

STIL-FIT^{INT.}

User manual
Ergometer SFE-012



Fitness | Design | Interior

Assembling the Cockpit

Your STIL-FIT ergometer is delivered almost fully assembled. You only have to connect the cable, tighten one screw at the front post and insert the seat post.

Step 1

Connect the cable at the front tube.



Step 2

Insert the cockpit into the front tube (pay attention not to jam the cable) and tighten the screw with the socket wrench. Pay attention that the handle bar is aligned straight.

Angle adjustment of the stem

Loose the screw at the right side until the toothed ring snaps outside. Adjust the angle and tighten the screw again very well.



Height adjustment of the handle bar

Loose the screw at the top until the handle bar can be turned. Adjust the height max. 40 mm. Tighten the screw very well after adjustment.



Adjustment of the quick release

To adjust the quick release, open the lever and tighten the screw until the desired result is achieved. When the quick release is fastened the saddle should not turn. Attention: The saddle tube has a mark -max-. This indicates the maximum possible height of the saddle.



Adjustment of the saddle

The saddle can be adjusted horizontally and vertically. To adjust the saddle, loose the screw at the bottom and adjust the angle. Fix the saddle at the desired position and tighten the screw again very strong.



Assembling of the transportation wheels

The transportation wheels can be mounted optionally at the back of the frame.

Adjustable feet

Your STIL-FIT ergometer comes with four adjustable feet to guarantee a firm stand.

Special equipment

You can equip the Ergometer with different accessories. These components can be purchased from the bicycle retail market. Please note the following specifications.

Pedals

all types with standard thread

Handle bar

tube size 25,4 mm

Stem

tube size 25,4 mm

Hand grips

all standard types

Seat

all standard types

Seat tube

tube size 31,8 mm

Operation with a tablet computer

Place the tablet computer at the socket, pull out the clamp piece at the top with the elastic band and fix the tablet.



Integration of the tablet computer

The ergometer will be ready to use after a few quick steps. This setup needs to be done only one time.

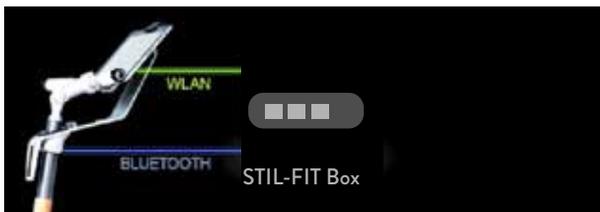
1. Download the STIL-FIT app from the app store.
2. Open the app and start the start-assistant. The assistant is guiding you through the setup.
For the first steps, you only need your tablet, the STIL-FIT control box and your router.
3. Connect the STIL-FIT control box to the power supply close to your router. During the setup, you will be asked to connect both devices with a LAN cable.
4. After you have successfully integrated the STIL-FIT control box to your Home Wlan you can disconnect it from your router.
5. Connect the STIL-FIT control box to the power supply close to your ergometer. (max. distance 10m)
6. Now you need to establish the Bluetooth connection. Press the button “connect ergometer” and start pedalling.

After the connection is successfully established the setup is finished and you can start with your workout.

You can choose between three types of connection:

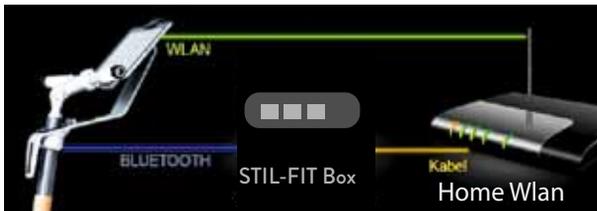
1. Stand-Alone Mode

Choose this mode if no home WLAN for internet access is available.



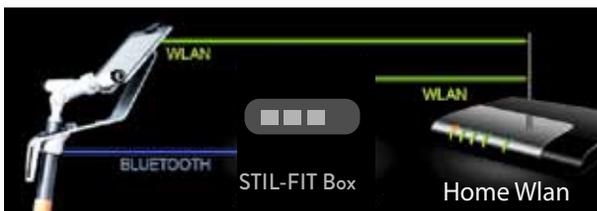
2. Cable Mode

You should choose this mode if Internet access is available by WLAN router and the distance from the ergometer to the WLAN router is not too far (about 10 meters). In this case you can connect the control box directly with the LAN cable to your home router. The max distance to the ergometer is depending on the Blue-tooth connection. The Cable Mode is very easy to install and you do not need a password for your home WLAN



3. WLAN Mode

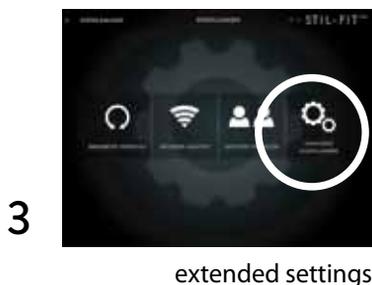
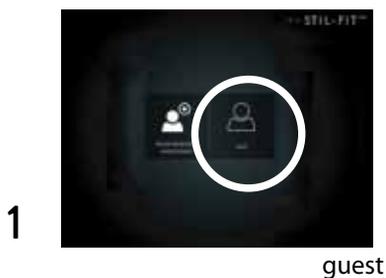
This mode should be chosen if the Cable Mode cannot be used because the distance from the ergometer to the router is too big. Position the STIL-FIT control box nearby the ergometer and follow the set up. Please note, you need the password of your home WLAN.



Notes

Starting the Start Assistant

The Start Assistant appears when you start the STIL-FIT App at the first time. Using extended settings you can select it again anytime. In case the app gets frozen during the setup, restart the STIL-FIT App and open the Start Assistant again.



WLAN Symbol

In the top right corner, you will find the Wlan symbol. It indicates that your STIL-FIT control box is integrated into your Home Wlan.

Bluetooth Symbol

The Bluetooth icon is flashing, until it is connected, while starting the ergometer

Weak WLAN signal at the ergometer

You can use a WLAN extender with a LAN socket if the WLAN signal of your home router is too weak at the position of your ergometer.

Send Error Report

In the unlikely event of an error you can send an error report to our service team.

> extended settings > help

.

Using several tablets

If you want to use several tablets with your ergometer, go to „settings” and „extended settings“. On the left side you will find the IP address of the box. Enter this address to the other tablet or smart phone. The additional device will be automatically configured and ready to use.

Command: Connect ergometer

Select „Connect ergometer” to connect the Bluetooth of the control box to the Bluetooth of your ergometer. This has to be done only one time and after a reset.

Connect Chest Belt

The chest belt is connected automatically. You can use any chest belt that works with 5KHz.

Using several tablets

If you want to use several tablets with your ergometer, go to > settings > extended settings. On the left side, you will find the IP address of the box. Enter this address to the other tablet or smart phone. The additional device will be automatically configured and ready to use.

Frozen app

Close the app and start it again as follows: Double click the home button. The active apps are shown. “Remove” the STIL-FIT App from the active apps to shut it down.

“The control box was not found...”

Please check if the control box is properly connected. You can also try and restart the STIL-FIT App.

Change Language

Under „extended settings” you can change the language.

Training

The following programs are available:

MANUAL LEVEL - The resistance can be adjusted in 1-32 steps. The resistance is speed-independent.

MANUAL WATT - The number of WATT can be adjusted from 50-400 in steps of 5 Watt. Time can be set. The resistance is speed-dependent.

MANUAL PULSE To use this program you need the chest belt. After setting the age the app selects the target pulse. For the program "fitness" with 75% of the max. pulse rate and for the program "fat burner" with 65%. The value can be adjusted individually. The start level and the time can be set.

Note: Attach the chest belt correctly. The electrodes should be wet.

The tension is adjusted until the selected target pulse rate is reached. Within +/- 6 beats of the target pulse rate the resistance keeps unchanged. In case there is no signal available for a longer time the resistance is turning down.

The programs BEGINNER 1-3, ADVANCED 1-4 and SPORTIVE are hill programs with a fixed time. Using the plus and minus button the resistance level can be adjusted.

CARDIO 1

Time 15 minutes under 75% of the maximum pulse rate.

CARDIO 2

Time 20 minutes varying from 65 - 75 % of the maximum pulse rate.

CARDIO 3

Time 30 minutes varying from d 65 - 75% of the maximum pulse rate.

CARDIO 4

Time 45 minutes varying from 65 - 80% of the maximum pulse rate.

CARDIO 5: FATBURNER Time 60 minutes on a pulse rate of 125.

For all CARDIO programs, you need a chest belt that works on a 5kHz frequency.

Note: If you select another app while exercising the program is running in the background.

When the program is finished the resistance is turning to zero.
Switch back to the app to store the data on the control box.



Data Storage and Analysis



After finishing a program the results are shown automatically. If you have already done the program before, the actual results can be compared with the results of the previous trainings.



The training data is stored under analysis. You can recall the results of the last 10 trainings, trainings within the last 30 days or all trainings. The average result is evaluated. In the screen you can also see the date of every workout.



Overall Statistics are shown when you open the bar at the lower edge of the screen. The total number of trainings, the total distance, time and calories are shown per year, month and overall.

Technical Data

The ergometer has an induction brake system with a built-in generator. There is no external power supply necessary. At the bottom of the housing there is a battery rack for 10 Mignon AA rechargeable cells. They keep the ergometer activated in case you stop pedalling.

If you should not be using the Ergometer for a longer period of time the battery might be discharged. Please use the enclosed power supply in order to recharge the battery. You will find the socket at the backside of the housing. If the batteries are defect they can be replaced by unscrewing the battery rack.

Ergometer SFE-012

Commercial induction brake system with generator

50 - 400 watt

Operated via tablet PC

STIL-FIT App available for free download (iOS and Android)

5 cardio programs

Manual mode - adjustable in 32 levels

Watt program - adjustable in steps of 5 watt

10 hill programs

Analysis tool

POLAR pulse receiver 5kHz

Data storage for a countless number of users

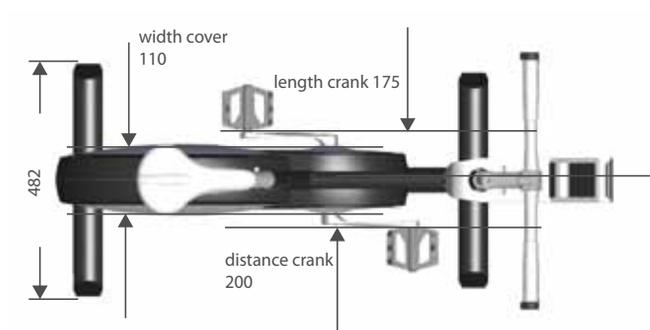
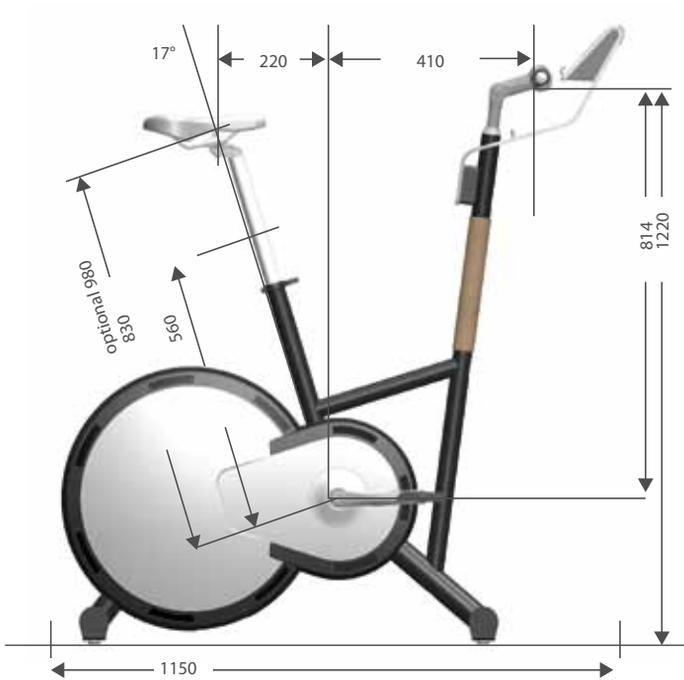
Languages: German, English, French

No external power supply

Weight 38 kg

Transportation rollers - optional installation

L/W/H: 115 x 50 x 120 cm



STIL-FIT International GmbH
Schäftlarnstrasse 156
D-81371 München
Germany

Tel: +49.89.13 93 60 40

Fax: +49.89.13 93 60 43

info@stil-fit.com

www.stil-fit.com