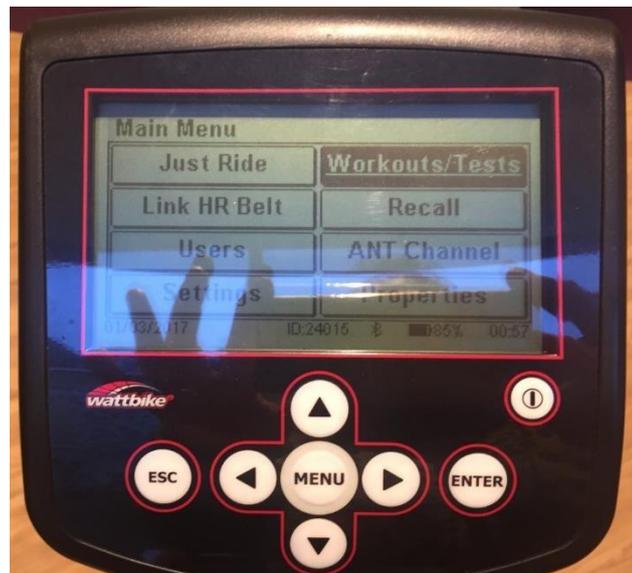
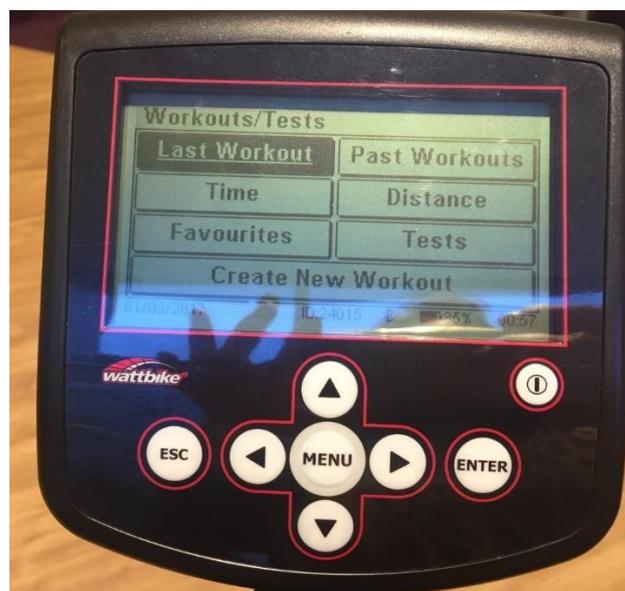


Guide to Using the WattBike

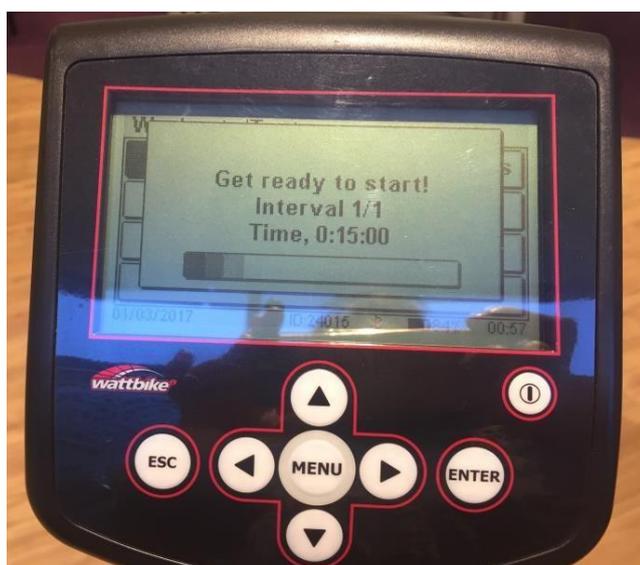
1. Set the seat and handlebar height (this information is listed at the end of this guide).
2. Once sitting on the bike begin to cycle and the monitor will switch on.
3. Select 'Workouts/Test'



4. Select 'Last Workout' – a 15 minute workout should then load.
 - a. If there is no last workout, select 'create new workout' and then set it to 15 minutes by using the up and down arrow keys. Set the name of the workout to 'A' and save it as a favourite. Press Enter and the workout will start.
 - b. If you cannot find the 15 minute workout call Shona.



5. Make sure the workout is recording your distance in Kilometres (KM) not miles (mi).
6. The time on the 15 minute workout will begin to decrease once you start to cycle.

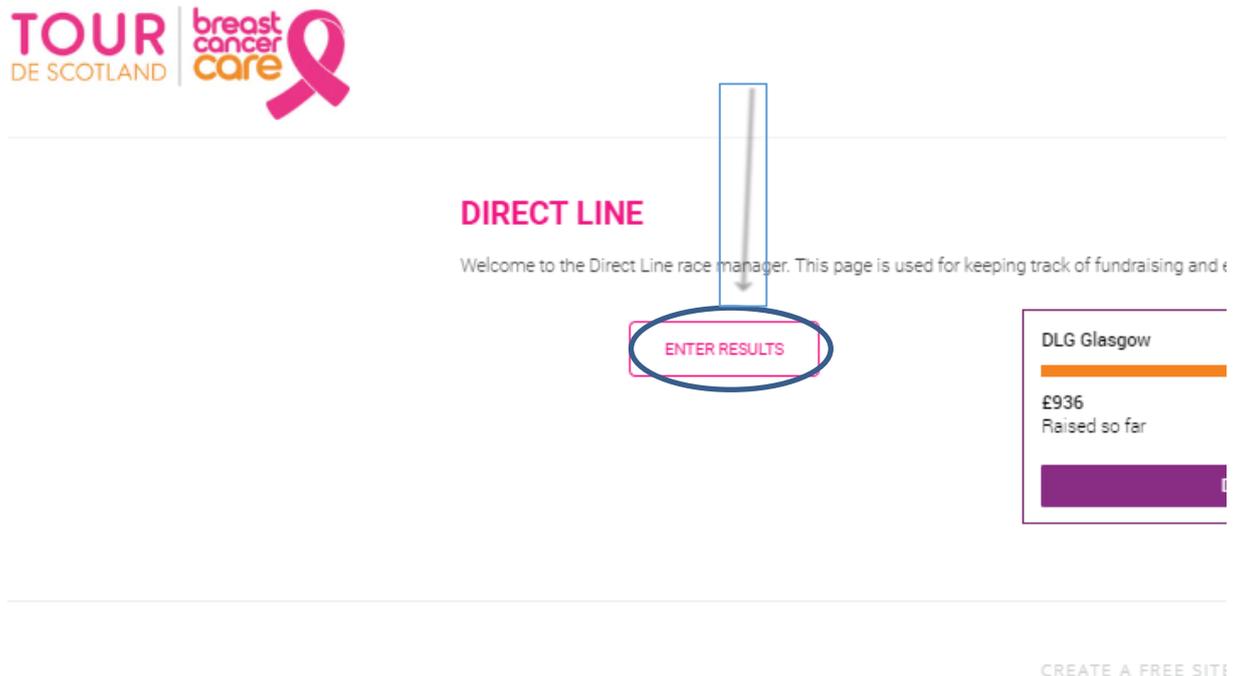


7. Once you have finished your 15 minutes the statistics from your ride will show on the screen.
8. When you have finished cycling, note down the distance cycled and enter this into the website.

*** For the next cyclist repeat the above process ***

Logging cyclists' times:

9. Head to the Tour de Scotland website www.tourdescotland.com
10. Select your organisation on the 'Your Company' page.
11. Then click the Enter Result button (circled below)



12. Then fill out the form with the results from the individual who has just cycled.

ADDLESHAW GODDARD - LEEDS
ENTER YOUR RESULT

Use this form to record how far you cycled in your 15 minute slot.

Addleshaw Goddard Leeds Entry Form

2017

* Required

What's your name? *

Your answer

Are you male or female? *

Choose

How far did you cycle in your 15 minute slot? *

Please enter your result in km

Your answer

Saddle Height and Adjustments:

Set-up is a personal preference, so these are guidelines.

Adjusting the Saddle Height

For a rough guide:

- To adjust the seat height, use the lock under the main frame below the seat post.
- Stand the rider next to the bike with the heel pushed against the back stabiliser legs and then lift the saddle up so that the top of the saddle is level with the bony protrusion of the hip. This is usually where the user's trouser belt would sit.
- Be aware that heels affect this rough measurement and adjustment may need to be made on the bike.

For a more accurate setting:

- Sit the rider on the Wattbike and align the crank arms with the seat post (12 o'clock/6 o'clock – cranks pointing straight up and down), place the heel of the foot on the crank arm nearest the floor – the leg should be straight (but not locked out). An easy way to remember this is – bottom on saddle, heel on pedal at lowest point = relaxed straight leg. When clipped in (or with the feet in the toe straps), therefore with the ball of the foot over the axle of the pedal and with the pedal at its longest stroke (in-line with the seat post) there should be approximately 25-30° bend on the knee. The rider should be able to 'drop their ankle'.
- To adjust the seat height, use the lock under the main frame below the seat post.

The seat post has a maximum extension marked on it, **do not** raise the post beyond this. If you do, make sure the locking mechanism is fully undone before trying to put the post back.

Handlebar Height (Saddle to Handlebar Difference)

Adjust the handlebar height so that it is no more than 4 to 10cm lower than the saddle height (depending on fitness and flexibility, a higher handlebar height can be more comfortable) – for general exercise classes the saddle and handlebars should be at the same height – you can use a long spirit level from the saddle across to the handlebar to set this height, or set it by eye.

Make sure that the handlebar height is not set too high. The limit is just beyond the 17cm mark on the post – check this. The post has a maximum extension marked on it, **do not** raise the post beyond this. If you do, make sure the locking mechanism is fully undone before trying to put the post back. If the bars are wobbly the post is probably extended too far.

The saddle and handlebar are both set at maximum height, there is a saddle to handlebar difference of 7cm – for safety reasons do not go above limit markings on the posts.

Pedals

The standard Wattbike pedals have Shimano MTB SPD cleats on one side and a platform with toe cage on the other. If the platform is unclipped you can use LOOK KEO cleats. Under no circumstances should Shimano SPD-R cleats be clipped in, as they will not release.