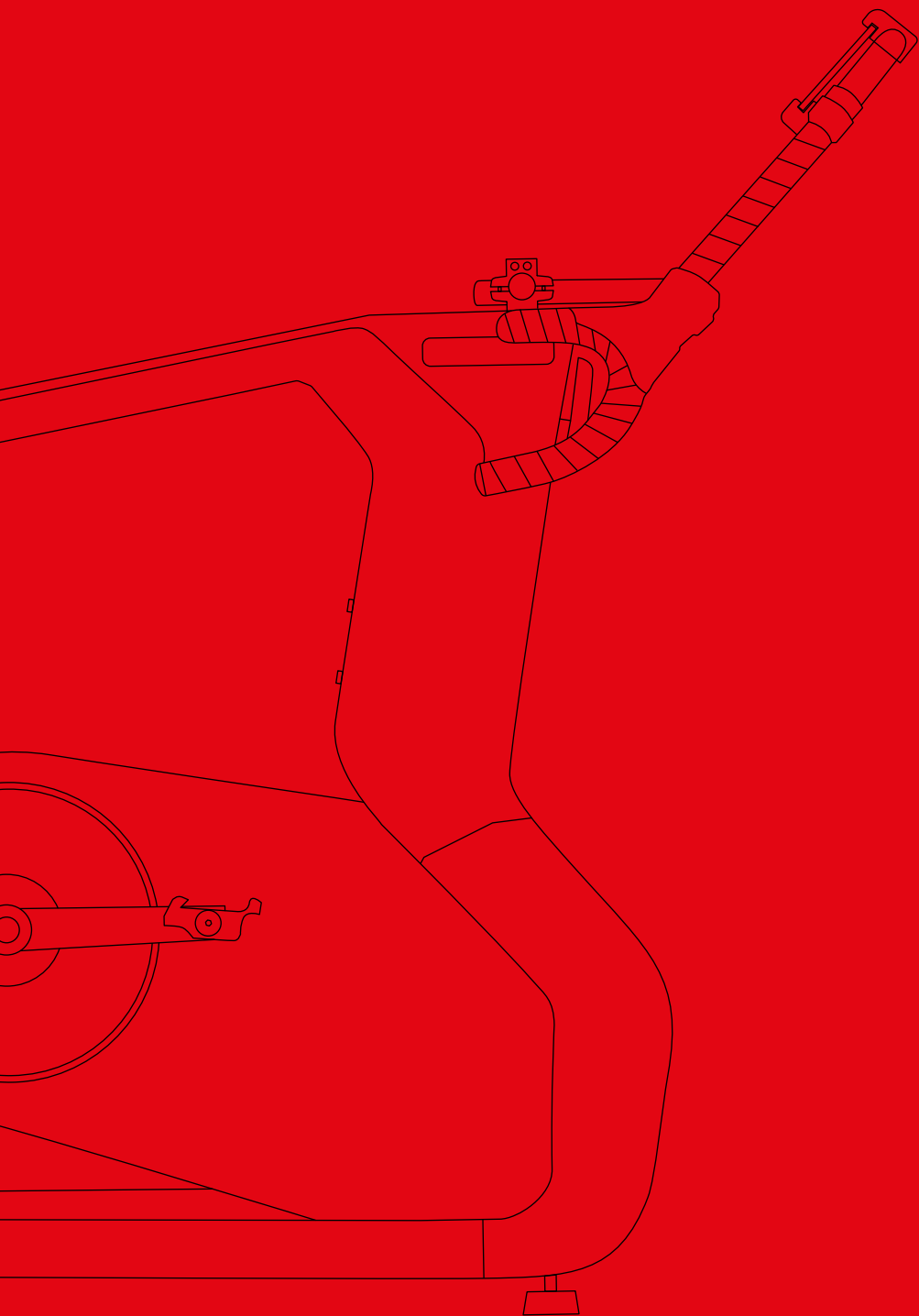


wattbike

ATOM

QUICK START GUIDE



01

ATOM QUICK START GUIDE

WELCOME TO YOUR WATTBIKE ATOM

This guide will show you how to build and setup your Atom, connect your devices and give you tips to get the most from your Atom's features.

IN THE BOX

- 3, 4, 5 and 6mm Allen keys
- 15mm spanner
- Power adaptor
- Combination pedals
- Device holder
- Tri-bars
- Atom Tri-pads
- Atom

SPECIFICATION

WEIGHT	44kg, 97lb
MAX RIDER WEIGHT	135kg, 21st 3lb, 297lb
POWER REQUIREMENTS	Mains powered - 12v, 2A DC power supply
RESISTANCE TYPE	Rare-Earth Magnet
WIRELESS TECHNOLOGIES	Bluetooth 4.0, ANT+ (FE-C ready, PWR, S&C), ANT (Heart Rate Only), Polar (Heart Rate Only)
FOOTPRINT	100cm (l) x 50cm (w) x 150cm (h) - tri-bar & tablet holder fully extended
COMPATIBLE HR DEVICES	Bluetooth 4.0, ANT+, ANT (Suunto), Polar
HANDLEBAR DIAMETER	26mm
GEARS (VIRTUAL)	22
GRADIENT RANGE	0 - 25%



03 FEATURES

SEAT FORE/AFT
ADJUSTABILITY

ADJUSTABLE
SADDLE HEIGHT

0-2000 POWER RANGE
+/-2% ACCURACY

PEDALS FITTED
AS STANDARD

BLUETOOTH 4.0,
ANT+ AND FEC
COMPATIBILITY

ADJUSTABLE
DEVICE HOLDER

INTEGRATED
GEAR SHIFTERS

FULLY
ADJUSTABLE
HANDLEBARS

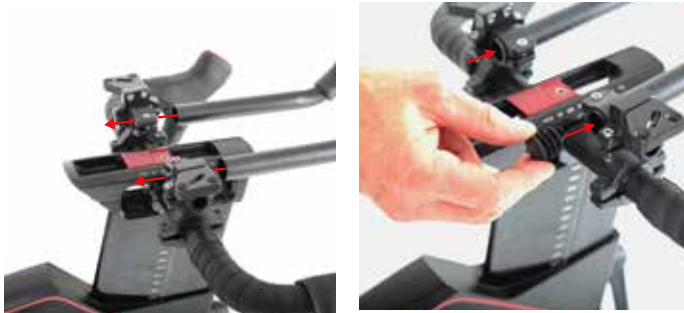
2 BOTTLE
CAGES

TRANSPORTATION ROLLERS
FITTED WITH INLINE SKATE
BALL-BEARING WHEELS

GET READY TO RIDE

BUILD

- 1 Remove the Atom and its accessories from the packaging.
- 2A Screw the right pedal onto the right crank. Tighten clockwise securely using the provided spanner **N.B. The cranks have a standard screw fitment, allowing you to customise the Atom with pedals of your choice.**
- 2B Screw the left pedal onto the left crank. Tighten anti-clockwise securely using the spanner.
- 3A Take the Tri-bar assembly and insert the two ends into the Tri-bar clamps with device holder out in front of the bike.



- 3B Level up the two Tri-bar ends in their clamps, tighten the securing screw using the 4mm Allen key.
- 3C Insert the two plastic bungs into the open ends of the Tri-bar ends.

- 4 Take the metal Tri-pad cups, rest them on the blocks and screw into place to secure. Remove the velcro from the back of the pads (without removing the protective layer). Once off, remove the protective layer and affix to the metal Tri-pad cup. You can now fasten the Tri-pads in position on to the velcro.



- 5 Before riding the Atom ensure all bolts are tight and the handlebar fixings are secure.
- 6 Plug your Atom into a wall outlet using the power adaptor provided. Make sure the switch on both the wall outlet and the rear of the Atom are turned on.



SET UP

Use the corresponding levers and adjusters to set up the Atom to your preferred cycling position.

Make all adjustments off the bike.

- 1 Raise or lower your saddle height using the lever on the rear of the saddle stem. Loosen the lever to adjust the stem and ensure the lever is quite tight to secure.
- 2 Adjust your saddle fore/aft position using a 4mm Allen key to loosen the saddle slider. After adjusting, tighten to secure.



FIG 01

- 3 Set your handlebar height using the lever on the front of the handlebar stem. Loosen the lever to raise or lower the handlebars, tighten to secure.
- 4 Adjust your handlebar fore/aft position using the 5mm Allen key to loosen the handlebar. After adjusting, tighten to secure.

TIP: We recommend you have your handlebars between 4-10cm lower than your saddle height.

- 5 Open the red locking rings on the device holder and slide your device into place. Rotate the red locking rings backwards to secure.
- 6 Visit wattbike.com/bikefit to accurately replicate your real ride bike figures onto the Atom.



Once your Atom is set up, you'll need to link your devices before you can start riding.

1 Turn your devices Bluetooth™ on.

2 Download the Wattbike app from your app store.

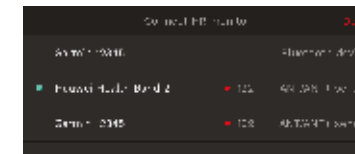


3 Open the app, login or sign up. To connect your Atom:

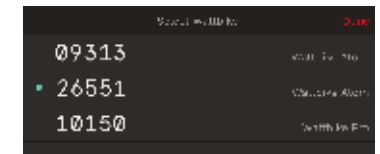
- tap just ride
- tap the top right corner (FIG 02)
- select your Atom ID from the list.

4 Connect your heart rate monitor. The Atom can connect to Bluetooth™, ANT+, ANT (SUUNTO) and Polar heart rate monitors. They can be paired up in the Wattbike Hub before starting your session.

TIP: Wear your heart rate belt before trying to connect it to your Atom.



Click here to connect your HR belt



Click here to connect the Atom

FIG 02



You can connect to other training apps via Bluetooth™ or ANT+.

STRAVA

THE SUFFERFEST

ZWIFT

TRAINERROAD

After each session, wipe any sweat, water or foreign objects from the Atom. If you need to store your Atom, make sure it is unplugged and use the wheels to guide it to a safe place.

ADDITIONAL RESOURCES

For more information and full set up guides, visit the support section of wattbike.com

