



STRYDE

BIKE Manual

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Safety Information

Read this manual carefully before using the Stryde bike. Follow all operating and maintenance instructions. Please keep this manual for future reference. Improper use or maintenance can result in injury and void the warranty terms.

WARNING!

Please train all the users of the bike to follow these safety instructions. DO:

1. Use this equipment only for its intended use as described in this manual. Do not attempt to ride this bike at high pedal speeds until you have ridden the bike for some time and are comfortable riding at slower pedal speeds.
2. Stop by reducing the pedaling frequency in a controlled manner or press the emergency brake to a stop before dismounting the bike.
3. Serious injury or death may occur from over-training. Consult a medical doctor or qualified fitness instructor to determine an exercise program appropriate for your level of fitness.
4. Do not attempt to turn the pedal cranks by hand. Do not touch any driving mechanism while it is in motion as possible injury could occur.
5. In a home setting, keep children away from the bike when it is not in use. Keep children and pets away from the unit while it is in use.
6. Never drop or insert any object into any opening of the bike.
7. Only use the bike on a stable, level floor.
8. Follow instructions for safe use of the equipment including proper seat position, handlebar position, and use of foot positioning system of pedals. Do not attempt to pull up handlebar post and seat post over the 'MAX.' graduation.
9. For safe operation, allow for at least 2 feet (60cm) of free space to either side of the unit and 2 feet (60cm) of free space to the rear of the unit.

10. Before beginning this or any exercise program, consult a physician. This is especially important for persons over the age of 35 or persons with pre-existing health conditions.
11. The bike should not be used by persons exceeding 350 lbs in weight.
12. Close supervision is necessary when this exercise equipment is used by, on, or near children, invalids, or disabled persons.

Regularly examine the bike for damage and wear. Inoperable components should be replaced immediately or the equipment should not be used until it is repaired.

Failure to follow all guidelines may compromise the effectiveness of the exercise experience, expose yourself (and possibly others) to injury, and reduce the longevity of the equipment.

Operation Instructions

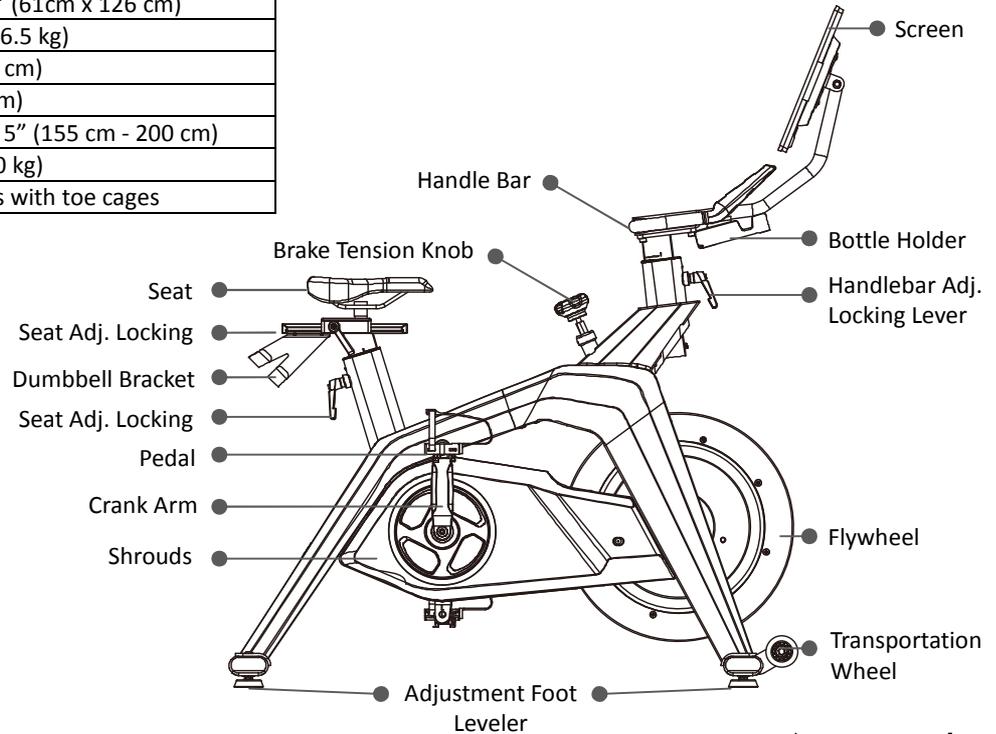
Warning - As the owner of this exercise equipment, you should insist that all users follow the same guidelines: you should make this manual available to all users.

1. Obtain a complete physical examination from your medical doctor and enlist a health/ fitness professional's aid in developing an exercise program suitable for your current health status.
2. When working out for the first time, start out slowly for a minimum of five minutes.
3. After your muscles are warmed up, gradually increase the pedaling speed and/or resistance.
4. The speed and duration of your exercise program should always be subject to how you feel. Never permit peer pressure to exceed your personal judgment while exercising.
5. This exercise equipment is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge.
6. Overweight or severely de-conditioned individuals should be particularly cautious when using the equipment for the first time. Even though such individuals may not have histories of serious physical problems, they may perceive the exercise to be far less intense than it really is, resulting in the possibility of overexertion or injury.
7. Proper installation and regular maintenance are required to ensure user's safety.
8. Maintenance is the sole responsibility of the owner.

Bike Specifications

Tech Specs And Requirements

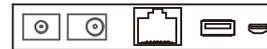
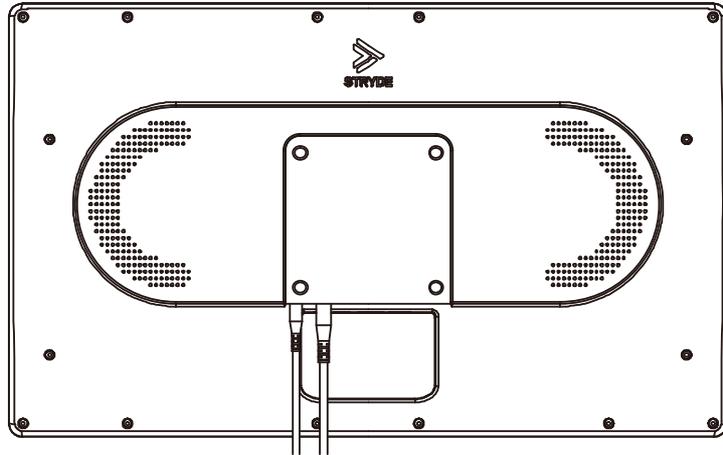
Footprint	24" x 49.6" (61cm x 126 cm)
Bike Weight	124.6 lb (56.5 kg)
Max Saddle Height	42.5" (108 cm)
Max Handlebar Height	46" (117 cm)
User Height Range	5' 1" to 6' 5" (155 cm - 200 cm)
Max User Weight	350 lb (160 kg)
Pedals	SPD pedals with toe cages



Display Specifications

Display

21.5" 1080P HD Touchscreen
Android 8.1 Operating System
16 GB Flash Storage
ANT+™ and Bluetooth® 5.0
MT8167A Processor



Stryde Pre-Assembly

Use the following procedures to unpack and assemble your Bike.

1. Using a razor knife (Box Cutter) cut the outside, bottom, edge of box. Lift Box over the unit and unpack.
2. Carefully remove all parts from carton and inspect for any damage or missing parts. If damaged parts are found, or parts are missing, contact us immediately.
3. Locate the hardware package. Each part in the hardware package is labeled with a number. Remove the tools first. Remove the hardware for each step as needed to avoid confusion.

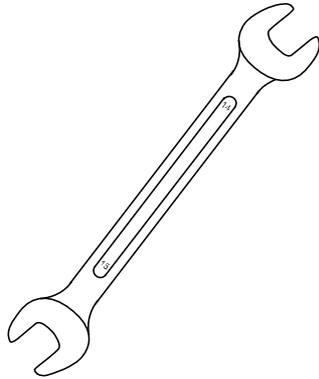
CAUTION: Damage to the bike during assembly is not covered as part of the limited warranty. Take care not to drop or lean the bike on its side.

Carefully stand the bike up in the normal upright position on a stable surface so it will not tip over during assembly.

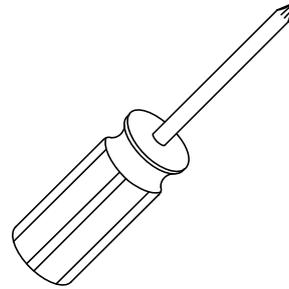
Protect the environment by not disposing of this product with household waste. Check your local authority or approved waste center for recycling advice and facilities.

Stryde Pre-Assembly CONTINUED

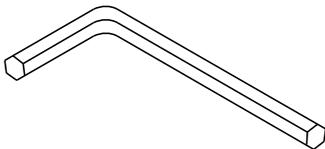
Tools Needed:



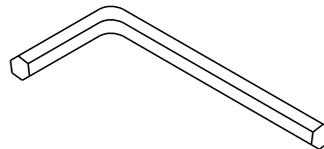
#106. 14/15m/m Wrench (1pc)



#108. Phillips Head Screw Driver (1pc)

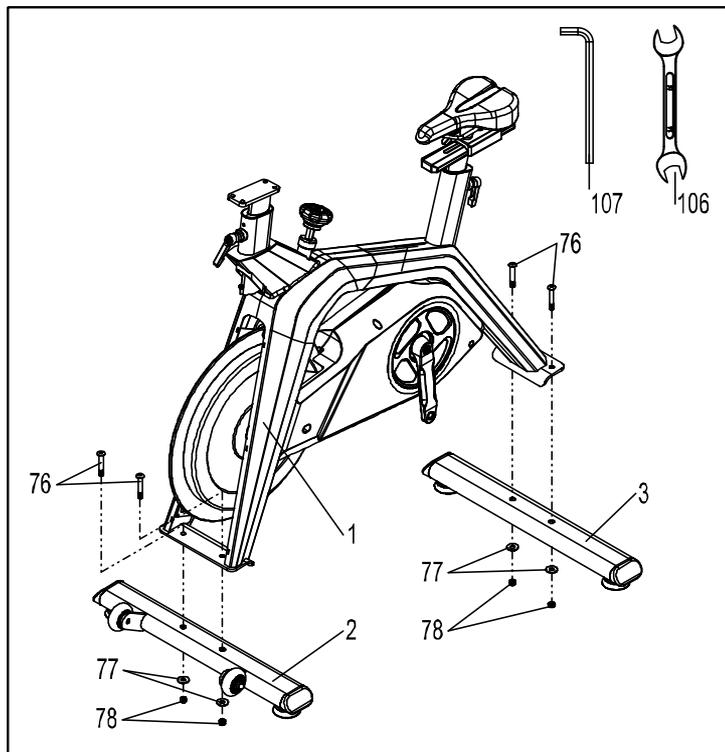


#107. M6 L Allen Wrench (1pc)



#109. M4 L Allen Wrench (1pc)

Stryde Step One

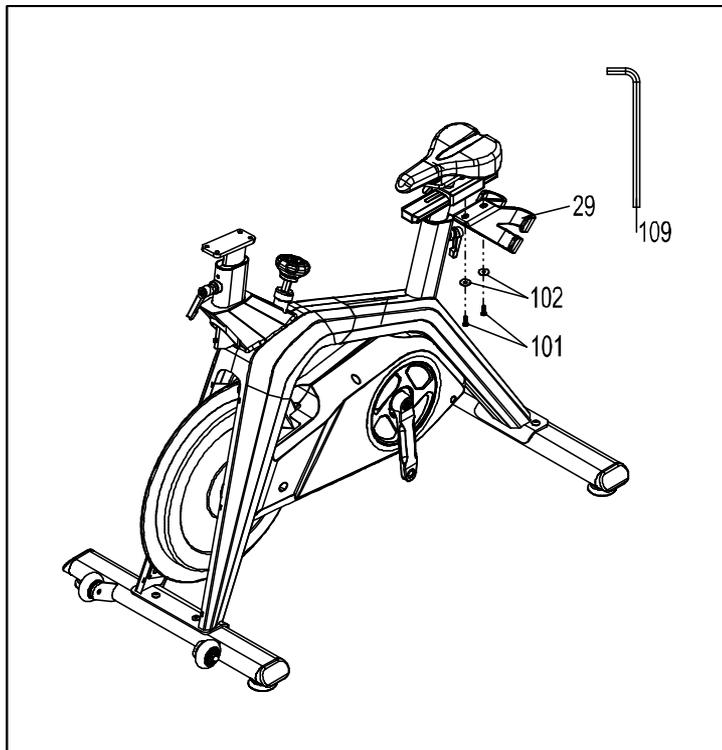


HARDWARE FOR STEP 1

PART	TYPE	DESCRIPTION	QTY
76	Button Head Socket Bolt	3/8" × 2-1/4"	4
77	Flat Washer	Ø10 × Ø25 × 1.5T	4
78	Nylon Nut	3/8" × 7T	4

1. Align the screw holes of the main frame (1) and the front stabilizer tube (2). Insert two 3/8"×2-1/4" Button Head Socket Bolt (76) through the holes and tighten them with two sets of Ø10×Ø25×1.5T Flat Washer (77) and 3/8"×7T Nylon Nut (78) by using a 14/15mm Wrench (106) and a M6 Allen Wrench (107).
2. Align the screw holes of the main frame (1) and the rear stabilizer tube (3). Insert two 3/8"×2-1/4" Button Head Socket Bolt (76) through the holes and tighten them with two sets of Ø10×Ø25×1.5T Flat Washer (77) and 3/8"×7T Nylon Nut (78) by using a 14/15mm Wrench (106) and a M6 Allen Wrench (107).

Stryde Step Two

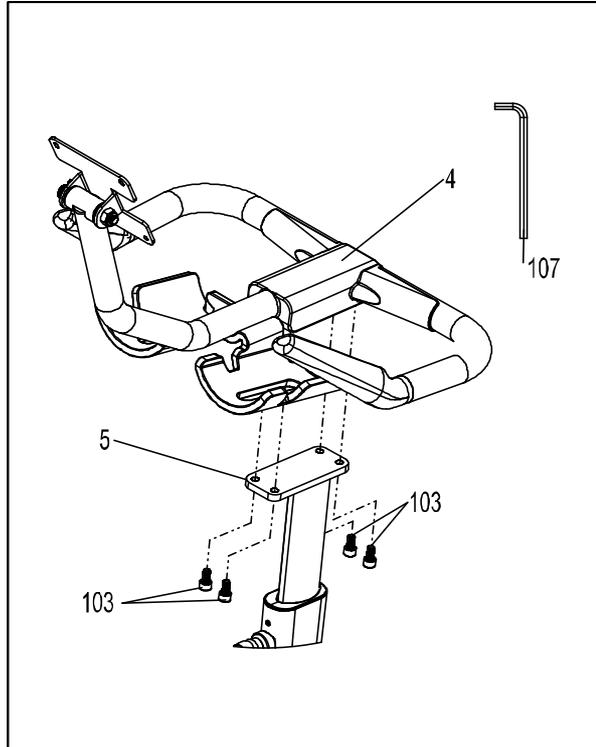


HARDWARE FOR STEP 2

PART	TYPE	DESCRIPTION	QTY
101	Button Head Socket Bolt	M6 × 18L	2
102	Flat Washer	∅ 6.5 × ∅ 25 × 1.5T	2

1. Align the screw holes of the dumbbell holder (29) and seat bracket. Tighten with two sets of ∅6.5×∅25×1.5T_Flat Washer (102) and M6×18L_Button Head Socket Bolt (101) by using a M4 Allen Wrench (109).

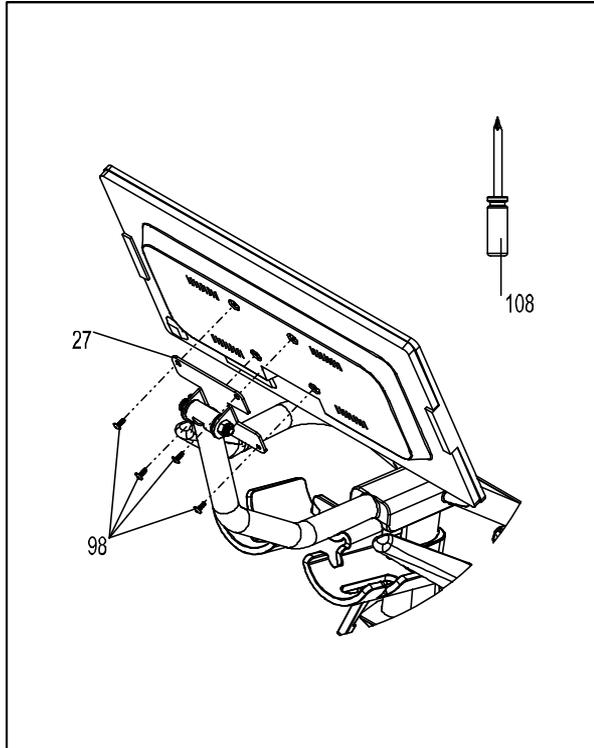
Stryde Step Three



HARDWARE FOR STEP 3			
PART	TYPE	DESCRIPTION	QTY
103	Socket Head Cap Bolt	M8 × 15L	4

1. Pull the handlebar post (5) up with some space for assembly.
2. Align the screw holes of the handlebar set (4) and handlebar post bracket. Tighten with four M8×15L_Socket Head Cap Bolt (103) by using a M6 Allen Wrench (107).

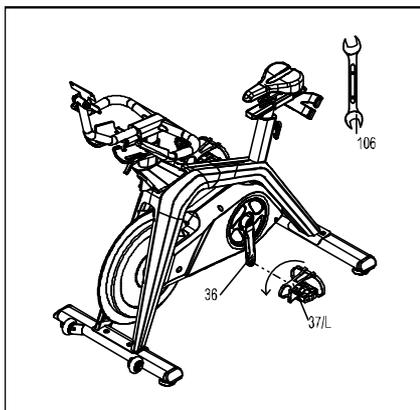
Stryde Step Four



HARDWARE FOR STEP 5			
PART	TYPE	DESCRIPTION	QTY
98	Phillips Head Screw	M4 × 12L	4

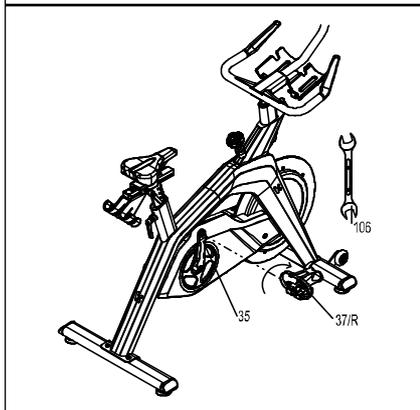
1. Align the screw holes of the screen rack (27) and the tablet.
Tighten with four M4×12m/m_Phillips Head Screw (98) by using a Screw driver (108).

Stryde Step Five



1. Tighten the Left pedal (37) onto the Left crank arm (36) by using a 14/15m/m_Wrench (106).

2. Tighten the Right pedal (37) onto the Right crank arm (35) by using a 14/15m/m_Wrench (106).



Setting Up Your Bike

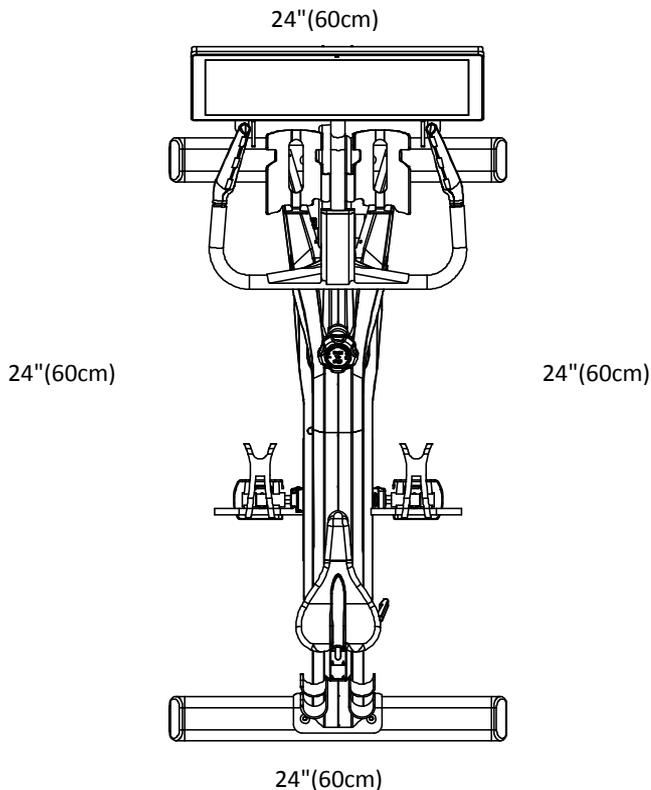
Positioning The Bike

The bike should be on a level, flat, and secure surface near an AC power outlet. Keep a minimum safe distance of 24" (60 cm) between the bike and any obstructions.

Injury Warning

To prevent injury, always adjust the saddle and handlebars to your personal requirements and tighten all adjustment levers before taking your first ride. Protruding levers and knobs can interfere with your movements.

Note: It's recommended that the assembly should be done by two people.

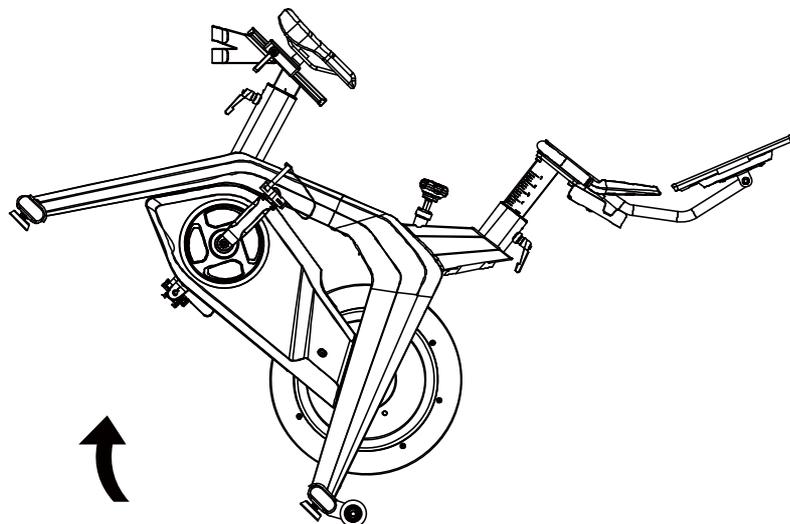


Setting Up Your Bike

Moving The Bike

Two wheels are located on the front floor mount for easily relocating the bike.

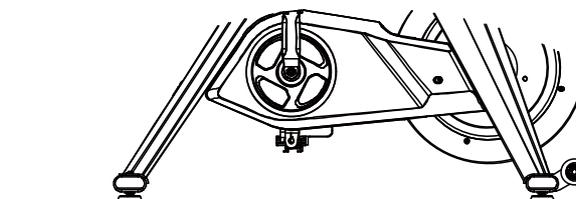
- Grip the back floor mount and tilt the bike forward (1)
- While avoiding uneven surfaces, roll the bike to its new location
- If the bike rocks after being set down, turn each leveling foot until it rests firmly on the floor (2)



1

Equipment Warning

- Do not unscrew the leveling feet more than 1/2".
- Before moving your bike, adjust your handlebar and saddle settings to their lowest levels.



2

Adjusting The Saddle

With your hips level in the saddle, your knees should be slightly bent when the pedal is closest to the floor.

When both pedals are parallel to the floor, your forward kneecap should be directly above the center of the pedal.

Height

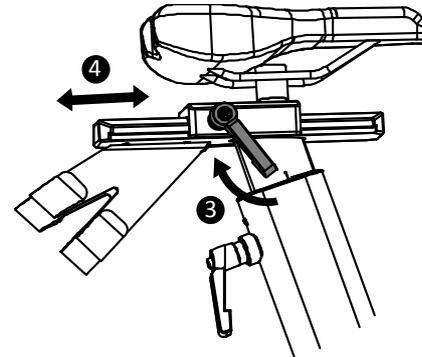
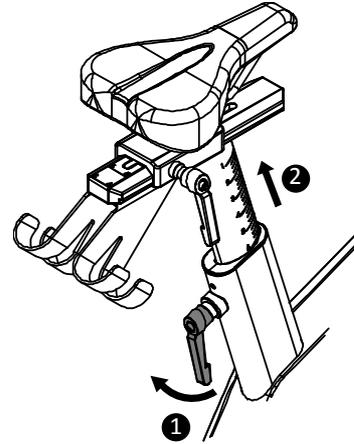
- Turn the adjustment lever counterclockwise to loosen (1)
- Adjust the saddle to a desired position (2)
- Turn the lever clockwise to tighten

Depth

- Turn the rear adjustment lever counterclockwise to loosen (3)
- Slide the saddle forward or backward (4)
- Turn the lever clockwise to tighten

Injury Warning

- To avoid hyper-extending your knees, make sure that your legs are not completely straight.
- Do not adjust saddle height beyond the stop mark on the seatpost.

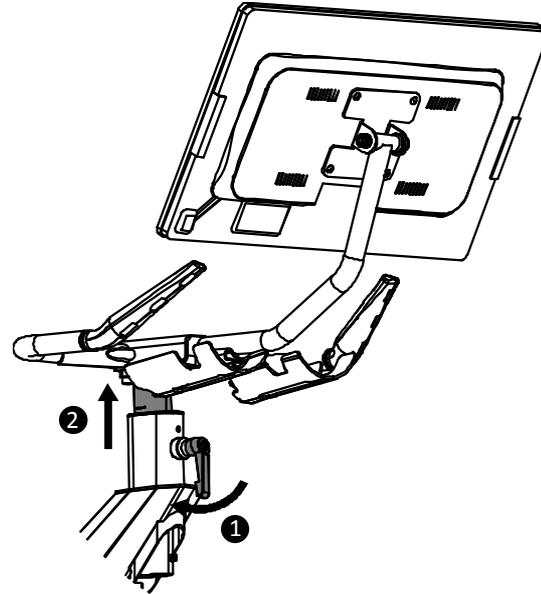


Adjusting The Handlebar

When gripping the handlebar, your arms should be slightly bent, and the handlebar should be at the same height (or slightly higher) than the top of the saddle.

Height

- Turn the adjustment lever counterclockwise to loosen (1)
- Adjust the handlebar to a desired position (2)
- Turn the lever clockwise to tighten



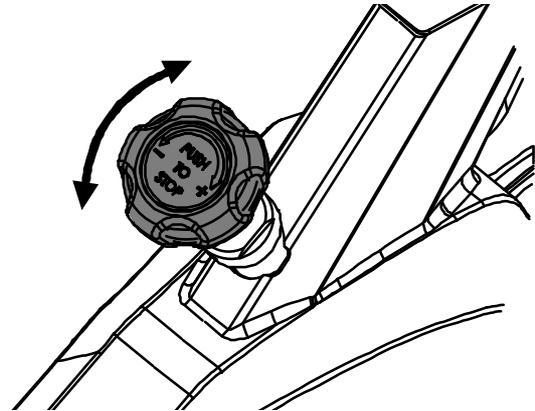
Torq Knob And Emergency Brake

Turn the Torq knob to adjust the resistance level, or press it as an emergency brake.

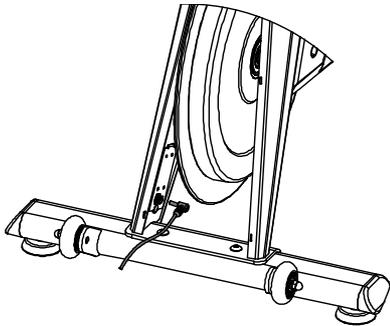
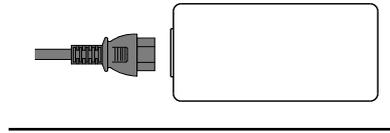
- Turn clockwise to increase resistance
- Turn counterclockwise to decrease resistance
- Push down to stop the pedals and wheel from moving

Equipment Warning

- Increase the resistance to maximum when the bike is not in use to prevent injuries from moving pedals.
- The pedals and wheel will continue to move together until the wheel stops. The emergency brake shall be released after the wheel comes to a complete stop and pressure is removed from the pedals.

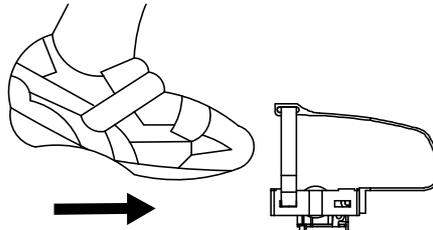


Getting Started



Plugging In

Plug the power cord into the adapter on the bottom of the bike, then plug the other end into an outlet. Plug the two cables from the bike into the tablet as shown on page 7

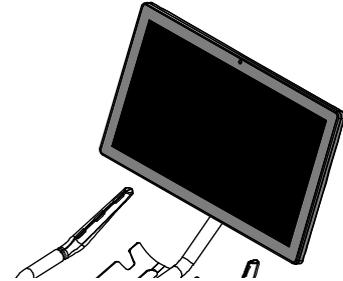


Clipping In

If you are using cycling shoes with SPD clips, find the U-shaped side of the pedal, then slide the ball of your foot down while dropping your heel until you hear a click.

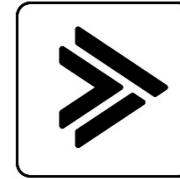
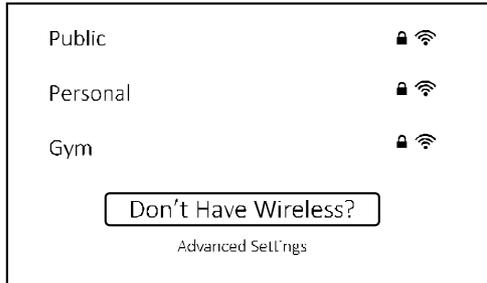
Clipping Out

With your hand on the Torq Knob, swing your heel away from the bike.



Turning on your tablet

Your tablet will start automatically when you plug in the bike and connect the tablet. Your tablet will go to sleep after several minutes of inactivity. If the display is asleep, swipe up on the screen to wake it up.



Connecting To The Internet

To connect to a WiFi network, tap on the WiFi icon at the top right corner of the screen. You will see a list of available networks around you. Tap the network name

- If the network is not secured, the bike will connect to the network.
- If the network is secured, you will be prompted to enter a password. Type in the password and tap connect.

Using Stryde app

To start the app, please click on the Stryde icon on the tablet's home screen

- If this is your first time using Stryde, please set up your Stryde account by creating your username and password. You will be prompted for a confirmation code sent to your email address.
- If you do not have an active subscription and would like to watch instructional videos, please click on one of the videos in the "Home" or "Classes" screen. You will be prompted to enter your credit card information to activate Stryde subscription. Alternatively you can also go to "My Account" section, and then click on "Subscribe" button.

Class Screen

When taking one of the classes on Stryde app, you will find the following information on the screen:

Cadence

Your pedaling speed, counted by how many times your wheel is revolving per minute.

Resistance

Turn it up for a steep hill, turn it down for a flat road.

Output

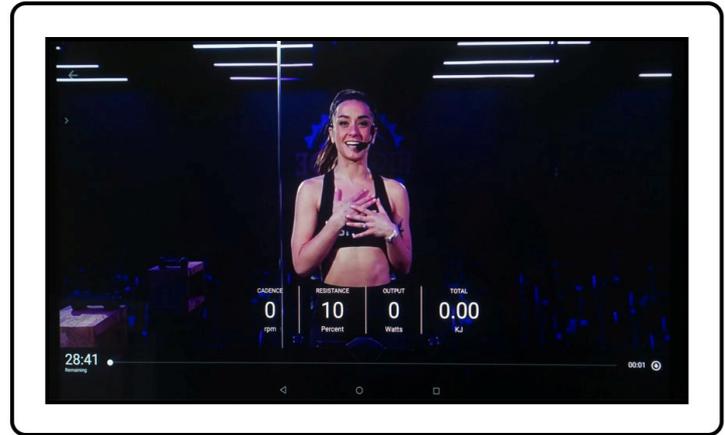
Your estimated power output measured in watts.

Total

Calories burned during the workout.

Leaderboard (optional)

See your output relatively to totals for other users who took the same class.



General Maintenance

A regular preventative maintenance schedule you're your bike ensures that it is working at an optimal condition without affecting the end user exercise experience. To assist in the maintenance regiment, it is recommended to break service into: Daily, Weekly, & Monthly activities. Details on each activity can be found in the "Maintenance" section of this document.

Preventive Maintenance

Perform regular scheduled preventive maintenance procedures to maintain your bike in serviceable condition.

Daily Maintenance

The life of your product will be determined by how consistently you perform the daily maintenance procedures. Dry the bike after each use to remove sweat and moisture. It is best to use a liquid non-abrasive cleaner diluted with water.

Wipe Down / Cleaning

To prevent the build-up of rust and other forms of corrosion, wipe down the bike at the end of each day (or preferably at the end of each class). Raise all posts to the highest setting to expose moisture. Using an absorbent cloth, focus on all areas that perspiration can settle. Give particular attention to the following areas:

- Handgrips
- Seat / adjustable slide for the seat
- Back leg assembly
- Guard
- Pop-pins
- Leveling feet

NOTE: Never use abrasive cleaning liquids or petroleum-based solvents when wiping down the bike.

Inspection / Adjustment

Inspect major moving parts that require constant proper torque. Loose or misadjusted parts can result in personal injury or damage to the bike. Check the following parts for security and/or proper torque.

Pedals

Verify that the pedals are tightened after the first 10 hours of use and every 100 hours of operation, thereafter.

Weekly Maintenance

Weekly maintenance should focus on the overall performance of the bike. During these inspections, look for vibration and possible loose assemblies.

Have an experienced rider ride the bike to identify and help diagnose any vibration, noises, and any "unusual" feeling from the drive belt. Either faulty flywheel alignment or a loose belt can cause vibration.

- Check for proper flywheel alignment. Torque flywheel nuts as necessary.

Inspect each bike for loose assemblies, parts, bolts and nuts. Give particular attention to the following:

- Tighten all frame base hardware.
- Tighten all pop-pin handles.
- Tighten seat hardware.

Monthly Maintenance

The monthly maintenance check should be a comprehensive inspection of the overall frame and main assembly components of the bike in addition to the Weekly Maintenance.

Inspection and Adjustment

Inspect the frame and main assembly components for rust or corrosion. Tilt the bike or place in an upside down position to locate areas where rust and corrosion may develop. Use a small, wire brush to remove rust build-up in small crevasses, such as leveling feet, pop pin handles and other bolt assemblies. Give particular attention to the following areas:

- Leveling feet
- Pop pin handles

Inspect all wear items for adjustments or possible part replacement. Give particular attention to the following:

- Inspect seat pad for wear. Rips, tears or excessive movement indicates replacement is required.
- Inspect pedals for play. Excessive movement of pedals indicates replacement is required.
- Tighten seat hardware.
- Leveling feet.

Frame Care

It is recommended that the frame on the bike is sealed from sweat impurities that may speed the corrosion process at least once a month.

Wash/Dry

Dampen a clean terry cloth in an **only** water solution to wipe away any soap residue. Using a second clean and dry terry cloth; dry off any liquid residue.

Sealing

The frame can be sealed by applying a wax or polishing coat that can help repel away liquids like human perspiration. Apply the wax or polish per the manufacturer's instructions for best results.

Cleaning

Using a clean terry cloth that is dampened in 30 parts water to 1 part non-abrasive detergent or car wash soap rub over the frame of the product.

Stryde Bike Limited Home Warranty

Katana Fitness, Inc. ("Katana") extends the following Limited Warranty, which applies only to non-commercial, in-home, indoor use of the Stryde Bike. Any other use of the Bike shall void this Limited Warranty. During the applicable Limited Warranty periods described below, the covered components of the Stryde Bike will be free of defects or malfunctions during normal use. Certain exclusions apply, as further described in this Limited Warranty.

The Limited Warranty extends only to the original purchaser of the Stryde bike or any person receiving a newly purchased Bike as a gift from the original purchaser. The Limited Warranty applies for the following components of the Stryde Bike only, for the time period indicated.

HD Touchscreen: 12 Months

We warrant the touchscreen against defects in workmanship and materials for a period of 12 months from the date of original delivery.

Frame: 5 Years

We warrant the frame, which excludes any moving parts attached to the structural frame, against defects in workmanship and materials for a period of five years from the date of original delivery.

Bike Parts: 12 Months

We warrant the components and all original parts of the Bike against defects in workmanship and materials for a period of 12 months from the date of original delivery. Bike pedals are not warranted against normal wear and tear and it is important that you maintain the pedals by inspecting the pedals regularly for any damage, loose parts or other signs of wear and tear that could cause breakdowns or part failures.

Labor: 12 Months

We will cover the labor cost for the repair or replacement made under this Limited Warranty for a period of 12 months from the date of original delivery.

WHAT YOU MUST DO TO OBTAIN SERVICE

- To be eligible for service under this Limited Warranty you must contact the our Support team. You will be asked to provide us with the serial number of your Bike and the dated receipt, or other proof of purchase indicating the date purchased, upon discovering any nonconformity or defect.

WHAT WE WILL DO TO CORRECT COVERED DEFECTS

- We will diagnose the problem over the phone. Afterwards our warranty service provider will dispatch a technician, ship to you any new or rebuilt replacement part or component or, at our option, replace the Bike. Any replacement or repaired component shall be warranted for the remainder of the original Warranty period or 30 days, whichever is longer, or for any additional period that is required by applicable law.

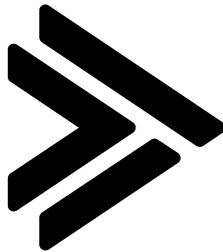
EXCLUSIONS

This Warranty shall not apply to:

- Structural, functional or cosmetic damage, including rust, corrosion and unusual wear, caused

by failure to follow the operation and maintenance procedures described in the owner's manual or by use of the Bike with parts or accessories from third parties.

- Software, even if sold with or embedded in the Bike, or Internet connectivity.
- Service calls to correct installation of the equipment or instruct owners on how to use the equipment.
- Damage or equipment failure due to accident, abuse, improper or abnormal use, neglect, corrosion, discoloration of paint or plastic, theft, vandalism, fire, flood, wind, lightning, freezing or other natural disasters or acts of God of any kind, electrical wiring, power reduction, power fluctuation or power failure from whatever cause, unusual atmospheric conditions, collision, introduction of foreign objects, or modifications that are unauthorized or not recommended.
- Any labor costs incurred beyond the applicable labor warranty period.



Questions or comments? Please contact us at help@strydebike.com or call (888) 418-0143