

V-BIKE™

Owner's Manual





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Introduction



This manual is intended to familiarize you with the features, safe operation and maintenance of the **V-Bike™**. Please read all applicable sections of the manual before assembling, using or servicing the **V-Bike™**.



Safety Instructions

CHAPTER 1

These safety notes are directed to purchasers and users of the **V-Bike™**. Club Managers should ensure that members and fitness staff are trained to follow the same safety instructions.

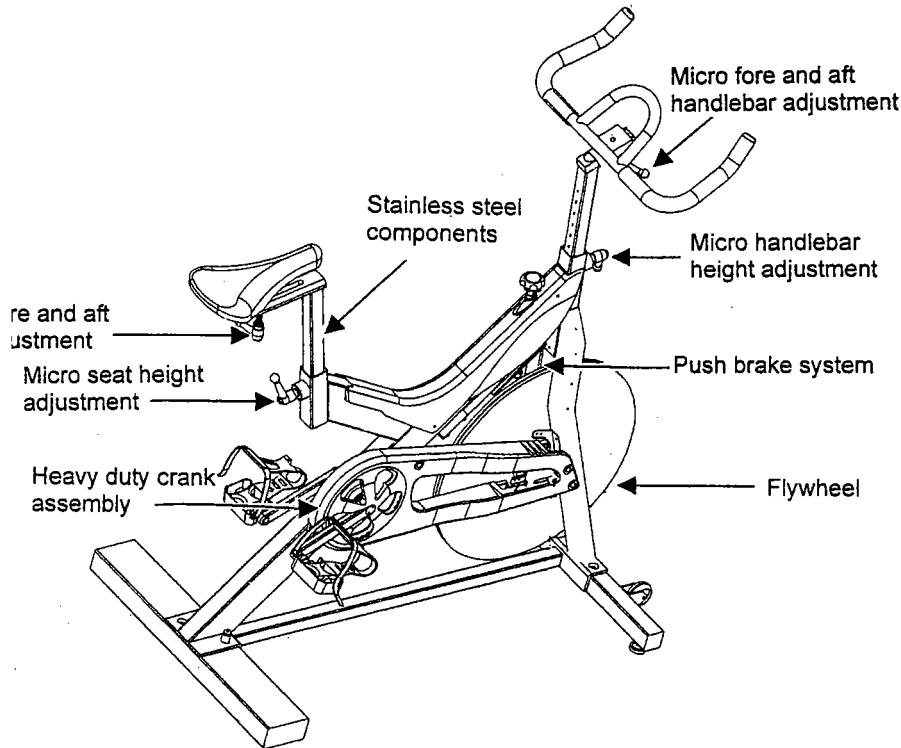
Fitness Safeguards:

- Users should make their physician aware of any proposed fitness regimen before embarking on any exercise program.
- Discuss with your physician any health problems before beginning an exercise regimen.
- Stop operating the **V-Bike™** if you feel dizzy, faint or tired.
- Preventative maintenance must be performed in accordance with the guidelines specified under the Preventative Maintenance section of this manual to assure optimum performance of the **V-Bike™**.

Cautions for use of the V-Bike:

- Persons exceeding 350lbs may not use this product.
- Never attempt to abruptly stop the pedals, especially at high RPM's.
- Never remove feet from the **V-Bike™** pedals while still in motion.
- Do not dismount until the pedals are at a complete STOP.
- Do not attempt to ride this bike in a standing position at high RPM's until you have practiced at slower speeds.
- Do not drop or insert any object, hands, or feet into any openings or moving parts of the **V-Bike™**.
- Do not use without proper footwear.
- Do not let children operate the **V-Bike™**. The **V-Bike™** mechanism and ergonomics are designed and intended for adult use only.

Features of the V-Bike™



Stainless Steel - All exposed metal and hardware are stainless steel for strength and corrosion resistance.

Frame Treatment - The frame is painted then powder coated for the ultimate in corrosion resistance.

Shielding - Plastic shrouds cover the brake and chain to deflect perspiration and prevent rust.

Handlebars/Seat - Front-to-back and up-and-down micro-adjustments allow riders to find the most comfortable, ergonomic fit.

Saddle - The V-Bike features a **Perfas™** saddle, the leader in comfort like seats, which has an anatomic cutout for relief in the sensitive areas.

- **Flywheel** - Size and spin rate are calculated to achieve the proper inertia, creating the most realistic cycling feel while minimizing risk of damage to the rider's knees.
- **Simple Friction System** - easy to use, adjust and service.
- **Push Brake System** - The quickest way to stop the flywheel of any group cycling bike- just push down on the adjustment knob.
- **Color** - Charcoal gray with slate blue shrouds.

shrouds.

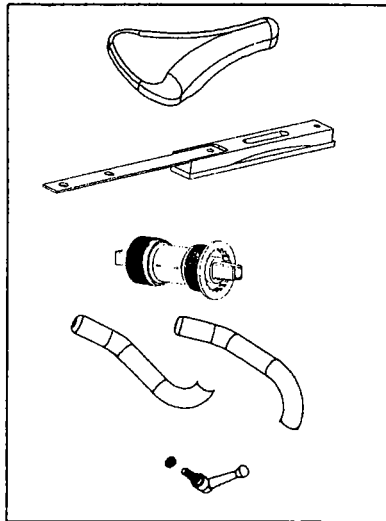
CHAPTER 2

This chapter details assembly of the **V-Bike™**. Please begin by verifying that the following parts were included in your shipment:

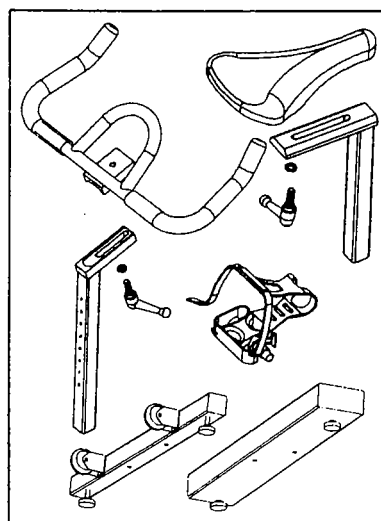
- **Main V-Bike™** Frame Assembly.
- **Owner's Manual** with Warranty Registration Card.
- **Hardware Kit** (includes 2 Metric Allen Wrenches, 1 Multi-Purpose Open-end Wrench. (2) 8mm x 70mm long bolts (equivalent to 2 3/8") (2) 8mm x 60mm short bolt (equivalent to 2 3/4") 4 nuts, 4 washers and 4 clamp handles.)
- **Assembly Components** required assembly prior to use; Seat/Seat Post, Handlebar, Pedals, and Front-and-Back bottom cross section bars.
- **Spare Parts Kit** (1) Seat Assembly, (1) Brake Pad, (1) Bottom Bracket assembly, (1) Handlebar Grip Set and (1) Clamp Handle.

Take time now to enter your **V-Bike™** serial number in the space below. This serial number can be found on the bottom cross member. Should any components not be present or if you have any operational questions, refer to your serial number when calling **STAC TRAC's Service Hotline (800) 503-1221**.

Serial #: _____
Spare Parts Kit



Assembly Kits

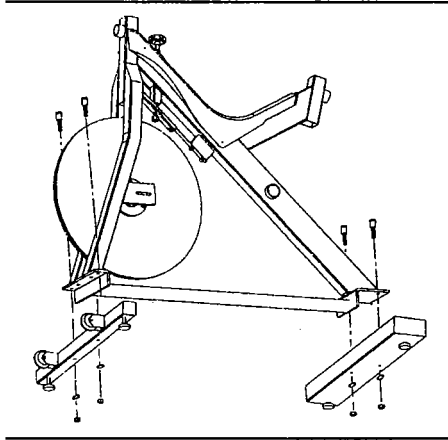


Assembly Instructions

STAR
TRAC

STEP 1

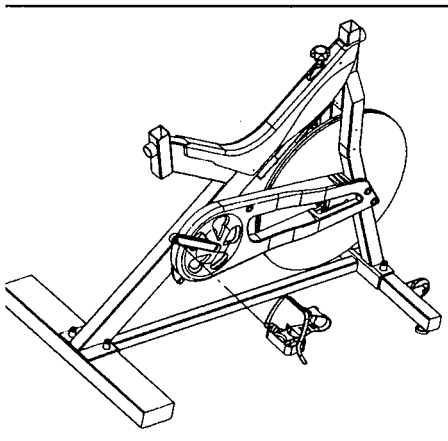
The **V-Bike™** carton should be upright so that the "Heavy End" logo is located at the bottom. Open the top of the carton and pull back all four flaps. Carefully tilt the box forward so that the box may be lifted to expose the **V-Bike™**. Next, remove the spare parts kit and assembly components from the styrofoam inserts. A listing of the Spare Parts Kit contents and Assembly Components can be found on page 4.



Diag. 1

STEP 2

Using the #5 Metric Hex Wrench and Multi-Purpose Wrench secure the front and back cross bars to the **V-Bike™** main frame. Secure the front cross bar using the (2) 8mm x 60mm short bolts, nut, and washers. Secure the back cross bar using the (2) 8mm x 70mm long bolts, nut, and washers. See diagram 1.



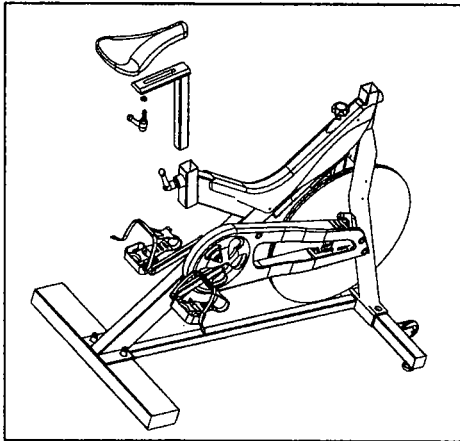
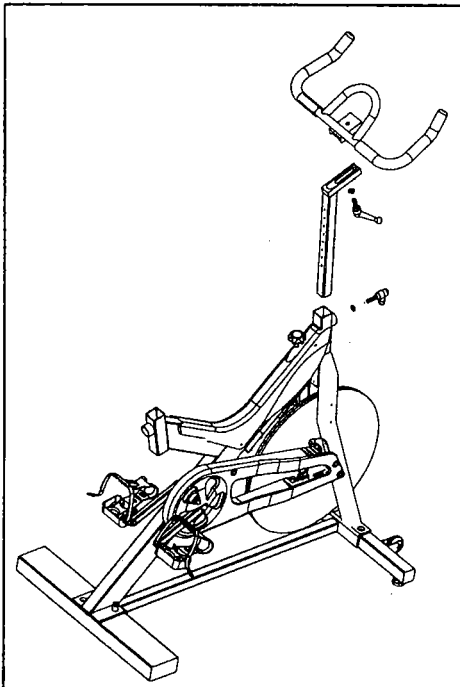
Diag. 2

STEP 3

Install the pedals using the Multi-Purpose Wrench. Turn the (left) pedal spindle counter-clockwise when threading into the crank arm and clock-wise when threading the (right) pedal spindle. See diagram 2.

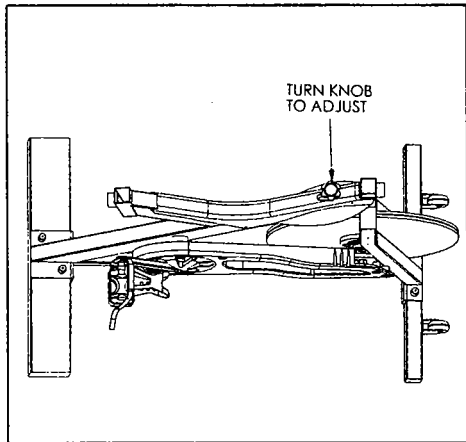
STEP 4

Using one of the clamp handles, assemble the seat assembly to the seat post then slide the seat post into the V-Bike™ frame. Next, install handlebar to the handlebar post by using a clamp handle. Slide the post into the front rail of the frame. See diagram 3 & 4.

**Diag 3.****Diag 4.**

CHAPTER 3

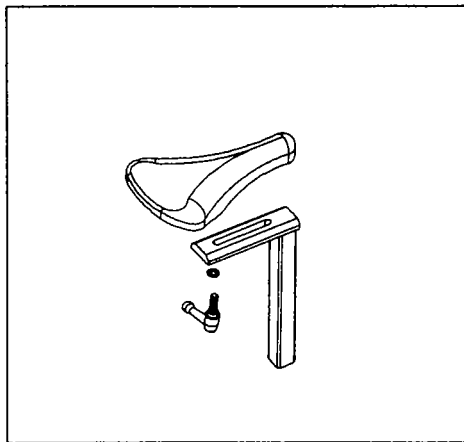
The **V-Bike™** allows the user full control of resistance by simply adjusting the brake pad. Typically, lower resistance levels enable you to move at a faster pace, placing increased demand on the cardiovascular system. Higher resistance levels will typically deliver a greater muscle/endurance workout at lower RPMs. Since everyone is different, the **V-bike™** will need to be adjusted to each users comfort zone.



Diag. 5

Resistance

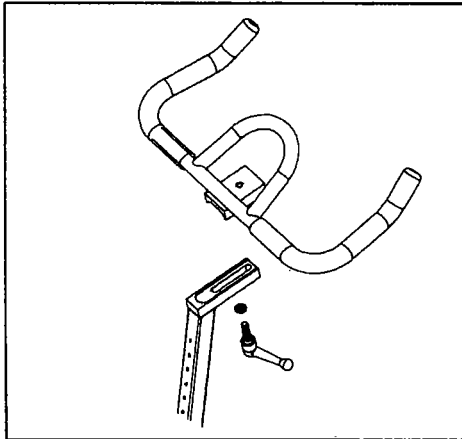
Pedaling resistance is controlled by the push Brake System Knob located underneath the handlebars, see diagram 5. To increase resistance, turn the Brake System Knob clockwise (+). To decrease resistance, turn the resistance counter-clockwise(-). Resistance adjustments can be done while riding.



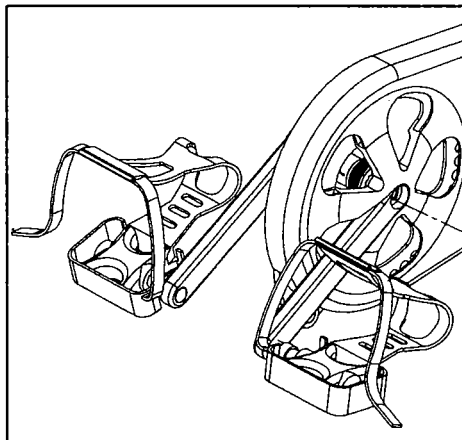
Diag. 6

Seat Adjustments

Proper seat height helps ensure maximum exercise efficiency and comfort, while reducing the risk of injury. Adjust the seat height so that the knee joint is slightly flexed when the extended leg is at the bottom of the pedal stroke. Once the proper height has been achieved, adjust the seat forward or back so that the feet are 3 o'clock and 9 o'clock position, the knees should be directly over the pedal axle.

**Diag. 7****Handlebar Adjustment**

The position of the handlebar should be based primarily on comfort. Typically the handlebar should be positioned slightly higher than the seat. To raise or lower the handlebar, loosen the clamp handle, raise or lower to desired height and tighten clamp handle.

**Diag. 8****Pedal Strap Adjustment**

Place the ball of each foot in the toe clip until the front of the shoe fits snugly in the toe clip cage. Rotate one foot to within arm's reach, then tighten the webbed cloth buckle until the cage of the toe clip is snug around the foot. Repeat for the other foot. Point your toes and knees directly forward to ensure maximum pedal efficiency.

CHAPTER 4

This chapter provides hints on how to stay motivated and suggestions for getting the most out of your workouts with maximum ease, efficiency and enjoyment.

Warm up

A slow and easy warm-up prepares the muscle and cardiovascular system for a more intense workout and helps reduce potential injuries from occurring. Start slowly at a pace you can sustain. Your warm-up should be sufficient once your breathing rate begins to increase and you begin to lightly perspire. This warm-up period should last a minimum of two to five minutes.

Work Out

A brisk and rhythmic workout will train the muscle and cardiovascular system to perform at a higher efficiency. The key is to exercise aerobically, typically at 60% - 75% of your maximum heart-rate.

Cool Down

Slow and relaxed activity after a workout allows the muscle and cardiovascular system to return to an inactive state gradually.



Preventative Maintenance

CHAPTER 5

Daily Maintenance:

1. Dry the **V-Bike™** after each use to remove sweat and moisture. It is best to use a liquid non-abrasive cleaner and water solution.
2. Rinse all surfaces to remove detergent residue and then dry. Do not wipe the chain with soap or towel. Avoid wetting the brake pad when cleaning.

IMPORTANT: To avoid damaging the finish on your **V-Bike™**, never use a petroleum-based solvent for cleaning.

Periodic Inspection:

1. The crank arms should be re-torqued after the first 10 hours of use and every 100 hours of operation, thereafter. The crank arm to bottom bracket torque is 30 Ft-Lbs (+/- 3Ft-lbs). Using a 15 mm wrench, the pedal should be snug.
2. Inspect all parts, nuts and screws for any adjustments, replacement or maintenance needs.

CHAIN: It will be necessary to lubricate the chain once a month or after every 100 hours of use, whichever ever comes first. The chain should be lubricated with light chain oil, using a bristle brush.

TOOLS

Tools for service and maintenance of your **V-Bike™** are the following

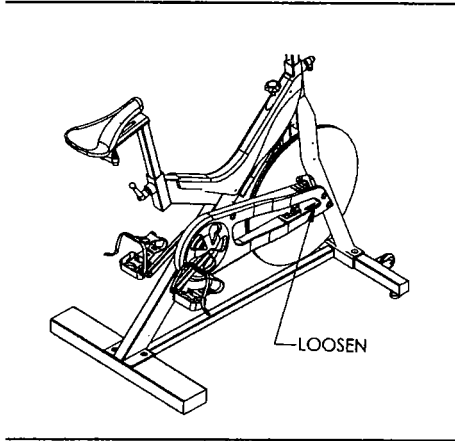
| Tool Description | Part Serviced |
|---|---|
| *Pedal Wrench 15mm | Removes and installs pedals |
| *Shimano compatible bottom bracket tool | Removes, installs and adjusts The bottom bracket. |
| *Cotterless Crank Puller | Removes crank. |
| Metric Allen Wrench Set and a Metric Socket Set | 2mm –6mm, installs and adjusts leg bolts, chain tensioner, brake pad and crank bolts. |
| Crescent (adjustable) Wrench | Chain Tension. |
| Torque Wrench | Crank Arm. |

* Available at local bike stores or from a fitness related store.

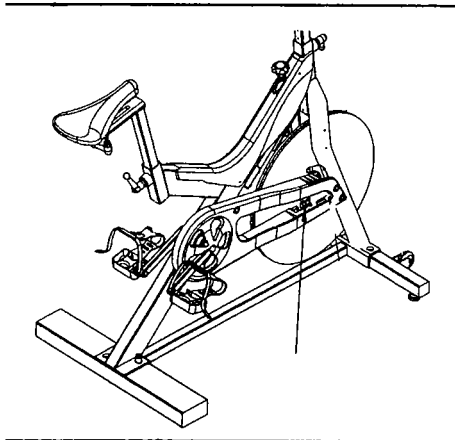
Adjustments

Chain Adjustment:

The chain on the V-Bike has been factory set and lubricated. It should not require adjustment initially. Over time, however, you may need to adjust the tension.



Diag. A



Diag. B

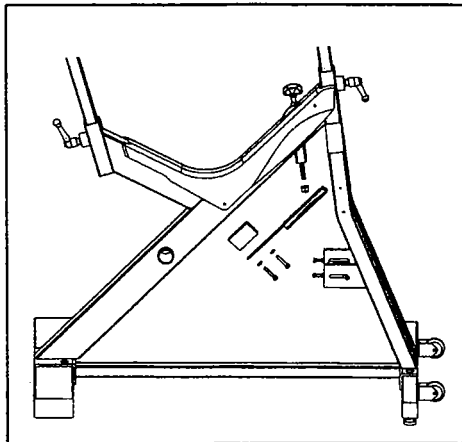
Procedure

1. Using a 3 mm Allen Wrench, remove the three screws supporting the plastic chain shrouding.
2. With an adjustable wrench, loosen the two nuts on either side of the flywheel, see diagram A.
3. Tighten the two bolts that go through the frame, moving the flywheel forward by turning clockwise until there is approximately $3/16$ " of slack in the chain, see diagram B.

4. Re-tighten the two bolts on the sides of the flywheel and replace the chain shrouding.

Note: If the chain is too tight, typically the rider will feel a strong vibration between 20 and 50 RPMs. If this happens, loosen the bolts $1/2$ " turn until the vibration disappears, then tighten the lock nuts.

Caution: Improper chain adjustment will cause premature wear and may void the warranty.

Brake Pad Replacement:**Diag. C****Procedure**

1. Remove tension from the brake pad by turning the Brake Knob counter-clockwise, until completely loose.

2. Using the Multi-Purpose Wrench remove the two bolts supporting the brake pad onto the frame, see diagram C.

Installation

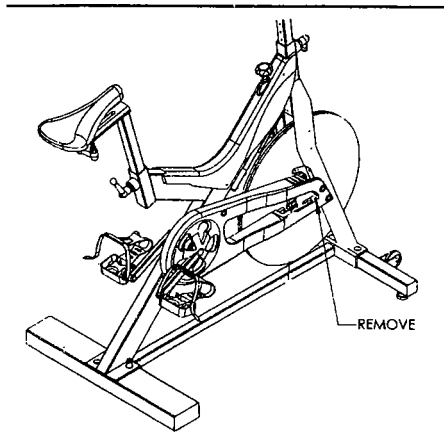
1. Carefully re-install the two bolts through the brake pad bracket onto the frame. Tighten by using the Multi-Purpose Wrench.

Note: The flywheel and crank assembly have been removed from diagram C to better illustrate the brake pad assembly. This is not required when replacing the brake pad.

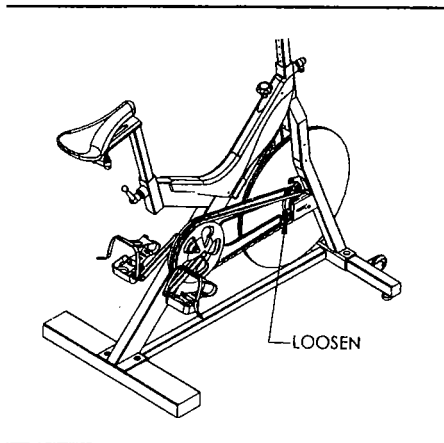
Part Replacement



Chain Replacement:



Diag. D



Diag. E

Procedure

1. Using a 3mm Allen Wrench, remove the three screws supporting the plastic chain shrouding.

2. Using the 5mm Allen Wrench remove the flywheel axle bolts, see diagram D.

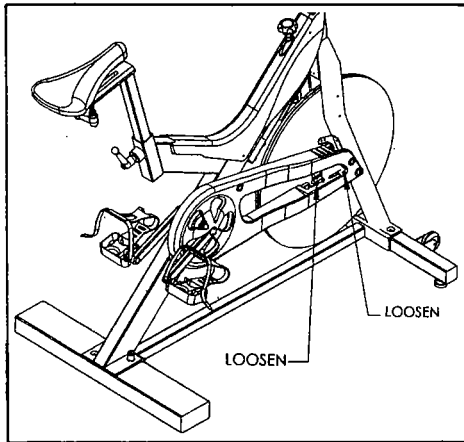
3. Loosen the chain tension bolts, see diagram E. slide the flywheel off the frame by pulling it towards the back of the bike. This will allow you to slide the flywheel back and drop down, then carefully pull the flywheel out from the back frame brackets. Next gently remove the chain from crank sprocket and flywheel cog.

Installation

1. Install the new chain on the crank sprocket and on the cog attached to the flywheel.

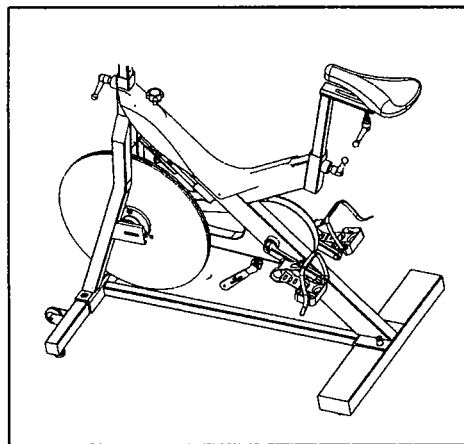
2. Insert flywheel into the back brackets of the frame, sliding in, then up and in.

3. Tighten the chain tension bolts until chain has about $\frac{3}{16}$ " of slack. Verify the flywheel is straight within the frame of the bike. Tighten lock nuts. Insert and tighten flywheel axle bolts and re-install the plastic chain shroud.

Bottom Bracket Replacement:**Procedure****Diag. F**

1. Using a 5 mm Allen Wrench loosen the chain by loosening the flywheel axle bolts and chain tension bolts, see diagram F.

2. Using a flat screwdriver pop off the black crank bolt cover located on the side of the crank arms. Using a 14mm Socket Wrench remove the crank bolt. Next remove the crank by using a crank puller. Thread outer section of puller into crank, spin crank puller handle until crank comes off the bottom bracket. See diagram G and repeat this on the opposite side.

**Diag. G**

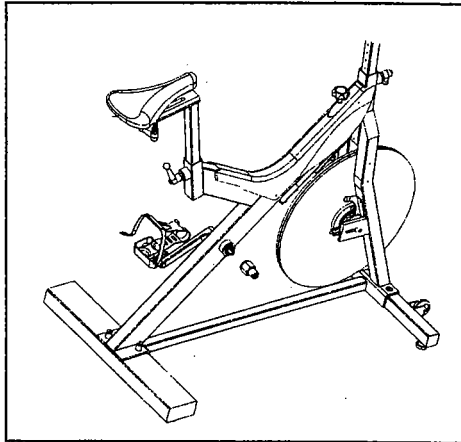
3. Remove the left cup of the bottom bracket first, with a Shimano compatible bottom bracket tool see diagram H. (This cup has standard threads)

4. Next remove the bottom bracket by loosening the right side threads using the bottom bracket tool, these threads are reversed (clockwise to loosen).

Part Replacement



Bottom Bracket Replacement: (Continued)



Diag. H

Installation

1. Wheel bearing grease should be applied to both the right and left side threads of the bottom bracket, including the inside and outside bottom bracket cup.
2. Insert cartridge from right side bracket and tighten (counter-clockwise) using the bottom bracket tool.
3. Insert cup on the left side of the bottom bracket and tighten (clockwise).
4. Install cranks with crank bolts.
5. Tighten chain with chain tension bolts, lock nuts, and then tighten the flywheel axle bolts.