rEvolution

Product Report

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rEvolution is here!

Indoor cycles does not necessarily have to be an unintelligent piece of exercise equipment.

With rEvolution it is possible to upgrade your BODY BIKE Classic Supreme to the Online Era.

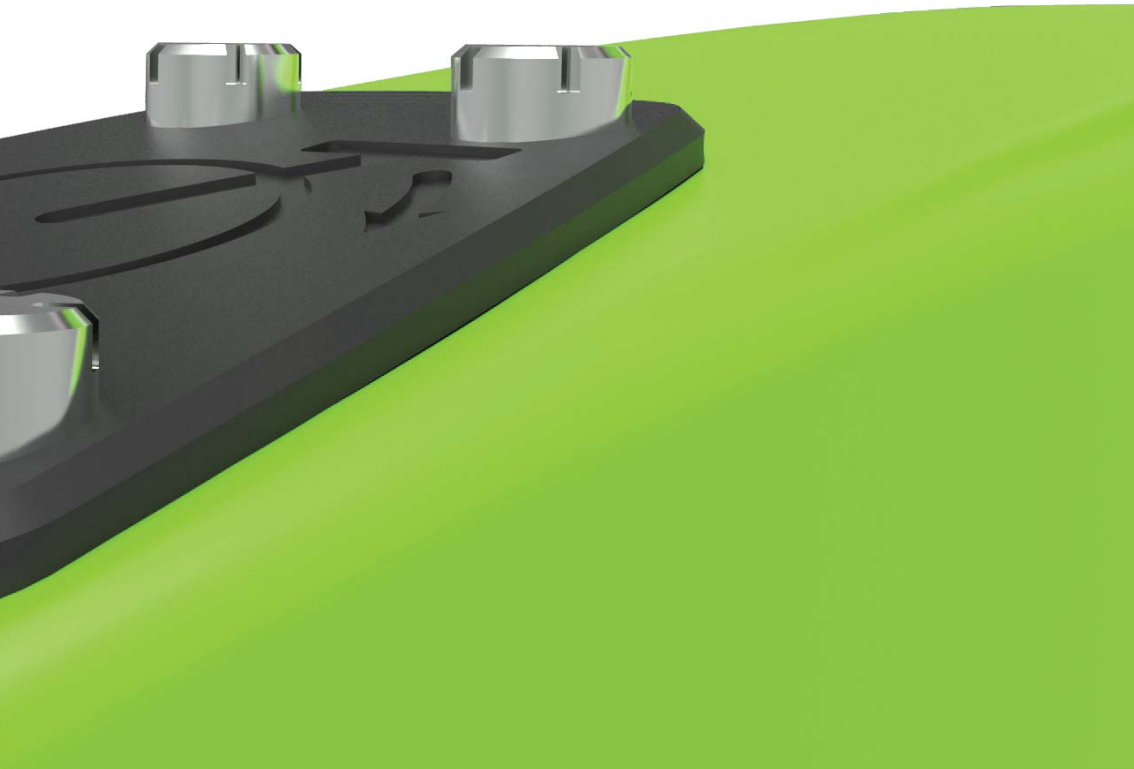
In an easy assembly retro fit kit, rEvolution adapts BODY BIKE Classic Supreme to a whole new indoor cycling scenario.

- No more doubts on whether the applied workout load is to week or to great.

- Never again will the inconveniently located blind load adjustment knob be a part of an indoor cycling session.

- Keep focus on optimal workout and performance

rEvolution logs every session and provides easy access for review of sessions, progress and performance



Concept

rEvolution is a new concept for indoor cycling developed to ensure a correct workout, according to the instructor's programme, every time.

rEvolution is based on a 'Follow the Leader' concept, where every indoor cycle is connected to the instructor's bike by wireless ANT signal. The cycling session programme is planned beforehand and uploaded to the bikes and dictates the resistance load of the individual bike at the given moment throughout the programme.
The cornerstone of rEvolution is the handicap system, which adapts the challenges of the spinning program to the physical capability of the individual participant and ensures performance progress.

The handicap is determined from a fitness test which the participants will perform in the introduction session, where they learn how to set up the bike properly as well.
The intro class should last for approximately 30 minutes where the fitness test will count for a 20 minute period on the programmed test course which slowly increases in intensity at a constant cadence. When the participant starts to slow down the cadence due to the increasing intensity. This given level results in the initial handicap which will be logged in the participant's user profile for future spinning classes. The rEvolution display Console is equipped with a magnet strip card reader to enable quick and easy log on to the bike by swiping the member's card. Immediately the participant's data is down loaded to the bike and the session is ready to start.

The handicap will automatically adjust accordingly to the activity level of the participant, ensuring a steady progress in challenge and performance level. Though, if having an off day or a great day the buttons on the display console allows the participant to respectively in- or decrease the given resistance load within the limit of +/- 5 %. If the resistance load is continuously manually in- or decreased the system will readjust the handicap of the participant. If optimal callibrated the participant does not have to adjust anything and can concentrate on the session in itself.

rEvolution is an active system which will give suggestions to the participant about to which instructors his/her ride style fits best or in which time of the day he/she performs the best. The system will in this way cover some of the aspects of a personal trainer.

Benefits

User

Optimal Workout

rEvolution ensures correct workload setting, according to the programme, through out the whole spinning session. The automatically user adapting handicap ensures a steady progress in performance.

Session Map

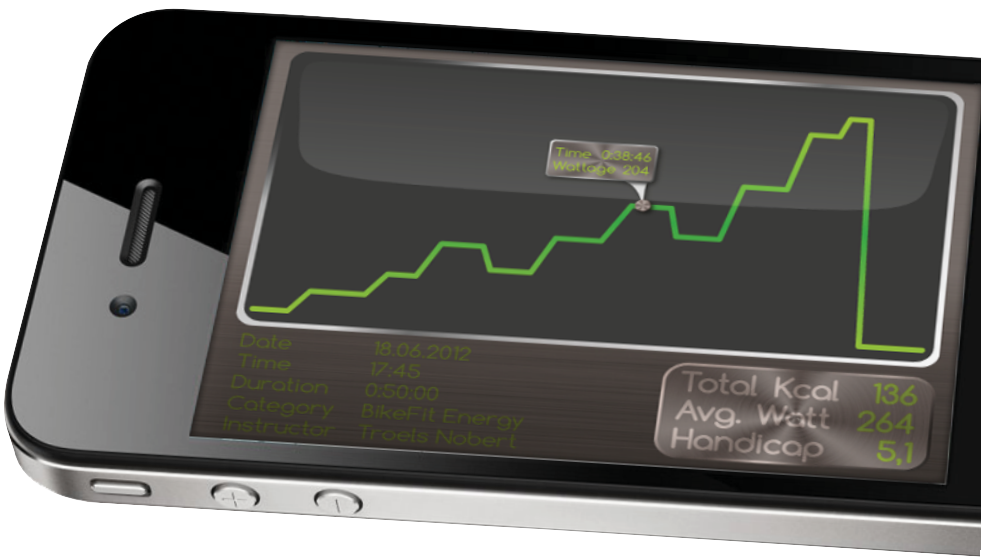
Equipped with the display console the user has a constant overview of the whole session and his/her current state of wattage.
Furthermore the display has a cadence indicator to help the user cycling at the desired RPM rate and a wattage gauge which indicates the current workload.

Logging

rEvolution automatically logs the user's performance online for further evaluation by computer, tablet or smartphone. Here the easy accessible overview of performance progress is a great motivational factor.

Competition

Additionally the log can be used in creating a positive element of competition through benchmarking amongst friends, family or like minded spinning atheltes.



Benefits

Provider

New Service - A strong selling point
rEvolution is a service that the fitness center phasilitates for its members, which can easily lead to a greater market share.

It offers the user a 'plug and play' solution for correct and resulting workout. Due to the mechanical solutions the task of load adjustment is minimized.

Additionally it offers another dimension to the indoor cycling sessions.
It nurtures motivation by enabling members to read improvement from tangible results and benchmarkings from current and completed session.

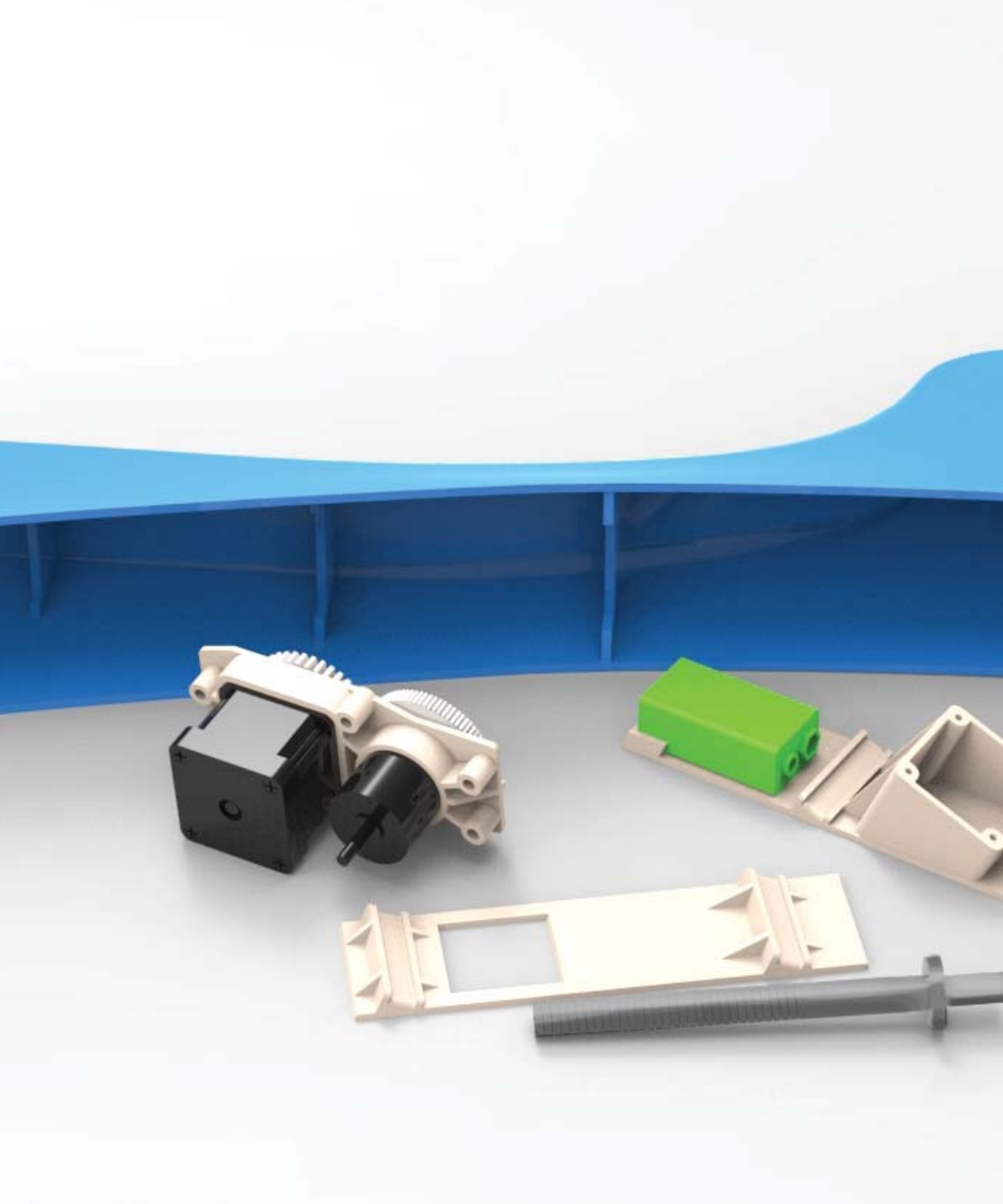
- a happy customer is of great commercial value.

Direct Marketing
The console screen is an obviuos media for notifications about special offers and events.

Maintenance Log
For the fitness center itself it is possible to run a maintenance log, which notifies when a bike has run for a specific periode and might need special attention or wear part replacement, such as bearings and brake pads, securing less insidents of faulty equipment.

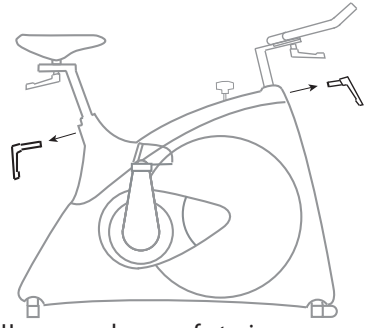

RPM


Watt 136

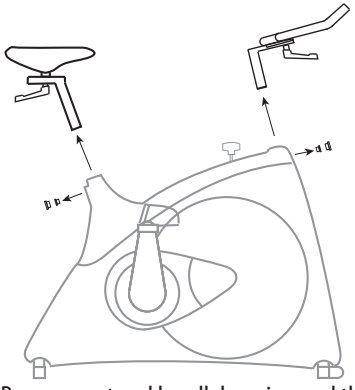


Assembly Instructions

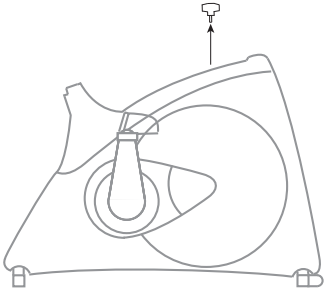
Approx. 5 min. per bike



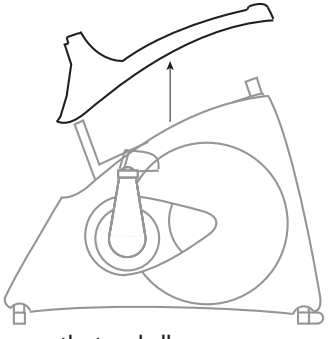
1. Unscrew and remove fastening screws



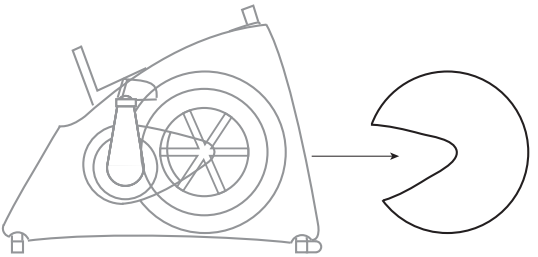
2. Remove seat and handlebar pins, and the bushings at the front and back



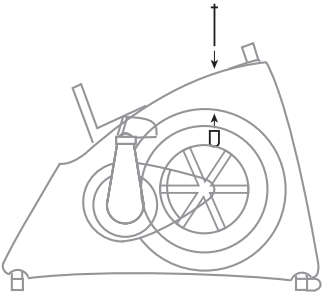
3. Unscrew and remove tension screw. Save the brass nut for re-use.



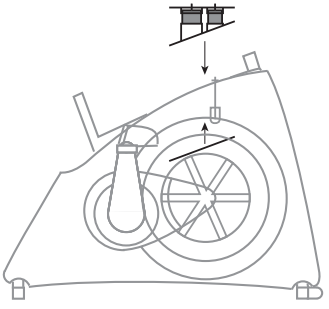
4. Remove the top shell

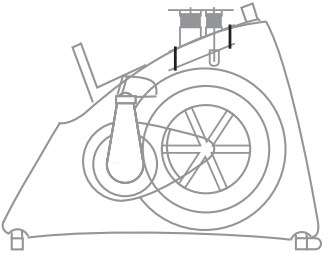


5. Unscrew the three fastening screws and remove the service hatch

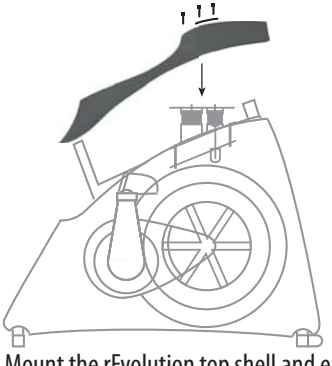


6. Screw the new tightening screw into the bras nut and push the brake block into the screw support

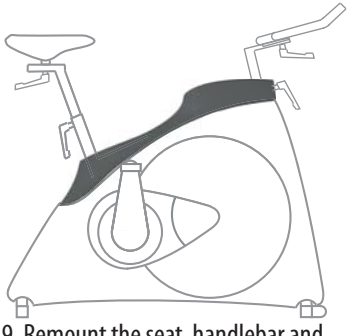




7. Firmly mount the motor assembly bracket and bottom bracket onto the frame by cable strips, and cut off the excess ends. Connect the wire from the brake block to the motor assembly.



8. Mount the rEvolution top shell and emblem using the six bolt and the special screw-bit.



9. Remount the seat, handlebar and service hatch and have fun!