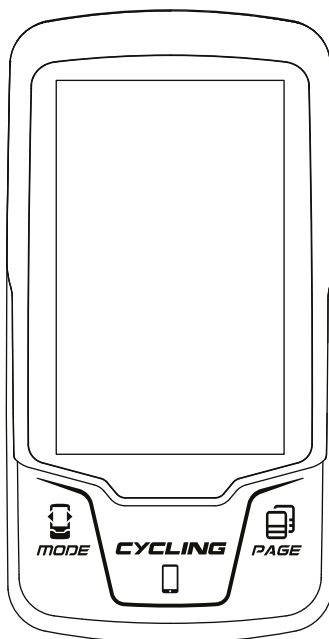




CICLO INDOOR BIKE CONSOLE SPECIFICATION



CADENCE BAR GRAPHIC

0~199rpm

RPM

0 ~ 199 RPM

SPD (km/h)

0 ~ 99 KM/H

DST (km)

Displays the distance traveled. Display range.

PULSE

30 ~ 240 BPM (need chest belt)

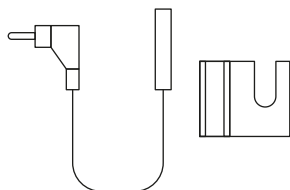
TIME

Count down setting range 1~99 minutes Count up setting range 00:01~99:59

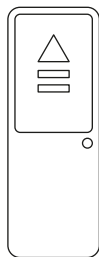
PROTOCOL

BLE4.0

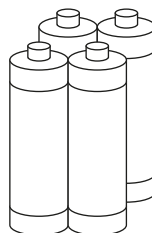
ITEM CHECK LIST



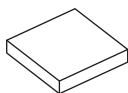
*Sensor Cable
& Holder*



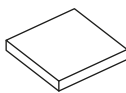
Transmitter



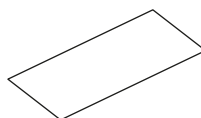
AAA Batteries



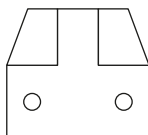
Sponge



Double-sided tape



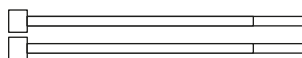
Velcro



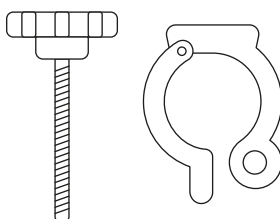
Magnet



Circular magnet



Cable stripes



Clamp bracket set



IMPORTANT SAFETY INSTRUCTIONS WARNING

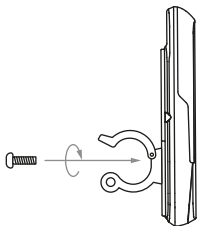
BEFORE BEGINNING THIS OR ANY OTHER EXERCISE PROGRAM, CONSULT A PHYSICIAN. THE PHYSICIAN CAN HELP YOU BETTER DETERMINE WHAT ACTIVITIES OR PROGRAMS ARE MOST SUITED FOR YOU. IF AT ANY TIME DURING THE WORKOUT YOU FEELING FAINT, OR CHEST PAINS, OR SEVER SHORTNESS OF BREATH, STOP EXERCISING IMMEDIATELY AND CONSULT A PHYSICIAN.

The M20X Console assembly consists of a computer console, a magnet, and a speed sensor transmitter. The sensor in the transmitter counts the number of times the magnet (mounted on the crank or flywheel) passes the sensor. The speed sensor transmitter will then transmit a coded signal to the console, which contains the measured value (Speed and Cadence).

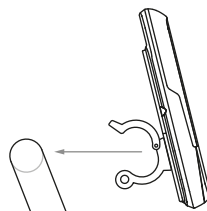
CONSOLE INSTALLATION

1. Ensure the Console Clamp is securely mounted on the back of the console. Insert the mounting screw through the Console Clamp.
2. Spread the clamp bracket apart, then clamp it back together over the top center of the handlebar.
3. Turn the screw bar downward, slightly tighten the screw and adjust the console for optimal Visibility. Once the console is adjusted, continue to tighten the screw until it is securely attached to the handle bar.

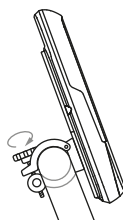
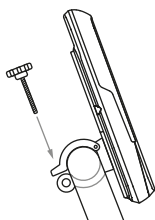
1.



2.



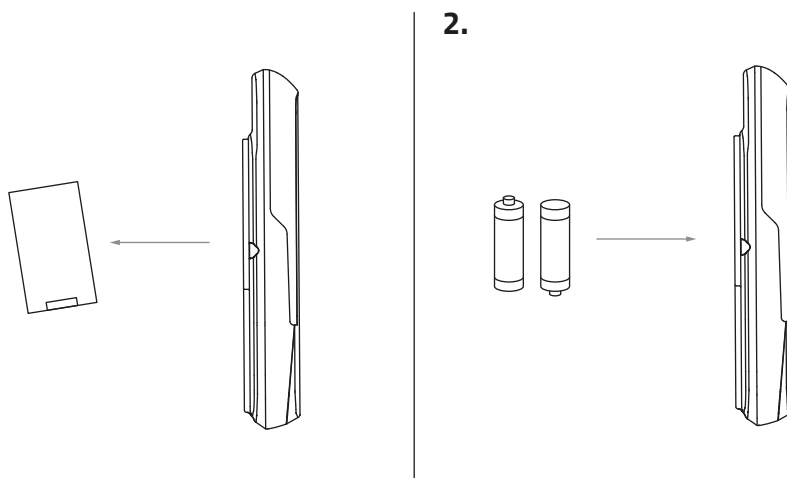
3.





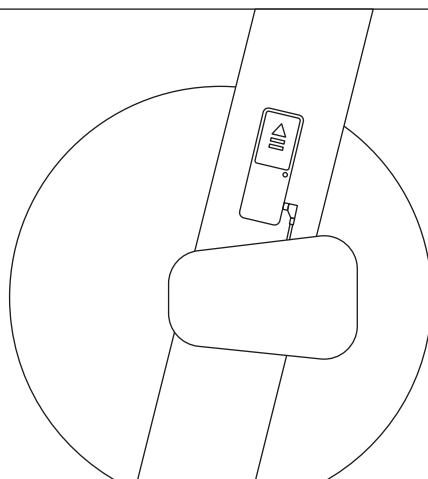
SPEED SENSOR TRANSMITTER BATTERY INSTALLATION

1. Remove battery cover from the transmitter.
2. Install 2 AAA batteries in battery compartment and reinstall the battery cover.



TRANSMITTER

Speed sensor transmitter can be installed nearby the drive belt cover. The transmission range is around 2 meters from the speed sensor transmitter to the computer console.



MAGNET

The placement of the magnet and the sensor will depend on the model of the bike.

In the case of a bike with a magnet incorporated in the flywheel (models MT2 and MT3), the sensor must only be placed at a maximum distance of 8 mm from that magnet, no need extra magnet (FIG. 1).

In the case of a bike that does not have a magnet in the flywheel, it is necessary to add the round magnet glued with double-sided tape on the flywheel (models EX3 and EX4) (FIG.2).

In the case of the EX2 model, the magnet is firmly attach on the crank arm (FIG.3) at the measured location. The allowable maximum distance between the magnet and sensor is 8 mm.



Fig 1
MT2 · MT3



Fig 2
EX3 · EX4



Fig 3
EX2

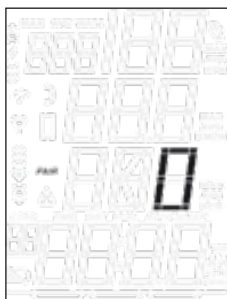
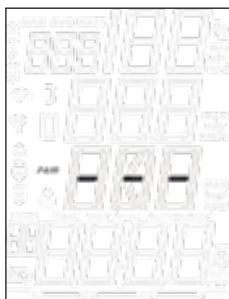


SPEED PAIR STAGE

Note: All models will be paired right after production.

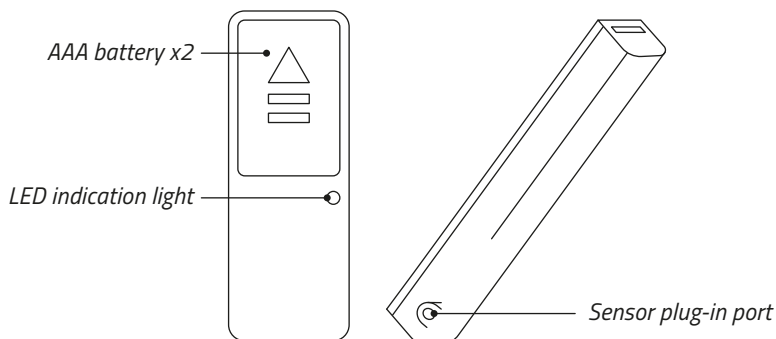
For commercial and maintenance purpose – press and hold both 'MODE' and 'PAGE' key for 3 seconds to go into setting. Wake up speed sensor by stepping on the bike, the speed transmitter will send signals to the console for pair stage.

If the number '0' is displayed on LCD, it means that pair stage is successfully completed. If the monitor displays 'Err', it means the pair stage has failed. The user can press 'PAGE' key, and repeat the pair stage again. Console will exit pairing stage automatically after 10 seconds with previously paired speed transmitter.

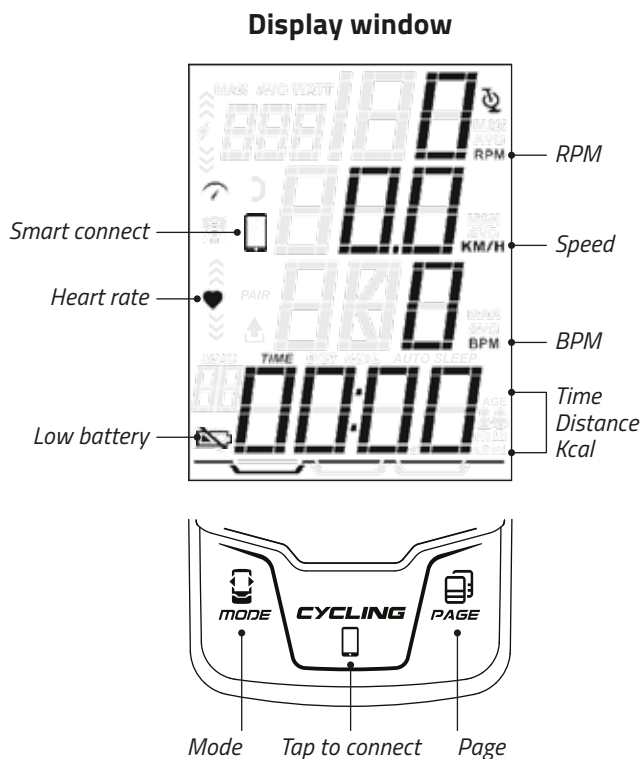


SPEED TRANSMITTER ILLUSTRATION

Notice: LED indication light will flash a few times when it wakes up and ready to be paired.



M20 console use AAA batteries, remove console from handlebar to change the batteries.
Low battery icon will disappear when fully charged batteries are installed.



TIME

Time is the length of time (min. / sec.). The time will count up or count down when user is pedaling. When pedaling stops, timer will stop to count up or count down after 3 seconds.

CADENCE & SPEED

Cadence is measurement of how fast the cranks are rotating in RPM's.

The approximate speed of the bike can also be displayed (MPH/KPH) in this section.

In addition to MPH/KPH, CADENCE will also display a bar graph allow riders to keep track of approximate cadence.

Average Cadence or Speed will be automatically shown after rider stop pedaling for 3 seconds.

DISTANCE

Distance is measurement of the approximate distance achieved on the bike. This distance is calculated based on user riding a bike with tires having same diameter as flywheel.

CALORIES (KCAL)

Kcal is the approximation of calories burned during work out. Calories are calculated by measuring rider's instantaneous heart rate, age, and weight.

CONNECT TO APP

Press the  button to connect the M20X console to APPS by bluetooth.

HEART RATE

This is the approximation of heart rate detect from bluetooth chest belt during work out. Average Heart Rate will automatically shown after 3 seconds if console cannot detect current Heart Rate.

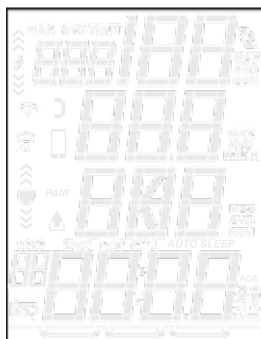
POWER (WATT)

Watt is the approximation of applied force during work out. Press 'MODE' key to select LOAD.

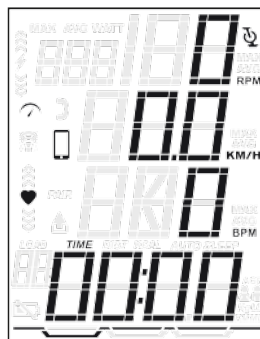
Choose option 1, 2 or 3 depending on the resistance level selected on the bike, 1 equals low resistance, 2 equals medium resistance and 3 equals high resistance.

QUICK START

In power saving mode, press page key to bring the console to 'QUICK Start' state.



Power Saving Mode

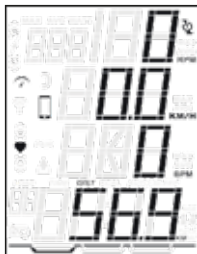
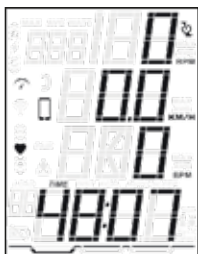


Quick Start Mode



MODE SELECT

Press 'MODE' key to select TIME, DIST, KCAL,LOAD display.



RESETTING ALL MEASURED VALUE

To clear all measured values, press and hold Page key under TIME Mode for 3 seconds. All measured value AVG SPEED, AVG PULSE, TIME, DIST, KCAL will reset.

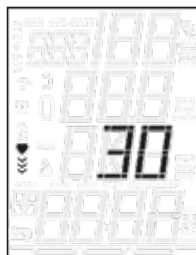
TIMER SETTING

TIMER displays user's workout duration. If the user does not set the COUNT DOWN TIME, TIMER will count up from 00:00 to 99:59.

If user presets the COUNT DOWN TIME, the TIME will count down to zero with flashing display, then counting up the Timer. Under DIST or KCAL, the user can go into TIMER setting by holding 'PAGE' key for 3 seconds.

HEART RATE TARGET ZONES

Under DIST or KCAL, hold Page key for 3 seconds to go into settings, Press "MODE" key to go to heart rate icon then press page to go to heart rate target zones window.



Press Mode key to increase maximum heart rate limit.

After setting maximum heart rate, press Page key to adjust minimum heart rate.



PERSONAL DATA SETTING

Accurate personal data will make your estimated calories burned more accurate. Under KCAL or DISTANCE MODE, Hold Page key for 3 seconds to go into setting, continuously' key to get to heart rate windows.

1. Press Page key to select gender, either: Male / Female
2. Press Page key to go to weight unit. Settings. Press Mode key to select weight, Kg. / Lb.
Note: change of metric units to imperial units will affect all displaying units: MPH/KPH, Lb/KG and ML/KM.
3. Press Page key, will go to weight settings Press Mode key to increase weight by 0.5 Kg. or 0.5Lb.

BIKE MODEL ADJUST

Under DIST or KCAL, hold Page key for 3 seconds to go into settings, then press page to go to bike model selection window.

To select the model of bicycle on which the M20 console is installed, follow the table below:

<i>Letter</i>		<i>Bike model</i>
A	—————→	MT2 / MT3
B	—————→	EX2
C	—————→	EX3 / EX4



TROUBLESHOOTING

No Display on Console

1. Press any key to bring the console to 'Quick Start' mode.
2. Ensure the battery icon is not shown on the Console and transmitter have batteries installed properly. Red LED light will flash on the transmitter when battery is low.

**RPM or HR does not change**

1. Press 'MODE key' repeatedly to toggle between SPEED (SPD), DISTANCE (DIST), TIME (TIME) and CLOCK (CLK) values.
2. Holding 'PAGE key' to clear past measured value or go into setting and exit.

Cadence number jumps high or low

1. Separate bikes may be paired to same console and are cross-talking, simply run transmitter pair stage again on the bike.
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. Make sure your chest strap is secure and electrodes are making contact with your chest at all times.

No Heart Rate signal displayed

1. Ensure your chest strap is worn correctly, and there is moist under electrodes of the chest strap.

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 CONSOLE DISPLAY TRY MOVING YOUR BIKE (S) AWAY FROM POTENTIAL RF INTERFERENCE AREAS.

RELOCATE THE BIKE AWAY FROM ANY EQUIPMENT THAT COULD POTENTIALLY INTERRUPT THE RADIO FREQUENCY SIGNAL, SUCH AS A DVD PLAYER OR TELEVISION, ETC.

NOTE

1. The M20X console 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 M20X console, lightly spray the monitor with an authorized cleaning / disinfectant solution and wipe dry with a soft towel. Use of any caustic cleaning solutions will void the warranty.



3. The M20X console is NOT waterproof, only water resistant. Any excessive exposure to water will void the warranty.

APPENDIX

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.