



# **INSTRUCTION GUIDE**

**IC350 PRO MONITOR**

# I COPYRIGHT

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# | SAFETY PRECAUTIONS

The monitor on this machine has been tested to the required standards, each of those passed regulations are shown via the following symbols:

WEEE - Waste Electrical and Electronic Equipment Recycling.

ABS - Acrylonitrile Butadiene Styrene often referred to as ABS is a type of plastic that is an opaque thermoplastic.

CE - The product conforms with relevant EU directives regarding health and safety or environmental protection.

QC Pass - A product which has fulfilled the requirements of a technical control and passed the outgoing exams.

ROHS - This is an abbreviation for “Restriction of (the use of certain) Hazardous Substances in electrical and electronic Equipment”.

**WEEE Symbol**



**EU Compliance Symbol**



**ABS Recycling Symbol**



**ROHS Symbol**



**Quality Control Symbol**



# CLEANING

Please take care when cleaning this monitor as the LCD screen can easily be scratched.

You will need a soft dry cloth



Do not spray cleaning chemicals directly onto the monitor

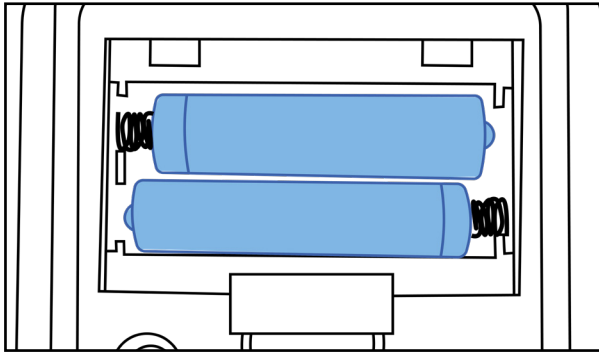


Do not apply water to the monitor as it is electrical and may damage the internal components



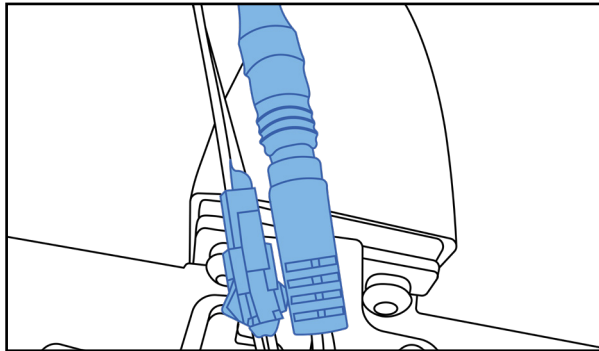
# I INSTALLATION

## STEP 1



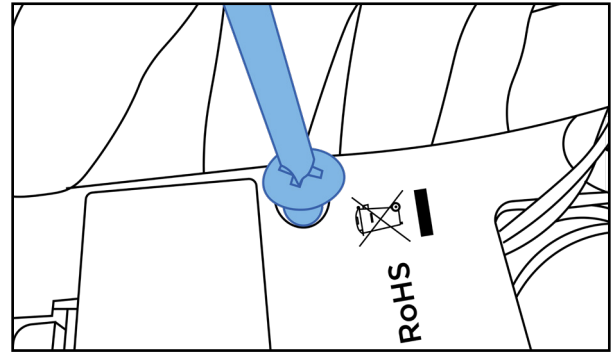
Insert the batteries, making sure they are the correct way round.

## STEP 3



Slot the monitor to the handlebar frame.

## STEP 2



Connect the male to female wires and pulse wires from the base to the monitor.

## STEP 4



Connect the male to female wires and pulse wires from the base to the monitor.

# I OPERATION

The IC350 Pro monitor has a total of 7 readouts, displaying:

**Time**                      **Speed**                      **Distance**                      **Heart-Rate**                      **Calories**                      **RPM**                      **Target-Heart-Rate**

When first powered on, the monitor will only show Time, Speed, Distance and Pulse. To view more readouts please see the instructions below.

## VIEWING ALL READOUTS

Press either the UP or DOWN arrows to move between the two screens showing the following:

Screen 1: Time, Speed Distance and Pulse

Screen 2: RPM, Calories and Target Heart Rate

## SETTING TARGET PROGRAMS

On this monitor your are able to set a target **time**, **distance**, **heart rate** and **calories**.

- Start by pressing the CENTRE button until your chosen setting flashes.
- Then press the UP or DOWN arrows to change the digits to your desired target.
- Once set, begin your workout by pedalling and you will see the digits begin to change.
- Once you've hit your target the monitor will beep.

When you begin a workout you will see a bicycle icon in the right of the screen to indicate the bike is in use. There is a speedometer graphic found curving round the top left corner of the monitor giving you a visual of how fast you are pedalling.



## RESETTING YOUR MONITOR

Press and hold the centre button until all the digits come up and return to zero, the monitor will also beep.





# I DATA READOUTS

<b>Readout</b>	<b>Measurement</b>
Time	Minutes : Seconds
Speed	MPH
Distance	Miles
Pulse	BPM (Beats Per Minute)

# I TROUBLESHOOT

Issue	Resolutions
No power to the monitor	<ul style="list-style-type: none"><li>• Make sure the batteries are fully inserted and the correct way round.</li><li>• Check your connection wires from the monitor to the base. They must not be trapped, fully connected and the pins must be straight.</li></ul>
No pulse reading	<ul style="list-style-type: none"><li>• Make sure the pulse plates are clean and dry.</li><li>• Do not have any lotion on your hands.</li><li>• Sweat can affect the reading.</li><li>• Make sure both hands are fully gripping each plate.</li></ul>

# | CONTACT DETAILS



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