

VERVE®

Kuro Commercial Upright Bike

USER MANUAL

VER-KUR-URB



Safety Information.

CAUTION: RISK OF INJURY OR PROPERTY DAMAGE

Save these instructions for future reference. This product is intended for commercial use. Read every instruction in this guide, and any labels on the equipment, before installing or using it.

1. See a physician first. Anyone with high blood pressure, high cholesterol or heart disease, a family history of these, aged over 35, who smokes, is obese, hasn't exercised regularly in the past year, or is on medication should get a full physical check-up before starting.

2. Maximum user weight: 180kg (397lbs). Do not use the unit above this weight.

3. Keep children and untrained people away. Do not allow children on or near the equipment, and never leave them unsupervised around it.

4. Wear proper exercise clothing. Avoid loose or dangling clothing, don't wear shoes with heels or leather soles, clear dirt and stones from your soles first, and tie back long hair.

5. Power and cabling. Use only the power adapter supplied, plugged into an appropriate grounded outlet. Never leave the unit plugged in unattended; unplug it when not in use, before cleaning, and before any service. Keep the cord away from heated surfaces and route it so it can't be walked on, pinched or damaged.

6. Mounting and dismounting. Take care getting on and off the bike.

7. Stopping the bike. Press Start/Stop on the console to stop the unit (press again to resume). See the flag below — the safety notice references a separate "emergency stop procedure" that this manual doesn't otherwise define.

8. Placement and ventilation. Assemble and use on a solid, level surface with at least 1 metre of clearance on each side. Don't block the ventilation opening or use on a cushioned surface. Keep the equipment dry and away from water; don't use it outdoors or in damp locations.

9. No user-serviceable parts. Do not remove the cover (risk of electric shock) and don't attempt your own repairs beyond the maintenance steps in this manual. Contact VERVE support for servicing.

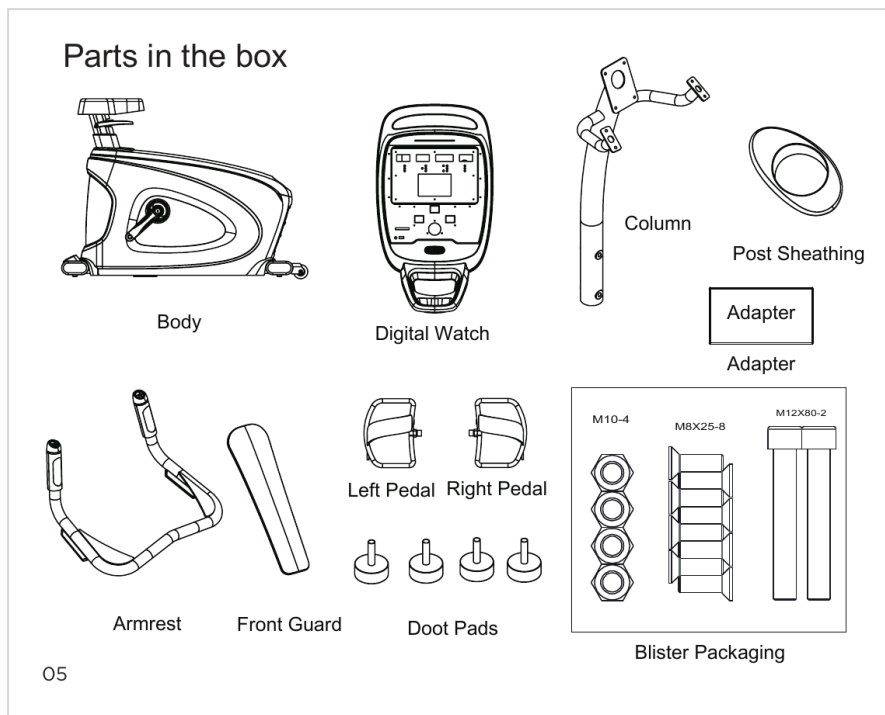
10. General use. Only one appropriate use as described in this manual — no unapproved attachments. Don't set anything on the handrails, handlebars, console or covers. Don't operate near aerosol sprays or administered oxygen. Never operate a unit with a damaged cord or plug, that isn't working properly, or that's been dropped, damaged or exposed to water — call for service instead.

Emergency stop — not separately defined. The safety notice above instructs users to "read, understand, and test the emergency stop procedures before use," but nowhere else in this source manual is a distinct emergency-stop procedure described. The only stop control documented anywhere is the ordinary **Start/Stop** button on the console (page 6): "when unit running, press this button to stop." There is no separate emergency-stop button, safety key or pull-cord shown or mentioned. Since this is an unmotorised, pedal-driven bike, ceasing pedalling will also slow it. Confirm with VERVE whether any other stop mechanism exists before relying on this manual alone.

Stray clause: the source safety sheet is evidently shared across the Kuro range and includes the line "Treadmill, there should be 2 meters of clearance from each side" — not applicable to this bike. The 1 metre clearance figure is this product's own and is carried above.

What's In The Box.

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



- **Body** ×1, main frame w/ base rails & crank
- **Column** ×1, post carrying the console
- **Digital Watch (console)** ×1
- **Post Protective Cover** ×1, aka "Post Sheathing"
- **Armrest** ×1, forearm-rest handlebar
- **Front Guard** ×1, cosmetic cover panel
- **Foot Pads** ×4 ("Doot Pads" typo in source)
- **Left / Right Pedal** ×1 each
- **Power Adapter** ×1 — labelled twice in source, one item
- **M10 hexagonal nut** ×4
- **M8×25 countersunk screw** ×8
- **M12×80 socket head bolt** ×2

HARDWARE RECONCILES CLEANLY

Every fastener the four assembly steps call for adds up exactly to the blister pack quantities above: 4× M10 nuts (1 per foot pad), 2× M12×80 bolts (column), 8× M8×25 screws (4 console, 4 armrest). No shortfall found.

Console photo doesn't match current product photography: the vervefitness.com.au listing for this SKU shows a bike with a simpler LED display and a mechanical, numbered quick-release seat pin (1–5) — see page 9. This manual's own photography and instructions (pages 6–7) describe a different console: numeric keypad with six preset-program icons. Confirm which configuration actually ships before relying on the Operating Instructions here.

Assembly Instructions.

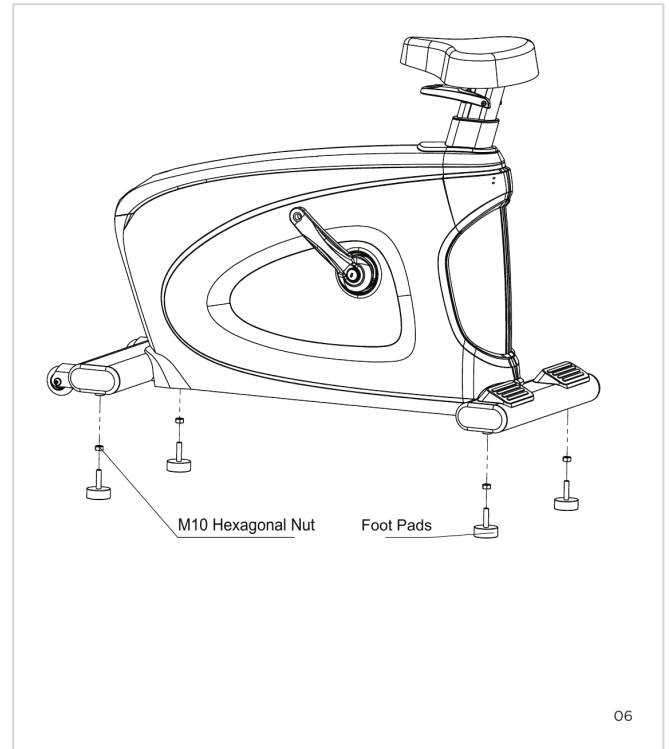
Assemble on a hard, level surface. Attach every fastener and only partially tighten it until told otherwise. Don't move the machine alone — use a second person and proper lifting technique, and never lift or carry it by its plastic covers; they're non-structural and won't take the unit's weight.

STEP 1 OF 4

Fit the foot pads.

Hardware: 4× M10 hexagonal nuts

Screw an **M10 hexagonal nut** onto each of the 4 **Foot Pads**, then install the foot pads into the threaded mounts on the underside of the **Body**.

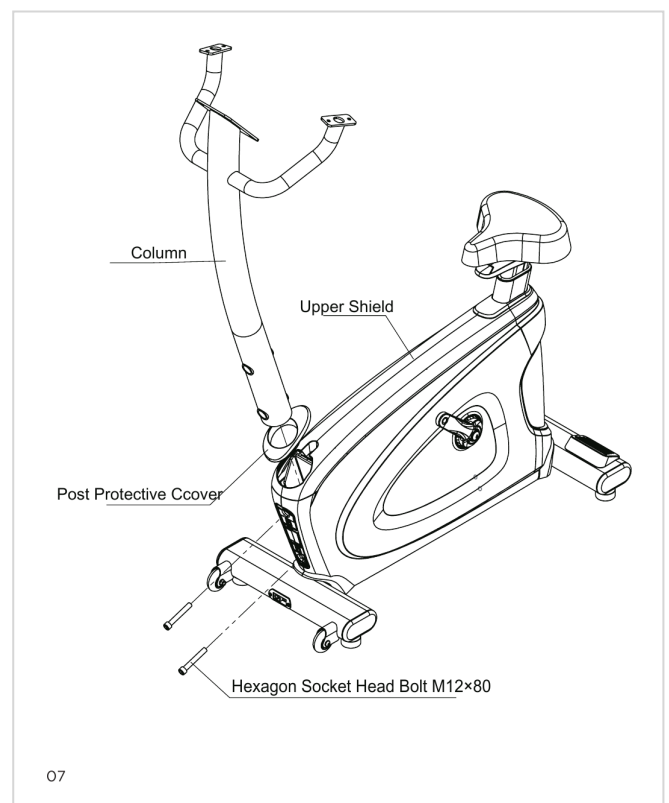


STEP 2 OF 4

Fit the column.

Hardware: 2× M12×80 hexagon socket head bolts

Thread the console's control wire down through the **Column** first. Fix the Column to the Body with the two **M12×80 bolts**. Press the **Post Protective Cover** into the upper shield at the base of the column.



STEP 3 OF 4

Fit the console.

Hardware: 4× M8×25 hexagon socket countersunk screws

Remove the console's back cover (undo its fixing screws, then push it up and off). Thread the data cable from the column into the console as shown, then fix the console to the column with the 4 **M8×25 screws**. Reconnect the data cable and refit the back cover.



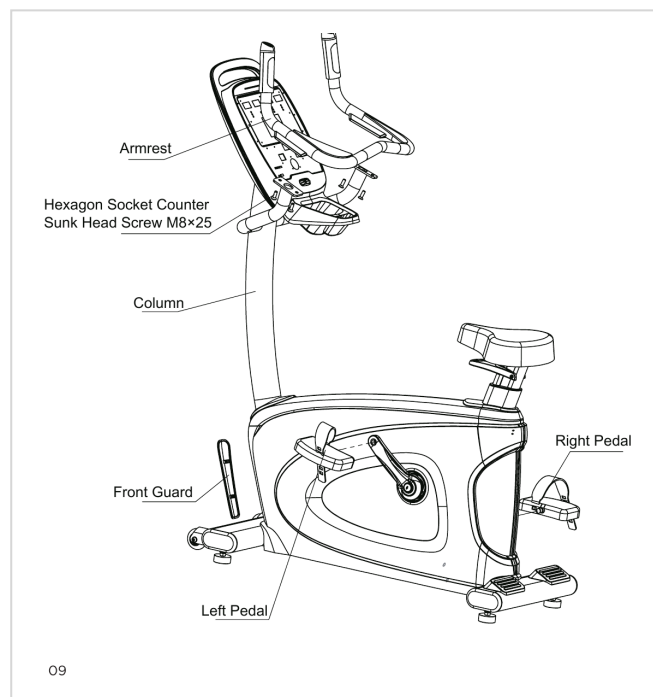
STEP 4 OF 4

Fit the armrest, pedals and front guard.

Hardware: 4× M8×25 hexagon socket countersunk screws

Connect the armrest's data cable, then fix the **Armrest** to the column with the 4 remaining **M8×25 screws**. Install the **Left Pedal** and **Right Pedal** in the positions shown. Once everything checks out, fit the **Front Guard** to the body.

Verify on site: pedal threads on exercise bikes are almost always handed — the left pedal is reverse-threaded so it can't work loose — but this source doesn't say so anywhere, and doesn't state an installation torque. Fit each pedal to the crank arm marked for that side and confirm the turning direction before forcing either one.



ASSEMBLY COMPLETE

Fully tighten every fastener now that the frame is square, then move on to the console and operating instructions.

Console Description.



LED display.

The display shows, cycling through each group:

FIELD	RANGE	INCREMENT
Time	00:00–99:59	1 sec
Distance	0–99.9km	0.1km
Calories	0–99.9kcal	0.1kcal
Speed	0–100km/h	0.1km/h
Intensity	1–20	—

Conflicting figure: console shows Intensity 1–20, but the Specification page (page 10) says "Resistance Level: 25." Confirm which is correct before quoting either.

Buttons & indicators.

NO.	NAME	DETAILS
1	Light language	Blue (3 sec): power on. Breathing blue: standby. Flashing blue: searching Bluetooth/logging in. Green: login succeeded. Flashing red (2 sec): login failed. Yellow (60 sec): pause. Blue (1 sec): cool down. Red (1 sec): stop. Red (2 sec): exit system.
2	Distance/Heart Rate/Step Frequency	Cycle button changes which value is shown.
3	Kcal/Kcal per hour/Power	Cycle button changes which value is shown.
4	Used/Remaining/System Time	Cycle button changes which value is shown.
5	Speed/Average Speed/Steps	Cycle button changes which value is shown.
6	LED display	Shows information about the current training.
7	Program	6 built-in training modes, one-button start.
8	Numeric Keypad	Input age, weight, password etc. Backspace to delete; OK to confirm.

NO.	NAME	DETAILS
9	View	After a session ends the system saves the data automatically — press View to see the result.
10	Fan	Adjusts fan speed: low or high.
11	Level	Press – or + to adjust exercise intensity (resistance).
12	Target Program	Sets an exercise target — time, distance or calories.
13	Self-Editing Program	Sets up a self-editing program.
14	Start/Stop	When the unit is stopped, press to start. When it's running, press to stop.
15	NFC Identification	Identifies user information (smart system version only).

Operating Instructions.

Quick start

Press **Start/Stop** and all data starts counting; the bottom line of the display lights up, linked to the intensity setting. Press **- / +** to adjust intensity while the data can be switched between fields.

Press **Start/Stop** again to clear all data. The display reads "ANY KEY TO CONTINUE OR PRESS OK TO QUIT" — press any key to keep using the unit, or press **OK** to quit.

Preset program starting up

Choose any of the 6 preset programs (Warm Up, Fat Burning, Training, Rolling Hills, Challenge, Interval) when the display reads "START OR PRESS OK TO SET UP." Press **Start/Stop** to begin with the default 30 minute time and linked resistance profile, or press **OK** to set it up first:

1. **Age (10–90):** display reads "Enter your age," default 35. Adjust with **- / +** or type it directly, then press **OK**.
2. **Weight (30–180):** display reads "Enter your weight," default 65. Adjust with **- / +** or type it directly, then press **OK**.
3. **Time (5–99 min):** display reads "Enter time," default 30. Adjust with **- / +** or type it directly, then press **OK** — the display reads "Press Start to begin."

Target program starting up

Press **Target Program**. The display reads "SET TIME OR ENTER THE NEXT TARGET" and the time window flashes (default 30 min, setting range 5:00–99:00, adjust 1 min per press of **- / +**, or type the exact time on the keypad). Press **OK**, then **Start/Stop** to begin.

Press Target Program again for distance (default 1.0km, range 1–99km, 1km per press) or again for calories (default 50kcal, range 50–990kcal, 10kcal per press) — each follows the same set-then-start pattern.

GENERAL EDITING RULE

On any setting screen, adjust with **- / +** one increment per press, or type the value directly on the numeric keypad, then press **OK** to confirm and move to the next field.

Self-editing program starting up

Press **Self-Editing Program**. The display reads "USER PROGRAM"; once that information has cleared, the first line of the display is shown and the first light flashes. Set each stage with $-/+$ (1 level per press) or the numeric keypad, pressing **OK** to move to the next step. After the last stage, press **OK**, the display reads "ENTER TIME," set the time and press **OK** again. The display reads "PRESS START TO BEGIN" — press **Start/Stop** to begin.

Seat, Handlebar & Pedal Adjustment.

Not documented by the source: this manual gives no instructions anywhere for adjusting seat height, handlebar position, or for any strap or cage fitted to the pedals.

- **Seat height:** the assembly diagrams show a seat post with a spring-loaded pin, and VERVE's own current product photography (page 9) shows a numbered quick-release pin with 5 positions — but no written adjustment procedure exists in this source. Pull the pin, slide the seat to the desired numbered position, and release to lock it, then confirm it's seated before riding.
- **Handlebar:** the Armrest is fixed to the column with 4 screws in Step 4 (page 5); nothing in the source indicates it adjusts for reach or angle after that.
- **Pedal straps:** the Step 4 diagram (page 5) illustrates a strap or cage across the top of each pedal, but the source never names or describes it, or how to adjust it. Treat strap tension as a pre-ride check rather than something this manual walks you through.

Resistance control.

Resistance ("Intensity") is set electronically from the console — press **Level -** or **Level +** to step it up or down; there is no manual knob or lever. See the flag on page 6 regarding the exact number of levels available.

Exercise Instructions.

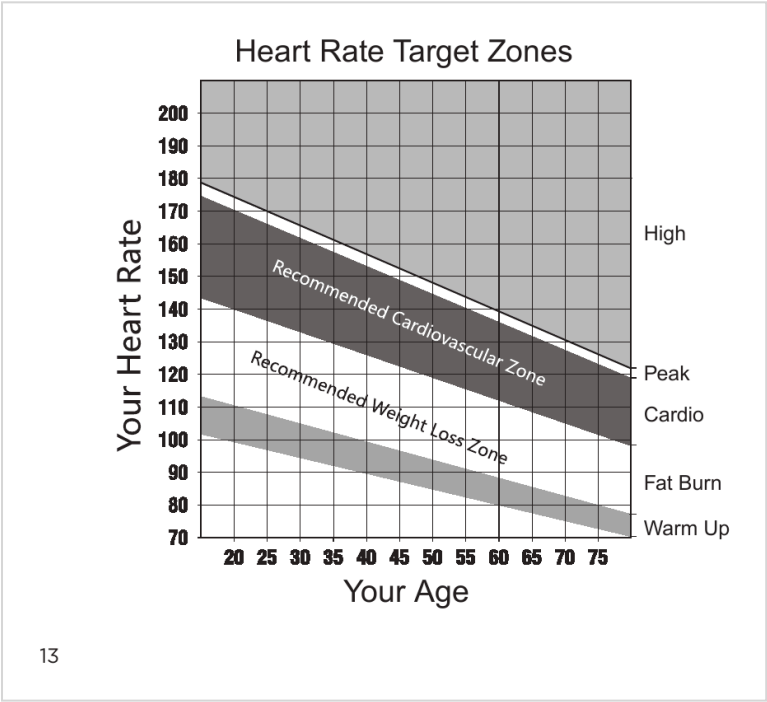
Medical research shows certain exercise promotes recovery of the cardiopulmonary system and muscle tissue. It's safe and effective to control exercise intensity to 60–85% of your maximum heart rate during training – this range achieves the effect you're after without the damage caused by excessive exercise.

Maximum heart rate and exercise interval.

Use this formula (35 years old shown as an example):

- **Max heart rate** = $220 - \text{age}$ ($220 - 35 = 185/\text{min}$)
- **Upper limit** = $\text{max heart rate} \times 85\%$ ($185 \times 85\% = 157 \text{ times}/\text{min}$)
- **Lower limit** = $\text{max heart rate} \times 60\%$ ($185 \times 60\% = 111 \text{ times}/\text{min}$)

So for a 35 year old, the exercise heart rate interval is 111–157 times per minute.



Current product photography (vervefitness.com.au) – note the numbered seat-height pin, not documented in the source manual.

Care, Maintenance & Specifications.

Cleaning the console and screen

To reduce the risk of electric shock, always unplug the equipment before cleaning it or performing maintenance. Dampen a soft cloth with mild soap and water and wipe all exposed surfaces.

Caution: do not use acidic cleaners — they will weaken the paint or powder coating. Never pour water or spray liquids directly onto any part of the equipment; spray the cleaning solution onto the cloth, not the console, and avoid corrosive chemicals on the console and screen. Do not use a hard cloth to clean it.

Specifications.

Max user weight	180kg (397lbs)	Length	1200mm
Power	24V DC, 4A	Width	500mm
Resistance / Intensity	See flag — page 6	Height	1450mm
		Net weight	75kg

Dimensions and net weight are from the current vervefitness.com.au listing; the source manual states no dimensions or product weight of its own, so there is nothing to cross-check them against.

Summary of open items to verify before this ships to a customer: the emergency-stop procedure referenced but not defined (page 2); the console shown in current product photography not matching this manual's console (page 3); the Intensity (1–20) vs Resistance Level (25) conflict (page 6); pedal thread handedness not stated (page 5); and seat height, handlebar and pedal-strap adjustment not documented anywhere (page 8).

NEED HELP?

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

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