

**INDOOR CYCLE CONSOLE
OWNER'S MANUAL**

English

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**FAHRRADTRAINER-KONSOLE
BEDIENUNGSANLEITUNG**

Deutsch

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**CONSOLE HOMETRAINER
GEBRUIKERSHANDLEIDING**

Nederlands

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**CONSOLE VÉLO D'EXERCICE
MANUEL D'UTILISATION**

Français

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**CONSOLE BIKE MANUALE
DELL'UTENTE**

Italiano

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**CONSOLA DE LA BICICLETA DE
SPINNING MANUAL DE USUARIO**

Español

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**CONSOLE DO CICLO INTERNO
MANUAL DO PROPRIETÁRIO**

Português

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室內健身車主控台使用手冊

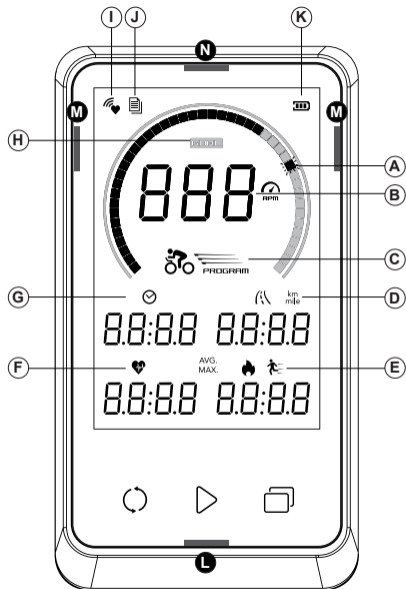
繁體中文

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室內健身車仪表用户手册

简体中文

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A) Workout Track

- **Dot light** means in-progress RPM workout.
- **Blinking light** means the goal to achieve (only in Program 2)

B) Target / RPM

- **Program 1:** means resistance target level
- **Program 2:** means current RPM
- **Program 3:** means HR target

C) Workout Programs

- Select by at standby page

D) Distance - km / mile

- Switch in engineer mode.

E) Calories / Speed

- Press to switch

F) Heart Rate

G) Workout Time

H) Goal Achievement

- Achieve the goal : will light on



I) Wireless Heart Rate Connection

J) Workout Data

- To see **AVG & MAX** workout data, press
▷ to pause page.
◻ to switch calories / speed.
○ to switch AVG / MAX.

K) Battery (shows 100%, 70%, 40%, 10%)

GLOW RIDE LIGHTING SYSTEM

L) Position 1-SIT

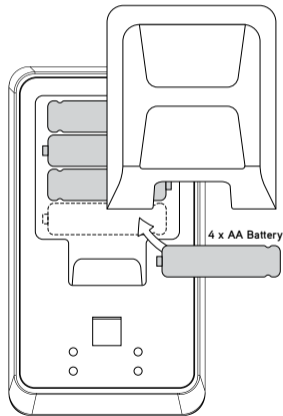
Fully seated position which is ideal for warming up, cooling down or recovering from a sprint interval.

M) Position 2-RUN

The "run" portion of your cycling workout which forces you to stand on the pedals, maximizing the effort required.

N) Position 3-JUMP

The "jump" portion of your workout will simulate the up-and-down feel of mountain biking.





BUTTON	FUNCTION
	SWITCH AVG & MAX WORKOUT DATA WHEN PAUSE
	START / PAUSE / ENTER / PRESS 3 SEC TO STANDBY PAGE
	SELECT PROGRAMS / SWITCH WORKOUT DATA WINDOWS

SETTING

In the standby page, press & for 3 sec into engineer mode.

For changing parameter page

For adjust setting data

For confirm setting

For 3 sec to exit engineer mode

UNIT SETTING

At the first page of engineer mode, to unit page

RATIO SETTING

Press 1 times to ratio page
Select your GR indoor cycle ratio as below

GR3, GR 5, GR6, GR 7 / 7s

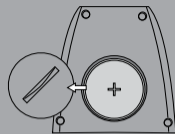
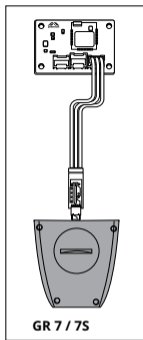
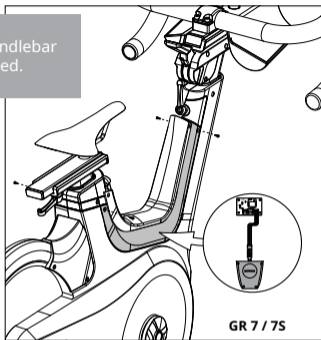
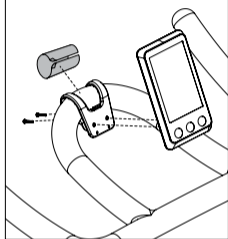
BACKLIT SETTING

Press 2 times to backlit page

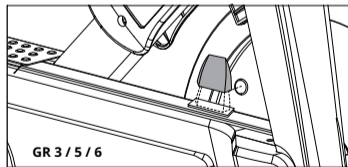
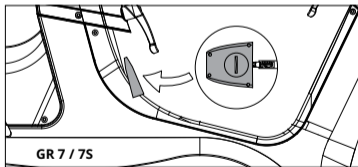
ICON	
PROGRAM	Program 1 HIGH INTENSITY INTERVAL TRAINING
TARGET	RESISTANCE
CHART	
ICON	
PROGRAM	Program 2 INTERVAL SPEED TRAINING
TARGET	RPM
CHART	
ICON	
PROGRAM	Program 3 INTERVAL HR TRAINING
TARGET	HEART RATE
CHART	

ASSEMBLY

Put foam paper between handlebar and console bracket, if needed.



Suggest to replace the battery of transmitter while the icon  blinking.



PARTS INCLUDED:

- 1 console with bracket
- 2 double-sided tape
- 4 AA batteries
- 1 round magnet
- 1 foam piece
- 2 screws
- 1 transmitter (only for GR7 / 7S)



FCC Notice :

This device complies with part 15 of the FCC Rules. Operation is subject to the following two 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.

That changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.