

Smart Bike
FIREFLY
AP2000



SPECIFICATIONS

Item	LCD Console	TFT Console (touch panel)	15.6" TFT touch screen
Description	Heart Rate Zone Indicators: 1. On the top of the console 2. On the rear end of the flywheel. *Heart rate monitor is required for heart rate display.		◆ Screen size (LxW) : 410 x 280 mm ◆ Adjustable screen tilt : The inclination angle is 15 degrees each, 180 degrees left and right ◆ Dual speakers

Product Features

Size	1300×530×1060mm
Product Weight	Approx. 54 kg (118 lbs)
Adjustable Screen Tilt	The inclination angle is 15 degrees each, 180 degrees left and right
Transfer Method	Conveyor Belt
Resistance Type	Magnetoresistive
Resistance Adjustment	Wireless key
Number of Resistance Segments	10 Segments
Power Error	±1%
Cup Holder	2
Phone/Tablet Holder	1
Moving Wheel	2
Leveling Foot	4
Light Bar Display	Watts (6-segment display), heart rate (5-segment display)
Over-the-air Update	Can be updated through Cloudrun APP
Third-party APP Connection	Zwift, Rouvy, Kinomap, Alafitness
Internet Connection	Wi-Fi
Applicable Height	Approx. 152 - 193 cm (5 feet to 6 feet 4 inches)
User Weight Limit	Maximum weight 159 kg (349 lbs)
Flywheel	Aluminum
Q-Factor	178mm
Crank Length	170mm
Maximum Output Power	2200 watts



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Realistic Road-feel with Self-generated System

While working hard, you are also empowering the console through the self-generated system. With the auto-resistance adjustment system that simulates the actual inclination of the road, you can train specific muscle groups or improve pedaling skill. You can also continue your training with your favorite virtual platforms, such as Kinomap and Zwift, keeping your workout efficient and fun.

Wireless Remote Control
(Supporting 10 levels of resistance)

Accurate Data

AP2000 Smart Bike can simulate realistic route data and record your performance in detail. Maximum power output is 2200 watts, supporting 10 levels of resistance. You can also adjust the resistance manually by the wireless remote control to meet your high intensity training routines.

APP CONNECTIVITY

Compatible with Zwift® and Kinomap® via Bluetooth® and ANT+ connection.



6-Color Heart Rate LED indicator

THE INDICATOR CHANGES COLOR ACCORDING THE HEART RATE INTENSITY, POWER WATT AND FTP.

When pairing with Bluetooth or ANT+ wearable device, heart rate data can be transmitted to the console and zone indicator. This make monitoring each member's status straightforward and simple!

Watt	LED Indicator	Zone 0	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5	Zone 6
Watt		Blue	Aqua	Green	Yellow	Orange	Red	Magenta
		0~100	101~150	151~200	201~250	251~300	301~350	351~

FTP Zones	LED Indicator	Zone 0	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5	Zone 6
FTP Zones		Active recovery	Endurance	Tempo	Lactate threshold	VO2 Max	Anaerobic capacity	Neuromuscular power
Training Intensity%		0~55	55~75	75~90	90~105	105~120	120~150	150~
%FTP		Active recovery	Long-slow work to establish your aerobic endurance.	Fartlek and group training.	Uphill sprint and interval training to enhance lactate threshold. 10-60mins	Longer interval training to increase VO2 Max. 3-8mins	Enhance anaerobic capacity of the muscles. 30sec-2min	Short and high intensity. 5-15secs

Heart Rate Zones	LED Indicator	Zone 0	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
Heart Rate Zones		Daily Life	Warm Up	Fat Burn	Aerobic	Anaerobic	Maximum Effort
%MHR		~50	50~60	60~70	70~80	80~90	90~
Training Intensity%		~55	55~60	60~65	65~75	75~85	85~
%HRR			Facilitate warm-up and energy recovery	Improve metabolism	Enhance aerobic fitness	Increase speed and lactate threshold	Anaerobic. Sprinting pace; unsustainable for a long period of time

Brighten Up Your Cycling Experience

You can set up your personal training plans on this bright, efficient, and self-powered TFT touch screen console. The console also features the FTP testing mode that helps you to train better and smarter.

For the presentation of data such as the speed, distance, watt, calorie, and heart rate, etc. you can adjust the display regarding your personal preferences.

The innovative zone indicators on both the front and rear ends of the spin bike allow the users to observe their current progress and help them to achieve their goals more efficiently.

※FTP stands for Functional Threshold Power, it is the highest average power of watts that one can sustain in an hour.



HEART RATE ZONE POWER SPEED CADENCE TRAINING RESULT

Quiet and Stable

The flywheel and smooth magnetic resistance system deliver a stable and quality cycling experience. With no friction parts to wear and tear during resistance shifts and brakes, Firefly is durable for the heavy workload of group cycling.

POLY-V Belt Drive

POLY-V 8PK belt transmission is quiet, comfortable, and smooth without slipping.

Ergonomic design

Comfy non-slip composite handlebar, four-way handle, and adjustable seat cushion for different riding style and body type.

Covered Design — Safe and Durable

Fully covered flywheel and steel structure prevent sweat erosion and accidental contact, providing a safe and sustainable workout environment.

Professional Saddle

Streamlined design for comfort and shock absorption.

4 Strong Stabilizers

Provide stable cushioning to ensure steady rides, and are adjustable for different platforms and surfaces.

Transportation Wheels

You can move your bike easily and conveniently.

Q-Factor

178mm Q-Factor