GROUP CYCLING CONSOLE

INSTRUCTION MANUAL

WARRANTY

This is to certify that the Group Cycling Monitor is warranted by 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 Group Cycling Monitor carries a one-year warranty on the monitor and transmitter. Batteries are not warranted.

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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 similar products previously purchased. In order to maintain your product warranty and to ensure the safe and efficient operation of your monitor, only authorized replacement parts can be used.

PLEASE NOTE:

1. The Group Cycling 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 Group Cycling Monitor use a clean damp cloth. Use of any caustic cleaning solutions will void the warranty.
3. The group Cycling Monitor system is NOT waterproof, only water resistant. Any excessive exposure to water will void the warranty.

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CONSOLE SPECIFICATION

CADENCE BAR GRAPH: 0~200rpm/10rpm per Bar
RPM : 0 ~ 240 RPM
SPEED : 0 ~ 96 KM/H (0 ~ 60 mph)
PULSE : 30 ~ 240 BPM
Time : Count down range 1~99 Minutes
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 SEVER SHORTNESS OF BREATH, STOP EXERCISING IMMEDIATELY AND CONSULT A PHYSICAN.

The Group Cycling Console carton consists of a computer console, speed sensor transmitter. The transmitter counts the number of times the magnet, which is mounted on the crank assembly, passes the sensor. The speed sensor transmitter will then send 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.

Group Cycling Console Battery Installation:

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 too low, The “Low battery” indicator will show up on the console display indicating it is time to change the batteries.

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.
3. **When new batteries are installed in the transmitter or console you must perform the synchronizing procedure below for the console to work properly**

Synchronizing the transmitter to the console:

After installing the batteries, and before attaching the console and transmitter to the bike, you must synchronize the two so they can ‘talk’ to each other.

1. Press and hold the two keys on the front of the console for about 3 seconds until the display shows **ID - -**

2. Now press and hold the blue button on the transmitter for 3 seconds and release. The console display should show **ID 0.** NOTE**:** You must press the blue button within 10 seconds after the console is showing **ID - -** otherwise the console will show: **ID ER.** If the console shows this error then restart the procedure again.
3. It may be necessary to remove and re-install the batteries in both the console and transmitter if you continue to receive an error.

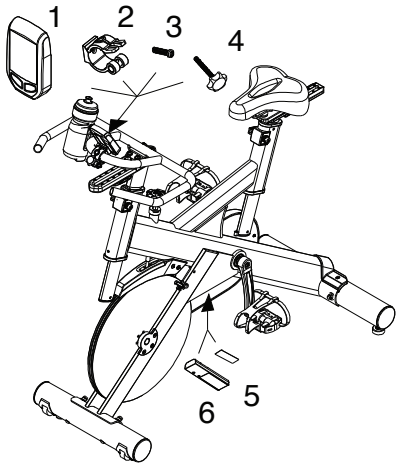
Installation of the group cycling monitor

Console Installation:

1. Install the mounting clamp (2) to the back of the console (1) with the clamp mounting screw (3).
2. Install and slightly tighten the thumb screw (4) then adjust the console angle for optimal visibility. Once the console is adjusted, continue to tighten the screw until it is securely attached to the handle bar.

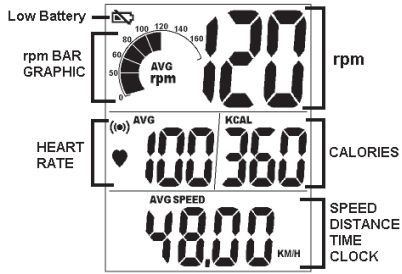
Installing the speed transmitter:

Plug the speed sensor wire into the transmitter (6) and then attach the transmitter (with Velcro pre-attached to the back) to the Velcro half that is pre-installed to the bike frame. The Velcro is mounted to the back side of the chain cover, below the left crank.



1 – Console
2 – Mounting Clamp
3 – Clamp mounting screw
4 – Clamping thumb screw
5 – Velcro
6 – Speed transmitter

DISPLAY WINDOW



TIME

Time is measured in min:sec

There is a time of day clock and a workout timer clock. The workout time will count up or count down during pedaling. If pedaling stops, the time will stop counting after 3sec.

RPM/CADENCE

Cadence is the measurement of how fast the cranks are rotating in RPM. The approximate speed of the bike can also be display in MPH or KPH.

In addition to the MPH/KPH, the RPM section of the display also has a bar graph that allows the rider to visually keep track of the approximate RPM.

DISTANCE

Distance is the measurement of the virtual distance traveled on the bike. This distance is based on the user riding a bike with tires that are the same size as the group bike's flywheel.

KCAL

Kcal is the approximation of calories burned during your work out. The calories are an estimate only.

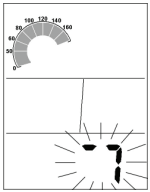
HEART RATE

This the approximation of heart rate detected from the chest belt during your work out.

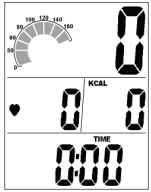
QUICK Start

When the console is in Power Saving Mode, hold down any key to wake up the console and go to the start-up screen, also called "QUICK Start" active state.

Power Saving Mode

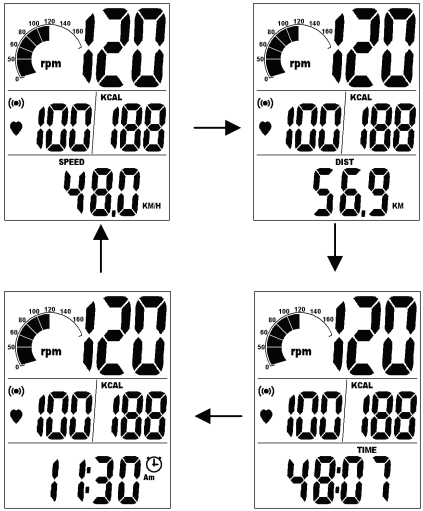


QUICK START Mode



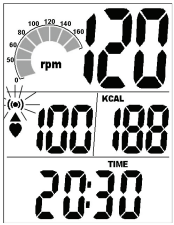
MODE SELECT

Press the left hand key to select the ***SPEED, DIST, TIME or CLOCK*** at the bottom of the display.



RESET/HEART RATE ALARM SELECT

1. Press the right hand key to activate the heart rate alarm. If the alarm is on, the alarm icon will flash and a beep will sound to indicate that your heart rate is either above or below the selected target zone.



2. RESET: Press and hold the left hand key for 3 seconds. All the accumulated values for AVG SPEED, AVG PULSE, TIME, DIST, KCAL will return to zero.

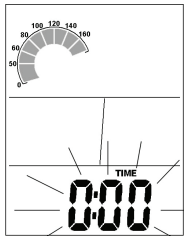
TIME OF DAY

1. If you want to change the time of day settings at any time press the left hand key until time of day is displayed then press the right hand key for 3 seconds. The display will flash an indication of whether the clock is set for 12H clock or 24H military time clock. Press the right hand key to change.

2. Press the left hand key to switch to the hour setting, use the right hand key to change hours.
3. Press the left hand key again to switch to minutes and use the right hand key to change the minutes.
4. When you are finished, wait a few seconds for the display to return to the start-up screen.

Setting Workout Time

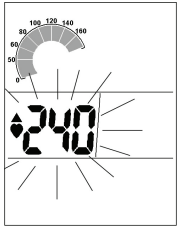
1. Press and hold the right hand key when the bottom section of the display is showing SPEED; the Minutes will now be flashing. Press the right hand key to increase Minutes setting.

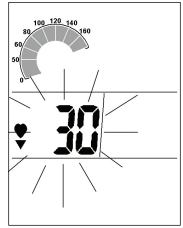


2. To clear the exercise Time press the left hand key until the time is displayed then hold the right hand key for three seconds.

HEART RATE TARGET ZONES

Press the left hand key until ‘SPEED’ is displayed then hold the right hand key for 3 seconds. The TIME will be flashing; press the left hand key to select the heart rate target zone settings.



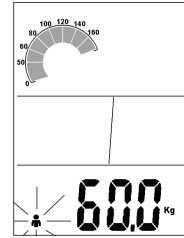


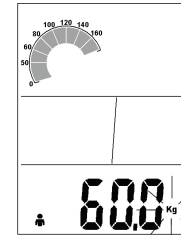
Press the right hand key to increase maximum heart rate limit. After setting the maximum heart rate, press the left hand key to adjust the minimum heart rate limit.

PERSONAL DATA SETTING

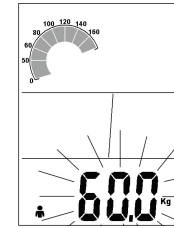
1. GENDER: Press the left hand key until SPEED is displayed then, press the right hand key for 3 seconds. The TIME will be flashing, press the left hand key until the gender icon is blinking. Press the right hand key to select the gender.

2. Press the left hand key to set the measuring value for weight (Lb or Kg), press the right hand key to select.





3. BODYWEIGHT: Press the left hand key to set the bodyweight, press the right hand key to increase the weight. Press and hold the right hand key for rapid advance.



TROUBLESHOOTING

No Display on Console

1. Hold down 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.
2. Relocate the bike away from any equipment that could potentially interrupt the radio frequency signal, such as a DVD player or television, etc.

Cadence number jumps high or low

1. Separate bikes that may be set to the same console code and are cross-talking, or re-synchronize the transmitter and console (see page 5).
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 DEVICES, 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.

Notice of FCC Compliance

This equipment has been tested and found to comply with the limits for a Class C Low Power Communication Device Transmitter, pursuant to Part 15 of the FCC rules. Operation is subject to the following 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.

There is no guarantee that interference will not occur in a particular installation. If this equipment experiences interference from a radio, television, or other RF signal, the user is encouraged to try and correct the interference by increasing the separation between the equipment and the apparatus emitting the interfering RF signal.