

wattbike

PROTON

QUICK START GUIDE



OUR MISSION

MAKE WATTBIKE THE ULTIMATE TRAINING PARTNER
FOR IMPROVING HEALTH AND PERFORMANCE



MEET YOUR WATTBIKE PROTON

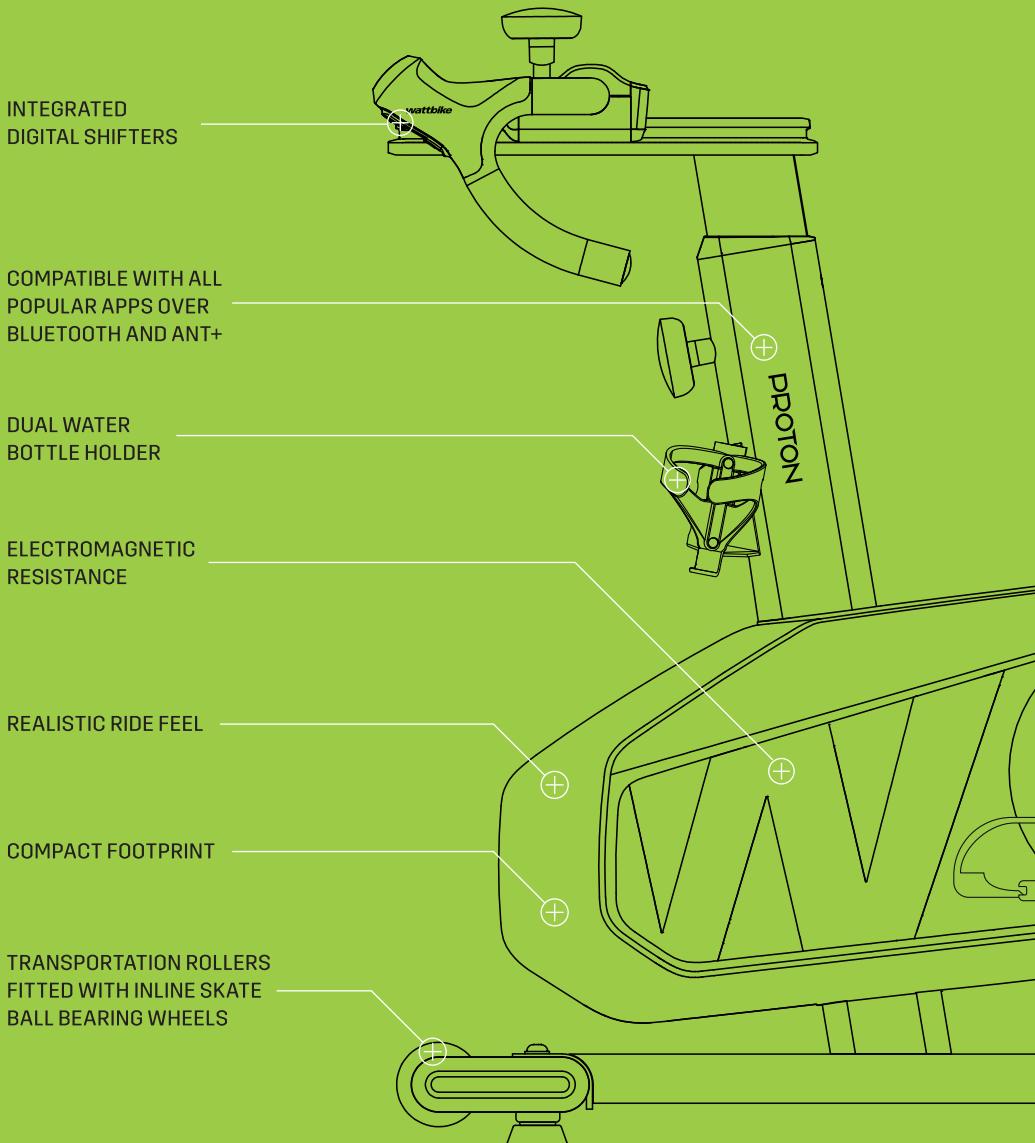
This guide shows you how to build and set up your Wattbike Proton, how to connect to your devices, and how to get the most from your Proton's features.

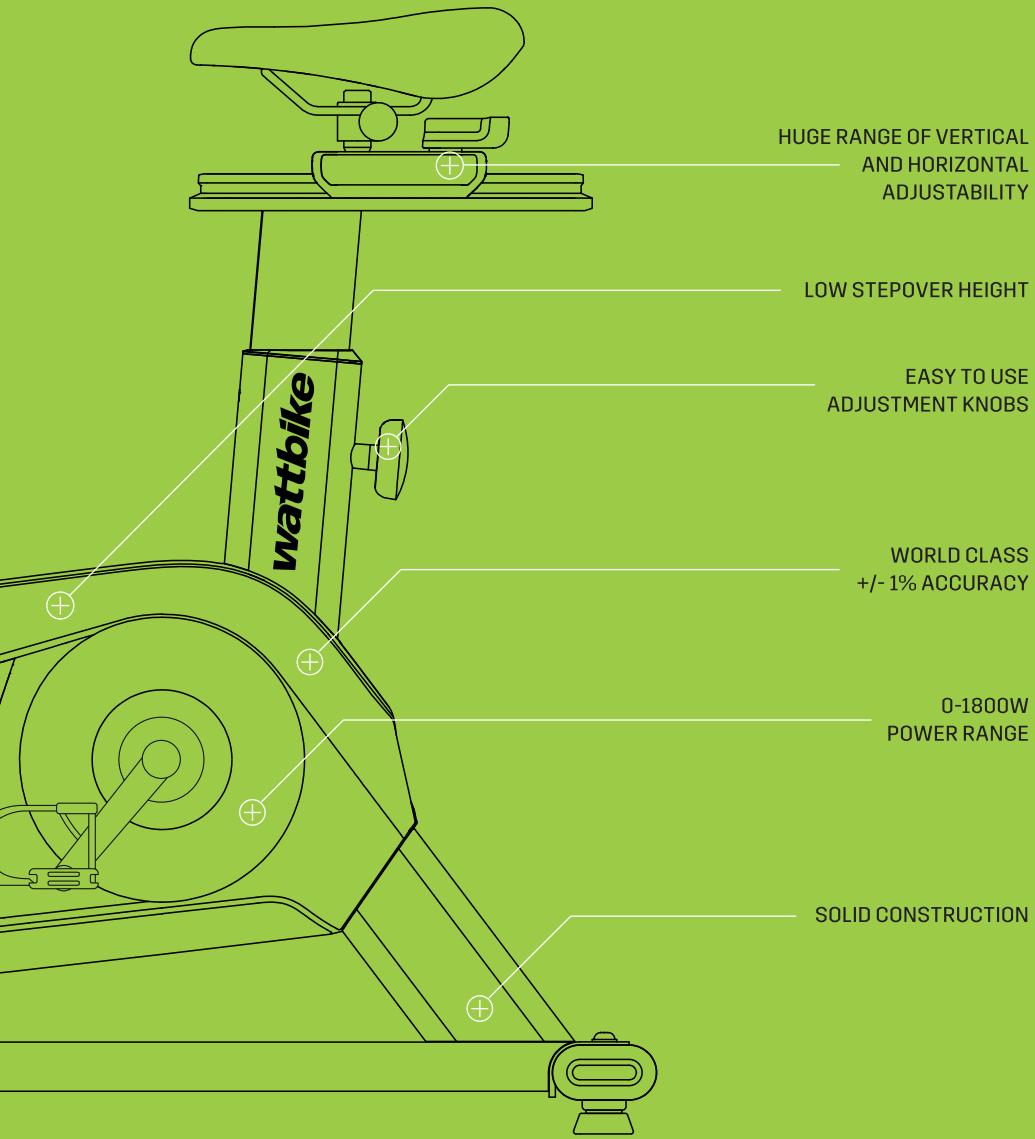
01 SPECIFICATION

BIKE HEIGHT	Min 98.2cm / Max 127.3cm
WIDTH	57.3cm
LENGTH	Min 101.7cm / Max 124.8cm
FOOTPRINT	124.8 x 57.3cm
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	Hybrid 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 50.8cm-80cm
HANDLEBAR FORE/AFT ADJUSTABILITY	Range 0-23cm
SEAT HEIGHT ADJUSTABILITY	Range 49.8cm-82.7cm
SEAT FORE/AFT ADJUSTABILITY	Range 0-20cm
ACCURACY	+/-1%
POWER RANGE	0-1800w
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	135kg
RIDER HEIGHT	Min height 4'6" / Max height 6'6"
EXTERNAL POWER REQUIRED	Yes, 12V 5A DC
PRODUCT CLASS	Class HA



02 FEATURES

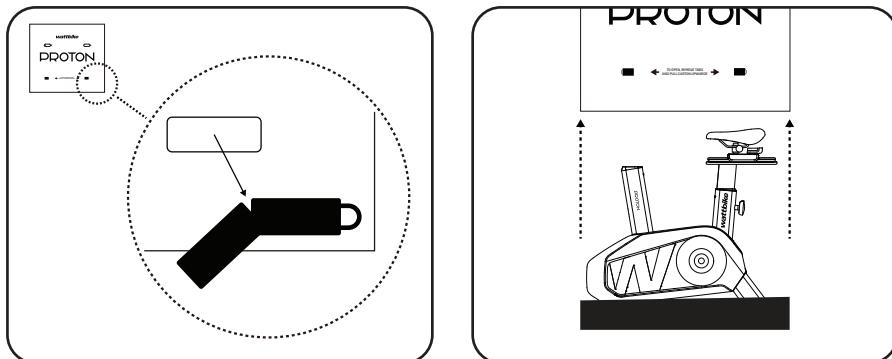




03 GET READY TO RIDE

BUILD

- 1 Completely remove the four black retaining tabs and lift the top carton upwards to separate from the rest of the packaging.



Unpack the components from within their separate boxes.
The below diagram indicates where components are located.



2

Check you have all components ready to assemble:

Tools:

- 6mm Allen key
- 15mm pedal spanner
- 13 + 14mm spanners

Components:



Handlebar
Adjustment Knob



Pedals



Nuts, Bolts & Washers (x4)



Handlebars



Power Supply



Front
Stabiliser

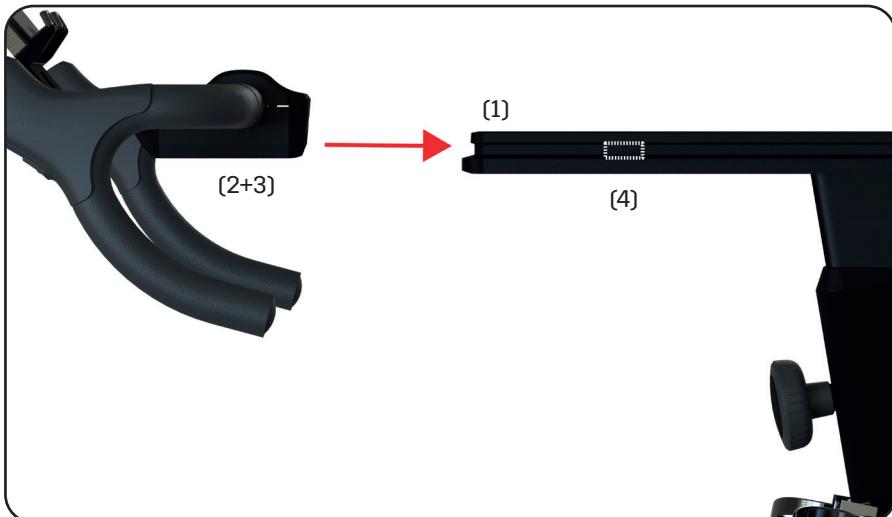


Rear
Stabiliser

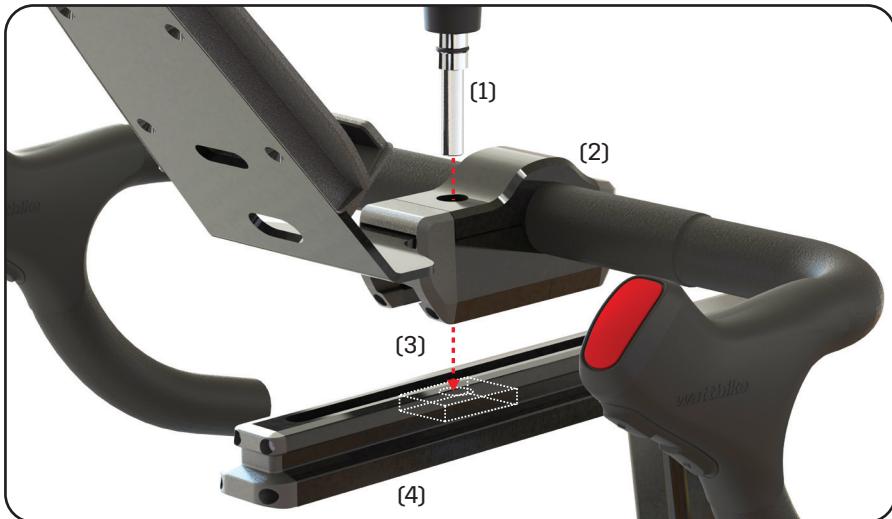
3 Raise the rear end of the main frame and attach the **rear stabiliser (no wheels)** using the **nuts, bolts, washers** and **6mm Allen key + 17mm Spanner**. Complete the same process for the **front stabiliser (with wheels)**.



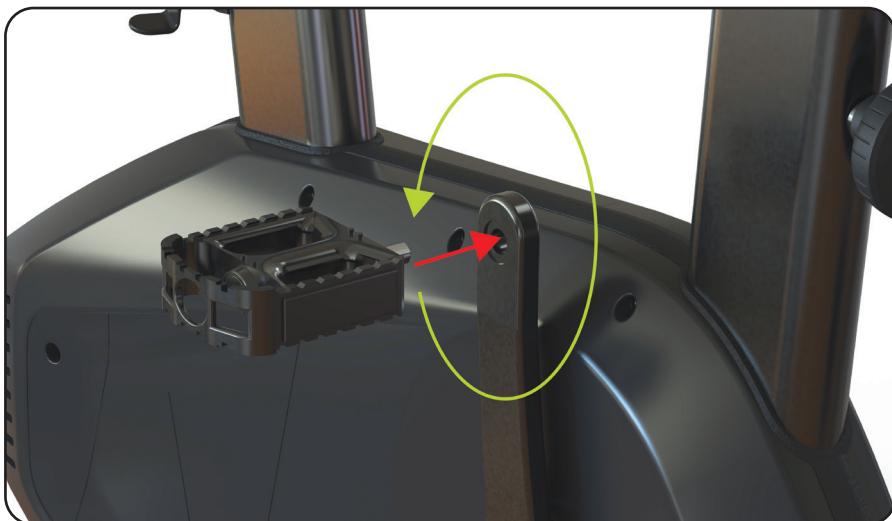
4 Remove the foam from the **handlebar stem (1)** and locate the **handlebar (2)** with the **slider block (3)** attached and slide the **handlebars** into position. The **adjustment block (4)** may need to be moved into a central position before attempting to attach the handlebar and slider.



5 Thread the **adjustment knob (1)** through the hole in the **handlebar carriage (2)** and screw into the **handlebar adjustment block (3)** located within the **handlebar stem (4)**



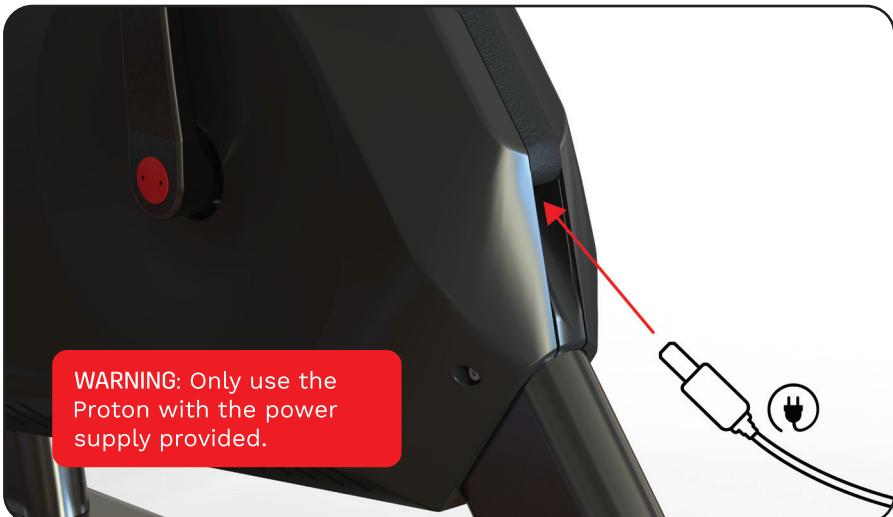
6 Attach the **pedals** (or replace with your own) using the **pedal spanner**. Take care not to cross thread.



7 Adjust the handlebar stem, handlebars, seat post and saddle slider into your desired riding position, securing tightly. For further guidance go to support.wattbike.com



8 Plug the bike in using the **12v 5a power supply** provided and connect to the Wattbike Hub (see next section) using your mobile device. You may be asked to complete a firmware update on first connection.



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.

04 GET CONNECTED

Once your Wattbike Proton is set up, you will need 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.



Download on the
App Store

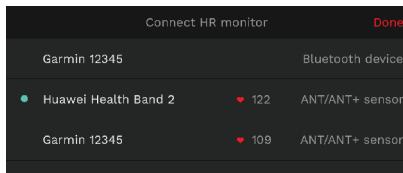
GET IT ON
Google Play

3 Open the app and login or sign up. To connect your Proton:

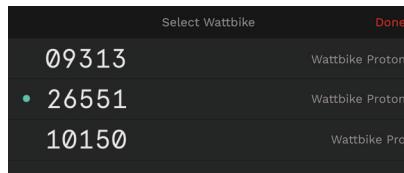
- tap Quick Ride or the workout you'd like to do
- tap Wattbike in the top right corner
- select your Proton ID from the list.

4 Connect your heart rate monitor. The Proton can connect to Bluetooth™, ANT+ and ANT (Suunto) heart rate monitors. They can be paired to the Wattbike Hub before starting your session or during your session when paused.

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



Click here to connect your HR belt



Click here to connect the Proton





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



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'.

Ergo mode: In this mode, the Proton 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.

TIP: Button configuration and custom gearing can be edited in the ride setup options of the Wattbike Hub app, accessed on the ride screen before starting a workout or when paused. Visit support.wattbike.com for further information.



HOW TO USE THE SHIFTERS

The shifters on your Proton control specific actions;

The shifter on the right:

- Action Button – resistance mode selection
- Up button:
 - Click: Increase Gear or Target Watts
 - Hold: Increase Gear or Target Watts + multiple changes
- Down button:
 - Click: Decrease Gear or Target Watts
 - Hold: Decrease Gear or Target Watts + multiple changes

The shifter on the left:

- Action Button: + 1 Lap (for Just Ride and Climb mode only)
- Up button:
 - Click: Scroll to next view
- Down button:
 - Click – Scroll to previous view



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

05 CARING FOR YOUR PROTON

AFTER EACH SESSION

To ensure your Proton 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 Proton 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
- Remove and replace damaged parts as soon as possible and/or contact Wattbike 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



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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