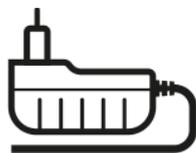
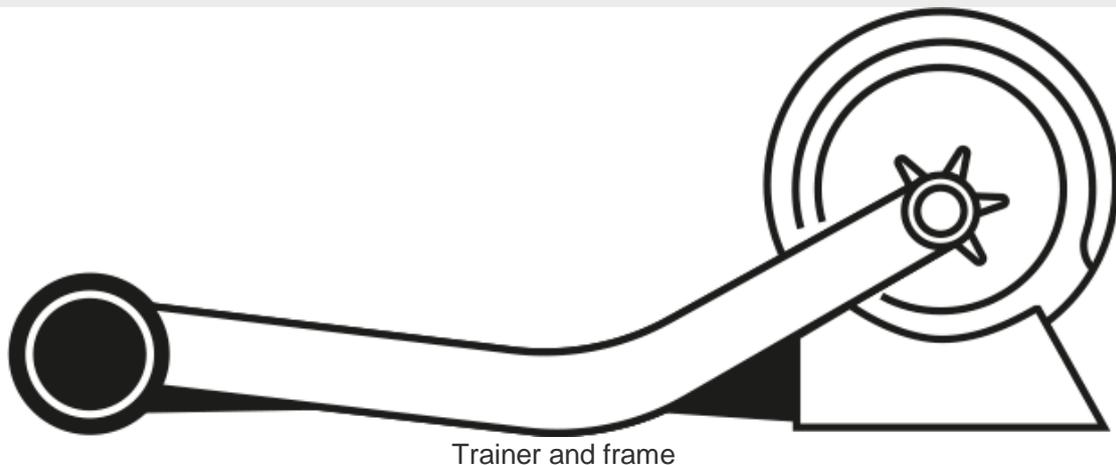


Thank you for purchasing the Bkool trainer. We hope that your experience is fully satisfactory, and that you become part of the extensive Bkoolers community.

## COMPONENTS



Power adapter



Front wheel support



Quick release

## QUICK GUIDE

### REGISTER

If you're not registered at [bkool.com](http://bkool.com), do so now. You will need the same email and password from your registration to access the Bkool Simulator.

### ACTIVATE YOUR COUPON.

If you have a discount coupon for Bkool Premium now is the time to activate it. Enter your code in the store's coupon section.

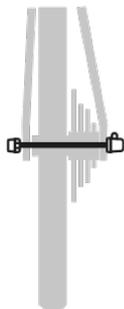
### DOWNLOAD THE BKOOL INDOOR SIMULATOR FROM THE DOWNLOAD AREA AT [BKOOL.COM](http://BKOOL.COM).

The simulator is compatible with PC, Mac and tablets (Android and iOS).

### ASSEMBLY

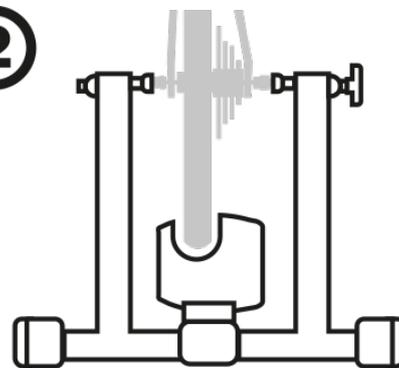
Set up your Bkool system. Do it according to the illustrations you have on this page.

①



Replace the rear wheel's quick release with the one that comes in the box.

②



Place the rear wheel between the trainer's arms and fasten them with the quick release. Use the nut to ensure a firm grip.

Plug in the trainer. The rear LED will light up.

### **PAIR YOUR TRAINER WITH THE SIMULATOR.**

The Bkool simulator can be paired via Bluetooth Smart or ANT+.

#### **Bluetooth Smart:**

- First pair the trainer with the computer via Bluetooth (only necessary for Windows).
- When you go into the simulator, it will automatically detect the trainer; if not, pair it manually in the "Settings" section.
- If you have any questions, check the simulator manual in the "[Help](#)" section.

#### **ANT+:**

- To use the ANT+ connection protocol, you will need a USB ANT+ stick that connects your devices wirelessly to the simulator. If you use a tablet that does not include an ANT+ connection, you will need an approved adapter. You can buy either of these in our online store.
- Connect the USB ANT+ antenna to the PC or tablet. If you don't have one, you can buy one at [bkool.com](http://bkool.com) or pair using Bluetooth (see paragraph above).
- When you go into the simulator, it will automatically detect the trainer; if not, pair it in the "Settings" section.
- If you have any questions, check the simulator manual in the "[Help](#)" section.

#### **Pairing other devices**

The Bkool simulator is compatible with any ANT+ or Bluetooth power, speed, cadence or heart rate device.

Note that these devices are not included with the Bkool unit.

In order to pair the devices, they must be near the computer or tablet. They also have to be on and discoverable so they are shown on the screen. Follow the steps described earlier in the "Settings" section.

Be aware that if your Bkool trainer is connected via Bluetooth Smart to the Bkool simulator, and you try to connect it to another device (computer or tablet) that uses this same protocol, you will not be able to. Similarly, if your Bkool trainer is connected to another Bluetooth Smart device, it will not be visible to the Bkool simulator and you will not be able to pair it via Bluetooth. If you want to pair the Bkool trainer with the simulator and another device at the same time, you have to do so using ANT+ (if the other device supports it).

For more information see the website.

### **KEEP YOUR TRAINER AND SIMULATOR UP TO DATE**

To improve your user experience Bkool continuously updates its trainer and simulator software. Updates are free of charge. When you have the simulator working it will tell you the steps to follow in order to upgrade the software.

## **BKOOOL SIMULATOR**

The simulator's content is the most extensive on the market, allowing you to explore your own routes, or some of the over 800,000 existing on Bkool. You can also ride with your friends, no matter where they are. These routes can be in 2D, 3D, real video or map format. You'll see the route profile at all times, and stats like distance, time, power, speed and slope. Create and participate in teams, leagues and rankings. Compete against other cyclists, real or virtual. You set the limits. Keep in mind that many of these features are free, but others might require a Premium subscription, which you can purchase at [bkool.com](http://bkool.com). For more information see the website.

## TROUBLESHOOTING

**The simulator does not detect the trainer.** Make sure the trainer is plugged in. The LED should be on. If using Windows, the trainer must be connected via Bluetooth to your computer before syncing it with the simulator. Make sure it is properly connected. If using the ANT+ connection, the USB ANT+ has to be connected to the computer or tablet.

**It does not detect a device.** The device must be on. To detect your heart rate the band must be properly fitted to the chest. For the cadence sensor to work you must be pedaling. The ANT + USB must be connected to the computer or tablet.

**You cannot access the simulator.** Check that you are correctly entering the email address and password you use at [bkool.com](http://bkool.com). Verify that you have access to the Internet, and that your antivirus or firewall does not prevent from the simulator from connecting to the Internet.

**Help.** If you have more questions, go to the Help section at [bkool.com/help](http://bkool.com/help).

Manuals and Videos. There are complete manuals and videos of the simulator and trainer at [bkool.com/help](http://bkool.com/help).

## SAFETY WARNINGS I

**While using the trainer the rear wheel of your bike rotates at high speeds.** Under no circumstances should you or anyone else touch it. Be especially careful with children and pets.

**In the event of a malfunction, do not disassemble the Bkool trainer.** It may emit electric shocks if mishandled.

**Make sure the trainer is properly fixed to its base.** If not properly fixed it could come off, causing the user to fall.

**Connection to the electrical grid.** Correctly connect the power adapter to the electrical grid and the trainer's outlet.

**Use official spare parts.** If the power adapter is damaged it should be replaced with one supplied by Bkool or its post-sale service.

**Cleaning.** To clean the trainer using a cloth dampened with water or gentle cleaning products. Always unplug before cleaning. Keep cleaning products out of the inside of the resistance unit.

**Moving the trainer.** Be careful when moving the trainer. Its moving parts can shift, injuring fingers, hands, and other parts of the body. To transport the roller, disassemble and fold it.

## SAFETY WARNINGS II

**Users who can use the trainer.** The trainer is intended exclusively for people with the physical, sensory and mental abilities needed to engage in strenuous physical activities. We recommend checking with your doctor to see if you are fit enough to perform the physical activity required to use the trainer. Even if you meet these requirements, you must have sufficient knowledge or experience, or have received suitable instruction on the use of this exercise equipment.

**Those who may NOT use the trainer.** The trainer should not be used under any circumstances by persons with reduced physical, sensory or mental abilities, including children. Neither is it intended for children. The trainer should be kept inaccessible to these groups of people.

**Health recommendations.** If before or during physical exercise you note anything physically wrong, or feel weakness, pain or tightness in the chest, a lack of air, or an irregular pulse, refrain from using the trainer. We recommend that you check with your doctor.

## WARRANTY

**BKOOL S.L. OFFERS A LIMITED 2-YEAR WARRANTY FROM THE DATE OF ORIGINAL PURCHASE. DURING THE PERIOD OF VALIDITY BKOOL S.L. SHALL BE RESPONSIBLE FOR ANY AND ALL DEFECTS IN ITS MATERIALS OR WORKMANSHIP. BKOOL S.L. WILL NOT BE RESPONSIBLE UNDER ANY CIRCUMSTANCES FOR DAMAGE CAUSED BY THE INAPPROPRIATE USE OF THIS PRODUCT.**

**Application.** This warranty applies only to the original owner, and trainers acquired through the Bkool website, or authorized Bkool distributors and retailers.

**Warranty limitation and cancellation.** Causes not attributable to the manufacturer are excluded from the warranty. The warranty does not cover parts worn out by the trainer's normal use. Neither does it cover damage caused by accidents, abuse, misuse, or neglect. The warranty is voided when: (1) the trainer is used in any way different from that for which it was designed, (2) the assembly and maintenance instructions are not followed (3) the trainer has undergone repairs or attempted repairs not performed by the official technical service.

Under the aforementioned circumstances Bkool S.L. declines any responsibility for damages arising indirectly or directly as a result.

**Technical support.** At [bkool.com](http://bkool.com) you will find information on how to obtain personalized tech support. You can also contact us by email at [info@bkool.com](mailto:info@bkool.com) Please note that you will need to present proof of purchase indicating the date of purchase, so do keep it.

## CONTACT

**Bkool, S.L. CIF: B 98125024.**

**Address: San Joaquín 3 , 28231 Las Rozas - Madrid.**

**SPAIN. [info@bkool.com](mailto:info@bkool.com)**