



**Indoor Cycle Assembly Service Manual
Comp 200E and Club Pro 300PT**



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CHAPTER 1: UNPACKING THE CYCLEOPS INDOOR CYCLE

Place the box upright and cut the plastic binding straps. Lift the top of the box to expose the Indoor Cycle (IC) and packaging. Remove all parts from the box and foam inserts and ensure all the following parts are included:

Part	Qty
Indoor Cycle Frame	1
Front V Foot	1
Back V Foot with wheels	1
Seat Post	1
Handlebars	1
Hardware	1

Hardware

Stabalizer bolts (8)
Washers (8)
Plastic cups(2)
Phillips-head screws (4)
5mm Allen wrench (1)
6mm Allen wrench (1)
15mm pedal wrench (1)
Phillips-head screwdriver (1)

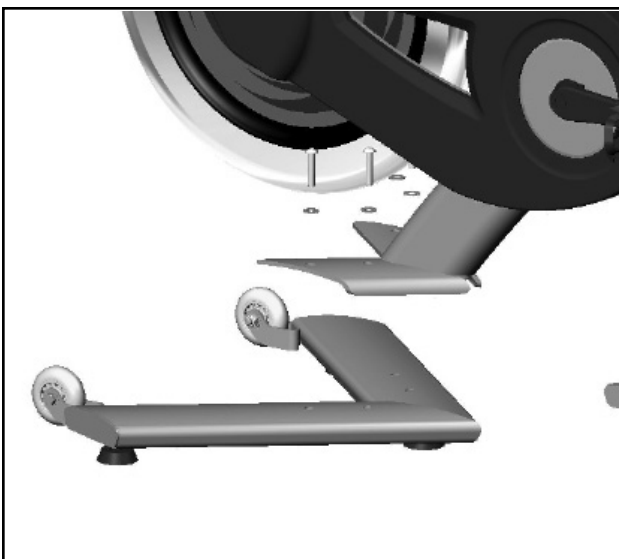
Tools Required

Vice Grips or small clamping tool
17mm Cone wrench
15mm box wrench
10mm box wrench
Pliers
3mm Allen wrench
2.5mm Allen wrench

CHAPTER 2: BIKE ASSEMBLY

Step 1: Attach Stabilizer Feet

1. Note the difference between the front and rear stabilizer feet. The larger foot with wheels goes in the rear of the IC.
2. Align the rear base of the frame with the rear stabilizer and secure it with four 6mm bolts with washers. NOTE: Tighten the inner bolts first, and then proceed to the outer bolts to ensure the foot is secured properly and evenly.
3. Repeat with the front stabilizer.

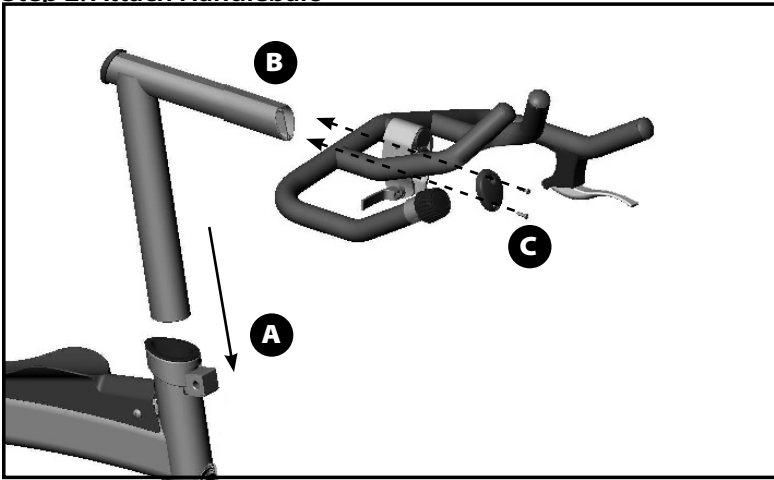


Rear Stabilizer Feet



Front Stabilizer Feet

Step 2: Attach Handlebars

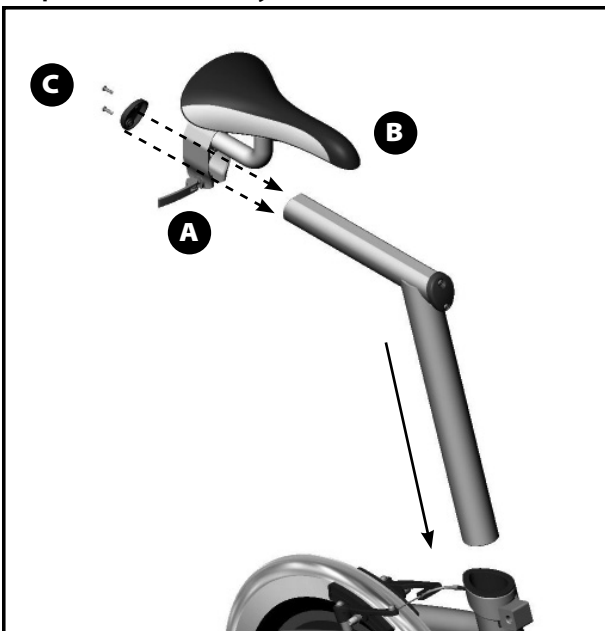


A. Insert the handlebar post into the head tube and tighten the 6mm pinch bolt or L-Handle.

B. Carefully slide the handlebar onto the handlebar post, ensuring that the cables are not twisted. Once the handlebar is in place, secure it with the quick-release lever. The lever must be in the "Closed" position in order to safely use the IC.

C. Once the handlebar is properly installed, attach the plastic end cap with two of the included Phillips-head screws.

Step 3: Seat Assembly

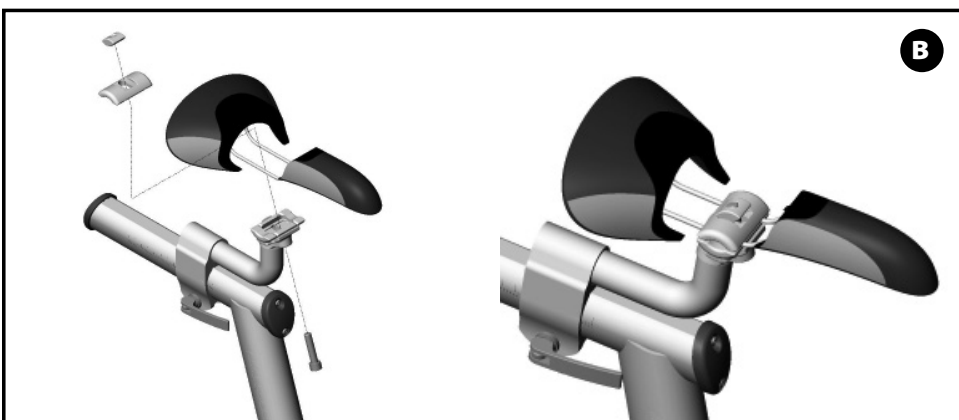


A. Open the quick-release lever and slide the seat clamp assembly onto the seat tube. The clamp should be pointing towards the front of the CycleOps IC. Slide the clamp assembly all the way forward to allow access to the clamp. The seat clamp assembly is secured to the seat post tube via a quick-release lever. Secure the mechanism by rotating the lever into the "Closed" position prior to using the IC.

B. To attach the saddle to the seat post clamp, use a 6mm Allen wrench. Make sure both rails of the saddle are properly seated in the clamp and tighten the 6mm Allen bolt. If desired, you can attach any standard bicycle saddle to the CycleOps Indoor Cycle. Be sure to tighten the saddle so that it is level and parallel to the floor for optimum comfort. Note: Seat may need to be retightened after first few uses. Retighten screw for the seat assembly as well as for the angle of the seat.

C. Once the Saddle is level and properly tightened in the clamp, attach the plastic end cap with two of the included screws.

D. In some instances, a shorter seat post is required for individuals under five feet tall. You can replace the standard seat clamp mechanism with part # 16616. Contact Saris Cycling Group to order this part. Follow the instructions provided with that part for installation.



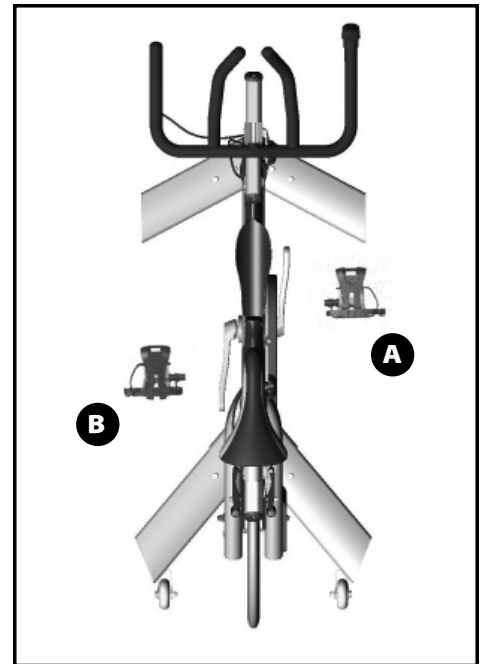
Step 4: Attach Pedals

In order to mimic the fit and feel of your own bike, CycleOps IC do not come with pedals. Attach your own pedals per the manufacturers' specifications. Note that pedals are designed to be installed specifically on the right or left-hand side of the IC. Improper installation can result in damage to the crank. Damage caused by improper crank installation is not covered under warranty.

Attach your pedals onto the bike with a pedal wrench. Typically, each pedal is marked with an "R" or an "L" on the very end of the spindle past the threads. This mark indicates which side of the bike the pedal is intended to mount on. This is important since the thread directions are different for each pedal.

A. Locate the pedal that has the "R" on the spindle. This pedal is for the right side crank arm of the bike (chain guard side) and is right hand threaded (turn clockwise to tighten).

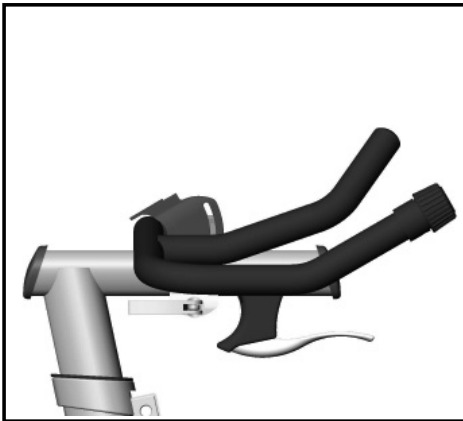
B. Locate the pedal that has the "L" on the spindle. Turn the spindle left (counter-clockwise) to tighten as the "L" spindle is reverse threaded.



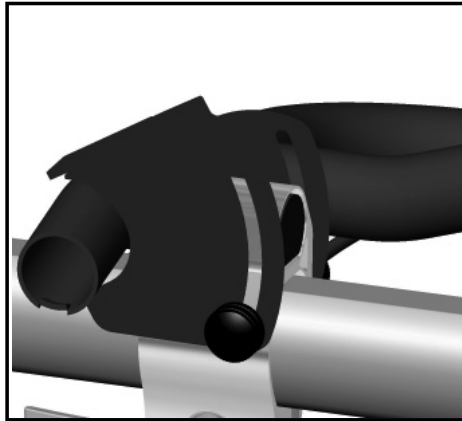
Step 5: Attach Console Bracket and Console

Bracket

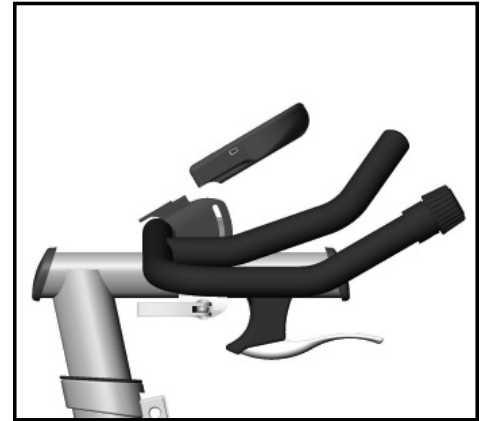
When first setting up the CycleOps IC you must attach the console bracket to the bike. To do this, follow the instructions below:



Place bracket onto the handlebars as shown.

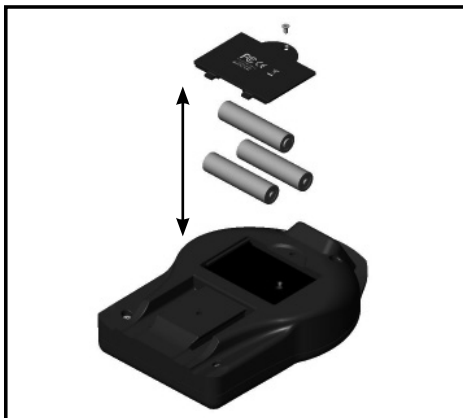


Insert screws through console bracket, handlebar bracket, and tighten together.



Slide the console down completely down onto the bracket. To ensure a solid connection between the console and the bracket make sure the contact points between the console and bracket remain clean and free from moisture or debris.

Batteries: The console ships with batteries. In the event the batteries need to be replaced over time, follow these simple steps:



Remove the back cover with a small Phillips-head screwdriver.

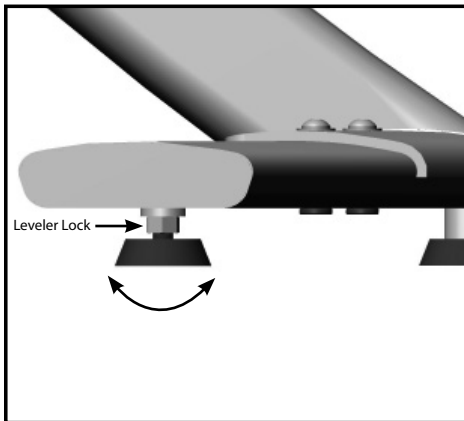
Remove batteries.

Replace with fresh AAA batteries, paying attention to properly line up the +/- poles.

Replace battery door and secure with small Phillips-head screwdriver.

Leveling the bike

Once the above assembly instructions have been followed, move the bike to where it will be used and level it properly. To level the bike, adjust the leveling feet underneath the stabilizers until there is no rocking or movement of the bike.



You can secure the feet by tightening the leveler locks.

IMPORTANT! How To Zero Torque

The torque must be zeroed to ensure that the console displays the most accurate power information. If the instantaneous power is positive or negative, the torque needs to be zeroed. These operations must be done with NO tension on the chain or with NO force being placed on the pedals. Also, the transmission icon must be illuminated.

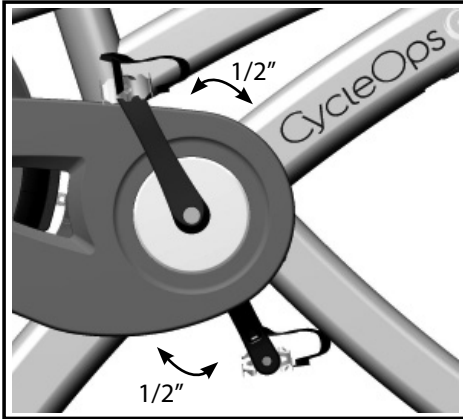
To zero torque, first ensure the transmission icon is showing. Then press [DOWN ARROW] to move the cursor to [WATTS]. Press [SELECT] to change to [INCH-LBS]. Then hold down [SELECT] again until "0" is shown (about 10 seconds). Press [SELECT] to return to [WATTS]. The torque value will now read zero.

CHAPTER 3: COMMON ADJUSTMENTS

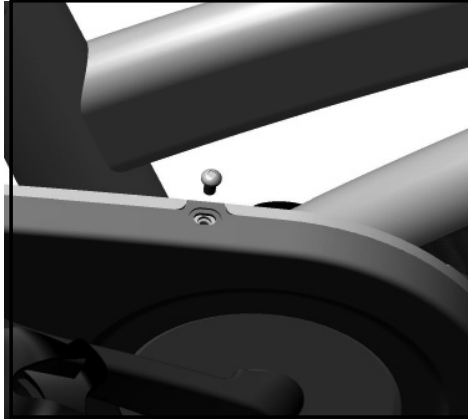
Flywheel Adjustment

Chain tension/Flywheel Alignment

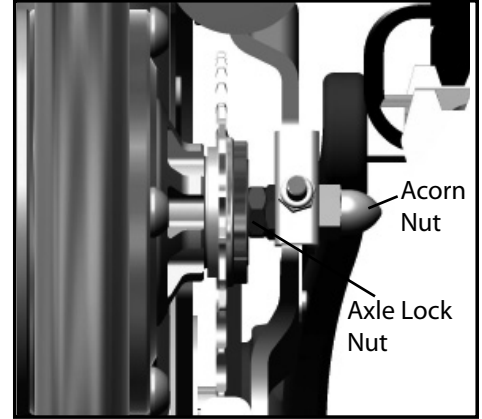
Over time, the chain on your CycleOps IC will stretch due to the load applied to it. The following instructions will aid you in properly tensioning the chain and aligning the flywheel in the frame of the CycleOps IC. **CAUTION:** Improper chain adjustment will cause premature wear and may void the warranty. **** CAUTION: NEVER put hands into or near the drive train while it is motion! ****



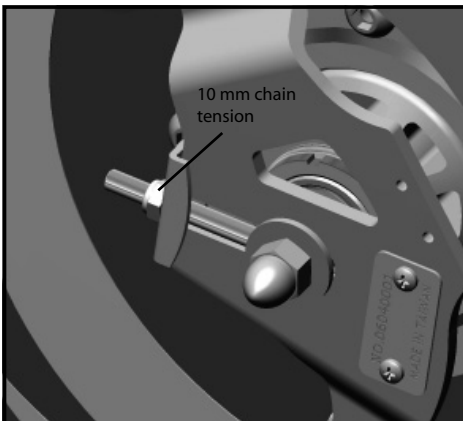
Move the crank arms back and forth. If there is more than 1/2" movement in the chain before the flywheel rotates, the chain needs to be re-adjusted.



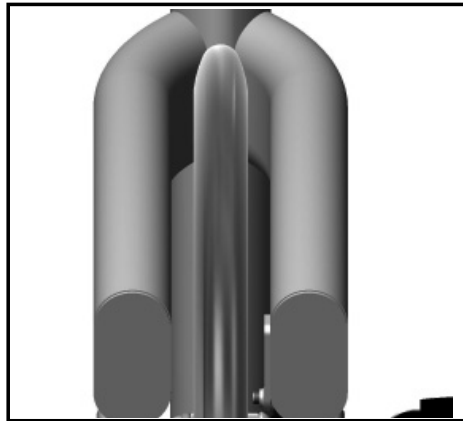
Using a 3mm Allen wrench, remove the chain guard bolts (3).



Use a 17mm cone wrench to hold the axle locking nuts into place. Do not turn the wrench, it is only to be used as a stabilizer. With your other hand, use a 15mm box wrench to loosen the acorn nuts on the axle. Repeat this process on each side of the flywheel.



Once the acorn nuts are loose, you can adjust the alignment of the flywheel as well as the chain tension. Using a 10 mm box wrench, adjust the tensioning hardware until the desired chain tension is achieved evenly on both sides.



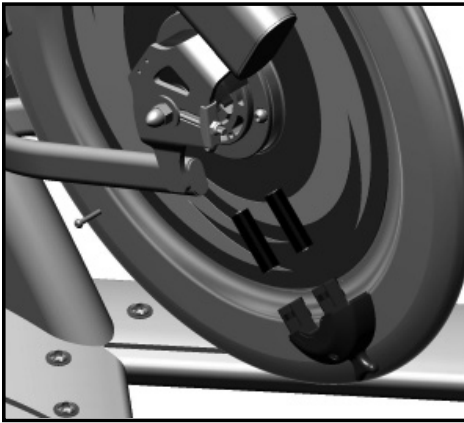
Check the alignment of the flywheel against the seat post of the CycleOps IC. Once the proper tension had been achieved and the flywheel is properly aligned, tighten the Acorn nuts to 75 in-lbs.

NOTES:

Be sure to make small adjustments to the drive train. Adjust both sides of the tensioning hardware. Only adjusting one side will lead to improper flywheel alignment and unwanted drive train wear and/or noise. Adjusting the tension/alignment is a difficult task and improper adjustment can lead to premature chain/cog wear. This is not covered under warranty. The chain tension has been adjusted properly when there is little or no play felt when the pedals are rocked back and forth.

Replacing Hub Batteries Pro 300PT (AA type)

Over time, the batteries that power the electronics in the hub will need to be changed. The split battery cap on the Club Pro 300PT flywheel was designed to make this task as easy as possible. When it is necessary to change the hub batteries, follow these steps:



Rotate the flywheel to a position where you can access the Allen bolt on the handle side of the battery cap.

Using a 2.5 mm Allen wrench, remove the screw on the battery cap.

Pull the plastic battery cap out via the molded handle.

Replace the batteries, paying close attention to properly line up the +/- poles.

Replace the battery cap and tighten the set screw.

NOTE: If you have a wired console, the hub requires 2 E90 batteries. Using a 2.5 mm Allen wrench, remove the side of the plastic battery cap with the "teeth." Replace the batteries, paying close attention to properly line up the +/- poles. Replace the battery cap and tighten the set screw.

Replacing Sensor Batteries Comp 200E

Over time, the 3 volt lithium battery in the speed/cadence sensor in the COMP 200E indoor cycle will need to be changed. Follow these steps to change speed/cadence sensor battery:

1. Using a 3mm Allen wrench, remove the three chain guard bolts.

2. Remove the chain guard.



Fig. 1 – Remove chain guard

3. Using a 5 mm Allen wrench, remove the bolt for the bracket arm that holds the speed/cadence sensor.



Fig. 2 – Remove Bolt

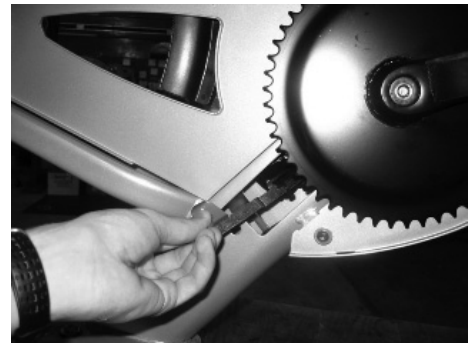


Fig. 3 – Slide Sensor Out of Frame

4. Using a quarter, remove the battery cover on the back of the sensor by turning counterclockwise approximately one half turn.

5. Replace the battery.

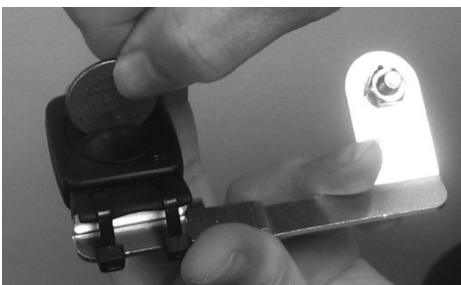


Fig. 4 – Remove Battery Cover



Fig. 5 – Battery

6. Reattach the bracket arm and the speed/cadence sensor inside indoor cycle frame.

NOTE: After replacing the battery, the indoor cycle console must relearn the coded ID for the speed/cadence sensor. Refer to the Indoor Cycle Console Manual for instructions (available at www.cycleops.com).

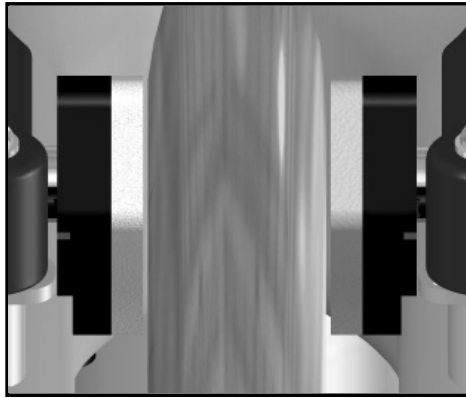
Brake Adjustment

Aligning Brake Pads

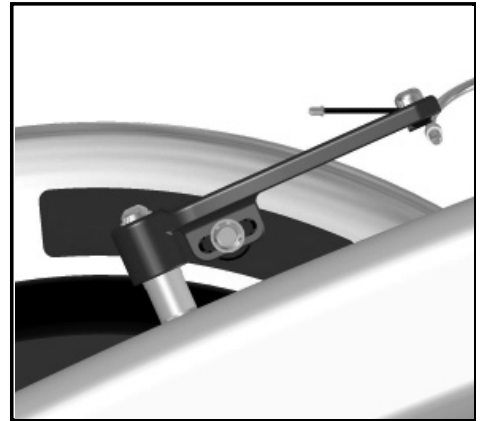
When aligning the brake pads after replacement or after adjusting the flywheel, use the following guidelines for accurate alignment:



Ensure the pads sit parallel to the smooth part of the flywheel.



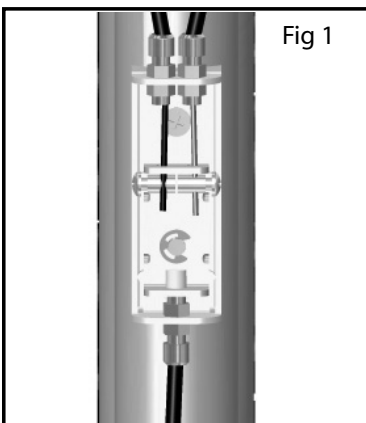
Ensure the top of the pad does not contact the flywheel above the smooth part of the flywheel.



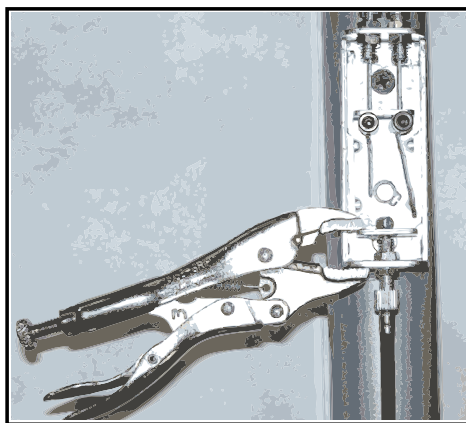
Ensure the pad mimics the curvature of the flywheel. NOTE: Brake pads should always be touching the flywheel.

Cable adjustment (under bottle cage)

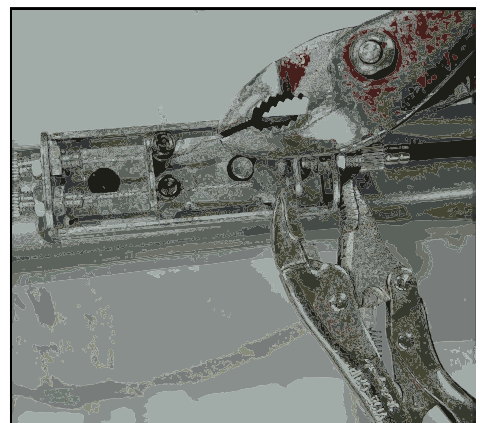
Proper adjustment of the cables on the sliding splitter should look like this (Fig 1) In the event you need to adjust the cables, use the following steps:



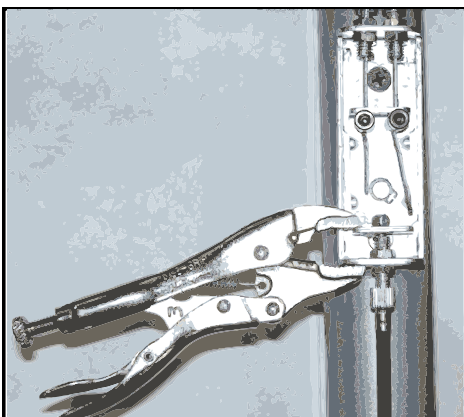
Release all cable tension in the handlebar resistance knob.



Using a vice-grips or other clamping mechanism, secure the bottom lip of the cable carrier to the bottom of the carrier assembly.



Using a set of pliers, grasp the end of the cable that needs adjustment. Loosen the brass set screw and slide it towards the top of the cable carrier.

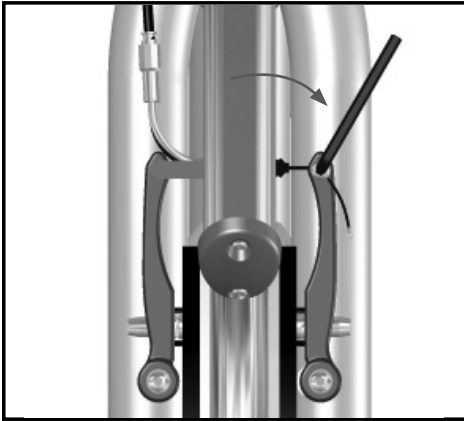


Once the brass set screw is touching the top of the cable carrier, tighten it securely onto the cable.

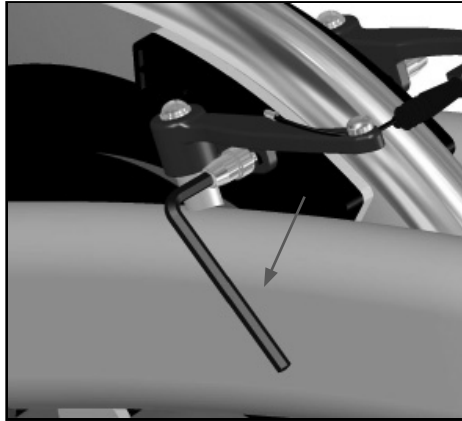
Repeat on other side if necessary.

Replacing Brake Pads

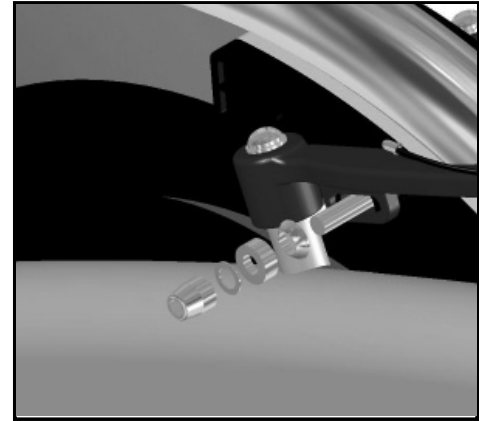
The brake pads on the IC are made of a consumable felt material. Over time, the pads will wear out and need to be replaced. Follow these steps to replace your brake pads:



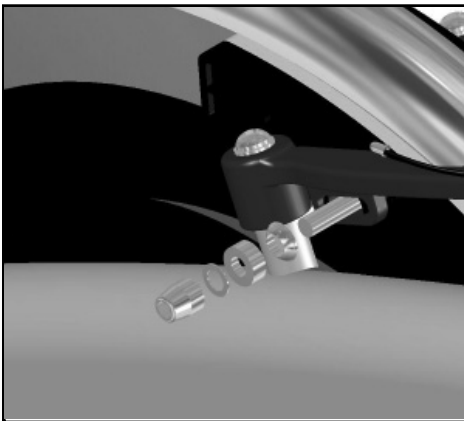
With a 5mm Allen wrench, loosen the cable holding wire on the right hand side brake arm.



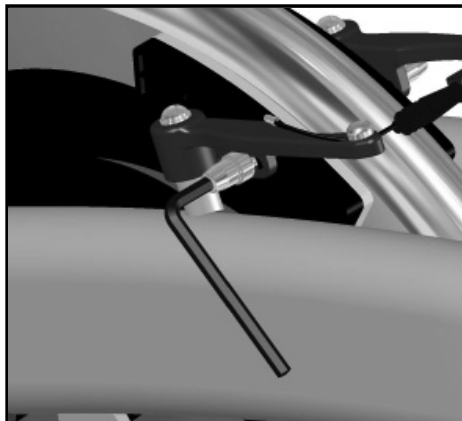
Loosen the pinch bolt that holds the washers onto the post of the brake pad.



Remove old pads and hardware from the brake arms. Pay attention to the orientation of the washers and spacers as you remove them.

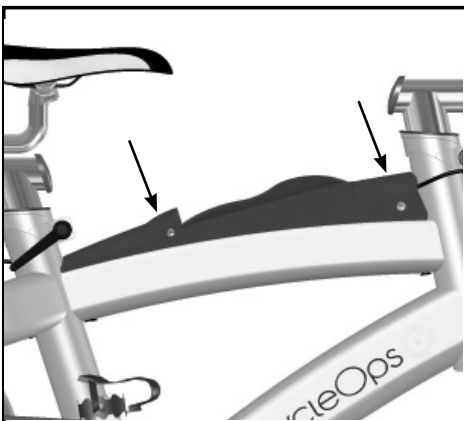


Insert new brake pads and hardware exactly as they were positioned prior to removal.

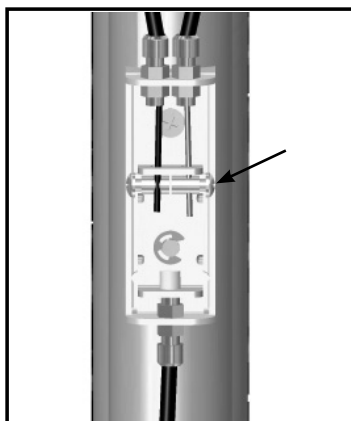


Align brake pads (see page 7) and tighten pinch bolts.

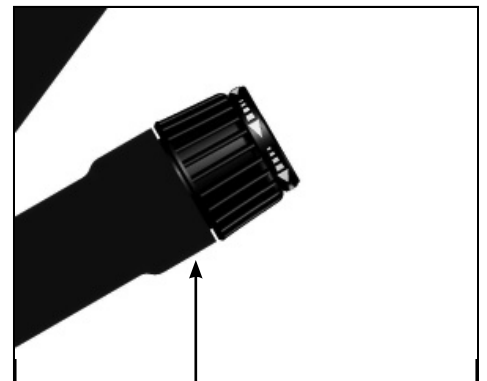
Replacing Resistance Knob



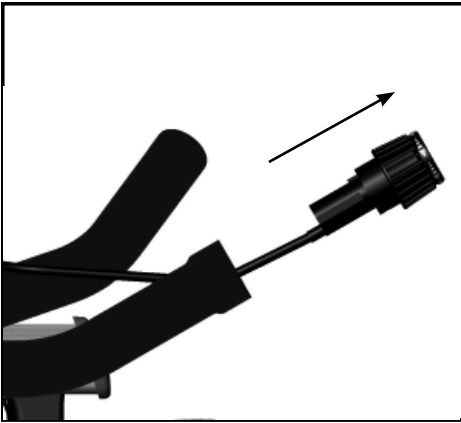
Remove water bottle holder by removing the four screws that hold it on.



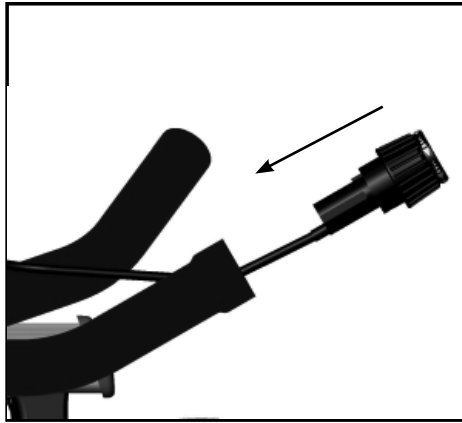
Loosen the right hand brass cable stop until you can remove the cable from the stop.



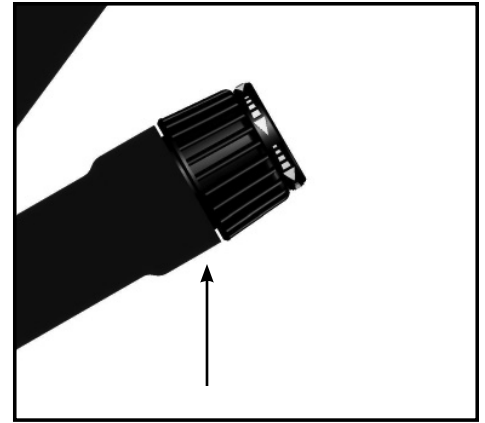
Using a Phillips-head screwdriver, loosen the setscrew on the underside of the handlebar near the resistance knob. Note: ICs shipped prior to 2007 use an Allen bolt for the set screw.



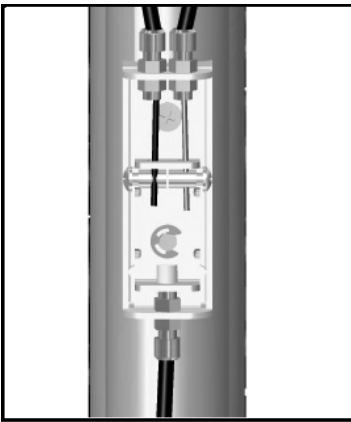
Pull the old resistance knob out of the handlebar.



Insert new resistance knob, paying attention to fishing the cable and housing through the handlebar.



Tighten the setscrew underneath to secure the knob in the handlebar.



Insert cable through the hole in the slider and through brass cable stop. See CABLE ADJUSTMENT for instructions on properly adjusting the resistance cable.

CHAPTER 4: LUBRICATION

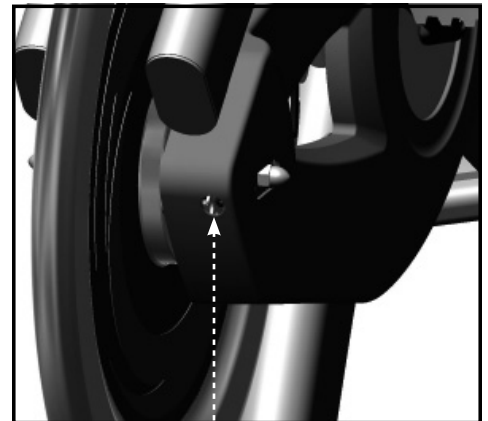
Chain

Over time, the chain on your indoor cycle will require additional lubrication. It is recommended that you lube the chain every six months to maximize chain life. To lubricate the chain on your indoor cycle, use the lubrication port that is at the back of the chain guard. Liberally spray a Teflon-based lubricant onto the chain. Be sure each link gets lube. Be careful not to over-lubricate the chain as excess lube will drip out of the chain guard and can stain floors/carpet.

Nuts & Bolts

It is recommended that you put a light coating of lithium grease on the threads of the following hardware to ensure proper tightening and to prevent the parts from seizing over time:

- Stabilizer bolt threads
- Rubber feet threads
- Pull-pin threads
- Pedal spindle threads



Lube Port

Preventative Maintenance

Performing necessary preventative maintenance is key to keeping your CycleOps IC in proper working condition. Following these recommended maintenance procedures will help extend the life of your CycleOps IC.

DAILY

Wipe Down/Cleaning:

After your ride, be sure to release all tension from the resistance mechanism. Wipe down the entire unit using an absorbent cloth. A standard bicycle polish can be used on the painted parts of the IC. Focus on areas where sweat can settle. Give particular attention to the following:

- Handlebar
- Seat/Seat tube
- Flywheel
- Frame
- Chain Guard
- Resistance Knob
- Handlebar Tube
- Stabilizers

**Never use abrasive cleaning liquids or petroleum-based solvents when wiping down the bicycle.

Inspection/Adjustment:

Inspect the CycleOps IC for any loose parts, nuts, bolts, etc. Pay special attention to the following:

- Pedals
- Seat Assembly bracket
- Handlebar assembly bracket
- Crank arms – tighten to 75 in-lbs.

WEEKLY

Perform all daily maintenance recommendations. In addition:

- Inspect screws on console bracket. Tighten if necessary.
- Inspect and properly tighten brake pads.
- Properly tighten pedals and all hardware attaching toe clips/straps (if applicable)
- Inspect handlebar clamp assembly.
- Inspect seat clamp assembly. Tighten clamp bolt if necessary
- Inspect stabilizer feet. Tighten if necessary.
- Inspect flywheel. Check for proper alignment. Tighten acorn locking nuts to 75 in-lbs.
- Inspect crank/bottom bracket interface. Tighten to 75 in-lbs

MONTHLY

- Perform all Daily and Weekly maintenance recommendations. In addition:
- Perform thorough cleaning of the CycleOps IC. This includes:
- Remove handlebar tube and seat tube and clean both the stainless steel tube as well as inside the plastic sleeve. Inspect sleeves for scoring. Replace if no longer properly securing vertical adjustment.
- Clean the underside of the stabilizer feet.
- Remove console bracket and clean the handlebar assembly
- Clean the flywheel with mild detergent or a damp cloth
- Check the chain tension to ensure that the chain is properly adjusted. See "Adjusting the Chain Tension" for instructions
- Inspect plastic sleeves for damage. Replace if necessary.
- Inspect brake pads for wear. Replace pads if there is less than 2mm of felt pad exposed.
- Lube the drive train. See "Lubrication" for instructions.

CHAPTER 5: RF INTERFERENCE:

If during use you are experiencing wireless drop out this is due to frequency interference. Wireless Internet access points, microwaves, cordless phones, or other wireless devices may cause frequency interference. To mitigate the chance of interference set wireless access points to the lowest channel possible, and keep bikes away for interfering devices. To change the channel on your access point, please consult your manufacturers documentation or your technology staff.

CHAPTER 6: WARRANTY

Frame - Lifetime
Parts - 3 years (excludes wear items)
Electronics - 1 year

NOT FOR COMMERCIAL USE - NO COMMERCIAL WARRANTY

Saris Cycling Group, Inc. warrants its PowerTap products against defects in manufacturing and workmanship for a period of one year, beginning at the date of purchase, or from the date of manufacture in the absence of a proof of purchase. In the event of a warranty issue, Saris Cycling Group, Inc. will repair or replace the item at its discretion. Saris Cycling Group, Inc. is not responsible for any indirect or consequential costs or damages associated with the warranty of the product. Our products are not covered under warranty in cases exhibiting signs of abuse, improper maintenance or installation, crash, using the product with non-compatible components, or using the product for purposes for which it was not designed. This warranty is also void if the product has been modified from its original form, including changes in aesthetics, serial numbers or logos. Saris Cycling Group Inc., is not responsible for basic hub maintenance, such as re-packing bearings and bearing adjustments. **Warranty Procedures** If it appears that a PowerTap component is not working properly, please take the time to inspect and troubleshoot the system as best as possible. In many instances, solutions may be as simple as replacing a bearing or adjusting a sensor. Often small parts can be repaired at the shop, instead of the longer and more expensive option of sending the unit back for repair. If you feel the need to warranty your PowerTap, please return your product through the channel that you purchased it from or contact Saris Cycling Group, Inc. at 1-800-783-7257.

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Modifications

Saris Cycling Group, Inc. reserves the right to make improvements and/or updates to the products described herein at any time without notice.

FCC Statement of Compliance:

Statement of Compliance for FCC and Industry Canada:

"This device complies with Industry Canada and 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."

The term "IC" before the radio certification number only signifies that Industry Canada technical specifications were met.

Changes or modifications to this device not expressly approved by the party responsible for compliance with FCC regulations (the manufacturer) could void the user's authority to operate the equipment.

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 normal 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.