

A detailed line drawing of a magnetic bike trainer, showing the flywheel, resistance mechanism, and mounting bracket. The drawing is rendered in white lines on a white background.

MD JARVIS

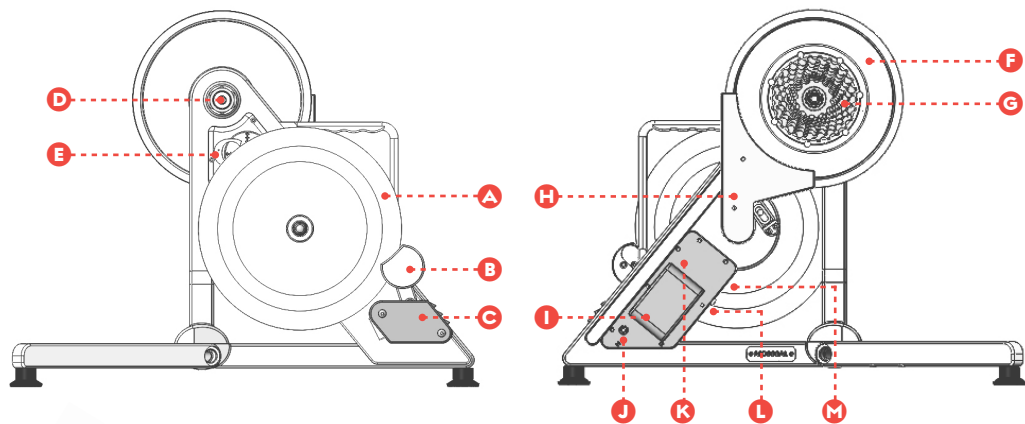
Quick Guide Smart Trainer MagneticDays



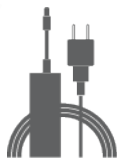
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Overview



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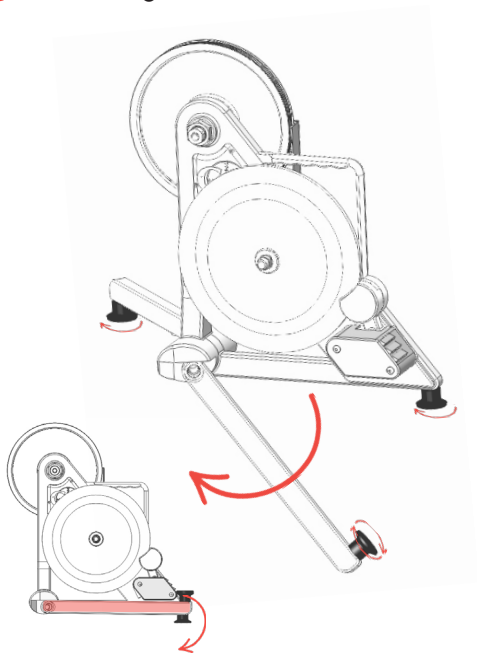
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- A Flywheel
- B Magnetic Brake
- C Brake's engine and cooling fan
- D Bushing for setting the rear bike carriage
- E Motherboard
- F Sheave
- G Cassette Sprocket
- H Diving Belt's carter
- I Battery
- J Power connector
- K Brake electronic board
- L On/off switch and status LED
- M USB cable connector
- 1 Bike locks + adapters set
- 2 Power Pack
- 3 USB Cable for PC
- 4 Optical Remote Control
- 5 RPM Sensor (cabled or wireless)
- 6 Heart Rate Monitor
- 7 ANT+ Antenna

NOTE: The above accessories are included in the standard MD JARVIS kit. The availability and installation of any additional purchased accessories is not indicated in this installation guide.

I Unboxing



The first operation is the unpacking of the MD smart trainer.

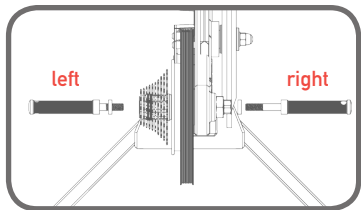
JARVIS is equipped with 2 semi-movable legs that reduce its size and facilitate transport.

To use the product, **the front legs must be rotated 180° forward until they stop**, to stabilize the trainer.

JARVIS rests on 3 adjustable feet (through rotation) that guarantee perfect stability during its use.

WARNING: The leg nuts must NOT be mechanically unscrewed or loosened in any way.

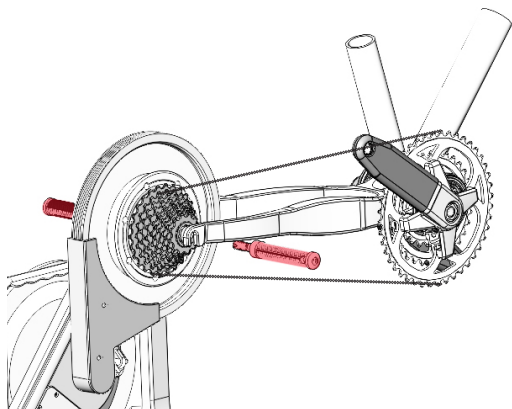
2 Connection to the bike



To connect JARVIS to the frame, remove the rear wheel of the bike and replace it with the smart trainer.

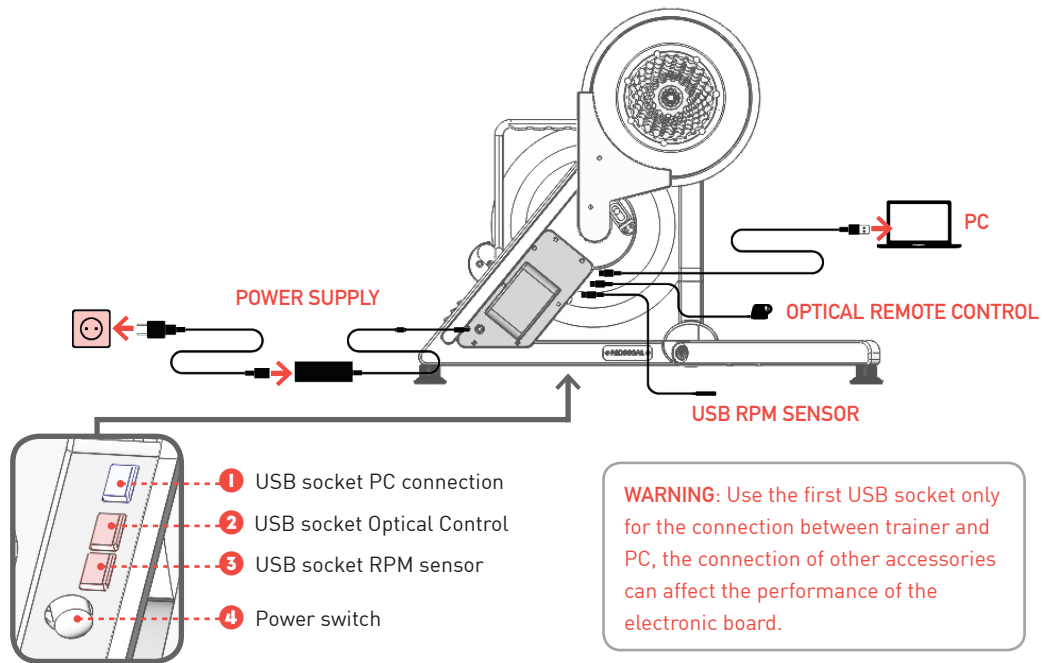
- Insert the chain on the sprocket set of the trainer
- Align the rear fork with the holes in the JARVIS axle
- Screw the cranks (insert the most suitable adapter combination for your bike into the threaded pin) into the threaded bushings of the trainer until the frame is locked in the correct position.
- Use the supplied key to lock the system tightly

The blocks are not the same, the right crank has the major threaded axle.



WARNING: This is the standard kit! Setting kits for special rear-mounted frame types are available separately.

3 Connection of power cables and accessories



4 First use

To start using the MD JARVIS smart trainer, follow the steps below:

1. Unboxing the smart trainer.
2. Open the legs by rotating them outwards until they are completely open (mechanical stop).
3. Place the trainer on a flat and stable surface and attach it to the bike frame. Insert the chain, secure the rear fork to the JARVIS using the supplied cranks.
4. Connect the power supply cable and turn on the trainer by pushing the power button on the side of the battery carter.
Always keep the trainer ON while charging. It is recommended to recharge the trainer for at least 6/8 hours for the first time
5. Download the MD WiFi App for iOS and Android mobile devices (available on the Apple Store or Google Play Store). Login with your free MagneticDays account.

6. Connect the device to the smart trainer
The connection is done by connecting your device to the integrated WiFi network of JARVIS.
7. Open the app and pair the Cardio Belt and RPM Cadence Senso (select the type of sensor chosen in the app even in the case of a cable device).
8. Selection and execution of the workout.
9. Synchronization of workouts
Synchronization ensures that the activity performed is loaded and available on your personal page
Once the workout is completed, disconnect the device from the trainer's wifi network and connect it to a WiFi/data network that allows connection to the internet.
In the MD WiFi app, access the WORKOUT area and click on REFRESH. Once the procedure has been completed, the Activities will be synchronized and available in the personal area of the MagneticDays website.