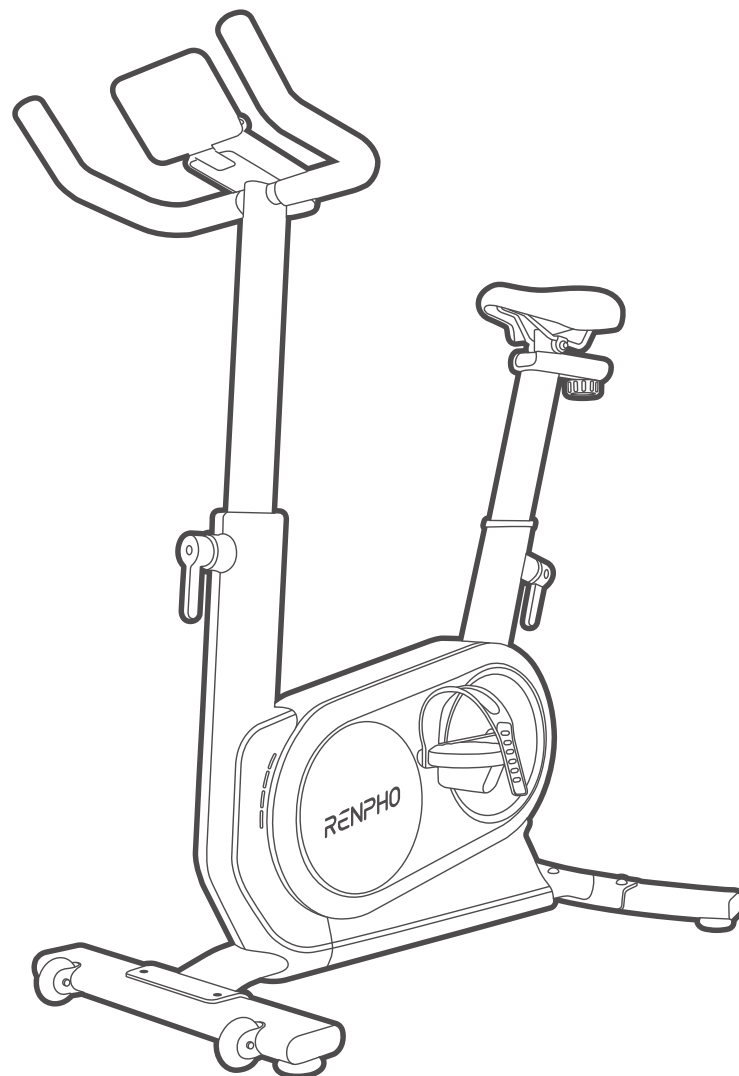


## AI-Powered Exercise Bike

Model: R-Q002N



Please read this manual carefully before use and keep it for future reference.



# Contents

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Warnings and Disclaimers .....	01
Important Safety Instructions .....	02
Product Introduction .....	03
Accessories .....	04
Specifications .....	04
Setting Up Your Bike .....	05
Handlebar Height Adjustment .....	07
Seat Height Adjustment .....	07
Seat Depth Adjustment .....	08
Bike Stabilization .....	08
Using the Console .....	08
AI Gym App Introduction .....	11
Zwift App Introduction .....	14
Declaration .....	16
Cleaning and Maintenance .....	16
Troubleshooting .....	17
Warranty Policy .....	18
Customer Service .....	18

Thank you for choosing the RENPHO Exercise Bike, an AI-Powered Exercise Bike designed specifically for home use. This bike uses an electromagnetic control system, cadence sensor technologies, and AI algorithms to accurately capture real-time training data and generate personalized workout plans tailored to your needs.

NOTE:

Please keep original packaging in case of returns.

## **Warnings and Disclaimers**

---

RENPHO claims no liability for any damage or injury that results from the use of the RENPHO Exercise bike by persons who have not read and understood the cautions contained in this manual, or through any misuse of the bike.

1. This bike is not intended for use by children under the age of 14, persons living with disability (reduced physical, sensory, or cognitive condition), or individuals lacking the necessary experience and knowledge to safely operate it unless they are properly supervised or instructed by a responsible person. DO NOT allow children to perform maintenance or to play with the bike.
2. In case of any damage, please consult the manufacturer or an authorized agency for replacement.
3. This bike should not be used by persons exceeding 120kg/265lb in weight.
4. This bike is not suitable for use in locations where children are likely to be present.
5. Only use the power supply unit provided with the bike.
6. The bike must only be supplied at Safety Extra Low Voltage (SELV) corresponding to the marking on the bike.
7. Consult a physician before beginning a new fitness plan.
8. If you experience dizziness, nausea, chest pain, shortness of breath or any other abnormal symptoms, stop exercising immediately and consult a physician.
9. Only one person should use the bike at a time.
10. Always wear appropriate workout clothing when exercising. DO NOT wear loose or baggy clothing as it may get caught in the equipment. Always wear athletic shoes to protect your feet while exercising.
11. DO NOT place any sharp objects around the equipment.
12. The total surface area of the bike is 0.5sq m.
13. The free area should not be less than 2ft (0.6m) greater than the training area in the directions from which the bike is accessed.

14. Crank training bikes are not suitable for high accuracy purposes.
15. Do not operate the bike in damp or wet locations.
16. Place the bike on a solid and level surface with at least 2ft (0.6m) of clearance around the bike.
17. To protect the floor or carpet from damage, place a mat (not included) under the bike.

## **Important Safety Instructions**

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Read all safety information before operating the bike. It is the owner's responsibility to ensure that users are aware of all warnings and precautions.

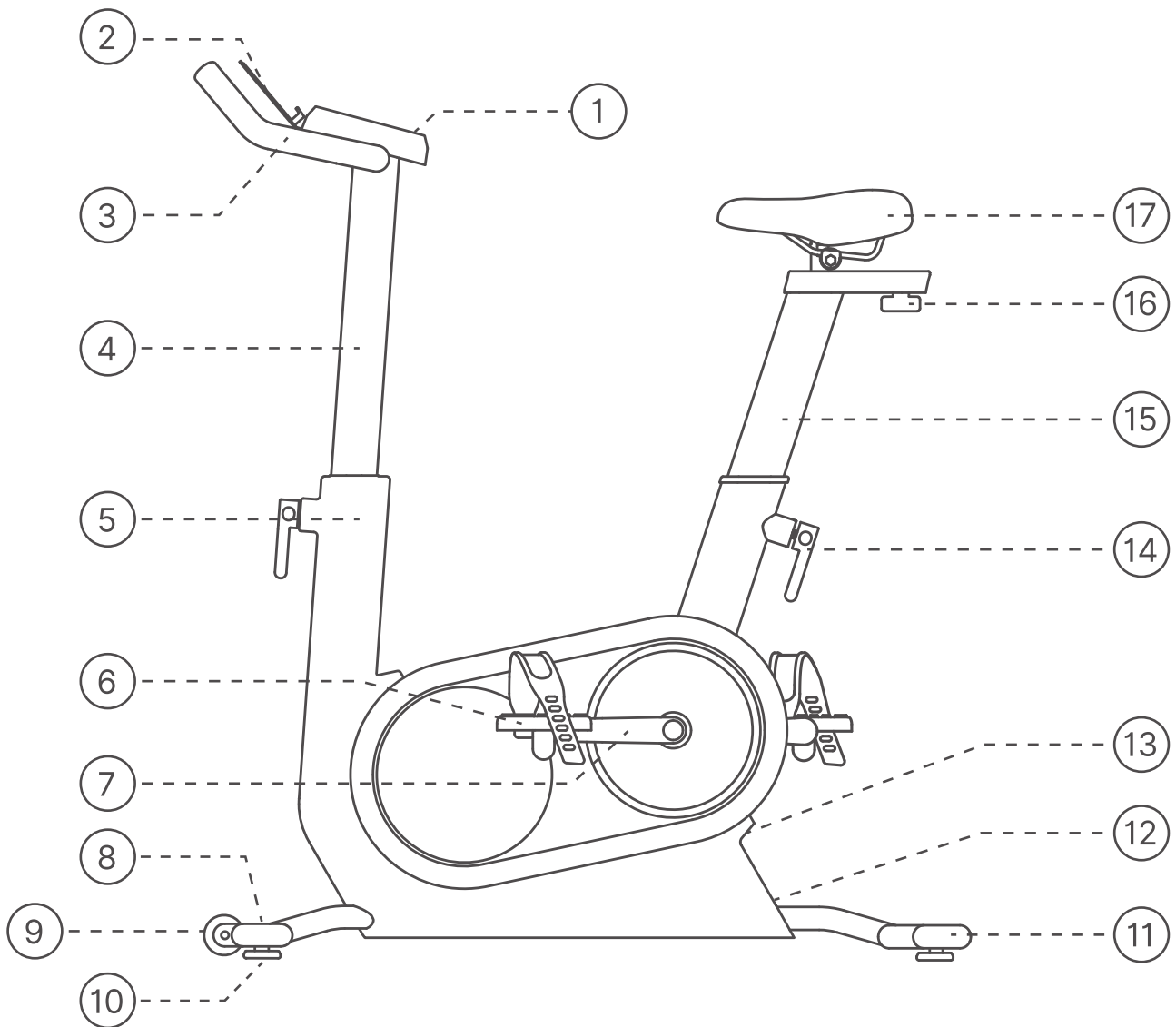
1. The bike is intended for home use only and is not designed for any medical purposes.
2. To avoid injury, warm up before using the bike.
3. Incorrect or excessive training can result in serious injury.
4. To avoid accidents, keep the bike out of reach of children and pets.
5. To avoid getting hurt, keep your hands away from any moving parts of the bike.
6. Use only original parts from the manufacturer. Any changes or modifications to the bike shall void the warranty.
7. In case of malfunction, stop using the bike immediately.
8. Make sure to secure your feet with the pedal straps while using the bike.
9. Perform regular maintenance for optimal performance and longevity. To ensure safety, the bike must be checked for wear and damage on a regular basis.
10. Replace any damaged or worn parts immediately. Do not use the bike until the repair is performed.
11. In case of inaccurate display of resistance or power, stop using the bike and restart.
12. Do not operate this bike if it has a damaged cord or plug, if it is not working properly, or it is wet.

**DANGER:** Always unplug the power cord when the bike is not in use or before cleaning.

# Product Introduction

---

1. Console
2. Pad holder
3. Handlebar
4. Console mast
5. Handlebar handle
6. Pedal
7. Crank
8. Front stabilizer (wheeled)
9. Transport wheels
10. Leveling feet
11. Rear stabilizer
12. Power port
13. Power switch
14. Seatpost handle
15. Seatpost
16. Seat adjuster
17. Saddle



## Accessories

---



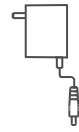
5mm Allen wrench x 1



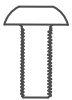
6mm Allen wrench x 1



15mm Open-end wrench x 1



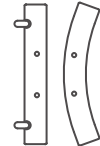
Power adapter x 1



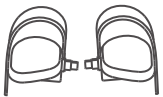
M6 screws x 4



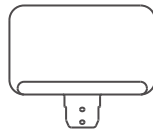
M10 screws x 4



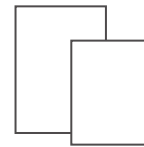
Bike stabilizer x2



Pedals x 2



Pad holder x 1  
(Pre-installed)



User Manual x 1  
Quick Start Guide x 1

## Specifications

---

Product Name: AI-Powered Exercise Bike

Model: R-Q002N

Wireless Connection: Bluetooth

Equipment Type: Pedal exerciser

Resistance: Electromagnetic control system

Drive: Belt drive

Power Adapter: Input: AC 100-240V 50/60Hz

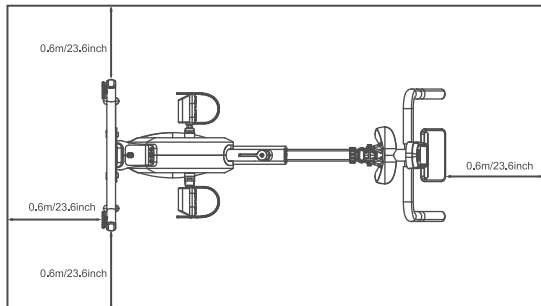
Output: 5V  $\equiv$  1A

Max. Weight Allowed: 265lb / 120kg

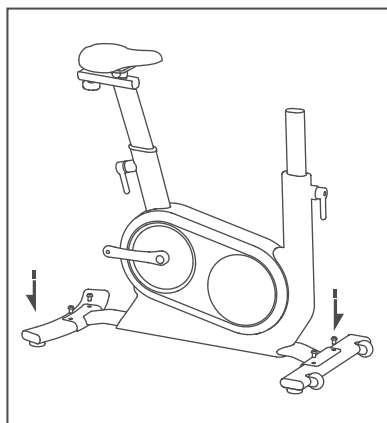
Max. Height Allowed: 59-75in / 150-190cm

# Setting Up Your Bike

NOTE: Manually tighten the screws before using the wrench.



Maintain a minimum of 2ft (0.6m) of additional free space around the training area, accessible from all directions of the bike.



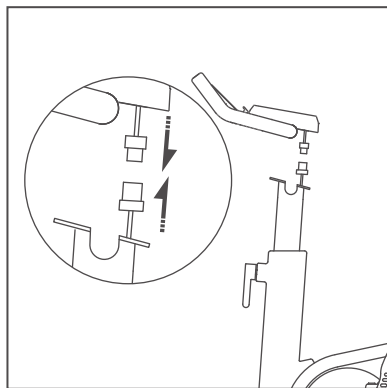
## 1. Install Bike Stabilizers

Place the front stabilizer (wheeled) and rear stabilizer as indicated.

Manually tighten the FOUR M10 screws with the 6 mm Allen wrench.

NOTE: Manually tighten the screws before using the wrench.

**Make sure to assemble the front stabilizer (wheeled) at the front of the bike.**

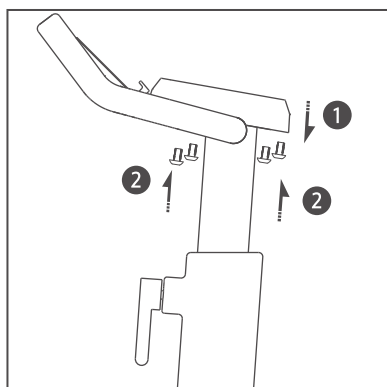


## 2. Connect Internal Power Cord

Connect the cord inside of the handlebars to the cord inside of the bike unit.

Pay attention to the direction of the handlebars when connecting.

Failing to properly attach them can lead to power issues.



## 3. Mount Handlebar

1. Manually tighten the FOUR M6 screws as tight as possible.

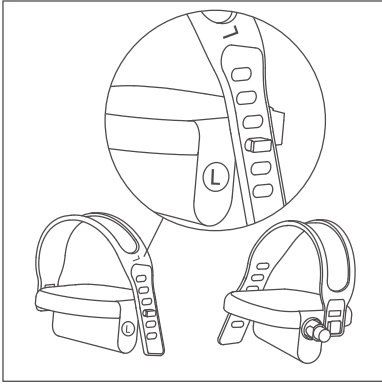
2. Tighten and lock in the FOUR M6 screws using the 5mm Allen Wrench.

## Warning

Make Sure to place the screw shim properly, with the cambered surface clung to the post.

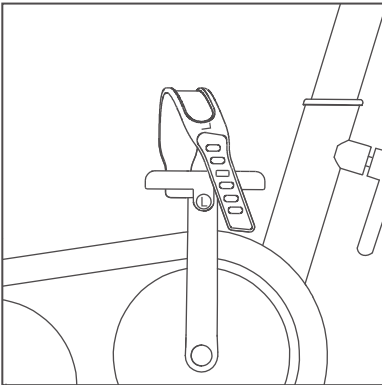


## 4. Installing the Pedals



### Install Pedal Straps

Feed the left (L) and right (R) Pedal Straps into the matching pedals; notched side facing inwards.

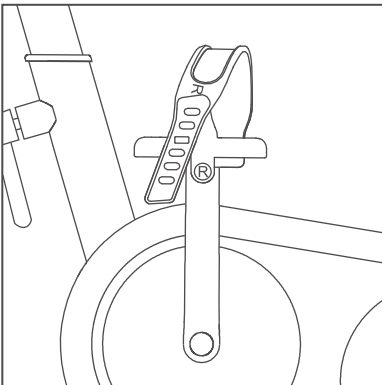


### Install Left Pedal

Install the Left Pedal (marked with an L) onto the left crank.

First, manually tighten the screw with your hands (turning counter-clockwise).

Then, use the 15 mm Open-End Wrench to fully tighten (turning counterclockwise).



### Install Right Pedal

Install the Right Pedal (marked with an R) onto the right crank.

First, manually tighten the screw with your hands (turning clockwise).

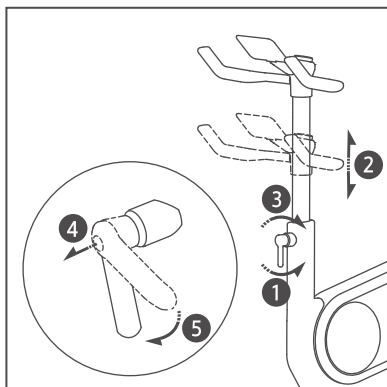
Then, use the 15 mm Open-End Wrench to fully tighten (turning clockwise).

### Warning

Failing to install the pedals on the correct side will result in mechanical failure and may cause serious injury.

# Handlebar Height Adjustment

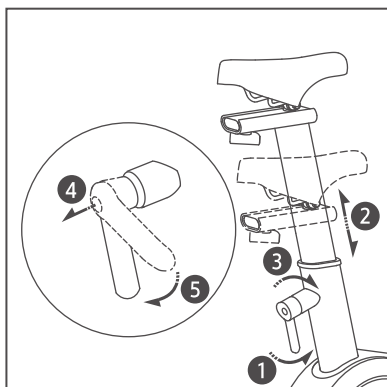
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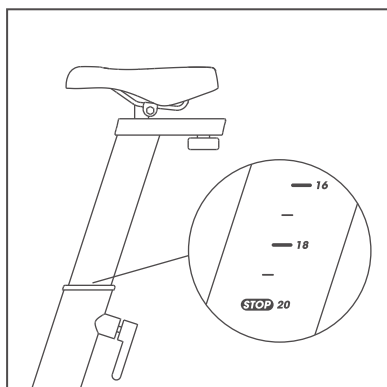
1. Turn the handlebar handle counterclockwise to loosen the console post.
2. Adjust the handlebar to a proper height.
3. Turn the handle clockwise to tighten.
4. Turn the handle to a vertically downward direction while pulling the handle outwards as projecting handles will interfere with your movements.

# Seat Height Adjustment

---

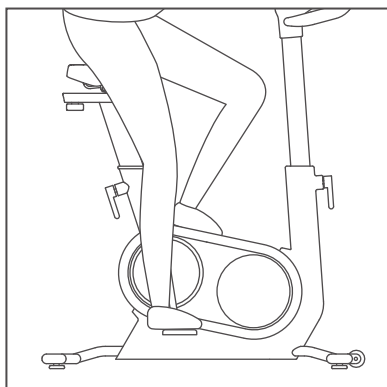


1. Turn the seat handle counterclockwise to loosen the seatpost.
  2. Adjust the seat height until you feel comfortable.
  3. Turn the handle clockwise to tighten.
- Note: Pull the handle outwards while pointing downwards as it can interfere with your movements if not pointed downwards.



## Maximum height

For your safety, make sure to keep the STOP mark inside the frame while adjusting the seat height.

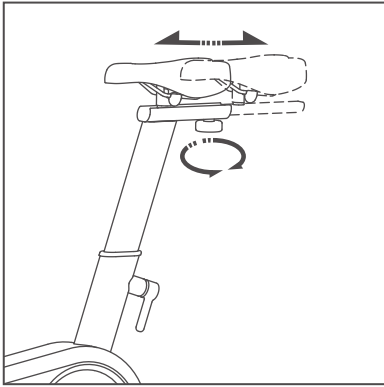


## Set the seat to your desired height

Sit on the saddle, place your feet on the pedals, and adjust the seat height until one of your legs is fully extended.

## Seat Depth Adjustment

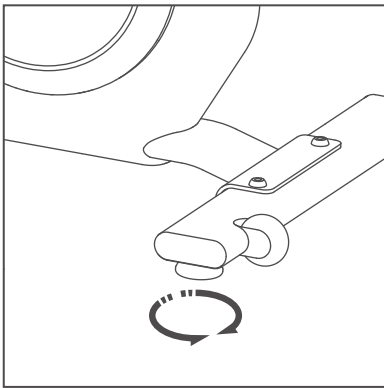
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Turn the Seat adjuster left to loosen. Move the seat forward or back. Turn right to tighten.

## Bike Stabilization

---

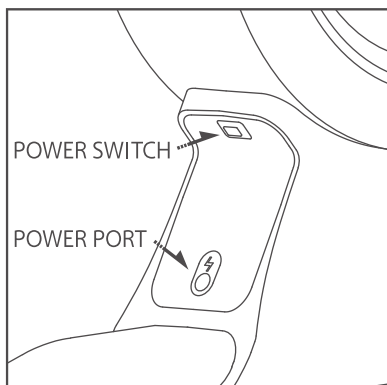


Rotate each leveling foot with your hand until the bike rests firmly on the floor.

Note: In most cases, there is no need to adjust the leveling feet as the bike comes preset for stability. However, if you find the bike wobbling or not sitting evenly on the floor, you may need to make minor adjustments to achieve a secure and balanced position.

## Using the Console

---



### Power on

Connect the Power Adapter to the Power Port at the back of the bike above the Rear stabilizer. Ensure the bike is connected to a suitable power source, then press the switch to “I” to power on.

# Display Overview

Power: watt

RPM: revolutions per minute

Speed: km/h

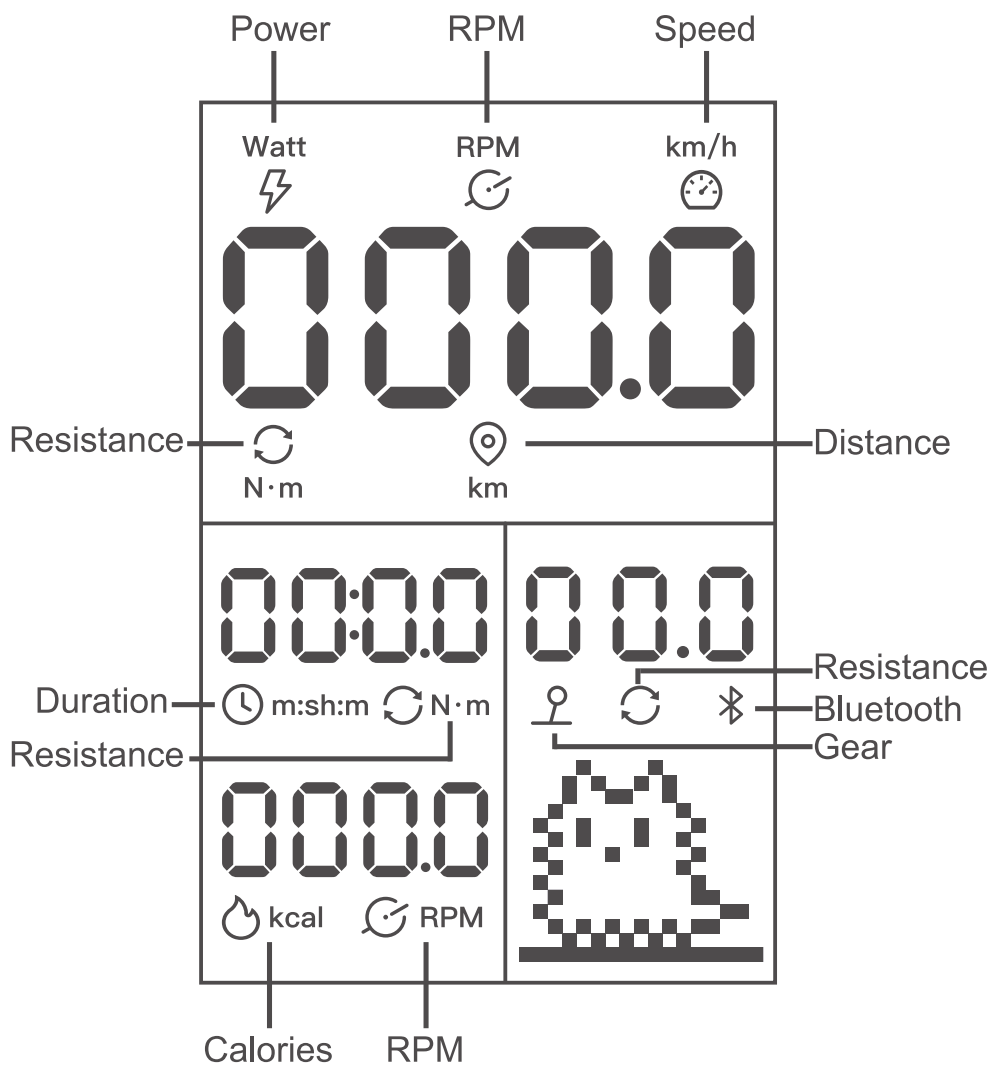
Resistance: N.m

Distance: km

Duration: m:s (< 1 hour); h:m (≥ 1 hour )

Calories: kcal

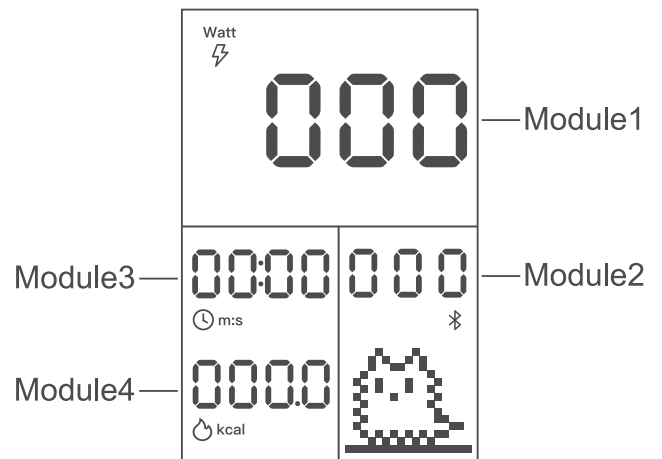
Bluetooth icon: On when Bluetooth connected  
Off when Bluetooth disconnected



# Operation

Operation	Console display	Bluetooth status
Short press	Switch module 1 and module 2	Disconnected
	---	Connected
Press and hold	Clear data	Disconnected
	---	Connected
Short press	Module 1: Switch display data Module 2: Adjust gear	Disconnected
	Module 1: --- Module 2: Adjust resistance (Free cycle, Target cycle) Adjust Gear (Challenge)	Connected

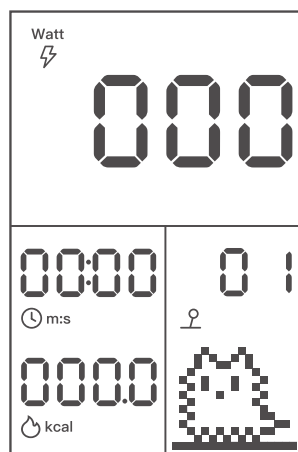
1. Press the console control to switch between module 1 and module 2.
2. In module 1, rotate the console control to display workout data in succession.
3. In module 2, rotate the console control to adjust the resistance or gear.
4. The display will turn off after 5 minutes of idle time, simply press the console control or pedal the bike to wake up the screen.



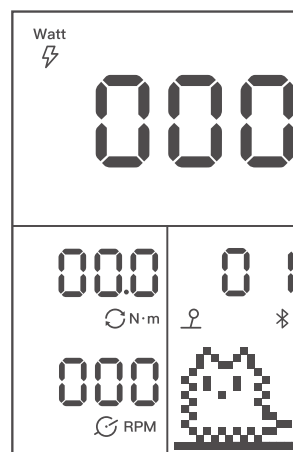
## Bluetooth connection status

The displayed workout data for modules 1, 3, and 4 may vary depending on whether Bluetooth is connected.

Bluetooth Disconnected

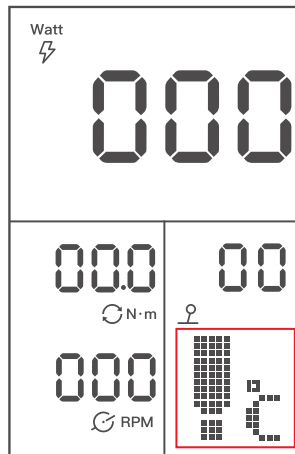


Bluetooth Connected



## Overheating warning

If the bike overheats, the display will show a warning. Please allow it to cool down before using again.



## AI Gym App Introduction

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### About the App

The AI Gym App is designed to help you track and record your workout data, providing a visual analysis and tracking of your rides. Additionally, the app offers a wide range of online courses tailored to different training goals. With these courses, you can receive professional and scientifically effective fitness guidance to enhance your workouts.

1. Search "AI Gym" in the Apple App Store / Google Play or scan the QR below to download.

NOTE: "AI" is spelt with the capital letters of "ai".



AI Gym

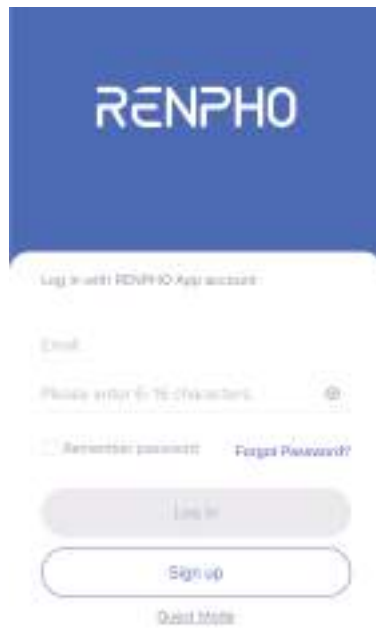


\*Apple and the Apple Logo are trademarks of Apple Inc., registered in the U.S. and other countries.

Google Play is a trademark of Google LLC.

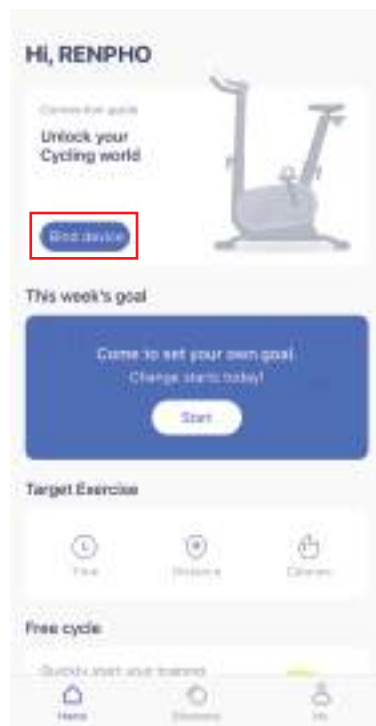
## 2. Sign up or Log in

You can log in with a new account or directly log in with your existing RENPHO App account.



## 3. Bind/Unbind or Connect/Disconnect your bike

Tap "Bind device" to search for the device and follow the steps to pair.

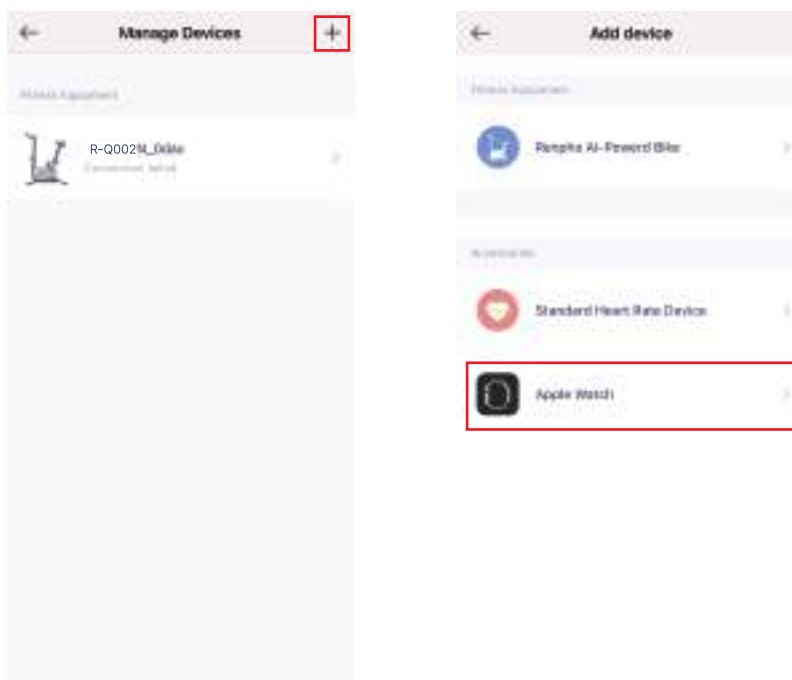


4. Once the device is successfully bound, scroll down to select either "Free Cycle" or "Target Exercise". Alternatively, you can explore the "Discovery" section to choose from various courses that align with your specific needs and preferences.

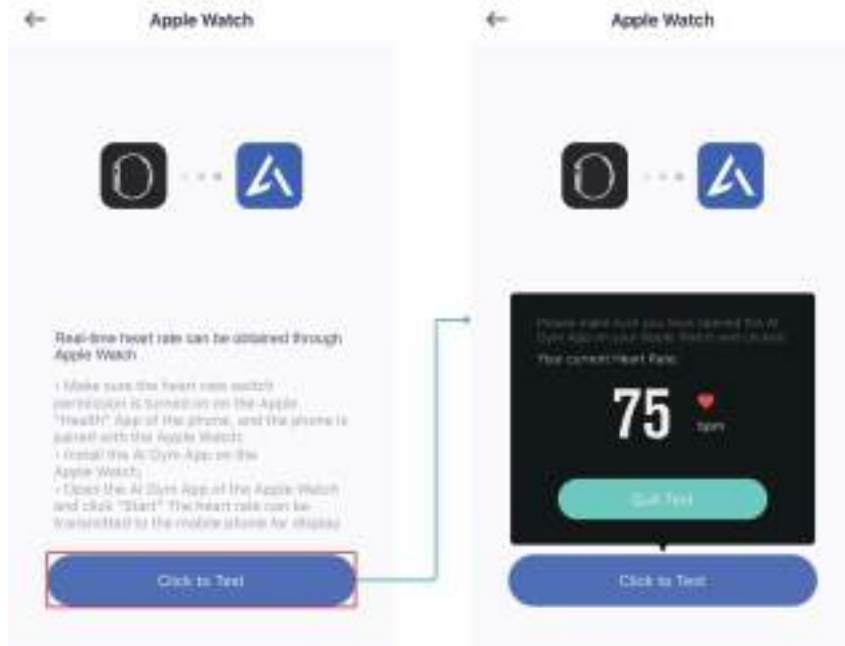


## View heart rate on AI Gym App using an Apple Watch®

In the AI Gym App, go to the "Me" section and select "Manage Devices". Tap the "+" symbol at the top right to connect your Apple Watch.







## Zwift App Introduction

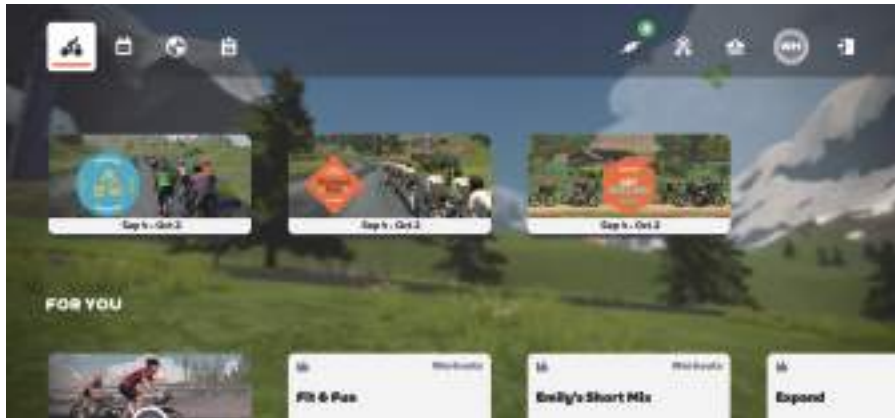
Zwift is a virtual training app for running and cycling. Smash your goals and compete with others around the world with structured workouts and social group rides.

### Set Up Automatic Resistance Level Changes on Zwift App.

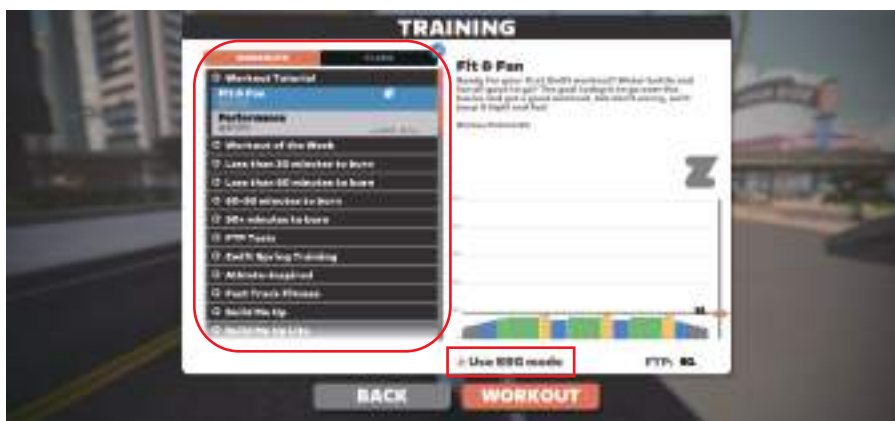
1. Log in with Zwift user account. In the "Paired Devices" section, select "R-Q002N" for "Power Source," "Cadence," and "Controllable." Check for green checkmarks below each module to confirm successful device connection.



2. Select any of the "Workouts".



3. Ensure "Use ERG mode" is selected. Then, tap "Workout."



4. Your bike will adjust the resistance level based on your cadence. Maintain a fast and steady momentum to pedal effectively against the resistance. Consistent pedaling is key to hitting your target power output.



## Declaration

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While we have made every effort to provide accurate instructions and include all relevant functions in this manual, please note that there may be discrepancies between this manual and the product you purchased. As hardware, software, and design optimizations occur over time, there may be variations in the appearance, interface, and other aspects of the actual product. In such cases, it is recommended to refer to the product itself for the most up-to-date and accurate information.

## Cleaning and Maintenance

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1. Avoid storing the bike outdoors or in direct sunlight, near heat, water, open flames, high humidity, or extreme temperatures.
2. Store the bike in a shaded and sheltered area to protect its surface from damage.
3. Regularly inspect the bike seat and tighten any loose nuts.  
Check the cranks and pedals regularly for any loose parts and tighten them as needed.
4. Cover the bike when not in use for extended periods to prevent dust buildup.
5. DO NOT use the bike in wet areas such as bathrooms, spas or pools.
6. Clean the bike regularly using mild, non-corrosive cleaners. Do not use benzene or thinner for cleaning.

# Troubleshooting

Problem	Solution
Noise while pedaling	<ol style="list-style-type: none"> <li>1. Remove the pedals from the cranks. Check if the pedal axis turns smoothly. If it does, reattach the pedals. If not, consult service personnel for replacement.</li> <li>2. Rotate the cranks and tighten the crank screws if there is any noise.</li> </ol>
Fail to tighten the pedals	Rotating the pedals in the wrong direction during installation can cause damage, consult service personnel for replacement.
Wobbly/loose handlebars	Use 5mm Allen wrench to tighten the four screws on the handlebars.
Unstable bike seat	Adjust the seat to your proper height; use a monkey wrench (not included) to fasten the nuts on both sides under the seat saddle.
Unstable bike	Tighten the four screws on the four leveling feet using 6mm Allen wrench.
No display on console	<ol style="list-style-type: none"> <li>1. Re-connect the power adapter.</li> <li>2. Make sure the power adapter is properly connected to the bike.</li> <li>3. Make sure the power is on (power switch in the "I" position).</li> </ol>
Failed to connect via Bluetooth	Restart your bike and your phone or pad, then re-connect.
Failed to connect with the app	Keep your phone close to the bike, then re-connect.
Cannot turn on or the bike is not working	<ol style="list-style-type: none"> <li>1. Make sure the socket is working properly.</li> <li>2. Ensure the power switch above the power port is turned ON.</li> <li>3. Check that the Internal Power Cord has been properly connected.</li> <li>4. Try using a new power adapter.</li> </ol>

Problem	Solution
No resistance	<ol style="list-style-type: none"> <li>1. Restart the bike by flipping the power switch, the console will display "10".</li> <li>2. Adjust the resistance to verify if the resistance has changed or not.</li> <li>3. Ensure that the Internal Power Cord is securely connected.</li> </ol>
Doesn't work well with other apps	It is recommended to connect and use the bike with AI Gym or Zwift.
If you encounter any other problems, please feel free to contact our customer service.	

## Warranty Policy

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Your RENPHO product purchase is covered by a one-year limited manufacturer warranty from the date of delivery.



For warranty terms and conditions, please visit:  
<https://renpho.com/pages/warranty-terms-and-conditions>

Note: Product registration is not required for the warranty. If you choose not to register your product, it will not diminish the product warranty.

## Customer Service

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Please feel free to contact us if you have any questions or concerns. RENPHO Customer Service Team guarantees a quick response and hassle-free solutions to any issue you may have within business hours.

- 
**TEL: +1(844) 417 0149 (US&CA)**  
 Monday-Friday 9:00AM-4:30PM  
**1800 MY RENPHO (1800 69 7367) (AU ONLY)**  
 Monday-Friday 9:00AM-6:00PM (AEST)
- 
**Email:** support@renpho.com (US&CA)  
 support-au@renpho.com (AU)

\*For defective products or the return of items, please contact us with your order number within the specified warranty period. DO NOT dispose of any product parts as they may be required for inspection/repair.

## **FCC Regulatory Compliance**

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions:

(1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Warning: Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation.

This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications.

However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

### RF Exposure Compliance

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

### ISED Regulatory compliance

This device contains licence-exempt transmitters that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s).

Operation is subject to the following two conditions:

(1) This device may not cause interference.

(2) This device must accept any interference, including interference that may cause undesired operation of the device.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes:

(1) l'appareil ne doit pas produire de brouillage, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

This equipment complies with IC RSS-102 radiation exposure limits set forth for an uncontrolled environment.

Cet équipement est conforme aux limites d'exposition aux radiations IC CNR-102 établies pour un environnement non contrôlé.



# RENPHO

Smart Health Simplified

**US Importer: JOICOM CORPORATION**

14129 The Merge Street, Building 3 Unit A, Eastvale, CA 92880

**Manufacturer: Shenzhen Ruiyi Business Technology Co., Ltd.**

No. 810-C063, 8th Floor, Xiangbin International Financial Centre, No.18, West Free Trade Street, China Special Economic Zone, Qianhai Bay, Shenzhen, Guangdong Province, 518000 China

**Made in China**

NA2



说明书

尺寸：210X297mm

材质：105克哑光铜版纸

彩色印刷

骑马订