TITAN GC

Group Cycling Console w/ Heart Rate Monitor

Low Battery

rpm BAR GRAPHIC — rpm

HEART RATE

AVG — KCAL — CALORIES

AVG SPEED — SPEED DISTANCE TIME CLOCK

Mode — Set/Backlight
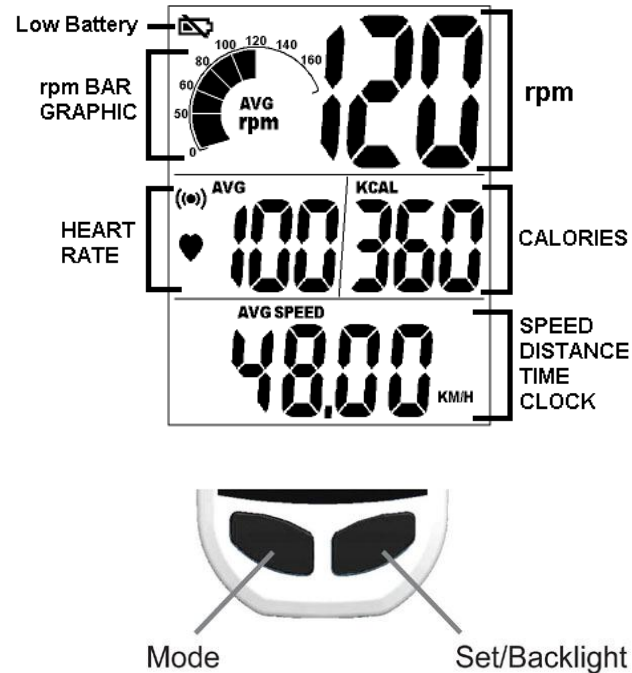
PRESS 'MODE' TO SCROLL THROUGH SPEED, DISTANCE, TIME & CLOCK

INSTRUCTIONS

Setting the TIMER

1. To set the timer for a work-out. Under SPEED or DISTANCE MODE, hold SET key for 3 seconds to go into the TIME settings.
2. Press the SET button to adjust the minutes.

Resetting ALL measured value

To clear all the measured values, press and hold 'SET' key under the TIME MODE for 3 seconds. All the measured values for AVG SPEED, AVG PULSE, TIME, DIST, KCAL will be reset.

Heart Rate Pair

Hold 'MODE' key for 3 seconds, LCD will display 'PULSE PAIR ' (---), then bring the front center of the chest belt towards the embedded magnet on the top of the console for a few gentle back and forth swipe. If the Heart Rate value is displayed on LCD, it means that the pair stage is successfully completed. On the other hand, if the monitor displays 'Err', it means that the pair stage is failed. Then the user can press 'SET' key, and repeat the pair stage again.

Setting the HEART RATE TARGET ZONES

1. Under SPEED or DISTANCE MODE, hold SET key for 3 seconds to go into the settings, press MODE key to go to the heart rate target zones window.
2. Press the 'SET' key to increase maximum heart rate limit. After setting the maximum heart rate, press the MODE key to adjust the minimum heart rate limit.

Setting the HEART RATE ALARM

Under the TIME MODE, Press 'SET' key to select the Alarm display. The heart rate symbol will also flash to visually indicate that your heart rate is either above or below the selected target zone.

Press any Key will bring the CONSOLE to 'QUICK START' mode.

Setting your PERSONAL DATA

1. Under SPEED or DISTANCE MODE, Hold ''SET' key for 3 seconds to go into the setting, continually press 'MODE' key to get to the personal data windows.
2. Press the 'SET' key to select the gender, choose either male or female icons in the bottom right hand corner of the screen.
3. Press the 'MODE' key to go to the weight unit setting. Press the 'SET' key to select the weight, either: Kg. / Lb. Note: this change of metric units to imperial units will affect the displaying units: MPH/KPH, LB/KG and ML/KM.
4. Press the MODE key, this will go to the weight setting. Press the 'SET' key to increase the weight by 0.5 Kg. or 0.5Lb.

TROUBLESHOOTING

No Display on Console

1. Press 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 new batteries.

No Heart Rate signal displayed

1. Ensure that your chest strap is worn correctly, and that there is moisture under the electrodes of the chest strap.
2. Relocate the bike away from any equipment that could potentially interrupt the radio frequency signal, such as a DVD player or television, etc.

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. Press and Hold 'SET key' repeatedly to clear past measured value or go into setting and exit.

GTBC.ca
Greater Toronto Bicycle Company
Indoor Cycling Specialists