



RB8 Recumbent Bike Quick Start Guide

1 Attach Power Source

The RB8 requires power to operate. Use AC adapter provided with unit.

- Plug adapter into front or rear jack.
- Plug power cord into electrical outlet.



front jack



rear jack

2 Operate 360° Swivel Seat

To support easy transfers on and off RB8:

- Lift rear release lever to unlock.
- Swivel seat either direction (locks every 45°).
- Release lever to lock seat in position.



3 Adjust Seat Distance

- Lift front release lever to unlock.
- Slide seat forward or backward to adjust distance.
- Release lever to lock seat in position.

NOTE: Knee should have slight bend when leg is extended forward.



4 Adjust Seat Recline

- Lift black lever on left side of seat.
- Push on seat back to recline (up to 12°).
- Release lever to lock seat in position.



5 Attach Foot Straps

- Press red lever down to loosen strap.
- Place foot on pedal, slide under strap.
- Ratchet black lever to tighten strap.

NOTE: For best results, always secure foot straps before exercising.



 For more details on adjusting the RB8, please refer to the user manual.

For technical support, please contact:
support@nustep.com
800.322.4434 (US)
+1 734.769.3939 (International)

Using the RB8

1

Tap the screen or start cycling.

The RB8 “wakes up” and displays two screens, *Home* and *Metric*:

Home screen – displays icons for workout apps and the app screens once they’re launched.

Metric screen – displays settings and performance metrics including load level (1-15), calories burned, RPM (revolutions per minute) and more.

RB8 Display Console



workout app icons

Home icon

Tap (-) or (+) to change load level.

2

Choose a workout app.

Tap an app icon, for example, **Quick Start** to launch the program.

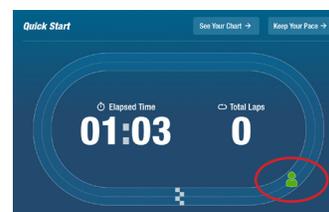
NOTE: Quick Start is a “get on and go” app, i.e., no need set goals or change load level.



3

Starting cycling!

Watch your progress as your avatar (green figure) does laps around the track.



your avatar



Quick Tip

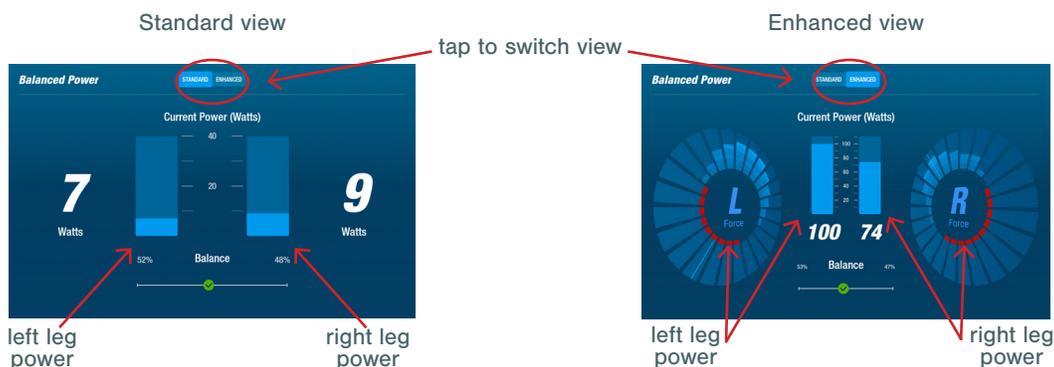
To quit an app and return to the Home screen: Tap the home icon  on the display console.

Explore Another App

Balanced Power

Measures the individual power output (Watts) of each leg and identifies their relative balance in real time and over the course of the exercise session. To launch, tap the *Balanced Power* icon  from the *Home* screen.

Power output is displayed in two views, *Standard* and *Enhanced*.



For more information about using the RB8, please refer to the RB8 User Manual.