

# Spin Bike Computer Usage

## Specifications

Time	00:00 - 99:59
Speed	0.0 - 99.9 KM/H or ML/H
Distance	0.00 - 999.9 KM or ML
Odometer (if present)	0 - 9999 KM or ML
Pulse (if present)	40 - 240 BPM
Calories	0.0 - 9999 KCAL

## Key Functions

**MODE:** This lets you select and lock onto the particular function you want.

## Operation Procedures

### 1. AUTO ON/OFF

- The system turns on when any key is pressed or when it senses any input from the speed sensor.
- The system turns off automatically when the sensor has no signal input or no keys are pressed for approximately 4 minutes.

### 2. RESET

The unit can be reset by either changing battery or by pressing the RESET button for 3 seconds.

### 3. MODE

Select SCAN or LOCK if you do not want scan mode. Press the MODE key when the pointer is highlighting the function you want, which will start flashing.

### 4. FUNCTIONS

- TIME: The total working time will be shown.
- SPEED: The measured speed of movement.
- DISTANCE: The distance of each workout will be displayed.
- ODOMETER: The total accumulated distance will be displayed.
- PULSE: User's current heart rate will be displayed in beats per minute.
- CALORIES: The average calories that have been burned in the workout will be displayed.
- SCAN: Automatically displays the functions in the following order: TIME - SPEED - DISTANCE - PULSE - CALORIES. The loop will then repeat.

## Battery

If the display appears faded or incorrect, this is a symptom of low or incorrectly inserted batteries.