

INDOOR CYCLE
Computer



WATERS

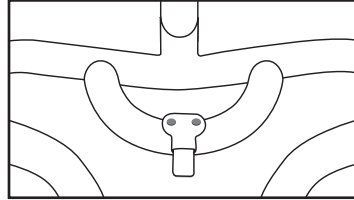
the essence of health & fitness

INDOOR CYCLE COMPUTER INSTRUCTIONS

INSTALLING THE COMPUTER

1) Computer Bracket

The Computer Bracket mounts to the underside of the handlebar. The easiest method of installation is to remove the handlebar from the cycle and lay it on a flat surface with the insert post pointing up. You should see two indentations in the rubber on the underside of the center handlebar bend. On the Pro model, indentations are on the inside bar. These indentations are the pre-drilled bracket holes. Use a phillips screwdriver to clear the rubber material from the pre-drilled holes by rotating the screwdriver into the holes. When the holes are clear, install the bracket with the two bronze colored washers and screws. The bracket should point forward.



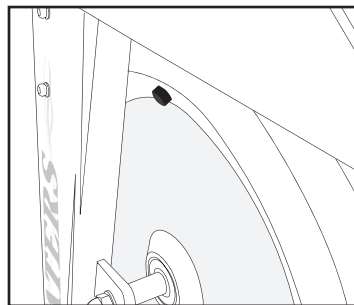
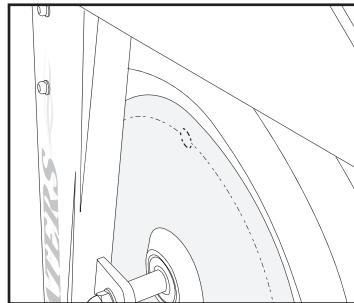
2) Computer

The Computer has a slot on the back which allows it to slide onto the Computer Bracket.

3) Wheel Magnet

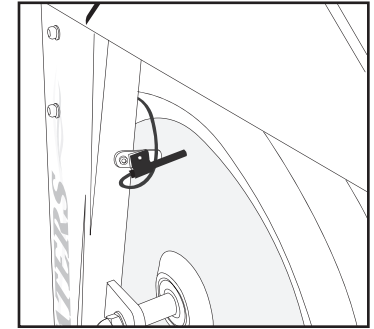
Newer Tsunami Cycles have the magnet pre-installed under the outer edge of the left side wheel decal. To test if your cycle has a magnet pre-installed, hold the speed sensor within an inch of the outer edge of the left side wheel decal. A magnet has been pre-installed if you get a RPM reading on the connected Computer while the flywheel is spinning.

Original Version of the Tsunami Cycles do not have the magnet installed. Attach the supplied magnet to the angled section of the flywheel above the left-side wheel decal. Wipe the area clean and press the magnet with adhesive backing firmly to the flywheel.



4) Speed Sensor Bracket

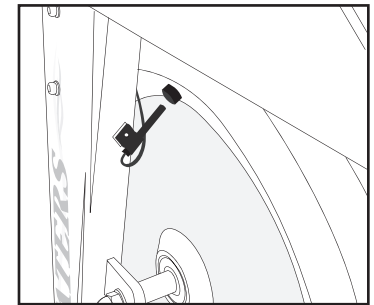
The Speed Sensor Bracket is installed on cycles that come with a speed sensor braze-on. The braze-on is located on the backside of the left fork. Unscrew the braze-on bolt, and attach the Speed Sensor Bracket with the washer and bolt. Install the bracket pointing towards the flywheel and parallel to the floor.



5) Speed Sensor

To install the Speed Sensor Bracket attach the Speed Sensor Holder to the Speed Sensor Bracket so the sensor points towards the wheel magnet. The sensor should be about 1/4 to 1/2 of an inch from the surface of the magnet. The Speed Sensor Holder can be attached with a washer and bolt or applied with the adhesive backing.

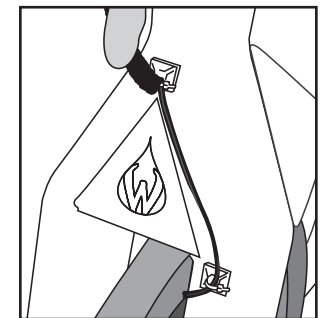
To install without a Speed Sensor Bracket attach the Speed Sensor Holder on the backside of the left fork so the sensor points towards the wheel magnet. The sensor should be about 1/4 to 1/2 of an inch from the surface of the magnet. The Speed Sensor Holder attaches with the adhesive backing.



6) Wire Routing

See Diagram for suggested placement of the frame mounts and cable routing. Apply the frame mounts with the adhesive backing in the suggested positions on the frame. Route the cable from the sensor to the lower frame mount and secure with a zip tie. Check to ensure the cable is snugly against the frame and there is no extra cable free to rub against the flywheel.

Continue routing the cable through the higher frame mount and secure with a zip tie. Install batteries. Plug the sensor into the back of the Computer. The Computer is ready to use.



COMPUTER INSTRUCTIONS

LCD DISPLAY •
Liquid Crystal Display

DISTANCE DISPLAY •
kilometers (Km) or miles (Mile)

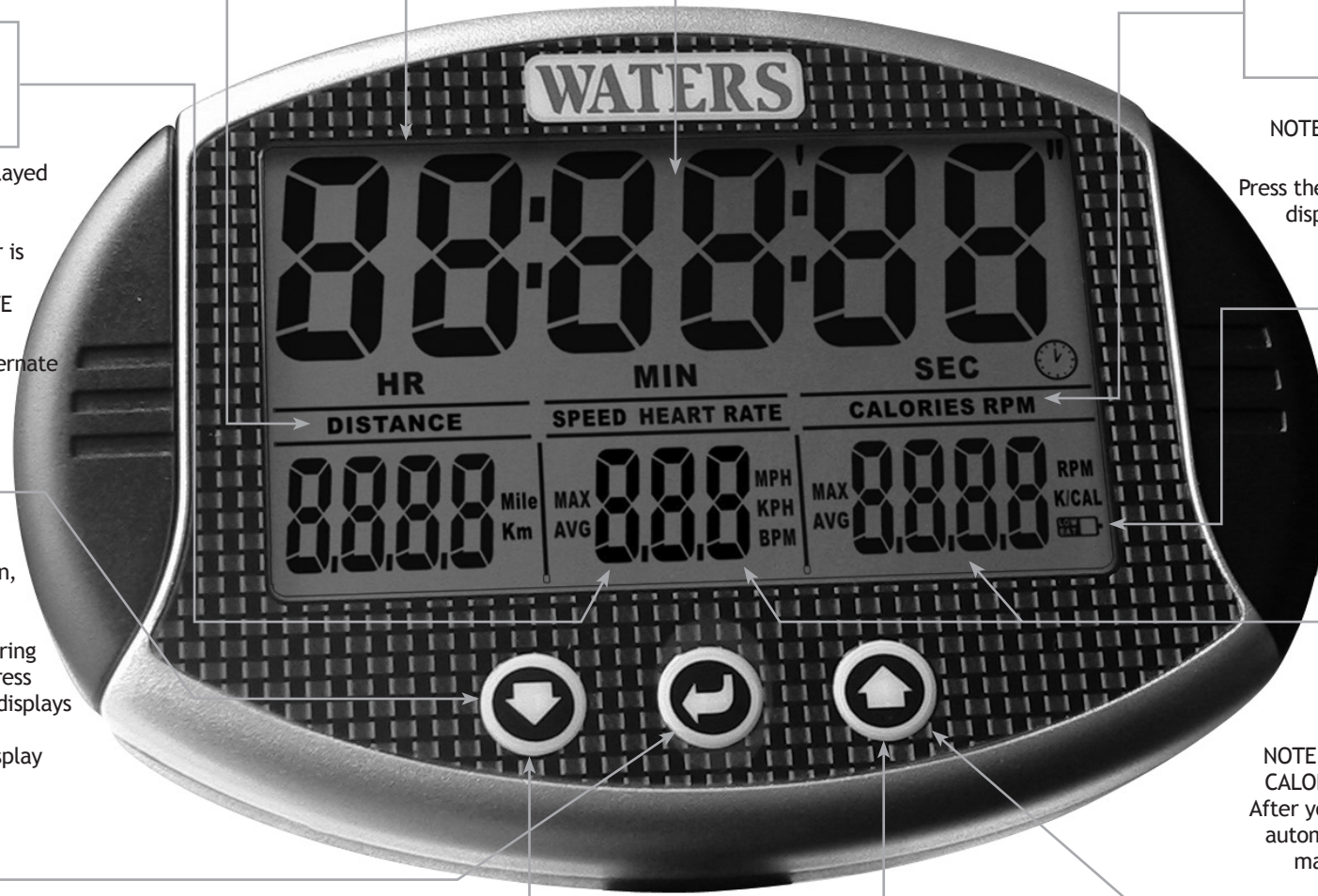
SPEED DISPLAY •
kilometers per hour(KPH)
OR
miles per hour(MPH)

HEART RATE DISPLAY •
Your heart rate/pulse is displayed
in beats per minute (BPM).
NOTE: If the letter "P" is
displayed then the Computer is
not receiving a pulse signal.
NOTE: SPEED and HEART RATE
share the same display.

Press the DOWN ▼Key to alternate
the display which will also
change the CALORIES/RPM
Display as they are linked.

DOWN ▼Key •
two functions
1) Decrease Target Value
during target value selection,
press the Key to decrease
your target value.
2) Alternate both Displays during
and after your workout, press
the Key to alternate both displays
between:
SPEED and HEART RATE Display
PLUS
CALORIES and RPM Display
as they are linked.

ENTER SELECT KEY •
two functions
1) Activate Target Value Selection Before your
workout, press the ENTER Key once to impute
your time target value
OR
Press the ENTER Key twice to impute your
distance target value.
2) Reset the Computer
Press and hold the ENTER Key for three seconds
to reset the computer. NOTE: You will loose all
data recorded by the computer.



TIME DISPLAY •
hours, minutes and seconds

CALORIES DISPLAY •
Measured in kilocalories (K/CAL).
Also known as large Calories
and food Calories.

RPM / CADENCE DISPLAY •
revolutions per minute (RPM)
NOTE: CALORIES and RPM share the
same display.

Press the DOWN ▼Key to alternate
the display which will also change the
SPEED / HEART RATE Display
as they are linked.

LOW BATTERY DISPLAY •
The low battery display will
flash when the batteries
need replacing.

**MAXIMUM & AVERAGE
DISPLAY** •
During your workout press
the UP ▲Key to alternate
between the following:
MAX SPEED / CALORIES
AVG SPEED / CALORIES
SPEED / CALORIES
OR
MAX HEART RATE / MAX RPM
AVG HEART RATE / AVG RPM
HEART RATE / RPM

NOTE: The SPEED / HEART RATE and
CALORIES / RPM displays are linked.
After your workout the Computer will
automatically display your total and
maximum and average values for
approximately 75 seconds.

UP ▲KEY •
two functions
1) Increase Target Value during target value
selection, press the Key to increase your
target value.
2) Alternate both Displays during your
workout, press the Key to alternate both
displays to show the
MAXIMUM, AVERAGE and CURRENT
display data.

FAST TRACK

Press and hold either the DOWN ▼ Key or the UP ▲ Key
to fast track during target value selection.

Battery Installation

Remove the battery cover at the rear of the Computer and install two size “AA” 1.5V batteries. Replace the battery cover and insure it is tightly closed.

Battery Life

Battery life is approximately six months of home use, depending on the frequency of use and the quality of the batteries. To ensure long battery life we suggest alkaline batteries.

Computer Low Battery Display

The low battery display will flash when Computer batteries need replacing.

Auto Power Up

The Computer will automatically power up when cycle is in use. Note, there is a brief delay. The Computer will also power up when any keys are pressed.

Auto Power Down

The Computer will automatically power down when the cycle is not in use after approximately 75 seconds.

Target Values

TIME or DISTANCE target values are optional. You can only choose one target value, either time or distance. If you do not select any of these optional values then the Computer will count from zero upwards. If you select one of these optional target values then the Computer will countdown from your selection. The Computer will stop and sound an alarm once the target value has been achieved. Press the ENTER key to stop the alarm.

TIME: 1:00-99:55:00 minutes (in 5 minute steps).

DISTANCE: 1.0-999.0 kilometers or miles (in 1.0 steps).

Heart Rate Receiver

The Computer has a built in chest band receiver that uses the international standard 5 kHz bandwidth. Your heart rate will only register on the Computer if you are wearing a compatible chest band. If you are unsure that your existing chest band is compatible then contact your retailer for verification.

Trouble Shooting Solutions

- 1) SPEED SENSOR DIRECTION: Check to ensure that the speed sensor is pointed towards the wheel magnet.
- 2) COMPUTER RESET: Press and hold the ENTER key for three seconds.
- 3) COMPUTER REBOOT: Disconnect the power for approximately 15 seconds by removing the batteries. Wait 15 seconds, and then reinstall batteries.
- 4) REPLACE BATTERIES: Discard the old batteries and replace them with fresh new alkaline batteries.

IF THESE TROUBLE SHOOTING SOLUTIONS FAIL TO CORRECT THE PROBLEM THEN CONTACT YOUR RETAILER FOR ASSISTANCE.

WATERS

the essence of health & fitness

Waters Fitness, LLC 740 Pierce St., Waterloo WI 53594
888.850.9973 f:262.923.1000 www.watersfitness.com