



Commercial Air Bike

USER MANUAL

VO2-ABK-001



RESISTANCE Air Flywheel	DRIVE Belt & Chain	SEAT ADJUST Vert. + Horiz.
--	---	---

Need help? Contact support@vervefitness.com or visit vervefitness.com/support
vervefitness.com

Safety Information.

CAUTION: RISK OF INJURY OR PROPERTY DAMAGE

1. Keep children and pets clear. Never leave children unattended in the same room as the bike, and keep pets away from it at all times.

2. Check with a health professional first. If you are pregnant, elderly, or have a disability or pre-existing health condition, do not use the bike without the guidance of a qualified health professional or physician.

3. Stop if something feels wrong. If you feel dizzy, nauseous, chest pain, or any other abnormal symptom, stop the workout immediately and consult a physician.

4. Clear the area. Remove any obstacles, sharp objects and other people from within a 2 metre radius of the bike before you start.

5. Position it properly. Set the bike up on a clean, level surface away from water and moisture. A mat underneath helps keep it stable and protects your floor.

6. One rider at a time. The bike is designed for a single user's training per session. Never use it if it is not functioning properly — have it repaired first.

7. Dress for it. Wear appropriate workout clothing and enclosed athletic or running shoes. Always stretch before you start.

8. Resistance scales with effort. This is an air resistance bike — the harder and faster you pedal, the more resistance the fan generates. There is no separate resistance dial.

BEFORE YOU START

Read this manual in full, and assemble the bike exactly as described, before your first workout.

Check every bolt and connection is tight before every use, and again after the first few sessions as fittings can settle in.

Consult your physician before beginning this or any exercise program — especially if you are over 35 or have a pre-existing health condition.

Need help? Contact support@vervefitness.com or visit vervefitness.com/support

What's In The Box.

The bike ships mostly assembled. The main frame, fan flywheel, crank and drivetrain arrive built. You'll fit the parts below before your first ride — see Setup on the following two pages.

- **Main frame** ×1, with fan flywheel, crank, pedals' crank arms and drivetrain pre-fitted
- **Front & rear stabilizers** ×1 each, with levelling feet and transport wheel
- **Seat & seat post assembly** ×1, adjusts vertically and horizontally
- **Left & right handlebar assembly** ×1 each, multi-grip design
- **LCD console & display housing** ×1, with bottle holder
- **Pedals** ×1 left (L), ×1 right (R) — handed, see page 6
- **Hardware pack** bolts, washers, nuts and the tools noted on the diagrams

NOTE

Check every item against this list before you start. If anything is missing or damaged, contact VERVE support before assembling.

Key Features.

Air resistance. The flywheel is a fan — resistance comes from air, not a magnet or manual dial, so it responds automatically to how hard and fast you pedal.

Belt and chain drivetrain. The crank drives an internal sprocket assembly by chain, which in turn drives the fan flywheel by a Poly-V belt. VERVE markets the flywheel connection as belt drive; both stages exist and both need the routine checks on the Care & Maintenance page.

Adjustable seat. The seat moves both vertically (height) and horizontally (fore/aft) to fit different riders — see Adjusting Your Air Bike.

Multi-grip handlebars. Fixed handlebars (they do not move with the pedals) with more than one hand position for different riding styles.

Setup: Stabilizers & Seat.

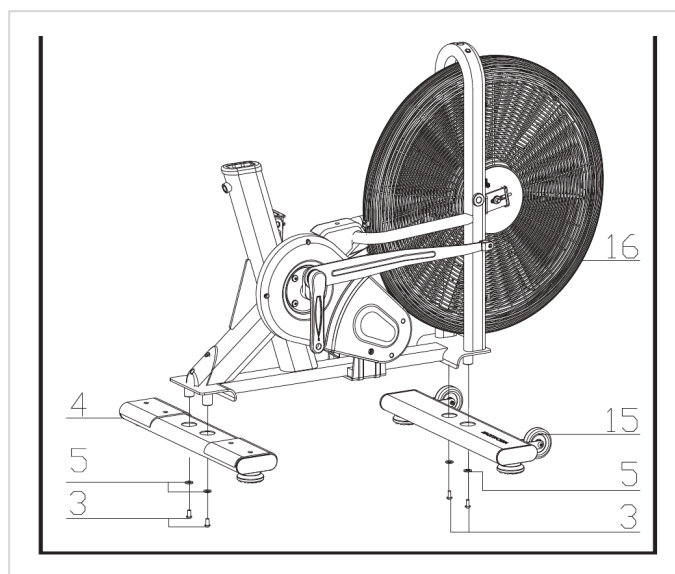
Before you start

Make sure you have enough clear space around the bike, and check every part against the exploded diagram on the last page before you begin. Use the hardware provided — do not substitute your own bolts.

1. Fit the stabilizers

Attach the **front stabilizer** (pt.15) to the main frame (pt.16) using two **Ø10 flat washers** (pt.5) and two **M10×30 bolts** (pt.3).

Attach the **rear stabilizer** (pt.4) to the main frame the same way — two more flat washers (pt.5) and two more M10×30 bolts (pt.3).



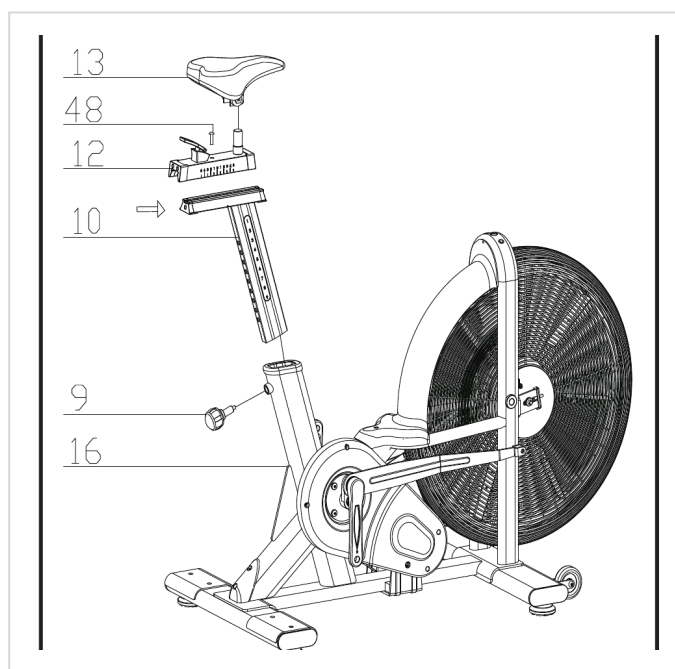
Front & rear stabilizers

2. Fit the seat

Loosen the **height knob** (pt.9), slide the **vertical seat post** (pt.10) into the housing on the main frame to roughly the right height, then re-tighten the knob.

Slide the **horizontal seat post** (pt.12) into the vertical post and lock it with the **M5×18 bolt** (pt.48).

Fit the **seat** (pt.13) onto the post and tighten the bolts underneath it.



Seat & seat post

Hardware check: this page uses 4 × M10×30 bolt (pt.3), 4 × Ø10 flat washer (pt.5), 1 × height knob (pt.9) and 1 × M5×18 bolt (pt.48) — all four quantities reconcile against the manufacturer's printed parts list on the last page.

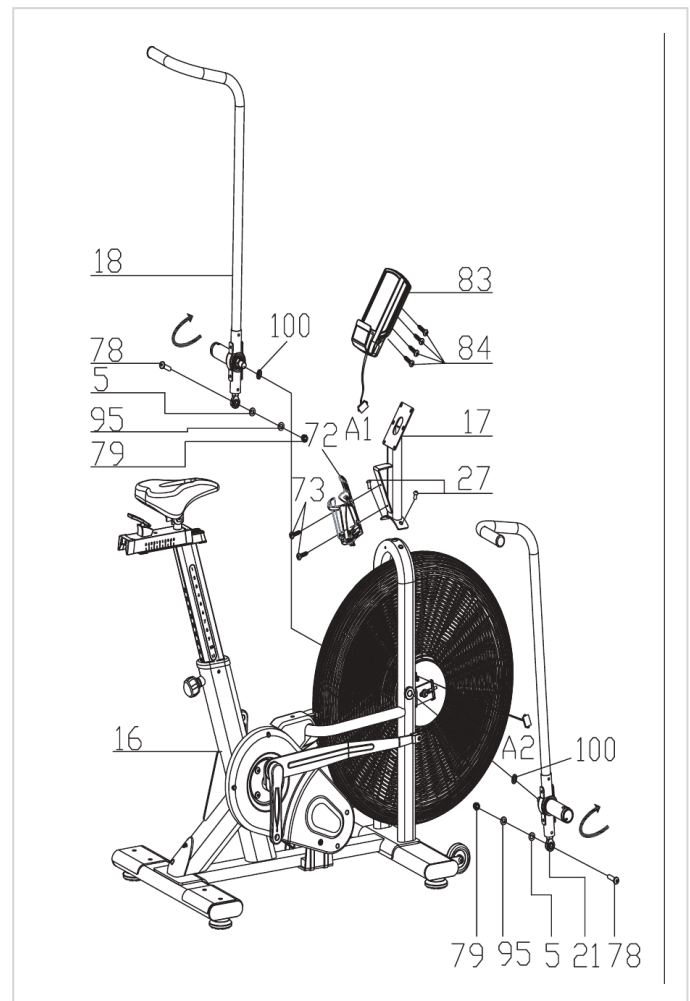
Setup: Handlebars & Console.

3. Fit the handlebars & console

Bolt the **left handlebar** assembly (pt.18) to the main frame (pt.16) using a hexagon head bolt (pt.78), flat washer (pt.5), spring washer (pt.95) and lock nut (pt.79). Fit the **right handlebar** (pt.21) the same way.

Bolt the **display housing** (pt.17) to the main frame with the hex screw (pt.27) and washer (pt.96), then fit the bottle holder (pt.72) to it with the cross screw (pt.73).

Connect the cable connectors, then clip the **LCD console** (pt.83) onto the housing with the cross screw (pt.84).



Handlebars & console

ATTENTION

Fix the handlebars tightly. A loose handlebar assembly is a fall risk under load.

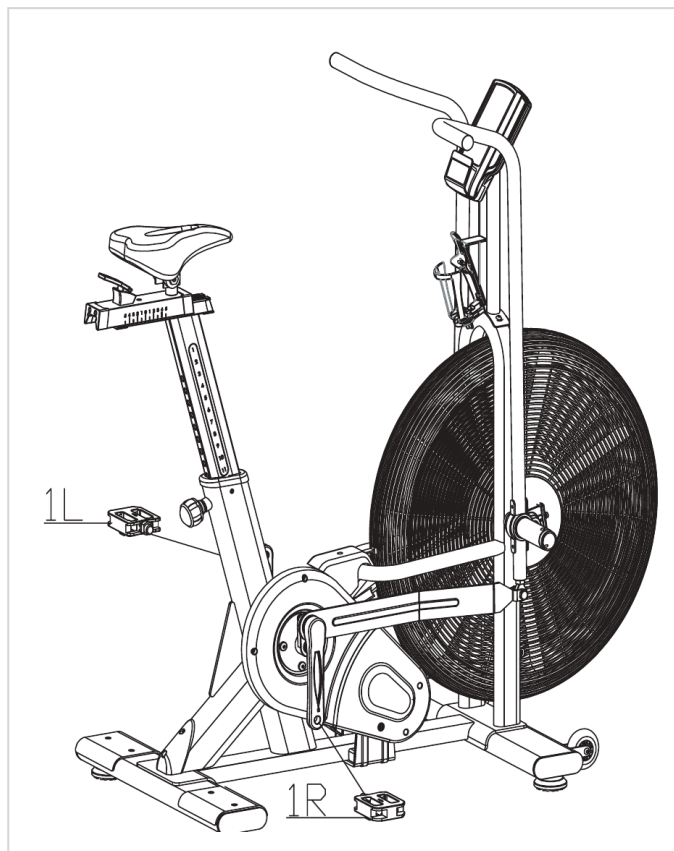
Parts list gap: the manufacturer's printed spare-parts table only itemises parts 1–65. The handlebar and console fixings above (pt.72, 73, 78, 79, 83, 84, 95, 96, 100) appear on the exploded diagram but aren't listed with quantities in the table – count them against the diagram on the last page, not the table.

Setup: Fitting The Pedals.

4. Fit the pedals

The pedals are marked **L** and **R** for left and right. The right crank arm is on the right-hand side of the bike as you sit on it.

Thread each pedal into its matching crank arm by hand first, then tighten with a spanner.



Left (L) & right (R) pedals

CAUTION: LEFT PEDAL IS REVERSE-THREADED

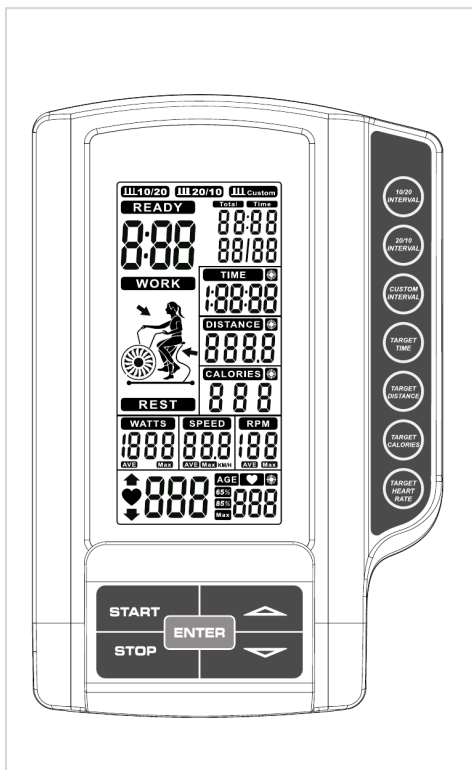
The manufacturer's manual states the **right pedal threads on clockwise** and the **left pedal threads on anticlockwise**. Fitting a pedal in the wrong direction cross-threads it into the crank arm — an expensive repair.

If a pedal doesn't turn in smoothly by hand within the first couple of turns, stop, back it out, and re-check you have the correct pedal on the correct side before reaching for a spanner.

ASSEMBLY TIP

Grease the pedal thread lightly before fitting. It makes the correct direction easier to feel and stops the thread seizing over time.

Operating The Console.



LCD console layout

FIELD	WHAT IT SHOWS
RPM	Pedalling cadence, 0–199.
SPEED	Current speed, up to 99.9 km/h.
TIME	Counts up from 00:00 (max 1:59:59), or counts down from a preset target.
DISTANCE	Accumulates from 0.0 up to 999.9 km (0.1 km steps), or counts down from a preset target.
CALORIES	Accumulates to a maximum of 999, or counts down from a preset target.
WATT	Power output, range 0–1999.
PULSE	Heart rate with a signal present; buzzer sounds if you preset a target (0–230) and go over it.

Buttons.

BUTTON	FUNCTION
START	Start a workout, or resume from Stop mode.
STOP	Stop / pause the workout. Clears all settings. Hold 2 seconds to reboot the console (Total Reset).
UP / DOWN	Adjust Distance, Calories, Heart Rate, Time or Age values.
Target Distance / Calories / Heart Rate / Time	Jump straight to that target training mode.
Interval	Cycles through the three interval programs: 10/20, 20/10, Custom.
ENTER	Confirm a setting or enter the selected program.

Powering on

Switch the console on: the LCD lights up fully with a 2 second beep, briefly shows the preset wheel diameter, then asks you to set your **age** (use UP/DOWN, then ENTER to confirm). It then drops to Standby, ready to start.

Not documented: the manual does not say how the console is powered (battery or self-generating from pedalling). Check the back of the console for a battery compartment before the bike goes on the floor.

Training Modes & Settings.

Press the matching button from Standby to start any mode. All modes count TIME, DISTANCE, CALORIES, WATT, SPEED and RPM once training begins.

MODE	HOW IT WORKS
Manual	Press START from Standby to go straight into a free workout with no target.
Interval 10/20	Press Interval, select, press ENTER. 3–0 countdown, then 10 sec WORK / 20 sec REST repeating for 8 rounds.
Interval 20/10	Same as above with 20 sec WORK / 10 sec REST for 8 rounds.
Custom Interval	Press Interval to select Custom, ENTER, then set rounds (1–99), work time and rest time (each 0:00–9:59) with UP/DOWN and ENTER.
Target Time	Press Target Time, set the value with UP/DOWN, ENTER to confirm. TIME counts down to zero while the other fields count up.
Target Distance	Press Target Distance, set the value, ENTER to confirm. DISTANCE counts down to zero.
Target Calories	Press Target Calories, set the value, ENTER to confirm. CALORIES counts down to zero.
Target Heart Rate	Press Target Heart Rate, set your age, ENTER to confirm. The buzzer sounds if your heart rate drops below 65% or exceeds 85% of the calculated max.

Idle behaviour, pausing & resuming

During a workout, 30 seconds with no key press, RPM or pulse signal triggers a short beep and **Wake-up mode** — press any key or start pedalling to continue. In Standby, 30 seconds of no input drops the console to **Sleeping mode**.

Press START once to pause. The buzzer sounds briefly every 30 seconds and the display flashes. Stay paused for 5 minutes and the console drops to Wake-up mode — press START to pick up where you left off.

Ending a workout

Press STOP: TIME, DISTANCE and CALORIES hold your workout totals; WATT, SPEED and RPM alternate between average and max; the PULSE field alternates between your 65% and 85% max heart-rate markers every 5 seconds.

Settings.

Switch km/h ↔ mph

Hold START and ENTER together for 2 seconds, use UP/DOWN to choose km/h or mph, then ENTER to confirm.

Total reset

In any mode, hold STOP for 2 seconds. The display flashes and the buzzer sounds for 2 seconds, then everything returns to Standby with all settings back to default.

This console does not use fault or error codes.

Adjusting Your Air Bike.

Seat height

Loosen the spring knob on the vertical seat post, pull it out slightly, slide to the height you want so the holes line up, then release and re-tighten the knob.

Seat position (fore/aft)

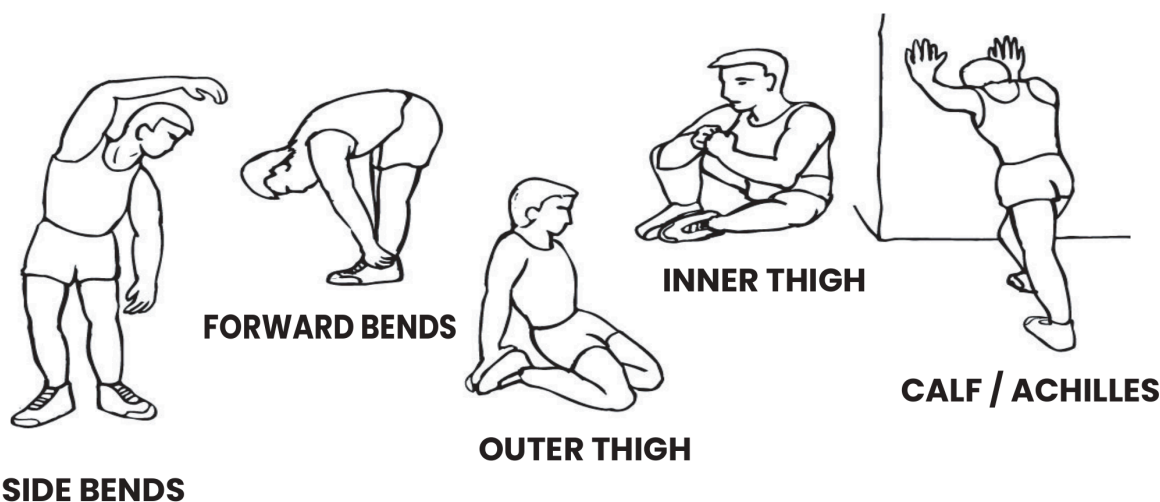
Loosen the adjusting knob and washer, pull back, slide the horizontal seat post to the desired position, align the holes, then re-tighten.

GETTING THE MOST FROM YOUR AIR BIKE

A few sessions of consistent use build fitness, tone muscle, and support weight loss alongside a calorie-controlled diet. Aim for at least three sessions a week, spaced evenly if you can.

1. Warm up

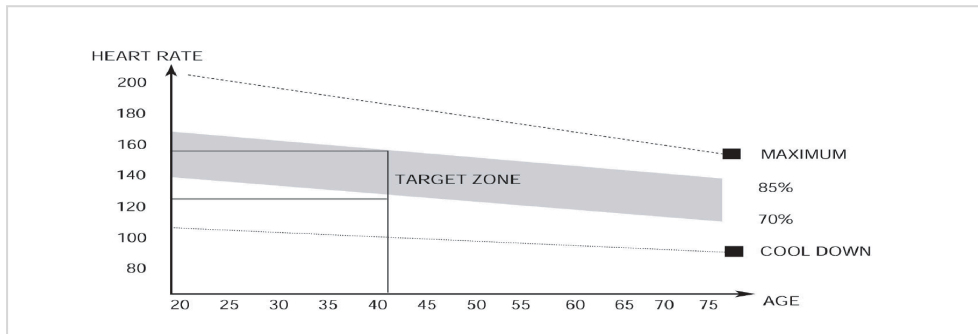
A few minutes of light pedalling plus stretching gets blood flowing and lowers your risk of cramp or injury. Hold each stretch for about 30 seconds — never force or jerk into it. If it hurts, stop.



Getting Started.

2. Train

Keep a steady tempo and aim to raise your heart rate into the target zone for a minimum of 12 minutes. The manufacturer's target-zone graph below is based on age, from 70% (light) to 85% (hard) of estimated maximum heart rate.



3. Cool down

Reduce your tempo for about 5 minutes and repeat the stretches above, again without forcing them.

Care & Maintenance.

Before every use

Check all bolts and connections are tight, and confirm the bike is running smoothly before you rely on it. Never use it if it isn't functioning properly — get it repaired first.

Drivetrain

The crank drives an internal sprocket by chain, and that sprocket drives the fan flywheel by a Poly-V belt — both stages exist even though VERVE markets the flywheel connection as belt drive. Run a routine inspection of both, paying particular attention to connecting points and moving parts, and replace any worn component immediately.

Cleaning

Don't use abrasive cleaning products on the bike. Wipe sweat off immediately after every session — sweat left on metal parts corrodes them over time.

Positioning

Keep the bike on a clean, level, dry surface. A mat underneath protects your floor and helps keep the bike stable.

ONE USER AT A TIME

This bike is built for one rider's training per session. Sharing the load across simultaneous riders is not supported and is a safety risk.

The manufacturer's manual doesn't give a specific inspection interval (e.g. weekly, monthly) — it only calls for "routine" checks. In a commercial gym, fold this into your existing equipment maintenance schedule rather than leaving it undated.

Troubleshooting & FAQ.

ISSUE	LIKELY CAUSE	WHAT TO DO
Console goes blank or unresponsive mid-workout	No key press, RPM or pulse signal for 30–60 seconds — Wake-up or Sleeping mode	Press any button or start pedalling. This is expected behaviour, not a fault.
PULSE field shows "P" instead of a number	No pulse signal detected	The manual doesn't document whether pulse is read from handlebar grip sensors or a wireless chest strap. Check the physical unit and confirm with VERVE support.
Speed or distance looks off	The console uses a preset wheel diameter shown briefly at power on; the manual doesn't document a way to change it	Contact VERVE support if the reading looks consistently wrong.
All settings reset to default	STOP was held for 2 seconds (Total Reset)	Expected behaviour — re-enter your age and start again.
A pedal won't thread in properly	Pedals are handed — the left pedal is reverse-threaded	Stop immediately, back it out, and check you have the correct pedal (L or R) on the correct side. See Setup, page 6.

This console does not display fault or error codes.

Frequently asked questions.

Is there really a chain in an "air bike"?

Yes. The manufacturer's parts diagram shows a short chain from the crank to an internal sprocket assembly, which then drives the fan flywheel by a Poly-V belt. Both stages need the checks on the Care & Maintenance page.

Do the pedals really thread on in different directions?

Yes — the right pedal threads on clockwise, the left pedal anticlockwise. This is standard on bikes and stops the pedal working loose as you ride.

What powers the console?

Not documented by the manufacturer. Check the battery compartment on the back of the console before the bike goes on the floor.

Can I switch the display to miles per hour?

Yes — hold START and ENTER together for 2 seconds, then use UP/DOWN and ENTER. See Settings, page 8.

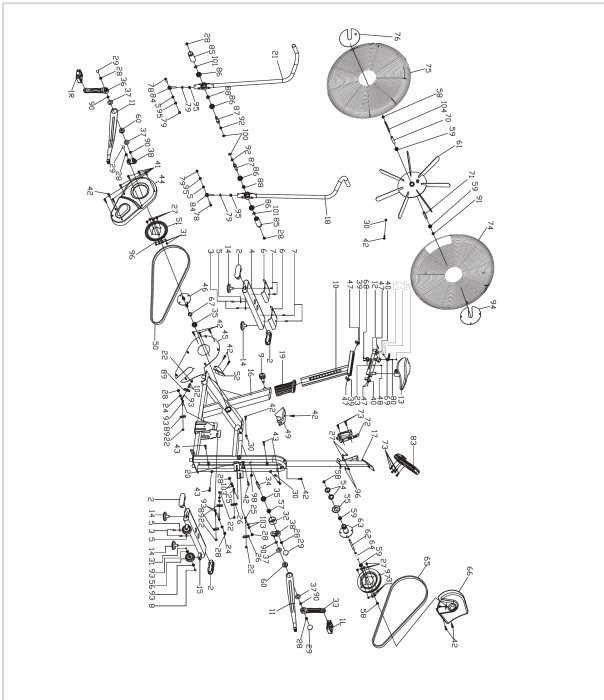
NEED HELP?

Missing parts, damaged components or setup questions — we'll sort it fast.

Contact support@vervefitness.com or visit vervefitness.com/support

Parts Diagram.

The manufacturer's full exploded view, for checking the Setup steps on pages 4–6 and for ordering spares. Part numbers on the diagram match the numbers used throughout this manual.



Full exploded view

PT.	PART	SPEC
1L/1R	Pedal, left & right (handed)	JD-304V (9/16")
3	Bolt 1	M10×30
4	Rear stabilizer	Welded
5	Flat washer	Ø10
9	Seat height knob	φ50×91 (M16×35)
10	Vertical seat post	Welded
12	Horizontal (level) seat post	Welded
13	Seat	KS-9068
15	Front stabilizer	Welded
16	Main frame	Welded
17	Display connection housing	Welded
18	Left handlebar assembly	Welded
21	Right handlebar assembly	Welded
27	Hex bolt (display housing)	M8×16
48	Bolt 8 (seat post lock)	M5×18
50	Short chain, crank → sprocket	P=12.7, 66 link
65	Belt, sprocket → flywheel	5PK1346
72–73	Bottle holder & fixing screw	—
78–79, 95–96	Handlebar bolt, washer, spring washer, lock nut	—
83–84	LCD console & fixing screw	—
100	Handlebar pivot spacer	—

Table coverage: the manufacturer's printed spares table itemises parts 1–65 with full specs (reproduced above). Parts 66–104, including the console, bottle holder and handlebar fixings, appear on the diagram but were never itemised with specs in the source document — treat their positions on the diagram as the reference, not a spec sheet.