

Console Instructions

The Console


Features:

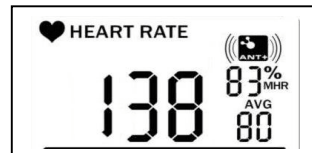
- ANT+ interoperable 2.4Ghz wireless technology
- Best-in-class interference immunity
- Low power consumption for long battery life
- Code memory during battery displacement
- Triple data display; Cadence, Heart rate and Training data
- Automatic Scan function
- Advanced energy expenditure algorithm for personalized Kcals (Calories)
- Bright LED screen light
- Dual mode ANT+ and heritage 5.4Khz analogue Fit1e heart rate receiver





On screen features:

- Cadence RPM; Current and & session average
- Heart rate; Current, session average and % of maximum heart rate
- Training data; Exercise session time and equivalent distance travelled
- Personalized session Kcals (Calories)
- Console Low batter indicator




Using The Console

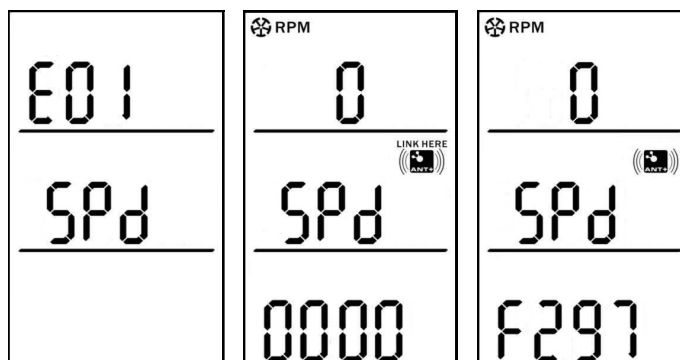
- The top display (RPM) shows Cadence in RPM, average RPM and Low battery indicator. Cadence in RPM is how the pedalling speed. The AVG (average) indicates the average value since the start of the exercise.
- The Middle display (HEART RATE) shows heart rate, session Average and % of maximum heart rate. The heart rate is presented in beats per minute. AVG (average) indicates the average value since the start of the exercise. The % of MHR display indicates exercise intensity using the formula 220-age to represent 100%, and then current heart rate as a percentage of the maximum.
- The bottom display (TRAINING) shows the following data: TIME, exercise session time.
DISTANCE, the equivalent distance that would have been covered by cycling on the road. To change which data is being shown press the Mode key ()




- 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.
- 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 speed transmitter to console

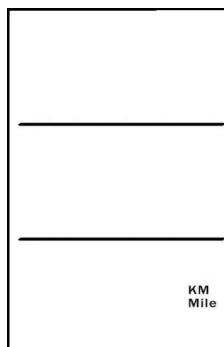
1. Remove one battery from the console, the display should go blank
2. Insert the same battery again while pressing and holding any key. The display will now show the maintenance screen.
3. Press the Set key () which will show (SPD) in the middle display and (E01) at the top display.
4. Press Set key () which will show (SPD) in the middle display and 0 (RPM) at the top display and (0000) in the bottom display.
5. To pair automatically press Mode key (). The 4 digit alphanumeric should match the code on the side of the cadence transmitter.



- To pair manually press and hold the Mode key () The first digit of the 4 digit code (0000) should be flashing.




Adjust the digit using the up/down keys ( / )

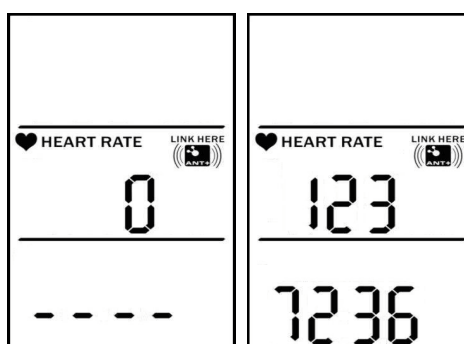
- Press Set key (*) after each digit has been paired to the transmitter.
- Press Set key (*) and select distance in (KM) or (Miles)
by using the Up/Down keys ( / )




- Press Set key (*) to finish and begin exercise.

Pairing chest transmitter to console

- From sleep mode press any key, this will activate the console.
- Press and hold Set key (*) this will display heart rate and ANT+ symbol.
- 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.
- Once heart rate has been paired press Set key (*) to tune personal data settings, and adjust the digit using the up/down keys ( / )









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 tuning

The product comes with three default settings:

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

- Press Set key (*) to set Age (AGE) adjust using up/down keys ( / )
- Press Set key (*) to set Ambient heart rate (AHR) adjust using up/down keys ( / )
- Press Set key (*) to set weight (WT) in (Kg /lb) adjust using up/down keys ( / )
- Press Set key (*) to finish and return to main display



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.