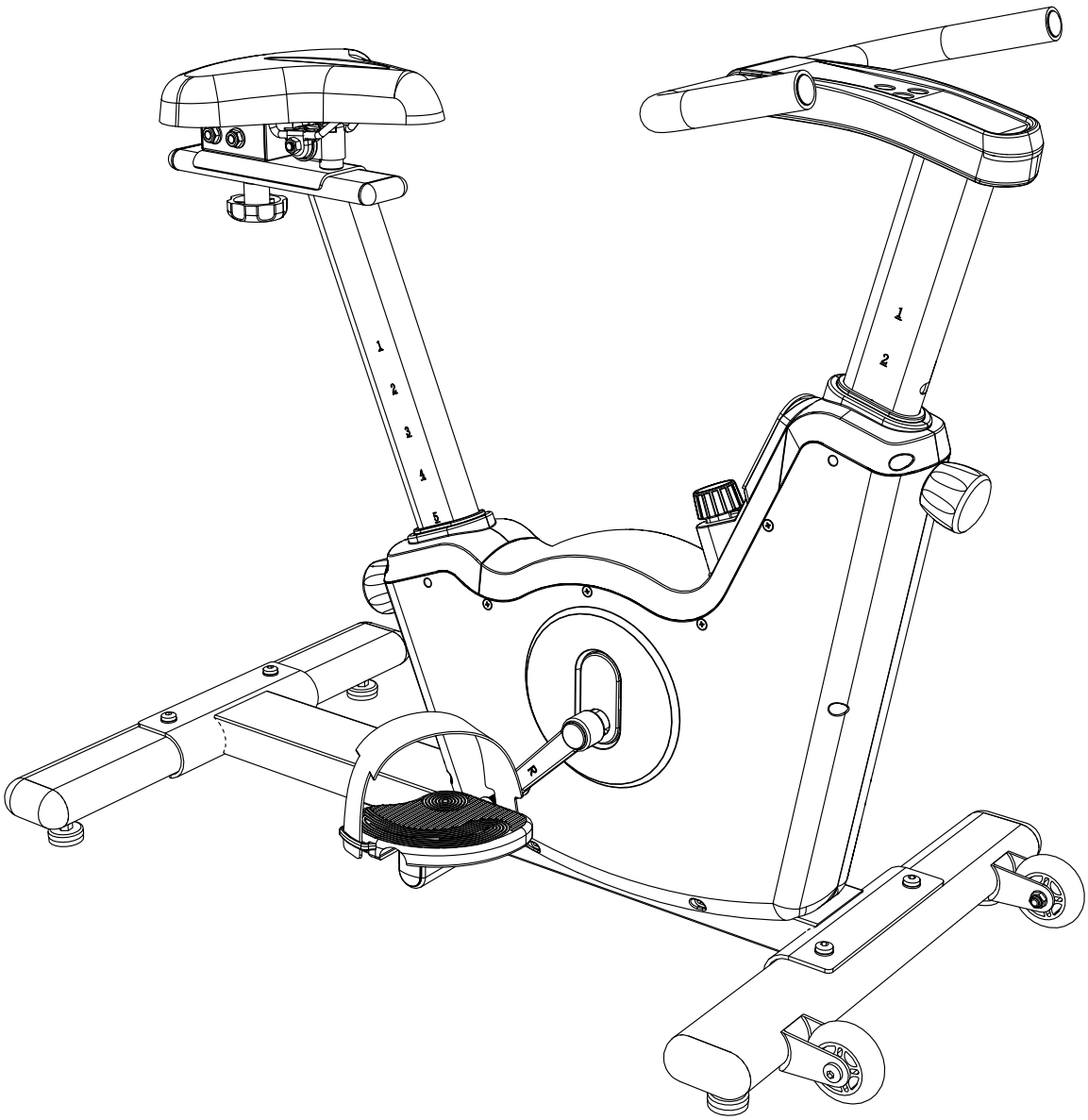
SCC102
SCC202

Self-regulation Classroom Bike

Assembly Guide

Check out our other products online at **www.copernicused.com**
For assistance, please contact us by telephone at **1-800-267-8494** or email at **info@copernicused.com**.
Have your packing slip ready for reference.



Please Recycle

Customer Service & Warranty Information

Dear Educator,

Thank you for purchasing the Self-regulation Classroom Bike. We hope it meets your expectations and you and your students enjoy using it at your school.
Every day we see and hear stories of teachers going above and beyond to help students thrive. Thank you so much for all you do – you are awesome, and you make a difference.
Thank you for inspiring us.

If you have any questions, concerns or ideas on how we can improve please let us know by contacting our Customer Service team at 1-800-267-8494 or ***info@copernicused.com***.

Happy teaching,

Kaylyn Belcourt, President
kaylyn@copernicused.com

We do not inherit the earth from our ancestors, we borrow it from our children.

- NATIVE AMERICAN PROVERB

Change is the end result of all true learning.

- LEO BUSCAGLIA

What you leave behind is not what is engraved in stone monuments, but what is woven into the lives of others.

- PERICLES

Education is the most powerful weapon which you can use to change the world.

- NELSON MANDELA

For missing parts and other issues regarding your product:
Please contact Customer Service, where we will be happy to help.
Telephone: 1-800-267-8494, Monday - Friday 8:00am - 4:30 pm EST
Email: info@copernicused.com

Need Support? Have a Question?

Email Customer Service

Check out some of our other great products!

www.copernicused.com

6 Year
Frame Warranty

Register your Product
Registering your warranty ensures we have all the information we need to make any future warranty claims quick and easy. Please visit ***www.copernicused.com/warranty*** and complete the form within 10 business days from product assembly. By registering your product, you will be entered into a draw to win Copernicus product.

2 Year
Moving Components Warranty

Make a Warranty Claim
We offer a Lifetime Warranty on almost everything we make. Please call ***1-800-267-8494*** or email ***info@copernicused.com*** to start your warranty claim. Proof of purchase will be required upon warranty claim (i.e. copy of invoice).

Tips for Assembly

Before You Begin:
- Lay out and identify all of the included parts.
- The hardware has been packed according to step.
- Read the assembly guide over once to familiarize yourself with them.

As You Assemble the Unit:
- Follow the steps in sequence.
- Before beginning each step, find the part(s) that you need for that step.
- The title of each step states what you will be doing. Review the text and the pictures as you build the unit.

Watch for These Helpful Symbols:

2-Person Task — For safety, please have someone help you when working on steps displaying this symbol.

! — The symbol denotes a step needing extra attention to ensure it is done correctly.

Important Information! Warning!

Please read the warnings below for important safety information regarding your product. Failure to read these warnings or to follow the instructions below could result in personal injury or damage to your product that could void your warranty.

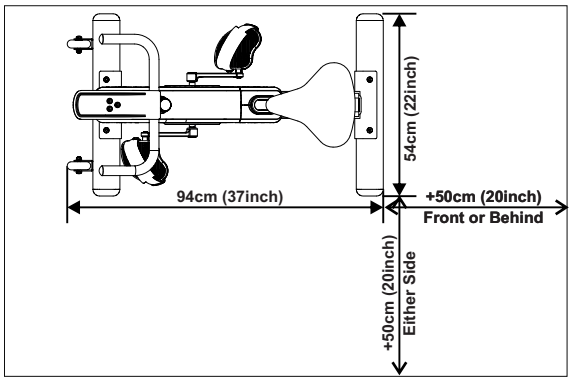
Small Parts — In its unassembled state, this product contains parts that can be hazardous to small children. This product should be assembled by an adult.

Adult Supervision — This product is to be used under the supervision of an adult.

Indoor Use Only — This product is intended for indoor commercial use only. The internal components are not sealed from the environment.

INSTALLATION

Minimum clearance required around equipment for access to, passage around and emergency dismount. Minimum dimensions are 0.5m (19.7in) on at least one side and 0.5m (19.7in) either behind or in front of the bike.



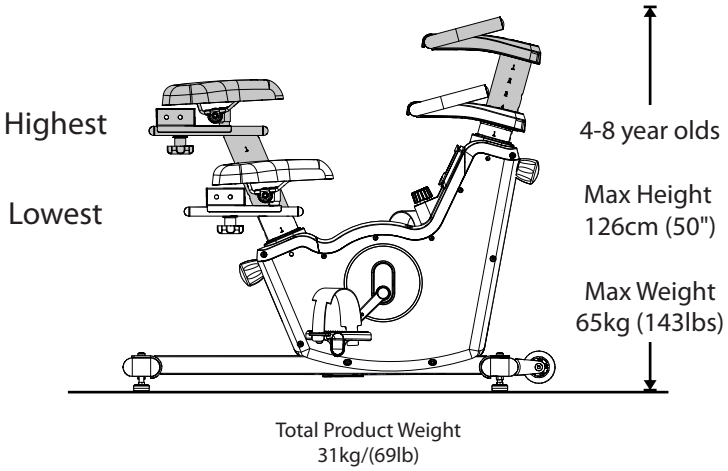
Actual area for access/passage is the responsibility of the facility and should take into account this training envelope, ADA Accessibility Guideline requirements and any required local codes or regulations.

BEFORE USING

1. As with all exercise equipment or programs, consult a physician prior to use and stop if you feel faint, dizzy or exhausted.
2. The equipment should only be used in a supervised environment.
3. The equipment must be set up and operated on a solid, level surface.
4. A complete visual inspection and test of the features and functions of the assembled Self-regulation Classroom Cruiser is to be made prior to use. Immediately report worn, loose or damaged equipment to the teacher and refrain from using the bike.
5. Keep body and clothing free and clear of all moving parts.
6. Ensure all adjustments and locking features are properly secured before using bike.
7. No adjustment should be made, which may limit the movements of the user.
8. This equipment is not intended for athletic training purposes.
9. **Maximum user capacity is 143lbs/ 65kgs**

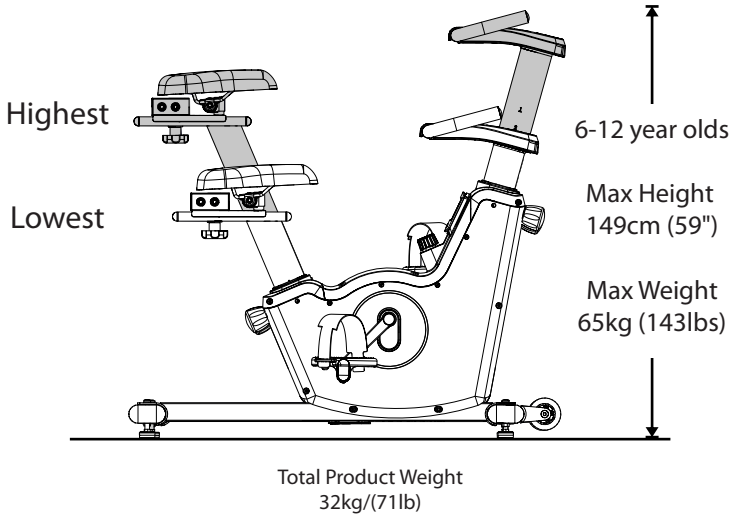
How to Adjust Seat and Handle Bar Height

SCC102 Self-regulation Classroom Bike
PreK-Grade 2 (without desktop)



Total Product Weight
31kg/(69lb)

SCC202 Self-regulation Classroom Bike
Grade 3-6 (without desktop)



Total Product Weight
32kg/(71lb)

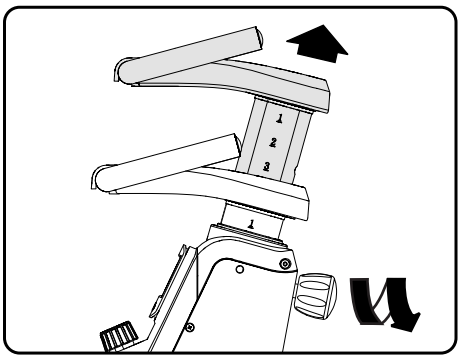
! Warning! Do not pedal backwards for a prolonged period of time. This can lead to possible injury and damaged parts. Refer to "Tips" page at the back of this manual for more info.

How to Adjust Handle Bar Post

To adjust the handle bar height, first turn the handle bar post knob counter-clockwise approximately 3 turns to loosen it.

Next, pull the knob, slide the handle bar post upward or downward to the desired position, and then release the knob.

Move the handle bar post up or down slightly until you feel a pop, to make sure that the knob is engaged in one of the adjustment holes in the seat post. Then, turn the knob clockwise to tighten it firmly.

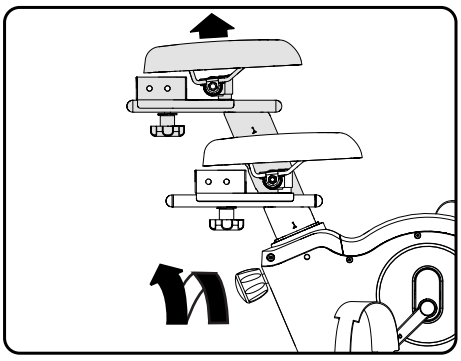


How to Adjust Seat Post and Saddle Position

To adjust the seat, first turn the seat post knob counterclockwise approximately 3 turns to loosen it.

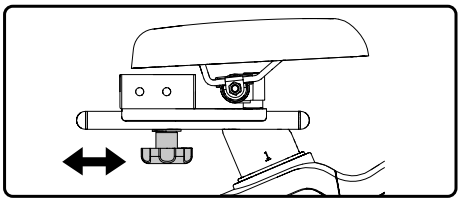
Next, pull the knob, slide the seat post upward or downward to the desired position, and then release the knob.

Move the seat post up or down slightly until you feel a pop, to make sure that the knob is engaged in one of the adjustment holes in the seat post. Then, turn the knob clockwise to tighten it firmly.



How to Adjust Fore-Aft Seat Position

To adjust seat forward or backwards, loosen adjustment knob. Tighten when in desired position.



Parts

We have included a multi tool for your convenience, but if you have your own wrenches and screwdriver, assembly will be easier.

Additional tools required:

Adjustable wrench **x2**

OR

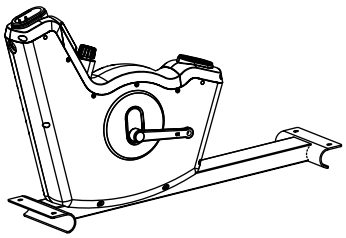
Wrench **x2**

10mm
12mm
13mm
15mm
17mm

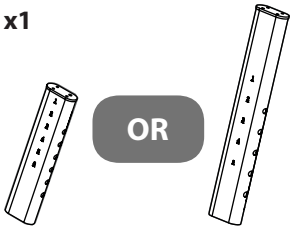
+

Screwdriver **x1**

Main Body Assembly
x1



Handle Bar Post
x1



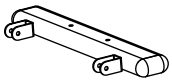
OR

Short
(ZSCC-33150)

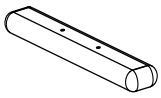
Long
(ZSCC-33150)

In box

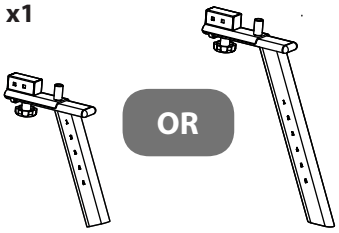
Front Foot
x1



Back Foot
x1



Seat Post
x1



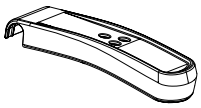
OR

Short

Long

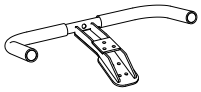
Saddle
(ZSCC-21128)
x1

Handle Bar Cover
(ZSCC-21140)
x1

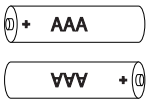


Wheel
(ZSCC-43004)
x2

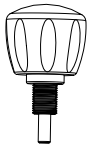
Handle Bar Assembly
(ZSCC-21129)
x1



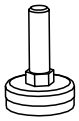
Batteries AAA
x2



Adjustment Knob
Short
(ZSCC-43001)
x1



Leveler
(ZSCC-43005)
x4



Left Pedal with threadlocker
(ZSCC-21126)
x1

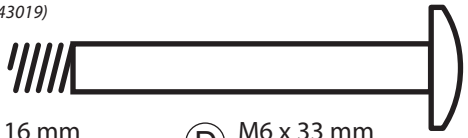
Right Pedal with threadlocker
(ZSCC-21127)
x1

Adjustment Knob
Long
(ZSCC-43000)
x1

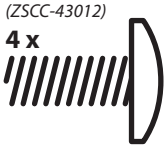
Hardware (Actual Size)

A M8 x 45 mm
(ZSCC-43018)
2 x

B M8 x 55 mm
(ZSCC-43019)
4 x



C M6 x 16 mm
(ZSCC-43012)
4 x



D M6 x 33 mm
(ZSCC-430131)
3 x

E M6 Lock Washer
(ZSCC-43020)
x4

F M8 Flat Washer
(ZSCC-43022)
x8

G M8 Lock Washer
(ZSCC-43021)
x4

H M6 Flat Washer
(ZSCC-43026)
x4

I M8 Lock Nut
(ZSCC-43025)
x2

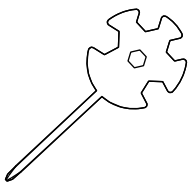
J M6 Lock Nut
(ZSCC-43027)
x3

Allen Key - Large
(ZSCC-43040)
1x

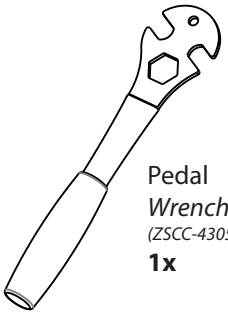
Allen Key - Small
(ZSCC-43041)
1x

Wrench
(ZSCC-43043)
1x

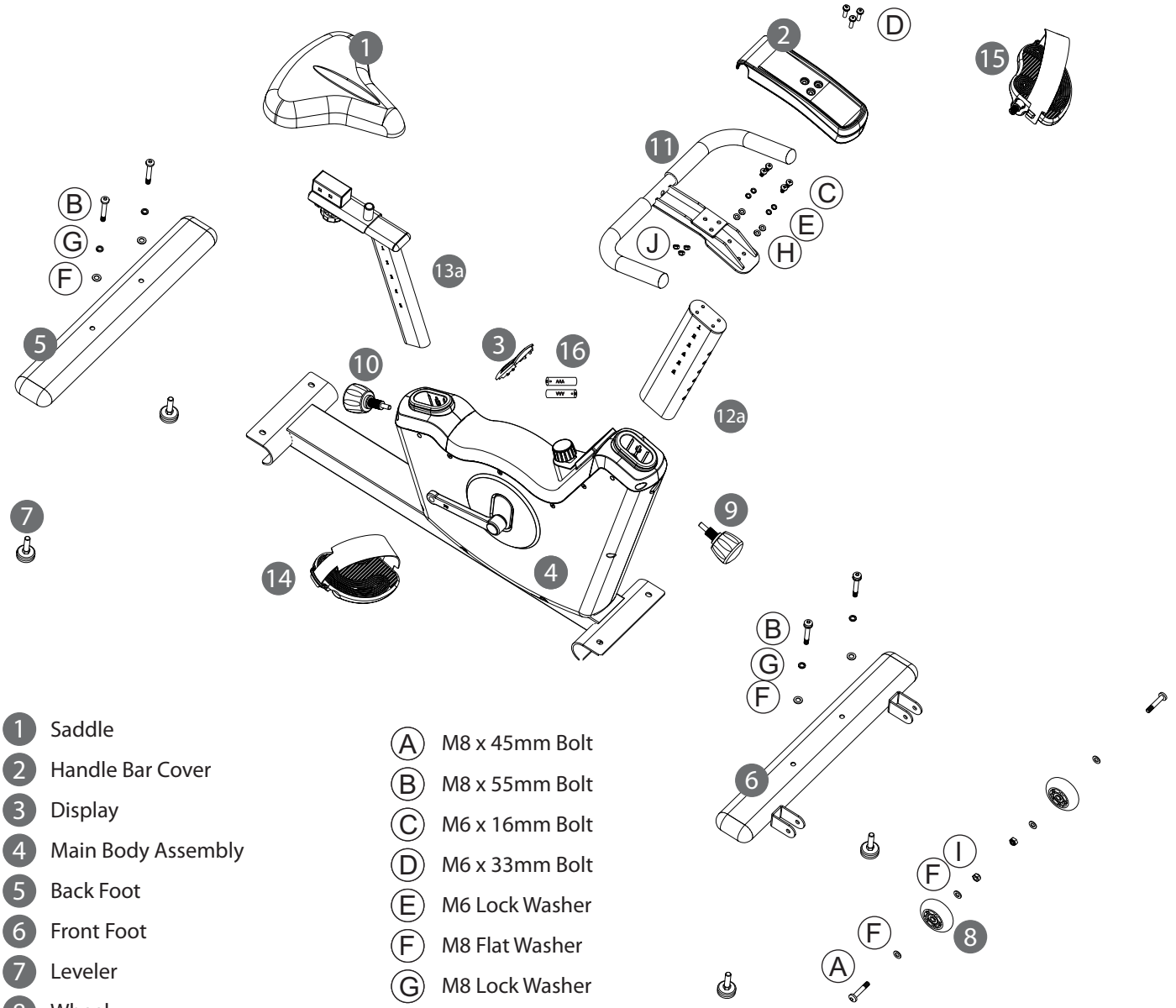
Multi Tool
(ZSCC-43042)
1x



Pedal
Wrench
(ZSCC-43050)
1x

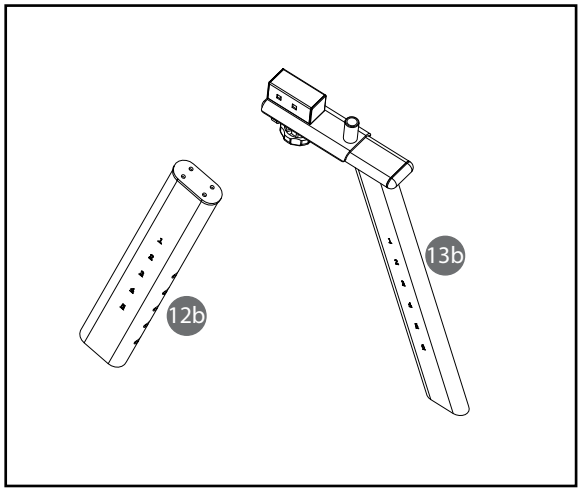


Exploded View



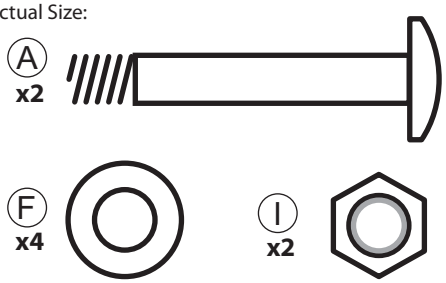
1. Saddle
2. Handle Bar Cover
3. Display
4. Main Body Assembly
5. Back Foot
6. Front Foot
7. Leveler
8. Wheel
9. Adjustment Knob Short
10. Adjustment Knob Long
11. Handle Bars
12a. Handle Bar Post Short (SCC102 Only)
12b. Handle Bar Post Long (SCC202 Only)
13a. Seat Post Short (SCC102 Only)
13b. Seat Post Long (SCC202 Only)
14. Right Pedal with Threadlocker
15. Left Pedal with Threadlocker
16. Batteries AAA

A. M8 x 45mm Bolt
B. M8 x 55mm Bolt
C. M6 x 16mm Bolt
D. M6 x 33mm Bolt
E. M6 Lock Washer
F. M8 Flat Washer
G. M8 Lock Washer
H. M6 Flat Washer
I. M8 Lock Nut
J. M6 Lock Nut

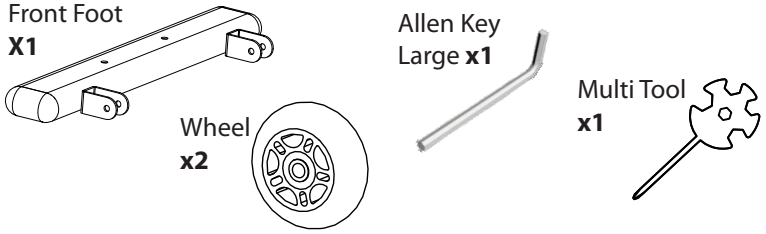


1

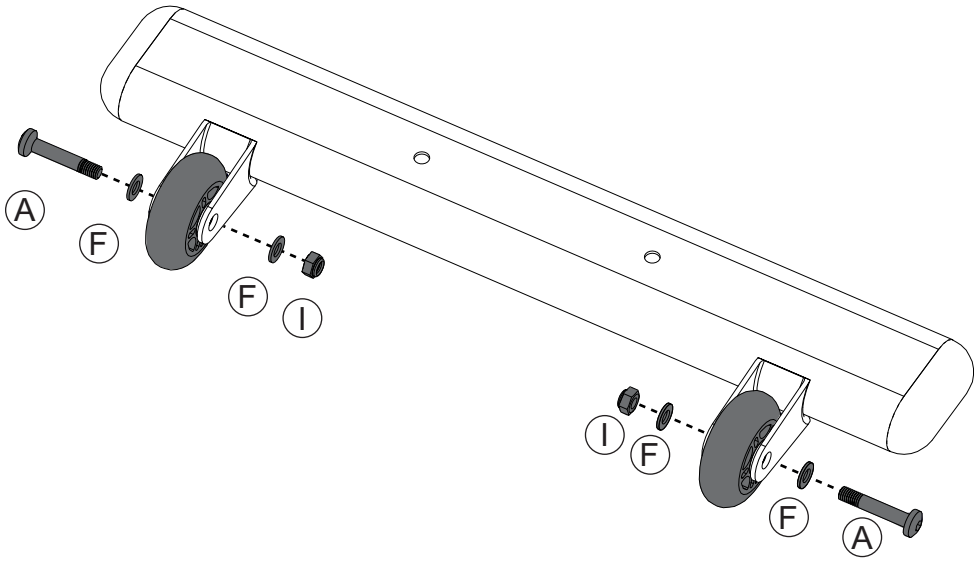
Actual Size:



You will need: (Not to Scale)



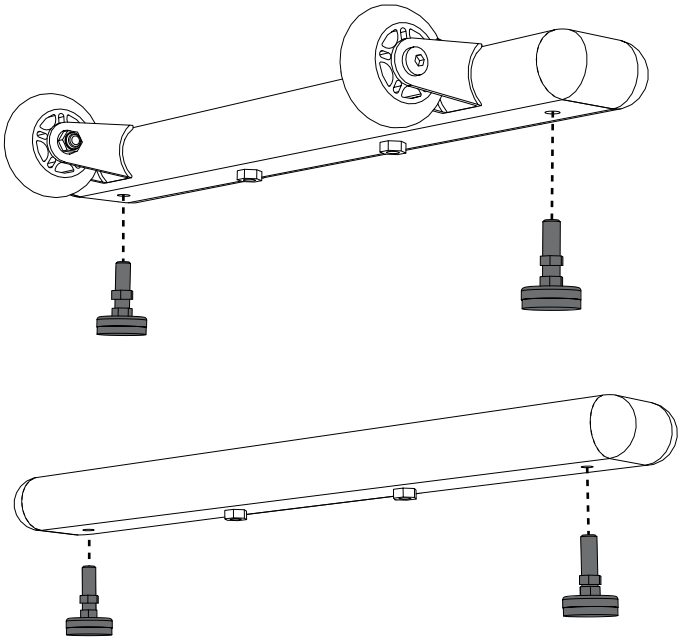
Attach Wheels to Front Foot

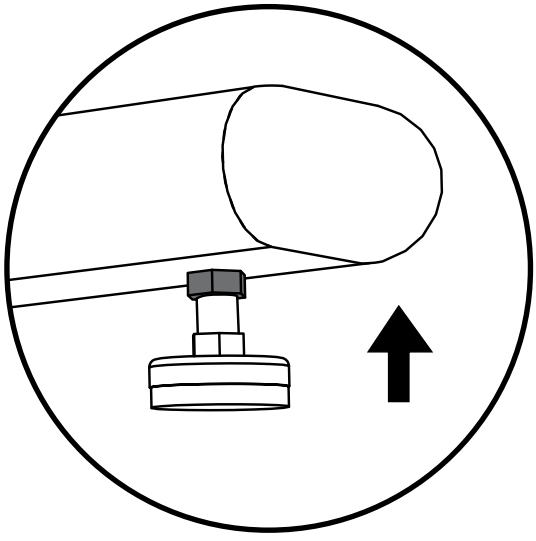


2

You will need: (Not to Scale)

Insert Levelers in Front and Back Feet



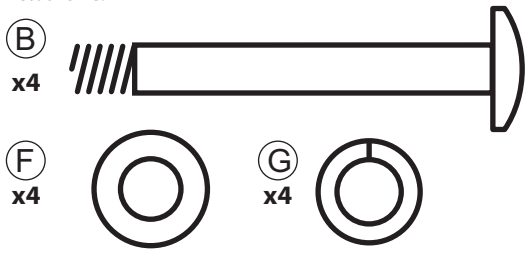


Fully screw in levelers then adjust once assembly is complete. Tighten top nut to secure leveler in place.

3

2-Person Task

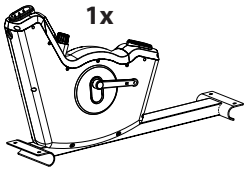
Actual Size:



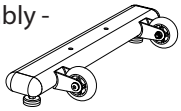
You will need: (Not to Scale)

Allen Key Large **1x**

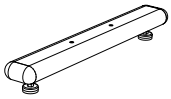
Main Body **1x**



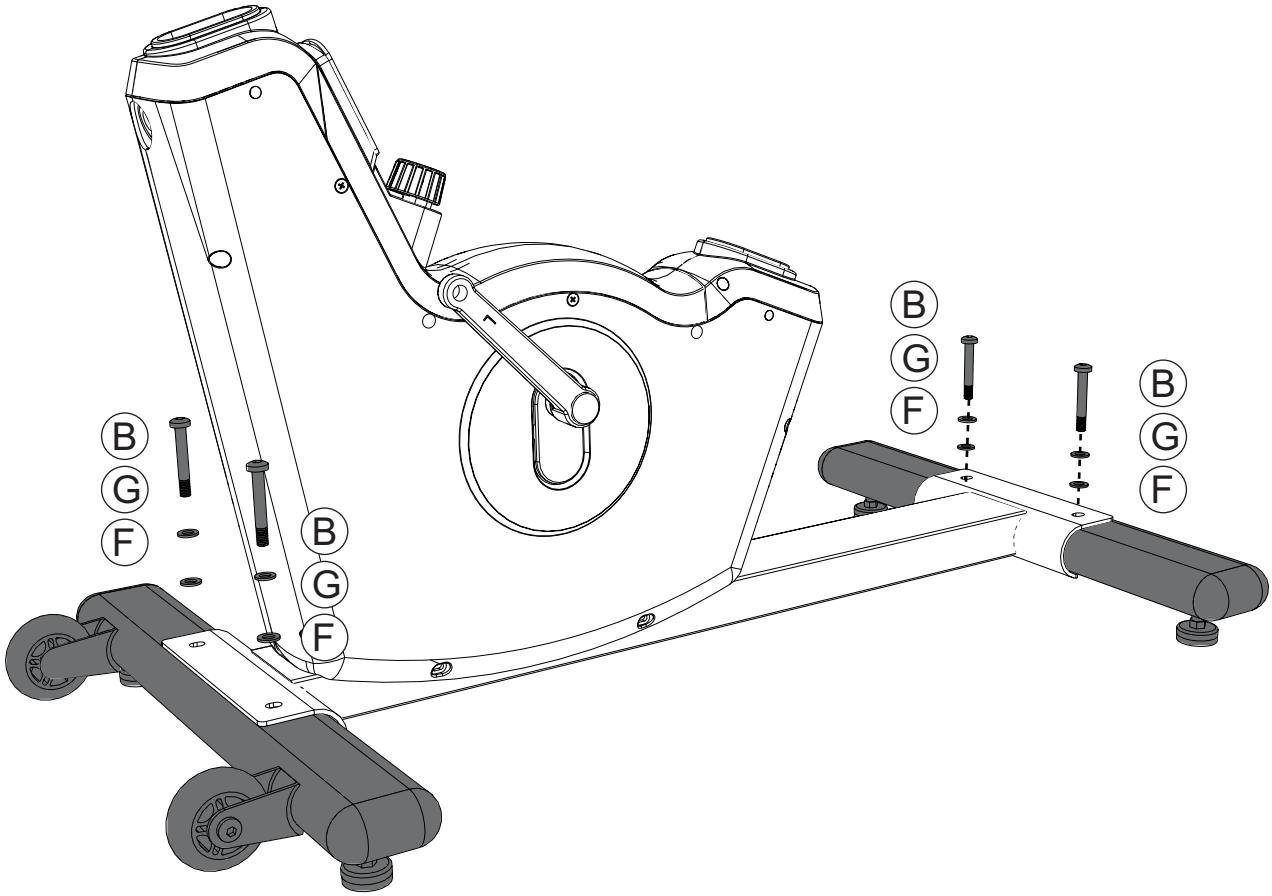
Foot Assembly - Front **1x**



Foot Assembly - Back **1x**



Add Feet to Main Body Assembly



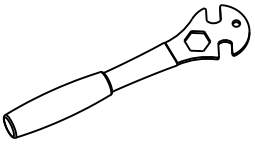
4.1

2-Person Task

You will need: (Not to Scale)

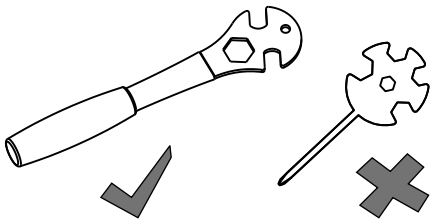
Right Pedal with Threadlocker **x1**

Pedal *Wrench* **1x**

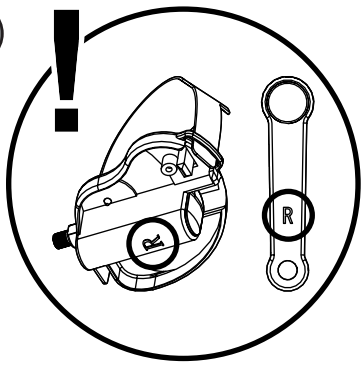


Assemble Right Pedal to Right Crank Arm

Use the pedal wrench for installing and tightening the pedals to the crank arms. **Do not** use the supplied multi-tool for the installation of the pedals.



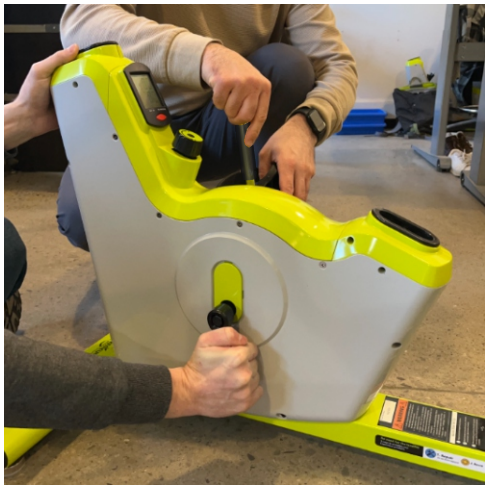
A

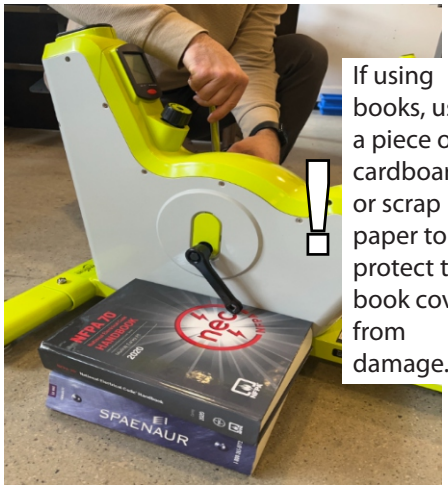


Make sure that you have the pedal that has an "R" on it and you are installing on the crank arm with an "R" on it.

To install right pedal, turn threads **clockwise** by hand into crank arm until completely threaded-in. You should not feel resistance while tightening pedal by hand.

B This step requires an additional person or some books to support the left crank arm while you tighten the right pedal. **TIGHTEN RIGHT PEDAL FULLY.**





If using books, use a piece of cardboard or scrap paper to protect the book cover from damage.

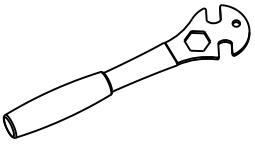
! Do not pedal backwards for a prolonged period of time. This can lead to possible injury and damaged parts. Refer to "Tips" page for more information.

2-Person Task **4.2**

You will need: (Not to Scale)

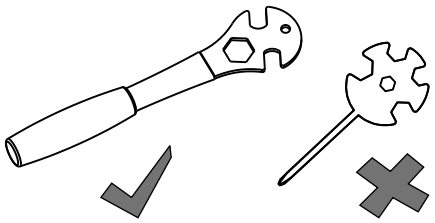
Left Pedal with Threadlocker **x1**

Pedal *Wrench* **1x**

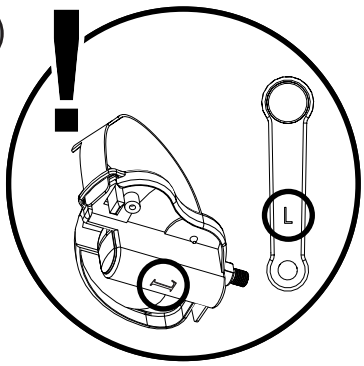


Assemble Left Pedal to Left Crank Arm

Use the pedal wrench for installing and tightening the pedals to the crank arms. **Do not** use the supplied multi-tool for the installation of the pedals.



A



Make sure that you have the pedal that has an "L" on it and you are installing on the crank arm with an "L" on it.

To install left pedal, turn threads **counter-clockwise** by hand into crank arm until completely threaded-in. You should not feel resistance while tightening pedal by hand.

B This step requires an additional person or some books to support the left crank arm while you tighten the right pedal. **TIGHTEN LEFT PEDAL FULLY.**

! If using books, use a piece of cardboard or scrap paper to protect the book cover from damage.

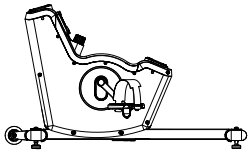
! Do not pedal backwards for a prolonged period of time. This can lead to possible injury and damaged parts.
Refer to "Tips" page for more information.

Ensure both pedals are **tightened very tight.** Once the pedals are installed and tightened fully, proceed to next step.

5

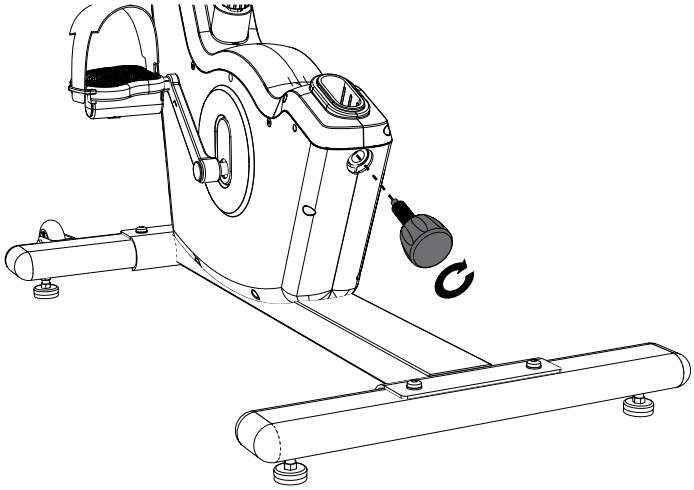
You will need: (Not to Scale)

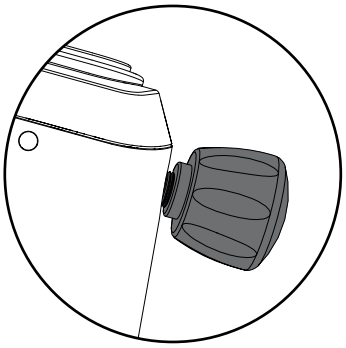
Bike Body Assembly
x1



Adjustment Knob Long
x1

Insert Seat Adjustment Knob



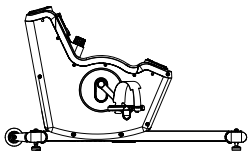


Leave some threads exposed so seat post can slide past.

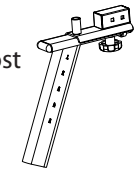
6

You will need: (Not to Scale)

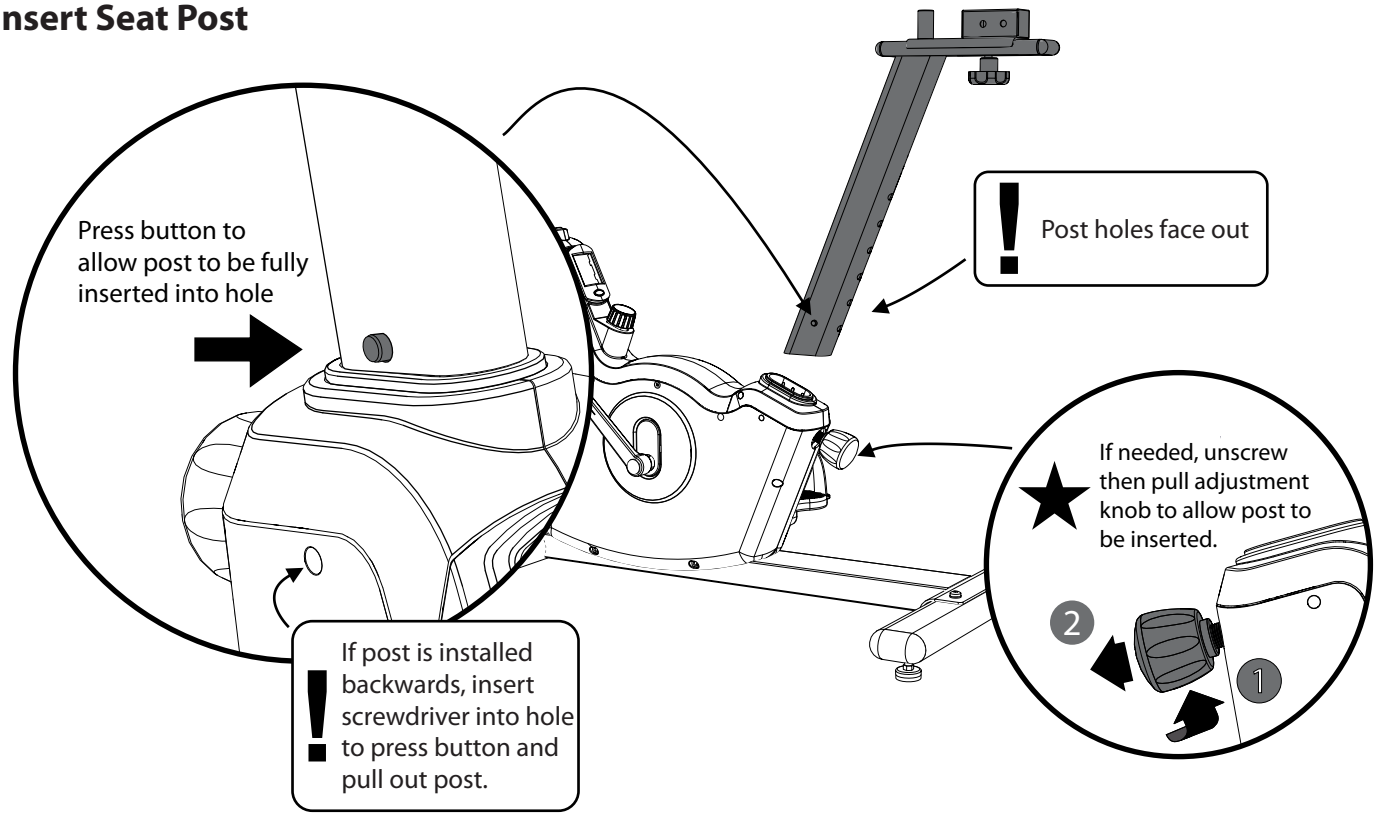
Bike Body Assembly
x1



Seat Post
x1



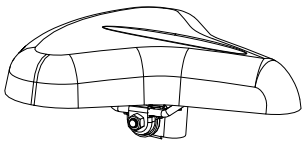
Insert Seat Post



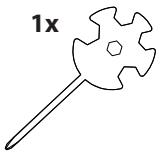
7

You will need: (Not to Scale)

Saddle
x1



Multi Tool
1x



Attach Saddle

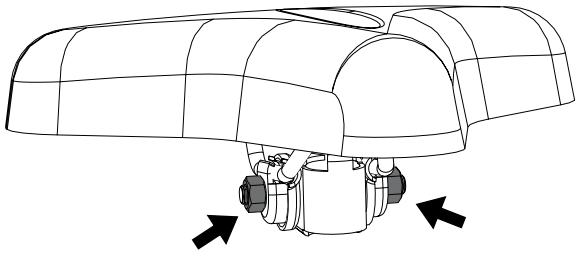
Suggested tools:

Adjustable wrench **x2**

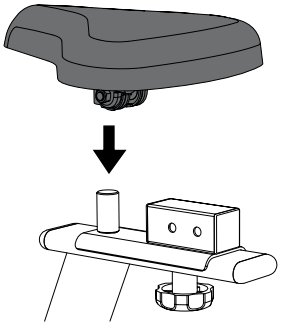
OR

Wrench **x2**

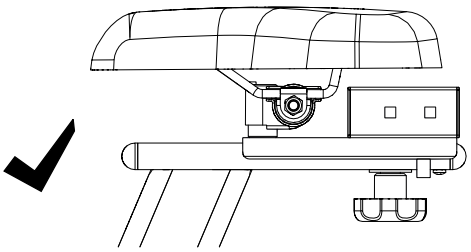
13mm

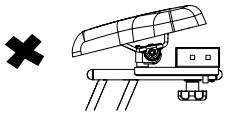


1 Loosen hardware on either side of saddle before attaching to seat post.

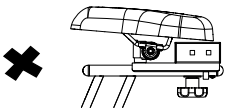


2 Slide saddle over post.





Do not angle down



Do not angle up

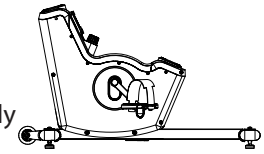
3 Ensure the saddle is positioned horizontally and tighten hardware.

Make sure saddle is tight enough on the seat post by pushing down on front and back. If saddle moves, tighten hardware more.

8

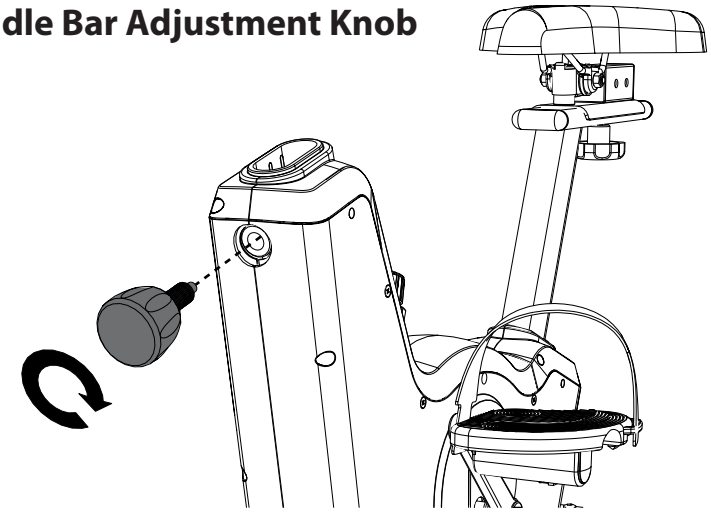
You will need: (Not to Scale)

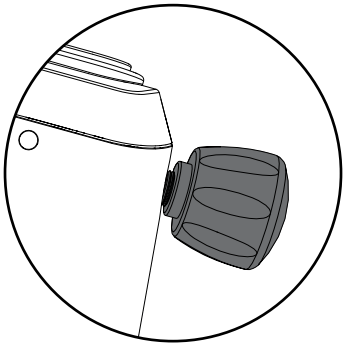
Bike
Body
Assembly
x1



Adjustment Knob
Short **x1**

Insert Handle Bar Adjustment Knob

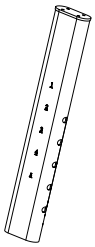




Leave some threads exposed so seat post can slide past.

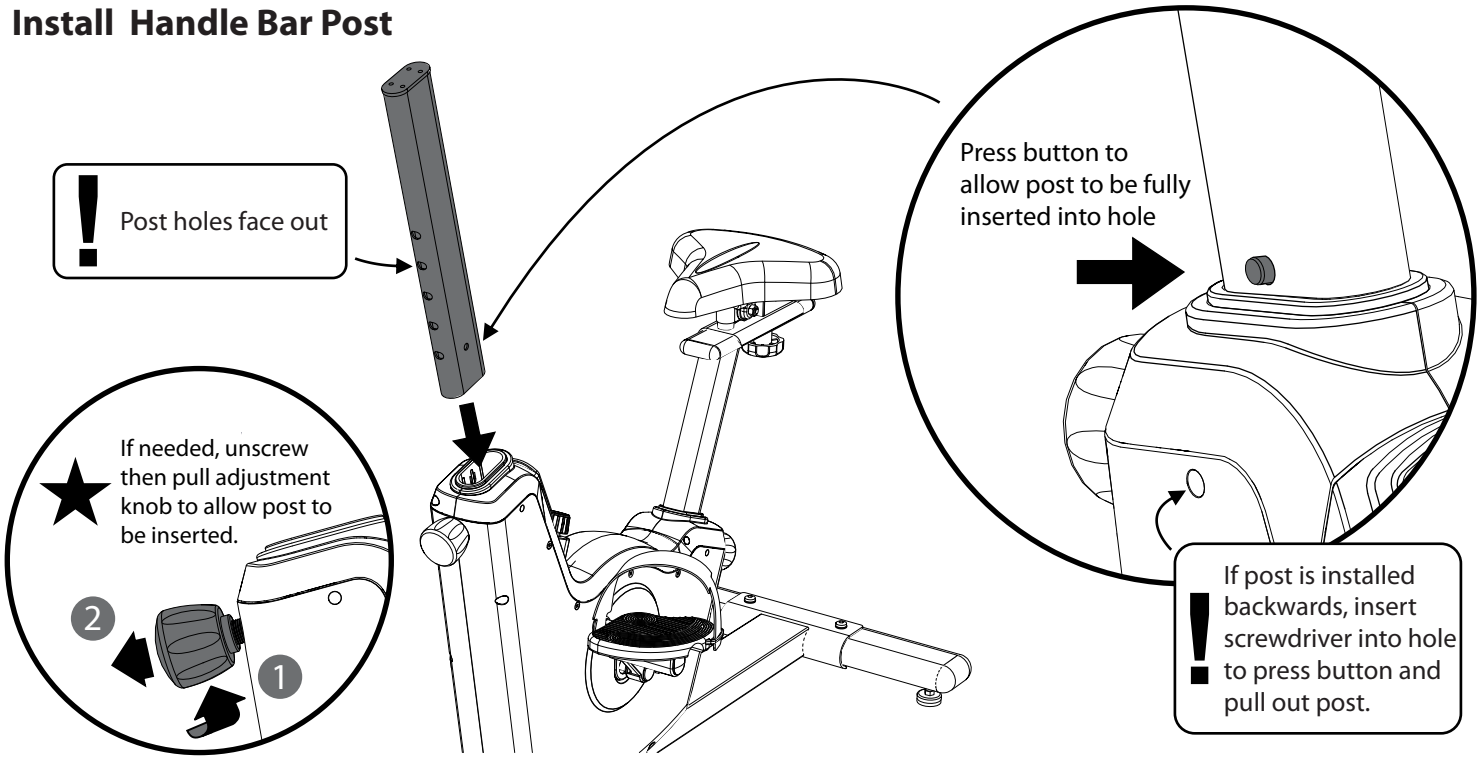
9

You will need: (Not to Scale)



Handle Bar Post
x1

Install Handle Bar Post

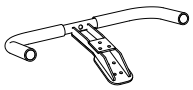


10

Actual Size:

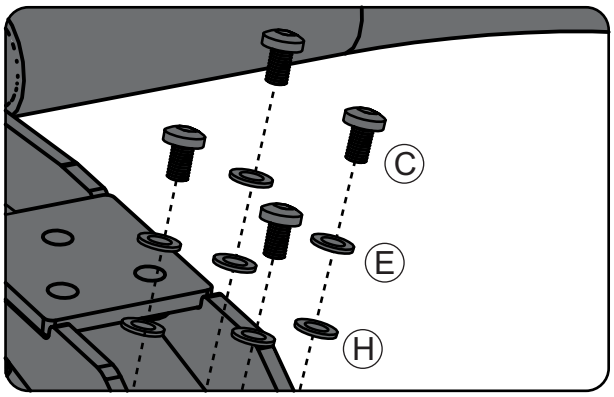
You will need: (Not to Scale)

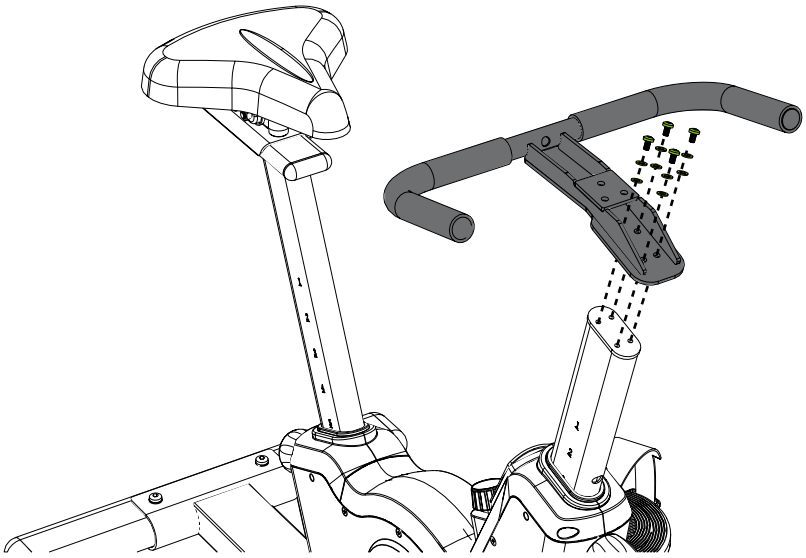
Handle Bar Assembly
x1



Allen Key Small
1x

Attach Handle Bars to Handle Bar Post

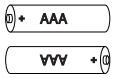




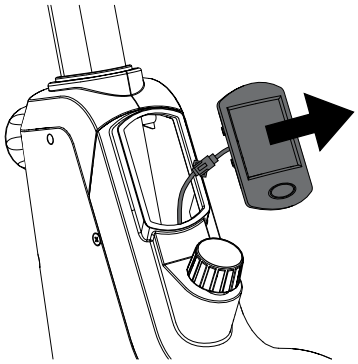
11

You will need: (Not to Scale)

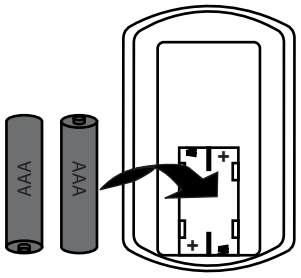
Batteries AAA
x2



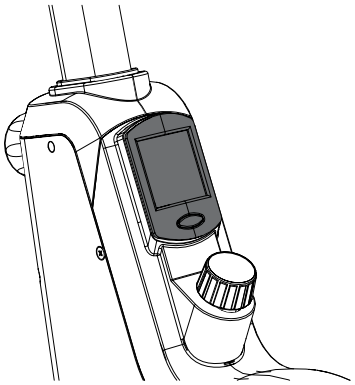
Install Batteries



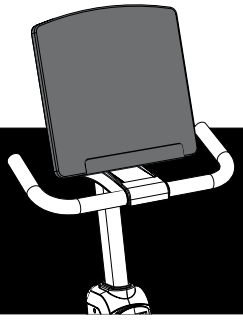
1 Remove the display by hand.



2 Insert the batteries into the back of the display.



3 Feed cable back into housing. Push display back in housing until you hear a "snap".



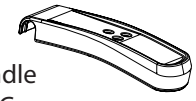
If you are assembling the desktop (included with SCC100 or SCC200 models only), skip STEP 12 in this guide and proceed to the assembly guide instructions provided in your SCC-AC box.

For SCC102 and SCC202 models (does not include desktop), proceed to Step 12.

12

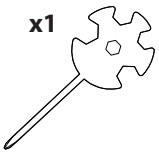
Actual Size:

You will need: (Not to Scale)



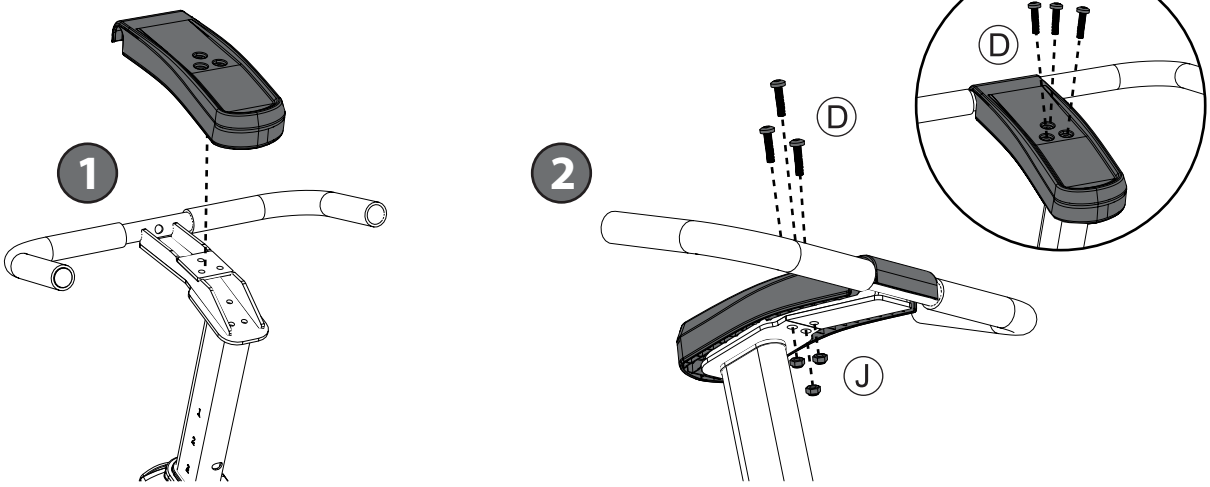
Handle
Bar Cover
x1

Multi Tool
x1



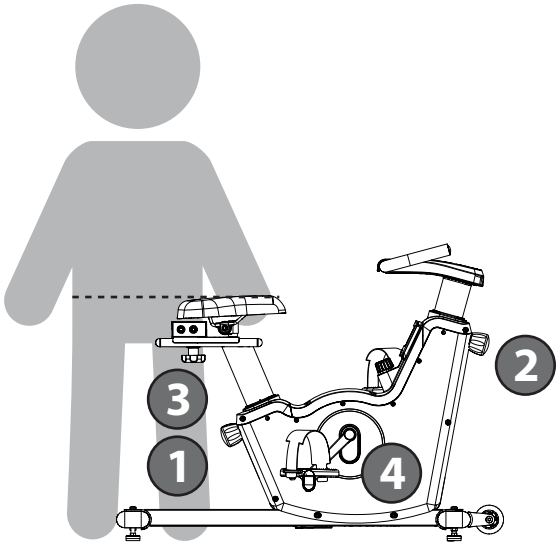
Wrench
x1

Attach Cover to Handle Bar



Tips

Comfortable Riding Position

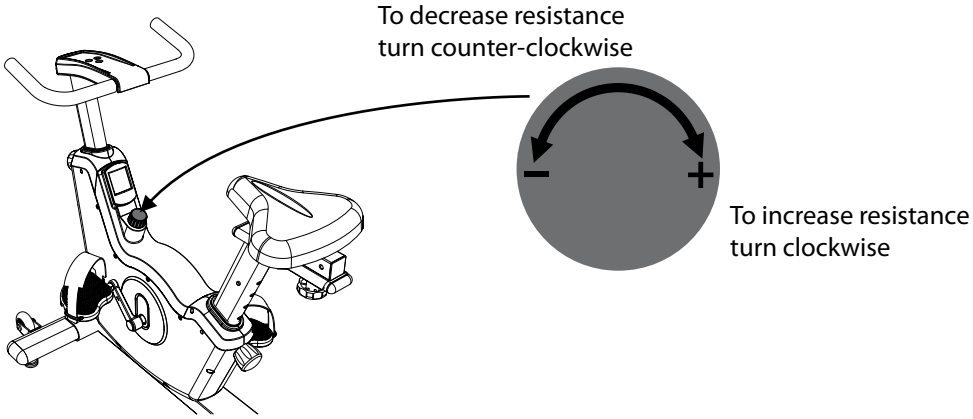


Each rider should adjust to their own comfortable riding position.

1. Adjust seat to the height of your hip bone.
2. You should be able to reach the handlebars easily, keeping your elbows slightly bent.
3. When pedaling, your knees should not go past your toes, adjust the seat forward or backward as needed.
4. To tighten a pedal strap, pull upward on the end of the strap to release tab from slot. Move strap to desired slot, press the tab through strap to secure.

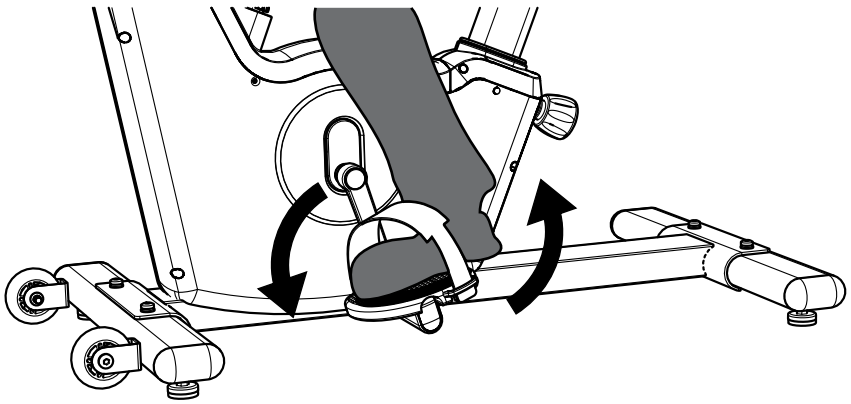
How to Adjust Resistance Level

The Classroom Cruiser has adjustable resistance to increase or decrease the pedaling intensity.



Pedaling

This bike is designed for forward motion pedaling only. The pedal threads have thread locker applied to prevent the threads from loosening. However, prolonged backwards pedaling will eventually loosen pedals from crank arms leading to unsafe riding conditions and damage to components. Please check your pedal tightness frequently to ensure that the pedals are not loosening. Use the included multi-tool to tighten pedals as needed.

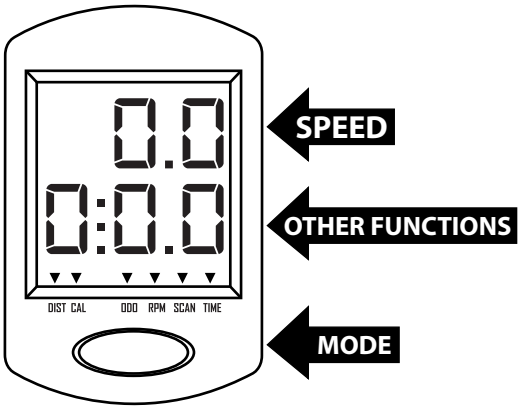


Display Instructions

The display on the Copernicus Self-regulation Classroom Cruiser allows the user to monitor their progress. During a session on the bike, the rider can alternate through Time, Speed, Distance, Calories, RPM, and Scan. The user can track their progress from one ride to the next.

FUNCTION KEY:
1. MODE: To select your specific mode and/or turn on display

FUNCTIONS:
1. SCAN - Repeatedly displays all functions alternately (in the following order)
2. TIME - Counts the total time elapsed (counts up to 99:59 MIN.)
3. SPEED - Displays your current pedaling speed (00.00 up to 999.9MPH)
4. DISTANCE - Measures the total distance traveled (0.00-999.99Miles)
5. CALORIES - The number of calories burned (0.0-999.9 KCAL)
6. ODOMETER - Counts the total accumulated distance.
7. RPM - Displays the amount of rotations per minute.



HOW TO USE:
1. AUTO ON/OFF:
Begin pedaling or press the MODE button to turn on the display . Once the display is on, it will remain active while in motion. The display will automatically turn off when it has reached approximately 4 minutes without any motion.

2. RESET:
To reset the display , hold down the MODE button for 3 seconds. You can also reset by removing the batteries.

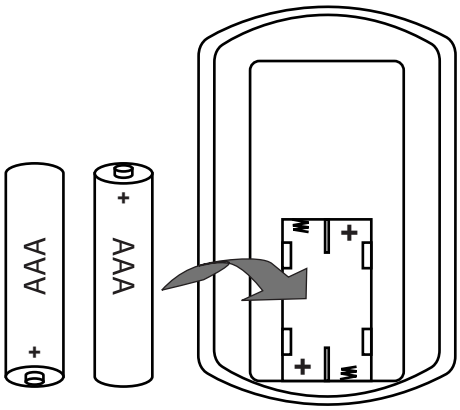
3. DISPLAY:
The top number on the display shows SPEED in miles per hour. The function shown at the bottom of the display is changed by pressing the MODE key. An arrow will point to the function being displayed. When you want a specific function displayed on the bottom, press MODE until arrow points to the function. That function will be displayed on screen until you press the MODE key. When you want the display to automatically alternate through the functions on the bottom, press MODE until arrow points to SCAN. If display is in SCAN mode, one arrow will point to SCAN, and a flashing arrow will point to the function currently being displayed.

4 . BATTERY/TROUBLESHOOT :
The display uses two AAA batteries, which are included. If the display becomes difficult to read, please try installing new batteries. If problems persist, please contact our customer service ninjas for assistance.

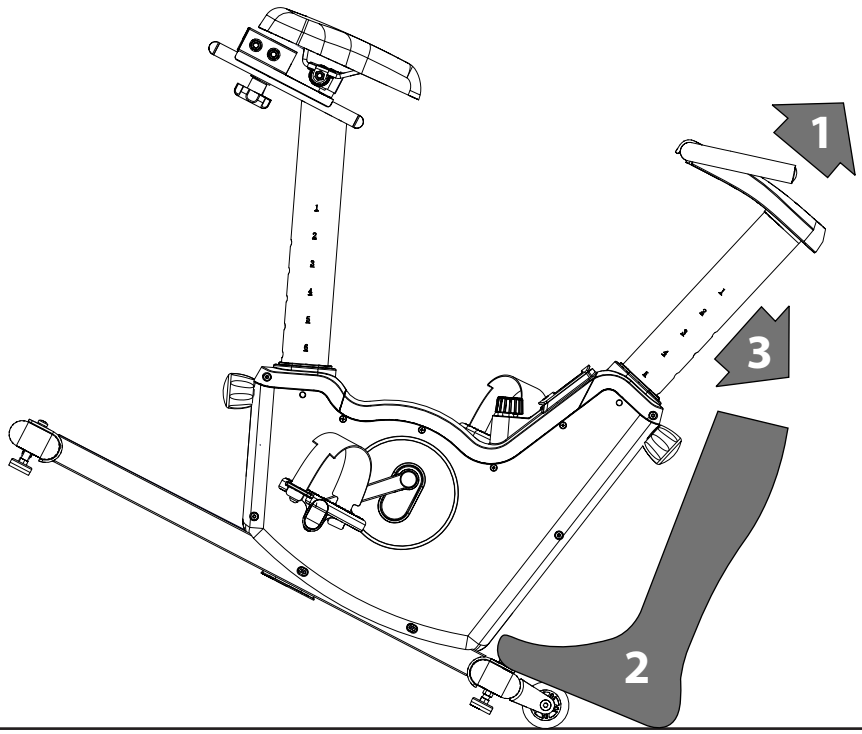
HOW TO CHANGE DISPLAY BATTERIES :
1. Remove the display from the bike housing

2. Locate the battery holder on the back side and install 2x AAA batteries

3. Re-insert the display into the bike housing. See Step 5 of this guide for reference.



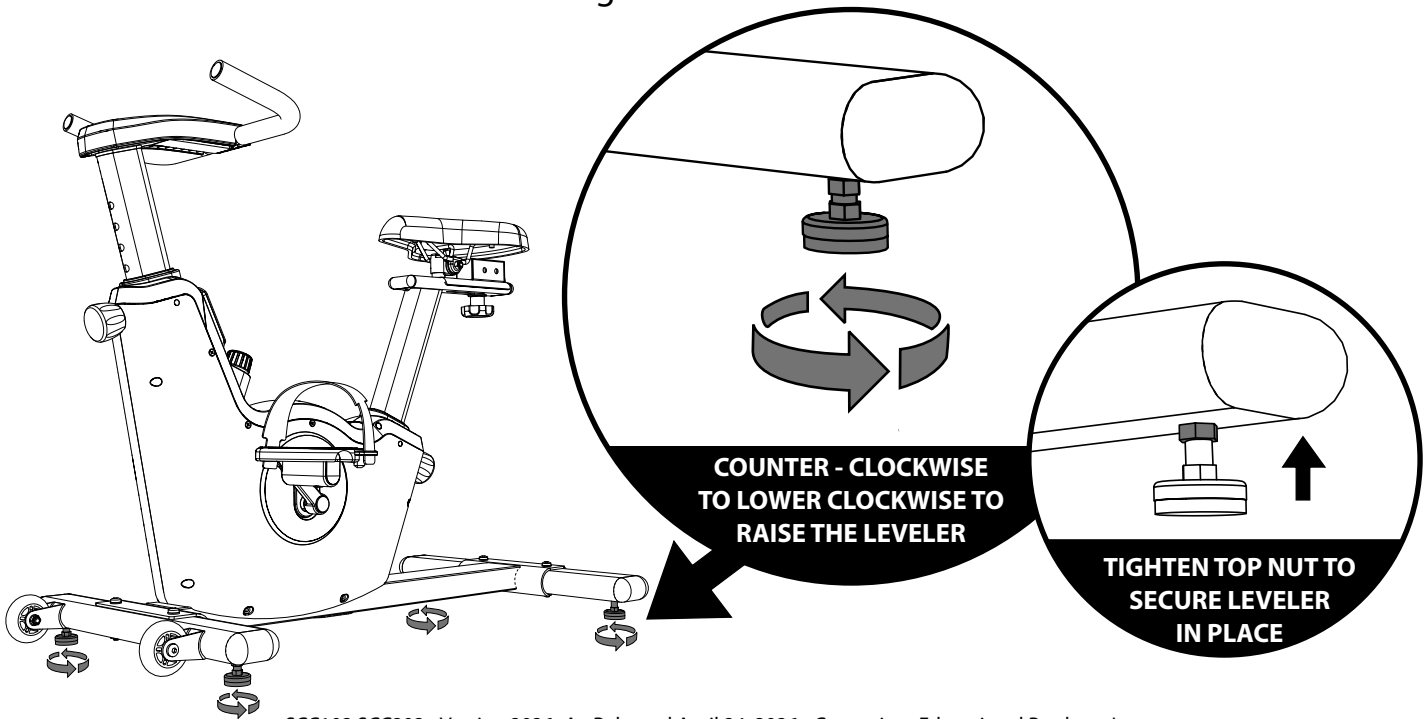
How to Safely Move the Self-regulation Stationary Bike



1. **Fully extend handlebar Assembly.**
2. **Place foot on Base at front of bike**
3. **Tip bike up onto wheels and move to desired location**

How to Level Feet

The Self-regulation Stationary Bike should be set up and operated on a solid level surface. If the exercise bike rocks slightly on your floor during use, turn one or more of the leveling feet beneath the base until the rocking motion is eliminated.



Maintenance & Troubleshooting

For missing parts and other issues regarding this product:

Please call Copernicus Customer Service, where we will be happy to help.
1-800-267-8494
Monday - Friday 8:30am - 4:30 pm EST.
Email us
info@copernicused.com

Regular maintenance is important for optimal performance and to reduce wear. Inspect and properly tighten all parts each time the exercise bike is used. Replace any worn parts immediately.

1. Verify all the bolts and nuts are locked properly and the turning parts can be turned freely without damage to parts or injury to user.
2. Clean the equipment with soap and slightly damp cloth only. Please do not use any solvent to clean the equipment.
3. Store the bike in a dry area; do not leave the bike outdoors as prolonged exposure the elements will cause damage to the parts and affect the function.

Troubleshooting

MALFUNCTION	REASON	SOLUTION
Base is unstable	1. Floor is not flat or there may be a small object under the front or rear levelers. 2. The levelers have not been leveled properly during assembly.	1. Remove object. 2. Adjust the levelers. See page 19
Handle Bar or Seat Post are shaking	The adjustment knobs are loose	Tighten the adjustment knobs. See page 16.
Loud noise when pedaling	Drive train belts are loose	Call customer service.
No resistance when pedaling bike	1. The bike is set on low resistance. 2. Resistance controller is damaged. 3. Running belt slips.	1. Adjust resistance knob. 2. Call customer service.
Display becomes difficult to read	Batteries may need to be replaced	See page 18 or call Customer service.
Seat is twisting or tilting when in use	Seat bracket has become loose	Tighten hardware. Refer to Step 9 for details.
Pedal has or is coming off	Prolonged pedaling backwards or improper installation.	Refer to Step 4 for details.