Wireless Universal Group Cycling Console

w/ Heart Rate Monitor

Instruction manual

To learn more about TITAN products visit the website of the Greater Toronto Bicycle Company at:
www.gtbc.ca

IMPORTANT

Please make certain that the person who is to install and use this equipment carefully reads and understands these instructions before starting operation.

IMPORTANT SAFETY INSTRUCTIONS WARNING

BEFORE BEGINNING THIS OR ANY OTHER EXERCISE PROGRAM, CONSULT A PHYSICIAN. IF AT ANY TIME DURING THE WORKOUT YOU FEEL FAINT, OR CHEST PAINS, OR SEVER SHORTNESS OF BREATH, STOP EXERCISING IMMEDIATLELY AND CONSULT A PHYSICAN.

TECHNICAL SPECIFICATIONS

CADENCE BAR GRAPHIC: 0-199rpm per Bar
RPM : 0-199 RPM
SPEED : 0-99 KM/H
PULSE : 30-240 BPM
TIME : Count down setting range 99:00-00:00 Mins.
Count up range 00:01-99:59 Mins.

Ensure all components are present prior to installing. The Universal Group Cycling Console assembly consists of the following:

- Universal Group Cycling Computer Console
- Handlebar mount
- Magnet
- Chest belt
- Speed Sensor Transmitter
- Transmitter cable
- 4 AAA Batteries
- 3 mounting ties
- Double-sided adhesive foam tape
- Velcro

The sensor in the transmitter counts the number of times the magnet (mounted on the 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).

Both the computer console and the speed sensor transmitter use AAA type batteries. Please install the supplied AAA batteries in the computer console and speed sensor transmitter before using.

GETTING STARTED

Universal Group Cycling Console Battery Installation:

1. Remove the battery cover from the back of the computer.
2. Insert 2 AAA batteries into the battery compartment and reinstall the battery cover.
3. When the batteries are running low, the 'Low battery' indicator will show up on the Console display. See FIG. 4.

Speed Sensor Transmitter Battery Installation:

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

INSTALLATION OF THE UNIVERSAL GROUP CYCLING MONITOR

Computer Console Installation:

1. Ensure the console clamp is securely mounted on the back of the console. Insert the mounting screw through the console clamp into the Console. See FIG. 1.

FIG. 1

2. Spread the bottom of the console clamp apart, than clamp it back together over the top center of the handlebar. See FIG.2

FIG. 2

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.

Speed Sensor Transmitter Installation: (A&B) FIG. 3

1. Using the velcro or mounting ties provided attach the Transmitter to the front fork as in (A) FIG. 3.
2. Connect the Sensor cable (B) FIG. 3 by mounting the holder to the crank bracket using the double-sided foam tape provided.
3. Connect the cable into the Transmitter and securely tuck or tie the cables away from moving parts.

FIG. 3

Note: Depending on the make and model of the bike, the Speed Sensor Transmitter can typically be installed nearby the chain guard cover and flywheel. The transmission range is approximately 2 meters from the Speed Sensor Transmitter to the Computer Console.

Magnet Installation: (C) FIG. 3

Firmly attach the magnet on the fly wheel so the magnet lines up with the senor as in (C) FIG. 3. The allowable maximum distance between the magnet and sensor end is 8 mm or closer. Spin the flywheel to ensure accurate placement.

CONSOLE DISPLAY

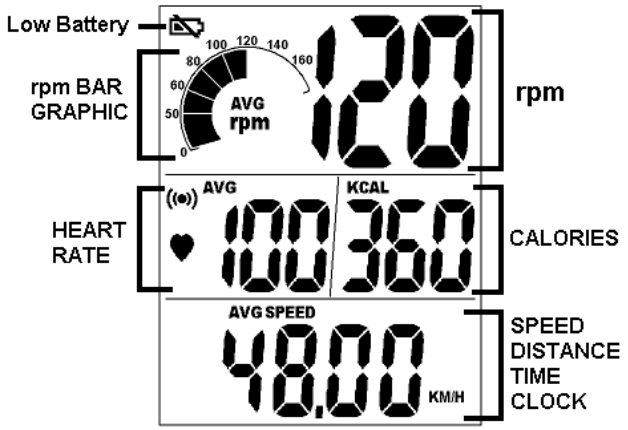
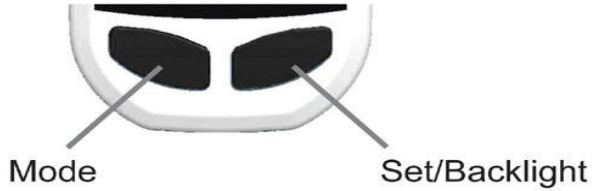


FIG. 4



DESCRIPTION OF OPERATION

TIME

Time is the length of time (min. / sec.). The time will count up or count down during user peddling. When peddling stopped, the time will stop to count up or count down after 3 seconds.

CADENCE & SPEED

Cadence is the measurement of how fast the cranks are rotating in RPM's. The approximate speed of the bike can also display (MPH/KPH) in this section. In addition to the MPH/KPH, the CADENCE will also display a bar graph that allows the rider to keep track of the approximate cadence that has been achieved. Average Cadence or Speed will be automatically shown after the rider stop the pedaling for 3 seconds.

DISTANCE

Distance is the measurement of the approximate distance achieved on the bike. This distance is based on the user riding a bike with tires that are the same size as the bikes flywheel.

KCAL (Calories)

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

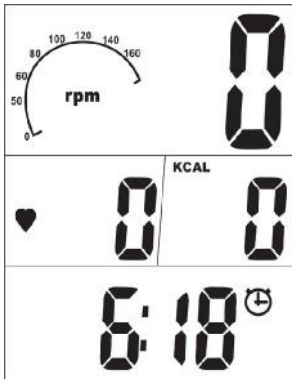
HEART RATE

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

POWER SAVE MODE

In Power Save Mode, Press any Key will bring the CONSOLE to 'QUICK Start' active state.

QUICK START MODE



OPERATION PROCEDURES

Setting the CLOCK

1. Under the CLOCK MODE (See FIG. 4), this is when the time will be displayed at the bottom of console screen. Press and hold 'SET' key.
2. Select between a 12 or 24 hour clock using the SET button
3. Press the MODE button to flash the CLOCK HOUR, then using the SET button adjust the time.
4. Press the MODE button again to adjust the minutes with the SET button.

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 (See FIG. 3 for where this is displayed), 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.

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 to zero.

Setting the TIMER

The TIMER displays the exercise work-out time. If the user does not set the time will count up from 00:00 to 99:59.

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.

Setting your PERSONAL DATA

Accurate personal data will make your calories burned more accurate.

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.

Heart Rate Pair

Note: All models will be paired right after production for commercial and maintenance reasons. This unit has the advantage of adapting to a confined space where there will be many chest belts without cross talk and interference.

Hold ‘MODE’ key for 3 seconds, LCD will display ‘PULSE PAIR ‘ (---) ‘ See FIG. 5, 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.

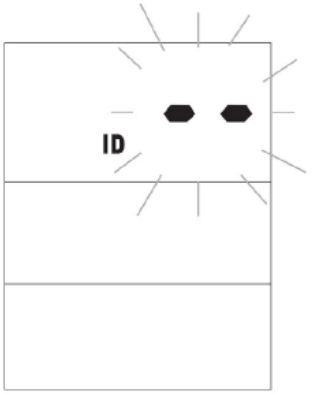


FIG. 5

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.

Alternatively, it will exit the pair stage automatically after 10 seconds with the memory of previous paired chest belt.

Speed Pair

Note: All models will be paired right after production for commercial and maintenance reasons.

Press and Hold both MODE and SET key for 3 seconds to go into the SPEED PAIR STAGE.

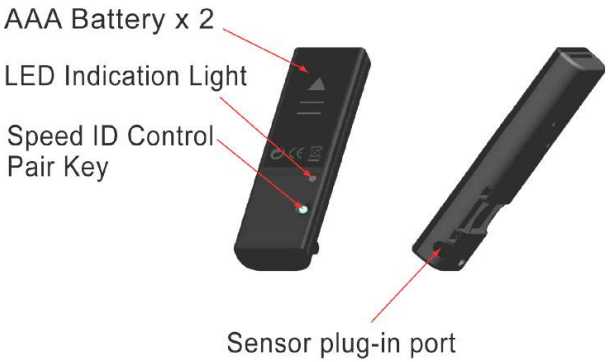


FIG. 6

The user will have to press the small 'SPEED ID Control Pair Key' on the speed transmitter, see FIG. 6.

If the console registers a zero (FIG. 7), then the pair stage has successfully completed. On the other hand, if the monitor displays 'Err', it means that the pair stage has failed. The user can then press 'SET' key, and repeat the pair stage again.

Alternatively, it will exit the pair stage automatically after 10 seconds with the memory of previous paired speed transmitter.

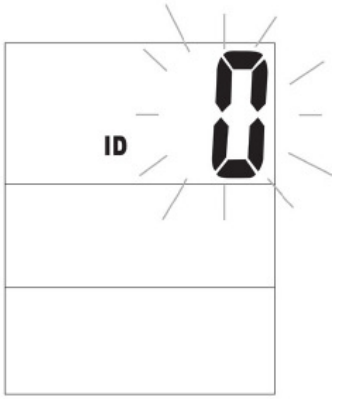


FIG. 7

LED Light Indication

The LED indication light will flash when pressed SPEED ID CONTROL PAIR key and receiving signals.

If the number '0' is displayed on LCD, it means that the

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.

Cadence number jumps high or low

1. Separate bikes that may be paired to the same console code and are cross-talking, or 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. Verify that your chest strap is secure and that the electrodes are making contact with your chest at all times.

If you need further assistance you can contact GTBC by calling 1.877.701.4822 or send an email to support@gtbc.ca .

CAUTION

EXTERNAL INTERFERENCE MAY BE CAUSED BY OTHER ELECTRONIC DEVISES, SUCH AS: NEARBY TELEVISIONS, STEREO EQUIPMENT, SPEAKERS, ELECTRICAL WIRE CABLING, ETC. IF YOU EXPERIENCE DISTURBANCES IN THE CONSOLE DISPLAY TRY MOVING YOUR BIKE (S) AWAY FROM POTENTIAL RF INTERFERENCE AREAS.

WARRANTY

This is to certify that the Universal Group Cycling Monitor is warranted to be free of all defects in materials and workmanship. This warranty does not apply to any defect caused by negligence, misuse, accident, alteration, improper maintenance, or an 'act of God.' The Universal Group Cycling Monitor can be adapted to almost any indoor cycling or spinning bike. The Universal Group Cycling Monitor carries a one-year warranty on the monitor, chest belt, and transmitter. Batteries are not warranted. Contact our Customer Service Department to report any problems.

PLEASE NOTE:

The Universal Group Cycling Monitor system 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. 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.

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Indoor Cycling Specialists