BKOOL ONE

Thank you for purchasing a Bkool One trainer. We want your experience with it to be perfect and for you to be part of the extensive Bkool community.
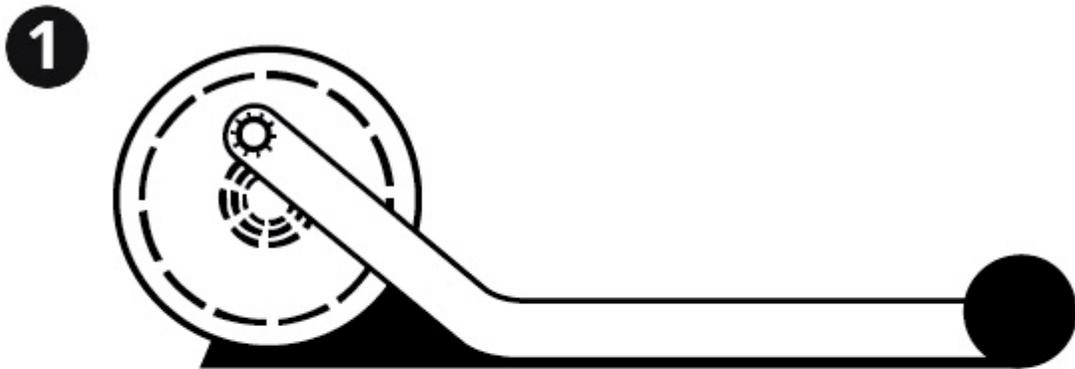
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1.1 - TAKE THE TRAINER OUT OF THE BOX

Place the box upright and open the top. Then, put the box on its side and pull the unit out. Do not take the unit out with the box upright as it could fall and hurt you.

1.2 COMPONENTS

1. Trainer. (Resistance unit with stand)
2. Quick release.

1.3 ASSEMBLY

1. The trainer does not need assembly. The resistance unit is attached to the stand.
2. Change out the quick release on your bicycle's rear wheel with the one provided in the box.
3. Place the rear wheel between the arms on the stand. Adjust the tension on the tensioning knobs so as to center the wheel on the roller.
4. Tighten the lever so the stand is firmly attached to the quick release on the bicycle.
5. Tighten the locking rings on both sides. This will keep it from coming loose during use, avoiding falls.

Note: We recommend using a support to lift the front wheel. (Not included. Available at bkool.com)

1.4- BEFORE RIDING

1.4.1 - Register If you are not registered at bkool.com, do it now. You will need to use the same registration email and password to log into the Bkool simulator.

1.4.2 - Download the Bkool Indoor simulator. You can do so from the downloads area at bkool.com. The simulator is compatible with PC, Mac and tablets (iOS and Android).

1.4.3 - Activate your coupon. If you have a discount coupon for Bkool Premium, activate it now. Enter your code in the store's coupon section.

1.4.4 - Set up your Bkool unit. Do it as shown in the illustrations on this page.

Note: For the best user experience, the simulator requires an ANT+ or Bluetooth antenna. The antenna is used to communicate wirelessly with the speed, heart rate or cadence sensors and other devices. If your computer or tablet doesn't have one, you can buy one at bkool.com. Keep in mind that if you use a tablet you might need an additional adapter. Check the help section on our website and the instructions for your tablet model.

1.5- THE FIRST RIDE

Log into the simulator with the same email and password you used to sign up at bkool.com. Once inside, pick a session and start pedaling!

The simulator will display the steps to follow during the session.

2 - MORE INFORMATION

2.1 BKOOL.COM

It is free to use. Since personal information is required, you must register and log in using your email and password. The Bkool website offers many possibilities. These are just some examples of what you can find there:

● "**Sessions**" section: create and program your sessions.
● "**My activity**" section: check and analyze the sessions you've done.
● "**Share**": socialize with the Bkool community, join groups, take part in leagues, check the rankings.

After finishing a session click on "Save" to upload all your workout data to bkool.com so you can check it whenever you want.

2.2 - BKOOL SIMULATOR

Our simulator is the most complete on the market. You can ride your own routes or any of the 500,000+ routes offered by Bkool. You can also ride with friends, wherever they may be. The routes can be in 2D, 3D, real video or on a map. You'll see a constantly updated route map and readings for distance, time, power, speed and gradient.

Create and take part in teams, leagues and rankings. Compete against real or virtual cyclists. You set the limits. Keep in mind that many of these features are free, but others might require a Premium subscription, available at bkool.com.

For more information see the Help section.

2.3 - PAIRING DEVICES WITH THE SIMULATOR
(ANT+ or Bluetooth antenna required, not included)

For the best user experience, the simulator has to be synchronized (paired) with your devices. The simulator needs to know your speed, cadence and heart rate.

Important: In order to pair devices, they must be near the computer or tablet. You also have to activate them (be wearing the chest strap or turning the pedals to activate the cadence or speed sensor) so they're shown on the screen.

Devices can be paired manually or automatically.

● **Automatic pairing**. The simulator is paired automatically with nearby devices. You will see at the bottom right if the devices are paired: a green icon indicates they're connected.

● **Manual pairing**. You can also pair the devices manually. To do so, go to the "Settings" section in the simulator (top right) and turn off automatic pairing. The manual pairing will be shown.

The trainer can be used by several people. However, when they log into the simulator, each one must enter their own email and password.

2.4 BKOOL AND MOUNTAIN BIKES

While using a MTB is perfectly OK, we recommend replacing the knobby tires with smooth ones. This will cut down on the noise.

2.5 UPDATES

Keep the simulator updated. For the best user experience, Bkool is constantly updating the simulator software. These updates are free.
When the simulator is open, it will tell you the steps to follow to update the software.

2.6 - WHAT TO DO IF...

A device isn't detected. Make sure the device is active. To detect a heart rate meter the strap must be firmly around the chest. To detect a speed or cadence sensor, the pedals must be turning. The USB ANT+ or Bluetooth receiver must be connected to the computer or tablet if it doesn't support these communications systems natively.

You can't log into the simulator. Make sure you've entered the same email and password you used to register at bkool.com. Make sure you have internet access and that your antivirus or firewall aren't preventing the simulator from connecting to the internet.

Help. If you have other questions, see the help section at bkool.com

2.7 - SAFETY WARNINGS

Good health. Before doing your first session, you must make sure you are in good physical health.

When the trainer is in use the rear wheel rotates at high speed. Do not allow anyone to touch it for any reason. Be particularly careful with children and pets.

Do not disassemble the Bkool Trainer if it malfunctions.

Cleanliness. To clean the trainer, use a cloth dipped in water or a mild cleaning solution.

Maintenance. The trainer is maintenance-free.

Moving the trainer. Be careful when moving the trainer. Its moving parts and resistance unit can shift and catch a finger, hand or other parts of the body. Fold the trainer before moving it.

2.8 - WAIVER OF LIABILITY

BKOOL does not guarantee that its trainers are compatible with simulators or software that have not been developed by BKOOL.

BKOOL constantly updates its simulator software, this being the only way to make improvements to it, offer new services and fix potential bugs. These updates are free for those Users who decide to install them on their machines, which BKOOL recommends.

Whenever a new update is published, BKOOL will no longer offer technical support for the previous versions.

An update may require that the terminal on which it is to be installed meet certain technical requirements in order to work properly. The User must carefully read said requirements carefully before installing a new update.

The User knows and acknowledges that the Bkool simulator requires an Internet connection in order to work properly and offer all of the features described on the website.

The user acknowledges being in good physical condition to work out with the Bkool trainer and assumes all responsibility for this workout, absolving Bkool of any liability. The User is the sole person responsible for their choice of workout, as well as for any physical or psychological consequences associated with it. Any potential recommendations or guidelines given by Bkool are based solely on information previously provided by the User, who must always clear them with a medical professional before putting them into practice.

Users should check with a medical professional before starting any new workout program. The User must exercise prudence and judgment with Bkool products and immediately stop using them if he/she notices any discomfort or pain, in which case a medical professional should be consulted as quickly as possible.

2.9 WARRANTY

BKOOL S.L. OFFERS A LIMITED TWO-YEAR WARRANTY FROM THE ORIGINAL PURCHASE DATE. DURING THIS PERIOD, BKOOL S.L. GUARANTEES THAT THE TRAINER WILL BE FREE FROM MATERIAL AND MANUFACTURING DEFECTS. BKOOL S.L. SHALL NOT BE LIABLE FOR DAMAGE RESULTING FROM IMPROPER USE OF THIS PRODUCT.

Applicability. This warranty is offered only to the original owner and to trainers purchased through the Bkool website, or its authorized distributors and stores.

Limitations and Voiding of the Warranty. The warranty does not cover any causes not attributable to the manufacturer. The warranty does not cover normal wear and tear of pieces. It also does not cover any damage caused by accidents, improper use, improper care or negligence. The warranty is void if: (1) the trainer is used for a purpose for which it was not designed; (2) the assembly and maintenance instructions are not followed; (3) the trainer is repaired or attempted to be repaired by anyone other than the official repair service. Under any of these circumstances, Bkool S.L. declines all liability for any direct or indirect damage that may occur.

2.10 - TECHNICAL ASSISTANCE

On bkool.com you will find information on how to get personalized technical assistance. You can also contact us by writing to info@bkool.com. You may be asked to provide proof of purchase (including the date), so please keep your receipt.