

USER MANUAL

PERFORM  **5s**



USER MANUAL PERFORM B5S

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CONTENT

1. IMPORTANT INFORMATION	4
1.1 Health	4
1.2 Safety	4
2. INTRODUCTION	6
2.1 Contents of package	7
2.2 Important parts	8
2.3 Specifications	8
3. FITNESS	9
3.1 Training by heart rate	9
3.2 Warming up and cooling down	11
4. USE	12
4.1 Assembly	12
4.2 Use of the touch console	17
5. GENERAL INFORMATION	30
5.1 Training schedule	30
5.2 Exploded view	32
6. WARRANTY	34
6.1 Warranty	34

1. IMPORTANT INFORMATION

1.1 HEALTH

Important:
read this instruction manual first and follow the instructions carefully before using the product.

- Consult an expert to determine the training level that is most suitable for you.
- If you experience any dizziness, nausea or any other physical discomfort while training, cease the training immediately and consult a physician.
- Watch your heart beat during the training and immediately stop training when values are inconsistent.
- We advise you to do warming up and cooling down exercises during five to ten minutes before and after use of the product. This way your heart rate can increase and decrease gradually and you can prevent painful muscles.

1.2 SAFETY

- Only use this product as described in this instruction manual.
- Before using this product check that the product functions as it should. In case of malfunction or a defect stop training immediately and contact your vendor.
- Do not use the product when there is a malfunction.
- The product is only meant for use in the home and it has to be positioned on a flat surface.
- The product can only be used by one person at the time.
- The product can be used by persons with a body weight of up to 180 kilos.
- Always make sure that there is at least one meter of free space in all directions around the product when you are training.
- Don't stick any objects in any opening of the equipment.
- Keep children and pets away from the product.
- Disabled persons should get consent from a medical expert and follow their directions for training with the product.
- Do not place hands or feet under the product.

1. IMPORTANT INFORMATION

- Never hold your breath during a training session. Your breathing should be at a normal interval depending on the intensity of the training.
- Start your training schedule slowly and build it up gradually.
- Always wear appropriate clothing during training. Don't wear anything that's too loose and can get caught between moving parts of the equipment.
- When moving the equipment always use the appropriate lifting techniques to prevent back injury.
- Check screws and bolts regularly and fasten them if they are loose.
- The owner of the product is responsible for all users to be aware of the warnings and instructions as mentioned in this instruction manual.
- This product is intended for use in a clean and dry environment. Storage in cold and / or moist areas could lead to problems with the product.
- This product is not suitable for therapeutic supports / or professionally use in physical therapy.

WARNING

Have your physical condition checked by a licensed physician before you start training. This is particularly important for persons over 35 years old or persons who have any problems with their health. Read all instructions before using the equipment. Flow Fitness is not responsible for any personal injury or damage to property caused by the use of this equipment.

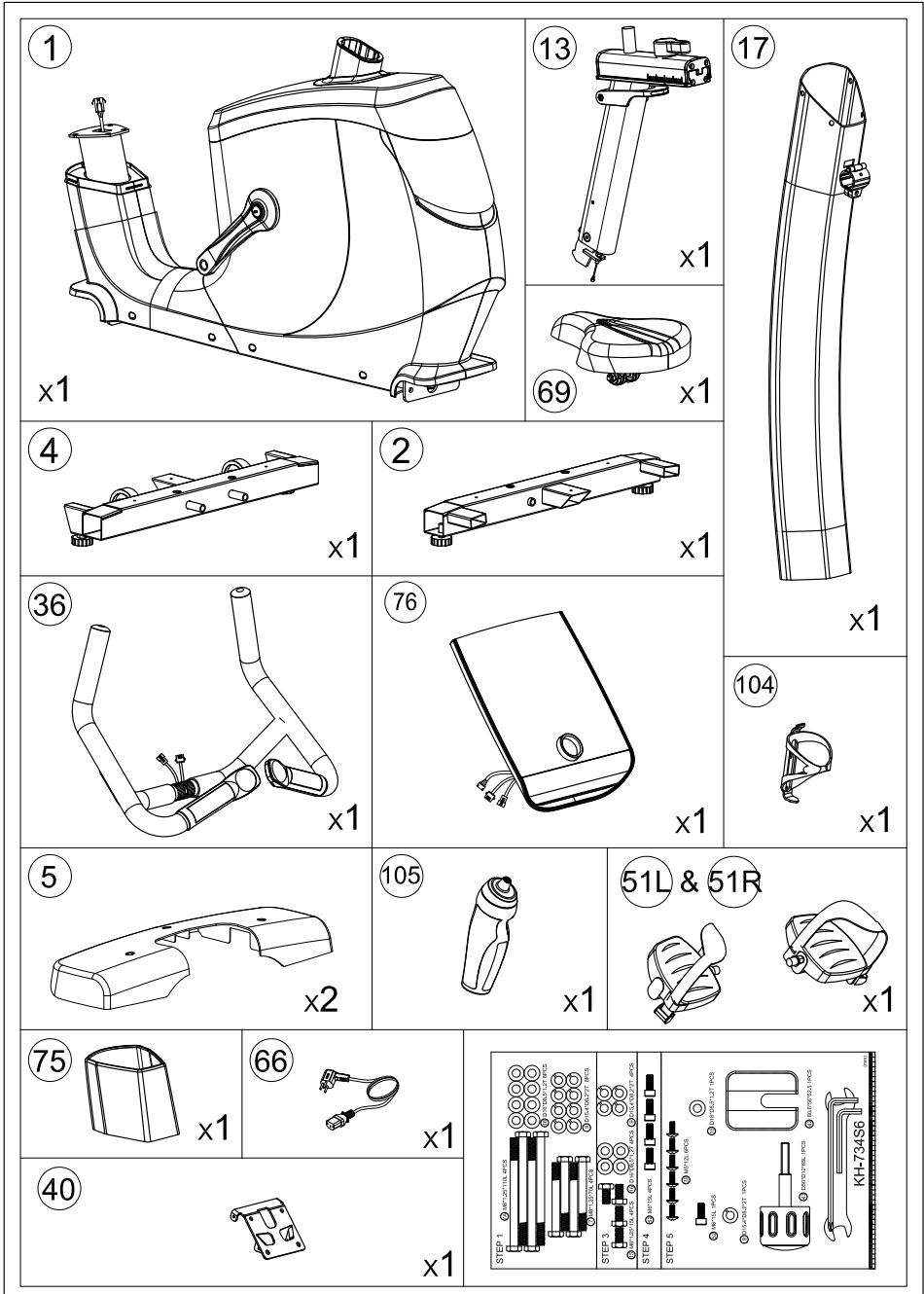
This product is not suited for rental or use in a commercial or professional environment.

2. INTRODUCTION

Thank you for purchasing the Perform B5s. We are convinced that this product will meet your expectations. You will have had several different reasons for purchasing this Flow Fitness product. This Flow Fitness product can be purchased for several reasons. Whatever yours may be, improve stamina, lose weight, rehabilitation or just because you like to exercise, we are convinced this product will meet your requirements.

Flow Fitness wishes you successful and enjoyable training sessions.

2.1 CONTENTS OF PACKAGE



2. INTRODUCTION

2.2 IMPORTANT PARTS



2.3 SPECIFICATIONS

Length:	122 cm
Height:	148 cm
Width:	61 cm
Weight:	59 kg

What is fitness? In general a fitness exercise can be described as an activity that makes your heart pump more oxygen from your lungs to your muscles by means of circulating the blood. The more strenuous the training, the more fuel (oxygen) the muscles need and the more work the heart has to do to pump oxygen rich blood to the muscles. If you are in good physical shape your heart can pump more blood to the muscle with each contraction. This means the heart doesn't have to contract as many times to transport the necessary oxygen to your muscles. Your resting heart beat and heart beat when exercising will therefore decrease.

3.1 TRAINING BY HEART RATE

While training it is important to monitor your heart rate. The heart rate is essential for the result of your training. Your best training heart rate depends firstly on your age. Your maximum heart beat can be determined by this. Secondly the most effective heart rate depends on your training goals. If your training goal is to lose weight, then the most effective training is at 60% of your maximum heart rate. If your training goal is to improve your stamina, then you should train at 90% of your maximum heart rate.

The body stores energy in two forms: carbohydrates and fat. When we exercise we use a combination of these two energy supplies. If the training intensity is at a high level the body will mostly choose the energy that burns fast: carbohydrates. Since there is a limited supply of these carbohydrates you can't continue this for a long period of time. When training at a low intensity the body will mostly choose to use a long lasting source of energy: fat. Since this is stored in large quantities in the body, you can continue this kind of training for a longer time.

Below you will find a schedule allowing you to calculate the best heart rate for your training. In this schedule each age category has a range that your heart rate should be in during your training. The middle column has the values you should try to maintain if you want to lose weight. If you want to improve your stamina you should try to maintain the rates in the right column.

3. FITNESS

Age	Weight loss (beats per minute) 60%	Improve stamina (beats per minute) 90%
20 -24	120 - 118	170 -167
25 - 29	117 - 115	166 - 163
30 - 34	114 - 112	162 - 158
35 - 39	111 - 109	157 - 154
40 - 44	108 - 106	153 - 150
45 - 49	105 - 103	149 - 145
50 - 54	102 - 100	144 - 141
55 - 59	99 - 97	140 - 137
60 and older	96 - 94	136 - 133

For each individual the best way to start training is different. If you have not exercised in some time or are overweight, you should start your training schedule slowly and gradually increase the level of activity.

In the last chapter of this instruction manual you will find several different training schedules (chapter 5. general information). You can use these schedules to reach your training goals. The schedules are divided in two phases. The first phase can be used for beginners or persons who start training after a long period of inactivity. During this phase the level of intensity is built up gradually. After six weeks the second phase begins. You can then choose a training schedule to lose weight or improve your stamina.

3.2 WARMING UP AND COOLING DOWN

A good training schedule starts with a good warming up and ends with a cooling down of the muscles. This will prevent painful muscles and injury. Below you will find some suitable exercises.



Head Roll

Tilt your head to the right. Hold this for one second, so that you feel a little pull in the muscles on the left side of your neck. Do the same for the other side, front and back. Repeat two or three times.



Toe Touch

Slowly bend forward with your back and arms relaxed. Bend as far as you can and hold the position for ten seconds. Repeat this two or three times.



Side Stretch

Extend both your arms up in the air and reach as high as you can with your right arm. Lean a bit to the left so that the muscles in the right side of your torso are stretched. Hold this position for one second. Relax and make the same motion on the other side of your body. Repeat this three or four times.



Knee bend

Set your feet shoulder-width apart and your stretched your hands out. Lower yourself no more than 10cm by bending your knees. Come back up again and repeat several times.



Lower back stretch

Start on all fours. Stretch your arms out in front of you, allowing your face to lower to a position near the floor. Gently sit back. Rest your glutes just above your heels. Ease back and feel the gentle stretch in your lower back.



Hamstring Stretch

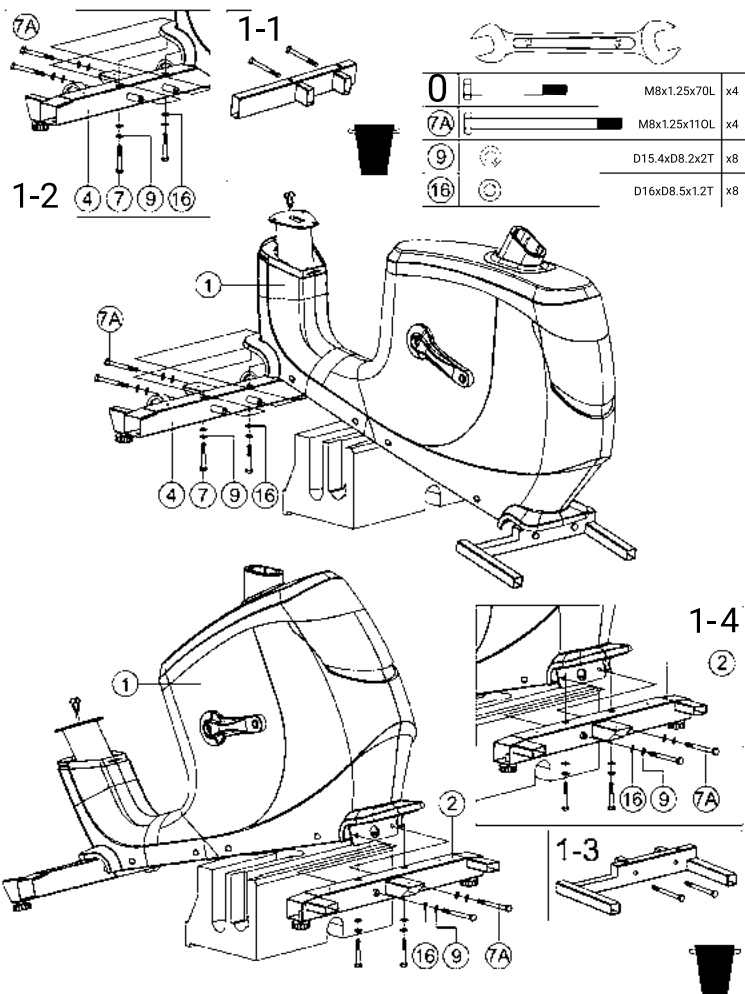
Sit down on the floor with your right leg extended in front of you and place the sole of your left foot on the inside of your right upper leg. Bend forward in the direction of your right foot and hold this position for ten seconds. Relax and then do the same with your other leg. Repeat two or three times.

4. USE

4.1 ASSEMBLY

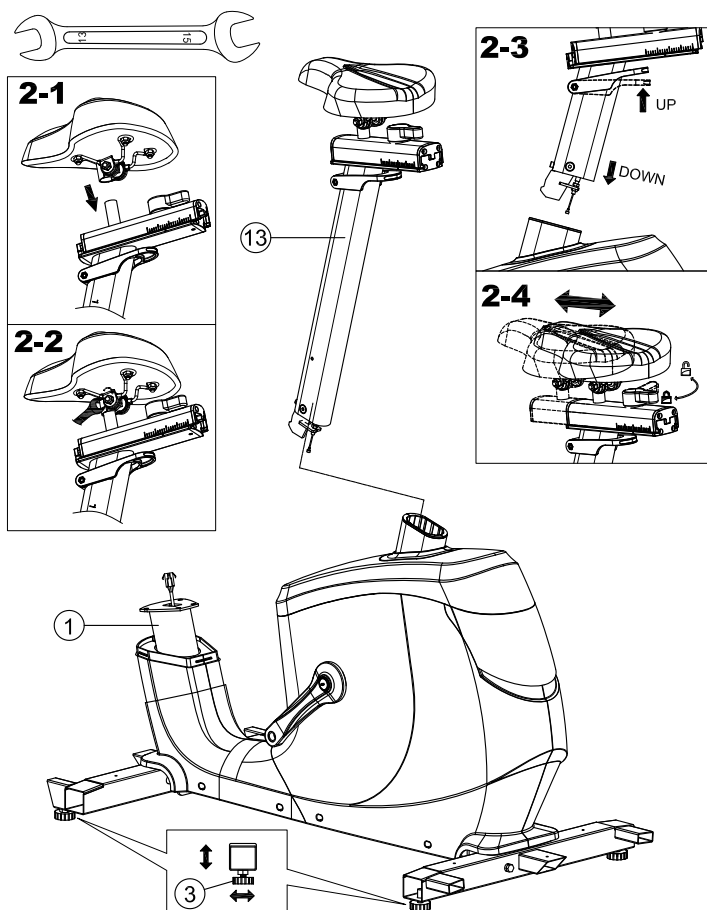
Step 1

1. Remove the transporting stabilizer first, as displayed in fig. 1-1. This part can be trashed. Parts of the packaging material can be used for easy access to the stabilizer bolts.
2. Assemble the front stabilizer (4) by fastening bolt (7) and (7a) with washer (16) and spring washer (9).
3. Remove and trash the temporary rear stabilizer (fig. 1-3). Then assemble the rear stabilizer (2) in the same way as the front stabilizer.



Step 2

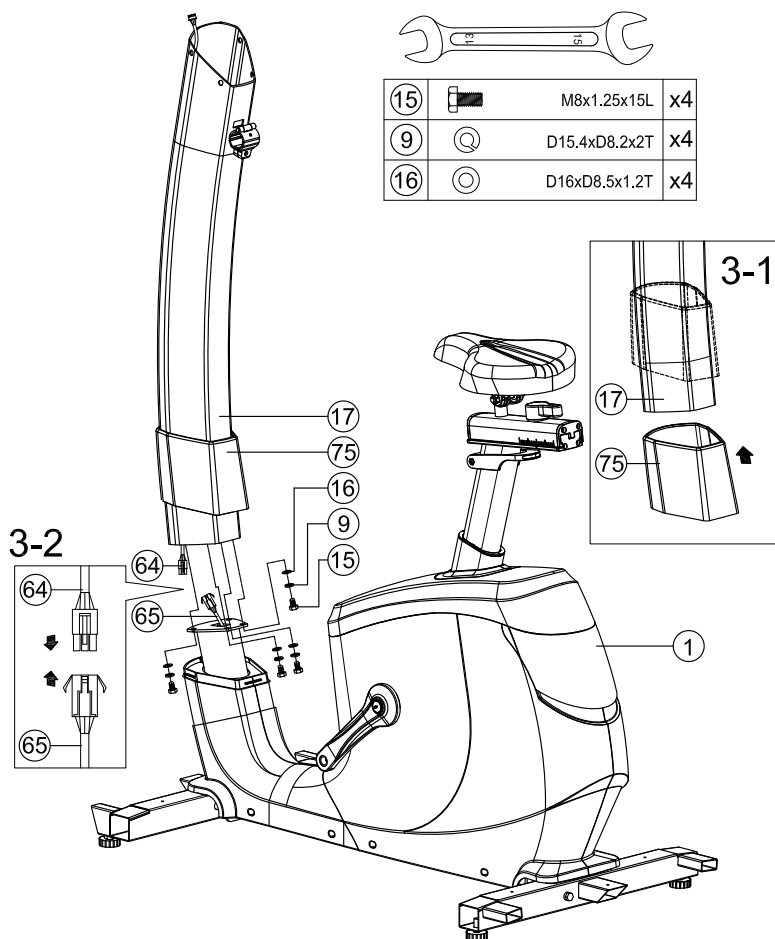
1. You can level the B5s by turning the levering feet (3) underneath the stabilizers.
2. Place the seat onto the seat cylinder on the seat post (13) as illustrated in 2-1. Make sure that the tip of the seat is always pointing to the front. Adjust the seat angle to your preferred position before you fasten the two bolts underneath the seat, as illustrated in 2-2.
3. Insert the seat post into the main frame as illustrated in 2-3. During use the seat can be easily adjusted horizontally (fig. 2-4) as well as vertically.



4. USE

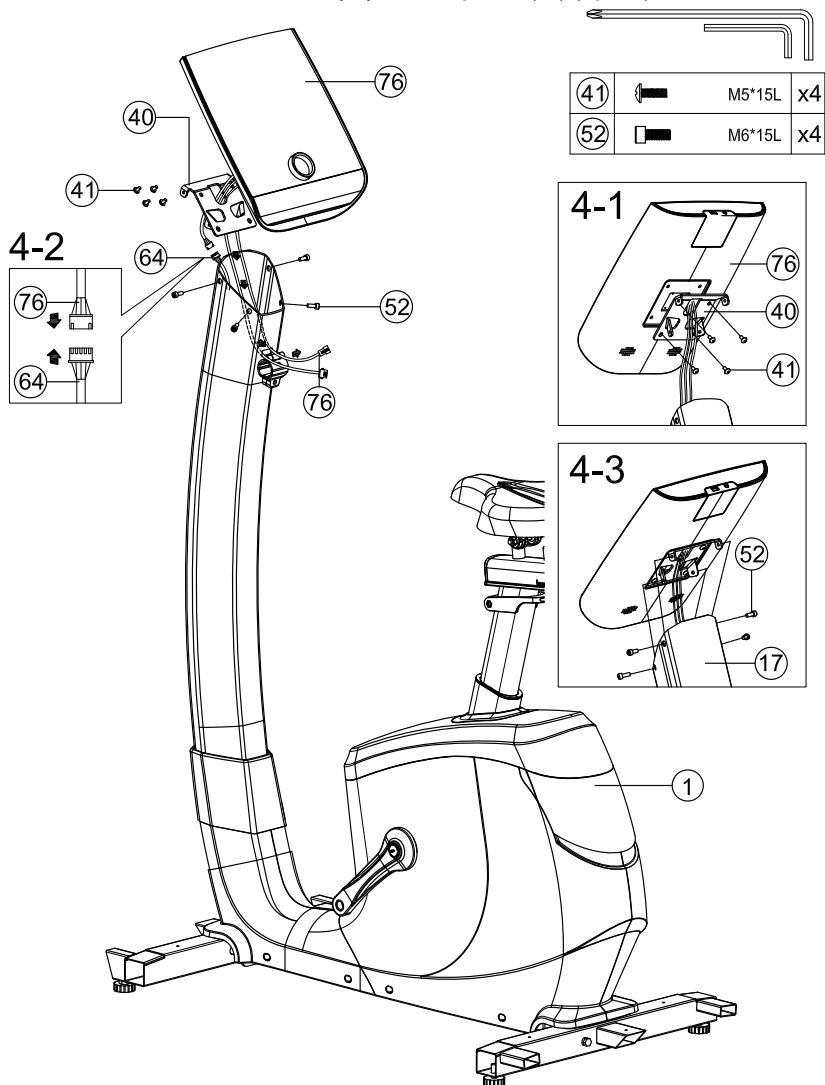
Step 3

1. Slide the oval cover (75) onto the handlebar post (17) as displayed in fig. 3-1.
2. Connect the upper computer cable (64) to the lower computer cable (65) (fig. 3-2) and assemble the handlebar post (17) onto main frame by fastening Hex bolt (15), flat washer (16) and spring washer (9) as displayed in fig. c.



Step 4







1. Assemble the console connector plate (40) to the touch console (76) by fastening bolts (41) as displayed in fig. 4-1.
2. Connect the wire (76) from the console with wire (64) from the console post as displayed in fig. 4-2.
3. Feed the wires (76) through the hole in the handlebar post (17) as they need to be connected to the handlebar in the next step.
4. Finish the console assembly by fastening bolts (52) (fig. 4-3).

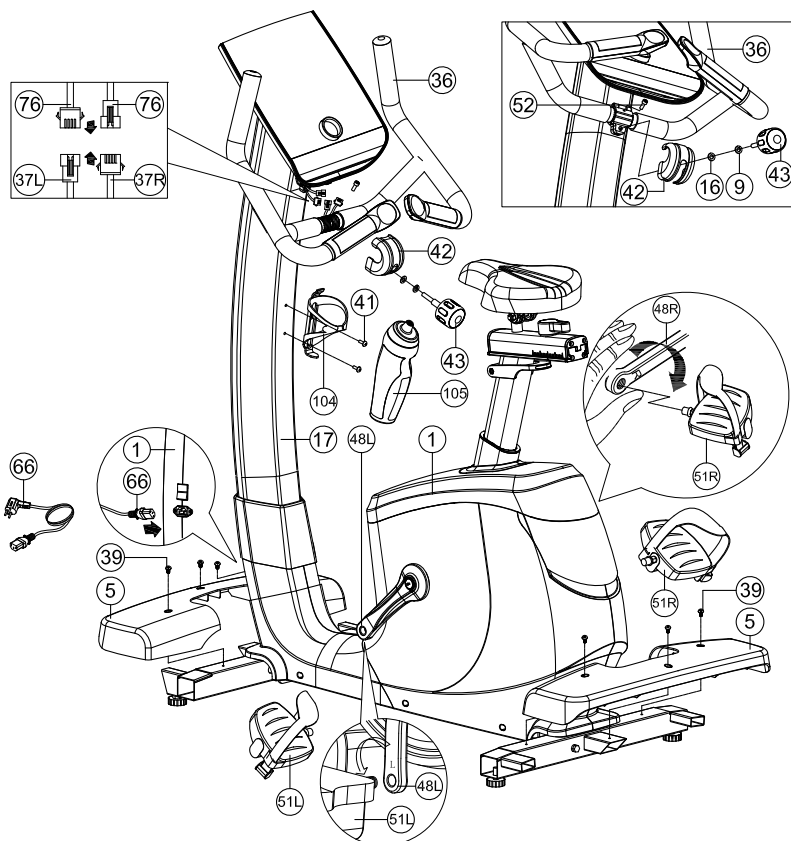
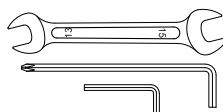


4. USE

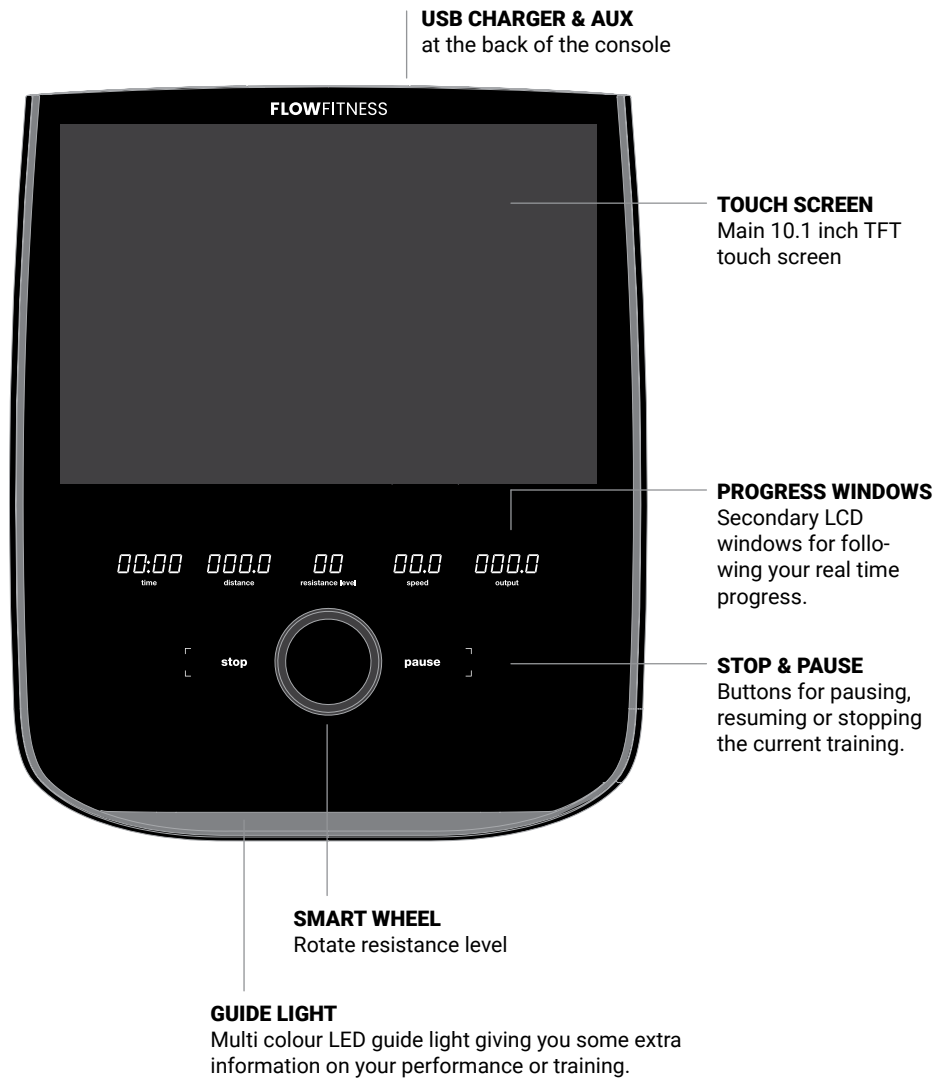
Step 5

1. Firstly fasten bolt (52) into the handlebar, then before assembling the handlebar connect the wires from the handlebar with the wires from the console.
2. Place the handlebar onto the post and fasten into place by club knob (43), spring washer (9) and washer (16). Make sure to place cover (42) into place before assembly.
3. Fasten the bottle cage (104) onto the handlebar post (17) with bolts (41).
4. Assemble the pedals (51L&R) onto the cranks (48L&R). Please note: turn the pedals counterclockwise.
5. The stabilizer covers (5) can be assembled with bolts (39).
6. The power supply can be found in the front of the bike.

43		D50*D12*65L	X1	39		M5*12L	X6
9		D15.4xD8.2x2T	X1	52		M6*15L	X1
16		D16xD8.5x1.2T	X1	41		M5*15L	X2



4.2 USE OF THE TOUCH CONSOLE



4. USE

Progress windows

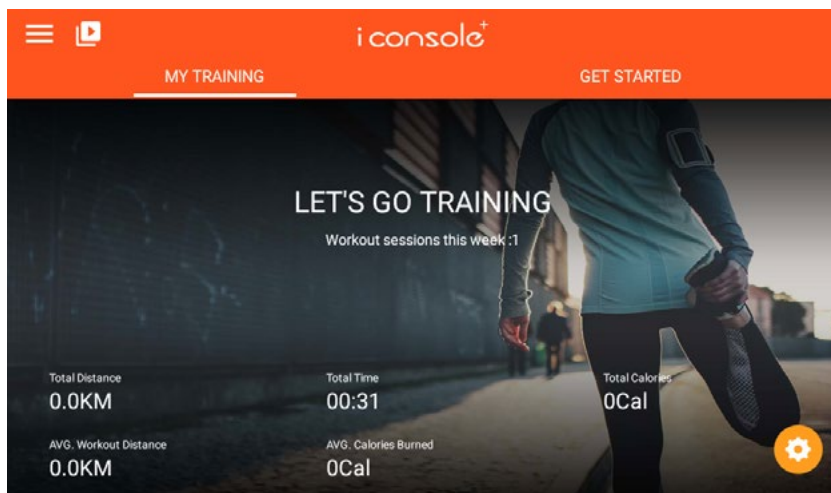
TIME	Your elapsed or remaining time depending on the setting.
DISTANCE	Your elapsed or remaining distance depending on the setting.
RESISTANCE LEVEL	Your current resistance level
SPEED	Your current speed in KPH or MPH.
OUTPUT	The current output in WATT.

Updates

Compatible apps and instructions can change with product software updates. For the latest version of the manual and supported apps visit flowfitness.com or support.flowfitness.com.

Power up

Connect the adapter to the hometrainer and outlet and turn on the main switch. It will take some time for the console to fully boot.



After booting the touch console will start on the HOME menu consisting of the MY TRAINING menu and GET STARTED. In MY TRAINING you can find your total workout summary. Swiping or pressing GET STARTED will bring you into the training menu where you can start exercising. Before exercising we recommend changing the settings to your preferences, setup a WIFI connection and log into your iConsole account.

Main controls

 HOME

 MAIN MENU

 QUICK SETTINGS

 MULTIMEDIA

Main Menu

- My Training
Overview and summary of your total training results
- Get Started
All iConsole training programs.

Main Menu

- Login
Login to your iConsole account or view your profile settings.
- Home
Go back to the home menu.
- Training history
Your training history. Please note that this only works when logged into your iConsole account.
- Settings
Console settings menu

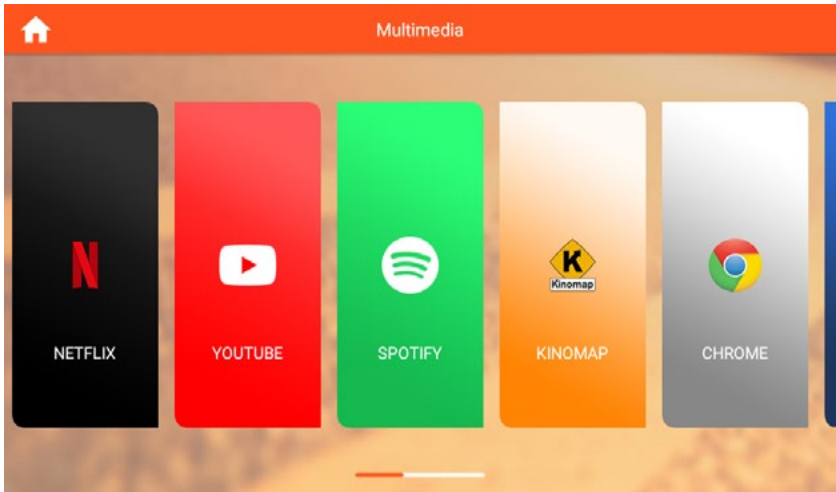
Quick Settings

- Heart rate
Connect an external Bluetooth heart rate source. This can be the Flow Fitness Bluetooth Chestbelt or Flow Fitness Bluetooth Armband or any other compatible Bluetooth heart rate source.
- WIFI
Connect or switch between any WIFI network.
- Date and Time
Change the date or time settings.
- Brightness
Change the console brightness.
- Volume
Change the volume of the device.

4. USE

Multimedia

All compatible entertainment and training apps are accessible from this menu. Most apps can be used during an iConsole training program. All these apps are from a third party and may require a separate login and subscription.



Connect to your WIFI network

There are two ways to connect your Flow Fitness Touch Console to your preferred WIFI network.

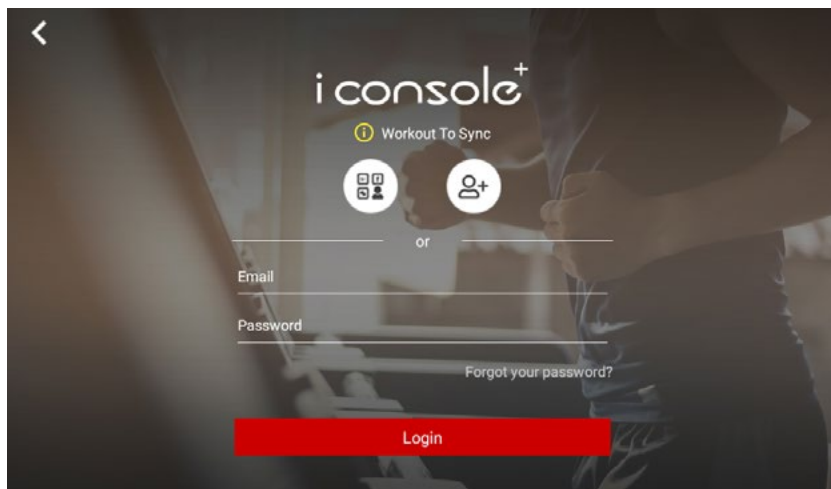
1. Go to main menu, setting, go to system settings and select WIFI from the left column.
2. Or go quick settings and select the WIFI icon.

Select your preferred network. Fill in your WIFI password if prompted. This menu can also be used to switch between the different WIFI networks if available.

Creating an account

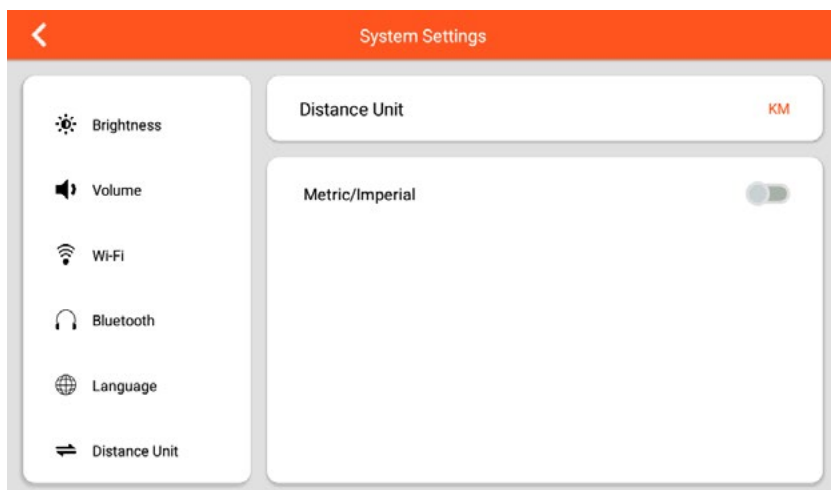
For the best experience and ability to follow your training progress we recommend to create an account with iConsole. This can be done by pressing the main menu icon and selecting Login. Please note that only one user can be logged in at the same time.

If you already have an account with iConsole you can directly login. If not, you can register directly with iConsole or use your facebook, google or wechat account by pressing the left button under workout to sync or press the add user button and register using your email.



Settings

Within the setting menu you are able to make all the device settings. When pressing settings you will find an overview of your console main settings, version number and build. Press system setting to continue.



Brightness

Set your screen brightness

Volume

Change the volume of the speakers

Wi-fi

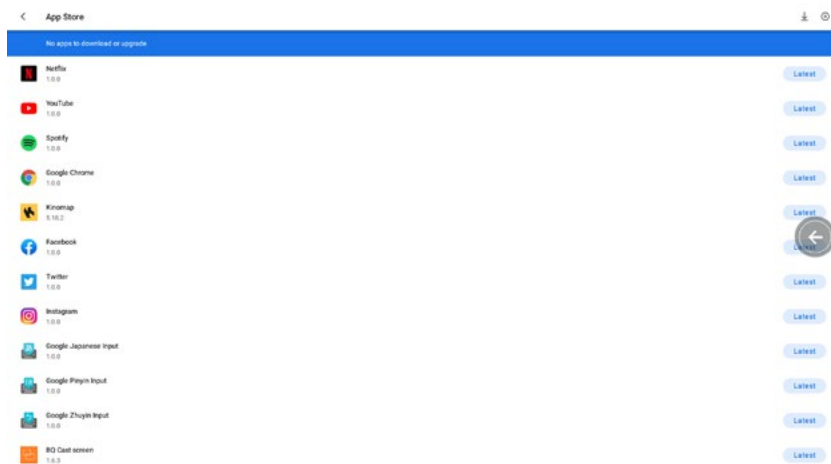
Connect to your preferred WIFI network

4. USE

Bluetooth	Connect external bluetooth audio devices like headsets or speakers. Please note that heart rate bluetooth sources are connected from a different menu
Language	Set the main language of the console
Distance unit	Change between the metric and imperial system

Updates

We recommend to keep the console and all compatible apps up to date. To update or check for updates press the MAIN MENU icon, SETTING and press SYSTEM UPGRADE. The app store will be loading with the installed apps. Press the button UPDATE next to the specific app if available, otherwise the button next to the app will show 'latest' to indicate the latest version of the app has been installed.

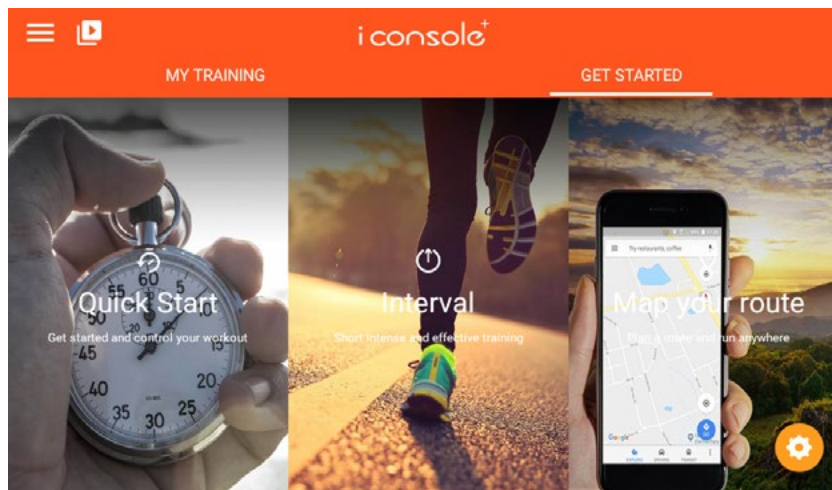


External heart rate source

An external and compatible Bluetooth heart rate source can be added in the QUICK SETTING menu by pressing the heart rate icon.

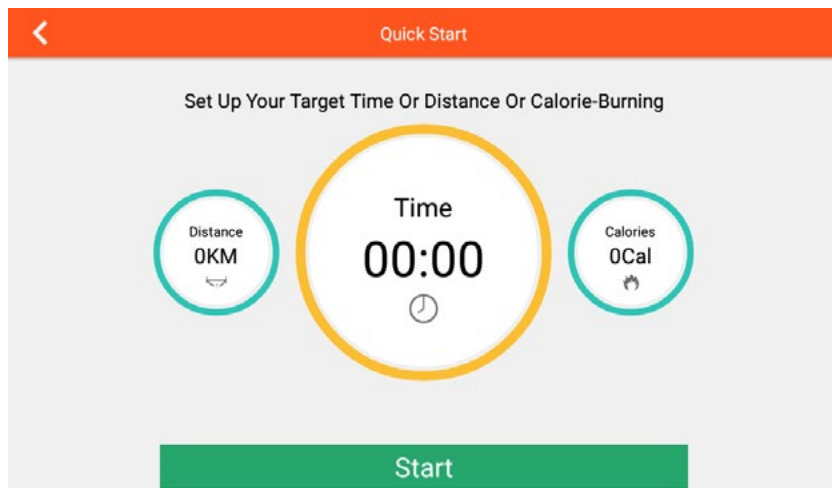
Training

There are several training programs available within the iConsole app:



- Quick Start

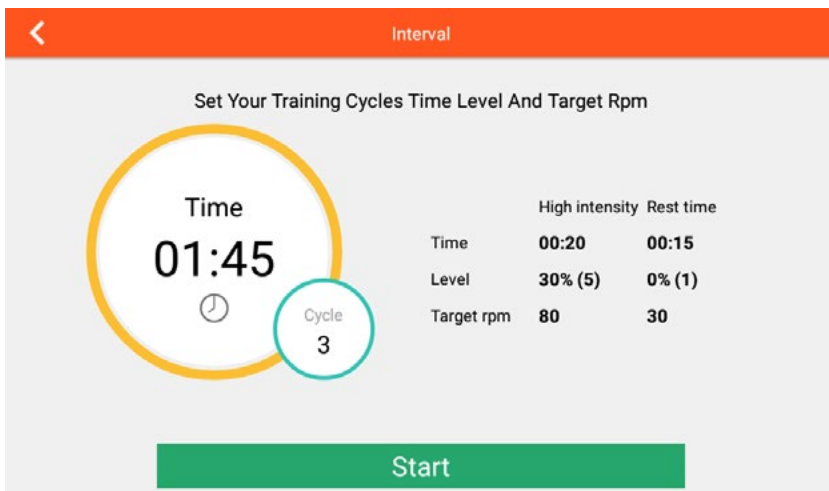
Quickly start a training exercise. It is also possible to set a target distance, time or calories.



4. USE

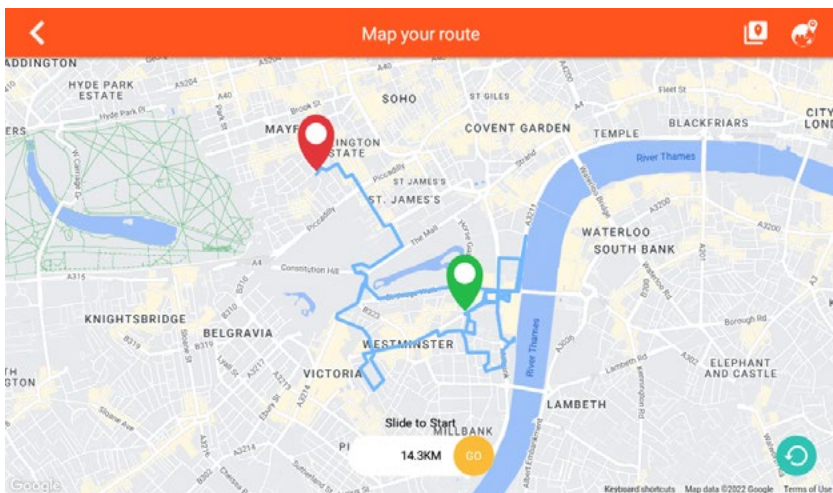
- Interval

Create your own interval program by setting up the cycles, time, level and target RPM.



- Map your route

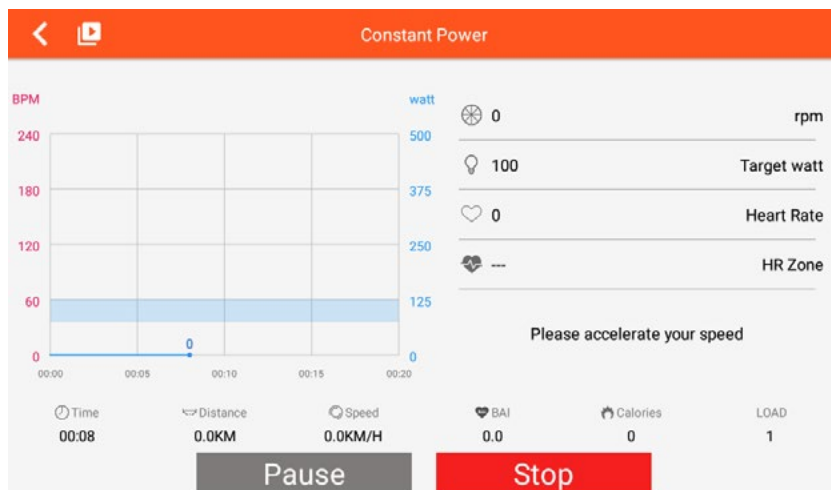
Select one of the standard routes with the pin icon on the top right corner. Or make your own route by searching the map and select your starting and finishing position by pressing and holding down on the preferred location.



The resistance will automatically change during the route and you are able to switch between maps and street view with the layer icon in the top right corner.

- Constant power

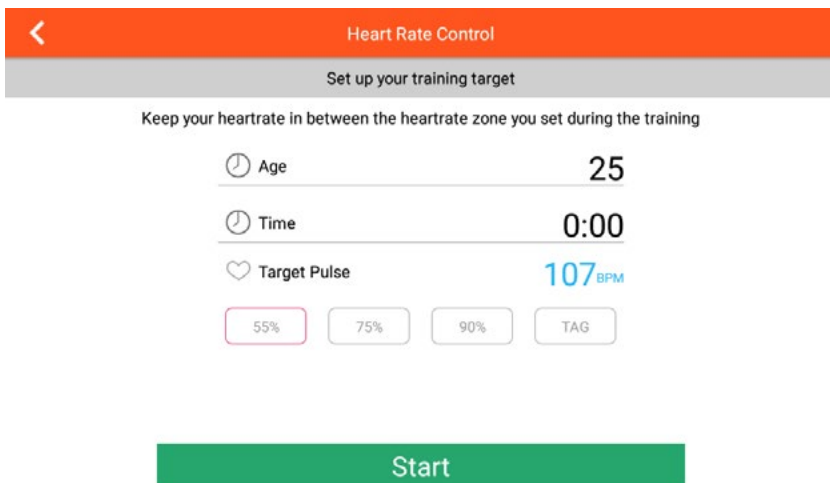
In the constant power mode you are able to set your preferred output in WATT. Together with your pedalling input (RPM) the console will automatically adjust the resistance to keep the set output.



- Heart rate control

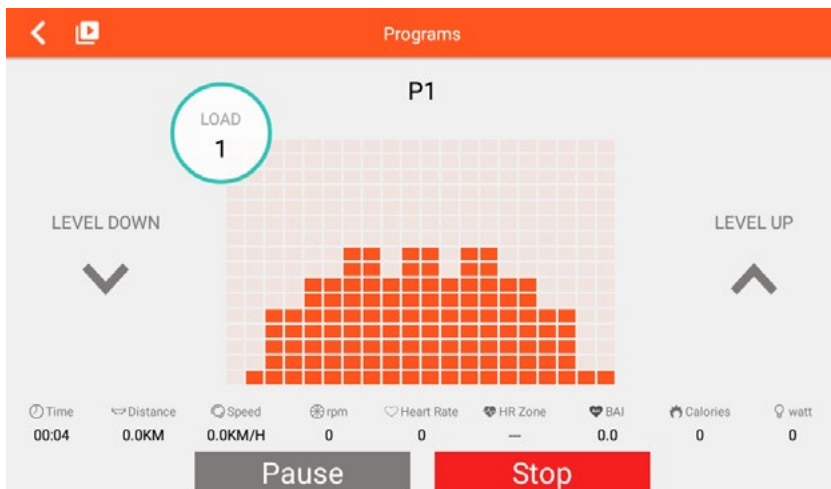
Train at a % of your maximum heart rate by filling in your age. You can also select TAG to set your own target beats per minute. During the exercise the console will automatically adjust the resistance to maintain the selected heart rate. For this workout we recommend connecting an external heart rate source.

4. USE



- Programs

Select one of the preset resistance profiles and set a target time or distance. The console will adjust the resistance accordingly to the profile.

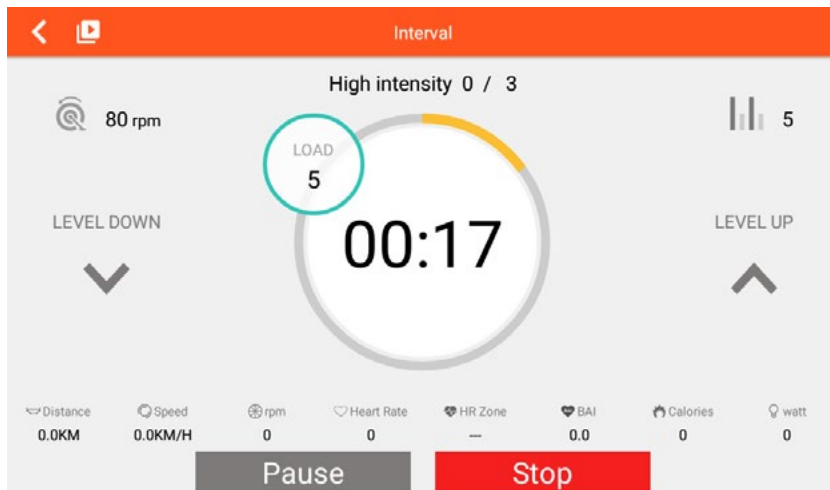


- FTMS

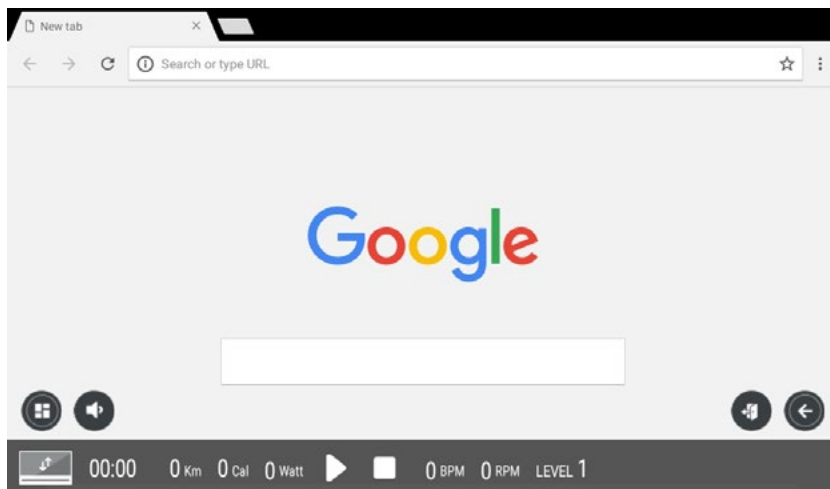
With FTMS you can connect supported 3rd party apps like Zwift. Select FTMS and turn it on. Now you are able to connect with Flow Fitness B5s through bluetooth in the 3rd party app.

Controls during an exercise





During a workout the MULTIMEDIA button in the top left corner can be pressed to access a multimedia app during the exercise. The exercise will continue and can be followed either on the touch screen but also on the progress windows underneath the touch screen.




When accessing a multimedia app you have several controls for the training, volume and view.

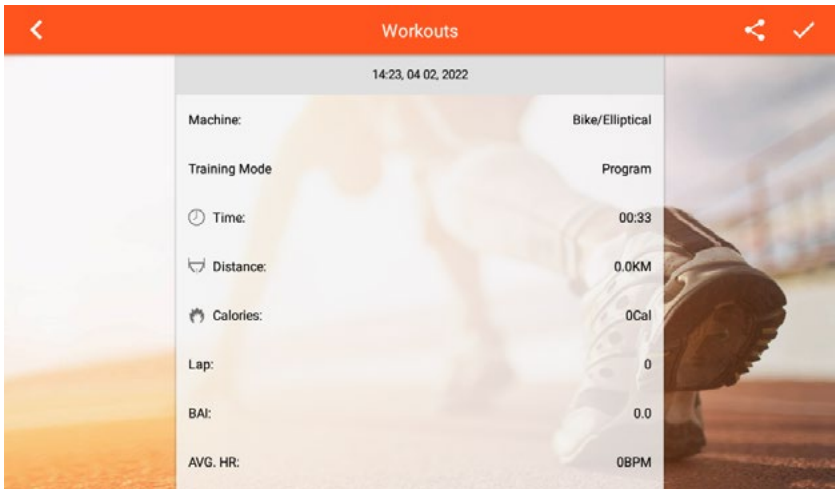


4. USE

-  Toggle the on screen menu
-  Change the volume
-  Go back to the multimedia menu, press the top right arrow to return to the current exercise program.
-  Stop the exercise and go back to the multimedia menu.

 Move the overlay towards the top or bottom of the screen

When the a target has been reached or training is ended a summary of your exercise will appear.



Kinomap

The kinomap app is directly supported on this console. Choose from the geotagged video on Kinomap and go! Your position is shown in the video, on the map and in the altitude graph: your goal is to keep pace with the original video.



The Kinomap app can be found in the MULTIMEDIA menu. Kinomap is a training app and cannot be used during an iConsole training program. Kinomap requires a different login and subscription with Kinomap.

5. GENERAL INFORMATION

5.1 TRAINING SCHEDULE

Introduction schedule

Schedule week 1 and 2

Train at 60% of your maximum heart rate.
Max. 3 times a week.

Warming up 5 - 10 minutes.

Train 4 minutes.

Rest 1 minute.

Train 2 minutes.

Calmly train 1 minute.

Cooling down 5 minutes.

Schedule week 3 and 4

Train at 60% of your maximum heart rate.
Max. 4 times a week.

Warming up 5 - 10 minutes.

Train 5 minutes.

Rest 1 minute.

Train 3 minutes.

Calmly train 1 minute.

Cooling down 5 minutes.

Schedule week 5 and 6

Train at 60% of your maximum heart rate.
Max. 5 times a week.

Warming up 5 - 10 minutes.

Train 6 minutes.

Rest 1 minute.

Train 4 minutes.

Calmly train 3 minutes.

Cooling down 5 minutes.

After completing the introduction training schedule for six weeks, you can choose the follow-up training schedule that is best suited to your needs. You can choose a schedule that will maximize your weight loss, or one that will improve your stamina. Both training schedules are on the next pages.

Training schedule to improve stamina (follow-up to introduction training schedule)

Schedule week 7 and 8

Train at 90% of your maximum heart rate.
Max. 6 times a week.

Warming up 5 - 10 minutes.
Train 7 minutes.
Rest 1 minute.
Train 5 minutes.
Calmly train 1 minute.
Cooling down 5 minutes.

Schedule week 9 and beyond

Train at 90% of your maximum heart rate.
Max. 6 times a week.

Warming up 5 - 10 minutes.
Train 10 minutes.
Rest 1 minute.
Train 10 minutes.
Repeat training 2 or 3 times.
Calmly train 1 minute.
Cooling down 5 minutes.

Training schedule to lose weight (follow-up to introduction training schedule)

Schedule week 7 and 8

Train at 60% of your maximum heart rate.
Max. 6 times a week.

Warming up 5 - 10 minutes.
Train 7 minutes.
Rest 1 minute.
Train 5 minutes.
Calmly train 1 minute.
Cooling down 5 minutes.

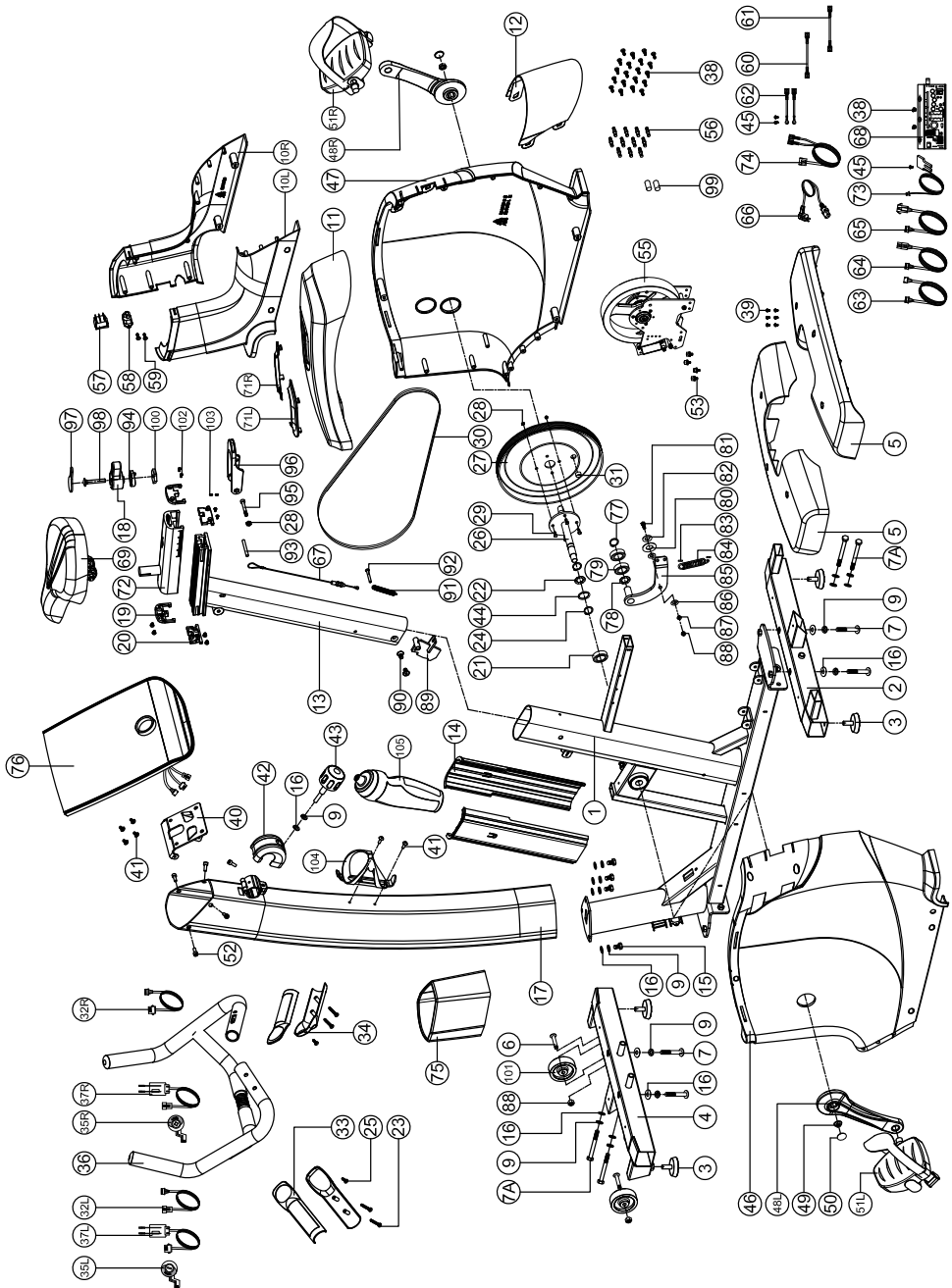
Schedule week 9 and beyond

Train at 60% of your maximum heart rate.
Max. 6 times a week.

Warming up 5 - 10 minutes.
Train 10 minutes.
Rest 1 minute.
Train 10 minutes.
Repeat training 2 or 3 times.
Calmly train 1 minute.
Cooling down 5 minutes.

5. GENERAL INFORMATION

5.2 EXPLODED VIEW



5. GENERAL INFORMATION

Part No.	Description	Q'ty	Part No.	Description	Q'ty
1	Main frame	1	51L&51R	Pedal	1
2	Rear stabilizer	1	52	Screw	5
3	adjustable round wheel	4	53	Screw	4
4	front stabilizer	1	55	Electric magnetic system	1
5	Oval cap	2	56	pin	12
6	Allen bolt	2	57	Power supply	1
7	Bolt	4	58	Socket	1
7A	Bolt	4	59	Screw	2
9	Spring washer	13	60	Live line	1
10L	Front left decorative cover	1	61	Netural line	1
10R	Front right decorative cover	1	62	Ground line	1
11	Upper decorative cover	1	63	Upper cable for console	1
12	Rear cover	1	64	Middle cable for console	1
13	Seat post welding set	1	65	Lower cable for console	1
14	Inner tube	2	66	Electric cable	1
15	Hex bolt	4	67	Tension cable	1
16	Flat Washer	13	68	Control board	1
17	Front Post	1	69	Saddle	1
18	Adjustable handle	1	71L	Left gasket for chaincover	1
19	End cap (1)	2	71R	Right gasket for chaincover	1
20	End cap (2)	2	72	Adjustable tube for saddle	1
21	bearing	2	73	Sensor cable	1
22	Waved washer	1	74	Power delivery cable	1
23	Screw	4	75	Upper protective cover	1
24	C ring	2	76	Computer	1
25	Cross screw	2	77	C ring	1
26	Crank axle	1	78	Waved washer	3
27	Pulley wheel	1	79	Bearing	2
28	Anti-loose nut	5	80	Flat Washer	1
29	Hex bolt	4	81	Bolt	1
30	Belt	1	82	Flat Washer	1
31	Round Magnet	1	83	Plastic cover	2
32L	Upper cable for quick button 2	1	84	Spring	1
32R	Upper cable for quick button 1	1	85	Fixing Plate For Idle Wheel	1
33	Upper cover for handpulse	2	86	Plastic Flat washer	2
34	Lower cover for handpulse	2	87	Hex nut	1
35L	Membrane button (-)	1	88	Nut	3
35R	Membrane button (+)	1	89	Adjustable rod	1
36	Handlebar	1	90	Bolt	2
37L	Lower cable for quick button 1	1	91	Spring	1
37R	Lower cable for quick button 2	1	92	Bolt	1
38	Screw	22	93	Fixing bar	1
39	Cross bolt	6	94	Tighten gasket	1
40	Fixation plate for console	1	95	Screw	1
41	Cross bolt	6	96	Pull handle	1
42	Protective cover	1	97	End cap for adjustable handle	1
43	Round knob	1	98	Bolt	1
44	Flat Washer	1	99	Buffer	2
45	Tapping screw	3	100	Block plate	1
46	Left chain cover	1	101	Moving wheel	2
47	Right chain cover	1	102	Round head cross screw	4
48L	Left crank	1	103	Inner hex fastening screw	2
48R	Right crank	1	104	Water bottle holder	1
49	Anti-loosing bolt	2	105	Water bottle	1
50	Bolt cover	2			

6. WARRANTY

6.1 WARRANTY

The warranty is provided by the Flow Fitness distributor of your country and the reseller where you have purchased your product. Please check <https://www.flowfitness.com> for more information.

DECLARATION OF THE MANUFACTURER

Flow Fitness hereby declares that this product complies with the following standards and directives:

- EN ISO 20957
- EMC Directive (2014/30/EU)
- Low Voltage Directive (2014/35/EU)
- Radio Equipment Directive (2014/53/EU)
- RoHS Directive (2011/65/EU and 2015/863)

As a result of compliance with the above standards and directives, this product is CE certified.

FLOW FITNESS

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