

Training & Indoor Cycling
FIREFLY
 API000



SPECIFICATIONS

Item	LCD Console	TFT Console (touch panel)
description	2 places to check for HR Zone color: 1. On the top of the console 2. On the rear end of the flywheel. *Heart rate monitor is required for heart rate display. Heart Rate Armband (optional)	
Product Features		
Resistance System	Magnetic	
Resistance Level	20	
Emergency Stop	Push	
Flywheel	Aluminum	
Handlebar	Multi-position	
Handlebar Adjustments	Vertical & horizontal	
Saddle	Ergonomically sculpted seat	
Saddle Adjustments	Vertical & horizontal	
Drivetrain Gear Ratio	1:6.2	
Drivetrain	Poly-V	
Frame Material	Steel	
Shrouds & Guard	Full Frame	
Frame Design	Off-set	
Q Factor	178mm	
Crank Type	170 mm	
Pedal Type	Dual-sided SPD & toe cage	
Frame Stabilizer Bars	Oversized, hidden bolts & fixings	
Protection Plates	Yes	
Console	Optional LCD/TFT	
Workout Tracking	Yes	
Telemetric HR	Yes	
Overall Dimensions (L x W x H)	1340x515x1060 mm	
Product Weight	48 kgs	
Max User Weight	159 kgs	



ALATECH TECHNOLOGY LIMITED

39F., No.758, Zhongming S. Rd., South Dist., Taichung City 40255, Taiwan

tel : +886-4-2260 8341 fax : +886-4-2260 8346 www.attacusfitness.com www.alatech.com

AP1000-A3-en-V02



TOTAL SOLUTION OF GROUP PERSONAL TRAINING

Training & Indoor Cycling

FIREFLY
 API000



Compatible APPs



6-Color Heart Rate LED indicator

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

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

FTP Zones		Zone 0	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5	Zone 6
LED Indicator		Blue	Aqua	Green	Yellow	Orange	Red	Magenta
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
Training Functions								

Heart Rate Zones		Zone 0	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
LED Indicator		Blue	Aqua	Green	Yellow	Orange	Red
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							
Training Functions			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

Train Live — Make the Most of Outstanding IoT Service!

Enjoy Group Training through Train Live, your best workout companion!

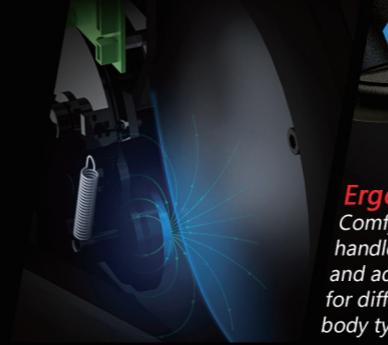
During group sessions, Train Live will collect your workout data from your ALATECH wearable devices during activities. The data, such as each member's heart rate zone ratio, speed, cadence, and more, are available for the coach to view on GPTFit, our cloud-based platform. Trainees can view their personal data on GPTFit after workout as well.

APP CONNECTIVITY

Compatible with Fitness™, Zwift®, Kinomap®, Rouvy® via Bluetooth® and ANT+ connection.



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.



Professional Power Resistance Levels
Firefly Training and Indoor Cycle provides easily adjustable resistance up to 20 levels satisfying different training needs. Users can train with the intervals from 30 watts up to 1,000+ watts for high intensity and interval training programs.



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.



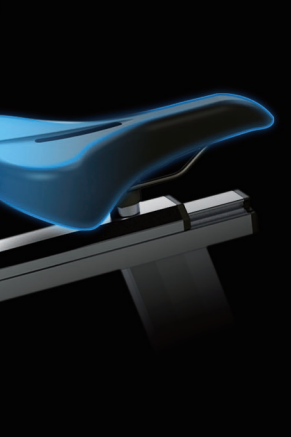
POLY-V Belt Drive
POLY-V 8PK belt transmission is quiet, comfortable, and smooth without slipping.



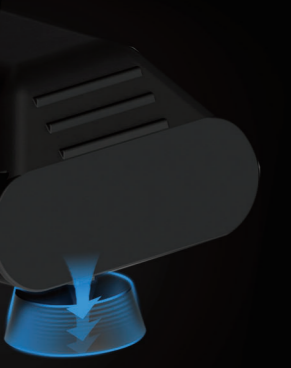
SPD Compound Pedal
Suitable for both professional cycling shoes and sports shoes.



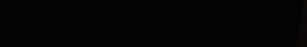
Professional Saddle
Streamlined design for comfort and shock absorption.



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

