

A person with blonde hair, wearing a grey t-shirt and grey leggings, is seated on a black and grey recumbent exercise bike. They are holding the black handlebars with yellow grips and have their feet on the pedals. The bike has a large flywheel and a yellow resistance lever. The background is a plain, light grey.

BIKE OWNER'S MANUAL

INTENZA RECUMBENT BIKE 550 RBe2/550 RBi/450 RBi2/450 RBi2S

INTENZA UPRIGHT BIKE 550 UBe2/550 UBi/450 UBi2/450 UBi2S

intenza

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WARNING—

When using an electrical appliance, basic precautions should always be followed, including those listed on the right. Please read all instructions before operation.

IMPORTANT SAFETY INSTRUCTIONS**WARNING**

- The appliance should never be left unattended when plugged in.
- Do not carry this appliance by supply cord or use cord as a handle.
- The Bikes are designed for aerobic exercise in a commercial or consumer environment.
- Please check with your physician prior to beginning any exercise program.
- Heart rate monitoring systems may be inaccurate. Over exercise may result in serious injury or death. If you feel faint stop exercising immediately.
- Stop exercising immediately and consult a physician if you feel any abnormal symptoms such as fainting, dizziness, chest pain, nausea or shortness of breath.
- This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved.
- Children should not play with the appliance.
- Cleaning and user maintenance should not be made by children without supervision.
- The appliance is to be used only with the unit adaptor provided.

DANGER

- Make sure all users see a physician for a complete physical examination before they begin any fitness program.
- Unsupervised children must be kept away from this equipment.
- Assemble and operate the equipment on a solid level surface.
- Set the equipment a few feet away from walls or furniture, and away from sources of heat such as radiators, heat registers and stoves. Avoid extreme temperature changes.
- Do not place outdoors or in an enclosed swimming pool environment.
- Keep hands and loose clothing away from moving parts.
- Keep equipment away from water and moisture. Avoid dropping or spilling anything on/inside the equipment to prevent electric shock, or damage to the equipment.
- Keep away from sources of heat such as radiators, heat registers and stoves. Avoid extreme temperature changes.
- Never leave the equipment unattended when it is plugged in. Unplug the equipment from its power source when it is not in use.
- The optional power adapter is considered a power source for self-powered equipment. Always unplug this equipment from the electrical outlet immediately after use or before cleaning.
- Keep the optional power adapter and plug away from heated surfaces.
- Do not insert any object into any opening, or underneath the equipment.
- Do not attempt to remove the cover or modify the equipment. Service should only be conducted by an authorised service technician.
- Wear shoes with rubber or high-traction soles. Do not wear shoes with heels, leather soles, cleats or spikes. Make sure no stones are embedded in the soles.
- Do not drop or insert any object, hands, or feet into any opening, or underneath the equipment.
- Do not operate the equipment until the defective components are repaired.

IMPORTANT SAFETY INSTRUCTIONS

DANGER

- The appliance should never be left unattended when plugged in.
- Do not use the equipment with bare feet.
- Stop operating the equipment until any defective components are repaired.
- Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.
- Do not operate equipment under a blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- To disconnect, turn all controls to the “off” position, then remove plug from outlet.
- This appliance can be used by persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision.

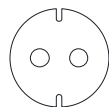
IMPORTANT OPERATION INSTRUCTIONS

- NEVER operate an Intenza bike without reading and completely understanding the results of any operational change you request from the console.
- Understand that changes in resistance do not occur immediately. Set your desired resistance level on the console and release the adjustment key. The console will execute the instruction gradually.
- Use caution while participating in other activities while pedaling on your bike, such as watching television, reading, etc. These distractions may cause you to lose balance which may result in serious injury.
- Do not use excessive pressure on console control keys. They are precision set to function properly with light finger pressure.
- Always hold on to the handlebar while making control changes.
- Do not use excessive pressure on console control keys. They are precision set to function properly with little finger pressure. If you feel the buttons are not functioning properly with normal pressure contact your dealer.
- Assemble and operate the equipment on a stable base which is properly leveled.
- Keep an area of 3 feet by 3 feet (1000 mm x 1000 mm) behind the bike clear of any obstructions, including walls, furniture and other equipment.
- Use the handlebars whenever additional stability is required. In case of emergency, such as tripping, the user should grab onto the handlebars. Please remember that the handlebars may be held to enhance stability as needed, but are not for continuous use.

GROUNDING METHODS— EUROPE AND OTHER COUNTRIES USING 220—240 VOLTAGE



GROUNDING PIN



GROUNDING OUTLET

GROUNDING METHODS— AMERICA AND OTHER COUNTRIES USING 120 VOLTAGE



GROUNDING PIN



NEMA5—20R GROUNDING OUTLET

SAVE THESE INSTRUCTIONS

WARNING

GROUNDING INSTRUCTIONS

This product must be grounded. If it should malfunction or breakdown, grounding provides the path of least resistance for an electric current to reduce the risk of electric shock. This product is equipped with a cord having a grounding conductor and plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

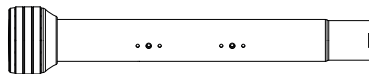
This equipment will be wired for either 120V AC nominal power input or 220—240V AC nominal input. It is factory—equipped with a specific electrical cord and plug to permit connection to the proper electric circuit. Make sure that each piece of equipment is connected to a dedicated circuit inserted into an outlet with the same configuration as that of the plug. If you are uncertain about the type of suitable power plug, please contact your distributor or a qualified local electrician. Do not use an adapter or extension cord with this equipment.

DANGER

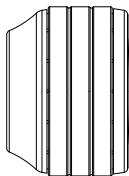
Improper installation may result in risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product. If it does not fit the outlet, have a proper outlet installed by a qualified electrician.

Intenza Recumbent Bikes Part List

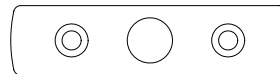
Open the shipping carton. Remove all parts from the carton and cardboard inserts. Before beginning assembly, verify that the following hardware items are packed with the equipment. Do not attempt to move the equipment off the pallet by yourself. At least two people are required for safe moving or lifting. Please use safe lifting techniques.



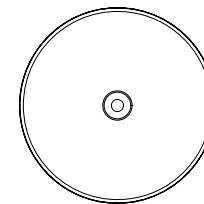
1. FRONT STABILISER
QTY 1



2. TRANSPORTATION WHEEL
QTY 1



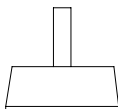
3. WHEEL BRACKET
QTY 1



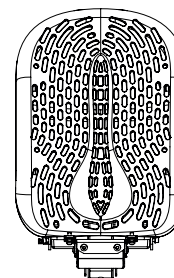
4. TRANSPORTATION WHEEL CAP
QTY 1



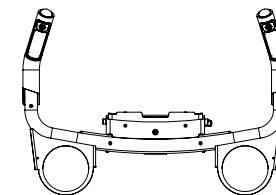
5. REAR STABILISER
QTY 1



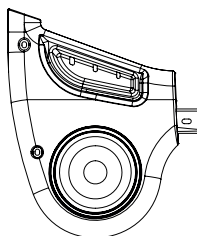
6. ADJUSTMENT FOOT
QTY 1



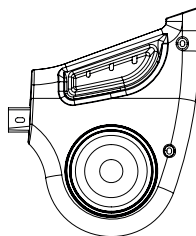
7. SEAT FRAME
QTY 1



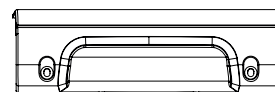
8. SIDE HANDLEBAR
QTY 1



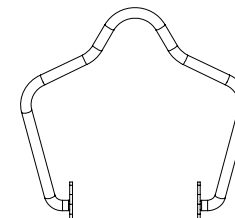
9. CUP HOLDER, LEFT
QTY 1



10. CUP HOLDER, RIGHT
QTY 1

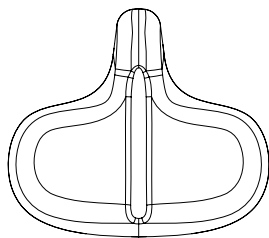


11. CAP OF SIDE HANDLEBAR
QTY 1

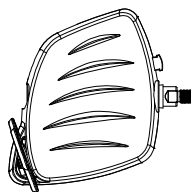


12. SEAT ADJUSTMENT HANDLE
QTY 1

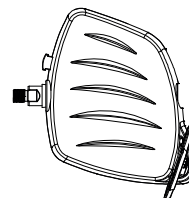
Intenza Recumbent Bikes Part List



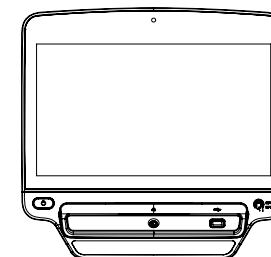
13. SADDLE
QTY 1



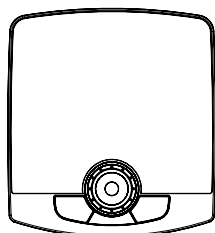
14. PEDAL, LEFT
QTY 1



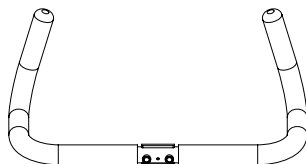
15. PEDAL, RIGHT
QTY 1



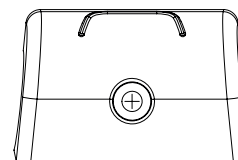
16. CONSOLE FOR 550 RB2
QTY 1



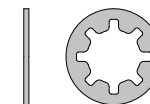
17. CONSOLE FOR 550 RB1
QTY 1



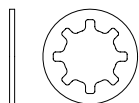
18. FRONT HANDLE BAR
QTY 1



19. CONSOLE CAP
QTY 1



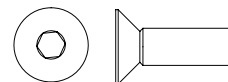
20. STAR WASHER, BLACK, M8
QTY 19



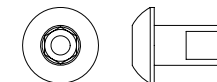
21. STAR WASHER , WHITE, M8
QTY 4



22. COUNTERSUNK SCREW, M5 X 8L
QTY 2

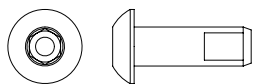


23. COUNTERSUNK SCREW, M6 X 15L
QTY 1

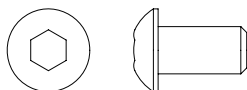


24. DOME SCREW, M5 X 10L
QTY 7

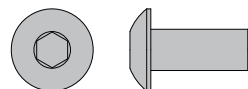
Intenza Recumbent Bikes Part List



25. DOME SCREW, M5 X 15L
QTY 2



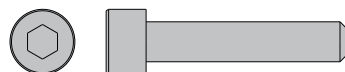
26. DOME SCREW, WHITE, M8 X 15L
QTY 4



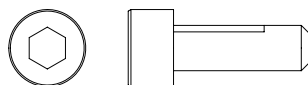
27. DOME SCREW, BLACK, M8 X 20L
QTY 12



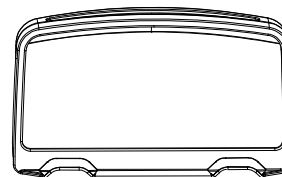
28. SCREW, SOCKET, M8 X 12L
QTY 6



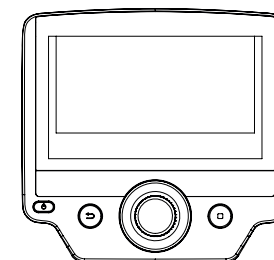
29. SCREW, SOCKET, BLACK, M8 X 40L
QTY 2



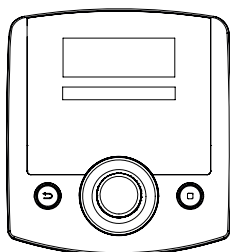
30. SCREW, SOCKET, M5 X 10L
QTY 4



31. IPAD RACK FOR 550RBI/450RBI2S
QTY 1



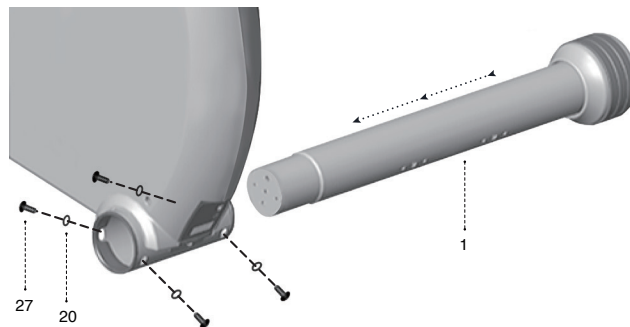
32. 450 SERIES i2 CONSOLE ASSEMBLY
QTY 1



33. 450 SERIES i2S CONSOLE ASSEMBLY
QTY 1

Intenza Recumbent Bikes Assembly Instructions: Bike Frame

STEP 1



ASSEMBLE THE FRONT STABILISER.

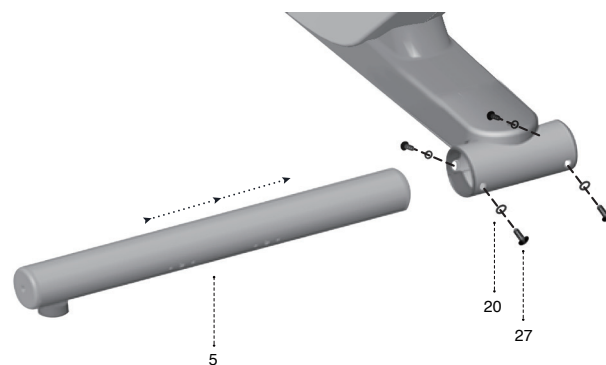
PLEASE NOTE

Lift up the bike carefully to assemble the front stabiliser.

COMPONENTS AND TOOLS

Star washer, black, M8(20), Dome screw, black, M8 x 20L(27), Hex wrench— 6mm.

STEP 3

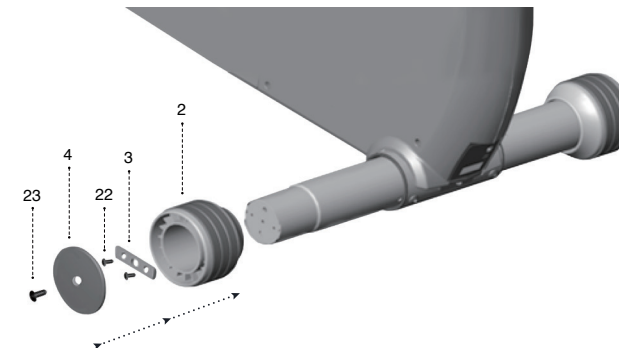


ASSEMBLE THE REAR STABILISER.

COMPONENTS AND TOOLS

Star washer, black, M8(20), Dome screw, black, M8 x 20L(27), Hex wrench— 6mm

STEP 2

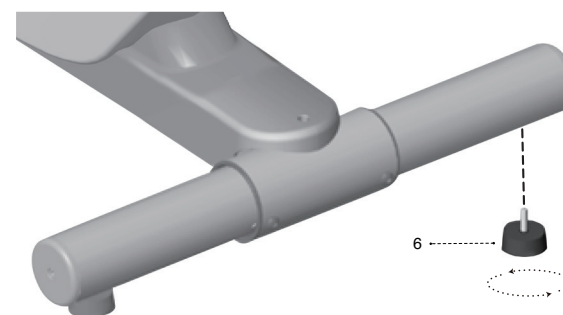


ASSEMBLE THE TRANSPORTATION WHEEL.

COMPONENTS AND TOOLS

Countersunk screw, M5 x 8L(22), Countersunk screw, M6 x 15L(23), Hex wrench— 6mm, Hex wrench— 3mm

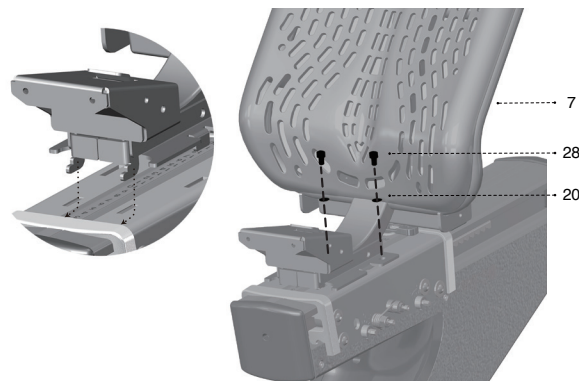
STEP 4



ASSEMBLE THE ADJUSTMENT FOOT.

Intenza Recumbent Bikes Assembly Instructions: Bike Frame

STEP 5

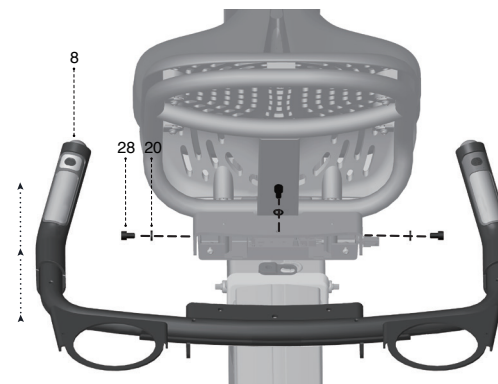


ASSEMBLE THE SEAT FRAME.

COMPONENTS AND TOOLS

Star washer, black, M8(20), Screw, socket, M8 x 12L(28),
Hex wrench— 6mm

STEP 6

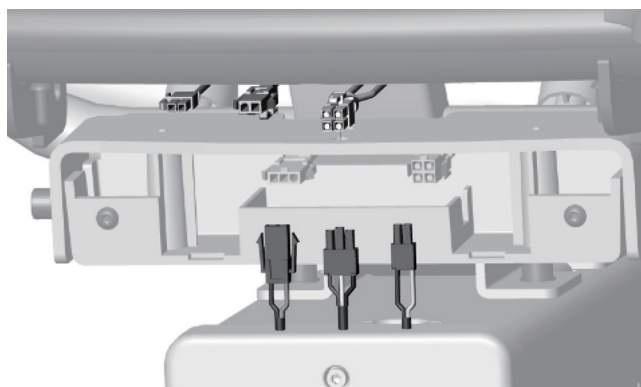


ASSEMBLE THE HANDLEBAR.

COMPONENTS AND TOOLS

Star washer, black, M8(20), Screw, socket, M8 x 12L(28),
Hex wrench— 6mm

STEP 7

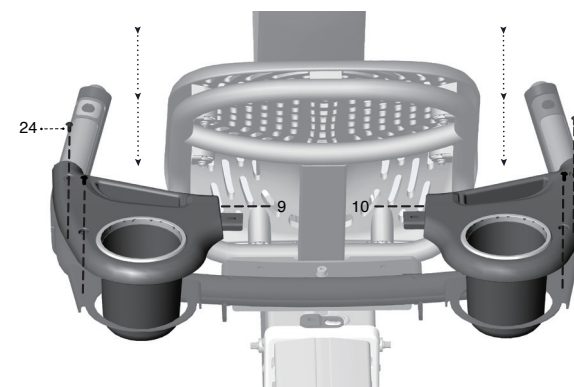


ASSEMBLE THE SIDE HANDLE BAR—CONNECT THE CABLES

PLEASE NOTE

Connect the cables with matched pin with the same colour.

STEP 8



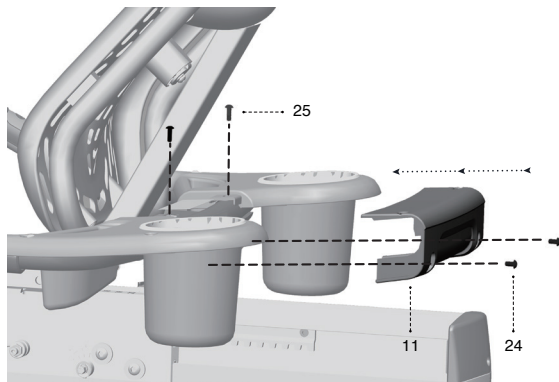
ASSEMBLE THE L AND R CUP HOLDER.

COMPONENTS AND TOOLS

Dome screw, M5 x 10L(24), Hex wrench—4mm

Intenza Recumbent Bikes Assembly Instructions: Bike Frame

STEP 9

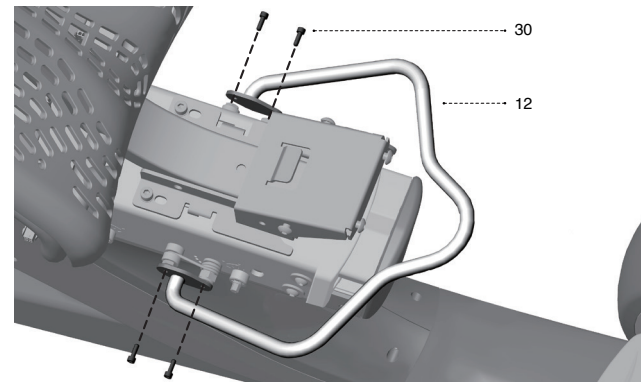


ASSEMBLE THE SIDE COVER OF SIDE HANDLEBAR.

COMPONENTS AND TOOLS

Dome screw, M5 x 10L(24), Dome screw white, M5 x 15L(25),
Hex wrench—4mm

STEP 10

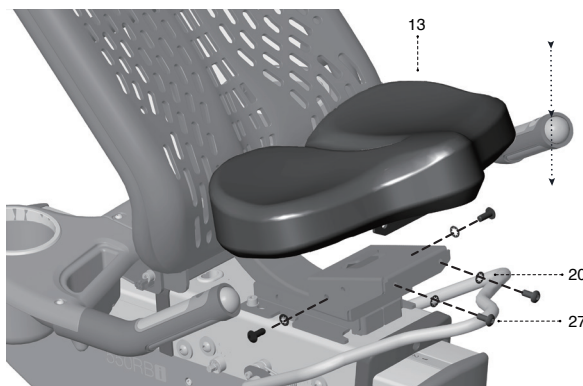


ASSEMBLE THE SEAT ADJUSTMENT HANDLE.

COMPONENTS AND TOOLS

Screw, socket, M5 x 10L(30), Hex wrench—3mm

STEP 11

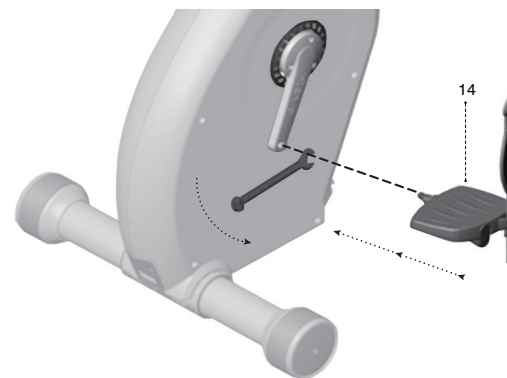


ASSEMBLE THE SADDLE.

COMPONENTS AND TOOLS

Star washer, black, M8(20), Dome screw, black, M8 x 20L(27),
Hex wrench—6mm

STEP 12



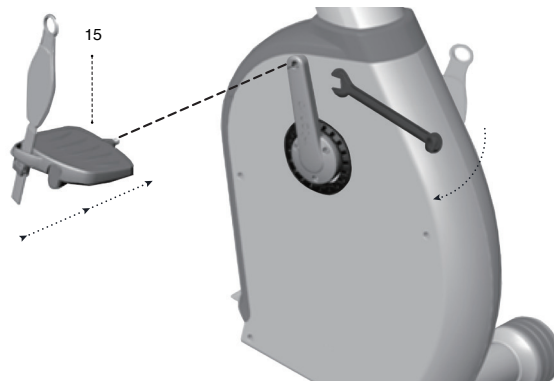
ASSEMBLE THE LEFT PEDAL.

COMPONENTS AND TOOLS

Open—end wrench—15mm

PLEASE NOTE

Rotate the wrench according to instruction. Make sure the pedal is Left side.

STEP 13

ASSEMBLE THE RIGHT PEDAL.

COMPONENTS AND TOOLS

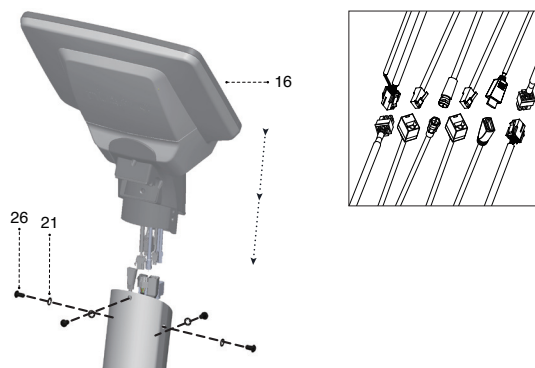
Open—end wrench— 15mm

PLEASE NOTE

Rotate the wrench according to instruction. Make sure the pedal is Right side.

550RBe2 Assembly Instructions: Entertainment Console

STEP 1

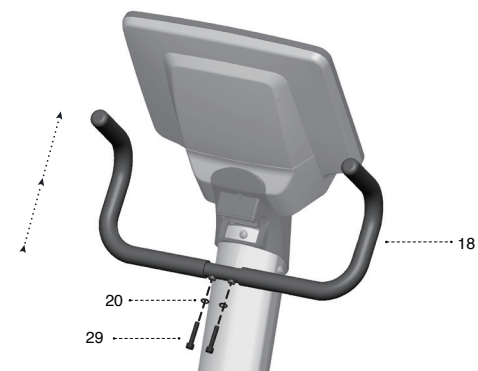


ASSEMBLE THE CONSOLE.

COMPONENTS AND TOOLS

Star washer, white, M8(21), Dome screw, white, M8 x 15L(26),
Hex wrench— 6mm

STEP 2

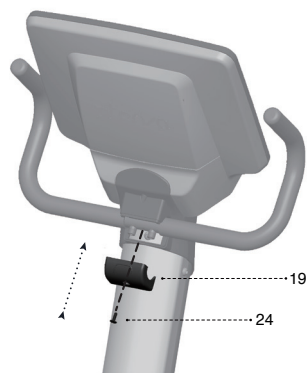


ASSEMBLE THE CONSOLE.

COMPONENTS AND TOOLS

Star washer, black, M8(20), Screw, socket, M8 x 40L(29),
Hex wrench— 6mm

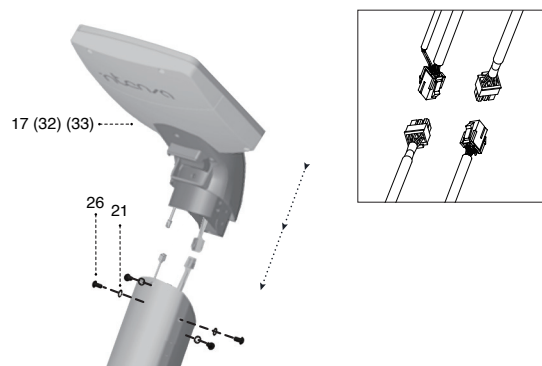
STEP 3



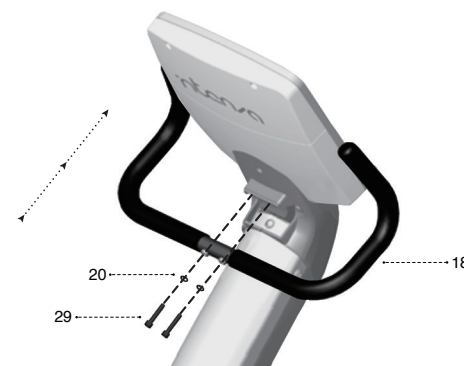
ASSEMBLE THE CONSOLE.

COMPONENTS AND TOOLS

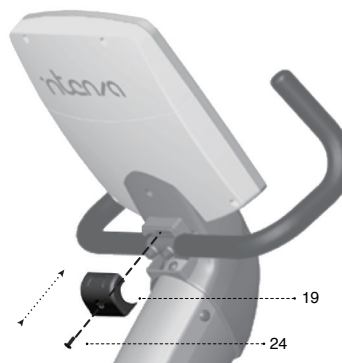
Dome screw, M5 x 10L(24), Hex wrench—4mm

STEP 1**ASSEMBLE THE CONSOLE.****COMPONENTS AND TOOLS**

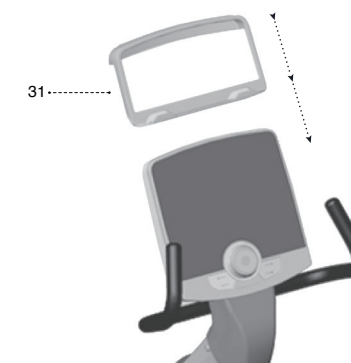
Star washer, white, M8(21), Dome screw, white, M8 x 15L(26),
Hex wrench— 6mm

STEP 2**ASSEMBLE THE CONSOLE.****COMPONENTS AND TOOLS**

Star washer, black, M8(20), Screw, socket, M8 x 40L(29),
Hex wrench— 6mm

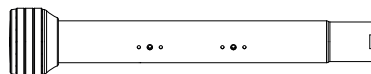
STEP 3**ASSEMBLE THE CONSOLE.****COMPONENTS AND TOOLS**

Dome screw, M5 x 10L(24), Hex wrench—4mm

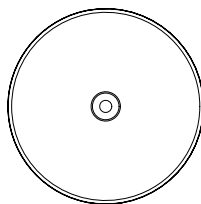
STEP 4**ASSEMBLE THE iPad RACK. (550RBi/450RBi2S)**

Intenza Upright Bikes Part List

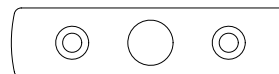
Open the shipping carton. Remove all parts from the carton and cardboard inserts. Before beginning assembly, verify that the following hardware items are packed with the equipment.



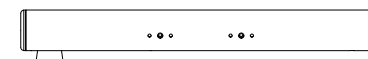
1. FRONT STABILISER
QTY 1



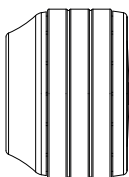
2. MOVING WHEEL COVER
QTY 1



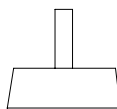
3. WHEEL BRACKET
QTY 1



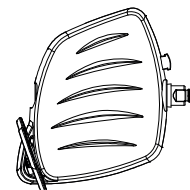
4. REAR STABILISER
QTY 1



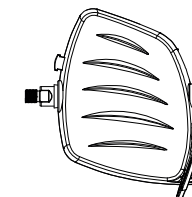
5. TRANSPORTATION WHEEL
QTY 1



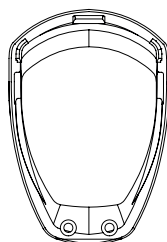
6. ADJUSTMENT FOOT
QTY 1



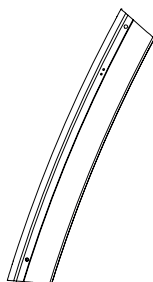
7. PEDAL, LEFT
QTY 1



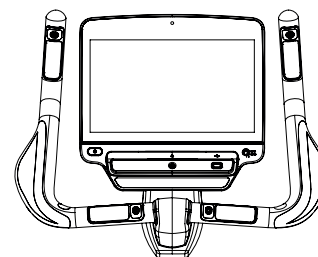
8. PEDAL, RIGHT
QTY 1



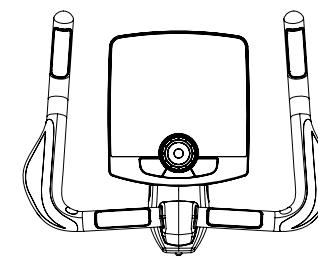
9. FRONT POST COVER
QTY 1



10. FRONT POST
QTY 1

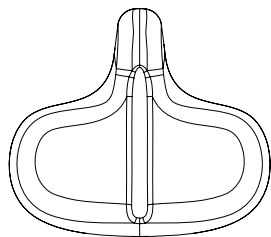


11. CONSOLE FOR UB2
QTY 1

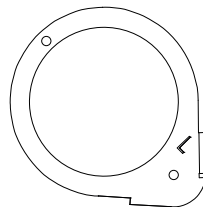


12. CONSOLE FOR UBi
QTY 1

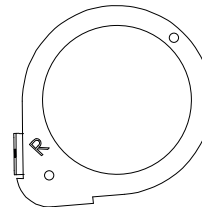
Intenza Upright Bikes Part List



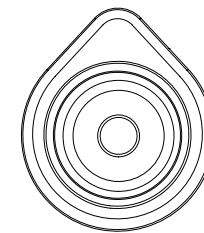
13. SADDLE
QTY 1



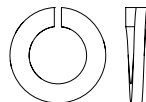
14. LEFT CUP HOLDER
QTY 1



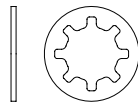
15. RIGHT CUP HOLDER
QTY 1



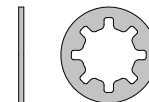
16. CUP HOLDER
QTY 1



17. SPRING WASHER, M8
QTY 3



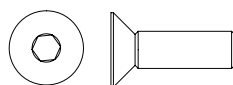
18. STAR WASHER, WHITE, M8
QTY 8



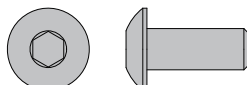
19. STAR WASHER , BLACK, M8
QTY 8



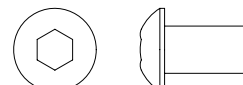
20. COUNTERSUNK SCREW, M5 X 8L
QTY 2



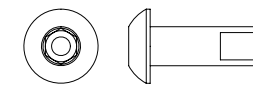
21. COUNTERSUNK SCREW, M6 X 15L
QTY 1



22. DOME SCREW, BLACK, M8 X 20L
QTY 11

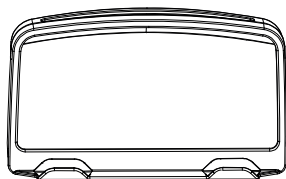


23. DOME SCREW, WHITE, M8 X 15L
QTY 8

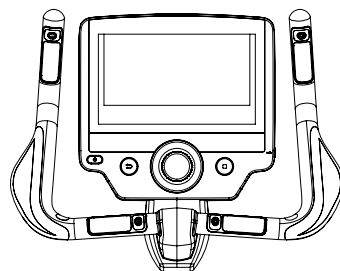


24. DOME SCREW, M5 X 15L
QTY 8

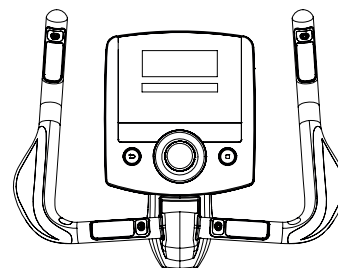
Intenza Upright Bikes Part List



25. **└PAD RACK FOR 550UBi/450UBi2S**
QTY 1



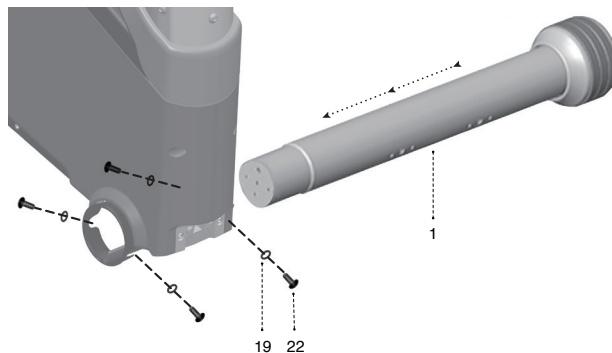
26. **450 SERIES i2 CONSOLE ASSEMBLY**
QTY 1



27. **450 SERIES i2S CONSOLE ASSEMBLY**
QTY 1

Intenza Upright Bikes Assembly Instructions: Bike Frame

STEP 1

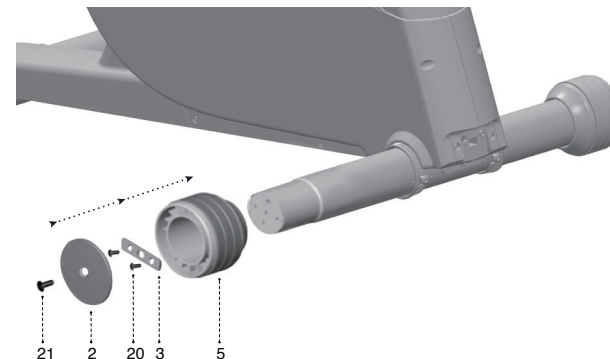


ASSEMBLE THE FRONT STABILISER.

COMPONENTS AND TOOLS

Star washer, black, M8(19), Dome screw, black, M8 x 20L(22),
Hex wrench— 6mm

STEP 2

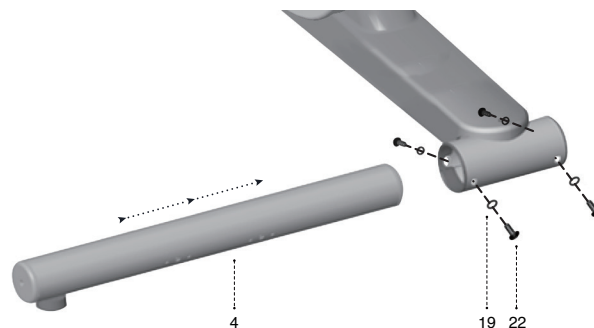


ASSEMBLE THE TRANSPORTATION WHEEL.

COMPONENTS AND TOOLS

Countersunk screw, M5 x 8L(20), Countersunk screw, M6 x 15L(21),
Hex wrench— 6mm, Hex wrench— 3mm

STEP 3

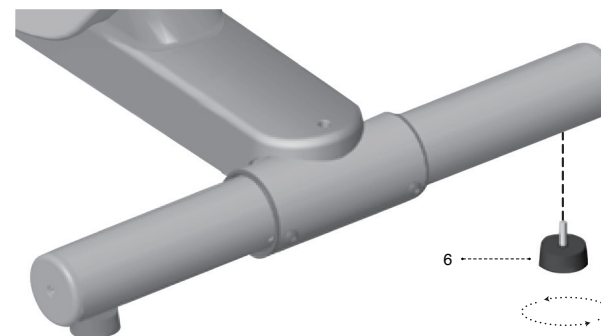


ASSEMBLE THE REAR STABILISER.

COMPONENTS AND TOOLS

Star washer, black, M8(19), Dome screw, black, M8 x 20L(22),
Hex wrench— 6mm

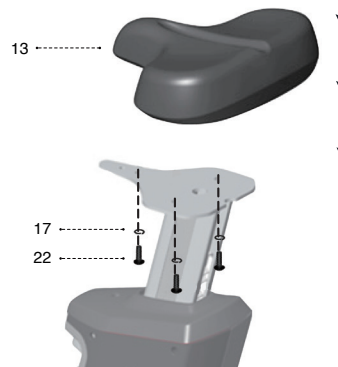
STEP 4



ASSEMBLE THE ADJUSTMENT FOOT.

Intenza Upright Bikes Assembly Instructions: Bike Frame

STEP 5

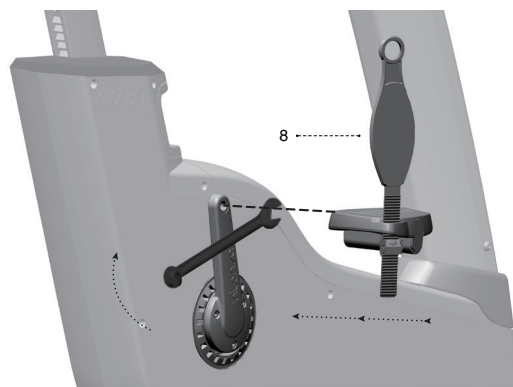


ASSEMBLE THE SADDLE.

COMPONENTS AND TOOLS

Spring washer, black, M8(17), Dome screw, black, M8 x 20L(22),
Hex wrench— 6mm

STEP 7



ASSEMBLE THE RIGHT PEDAL.

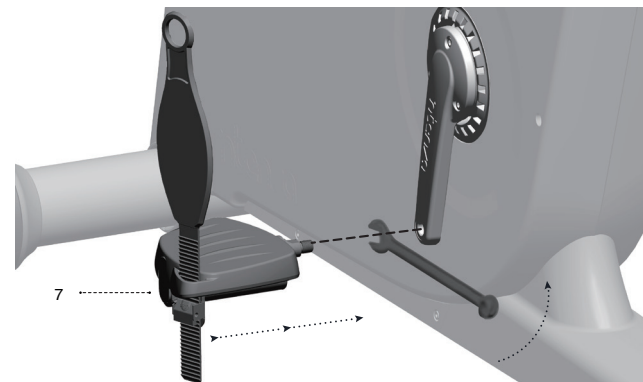
COMPONENTS AND TOOLS

Open—end wrench— 15mm

PLEASE NOTE

Rotate the wrench according to instruction. Make sure the pedal is Right side.

STEP 6



ASSEMBLE THE LEFT PEDAL.

COMPONENTS AND TOOLS

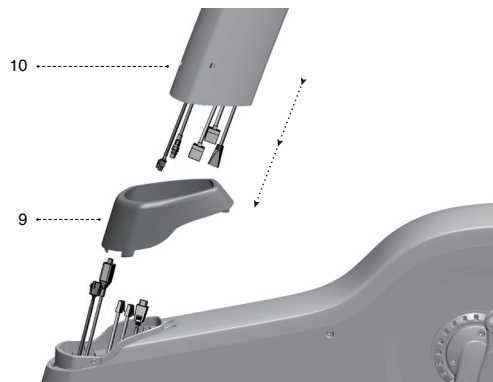
Open—end wrench— 15mm

PLEASE NOTE

Rotate the wrench according to instruction. Make sure the pedal is Left side.

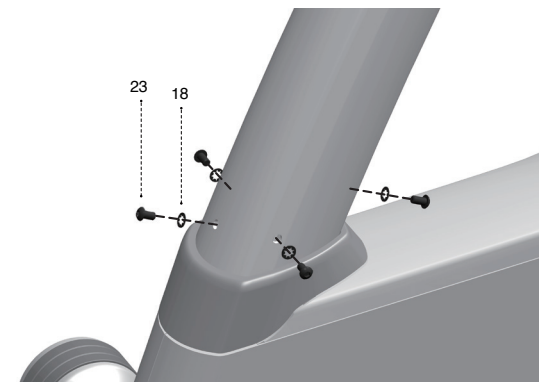
550UBe2 Assembly Instructions: Entertainment Console

STEP 1



ASSEMBLE THE FRONT POST.

STEP 2

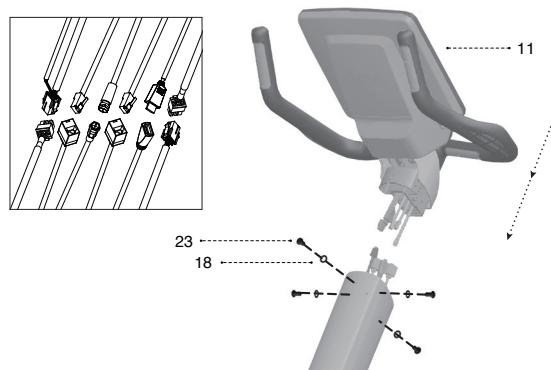


ASSEMBLE THE CONSOLE.

COMPONENTS AND TOOLS

Star washer, white, M8(18), Dome screw, white, M8 x 15L(23),
Hex wrench— 6mm

STEP 3



ASSEMBLE THE CONSOLE.

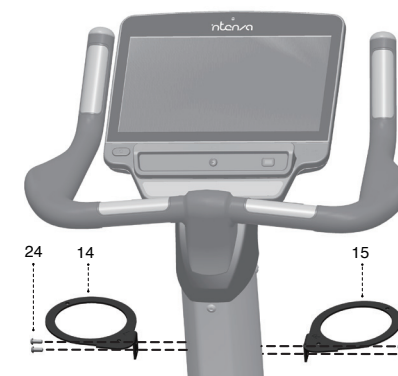
COMPONENTS AND TOOLS

Star washer, white, M8(18), Dome screw, white, M8 x 15L(23),
Hex wrench— 6mm

PLEASE NOTE

Make sure cables are not pinched and position them into front post before assembling the console.

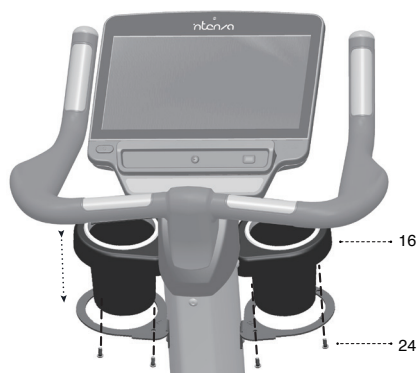
STEP 4



ASSEMBLE THE HOLDERS.

COMPONENTS AND TOOLS

Dome screw, M5 x 15L(24), Hex wrench—4mm

STEP 5

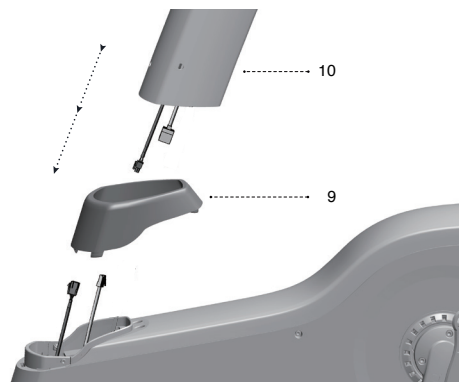
ASSEMBLE THE CUP HOLDERS.

COMPONENTS AND TOOLS

Dome screw, M5 x 15L(24), Hex wrench—4mm

550UBi/450UBi2/450UBi2S Assembly Instructions: Interactive Console

STEP 1

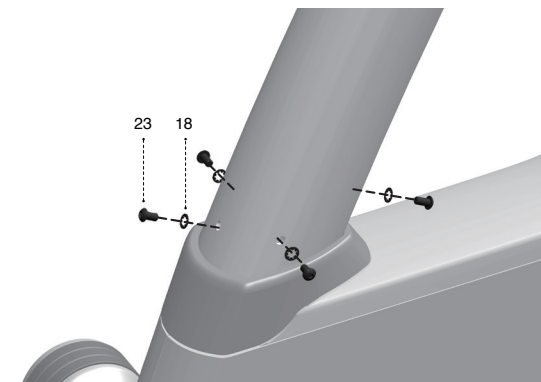


ASSEMBLE THE FRONT POST.

PLEASE NOTE

Make sure cables are not pinched and position them into front post before assembling the console. Position the front post cover tightly onto the bike.

STEP 2

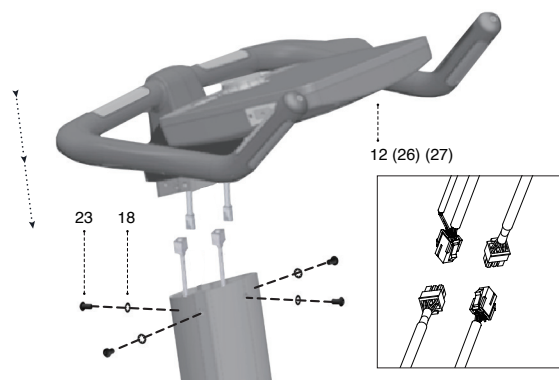


ASSEMBLE THE FRONT POST.

COMPONENTS AND TOOLS

Star washer, white, M8(18), Dome screw, white, M8 x 15L(23),
Hex wrench— 6mm

STEP 3

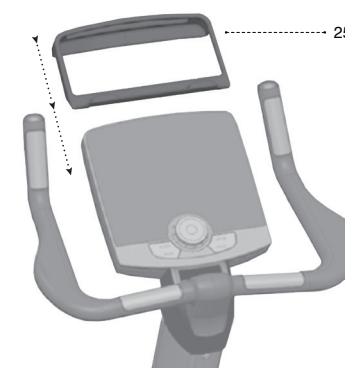


ASSEMBLE THE CONSOLE.

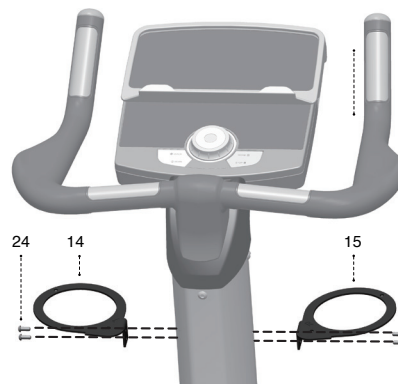
COMPONENTS AND TOOLS

Star washer, white, M8(18), Dome screw, white, M8 x 15L(23),
Hex wrench— 6mm

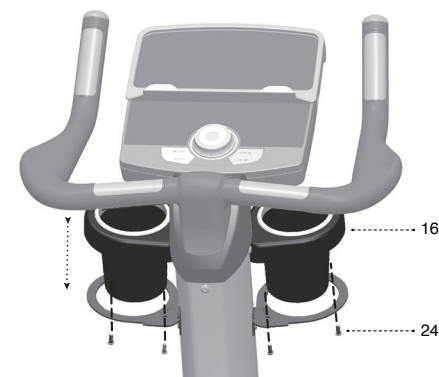
STEP 4



ASSEMBLE THE iPad RACK. (550UBi/450UBi2S)

STEP 5**ASSEMBLE THE CUP HOLDERS.****COMPONENTS AND TOOLS**

Dome screw, white, M5 x 15L(24), Hex wrench—4mm

STEP 6**ASSEMBLE THE CUP HOLDERS.****COMPONENTS AND TOOLS**

Dome screw, white, M5 x 15L(24), Hex wrench—4mm

Adjustments

A properly adjusted seat is extremely important in order to achieve a comfortable workout experience. Intenza Bikes are equipped with easy seat adjustment to provide you with the most comfortable ride as well as ensuring maximum exercise efficiency. External injuries may result from incorrect or excessive training. Please refer to the illustrations below for correct riding postures.



The Elbow Pads

With ergonomically designed elbow pads, the Intenza 550 Upright Bike provides you with the realistic feel of a racing bike. Its distinctively shaped, contoured and angled elbow pads allow you to rest your elbows during the bike race training position.

Seat Adjustment

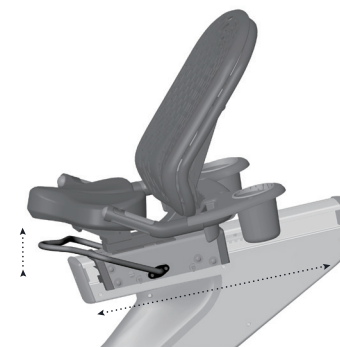
UPRIGHT BIKE—SEAT HEIGHT ADJUSTMENT

The Intenza Upright Bike features a vertical ratchet seat adjustment system which makes it easy and safe to change seat height quickly. Comfort Fit™ offers 26 incremental 1/2 inch levels to accommodate any user height. To raise the seat, either elevate your body so that there is no weight on the seat, or dismount. Then, simply pull the seat upwards to the desirable height. Make sure the seat locks into place before proceeding to work out. Test and re—adjust the seat height if necessary. To lower the seat, dismount; then holding the seat, pull the adjustment **RELEASE** in front of the seat post to unlock. Slide the seat up, or down, to the desired height. Make sure the seat locks into place before proceeding to work out.



RECUMBENT BIKE—SEAT POSITION ADJUSTMENT

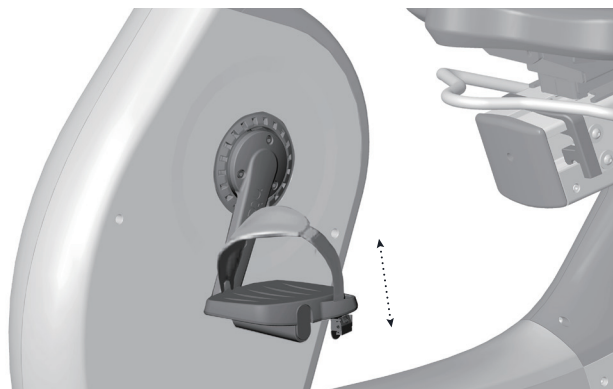
The Intenza Recumbent Bike has a newly designed seat adjustment system which makes it easy and safe to change seat position quickly and smoothly. Our Comfort Fit™ system offers twenty 1/2 inch incremental levels of adjustment to comfortably accommodate any user height. For adjustment, sit on the seat and slightly lift up the seat adjustment handle located underneath the saddle. Lift up the handle and gently slide the seat forwards, or backwards, to the closest available position that allows your knees to be slightly bent toward the lower pedal. Check the seat distance again and adjust if necessary.



Pedal Strap Adjustment

The pedal straps should be adjusted to hold each foot comfortably, but firmly, on the pedal.

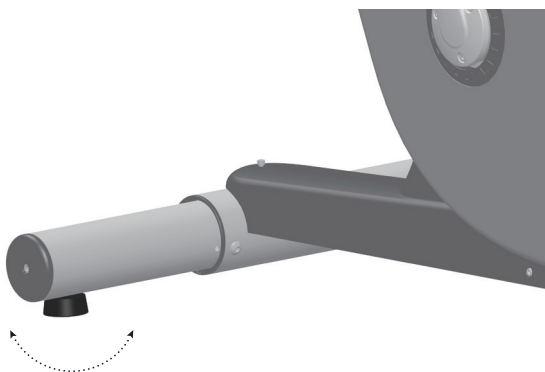
Place your foot on the pedal, and then adjust the pedal strap as necessary. Pull the strap down to tighten. Press the release button to loosen.



Foot Adjustment

Determine which foot is not resting completely on the floor.

Rotate adjustment foot clockwise to raise or counterclockwise to lower. Verify that the bike is stable and repeat adjustment as necessary until the unit is stable. Lock the adjustment by tightening the jam nut against the stabiliser tube.

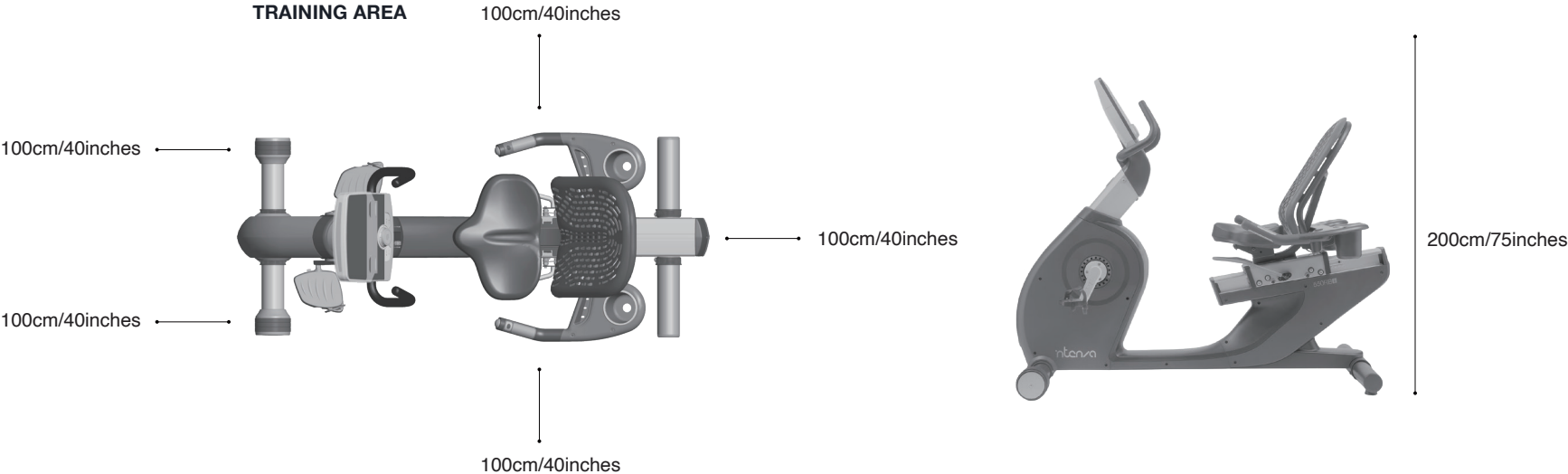


Safety Space

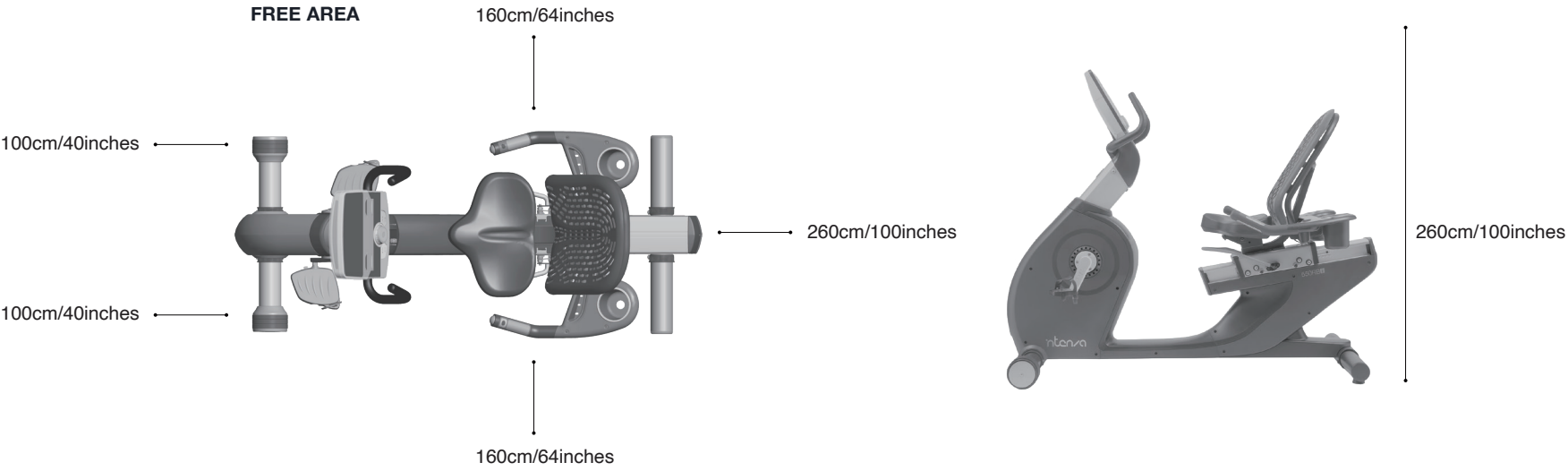
MAKE SURE THAT YOU MAINTAIN THE PROPER SAFETY SPACE, AS SHOWN BELOW, AROUND THE EQUIPMENT

Recumbent Bike Series

TRAINING AREA



FREE AREA

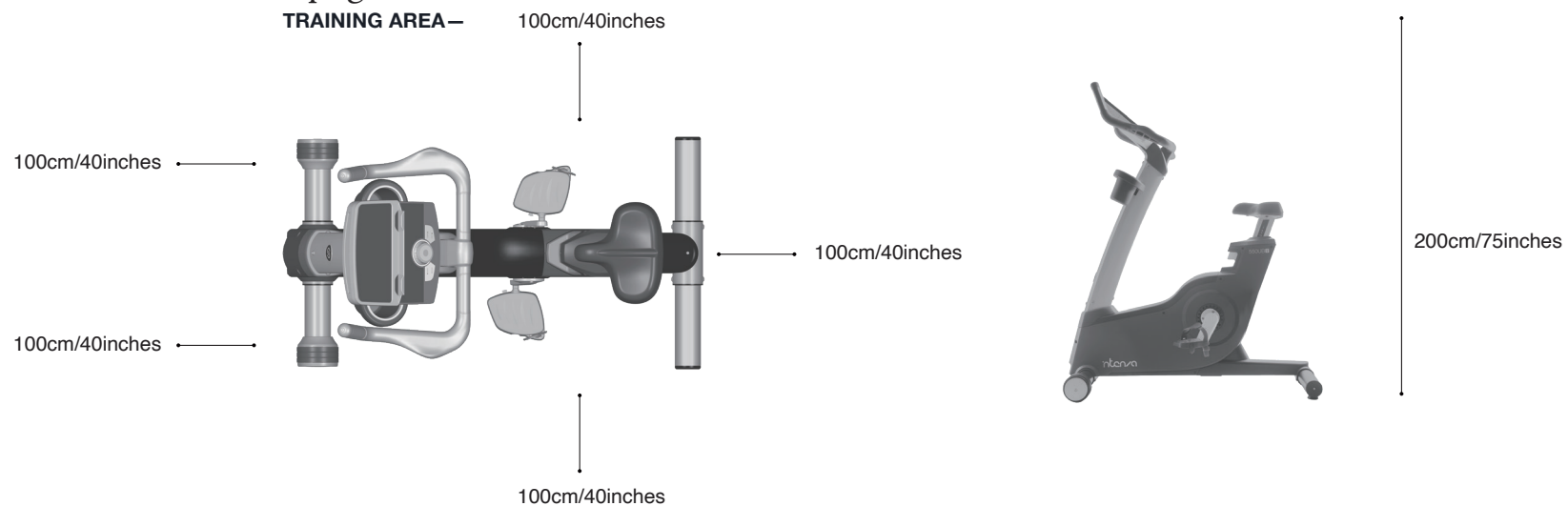


Safety Space

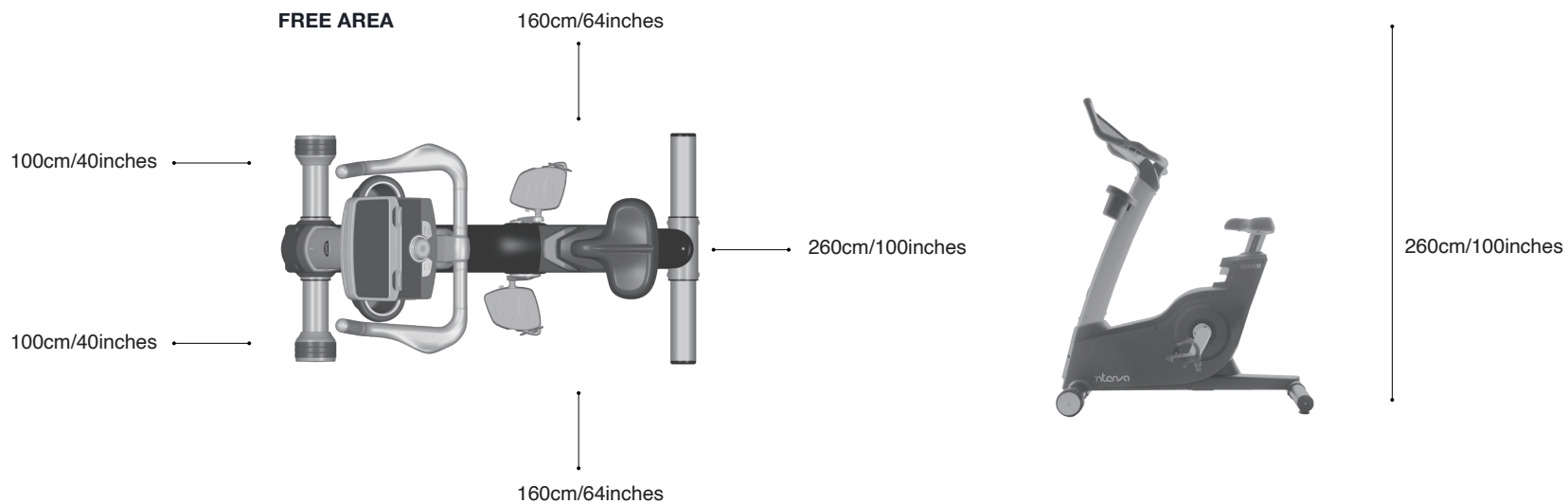
MAKE SURE THAT YOU MAINTAIN THE PROPER SAFETY SPACE, AS SHOWN BELOW, AROUND THE EQUIPMENT

Upright Bike Series














TRAINING AREA—



FREE AREA



550RBe2/550UBe2 Entertainment Console Overview

-  **Language** **LANGUAGE**
Arabic, Dutch, English (UK English), English (US English), Finnish, French, German, Hungarian, Japanese, Korean, Persian, Polish, Portuguese, Russian, Spanish, Simplified Chinese, Traditional Chinese, Turkish, Lithuanian, Italian, Danish.
21 languages are offered
-  **Login** **LOGIN**
Press to login
-  **USB**
Displays USB connection status
-  **SWIPE**
Swipe screen horizontally to the next page
-  **Homepage picture**
Homepage picture can be customised
- START QUICK START**
Start a workout immediately through by passing any setting
-  **Time** **FAVOURITE PROGRAMS**
 **Distance** Allows easy access to frequently used programs
 **Calories**
-  **Exercise** **EXERCISES**
HR Control/Preset/Target (Time/Distance/Calories)/Custom/Race/Fitness Test. Allows users to select programs to setup “goal” or “customise” programs.
- Entertainment**  **FAVOURITE**
Allows easy access to frequently used entertainment
-  **TV** **ENTERTAINMENT**
 **Phone** TV/Intenzacast™/Internet/Video/Audio/Virtual scenery/YouTube* **/HDMI. During workouts
 **Internet** you can switch between different types of entertainment on the console


- A ENERGY SAVER**
Use this mode to minimise power consumption when 550 RBe2 or UBe2 is not in use. Press button to put 550 RBe2 or UBe2 into energy saver mode after ending a workout.
Press to “wake up” the 550 RBe2 or UBe2
- B READING AND TABLET RACK**
Built-in holder used for personal devices, books or tablets
- C HEADPHONE JACK**
Allows users to plug in headphones

- D OPTIONAL RFID/NFC**
Allows facility operators to offer members swipe facility identification card on the console
- E USB PORT**
Allows for data download— read and play audio/video files
- F HOME SCREEN**
See home screen table to the left

*Similar operation for Youku (China). **Similar operation for Aparat (Iran).



550RBe2+/550UBe2+ Entertainment Console Overview

🌐 Language	LANGUAGE Arabic, Dutch, English (UK English), English (US English), Finnish, French, German, Hungarian, Japanese, Korean, Persian, Polish, Portuguese, Russian, Spanish, Simplified Chinese, Traditional Chinese, Turkish, Lithuanian, Italian, Danish. 21 languages are offered
👤 Login ▾	LOGIN Press to login
🔌 USB	USB Displays USB connection status
○ ● ○	SWIPE Swipe screen horizontally to the next page
	HOMEPAGE PICTURE Homepage picture can be customised
START	QUICK START Start a workout immediately through by passing any setting
🕒 Time	FAVOURITE PROGRAMS Allows easy access to frequently used programs
📍 Distance	
🔥 Calories	
< Exercise	EXERCISES HR Control/Preset/Target (Time/Distance/Calories)/Custom/Race/Fitness Test. Allows users to select programs to setup "goal" or "customise" programs.
Entertainment >	FAVOURITE Allows easy access to frequently used entertainment
📺 TV	ENTERTAINMENT TV/Intenzacast™/ Internet/App/Virtual scenery/YouTube* **/HDMI.
📱 Phone	
🌐 Internet	During workouts users can switch between different entertainment types on the console.

A	ENERGY SAVER Use this mode to minimise power consumption when 550 RBe2+ or UBe2+ is not in use. Press button to put 550 RBe2+ or UBe2+ into energy saver mode after ending a workout. Press to "wake up" the 550 RBe2+ or UBe2+
B	READING AND TABLET RACK Built-in holder used for personal devices, books or tablets
C	HEADPHONE JACK Allows users to plug in headphones

D	OPTIONAL RFID/NFC Fitness facility owners can order this option for their users, allowing them to swipe facility identification card on the console.
E	USB PORT Allows for data download— read and play audio/video files
F	HOME SCREEN See home screen table to the left

*Similar operation for Youku (China). **Similar operation for Aparat (Iran).



550RBi/550UBi Interactive Console Overview

A PROFILE WINDOW

Window displays exercise profile for the selected workout

B MESSAGE BAR

During program set-up, operating instructions will be displayed in the message bar and during workouts exercise data will be displayed as below

HR

Heart Rate can be detected if the user wears a Polar heart rate chest strap or grasps the contact heart rate grips consistently

LEVEL

The level of the workout you are using

TIME

Amount of time elapsed since beginning the workout

RPM (Revolutions Per Minute)

The speed at which you are currently pedaling in revolutions-per-minute

CALORIES

Number of calories burned since workout start

Watts

Effort level in Watts. The Watt is a unit of power output or the expression of the mechanical rate of work

DISTANCE

Total number of miles or km run so far.

SPEED

Current running speed, in miles/hr or km/hr.

C RESISTANCE SCALE

Increase/decrease the resistance level from 1 (least difficult) to 40 (most difficult) by adjusting the Uni-Dial™ Navigation control clockwise for increased resistance, or counter clockwise for decreased resistance. Users can customise the resistance of their workouts.

D BACK/SCAN

During program set up press this key to go back. During name setting press to correct wrong input



During workouts, display information switches between both exercise parameters in each message bar. Press SCAN to display one of the parameters continuously throughout the workout.

E USB ICON

Icon lights up when console detects a USB device

F PROGRAMS

Please refer to Section 5 Exercise Workout Option

G QUICK START/ENTER

Press key to enter manual workout mode without selecting a workout program. 1 km/h (0.6 mph) with no incline.



During program set-up, press key to confirm

H HOME/STOP KEY

Press key to return to the first page. This key only works when a program is selected.



Press **STOP** once to end the workout program and message bar will show the workout summary. Press **STOP** again to promptly exit the workout program

I INZONE™

The Uni-Dial™ skirting light indicates workout intensity

J C—SAFE PORT

All commercial bikes, treadmills and elliptical trainers built after October 2014 are C—SAFE compatible



PLEASE NOTE The Intenza Bikes' heart rate function is intended only for use as an exercise aide. Various factors can affect the accuracy of your heart rate reading. The heart rate function of the Intenza Bikes should not be considered, or used, as a medical device.

How To Effectively Workout At Your Own Level

InZone™ system provides visual colour feedback through the skirting light. The different colors encourage users to optimize their workout efforts for maximum results based on heart rate level, and helps users to stay in their target heart rate zones. The InZone™ system detects heart rate by i) holding onto the contact heart rate plates or ii) by wearing a telemetry heart rate chest strap sensor. It is recommended that users wear a telemetry heart rate chest strap for this function. During a workout there are 4 different colours that represent a workout intensity.

GREEN. THE ENERGY EFFICIENT OR RECOVERY ZONE 55%—65%

Training within this zone develops basic endurance and aerobic capacity. All low intensity running should be completed at a maximum of 65%.

YELLOW. THE AEROBIC ZONE 65% TO 75%

Training in this zone may improve your cardiovascular system. The body's ability to transport oxygen and carbon dioxide to and away from the working muscles may developed and improved.

ORANGE. THE ANAEROBIC ZONE 75%—85%

Training in this zone may develop your lactic acid system. In this zone, your individual anaerobic threshold (AT), sometimes referred to as the point of deflection (POD), is found. In the heart rate zone, the amount of fat being utilized as the main source of energy is greatly reduced and glycogen stored in the muscle is predominantly used. One of the by-products of burning glycogen is lactic acid. The point at which the body can no longer quickly remove the lactic acid from the working muscles is your anaerobic threshold (AT). Through the correct training, it is possible to delay the AT by being able to increase your ability to deal with the lactic acid for a longer period of time or by improving your AT level.

RED. THE EXTREME ZONE 85%—100%

The Red is a high intensity work out. It effectively trains your fast twitch muscle fibres and helps to develop speed. This zone is reserved for interval cycling.

450RBi2/450UBi2 Interactive Console Overview

LANGUAGE

During program set—up, press **HOLD** to display the language page. Arabic, Dutch, English (UK English), English (US English), Finnish, French, German, Hungarian, Japanese, Korean, Persian, Polish, Portuguese, Russian, Spanish, Simplified Chinese, Traditional Chinese, Turkish, Lithuanian, Italian, Danish. 21 languages are offered

**QUICK START**

Allows you to begin a workout with one key press. The default speed of Quick Start is 1km/h (0.6mph) with no incline.

**TARGET TIME**

Target workout time to meet user training goals. By setting time, user may choose program by turning to enter into the program

**TARGET DISTANCE**

Target workout distance to meet user training goals. By setting distance, you may choose program by turning to enter into the program

**TARGET CALORIE**

Target workout calories to meet user training goals. By setting calories you may choose program by turning to enter into the program

**FITNESS TEST**

VO₂ Max technology is useful in measuring an individual's ability to transport and utilise oxygen during exercise progression

**RACE**

Offer a fun and challenging workout option. Users can compete against, or with, previous champions

**HRC**

Offers 4 Heart Rate Control workout options. HRC workout program allow users to program their target heart rate zone

**PRESET**

Offers 20 preset programs

A**HOME SCREEN**

Industrial grade 12" colour TFT LCD display for longer lifetime. Turn Uni—Dial™ to select program

B**BACK/HOLD****BACK**

During program set—up press this key to go back. During name setting press this key to correct wrong input

C**ENERGY SAVER**

Use this mode to minimise power consumption when 450 RBi2 or UBi2 is not in use. Press this button to put 450 RBi2 or UBi2 into energy saver mode after ending your workout. Press to “wake up” the 450 RBi2 or UBi2

D**QR CODE**

A link to the Intenza website

E**QUICK START****QUICK START**

Press key to enter manual workout mode without selecting a workout program. The default speed is at 1 km/h (0.6 mph) with no incline.

F**STOP****STOP KEY**

Press key to return to the first page. Pressing **STOP** once will end the workout program and the message bar will show the workout summary. Press **STOP** again to promptly exit the workout program

G**USB PORT**

Software update/install only

H**C—SAFE PORT**

All commercial bikes, treadmills and elliptical trainers built after October 2014 are C—SAFE compatible

H**A****D****E****C****B****F****G**

450RBi2S/450UBi2S Interactive Console Overview

A PROFILE WINDOW

Light columns show the information for setting —up a workout

TIME Elapsed time since beginning the workout



HR Heart Rate can be detected if the user is wearing a Polar heart rate chest strap, or by grasping the contact heart rate grips throughout workouts

B MESSAGE BAR

During program set—up, operating instructions will be displayed in the message bar. During a workout exercise data listed below will be shown:

**SPEED**

The speed at which you are currently traveling, in miles—per—hour or kilometers—per—hour

**CALORIES**

Number of calories burned since start of workout

**WATTS**

Effort level in Watts. The Watt is a unit of power output or the expression of the mechanical rate of work

**RPM (Revolutions Per Minute)**

The speed at which you are currently pedaling in revolutions—per—minute

**DISTANCE**

Total number of miles or km run so far

**RESISTANCE LEVEL**

The level of the workout you are using

C BACK/HOLD

BACK During program set up, press this key to go back. During name setting, press this key to correct wrong input

**HOLD**

During workouts, display information switches between both exercise parameters in each message bar. Press **HOLD** to display continuously throughout the workout

D QUICK START

Start a workout immediately through by passing any setting. The default speed is at 1 km/h (0.6mph) with no incline.

E STOP KEY**STOP**

Press to return to the first page. Press stop once to end the workout program— message bar will show the workout summary. Press stop again to exit the workout program promptly

F C—SAFE PORT

All commercial bikes, treadmills and elliptical trainers built after October 2014 are C—SAFE compatible



Beginning The Workout

Before beginning any fitness program, please see your physician for a complete physical examination. To maintain your balance, always grasp the handlebar when you step on or off the foot pedals; and remember that once you stop pedalling, the wheels will continue to move for a period of time until coming to a complete halt.

TRAINING STARTS		TRAINING ENDS	
1	Hold on to the handlebar and step on the foot pedals	1	Stop the equipment by pressing STOP button
2	When you are in stable position, begin to pedal	2	Step backwards and ensure to grab handlebars on both sides



Maintenance

PREVENTATIVE MAINTENANCE TIPS

With durable, high performance components, Intenza Bikes are designed for commercial health club usage with minimal maintenance required. To keep your Intenza Bikes working properly, Intenza strongly recommends performing daily, and regularly scheduled, preventative maintenance routings as outlined below.

WARNING

DAILY MAINTENANCE

- ¹ Before cleaning or performing repairs, always unplug the equipment from its power source to reduce risk of electric shock.
- ² Before use, make certain the area around the bike is free of obstacles and any clutter that may interfere with pedal rotation.
- ³ Remove excessive accumulations of dust, dirt and other substances by using a clean, soft cloth and a non—abrasive liquid cleaner.
- ⁴ Wipe down the exterior of the display panel, handlebars, seat, pedals, shrouds and contact heart rate grips.
- ⁵ Avoid excessive moisture on the display console. Keeping the display console free of fingerprints and sweat will extend its life.
- ⁶ Never use ammonia, acid—based, or petroleum—based solvents on any part of the bike as it may damage the finish.
- ⁷ Do not spray cleaning liquid onto the display screen or heart rate grips.

REGULAR MAINTENANCE

- ¹ Inspect the display panel mounting screws for security, and retighten if necessary.
- ² Inspect the display panel keypads for wear and tear.
- ³ Check that the seat, pedals and shrouds are secure.
- ⁴ If loose, tighten the foot pedal to the pedal crank using an adjustable wrench or 5/8 inch open end wrench.

Self—Diagnosis

Your Service Representative may need to check accumulated data about the past usage of your bike, test the function and check for error message. For these reasons, Intenza Bikes are equipped with a service mode which has diagnostic reports that can assist with troubleshooting. Intenza e2 Series consoles are designed with built—in WiFi that uses InCare™ Online. InCare™ Online function is a service diagnostic process that can automatically send out detected error message to Intenza Customer Service. This feature requires a functional WiFi connection. For more information about self—diagnosis, please contact your local dealer or refer to the service manual.

550i Series— How to Charge The Battery

The Intenza 550UBi and 550RBi is equipped with a generator and rechargeable battery to provide constant power. Upon initial use (or after a prolonged storage period) the battery may require charging before achieving maximum capacity. There is no need to charge the equipment's battery for normal and frequent use. The console will display **CHARGE THE BATTERY** when the voltage of battery is low.

CHARGE BY GENERATOR

During normal daily use the power generated by your workout will keep the battery charged.

CHARGE BY EXTERNAL POWER

An optional power adaptor can be purchased and provides constant power to the equipment. You need to use 12V/3A type of adaptor to charge the battery. To purchase the optional power adaptor, check with your local dealer.

550i Series— Recycling The Battery

When no longer useful, this equipment and/or its battery must be recycled, or discarded, according to your local, or national, recycling regulations. To remove the battery, disassemble the chain cover and rear cover by using a 4mm and 5mm hex wrench, then disconnect the two cables.

PLEASE NOTE Replace defective components immediately or place the equipment out of use until it is repaired properly by an authorized repair person.

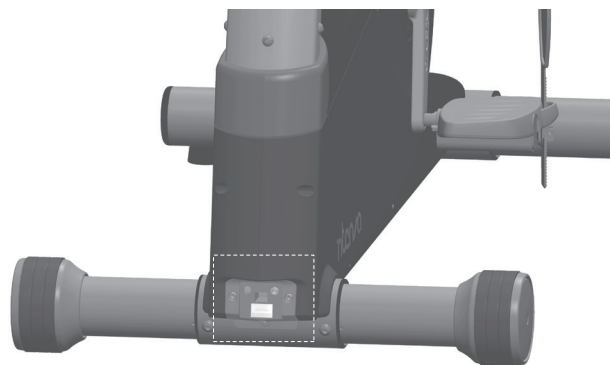
Trouble Shooting

WHEN TO CALL FOR HELP

- ¹ Do not attempt to service this equipment, with the exception of routine maintenance tasks described in this manual.
- ² If this product is not functioning properly or the Display shows **NEED MAINTENANCE** place the unit out of service and contact your Authorized Intenza Dealer or Service provider.
- ³ To efficiently and successfully request a service visit, please have the model number and serial number available.

WHERE IS THE PRODUCT SERIAL NUMBER?

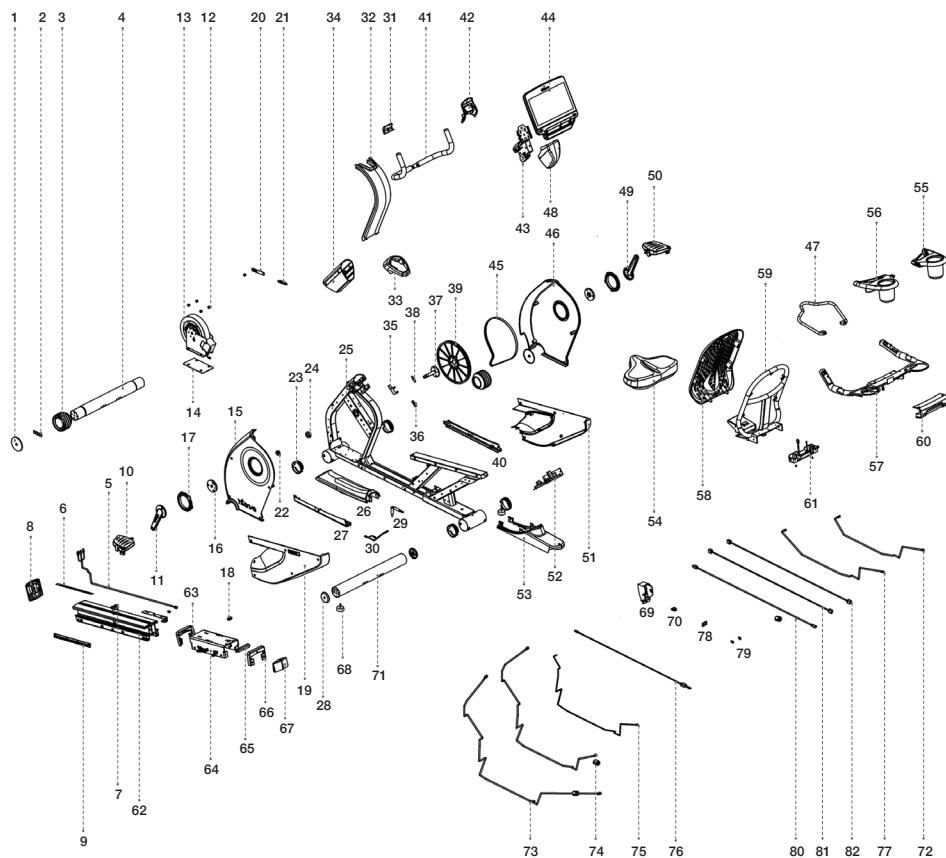
The Intenza Bike serial number is a six—digit number, which you can find at the front of the product, close to the power switch, and also on the back cover of the console.



Error Message

When the display shows an error message, please contact your local Authorised Dealer or service provider.

Intenza 550RBe2 Bike Exploded Drawing And Parts List



NO	ITEM	NO	ITEM	NO	ITEM
1	Coating, cover, wheel	31	Cover, console, handlebar	61	Assy, box, HR connect
2	Bracket, stop, wheel, front	32	Cover, frame, top	62	Track
3	Wheel, front	33	Cover, up, ring	63	Cover, track, front
4	Coating, tube, base, front	34	Upright, post	64	Coating, carrier, seat
5	Cable, signal, track	35	Bracket, sensor	65	Bracket, support
6	Sticker, track	36	Assy, temperature Senso, PCB	66	Cover, track, rear
7	Bushing, snap	37	Weldment, shaft	67	Cover, track, rear
8	Track	38	Sensor, RPM	68	Foot, adjustable
9	Bracket, slider, seat	39	Assy, pulley	69	Assy, cover, power connector
10	Pedal, standard, L	40	Cover, frame, side, mid, R	70	Seat, HDMI
11	Crank, L	41	Overmold, handlebar, console	71	Coating, tube, base, rear
12	Washer, insulation	42	Cover, connect, console, mid	72	Cable, hybrid, torque control
13	Magnetic, system	43	Coating, consol	73	Cable, sensor, frame
14	Plastic, hybrid, support	44	Assy, console, 16"	74	Assy, cable, signal, frame
15	Cover, frame, front, L	45	Belt, drive	75	Cable, speed, frame
16	Crank, bracket	46	Cover, frame, front, R	76	Cable, TV, frame, R551
17	Cover, crank	47	Overmold, bar	77	Cable, hybrid, power input
18	Bushing, snap	48	Assy, Cover, connect, console, top	78	Bracket, HDMI
19	Assy, cover, frame, side, rear, L	49	ED & Coating	79	Clip, nut
20	Bracket, tension, belt, adjust	50	Pedal, standard, R	80	Cable, HDMI
21	Spring, idler	51	Assy, Cover, frame, side, rear, R	81	Cable, connect, frame, C—SAFE
22	Nut, nylon	52	Assy, heatsink	82	Cable, connect, frame, RJ45
23	Bushing, leg	53	Cover, rear, top		
24	Bearing, ball, 6004ZZ	54	Assy, seat		
25	Coating, frame, main	55	Assy, holder, cup, R		
26	Cover, frame, mid	56	Assy, holder, cup, L		
27	Cover, frame, side, mid, L	57	Assy, handlebar, seat		
28	Cap, end, base	58	Assy, cover, seat		
29	Assy, fix, battery	59	Coating, back, seat		
30	Cable, battery, frame	60	Cover, handlebar		

Specifications: Intenza 550RBe2 Bike

Design Use	Commercial
Maximum User Weight	181kgs/400 lbs

CONSOLE

Type	16" TFT capacitance touch screen monitor
Display	Heart rate, Time, Calories, Distance, Speed, Resistance Level, Watt, RPM
Language	21 Languages— Arabic, Dutch, English (UK English), English (US English), Finnish, French, German, Hungarian, Japanese, Korean, Persian, Polish, Portuguese, Russian, Spanish, Simplified Chinese, Traditional Chinese, Turkish, Lithuanian, Italian, Danish
Summaries	Total elapsed time of workout, total calories burned, total distance, average watts generated, resistance/heart rate profile record of workout, average heart rate, average speed, average level, average RPM
Workout	Quick start, Preset programs, Target programs, Heart rate programs, Custom programs, Race programs, Fitness test
Heart Rate Monitor	Polar telemetry heart rate monitoring system
Headphone Jack	3.5mm stereo
Resistance Levels	40
Pedal Size	168mm x 144mm
Drive System	Belt drive

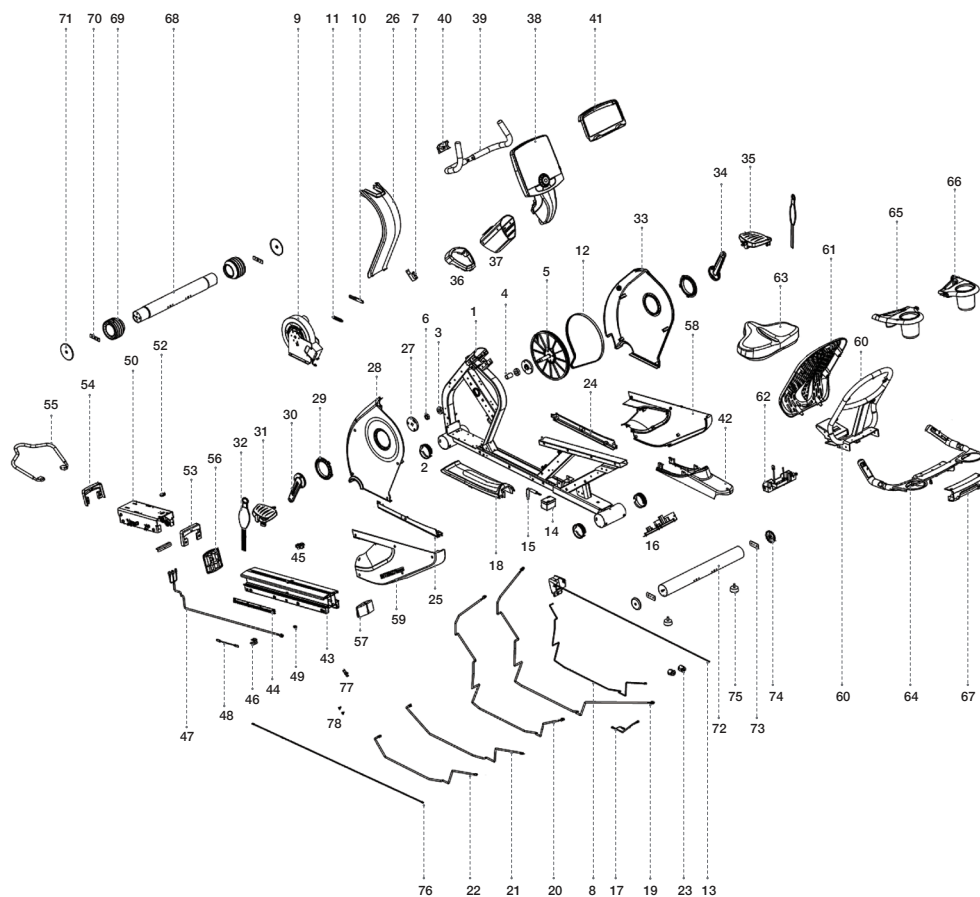
ASSEMBLY DIMENSIONS

MODEL	550RBe2	
LENGTH	1,596 mm	63 inches
WIDTH	702 mm	27 inches
HEIGHT	1,238 mm	49 inches
WEIGHT	109 kgs	240 lbs

SHIPPING DIMENSIONS

MODEL	550RBe2	
LENGTH	1,690 mm	66.5 inches
WIDTH	375 mm	14.7 inches
HEIGHT	1,010 mm	39.7 inches
WEIGHT	119 kgs	262 lbs

Intenza 550R Bi Bike Exploded Drawing And Parts List



NO	ITEM	NO	ITEM	NO	ITEM
1	Frame, main, coated	31	Pedal, L	61	Cover, seat
2	Bushing, leg	32	Pedal strap	62	Box, cable connector, assy
3	Bearing, ball, 6004ZZ	33	Cover, frame, front, R	63	Saddle, assy
4	Sleeve, support, bearing	34	Crank, R	64	Handlebar, seat
5	Pulley, assy	35	Pedal, R	65	Holder, bottle, L
6	Nut, nylon	36	Cover, post	66	Holder, bottle, R
7	Sensor, speed, assy	37	Post, upright	67	Cover, handlebar
8	Cable, speed, frame	38	Console, assy	68	Stabilizer, front, coated
9	Generator, assy	39	Handlebar, console	69	Wheel
10	Bracket, tension, belt	40	Cover, connect, console, btm	70	Bracket, wheel
11	Spring, idler	41	Book rack	71	Cover, wheel
12	Belt, drive	42	Cover, rear, top	72	Stabilizer, rear, coating
13	Cover, adapter, assy	43	Track	73	Bracket, base, rear
14	Battery	44	Ratchet	74	Cap, stabilizer
15	Holder, battery	45	Bushing, snap	75	Foot, adjustable
16	PCB	46	Bracket, wire, track	76	Cable, temp sensor
17	Cable, battery, frame	47	Cable, signal, track	77	PCB, temperature sensor
18	Cover, frame, mid	48	Bungee, hand pulse	78	Spacer support
19	Cable, sensor, frame	49	Bushing, strain relief		
20	Cable, signal, frame	50	Slider, seat		
21	Cable, generator, power input	51	Bracket, support		
22	Cable, generator, torque control	52	Bushing, snap		
23	Core, ferrite, semi—close	53	Cover, carrier		
24	Cover, frame, side, mid, R	54	Cover, carrier, front		
25	Cover, frame, side, mid, L	55	Handle, adjustment		
26	Cover, frame, top	56	Cover, track, front		
27	Disk, crank	57	Cover, track, rear		
28	Cover, frame, front, L	58	Cover, frame, side, rear, R		
29	Cover, crank	59	Cover, frame, side, rear, L		
30	Crank, L	60	Support, back, seat		

Specifications: Intenza 550R Bi Bike

Design Use	Commercial
Maximum User Weight	181kgs/400 lbs

CONSOLE

Type	LED
Display	Heart Rate, Distance, Time, RPM, Calories, Watts, Resistance Level, Speed, Workout Profile.
Summaries	Total elapsed time of workout, total calories burned, total distance, average watts generated, resistance/heart rate profile record of workout
Workout	Quick start, Preset programs, Target programs, Heart rate programs, Custom programs, Race programs, Fitness test
Heart Rate Monitor	Polar telemetry heart rate monitoring system
Resistance Levels	40
Pedal Size	168mm x 144mm
Drive System	Belt drive
iPad Rack	Standard

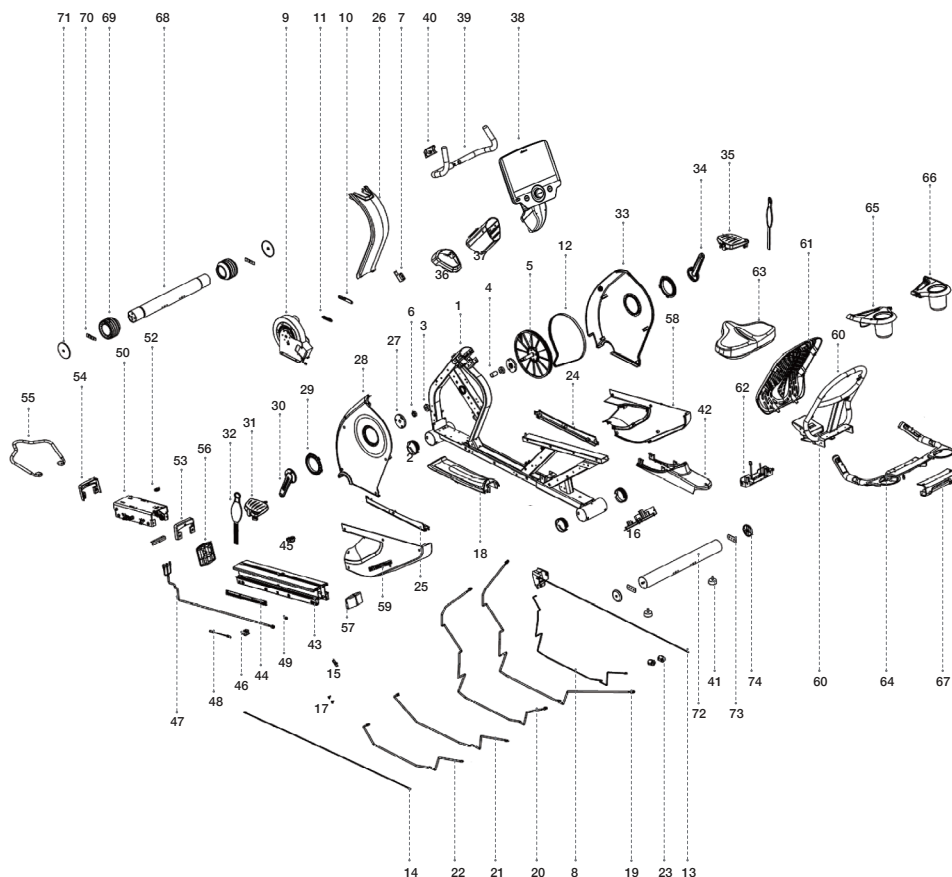
ASSEMBLY DIMENSIONS

MODEL	550R Bi	
LENGTH	1,596 mm	63 inches
WIDTH	702 mm	27 inches
HEIGHT	1,238 mm	49 inches
WEIGHT	102 kgs	225 lbs

SHIPPING DIMENSIONS

MODEL	550R Bi	
LENGTH	1,690 mm	66.5 inches
WIDTH	375 mm	14.7 inches
HEIGHT	1,010 mm	39.7 inches
WEIGHT	112 kgs	247 lbs

Intenza 450RBiz Bike Exploded Drawing And Parts List



NO	ITEM	NO	ITEM	NO	ITEM
1	Frame, main, coated	31	Pedal, L	61	Cover, seat
2	Bushing, leg	32	Pedal strap	62	Box, cable connector, assy
3	Bearing, ball, 6004ZZ	33	Cover, frame, front, R	63	Saddle, assy
4	Sleeve, support, bearing	34	Crank, R	64	Handlebar, seat
5	Pulley, assy	35	Pedal, R	65	Holder, bottle, L
6	Nut, nylon	36	Cover, post	66	Holder, bottle, R
7	Sensor, speed, assy	37	Post, upright	67	Cover, handlebar
8	Cable, speed, frame	38	Console, 450 RBiz	68	Stabilizer, front, coated
9	Generator, assy	39	Handlebar, console	69	Wheel
10	Bracket, tension, belt	40	Cover, connect, console, btm	70	Bracket, wheel
11	Spring, idler	41	Foot, adjustable	71	Cover, wheel
12	Belt, drive	42	Cover, rear, top	72	Stabilizer, rear, coating
13	Cover, adapter, assy	43	Track	73	Bracket, base, rear
14	Cable, temp sensor	44	Ratchet	74	Cap, stabilizer
15	PCB, temperature sensor	45	Bushing, snap		
16	PCB	46	Bracket, wire, track		
17	Spacer support	47	Cable, signal, track		
18	Cover, frame, mid	48	Bungee, hand pulse		
19	Cable, sensor, frame	49	Bushing, strain relief		
20	Cable, signal, frame	50	Slider, seat		
21	Cable, generator, power input	51	Bracket, support		
22	Cable, generator, torque control	52	Bushing, snap		
23	Core, ferrite, semi—close	53	Cover, carrier		
24	Cover, frame, side, mid, R	54	Cover, carrier, front		
25	Cover, frame, side, mid, L	55	Handle, adjustment		
26	Cover, frame, top	56	Cover, track, front		
27	Disk, crank	57	Cover, track, rear		
28	Cover, frame, front, L	58	Cover, frame, side, rear, R		
29	Cover, crank	59	Cover, frame, side, rear, L		
30	Crank, L	60	Support, back, seat		

Specifications: Intenza 450RBiz Bike

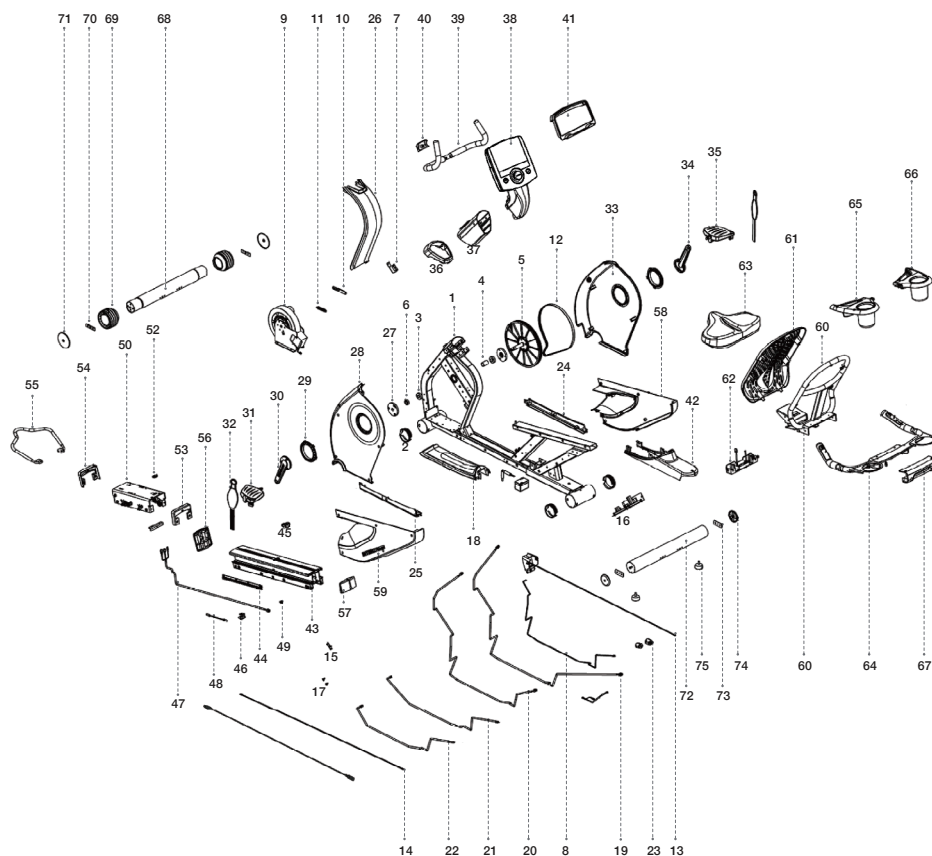
Design Use	Commercial
Maximum User Weight	181kgs/400 lbs

CONSOLE

Type	12" TFT LCD capacitance screen monitor
Display	HR, Resistance Level, Time, Watts, Calories, Distance, RPM, Speed, Workout summary, Workout profile
Summaries	Total elapsed time of workout, total calories burned, total distance, total watts generated, resistance/heart rate profile record of workout
Workout	Fitness Test, HR Control, Race, Quick Start, Advanced Program, Target Program
Heart Rate Monitor	Polar telemetry heart rate monitoring system
Resistance Levels	40
Pedal Size	168mm x 144mm
Drive System	Belt drive

ASSEMBLY DIMENSIONS			SHIPPING DIMENSIONS		
MODEL	450RBiz		MODEL	450RBiz	
LENGTH	1,600 mm	63 inches	LENGTH	1,690 mm	66.5 inches
WIDTH	700 mm	28 inches	WIDTH	380 mm	15 inches
HEIGHT	1,240 mm	49 inches	HEIGHT	1,010 mm	39.7 inches
WEIGHT	112 kgs	247 lbs	WEIGHT	112 kgs	247 lbs

Intenza 450RBi2S Bike Exploded Drawing And Parts List



NO	ITEM	NO	ITEM	NO	ITEM
1	Frame, main, coated	31	Pedal, L	61	Cover, seat
2	Bushing, leg	32	Pedal strap	62	Box, cable connector, assy
3	Bearing, ball, 6004ZZ	33	Cover, frame, front, R	63	Saddle, assy
4	Sleeve, support, bearing	34	Crank, R	64	Handlebar, seat
5	Pulley, assy	35	Pedal, R	65	Holder, bottle, L
6	Nut, nylon	36	Cover, post	66	Holder, bottle, R
7	Sensor, speed, assy	37	Post, upright	67	Cover, handlebar
8	Cable, speed, frame	38	Console, 450 RBi2S	68	Stabilizer, front, coated
9	Generator, assy	39	Handlebar, console	69	Wheel
10	Bracket, tension, belt	40	Cover, connect, console, btm	70	Bracket, wheel
11	Spring, idler	41	Book rack	71	Cover, wheel
12	Belt, drive	42	Cover, rear, top	72	Stabiliser, rear, coating
13	Cover, adapter, assy	43	Track	73	Bracket, base, rear
14	Cable, temp sensor	44	Ratchet	74	Cap, stabiliser
15	PCB, temperature sensor	45	Bushing, snap	75	Foot, adjustable
16	PCB	46	Bracket, wire, track		
17	Spacer support	47	Cable, signal, track		
18	Cover, frame, mid	48	Bungee, hand pulse		
19	Cable, sensor, frame	49	Bushing, strain relief		
20	Cable, signal, frame	50	Slider, seat		
21	Cable, generator, power input	51	Bracket, support		
22	Cable, generator, torque control	52	Bushing, snap		
23	Core, ferrite, semi—close	53	Cover, carrier		
24	Cover, frame, side, mid, R	54	Cover, carrier, front		
25	Cover, frame, side, mid, L	55	Handle, adjustment		
26	Cover, frame, top	56	Cover, track, front		
27	Disk, crank	57	Cover, track, rear		
28	Cover, frame, front, L	58	Cover, frame, side, rear, R		
29	Cover, crank	59	Cover, frame, side, rear, L		
30	Crank, L	60	Support, back, seat		

Specifications: Intenza 450RBi2S Bike

Design Use	Commercial
Maximum User Weight	181kgs/400 lbs

CONSOLE

Type	LED
Display	HR, Resistance Level, Time, Watts, Calories, Distance, RPM, Speed, Workout summary, Workout profile
Summaries	Total elapsed time of workout, total calories burned, total distance, total watts generated, resistance/heart rate profile record of workout
Workout	Fitness Test, HR Control, Race, Quick Start, Advanced Program, Target Program
Heart Rate Monitor	Polar telemetry heart rate monitoring system
Resistance Levels	40
Pedal Size	168mm x 144mm
Drive System	Belt drive
iPad Rack	Standard

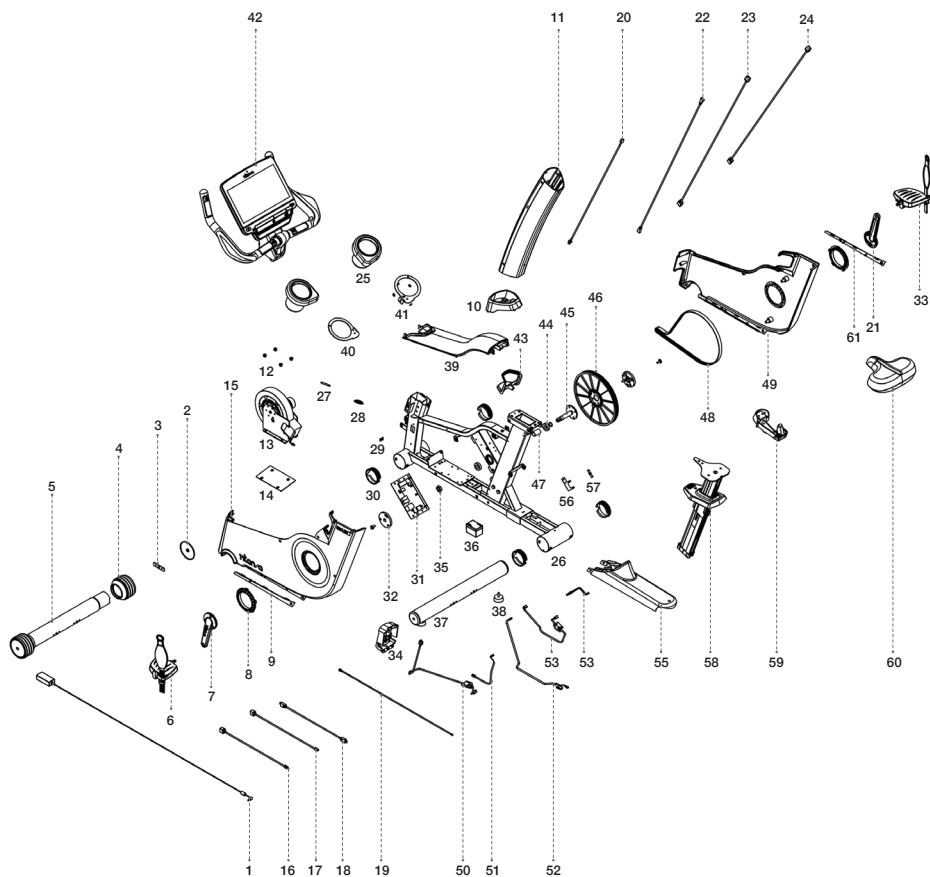
ASSEMBLY DIMENSIONS

MODEL	450RBi2S	
LENGTH	1,600 mm	63 inches
WIDTH	700 mm	28 inches
HEIGHT	1,240 mm	49 inches
WEIGHT	98.5 kgs	217 lbs

SHIPPING DIMENSIONS

MODEL	450RBi2S	
LENGTH	1,690 mm	66.5 inches
WIDTH	380 mm	15 inches
HEIGHT	1,010 mm	40 inches
WEIGHT	108.5 kgs	239 lbs

Intenza 550UBe2 Bike Exploded Drawing And Parts List



NO	ITEM	NO	ITEM	NO	ITEM
1	Adaptor, 12V	31	Assy, heatsink	61	Cover, side, R
2	Coating, cover, wheel	32	Crank, bracket		
3	Bracket, stop, wheel, front	33	Assy, pedal, standard, R		
4	Wheel, front	34	Assy, cover, front, B330		
5	Assy, base, front	35	Nut, nylon		
6	Assy, pedal, standard, L	36	Foam, one side, battery		
7	Crank, L	37	Assy, base, rear		
8	Cover, crank	38	Foot, adjustable		
9	Cover, side, L	39	Cover, frame, Top		
10	Ring, upright, post	40	Bracket, holder, bottle, L		
11	Upright, post, front	41	Bracket, holder, bottle, R		
12	Washer, insulation	42	Console, w/handle, e2		
13	Magnetic, system	43	Cover, adjustment, seat		
14	Plastic, hybrid, support	44	Bearing, ball, 6004ZZ		
15	Cover, L	45	Weldment, shaft		
16	Cable, frame, C—safe	46	Assy, pulley		
17	Cable, frame, RJ45	47	Sleeve, support, bearing		
18	Cable, HDMI, TOP	48	Belt, drive		
19	Jack, power, DC, w/ cable	49	Cover, R, w/ bushing		
20	Cable, signal, post, upright	50	Assy, cable, LCB, frame		
21	Crank, R	51	Cable, hybrid		
22	Cable, HDMI, BTM	52	Cable, battery		
23	Cable, connect, frame, RJ45	53	Assy, cable, hybrid		
24	Cable, connect, frame, C—SAFE	54	Cable, sensor		
25	Holder, bottle, water	55	Cover, frame, rear		
26	Coating, main, frame	56	Bracket, sensor		
27	Screw, spring	57	Sensor, RPM		
28	Spring, idler	58	Assy, post, seat		
29	Nut plate	59	Adjustment, handle		
30	Bushing, leg	60	Seat, advance, B331		

Specifications: Intenza 550UBe2 Bike

Design Use	Commercial
Maximum User Weight	181kgs/400 lbs

CONSOLE

Type	16" TFT capacitance touch screen monitor
Display	Heart rate, Time, Calories, Distance, Speed, Resistance Level, Watt, RPM
Language	21 Languages— Arabic, Dutch, English (UK English), English (US English), Finnish, French, German, Hungarian, Japanese, Korean, Persian, Polish, Portuguese, Russian, Spanish, Simplified Chinese, Traditional Chinese, Turkish, Lithuanian, Italian, Danish
Summaries	Total elapsed time of workout, total calories burned, total distance, average watts generated, resistance/heart rate profile record of workout, average heart rate, average speed, average level, average RPM
Workout	Quick start, Preset programs, Target programs, Heart rate programs, Custom programs, Race programs, Fitness test
Heart Rate Monitor	Polar telemetry heart rate monitoring system
Headphone Jack	3.5mm stereo
Resistance Levels	40
Pedal Size	168mm x 144mm
Drive System	Belt drive

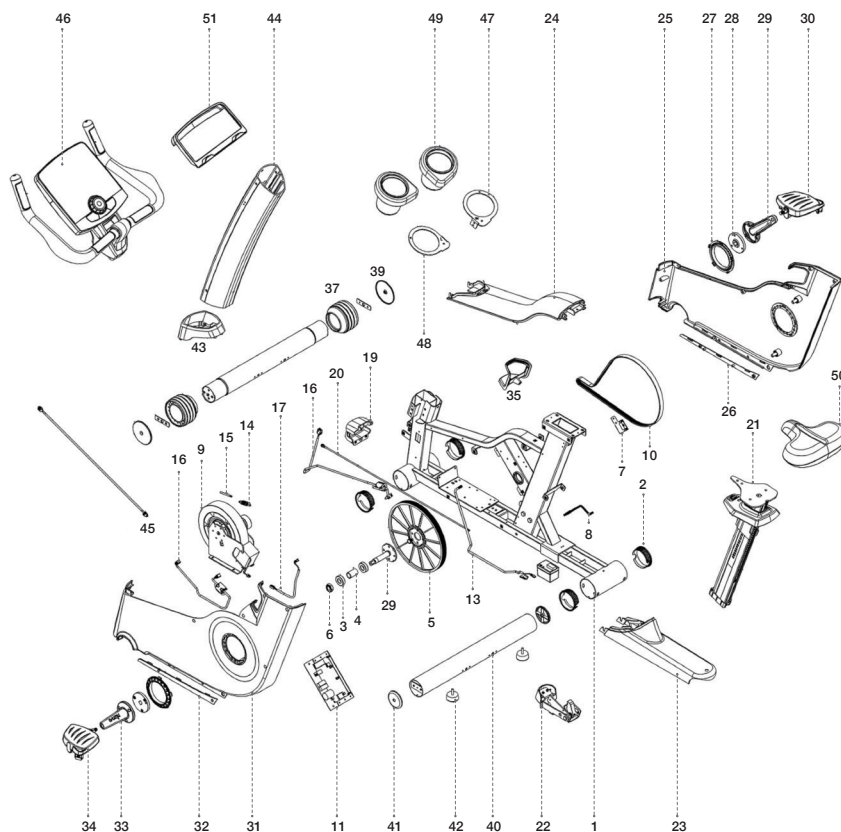
ASSEMBLY DIMENSIONS

MODEL	550UBe2	
LENGTH	1,222 mm	48 inches
WIDTH	665 mm	26 inches
HEIGHT	1,462 mm	57 inches
WEIGHT	74 kgs	163 lbs

SHIPPING DIMENSIONS

MODEL	550UBe2	
LENGTH	1,480 mm	58.2 inches
WIDTH	240 mm	9.4 inches
HEIGHT	1,040 mm	40.9 inches
WEIGHT	87.7 kgs	193.5 lbs

Intenza 550UBi Bike Exploded Drawing And Parts List



NO	ITEM	NO	ITEM
1	Frame, main, coated	31	Cover, L
2	Bushing, leg	32	Cover, side, L
3	Bearing, ball, 6004ZZ	33	Crank, L
4	Sleeve, support, bearing	34	Pedal, L
5	Pulley, assy	35	Cover, adjustment, seat
6	Nut, nylon	36	Stabilizer, front, coated
7	Sensor, speed, assy	37	Wheel, front
8	Cable, speed, frame	38	Bracket, wheel
9	Generator, assy	39	Cover, wheel
10	Belt, drive	40	Stabilizer, rear, coated
11	LCB	41	Cap, stabiliser
12	Battery	42	Foot, adjustable
13	Cable, battery	43	Ring, upright, post
14	Spring, idler	44	Post, upright
15	Screw, spring	45	Cable, signal, post, upright
16	Cable, LCB, frame, w/core	46	Console, w/handle
17	Cable, generator, power input	47	Bracket, holder, bottle, R
18	Cable, generator, torque control	48	Bracket, holder, bottle, L
19	Cover, adaptor	49	Holder, bottle
20	Cable, power, adaptor	50	Saddle
21	Post, seat, assy	51	Book rack
22	Handle, adjustment		
23	Cover, frame, rear		
24	Cover, frame, top		
25	Cover, frame, R		
26	Cover, side, R		
27	Cover, crank		
28	Disk, crank		
29	Crank, R		
30	Pedal, R		

Specifications: Intenza 550UBi Bike

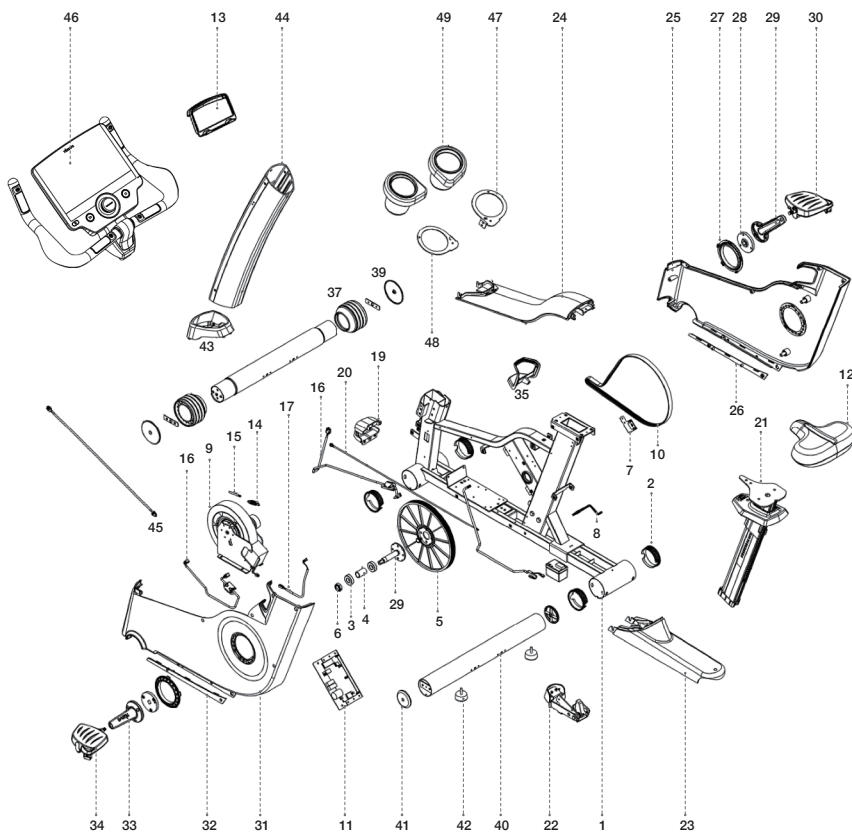
Design Use	Commercial
Maximum User Weight	181kgs/400 lbs

CONSOLE

Type	LED
Display	Heart rate, Distance, Time, RPM, Calories, Watts, Resistance Level, Speed, Workout Profile.
Summaries	Total elapsed time of workout, total calories burned, total distance, total watts generated, resistance/heart rate profile record of workout
Workout	Quick start, Preset programs, Target programs, Heart rate programs, Custom programs, Race programs, Fitness test
Heart Rate Monitor	Polar telemetry heart rate monitoring system
Resistance Levels	40
Pedal Size	168mm x 144mm
Drive System	Belt drive
iPad Rack	Standard

ASSEMBLY DIMENSIONS			SHIPPING DIMENSIONS		
MODEL	550UBi		MODEL	550UBi	
LENGTH	1,222 mm	48 inches	LENGTH	1,480 mm	58.2 inches
WIDTH	665 mm	26 inches	WIDTH	240 mm	9.4 inches
HEIGHT	1,462 mm	57 inches	HEIGHT	1,040 mm	40.9 inches
WEIGHT	62 kgs	134 lbs	WEIGHT	83 kgs	182 lbs

Intenza 450UBi2 Bike Exploded Drawing And Parts List



NO	ITEM	NO	ITEM
1	Frame, main, coated	31	Cover, L
2	Bushing, leg	32	Cover, side, L
3	Bearing, ball, 6004ZZ	33	Crank, L
4	Sleeve, support, bearing	34	Pedal, L
5	Pulley, assy	35	Cover, adjustment, seat
6	Nut, nylon	36	Stabiliser, front, coated
7	Sensor, speed, assy	37	Wheel, front
8	Cable, speed, frame	38	Bracket, wheel
9	Generator, assy	39	Cover, wheel
10	Belt, drive	40	Stabiliser, rear, coated
11	LCB	41	Cap, stabiliser
12	Saddle	42	Foot, adjustable
13	Book rack	43	Ring, upright, post
14	Spring, idler	44	Post, upright
15	Screw, spring	45	Cable, signal, post, upright
16	Cable, LCB, frame, w/core	46	Console, 450 UBiz
17	Cable, generator, power input	47	Bracket, holder, bottle, R
18	Cable, generator, torque control	48	Bracket, holder, bottle, L
19	Cover, adaptor	49	Holder, bottle
20	Cable, power, adaptor		
21	Post, seat, assy		
22	Handle, adjustment		
23	Cover, frame, rear		
24	Cover, frame, top		
25	Cover, frame, R		
26	Cover, side, R		
27	Cover, crank		
28	Disk, crank		
29	Crank, R		
30	Pedal, R		

Specifications: Intenza 450UBi2 Bike

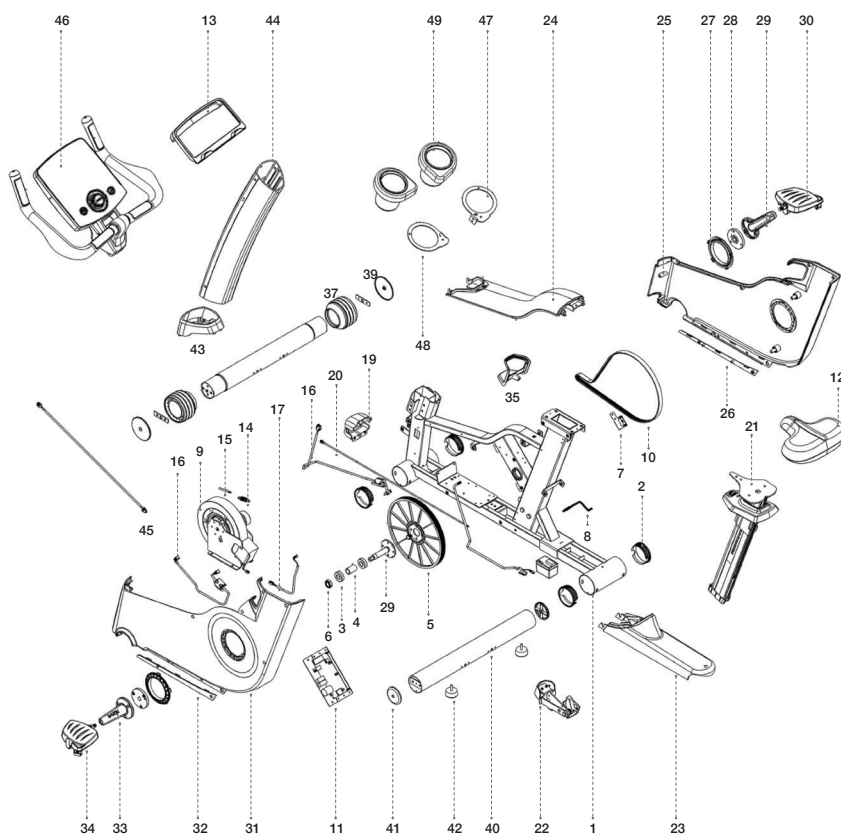
Design Use	Commercial
Maximum User Weight	181kgs/400 lbs

CONSOLE

Type	12" TFT LCD capacitance screen monitor
Display	HR, Resistance Level, Time, Watts, Calories, Distance, RPM, Speed, Workout summary, Workout profile
Summaries	Total elapsed time of workout, total calories burned, total distance, total watts generated, resistance/heart rate profile record of workout
Workout	Fitness Test, HR Control, Race, Quick Start, Advanced Program, Target Program
Heart Rate Monitor	Polar telemetry heart rate monitoring system
Resistance Levels	40
Pedal Size	168mm x 144mm
Drive System	Belt drive

ASSEMBLY DIMENSIONS			SHIPPING DIMENSIONS		
MODEL	450UBi2		MODEL	450UBi2	
LENGTH	1,220 mm	48 inches	LENGTH	1,480 mm	58 inches
WIDTH	670 mm	26 inches	WIDTH	240 mm	9 inches
HEIGHT	1,460 mm	57 inches	HEIGHT	1,040 mm	40.9 inches
WEIGHT	62 kgs	134 lbs	WEIGHT	83 kgs	182 lbs

Intenza 450UBi2S Bike Exploded Drawing And Parts List



NO	ITEM	NO	ITEM
1	Frame, main, coated	31	Cover, L
2	Bushing, leg	32	Cover, side, L
3	Bearing, ball, 6004ZZ	33	Crank, L
4	Sleeve, support, bearing	34	Pedal, L
5	Pulley, assy	35	Cover, adjustment, seat
6	Nut, nylon	36	Stabilizer, front, coated
7	Sensor, speed, assy	37	Wheel, front
8	Cable, speed, frame	38	Bracket, wheel
9	Generator, assy	39	Cover, wheel
10	Belt, drive	40	Stabilizer, rear, coated
11	LCB	41	Cap, stabilizer
12	Saddle	42	Foot, adjustable
13	Book rack	43	Ring, upright, post
14	Spring, idler	44	Post, upright
15	Screw, spring	45	Cable, signal, post, upright
16	Cable, LCB, frame, w/core	46	Console, UBi2S
17	Cable, generator, power input	47	Bracket, holder, bottle, R
18	Cable, generator, torque control	48	Bracket, holder, bottle, L
19	Cover, adaptor	49	Holder, bottle
20	Cable, power, adaptor		
21	Post, seat, assy		
22	Handle, adjustment		
23	Cover, frame, rear		
24	Cover, frame, top		
25	Cover, frame, R		
26	Cover, side, R		
27	Cover, crank		
28	Disk, crank		
29	Crank, R		
30	Pedal, R		

Specifications: Intenza 450UBi2S Bike

Design Use	Commercial
Maximum User Weight	181kgs/400 lbs

CONSOLE

Type	LED
Display	HR, Resistance Level, Time, Watts, Calories, Distance, RPM, Speed, Workout summary, Workout profile
Summaries	Total elapsed time of workout, total calories burned, total distance, total watts generated, resistance/heart rate profile record of workout
Workout	Fitness Test, HR Control, Race, Quick Start, Advanced Program, Target Program
Heart rate Monitor	Polar telemetry heart rate monitoring system
Resistance Levels	40
Pedal Size	168mm x 144mm
Drive System	Belt drive
iPad Rack	Standard

ASSEMBLY DIMENSIONS			SHIPPING DIMENSIONS		
MODEL	450UBi2S		MODEL	450UBi2S	
LENGTH	1,220 mm	48 inches	LENGTH	1,480 mm	58 inches
WIDTH	670 mm	26 inches	WIDTH	240 mm	9 inches
HEIGHT	11,460 mm	57 inches	HEIGHT	1,040 mm	40.9 inches
WEIGHT	58.5 kgs	128 lbs	WEIGHT	83 kgs	182 lbs

DESIGNED, ENGINEERED AND BUILT IN **TAIWAN**

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