

wattbike

ATOMX

QUICK START GUIDE

INCLUDING PTS2



WARNING!

- The appliance is only to be used with the power unit provided.
- This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved.
- Children shall not play with the appliance.
- Cleaning and user maintenance shall not be made by children without supervision.
- The appliance is only suitable for indoor use
- 0.6m free space should be left around the appliance when in use
- Appliance must be used on a stable and flat surface
- Ensure there are no levers or adjustment points protruding which may cause injury while riding

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Wilford Industrial Estate, Nottingham, NG11 7EP
email: info@wattbike.com

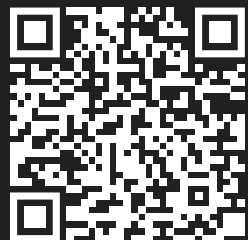


WELCOME TO WATTBIKE

OUR MISSION:

MAKE WATTBIKE THE ULTIMATE
TRAINING PARTNER FOR IMPROVING
HEALTH AND PERFORMANCE

This guide shows you how to build and set up your Wattbike AtomX, how to connect to your devices, and how to get the most from your AtomX's features. Scan the QR to the right for detailed information and video guides.



01 SPECIFICATION

BIKE HEIGHT	Min 119cm / Max 136cm
WIDTH	68cm
LENGTH	Min 100cm / Max 110cm
FOOTPRINT	Min 116 x 68cm / Max 122 x 68
BIKE WEIGHT	48kg
BOXED WEIGHT	50kg
FRAME	Steel
SEAT & HANDLEBAR STEMS	Aluminium
COVERS	Heavy-duty ABS plastic construction
INTEGRATED GEAR SHIFTERS	Yes
GEARS	1-22 + custom options
CRANKS	170mm
SEAT	Comfort saddle
PEDALS (UK)	Flat pedals with toe cage fitted as standard
CHAIN	Industrial 1/2" x 1/8" Steel
BELT	T15 Timing Belt
HANDLEBAR HEIGHT ADJUSTABILITY	Range 88cm–103cm
HANDLEBAR FORE/AFT ADJUSTABILITY	Range 0–10cm
SEAT HEIGHT ADJUSTABILITY	Range 88cm–112cm
SEAT FORE/AFT ADJUSTABILITY	Range 0–10cm
ACCURACY	+/-1%
POWER RANGE	0–2500w
RESISTANCE	Electromagnetic (speed independant)
THIRD-PARTY CONNECTIVITY	ANT+ (FE-C), BLE (FTMS)
THIRD-PARTY APP SMART FUNCTIONALITY CONTROL	Any ANT+FEC or Bluetooth FTMS enabled app inc Zwift, Rouvy, TrainerRoad, FulGaz, MyWhoosh...
GRADIENT	0–25%
Q FACTOR	160mm
MAX. RIDER WEIGHT	150kg
RIDER HEIGHT	Min height 5" / Max height 6'5"
EXTERNAL POWER REQUIRED	Yes, 12V 7A DC
PRODUCT CLASS	Class SA



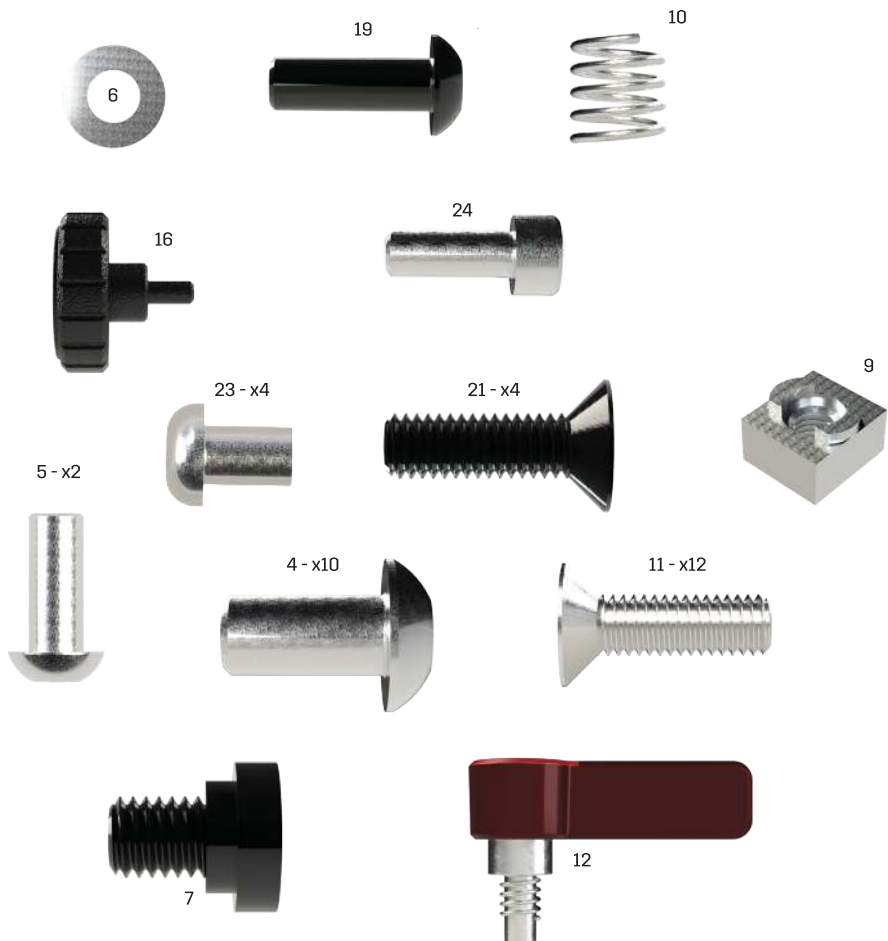
02 GET READY TO RIDE

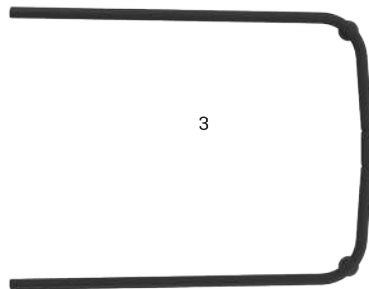
BUILD

If you have ordered your bike as a boxed delivery, please follow the below instructions carefully to ensure safe use following the build.

- 1 Open the box and remove all contents and parts, placing these to one side. Ensure you have the below;

Components:







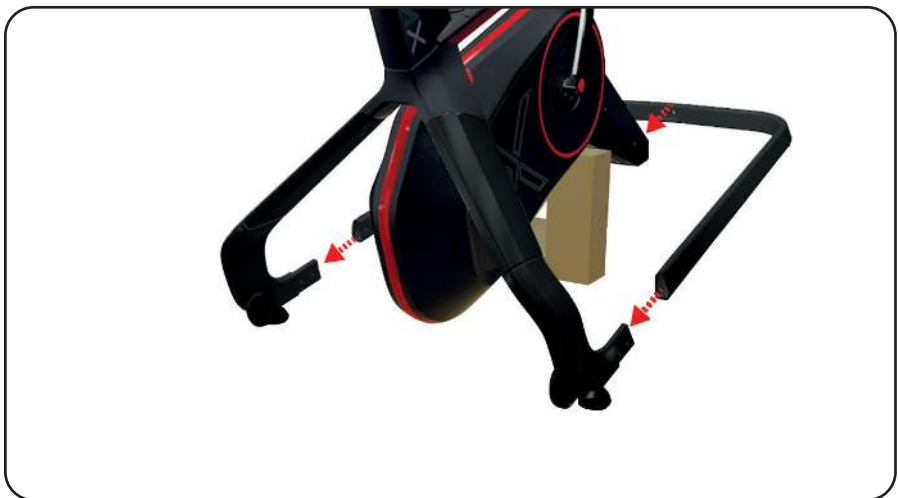
- 2** Set the bike on the cardboard stand, then remove all packaging until it matches the image shown above. Add the x2 bottle cages (22) to the main frame using the x4 bolts (23) and a 3mm Allen key.



- 3** Fit the stabiliser legs (1 & 2) to the main frame one at a time, **do not fit the bolts at this point.**



- 4 Lift the rear of the bike using the included cardboard packaging.



- 5 Fit the U-shaped stabiliser (3) into place, **this may require force** and to be tapped into place using a rubber mallet (wrap a cloth around the stabiliser).



- 6** Thread bolts into all stabiliser legs (4) and the U-shaped stabiliser. The two longer bolts (5) are used at the rear of the U-shaped stabiliser. Add washers (6) to each bolt and tighten using a 5mm Allen key.



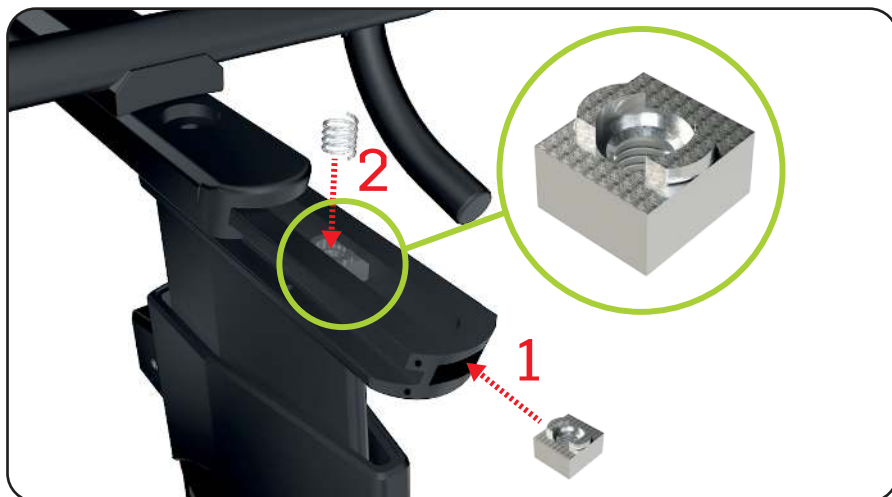
Use the supplied cut-down Allen key for bolts close to the cover. These are circled in the image above.



- 7** Rotate the upper bracket on the handlebars upwards and secure into place using the handlebar bracket bolts (7) and 3mm Allen key.



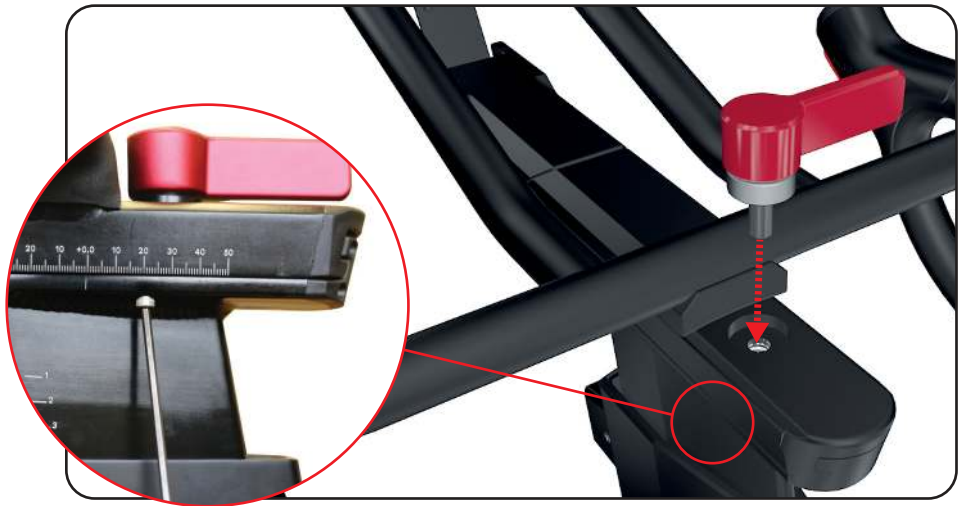
- 8** Slide the bars (8) in to place on the handlebar stem. Before sliding the handlebars into place, tuck the cables down into the handlebar stem so only the connectors remain visible.



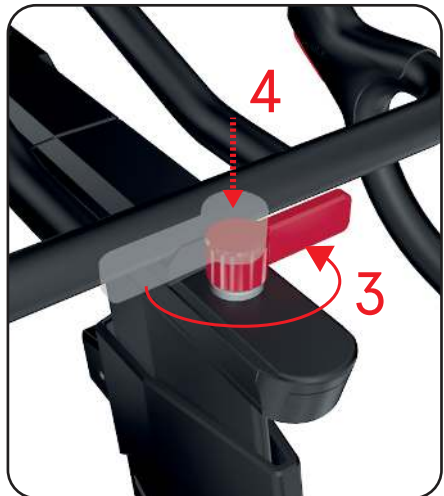
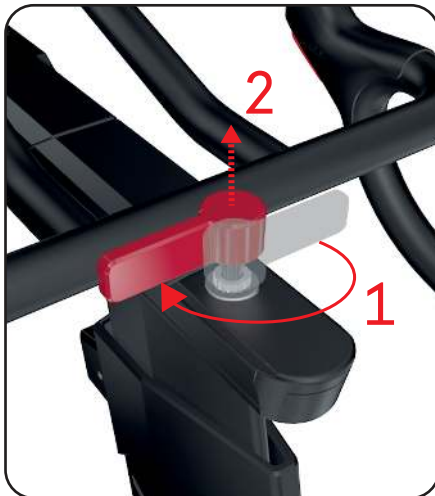
- 9** Insert the handlebar slider block (9) into place and add the spring (10) in the recess. Fit the end cap at the rear of the handlebar stem using 4 of the countersunk screws (11) and a 2mm Allen key.



- 10** Slide the handlebars towards the rear of the bike and align the hole for the adjustment lever with the handlebar adjustment block and spring.

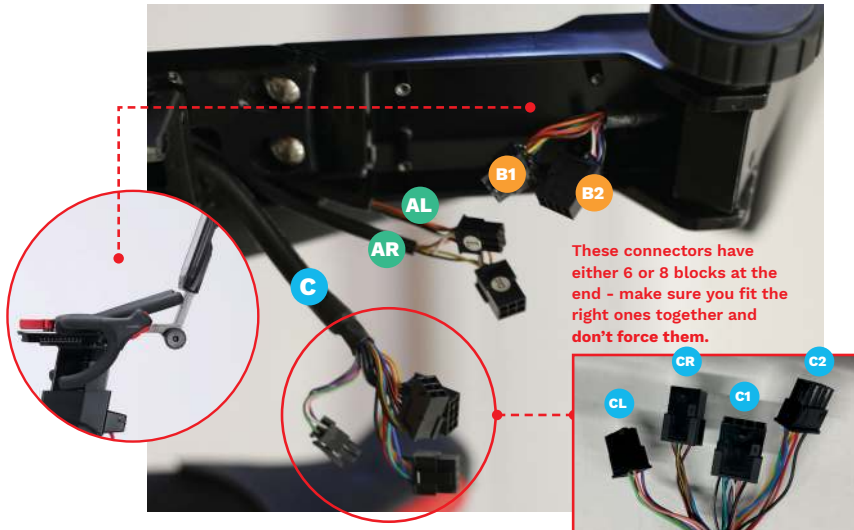


- 11** Thread the adjustment lever (12) in to place. Begin with the lever pointing to the right, as shown above. Turn the lever clockwise until the thread first engages. Fit the handlebar limiting screw (24) as shown above using a 3mm Allen key.



Lift the lever to disengage it, rotate it backward to reposition, lower it again and continue tightening; repeat this lift-and-reposition action as needed until the lever is fully tight and secure.

- 12** The next pages guide you through connecting all of the cables.
Take great care to follow these instructions, as not doing so may cause damage to your Wattbike AtomX. These pages are written from the viewpoint of being underneath the handlebars, looking upwards.

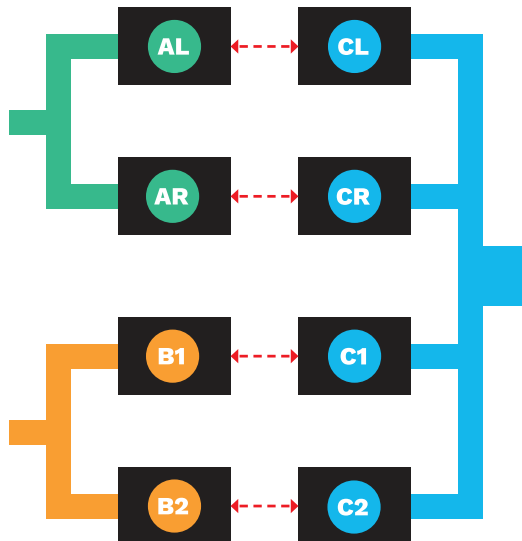


Cable A comes from the handlebar shifters.

It has two 6 block connectors (**AL+AR**) which connect into the two 6 block connectors from **Cable C** labelled L and R.

Cable B comes from the PTS2 Screen.

It has two 8 block connectors (**B1+B2**) to connect to the two 8 block connectors from **Cable C**.



Cable C comes from the bike and is the thickest cable.

It has 4 connectors on the end: two are 6 block connectors (**CL+CR**) and two are 8 block connectors (**C1+C2**).

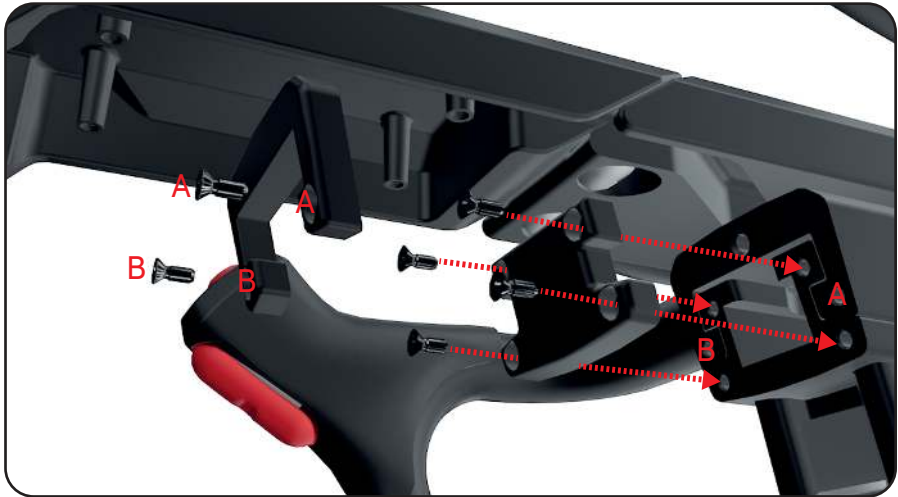
WARNING: Do not plug CL + CR into each other, or AL + AR into each other

The cables need to be routed carefully and tucked away for the retaining plate to fit in place. Route the two smaller **Shifter Cables (A)** in the channel first and then align the larger **SPI cable (C)** into the channel over the **Shifter Cables (A)**. **WARNING: Do not cross the cables over.**

To ensure the retaining plate can be fitted correctly, the cables must be routed correctly as shown in the diagram below;

- **C cable** goes inside (to the left of) the **first pillar**
- **A cable** goes outside (to the right of) the **first pillar** and upwards then back on itself





- 13** Fit the front end caps (13 & 14), using 4 countersunk screw (11) on each end cap using a 2mm Allen key.



- 14** Using 4 countersunk screws (21) and a 2mm Allen key, fit the handlebar front bottom plate (15) into place, ensuring the cables are tucked correctly into place and not covering the screw holes. **The cables are not shown in the image above - ensure the guidance from step 12 has been followed.**



- 15** Fit the PTS2 adjustment knob (16) , this part should be threaded in by hand. Make sure the washer is in position before the knob is threaded in.



- 16** Connect the PTS2 dongle bracket (18) to the PTS2 (17) using the screws provided (19) and a 2.5mm Allen key.



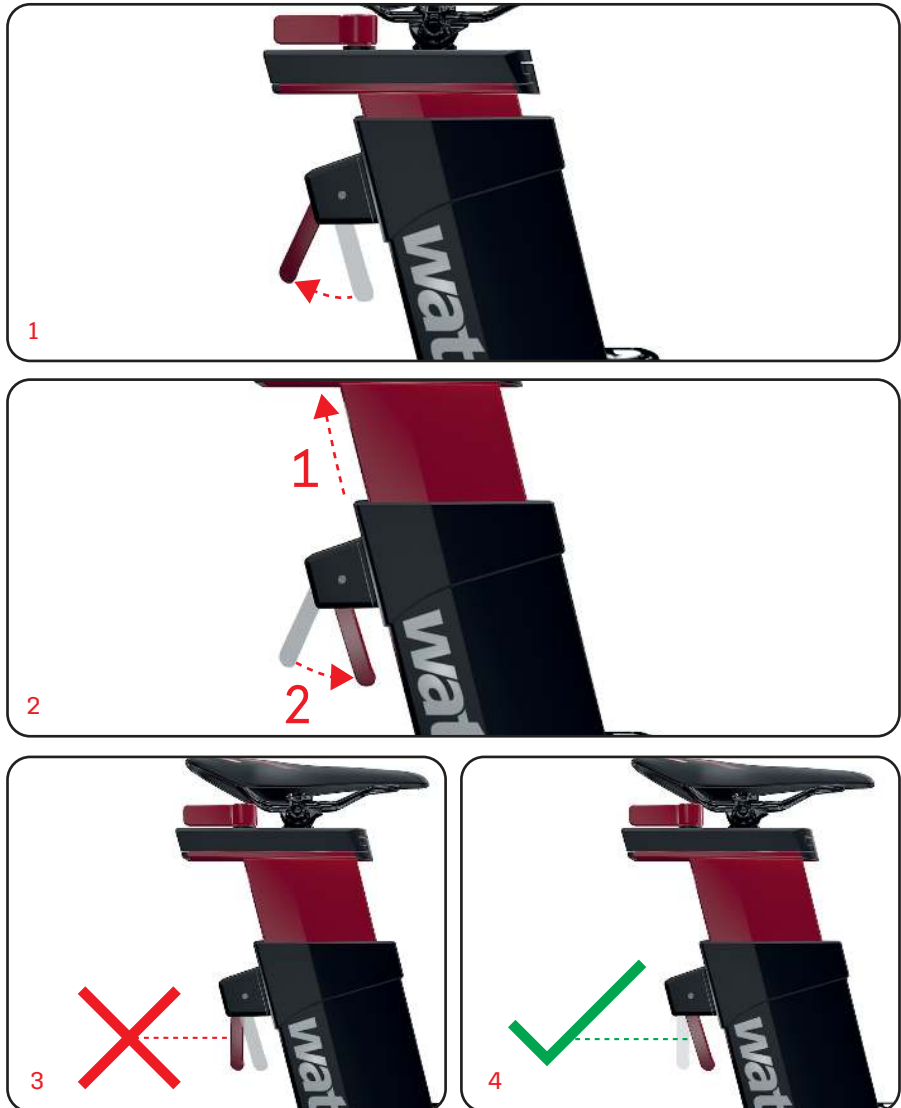
- 17** Attach the pedals (20) using the 15mm Pedal Spanner provided. Tighten pedals clockwise by hand first. **Any resistance early on indicates incorrect threading - do not force.**



- 18** Plug the bike in using the 12v 7a power supply at the point on the underside of the bike indicated in the image above. There is no need to attach the USB-B cable provided, this is for diagnostics only. See the next pages for setup and how to use the PTS2.

ADJUSTING LOCK LEVERS

When adjusting the lock levers for the saddle or the handlebars, it is imperative that after adjustments have been made, the lock lever is returned to the **fully locked position** (FIG 4). If the lever is left unlocked (FIG 3), it is at risk of allowing the saddle or handlebar to slide down during use.



03 PERFORMANCE TOUCHSCREEN 2

USING YOUR PERFORMANCE TOUCHSCREEN 2 (PTS2)

More detail on using your PTS2 can be found throughout this guide, and by visiting our online support pages. (QR)

WORKOUT OPTIONS

You can start a Quick Ride, complete fitness tests, follow guided workouts, or create your own workouts directly on the PTS2, without the need for an additional device. However, if you would like to access our full range of workouts, climbs and plans - connect the Wattbike Hub app on an additional device.

LOCKING THE SCREEN

To prevent accidental inputs during your session, you can lock the screen using the **Screen Lock button**. This is located in the bottom left corner of the ride screens. This is useful during hard efforts or when adjusting your riding position.

CHARGING AN EXTERNAL DEVICE

The PTS2 can be used to charge external devices, such as a phone or tablet, helping to keep your device powered throughout your ride. Use a USB-C to USB-C charging cable and plug in to the **Charging Port** directly underneath the Select button.

RIDE SCREEN DISPLAY OPTIONS

You can cycle through various different ride screens during a session to view different data layouts and metrics, allowing you to choose the screen that best suits your training preferences. Start a **Quick Ride** to discover the different options and pick your preferred display - this can then be saved via the **'Settings'** menu.

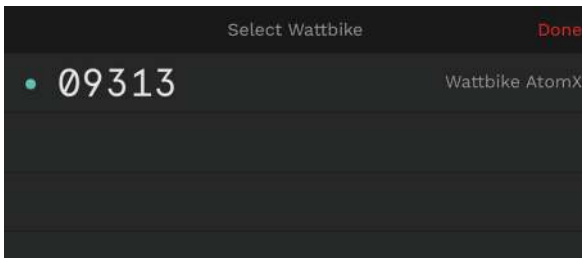


04 GET CONNECTED

CONNECTING THE ATOMX TO THE WATTBIKE HUB

Once your Wattbike AtomX is set up and the PTS2 is powered on, you have the option to link your devices before you can start riding.

- 1 Ensure your phone or tablet's Bluetooth™ is turned on.
- 2 Download the Wattbike Hub app from your app store.
- 3 Open the app and login or sign up. To connect your device to the AtomX/PTS2:
 - tap Quick Ride or the workout you'd like to do
 - tap Wattbike in the top right corner
 - select your PTS2 ID from the list.



Click here to
connect the
AtomX & PTS2



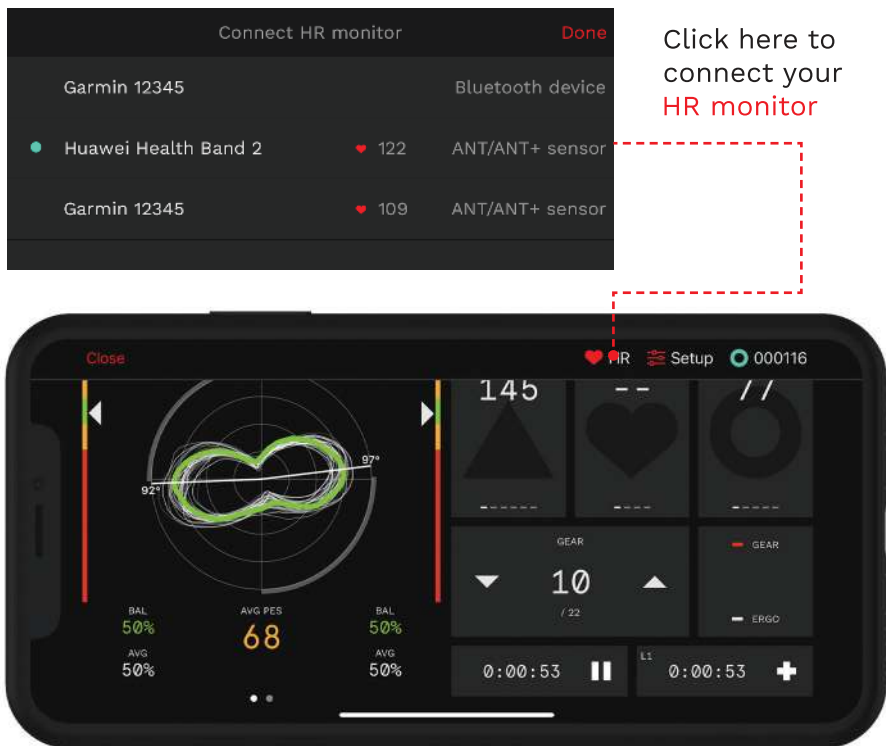
CONNECTING A HEART RATE MONITOR

Wattbikes are compatible with all popular HR monitors, and can be synced up either before or during a session. The PTS2 supports HR monitors connected either:

- Directly to the PTS2 (see info in section 03), or
- Through a phone or tablet connected to the PTS2 via the Wattbike Hub app. Details below;

Both of the above methods work identically.

TIP: Moisten your heart rate monitor contacts and wear it before connecting it to your AtomX. For more info visit support.wattbike.com



CONNECTING TO THIRD PARTY APPS

Your AtomX can connect to third party training apps such as The Sufferfest, Zwift and TrainerRoad through your phone or tablet. To do this, follow the below steps:

1. Enable Bluetooth or ANT+ on your device (phone, tablet or computer)
2. Open your preferred training app and navigate to the point of connecting your indoor trainer
3. Select the ID shown in the top left corner of the Performance Touchscreen, for example: 'WattbikeAtomX12345' or '12345'
4. The Touchscreen will switch to a Quick Ride screen and the bike will be controlled by your chosen third-party app through your smart device

You can connect to other training apps via Bluetooth™ or ANT+, including:



*To use third party apps, a mobile device needs to be connected to the Wattbike via Bluetooth or ANT+, and personal subscriptions to the app are also required.

RESISTANCE MODES

You have the ability to change between two resistance modes during a session.

Gear mode: Use the up and down buttons to change your gear. This mode is most like riding a bike. This is the default gearing mode for 'quick ride'. Gear mode has 11 and 22 speed variants. See the next page about Custom Gearing for further details.

Ergo mode: In this mode, the AtomX will hold you to a target wattage, regardless of your cadence. This is the default gearing mode for workouts. To switch between the modes, press the action button on the right shifter.

CUSTOM GEARING

The app gives you three preset gearing options to choose from:

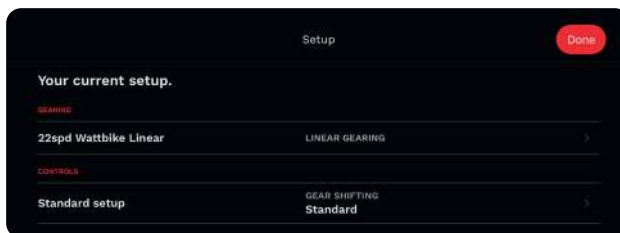
COMPACT, SEMI-COMPACT, CLIMBING.

Changing Custom Gearing options must be done through a mobile/tablet device connected to the PTS2.

1. Once you have started a ride, press the pause button, and the below menu will appear. Click 'Setup'



2. Press the 'Gearing' section to bring up the full list of Gearing options.



COMPACT (12 Speed endurance groupset, 50/34T chainset, 11-34t cassette)

Best for: a balance of speed and climbing ease - e.g. spring classics

SEMI-COMPACT (12 Speed racing groupset, 52/36T chainset, 11-30t cassette)

Best for: racing and all out speed - e.g flat stages and sprinting

CLIMBING (11 Speed gravel/adventure groupset, 46/30T chainset, 11-36t cassette)

Best for: gliding up the toughest climbs with ease.

HOW TO USE THE SHIFTERS

The shifters on your AtomX control specific actions;

THE SHIFTER ON THE RIGHT:

- **Action button:**
 - Click: Resistance mode selection
- **Top button:**
 - Click: Increase Gear or Target Watts
 - Hold: Increase Gear or Target Watts + multiple changes
- **Bottom button**
 - Click: Decrease Gear or Target Watts
 - Hold: Decrease Gear or Target Watts + multiple changes

THE SHIFTER ON THE LEFT:

- **Action button:**
 - Click: +1 Lap (for Just Ride and Climb mode only)
- **Top button:**
 - Click: Scroll to next view
- **Bottom button**
 - Click: Scroll to previous view

There is a haptic feedback motor inside the shifters that will vibrate to indicate a button has been pressed.

The function of the shifters will be altered when using Custom Gearing options.



TIP: When pressing the action button, push in the middle of the red part of the shifter.

04 GETTING STARTED

HOW TO GET STARTED IN THE WATTBIKE HUB APP

With your new Wattbike, training can be simple, whatever the goal. To get the most out of your training, follow these three steps.

STEP 1: CHECK CURRENT FITNESS LEVEL

- Firstly, it is important to establish your current fitness level with a benchmarking check. This allows the Wattbike to tailor future workouts to your fitness level.
- For most people, the Healthspan Check is the best benchmarking check.
- Access here: **Hub App > Workouts > Tests > Healthspan Check**
- This is a short check where you complete a series of 60-second-long intervals, which become harder each minute.
- Once you are at 7/10 rate of perceived exertion, (i.e. you are struggling to hold a conversation) and/or your heart rate is at 85% of your known maximum, you stop the check.

STEP 2: UNDERSTAND YOUR RESULTS

You will then be provided with a summary page detailing the following key metrics:

- **CRF Score:** this provides you with an overview of your general fitness out of 100
- **VO2 Max:** this is the volume of oxygen your body can use when exercising. It is strongly associated with longevity and overall fitness.
- **FTP:** this is an estimate of the amount of power (Watts) you can produce for 1 hour.
- **Heart Rate and Power Zones:** Training zones provide an understanding of how hard each power/heart rate value should feel. Zone 1 will feel easy whilst Zone 6 will be difficult to hold for more than a few minutes.

If you are already familiar with fitness testing, you can try the following-

- **Maximal Ramp Test:** 60sec intervals where the number of Watts increases until the rider can no longer sustain output. A high level of aerobic fitness is recommended before attempting. Provides FTP, VO2 Max score and HR and power training zones.
- **20 Minute Test:** 20-minute all out test. Avg. power will be multiplied by 0.95 to determine FTP. You should understand your current FTP before attempting. Provides FTP and HR + Power training zones.

STEP 3: BEGIN YOUR TRAINING

- Now you have completed your benchmarking check our Workouts and Training Plans will be tailored to your fitness level.



If you have obtained a CRF Score after the Healthspan Check, scan the QR code for workout recommendations

- We have categorised our workouts to make it clear what they target. For example, “Endurance” workouts are longer with sustained efforts, whilst “HIIT” workouts have shorter, more intense intervals.
- To build long term fitness, you need to train across every power zone, but this depends upon your goal. If you have a specific target, check out our “Plans” on the Hub app where you can find a series of workouts designed to get you ready for a specific target event, or build general health and fitness.

STEP 4: REPEAT

As you notice your fitness increasing, we recommend you re-take your initial benchmarking check. Doing this every 4-6 weeks will ensure your workouts are correctly tailored to your fitness level.

It will also ensure you are tracking your progress, allowing you to know for certain if you are improving.

Test, Train, Repeat.



RIDE POSITION

Bike fitting is a complex subject. The following diagrams are a rough guide to get you started.

SETTING THE SADDLE HEIGHT

Set the saddle height to be roughly in line with your hip bone. You don't want your leg fully extended at the bottom of the stroke, or so high that your hips rock while pedalling.



SETTING SADDLE HORIZONTAL POSITION

When your feet are level, the front of your knee should be roughly inline with the ball of the foot.



SETTING HANDLEBAR HEIGHT AND REACH

Set the handlebar height and reach so it is comfortable to hold the riding position, a good starting point is to have your upper arms and body at a 90 degree angle, and the bars at the same height as your saddle.



This is an approximate guide - visit support.wattbike.com for further information and guidance.

05 FAQs

WATTBIKE ATOMX SUPPORT PAGE

You can access detailed support articles on the AtomX support section within the online Wattbike Support pages. Scan the QR for more information.



DO I NEED TO PLUG MY WATTBIKE IN?

Yes, the AtomX needs to be plugged into the mains permanently when in use. When not in use, you can turn the power supply off at the mains, but you will need to turn the PTS 2 off separately.

Once plugged in, turn the PTS 2 on via the button on the right-hand side or simply begin pedalling. When turning on, you may notice the battery sign flicker on/off – this is normal.

The lightning bolt will stay on the battery logo when the AtomX is receiving power.

HOW TO INCREASE LOCK LEVER/HANDLE TENSION?

If the lock lever tension is too tight to adjust, or not getting any tighter, you may need to use the ratchet mechanism for greater adjustment. Please visit our support guides for more information.

HOW DO I CHANGE SETTINGS ON MY PTS 2?

Press the settings cog at the top right of the PTS 2 then press “Device Settings”. You can then adjust common settings such as screen brightness, stand by time and auto-quick ride.

HOW MANY WORKOUTS CAN I ACCESS IN THE PTS 2?

There are a number of workouts and tests pre-loaded on the PTS2. For more, including specific workouts and plans, visit the Wattbike Hub app and connect your device to the PTS 2 to access our full range.

WHAT IS THE 'CREATE' TAB ON THE HOME SCREEN?

Press this to create your own workout on your PTS2.
This workout will then be saved on the PTS2.

HOW DO I ENSURE MY FIRMWARE IS UP TO DATE?

You can update your Wattbike's firmware via a USB stick.

Check your current version in Settings > Diagnostics.

Compare versions and find our update process on our Support page.

DO I NEED TO CALIBRATE MY WATTBIKE?

No, all Wattbikes are delivered calibrated and there is an "auto-set zero state" function built into the firmware. There may be times when you need to do this manually. You can read about this on our Support page.

I AM HAVING ISSUES CONNECTING MY HEART RATE MONITOR (HRM) - WHAT DO I DO?

Start by resetting all Bluetooth connection.

Go to Settings > Tools > Close Bluetooth Connections.

WHAT CAN I CUSTOMISE ON THE ATOMX?

You can change the pedals and saddle on your Wattbike. Our cranks accept any standard pedal thread. Our saddle clamp is compatible with 7mm circular saddle rails. We do not recommend using a saddle with carbon saddled rails. Crank length and handlebar width are not adjustable.

06 CARING FOR YOUR ATOMX

AFTER EACH SESSION

To ensure your AtomX stays in good condition, use a clean, soft cloth and non-abrasive liquid cleaner after each session. We recommend the Muc-off Care Pack, to remove sweat, dust and dirt.

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

MAINTENANCE

Where necessary:

- Vacuum the floor under and around the AtomX to prevent the bike from picking up dust
- Inspect the feet bolts, saddle and handlebar sliders and device holder for movement and corrosion. Tighten as necessary
- Inspect the seat post and handlebar stem adjustments. Tighten as necessary
- Ensure that no sweat/liquid is pooling on the metalwork or covers
- Check that the pedals are secure and fit for use
- Ensure pedals are tightened thoroughly to avoid damage to the bike or injury to the user. We advise that you periodically check the tightness as pedals may loosen over time with use
- Pay special attention to parts subject to wear and tear
- If you notice damaged parts, contact Wattbike support as soon as possible for support or repair
- Regular maintenance of hazardous and wearable parts can ensure the safety of the equipment

TIP: Comprehensive service packages are available from wattbike.com. Alternatively contact Customer Support for more information.

ADDITIONAL RESOURCES

For more information and full set-up guides visit **support.wattbike.com**



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