

# DCF Fit Bike Pro

Manual/English

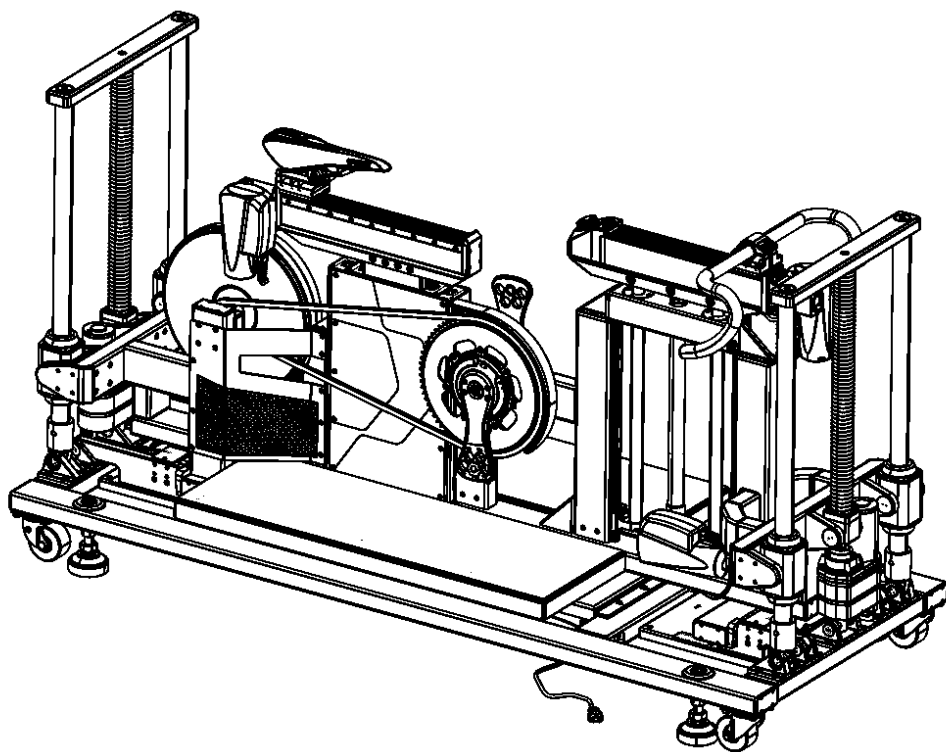
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Find the most up-to-date version of this manual online at  
[www.dynamiccyclingfit.com/professional/manuals/dcfbikepro](http://www.dynamiccyclingfit.com/professional/manuals/dcfbikepro)

Thank you for choosing the Dynamic Cycling Fit DCF bike. It's a great tool to find and optimize the riding position for various bicycle riders.

The DCF bike is designed to be controlled electronically exclusively via Dynamic Cycling Fit's DCF Motion Capture System or by the Dynamic Cycling Fit DCF app. More information can be found on [www.dynamiccyclingfit.com](http://www.dynamiccyclingfit.com).



**⚠ WARNINGS**

Uncareful handling of the DCF bike while unboxing and installation can cause injuries. Use appropriate safety equipment. Do not try to lift up the DCF bike without sufficient manpower. Always respect your local labour and safety regulations. Aside from the specified periodical checks, the DCF bike needs no maintenance nor regular bolt tightening.

The DCF bike may only be moved if first turned off completely with the STOP button, and then unplugged from the power socket.

The DCF bike can be cleaned with a damp cloth. Excess water should be avoided. To prevent stains, dry the DCF bike with a towel or an air gun.

The DCF bike must always be placed and stored indoors in clean and dry conditions.

Do not open the enclosed electronics. Do not pull on the electrical cables. Use only a provided power cord. If any electronics or electrical connectors look damaged, switch off the DCF bike, pull the power plug from the power outlet and consult your Dynamic Cycling Fit provider.

During operations, keep a safe distance from the rider and all moving parts.

Instruct the rider to keep hands on the handlebar and feet on the pedals during position adjustments.

Instruct the rider to lift his weight off the saddle during saddle position adjustments.

Instruct the rider to unclip his shoes and lift his/her feet from the pedals during adjustment of crank length and/or Q-factor.

The appliance is not to be used by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction.

Children being supervised not to play with the appliance.

If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.

The DCF fit bike is not to be used in public area.

This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of 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.

**REPAIR THE UNBOXING AREA:**

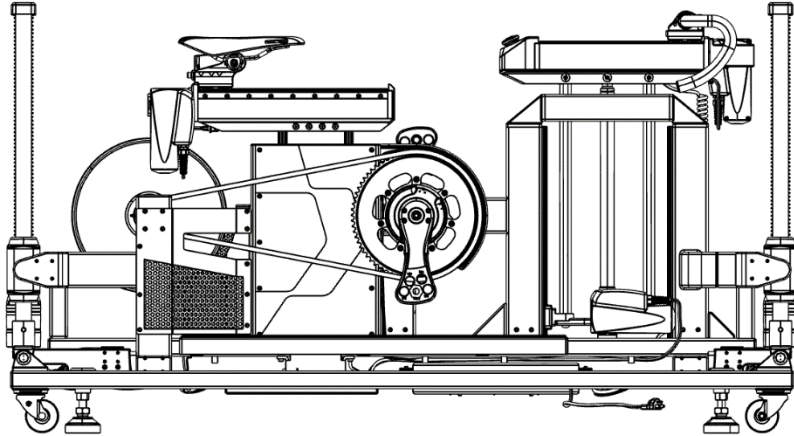
- Ensure sufficient working space around the boxed DCF bike.
- Move the boxed DCF bike with a pallet jack. Do not attempt to lift or move by hand.
- Avoid moving the unboxed DCF bike more than necessary, unbox it close to where it will be used.

**TOOLS NEEDED FOR UNBOXING:**

- Crowbar
- Hammer
- Gloves and safety glasses

**UNBOX:**

- Remove nails of the lid, lift the lid off the crate.
- Remove packaging materials inside the crate.
- Remove nails from the sides, remove the sides of the crate.
- Lift the DCF bike by hand at the base frame with 4 people and pull the pallet from underneath it. Place the DCF bike gently on the floor.
- Roll the DCF fit bike to position.
- Recycle all packaging materials.

**THE DCF BIKE:****LIST OF CONTENTS:**

- DCF fit bike
- Power cord(s)
- 14mm Allen key
- 3 sets of cranks
- Sets of Q-factor adaptors

**INSTALLATION:**

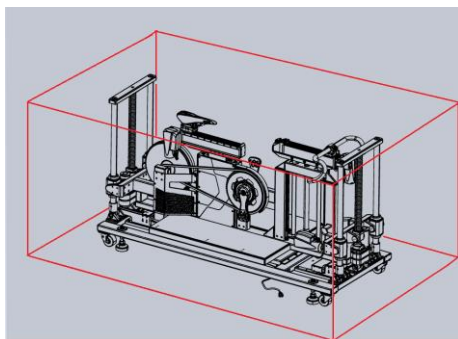
- Roll the DCF bike in position.
- Use the provided 14mm Allen key to lower the 4 feet to the floor.
- Turn each of the 3 feet another 3 revolutions to lift the wheels off the ground.
- Use the level indicator on the DCF fit bike main frame and the 4 feet to level the DCF fit bike.

## Use of the DCF bike

The DCF bike may only be operated by a Dynamic Cycling Fit qualified operator (DCF bike fitter). For safety reasons, no rider can use the bike without supervision of a DCF bike fitter.

Before operations, check and clear the vicinity of the DCF bike. Ensure the complete range of motion of the bike is cleared of any obstacles.

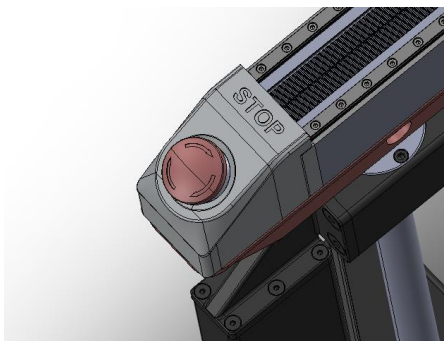
Ensure there is a free space of at least 50cm/20" around the DCF bike before turning it on.



To start operations, use the STOP button to switch on the DCF bike. The DCF bike will now perform an automated calibration procedure and go to the base position.

To turn on the DCF bike, pull and turn the STOP button clockwise.

To turn off the DCF bike, push the STOP button.



**FIRST USE:**

- Turn the DCF fit bike on with the STOP button.
- Pair with either the app or motion capture system, or both.
  - See manual from app and/or motion capture system.

**BEFORE OPERATION:**

- Ensure the DCF bike is turned off.
- Mount appropriate saddle. See manual Saddle unit.
- Mount appropriate handlebar. See manual handlebar unit.
- Mount appropriate crank length. See chapter 'Multi-hole cranks'.
- Mount appropriate Q-factor adaptors. See chapter 'Q-factor adaptors'.
- Mount pedals. Properly clean and grease threads, tighten to 30Nm.

**OPERATION:**

- Turn on the DCF bike
- Move the DCF bike to the starting position with either the DCF motion capture system or the DCF app to initiate a fit session.
- Use the DCF app or the DCF motion capture system to operate the bike. Refer to the respective manuals for instructions.

**GENERAL INSTRUCTIONS TO RIDER BEFORE GETTING ON THE BIKE:**

- Instruct the rider to push the STOP button in case of emergency. This will stop all automatic motions of the DCF bike.
- Instruct the rider to sit on the DCF bike as if it were a normal bicycle.
- Let the rider pedal in a smooth cadence.

## NON-AUTOMATED ADJUSTMENTS DURING OPERATION

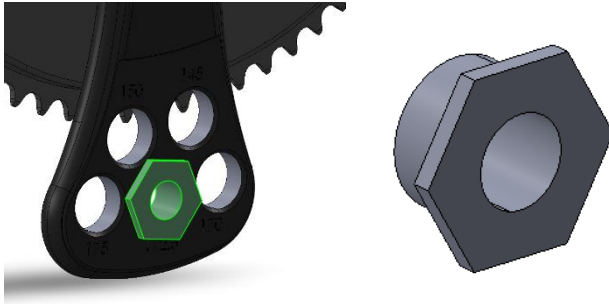
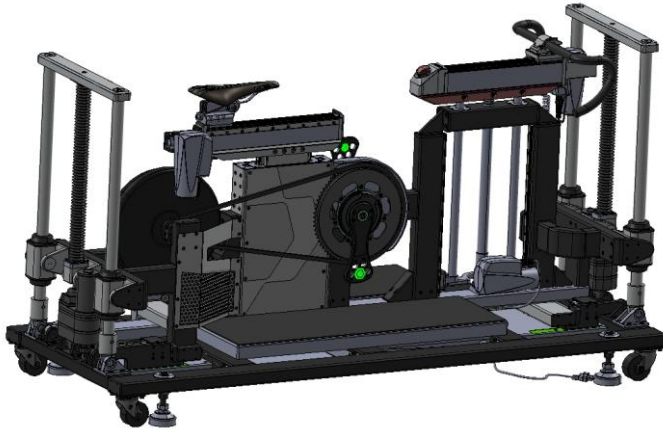
The following adjustments cannot be performed automatically and require manual adjustment:

- Adjust saddle angle: follow manual saddle unit.
- Swap saddle: follow manual saddle unit.
- Adjust handlebar angle: follow manual handlebar clamp.
- Adjust handlebar width: follow manual handlebar.
- Swap handlebar: follow manual handlebar unit.
- Change Q-factor: remove pedals, remove Q-factor adaptors, see chapter 'Q-factor adaptors', mount Q-factor adaptors, see chapter 'Q-factor adaptors', mount pedals, tighten with 30Nm torque.
- Change crank length: remove pedals, remove Q-factor adaptors, see chapter 'Q-factor adaptors', remove cranks, see chapter 'multi hole cranks', mount appropriate cranks, see chapter 'multi hole cranks', mount Q-factor adaptors, see chapter 'Q-factor adaptors', mount pedals, tighten with 30Nm torque.

After operations

- Turn off the DCF bike with the POWER button.
- Remove the saddle and handlebar.
- Check the DCF bike for irregularities.
- Clean the DCF bike and the surroundings.



**Q-FACTOR ADJUSTMENT**

The two Q-factor adapters are located in the cranks.

The DCF bike comes with several Q-factor adaptors. Adjustment of the DCF bike's Q-factor is done by mounting the right Q-factor adaptors.

Remove the pedals first before removing the Q-factor adaptors.

Mount the Q-factor adaptors before mounting the pedals.

Left Q-factor adaptors have left handed tread, the right Q-factor adaptors have right handed treat. Use an 28mm wrench to untighten-tighten the Q-factor adaptors.

## MULTIHOLE CRANKS

Crank length can be adjusted by moving the pedals, including Q-factor adaptors, to the right hole in the multihole cranks. See Q-factor adjustment.

In case the desired length is not available on the current cranks, the cranks need to be swapped for the right set.



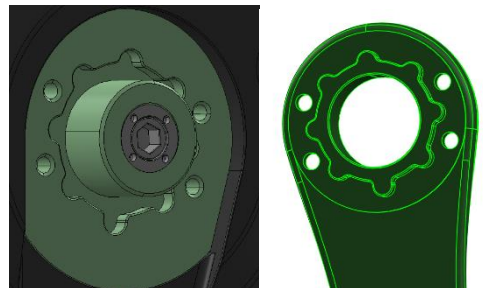
### To remove a multihole crank:

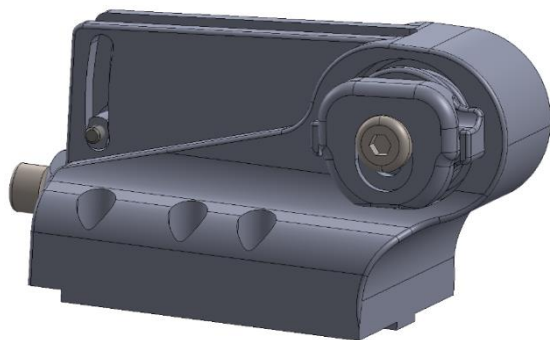
Remove pedals and Q-factor adaptors, remove the 4 crank screws, pull the crank from the axle by hand.



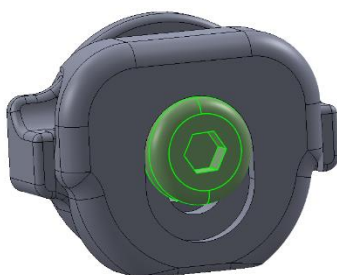
### To mount a multihole crank:

Check if both crank and axle are clean and slightly greased, slide the crank over the axle, align the spline, push the crank on the spline by hand, mount the 4 crank screws with 6Nm, mount Q-factor adaptors and pedals.

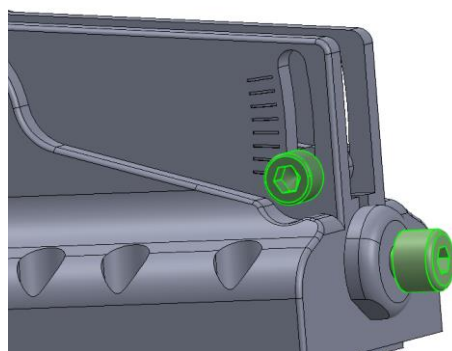


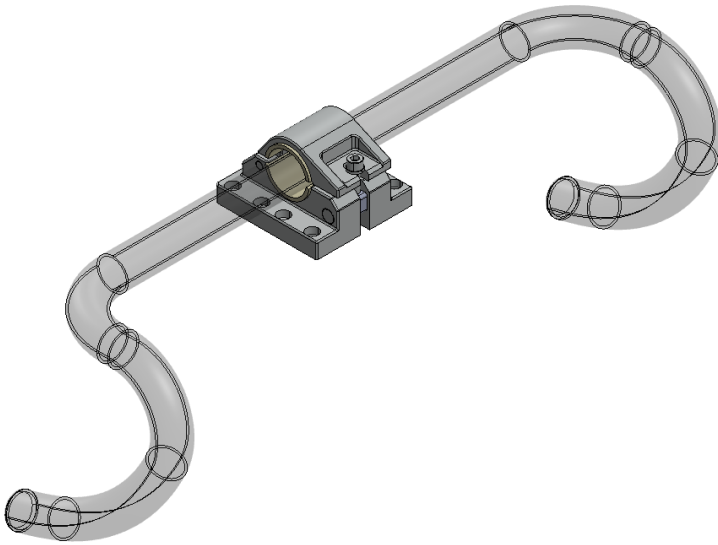
**SADDLE UNIT****To mount a saddle:**

Unscrew the central clamping screw,  
position the saddle in the side clamps,  
tighten the central clamping screw to 10Nm.

**To adjust the saddle tilt:**

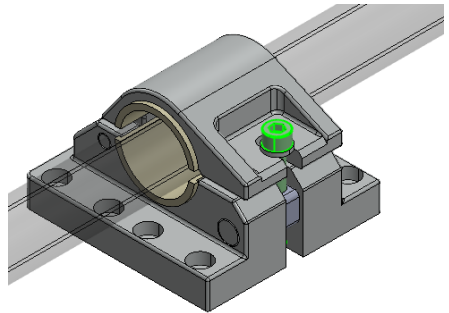
Open the side locking screw with an Allen 5 key,  
turn the read adjuster screw to tilt the saddle nose up or  
down,  
tighten the side locking screw with an Allen 5 key.



**HANDLEBAR UNIT****To open and close the handlebar clamp:**

Open the central screw enough to fold it forward,  
fold the central screw forward,  
lift the lid,  
remove the handlebar including shim.

Place the handlebar with the appropriate shim,  
close the lid,  
fold the central screw upward,  
close the central screw and tighten it with 6Nm.



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