



INSTRUCTION GUIDE

IC400 ELITE MONITOR

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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.

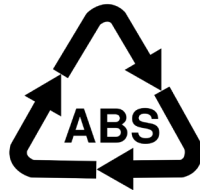
CE - The product conforms with relevant EU directives regarding health and safety or environmental protection.

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

WEEE Symbol



ABS Recycling Symbol



EU Compliance 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

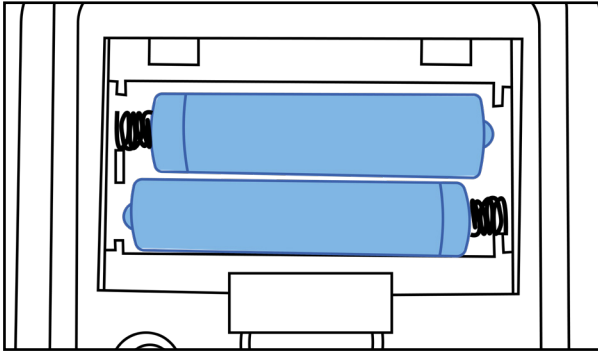


Do not apply water to the monitor as it is electrical and may damage the internal components



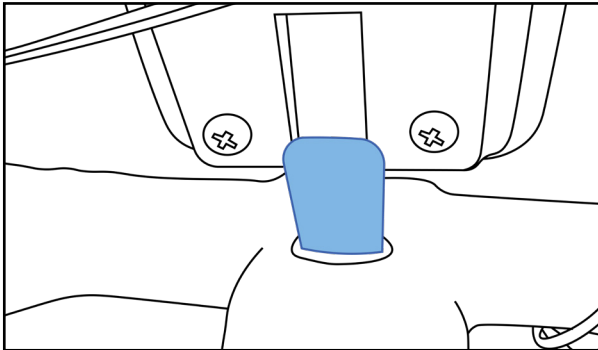
I INSTALLATION

STEP 1



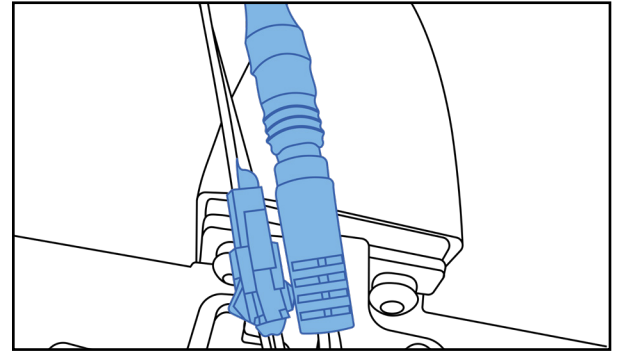
Insert the batteries, making sure they are the correct way round.

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.

I OPERATION

The IC400 Elite 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

Readout	Measurement
Time	Minutes : Seconds
Speed	MPH
Distance	Miles
Pulse	PPM (Pulsations Per Minute)
Odometer	Miles

I TROUBLESHOOT

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

| CONTACT DETAILS



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