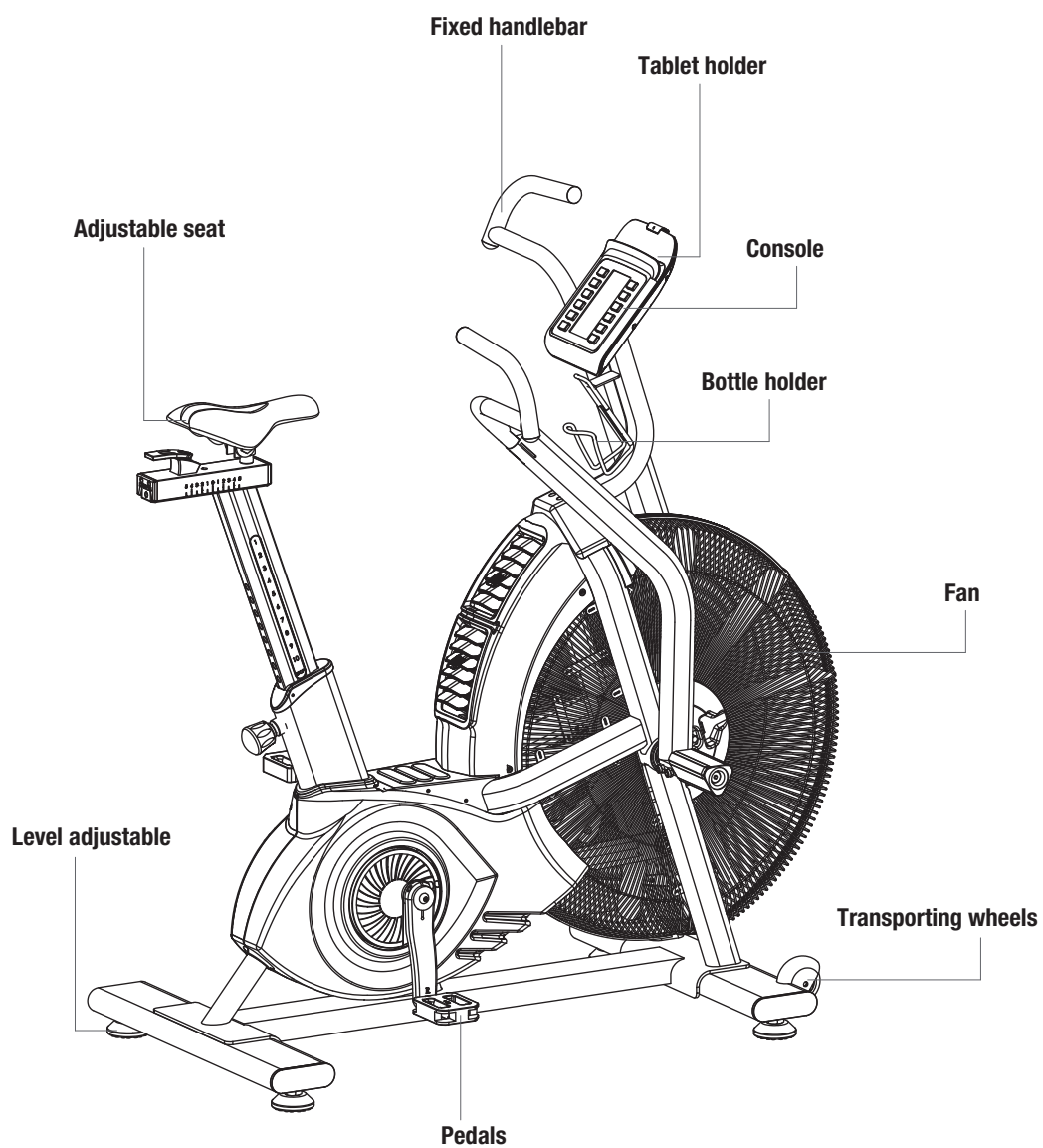


USER MANUAL

PERFORM  **1i**

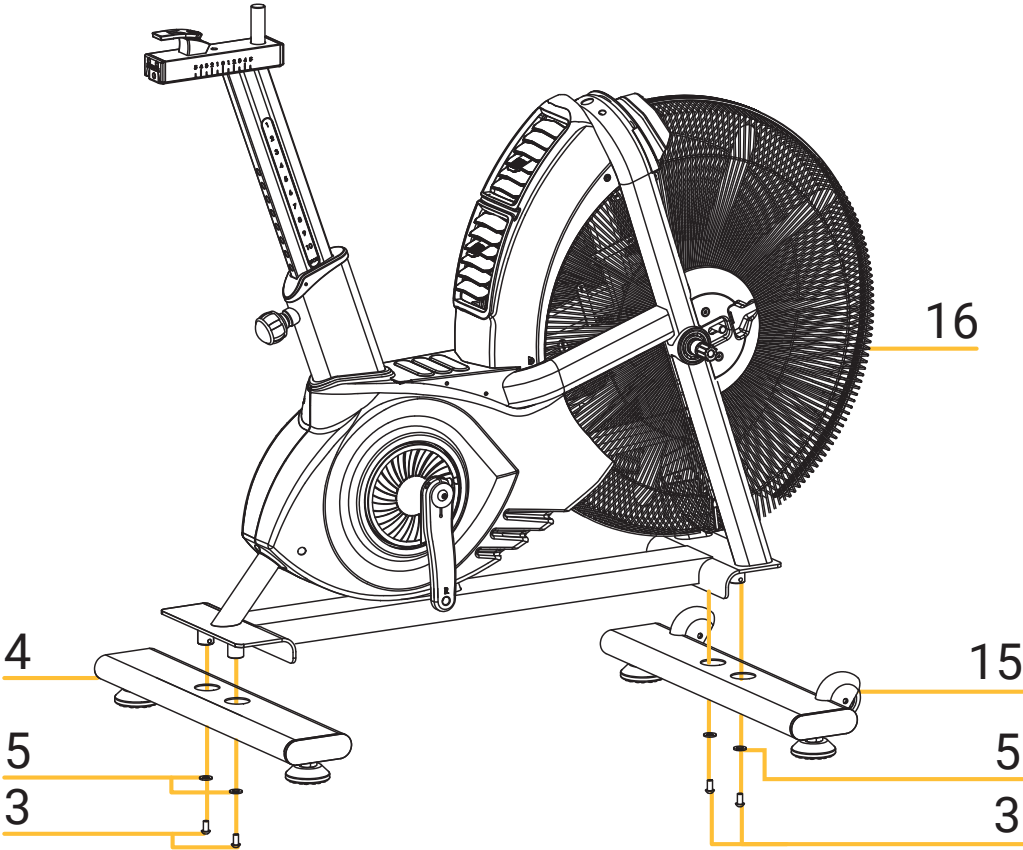


IMPORTANT PARTS



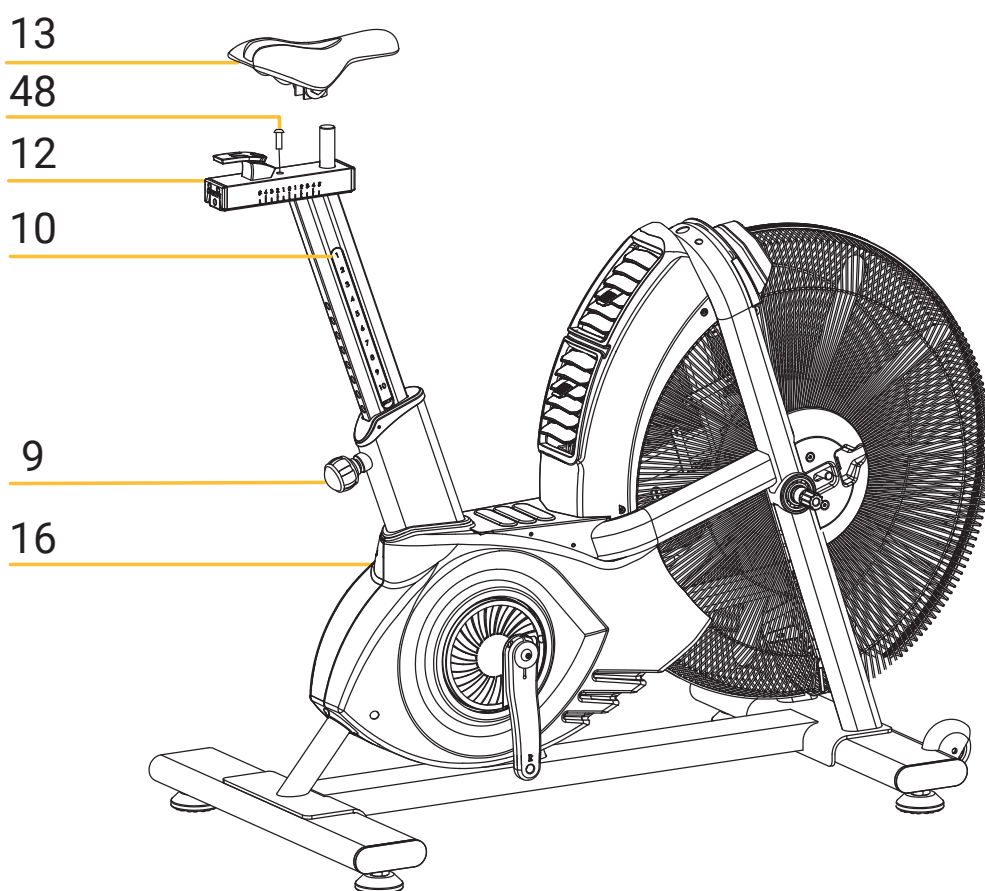
STEP 1

NO.	Description	Quantity
3	Bolt 1 M10*30	4
4	Rear stabilizer	1
5	Flat washer	4
15	Front stabilizer	1
16	Main frame	1



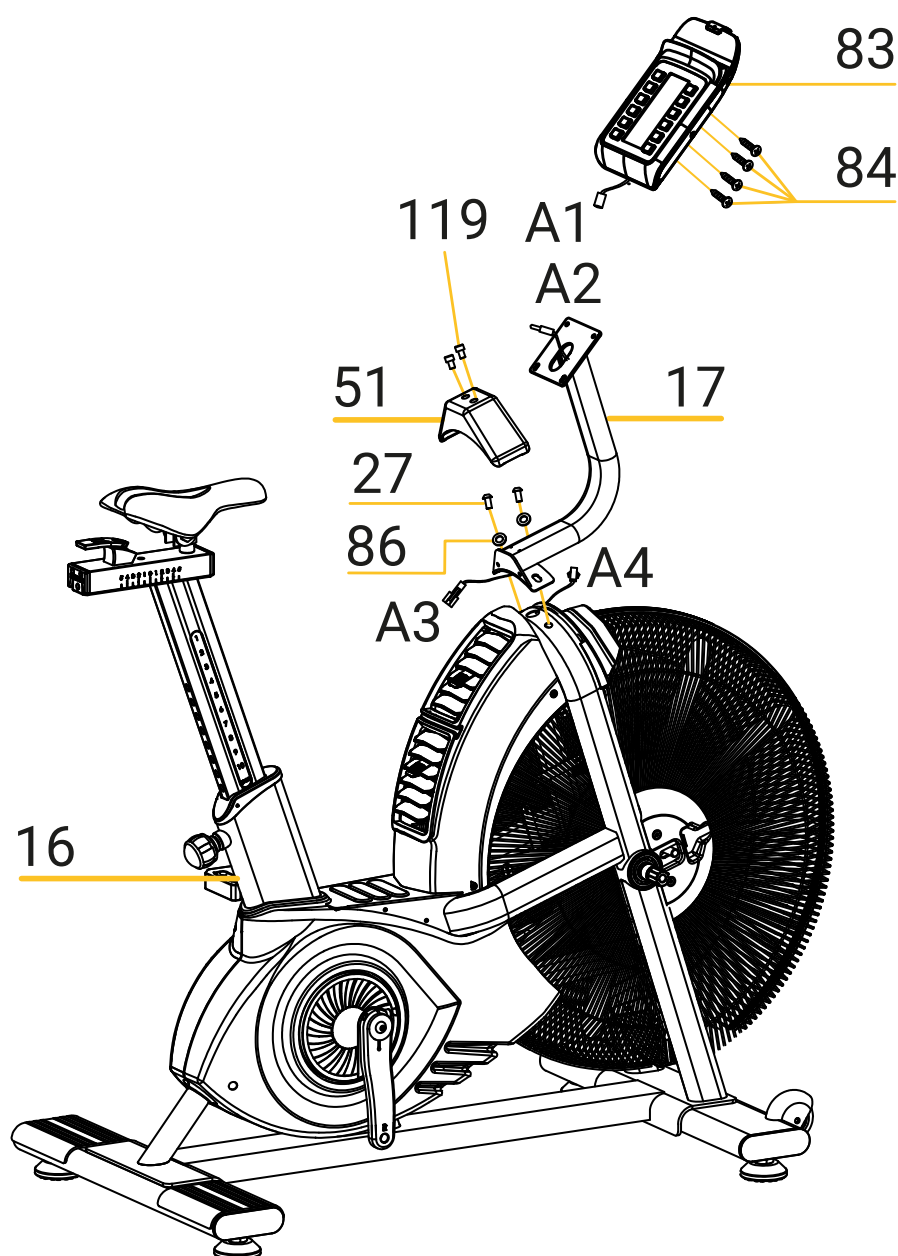
STEP 2

NO.	Description	Quantity
9	Knob	1
10	Vertical seat post	1
12	Seat post	1
13	Seat	1
16	Main frame	1
48	Bolt 8 M5*18	1



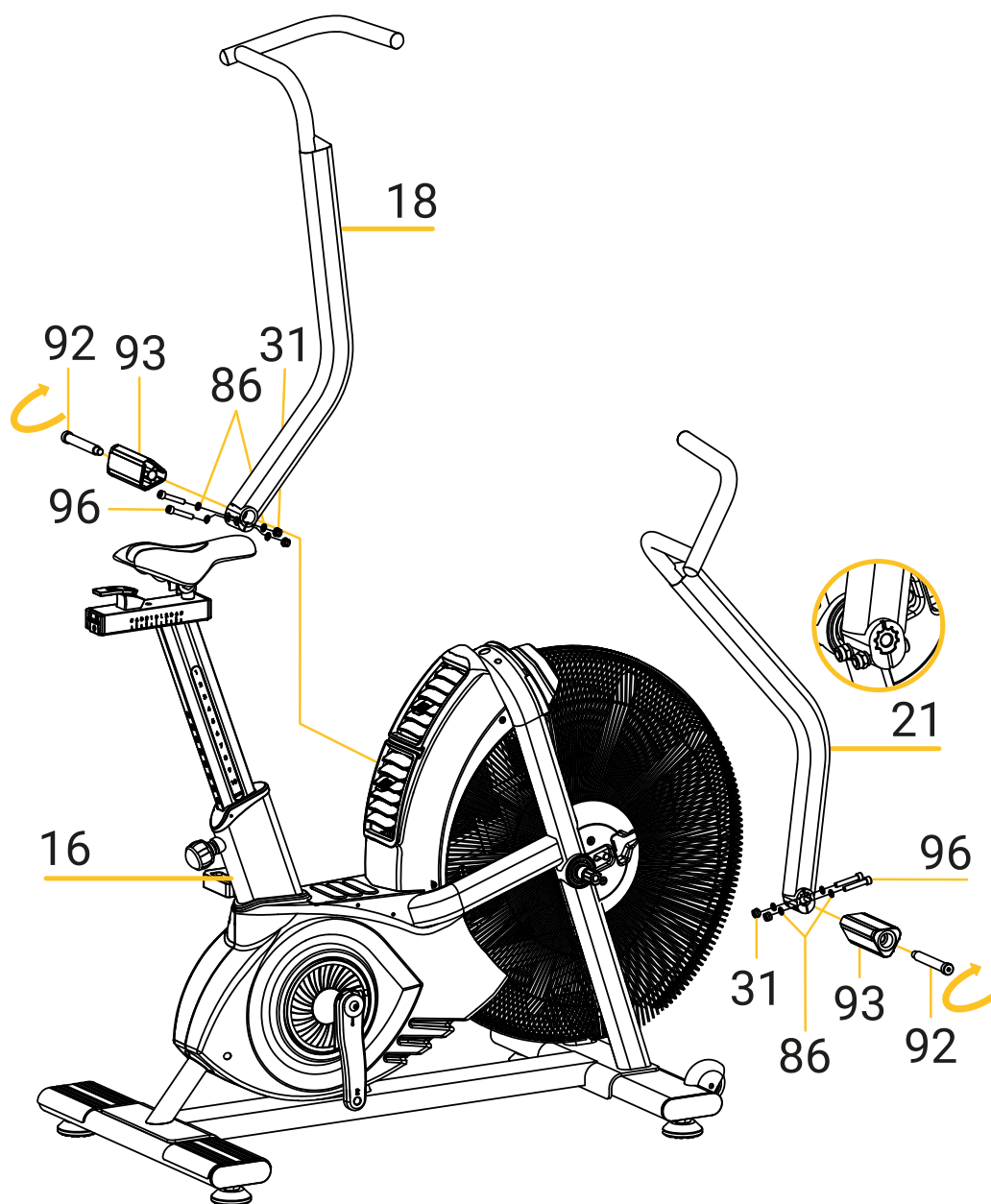
STEP 3

NO.	Description	Quantity
16	Main frame	1
17	Electronic housing	1
27	Bolt 1 M8*25	2
51	Trim cover	1
83	Console	1
84	Screw 3 M5*10	4
86	Spring washer 2 8	2
119	Screw 1 ST4.8*13	2



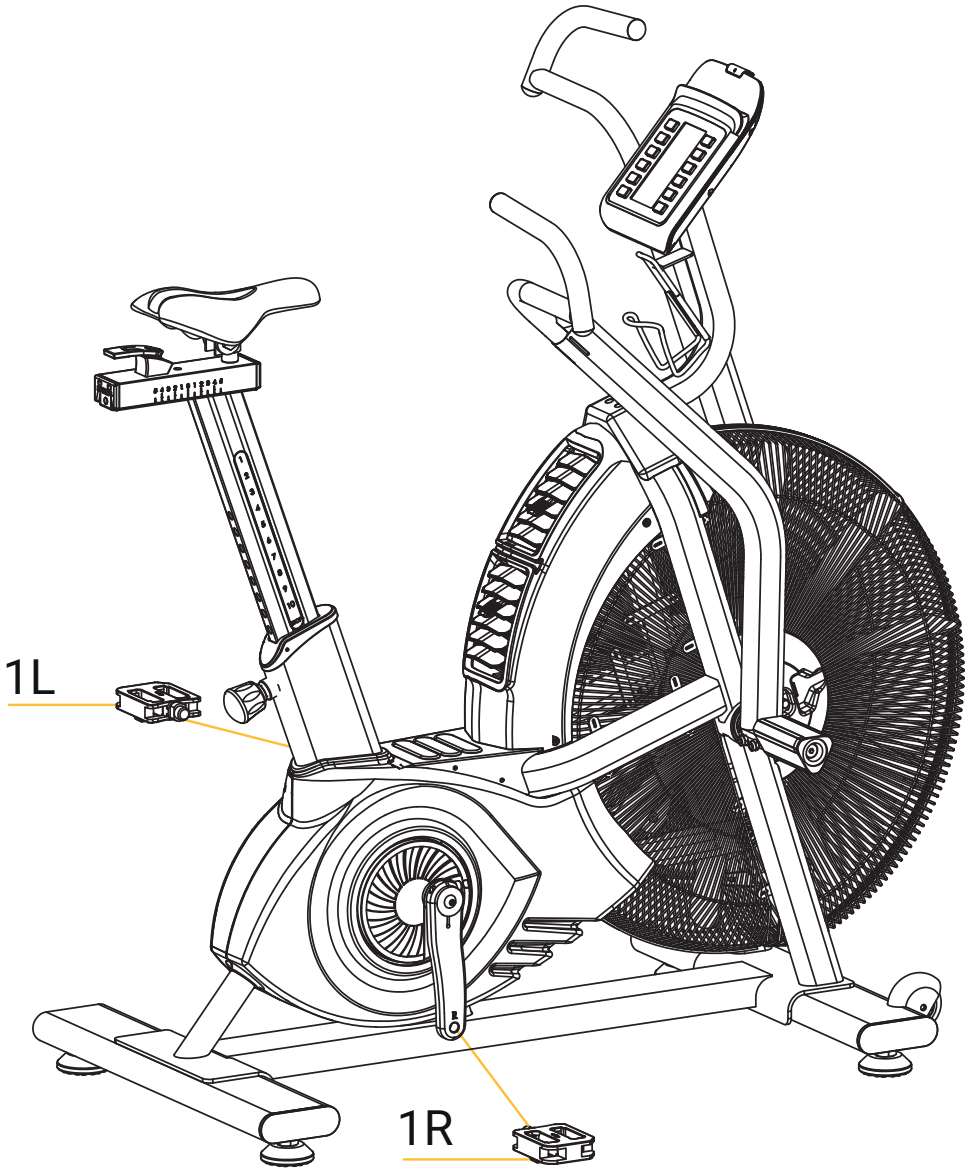
STEP 4

NO.	Description	Quantity
16	Main frame	1
18	Left handlebar	1
21	Right handlebar	1
31	Nut M8	4
86	Spring washer 2 8	8
92	Pedal screw $\Phi 20 \times 120$	2
93	Pedal cover	2
96	Bolt 16 M8*45	4



STEP 5

NO.	Description	Quantity
1L	Pedal	1
1R	Pedal	1



MANUAL (ENGLISH) 09-33

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HEALTH

IMPORTANT:

Read this instruction manual first and follow the instructions carefully before using the product.

- Consult an expert to determine the training level that is most suitable for you.
- If you experience any dizziness, nausea or any other physical discomfort while training, cease the training immediately and consult a physician.
- Watch your heart beat during the training and immediately stop training when values are inconsistent.
- We advise you to do warming up and cooling down exercises during five to ten minutes before and after use of the product. This way your heart rate can increase and decrease gradually and you can prevent painful muscles.

SAFETY

- Only use this product as described in this instruction manual.
- Before using this product check that the product functions as it should. In case of malfunction or a defect stop training immediately and contact your dealer.
- Do not use the product when there is a malfunction.
- The product has to be positioned on a flat surface.
- The product can only be used by one person at the same time.
- The product can be used by persons weighing up to 150 kg.
- Always make sure that there is at least one meter of free space in all directions around the product when you are training.
- Don't stick any objects in any opening of the product.
- Keep children and pets away from the product.
- Handicapped persons should get consent from a medical expert and follow their directions for training with the product
- Do not place hands or feet under the product.
- Never hold your breath during a training session. Your breathing should be at a normal interval depending on the intensity of the training.
- Start your training schedule slowly and build it up gradually.
- Always wear appropriate clothing during training. Don't wear anything that's too loose and can get caught between moving parts of the equipment.
- When moving the equipment, always use the appropriate lifting techniques to prevent back injury.
- Check screws and bolts regularly and fasten them if they are loose.
- The owner of the product is responsible for all users to be aware of the warnings and instructions as mentioned in this instruction manual.
- This product is intended for use in a clean and dry environment. Storage in cold and / or moist areas could lead to problems with the product.

WARNING

Have your physical condition checked by a licensed physician before you start training. This is particularly important for persons over 35 years old or persons who have any problems with their health. Read all instructions before using the equipment. Flow Fitness is not responsible for any personal injury or damage to property caused by the use of this equipment.

This manual contains all the information necessary for using and operating this airbike. Additionally, the manual includes tips and advice on how to train effectively.

We recommend that you carefully read this manual before using the Perform A1i Airbike to ensure that the product is used optimally and safely.

Flow Fitness wishes you great success and enjoyment in your training.

WHAT IS FITNESS

What is fitness? Generally it can be described as a fitness exercise that causes your heart to pump more oxygen to your muscles via the blood from your lungs. The harder the workout, the more fuel (oxygen) the muscles require to achieve this rate of oxygen. The heart has to pump harder to get the oxygenated blood into the muscles. If you have good stamina, your heart pumps more blood with each heartbeat. The heart will not have to beat that often to transport the necessary oxygen into your muscles. Your resting heart rate and heart rate during exercise will reduce.

TRAINING BY HEART RATE

While training it is important to monitor your heart rate. The heart rate is essential for the result of your training. Your best training heart rate depends firstly on your age. Your maximum heart beat can be determined by this. Secondly, the most effective heart rate depends on your training goals. If your training goal is to lose weight, then the most effective training is at 60% of your maximum heart rate. If your training goal is to improve your stamina, then you should train at 85% of your maximum heart rate. The body stores energy in two forms: carbohydrates and fat. When we exercise we use a combination of these two energy supplies. If the training intensity is at a high level the body will mostly choose the energy that burns fast: carbohydrates. Since there is a limited supply of these carbohydrates you can't continue this for a long period of time. When training at a low intensity the body will mostly choose to use a long lasting source of energy: fat. Since this is stored in large quantities in the body, you can continue this kind of training for a longer time.

DETERMINING YOUR TRAININGS GOAL

Below you will find a schedule allowing you to calculate the best heart rate for your training. In this schedule each age category has a range that your heart rate should be in during your training. The middle column has the values you should try to maintain if you want to lose weight. If you want to improve your stamina you should try to maintain the rates in the right column. For each individual the best way to start training is different. If you have not exercised in some time or are overweight, you should start your training schedule slowly and gradually increase the level of activity.

Age	Losing Weight (beats per minute) 60%	Improving stamina (beats per minute) 85%
20 - 24	120 - 118	170 - 167
25 - 29	117 - 115	166 - 163
30 - 34	114 - 112	162 - 158
35 - 39	111 - 109	157 - 154
40 - 44	108 - 106	153 - 150
45 - 49	105 - 103	149 - 145
50 - 54	102 - 100	144 - 141
55 - 59	99 - 97	140 - 137
60 and older	96 - 94	136 - 133

In the last chapter of this instruction manual you will find several different training schedules (chapter 5. general information). You can use these schedules to reach your training goals. The schedules are divided in two phases. The first phase can be used for beginners or persons who start training after a long period of inactivity. During this phase the level of intensity is built up gradually. After six weeks the second phase begins. You can then choose a training schedule to lose weight or improve your stamina.

WARMING UP & COOLING DOWN

A good training schedule starts with a good warming up and ends with a cooling down of the muscles. This will prevent painful muscles and injury. Below you will find some suitable exercises.



Head Roll

Tilt your head to the right. Hold this for one second, so that you feel a little pull in the muscles on the left side of your neck. Do the same for the other side, front and back. Repeat two or three times.



Toe Touch

Slowly bend forward with your back and arms relaxed. Bend as far as you can and hold the position for ten seconds. Repeat this two or three times.



Side Stretch

Extend both your arms up in the air and reach as high as you can with your right arm. Lean a bit to the left so that the muscles in the right side of your torso are stretched. Hold this position for one second. Relax and make the same motion on the other side of your body. Repeat this three or four times.



Knee bend

Set your feet shoulder-width apart and your stretched your hands out. Lower yourself no more than 10cm by bending your knees. Come back up again and repeat several times.



Lower back stretch

Begin on all fours. Stretch your arms out in front of you, allowing your face to lower to a position near the floor. Gently sit back. Rest your glutes just above your heels. Ease back and feel the gentle stretch in your lower back.



Hamstring Stretch

Sit down on the floor with your right leg extended in front of you and place the sole of your left foot on the inside of your right upper leg. Bend forward in the direction of your right foot and hold this position for ten seconds. Relax and then do the same with your other leg. Repeat two or three times.

TRAINING SCHEDULE

Schedule week 1 and 2

Train at 60% of your maximum heart rate.
Max. 3 times a week.

Warming up 5 - 10 minutes.

Train 4 minutes.

Rest 1 minute.

Train 2 minutes.

Calmly train 1 minute.

Cooling down 5 minutes.

Schedule week 3 and 4

Train at 60% of your maximum heart rate.
Max. 4 times a week.

Warming up 5 - 10 minutes.

Train 5 minutes.

Rest 1 minute.

Train 3 minutes.

Calmly train 1 minute.

Cooling down 5 minutes.

Schedule week 5 and 6

Train at 60% of your maximum heart rate.
Max. 5 times a week.

Warming up 5 - 10 minutes.

Train 6 minutes.

Rest 1 minute.

Train 4 minutes.

Calmly train 3 minutes.

Cooling down 5 minutes.

After completing the introduction training schedule for six weeks, you can choose the follow-up training schedule that is best suited to your needs. You can choose a schedule that will maximize your weight loss, or one that will improve your stamina. Both training schedules are on the next pages.

Training schedule to improve stamina (follow-up to introduction training schedule)

Schedule week 7 and 8

Train at 90% of your maximum heart rate.
Max. 6 times a week.

Warming up 5 - 10 minutes.

Train 7 minutes.

Rest 1 minute.

Train 5 minutes.

Calmly train 1 minute.

Cooling down 5 minutes.

Schedule week 9 and beyond

Train at 90% of your maximum heart rate.
Max. 6 times a week.

Warming up 5 - 10 minutes.

Train 10 minutes.

Rest 1 minute.

Train 10 minutes.

Repeat training 2 or 3 times.

Calmly train 1 minute.

Cooling down 5 minutes.

Training schedule to lose weight (follow-up to introduction training schedule)

Schedule week 7 and 8

Train at 60% of your maximum heart rate.
Max. 6 times a week.

Warming up 5 - 10 minutes.

Train 7 minutes.

Rest 1 minute.

Train 5 minutes.

Calmly train 1 minute.

Cooling down 5 minutes.

Schedule week 9 and beyond

Train at 60% of your maximum heart rate.
Max. 6 times a week.

Warming up 5 - 10 minutes.

Train 10 minutes.

Rest 1 minute.

Train 10 minutes.

Repeat training 2 or 3 times.

Calmly train 1 minute.

Cooling down 5 minutes.

USE OF THE COMPUTER



LCD Display

1. **TIME:** Your elapsed or remaining time depending on the setting.
2. **SPEED:** Your current speed in KPH.
3. **RPM:** Your current Rotations Per Minute. The RPM value is displayed in a chart on the right side of the screen above the speed value.
4. **DISTANCE:** Your elapsed or remaining distance depending on the setting.
5. **CALORIES:** An indication of you burned calories.
6. **PULSE:** Display of your heart rate in BPM (Beats Per Minute). The PULSE value is also displayed in a chart on the bottom of the screen.
7. **WATT:** The current output in WATT.

Button Function

Target Time: Quickly selects the Target Time training mode.

Target Distance: Quickly selects the Target Distance training mode.

Target Calories: Quickly selects the Target Calories training mode.

Target Heart Rate: Quickly selects the Target Heart Rate training mode.

INTERVAL 10/20: 10 seconds of work followed by 20 seconds of rest, repeated for multiple cycles.

INTERVAL 20/10: 20 seconds of work followed by 10 seconds of rest, commonly known as the Tabata method.

Custom Interval: Allows users to set their own work and rest times to create a personalized interval workout.

Start: Initiates a workout session or resumes an ongoing workout from pause mode.

Enter: Confirms selections and settings during program configuration.

Stop: Pauses or terminates an ongoing workout session.

OPERATION PROCEDURE

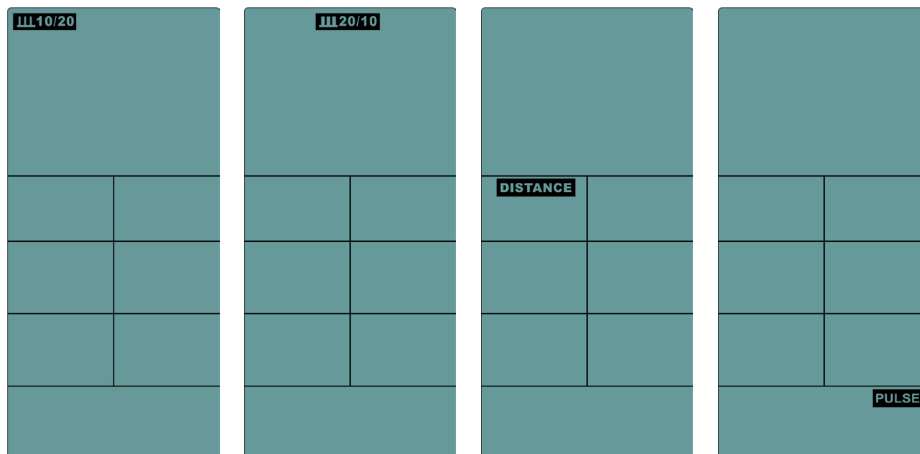
Power On

Starting the airbike

- When powered on, the LCD will display all segments for 1 second (See Figure 1) and produce a long notification tone.
- The console will then enter Standby Mode (See Figure 2), sequentially displaying icons from top to bottom.
- To manually enter Standby Mode, press and hold the STOP button for 2 seconds.



(Figure 1)



(Figure 2)

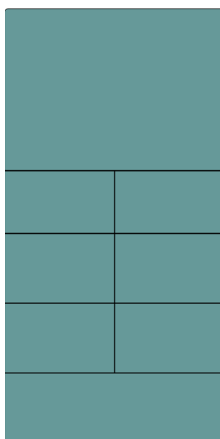
Auto Sleep Mode

- If no button is pressed or no RPM signal is detected within 4 minutes, the console will automatically enter sleep mode (See Figure 3).

Break Mode

Activating Break Mode

- During an active workout, press the START button once to enter Break Mode.
- A short notification sounds every 30 seconds to indicate break mode activation.
- While in break mode, the console will continue displaying all functions, but the LCD screen will show "P" (Figure 4).
- If the break lasts for 5 minutes, a notification will sound, and the console will switch to Standby Mode automatically.
- To resume the workout, press the START button.



(Figure 3)



(Figure 4)

Stop Mode

Activating Stop Mode

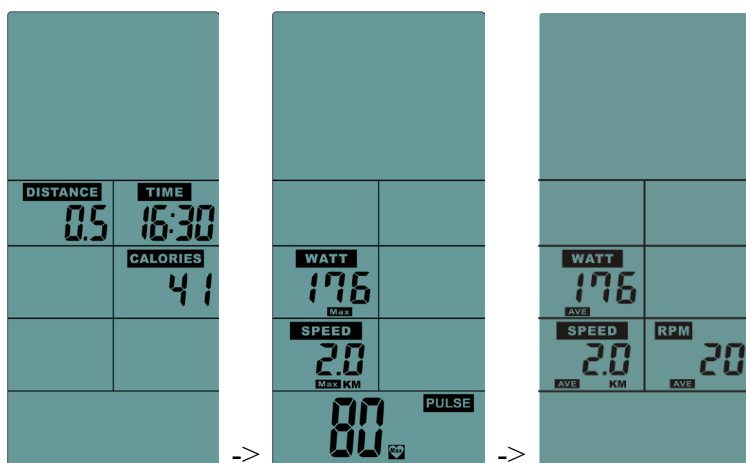
- Press the STOP button to enter Stop Mode. A short notification tone will sound to confirm the action.
- All LCD windows will briefly turn off, and after 0.5 seconds, the screen will display Time, Distance, and Calories (in either KM or ML, based on the preset unit).

Data Display Sequence

- After 7 seconds, a short notification tone will sound, and the display will show:
 - MAX ICON (Maximum), Watts, Speed, and Pulse
- After another 7 seconds, with another short notification tone, the display will show:
 - AVE ICON (Average), Watts, Speed, and RPM

Transition to Standby Mode

- After displaying the average workout data for 7 seconds, the LCD will momentarily stop showing any data.
- The workout summary will then be displayed twice before the console automatically enters Standby Mode (Figure 5).



(Figure 5)

Quick Start Mode

Activating Quick Start

- In Standby Mode, a single RPM > 20 input followed by a quick press of the START button will initiate Quick Start mode.
- A long notification tone will sound, and the following workout metrics will flash sequentially:
 - Time, Calories, Distance, Watts, Speed, and RPM
- These values will start counting up based on the user's activity.



(Figure 6)

Heart Rate Monitoring

- The Pulse (PULSE) icon will remain illuminated.
- If a heart rate signal is detected, the PULSE icon flashes, displaying the current heart rate.
- If no signal is detected, the LCD will display "P" instead.

Automatic Standby

- If no input is received within 5 minutes, a long notification tone will sound and the console will return to Standby Mode.
- If a setting is not completed within 30 seconds, a long notification tone will sound, and the system will revert to Standby Mode.

Additional Controls

- Press "START" once – Enters Break Mode; press START again to resume.
- Press "STOP" once – A short notification tone will sound, and the console will enter Stop Mode.
- If workout results are displayed, pressing the STOP button will exit the results screen and return to Standby Mode.
- Adjusting the resistance level – The WATT window will display the corresponding load resistance for each segment.

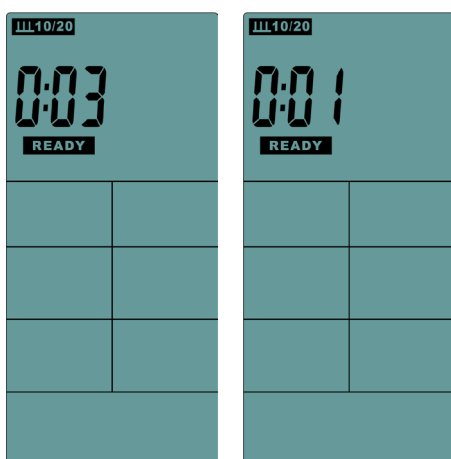
INTERVAL 10/20 Mode

Activating INTERVAL 10/20

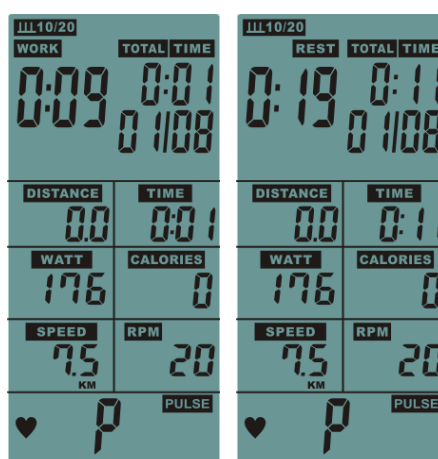
- Press the INTERVAL 10/20 button to enter this mode.
- The INTERVAL icon will be displayed, and a short notification tone will sound to confirm activation.
- If no input is detected within 30 seconds, the console will automatically return to Standby Mode.

Workout Sequence

- The READY icon will initiate a countdown from 3 to 0 seconds with a short notification tone sound at each second (Figure 7).
- The LCD will display "01/XX" (where "01" is flashing), indicating the first work interval.
- The WORK icon will flash once per second, accompanied by a short notification tone.
- Time will count down from 10 seconds to 0, while Distance, Calories, Watts, Speed, and RPM count up according to the user's activity (Figure 8).



(Figure 7)



(Figure 8)

Rest Interval

- After 10 seconds of work, the LCD will display "01/08" (where "01" is flashing).
- The REST icon will flash continuously, and a short notification tone will ring.
- Time will count down from 20 seconds to 0.

Cycle Progression & Completion

- The Work and Rest intervals repeat in a cycle, increasing the cycle count by 1 each round until it reaches 08/08 (8 total cycles).
- Upon completion of the last cycle, a short notification tone will sound and the console will enter Stop Mode.
- Only the average values of the workout results during the Work intervals will be calculated.

Ending the Session

- After the final Rest Interval, the mode will stop automatically.
- If there is no input within 5 minutes, a short notification tone will sound, and the console will enter Standby Mode.
- Press "START" once to enter Break Mode; press START again to continue.
- Press "STOP" once to sound a short notification tone and enter Stop Mode.
- If workout results are displayed, press "STOP" to exit and return to Standby Mode.

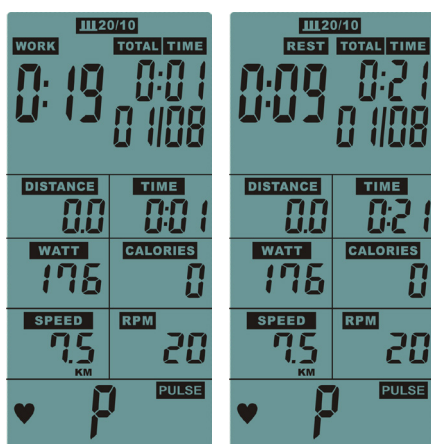
INTERVAL 20/10 Mode

Activating INTERVAL 20/10

- Press the "INTERVAL 20/10" button to enter this mode. The LCD will display the corresponding icon (FIG 9), accompanied by a short notification tone (0.5 seconds).
- If no input is provided within 30 seconds, the system will automatically return to Standby Mode.

Workout Sequence

- The "READY" icon will count down from 3 seconds to 0 seconds, with a short buzzer beep.
- The LCD will display "01/XX" (where "01" is flashing).
- The "WORK" icon will flash every second, synchronized with a buzzer sound (lit for 0.75s, off for 0.25s).
- The TIME indicator will count down from 10 seconds to 0 seconds, while DISTANCE, CALORIES, WATTS, SPEED, and RPM are recorded based on the workout progress (FIG 9).



(Figure 9)

Rest Phase

- After 10 seconds of work, the LCD will display "01/08" (where "01" is flashing).
- The "REST" icon will flash continuously, and the buzzer will sound for 0.25 seconds every second.
- The TIME indicator will count down from 20 seconds to 0 seconds.

Cycle Progression & Completion

- The WORK and REST phases will alternate, with the cycle count increasing by one per round, until the display reaches 08/08 (a total of 8 cycles).
- Once the final cycle is completed, the buzzer will sound for 0.5 seconds, and the system will enter Stop Mode.
- The average performance values (e.g., distance, calories, etc.) are calculated based only on the WORK phase.

Ending the Session

- After the final REST phase, the mode will automatically stop.
- If no input is detected for 5 minutes, the buzzer will sound for 0.5 seconds, and the system will enter Standby Mode.

Manual Control

- Press the "START" button to pause the session (break mode). Press "START" again to resume the workout.
- Press the "STOP" button to sound the buzzer for 0.5 seconds and enter Stop Mode.
- If workout results are displayed, press "STOP" to exit and return to Standby Mode.

INTERVAL CUSTOM Mode

Activating INTERVAL CUSTOM

- Press the INTERVAL CUSTOM button to enter this mode.
- The INTERVAL icon will be displayed, and a short notification tone will sound to confirm activation.

Setting Up Intervals

- The LCD will display the preset cycle count "01".
- Press the UP/DOWN buttons to adjust the number of cycles - Range: 01–20 (Figure 10).



(Figure 10)

Setting Work Time

- The WORK icon will flash, and the LCD will display the default work time 0:30.
- Press the UP/DOWN buttons to adjust the work duration - Range: 0:05–30:00 (Figure 11).



(Figure 11)

Setting Rest Time

- The REST icon will flash, and the LCD will display the default rest time 0:20.
- Press the UP/DOWN buttons to adjust the rest duration - Range: 0:05–30:00 (Figure 12).
- Press ENTER to confirm.



(Figure 12)

Workout Sequence

Activating INTERVAL CUSTOM

- Upon confirmation, the buzzer will sound for 0.5 seconds, and the LCD will display "01/XX" (where "01" is flashing).
- The WORK icon will flash once per second, accompanied by a notification sound (flashes 0.75s, turns off 0.25s).
- Time will count down from the preset work duration, while Distance, Calories, Watts, Speed, and RPM count up according to the user's activity.

Rest Interval

- After completing the work interval, the LCD will display "01/XX" (with "01" flashing).
- The REST icon will flash continuously, and the buzzer will ring for 0.25 seconds every second.

Cycle Progression & Completion

- The Work and Rest intervals repeat in a cycle, increasing the cycle count by 1 each round until the preset count is reached.
- When the final rest interval is completed, the buzzer will sound for 0.5 seconds, and the console will enter Stop Mode.
- Only the average values of the workout results during the Work intervals will be calculated.

Ending the Session

- If no input is received within 5 minutes, the buzzer will sound for 0.5 seconds, and the console will enter Standby Mode.
- Press "START" once to enter Break Mode; press START again to continue.
- Press "STOP" once to sound a 0.5-second buzzer and enter Stop Mode.
- If workout results are displayed, press "STOP" to exit and return to Standby Mode.

TARGET TIME Mode

Activating TARGET TIME

- Press the TARGET TIME button to enter this mode.
- The TARGET and TIME icons will flash on the LCD screen, indicating the mode activation.

Setting Target Time

- The TIME window will display either the default preset value (1:00) or the last used setting (Figure 13).
- Use the UP/DOWN buttons to adjust the time (Range: 1:00 – 1:59:00).
- Press ENTER to confirm the selection.



(Figure 13)

Starting the countdown

- After confirmation, the TARGET and TIME icons will continue to flash.
- The countdown will automatically begin from the set time value.

Additional controls

- Press "START" once to enter Break Mode; press START again to resume.
- Press "STOP" once and enter Stop Mode.
- If no input is detected for 5 minutes, the console will sound, and the console will enter Standby Mode.
- If the setting is not completed within 30 seconds, a long notification tone will sound, and the system will revert to Standby Mode.
- If workout results are displayed, press "STOP" to exit and return to Standby Mode (Figure 14).



(Figure 14)

TARGET CALORIES Mode

Activating TARGET CALORIES

- Press the TARGET CALORIES button to enter this mode.
- The TARGET and CALORIE icons will flash on the LCD screen, indicating mode activation.

Setting Target Calories

- The CALORIE window will display either the default preset value (20) or the last used setting (Figure 15).
- Use the UP/DOWN buttons to adjust the target calorie count (Range: 1 – 2000).
- Press ENTER to confirm the selection.



(Figure 15)

Starting the countdown

- After confirmation, the TARGET and CALORIE icons will continue to flash.
- The countdown will automatically begin from the set calorie target, decreasing as calories are burned during the workout.

Additional controls

- Press "START" once to enter Break Mode; press START again to resume.
- Press "STOP" once and enter Stop Mode.
- If no input is detected for 5 minutes, a long notification tone will sound, and the console will enter Standby Mode.
- If the setting is not completed within 30 seconds, a long notification tone will sound, and the system will revert to Standby Mode.
- If workout results are displayed, press "STOP" to exit and return to Standby Mode (Figure 16).



(Figure 16)

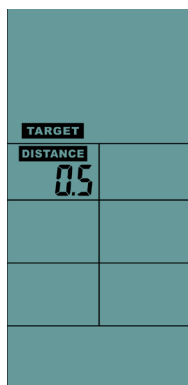
TARGET DISTANCE Mode

Activating TARGET DISTANCE

- Press the TARGET DISTANCE button to enter this mode.
- The TARGET and DISTANCE icons will flash on the LCD screen, indicating mode activation.

Setting Target Distance

- The DISTANCE window will display either the default preset value (0.5 KM / 0.5 Miles) or the last used setting (Figure 17).
- Use the UP/DOWN buttons to adjust the target distance (Range: 0.5 – 100.0).
- Press ENTER to confirm the selection.



(Figure 17)

Starting the countdown

- After confirmation, the TARGET and DISTANCE icons will continue to flash.
- The countdown will automatically begin from the set distance value, decreasing as the user progresses during the workout.

Additional controls

- Press "START" once to enter Break Mode; press START again to resume.
- Press "STOP" once to sound a long notification tone and enter Stop Mode.
- If no input is detected for 5 minutes, a long notification tone will sound, and the console will enter Standby Mode.
- If the setting is not completed within 30 seconds, the system will revert to Standby Mode.
- If workout results are displayed, press "STOP" to exit and return to Standby Mode (Figure 18).



(Figure 18)

TARGET HEART RATE Mode

Activating TARGET HEART RATE

- Press the TARGET HEART RATE button to enter this mode.
- The Age icon will flash on the LCD, displaying either the preset value 30 or the last used setting.
- Use the UP/DOWN buttons to adjust the age setting (Range: 11 – 120).

Setting Heart Rate Target

- Press ENTER to confirm the age selection.
- The LCD will display a preset target of 65% of the maximum heart rate.
- Use the UP/DOWN buttons to adjust the target to 65% or 85%, with the corresponding pulse value displayed on the screen.

Custom Heart Rate Setting

- If selecting a custom PULSE target, the LCD will display a preset value of 100 bpm.
- Use the UP/DOWN buttons to adjust the pulse setting (Range: 30 – 230 bpm).
- Press ENTER to confirm.

Starting the Heart Rate Monitoring

- The countdown will begin, and the TARGET & PULSE icons will flash.
- The system will continuously monitor the user's heart rate against the set target.

Heart Rate Alerts

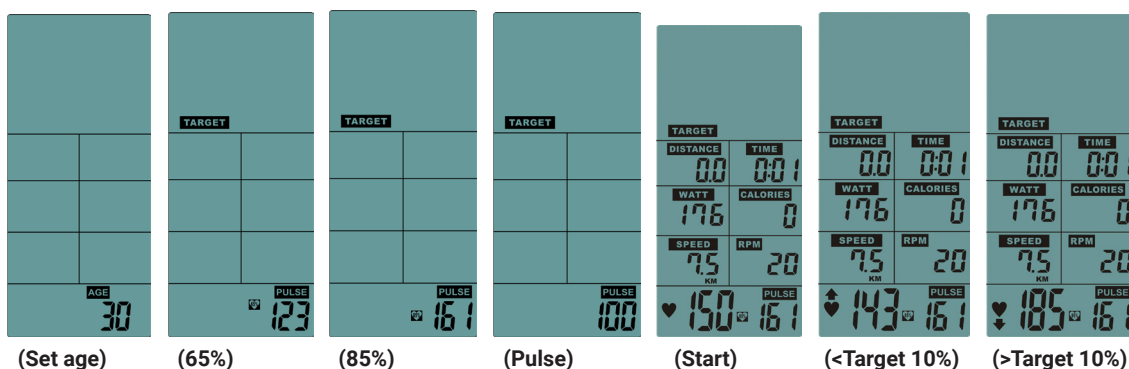
- If the user's heart rate deviates $\pm 10\%$ from the target:
 - The PULSE window continuously displays the heart rate value.
- If the heart rate is below the target by more than 10%, the "UP" icon will flash, prompting the user to increase intensity.
- If the heart rate is above the target by more than 10%, the "DOWN" icon will flash, signaling the user to slow down.
- If the heart rate reaches or exceeds 100% of the target:
 - A notification tone will sound three short times every second.
 - If the heart rate remains too high for 10 consecutive seconds, a notification tone will sound for 1 second, and the system will enter Standby Mode.

Automatic Standby Mode

- If no heart rate signal is detected within 30 seconds, the PULSE window will display "P", a long notification tone will sound, and the system will enter Standby Mode.
- If no input is detected within 5 minutes, a long notification tone will sound, and the system will return to Standby Mode.
- If the setting is not completed within 30 seconds, a long notification tone will sound, and the system will revert to Standby Mode.

Additional Controls

- Press "START" once to enter Break Mode; press START again to resume.
- Press "STOP" once and enter Stop Mode.
- If workout results are displayed, press "STOP" to exit and return to Standby Mode.



TRAINING WITH APPS

With the Perform A1i you are able to train using your smartphone or tablet. The following Smartphones and Tablets are supported.



Follow the steps below to connect your mobile device with the A1i using a bluetooth connection.

1. Go to the settings on your mobile device and turn bluetooth on.
2. Download one of the supporting apps.
3. Follow the instructions of the supported apps



Kinomap Fitness

Choose a geotagged video on Kinomap and go! Your position is shown in the video and icon on the map and in the altitude graph: your goal is to keep pace with the original video. A multiplayer mode is also available up to 10 players can train on the same video. Download the Kinomap app in the app or play store by searching for 'Kinomap Fitness' or follow one of the links below.

Apple iOS App store

<https://itunes.apple.com/nl/app/kinomap/id611177969?mt=8>

Google Android Play Store

<https://play.google.com/store/apps/details?id=com.kinomap.training>

For further support please visit:

<https://www.flowfitness.com/manual/kinomap.html>

STORAGE, MOVING AND USAGE

To move the Perform A1i Airbike, use the handle on the front stabilizer to lift the unit, ensuring proper lifting technique by using both hands and engaging the knees to minimize strain. Once lifted, the airbike will rest on its transport wheels, enabling smooth relocation. After positioning the airbike, verify that it is level and stable before use.

MAINTENANCE

Regular inspection and fastening

Flow Fitness recommends tightening all nuts and bolts and inspecting and securing pivot points every six weeks to ensure optimal performance and safety. Use the tool provided with the product for proper fastening.

Cleaning

Clean all metal and plastic components with standard cleaning products after each training session. Ensure that all parts are completely dry before use.

Note: To prevent unnecessary wear, the airbike is designed for indoor use only and should be kept in a dry environment.

TROUBLESHOOTING

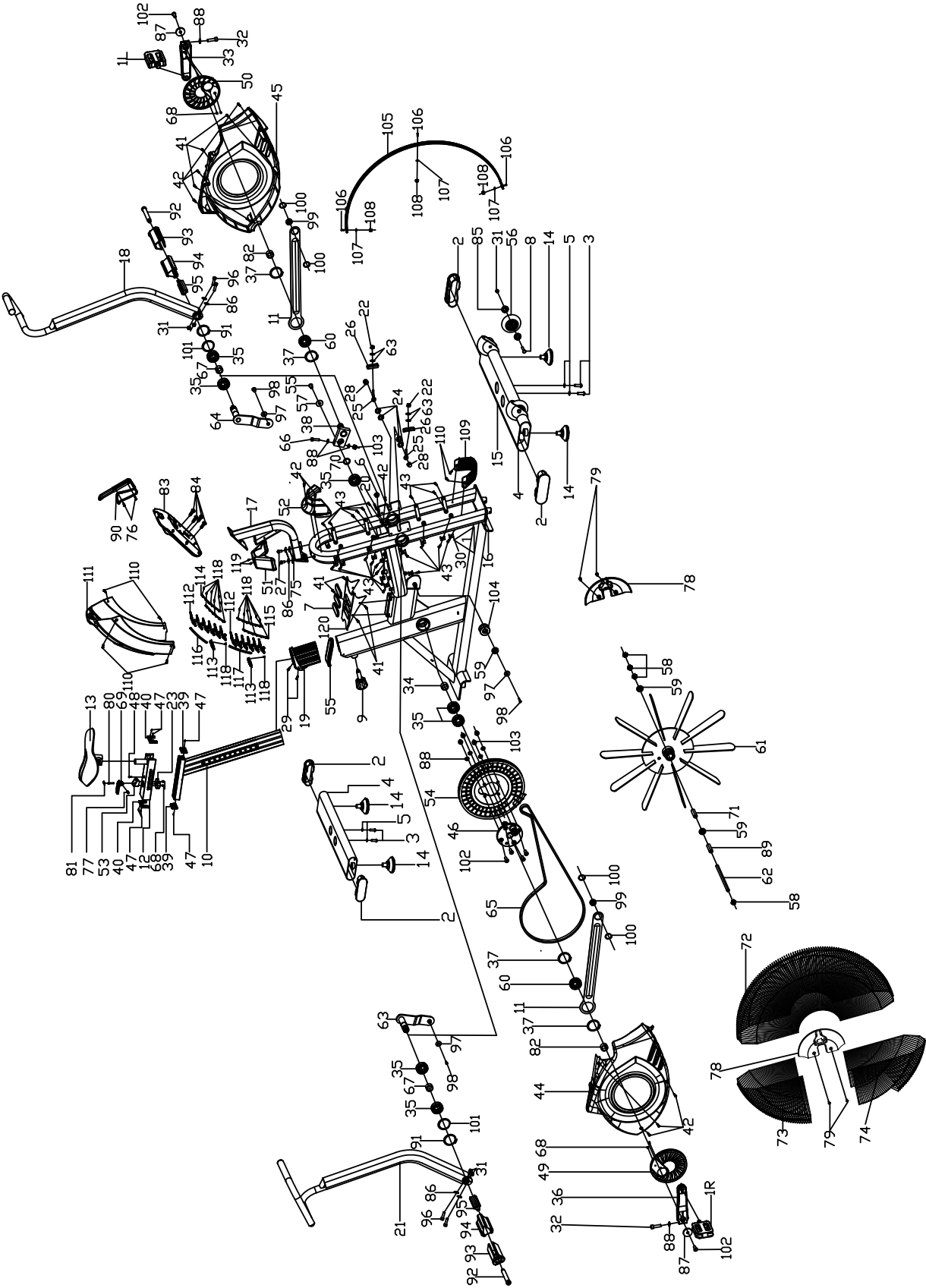
Problem	During a workout, the airbike produces beeping or scratching noises
Solution:	Beeping or scratching noises are often caused by the plastic cover hitting or rubbing against the metal frame. To resolve this issue, apply PTFE spray or Flow Fitness Treadmill Lotion to the affected components. PTFE spray is available at most hardware stores.
Problem	The computer does not detect or inaccurately reads your heart rate.
Solution:	Heart rate reception may be affected by factors such as sweat, movement, or improper sensor contact on the chest belt.
	If the heart rate is not being detected while using a 5kHz chest belt, check the following:
	<ol style="list-style-type: none"> 1. Ensure the sensors are moistened as recommended in the user manual to improve skin contact. 2. Make sure the chest belt is worn securely and snugly to maintain proper contact with the skin. 3. Verify that the battery is full and correctly installed.
Problem	My tablet or smartphone is unable to connect to Kinomap via Bluetooth.
Solution:	<ol style="list-style-type: none"> 1. Bluetooth can typically only connect to one device at a time. Ensure that your phone or tablet is not connected to another product. 2. External factors may interfere with the connection. Try turning off the Bluetooth function on your tablet or smartphone, then turn it back on and reconnect to Kinomap.

In case your problem is not resolved or not described, consult the Flow Fitness reseller where you purchased this product.

WARRANTY

The warranty is provided by the Flow Fitness distributor of your country and the reseller where you have purchased your product. Please check <https://www.flowfitness.com/en/dealers/> for contact information.

EXPLODED VIEW



NO	Description	Quantity
1	Pedal	1
2	End cap 3	4
3	Bolt 1 M10*30	4
4	Rear stabilizer	1
5	Flat washer	1
6	Plastic Plug	1
7	Pedal decorative block	3
8	Bolt 2 M8*40	2
9	Knob	1
10	Vertical seat post	1
11	Drive assembly	2
12	Seat post	1
13	Seat	1
14	Stopper	4
15	Front stabilizer	1
16	Main frame	1
17	Electronic housing	1
18	Left handlebar	1
19	Plastic sleeve	1
20	Sensor	1
21	Right handlebar	1
22	Nut M6	2
23	Fixing nut 2	1
24	Serrated gasket	4
25	Fixing bolt	2
26	Pull out the fixed piece	2
27	Bolt 1 M8*25	2
28	Nut M12*1.25	2
29	Screw 2 ST4.2*6	2
30	Sprocket buckle	24
31	Nut M8	6
32	Bolt 7 M10*1.25*40	2
33	Left crank	1
34	Long fixing tube	1
35	Bearing	7
36	Right crank	1
37	Outer spring	4
38	Left connecting crank	1
39	Cover	2
40	Cover	2
41	Screw 1 ST4.2*19	7
42	Screw 2 ST4.2*19	9
43	Screw 3 ST4.2*13	24
44	Chain cover 1	1
45	Chain cover 2	1
46	Axis	1
47	Bolt 7 M4*12	6
48	Bolt 8 M5*18	1
49	Right crank cover	1
50	Left crank cover	1
51	Trim cover	1
52	Front trim cover	1
53	Handle base	1
54	Belt wheel	1

NO	Description	Quantity
55	Seat tube spacer	1
56	Wheel	2
57	Connection block large gasket	1
58	Fixing nut 2 M12*1.25	4
59	Bearing	4
60	Bearing	2
61	Rim assembly	1
62	Flywheel shaft	1
63	Flat washer	4
64	Front axle assembly	2
65	Belt	1
66	Bolt 2 M10*1.25*60	1
67	Short fixing tube	2
68	Bolt 1 M4*12	6
69	Handle	1
70	Spacer sleeve	1
71	Flywheel inner casing	1
72	Front cover	1
73	Upper cover	1
74	Lower cover	1
75	Curved gasket	2
76	Screw 3 M5*06	2
77	Handle rotary copper sleeve	1
78	Grille cover	2
79	Screw 1 M6*18	4
80	Bolt 16 M6*35	1
81	Handle cover	1
82	Crank spacer	2
83	Console	1
84	Screw 3 M5*10	4
85	Bearing	4
86	Spring washer 2	10
87	Large crank spacer	2
88	Spring washer 2	8
89	Plastic flywheel outer casing	1
90	Bottle holder	1
91	Outer spring	2
92	Pedal screw $\Phi 20 \times 120$	2
93	Pedal cover	2
94	Aluminum alloy pedals	2
95	Pedal shaft sleeve	2
96	Bolt 16 M8*45	4
97	Flat washer	3
98	Bolt 1 M6*12	3
99	Bearing	2
100	Outer spring	4
101	Wave gasket	6
102	Bolt 16 M10*1.25*25	7
103	Nut M10*1.25	5
104	Small pressure pulley	1
105	Aluminum alloy edge	1
106	Screw 1 M5*15	4
107	Flat washer	4
108	Nut M5	4

NO	Description	Quantity
109	Grille cover	1
110	Screw 1 ST4.2*13	6
111	Fan cover	1
112	Wind blade	12
113	Fan blade adjustment block	2
114	Rounded fan blade compression block	2
115	Right-angle fan blade compression block	2
116	Rounded fan blade linkage	1
117	Right-angle fan blade linkage	1
118	Screw 1 ST2.9*6	14
119	Screw 1 ST4.8*13	2
120	Stainless steel upper trim cover	1