

**wattbike**

**ATOM**

**USER  
GUIDE**



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# 01

## INTRODUCTION

Wattbike Atom is the most realistic, intelligent and effective smart trainer on Earth. Offering ultimate realism, unrivalled connectivity, cutting edge accuracy and analysis.

To get the most from your Atom, you should start by getting it set up correctly. Use this guide to get your bike set up, get connected, and start training.



# 02

## ATOM FEATURES



	<p>CONNECTIVITY</p>	<p>Atom makes your riding experience seamless. With ANT+ and FE-C compatibility you can connect to all popular apps and devices.</p>
	<p>LIVE VISUALISATION</p>	<p>Our innovative analysis tools, Polar View and Pedalling Effectiveness Score (PES) visualise how you apply force through each pedal revolution so you can optimise your technique.</p>
	<p>ACCURACY</p>	<p>With Atom you can rely on your data. Atom delivers <math>\pm 2\%</math> accuracy across the full power range of 0-2000w.</p>
	<p>PERFORMANCE INSIGHTS</p>	<p>Access training plans. Test your performance. Analyse your data. Using the Wattbike Hub as you ride, you will structure your training and meet your goals.</p>
	<p>INTEGRATED GEAR SHIFTERS</p>	<p>Integrated gear shifters combine with our unique real ride feel technology to offer the ultimate in-ride experience.</p>
	<p>CLIMB MODE</p>	<p>Using Strava GPS and simulations from VeloViewer, Wattbike Atom comes pre-loaded with epic climbs.</p>

# 03

## GET READY TO RIDE

Unpacking the Wattbike Atom requires scissors and/or a knife. Take care with these items to avoid personal injury or product damage.

You will need the supplied spanner and the 5mm and 4mm Allen keys to complete the build.

### BUILD

1. Remove the Atom and its accessories from the packaging.
- 2a. Screw the right pedal onto the right crank. Tighten clockwise securely using the provided spanner.  
**TIP: The cranks have a standard screw fitment, allowing you to customise the Atom with pedals of your choice.**
- 2b. Screw the left pedal onto the left crank. Tighten anti-clockwise securely using the spanner.
- 3a. Take the Tri-bar assembly and insert the two ends into the Tri-bar clamps with device holder out in front of the bike.



- 3b. Level up the two Tri-bar ends in their clamps, tighten the securing screw using the 4mm Allen key.
- 3c. Insert the two plastic bungs into the open ends of the Tri-bar ends.
4. Take the metal Tri-pad cups, rest them on the blocks and screw into place to secure. Remove the velcro from the back of the pads (without removing the protective layer). Once off, remove the protective layer and affix to the metal Tri-pad cup. You can now fasten the Tri-pads in position on to the velcro.



5. Ensure all bolts are tight and the handlebar fixings are secure.
6. Plug your Atom into a wall outlet using the power adaptor provided. Make sure the switch on both the wall outlet and the rear of the Atom are turned on.

# 03

## SET UP

The adjustment levers on the Atom are spring loaded, allowing you to pull on the lever and rotate then release back into place without having to tighten or loosen the lever.

Use the corresponding levers and adjusters to set up your Atom to your preferred cycling position. Make all adjustments off the bike.



1. Raise or lower your saddle height using the lever on the rear of the saddle stem. Loosen the lever to adjust the stem and tighten to secure.
2. Adjust your saddle fore/aft position by using the 4mm Allen key to loosen the saddle slider. After adjusting, tighten to secure.
3. Set your handlebar height using the lever on the front of the handlebar stem. Loosen the lever to raise or lower the handlebars. Tighten to secure.
4. Adjust your handlebar fore/aft position using the 5mm Allen key to loosen the handlebar. After adjusting, tighten to secure.

**TIP: We recommend you have your handlebars between 4-10cm lower than your saddle height.**

5. Raise the device mount to slide your device into place, push the mount down and rotate the red locking rings backwards to secure.
6. Use the rubber feet on the Atom to adjust the height of each corner of the frame to stabilise the bike.

**TIP: We recommend using a [Wattbike floor mat](#) under your Atom to protect the floor or carpet from sweat and fluid.**

7. To lower the rubber feet, screw clockwise, to raise the feet screw anti-clockwise.
8. Visit [wattbike.com/bikefit](https://wattbike.com/bikefit) to accurately replicate your road bike figures onto the Atom.

**TIP: Do not only hold onto the arms of the device holder whilst riding, as this may cause damage to your Atom. Use the Tri-pads or handlebars to rest your weight and hold onto the handlebars for hard efforts.**

# 03

## SET UP DIAGRAMS

### ADJUSTING THE SADDLE



### ADJUSTING THE HANDLEBARS



# 04

## GET CONNECTED



Whether you want to take on a stage of the Tour on Zwift, download custom training plans from Training Peaks, upload your Garmin data or test your mettle with a Sufferfest challenge, the Atom makes it simple and seamless. Your Wattbike Atom can connect to any BLE or ANT+ enabled app or 3rd party software.

**TIP: To prevent interruptions to your session, ensure your device is well charged or plugged in.**

### CONNECT TO THE WATTBIKE HUB

1. Plug your Atom into a wall outlet using the power adaptor provided. Ensure the switches on both the wall outlet and the rear of the Atom are turned on.
2. Enable Bluetooth on your device.
3. Download the Wattbike Hub from your app store.
4. Open the Wattbike Hub app, login or sign-up.

**TIP: If you already have the Wattbike app, make sure it is up-to-date.**

### TO CONNECT YOUR ATOM

1. Tap 'just ride'.
2. Tap the top right corner.
3. Select your Atom ID from the list.

**TIP: The Atom ID digits correspond to the last 5 digits of the serial number of your Atom.**





# 04

## CONNECT A HEART RATE MONITOR

Your Atom can connect to Bluetooth™, ANT+, ANT, Polar and Wattbike heart rate belts. They can be paired up in the Wattbike Hub before starting your session.

**TIP: Wear your heart rate belt before trying to connect it to your Atom. You can also connect to your heart rate belt during a session using the Wattbike Hub - simply tap the HR sensor in the top right hand corner of the screen and select your belt.**

1. Tap the play button to begin your session.
2. When finished, press the pause button then the stop button. The session will be saved and uploaded to the Wattbike Hub (when an internet connection is available).

## CONNECT TO TRAINING APPS AND CYCLING COMPUTERS

Straight out of the box, your Atom can connect to 3rd party training apps such as The Sufferfest, Zwift and TrainerRoad.

The Atom allows control from apps with the following protocols:

1. ANT+ FE-C Trainer Control Protocol.
2. Bluetooth Smart Trainer Control.

Many apps have the ability to control resistance over the above protocols, which offer a smart training experience.

If your chosen training app does not have the ability to control resistance based on on-screen data, you can still record your session data via BLE or ANT+.

## CONNECTING TO APPS

1. Plug your Atom into a wall outlet using the power adaptor provided. Ensure the switches on both the wall outlet and the rear of the Atom are turned on.
2. Enable Bluetooth or ANT+ on your device.
3. Open your preferred training app and navigate to the point of connecting your indoor trainer.
4. Select the displayed Atom ID. For example: 'Atom02345' or '02345'.

**TIP: The digits correspond to the last 5 digits of the serial number of your Atom.**

## CONNECTING CYCLING COMPUTERS

To connect your Atom with your cycle computer:

1. Navigate to the 'pair sensors' or similar screen.
2. Depending how your device displays the sensor ID, select the displayed Atom sensor ID. For example: 'Atom02345' or '02345'.

**TIP: The digits correspond to the last 5 digits of the serial number of your Atom.**

3. If you are prompted to confirm your selection, confirm to finalise the pairing process.

# 04

## HOW TO USE THE SHIFTERS AND RESISTANCE MODES

The shifters on your Atom control specific actions;



### The shifter on the right:

- Action Button\* – Mode selection
- Up button:
  - Click: Gear/ Ergo/ Gradient +1
  - Hold: Gear/ Ergo/ Gradient + continuous change
- Down button
  - Click: Gear/ Ergo/ Gradient -1
  - Hold: Gear/ Ergo/ Gradient - continuous change

### The shifter on the left:

- Action Button\*: + 1 Lap (for Just Ride and Climb mode only)
- Up button:
  - Click: Scroll to next view
  - Hold: Scroll to next view + continuous change
- Down button
  - Click – Scroll to previous view
  - Hold - Scroll to previous view + continuous change

**\*TIP: When pressing the action button, push the button in the middle of the red part of the shifter.**

## RESISTANCE MODES

You have the ability to change between three modes during a session.

### Gear mode

This is the default mode on your Atom. Use the up and down buttons to change your gear. This mode is most like riding a bike.

### Gradient mode

Set the gradient of an incline to ride from 1 – 25% (micro adjustments of 0.5%) and the Atom will resist you to that gradient.

### Ergo mode

Set a target wattage and the Atom will resist your training to that wattage regardless of your cadence.

To switch between the modes, press the action button on the right shifter.

# 05

## WORKOUTS AND TESTS

The Wattbike Hub has a variety of workout types to suit your needs:

The Climb feature lets you tackle bucket-list climbs without leaving your home. Your Atom will actively map the precise gradient of your chosen climb and you can change your gear during these sessions to accurately replicate how you would ride a climb out on the road.

Tests offer a measurable way of benchmarking and assessing your performance throughout a training block.

Once you have completed a test in the Wattbike Hub, your profile will automatically be updated and the Atom will adjust your training zones and resistance settings to the exact intensity you need.

To set or reset your training zones, take one of the following tests based on your ability and training background:

NEW OR STARTING TRAINING	TRAINED	ADVANCED
Sub-max ramp Test	3-minute Test	FTP Test

To start a test:

- Plug your Atom into a wall outlet using the power adaptor provided. Ensure the switches on both the wall outlet and the rear of the Atom are turned on.
- Enable Bluetooth on your device.
- Open the Wattbike Hub.

Ensure you are adequately warmed up for the test you are about to complete.

**TIP: If you are attempting either the 3 minute test or the FTP test we recommend you complete the 20 minute warm-up found in the warm-up section of the Wattbike Hub.**

- Once you are warmed up and ready to go; tap the tests section and select the test you would like to do.
- Ensure you have connected your heart rate belt/sensor before you start your test.
- Tap the 'play' button to begin.

Once you have completed your test the data will be saved and stored in the Wattbike Hub and your user profile will automatically be updated with your new training zones.

**Tests:** The tests in this Guide assume a high level of basic fitness and should not be attempted if you are a beginner or have been recently ill or injured. If in doubt, consult your Doctor before you commence a Wattbike test or training plan. The tests are not suitable for children or young adults under the age of 18 unless under supervision. Wattbike cannot be held responsible for any accidents or liable for any damage to health. Using the Wattbike, its tests and functions, is done at your own risk.

# CARE, MAINTENANCE AND STORAGE

## FIRMWARE UPDATES

From time to time we issue firmware updates to keep the smart wireless electronics inside the Atom up-to-date.

When a firmware update is issued, a firmware request will show on screen when you next connect your device to your Atom.

**TIP: This requires both internet connection and the latest version of the Wattbike Hub to be installed on your device.**

1. Ensure you have the latest app from the iOS App Store or Android Play Store.
2. Go to 'just ride'.
3. Connect to your Atom as if you were starting a ride.
4. Follow the on-screen instructions to update.

**TIP: Remember to restart the Atom, turning it off and then on using the switch at the rear. You should also restart your device.**

## REPLACING SHIFTERS

If your shifters have permanently malfunctioned and you need to replace them then contact Wattbike Customer Services to order a replacement shifter.

Shifters are either Left or Right handed; they are not interchangeable. Once you have your replacement shifter follow the steps below to replace them.

1. Pull back and remove the rubber hood on the shifter
2. Undo the Allen headed bolt securing the shifter to the shifter mount and remove the shifter
3. Attach the new shifter and screw in the securing bolt
4. Open the Wattbike Hub that you have used with the bike before:

### For iOS devices:

1. Navigate to Settings > Known Wattbikes
2. Select your bike from the list (you must have connected to the bike previously).
3. After a few seconds the app will connect to the bike and the connection circle will go green and an advanced settings button will appear
4. Tap 'advanced settings'.
5. Tap the 'pair' button under the shifter you want to change and immediately hold all three shifter buttons until you see the new shifter details appear (5-10 seconds).
6. Your new shifter has now paired with your Atom
7. Test the shifter by going into a 'just ride' mode and pressing the buttons

### On Android devices:

1. Click the 'three dots' menu item in the top right corner and select 'known Wattbikes'.
2. Select your bike from the list (you must have connected to the bike previously).
3. After a few seconds the app will connect to the bike and the circle will go green.

4. Click 'advanced settings'.
5. Click the 'pair' button under the shifter you want to change and immediately hold all three shifter buttons until you see the new shifters details appear (5-10 seconds)

**TIP: Test the shifter by going into a 'just ride' mode and pressing the buttons**

## REPLACING SHIFTER BATTERIES

### Tools required:

- A fat bladed screwdriver
- A CR2032 button cell battery

If the shifters on your Atom have stopped working the batteries may need replacing.

To replace the batteries:

1. Pull back and remove the rubber hood on the shifter to reveal the shifter.

**TIP: Look on the inside (the side that faces the bike) to find the screw door.**

2. Turn the screw door anti-clockwise to undo and remove.
3. Using a small flat bladed screwdriver carefully work the battery loose and remove.
4. Replace with the new battery with the positive side showing.
5. Replace the screw door and turn clockwise to secure.
6. Test the shifter by engaging the 'just ride' mode and testing the buttons.

## PORTS

There are 2 ports on your Atom:

1. The USB port - this is also used for diagnostics which are carried out at our service centre.
2. The power jack port, for plugging your Atom into the mains power.





The Atom is constructed from high performance components, and is designed to withstand heavy usage, making it almost maintenance-free.

If you notice any unusual/loud noises or grinding during operation, stop using your Atom and contact Wattbike for support.

Do not use corrosive or abrasive materials to clean the equipment.

## AFTER EACH SESSION

To ensure your Atom stays in good condition, after each session remove all sweat, dust, dirt and any other substances.

Always use a clean, soft cloth and a non-abrasive liquid cleaner - we recommend the Wattbike Muc-Off Care Pack.

Wipe down the exterior covers and frame, saddle, and handlebars. Ensure that the handlebar stem and saddle stem do not exceed the max markers.

## MONTHLY MAINTENANCE

Where necessary:

- Vacuum the floor under and around the Atom to prevent the bike from picking up dust.
- Inspect the feet bolts, saddle and handlebar sliders and device holder for looseness and corrosion. Tighten as necessary.
- Inspect the saddle and handlebar stem adjustments. Tighten as necessary.
- Check that the pedals are secure and fit for use.
- Ensure that no sweat/liquid is pooling on the metalwork or covers.

## MOVING AND STORING YOUR ATOM

Before attempting to move your Atom ensure all levers and bolts are tight. Failure to do so may cause injury.

1. Ensure the path to your destination is free from trip hazards that could cause harm or damage to yourself or the Atom.
2. Turn the Atom off at the switch and wall outlet and unplug from the mains supply. Place your hands on the handlebars of the Atom and pull towards you to balance the weight on the coaster wheels.
3. Roll the Atom on the wheels to its destination.
4. If the Atom is not being used for an extended period of time, ensure it is unplugged and covered with a sheet to reduce damage from dust and moisture.

## ACCESSORIES

### WATTBIKE MUC-OFF CARE PACK



You can purchase a Muc-Off Care Pack which has been specially formulated to provide the best care for your Atom.

The care pack contains:

- Bike protect
- Dry lube
- Antibacterial sanitizer
- Luxury chamois cream
- Micro fibre cloth x2

This pack can be purchased from [Wattbike.com](https://www.wattbike.com)

### WATTBIKE HEART RATE MONITOR



A bespoke Wattbike heart rate belt featuring Dual Band Technology that can connect to your Atom straight out of the box. No matter what device you are using this belt offers the best flexibility. It can be purchased from [Wattbike.com](https://www.wattbike.com)



# CUSTOMER SERVICES, TECHNICAL SUPPORT AND WARRANTY

## CUSTOMER SERVICES

**Tel:** +44 (0)115 945 5450

**Email:** [info@wattbike.com](mailto:info@wattbike.com)

**Web:** [support.wattbike.com](http://support.wattbike.com)

**Post:** Wattbike Ltd.

Unit 16,

Nottingham South and Wilford Industrial Estate,

Ruddington Lane,

Nottingham

NG11 7HQ

## TECHNICAL SUPPORT

For Servicing enquiries and Technical Support, please contact Wattbike on the number above or email: [service@wattbike.com](mailto:service@wattbike.com).

The Wattbike Technical Support Service provides:

- Telephone consultation.
- Information about which services are covered by the warranty and which must be paid for.
- On-site support service.
- Supply of original spare parts.

## WARRANTY AND TERMS AND CONDITIONS

For Wattbike's full terms and conditions, visit [wattbike.com](http://wattbike.com)



**Weight:**

- 44kg, 97lb

**Max rider weight:**

- 135kg
- 21st 3lb
- 297lb

**Power Requirements:**

- Mains powered - 12v, 1A DC power supply
- Battery pack powered - 5.0v, 1.6A

**Resistance type:**

- Rare-Earth Magnet

**Wireless Technologies:**

- Bluetooth 4.0
- ANT+ (FE-C ready, PWR, S&C)
- ANT (Heart Rate Only)
- Polar (Heart Rate Only)

**Footprint:**

- 100cm (l), 50cm (w), 110cm (h)

**Compatible HR devices:**

- Bluetooth 4.0
- ANT+
- ANT (Suunto)
- Polar

**Handlebar diameter:**

- 26mm

**Gears:**

- 22

**Gradient range:**

- 0 - 25%

**INTENDED USE - PRECAUTIONS FOR SAFE USE**

The Atom is to be used solely for its intended purpose, i.e. to simulate cycling. Any other use of the equipment is to be considered improper and therefore dangerous. The Atom is suitable for home use only.

The equipment can be used only after having a medical check-up by a Doctor (who is aware of the intended type of exercise) and in compliance with the conditions of use laid down by Wattbike.

Before starting an exercise program, consult a Doctor for advice on any limits to observe when using the equipment.

Persons with specific physical complaints may use the equipment only under the strict supervision of a Doctor specialising in that particular area.

Should you feel unwell during training (dizziness, chest pain, etc.) stop exercising immediately and consult a Doctor.

# 1 0

## IMPORTANT SAFETY INSTRUCTIONS

- Improper assembly and operation will cause accidents.
- Assembly instructions must be read completely and correctly understood before the Atom is assembled and used.
- The manufacturers cannot be held liable for damage or injury caused by improper use or assembly of the the Atom.
- The Atom is heavy (44kg). Ensure you hold the bike securely whilst adjusting the rubber feet, moving the Atom around and lowering it to the ground.
- The Atom is designed for a maximum user weight of 135kg, 21st 3lb, 297lb. Do not exceed the maximum user weight.
- The Atom should not be used by persons under 152cm (5ft).
- The Atom should not be used by persons over 195 cm (6'5").
- The Atom must be assembled with due care. If in doubt, call our Customer Service team for advice and guidance.
- Unpacking the Atom requires scissors and/or a knife. Take care when using said items to avoid personal or equipment damage.
- **DANGER** - to reduce the risk of electric shock always unplug this appliance from the electrical outlet immediately after using and before cleaning.

To reduce the risk of burns, fire, electric shock, or injury to persons:

- An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before adding or removing parts.
- Excessive heating can occur and cause fire, electric shock, or injury.
- Use the Atom only for its intended use as described in this manual. Do not use attachments which have not been recommended by the manufacturer.
- Never operate the Atom if it has a damaged cord or plug, if it is not working properly, if it has been damaged, or dropped into water. Return the Wattbike Atom to a service centre for examination and repair.
- Do not carry the Atom by its supply cord or use its cord as a handle.
- Keep the power cord away from heated surfaces.
- Never operate the Atom if the air openings become blocked. Keep the air openings free of lint, hair, etc.
- Never drop or insert any object into any opening.
- Do not use outdoors.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- To disconnect, turn all controls to the off position, then remove plug from outlet.

### WEEE DIRECTIVE



Under the UK WEEE (Waste Electrical & Electronic Equipment) and battery Regulations, Producers are required to mark all relevant Electrical & Electronic Equipment (EEE), battery & battery packs with a “crossed-out wheeie bin” symbol to remind consumers not to discard WEEE or batteries in the domestic waste stream.

Wattbike encourages all its customers to make note of this symbol and avoid putting any WEEE or batteries in domestic waste bins or containers. Alternatively, there is a network of recycling centres across the UK where consumers of WEEE and/or batteries can also take it free of charge to be discarded, reused and/or recycled. The complete list of locations can be found at: [www.recyclenow.com](http://www.recyclenow.com)



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