

A close-up, black and white photograph of an air bike. The image focuses on the upper frame, the large fan with its many thin blades, and the handlebar area. The bike is dark-colored, likely black. The background is a light, neutral color.

User Manual

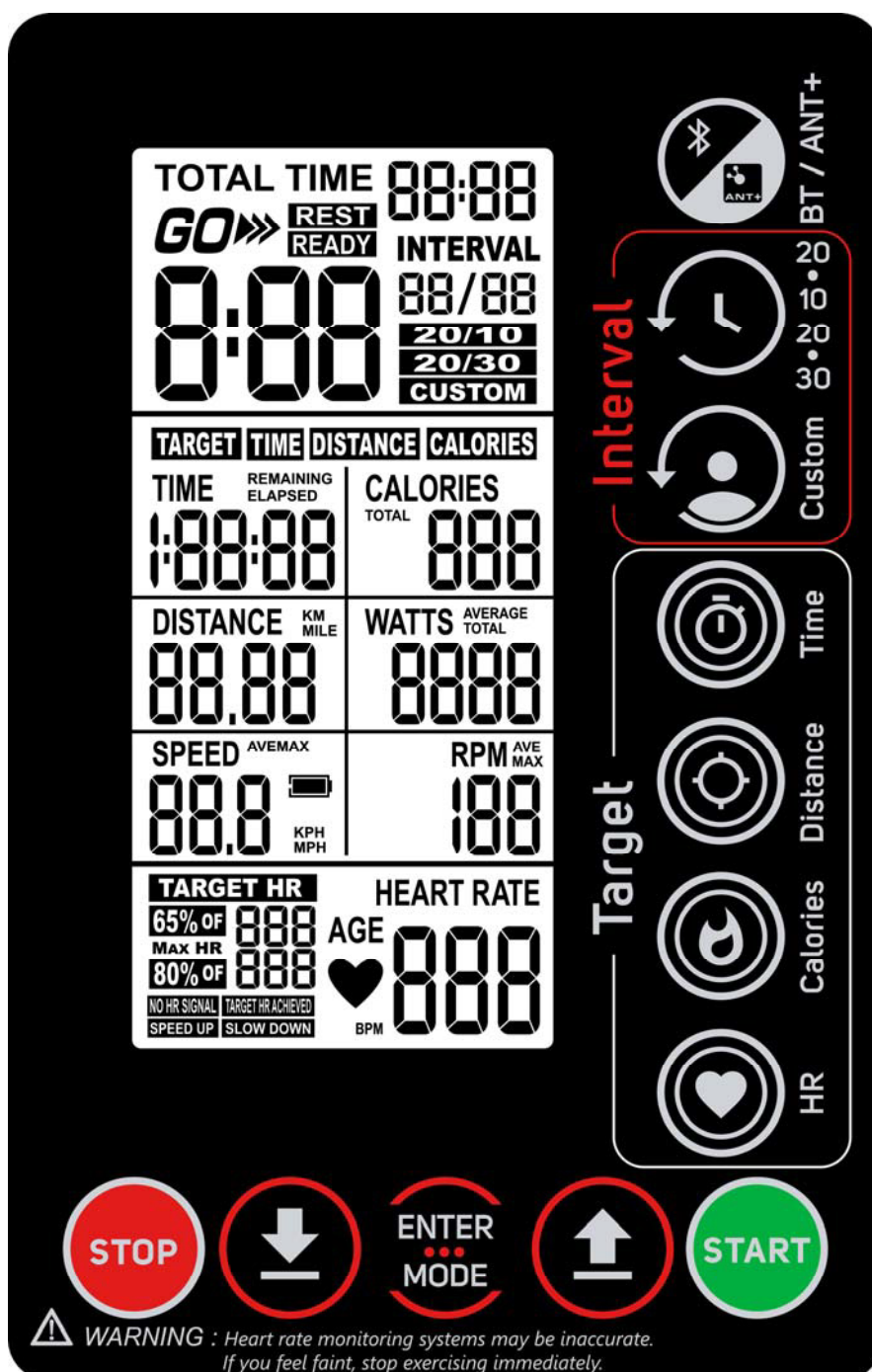
# **XEBEX AIR BIKE MANUAL**

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# XEBEX AIR BIKE CONSOLE MANUAL



# XEBEX AIR BIKE DISPLAYS



## Interval Program Display

- The Interval Display provides details for the Interval 20-10, Interval 20-30 and Custom Interval programs.
- The left side will show you whether the interval is currently a work (GO) or rest period and how much time is left in that interval (8:88).
- The Total Time 88:88 will count up the total program run time.
- The Interval 88/88 display shows the current interval and total intervals in the program.



## Target Time, Distance & Calories and Watts/Speed/RPM Display

- The display will show Time, Calories, Distance, Watts, Speed of Resistance and RPM during all programs.
- The banner across the top will indicate if you are running one of the Target programs.
- Time, Calories and Distance will count up during your workout.
- Total distance will be displayed in miles or kilometers depending on how the console was set up.
- Use the Mode button to toggle between average vs. total watts as well as average vs. maximum Speed and RPM



## Target Time, Distance & Calories and Watts/Speed/RPM Display

- If a signal is detected from a wireless monitor, user's heart rate will be shown in the large 888 BPM (beats per minute). If not signal is detected, the console will read "No HR signal"
- During the Target Heart Rate Program, the console will show upper and lower values of the target range next to the 65% and 80% of Max HR banners.
- The console will tell you to "Speed up" or "Slow Down" to reach user's target heart rate. Once target is reached, the "Target HR Achieved" icon will appear.



# XEBEX AIR BIKE CONSOLE SETUP



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## Battery Installation

The console operates on four (4) AA batteries. The battery compartment is on the back side of the console.

## Toggle between Kilometers and Miles

1. Remove one (1) battery from console so that the console turns off.
2. Hold the "STOP" and "DOWN" buttons simultaneously. Keep holding the buttons as you put the battery back in to power on console. Hold buttons even after on for at least 3-5 seconds.
3. Either KM or Miles will appear on your console. You can release the "STOP" and "DOWN" buttons. Use the "UP" or DOWN" button to toggle between km and miles.
4. Press "ENTER" to select setting.

## Toggle Between Beep on and off

1. Remove one (1) battery from console so that the console turns off.
2. Hold the "STOP" and "UP" buttons simultaneously. Keep holding the buttons as you put the battery back in to power on console. Hold buttons even after on for at least 3-5 seconds.
3. Your console will show sound on or off. You can release the "STOP" and "UP" buttons. Use the "UP" or DOWN" button to toggle between turning the beeping sounds on or off.
4. Press "ENTER" to select setting.

# XEBEX AIR BIKE PROGRAMS



## BT/ANT+ Button

Press this button to activate Bluetooth and Ant+ simultaneously



## QUICK START Default Program

1. Use the QUICK START Program to skip programming the workout and begin immediately. Either start pedaling or press the START key to turn on console. Once the console is on in standby mode, press the START key again to begin the Quick Start Program.

2. After a period of inactivity, the console will stop counting. When you start pedaling again, the console will continue counting again.

3. Press STOP to pause your workout. If you press STOP for a second time, the console will reset to standby mode.

4. Hold STOP for 3 seconds during your workout to clear the console and enter standby mode. Play TIME, DISTANCE or CALORIES and select the Interval Program needed.



## INTERVAL 20/10 PROGRAM and INTERVAL 20/30 PROGRAM

1. In standby mode, press INTERVAL key one time to set 20/10 program or press two times to set 20/30 program on the left side of console.

2. To set amount of intervals:

a. Once user has selected the INTERVAL 20/10 or 20/30 program, the "INTERVAL 0/8" display will flash.

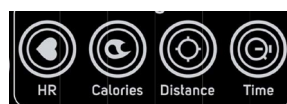
b. Use the UP and DOWN buttons on the console to increase or decrease the total amount of intervals.  
c. Press ENTER to finish setting the number of intervals.

3. Press START to begin the program.

4. During the program:

a. Once user presses START, the console will alternate between work time and rest time. The console will display Go (work time) and Rest (rest time).

b. The console will show the number of completed intervals out of the total number of intervals after each set.



## TARGET TIME, TARGET DISTANCE, and TARGET CALORIES PROGRAM

1. These three programs each work in a similar manner. The user can choose a target value for each program (either time, distance or calories) and the program will run until that target is reached.

2. In standby mode, press TARGET TIME, TARGET DISTANCE or TARGET CALORIES program button on the left side of console.

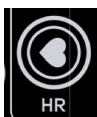
3. Depending which program the user chose, the target parameter will flash. Use the UP and DOWN buttons to set a target value.

4. Press ENTER to set the target value.

5. Press START to begin the program.

6. Press STOP to pause your workout. If you press STOP for a second time, the console will reset to standby mode.

7. Hold STOP for 3 seconds during your workout to clear the console and enter standby mode.



## Target Heart Rate Program

1. In standby mode, press TARGET HR Program.
2. The Age value will flash. Use the UP and DOWN buttons to select your age.
3. Press ENTER to confirm.
4. Press START to begin the program.
5. During the Program:
  1. If user's heart rate is below the calculated 65% of Max HR, the console will tell the user to "SPEED UP".
  2. If user's heart rate is above the calculated 80% of Max HR, the console will tell user to "SLOW DOWN".
6. Press STOP to pause your workout. If you press STOP for a second time, the console will reset to standby mode.
7. Hold STOP for 3 seconds during your workout to clear the console and enter standby mode.

## Heart Rate Training Notes

Research has shown that exercise and fitness are beneficial to a person's health. The Surgeon General released a report on physical activity and stated exercise as key component for disease prevention and healthier living. Your heart rate level can help you gauge the intensity of your exercise. The Xebex console has a wireless heart rate receiver that can detect a signal being transmitted from a wireless chest strap.

## Wireless Heart Rate Receiver

Generally, a wireless heart rate chest strap (not included) will provide the most accurate and easiest way to monitor a heart rate. Certain Wi-Fi networks and cordless telephones may disrupt the signal from a chest strap which will show erratic signal results on the console. If this occurs, please move the bike away from potential disturbances. In order for the console to detect and show your heart rate wirelessly, the following four conditions must be met:

1. A compatible heart rate chest strap must be functional and worn correctly
2. Console must be on
3. A workout program must be running
4. Chest strap is worn within 3 feet of the console

## Maximum Heart Rate and Target Training Zone

Target heart rate is determined based on your age. If the exercise intensity, based on your heart rate, is too high, injuries or fatigue may occur and counteract your fitness goals. If the exercise intensity is too low, you are likely not maximizing your workout. It is generally reported that individuals should target between 65% and 80% of your maximum heart rate to be most effective. Maximum heart rate is determined by subtracting your age from 220 BPM.

To calculate your maximum heart rate and determine the most effective target heart rate zone, the following formula is used for a 32 year old:

- $220 - 32 = 188$  BPM (220 BPM less age = calculated maximum heart rate)
- $0.65 \times 188 = 122$  BPM (65% of calculated maximum heart rate)
- $0.80 \times 188 = 150$  BPM (80% of calculated maximum heart rate)

For a 32 year old, the target heart rate zone would be between 122 BPM and 150 BPM.