



**C-21 BIKE**

**C-21 VÉLO**

**USER MANUAL**

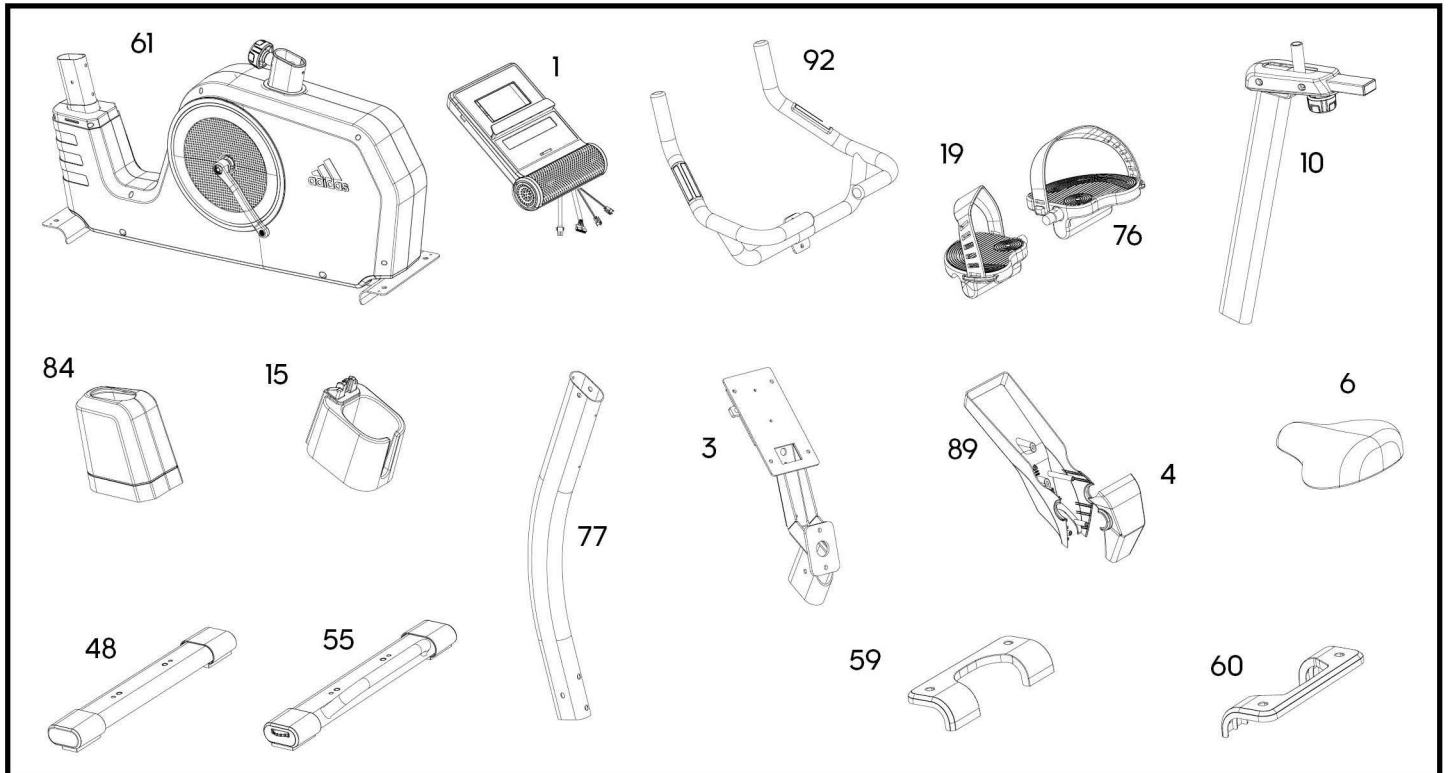
**MANUEL DE L'UTILISATEUR**



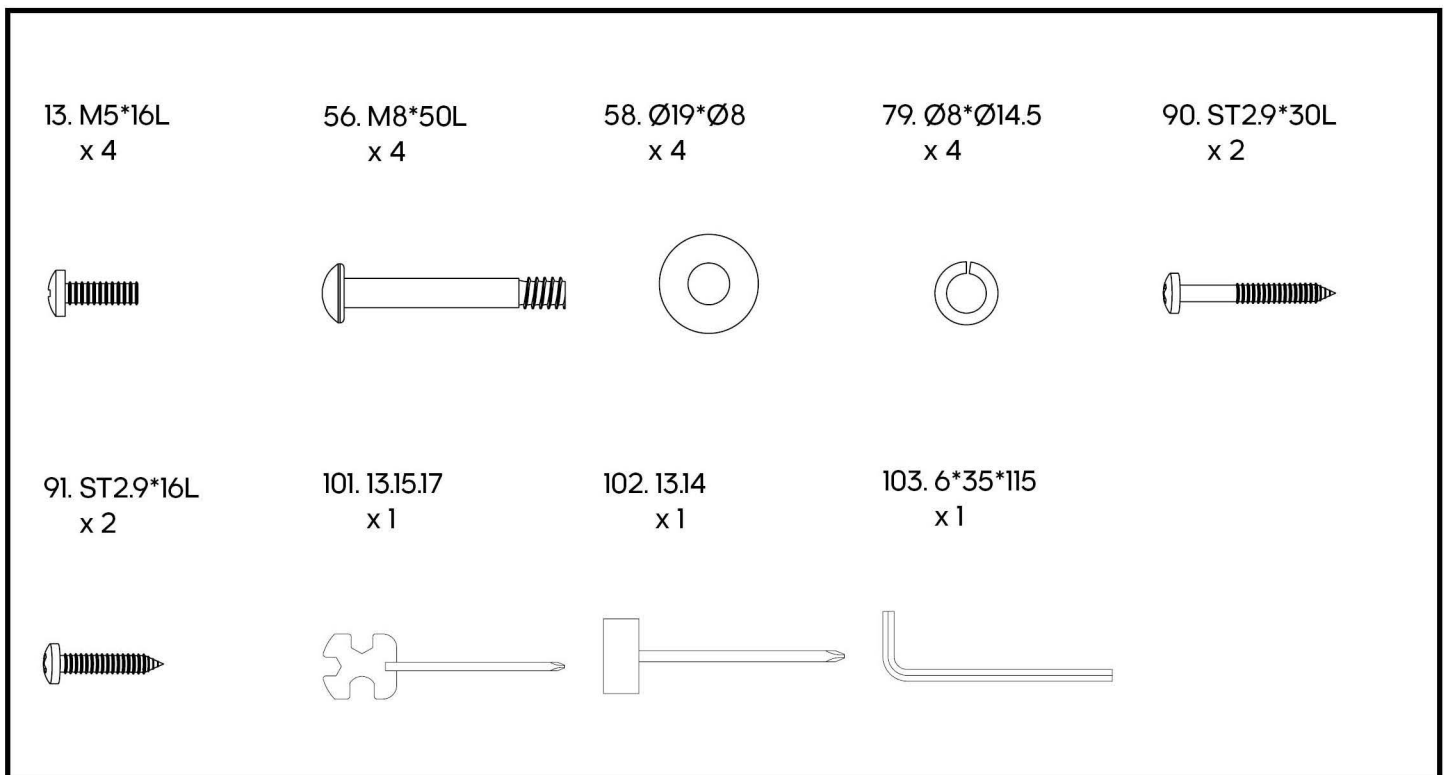
**ADIDASHARDWARE.COM**



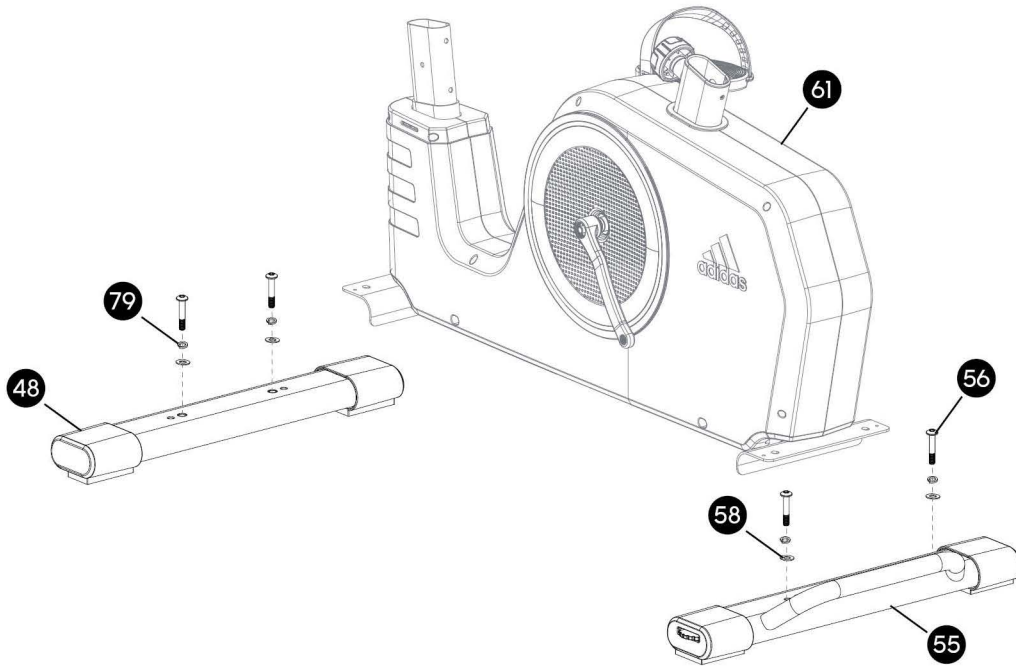
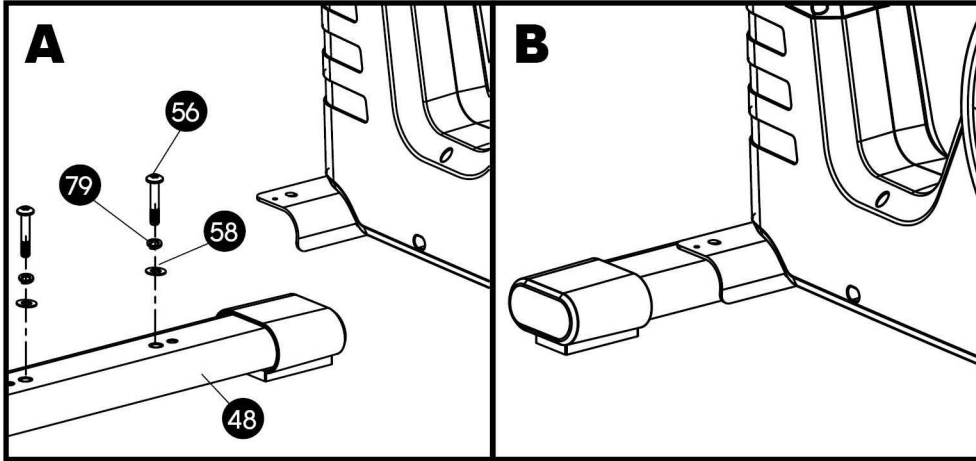
# PARTS



# HARDWARE PACK



# ASSEMBLY INSTRUCTIONS 1



79.  $\varnothing 8 \times \varnothing 12.5$   
X 4

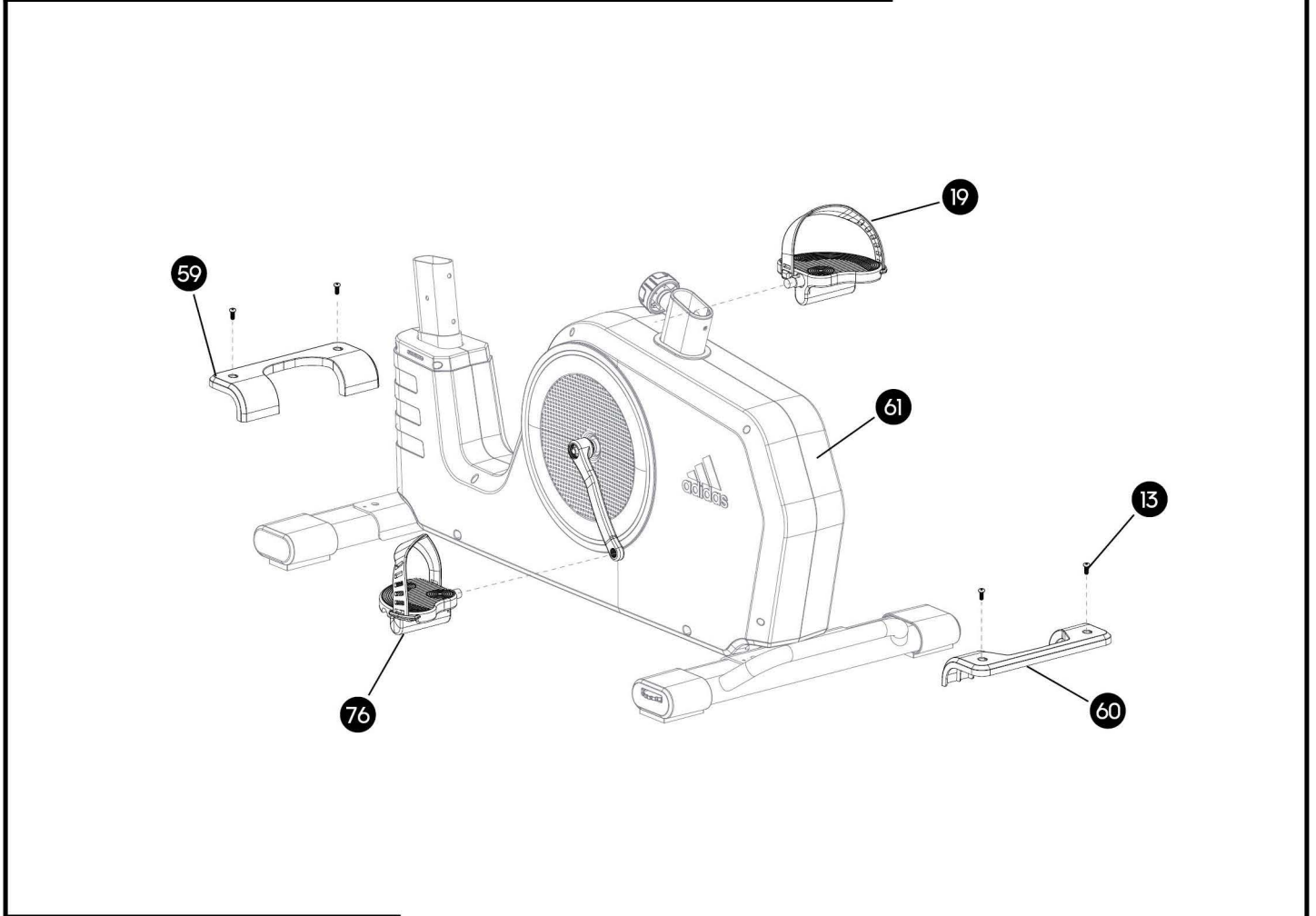
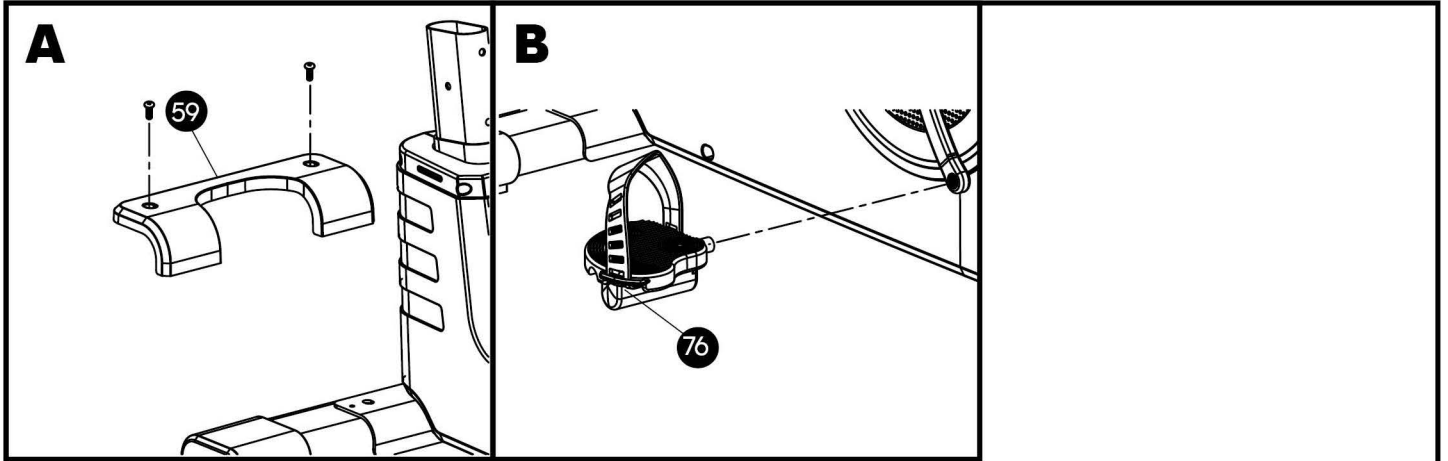
58.  $\varnothing 19 \times \varnothing 8$   
X 4

56. M8\*50L  
x 4

103. 6\*35\*115  
x 1

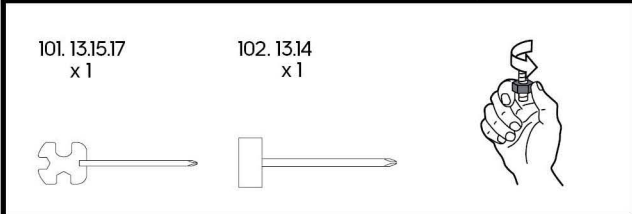
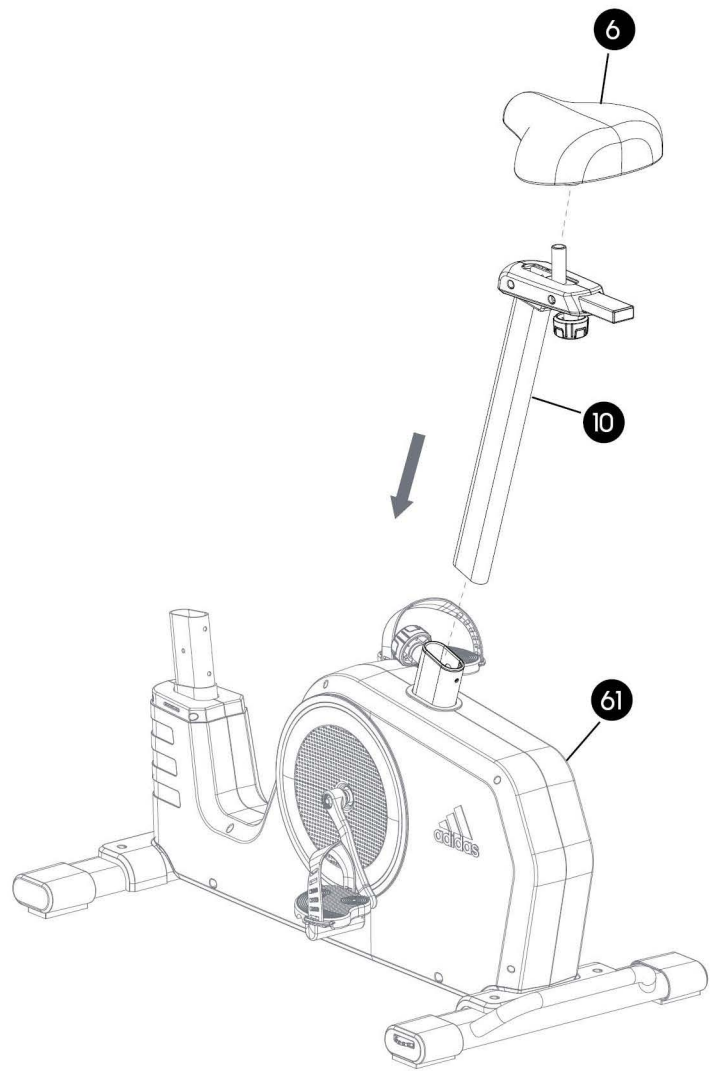
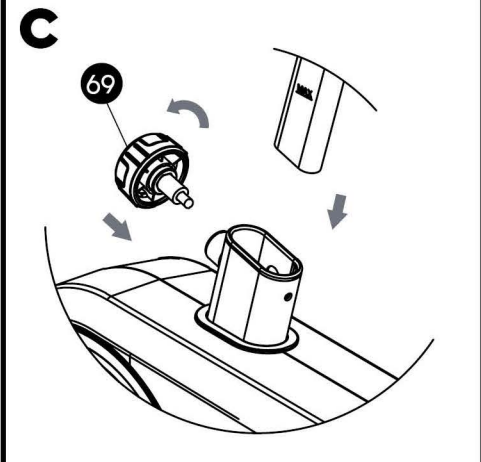
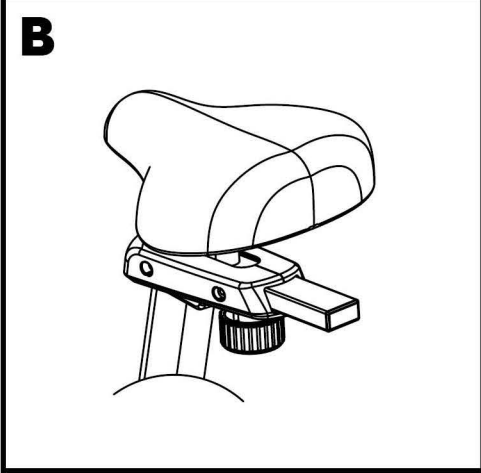
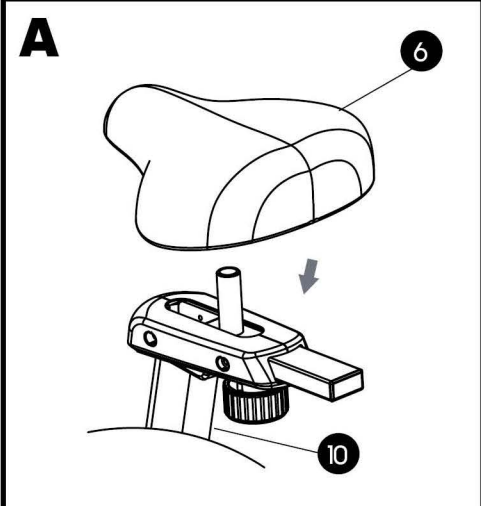


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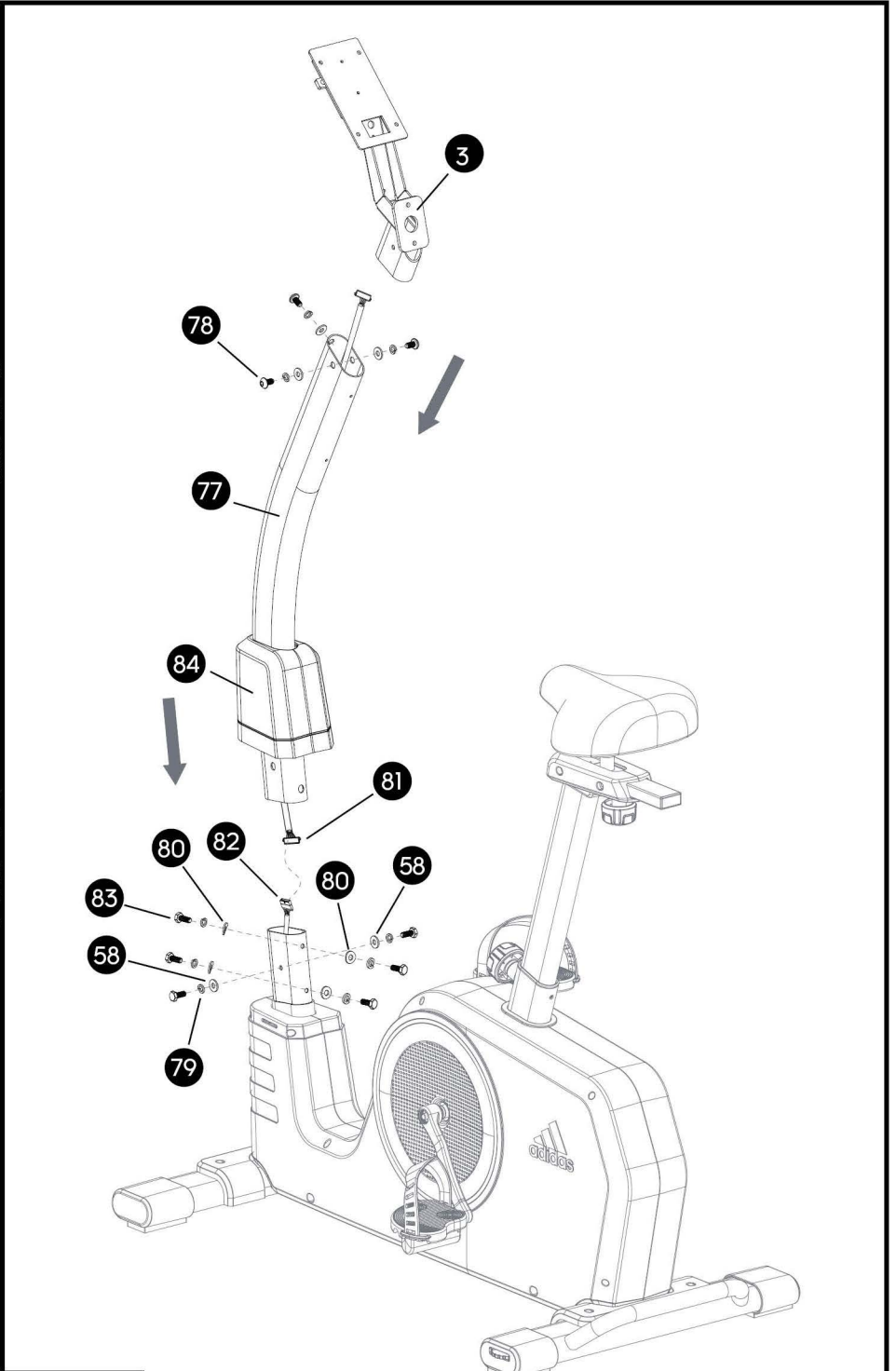
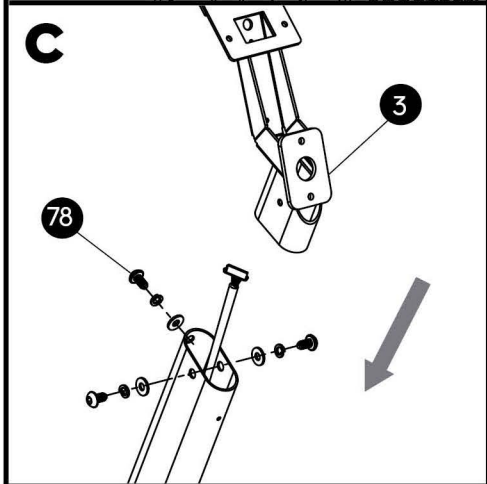
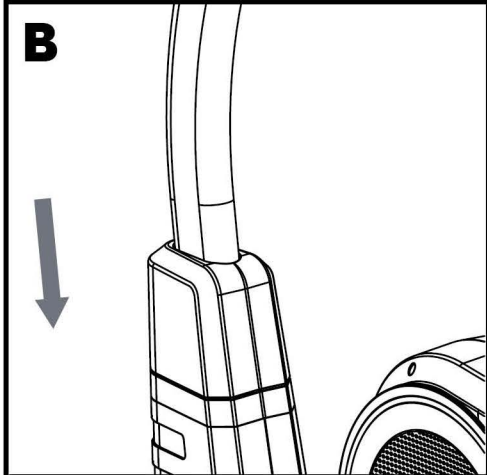
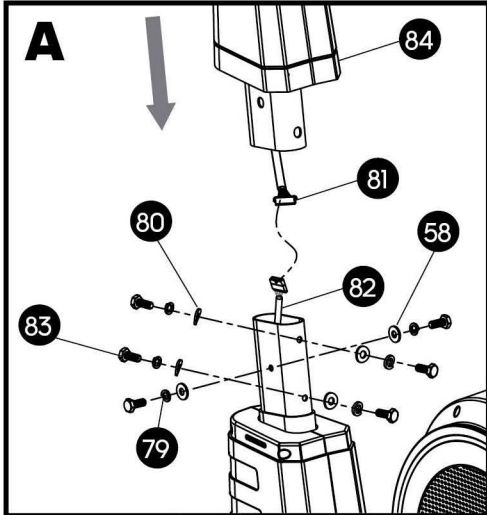
13. M5*16L x 4	101. 13.15.17 x 1

**3**  x2



**4**

**2** x2

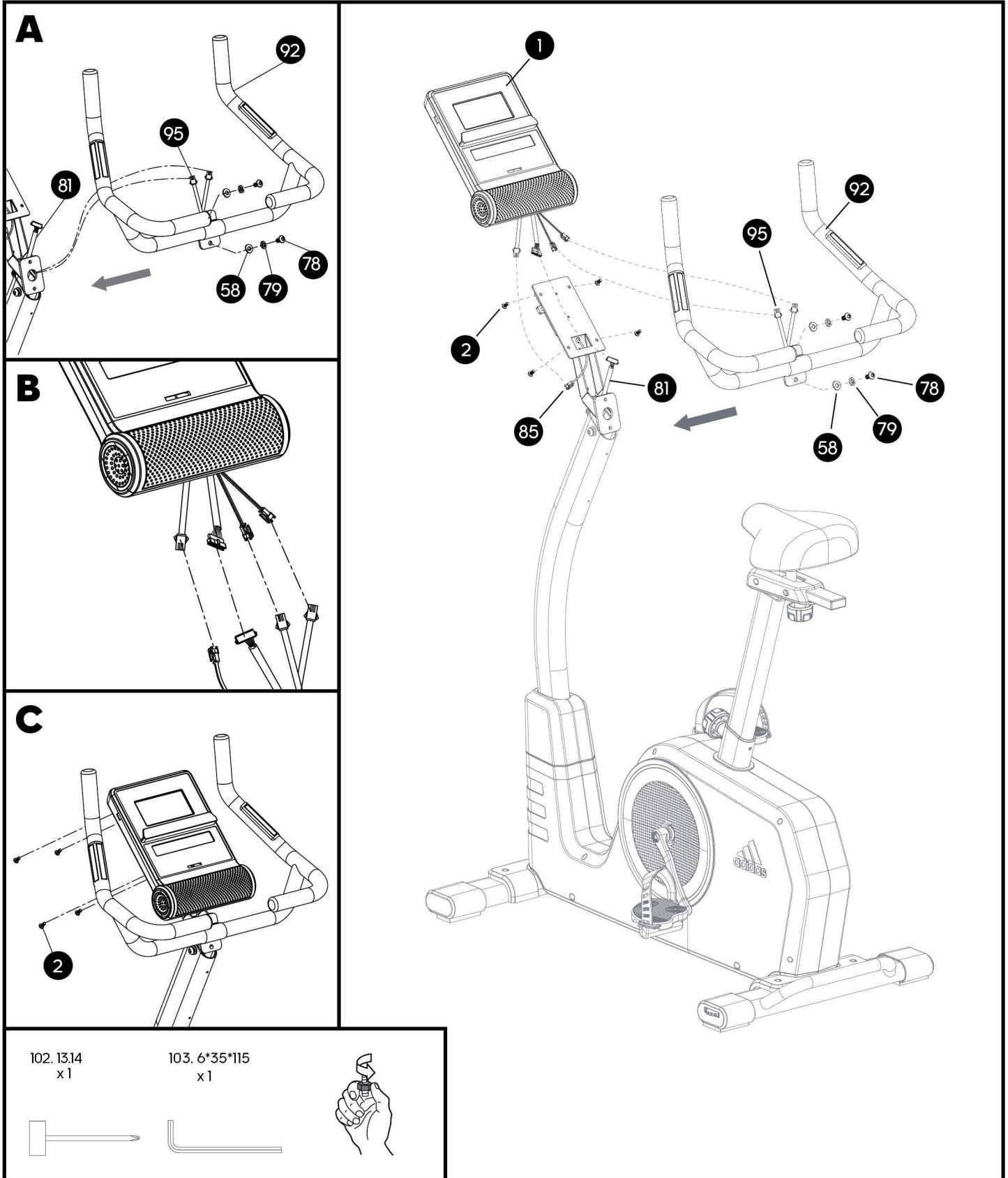


102.13.14  
x1

103.6\*35\*115  
x1

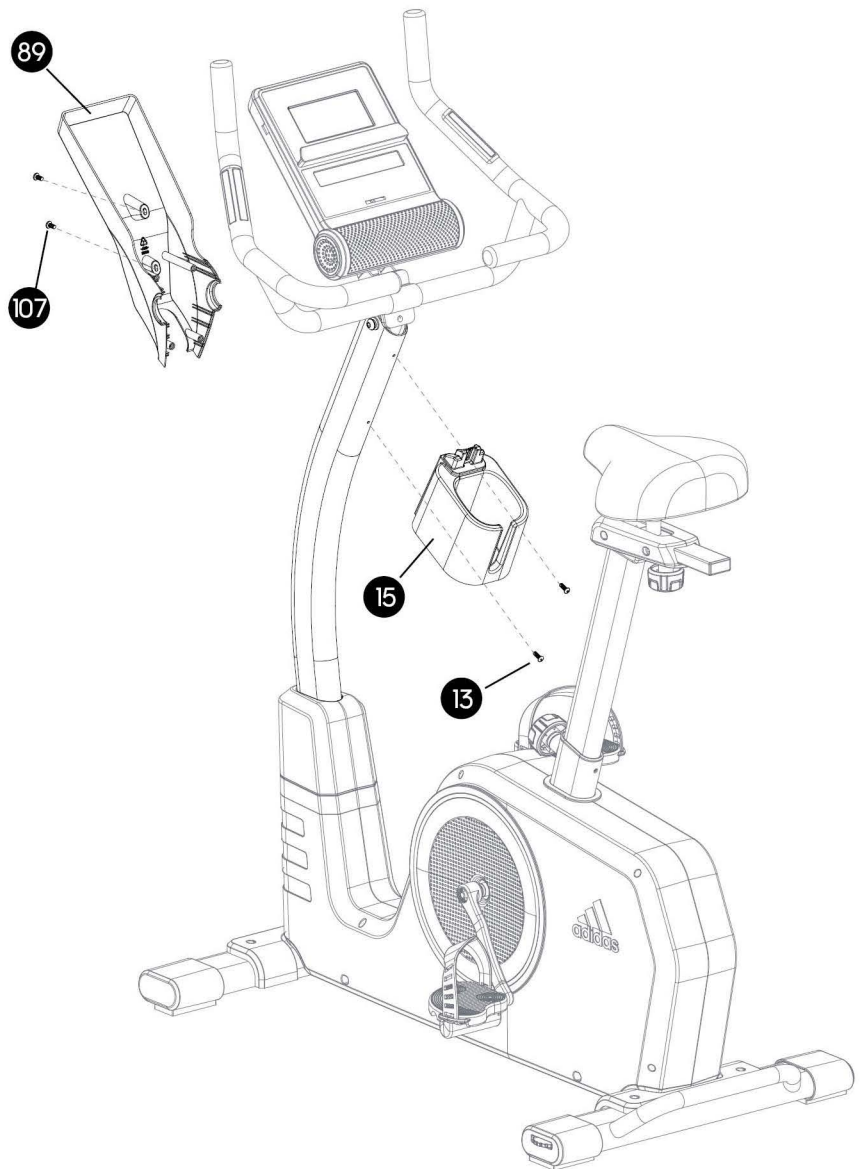
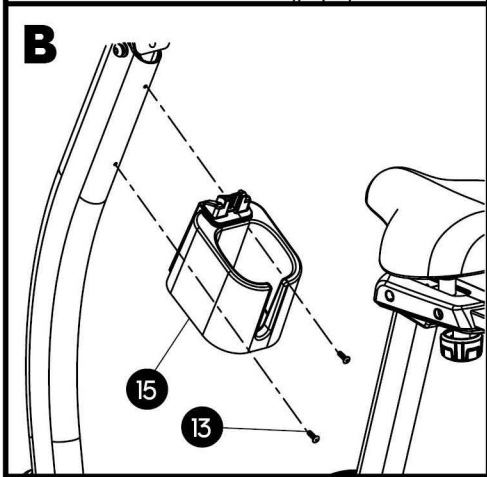
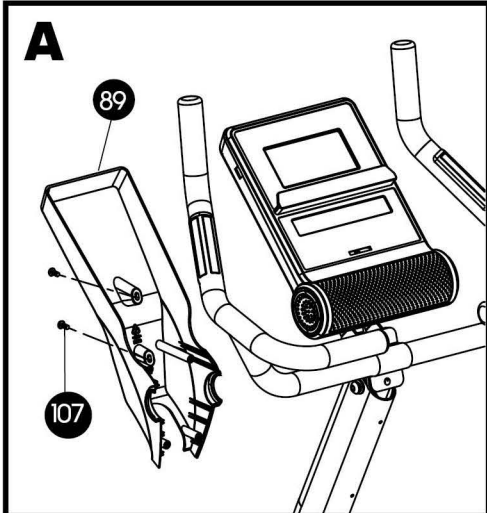


5



6

2 x

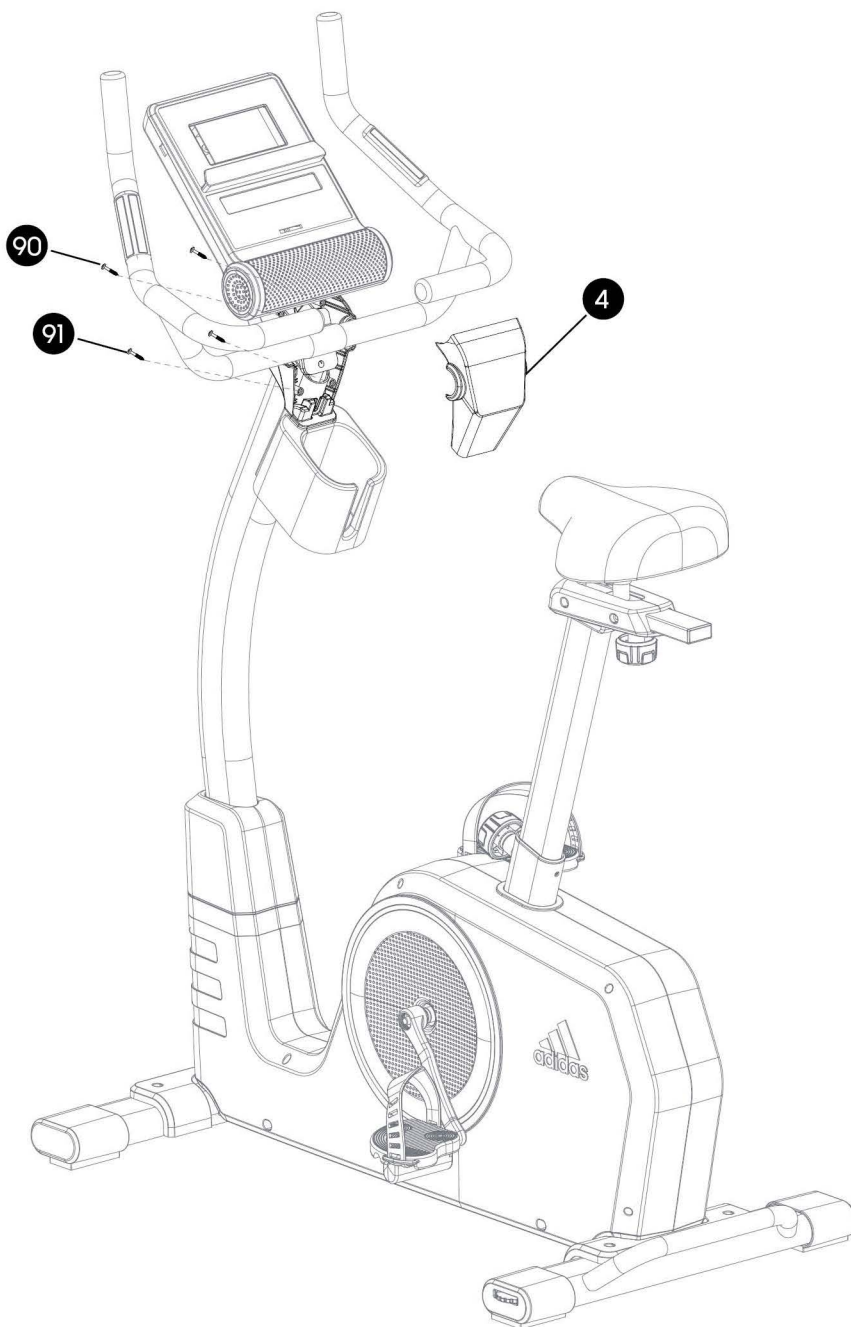
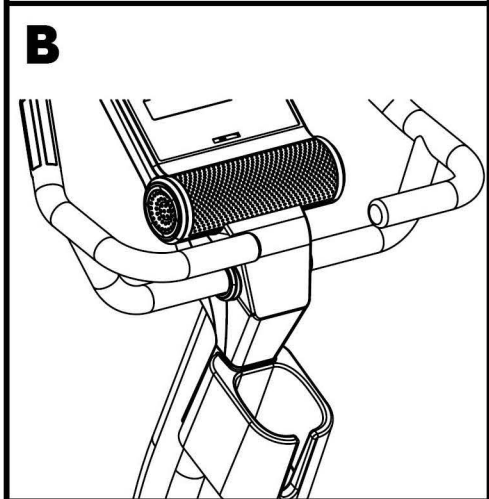
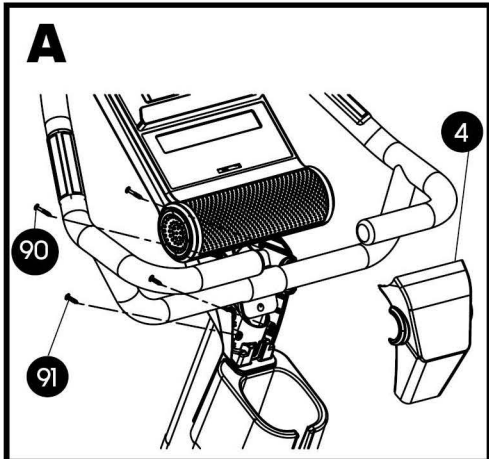





101, 13, 15, 17  
x1



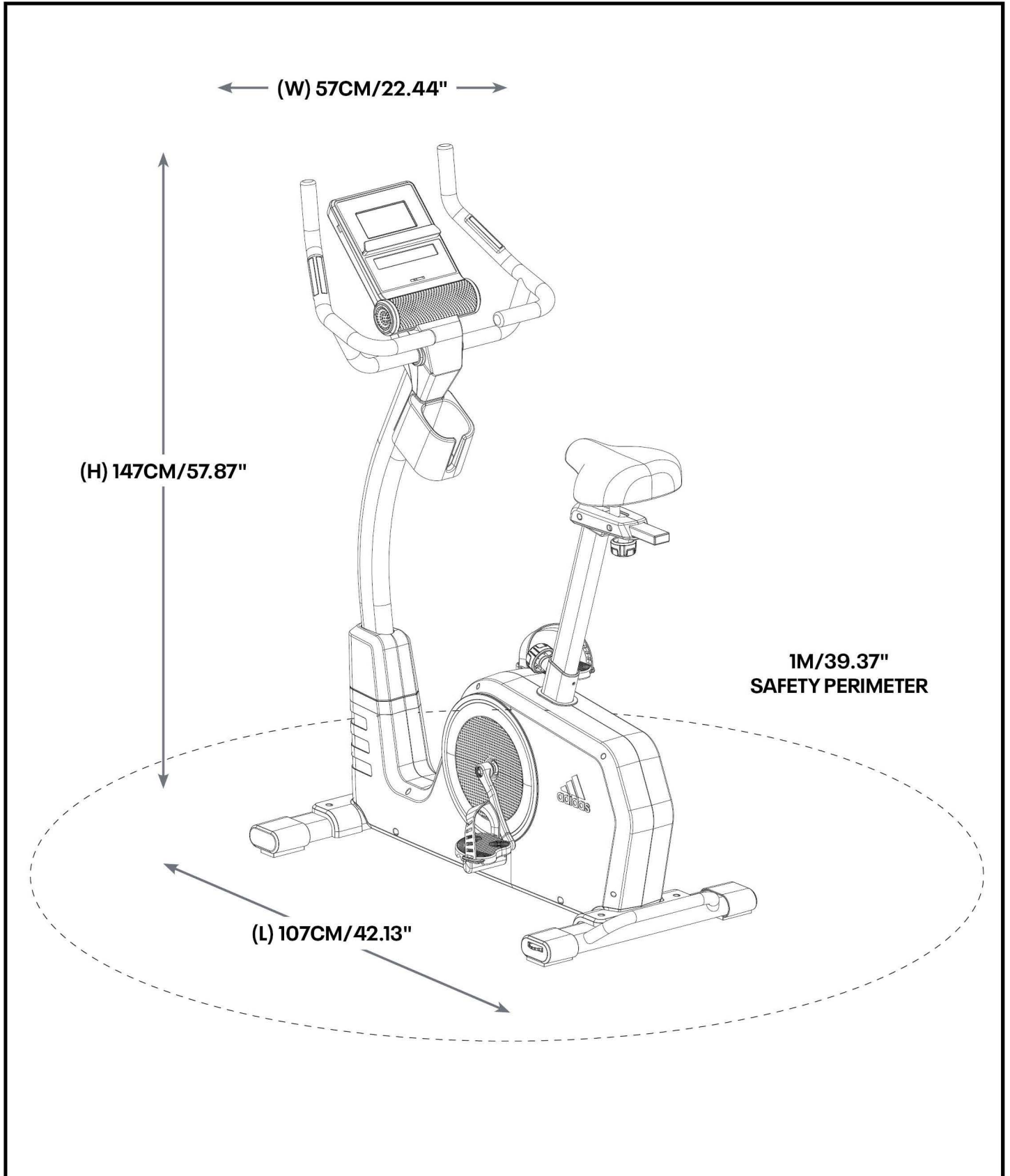


**7**  x2

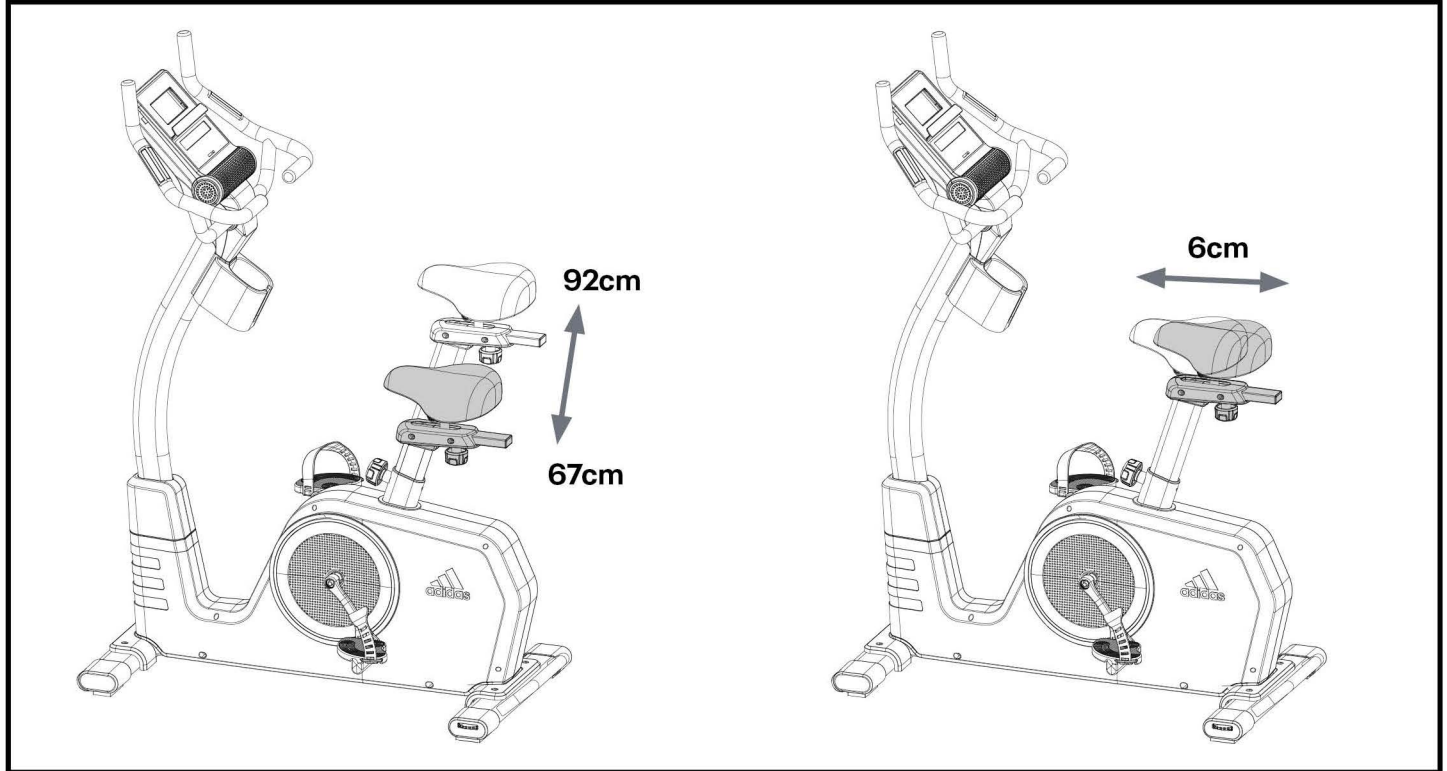


90. ST2.9*30L x 2	91. ST2.9*16L x 2	101. 13.15.17 x 1
		

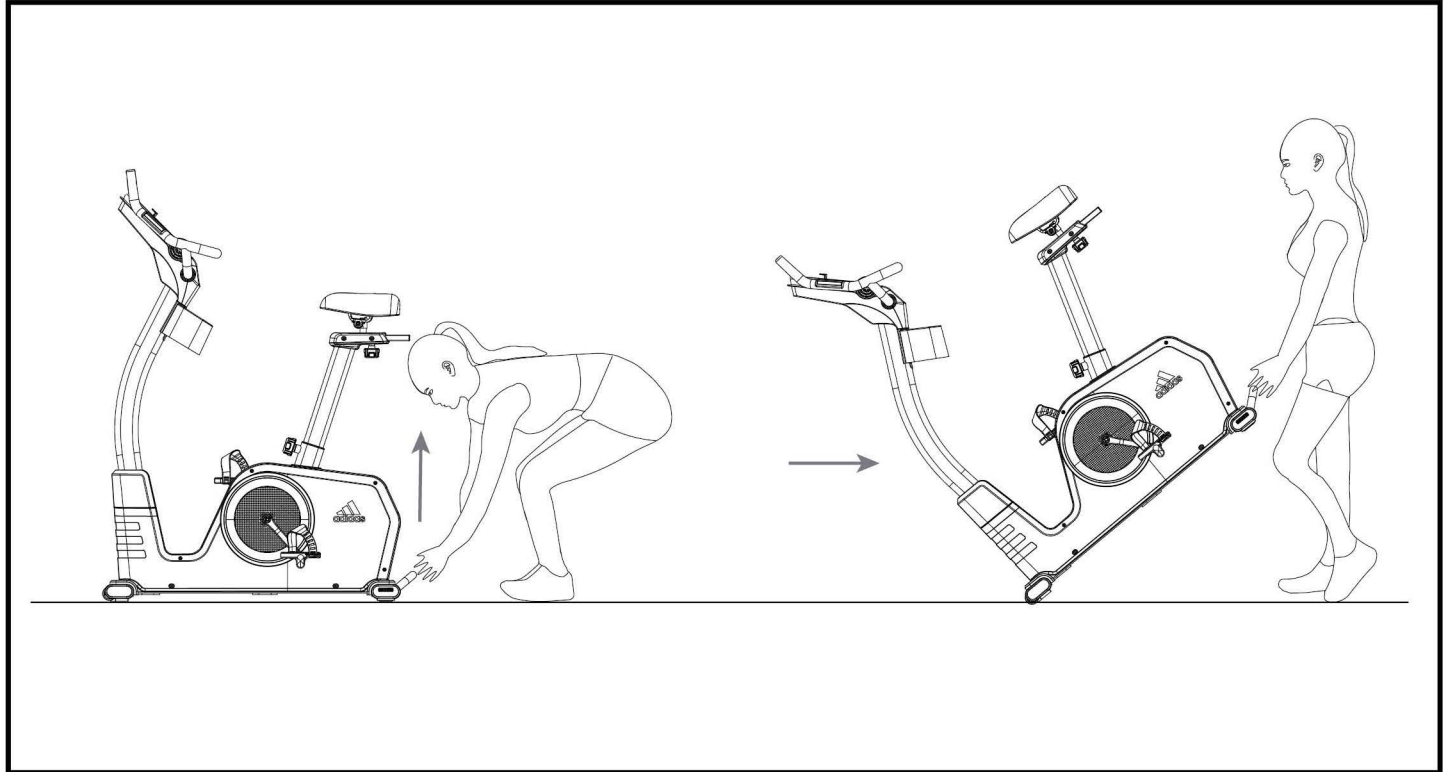
## USER INFORMATION



# SADDLE HEIGHT ADJUSTMENT



# MOVING THE MACHINE



## REGISTRATION



**(UK)** Product Registration and Support

**(FR)** Enregistrement et support du produit

**(DE)** Produktregistrierung und Support

**(ES)** Registro de productos y soporte

**(PT)** Registro de producto e suporte

**(RU)** Регистрация и поддержка продукта

**(ZH)** 产品注册和支持

**(JP)** 製品の登録とサポート

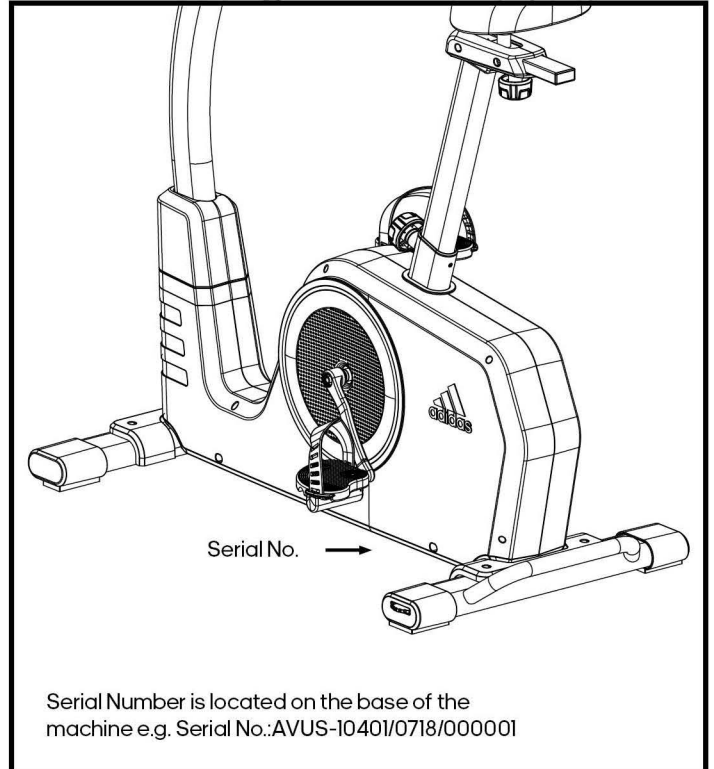
**(KR)** 제품 등록 및 지원

**(AR)** تسجيل المنتج والدعم



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**/PRODUCT-SUPPORT**

## SERIAL NUMBER



## WEIGHT GUIDE



**MAX USER WEIGHT**  
**= 150KG/330.7LB**



**MACHINE WEIGHT**  
**= 43.9KG/96.8LB**

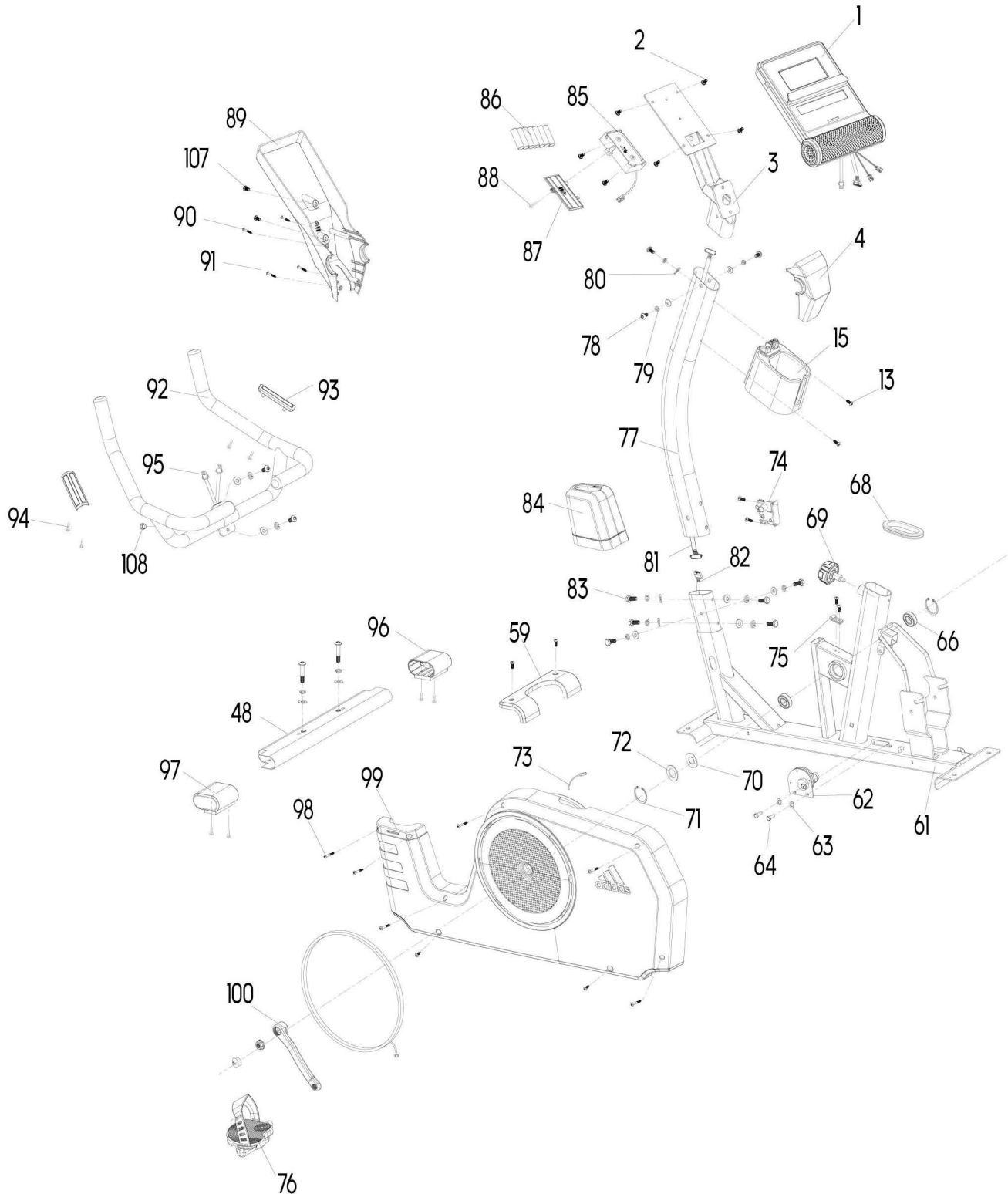
# PARTS LIST

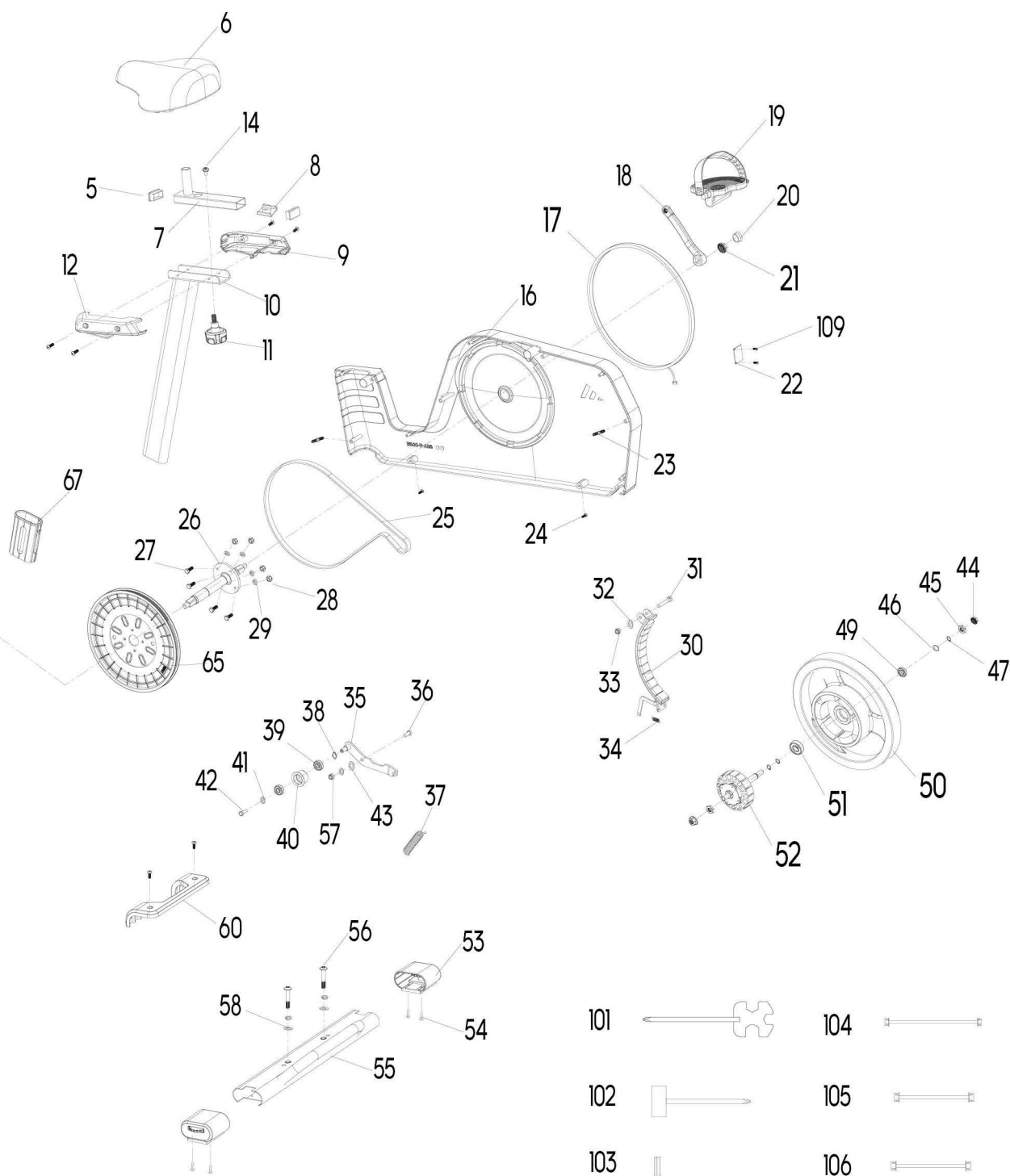
NO.	PART DESCRIPTION	QTY
1	Console	1
2	Screw M5*10L	10
3	Console plate	1
4	Upper console cover	1
5	End cap	2
6	Seat	1
7	Sliding seat	1
8	Slider fixed bolt	1
9	Upper slider cover	1
10	Seat post	1
11	Knob	1
12	Lower slider cover	1
13	Screw M5*16L	6
14	Screw M5*10	1
15	Water bottle holder	1
16	Main cover (R)	1
17	Light straps	2
18	170 Crank (R)	1
19	Right Pedal	1
20	Crank cover	2
21	Nut	2
22	Light PCB	1
23	Plastic insert	2
24	Screw ST3.9*16L	4
25	Belt 450J6	1
26	Axle	1
27	Hex screw M6*P1.0*16L	4
28	Nylon nut M6*5.5T	4
29	Spring washer Ø6.1*1.6T	4
30	Magnetic sets	1
31	Hex screw M8*55L*S25L	1
32	Flat washer Ø8*Ø19*2T	1
33	Nylon nut M8	1
34	Spring	1
35	Idler shaft	1
36	Hex screw M8*20L	1
37	Idler spring	1








NO.	PART DESCRIPTION	QTY
38	Wave washer Ø10.2*Ø13*0.3T	1
39	Bearing 6000 2ZZ	2
40	Idler wheel	1
41	Flat washer Ø6*Ø14*1T	1
42	Screw M6*10L	1
43	Plastic washer	1
44	Nut 3/8"-26*7T	2
45	Hex nut 3/8"-26*4.5T	2
46	Wave washer Ø12.5*Ø18*1.5T	1
47	C shape clasp Ø12	3
48	Front Stabilizer	1
49	Bearing 6901	1
50	Flywheel Ø280*32W 7KG	1
51	Bearing 6001	1
52	Self-generating sets	1
53	Rear stabilizer end cap	2
54	Screw ST4.8*1.4*20L	8
55	Rear stabilizer	1
56	Screw M8*P1.25*50L*S25L	4
57	Nylon Nut M8	1
58	Flat washer Ø8*Ø19*2T	11
59	Front stabilizer cover	1
60	Rear stabilizer cover	1
61	Frame	1
62	Motor	1
63	Flat washer Ø5.5*Ø12*2T	2
64	Hex screw M5*P0.8*12L	2
65	Pulley	1
66	Bearing 6004 2RS	2
67	Sleeve	1
68	Seat post cover	1
69	Knob with pulling pin	1
70	Wave washer Ø20.5*Ø30*0.3T	1
71	C shape clasp Ø18.5*Ø22.5*1T	2
72	Flat washer Ø20.3*Ø30*0.5T	1
73	Sensor	1
74	Control board	1

NO.	PART DESCRIPTION	QTY
75	Sensor bracket	1
76	Left Pedal	1
77	Upright	1
78	Screw M8*P1.25*20L	5
79	Spring washer Ø8.0*2.5T	15
80	Semicircle washer Ø8*Ø19*2T	5
81	Upper cable	1
82	Lower cable	1
83	Hex screw M8*P1.25*20L	6
84	Upright cover	1
85	Batteries box holder	1
86	AA Battery	7
87	Batteries box cover	1
88	Screw ST3.5*16L	1
89	Lower cover of console	1
90	Screw ST2.9*30L	2
91	Screw ST2.9*16L	2
92	Handlebar	1
93	Pulse grip	2
94	Screw ST2.9*20L	4
95	Pulse wire	2
96	Front stabilizer end cap R	1
97	Front stabilizer end cap L	1
98	Screw ST3.9*50L	6
99	Main cover (L)	1
100	Crank (L)	1
101	Harpoon wrench 13.15.17	1
102	Socket wrench 13.14	1
103	Hex wrench 6mm*35mm*115mm	1
104	Battery connected wire	1
105	MCB connected wire	1
106	Light connected wire	1
107	Screw M5*12L	2
108	End Cap	2
109	Screw M3*10L	2
110	Magnetic ring Ø31*Ø19*13	2

# EXPLODED DIAGRAM





- |     |  |     |   |
|-----|--|-----|---|
| 101 |  | 104 |  |
| 102 |  | 105 |  |
| 103 |  | 106 |  |
|     |  | 110 |  |

# CONSOLE



**1. LEVEL/SPEED DISPLAY**

**2. STOP/TIME/WATT DISPLAY**

**3. CALORIE DISPLAY**

**4. PULSE DISPLAY**

**5. TIME DISPLAY**

**6. SPEED DISPLAY**

**7. RESET**

Press to reset all values, and hold to restart.

**8. RECOVERY**

Test heart rate recovery; Once complete, press again to revert.

**9. DOWN (-)**

Adjust function value down.

**10. ENTER**

Confirm value of each function.

**11. DISTANCE DISPLAY**

**12. USER PROFILE DISPLAY**

**13. RPM DISPLAY**

Revolutions per minute.

**14. PAUSE/STOP**

Press this button to either pause or stop the machine.

**15. START**

Will commence program.

**16. UP (+)**

Adjust function value up.

**17. MODE**

Select or switch values of each function. Can be as confirmation.



# COMPUTER PROGRAMS

## USER PROFILES (U1-U4)

When user pedals, the console will power on with a long beep sound, the wheel diameter 78 will be displayed, and then the console will display **U1**.

- Use **(+)**/**(-)** to change between user profile **U1**, **U2**, **U3** and **U4**, press **MODE** to confirm your selection.
- Set your gender (male is the default) using **(+)**/**(-)**, and then press **MODE** to confirm.
- Set your age (25 years is the default) using **(+)**/**(-)**, and then press **MODE** to confirm.
- Set your height (160cm is the default) using **(+)**/**(-)**, and then press **MODE** to confirm.
- Set your weight (50kg is the default) using **(+)**/**(-)**, and then press **MODE** to confirm.
- Finally, press **MODE** again into main menu.
- Press **(+)**/**(-)** to select exercise mode, and press **START** to work out; Hold **RESET** (**⏻**) to restart, and revert to user interface.



## QUICK START FUNCTION

Hold **RESET** (⏻) to restart console. **UI** displayed, then press **START** to enter **MANUAL** mode **PO** directly.

Resistance level (**24 levels**) can be adjusted at any time during exercise by pressing **(+)/(-)** according to individual needs.



### 1. MANUAL MODE (PO)

In main menu, press **(+)/(-)** to choose **MANUAL** mode **PO**, and press **START** to work out, all values of **TIME/SPEED/DISTANCE/CALORIES** will count up from zero.

User can adjust **TIME/DISTANCE/CALORIES/PULSE** values, revert to main menu, press **(+)/(-)** to select **PO**, then press **MODE** to confirm, and press **MODE** again to highlight time, press **(+)/(-)** to adjust, and press **MODE** to switch other values, all settings completed, press **START** to workout, all setting values will count down.

### 2. PRESET PROGRAM MODE (P1-P12)

In main menu, press **(+)/(-)** to select the **PRESET PROGRAM MODE (P1-P12)**, and press **START** to exercise.

User can select the 12 programs (**P1-P12**) to exercise according to individual needs; Also press **(+)/(-)** to change the program resistance level at any time during exercise.

### 3. HEART RATE CONTROL (P13)

In main menu, press **(+)/(-)** to select **HEART RATE CONTROL P13**, and press **MODE** to confirm; Press **MODE** again, highlight **PULSE**, press **(+)/(-)** to select 55%, 75%, 90%, or **TAG**; If select **TAG**, press **MODE** to confirm, then use **(+)/(-)** to adjust value, press the **START** for workout.

**THR** is the users preferred **TARGET HEART RATE** to work out, this can be altered before the exercise is started.

Maximum heart rate is worked out at  $220 - \text{age} = \text{MHR}$ . This is the maximum heart rate (MHR) should be. You can then work out at 55%, 75% or 90% of this. For example  $220 - 25$  (user age) = 195MHR, you can select 107, 146 or 175 before workout.

Console will record the **TARGET HEART RATE** and allow user to work out within this, the resistance level will automatically be adjusted according to the heart rate.



**NOTE:** Heart Rate Chest Strap included. Reading will appear in **PULSE** window when turned on.

Wear the device against skin just below chest. Adjust straps and make sure the battery door is facing inwards.

Accurate readings may not be given if chest skin is too dry or if chest hair is too dense. Adjust accordingly.

The battery (CR2032 x 1) will last for up to 10 months if used 1 hour per day. When changing the battery please note the plus side should be facing upwards.

#### 4. WATT MODE (P14)

In main menu, press **(+)/(-)** to select **WATT MODE P14**, and press **MODE** to confirm; Press **MODE** again, highlight **WATT**, press **(+)/(-)** to adjust **WATT** value, and press **START** to work out.

**WATT** can be adjusted at any time during exercise by pressing **(+)/(-)** according to individual needs; If **WATT** does not change, then resistance level will be adjusted according to speed.

#### 5. RECOVERY MODE

At any time during workout, **RECOVERY** can be pressed to record recovery level.

Press **RECOVERY**, place both hands on the **PULSE SENSORS** (located in the handle bars), console will count down from 60 seconds and display the pulse.

After the console has counted down for 60 seconds, **RECOVERY LEVEL F1-F6** will be given.



RECOVERY FITNESS GRADES	RESULT
F1	EXCELLENT
F2	GOOD
F3	AVERAGE
F4	FAIR
F5	POOR
F6	VERY POOR

**NOTE:** Do not remove your hands from pulse sensors or the reading will not be given during testing. The pulse monitor is a guide for reference only and not for medical use or monitoring.

#### BLUETOOTH AUDIO

The user can play music through the machines integrated speakers by pairing their mobile phone via Bluetooth to the console.

Switch on mobile phone Bluetooth, search for connection device "adidas", connect it and music will begin.

#### MPH (ML) TO KPH (KM) CONVERSION

In the user setting mode (**U1-U4**), hold **RECOVERY** to enter conversion mode, then press **(+)/(-)** to select between **KM** or **ML**. Press **MODE** to confirm and exit.

#### AUTOMATIC POWER ON AND SHUT DOWN

When the user starts to exercise, the console will power on; When the equipment is inactive for approximately 2 minutes, it will automatically shut down.

**NOTE:** Keep moisture away from console.



**CAUTION: THE USER IS CAUTIONED THAT CHANGES OR MODIFICATIONS NOT EXPRESSLY APPROVED BY THE PARTY RESPONSIBLE FOR COMPLIANCE COULD VOID THE USER'S AUTHORITY TO OPERATE THE EQUIPMENT.**

**THIS DEVICE COMPLIES WITH PART 15 OF THE FCC RULES AND INDUSTRY CANADA LICENCE-EXEMPT RSS STANDARD(S). 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 UNDESIRE OPERATION.**

**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.**

**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.**

**FCC& IC RADIATION EXPOSURE STATEMENT:**

**THIS EQUIPMENT COMPLIES WITH FCC AND CANADA RADIATION EXPOSURE LIMITS SET FORTH FOR AN UNCONTROLLED ENVIRONMENT.**

**THIS TRANSMITTER MUST NOT BE CO-LOCATED OR OPERATING IN CONJUNCTION WITH ANY OTHER ANTENNA OR TRANSMITTER.**

**DÉCLARATION D'IC SUR L'EXPOSITION AUX RADIATIONS:**

**CET ÉQUIPEMENT EST CONFORME AUX LIMITES D'EXPOSITION AUX RADIATIONS DÉFINIES PAR LE CANADA POUR DES ENVIRONNEMENTS NON CONTRÔLÉS.**

**CET ÉMETTEUR NE DOIT PAS ÊTRE INSTALLÉ AU MÊME ENDROIT NI UTILISÉ AVEC UNE AUTRE ANTENNE OU UN AUTRE ÉMETTEUR.**

**NOTES**

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## **C-21** BIKE C-21 VÉLO

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**USA: RFE SPORTING GOODS INC., 715 DISCOVERY BLVD, SUITE 313, CEDAR PARK, TX-78613, USA**  
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This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:  
(1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation. CAN ICES-3(B) / NMB-3(B)  
FCC ID: 2API3-10401 CA ID: 25017-10401

**AVUS-10401**

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**V1 06/2021**