



 RE:GEN  
+ OHM  
*USER MANUAL*

ENERGYM®

MODEL: RG0002

## *BEFORE YOU CHARGE RIGHT IN...*

A big thank you from the Energy team for choosing the RE:GEN.

Our specialist team of award-winning engineers have intricately designed the RE:GEN for you, and for the benefit of the environment. With every workout you'll not only be getting fitter - you'll also be supporting our mission to create a healthier planet.

It's almost time to make "ride, recharge, repeat" your new mantra, but there are a few important (and practical) steps to take before you begin taking back your power.

It's important to take some time to read through all instructions and precautions within this manual. Not doing so leads to risk of injury, and improper use or maintenance can also void your warranty.

Please keep hold of this manual and your serial number for future reference.

If you'd like a digital copy, you can download this at:  
<https://energym.io/pages/customer-support>.



# TABLE OF CONTENTS

SAFETY INFORMATION	03
NOTICES	06
SUPPORT	07
LABELS	08
TECH SPEC	09
CORRECT USE	11
WHAT'S IN THE BOX?	12
SETTING UP YOUR RE:GEN	13
CLIPPING IN AND OUT	19

ADJUSTABILITY	20
EMERGENCY BRAKE	22
LOCKING THE RE:GEN	22
MOVING THE RE:GEN	23
THE OHM BATTERY	25
MAINTENANCE & CARE	28
TROUBLESHOOTING	30
WARRANTY	31

# SAFETY INFORMATION

## PERSONAL SAFETY:

- ▶ The RE:GEN 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.
- ▶ Before starting any exercise programme, it's important to consult your doctor as incorrect or excessive training can result in serious injury or death. If, at any time while exercising, the user experiences faintness, dizziness, pain, or shortness of breath, they must stop immediately and consult a doctor.
- ▶ Ensure the RE:GEN is kept on a level surface with a mat beneath it to protect the floor or carpet. Please also ensure there is at least 60 cm of free area, in each direction around the RE:GEN.
- ▶ To prevent injury, always adjust the seat and handlebars to your personal requirements. Always maintain a straight back positioning when using the RE:GEN, do not arch your back as this can lead to injury.
- ▶ Wear appropriate clothes while exercising. Do not wear loose clothing that could become caught on The RE:GEN. Always wear footwear suitable for cycling.
- ▶ For your safety, do not exceed 150RPM to prevent the risk of injury or damage to the RE:GEN.
- ▶ Do not tip the RE:GEN on its side during operation.
- ▶ Always reduce your pedalling speed in a controlled way or by using the emergency stop button. The RE:GEN does not have a freewheel which means the RE:GEN's pedals will continue to move until the flywheel stops and removing feet from the pedals while they are moving can cause injury.
- ▶ The emergency stop button will stop the flywheel quickly. To execute an emergency stop, press downward.
- ▶ Always use caution when mounting and dismounting.
- ▶ It is the responsibility of the owner to ensure that all users of the bike are adequately informed of all precautions.
- ▶ The RE:GEN should not be used by persons weighing more than 150kg/330lbs.
- ▶ Children are not to play with the RE:GEN.
- ▶ **CAUTION:** When the RE:GEN is not in use, ensure the pedal lock is used to prevent the flywheel from moving.
- ▶ **CAUTION:** Do not attempt to adjust the seat while pedalling the RE:GEN. Doing so, or failing to insert the seat or handlebar pins correctly, may result in injury.
- ▶ **CAUTION:** Any changes or modifications to this equipment will void the product warranty and can increase the risk of personal injury.



**WARNING:** Please read all important instructions and precautions contained within this manual and all warnings detailed on the RE:GEN before use.

**WARNING:** EnergyM assumes no responsibility for personal injury or property damage sustained by or through improper use.

## SAFETY INFORMATION

### ELECTRICAL SAFETY:

- ▶ Only use the OHM battery with your RE:GEN. Using another battery may create a risk of fire and will void your warranty.
- ▶ Never modify, or attempt to modify, any part of the RE:GEN or OHM.
- ▶ Before use, check any housings/contacts for signs of damage or ageing. Damage could increase the risk of fire and electrical shock. If you discover any damage, do not use the product and immediately contact us for support.
- ▶ Be extremely careful with all wires on the RE:GEN and its associated parts. Never abuse, excessively pull or twist any wires. If you notice any wires have been damaged, it's important you do not use the RE:GEN and contact us immediately.
- ▶ Do not pull the wires that connect the Enerbox to the bike frame and care should be taken to arrange the wires within the cover.
- ▶ When connecting and disconnecting your OHM battery, do so with care.
- ▶ Never get the Enerbox, or the OHM battery wet. We know it can get a little sweaty when you ride, but always dry your hands before handling the OHM battery.
- ▶ Contact our Customer Support team if a repair is required. Do not attempt to disassemble the product. Incorrect reassembly may result in a risk of fire or injury to persons.



**WARNING:** If the battery becomes damaged, it is important to handle it with extra caution. Isolate from other devices and flammable materials. Tape the terminals to and dispose of the battery at an appropriate waste management or recycling centre.

### BATTERY SAFETY:

- ▶ Store the OHM battery in a cool and dry place. Avoid areas where the battery could be exposed to moisture. Do not store the product in environments with extreme hot or cold temperatures.
- ▶ The battery's operating temperature should be between 32°F to 104°F / 0°C to 40°C. When charging a device, the product may feel warm, this normal and should not be cause for concern.
- ▶ If the product is not used for long periods of time, charge and discharge once every three months.
- ▶ Do not dispose of batteries in general household waste, even if damaged or discharged. Dispose of batteries at an appropriate waste management or recycling centres.
- ▶ Discharged batteries can cause fire or smoke. Always tape the terminals to insulate before disposal.
- ▶ Do not dispose of the product in heat or fire. Exposing the battery to these conditions can lead to explosion or fire.
- ▶ Misuse, dropping or excessive force may cause product damage.
- ▶ Use of a power supply or charger not recommended or sold by the product manufacturer may result in a risk of fire or injury to persons, and will void your warranty.
- ▶ Risk of explosion if the battery is replaced by an incorrect type.

Our Customer Support team is available: 8-4pm, Monday-Friday



0113 328 0926



support@energym.io

## SAFETY INFORMATION

### INTENDED USE:

- ▶ The RE:GEN is an item of exercise equipment that simulates the movements of riding a bicycle at various speeds and levels of resistance.
- ▶ The RE:GEN is intended for indoor use only. When not in use, store in a cool, dry environment and away from moisture and dust.
- ▶ To ensure proper functioning of this product, do not install attachments or accessories that are not provided or recommended by the manufacturer.
- ▶ Use this product in a well-ventilated area.
- ▶ Use this product on a solid, level surface.
- ▶ Make sure that all components are fastened securely. These include the seat post, saddle, handlebars, and pedals.
- ▶ The RE:GEN is intended for use solely in the manner described in this manual.

### CARE & MAINTENANCE

- ▶ A non-abrasive cleaner and soft cotton cloth are recommended for cleaning the exterior of the unit. At no time should cleaner be applied directly to any part of the equipment; apply the non-abrasive cleaner on a soft cloth, and then wipe the unit, always taking care to keep any water away from the OHM and Enerbox.
- ▶ All parts should be inspected for defects regularly, especially those susceptible to wear and tear.
- ▶ It's essential to ensure that checks, tightening and maintenance are routinely undertaken, according to our guidance.
- ▶ The RE:GEN should not be used if repair is required. Any worn parts should be replaced immediately with original parts from the manufacturer. Failure to do so can void the warranty.



**WARNING:** Please read all important instructions and precautions contained within this manual and all warnings detailed on the RE:GEN before use.

**WARNING:** Energym® assumes no responsibility for personal injury or property damage sustained by or through improper use.

## NOTICES

### DECLARATION OF CONFORMITY



WLF Innovations LTD t/a 'EnergyM' declares that the following machine complies with the appropriate health and safety requirements of the following directives based on its design and type. In case of alteration of the machine, not agreed upon by us, this declaration will be invalidated.

The RE:GEN, RG0002, complies with the essential health and safety requirements of the following EC Directives: 2014/30/EU - EMC Directive, ErP, REACH, 2014/53/EU Radio Equipment Directive, S.I2017 No 1206 Radio Equipment Regulations 2017, 2011/65/EU and 2015/863 amendment - RoHS Directive. UN38.3 shipping, EN62133, EN62368. The frame of our RE:GEN RG0002 conforms to EN ISO 20957-1 and EN ISO 20957-10 H Class.

The technical file for this product is available from:  
EnergyM HQ, Highlands House, Highlands Road, Shirley, Solihull, West Midlands, England, B90 4ND



The symbol indicates that this product is covered by legislation for waste electrical and electronic products (EN2002/96/EC).



Li-ion

We care about our impact on the planet and your safety, so when your exercise bike has reached the end of its life, it and the Li-ion battery it contains, should not be disposed of with general household waste. The battery should be removed from the bike frame and both should be disposed of, at a recognised recycling facility.

### FCC STATEMENT



This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures: (1) Reorient or relocate the receiving antenna. (2) Increase the separation between the equipment and receiver. (3) Connect the equipment into an outlet on a circuit different from that to which the receiver is connected. (4) Consult the dealer or an experienced radio / TV technician for help.

The following importer is the responsible party.

Company Name: WLF Innovations Ltd  
Address: EnergyM HQ, Highlands House, Highlands Road, Shirley, Solihull, England, West Midlands, B90 4ND  
Telephone: 0113 328 0926

## SUPPORT

We've created this user guide to provide you with all the guidance you need on your RE:GEN.

The Troubleshooting section on page 30 provides the answers to common FAQ's. If you can't find the answer you're looking for in here, we're always on hand to help.

When contacting us, you'll need your RE:GEN's serial number (see page 8) and details on when you purchased your bike.



**0113 328 0926**

Our Customer Support team is available: 8-4pm, Monday - Friday



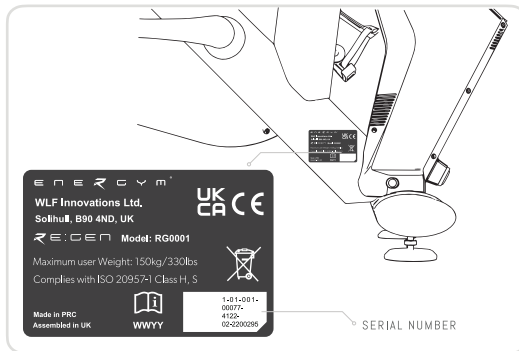
**[support@energym.io](mailto:support@energym.io)**

We aim to get back to you within 48 working hours

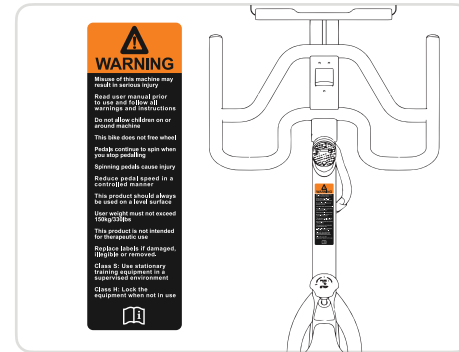


## LABELS

## A - PRODUCT INFORMATION &amp; SERIAL NUMBER



## B - BIKE SAFETY WARNING



## B - BATTERY SAFETY WARNING

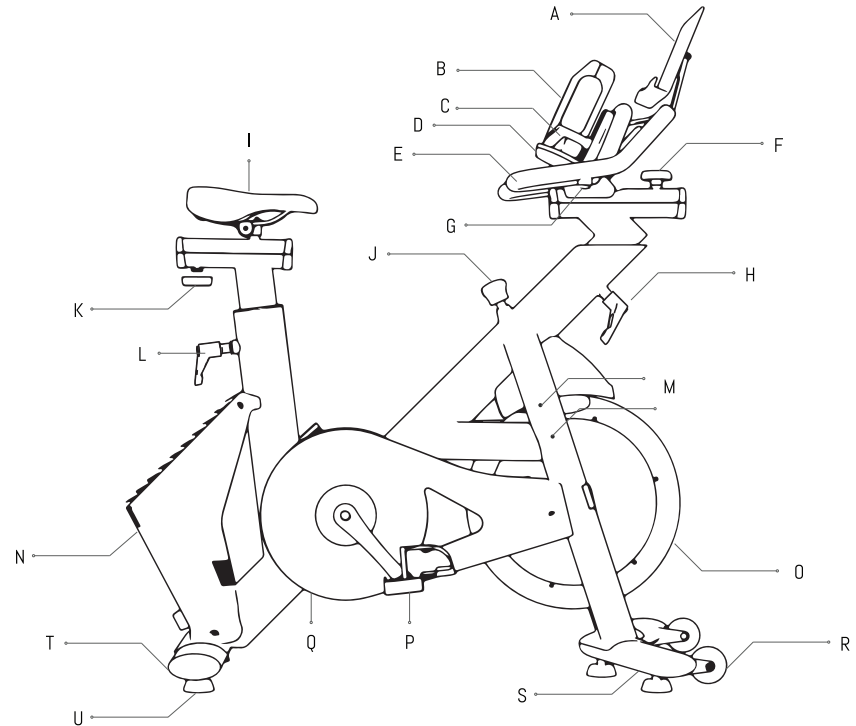


**WARNING:** Please familiarise yourself with all warnings and labels on the bike before use.

If any label is damaged or lost, contact Customer Support for a replacement immediately (contact details on page 7).

# SPECIFICATION

A	TABLET HOLDER
B	OHM BATTERY
C	OHM CRADLE
D	OHM INDICATOR
E	HANDLEBAR
F	HANDLEBAR SLIDER ADJ KNOB
G	RESISTANCE ADJUSTMENT
H	HANDLEBAR HEIGHT ADJUSTMENT LEVER
I	SADDLE
J	EMERGENCY STOP
K	SADDLE HORIZONTAL ADJUSTMENT KNOB
L	SADDLE VERTICAL ADJUSTMENT LEVER
M	HOLDER ATTACHMENT POINTS
N	ENERBOX
O	FLYWHEEL
P	PEDALS
Q	BELT COVER
R	TRANSPORT WHEELS
S	FRONT STABILISER
T	REAR STABILISER
U	FLOOR LEVEL ADJUSTMENT FEET



## SPECIFICATION [CONTINUED]

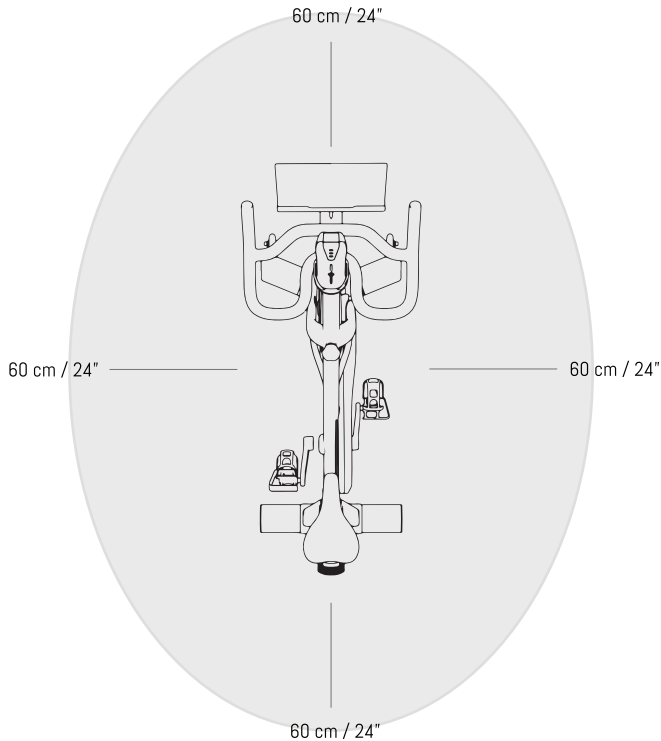
### BIKE SPECIFICATION

Footprint:	120 x 56 cm / 45" x 20"
Maximum Height:	116 cm / 44"
Assembled Weight (excluding Ohm):	55 kg / 120 lb
User Height Range:	147 - 196 cm / 4'10" - 6'5"
Maximum User Weight:	150 kg / 330 lb
Displayed Power Output Accuracy:	+/- 5%
Safe Zone Footprint:	230 x 172 cm / 91" x 66"
Frame Material:	Welded Carbon Steel
Flywheel Weight:	17 kg / 37.5 lb
Connectivity:	WIFI / BLE
Q-Factor:	200mm
Pedals:	Dual sided, SPD compatible
Resistance levels:	0-100 in increments of 5
Max output:	42V ~ 4A

### OHM SPECIFICATION

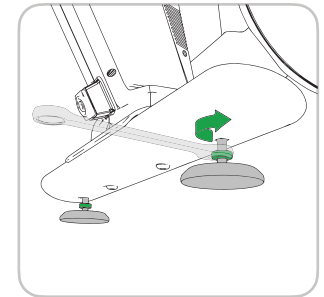
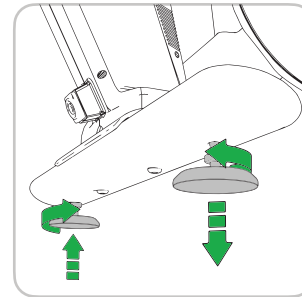
Size:	20 x 8.5 cm / 7.9" x 3.3"
Weight:	1 kg / 2.2 lb
Power Output:	2x USB-C [ 65W + 65W]
Material:	Moulded Polymer
Capacity:	2500mAh
Power Output:	90 Wh
Voltage:	10S1P 36V
Chemistry:	Li-Ion

## CORRECT USE



Before you begin assembling your exercise bike, select an appropriate location. Ensure there is a clearance of at least 60 cm (24 inches) from walls and other objects. This space is essential to safely mount and dismount the bike and to prevent any trip hazards from obstructions around your exercise area.

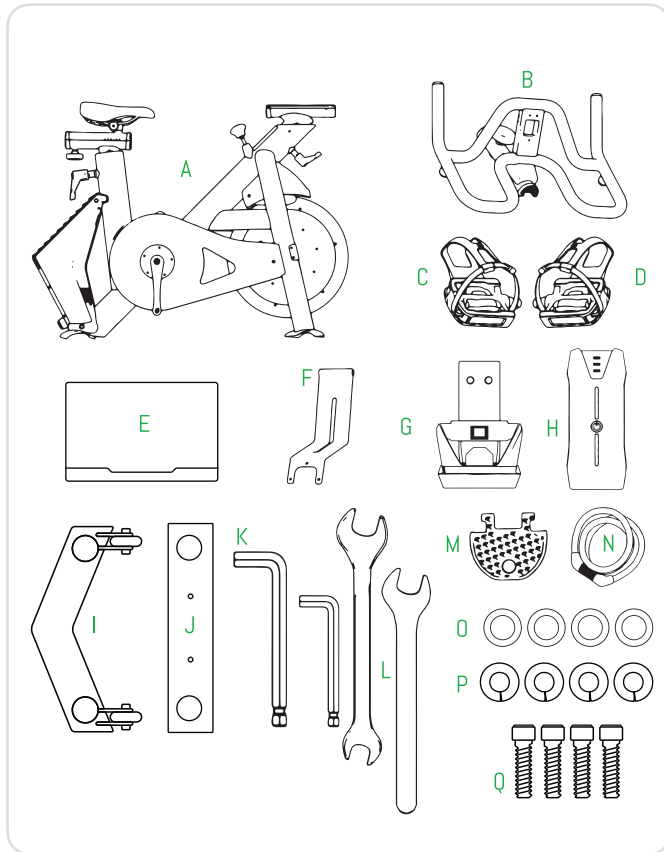
- ▶ The feet on your RE:GEN can be adjusted for stability
- ▶ Adjust the feet to ensure level and stable on the floor
- ▶ Once the feet have been adjusted to the correct position, use a spanner to tighten the hex bolt.



**WARNING:** Ensure the RE:GEN is kept on a level surface with a non-slip mat beneath it to protect the floor or carpet.

**CAUTION:** Always ensure there is at least 60 cm of clearance around the RE:GEN.

## WHAT'S IN THE BOX

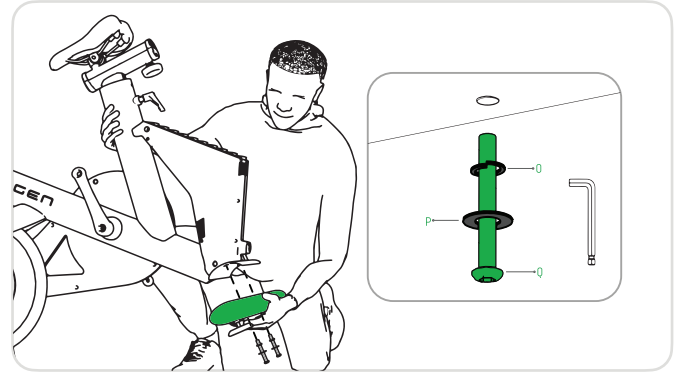


- A BIKE FRAME
- B HANDLEBAR
- C LEFT PEDAL
- D RIGHT PEDAL
- E TABLET HOLDER
- F TABLET HOLDER ARM
- G OHM CRADLE
- H OHM BATTERY
- I FRONT STABILISER
- J REAR STABILISER
- K ALLEN KEYS (4MM + 5MM)
- L SPANNERS
- M HANDLEBAR END CASE
- N PEDAL LOCK
- O WASHERS
- P SPRINGLOCKS
- Q M6 BOLTS X 4

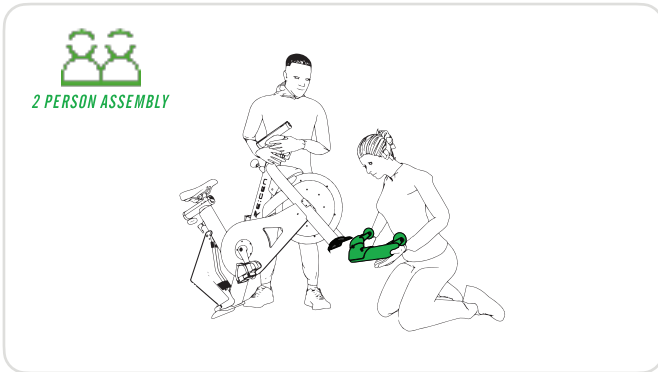
## SETTING UP YOUR RE:GEN



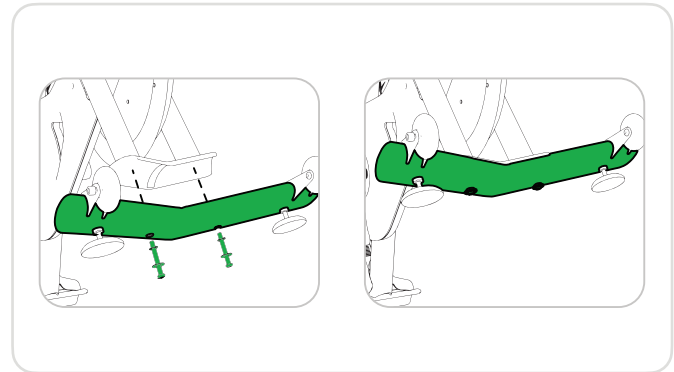
1. We know it's tempting to dive right in but make sure to read the instructions carefully before starting. If The RE:GEN isn't put together correctly, it could void your warranty.



2. To attach the rear stabiliser to the frame, feed the lock washers (O) and washers (P) onto two allen bolts (Q), then feed through the rear stabiliser and tighten with allen key.

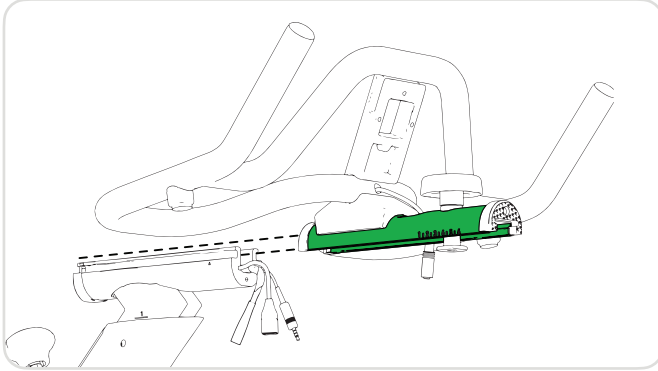


3. 2-person assembly is required to attach the front stabiliser to your RE:GEN. Tilt the RE:GEN - when doing so, please handle with care.

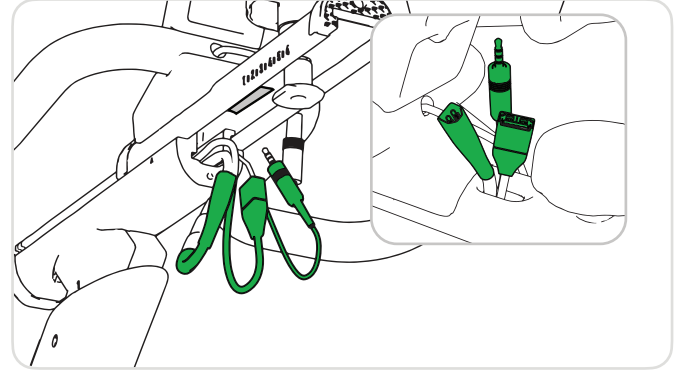


4. Unscrew the pre-assembled bolts affixed to your front stabiliser, line up the stabiliser with the bike's frame, ensuring the transport wheels are at the front of the bike. Re-affix the bolts. Return your RE:GEN to standing on its feet.

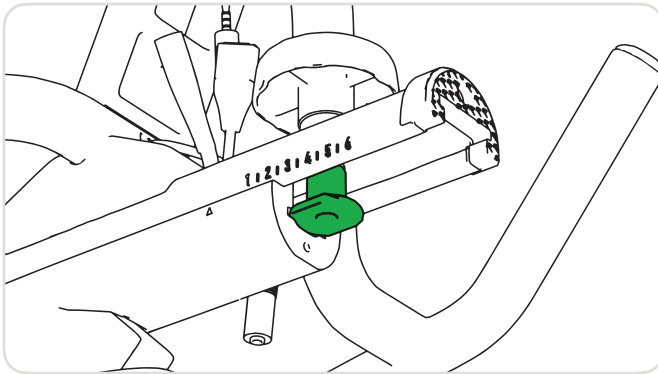
## SETTING UP YOUR RE:GEN



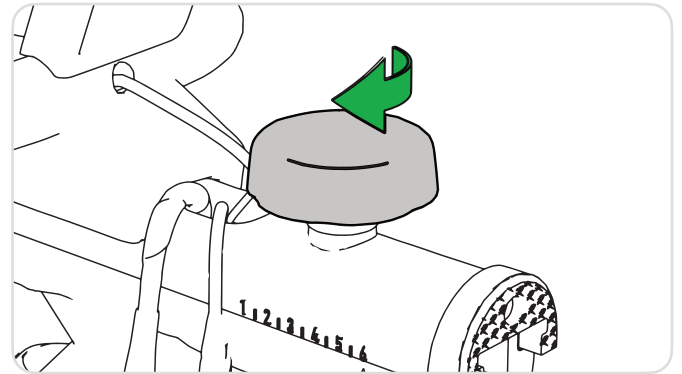
5. Position the handlebar ready for attaching to the frame, as shown above.



6. Feed the wires on the frame, through the hole in the handlebar, ensuring the wires do not become trapped.

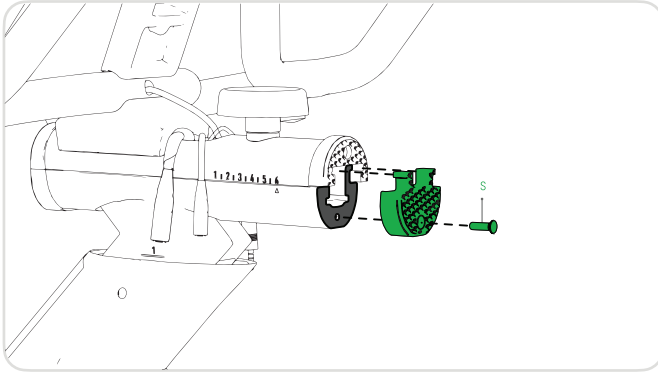


7. Once the wires have been fed through, move the handlebar until as close to the seat as is possible.

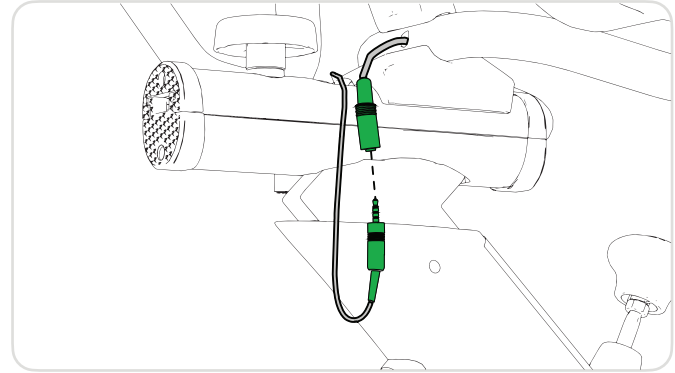


8. Once in position, please tighten the handlebar adjustment knob to secure.

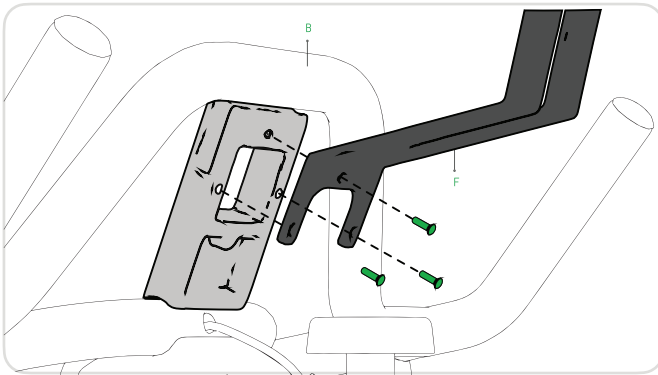
## SETTING UP YOUR RE:GEN



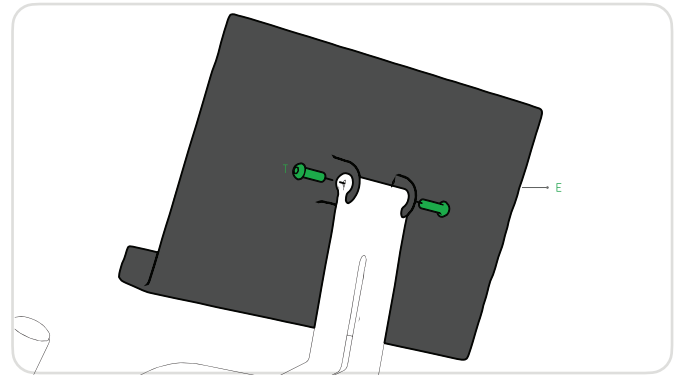
9. Now you'll be able to affix the handlebar end cap using the screw provided.



10. Connect the jack from the frame to the socket on the handlebars as shown.

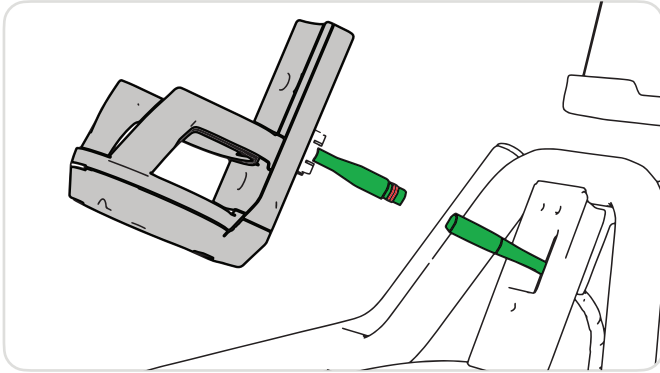


11. To connect the tablet holder, please affix the tablet holder arm (F) to the handlebar using three screws (R).

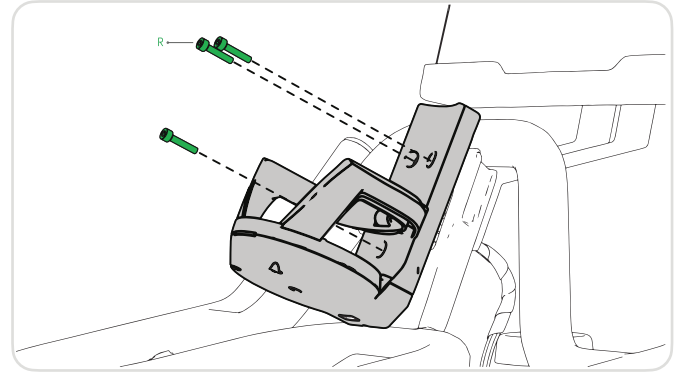


12. Once the handlebar arm is secure, affix the tablet holder (E) using two screws and washers provided.

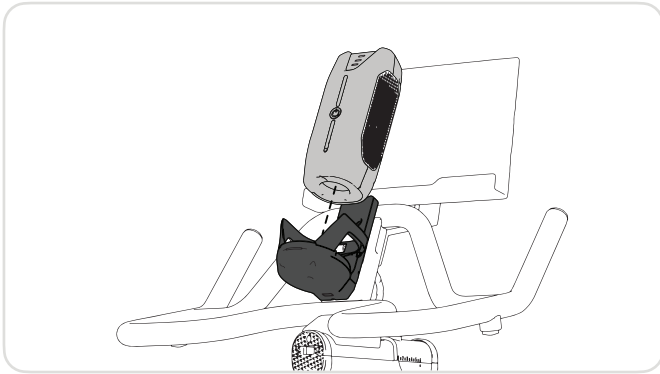
## SETTING UP YOUR RE:GEN



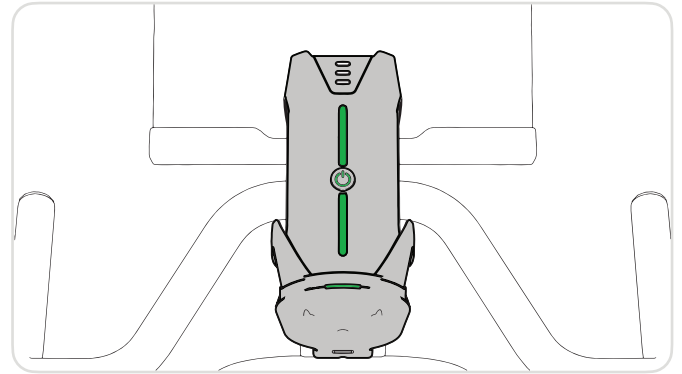
13. Feed the remaining wire through the front of the handlebars and connect to the OHM cradle, as shown.



14. Secure the OHM cradle to the handlebar using the screws provided.

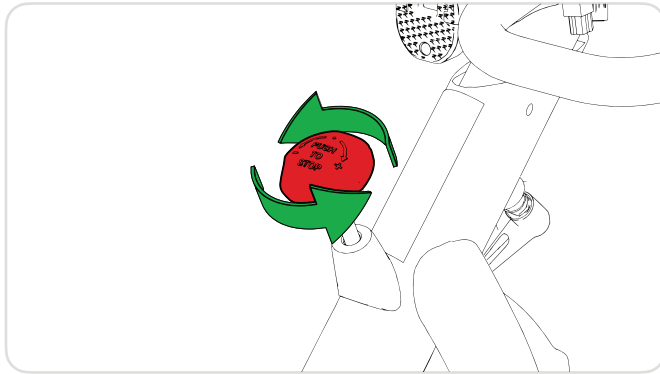


15. Now, you can dock your OHM battery.

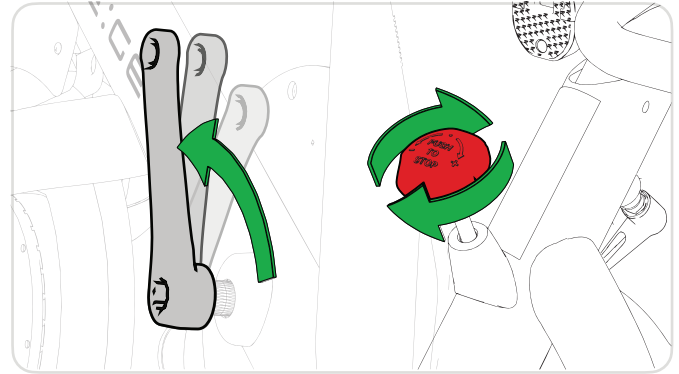


16. When in the correct position, you'll hear a "click" to confirm the OHM is connected. When the lighting system on the OHM and cradle light green, the device is ready.

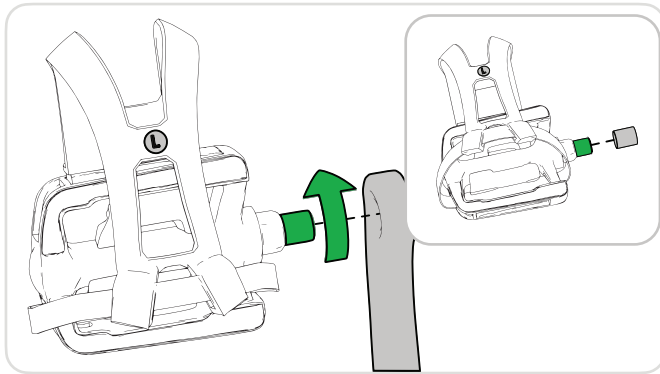
## SETTING UP YOUR RE:GEN



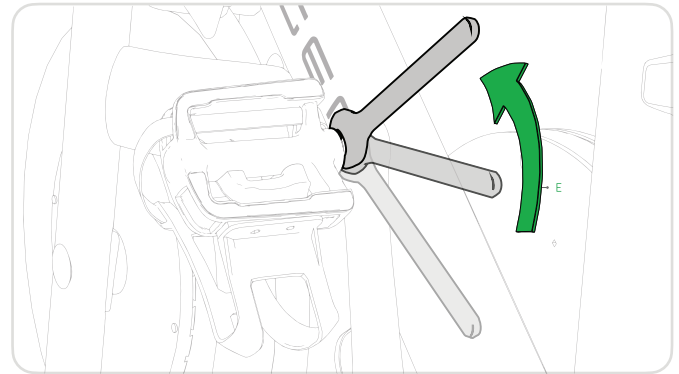
17. Turn the emergency stop/brake button counter-clockwise to release the lock.



18. Turn the left crank shaft until in a 12 o'clock position. Then, turn the emergency stop/brake button in a clockwise position, all the way. This will secure your pedal while tightening.

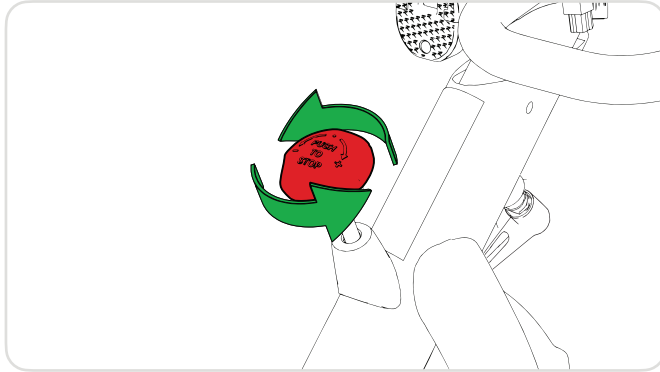


19. Remove the protective covering from the pre-greased area on the pedal and secure the left pedal in to the left crank-shaft. Turn in a **counter clockwise** direction to tighten. **IMPORTANT: It's essential to ensure that the pedal is correctly aligned before tightening. DO NOT TIGHTEN unless you are certain that the pedal is not cross threading.**

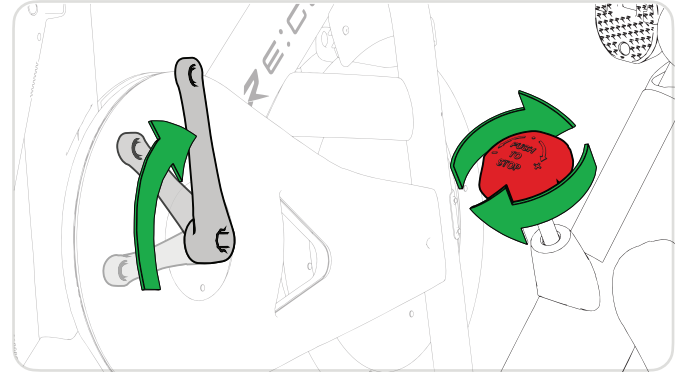


20. Use a 15mm pedal spanner to secure the left pedal in place, using a **counter-clockwise** turn. It's important to apply a large amount of force to the pedals to ensure they are nice and tight! This will prevent the pedals from becoming loose over time.

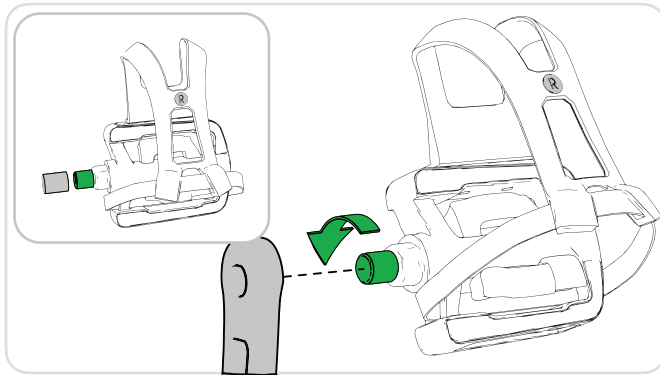
## SETTING UP YOUR RE:GEN



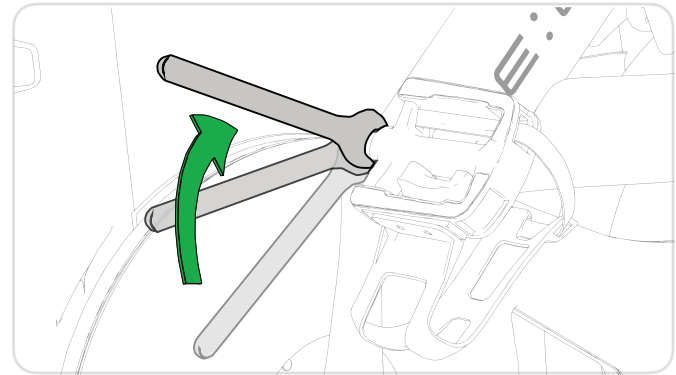
21. Turn the emergency stop/brake button counter-clockwise to release the lock.



22. Turn the right crank shaft until in a 12 o'clock position. Then, turn the emergency stop/brake button in a clockwise position, all the way. This will secure your pedal while tightening.



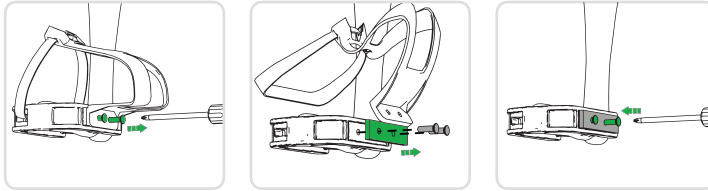
23. Remove the protective covering from the pre-greased area on the pedal and secure the right pedal into the right crank-shaft. To tighten, turn in a using a **clockwise** direction to tighten. **IMPORTANT: It's essential to ensure that the pedal is correctly aligned before tightening. DO NOT TIGHTEN unless you are certain that the pedal is not cross threading.**



24. Use a 15mm pedal spanner to secure the right pedal in place, using a **clockwise** turn. It's important to apply a large amount of force to the pedals to ensure they are nice and tight! This will prevent the pedals from becoming loose over time.

## CLIPPING IN AND OUT

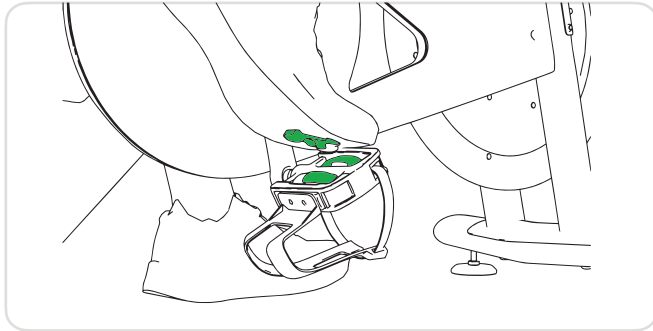
Your pedals are equipped with removable pedal harness and straps, as well as SPD clips on the underside.



### REMOVING THE PEDAL HARNESS & STRAPS

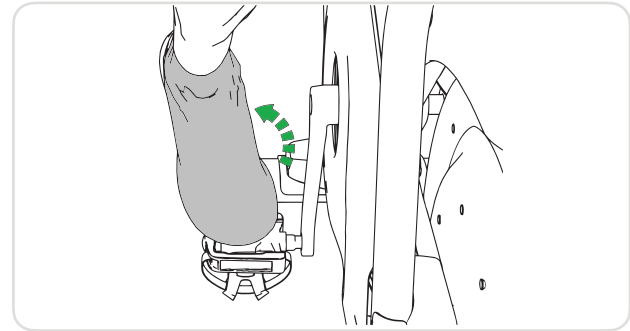
Unscrew the two screws that connect the harness to the pedals and removing the strap. Please ensure you replace the spacer and screws after removal.

### CLIPPING IN



Slide the front part of your cleat-fitted cycling shoe into the pedal. Once you feel the cleat engage with the pedal, apply pressure downwards with your heel until the rear of the cleat clicks firmly into position.

### CLIPPING OUT

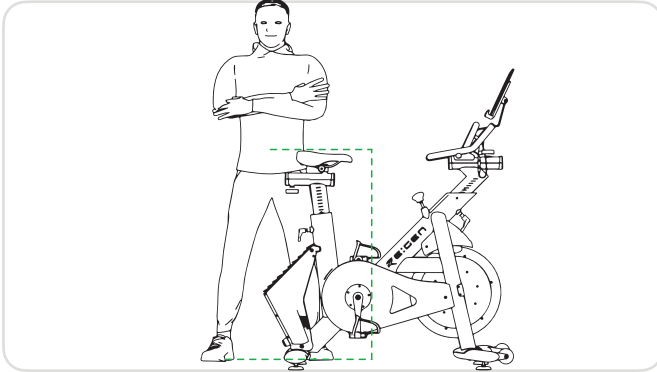


Twist your heel outwards, away from the RE:GEN. You'll know you've unclipped when you feel the cleat release.



**WARNING:** When using SPD clips, always ensure you have clipped-out of The RE:GEN before dismounting.

## ADJUSTABILITY



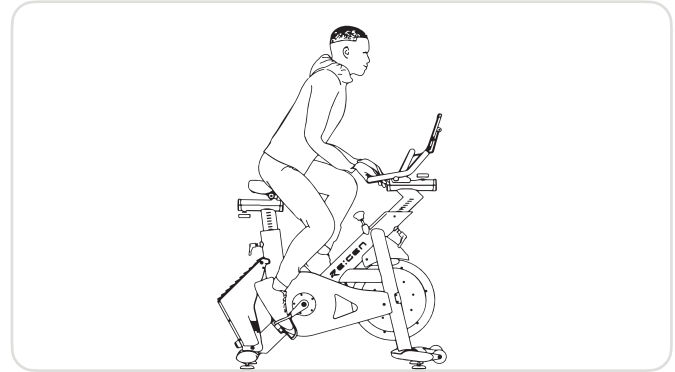
### GETTING READY TO RIDE

Everyone's body is unique, so it's crucial to adjust your RE:GEN bike to fit you perfectly.

As a general guideline, align your seat with your hips while standing beside the bike. For detailed instructions on setting up and adjusting your bike for the best comfort, refer to page 21.



**WARNING:** To prevent injury, always adjust the seat and handlebars to your personal requirements and maintain a straight back positioning when using the RE:GEN.



### RIDE POSITION

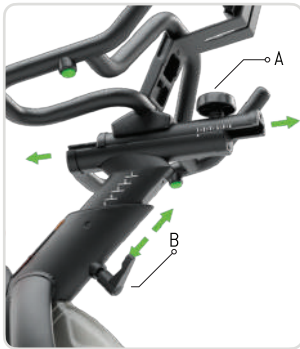
Comfort is key while riding. Before you make any adjustments to your bike, please read the following guidelines on how to position your body for an optimal and comfortable experience on the RE:GEN.

As a general rule, the correct seat position can be achieved by resting your elbow on the front of the seat and adjust the seat until your fingertips just reach the handlebars. When riding ensure that:

- ▶ Your arms maintain a slight bend
- ▶ Your hands sit comfortably on the handlebars without overstretching
- ▶ Your legs have a slight bend at the lowest point of your stroke.

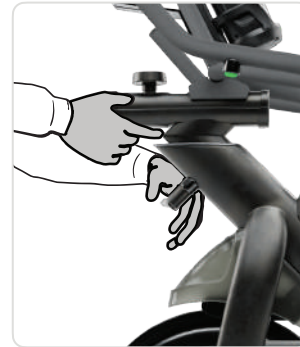
**CAUTION:** Never adjust the RE:GEN while riding. Always ensure adjustable parts are secure before riding.

## ADJUSTABILITY



### HANDLEBAR

- 1 To move the handlebar forwards or backwards, loosen Horizontal Adjustment Knob (A) to adjust the handlebar position.
- 2 Once you've found the correct location, secure by tightening the Horizontal Adjustability Knob.



### HANDLEBAR HEIGHT

- ▶ To change the height of the handlebar, rotate & pull the Vertical Adjustment Lever (B). With the lever pulled out, hold under the
- ▶ Horizontal Handlebar Adjustment bar and adjust to your desired position.
- ▶ The spring-loaded mechanism will click into the appropriate pre-set holes once they are aligned. Once aligned, release the Vertical Adjustment Lever and rotate to tighten.



### THE SADDLE

- ▶ To adjust the **horizontal position** of the saddle, loosen Horizontal Adjustment Knob (C) and slide the seat forwards and backwards. To lock the seat in place, tighten the Horizontal Adjustment Knob
- 1 To adjust the **seat height**, turn the Vertical Adjustment Lever (D) counter-clockwise and then pull. Keep lever D pulled while you select the preferred height. Listen for a 'click' to confirm the seat is in one of the pre-set holes.
  - 2 To secure the seat height, release and then twist D clockwise.



### RESISTANCE CONTROL

- 1 Modifying resistance is done using the resistance buttons on your handlebar, or via the EnergyM app.

Resistance on the bike ranges from 0-100. Pressing the right button will increase resistance by +5. The left reduces by -5.



**WARNING:** When adjusting the seat post and handlebar post, do not exceed the mark indicating the minimum insertion depth.

**CAUTION:** Never adjust The RE:GEN while riding. Always ensure adjustable parts are secure before riding by tightening and ensuring the pin is located in the pre-set holes.

## BRAKE & LOCKING



### EMERGENCY STOP

- ▶ The emergency stop button will stop the flywheel quickly
- ▶ To execute an emergency stop, press the button downward, firmly.



### LOCKING THE RE:GEN

- ▶ Unscrew the lock and attach around the back stabiliser and one of the pedals
- ▶ Ensure you have connected the lock on the crank, before the pedal, to ensure it doesn't slip off.



- ▶ Default number is 000 to open.
- ▶ To set a new code -unlock and rotate the knob counter-clockwise 90 degrees.



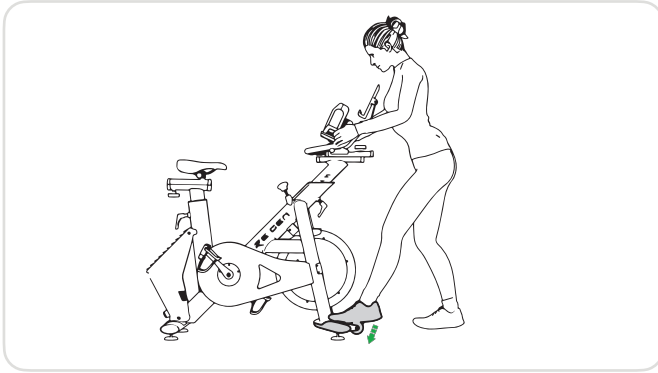
- ▶ Set your new code in line with the white line marker and reconnect the lock.
- ▶ Rotate the knob back counter-clockwise 90 degrees.



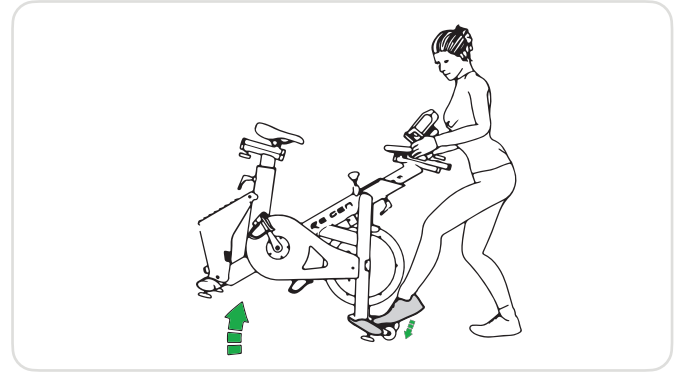
**WARNING:** The RE:GEN does not have a freewheel, this means the bikes pedals will continue to move until the flywheel stops and removing feet from the pedals while they are moving can cause injury.

**CAUTION:** Always lock The RE:GEN when not in use.

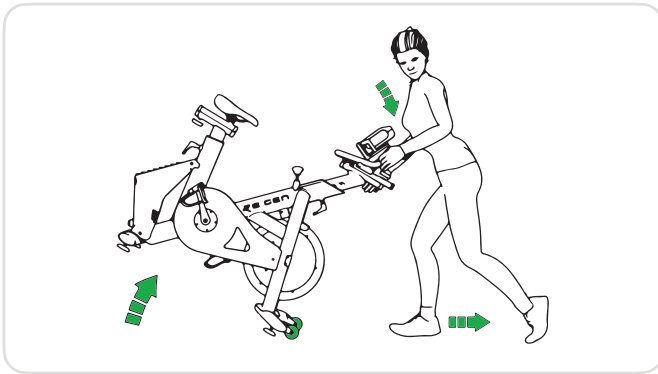
## MOVING YOUR RE:GEN



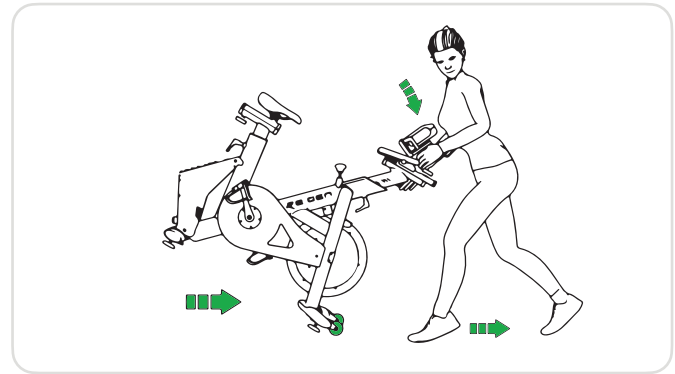
1. Hold the handlebar firmly and place your foot on the front stabiliser.



2. Carefully tilt the the RE:GEN forward, onto it's transport wheels.

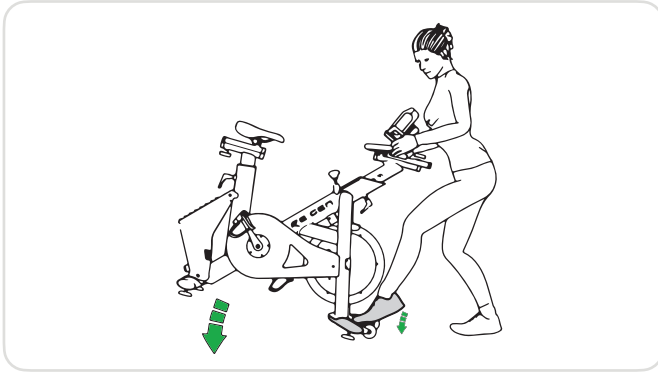


3. Remove your foot from the front stabiliser and begin moving the RE:GEN on it's transport wheels.

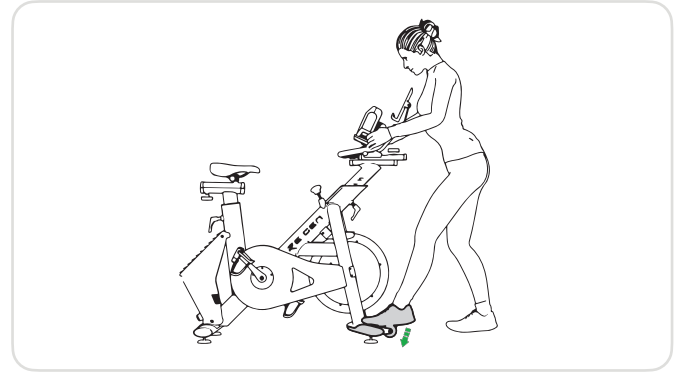


4. Ensure you move the bike along flat surfaces only.

## MOVING YOUR RE:GEN [CONTINUED]



5. Place your foot on the front stabiliser and lower the bike onto its back feet.



6. Ensure the bike is placed on a solid, flat surface, on a mat to protect any flooring.

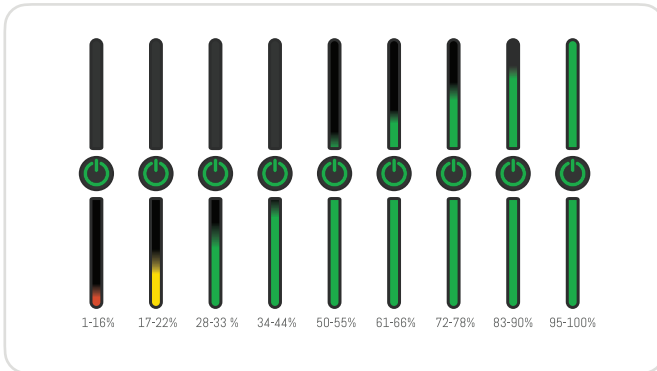
## THE OHM BATTERY



**Connecting:** Slide your OHM into the cradle until you hear a “click”.



**Connecting:** You'll see all three lights on the cradle light up when the OHM is connected.

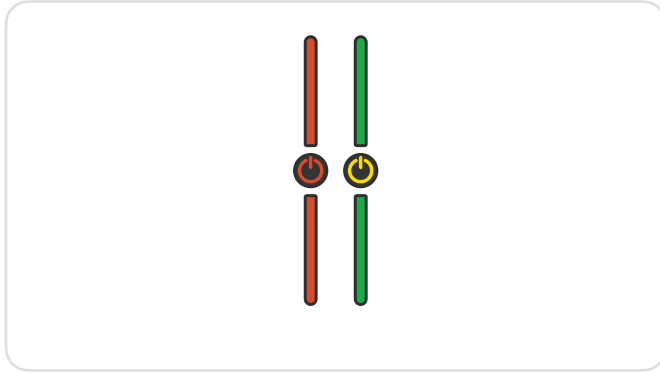


**Charging the OHM:** Your OHM will begin charging as soon as you begin pedalling. As you ride, the batteries increasing state-of-charge will display on the central lights. You can also charge your OHM with a USB-C cable.

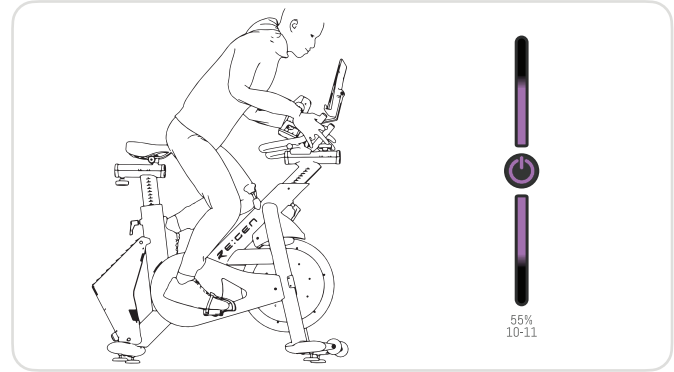


**Charging your devices:** Turn the OHM on by pressing the central power button, then plug in up to 2 devices using a USB-C cable.

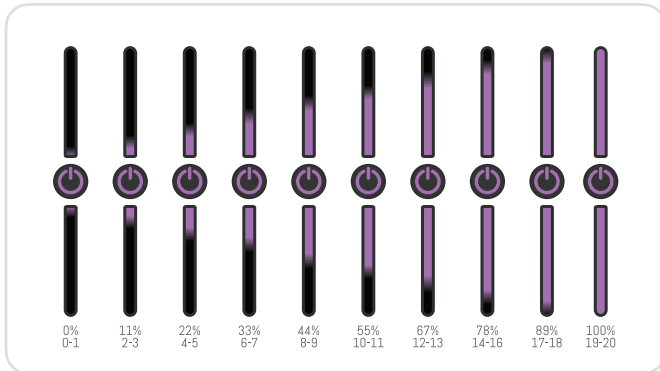
## THE OHM BATTERY



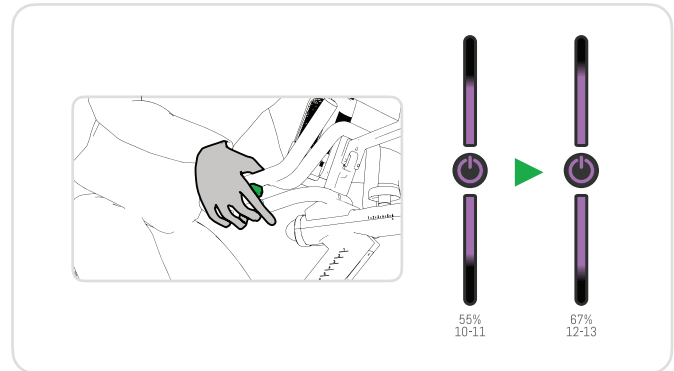
**Faults:** If your battery lights show red or orange when not in use, or disconnected, this indicates there could be a fault. Disconnect the OHM and call Customer Support (see p.7).



**Resistance:** Resistance is controlled by the buttons on your handlebars and will be visually represented on the OHM's lights when each button is pressed.



**Resistance:** As you workout, you'll increase and decrease resistance using the handlebar buttons, which will display on the OHM on a scale of 1-20.

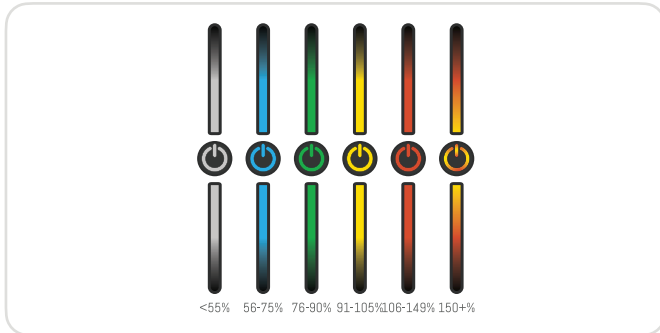


**Resistance:** Pressing up or down on the handlebar resistance buttons will indicate the level of resistance you are now cycling at.

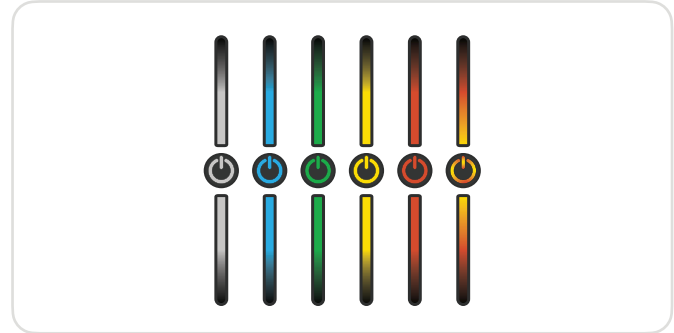
## THE OHM BATTERY : FTP GREEN ZONE™



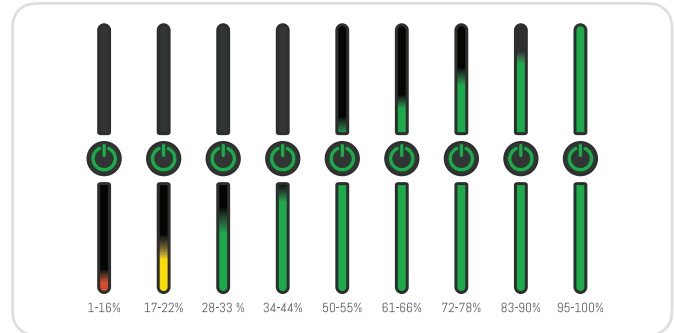
Functional Threshold Power (FTP) refers to the highest average power you can sustain for an hour, measured in Watts. FTP is widely used as a benchmark to gauge a cyclist's performance and to tailor training intensity. FTP is a key metric to help understand endurance capacity and to track improvements over time. FTP on the OHM is set to a default value, unless the Energym app is paired.



**The Science:** The 6 colour zones visually represent the effort relative to your FTP. Each zone correlates to a % relative to your FTP, e.g., when your current power-output is at 150% of your FTP, you'll be in the FIRED UP zone, then, when you need to slow it down, when you're below 55% of your FTP, you'll see the WHITE zone displayed.



**FTP Green Zone:** The OHM will display your performance vs your FTP using a colour zoning system, as shown above. The more you push yourself, the more power you'll create!



**Charging:** To see your current state of charge, press the central power button.

## MAINTENANCE & CARE

Your RE:GEN doesn't need much in the way of care, besides the few details and checks contained below. Please take care when undertaking maintenance on the RE:GEN, especially when cleaning - please ensure you read all caution notes contained on this page. Failure to do so can void your warranty.

### MONTHLY

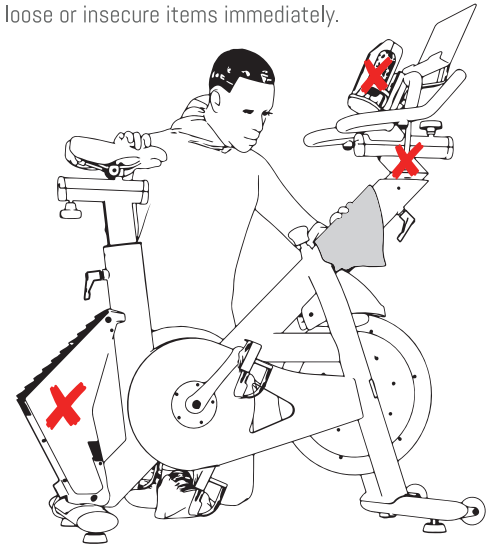
- ▶ Thoroughly clean your RE:GEN using a none-abrasive household cleaner (we prefer the eco variety, obviously).
- ▶ Check all screws, fixings and adjustable elements are tightly fastened and secure. Tighten immediately if required.
- ▶ Test your emergency brake by pressing down while pedalling. Your bike should come to an immediate stop. If it doesn't, stop using the bike and contact support.
- ▶ Check your RE:GEN's frame and Enerbox, ensuring there are no signs of wear and tear or damage. If there is any damage, stop using the bike and contact support immediately.



**CAUTION:** Check for wear and damage and perform maintenance on a regular basis, replacing any damaged parts immediately. If you identify any repair requirements, do not use the RE:GEN until repairs are completed. When replacing parts, only use original parts from the manufacturer, failure to do so could void your warranty.

### AFTER EVERY RIDE:

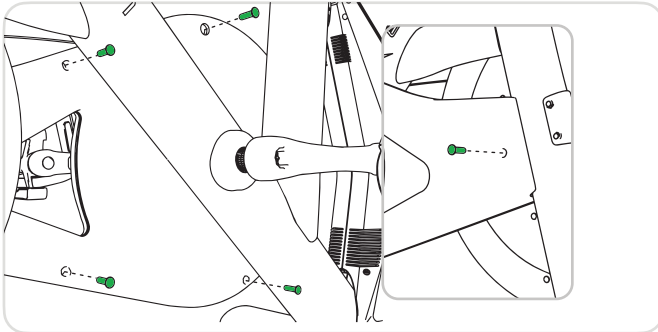
- ▶ Wipe down your RE:GEN using a damp cloth after each ride.
- ▶ Check for positioning. If your bike rocks at any time, it's important to adjust each foot until all four feet are positioned firmly and evenly on the floor.
- ▶ Attend to any loose or insecure items immediately.



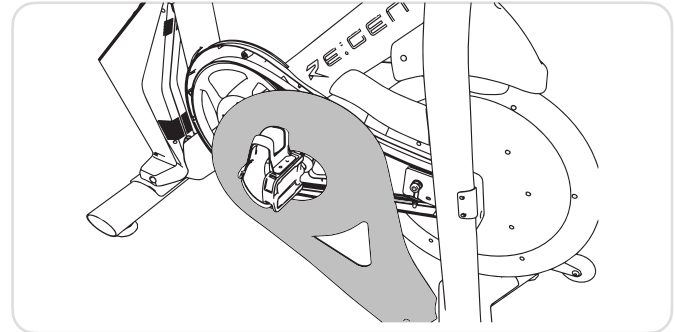
**CAUTION:** When cleaning the RE:GEN, never get any water on or close to the Enerbox, Cradle or OHM battery. This is for your safety but also, the big-brains of your bike contain electrical equipment that can become damaged when wet. If this happens, please stop using the RE:GEN immediately and contact support.

## MAINTENANCE & CARE: BELT TENSIONING

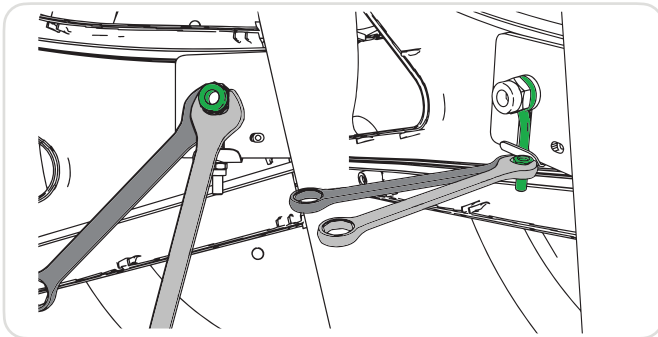
The belt won't require regular maintenance, however, with prolonged use, it can loosen over time and begin to slip. If you feel the belt slipping during use, please consult the belt tightening process as detailed in the steps below.



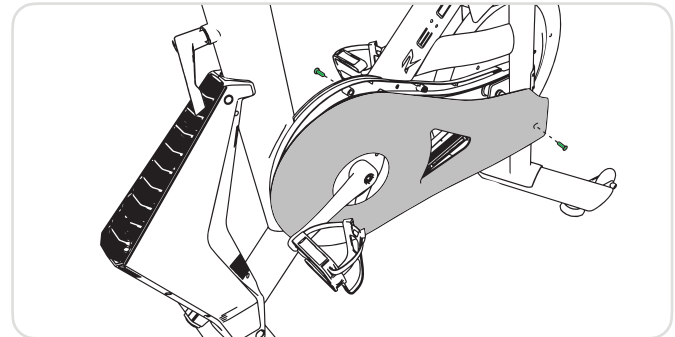
1. Remove the belt guard cover by removing the 4 rear screws and one screw on the front.



2. Carefully remove the belt guard, over the pedal crank.



3. Once the cover is removed, loosen, but not remove, the retaining nut. To tension the belt, tighten the tensioning nut with a 10mm spanner or socket, until the belt tension has removed any slack. **Please take extra care not to over-tighten the belt.**



4. Replace the belt cover guard and repeat periodically to ensure optimum efficiency.

# TROUBLESHOOTING

I have just started using my RE:GEN and I've noticed an unusual smell?

For your first few rides, your RE:GEN can create a smell, as with other new electrical appliances. This is completely normal and will stop with extended use.

The handlebars don't feel secure

Ensure handlebar locking pin is engaged and the lever and knobs are fully tightened.

I can't thread on pedals?

Ensure the correct side pedal is being matched up with the corresponding crank on each side. You'll see them clearly marked left & right.

I can't pedal my RE:GEN

Ensure the brake is not engaged by turning the emergency stop button to its maximum counterclockwise position

My RE:GEN isn't pairing with the app

Close and refresh the app and then pedal to wake the Enerbox. You will see a green light on the Enerbox. If the problem persists, please contact Customer Support.

My Enerbox is hot to touch?

After a workout, the Enerbox could be warm to the touch. This is normal. In the case of excessive heat then immediately stop using the bike and contact Customer Support.

I accidentally kicked my Enerbox?

First of all, what did the Enerbox ever do to you? Jokes aside... If the Enerbox is showing any signs of physical damage, contact our customer support before using the bike.

OHM isn't connecting to my bike

Disconnect & re-connect the OHM and pedal to wake up your RE:GEN. If the problem persists, contact Customer Support.



0113 328 0926

Our Customer Support team is available: 8-4pm, Monday-Friday



support@energym.io

Can't find the answer you're looking for? We're always on hand to help. Please contact the **Customer Support team**.

## RE:ASSURANCE WARRANTY

Something we hope you'll never need to use, but created for your RE:ASSURANCE, your RE:GEN is guaranteed against material or manufacturing faults. You'll need to keep hold of your proof of delivery/purchase, as without this, any work carried out to repair or replace your bike, will be chargeable. Your guarantee is subject to the following terms and conditions:

### FRAME - 3 YEARS

Energym warrants the frame (excluding any moving parts attached to the structural frame) against defects in workmanship and materials for a period of three years from the date of original delivery.

### COMPONENTS - 12 MONTHS

Energym warrants the components and all original parts of the RE:GEN other than pedals, including it's belt, brake resistance, crankshaft, seat post, handlebars and water bottle holder, against defects in workmanship and materials for a period of 12 months from the date of original delivery.

### LABOUR - 12 MONTHS

Energym will cover the labour cost for the repair or replacement made under this Warranty for a period of 12 months from the date of original delivery.

## WHAT ISN'T COVERED

- ▶ Normal wear and tear
- ▶ Accidental damage, faults caused by negligent use or care, misuse, neglect, theft, vandalism, fire, flood or any natural disaster, careless operation or handling of the bike which is not in accordance with the user manual
- ▶ Use of the the RE:GEN for anything other than at-home use
- ▶ Use of parts and accessories which are not Energym genuine components
- ▶ Faulty installation
- ▶ Repairs or alterations carried out by parties other than Energym or authorised manufacturers.

## SUMMARY

- ▶ The guarantee becomes effective at the date of purchase (or the date of delivery if this is later)
- ▶ All work will be carried out by Energym or its authorised agents
- ▶ Any parts which are replaced will become the property of Energym
- ▶ The repair or replacement of your RE:GEN is under guarantee and will not extend the warranty period.
- ▶ The guarantee provides benefits which are additional to, and do not affect, your statutory rights as a consumer.
- ▶ This warranty is issued to the original purchaser of the product and is non-transferable.



If you are in doubt as to what is covered by your guarantee, please contact the Energym Customer Support team at [support@energym.io](mailto:support@energym.io).



E N E  G Y M <sup>®</sup>

WWW.ENERGYM.IO

Energy HQ, Highlands House, Highlands Road, Shirley, Solihull, England, West Midlands, B90 4ND