



VERVE Volt Spin Bike with Console

USER MANUAL

VER-VSB-001



MAX USER WEIGHT 160kg	RESISTANCE Level 1–100	CONNECTIVITY BLE 4.0
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Need help? Contact support@vervefitness.com or visit vervefitness.com/support
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Safety Information.

CAUTION: RISK OF INJURY OR PROPERTY DAMAGE

1. No freewheel. This bike is NOT equipped with a freewheel — if the flywheel is moving, the pedals move with it. Never try to stop it by pedalling backwards; knee injury can result. To stop immediately, push down the resistance/brake knob.

2. Full stop before dismount. Do not get off until the flywheel and pedals have completely stopped.

3. Weight limit. Maximum user weight 160kg (350lbs). Do not use the bike if you are over this limit.

4. Clearance. Allow at least 0.5m of free space on each side of the bike, for access and emergency dismounts. Bystanders should keep at least 1m away and never touch the rider mid-session.

5. Footwear & hands. Don't ride barefoot — wear proper enclosed footwear. Keep hands and fingers clear of moving parts.

6. Seat & handlebar posts. Never adjust the seat or handlebar past the minimum safe insertion depth marked "STOP" on the post.

BEFORE YOU START

Keep children away from the bike, whether it's in use or not.

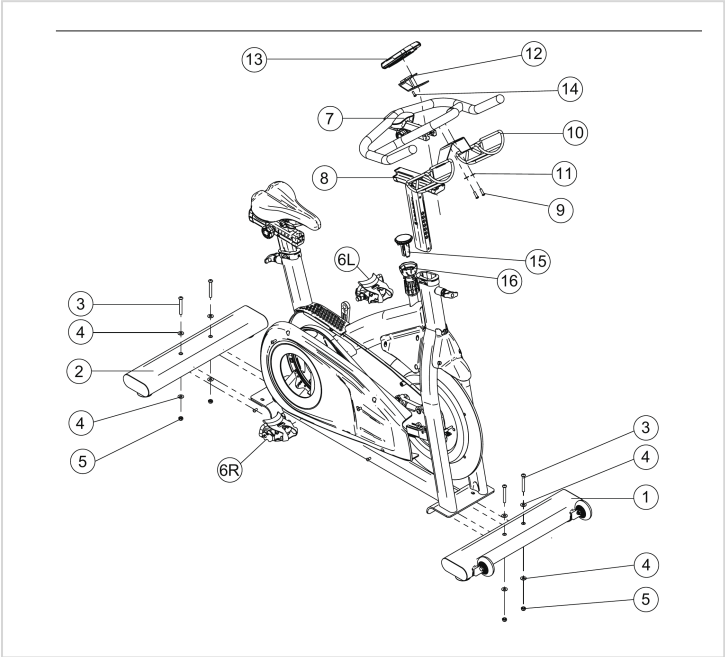
Practice at slower pedal speeds before riding fast or standing on the pedals; do not ride standing at high speed.

If you feel dizzy or short of breath, gradually stop pedalling and dismount carefully.

Replace any inoperable component before riding again, and use only genuine replacement parts.

Hardware Inventory.

Check every item against the list below before you start. If anything is missing or damaged, contact VERVE support before you begin assembly. The numbers match the diagram.



Exploded view, as supplied by the manufacturer

NO.	PART	QTY
1	Front Stabilizer	1
2	Rear Stabilizer	1
3	Socket Hex Screw	4
4	Flat Washer	8
5	Nylon Nut	4
6	Pedal (L/R)	2
7	Adjustable Handlebar	1
8	Handlebar Post	1
9	Socket Hex Screw	2
10	Water Bottle Holder	1
11	Flat Washer	2
12	Console Bracket	1
13	Console	1
14	Socket Hex Screw	1
15	Brake Knob Up Cover	1
16	Brake Knob	1
A	4mm Allen Wrench	1
B	5mm Allen Wrench	1
C	Combination Cross Wrench	1
D	2mm / 98L×19L Wrench	1

FLAG: HARDWARE LIST IS INCOMPLETE

The assembly steps that follow also call up parts **(17)**, **(18)** and **(19)** — screws for the brake knob cover, screws for the chain guard, and the RPM/cadence sensor. None of them appear in the manufacturer's own parts table above, and no quantity is given for (17) or (18). This is a gap in the source document, not something we've added or corrected. Check the box contents against the assembly steps, not just this table.

Assembly Steps.

Part numbers below match the exploded diagram on page 3. The manufacturer does not supply a separate figure for these seven steps.

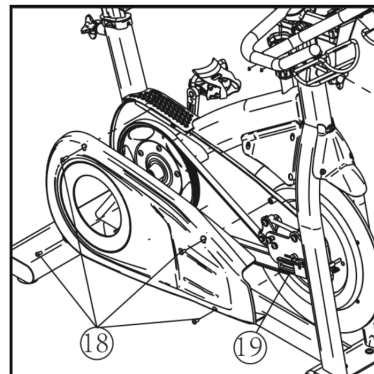
1. **Frame & stabilizers.** Fix the Front Stabilizer (1) and Rear Stabilizer (2) to the main frame with Socket Hex Screws (3), Flat Washers (4) and Nylon Nuts (5).
2. **Pedals.** The pedals are marked L and R. Sitting on the bike, the right crank arm is on your right-hand side. **The right pedal threads on clockwise. The left pedal is reverse-threaded — turn it counter-clockwise to fit it.** Tighten both firmly with the wrench.
3. **Handlebar post.** Insert the Handlebar Post (8) into the frame tube and secure it firmly with the T-pop safety pin.
4. **Console battery.** Remove the battery cover from the back of the Console (13) — the fixing screw is inside the compartment. Fit 2 × AAA batteries and reinstall the cover. A LOW BATTERY indicator shows on the display when voltage runs low.
5. **Console bracket.** Place the Console Bracket (12) on the back of the Console and secure it with 1 screw (14) from the console box; tighten with the Combination Cross Wrench (C).
6. **Mount to handlebar.** Position the Console Bracket (12) on the Adjustable Handlebar (7), aligning the screw holes of the handlebar and the Water Bottle Holder (10). Secure with 2 screws (9) and 2 Flat Washers (11); tighten with the 4mm Allen Wrench (A). *Reverse this step to replace the console battery later.*
7. **Fit the handlebar.** Pull out the safety pin and slide the handlebar onto the Handlebar Post (8).

Assembly Steps.

STEP 8

Chain guard & RPM sensor

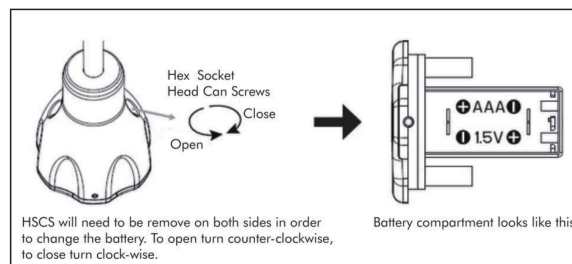
Loosen the four screws (18) with the 4mm Allen Wrench (A). Remove the right chain guard, insert 2 × AAA batteries into the sensor (19), then reinstall the cover.



STEP 9

Brake knob battery

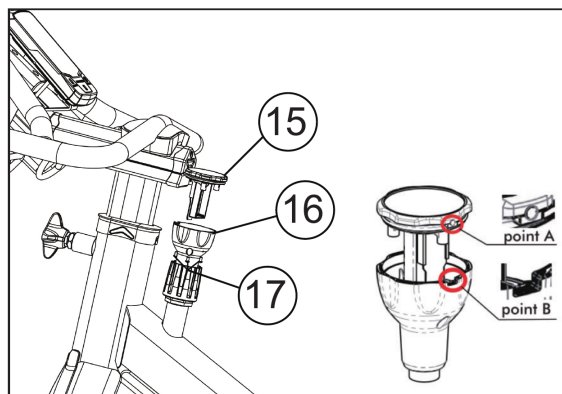
Loosen the screws (17) with Wrench (D). Dig out the Brake Knob Up Cover (15) with your fingers and pull it off. Insert 2 × AAA batteries into the Brake Knob Up Cover (16).



STEP 10

Refit & calibrate

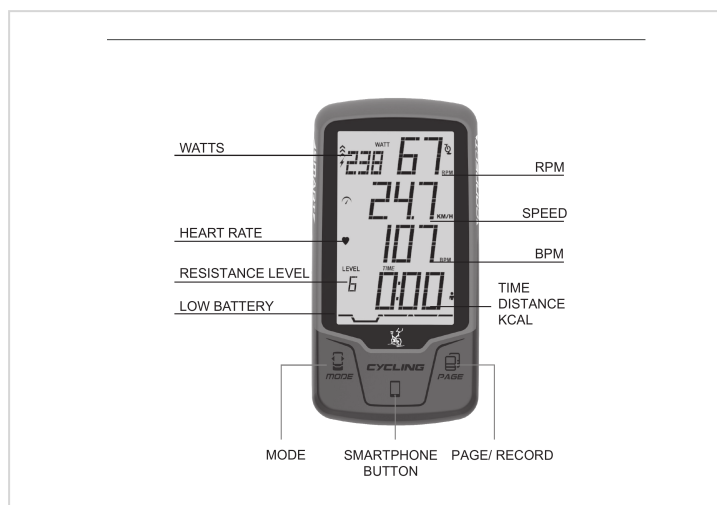
Replace the Brake Knob Up Cover (15) onto the Brake Knob (16), matching protruding point A to recessed point B — don't fit it in reverse. Secure with screws (17) and Wrench (D). The Smart Tension flashes blue once the batteries are in. If the level on the console doesn't match the knob, turn the knob to its lightest resistance, then poke the knob's Side Button with a plastic rod or toothpick to recalibrate.



REMINDER

Parts (17), (18) and (19) used above are not listed in the Hardware Inventory table on page 3 — see the flag there.

Console & Controls.



Console layout, as supplied by the manufacturer

FIELD	SHOWS
RPM	Cadence, 0–199rpm
Speed	0–99km/h
Watts	Instantaneous power
Heart rate / BPM	30–240bpm (HR models only)
Resistance level	1–100 (Smart Tension paired only)
Low battery	Console battery indicator
Time / Distance / Kcal	Count up/down 00:01–99:59 or 1–99min

BUTTON	DOES
Mode	Steps through TIME, DIST, KCAL
Page	Opens settings (hold 3 sec); records/pages data
Smartphone button	Starts Bluetooth pairing to a phone app

Protocol: BLE4.0. Cadence bar graphic 0–199rpm.

FLAG: RESISTANCE TYPE DOESN'T MATCH ACROSS SOURCES

The manufacturer's manual calls this a wireless "Smart Tension" system that pairs to the console over Bluetooth and reports a level from 1–100. It never uses the word "magnetic," and one of its own diagrams labels the knob's start and end stops "Plastic, no metal." VERVE's product listing, however, describes the resistance as "Magnetic, Micro-Adjustment Rotary Knob" with no console or Bluetooth pairing mentioned at all, and none of VERVE's product photography shows a console mounted on the bike. Confirm with the factory which configuration actually ships before this manual goes out with a unit.

Operating Instructions.

QUICK START, MODE & PERSONAL DATA

Quick start

In Power Saving Mode, press the Page key to bring the console to Quick Start (active) mode.

Mode select

Press MODE to step the display through TIME, DIST and KCAL.

Personal data settings

Accurate personal data makes your calorie count more accurate. Under KCAL or DISTANCE mode, hold Page for 3 seconds to open settings, then keep pressing MODE to reach:

1. Gender — Page key selects Male / Female.
2. Weight unit — Page key opens it, Mode key selects Kg or Lb. This also changes the display units for MPH/KPH and ML/KM.
3. Weight — Page key opens it, Mode key increases the value by 0.5kg or 0.5lb.

Resetting all measured values

Press and hold Page under TIME mode for 3 seconds. AVG SPEED, AVG PULSE, TIME, DIST and KCAL all reset to zero.

Changing between metric and imperial

Hold PAGE for 3 seconds until TIME flashes. Press PAGE to choose KG or LB, then press MODE to confirm.

Operating Instructions.

TIMER, SMART TENSION & HEART RATE

Timer setting

The Timer shows your workout time. Hold Page for 3 seconds to set a count-down time, press Page again to continue, then press Mode until the time you want is shown. Without a count-down set, TIME counts up from 00:00 to 99:59; with one set, it counts down to zero, flashes, alarms, and starts counting up again from 00:01.

Pairing the Smart Tension knob

Wake the console (press any button) — LEVEL starts flashing, ready to pair. Touch the Smart Tension knob (don't spin it) to wake it; it flashes blue once awake. If it doesn't flash, touch a larger area of the knob. Once paired, the console's LEVEL symbol stops flashing.

The knob flashes blue for 2 seconds on boot, and shows solid blue while touched or turned. It sleeps after 20 seconds unused.

Resistance level accuracy

Because it's a mechanical system, the level number can drift — for example, level 1 might not display as "1". If that happens, press the Smart Tension's side button to reset; the display corrects itself automatically.

HEART RATE TARGET ZONES [HR MODELS ONLY]

Under DIST or KCAL, hold Page for 3 seconds to open settings, press MODE to the heart icon, then Page to reach the target zone screen. Press MODE to raise the maximum heart rate limit, then Page to set the minimum.

Flag: heart rate needs a chest strap transmitter — referenced throughout this manual's Troubleshooting section — but no chest strap appears anywhere in the Hardware Inventory on page 3. Confirm whether one ships with this unit.

Connectivity.

The console is compatible with most virtual-ride apps, per the manufacturer. The three pairing procedures it documents are below.

Bluetooth pairing (phone app)

1. Press the smartphone icon key on the console.
2. On your phone, open the desired app and search for devices to pair.
3. Select the bike console once it appears on your device. The app and console are now paired.

Connecting to Kinomap

1. Select "More" (bottom right).
2. Select Equipment Management.
3. Select "+" (top right).
4. Select Exercise Bike.
5. Select "Sensor" at the bottom.
6. Select the machine you wish to connect.
7. The paired machine shows on this page.
8. Browse and select a video.
9. Select Start.
10. Press Start on the console when Kinomap asks you to pedal.
11. Enjoy the ride.

Connecting to Zwift

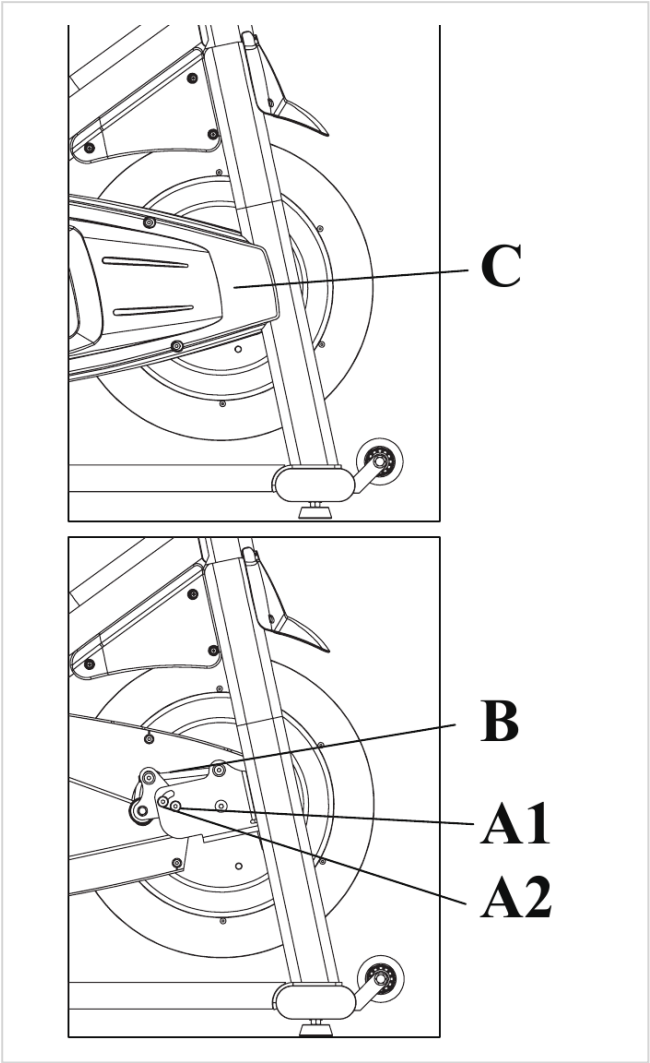
1. Log in to Zwift.
2. Select the power source and cadence — the system prompts you to select a machine.
3. Find your bike under Paired Devices and select OK.
4. Select a ride to start.
5. Enjoy the ride.

Care, Maintenance & Specification.

Belt drive tension

Pre-tensioned and pre-lubricated at the factory; it shouldn't need adjusting when new. Move the crank arms back and forth by hand – more than 1/4" (0.64cm) of play before the flywheel turns means the belt needs tightening. Adjust both sides equally so the flywheel stays aligned with the frame.

1. Loosen 4 hex screws counter-clockwise with Wrench (A); remove the guard cover (C).
2. Loosen 2 hex screws (A1, A2) one full turn counter-clockwise with Wrench (A).
3. Adjust screw (B) with Wrench (B) to tension the belt; retighten A1/A2.
4. Ride and check. Repeat step 3 if it's still loose.



Cleaning

Wipe with a soft cloth and mild detergent; no abrasives or solvents on plastic parts. Wipe sweat off after every use, and check all bolts and pedals weekly for tightness.

Specification.

FIELD	VALUE
Max user weight	160kg (350lbs)
Assembled weight	56kg (124lbs)
Packaged weight	65kg (143lbs)
Resistance level	1–100

BATTERY	LIFE
Brake / tension knob	2×AAA, ≈450hrs
Console	40hrs w/ backlight; 2,200hrs without
RPM sensor	≈1,200hrs

A red flashing light on the brake knob means its battery needs replacing soon. **Flag:** VERVE's listing separately states a 57kg item weight (vs. 56kg/124lbs here) and a 17kg flywheel – the manufacturer's manual never states a flywheel weight. Treat that figure as unverified.

Troubleshooting & FAQ.

ISSUE	WHAT TO DO
No display on console	Press any key for Quick Start mode. Check batteries are seated properly in the console and transmitter; replace if needed.
No heart rate signal	Check the chest strap is worn correctly with moisture under the electrodes. Move the bike away from DVD players, TVs or other RF sources.
RPM or HR doesn't change	Press MODE repeatedly to toggle SPEED/DISTANCE/TIME/CLOCK. Press and hold SET to clear a value or exit setup.
Cadence number jumps high or low	Separate bikes paired to the same console code, or re-run the transmitter pairing. Relocate away from RF interference.
Heart rate signal drops out	Keep at least 36 inches between bikes. Check the chest strap is secure and in contact with your skin.

Flag: this troubleshooting section (and only this section) references a "SET" key and a "CLK" clock display. Neither appears on the console diagram on page 6, which documents only MODE, PAGE and the smartphone button. Treat SET/CLK as unconfirmed until VERVE checks whether the physical console actually has a third button.

Frequently asked questions.

Is the left pedal reverse-threaded?

Yes. The right pedal threads on clockwise; the left pedal is reverse-threaded and turns counter-clockwise. See Assembly Steps, page 4.

What's the resistance range?

Level 1–100 via the Smart Tension knob, once paired to the console — see the resistance-type flag on page 6 before you rely on this.

What's the maximum user weight?

160kg (350lbs), stated consistently everywhere the manufacturer gives it.

NEED HELP?

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

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