CYCLING CONSOLE

INSTRUCTION MANUAL

SPINNER BIKE CONSOLE SPECIFICATION

CADENCE BAR GRAPHIC: 0~199rpm per Bar
RPM : 0 ~ 199 RPM
SPEED : 0 ~ 99 KM/H
PULSE : 30 ~ 240 BPM
Time : Count down setting range 1~99 Minuets
Count up range 00:01~99:59

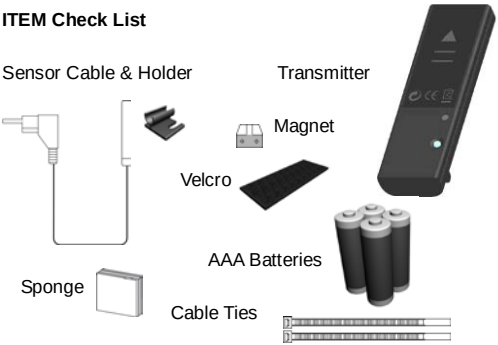
IMPORTANT SAFETY INSTRUCTIONS WARNING

BEFORE BEGINNING THIS OR ANY OTHER EXERCISE PROGRAM, CONSULT A PHYSICIAN. THE PHYSICIAN CAN HELP YOU BETTER DETERMINE WHAT ACTIVITIES OR PROGRAMS ARE MOST SUITED FOR YOU. IF AT ANY TIME DURING THE WORKOUT YOU FEEL FAINT, OR CHEST PAINS, OR SEVERE SHORTNESS OF BREATH, STOP EXERCISING IMMEDIATLELY AND CONSULT A PHYSICAN.

The Console assembly consists of a computer console, a magnet, one chest belt (optional), and a speed sensor transmitter. The sensor in the transmitter counts the number of times the magnet (mounted on the belt pulley) passes the sensor. The speed sensor transmitter will then transmit a coded signal to the console, which contains the measured value (Speed and Cadence).

Both the computer console and the speed sensor transmitter use AAA type batteries. Please install the supplied AAA batteries in the computer console and speed sensor transmitter before using.

ITEM Check List



INSTALLATION OF THE CYCLING MONITOR

This MONITOR can be installed onto most Group Cycling and Spin Style bike handlebars.

Console Installation:

Insert Console into the bracket of Handle bar. Use screw to fix it.

Transmitter & Magnet was installed on bike.

Console Battery Installations:

1. Remove the battery cover from the back of the computer.
2. Insert 2 AAA batteries into the battery compartment and reinstall the battery cover.
3. When Battery working voltage is low, the 'Low battery' indicator will show up on the Console display.

Speed Sensor Transmitter Battery Installation

1. Remove the battery cover from the transmitter.
2. Install 2 AAA batteries in the battery compartment and reinstall the battery cover.

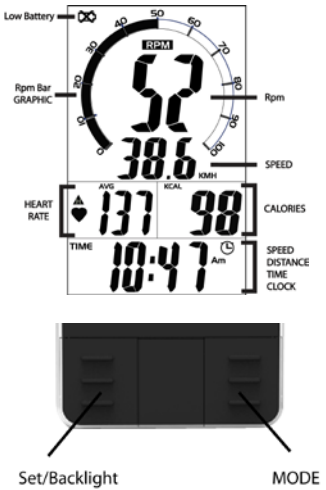
Transmitter :

The transmission range is around **2** meters from the Speed Sensor Transmitter to the Computer Console.

Magnet :

The allowable maximum distance between the magnet and sensor end is 8 mm.

DISPLAY WINDOW



TIME

Time is the length of time (min. / sec.)

The time will count up or count down during user peddling. When peddling is stopped, the time will stop to count up or count down after 3 seconds.

CADENCE & SPEED

Cadence is the measurement of how fast the cranks are rotating in RPM's. The approximate speed of the bike can also be displayed (MPH/KPH) in the section.

In addition to the MPH/KPH, the CADENCE will also display a bar graph that allows the rider to keep track of the approximate cadence that has been achieved. Average Cadence or Speed will be automatically shown after the rider stops pedaling for 3 seconds.

DISTANCE

Distance is the measurement of the approximate distance achieved on the bike. This distance is based on the user riding a bike with tires that are the same size as the bikes flywheel.

KCAL

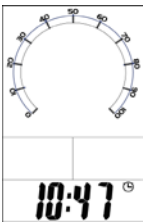
Kcal is the approximation of calories burned during your work out. The calories are calculated by measuring the rider's instantaneous heart rate, age, and weight.

HEART RATE (apply to HR featured models only) This is the approximation of heart rate detected from the chest belt during the work out. Average Heart Rate will be automatically shown after 3 seconds if the console cannot detect the current Heart Rate.

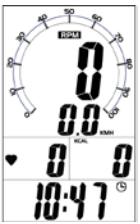
QUICK Start

In Power Saving Mode, pressing any Key will bring the CONSOLE to 'QUICK Start' active state.

Power Saving Mode

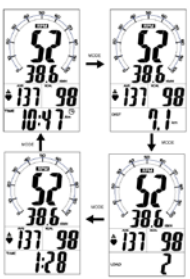


QUICK START Mode



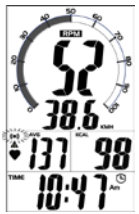
MODE SELECT

Press 'MODE' key to select the ***SPEED, DIST, TIME or CLOCK*** display.



ALARM Setting (apply to HR featured models only)

Under the TIME MODE, press the 'SET' key to select the Alarm display. The heart rate symbol will also flash to visually indicate that your heart rate is either above or below the selected target zone. (applies to HR featured models only)



Resetting all measured value

To clear all the measured values, press and hold the 'SET' key under the TIME Mode for 3 seconds. All the measured values for AVG SPEED, AVG PULSE, TIME, DIST, KCAL will reset to zero.

TIMER Setting

The TIMER displays users' exercise-workout time. If the user does not set the COUNT DOWN TIME, the TIME will count up from 00:00 to 99:59.

If user prior set the COUNT DOWN TIME, the TIME will count down to **zero** with flashing display and Alarm

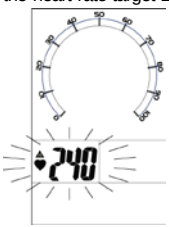
will sound for 3 seconds. Then TIME will change automatically from counting down to counting up from 00:01. The user can go into TIMER setting from SPEED or DISTANCE Mode by pressing and holding the 'SET' key for 3 seconds.

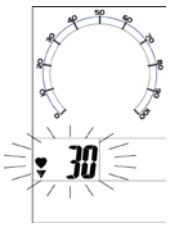
CLOCK Setting

Under the CLOCK MODE, press and hold the 'SET' key, 12H or 24H will flash. Press 'SET' key to switch from 12H to 24H. Press 'MODE' key to flash the CLOCK HOUR, then Press 'SET' key to adjust the clock hour (0 – 24). Press 'MODE' key again to flash the CLOCK MINUTE, then Press 'SET' key to adjust the clock minute (0 – 59).

HEART RATE TARGET ZONES

Under SPEED or DISTANCE MODE, Hold ''SET' key for 3 seconds to go into the setting, press 'MODE' key to go to the heart rate target zones window.





Press the 'SET' key to increase maximum heart rate limit. After setting the maximum heart rate, press the MODE key to adjust the minimum heart rate limit.

PERSONAL DATA SETTING

Accurate personal data will make your calories burned more accurate. Under SPEED or DISTANCE MODE, Hold ''SET' key for 3 seconds to go into the setting, continually press 'MODE' key to get to the personal data windows.

1. Press the 'SET' key to select the gender, either: Male / Female

2. Press the 'MODE' key to go to the weight unit setting. Press the 'SET' key to select the weight, either: Kg. / Lb. **Note:** this change of metric units to imperial units will affect the displaying units: MPH/KPH, Lb/KG and ML/KM.

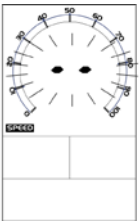
3. Press the 'MODE' key, this will go to the weight setting. Press the 'SET' key to increase the weight by 0.5 Kg. or 0.5Lb.

SPEED PAIR STAGE

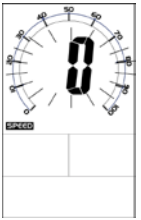
(Exclusive in Digital Coded Only)

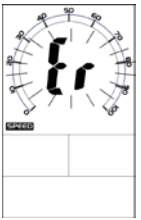
Note: All models will be paired right after production

For commercial and maintenance purpose – press and Hold both 'MODE' and ''SET' key for 3 seconds to go into the SPEED PAIR STAGE. The user will have to press the small 'SPEED CONTROL PAIR KEY' on the speed transmitter to actively send signals to the console for the pair stage.



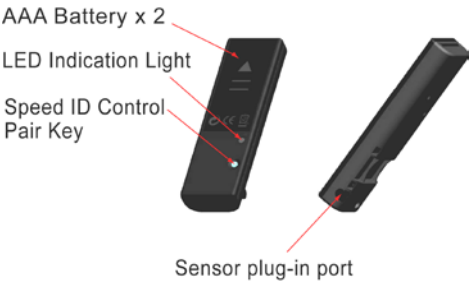
If the number '0' is displayed on LCD, it means that the pair stage is successfully completed. On the other hand, if the monitor displays '**Err**', it means that the pair stage has failed. Then the user can press 'SET' key, and repeat the pair stage again. Alternatively, it will exit the pair stage automatically after 10 seconds with the memory of the previous paired speed transmitter.





SPEED transmitter illustration

Notice: The LED indication light will flash when pressed SPEED ID CONTROL PAIR key and receiving signals.



TROUBLESHOOTING

No Display on Console

1. Press any key to bring the console to 'Quick Start' mode.
2. Ensure that the batteries are installed properly in the Console and Transmitter. If they are, install fresh batteries.

No Heart Rate signal displayed

1. Ensure that your chest strap is worn correctly, and that there is moisture under the electrodes of the chest strap.
2. Relocate the bike away from any equipment that could potentially interrupt the radio frequency signal, such as a DVD player or television, etc.

RPM or HR does not change

1. Press 'MODE key' repeatedly to toggle between SPEED (SPD), DISTANCE (DIST), TIME (TIME) and CLOCK (CLK) values.
2. Press and Hold 'SET key' repeatedly to clear past measured value or go into setting and exit.

Cadence number jumps high or low

1. Separate bikes that may be paired to the same console code and are cross-talking, or simply run transmitter pair stage again on the bike.
2. Relocate the bike to a different part of the room, away from any RF interference areas.

Heart Rate signal gets interrupted or drops out

1. Ensure that there is a minimum distance of 36 inches between bikes.
2. Verify that your chest strap is secure and that the electrodes are making contact with your chest at all times.

CAUTION

EXTERNAL INTERFERENCE MAY BE CAUSED BY OTHER ELECTRONIC DEVISES, SUCH AS: NEARBY TELEVISIONS, STEREO EQUIPMENT, SPEAKERS, ELECTRICAL WIRE CABLING, ETC. IF YOU EXPERIENCE DISTURBANCES IN THE CONSOLE DISPLAY TRY MOVING YOUR BIKE (S) AWAY FROM POTENTIAL RF INTERFERENCE AREAS.

WARRANTY

This is to certify that the Monitor is warranted by factory to be free of all defects in materials and workmanship. This warranty does not apply to any defect caused by negligence, misuse, accident, alteration, improper maintenance, or an 'act of God.' The Monitor can be adapted to almost any indoor cycling or spinning bike. The Monitor carries a one-year warranty on the monitor, chest belt, and transmitter. Batteries are not warranted. Contact our Customer Service Department to report any problems.

When calling, please be prepared to provide the customer service representative with the following information: Your name, the serial number of the inoperable monitor, and the date(s) of purchase. If warranty replacement parts are shipped, you may be required to return the defective part. We reserve the right to make changes and improvements in our products without incurring any obligation to similarly alter products previously purchased. In order to maintain your product warranty and to ensure the safe and efficient operation of your monitor, only authorized factory replacement parts can be used.

PLEASE NOTE:

1. The Monitor system are designed as sealed units and not meant to be opened other than for the sole purpose of installing batteries. Any opened units will void the warranty.
2. To clean the Monitor system, lightly spray the monitor with an authorized cleaning / disinfectant solution and wipe dry with a soft towel. Use of any caustic cleaning solutions will void the warranty.
3. The Monitor system is NOT waterproof, only water resistant. Any excessive exposure to water will void the warranty.