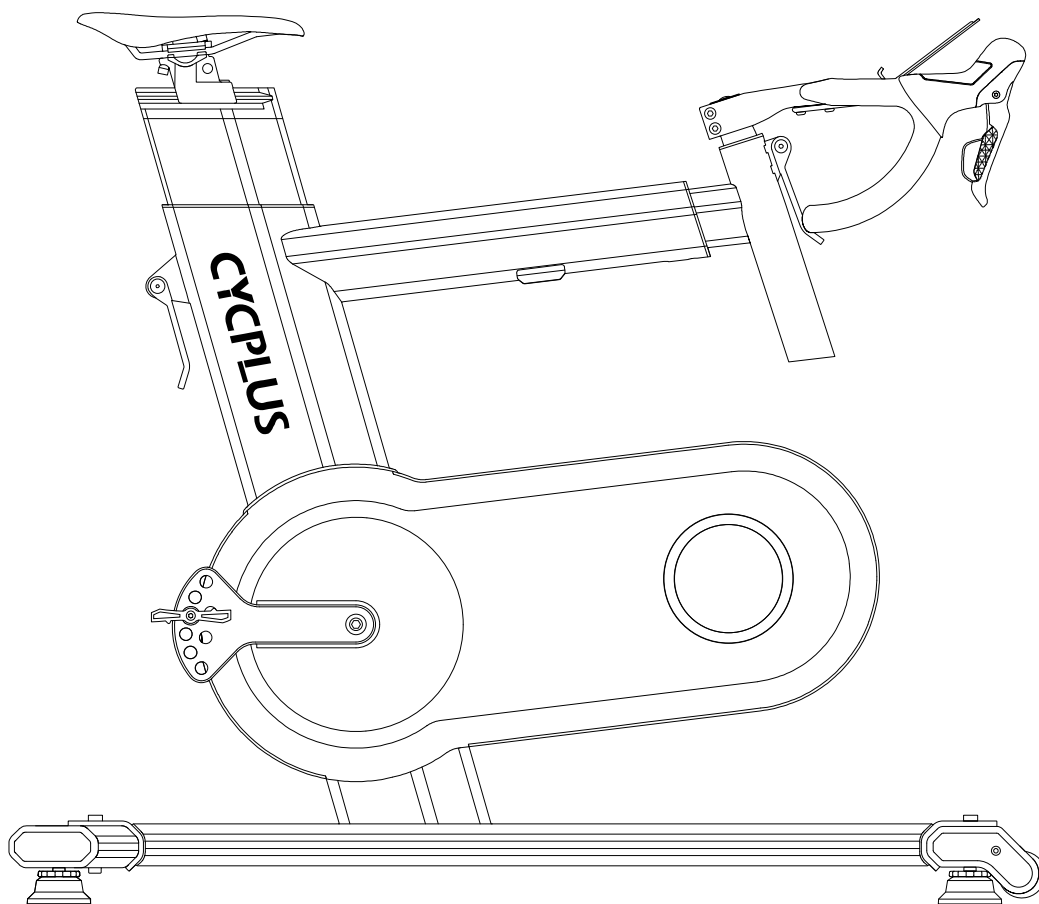




Installation Video

T7

Indoor Smart Bike



User Manual

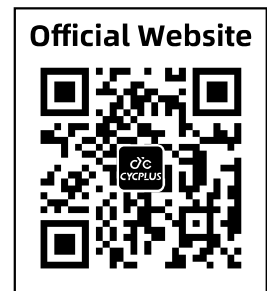
Contents

1、 Quick Start	01
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1. Quick Start

For operation guide videos, usage inquiries, or other after-sales questions, please contact our support team at steven@cycplus.com.

You are also welcome to scan the QR code to visit:



2. Safety Precautions ⚠️

Warning:

Failure to avoid the following potential hazards may result in serious injury or death.

1. Before using the T7, carefully read all instructions.
2. Ensure all components are securely installed before use.
3. Avoid touching moving parts such as cranks and flywheel covers, as well as heat dissipation vents during operation. After prolonged high-intensity use, the area around the cooling vents may become extremely hot. Allow the equipment to cool down before touching to prevent burns.
4. Children, individuals with physical or mental impairments, or those lacking relevant experience must use the equipment under adult supervision.
5. Disconnect the T7 from power before cleaning or performing any maintenance.
6. Use only the provided power adapter and cable to power the T7.
7. If the T7 is not functioning properly, do not continue using it.

Notice:

Failure to follow these instructions may result in personal injury, property damage, or adverse effects on the equipment.

1. This equipment is designed for indoor use only on a flat, stable surface. Do not place it in obstructed areas.
2. Keep children and pets away from the T7 during use.
3. Do not use the T7 in damp or humid environments. Avoid exposure to sweat or water. Store the T7 in a dry indoor environment.
4. After each use, wipe the T7 with a dry cloth. Do not use cleaning agents or solvents.
5. The T7 supports a maximum user weight of 120 kg.
6. Do not disassemble the T7 or operate it in any unauthorized manner.



WARNING

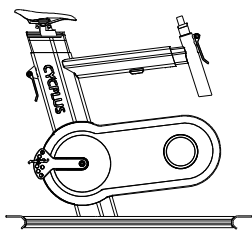
- **INGESTION HAZARD:** This product contains a button cell or coin battery.
- **DEATH** or serious injury can occur if ingested.
- A swallowed button cell or coin battery can cause **Internal Chemical Burns** in as little as **2 hours**.
- **KEEP** new and used batteries **OUT OF REACH of CHILDREN.**
- **Seek immediate medical attention** if a battery is suspected to be swallowed or inserted inside any part of the body.



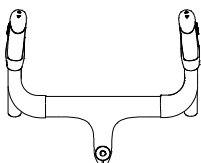
BATTERY INSTRUCTION:

- Remove and Immediately recycle or dispose of batteries according to local regulations and keep away from children. Do NOT dispose of batteries in household trash or incinerate.
- Even used batteries may cause serious injury or death.
- Call a local poison control center for treatment information.
- Compatible battery type: **1PC CR2032 button cell battery.**
- Nominal battery voltage: **3.0V**
- Non-rechargeable batteries are not to be recharged.
- Do not force discharge, recharge, disassemble, don't heat or incinerate. Doing so may result in injury due to venting, leakage or explosion resulting in chemical burns.
- Ensure the batteries are installed correctly according to polarity (+ and -).
- Do not mix old and new batteries, different brands or types of batteries, such as alkaline, carbon-zinc, or rechargeable batteries.
- Remove and immediately recycle or dispose of batteries from equipment not used for an extended period of time according to local regulations.
- Always completely secure the battery compartment. If the battery compartment does not close securely, stop using the product, remove the batteries, and keep them away from children.

3. Package Contents



- 01** T7 Main Unit ×1
(Pre-installed with seat post and steerer tube)



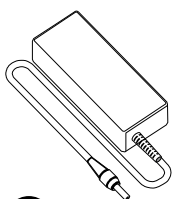
- 02** Handlebar Assembly ×1



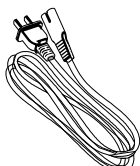
- 03** Front Support
(with Wheels) ×1



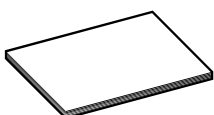
- 04** Rear Support ×1



- 05** Power Adapter ×1



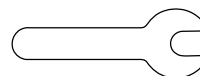
- 06** AC Power Cable ×1



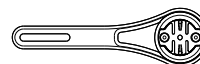
- 07** Cushioning Mat ×1



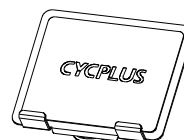
- 08** Hex Wrench ×2
(3mm, 5mm)



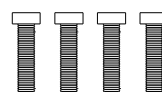
- 09** Open-End Wrench ×1
(15mm)



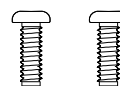
- 10** Cycling Computer
Mount Z3 ×1



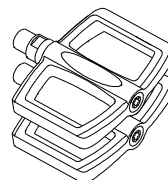
- 11** Indoor Phone Holder
Z7 ×1



- 12** M8 Hex Screws ×4

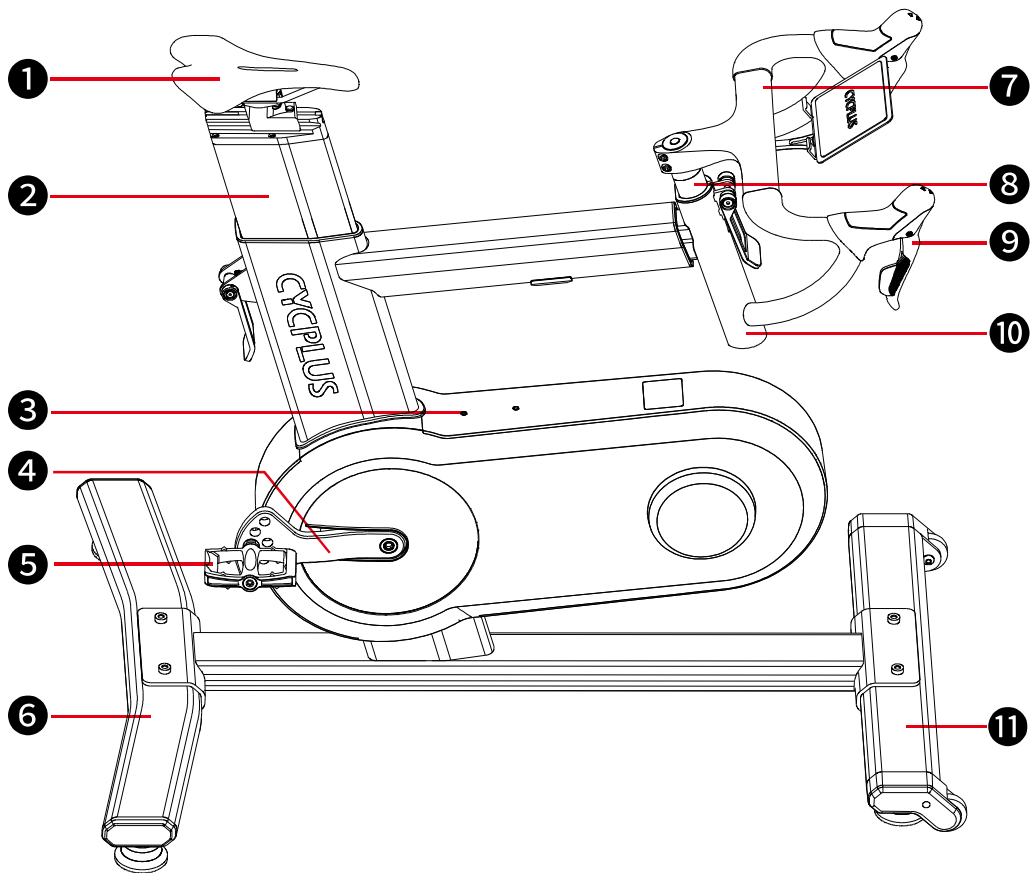


- 13** M5 Hex Screws ×2



- 14** Pedals ×1 Pair

4. Component

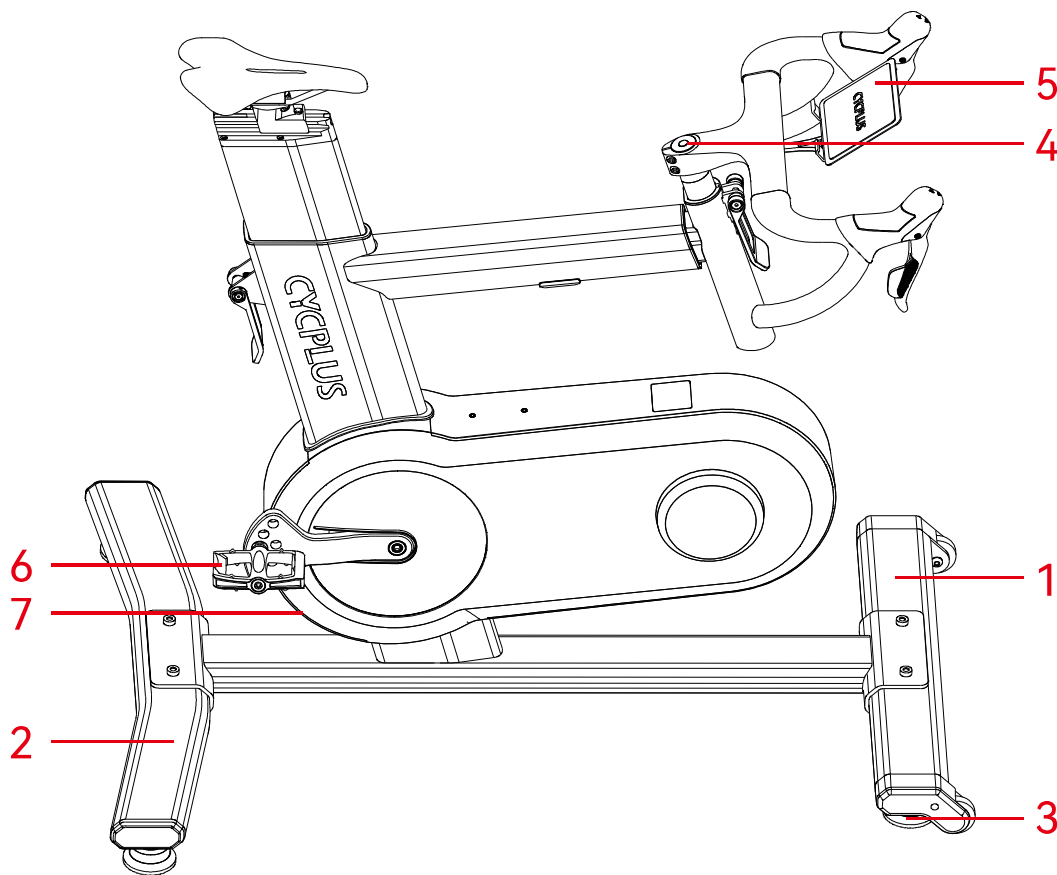


- | | |
|---------------------------|----------------------------------|
| ❶ Saddle | ❷ Handlebar |
| ❸ Seat Post | ❸ Steerer Tube |
| ❹ Water Bottle Cage Mount | ❹ Shift Levers |
| ❺ Crank | ❺ Head Tube |
| ❻ Pedals | ❻ Front Support
(with Wheels) |
| ❼ Rear Support | |

*** Disclaimer:**

To continuously improve product functionality and user experience, we may make adjustments to the design, features, or accessories of the product. The actual item you receive may differ from the description in this manual. Please refer to the physical product as the final reference. We reserve the right to modify products without prior notice. Thank you for your understanding and support!

5. Component Installation & Adjustment



Please follow the installation and adjustment steps in order

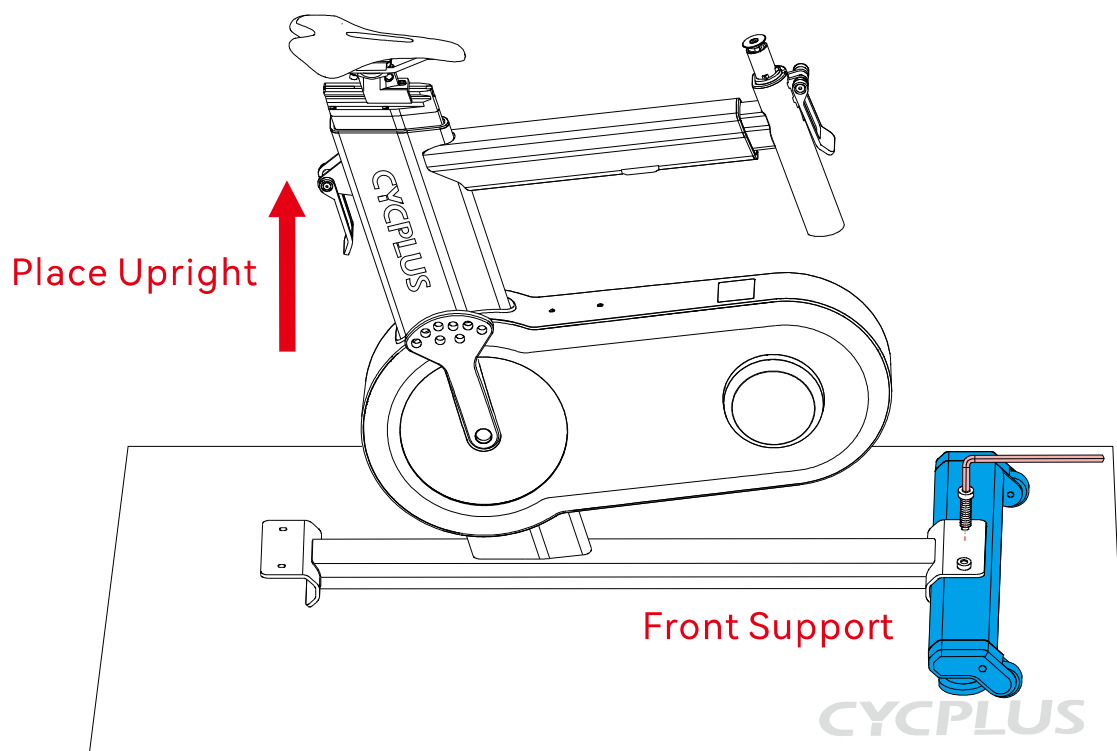
1. Install the front support (with wheels)
2. Install the rear support
3. Level the bike and tighten the feet
4. Install the handlebar
5. Install the cycling computer mount Z3 and the indoor phone holder Z7
6. Install the pedals
7. Plug in the power

1. Install the Front Support (with Wheels)

- ① Take the cushioning mat from the package and place it on a flat, suitable surface. Remove the front support (with wheels) from the package and place it flat on the riding mat.

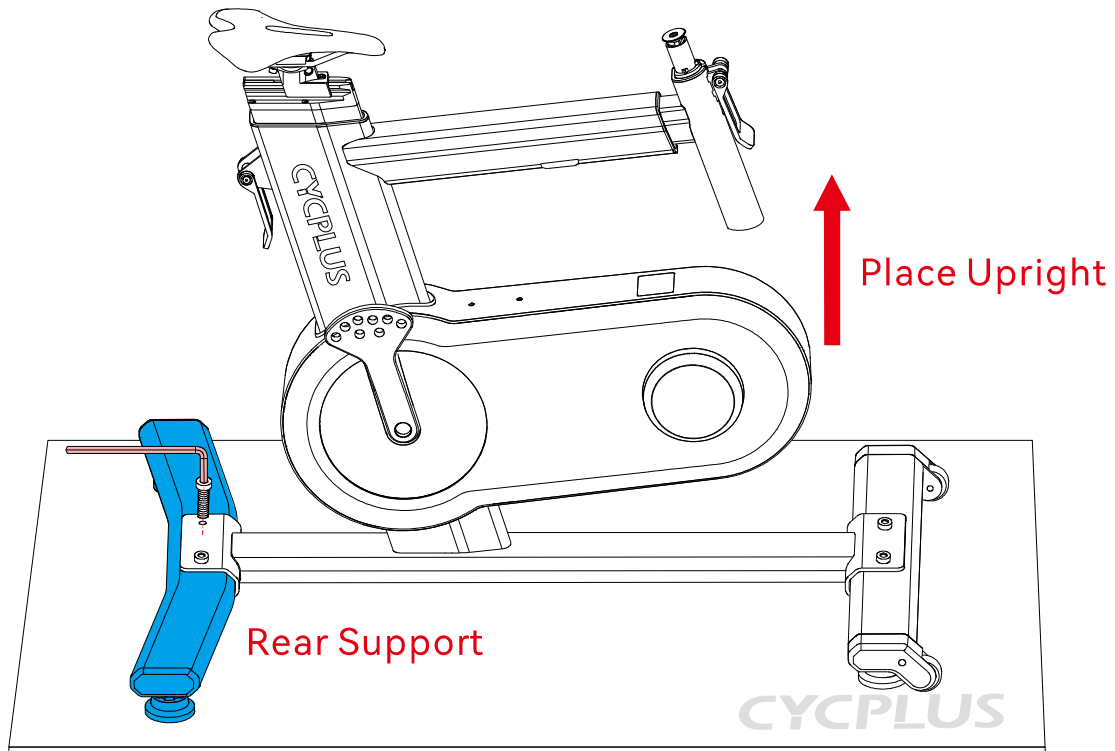


- ② Take two M8 screws and a 5mm hex wrench. Position the front end of the main unit onto the front support, then tighten the screws clockwise. The recommended torque is 8–10 N·m.

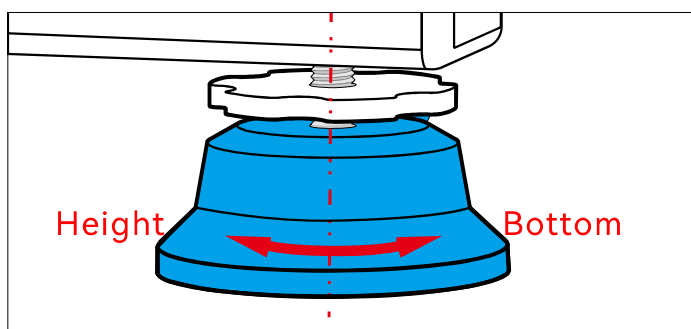


2. Install the Rear Support

Remove the rear support from the packaging and place it at the rear end of the main unit. Take two M8 screws and a 5mm hex wrench, then tighten the screws clockwise to a recommended torque of 8–10 N·m.



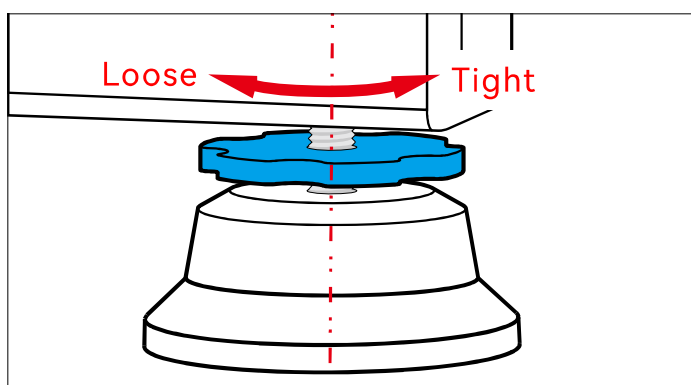
3. Level and Secure the Feet



Adjust Feet Height:

Turn clockwise to raise the support.

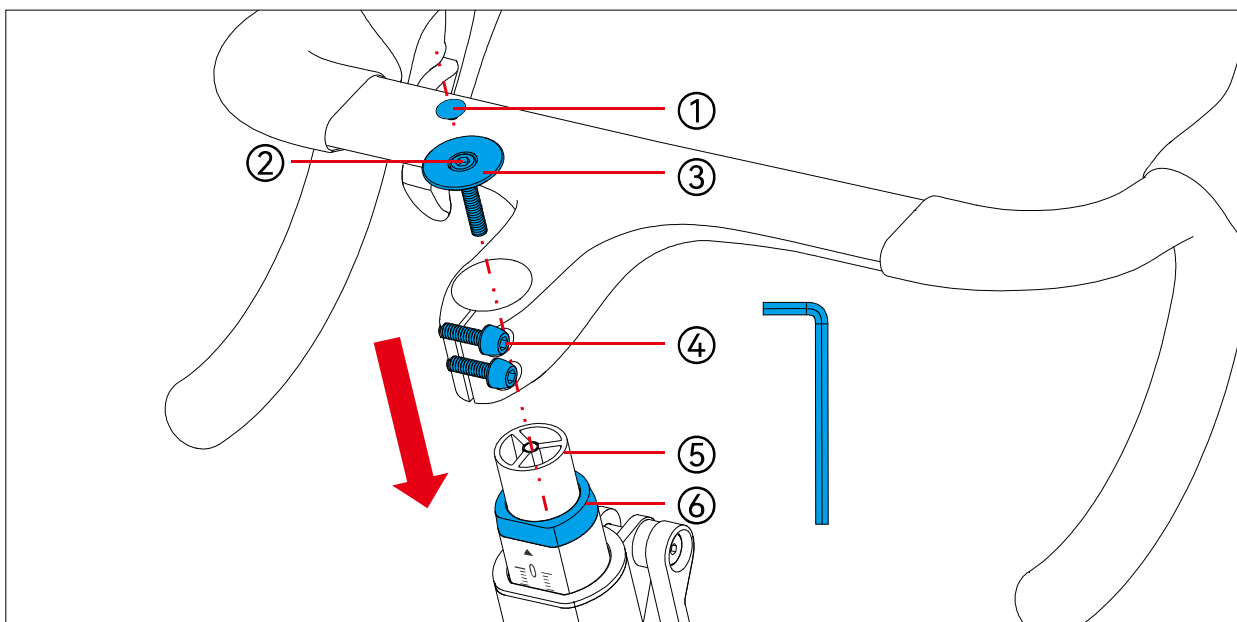
Turn counterclockwise to lower the support.



Lock Feet Height:

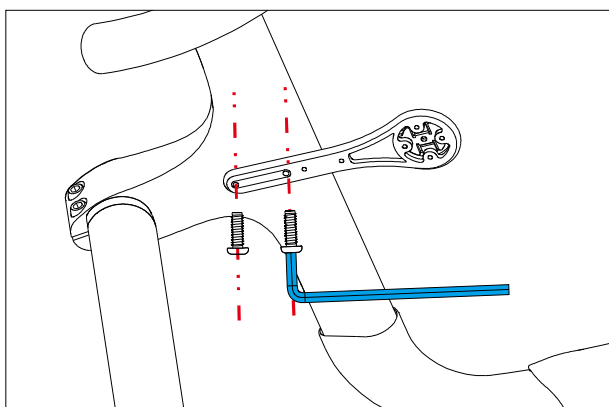
Turn counterclockwise to tighten and secure.

4. Install the Handlebar

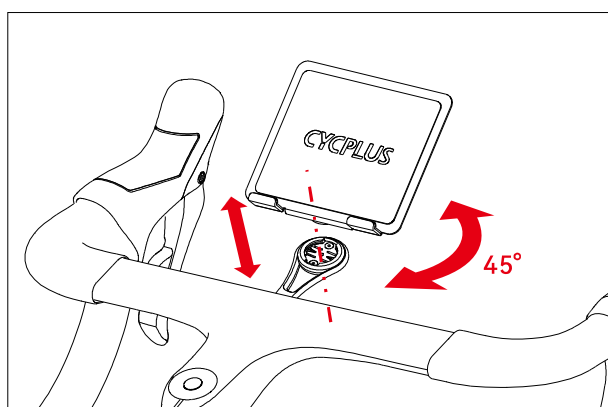


- ❶ Remove the dust cap ❶ from the stem bolt, use a 5mm hex wrench to remove the stem bolt ❷ and stem cap ❸, then loosen the two bolts ❹ on the handlebar.
- ❷ Insert the handlebar assembly into the steerer tube ❺ and press it down fully. Adjust the handlebar angle to ensure it is perpendicular to the main unit.
Before installation, check whether the spacer ❻ is in place. If it is not in the correct position (as shown in the diagram), reposition it before proceeding with the handlebar installation.
- ❸ Tighten the stem bolt ❷ clockwise to a recommended torque of 3–5 N·m, then install the dust cap ❶.
- ❹ Tighten the handlebar clamp bolts ❹ clockwise to a recommended torque of 6–8 N·m.

5. Install the Z3 and Z7

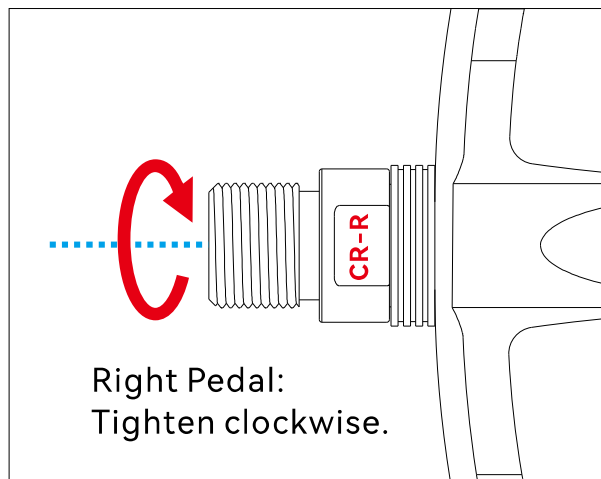
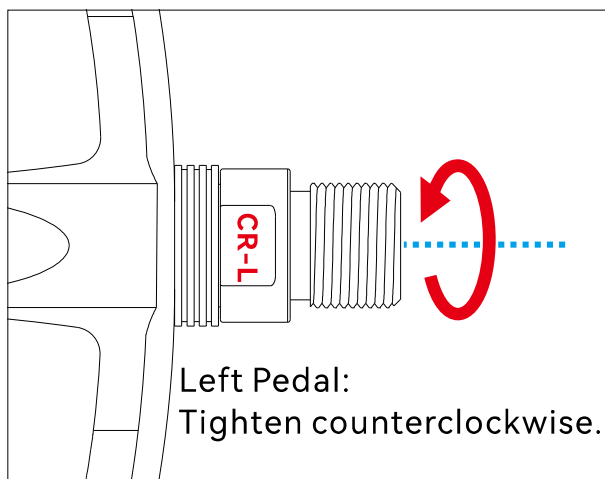


Use a 3mm hex wrench and M5 screws to secure the cycling computer mount Z3 (recommended torque: 6–8 N·m).

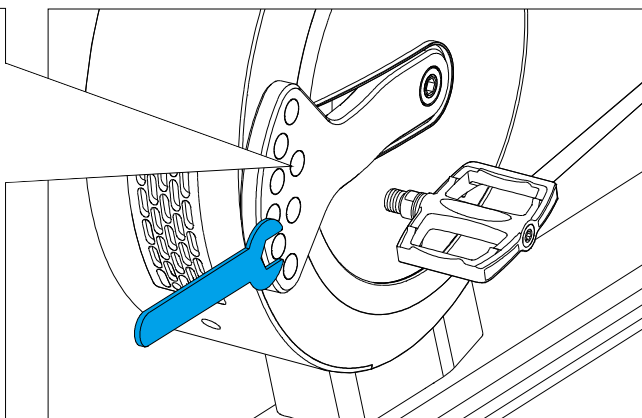
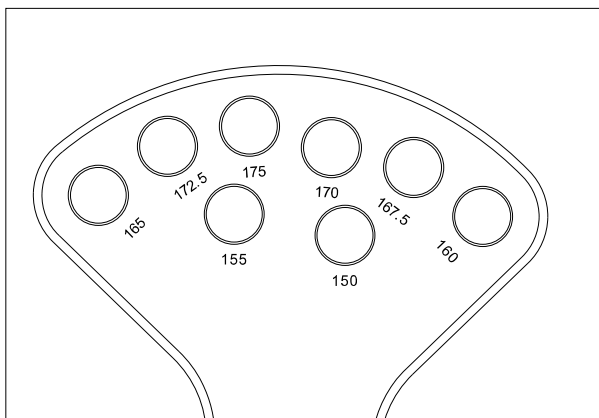


Align the bottom of the indoor phone holder Z7 with the mounting slot on Z3, then rotate it 45° clockwise to lock it in place.

6. Install the Pedals (If unsure about crank length selection, refer to the “Quick Adjustment” section to choose the appropriate mounting hole.)



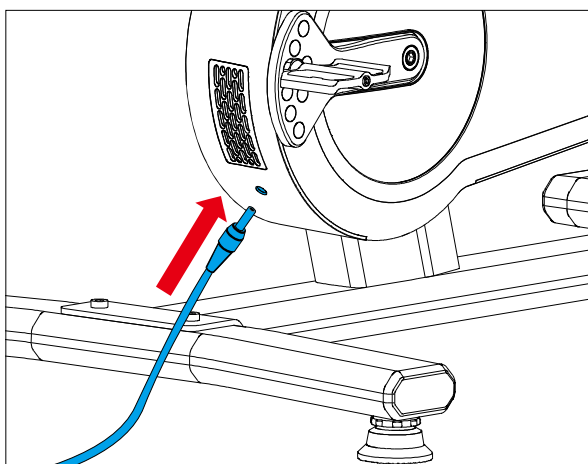
The left and right pedal threads (BC-9/16"-20T) are not interchangeable. Ensure each pedal is installed on the corresponding crank arm. The included pedals are pre-lubricated, but if installing other pedals, apply a small amount of grease before installation to prevent thread seizing.



To adjust crank length, install the pedal into the threaded hole corresponding to the desired number.

(The inner holes for 150/155/160 mm require a wrench for tightening)

7. Plug in the Power



(The image on the left shows the location)

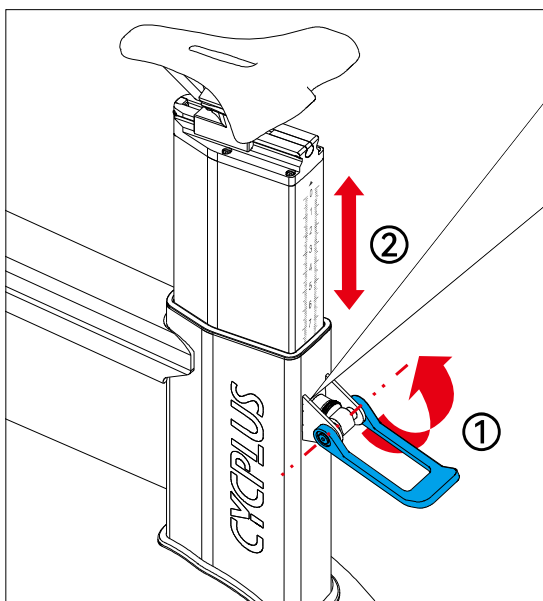
The power port is located below the rear cooling vent of the T7.

Warning:

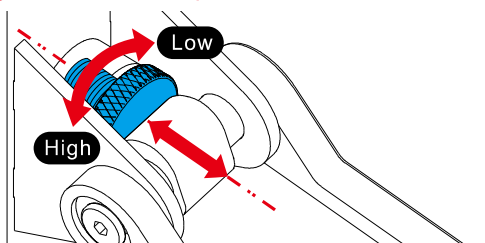
Do not use any power adapter or cable other than the one provided with the T7 !

6. Adjustable Positions

1. Seat Post Height Adjustment

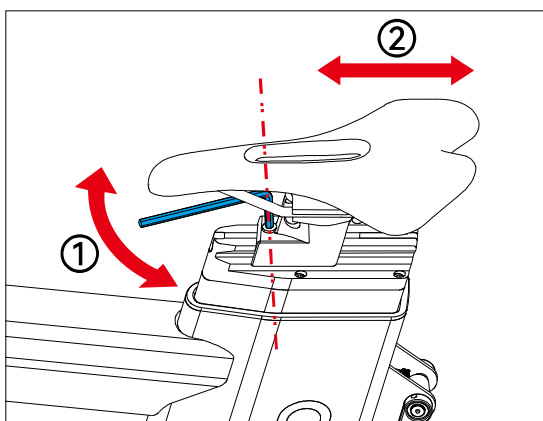


Use the adjustment knob to fine-tune the clamping force of the quick-release lever.



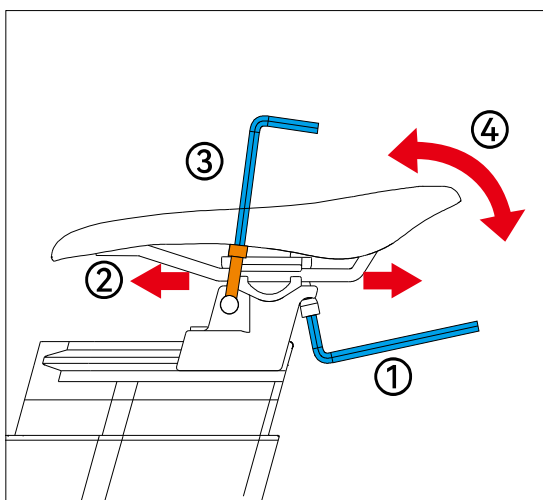
- ① Rotate the quick-release lever ① to the open position as shown.
- ② Raise or lower the seat post ② to adjust the saddle height.
- ③ After adjustment, press the quick-release lever ① downward to lock it.

2. Saddle Fore-Aft Adjustment (After adjusting the saddle fore-aft position, fine-tune the saddle height as needed.)



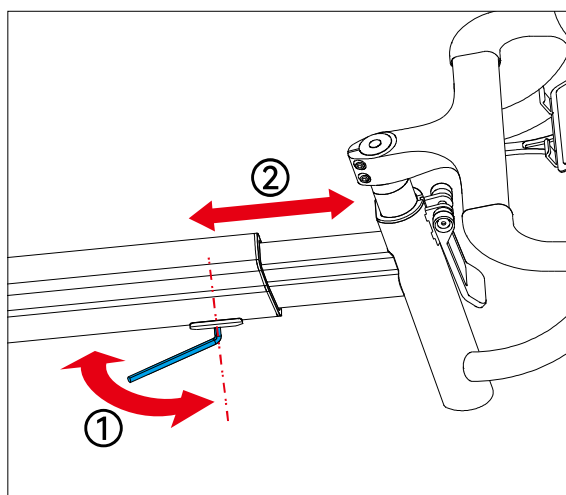
- ① Use a 5mm hex wrench ① to loosen the front-end sliding rail fixing bolt under the saddle.
- ② Slide the saddle ② forward or backward to adjust the distance.
- ③ After adjustment, tighten the bolt (torque: 6-8 N·m).

3. Saddle Rearward & Tilt Adjustment (After adjusting the saddle fore-aft position, fine-tune the saddle height as needed.)



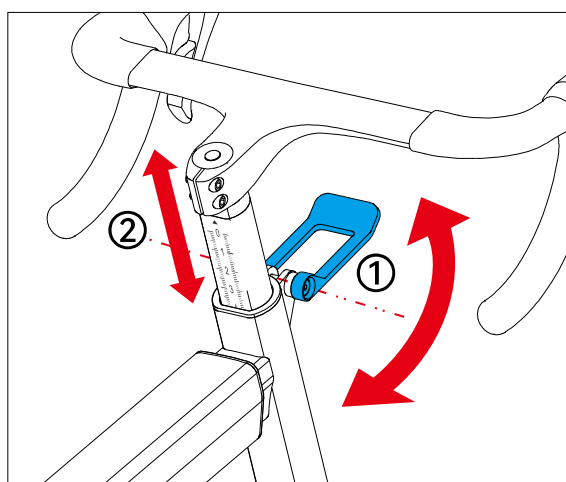
- ① Move the saddle to its maximum rearward position, then use a 5mm hex wrench ① to loosen the rear rail fixing bolt.
- ② Slightly adjust the saddle rails ② forward or backward.
- ③ Use the hex wrench to fine-tune the front end bolt ③.
- ④ Adjust the saddle angle ④ to the desired position, then tighten bolts ① and ③ securely.

4. Reach Adjustment



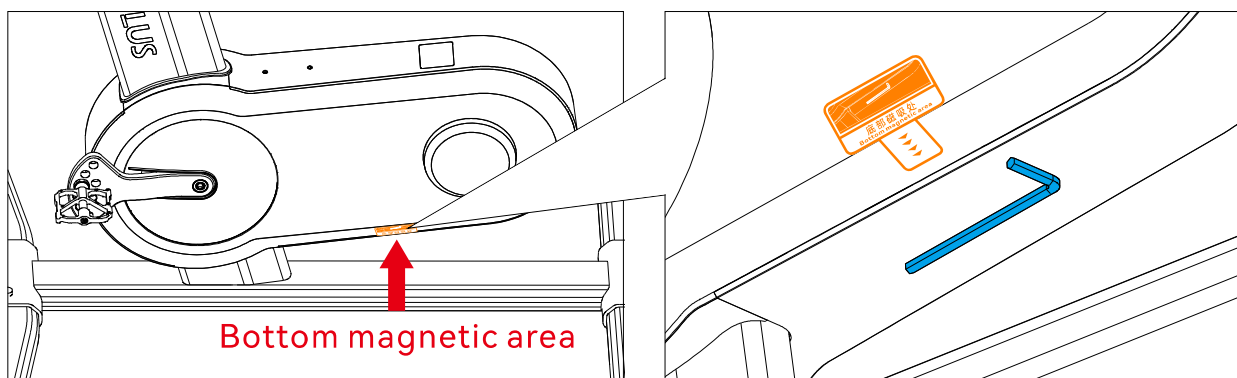
- ① Use a 5mm hex wrench ① to loosen the bolt located underneath the horizontal slider.
- ② Slide the handlebar rail ② forward or backward to adjust the reach, then tighten the bolt (torque: 6-8 N·m).

5. Stack Height Adjustment



- ① Rotate the quick-release lever ① to the open position as shown.
- ② Adjust the handlebar height ② by moving it up or down, then lock it in place.

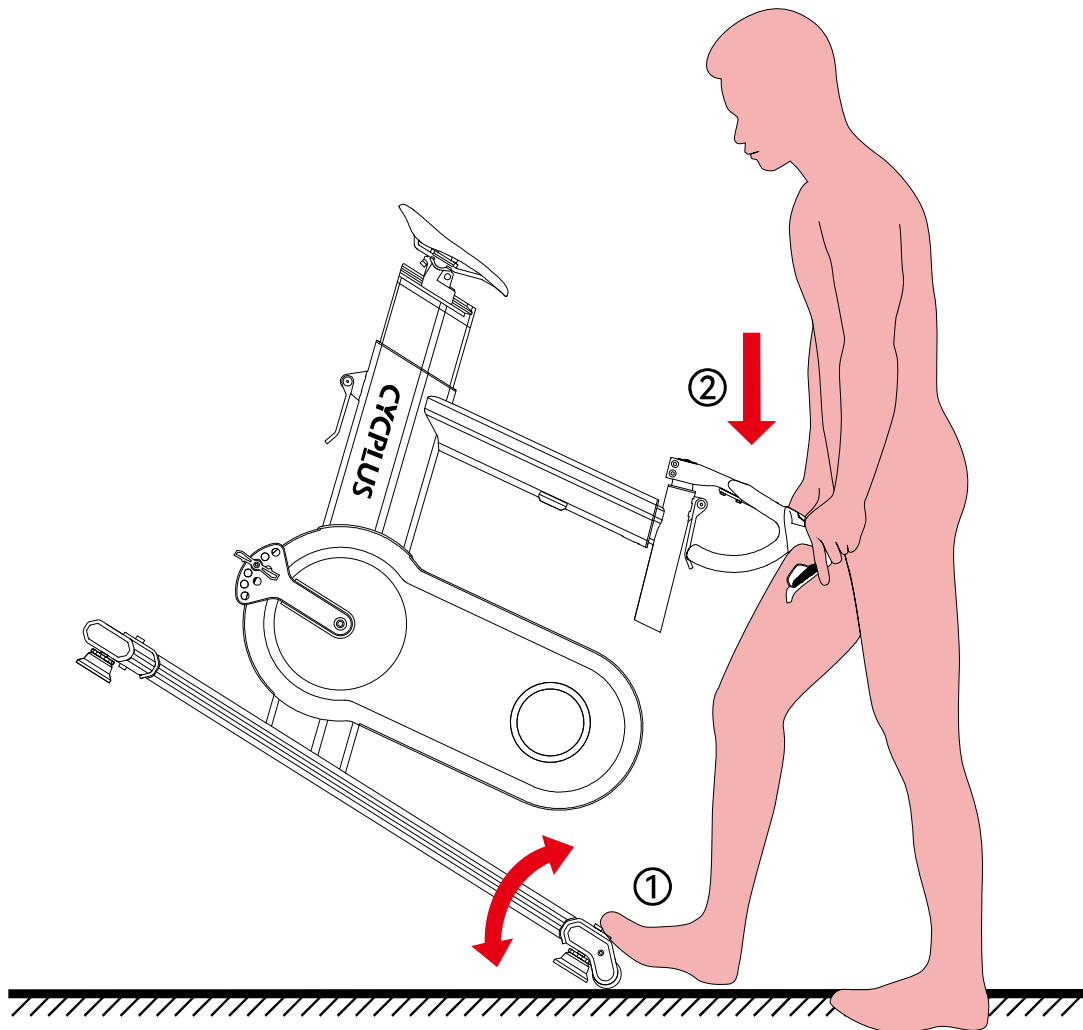
6. Magnetic Storage Area



After use, the wrench can be stored in the magnetic storage area located at the bottom of the main unit.

7. Moving the Bike

- ① Lightly press the front support ① with your foot.
- ② Push down on the handlebar ② to tilt the rear of the unit upward until the front wheels touch the ground. You can push the bike to move it.



Safety Warning

- ① If the T7 components are not properly secured, it may result in property damage or personal injury.
- ② Do not adjust the locking mechanism while someone is sitting on the T7.
- ③ If you encounter any installation issues, please contact us promptly at steven@cycplus.com.

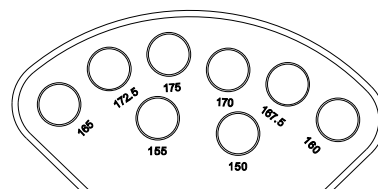
7. Quick Guide to Geometry Adjustment

If you have a regular bicycle, you can place it next to the T7 and compare the geometry dimensions for adjustment. Alternatively, you can adjust the T7's geometry based on a fitting report or known setup preferences.

If you are unsure how to adjust the geometry, follow the steps below to properly set up your T7.

1. Crank Hole Selection

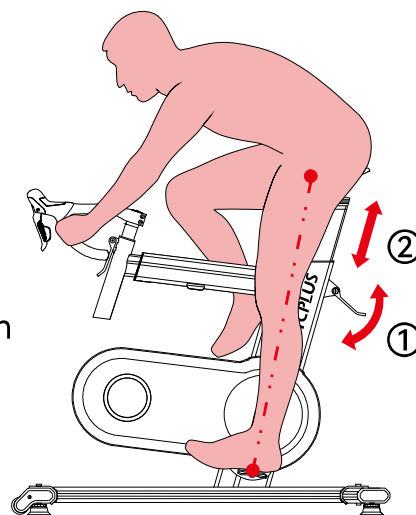
Height	Crank Hole
≤ 169 cm	167.5 mm hole
170–179 cm	170 mm hole
≥ 180 cm	172.5 mm hole



2. Saddle Height Adjustment

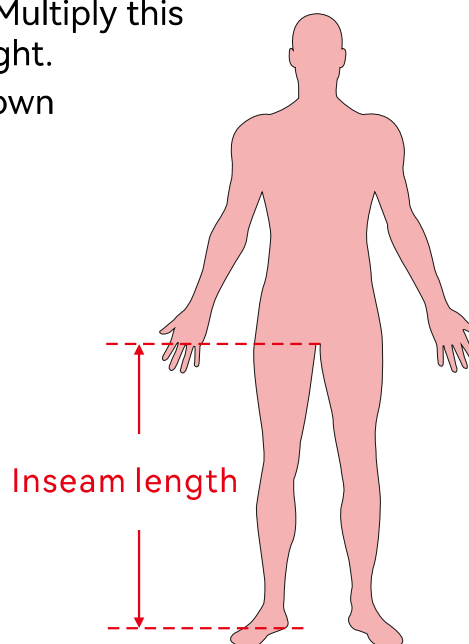
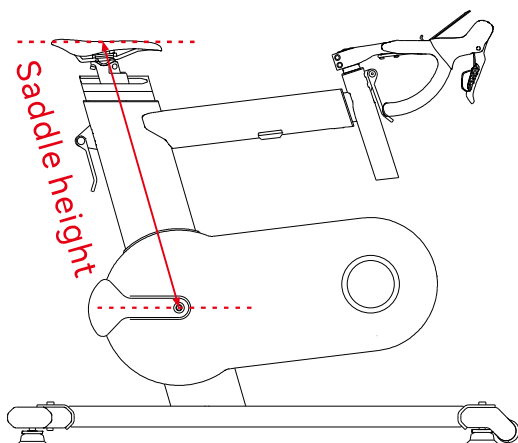
Method 1:

- ① Open the seat post quick-release lever ①, allowing the seat post to slide up and down ②.
- ② Place your heel on the pedal and fully extend your leg. Adjust the saddle to the highest position where you can still maintain full leg extension.
- ③ Fine-tune the saddle height slightly up or down until it feels comfortable.



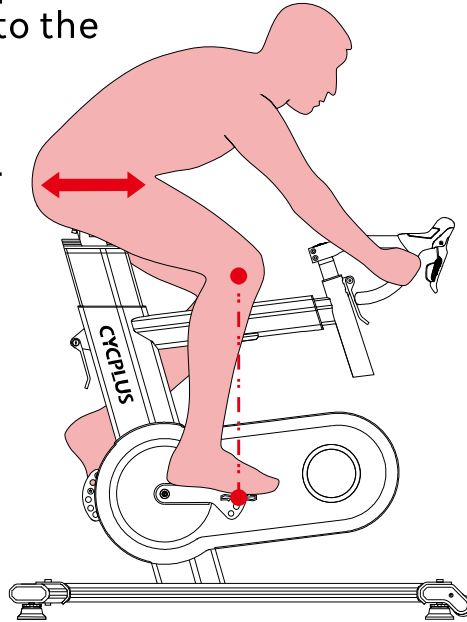
Method 2:

- ① Stand barefoot on the ground with your feet shoulder-width apart.
- ② Measure the distance from the ground to the bottom of your pelvic bone (ischium)—this is your inseam length. Multiply this value by 0.883 to get a reference saddle height.
- ③ Fine-tune the saddle height slightly up or down until it feels comfortable.



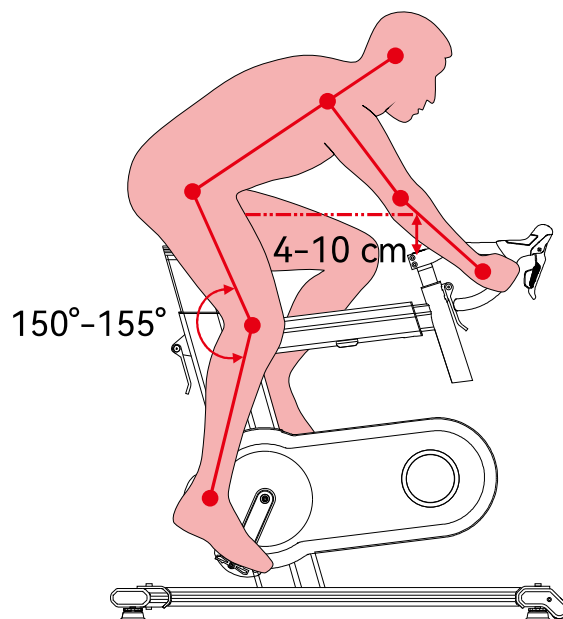
3. Saddle Fore-Aft Adjustment

- ❶ Loosen the saddle fore-aft adjustment bolt.
- ❷ Place the ball of your front foot on the pedal, ensuring the pedal spindle is near the base of your big toe. Position the crank arms horizontally, then adjust the saddle position to ensure that the line connecting your kneecap and the pedal spindle is vertical to the ground.
- ❸ Tighten the saddle adjustment bolt securely.



4. Reach and Stack Adjustment

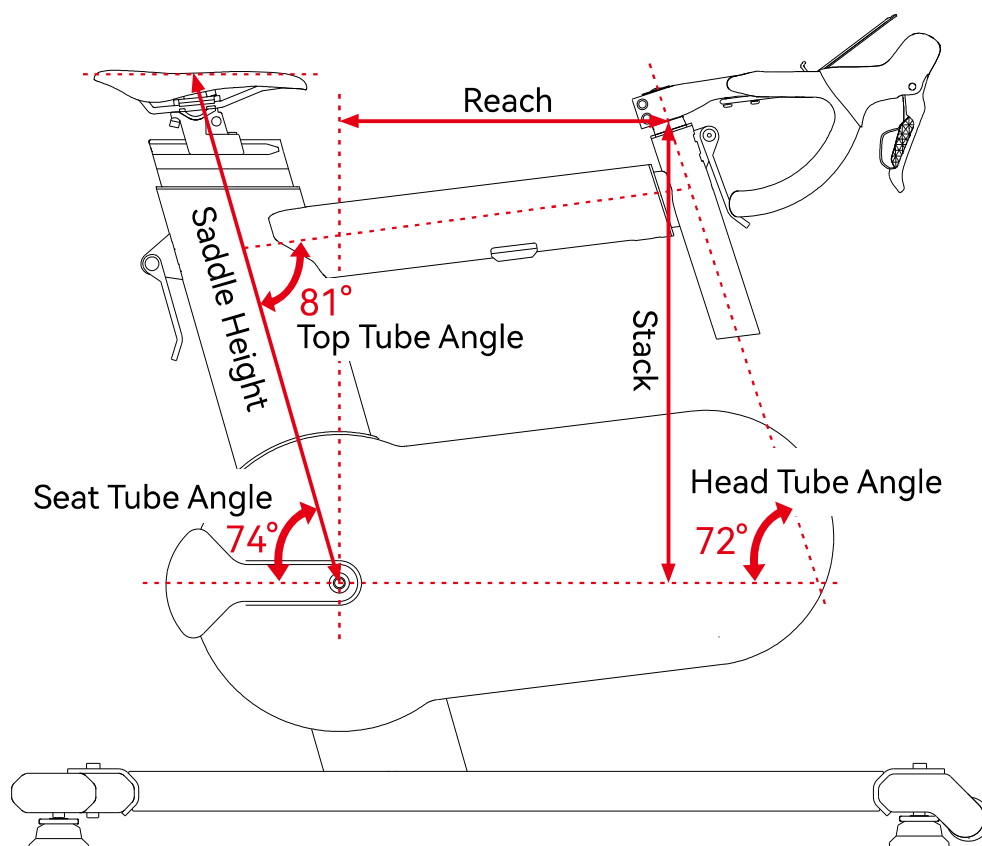
- ❶ Adjust the handlebar height to be level with the saddle or 4–10 cm lower (as shown in the diagram).
- ❷ Fine-tune the reach until you feel comfortable, then tighten the adjustment bolts.



5. Final Position Reference

After completing all adjustments, you can fine-tune the geometry based on personal comfort. While riding, you should be able to comfortably reach the shift levers, and when the front foot pedal is at its lowest position, your knee should be slightly bent (150° – 155°).

8. Frame Adjustment Reference



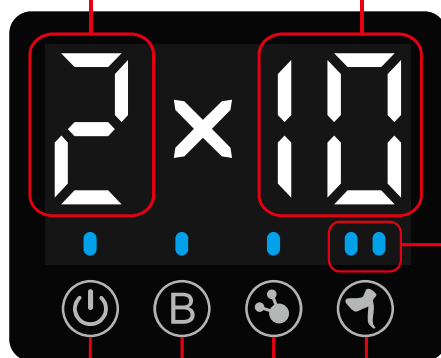
Adjustable Range	
Saddle Height	565 mm-880 mm
Stack	485 mm-680 mm
Reach	365 mm-480 mm

9. Function Description

1. Main Console Indicator Functions

"1" represents the small chainring,
"2" represents the large chainring.

"1" represents the largest cog;
the larger the number, the smaller
the cog.



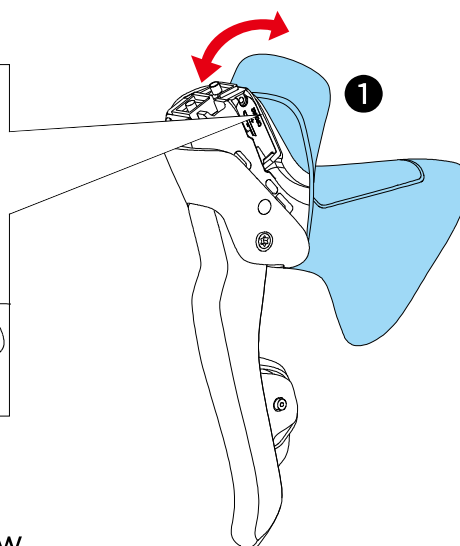
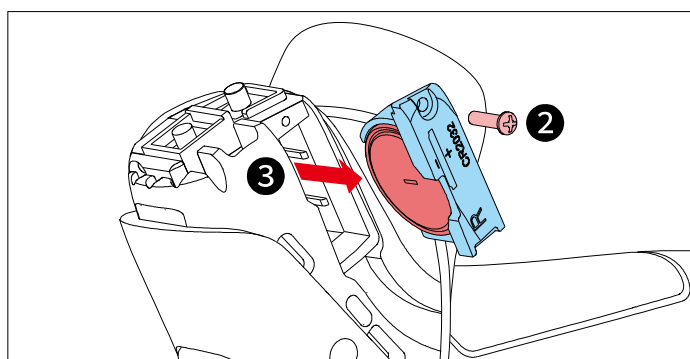
Left Shifter
Indicator Light

Right Shifter
Indicator Light

Power	BLE	ANT	Shifter	
Power Connected / Unplugged Riding: Always On	Connected: Steady On	Signal Normal: Steady On	Connected	Not Connected
	Not Connected: Flashing		Blue Normal Power	Red Battery <10%
			Light Off	

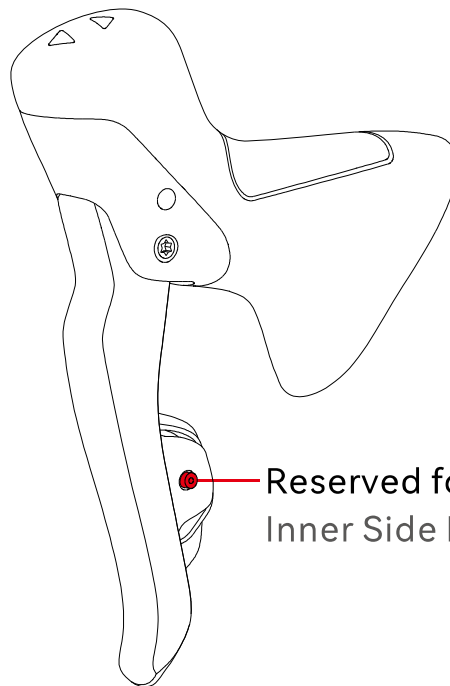
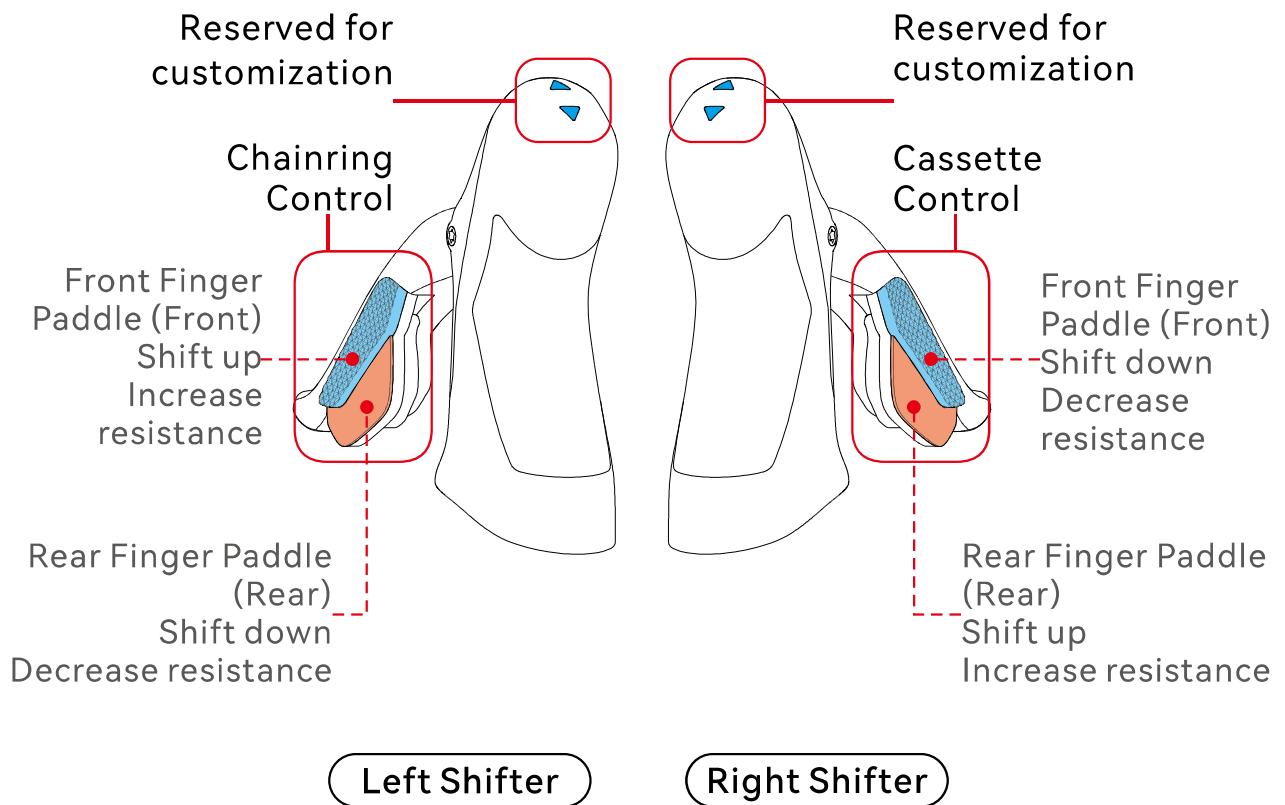
Error Indicators	
Motor Overheating	All numbers flash
Other Faults	All indicator lights flash

2. Shifter Battery Replacement



- ❶ Peel back the shifter hood cover.
- ❷ Unscrew the battery compartment screw.
- ❸ Pull out the battery compartment and replace the battery (Type: CR2032).

3. Shifter Button Functions



10. APP Download and Usage

1. Please download "CYCPLUS" App in [App Store](#) or [Google Play](#).



CYCPLUS APP



App Store

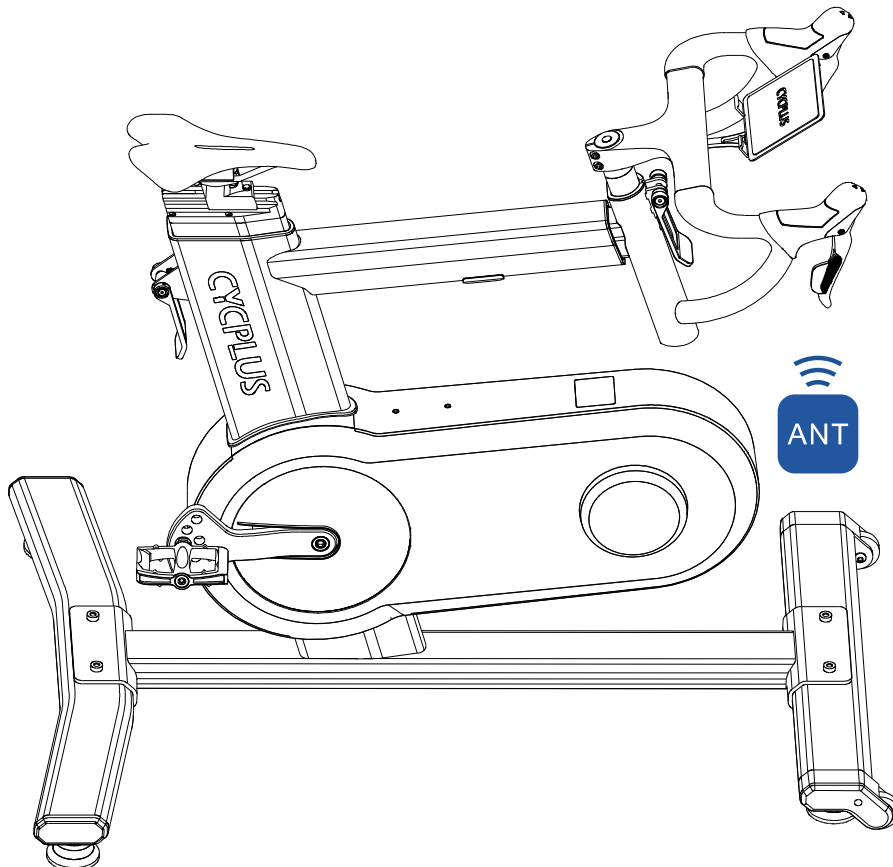


Google Play

2. When using indoor cycling software, the T7 supports both BLE and ANT+ wireless connection protocols. BLE connection is recommended for better stability.

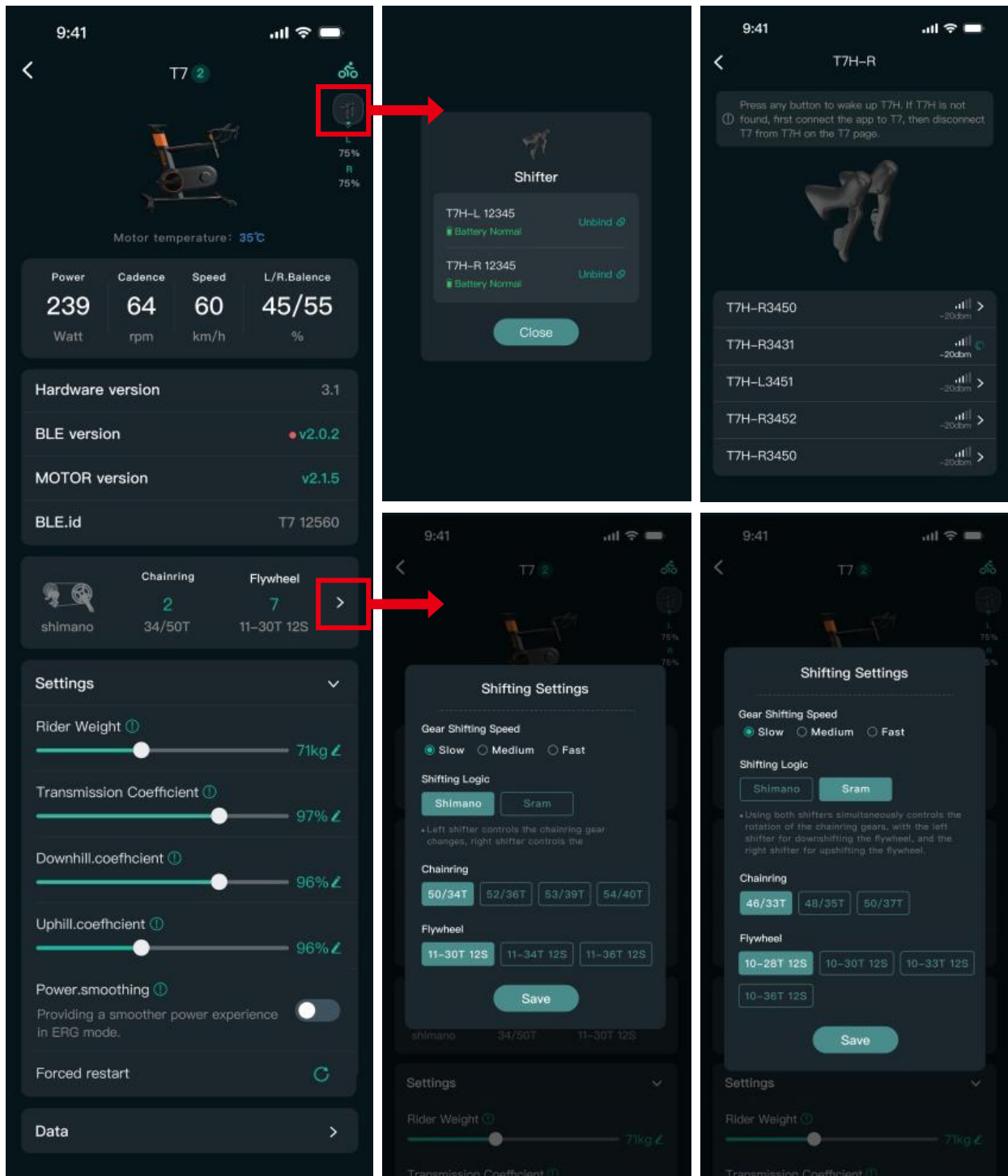
3. If using an ANT+ connection, place the ANT+ receiver close to the T7 display.

Note: When using the T7 without plugging in power, you must continue pedaling to supply power to the unit. Stopping pedaling will cause the T7 to temporarily lose wireless connection.



4. Using the CYCPLUS APP

Open the CYCPLUS APP and connect to the T7 to modify its settings and parameters. The actual app interface and features may vary based on updates.



11. Product Specifications

Product Model	T7
Product Name	Indoor Smart Bike
Dimensions	1065 mm × 717 mm × 875 mm
Minimum Inseam Height	700 mm
Saddle Height Adjustment Range	565 mm–880 mm
Reach Adjustment Range	365 mm–480 mm
Stack Height Adjustment Range	485 mm–680 mm
Selectable Crank Lengths (8 levels)	150/155/160/165/167.5/170/172.5/175
Net Weight	28 kg
Maximum Load Capacity	120 kg
Power Input (DC)	48 V $\equiv$ 1.25 A (Supports unplugged riding)
Maximum Power Output	2200 W
Maximum Torque of BB	244 N·m
Power Accuracy	±1%
Power Calibration	No calibration required
Simulated Gradient	-10%~20%
Wireless Signal	BLE 5.0 & ANT+
ANT+FE-C Protocol	Supported
FTMS Protocol	Supported
Electronic Gear Shifting Data	Supported
Output Data	Power, cadence, speed, left-right balance, pedal smoothness

Note: Left-right balance and pedal smoothness data require a compatible cycling computer or training app. The T7 must be connected as a power meter.

FCC Statements

Model: T7
FCC ID: 2A4HX-T7

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions:

- This device may not cause harmful interference.
- this device must accept any interference received, including interference that may cause undesired operation.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.

Any Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

Company: Chengdu Chendian Intelligent Technology Co., Ltd.

Address: No. 88, Tianchen Road, Chengdu, Sichuan, China

Warranty: Free repair or replacement within 2 years for non-user-induced damage.

Contact: steven@cycplus.com



MADE IN CHINA