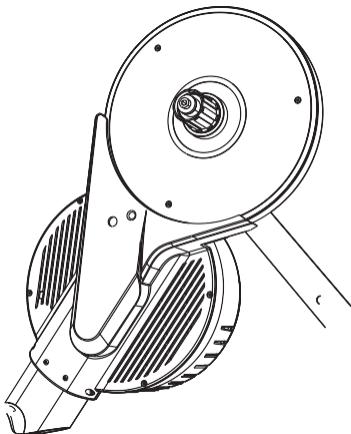


# ► Table of Contents

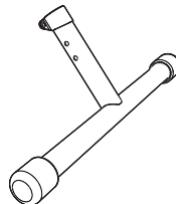
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# KNOWING YOUR NOZA ONE

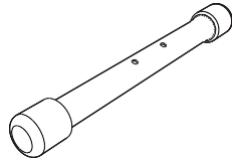
## ► Package contents



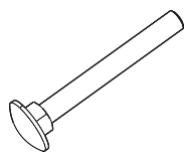
Xplova NOZA ONE bike  
trainer main unit



Front bottom tube



Rear bottom tube



Bottom tube bolt x2



Bottom tube nut x2



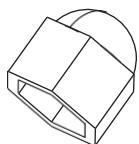
Front bottom wrench



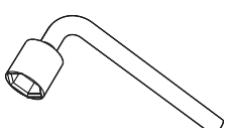
Flywheel/cassette cover bolt  
wrench (2mm Hexagon)



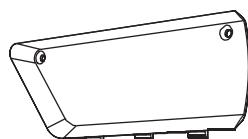
Flywheel/cassette washer



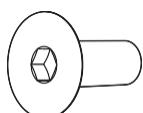
Decorative bolt cover x2



Rear bottom wrench



Flywheel/cassette cover

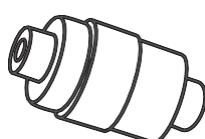


Flywheel/cassette cover bolt x2

Quick release kit

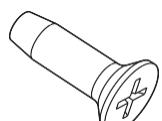
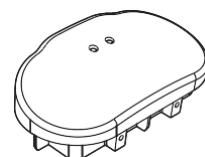


Adapter for quick release



Control Module

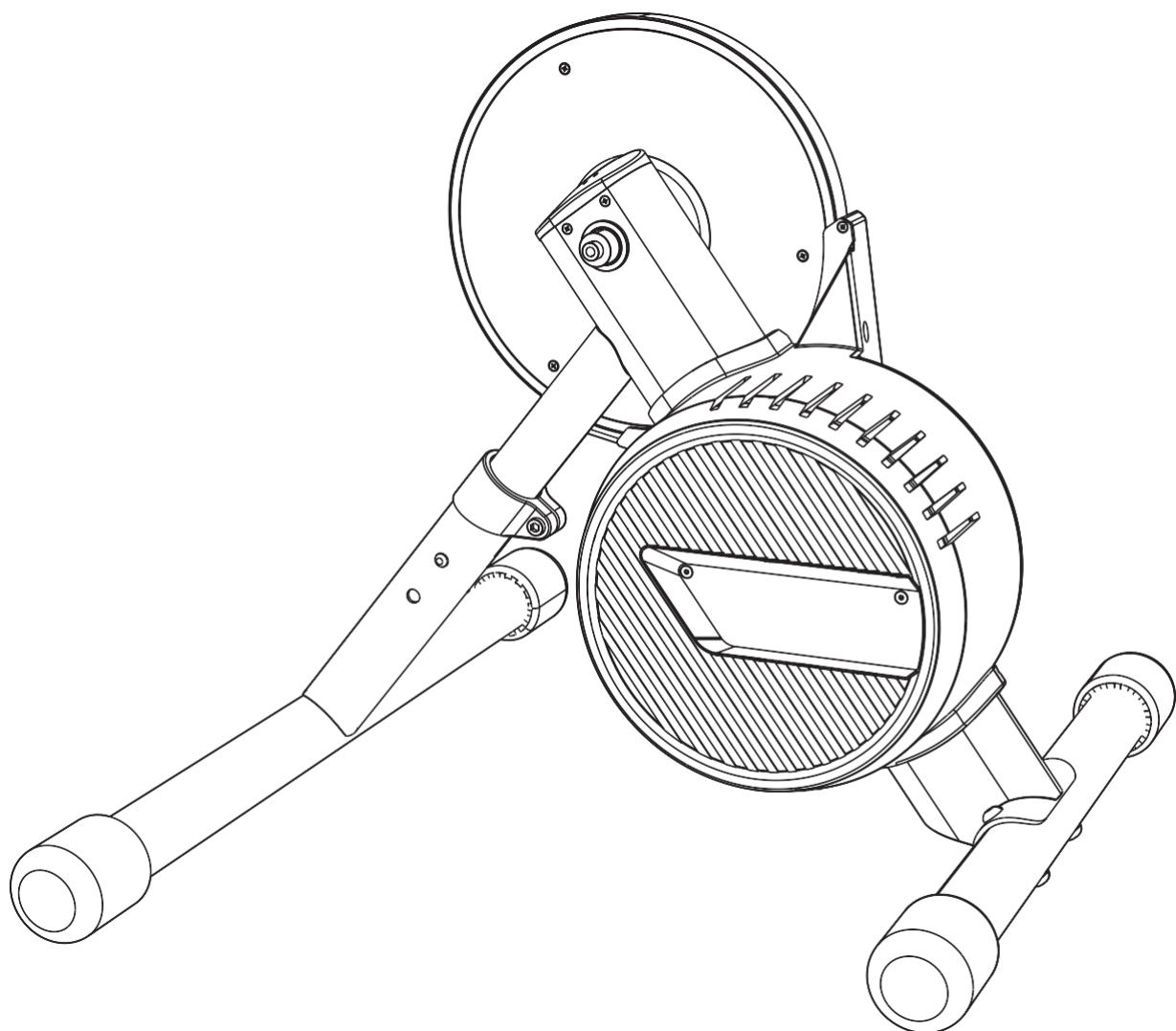
Control Module screw x2



# **NOZA ONE Power Bike Trainer**

Quick Start Guide

## ► Product Appearance

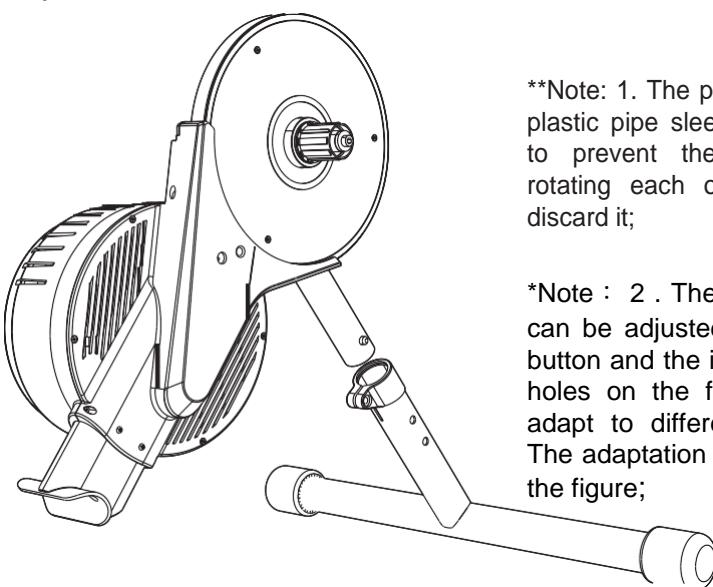


# Assembly Instructions

## ► Assembly Instructions Notice

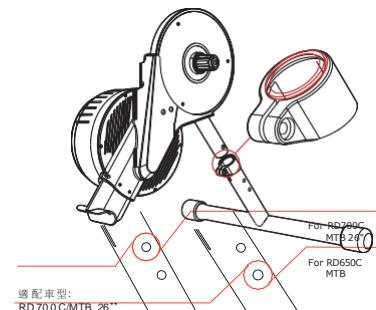
### Front bottom tube installation

Install according to the direction shown in the figure, press the spring button during installation, and rotate the front bottom tube slightly to make the spring buckle go through any hole in the front bottom tube. Then tighten the bolts and the front bottom tube can be installed.



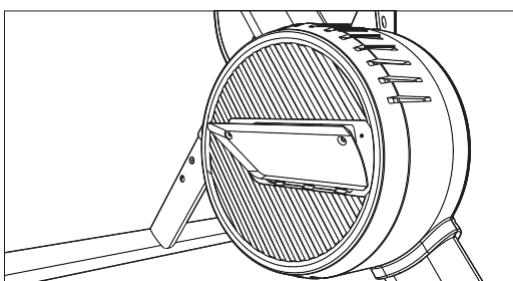
\*\*Note: 1. The part marked in red is a plastic pipe sleeve, which is installed to prevent the metal pipes from rotating each other, please do not discard it;

\*Note : 2 . The height of the trainer can be adjusted through the spring button and the installation of the two holes on the front bottom tube to adapt to different training models. The adaptation category is shown in the figure;

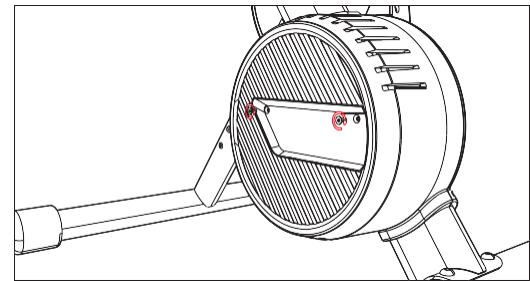


### Flywheel/cassette cover installation

After taking out the filler from the flywheel/cassette cover, first tighten the flywheel/cassette cover, and then tighten the two screws, as shown in the figure.



\*Note: 1. The flywheel cover plays a role in protecting the machine, personnel safety and aesthetics purpose, please be sure to install it in place!

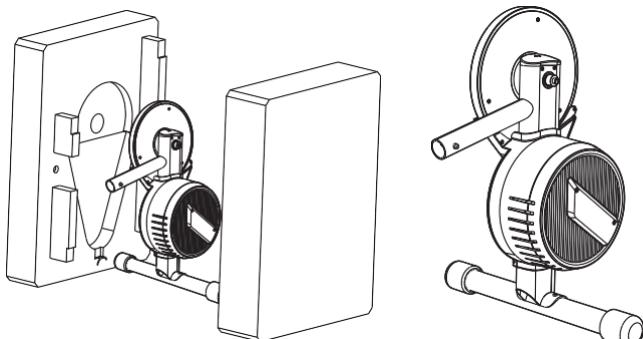


\*Note: 2. For detailed installation methods, please refer to the specific chapters

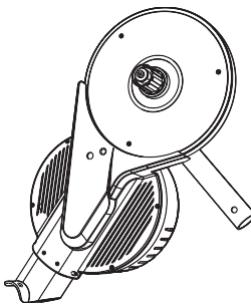
## ► Assembling the Xplova NOZA ONE

1、Open the packing box, remove the Styrofoam top cover and take out the installation tools and accessories from the accessory bag.

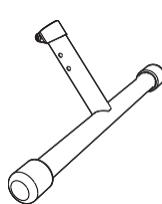
- For front bottom tube installation use:  
Rear bottom wrench
- For the installation of the rear bottom tube:  
square head hexagon socket bolt x2,  
hexagon nut x2, bolt decorative cover x2  
front bottom tube locking wrench
- For the installation of Flywheel/cassette  
cover : Flywheel/cassette cover,  
Flywheel/cassette cover bolt x2,  
Flywheel/cassette cover bolt  
Wrench.



2、Take out the NOZA ONE bike trainer main unit and front bottom tube from the styrofoam cover and install according to the illustrations.



Xplova NOZA ONE  
Bike trainer main unit



Front bottom tube

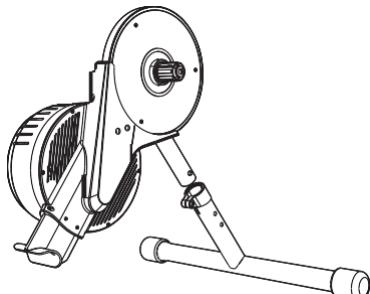
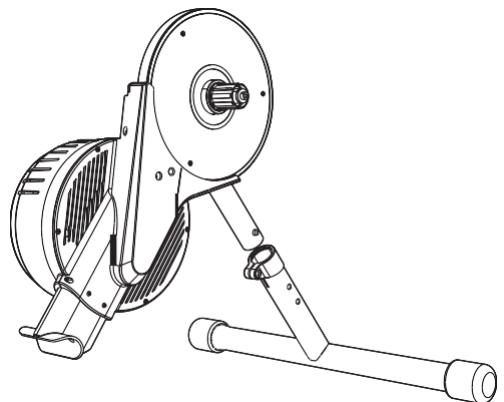
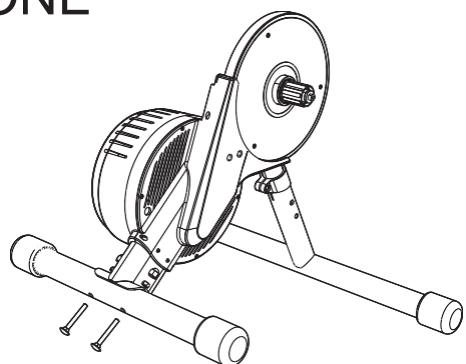


Diagram of completed front  
bottom tube installation

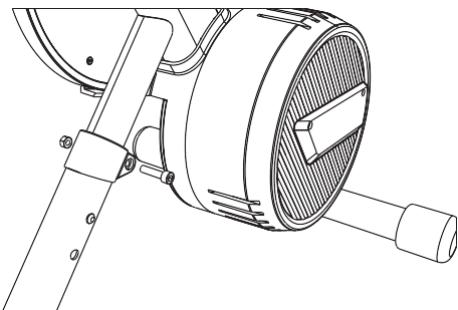
**TIP** : Press down the spring button when installing. When installation is done, make sure the button goes through the locating hole on the front leg.

## ► Assembling Xplova NOZA ONE

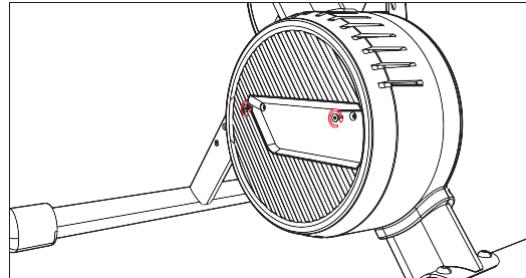
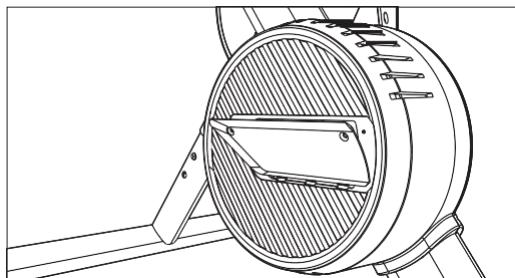
3. Put the front leg on the ground as a support to lift the trainer, put Bottom tube bolt through the holes on the rear bottom tube and secure it tightly with the trainer main unit. Then use the rear bottom wrench to screw the bottom tube nuts tight, and then install the decorative bolt cover.



4. Tighten the bolts in the direction according to illustration, screw tight the front bottom tube. (Bolt and nut are included)

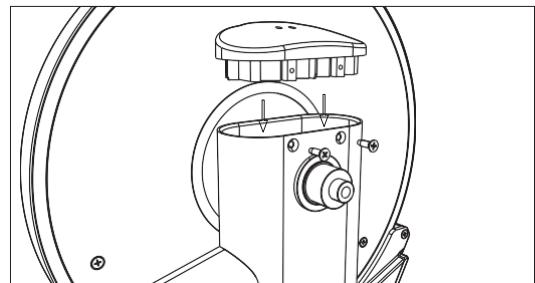


5、After removing the filler from the flywheel/cassette cover, place the flywheel/cassette cover in the direction shown in the figure below and tighten it, use the flywheel/cassette cover wrench to tighten the two flywheel/cassette cover bolts.



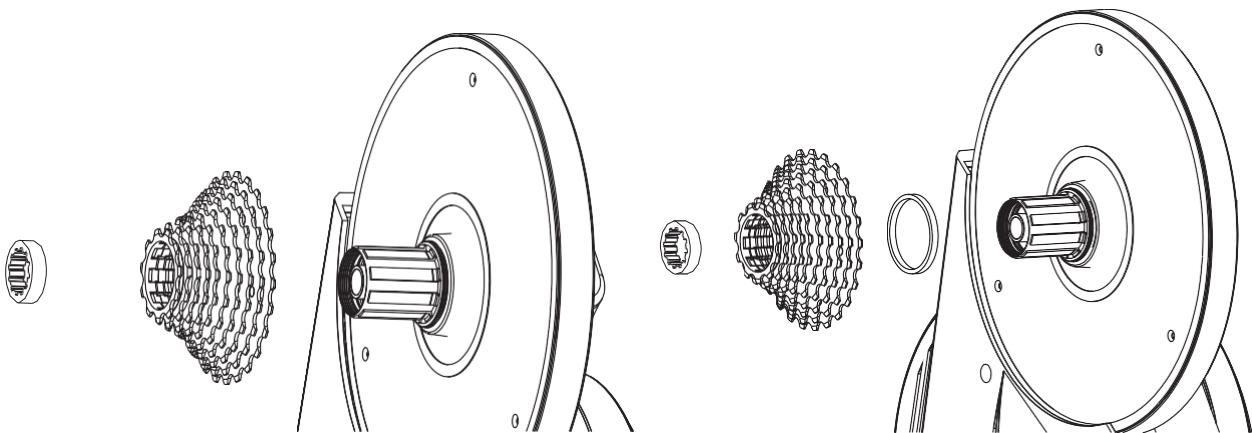
6、, Install the battery according to the following diagram:

- 6.1. Take out the control module from the accessory bag and put in two AAA batteries
- 6.2. Put the control module into the main beam according to the direction shown in the figure
- 6.3. Use a screwdriver to tighten the fixing screws to complete the battery installation



## ► Assembling Xplova NOZA ONE

7. Install the flywheel/cassette (sold separately) into the cassette body manually and use the cassette nut to secure it on the cassette body , and lock the cassette to prevent it from loosening.

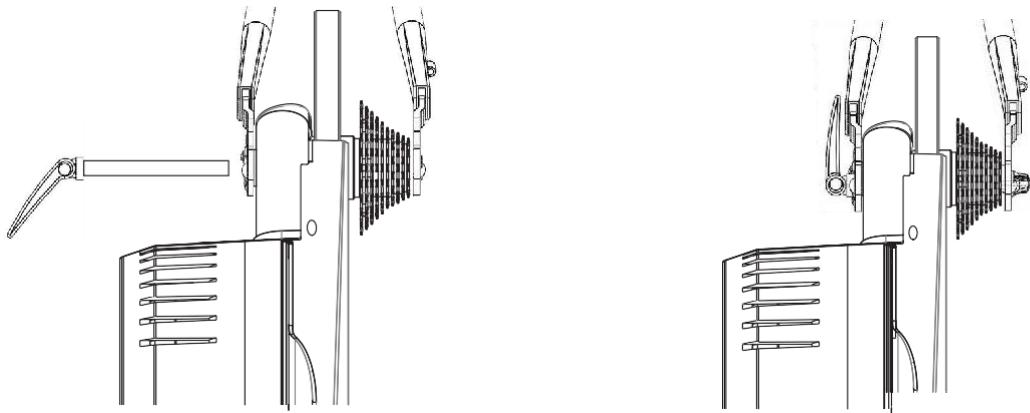


Attention: The cassette body of NOZA ONE bike trainer is compatible with shimano and SRAM cassette, an 11-speed cassette can be installed directly. If you use a non-11-speed cassette, please install the cassette washer into the bottom of the cassette body before installing the cassette.

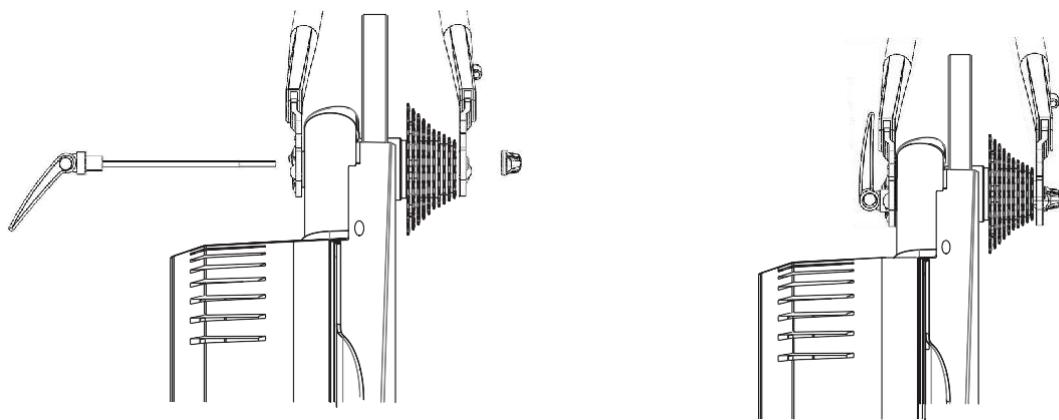
## ► Mounting your bicycle

Shift the chain on your bicycle to the smallest sprocket of the cassette and then remove the rear wheel. Align the bicycle chain with the smallest sprocket of the cassette of NOZA ONE, and then put on the chain as well as mount the bicycle on NOZA ONE's axle to have the bicycle in a suitable position for riding.

Please use the bicycle quick release lever properly with care. When the arc of the rotating arm of the quick release lever is toward outside, it means the lever is in a released state. Rotate the rotating arm of the lever clockwise to tighten the quick release lever. The rotating arm of the quick release lever should be placed on the other side of the NOZA ONE's cassette body.



Please refer to the following illustration for the installation of the thru axle bicycle. Insert the thru axle from the other side of the cassette and tighten the axle.

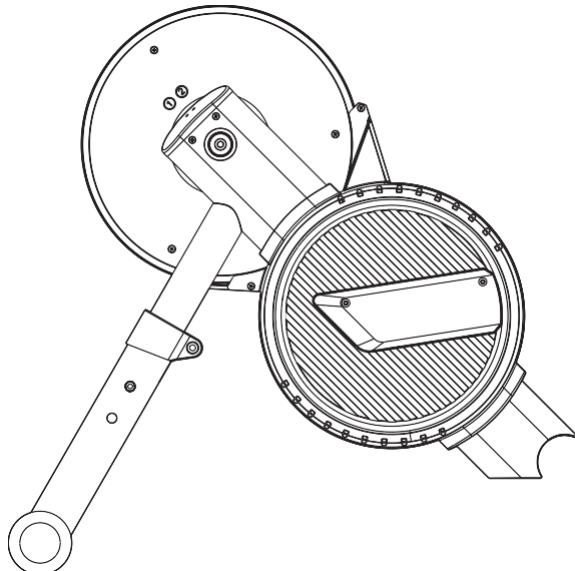


### Attention :

1. Please firmly tighten the quick release lever and the thru axle to prevent damage to property or human body. If you cannot tighten the quick release lever and the thru axle, please contact your dealer or Xplova customer service. Please DO NOT attempt to use the NOZA ONE under this situation.
2. When mounting the bicycle, please lift its front wheel and press the frame down to make the bicycle firmly mounted on the Noza One.

## ► Indicator descriptions

NOZA ONE has two indicator lights , one indicates system status, the other indicates communication status. See illustration for locations of the two indicator lights :



Categories	Type of indicator light
Battery exhausted	System indicator light off
Bike trainer at sleep mode	
Low power consumption mode	
Working status	Not Connected--- Communication indicator light flashing slowly
	Connected --- Communication indicator light always on
Low battery	System indicator light flashes in every 10 seconds
Spindown	Alternate flashing of red light and blue light. Blue light will always on after spindown

## ► Cycling game QSG

1. You may download some of the cycling game training software on PC/MAC or smartphone.  
Here are a few key games:
  - ZWIFT: [www.zwift.com](http://www.zwift.com)
  - Rouvy: [rouvy.com](http://rouvy.com)
  - Onelap: [www.onelap.cn](http://www.onelap.cn)
2. Install games and setup connection to NOZA ONE. NOZA ONE will only display power and speed data.
3. Once you mount the bike, you are ready to start the game training experience.



## ► Training program and uploading riding data

Use the Xplova Workout PLUS App to control NOZA ONE and use multiple training programs. If you want to conduct more detailed analysis, you can use Xplova Workout PLUS App to upload your data to website for analysis.

## ► More of the amazing functions

If you want to experience the full functions of the NOZA ONE, we recommend that you install the Xplova Workout PLUS app on your smart phone. Xplova Workout Plus App enables you to :

- View/store training records
- Upload the records to different platforms ( such as Xplova, Strava, TrainingPeak and so on )

Please go to Google Play or App Store to search for "Xplova Workout" to download and install the app. If you want to get a better understandin of the product, please go to our official website at [www.xplova.com](http://www.xplova.com) and download the User Manual.

## ► Specifications

Dimensions ( installed )	600 x 490 x 450 mm
Total Weight (unboxed)	( Excluding package ) 12.5 KG
Flywheel Weight	5.3 KG
Sound Level	58 dB (@30KPH)
Max Power Output	800 W (@58KPH)
Max Simulated Incline	2% (@70KG)
Accuracy	±3%
Drivetrain	Compatible with shimano & SRAM 8/9/10/11 speed cassette
Connectivity	ANT+ 、 Bluetooth Smart
Firmware Upgradable	Yes
Box Dimension	700 x 485 x 270 mm

## SAFETY PRECAUTIONS AND REGULATIONS

### ► Safety precautions before use

1. When the bike trainer is active, please do not touch it and you should keep non users, animals or Objects away from it to avoid danger.
2. Consult your coach before you start any training plans.
3. Please DO NOT put your hands or any object near the spinning parts of the Xplova NOZA ONE.
4. The flywheel/cassette of the Xplova NOZA ONE might get hot after you use it for a while. Please DO NOT touch the flywheel/cassette within a short time.
5. Please DO NOT attempt to disassemble the bicycle when the cassette is running.
6. When you are using the Xplova NOZA ONE, keep your children and pets away from it to prevent injury.
7. Xplova NOZA ONE can only be installed and used on a firm, level ground.
8. When training is in progress, please ride safely.
9. Keep away from water.
10. • Before training, you should check if the bicycle is firmly secured to the Xplova NOZA ONE.
11. Xplova NOZA ONE can only be used after it is completely assembled.
12. When using the Xplova NOZA ONE, you can only use accessories and power adapters certified by Xplova.

### ► Notices

1. Xplova shall not be held responsible for users using software, applications and devices from other companies that result in malfunctioning of the Xplova NOZA ONE.
2. As ANT+™ and Bluetooth are mutually exclusive, it is impossible for the Xplova NOZA ONE to send data simultaneously through ANT+™ or Bluetooth, i.e., When one of the protocols is in use, the Xplova NOZA ONE will automatically stop the other protocol to avoid the possibility of causing NOZA ONE programs to misbehave.
3. Radio devices may cause interference and may change or completely prevent the Xplova NOZA ONE from functioning normally. Therefore, when training using the NOZA ONE, it is advised to stay away from high voltage power lines, traffic signals, railway power lines, buses or trams.
4. When the Xplova NOZA ONE is not in use, make sure not to expose it to direct sunlight for long periods of time.

### ► Disclaimer

Attention! Xplova shall not be held responsible for temporary or permanent injury to the user out of using the Xplova NOZA ONE (either directly or indirectly).

## ► Maintenance and care

1. When cleaning the bike trainer, please use neutral lubrication oil. DO NOT use corrosive detergents.
2. DO NOT burnish the surface of the bike trainer or drill holes. Scratches or drilled holes will lead to occurrence of cracks.
3. Please place the bike trainer indoors and keep it dry to avoid damage from humidity.

## ► Federal Communications Commission (FCC) Statement

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.

### (Section 15.21)

#### CAUTION:

Any changes or modifications not expressly approved by the grantee of this device could void the user's authority to operate the equipment.

**RF exposure warning** This equipment must be installed and operated in accordance with provided instructions and the antenna(s) used for this transmitter must be installed to provide a separation distance of at least 20 cm from all persons and must not be co-located or operating in conjunction with any other antenna or transmitter. End-users and installers must be provide with antenna installation instructions and transmitter operating conditions for satisfying RF exposure compliance.

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

(1) this device may not cause harmful interference, and

(2) this device must accept any interference received, including interference that may cause undesired operation.

## ► Wireless Warning

According to the regulations of NCC low-power radio wave radiant device:

For companies, or users that have passed the certification of using low-power radio frequency devices, are not allowed to change the frequency, increase the power or change the characteristics and functions of the original design without permission. The use of low-power radio frequency devices shall not affect the flight and affect the safety and Interference with legal communication. When interference is found, it should be stopped immediately, and the previous legal communication can only be used when there is no interference. It refers to a radio communication low-power radio frequency device operating under the provisions of the Telecommunications Law that must endure legal communication or industrial , Interference from radio wave radiant electrical equipment for

scientific and medical use.

## ► Xplova Limited Product Warranty Policy

This Limited Product Warranty shall apply to Xplova products including all accessories as contained within the original Xplova gift box. Xplova warrants that products from its authorized distributors and retailers will meet the applicable product specifications and be free from all defects in material and workmanship during the Limited Product Warranty Period, one year starting from the date of original purchase, if the products are used and serviced in accordance with the user manual and other documentation provided to the purchaser at the time of purchase. This Limited Product Warranty is subjected to the following terms and conditions:

1. To obtain warranty service, a proof of purchase, an original or copy of the sales receipt from the original retailer, is required.
2. This Limited Product Warranty is only valid and enforceable in the country/region where the product is sold.
3. This Limited Product Warranty is at sole option of Xplova to either repair or replace the defective product during the Limited Product Warranty Period. Xplova will not replace missing components from any package purchased through online auctions.
4. To obtain warranty service, contact your local Xplova authorized retailer or Xplova for shipping instructions and an RMA number.
5. This Limited Product Warranty covers expenses for inspecting and repairing the product during the Limited Product Warranty Period. The defective product shall be delivered by the purchaser at his/her own expense to the designated premises together with the proof of purchase and RMA number.
6. Xplova will return the repaired or replaced product to the drop-zone for collection by the customer in good working condition. All replaced faulty products or components will become the property of Xplova. If Xplova repairs or replaces the product, the repaired or replaced product shall continue to be warranted for the remaining time of the original warranty period or for three (3) months from the date of repair or replacement, whichever is longer.
7. Before returning any units for service, be sure to back up data and remove any confidential, proprietary, or personal information from the Product. Xplova is not responsible for damage to or loss of data.
8. Xplova reserves the right to add, delete or amend the terms and conditions at any time without prior notice on its website indicated below.

### 9. THIS LIMITED WARRANTY SHALL NOT APPLY IF THE DAMAGE WAS CAUSED BY ANY OF THE FOLLOWING:

- A. The product serial number has been removed, erased, defaced, altered or is illegible.
- B. The damage is resulting from the use of the product in a manner other than its normal and customary manner.
- C. Deterioration of the product due to normal wear and tear.
- D. The damage is arising from improper installation, unauthorized repair, alteration or modification to this product by third parties other than Xplova or its designee.
- E. The damage is arising from operating with components or accessories not officially authorized or provided by Xplova or used in other than its intended use.
- F. The damage is arising from exposure to abnormally corrosive conditions or operation with extreme heat or humidity.

10 XPLOVA WILL NOT BE LIABLE FOR INCIDENTAL OR CONSEQUENTIAL LOSSES OR DAMAGES TO ANY NATURE, INCLUDING BUT NOT LIMITED TO LOST PROFITS OR COMMERCIAL LOSS, TO THE FULLEST EXTENT THAT THOSE LOSSES OR DAMAGES CAN BE DISCLAIMED BY LAW.

11. This Limited Product Warranty does not affect the customer's statutory rights in law specific to the country of purchase, such rights remain protected. Some countries do not allow the exclusion or limitation of incidental or consequential loss or damage, or limitation of the implied warranties, in those circumstances the preceding limitation of exclusions may not apply to such customers.

**Warranty Coverage:**

1. Under normal conditions of use, the product main unit and components gets a one year free after-sales maintenance services.
2. Please present the original purchase approval or receipt with this Product Warranty on upon of requesting a service. Service fee might be charged in accordance with this Product Warranty.

Please note the Limited Product Warranty Period and service availability and response times may vary from country to country and may also be subject to registration requirement in the country of purchase. If you require assistance regarding warranty conditions, or any other enquiries, please contact the original retailer or Xplova.

Website: <https://www.xplova.com>