

wattbike

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.



01 IN THE BOX

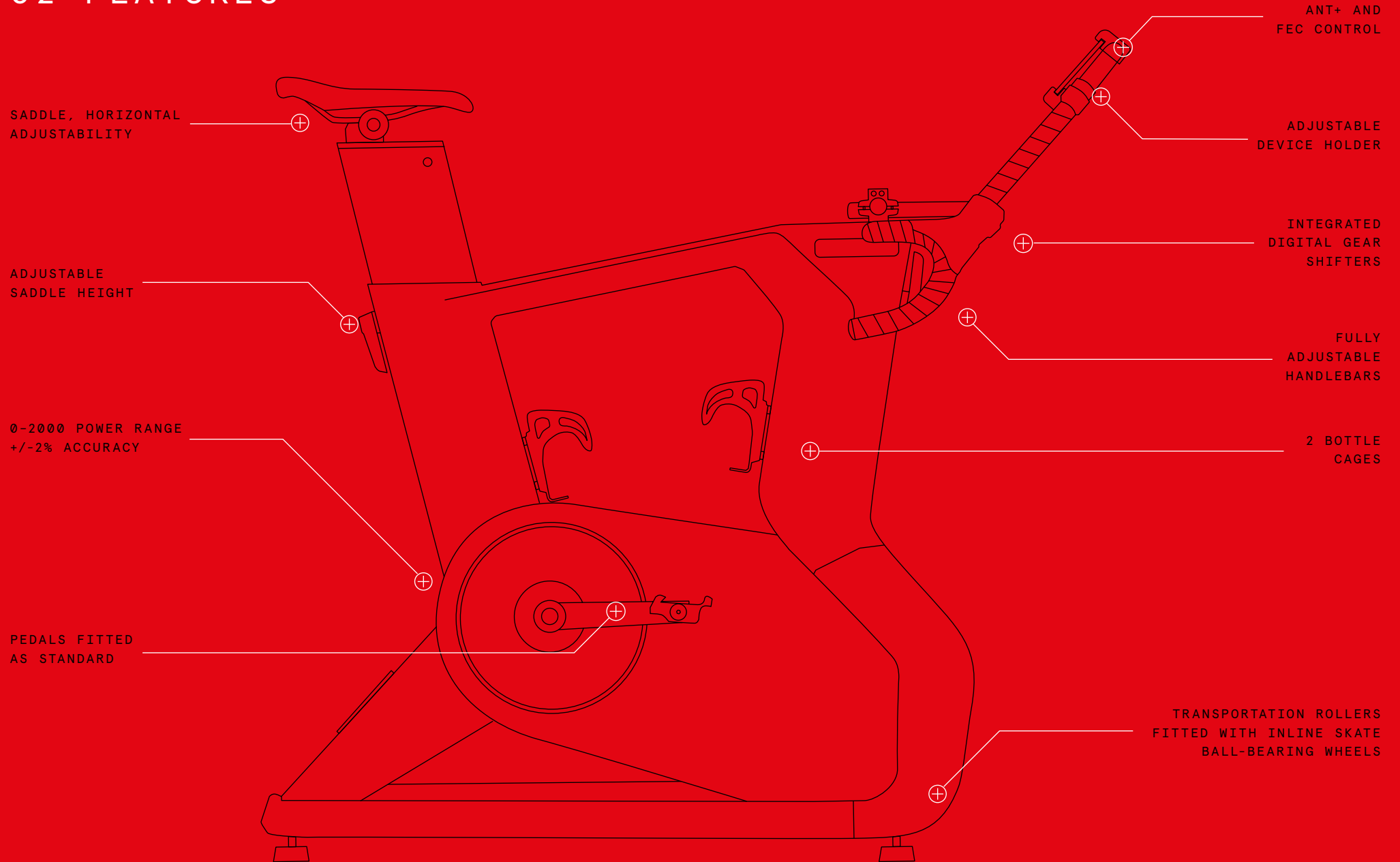
- 2, 4, 5 and 6mm Allen keys
- 15mm spanner
- Power adaptor
- Pedals
- Device holder
- Tri-bars
- Atom Tri-pads
- Atom

SPECIFICATION

WEIGHT	44kg, 97lb
MAX RIDER WEIGHT	135kg, 21st 3lb, 297lb
POWER REQUIREMENTS	Mains powered – 12v, 2A DC power supply
RESISTANCE TYPE	Magnetic
WIRELESS TECHNOLOGIES	Bluetooth, ANT+ (FE-C ready, PWR, S&C, HR), 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, ANT+, ANT (Suunto), Polar
HANDLEBAR DIAMETER	26mm
GEARS (DIGITAL)	22
GRADIENT RANGE	0 – 25%



02 FEATURES



03 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.

TIP: The tri-bar pads will point towards your hand position.



- 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.



* Use the provided power adaptor supplied with your Atom. Using unsupplied power adapters may damage your Atom.

SET UP

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

Make all adjustments off the bike.

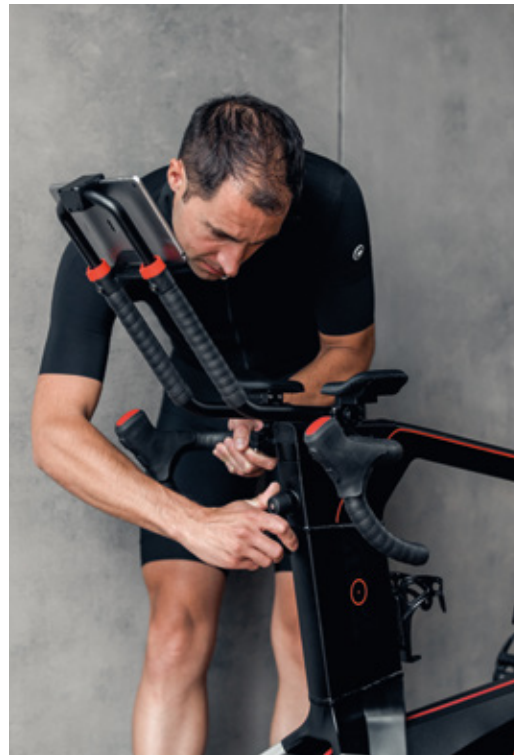
- 1 Raise or lower your saddle height using the lever on the rear of the seat post. Loosen the lever to adjust the post and ensure the lever is quite tight to secure.
- 2 Adjust your saddle horizontal position using a 4mm Allen key to loosen the saddle slider. After adjusting, tighten to secure.



- 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.




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

- 4 Adjust your handlebar horizontal position using the 5mm Allen key to loosen the handlebar. After adjusting, tighten to secure.
- 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.

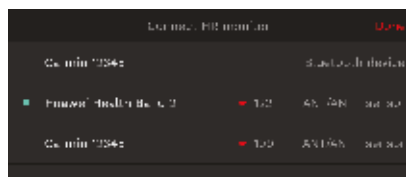


04 GET CONNECTED

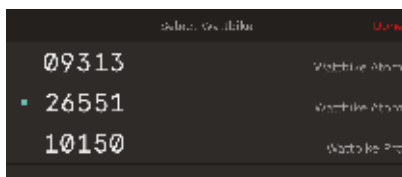
Once your Atom is set up, you'll need to link your devices before you can start riding.

- 1 Turn your device's Bluetooth™ on.
- 2 Download the Wattbike Hub app from your app store.   
- 3 Open the app, login or sign up. To connect your Atom:
 - tap Just Ride
 - tap Wattbike in the top right corner
 - 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 or during your session when paused.

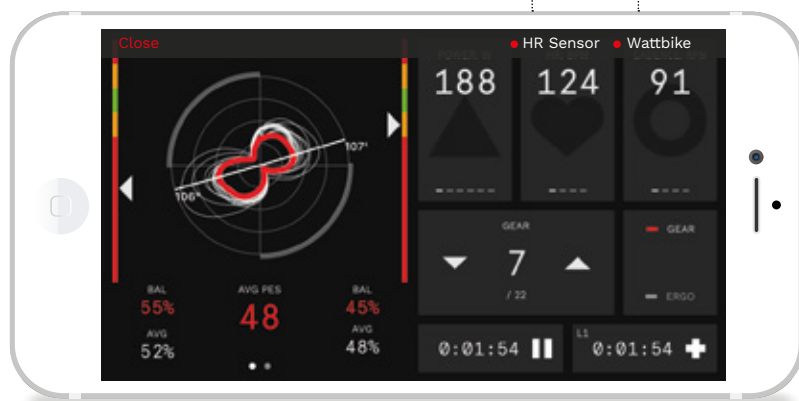
TIP: Wear your heart rate belt before trying to connect it to your Atom.



Click here to connect your **HR belt**



Click here to connect the **Atom**



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



05 MAINTENANCE

AFTER EACH SESSION

To ensure your Atom stays in good condition, after each session use a clean, soft cloth and non-abrasive liquid cleaner - we recommend the Muc-off Care Pack - to remove all:

- Sweat
- Dust
- Dirt
- Other substances

You should wipe down the exterior covers, frame, saddle and handlebars and make sure that the handlebar stem and saddle stem are not over the Max markers.

MONTHLY MAINTENANCE

Where necessary:

- Vacuum the floor under and around the Atom to prevent the bike from picking up dust
- Inspect the feet bolts, saddle and handlebar sliders and device holder for looseness and corrosion. Tighten as necessary
- Inspect the saddle and handlebar stem adjustments. Tighten as necessary
- Check that the pedals are secure and fit for use
- Ensure that no sweat/liquid is pooling on the metalwork or covers

ADDITIONAL RESOURCES

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



