

JB950 Johnny G Spirit Bike

FREQUENTLY ASKED QUESTIONS



JOHNNY G

METHOD

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The Johnny G Spirit Bike is the perfect innovation – with the past molded and forged into the future.

The electronically-controlled, magnetic resistance of the Johnny G Spirit bike puts instructors in command of a state-of-the-art indoor cycle, to craft one-of-a-kind workout experiences for their students. With this precision control, classes can be differentiated to stir enthusiasm and replicated to measure training success. Performance metrics are always accessible on the high-visibility LED display. The cockpit-style console has been strategically crafted to transport you into an elevated state of performance through the integration of mind and body.

These FAQs were created to help highlight and educate on the more common questions that will be asked of us.

HOW IS THE CONSOLE POWERED?

The Johnny G Spirit bike creates its own power with a generator built into the bike. A unique circuit board design stores enough power to keep the workout information for about 10 minutes and maintains connection to all user devices and leader boards when the user stops pedaling. Unlike many other bikes, absolutely NO batteries are used on this bike.

WHY IS THE CONSOLE SHAPED LIKE THAT; IT LOOKS LIKE IT SHOULD BE IN A PLANE?

The concept for the console has always been to give the rider the feeling of being in a cockpit looking at a Heads-Up Display (HUD).

All the information the rider requires is displayed at a glance. Level, RPM, Time, Distance, Watts, HR

IS THERE A MINIMUM AMOUNT OF TIME THE BIKE MUST BE RIDDEN FOR THE CONSOLE TO RETAIN MY DATA?

The console can retain all workout data and maintain connection to user devices and leader boards for 10 minutes if the rider pedals at least one minute.

HOW MANY LEVELS OF RESISTANCE DOES THE BIKE HAVE?

The bike has 20 levels of resistance. Use the + and - keys either on the forward control pad or handlebar ends to adjust the resistance.

IS THE RESISTANCE MEASURED WITH A STRAIN GAUGE?

NO, there is no strain gauge. Most strain gauges used on indoor cycles are prone to drift, component failure and are often inaccurate. Frequent calibration is required to maintain accuracy.

The Johnny G Spirit bike's magnetic resistance is electronically controlled to provide a precise pre-programmed amount of watts resistance based on the level setting and rpm that the user is riding. Our proprietary algorithm uses the high-resolution rpm data and precision resistance settings to ensure accurate power readings.

The power meter readout is accurate, consistent and never needs calibration. The accuracy meets or exceeds requirements of CE for power meter accuracy.

WHAT PROGRAMS CAN THE BIKE CONSOLE RUN?

The Johnny G Spirit bike is programmed with 6-programs that are fully described in the console manual. Those programs are:

1. Warm-Up mode
2. Manual
3. Miles For Lives
4. LAP Program
5. HR Zone Program
6. Power Zone Program

1. Warm-Up Program: This mode is the most basic function of the Johnny G Spirit Bike. Riders can use this mode to prepare themselves for a class or when just pedaling to warm up for other activities. This mode is the first function that occurs when the console awakens from sleep mode. Riders can stay in this mode for as long as desired.

2. Manual: Manual Mode is another basic function of the Johnny G Spirit Bike. Riders can use this mode for a complete workout or to prepare themselves for other activities. The only difference between this mode and the warm-up mode is that the rider will have a workout summary of their effort.

3. Miles For Lives: Miles For Lives is a distance program that can be used as a charity event or for a speed or endurance competition. The distance can be set from as low as 5 miles to 300 miles. The workout summary will display riders' Time and Distance on a single screen to compare with the peloton. Distance will measure to the 3rd decimal place to determine the winner.

4. LAP Program: The Lap Program allows riders to perform repeated measures of Time and Distance efforts. The program will compare your current lap with your previous lap, for as many laps as desired. The workout summary displays the last 5 laps performed.

5. HR Zone Program: HR Zone Program estimates your Maximum HR (MHR) when riders' age is entered. The program tracks the time spent within the 5 heart rate zones; less than 59% MHR to greater than 91% MHR. The console includes an LED light that will provide a visual guide to the riders' effort. The workout summary displays time spent in each of the HR Zones.

Console HR LED color changes based on user percent of max HR (%MHR). Console HR LED is on right side of console. HR LED color spectrum is as follows:

- <59% = White
- 60 - 69% = Blue
- 70 - 79% = Green
- 80 - 89% = Yellow
- >90% = Red

6. Power Zone Program: The Power Zone Program uses a rider's Functional Threshold Power or FTP in watts and tracks their performance across 5 training zones; less than 55% FTP to greater than 106% FTP. The console includes an LED light that will provide a visual guide to the riders' effort. The workout summary displays time spent in each of the FTP Zones. The console can perform an FTP test.

Console Power Zone LED color changes based on user percent of max FTP. Console Power LED is on left side of console. Power Zone LED color spectrum is as follows:

- <55% FTP = White
- 56 -75% FTP = Blue
- 76 - 90% FTP = Green
- 91-105% FTP = Yellow
- >106% FTP = Red

DO I HAVE TO USE ONE OF THE PROGRAMS?

NO, you do not have to use any of the programs if you just want to ride.

Once you start pedaling, the console will wake-up and you'll be in warm-up mode. Pair your HR strap (if wearing one) at 30-seconds then press the PLAY Key. You're now in the manual mode and can ride all you wish. The manual mode will give you a workout summary if you want one.

What is FTP?: Functional Threshold Power (FTP) is the maximal power output that can be sustained for the duration of one hour, the classic time trial. The Johnny G Spirit bike owner's manual contains a section on FTP education and training.

Why is FTP Important?: Functional Threshold Power (FTP) is one of the key factors of your power cycling range. Physiologically, the lactate threshold (LT) is the intensity of exercise at which lactate begins to accumulate in the muscles, and the most important physiological determination for a person's performance. It is the physiological reason for the design of power meter-based training programs.

How is FTP Measured?: There are several ways to test riders FTP but the two most commonly done by riders is the 20-minute test and the other being much shorter at 5 minutes. Each of these has a high correlation to the 60-minute test but were developed for practical reasons of time and ability of most individuals. The Johnny G Spirit Bike can administer either the 5-minute or 20-minute tests.

WHERE CAN I GET INSTRUCTIONS FOR OPERATING THE CONSOLE?

Operation instructions for using the console are available in a couple of locations. Inside the Johnny G Spirit bike owner's manual beginning on page 31. As a separate document, on the Johnny G Method website. insert website address

DO I HAVE TO READ THE ENTIRE OWNER'S MANUAL TO LEARN HOW TO USE THE CONSOLE?

Although reading the manual will make you much smarter with navigating the console, there is an easier way. We created some console scripts that teach you how to use the main programs as if an instructor was standing next to you and talking you through the use.

WILL MY HEART RATE STRAP CONNECT?

The console for the Johnny G Spirit bike contains both the Garmin™ G-Fit chip module and Bluetooth® FTMS chip module. Both chips can connect your heart rate strap to the bikes console. Connecting your heart rate strap should ideally be done during the warm-up phase which occurs at the very beginning after the console turns on. If the rider is wearing a HR strap, the console will ask if you want to pair HR during the initial 30-seconds of starting-up. If the rider was not ready to connect at that time, reset the console and the console should ask to pair HR within 30-seconds.

HOW DO I RESET THE CONSOLE?

To reset the console, simultaneously press the PLAY and Plus keys and hold for 3-seconds. The console will display CONSOLE RESET. The console will start over and all previous data will be lost.

CAN I DOWNLOAD THE WORKOUT DATA TO MY TRACKER?

Yes, you can. The Garmin G-Fit chip contains ANT+ and most all workout trackers operate on ANT+, the devices will communicate and transfer your workout data.

WHY DOESN'T MY HEART RATE STRAP CONNECT TO THE BIKE?

It is best to have your HR strap on your body when starting up the Johnny G Spirit bike during the warm-up mode. Wet the contacts helps to ensure the strap activates. If the rider is wearing a HR strap, the console will ask if you want to pair HR during the initial 30-seconds of starting-up. If the rider was not ready to connect at that time, reset the console and the console should ask to pair HR within 30-seconds.

DOES THE BIKE WORK WITH LEADERBOARDS? GARMIN?, MYZONE? PERFORMANCE IQ? ZWIFT? SPIVI?

The console for the Johnny G Spirit bike contains both the Garmin™ G-Fit chip module and Bluetooth® FTMS chip module. The combination of these two chips-sets prepared the bike to work with all the most popular syst



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