



SCHWINN

Schwinn Cadence Pro™ Console



Installation & Instructions



Table of Contents

Components in the Box	3
Tools Required for Assembly	4
Specifications	4
Warranty and Customer Support	4
Certifications.....	5
Computer Bracket Mount Compatibility	6
Computer Mounting	
IC Pro20	7
IC Pro	10
ACPP	13
AC Sport	15
Set Gear Ratio.....	18
Instructions for Group Cycle Computer	
Using the Console	19
Pairing Flywheel Transmitter to Console	21
Pairing Chest Transmitter to Console.....	22
Personal Data Settings.....	23
Maintenance	24
Frequently Asked Questions	25

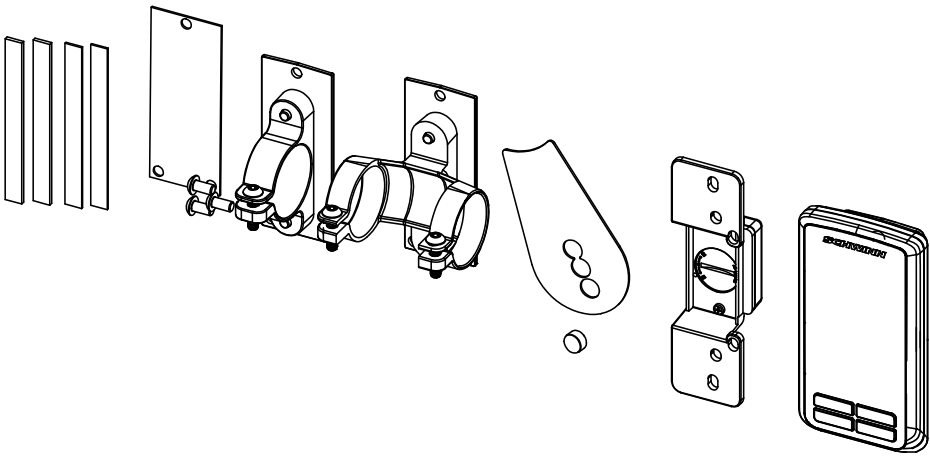
Manufacturer:

Core Health & Fitness
4400 NE 77th Ave, Ste 300
Vancouver, WA 98662
t:1-888-678-2476
www.SchwinnEducation.com

Product Description:

Group cycling computer for Schwinn® indoor bikes.

Components in the Box:



DESCRIPTION	QTY
MAGNET MOUNT	1
MAGNET	1
SPEED SENSOR	1
COMPUTER CONSOLE	1
RUBBER SHIMS	4
MANUAL.....	1
SILICONE SEAL.....	1
CONSOLE MOUNTING BOLTS.....	3
SINGLE RING MOUNT	1
DOUBLE RING MOUNT	1

Tools Required for Assembly:

- 1- Phillips Head Screwdriver
- 2- 3mm Allen Key

Specifications

Features:

- ANT+ interoperable 2.4Ghz wireless technology
- Low power consumption for long battery life
- Code memory during battery displacement
- Triple data display; Cadence, Heart rate and Training data
- Automatic Scan function
- Advanced energy expenditure algorithm for personalized KCALS (Calories)
- Bright LED screen light
- Dual mode ANT+ and heritage 5.4kHz analogue Fit1e heart rate receiver
- FCC ID: QSWASPDSCS
- CE Compliant
- ANT+ Certified
- RoHS Compliant

On Screen Features:

- RPM; Current & session average
- Heart rate; Current, session Average and % of Maximum heart rate
- Training data; Exercise session time and equivalent distance traveled
- Personalized session KCALS (Calories)
- Low Battery Indicator

General:

- ANT+ 2.4 GHz wireless radio to transmit data
- Batteries Required:
 - Console uses 3-AAA batteries
 - Flywheel transmitter uses 1 CR2032 lithium coin cell battery
 - Life of batteries depends on usage

Warranty:

One year warranty on computer and transmitter.
Warranty excludes batteries.

Customer Support:

If any items need replacement, contact your distributor or the Customer Support Department at 1-888-678-2476.

Cadence Pro Computer

Certifications

Federal Communication Commission Interference Statement

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.

Changes or modifications not expressly approved by Star Trac could void the user's authority to operate the equipment

FCC ID: QSWASPDCS

EU Declaration of Conformity

This device complies with the essential requirements of the R&TTE Directive 1999/5/EC.



NOTE: The users' device must be ANT+ compatible and capable of receiving the data files broadcast by the ANT+ chip. Users should consult with the documentation for their device, or check the ANT+ website at www.thisisant.com for compatibility



Cadence Pro Computer Bracket Mount Compatibility:

The following products can have the Cadence Computer installed using the clamp bracket setup shown in (Fig.1).

Schwinn® IC Pro™

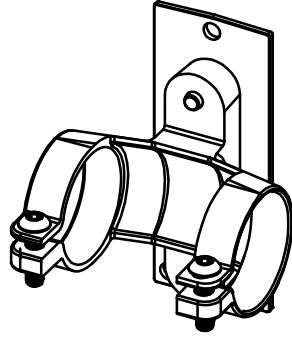


Fig. 1

The following products can have the Cadence Pro Computer installed using the clamp bracket setup shown in (Fig 2).

Schwinn® AC Sport™

Schwinn® AC Performance Plus™

Schwinn® IC PRO²⁰™

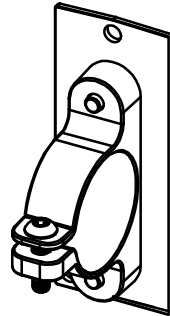


Fig. 2

IC PRO²⁰

Tools Required

- 3mm Hex Key
- Philips Screw Driver
- Cadence Pro Computer Kit PN 740-8803

1. Take the Cadence Pro Computer and silicone seal (Fig. 1). Line up the silicone seal to the proper holes and apply it to the Cadence Pro Computer. (Fig. 2).

Fig 1



Fig 2



2. Place the 2-loop mount on the back of the computer and tighten the 3 screws to the computer (Fig. 3).

Fig 3



3. Unscrew screws that hold the loops together (Fig 4).

Fig 4



4. Wrap the loops around the handlebar. (Fig. 5 & Fig. 6). NOTE: If loops do not fit snugly around the handlebars, use the rubber shims to take up the slack.

Fig. 5



Fig. 6



Note: On the IC Pro 20, computer can be mounted on the fore or after cross bar

5. Unscrew chain guard screws to use for sensor mount (Fig 7).

Fig. 7



6. Install the sensor, screw on the top and bottom screw (Fig. 8).

7. Peel off the adhesive patch (Fig. 9).

Fig. 8

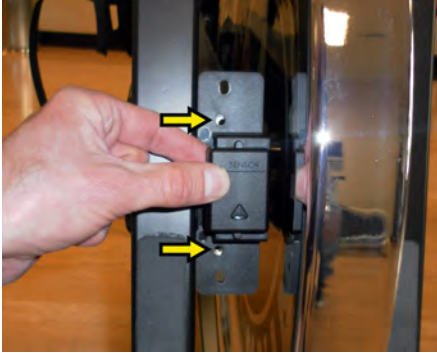


Fig. 9



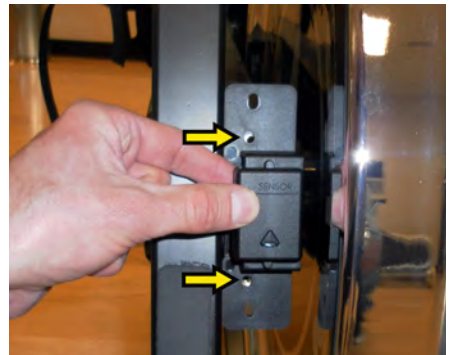
8. Place plastic piece so that the curve at the bottom sits against the axle hub (Fig. 10).

9. Turn flywheel to verify the light on the sensor lights up (Fig. 11).

Fig.10



Fig. 11



10. Set gear ratio, see pg 18.

IC PRO

Tools Required

- 3mm Hex Key
- Philips Screw Driver
- Cadence Pro Computer Kit PN 740-8803

1. Take the Cadence Pro Computer and silicone seal (Fig. 1). Line up the silicone seal to the proper holes and apply it to the Cadence Pro Computer. (Fig. 2).

Fig 1



Fig 2



2. Tighten the 3 screws to the computer (Fig. 3).

Fig 3



3. Unscrew screws that hold the loops together (Fig. 4)

Fig 4



4. Insert clip on to the handlebar computer facing upwards (Fig. 5 & Fig. 6). NOTE: If loops do not fit snugly around bars, use the rubber shims to take up the slack.

Fig. 5



Fig. 6



5. Unscrew top and bottom chain guard screws to use for sensor mount (Fig 7).

Fig. 7



6. Take the sensor, screw on the top and bottom screw (Fig. 8).

Fig. 8

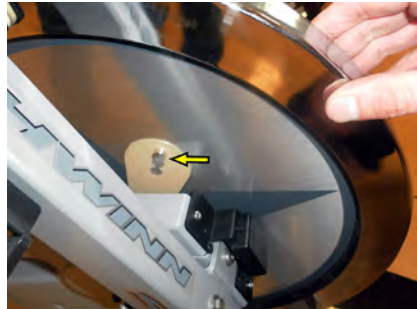


7. Peel off the adhesive patch that holds the magnet to the flywheel (Fig. 9). Place plastic piece so that the curve at the bottom sits against the axle hub (Fig. 10).

Fig. 9



Fig. 10



8. Turn flywheel to verify the light on the sensor lights up (Fig. 11).

Fig. 11



9. Set gear ratio, see pg 18.

AC PERFORMANCE PLUS

Chain or Carbon Blue

Tools Required

- 3mm Hex Key
- Philips Screw Driver
- Cadence Pro Computer Kit PN 740-8803

1. Take the Cadence Pro Computer and silicone seal (Fig. 1). Line up the silicone seal to the proper holes and apply it to the Cadence Pro Computer. (Fig. 2).

Fig. 1



Fig. 2



2. Place the one-ring mount on the back of the computer. Insert and tighten the three mount screws (Fig. 3). Remove the screw that holds the loop together (Fig. 4)

Fig 3



Fig 4



3. Wrap the loop around the handlebar computer facing upwards (Fig. 5 & Fig. 6).

Fig. 5



Fig. 6



4. Install the sensor, screw on the bottom left screw (Fig. 7).

Fig. 7



5. Set gear ratio, see pg 18.

NOTE: The AC Performance Plus does not need any magnet installed because it's pre-installed on the flywheel.

AC SPORT

Chain or Carbon Blue

Tools Required

- 3mm Hex Key
- Philips Screw Driver
- Cadence Pro Computer Kit PN 740-8803

1. Take the Cadence Pro Computer and silicone seal (Fig. 1). Line up the silicone seal to the proper holes and apply it to the Cadence Pro Computer. (Fig. 2).

Fig. 1



Fig. 2



2. Tighten the 3 screws to the computer (Fig. 3).

Fig. 3



3. Unscrew screws that hold the loops together (Fig. 4).

Fig 4



4. Wrap the loops around the handlebar computer facing upwards (Fig. 5 & Fig. 6).

Fig 5

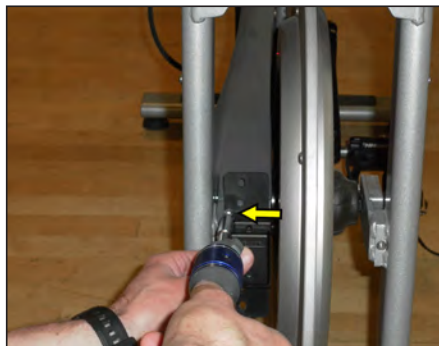


Fig 6



5. Install the sensor, screw on the bottom left screw (Fig. 7).

Fig. 7



6. Peel off the adhesive patch from the RPM sensor magnet mount (Fig. 8).

Fig 8



7. Place plastic piece so that the curve at the bottom sits against the axle hub (Fig. 9).

Fig 9



8. Turn flywheel to verify the light on the sensor lights up.
9. Set gear ratio, see pg 18.

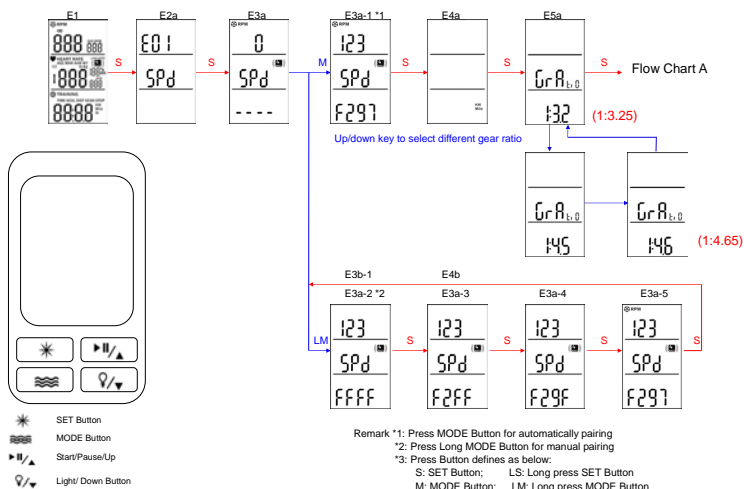
ENTER AND NAVIGATE MAINTENANCE MODE

NOTE: For the IC Pro and IC Pro 20, select gear ratio 1:3.2.
 For the AC Sport and ACPP Chain bike, select gear ratio 1:4.5.
 For the AC Sport and the ACPP Carbon Blue, select gear ratio 1:A.65.

Schwinn Console (ZM6-S) Function Flow Chart (Engineering Mode)

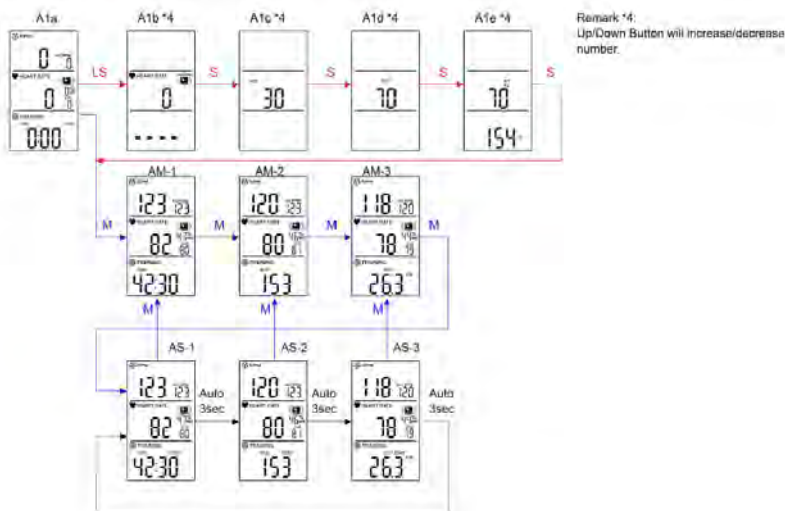
Date: 2015/2/25

Press any key before battery enter



Schwinn Console (ZM6-S) Function Flow Chart A

Date: 2014/2/11



Instructions for Cadence Pro Computer


Using The Console

1. The top display (RPM) shows cadence in RPMs, average RPM (AVG RPM) and low battery indicator. Cadence in RPM is the speed of the pedal crank. The average rpm (AVG RPM) indicates the average speed in RPMs since the start of the exercise.







2. The Middle display (HEART RATE) shows heart rate, session average and % of maximum heart rate (MHR). The heart rate is presented in beats per minute. Average (AVG) indicates the average heart rate since the start of the exercise. The % of MHR display indicates exercise intensity using the heart rate maximum formula $220 - \text{age}$ to determine maximal heart rate, and then current heart rate as a percentage of the maximum.



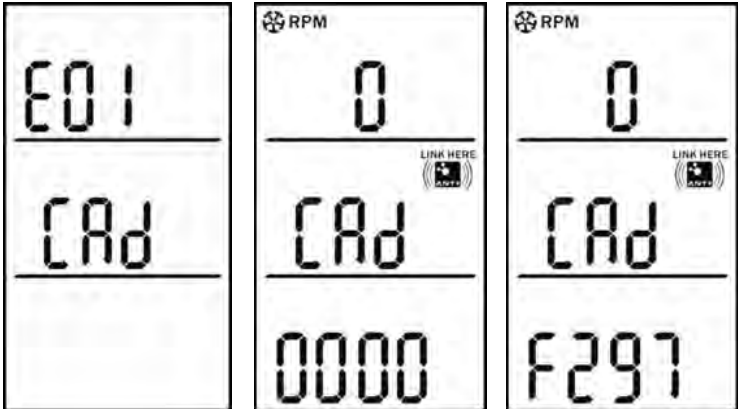
3. The bottom display (TRAINING) shows time, exercise session time, and distance (the equivalent distance that would have been covered when cycling on the road). To change which data is being shown press the Mode key 



4. To START and PAUSE the timer press the start/pause/up key 
To reset the timer press and hold the Mode key  This can be done when displaying any TRAINING session.
5. SCAN feature:
To use the SCAN feature press the Mode key  3 times until (SCAN) appears in the TRAINING display. This will automatically change between TRAINING data in intervals of 3 seconds showing: DISTANCE, TIME and KCAL.
To stop the SCAN feature press the Mode key  The SCAN symbol should have disappeared.

Pairing Flywheel Transmitter to Console

1. Begin with one battery removed from the console.
2. Insert the battery while pressing and holding any of the four keys on the front of the console. The display will now show the maintenance screen.
3. Press the Set key * which will show (CAD) in the middle display and (E01) in the top display.
4. Press the Set Key * again, which will show (CAD) in the middle display, (0) in the top RPM display and (0000) in the bottom display.
NOTE: The bottom display may already show the pairing code, but this procedure should still be completed.
5. To pair automatically press the Mode key ≡ The 4-digit alpha-numeric code should match the code on the side of the cadence transmitter and the back of the console.



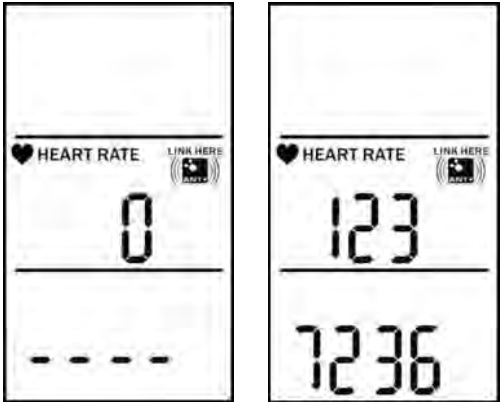
6. If needed, a manual pairing can be done by pressing and holding the Mode key ≡ The first digit of the 4 digit code (0000) should be flashing. Adjust the digit using the up key ↗ or down key ↘
7. Press Set key * after each digit has been paired to the transmitter.
8. Press Set key * and select distance in (KM) or (Miles) by using the up key ↗ or down key ↘
9. Press Set key * to finish and begin exercise.
10. Return to page 3 and complete the remaining installation and setup procedures.

NOTE: Once the pairing has been completed, the code is stored in the onboard memory so that the code is retained during a battery change, avoiding the need to re-pair.



Pairing Chest Transmitter to Console

1. From sleep mode press any key, this will activate the console.
2. Press and hold Set key * this will display heart rate and ANT+ symbol.
3. For automatic pairing press Mode Key ≡ this will display a four digit code below the stated heart rate. (For heart rate pairing you must be wearing the chest belt and move to within 12" (30cm) to the console marked with the ANT+ symbol.
4. Once heart rate has been paired press Set key * to input personal data settings, and adjust the digit using the up key ↗ or down key ↘













For ANT+ chest transmitter the code is alphanumeric; if an analogue 5.3Khz transmitter is used 4 zero digits (0000) will appear.

Once the chest transmitter and console have been paired, the heart rate reading will appear in the middle frame of the display. If pairing is unsuccessful after 20 seconds, or if heart rate reading is incorrect, move closer to the console and press Mode key ≡ to repeat the procedure.

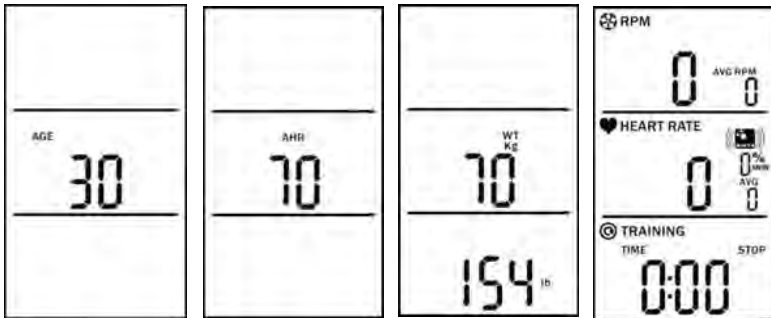
Personal Data Settings and Chest Transmitter Pairing


The product comes with three default settings:

- Age (AGE): 30
- Ambient heart rate* (AHR): 70 bpm
- Weight (WT) Kg/lbs): 70kg (154 lbs)

1. Press Set key  to set age (AGE) adjust using the up key  or down  key.
2. Press Set key  to set ambient heart rate* (AHR) adjust using the up key  or down key .
3. Press Set key  to set weight (WT) in (Kg /lb) adjust using the up key  or down key. .
4. Press Set key  to finish and return to main display.

* Ambient Heart Rate is your normal heart rate during the day when you are going about your day-to-day activities, but not exercising.



Once complete the personal data is stored in the console memory, this can be changed or modified during exercise or when paused by pressing and holding Set key .

The chest transmitter has to be paired to the console prior to starting the exercise to achieve accurate results, and must be paired again before the start of every new exercise.

If the display turns off automatically after 5 minutes without any activity, then the console has entered sleep mode. The personal settings data will return to the default settings.

Maintenance

We strongly recommend performing the regular daily, weekly and monthly preventive maintenance routines outlined below. If any items need replacement contact Customer Support Department at **1-888-678-2476**.

D= Daily W= Weekly M= Monthly

D	W	M	Procedure
			Daily maintenance of the computer will determine its life of the computer by how consistently it is performed.
✓			<ul style="list-style-type: none"> Wipe down the computer with a soft cloth after each use.
✓			<ul style="list-style-type: none"> Dilute Simple Green (1) with water (30) (30:1 ratio) spray onto a soft cloth then wipe the computer console. NOTE: Never spray directly onto the computer console.
✓			<ul style="list-style-type: none"> Never use abrasive cleaning liquids or oil base, ammonia or alcohol when wiping down the computer.
			The weekly maintenance should focus on the overall performance of the computer. During this portion of the maintenance look for vibration and possible loose assemblies.
	✓		<ul style="list-style-type: none"> Inspect each computer for loose parts, bolts and nuts. Adjust as necessary.
	✓		<ul style="list-style-type: none"> Remove any computers that are not properly mounted or deemed unsafe.
			The monthly maintenance check should be a comprehensive inspection of the overall assembly components of the computer.
		✓	<ul style="list-style-type: none"> inspect all areas for proper adjustments.
		✓	<ul style="list-style-type: none"> Inspect all parts to determine damage which will require possible part replacement.
		✓	<ul style="list-style-type: none"> Battery Low will display when the battery needs replacement. Replace the batteries in the computer with 3 high quality AAA Alkaline batteries such as Duracell or Energizer.
		✓	<ul style="list-style-type: none"> Inspect the mounting of the cadence transmitter and magnet to insure it is intact and working properly.

NOTE: Depending on the amount of use, some procedures may need to be performed more frequently.

Frequently Asked Questions:

What are the Personal Data Settings for use at HOME and in a CLUB?

- **HOME** setting should be followed using the procedures indicated starting on page 23. Inputting you AGE, AHR and WT will give you the most accurate estimate of caloric expenditure on the bike.
- **CLUB** setting could either be done by entering your own personal data as indicated in the instructions on page 23 or by using the DEFAULT settings within the bikes computer.

NOTE: Using the computers default setting may not accurately represent your own caloric expenditure.

What are the Group Cycle Computers Default Settings?

When the rider does not enter their own personal data for calculation of caloric expenditure, the computer will use its preprogrammed Default settings.

The three Default settings are: Age (AGE): 30, Ambient Heart Rate (AHR): 70 bpm, Weight (WT) Kg/lb): 70 kg (154 lbs).

What if I Do Not want other riders to know my Personal Data Settings?

Inputting your personal data is the most accurate method for calculating an estimate of caloric expenditure. This information will NOT be stored and the Group Cycle Computer will revert back to the Default setting when it turns off, 5 minutes after the riding session or when left alone for 5 minutes.

What is Ambient Heart Rate (AHR)?

Ambient Heart Rate (AHR) is your normal heart rate during the day when you are going about your day-to-day activities, but not exercising. You can calculate your AHR while you are sitting and reading a book, watching TV, working on the computer, etc. Take your Ambient Heart Rate for 3 days to determine your average AHR.

How does Ambient Heart Rate (AHR) differ from Resting Heart Rate (RHR)?

Resting Heart Rate (RHR) is your heart rate when you are in a complete state of rest. It is usually taken in the morning after awaking and before arising from bed. Whereas Ambient Heart Rate (AHR) is your normal heart rate during the day as you are going about your normal day-to-day activities. AHR for the general population is generally in the 70's. World class athletes AHRs are in the 40's and 50's.

In the Heart Rate display, what does the %MHR mean and what is that number?

The Group Cycle Computer will automatically determine your predicted Maximal Heart Rate (MHR) when you input your personal data during the setup. The % of MHR display indicates exercise intensity using the formula $220 - \text{age}$ to represent 100%, and then current heart rate as a percentage of the maximum.

The computer is not picking up my heart rate

- Make sure that the heart rate strap is fitted snugly at the bottom of your ribcage and that the sensors are slightly moistened.
- The battery in the strap might be low, try another strap.
- Try using the MODE Key (Bottom Left) for automatic pairing with the computer. For Analog straps the displayed code will be 4-digits and displayed as 0000. For ANT+ chest straps the code will be alphanumeric.
- Check your distance from the computer during syncing to make sure your 12" (30cm) or closer.
- Cycle through the personal data screens twice and attempt to pair again.

Which heart rate straps work with the Group Cycle Computer?

- Any ANT+ compatible HR strap will work, pairing to an ANT+ strap will prevent any heart rate "crosstalk".
- Any analogue 5.3 KHz heart rate strap such as Polar® HR will work.

I am picking up another riders heart rate

If bikes and riders are close together while wearing analog heart rate straps, it is possible to have heart rate "crosstalk" where the signal from another rider is shown on an adjacent console. Using ANT+ heart rate straps will prevent this problem. You can also try moving the bikes further apart.

The computer is not scanning between the Distance, Time and KCALS.

To use the SCAN feature, press the MODE key (bottom left) 3 times until (SCAN) appears in the TRAINING display. This will automatically change between the 3 data measures in intervals of 3 seconds.

The computer timer is not working or is not running.

Press the Play/Pause/Up key (Upper Right), the timer may be in PAUSE mode.

What factors affect the battery life of the computer?

Excessive use of the back light will diminish battery life.

What batteries does the Computer and Flywheel Transmitter take?

The computer console requires three AAA batteries. The flywheel transmitter requires one CR2032 lithium coin cell battery.



SCHWINN®

For more information visit SchwinnEquipment.com
or call 1-888-678-2476