SAFETY: ALWAYS PAY CAREFUL ATTENTION TO TRAFFIC CONDITIONS WHEN RIDING YOUR CYCLE.

WARNING: ALWAYS CONSULT WITH YOUR PHYSICIAN BEFORE STARTING ANY EXERCISE PROGRAM.

FUNCTIONS

- Speed
- Cadence
- Heart Rate
- Distance
- Calories
- Time

PROGRAMMING THE MAIN UNIT FUNCTIONS

5. Kilometers (KM) or Mile Selection
   a. To select KM or Mile press the RIGHT button to Kilometer (KM) or Mile (MI).
   b. Press the LEFT button to confirm.

6. Entering Your Age
   a. Upon completing the RTH selection, you will see the default value for age (20) flashing. By entering your actual age and weight you will get a more accurate calculation of calories and fat burned.
   b. Press the RIGHT button to adjust to the first digit your age.
   c. Then press the LEFT button to confirm.
   d. Repeat to enter the second digit.

7. Entering Your Weight
   a. Based on your selection of KM or MILE your weight default will be kilograms (88 lbs) or pounds (168 lbs) respectively.
   b. The 1st digit will be flashing. Press the RIGHT button to adjust to desired value.
   c. Then press the LEFT button to confirm.
   d. Repeat the steps to enter the second and third digits.

8. Setting the Clock
   a. The "ON" button for flashing. Press the RIGHT button to select between 12 or 24 Hour format.
   b. Press the LEFT button to confirm.
   c. Nest the digit will flash. Press the RIGHT button to adjust the minutes.
   d. Then press the LEFT button to confirm.

INSTALLING THE BATTERIES

INSTALLING THE MAGNET AND TRANSMITTER

1. Place the bracket on the handlebar to the left of the stem. For best performance try to position the computer as near as possible above the transmitter as possible.
2. Wrap the bracket's rubber strap around the handlebar and thread it through the slot on the underside of the bracket.
3. Pull the strap tight and secure the strap by sliding one of the snaps in the strap over the hook on the bracket.

NOTE: Batteries should be disposed of properly.
INSTALLING THE MAIN UNIT
- Slide the Main Unit into the mounting bracket until it snaps firmly into place. (Fig. 1)
- Important: To remove Main Unit from mounting bracket, wrap your index finger around the base of the mounting brackets and move the Main Unit forward with your thumb.

UNDERSTANDING THE FUNCTIONS

**Current Speed and Speed Bar**

The icon will display your riding speed. This icon is the number appearing in large digits above the other icons.

**Trip Distance (MTR)**

This is the number of miles that are comprised of the trip distance printed on the stainless steel base.

**Odometer (ODO)**

Total distance travelled is indicated by ODO and displayed on the display. To erase the ODO, press and hold the ODI button for 2 seconds, then press and hold the WIND button for 2 seconds. To reset to zero, press and hold the ODI button for 2 seconds, then press and hold the WIND button for 2 seconds.

**Trip (Distance) (DR)**

This is the number of miles that are comprised of the trip distance printed on the stainless steel base.

**Average Speed (AVG)**

Average Speed (AVG) is calculated from the data stored in the memory. To activate, press and hold the AVG button for 2 seconds.

**Trip Timer (TMR)**

The Trip Timer is a timer that counts up automatically after each trip. It displays the total time of the trip. If you press the START button, the Trip Timer will reset to zero.

**Calories Counter (CAL)**

This is the approximate amount of calories burned during your ride. Press and hold the ODI button for 2 seconds, then press and hold the WIND button for 2 seconds.

**Fat Burner (FAT)**

This is the approximate number of grams of fat burned during your ride. Press and hold the WIND button for 2 seconds.

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**Odometer Save Function (ODOS)**

The 0000 shown in the display is the important information. When you press the i button, the Odometer Save Function will be displayed on the display.

**Cycling Mode (CYCM)**

In the CYCM mode, the speed will be displayed on the display. Press the START button to change the display from the cycling mode to the cycling mode. Press the ODI button to change the display from the cycling mode to the cycling mode.

**Note:** CLOCK and ODOMETER will be skipped in SLEA mode.

**Malfunction**

If the display shows "0000", it means the battery is dead. If this occurs, replace the battery with a new battery of the same type. If the problem persists, contact your dealer or the manufacturer.

**Accessories**

- Main Unit
- Cable Box
- Transmitter Battery (3V CR2032)
- Magnet

CE 06810