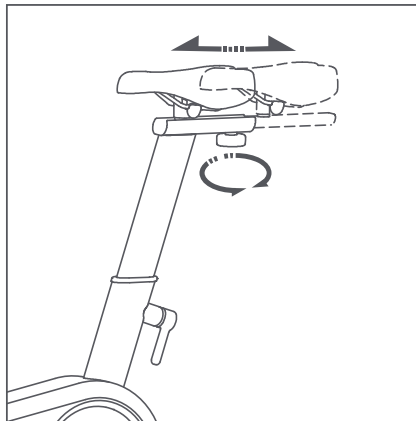


## Set the seat height

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.

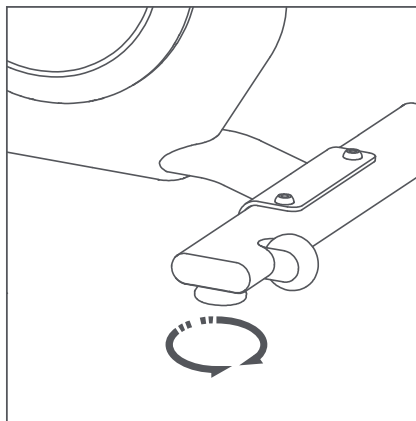
You are at the correct seat height if your leg is now fully extended. That means your leg is straight, but without overextending your knee.

# HANDLEBAR HEIGHT ADJUSTMENT



## Seat depth adjustment

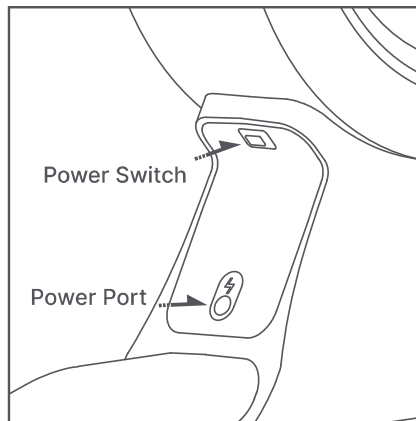
Turn the knob counterclockwise to loosen. Move the seat forward or back. Turn the knob clockwise to tighten.



## Stabilize your bike

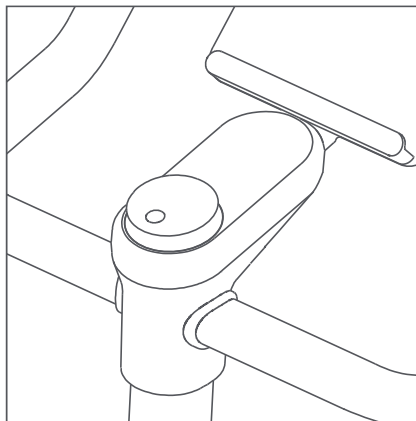
There are four leveling feet on the front and rear stabilizers. Rotate each leveling foot until the bike rests firmly on the floor.

# FUNCTIONS



## Power port

Connect the power adapter to the power port as indicated and connect the power plug to a suitable socket; turn the power button to “-” position 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: watt, 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.

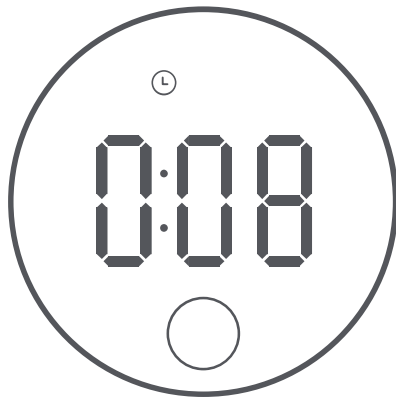


### Rotate the metal frame to adjust resistance

Rotate the metal frame to adjust resistance

## Data display and switch

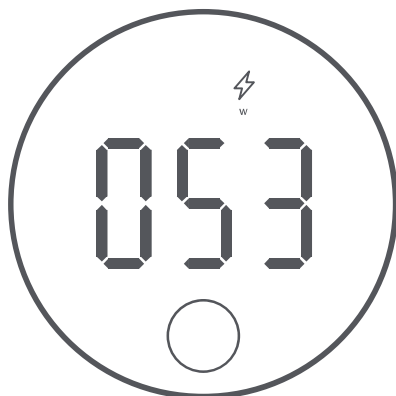
Duration



Resistance(Gear)



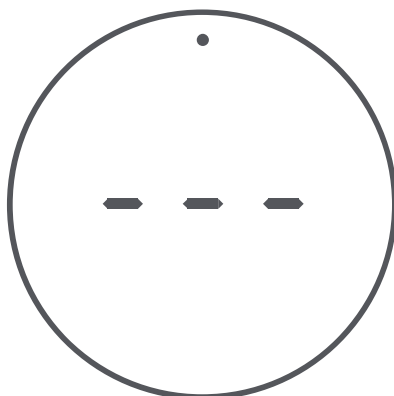
Power



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 and download "AI Gym " in the Apple App Store or Google Play.



AI Gym



2. Sign up or Log in

Use your email address to register and create a new account, then log in.

If you already have Renpho or FITINDEX account, you can directly log in.

If you forget your password, you can reset the password through verification.

←

Create new account

Email

Password

6-20 characters with numbers and letters  
(Case-sensitive)

Next

**RENPHO**

You can use the Renpho App or FITINDEX App account to Log in.

Email

Password

Forget Password?

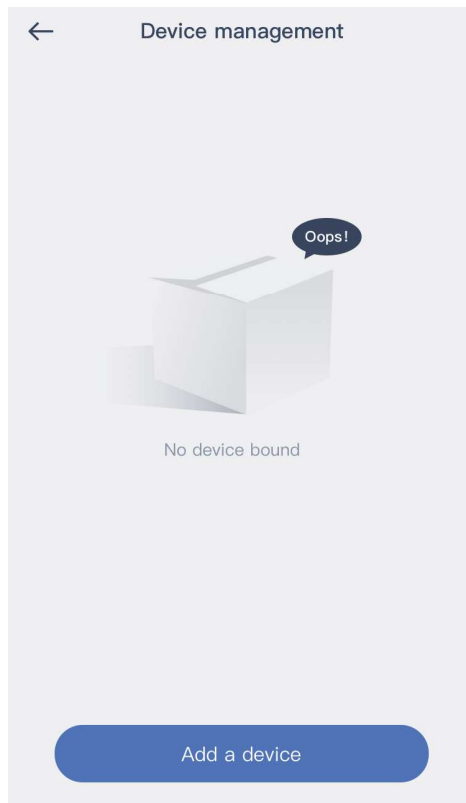
Guest Mode

Log In

Sign Up

### 3. Add device or unbind device

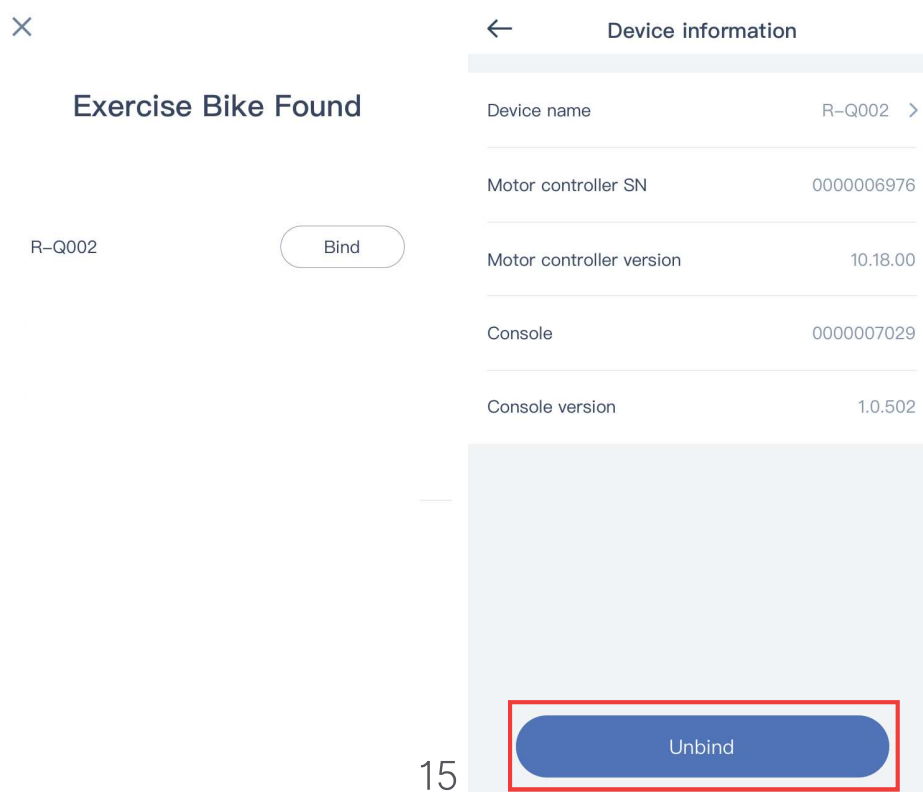
Click “Add device” to search for the device you want, wait for search to complete.



Searching



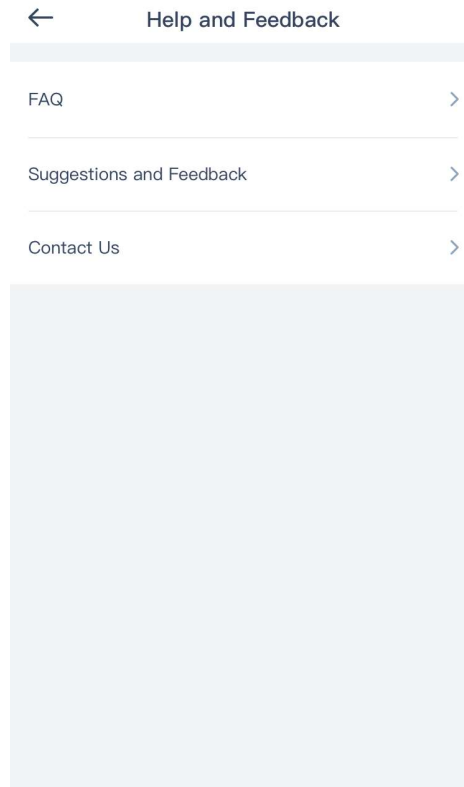
After the search is complete, select the correct device for binding. Once the device is bound, you can view the detailed information about the device. You can also edit the name or unbind the device.





#### 4. Help and feedback

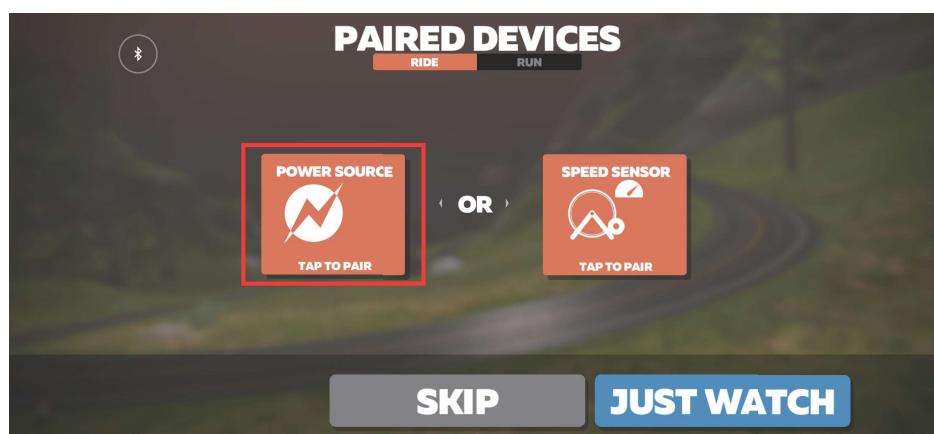
When using the APP or device, you can view more user guides on the Help page. If you have suggestions for us or encounter difficulties, you can contact us by email or call the customer service hotline.



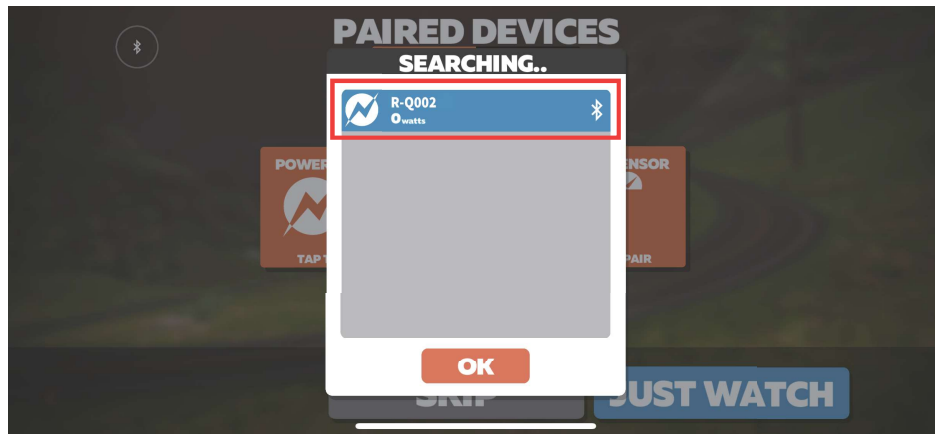
## ZWIFT APP INTRODUCTION

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.

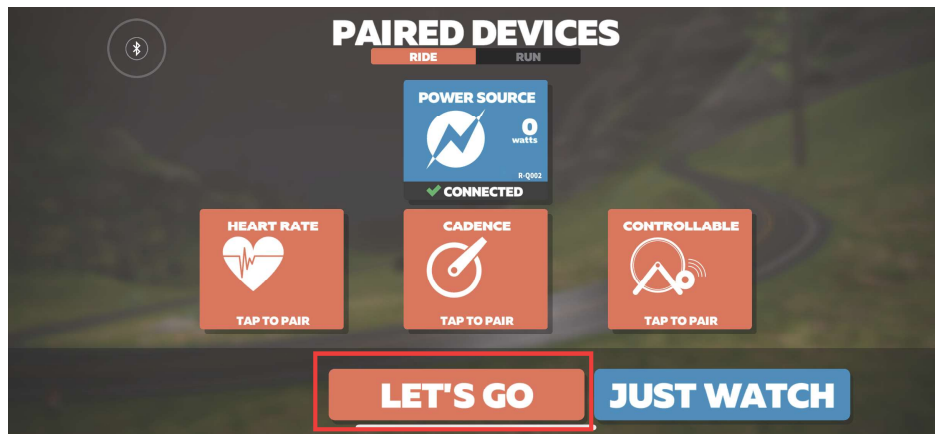
1. Log in with Zwift user account, select POWER SOURCE on the main interface.



2. After click “POWER SOURCE”, the device list interface will pop up, select our device name, and click “OK”.



3. After the pairing is successful, click “Let's Go” to start. Then enjoy your ride.



## 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"> <li>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.</li> <li>2. Rotate the cranks. Tighten the crank screws in case of noise.</li> </ol>
Wobbly handlebars	<ol style="list-style-type: none"> <li>1. Use a 5mm socket head wrench to tighten the four screws on the handlebars.</li> </ol>
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"> <li>1. Re-connect the power adapter.</li> <li>2. Make sure the power adapter is properly connected to the bike.</li> <li>3. Make sure the power button is turned to “-”position.</li> </ol>
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.
If any of above problems cannot be solved, consult our customer service for help.	

## CUSTOMER SERVICE

We have an award-winning warranty, exchange, and customer service team that guarantees hassle-free solutions to any issue you might have within the 24 business hours.

-  **Tel: +1 (844)417-0149**  
Monday-Friday: 9:00-16:30 PST
-  **Email: [support@renpho.com](mailto:support@renpho.com)**
-  **Web: [www.renpho.com](http://www.renpho.com)**

## WARRANTY (1-YEAR PERIOD)

The manufacturer's warranty is void under the following circumstances but not limited to:

- Improper or inadequate maintenance or modification.
- Accident, misuse, abuse, contamination, or other external causes.
- The use of unspecified adapter and accessories.
- Loss or damage in transit.
- Damages that occurs as a result of one's failure to follow the instructions.
- This warranty does not apply to expendable or consumable parts and does not extend to any product from which the serial number has been removed.

## **FCC Statement**

1. 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.
- (2) This device must accept any interference received, including interference that may cause undesired operation.

**FCC Statement 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 with the supplied fastener. DO NOT hang the unit by the power cord.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 20cm between the radiator & your body.

This device complies with Industry Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions: (1) This device may not cause interference, and (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.

# TIT INTERNATIONAL LIMITED

MARKET STALL NO.M65, WO CHE MARKET, WO CHE ESTATE SHATIN, NT, HONG KONG

## **Shenzhen Runfeng Digital Technology Co., LTD**

Chuanghui Building, Intersection of Banxuegang  
Boulevard and Yongxiang Road, Bantian Subdistrict,  
Longgang District, Shenzhen



FCC ID: 2APXU-RQ002

IC ID: 26173-RQ002

Made in China