

FREEMOTION[®] Console

Model No. FMPW17.0

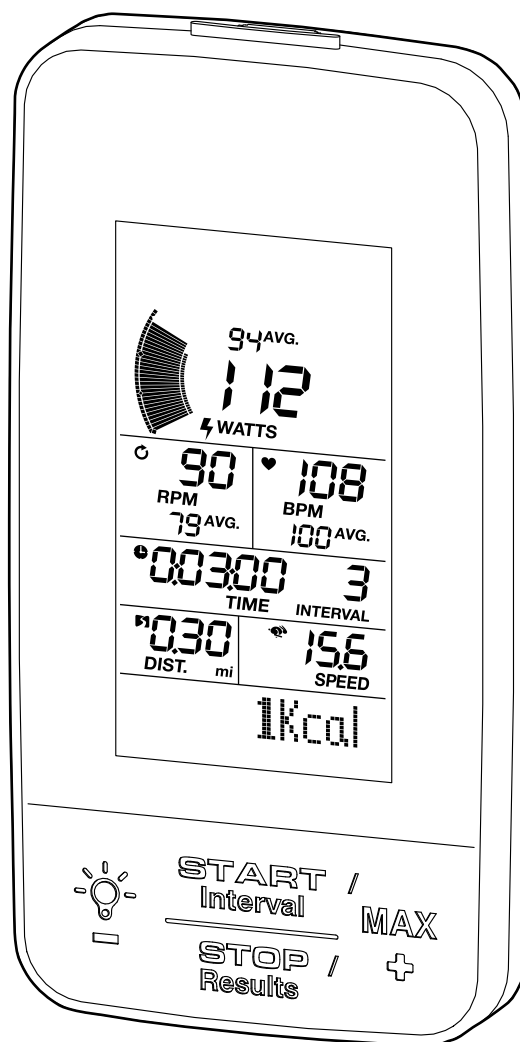
QUESTIONS?

If you have questions, or if parts are damaged or missing, please see HOW TO CONTACT CUSTOMER CARE on the back cover of this manual.

CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

USER'S MANUAL



www.freemotionfitness.com

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FREEMOTION is a registered trademark of ICON Health & Fitness, Inc.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your console before using your console. FreeMotion Fitness assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. It is the responsibility of the owner to ensure that all users of the console are adequately informed of all precautions.
2. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
3. If you have an implanted medical device, such as a pacemaker, consult your physician before using a heart rate monitor.
4. If you are taking medication regularly, consult your physician to find out if the medication will affect your exercise heart rate.
5. Use the console only as described in this manual.
6. Keep the console indoors, away from moisture and dust. Do not put the console in a garage or covered patio, or near water.
7. Inspect and properly tighten all parts each time the console is used. Replace any worn parts immediately.
8. Keep children under age 13 and pets away from the console at all times.
9. To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.
10. Clean the console with a soft, damp cloth only. Do not use abrasives or solvents to clean the console.
11. When storing the console, remove the batteries. Store the console in a clean, dry location away from moisture and dust.
12. Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.

COMPLIANCE INFORMATION

UNITED STATES

FCC Statement. 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.

FCC Warning: Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

Note: 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 of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the 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.

This device meets the FCC and IC requirements for RF exposure in public or uncontrolled environments.

IMPORTANT: To satisfy exposure compliance requirements, the antenna and transmitter in the console must be at least 8 in. (20 cm) from all persons and must not be near or connected to any other antenna or transmitter.

Note: The console contains FCC ID: 06R1823.

CANADA

IC Statement. This device complies with Industry Canada (IC) license exempt RSS standard(s). 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.

This Class B digital apparatus complies with Canadian ICES-003.

Note: The console contains IC ID: 3797A-1823.

CONSOLE FEATURES

OVERMOLDED CONSOLE COVER

To prevent moisture from entering the console, the entire upper surface of the console, including the buttons, is overmolded in a thin rubber membrane. This surface can easily be cleaned with a soft, damp, non-abrasive cloth.

BACKLIT LCD DISPLAY

The console has an LCD display that features a backlight, fixed displays that provide ride data, and an active dot matrix message banner. During a ride, the message banner displays useful text messages relating to the other ride data. The message banner also functions as a menu in the SETTINGS mode.

HEART RATE MONITOR COMPATIBLE

The console is compatible with ANT+™ and non-coded Polar® heart rate monitor models. The console will link to the strongest heart rate monitor signal in a range of approximately 2 to 3 meters. Note: A heart rate monitor is not included with the console.

USB DATA STORAGE

The console has a USB port that can be used with commercially-available USB drives. The ride data for each INTERVAL and the TOTAL RIDE can be saved to a USB drive in a .csv file format that will allow users to track and analyze their ride data. This file format is common to standard spreadsheet software programs and can also be uploaded to many training websites.

CONSOLE SPECIFICATIONS

Dimensions

Height: 1.6 in. (40 mm)
Length: 6.9 in. (175 mm)
Width: 3.3 in. (85 mm)

Weight with Batteries

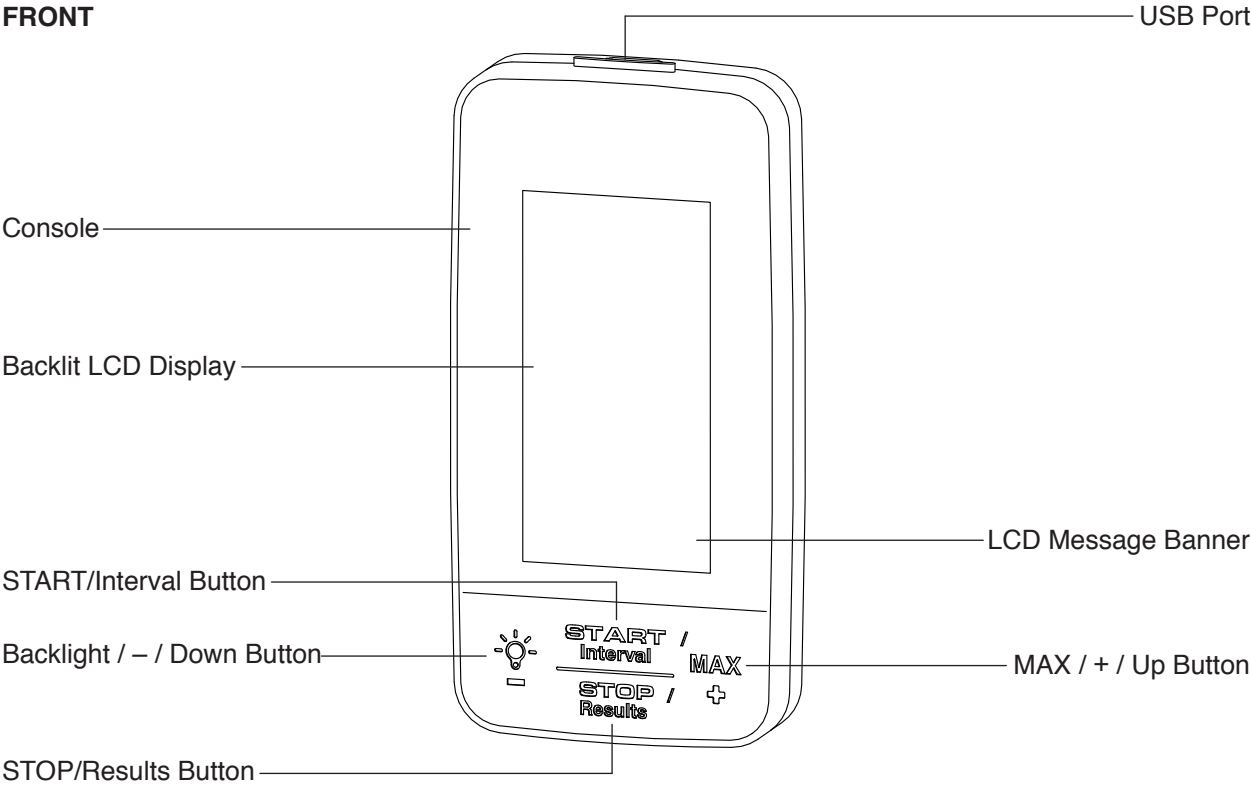
1 lb. (2.2 kg)

Batteries Required

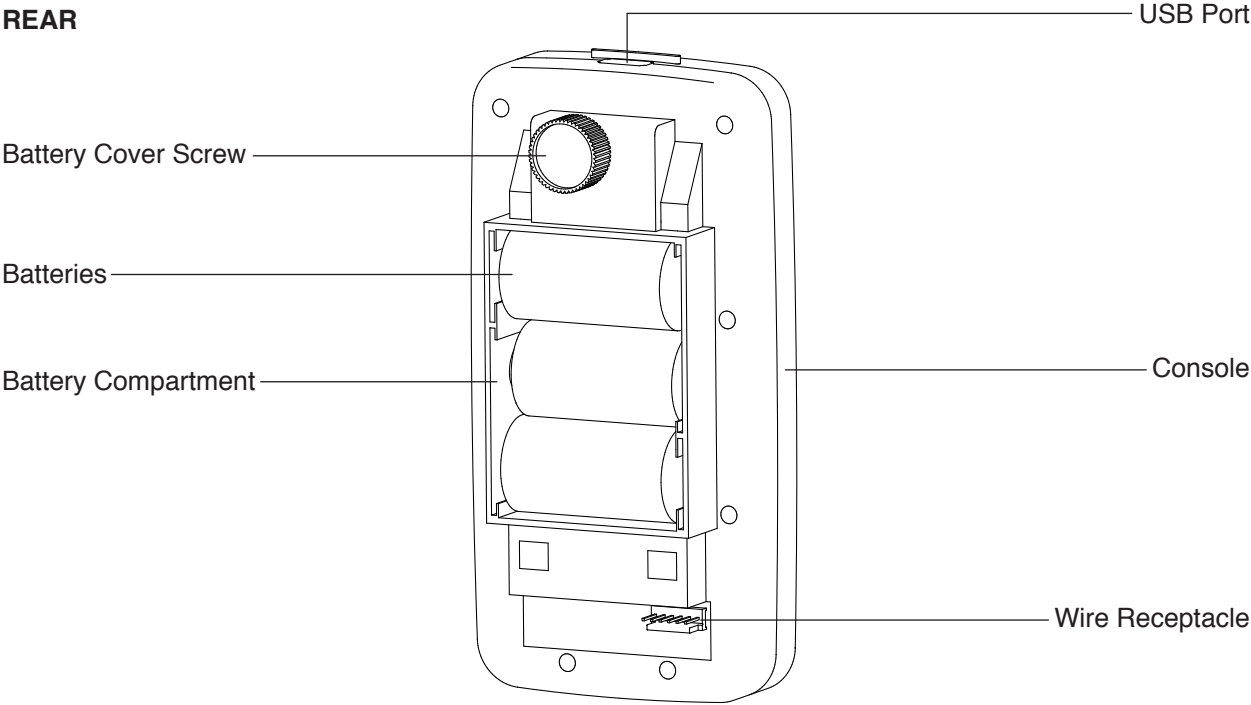
Three (3) C batteries (LR14)

CONSOLE DIAGRAM

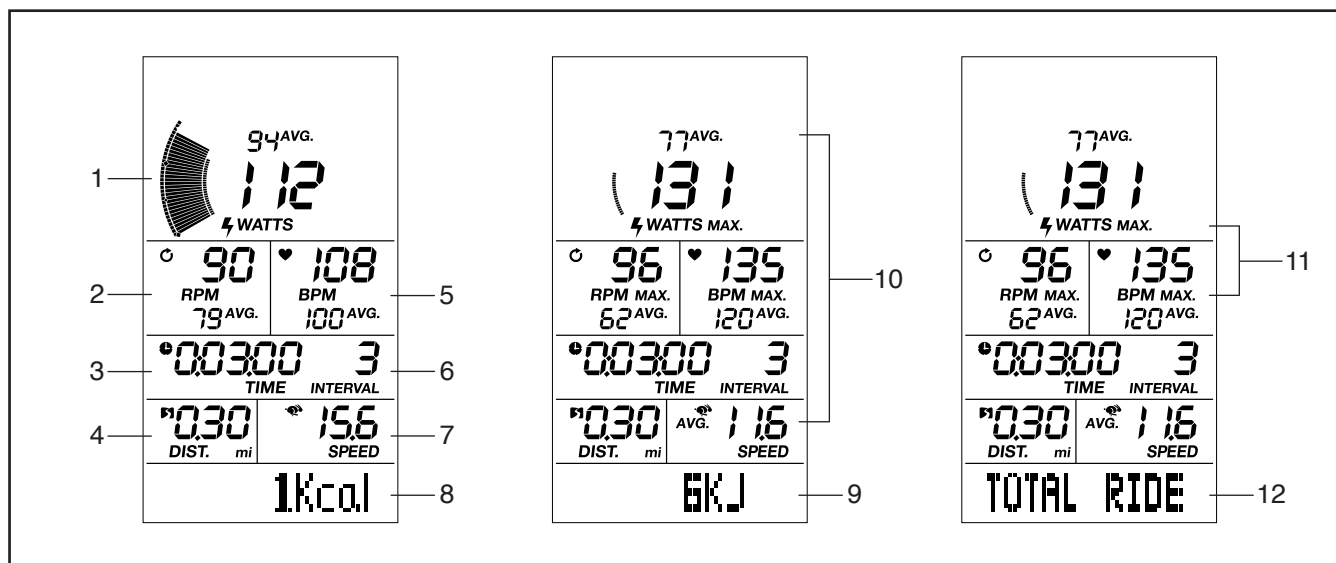
FRONT



REAR



DISPLAY DIAGRAM



Number	Display	Description
1	WATTS	Displays power output in watts—instantaneous, average, and maximum.
2	RPM	Displays pedaling cadence in revolutions per minute (RPM)—instantaneous, average, and maximum.
3	TIME	In the INTERVAL mode, displays the elapsed time for the interval. In the RIDE and the TOTAL RIDE mode, displays the elapsed time for the entire ride.
4	DIST	In the INTERVAL mode, displays the distance traveled in miles (MI) or kilometers (KM) for the interval. In the RIDE and the TOTAL RIDE mode, displays the distance traveled in miles or kilometers for the entire ride.
5	BPM	If the user wears a compatible heart rate monitor (not included), displays the heart rate in beats per minute (BPM)—instantaneous, average, and maximum.
6	INTERVAL	Displays the number of the current interval.
7	SPEED	Displays pedaling speed in miles per hour or kilometers per hour—instantaneous, average, and maximum.
8	KCAL	Displays the cumulative kilocalories (KCAL) value during the ride.
9	KJ	Displays the cumulative kilojoules (KJ) value during the ride.
10	AVG	Displays the average values for the current interval or the entire ride.
11	MAX	In the RIDE mode and the TOTAL RIDE mode, displays the maximum values.
12	Message Banner	Displays text messages indicating the current mode or menu option. Examples: WARM UP, RIDE, TOTAL RIDE, SETTINGS.

DISPLAY DEFINITIONS

WARM UP

The console has a WARM UP mode designed to allow a user to adjust the exercise bike, to warm up, and to prepare for an actual ride. In a studio cycling class, users can use this mode to warm up before the class begins.

While the WARM UP mode is selected, the console will provide instantaneous data in the displays for a user to reference. However, the console will not record the elapsed time, will not show average values, and will not save ride data to a USB drive.

To exit the WARM UP mode, a user will press the START/Interval button to enter the INTERVAL mode and begin the ride.

INTERVAL

During the ride, the console will be in the INTERVAL mode.

The INTERVAL mode can have 1 to 99 numbered intervals. To enter a new INTERVAL, a user will press the START/Interval button. The display will show the INTERVAL number.

For each interval, the console will record the elapsed time and distance and will show instantaneous data and average values in the displays.

Ride data for each INTERVAL will also be saved in the console memory for the TOTAL RIDE mode. If a user inserts a USB drive into the USB port before entering the INTERVAL mode, the ride data will also be saved to the USB drive in the TOTAL RIDE mode.

RIDE

During the ride, a user can press the STOP/Results button to select the RIDE mode and view data for the entire ride.

While the RIDE mode is selected, the console will show the time and distance for the entire ride. The displays will show the maximum values achieved for the ride so far and the average values for the ride so far.

WATTS

The console will measure and show a user's power output in WATTS. A watt is an instantaneous measurement of power and is a product of two factors: force and movement.

When a user rides an exercise bike, force equates to how hard the user pushes the pedals. Movement equates to the user's pedaling cadence—measured in revolutions per minute (RPM).

A watt is the international standard unit for power. However, power output is often expressed in horsepower as well. For reference, 746 watts is equal to 1 horsepower.

KJ (KILOJOULES)

The console will measure and show the amount of work a user has accomplished during a ride in kilojoules (KJ). The console will show the kilojoules value only in the TOTAL RIDE mode.

The kilojoules value is a direct measurement that can be converted into a food energy equivalent (kilocalories). However, the formula for this conversion makes assumptions about the mechanical efficiency of the human body.

A kilojoule is equal to 1000 joules. In turn, 1 joule is equal to 1 watt applied for 1 second.

KCAL (KILOCALORIES)

The console will measure and show the approximate amount of food energy used by a user's body in kilocalories (KCAL). Note: Kilocalories are also known as large calories or Calories. In nutritional contexts, kilocalories are known as Calories.

A kilocalorie is equal to 1000 small calories. Note: Small calories are also known as gram calories. Small calories are very small units and are not used in nutritional contexts.

RPM (REVOLUTIONS PER MINUTE)

The console will measure and show the user's pedaling cadence in revolutions per minute (RPM).

A user's pedaling cadence is the number of times the user's foot travels a complete pedal stroke (360-degree circle or revolution) in one minute.

HEART RATE

If a user wears a compatible chest heart rate monitor (not included), the console will measure and show a user's heart rate in beats per minute (BPM).

When the console detects a signal from the user's chest heart rate monitor, the heart symbol in the display will flash and the user's heart rate will be shown.

SPEED

The console will measure and show the user's pedaling speed in miles per hour or kilometers per hour. Note: The unit of measurement can be changed in the SETTINGS mode.

The console will calculate a user's pedaling speed based on the user's power output in watts and the user's weight.

DISTANCE

The console will measure and show the distance traveled in miles (MI) or kilometers (KM). Note: The unit of measurement can be changed in the SETTINGS mode.

The console will calculate the distance traveled based on the user's pedaling speed, which is based on the user's power output in watts and the user's weight.

HOW TO USE THE CONSOLE

To activate the console, see this page. To turn off the console, see this page. To use the backlight, see this page. To set up the console, see page 11. To use the WARM UP mode, see page 12. To use the INTERVAL mode, see page 13. To use the RIDE mode, see page 14. To use the Auto Pause mode, see page 14. To use the Auto Pause Off mode, see page 15. To use the TOTAL RIDE mode, see page 15.

HOW TO ACTIVATE THE CONSOLE

IMPORTANT: If the console has been exposed to cold temperatures, allow it to warm to room temperature before you install batteries and activate the console. If you do not do this, you may damage the console display or other electrical components.

Press any button on the console to activate the console. The display will then light and the console will be ready for use.

HOW TO TURN OFF THE CONSOLE

To conserve battery power, the console will automatically enter the Sleep Mode in the following conditions:

When the User Setup mode is selected—The console will enter the Sleep Mode after 45 seconds if the pedals do not move or if no buttons are pressed.

When the WARM UP mode, the Auto Pause mode, or the TOTAL RIDE mode is selected—The console will enter the Sleep Mode after 3 minutes if the pedals do not move.

When the console is in the Sleep Mode, no data will be shown in the display.

HOW TO USE THE BACKLIGHT

Press the Backlight button repeatedly to turn the backlight on. To change the backlight duration, see step 4 on page 19.

HOW TO SET UP THE CONSOLE

1. Activate the console.

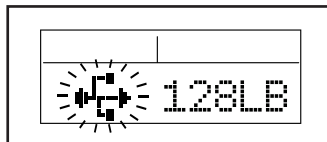
See HOW TO ACTIVATE THE CONSOLE on page 10.

2. Select the User Setup mode.

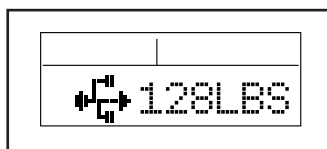
When you activate the console, the User Setup mode will be selected automatically.

3. Insert a USB drive into the USB port if desired.

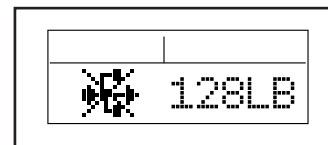
A flashing USB symbol in the display will prompt you to insert a USB drive into the USB port on the console. If you insert a USB drive into the USB port, your ride data will be saved to the USB drive in the TOTAL RIDE mode.



If the console detects a USB drive, the USB symbol will stop flashing.



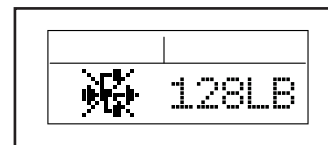
If the console does not detect a USB drive, the USB symbol will be crossed out.



Note: If desired, you can disable the USB port. See step 4 on page 21.

4. Enter your weight.

The console will prompt you to enter your weight. Note: Your weight is used to calculate KCAL values.



Press the MAX or Backlight button to increase or decrease the weight value. Note: If you do not enter a weight value, the console will use the default weight value to calculate KCAL values.

5. Exit the User Setup mode.

Press the START/Interval button to exit the User Setup mode and enter the WARM UP mode.

HOW TO USE THE WARM UP MODE

1. Activate the console.

See HOW TO ACTIVATE THE CONSOLE on page 10.

2. Set up the console if desired.

When you activate the console, the User Setup mode will be selected automatically. See steps 2 to 4 on page 11 to set up the console.

3. Select the WARM UP mode.

Press the START/Interval button to exit the User Setup mode and enter the WARM UP mode.

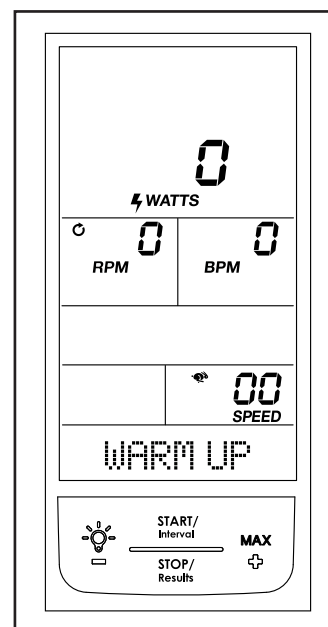
When the WARM UP mode is selected, the words WARM UP will appear in the message banner.

The WARM UP mode is designed to allow you to adjust the exercise bike, to warm up, and to prepare for an actual ride. In a studio cycling class, you can use this mode to warm up before the class begins.

4. Follow your progress with the displays.

See the DISPLAY DIAGRAM on page 7.

When the WARM UP mode is selected, the console will show instantaneous data in the displays. However, the console will not show the elapsed time, will not show average values, and will not save ride data to a USB drive.



5. Exit the WARM UP mode.

To exit the WARM UP mode, press the START/Interval button. The console will then enter the INTERVAL mode and begin the ride.

HOW TO USE THE INTERVAL MODE

1. Activate the console.

See HOW TO ACTIVATE THE CONSOLE on page 10.

2. Set up the console if desired.

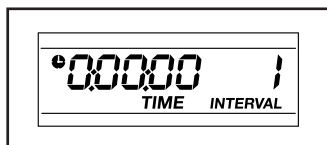
When you activate the console, the User Setup mode will be selected automatically. See HOW TO SET UP THE CONSOLE on page 11.

3. Begin pedaling and warm up if desired.

When you press the START/Interval button or begin pedaling, the console will enter the WARM UP mode. See HOW TO USE THE WARM UP MODE on page 12.

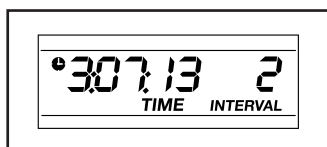
4. Select the INTERVAL mode.

To exit the WARM UP mode and enter the INTERVAL mode, press the START/Interval button. The INTERVAL number will appear in the display.



5. Divide your ride into intervals if desired.

The INTERVAL mode can have 1 to 99 numbered intervals. To enter a new INTERVAL, press the START/Interval button. The display will show the current INTERVAL number.



The INTERVAL mode is designed to allow you to divide your ride into specific elements that can be tracked and analyzed. For example, you can divide

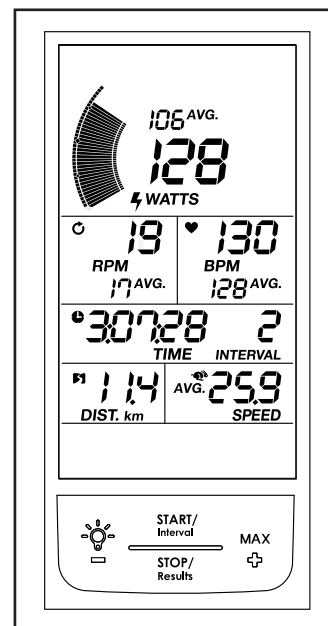
the high-intensity and low-intensity portions of an interval ride into separate intervals. You can also save the data for each interval to a USB drive (see step 3 on page 11).

6. Follow your progress with the displays.

See the DISPLAY DIAGRAM on page 7.

During each interval, the console will show the elapsed time and distance. The displays will show instantaneous data and average values.

When you select a new interval, the console will reset the time, distance, and average values to zero.



7. Pause the console if desired.

See HOW TO USE THE AUTO PAUSE MODE on page 14.

8. View the RIDE mode if desired.

See HOW TO USE THE RIDE MODE on page 14.

9. End the ride.

To end the ride, press and hold the STOP/Results button for 3 seconds. The console will then enter the TOTAL RIDE mode. See HOW TO USE THE TOTAL RIDE MODE on page 15.

HOW TO USE THE RIDE MODE

1. Select the INTERVAL mode.

See steps 1 to 4 on page 13 and select the INTERVAL mode.

2. Select the RIDE mode.

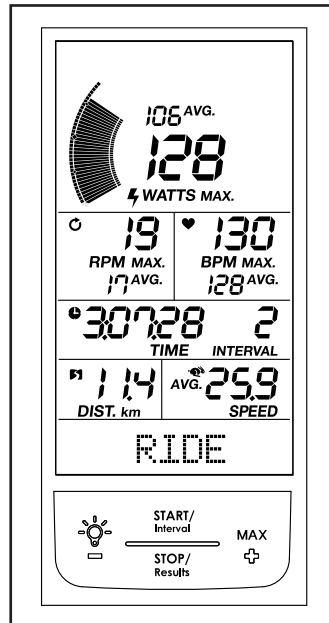
To view the RIDE mode at any time during any interval, press the STOP/Results button. The word RIDE will appear in the message banner.

3. View data for the entire ride.

When the RIDE mode is selected, the console will show data for the entire ride so far.

See the DISPLAY DIAGRAM on page 7.

The time and distance displays will show the elapsed time for the entire ride and the distance for the entire ride. The displays will show the maximum values achieved for the ride and the average values for the ride.



Note: When the RIDE mode is selected, you can still press the START/Interval button to enter a new interval.

4. Exit the RIDE mode.

To exit the RIDE mode and view the current INTERVAL mode, press the START/Interval button.

The console will also exit the RIDE mode automatically after 10 seconds.

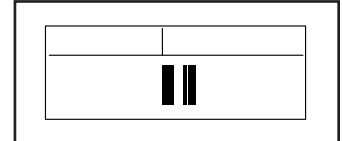
HOW TO USE THE AUTO PAUSE MODE

The console has an Auto Pause mode that allows you to stop your ride temporarily and then resume your ride without affecting the average value data shown and saved by the console.

The console will enter the Auto Pause mode when you stop pedaling and the console does not detect a pedaling cadence.

Note: The console will not enter the Auto Pause mode when the WARM UP mode is selected.

When the console enters the Auto Pause mode, a pause symbol will appear in the message banner. The time display will pause.



The console will exit the Auto Pause mode and return to the current interval when you resume pedaling and the console detects a pedaling cadence.

The console will exit the Auto Pause mode and enter the Sleep Mode after 3 minutes if the console does not detect a pedaling cadence.

Note: If desired, you can disable the Auto Pause mode. See HOW TO USE THE AUTO PAUSE OFF MODE at the right.

HOW TO USE THE AUTO PAUSE OFF MODE

The console has an Auto Pause Off mode designed to be used by studio cycling class instructors.

Since most studio cycling classes must be completed in a set period of time, instructors may not want the console to pause the time when they stop pedaling or get off their exercise bikes for short periods of time.

When the Auto Pause Off mode is selected, a pause symbol will appear in the message banner when you stop pedaling and the console does not detect a pedaling cadence; **however, the time display will not pause.**

The console will exit the Auto Pause Off mode and return to the current interval when you resume pedaling and the console detects a pedaling cadence.

The console will exit the Auto Pause Off mode and enter the Sleep Mode after 3 minutes if the console does not detect a pedaling cadence.

To disable or enable the Auto Pause mode, see step 3 on page 20.

HOW TO USE THE TOTAL RIDE MODE

1. Select the TOTAL RIDE mode.

To end a ride and select the TOTAL RIDE mode, press and hold the STOP/Results button for 3 seconds (see steps 1 to 9 on page 13).

The words TOTAL RIDE will appear in the message banner.

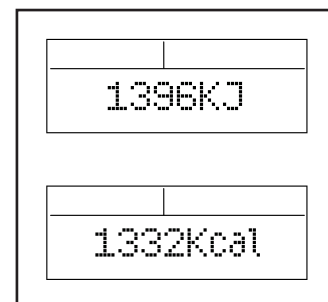
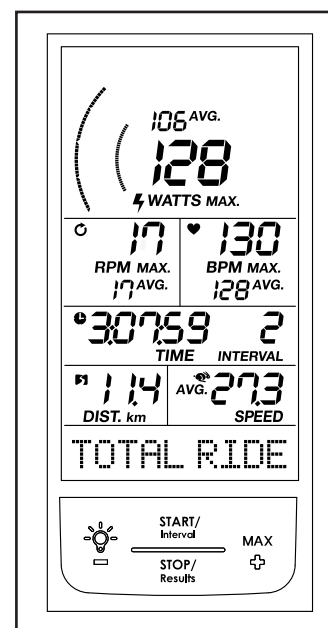
2. View and save data for the ride.

When the TOTAL RIDE mode is selected, the console will show the data for the ride.

See the DISPLAY DIAGRAM on page 7.

The time and distance displays will show the time for the entire ride and the distance for the entire ride. The displays will show the maximum values achieved for the ride and the average values for the ride.

The message banner will also show the KJ (kilojoules) and the KCAL (kilocalories) values in a repeating cycle.



If there is a USB drive inserted into the USB port (see step 3 on page 11), the data for the ride will also be saved to the USB drive.

3. Turn off the console.

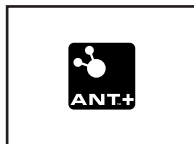
See HOW TO TURN OFF THE CONSOLE on page 10.

HOW TO LINK ANT+ COMPATIBLE DEVICES

THE ANT+ MODULE AND COMPATIBLE DEVICES

The console has a secure, digital ANT+ module that allows the console to communicate with ANT+ compatible heart rate monitors, fitness watches, and mobile devices.

There are many brands of ANT+ compatible heart rate monitor models available. The symbol shown here indicates that a heart rate monitor is compatible with the ANT+ module in the console.



There are also many brands of ANT+ compatible fitness watches and mobile devices available. These devices can capture your ride data wirelessly, so you do not have to insert a USB drive into the USB port on the console to save your ride data. Many of these devices can also transfer your ride data wirelessly to training programs on computers, mobile devices, and websites.

The symbol shown here indicates that a fitness watch or mobile device is compatible with the ANT+ module in the console and can communicate wirelessly with other devices.



Before you can use the ANT+ module with a compatible device, you must link (pair) the device to the ANT+ module.

See **HOW TO LINK A HEART RATE MONITOR** at the right to link your ANT+ compatible heart rate monitor to the ANT+ module.

See **HOW TO LINK A FITNESS WATCH OR MOBILE DEVICE** on page 17 to link your ANT+ compatible fitness watch or mobile device to the ANT+ module.

HOW TO LINK A HEART RATE MONITOR

Follow the manufacturer's instructions to use your ANT+ compatible heart rate monitor.

1. Put on the heart rate monitor and position yourself near the console.

You must be within 12 inches (30 centimeters) of the console to link the heart rate monitor to the ANT+ module in the console.

2. Activate the console and select the WARM UP mode.

See **HOW TO ACTIVATE THE CONSOLE** on page 10. Then, press the START/Interval button to enter the WARM UP mode.

Note: The console must be in the WARM UP mode to link to an ANT+ compatible heart rate monitor. The heart rate monitor cannot link to the ANT+ module when the console is in the INTERVAL mode.

3. Link the heart rate monitor to the ANT+ module in the console.

When the WARM UP mode is selected, the ANT+ module will link to the heart rate monitor.

The heart symbol will flash in the heart rate display and the console will show heart rate data.

Note: After the heart rate monitor is linked to the ANT+ module in the console, the ANT+ module will be able to receive heart rate signals within an area encompassing all the riding positions of the exercise bike.

HOW TO LINK A FITNESS WATCH OR A MOBILE DEVICE

Follow the manufacturer's instructions to use your ANT+ compatible fitness watch or mobile device.

1. Make sure that your device is in linking mode and position the device near the console.

See the manufacturer's instructions for your fitness watch or mobile device to select the linking mode.

The fitness watch or mobile device must be within 6 inches (15 centimeters) of the console.

2. Activate the console and select the WARM UP mode.

See HOW TO ACTIVATE THE CONSOLE on page 10. Then, press the START/Interval button to enter the WARM UP mode.

Note: The console must be in the WARM UP mode to link to an ANT+ compatible fitness watch or mobile device. The fitness watch or mobile device cannot link to the ANT+ module when the console is in the INTERVAL mode.

3. Link the fitness watch or mobile device to the ANT+ module in the console.

When the WARM UP mode is selected, the ANT+ module will link to the fitness watch or mobile device.

The fitness watch or mobile device will indicate a successful link to the ANT+ module in the console.

Note: After the fitness watch or mobile device is linked to the ANT+ module in the console, the ANT+ module will be able to receive signals within an area encompassing all the riding positions of the exercise bike.

HOW TO CONFIGURE THE CONSOLE

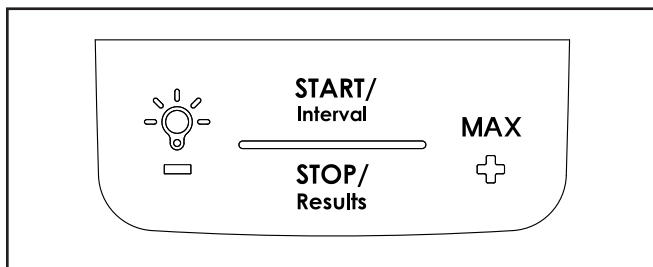
To select the **settings mode**, see this page. To **change display settings**, see page 19. To **change system settings**, see page 20. To **manage console firmware**, see page 22. To **use a bike number**, see page 24. To **upgrade the console firmware**, see page 25.

HOW TO USE THE SETTINGS MODE

To select the **SETTINGS** mode, press and hold the Backlight and MAX buttons until the settings menu appears in the message banner.

To **exit the SETTINGS mode**, press the MAX button repeatedly until the word **BACK** appears in the message banner. Then, press the **START/Interval** button. The console will exit the **SETTINGS** mode.

You can use the console buttons to navigate through the menus and change console settings.



The menu options will appear in the message banner. Press the Backlight button to move to the previous menu option. Press the MAX button to move to the next menu option. Press the **START/Interval** button to select a menu option or enter a setting.

The settings menu contains the following menu options:

DISPLAY—Select this menu option to select a unit of measurement for the console, to select a console display language, to change the backlight duration, and to change the contrast level of the display.

SYSTEM—Select this menu option to view the battery power level, to enable or disable the Auto Pause mode, to enable or disable the USB port, to view information about console usage, and to manage the console firmware.

BIKE #—Select this menu option to assign an identification number to the console.

BACK—Select this menu option to exit the settings menu.

To exit a menu or to exit the **SETTINGS** mode, select the **BACK** menu option repeatedly.

HOW TO CHANGE DISPLAY SETTINGS

1. Activate the console and select the DISPLAY menu option.

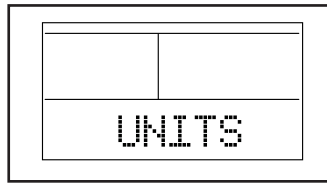
See HOW TO ACTIVATE THE CONSOLE on page 10.

Then, see HOW TO USE THE SETTINGS MODE on page 18.

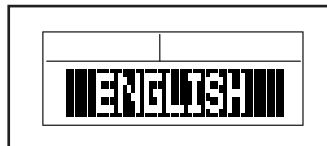
The display menu will appear in the message banner.

2. Select the UNITS menu option and change the unit of measurement if desired.

The console can display speed and distance in miles (ENGLISH) or kilometers (METRIC).



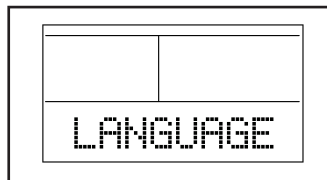
The currently selected unit of measurement will be displayed with a dark background.



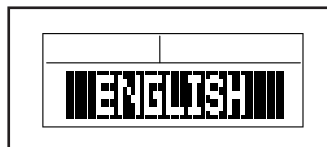
Select the desired ENGLISH or METRIC unit of measurement. Then, return to the display menu.

3. Select the LANGUAGE menu option and change the console display language if desired.

The console may be able to display text in other languages.



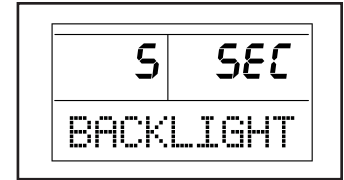
The currently selected console display language will be displayed with a dark background.



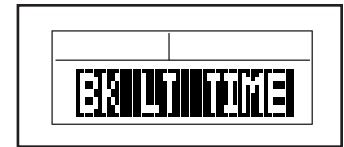
Select the desired console display language. Then, return to the display menu.

4. Select the BACKLIGHT menu option and change the backlight duration if desired.

You can change the amount of time the backlight will stay lit after you press the Backlight button. The console has BK LT TIME (backlight time), ON, and OFF backlight durations.

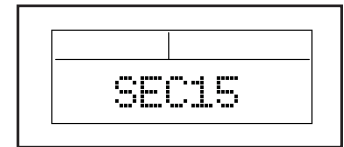


The currently selected backlight duration will be displayed with a dark background.



Note: The backlight duration you select will affect the battery life. To extend the battery life, it is recommended that you select a short backlight duration.

When you select the BK LT TIME menu option, you can select a backlight duration from the backlight time menu. Note: The default backlight duration is 5 seconds.



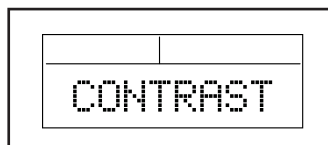
When the ON backlight duration is selected, the backlight will stay lit the entire time the console is activated. Note: This backlight duration is not recommended for high-use environments, such as fitness clubs.

When the OFF backlight duration is selected, the backlight will not light.

Select the desired backlight duration. Then, return to the display menu.

5. Select the CONTRAST menu option and change the contrast level of the LCD display if desired.

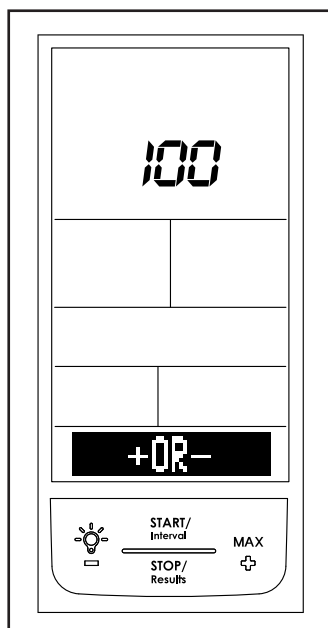
You can adjust the contrast level of the LCD display from 0 to 100 percent. Note: The default contrast level is 100 percent.



The currently selected contrast level will be shown in the display.

Tip: It is recommended that you adjust the console to a high contrast level in bright or mixed lighting conditions. However, adjusting the console to a lower contrast level can improve battery life.

Press the MAX or Backlight button to increase or decrease the contrast level. Then, press the START/Interval button to confirm your selection.



6. Exit the display menu.

See HOW TO USE THE SETTINGS MODE on page 18.

HOW TO CHANGE SYSTEM SETTINGS

1. Activate the console and select the SYSTEM menu option.

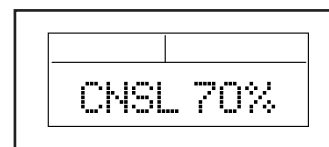
See HOW TO ACTIVATE THE CONSOLE on page 10.

Then, see HOW TO USE THE SETTINGS MODE on page 18.

The system menu will appear in the message banner.

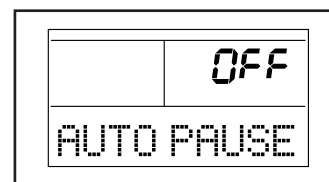
2. Select BTT LVL and check the battery power level if desired.

The current battery power level of the console will appear in the display.

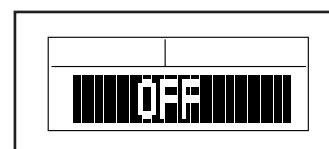


3. Select the AUTO PAUSE menu option and enable or disable the Auto Pause mode if desired.

You can enable (ON) or disable (OFF) the Auto Pause mode. See HOW TO USE THE AUTO PAUSE MODE on page 14 for more information about the Auto Pause mode.



The currently selected option will be displayed with a dark background.

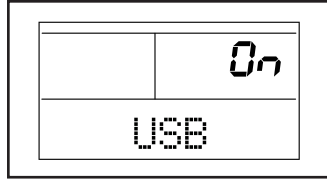


Tip: It is recommended that studio cycling class instructors who manage their classes based on time select the OFF option for the consoles on their exercise bikes.

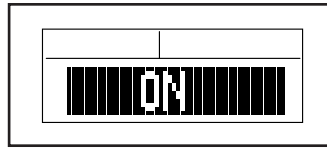
Select the desired ON or OFF option. Then, return to the system menu.

4. Select the USB menu option and enable or disable the USB port if desired.

You can enable (ON) or disable (OFF) the USB port on the console. Note: The default option is ON.



The currently selected USB option will be displayed with a dark background.

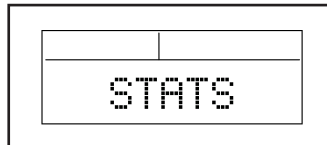


When the OFF option is selected, the USB port cannot be used to save ride data (see step 3 on page 11) and cannot be used to save or import custom console settings (see page 22).

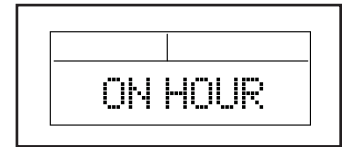
Select the desired ON or OFF option. Then, return to the system menu.

5. Select the STATS menu option and view console usage information if desired.

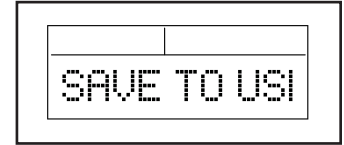
The console keeps track of usage information (STATS) that can be viewed and saved on a USB drive. Note: The USB port must be enabled to save console usage information on a USB drive (see step 4 on this page).



The stats menu will appear in the message banner. View the desired console usage information.



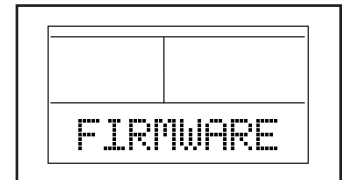
To save the console usage information to a USB drive, select the SAVE TO USB option. The console will then save the information in a .csv file format.



Return to the system menu.

6. Select the FIRMWARE menu option and manage the console firmware if desired.

The firmware menu will appear in the message banner.



See HOW TO MANAGE CONSOLE FIRMWARE on page 22.

7. Exit the system menu.

See HOW TO USE THE SETTINGS MODE on page 18.

HOW TO MANAGE CONSOLE FIRMWARE

Firmware is the programming that allows the console to function. Using the firmware menu, you can do the following:

- View information about the console firmware
- Save and import custom console settings
- Restore console settings to the manufacturer's default settings

The firmware menu contains the following menu options:

SWVER:X.X (console version number)—Select this menu option to view the current firmware version number for the console.

HWVER:X.X (hardware version number)—Select this menu option to view the current hardware version number for the console.

SAVE CFG—Select this menu option to save your custom console settings to a USB drive. Your custom console settings can then be used on other consoles. See **HOW TO SAVE CUSTOM CONSOLE SETTINGS** at the right.

IMPORT CFG—Select this menu option to import saved custom console settings from a USB drive into the console. See **HOW TO IMPORT CUSTOM CONSOLE SETTINGS** on page 23.

RESET TO DEFAULT—Select this menu option to reset your custom console settings to the manufacturer's default settings. See **HOW TO RESTORE DEFAULT SETTINGS** on page 23.

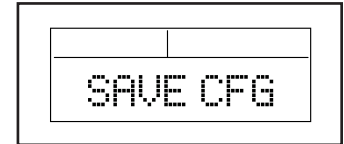
How to Save Custom Console Settings

The following custom console settings can be saved to a USB drive:

- Unit of measurement
- Backlight duration
- Contrast level
- Auto pause setting
- USB port setting

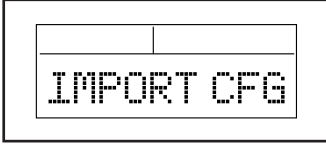
The custom console settings will be saved in an import.cfg file format.

1. Make sure that the USB port on the console is enabled (see step 4 on page 21).
2. Insert your USB drive into the USB port on the console.
3. Select the **SAVE CFG** menu option on the firmware menu. The console will begin saving the custom console settings to the USB drive.
4. If the custom console settings are saved successfully to the USB drive, the word **DONE** will appear in the message banner.
5. If the custom console settings are not saved to the USB drive, the word **FAILED** will appear in the message banner. **Go to TROUBLESHOOTING on page 27.**



How to Import Custom Console Settings

You can import saved custom console settings from a USB drive to the console.

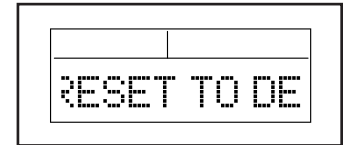
1. Make sure that the USB port on the console is enabled (see step 4 on page 21).
2. Make sure that the desired custom console settings file (import.cfg) is saved on your USB drive (see HOW TO SAVE CUSTOM CONSOLE SETTINGS page 22).
3. Insert your USB drive into the USB port on the console.
4. Select the IMPORT CFG menu option on the firmware menu. The console will begin importing the custom console settings to the console.
5. If the custom console settings are imported successfully to the console, the word DONE will appear in the message banner.
6. If the custom console settings are not imported to the console, the word FAILED will appear in the message banner. **Go to TROUBLESHOOTING on page 27.**

How to Restore Default Settings

You can restore the following console settings to the manufacturer's default settings. The default settings are indicated in parentheses:

- Unit of measurement (ENGLISH)
- Backlight duration (5 SEC)
- Contrast level (100 %)
- Auto pause setting (ON)
- USB port setting (ON)

Select the RESET TO DEFAULT menu option on the firmware menu. The word DONE will appear in the message banner to indicate that the console is restored to the default settings.



HOW TO USE A BIKE NUMBER

Tip: It is strongly recommended that each exercise bike in a fitness club be numbered for easy identification.

To make sure that the correct console stays with the correct exercise bike, you can assign an identification number to the console that matches the identification number of the exercise bike.

If there is a communication problem between the console and the exercise bike, you can view the bike number and make sure that the console is attached to the correct exercise bike.

To assign the bike number, see HOW TO ASSIGN THE BIKE NUMBER below. **To view the bike number,** see HOW TO VIEW THE BIKE NUMBER at the right.

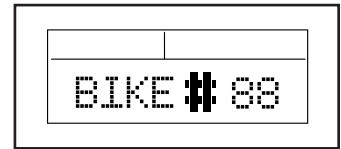
How to Assign the Bike Number

1. Activate the console and select the BIKE # menu option.

See HOW TO ACTIVATE THE CONSOLE on page 10.

Then, see HOW TO USE THE SETTINGS MODE on page 18.

The bike number will appear in the message banner.



2. Assign a bike number to the console.

You can assign a bike number from 1 to 99.

Press the MAX and Backlight buttons to assign the desired bike number. Then, press the START/Interval button to confirm your selection.

3. Exit the bike number menu.

See HOW TO USE THE SETTINGS MODE on page 18.

How to View the Bike Number

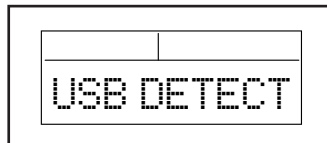
Press and hold the START/Interval and MAX buttons at any time when the console is activated. The bike number assigned to the console will appear in the message banner for as long as the buttons are held.

HOW TO UPGRADE THE CONSOLE FIRMWARE

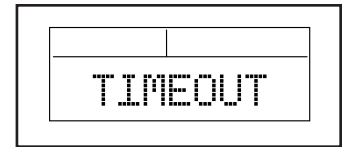
IMPORTANT: Upgrading the console firmware is an advanced procedure. Make sure to read all instructions before upgrading the console firmware.

1. The upgraded firmware file will be provided on a USB drive in a .HEX file format. There should be only one file on the USB drive. The file must be in the top level of the drive directory. The file cannot be within any other folder.
2. Activate the console and select the SYSTEM menu option (see step 1 on page 20.)
3. Make sure that the USB port on the console is enabled (see step 4 on page 21).
4. Select the firmware menu option (see step 6 on page 21). Then, select the SWVER:X.X menu option on the firmware menu (see page 22). View and note the current console version number.
5. Insert the USB drive containing the upgraded firmware file into the USB port on the console.
6. Remove the screw from the battery cover, and then remove the console from the battery cover.
7. Press and hold the START/Interval button. While you are holding the START/Interval button, remove one battery from the battery compartment. Then, reinsert the battery into the battery compartment and release the START/Interval button.

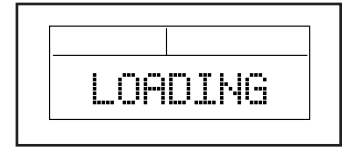
The words USB DETECT will appear in the message banner. If a firmware file is detected on the USB drive, the firmware upgrade will begin.



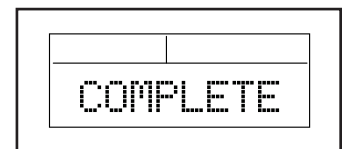
If the console does not detect the USB drive, the word TIMEOUT will appear in the message banner after approximately 15 seconds. **Remove and reinsert the USB drive into the USB port on the console and repeat this step.**



8. During the firmware upgrade, the word LOADING will appear in the message banner for approximately 10 seconds.



If the firmware upgrade is successful, the word COMPLETE will appear in the message banner.



After this occurs, the console is using the upgraded firmware.

9. Reattach the console to the battery cover.
10. Select the firmware menu option (see step 6 on page 21). Select the SWVER:X.X menu option on the firmware menu (see page 22). View and note the upgraded console version number.
11. Restore your custom console settings if desired (see page 23). During the firmware upgrade, the console settings may be reset to the manufacturer's default settings.

MAINTENANCE

HOW TO CLEAN THE CONSOLE

To clean the console, use a soft, damp, non-abrasive cloth. Do not use abrasives or solvents to clean the console. **IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

HOW TO REPLACE THE CONSOLE BATTERIES

When the batteries for the console need to be replaced or recharged, a low battery warning will appear in the display.

IMPORTANT: Replace or recharge the batteries as soon as possible when the low battery warning appears. If you do not replace or recharge the batteries, the console may shut down.

The console can use three C standard alkaline batteries. Standard alkaline batteries have an extended shelf life (low discharge rate) and provide good battery life when used.

The console can also use three C NiMH (nickel-metal hydride) rechargeable batteries. These batteries have longer battery life for each charge compared to standard alkaline batteries and can be charged up to five hundred times. These rechargeable batteries are a good option for high-use environments, such as fitness clubs. Make sure to use low discharge rechargeable batteries that have at least a 2500mAh capacity.

To replace the console batteries, remove the console from the battery cover and insert the batteries into the battery compartment. **Make sure to orient the batteries as shown by the diagram inside the battery compartment.** Then, reattach the console to the battery cover.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Console does not activate	Console batteries dead or improperly installed	Make sure fresh batteries are properly installed in console.
Console does not display data	Console not connected to wire from fitness equipment	See assembly steps in user's manual for fitness equipment and make sure wire from fitness equipment is firmly connected to console.
Console does not show heart rate in display	Heart rate monitor not in contact with skin	Wet contacts on heart rate monitor and make sure that heart rate monitor is in contact with skin.
	Heart rate monitor does not work	Make sure that heart rate monitor works. Test heart rate monitor on other equipment. Make sure fresh batteries are properly installed in heart rate monitor.
	Console not receiving ANT+ signal	If using ANT+ heart rate monitor, stand within 12 inches (30 centimeters) of console during WARM UP mode and allow console to link to heart rate monitor.
	Console not receiving Polar signal	Make sure that Polar heart rate monitor is non-coded. Console is not compatible with coded Polar heart rate monitors.
	Console not receiving 5.3kHz signal	Electromagnetic interference in area may be disrupting signal. Make sure that no other devices in area are causing interference.
Console does not display KCAL value	User not wearing heart rate monitor	KCAL calculations require user to wear heart rate monitor.
Backlight does not turn on	Backlight duration set to OFF	Select SETTINGS mode, select DISPLAY, select BACKLIGHT, and set backlight duration.
Backlight stays on	Backlight duration set to ON	Select SETTINGS mode, select DISPLAY, select BACKLIGHT, and set backlight duration.
USB drive does not connect to console	USB port set to OFF	Select SETTINGS mode, select SYSTEM, select USB, and set USB port to ON.
Cannot save or import settings	USB port set to OFF	Select SETTINGS mode, select SYSTEM, select USB, and set USB port to ON.
Cannot upgrade firmware	USB port set to OFF	Select SETTINGS mode, select SYSTEM, select USB, and set USB port to ON.
	Firmware file error	Make sure that only one firmware upgrade file is on USB drive. File must be in top drive directory and cannot be in a folder.
Time display runs when console is paused	Auto Pause set to OFF	Select SETTINGS mode, select SYSTEM, select AUTO PAUSE, and set Auto Pause to ON.

HOW TO CONTACT CUSTOMER CARE

If you have questions after reading this manual, or if parts are damaged or missing, please contact Customer Care at one of the phone numbers or addresses listed below. **Please note the model number, serial number, and name of the product (see the front cover of this manual) before contacting Customer Care.**

In the United States

Call: 1-800-201-2109, Mon.–Fri. 6 a.m.–6 p.m. MT

Email: customercare@freemotionfitness.com

Write:

FreeMotion Fitness
1500 South 1000 West
Logan, UT 84321-9813
United States

Outside the United States

Call: 001-800-527-5417 or 001-435-786-3521,

Mon.–Fri. 6 a.m.–3 p.m. USA Mountain Time

Email: intlcustomercare@freemotionfitness.com

LIMITED WARRANTY

WARRANTY PERIODS AND COVERAGE

FreeMotion Fitness warrants this product to be free from defects in workmanship and material under normal use and service conditions. Parts and labor are warranted for one (1) year, unless otherwise specified on the invoice.

The warranty period commences on the invoice date of purchase. Any parts repaired or replaced during this warranty period will be warranted for the remainder of the original warranty period.

CONDITIONS AND LIMITATIONS

The following will void the warranty on this product:

1. This warranty applies only to the original owner and is non-transferable.
2. The labor warranty applies only to products sold in the US and Canada. Contact your authorized FreeMotion Fitness dealer for details on labor coverage in your country.
3. Any misuse, abuse, or improper service.
4. Users in excess of the maximum user weight listed in this manual.
5. Damage caused by moving the product or improper storage including moving or storing the product on its side.
6. Use or storage of the product outdoors or in high-humidity environments including spa and pool areas.
7. Damage caused by improper wiring or insufficient electrical current. Note: This product may not have wiring.

This warranty shall not apply to the following:

1. Cosmetic items including grips, decals, and labels.

2. Pick-up and delivery or freight charges involved with a repair.
3. Any problem as a result of improper assembly or delivery.

WHAT TO DO IF SERVICE IS REQUIRED

FreeMotion Fitness warranty service may be obtained by contacting the authorized dealer from which you purchased this product. Make sure to retain your original invoice and serial number information. If this product experiences a failure under the warranty terms set forth, FreeMotion Fitness shall provide at their option either repair, replacement, or refund of the purchase price. FreeMotion Fitness compensates service providers for warranty trips within their service area. You may be charged additionally for service calls beyond this service area.

FreeMotion Fitness is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or cost of removal or installation; or other consequential damages. Some regions do not allow the exclusion or limitation of consequential damages. Accordingly, the above limitation may not apply to you. This warranty gives you specific rights, and you may have other rights that vary from region to region.

TO CONTACT FREEMOTION FITNESS

See HOW TO CONTACT CUSTOMER CARE above.