

TOMAHAWK

COACH BY COLOR® COMPUTER

PART NO:320-00-00009-01

MANUFACTURED BY:

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**CAUTION!**

READ ALL PRECAUTIONS AND INSTRUCTIONS IN THIS MANUAL BEFORE YOU START USING THIS EQUIPMENT. PLEASE KEEP THIS MANUAL FOR FUTURE REFERENCE. IMPROPER ASSEMBLY, USE OR MAINTENANCE CAN VOID THE WARRANTY TERMS.

ADDITIONAL LANGUAGES AVAILABLE FOR DOWNLOAD AT WWW.INDOORCYCLING.COM

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IMPORTANT PRECAUTIONS

WARNING!

To reduce the risk of serious injury due to improper use, carefully read and adhere to the safety precautions and information before using the device. Please also take note of the precautions in the Indoor Cycle Manual, with which this computer is to be used.

1. It is the responsibility of the owner to ensure that all users are informed of all warnings and precautions for proper use, and are only authorized to use the bike independently after being successfully briefed by a qualified trainer or instructor.
2. Keep the indoor cycle indoors, away from moisture and dust. Do not place the indoor cycle outdoors in a garage or covered patio or near water or pools. Operating temperature of the indoor cycle has to be between 15°C ~ 40°C Celsius (59°F~104°F) at a maximum humidity of 65%.
3. Children under the age of 14 shall only be allowed to use the indoor cycle with parental approval and supervision of a qualified Trainer or Instructor. Use of the bike by persons over the age of 14 only to be allowed after a qualified Trainer or Instructor briefs them. Unsupervised children should be kept away from the training device at all times.
4. All data shown on the display, especially the Watt values generated by the integrated power sensor, serve merely as information and to help guide training. Only exercise within your physical limitations.
5. If you feel pain or dizziness while exercising, stop immediately. It is recommended that you consult a doctor if the pain does not subside for an extended period of time.
6. Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercise immediately !

CAUTION

If you have pre-existing health problems or a disability, it is recommended that you consult your physician, in order to find the training method which is best suited to you. Incorrect or extensive training can result in serious health injuries. The manufacturer expressly assumes no responsibility for health risks, personal injury, property damage or consequential damages sustained by or through the use of this device, unless it is a case of consequential damage which can be traced back to faulty material and/or manufacturing, and which come under the responsibility of the manufacturer.

ASSEMBLY

Please first check the contents of the package to make sure nothing is missing.

Included with delivery

- 1x Coach By Color® Console
- 1x Holder for handlebar clamp
- 1x Allen bolt M4 x 25 x 0.8P, stainless steel, DIN6912
- 1x User manual

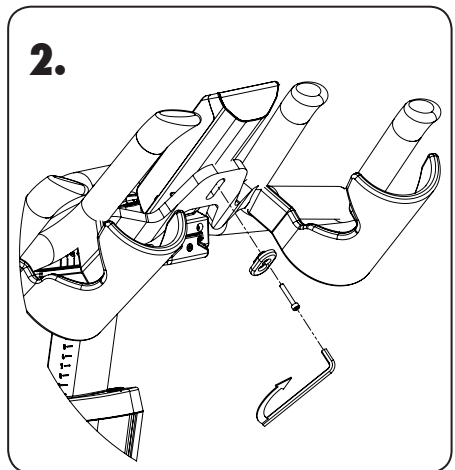
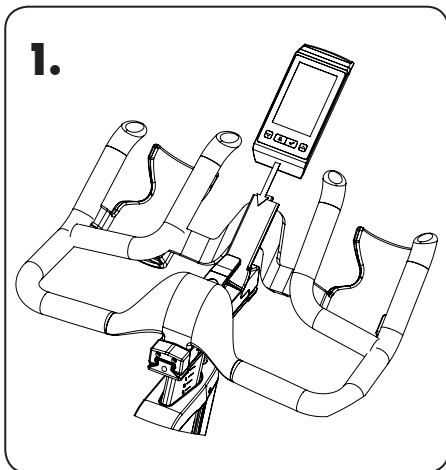


Assembly

Required tool:

- 1x Allen key - 3 mm

1. Slide the computer into the holder as shown in picture 1.
2. Make sure that the computer is fully inserted in the bracket.
3. Feed the Allen bolt included with delivery through the holder for the handlebar clamp and fasten the bolt "hand tight".



DEFINITION TERMS & ABBREVIATIONS

COACH BY COLOR® (CBC)	Power-orientated (WattRate®) or heart rate oriented training guidance based on individual user settings by training zones depicted in color.
WATT	<p>Unit of power which is calculated based on the time during which the work is done. The calculation is carried out using the formula: Watts = power x speed. With respect to cycling this means:</p> <p>Watts = the pressure applied by the cyclist to the pedal /traction x peddling frequency/cadence.</p> <p>In Indoor Cycling, the power rendered is regulated using the resistance dial. The speed is regulated by the cadence.</p>
WATTRATE®	Direct measurement of the power rendered by the cyclist in real time.
FTW	Functional Threshold WattRate®, also termed FTW Index. Power delivered in Watts to the functional threshold power (FTW = 100% corresponds to the aerobic/anaerobic power threshold)
FTW%	Functional Threshold WattRate® in per cent. Information on the current power with respect to the FTW value in per cent $FTW\% = (\text{current power in Watts} / FTW) \times 100$
RPM	Revolutions Per Minute, Cadence, pedaling frequency (PFQ), Revolutions Per Minute (R/min)
HR	Heart Rate
HR MAX %	Information on the current heart rate with respect to the maximum heart rate in percent $HR\ MAX\ \% = (\text{current HR} / HR\ max) \times 100$
BPM	Beats per Minute In this manual, this relates to the heart rate of the user.
LIPO	LiPo = Lithium-Polymer battery. A rechargeable battery with a high energy density

INTEGRATED ENERGY SUPPLY

The IC7 Indoor Bike is equipped with an independent energy supply by means of an integrated generator and a rechargeable lithium polymer (LiPo) accumulator. No additional equipment in the form of batteries is necessary to ensure that the bike's computer is operational.

INTEGRATED ENERGY MANAGEMENT

For low pedaling frequencies under 50 RPM, the energy is supplied by a built-in LiPo accumulator. When the cadence exceeds around 50 RPM, enough energy is generated to supply the system with power and if necessary charge the LiPo battery.

ACCURACY OF THE POWER DISPLAY

The accuracy with an average deviation of just $\pm 1\%$ is maintained within a revolution range of 40 - 120 RPM and with a braking efficiency of between 50 - 900 watts.

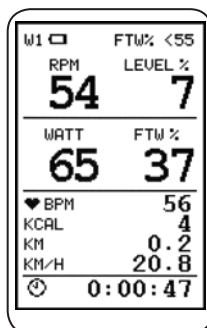
BATTERY STATUS DISPLAY

If the charge capacity of the battery has almost been depleted, a flashing battery symbol is shown on the left side of the display.

If you pedal with a cadence of > 50 RPM for several minutes, the flashing battery symbol disappears. It is then possible to operate the computer in battery mode for several minutes, during which user settings can be input.

If the battery status display is active and the cadence reduces or if you brake or stop pedaling after a short period of time, the background lighting and the front display are switched off. This protects the battery during this operating mode.

Please note that as long as the battery status display is active, the console may be switched off suddenly even while a key is being pressed.



TURNING THE COMPUTER ON AND OFF

SWITCH ON

The computer remains in deep sleep mode while the flywheel is not moving. To switch the computer from standby mode to operational mode, simply perform one full revolution with the pedal. After approx. 5 seconds, the computer is then switched on and the display activated.

If the computer will not switch on after one complete revolution of the pedals, this could mean the battery is empty. In order to charge the battery or to activate the computer, you must pedal the bike with a cadence > 50 RPM.

You can find further INSTRUCTIONS on a battery low status in this manual.

SWITCH OFF

The computer is automatically switched off if the wheel is not moving. The switch off period is extended if the console is operated or if you switch to pause mode.

- The console is automatically switched off after two minutes if it is not operated and the flywheel is not moving.
- The switch off time lasts for 10 minutes if it is in pause mode and the flywheel is not moving.
- Each time a button is pressed, the switch off time is reset to the time interval entered here.

COACH BY COLOR® TRAINING CONCEPT

The 5 color zones used by ICG (white, blue, green, yellow, red) can be used based on the power (watts) of every user of the bike. The training zones are based on the current power in relation to the individual FTW (Functional Threshold WattRate®) value. The same principle of calculating training zones applies when using the maximum heart rate (HR max) and an analogue POLAR®-compatible chest belt. As soon as the max HR or the individual FTW value are known, the personal training zones can be worked out accordingly and in doing so the intensity can be displayed by the colors during the training session based on the heart rate or watts.

Using the FTW power test (ramp test integrated into the computer), the user has the option to monitor both current performance and progress.

CAUTION

The power test should only be carried out under the supervision and guidance of a qualified Instructor or Trainer.

COACH BY COLOR® TRAINING ZONES

COACH BY COLOR® - 5 ZONES				
5 COLORED ZONES	POWER %FTW	TIME	% HR MAX	LOAD
Active recovery	< 55%	Infinity	<60%	Very Light
Endurance	56 – 75%	3 hrs - wks	61 – 70%	Light
Tempo	76 – 90%	3 - 8 hrs	71 – 80%	Moderate
Lactate Threshold VO2 Max	91 – 105%	10 - 60 minutes	81 – 90%	Hard
Anaerobic Capacity	106–150%	1 - 10 minutes	91 – 100%	Maximal
Neuromuscular Power	>150%	5-10 seconds	>100%	Maximal

COACH BY COLOR® - 3 ZONES				
3 COLORED ZONES	POWER %FTW	TIME	% HR MAX	LOAD
Active recovery	<75%	Infinity	<60%	Light
Endurance		3 hrs - wks	61 - 70%	
Tempo				Moderate
Lactate Threshold	76 – 105%	10 - 60 minutes	71 – 90%	
Anaerobic Capacity	106–150%	1 - 10 minutes	91 – 100%	Hard
Neuromuscular Power	>150%	5-10 seconds	>100%	

MEDICAL DISCLAIMER

CAUTION

The division of the training zones for power or heart rate oriented training is based on an average person's performance. The zones may sometimes vary dramatically depending on the nature of the training, the state of your health (e.g. whether you are taking any medications) and your physical capabilities. It is recommended to always work out sensible training parameters for your own personal training under medical supervision, and to plan your personal training based on this data.

WARNING

- Do not exercise beyond your ability.
- If you feel physical discomfort or dizziness, stop training and consult a physician.
- Color zones are for guidance only.
- If the user requires medication that has an effect on their performance capabilities and/or cardio-vascular system, it is imperative that they consult a doctor in order to adjust the personal entries accordingly.

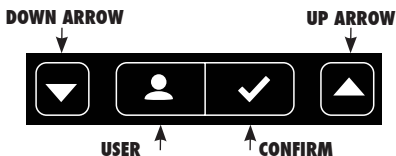
KEY FUNCTIONS

The key functions within the various modes are as follows:

SETTINGS MODE		
Down arrow	Press	Scroll down / reduce value
Down arrow	Press and hold	Reduce the value incrementally
Up arrow	Press	Scroll up / increase value
Up arrow	Press and hold	Increase the value incrementally
User	Press	No function / exit menu, back
Confirm	Press	Confirm entry
User & Confirm	Press simultaneously for 3 seconds	Exit settings menu
USER MODE		
Down arrow	Press	Scroll down / reduce value
Down arrow	Press and hold	Reduce the value incrementally
Up arrow	Press	Scroll up / increase value
Up arrow	Press and hold	Increase the value incrementally
User	Press	Exit settings menu
Confirm	Press	Confirm entry
User & Confirm	Press simultaneously for 3 seconds	Open settings menu
TRAINING MODE		
Down arrow	Press	Switch to previous screen
Down arrow	Press and hold	No function
Up arrow	Press	Switch to next screen
Up arrow	Press and hold	No function
User	Press	Open user menu
Confirm	Press	Start pause mode
User & Confirm	Press simultaneously for 3 seconds	Open settings menu

SETTINGS

To access the settings for the computer, a special key combination must be confirmed. This protects the settings menu from unauthorised access.



**5-COLOR FRONT
LED LIGHTING**

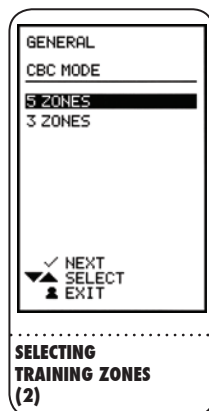
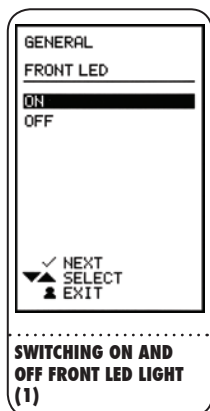
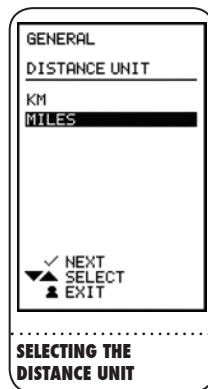
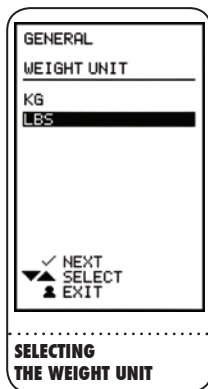
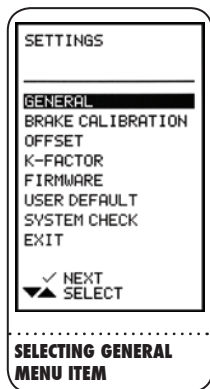


**5-COLOR SCREEN
BACKGROUND LIGHTING**

**TO OPEN THE SETTINGS MENU, PRESS THE USER KEY
AND THE CONFIRM KEY AT THE SAME TIME FOR A
MINIMUM OF 3 SECONDS.**

Use the arrow keys within the menu navigation to navigate up or down as well as the confirm key to enter/confirm the relevant selection.

SETTINGS - GENERAL



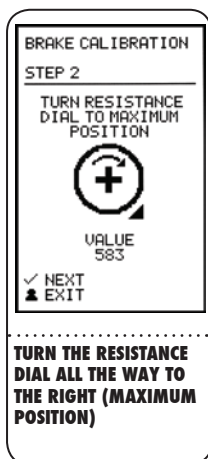
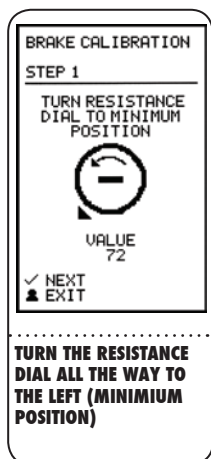
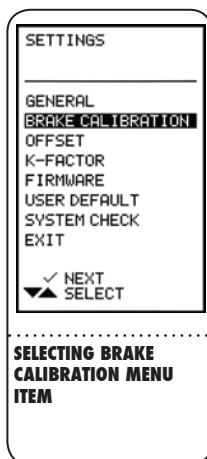
INSTRUCTIONS

1. By deactivating, the user receives no color indication via the front LED during a CBC course, and the possibilities for training guidance are therefore limited. The background lighting of the display remains unaffected by this setting.
2. Selecting the number of CBC color zones for CBC-led courses. It is recommended to train with 5 zones. The 5-zone color training has been established as an international standard and is used by numerous manufacturers and providers of training guidance systems.

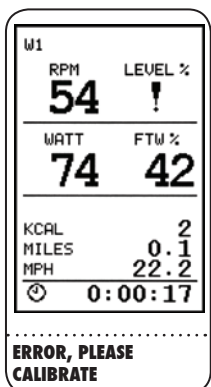
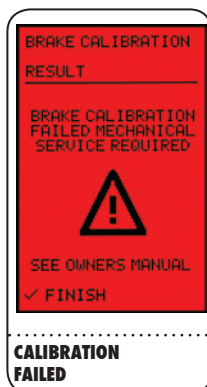
SETTINGS – BRAKE CALIBRATION

It is necessary to calibrate if:

- The level display of the resistance does not reach 0% or 100% at the end positions.
- An exclamation mark (!) is shown instead of the level as a % on the display.



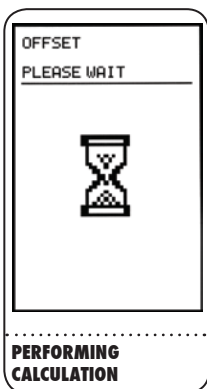
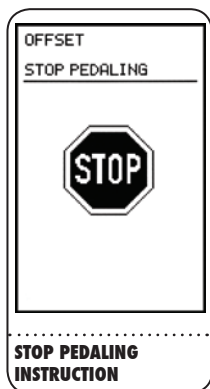
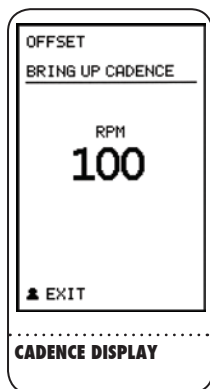
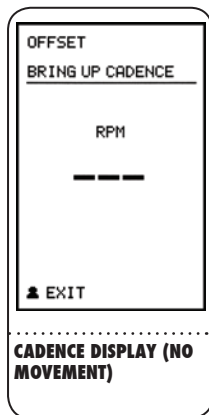
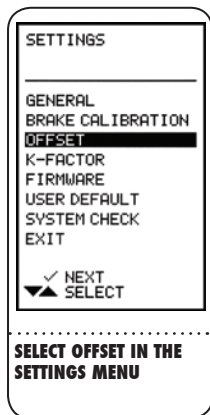
If the values lie outside a certain range, the calibration fails and a red screen appears. Reattempt the calibration and make sure you follow the instructions carefully. If the calibration fails again, the resistance system must be adjusted mechanically. Please refer to technical service in this case.



SETTINGS – OFFSET

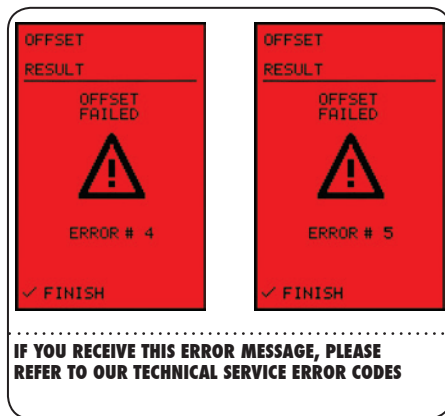
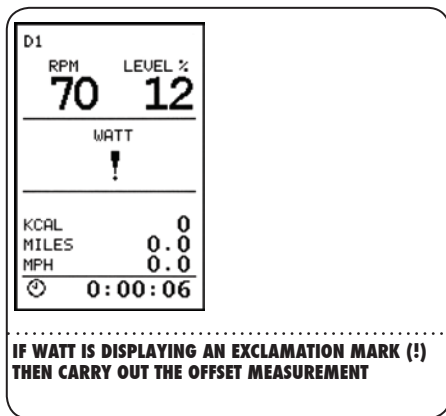
The Offset setting is required, if:

- Work has been carried out on the drive, e.g. adjusting the belt tension, replacing the belt or other drive parts.
- An exclamation mark (!) is shown instead of the wattage.

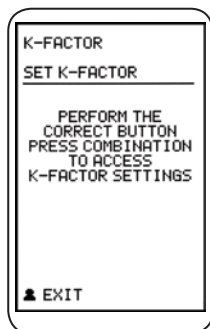
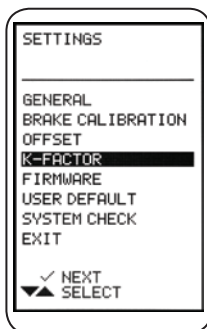


If the Offset measurement fails and a red screen is displayed, please follow the instructions in this manual.

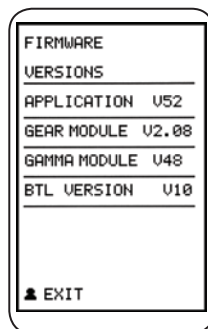
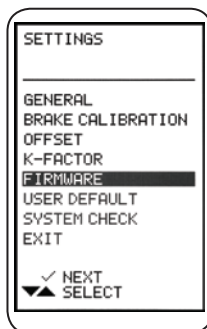
SETTINGS – OFFSET



SETTINGS – K FACTOR



SETTINGS – FIRMWARE



The K-Factor doesn't have any relevant significance for everyday use. It is a special service menu for the manufacturer, and is therefore not accessible to the user.

Firmware updates can be downloaded at www.indoorcycling.com.

SETTINGS – USER DEFAULT

(Recommendation: Only adjust for private use)

SETTINGS

GENERAL
BRAKE CALIBRATION
OFFSET
K-FACTOR
FIRMWARE
USER DEFAULT
SYSTEM CHECK
EXIT

✓ NEXT
⚙️ SELECT

SELECT USER DEFAULT IN THE SETTINGS MENU

USER DEFAULT

GENDER

MALE
FEMALE

✓ NEXT
⚙️ SELECT
👤 EXIT

SELECT GENDER

USER DEFAULT

AGE

35

✓ NEXT
⚙️ ADJUST
👤 EXIT

ENTER AGE

USER DEFAULT

WEIGHT

165 LBS

✓ NEXT
⚙️ ADJUST
👤 EXIT

ENTER WEIGHT

USER DEFAULT

CARDIO ACTIVITY

1
HOUR
PER WEEK

✓ NEXT
⚙️ ADJUST
👤 EXIT

ENTER THE HOURS OF THE INDIVIDUAL CARDIO ACTIVITY PER WEEK

USER DEFAULT

WATTRATE FTW

153
FUNCTIONAL
THRESHOLD WATTRATE
IS CALCULATED
FROM YOUR USER
SETTINGS

✓ NEXT
⚙️ ADJUST
👤 EXIT

HERE, THE CALCULATED FTW INDEX IS DISPLAYED USING THE PREVIOUSLY ENTERED USER SETTINGS. ALTERNATIVELY, YOU CAN ADJUST THIS VALUE TO YOUR INDIVIDUAL FTW INDEX.

USER DEFAULT

HR SENSOR
PAIRING

YES
NO

✓ NEXT
⚙️ SELECT
👤 EXIT

SELECT WHETHER YOU WISH TO CONNECT WITH HR SENSOR YES OR NO

USER DEFAULT

TRAINING MODE

WATTRATE FTW %
COLOR ON
WATTRATE FTW %
COLOR OFF

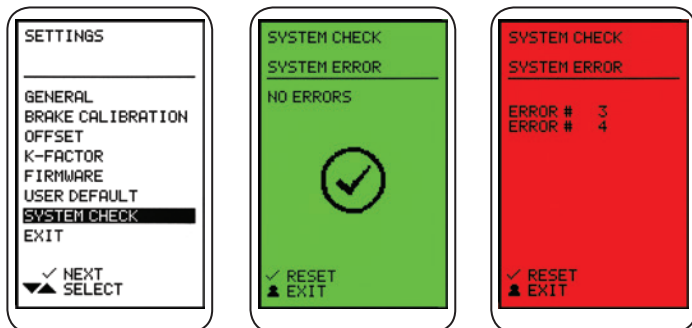
✓ NEXT
⚙️ SELECT
👤 EXIT

SELECT WHETHER YOU WANT COLOR OR NOT FOR TRAINING WITH WATTRATE

PLEASE NOTE:

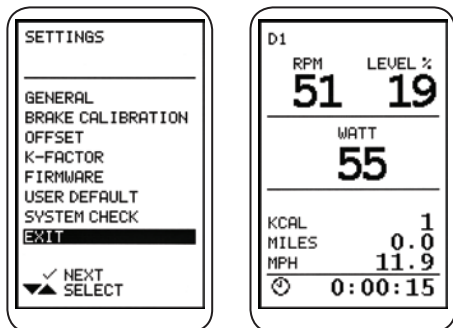
If you want to change the basic settings individually, you can do this here. With the next entry of user settings in standard or advanced mode, the individually adjusted values are used here. Respective adjustments can also be made to these values in the user menu. The values highlighted or specified in the diagrams above represent the basic default factory settings.

SETTINGS - SYSTEM CHECK



The System Check serves as a means of diagnosing errors for the Technical Service Team. If errors should occur in the electronics, it is recommended to carry out the System Check. If error messages (error codes) are shown on the display, these can be reset by pressing down the confirm button for 2 seconds. After resetting the error message, the system is checked again. If the error messages (error codes) are displayed again, please pass them onto the Technical Service Team.

SETTINGS - EXIT



Exits the settings menus and returns to training mode.

FUNCTIONS

AVAILABLE TRAINING MODES

You can train in three different modes:

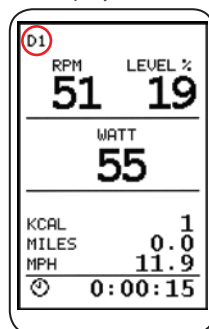
- Quick Start: Quick start, without entering any user settings.
- Standard Mode: Quick entry of basic user settings, no heart rate.
- Advanced Mode: Detailed entry of user settings including index values (for FTW and max HR) as well as optional connection to a POLAR®-compatible chest belt.

DISPLAYING THE SELECTED TRAINING MODE

So that you know which training mode you're currently in at all times, an abbreviation is displayed representing the respective mode in the top left hand corner of the display.

- Quick-Start: D1–D2
- Standard Mode: W1–W3 (W4*)
- Advanced Mode (Watttrate): W1–W3 (W4*)
- Advanced Mode (Heart Rate): H1–H3 (H4*)

*Views W4 and H4 are only displayed in Pause Mode after selecting summary.



COACH BY COLOR® - OPTIONS

The Coach By Color® function enables a color controlled workout. Coach By Color® training is only possible after entering the user settings, i.e. it is only available in standard and advanced training mode.

In the advanced training mode, it is possible to carry out Coach By Color® training guidance based on watts or heart rate. A function can also be selected here, which deactivates the color display of the training zones during training (e.g. to protect the private sphere). All training values continue to be displayed on the screen.

PLEASE NOTE

If you have selected the "OFF" option under Settings > FRONT LED, Coach By Color® is only displayed with the background lighting.



TRAINING MODES

AVAILABLE VALUES IN THE VARIOUS TRAINING MODES

In the table below, you can gain an overview of all available values which are displayed in the various training modes.

TRAINING MODE	QUICK-START (D1-D2)	STANDARD (W1-W3)	ADVANCED (W1-W3 / H1-H3)
RPM	X	X	X
LEVEL%	X	X	X
WATT	X	X	X
FTW %	---	X	X
HR	---	---	OPTIONAL (1)
KCAL	X	X	X
KM/MILES	X	X	X
TIME	X	X	X
SCREEN 1	X	X	X
SCREEN 2	X	X	X
SCREEN 3	---	X	X
SCREEN 4	---	X	X
COACH BY COLOR® (WATTRATE®)	---	---	X
COACH BY COLOR® (HEART RATE)	---	---	OPTIONAL (1)
ADJUSTING THE INDIVIDUAL FTW VALUE	---	---	X
ADJUSTING THE INDIVIDUAL MAXIMUM HEART RATE	---	---	OPTIONAL (1)
PAUSE FUNCTION	X	X	X

- To display the heart rate, a chest belt must be linked or connected in advanced training mode (Optional 1).
- The Coach By Color® computer has an integrated POLAR® chip which can receive analogue signals in the 5,5 kHz range.
- You can switch between the different screen views using the arrow keys during the workout.

TRAINING MODES

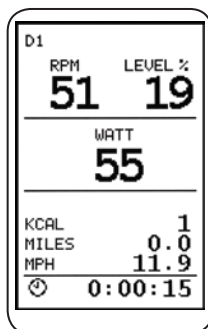
Here is an overview of the screen displays, with a chest harness connected in Advanced Mode.

	QUICK-START	STANDARD	ADVANCED WATTS	ADVANCED HR																																																																																		
SCREEN 1	<table border="1"> <tr> <td>D1</td> <td>RPM</td> <td>LEVEL %</td> </tr> <tr> <td>51</td> <td></td> <td>19</td> </tr> <tr> <td colspan="3">WATT</td> </tr> <tr> <td colspan="3">55</td> </tr> <tr> <td>KCAL</td> <td colspan="2">1</td> </tr> <tr> <td>MILES</td> <td colspan="2">0.0</td> </tr> <tr> <td>MPH</td> <td colspan="2">11.9</td> </tr> <tr> <td>⌚</td> <td colspan="2">0:00:15</td> </tr> </table>	D1	RPM	LEVEL %	51		19	WATT			55			KCAL	1		MILES	0.0		MPH	11.9		⌚	0:00:15		<table border="1"> <tr> <td>W1</td> <td>FTW% <55</td> </tr> <tr> <td>RPM</td> <td>LEVEL %</td> </tr> <tr> <td>74</td> <td>24</td> </tr> <tr> <td>WATT</td> <td>FTW %</td> </tr> <tr> <td>93</td> <td>52</td> </tr> <tr> <td>KCAL</td> <td>1</td> </tr> <tr> <td>MILES</td> <td>0.0</td> </tr> <tr> <td>MPH</td> <td>15.5</td> </tr> <tr> <td>⌚</td> <td>0:00:10</td> </tr> </table>	W1	FTW% <55	RPM	LEVEL %	74	24	WATT	FTW %	93	52	KCAL	1	MILES	0.0	MPH	15.5	⌚	0:00:10	<table border="1"> <tr> <td>W1</td> <td>FTW% <55</td> </tr> <tr> <td>RPM</td> <td>LEVEL %</td> </tr> <tr> <td>82</td> <td>20</td> </tr> <tr> <td>WATT</td> <td>FTW %</td> </tr> <tr> <td>90</td> <td>51</td> </tr> <tr> <td>♥BPM</td> <td>61</td> </tr> <tr> <td>KCAL</td> <td>4</td> </tr> <tr> <td>MILES</td> <td>0.1</td> </tr> <tr> <td>MPH</td> <td>15.2</td> </tr> <tr> <td>⌚</td> <td>0:00:41</td> </tr> </table>	W1	FTW% <55	RPM	LEVEL %	82	20	WATT	FTW %	90	51	♥BPM	61	KCAL	4	MILES	0.1	MPH	15.2	⌚	0:00:41	<table border="1"> <tr> <td>H1</td> <td>♥ MAX% <61</td> </tr> <tr> <td>RPM</td> <td>LEVEL %</td> </tr> <tr> <td>66</td> <td>15</td> </tr> <tr> <td>♥ BPM</td> <td>♥ MAX%</td> </tr> <tr> <td>74</td> <td>41</td> </tr> <tr> <td>WATT</td> <td>63</td> </tr> <tr> <td>KCAL</td> <td>1</td> </tr> <tr> <td>MILES</td> <td>0.0</td> </tr> <tr> <td>MPH</td> <td>12.8</td> </tr> <tr> <td>⌚</td> <td>0:00:10</td> </tr> </table>	H1	♥ MAX% <61	RPM	LEVEL %	66	15	♥ BPM	♥ MAX%	74	41	WATT	63	KCAL	1	MILES	0.0	MPH	12.8	⌚	0:00:10
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QUICK-START MODE

The Quick Start mode doesn't require you to enter any user settings.

SCREEN 1



D1

Denotes screen 1 in Quick Start mode

RPM

Current cadence

LEVEL

Resistance in % (0-100%)

WATT

Current output power in WATTS

KCAL

Calorie consumption
(measured by output power in watts)

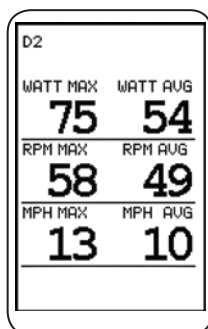
MILES

Distance covered

MPH

Current speed (The speed is calculated based on cycling over flat ground. Simulated inclines or descents are not taken into consideration)
Workout duration display

SCREEN 2



D2

Denotes screen 2 in Quick Start Mode

WATT MAX

Maximum power reached in WATTS

WATT AVG

Average output power in WATTS

RPM MAX

Maximum cadence reached

RPM AVG

Average cadence achieved

MPH MAX

Maximum speed reached

MPH AVG

Average speed achieved

STANDARD MODE

The Standard Mode enables you to quickly personalize the training guidance by entering your own personal user settings. Based on these settings, the FTW index value is then calculated in watts. A connection with an analogue POLAR®-compatible chest harness is only possible in Advanced Mode. You can enter the user mode by pressing the User button.

USER SETTINGS
MODE

STANDARD
ADVANCED
FTW <POWER> TEST

✓ NEXT
⏮ SELECT
⏹ EXIT

**SELECT
STANDARD MODE**

USER SETTINGS
GENDER

MALE
FEMALE

✓ NEXT
⏮ SELECT
⏹ EXIT

**SELECT
GENDER**

USER SETTINGS
AGE

35

✓ NEXT
⏮ ADJUST
⏹ EXIT

**ENTER
AGE**

USER SETTINGS
WEIGHT

165 LBS

✓ NEXT
⏮ ADJUST
⏹ EXIT

**ENTER
WEIGHT**

USER SETTINGS
CARDIO ACTIVITY

1
HOURS
PER WEEK

✓ NEXT
⏮ ADJUST
⏹ EXIT

**ENTER THE HOURS
OF THE INDIVIDUAL
CARDIO ACTIVITY PER
WEEK**

MEDICAL
DISCLAIMER

DO NOT EXERCISE BE-
YOND YOUR ABILITY

IF YOU FEEL PHYSI-
CAL DISCOMFORT,
DIZZINESS, STOP
TRAINING AND CON-
SULT A PHYSICIAN

COLOR ZONES ARE
FOR GUIDANCE ONLY

✓ CONFIRM

**ACKNOWLEDGE THE
MEDICAL DISCLAIMER**

W1 FTW% <55

RPM LEVEL %
74 24

WATT FTW %
93 52

KCAL 1
MILES 0.0
MPH 15.5

🕒 0:00:10

**START THE TRAINING
UNIT WITH SCREEN W1**

PLEASE NOTE

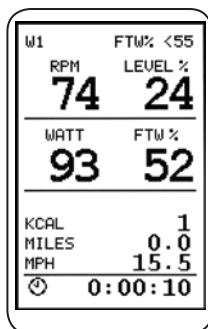
The FTW is calculated in Standard mode using the provided formula and in doing so serves as the basis for the calculations of the respective training zones using the power in watts.

CAUTION

The calculated FTW values are intended as a guide for users aged between 20 and 60. In order to receive precise values for younger and older users, please perform the FTW (power) test.

STANDARD MODE

SCREEN W1



W1

Denotes screen 1 in watt-based mode

FTW% <55

Zone range of the current training zone

RPM

Current cadence

LEVEL

Resistance in % (0-100%)

WATT

Current output power in WATTS

FTW% WATT

WATTS as a percentage based on the FTW value

KCAL

Calorie consumption

(measured by output power in watts)

MILES

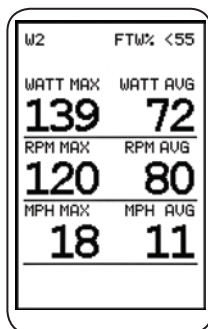
Distance covered

MPH

Current speed

Workout duration display

SCREEN W2



W2

Denotes screen 2 in watt-based mode

FTW% <55

Zone range of the current training zone

WATT MAX

Maximum power reached in WATTS

WATT AVG

Average output power in WATTS

RPM MAX

Maximum cadence reached

RPM AVG

Average cadence achieved

MPH MAX

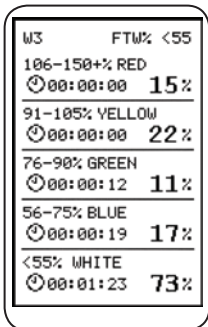
Maximum speed reached

MPH AVG

Average speed achieved

STANDARD MODE

SCREEN W3



W3

Denotes screen 3 in watt-based mode

FTW% <55

Zone range of the current training zone

106-150+% RED

Absolute time spent and percentage of the time in which you were training in the red zone

91-105% YELLOW

Absolute time spent and percentage of the time in which you were training in the yellow zone

76-90% GREEN

Absolute time spent and percentage of the time in which you were training in the green zone

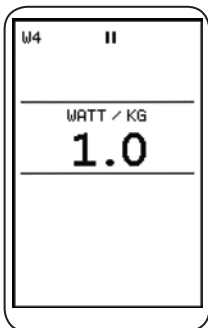
56-75% BLUE

Absolute time spent and percentage of the time in which you were training in the blue zone

<55% WHITE

Absolute time spent and percentage of the time in which you were training in the white zone

SCREEN W4



W4

Denotes screen 4 in watt-based mode. This is only displayed if the pause function is activated using the confirm button and then "Summary" is selected. This is a training value accumulated over the course of the entire training session.

WATT / KG

The wattage per kg of body weight provides information on the performance capability of the user. The higher the value, the more powerful the user.

ADVANCED MODE

The Advanced mode enables you to enter additional user settings and to connect the computer to an analogue POLAR®-compatible chest harness. In this mode, the individual threshold (FTW and max HR) can be precisely entered, provided they can be ascertained using the FTW threshold test or other test procedures. It is also possible to carry out the Coach By Color® training guidance based on wattage or heart rate.

Depending on which training basis is selected (watts or heart rate), several screen displays and training zones are variable. These are shown on the following pages as a direct comparison. The screens are labelled in watt-based mode with W1, W2, W3 and W4, while the screens in training mode on heart rate are labelled with H1, H2, H3, and H4.

WARNING!

- Systems for monitoring heart rate may not be completely accurate.
- Excessive exercise can cause severe damage to health and can even result in death.
- If you feel dizzy or weak, stop exercising immediately.
- This device is not intended to be used by persons (including children) with restricted physical sensory or mental capabilities or with a lack of experience and/or knowledge, unless they are supervised by someone responsible for their safety or have received instructions from this person on how to use the device (e.g. from a doctor, trainer, etc.).
- Children must be supervised at all times to ensure that they do not play with the equipment.
- An additional consent is provided by the user when the Medical Disclaimer is acknowledged by pressing the button at the beginning of the training session in Standard or Advanced Mode.

CAUTION:

The calculated FTW values are intended as a guide for users aged between 20 and 60. In order to receive precise values for younger and older users, please carry out the FTW (power) test.

ADVANCED MODE

USER SETTINGS
MODE

STANDARD
ADVANCED
FTW (POWER) TEST

✓ NEXT
⬇ SELECT
⬆ EXIT

**SELECT
ADVANCED MODE**

USER SETTINGS
GENDER

MALE
MALE
FEMALE

✓ NEXT
⬇ SELECT
⬆ EXIT

**SELECT
GENDER**

USER SETTINGS
AGE

35

✓ NEXT
⬇ ADJUST
⬆ EXIT

**ENTER
AGE**

USER SETTINGS
WEIGHT

165 LBS

✓ NEXT
⬇ ADJUST
⬆ EXIT

**ENTER
WEIGHT**

USER SETTINGS
CARDIO ACTIVITY

1
HOURS
PER WEEK

✓ NEXT
⬇ ADJUST
⬆ EXIT

**ENTER THE HOURS
OF THE INDIVIDUAL
CARDIO ACTIVITY PER
WEEK**

USER SETTINGS
WATTRATE FTW

178
FUNCTIONAL
THRESHOLD WATTRATE
IS CALCULATED
FROM YOUR USER
SETTINGS

✓ NEXT
⬇ ADJUST
⬆ EXIT

**ADJUST
THE FTW VALUE**

USER SETTINGS
♥ HR SENSOR
PAIRING

YES
YES
NO

✓ NEXT
⬇ SELECT
⬆ EXIT

**CONNECT
THE CHEST HARNESS**

USER SETTINGS
♥ HR MAX

177
HR MAX IS AGE
PREDICTED AND
CALCULATED FROM
YOUR USER SETTINGS

✓ NEXT
⬇ ADJUST
⬆ EXIT

**ADJUST
THE HR MAX**

USER SETTINGS
TRAINING MODE

WATTRATE FTW %
COLOR ON
WATTRATE FTW %
COLOR OFF
♥ HR MAX %
**♥ HR MAX %
COLOR ON**
♥ HR MAX %
COLOR OFF

✓ NEXT
⬇ SELECT
⬆ EXIT

**SELECT THE TRAINING
MODE AND THE COLOR
DISPLAY (ON/OFF)**

MEDICAL
DISCLAIMER

DO NOT EXERCISE BE-
YOND YOUR ABILITY

IF YOU FEEL PHYSI-
CAL DISCOMFORT,
DIZZINESS, STOP
TRAINING AND CON-
SULT A PHYSICIAN

COLOR ZONES ARE
FOR GUIDANCE ONLY

✓ CONFIRM

**ACKNOWLEDGE THE
MEDICAL DISCLAIMER**

USER DEFAULT
♥ HR SENSOR
PAIRING

YES
YES
NO

✓ NEXT
⬇ SELECT
⬆ EXIT

**VARIANT: IF THE CHEST HARNESS IS NOT CONNECTED
TO THE COMPUTER, THE CBC TRAINING GUIDANCE
CAN ONLY RUN BASED ON WATTAGE**

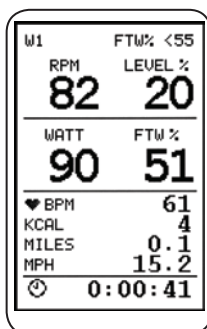
USER DEFAULT
TRAINING MODE

WATTRATE FTW %
**WATTRATE FTW %
COLOR ON**
WATTRATE FTW %
COLOR OFF

✓ NEXT
⬇ SELECT
⬆ EXIT

ADVANCED MODE

SCREEN W1



W1

Denotes screen 1 in watt-based mode

FTW% <55

Zone range of the current training zone

RPM

Current cadence

LEVEL

Resistance in % (0-100%)

WATT

Current output power in WATTS

FTW %

WATTS as a percentage based on the FTW value

♥ BPM

Current heart rate

KCAL

Calorie consumption

MILES

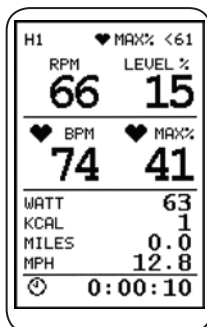
Distance covered

MPH

Current speed

Workout duration display

SCREEN H1



H1

Denotes screen 1 in heart rate-based mode

♥ MAX% <61

Zone range of the current training zone

RPM

Current cadence

LEVEL

Resistance in % (0-100%)

♥ BPM

Current heart rate

♥ MAX %

BPM as a percentage based on the maximum heart rate

WATT

Current output power in WATTS

KCAL

Calorie consumption

MILES

Distance covered

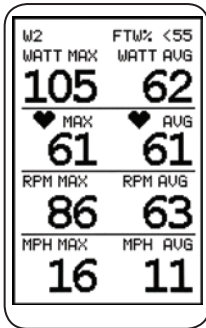
MPH

Current speed

Workout duration display

ADVANCED MODE

SCREEN W2



W2

Denotes screen 2 in watt-based mode

FTW% <55

Zone range of the current training zone

WATT MAX

Maximum power reached in WATTS

WATT AVG

Average output power in WATTS

♥ **MAX**

Maximum heart rate reached

♥ **AVG**

Average heart rate achieved

RPM MAX

Maximum cadence reached

RPM AVG

Average cadence achieved

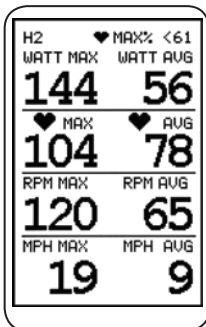
MPH MAX

Maximum speed reached

MPH AVG

Average speed achieved

SCREEN H2



H2

Denotes screen 2 in heart rate-based mode

♥ **MAX% <61**

Zone range of the current training zone

WATT MAX

Maximum power reached in WATTS

WATT AVG

Average output power in WATTS

♥ **MAX**

Maximum heart rate reached

♥ **AVG**

Average heart rate achieved

RPM MAX

Maximum cadence reached

RPM AVG

Average cadence achieved

MPH MAX

Maximum speed reached

MPH AVG

Average speed achieved

ADVANCED MODE

SCREEN W3

W3	FTW% <55
106-150+% RED	
⌚00:00:00	15%
91-105% YELLOW	
⌚00:00:00	22%
76-90% GREEN	
⌚00:00:12	11%
56-75% BLUE	
⌚00:00:19	17%
<55% WHITE	
⌚00:01:23	73%

W3

Denotes screen 3 in watt-based mode

FTW% <55

Zone range of the current training zone

106-150+% RED

Absolute time spent and percentage of the time in which you were training in the red zone

91-105% YELLOW

Absolute time spent and percentage of the time in which you were training in the yellow zone

76-90% GREEN

Absolute time spent and percentage of the time in which you were training in the green zone

56-75% BLUE

Absolute time spent and percentage of the time in which you were training in the blue zone

<55% WHITE

Absolute time spent and percentage of the time in which you were training in the white zone

SCREEN H3

H3	♥ MAX% <61
91-100+% RED	
⌚00:00:00	15%
81-90% YELLOW	
⌚00:00:00	22%
71-80% GREEN	
⌚00:00:00	11%
61-70% BLUE	
⌚00:00:00	17%
<60% WHITE	
⌚00:00:52	73%

H3

Denotes screen 3 in heart rate-based mode

♥ MAX% <61

Zone range of the current training zone

91-100+% RED

Absolute time spent and percentage of the time in which you were training in the red zone

81-90% YELLOW

Absolute time spent and percentage of the time in which you were training in the yellow zone

71-80% GREEN

Absolute time spent and percentage of the time in which you were training in the green zone

61-70% BLUE

Absolute time spent and percentage of the time in which you were training in the blue zone

<60% WHITE

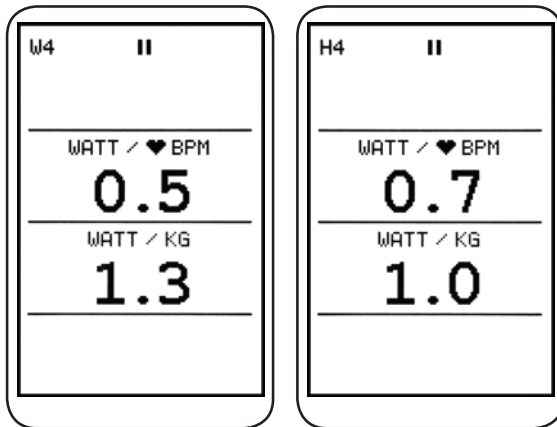
Absolute time spent and percentage of the time in which you were training in the white zone

ADVANCED MODE

PLEASE NOTE

The screens W4 or H4 are only displayed after a workout has been started. W4 denotes screen 4 in watt-based mode. This is only displayed if the pause function is activated using the confirm button and then "Summary" is selected. You can find more information on the pause function in this manual.

The values are accumulated during the course of the entire workout.



WATT / BPM

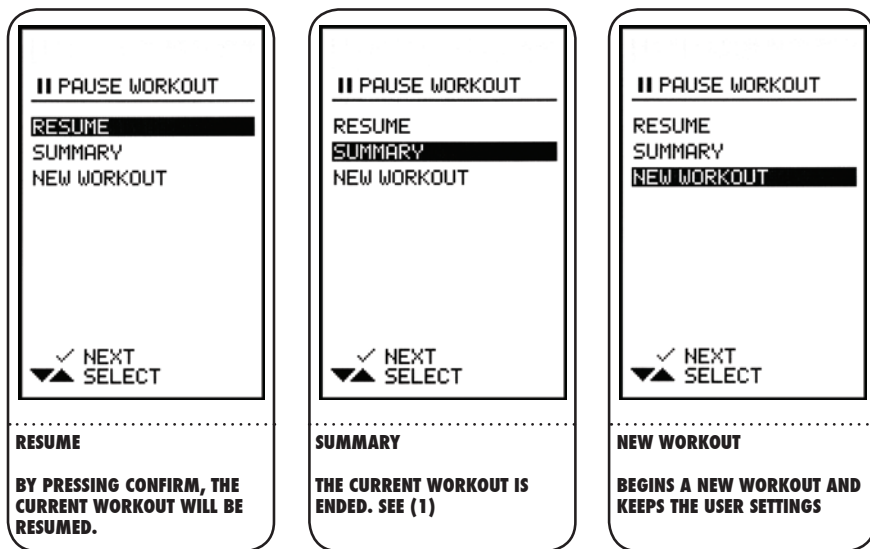
The average wattage with respect to the average HR is an indicator of the reaction of the body to the output power. The higher this value, the lower the heart rate as a reaction of the body to the output power.

WATT / KG

The wattage per kg of body weight provides information on the performance capability of the user. The higher the value, the more powerful the user.

PAUSE MODE

To enter Pause Mode, press the enter button when you are on one of the main screens (W1-W3 or H1-H3). This now has various functions:



INSTRUCTIONS:

The workout/workout time is paused when the pause function is activated. If no button is pressed in 10 minutes, the computer switches off. The values entered or recorded are lost.

About (1): The workout/workout time is paused. In screens 2-4, the user receives an overview of their workout, while the values remain unchanged. If no button is pressed in 10 minutes, the computer switches off. The values entered or recorded are lost. If the enter key is pressed in the summary, the workout can be resumed if desired or a new workout can be started.

FTW (POWER) TEST

The FTW (power) test makes it possible to determine a user's individual FTW value in an evaluation test, or to monitor the workout progress.

The test is designed as a so-called "ramp test". As soon as the test is started, a target value of 75 watts (+/- 10%) is specified. The user taking the test is now requested to maintain a constant and comfortable cadence of between 70 and 90 RPM throughout the entire test and to turn the resistance dial to set the resistance so that the target value is achieved.

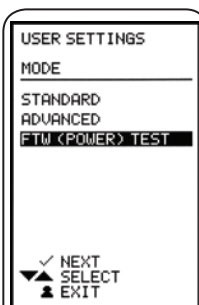
The target value must be reached within a window of max +/- 10% deviation, otherwise the display lighting changes to red. If the target value is met, the background lighting changes to green. The target value increases every 4 minutes by 25 watts. The test can be ended at any time. After the first target value is reached after 4 minutes (75 watts for 4 minutes), the result is shown after ending the test. If it is interrupted beforehand, the test fails.

Please note that only fully completed ramps (4 minutes) are taken into consideration for the test results.

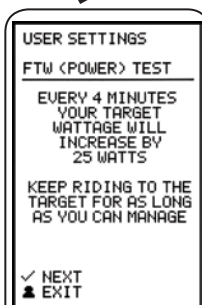
CAUTION

- The integrated FTW (power) test in the form of a 4 minute "ramp test" represents a subjective test, which the user can end at any point.
- The FTW (power) test should only be carried out under the supervision of a qualified and experienced trainer or instructor.
- It is recommended to constantly monitor the heart rate during the test, in order to control the physical exertion caused by the output power. Over-exertion must under no circumstances take place.
- Please also take note of the Medical Disclaimer.

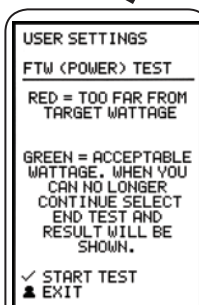
FTW (POWER) TEST



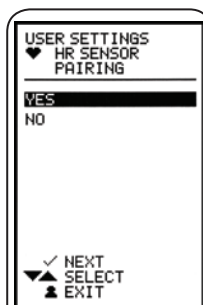
SELECT FTW TEST IN THE USER MENU



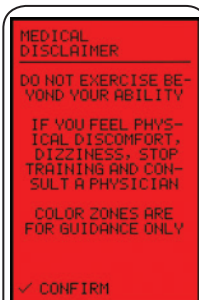
**INFORMATION SCREEN
INFORMING THE USER
ON WHAT THEY ARE
ABOUT TO UNDERTAKE**



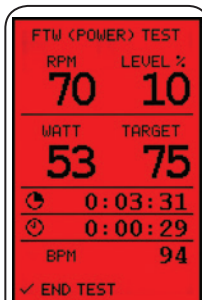
**INFORMATION SCREEN
INFORMING THE
USER ON THE TARGET
VALUES AND THE COLOR
FEEDBACK**



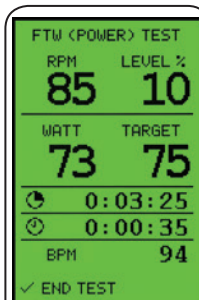
**CONNECT
THE CHEST BELT**



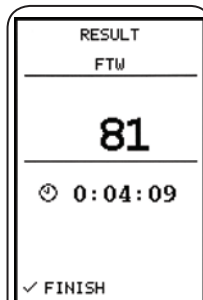
**ACKNOWLEDGE THE
MEDICAL DISCLAIMER**



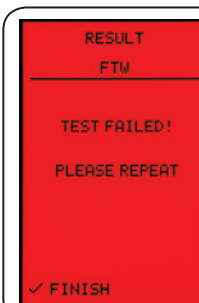
**RED SCREEN INDICATES
THE DEVIATION FROM
THE TARGET VALUE IS
TOO LARGE**



**GREEN SCREEN
INDICATES THE TARGET
VALUE IS BEING MET**



**IF THE TEST WAS ENDED
SUCCESSFULLY (BY
PRESSING THE RETURN
KEY), THE FTW VALUE
ATTAINED AND THE
TEST DURATION IS
DISPLAYED.**



**TEST FAILED IF THE TEST
WAS PREMATURELY
INTERRUPTED, NO
RESULT CAN BE
ATTAINED.**

MAXIMUM DISPLAY RANGES

TRAINING VALUES		
DISPLAY VALUE	VALUE RANGE	UNITS
Distance	999.9	km or miles
Speed	99.9	km/h or MPH
Workout duration Duration in workout zones	99:59:59	hh:mm:ss
FTW %	unlimited	%
HR %	unlimited	%
HR BPM	30 – 250	BPM
LEVEL	0 – 100	%
RPM (1)	30 – 230	RPM
WATT (2)	0 – 2500	Watt
Calorie consumption	0 – 9999	kcal (displayed as CAL)
USER SETTINGS		
DISPLAY VALUE	VALUE RANGE	UNITS
Age	14 – 99	Years
Weight	34 – 150 or 75 - 331	kg or lbs (pounds)
Workouts per week	0 – 10	Hours
FTW Index (3)	0 – 2500	Watts
HR max (4)	30 – 250	BPM

MAXIMUM DISPLAY RANGES

ABOUT (1):

From a cadence of 150 RPM, the value begins to flash. This is intended to indicate that you are exceeding the exercise range for which the bike was designed. From a cadence of 230, the RPM display is deactivated.

PLEASE NOTE:

If the bike is used at cadences of > 180 RPM for extended periods of time, all warranty claims are void.

ABOUT (2):

The power is only displayed from a rotational speed of 40 RPM, as only the power displayed here (wattage) is in the ensured tolerance range of $\pm 1\%$.

ABOUT (3):

Value can only be adjusted in the "ADVANCED" training mode.

ABOUT (4):

Value can only be adjusted in the "ADVANCED" training mode and if "CONNECT HR SENSOR" is selected with "YES" in the menu.

PLEASE NOTE:

If the maximum value has been reached, the respective value is reset to "0".

EU- DECLARATION OF CONFORMITY

The electronic components satisfy EMV Directive 204/108/EC, EMV Directive 99/519/EC, and DIN EN 60335-1 for electrical safety.

The Declaration of Conformity can be viewed at www.indoorcycling.com



DISPOSAL ELECTRIC WASTE

EUROPEAN UNION ONLY

This symbol indicates that the product it is referring to may not be disposed of along with normal household waste. If you wish to dispose of this device, do not throw it away along with normal waste! There is a separate collection system for products of this description.



This symbol is only valid in the European Union.

IMPORTANT NOTE ON DISPOSING OF BATTERIES AND ACCUMULATORS

The German Battery Regulation stipulates that every consumer is obligated to return batteries and accumulators after use. To meet this obligation to return, please take used batteries and accumulators to a place where batteries and accumulators of the relevant type are sold. This can also be done at public municipal waste disposal sites. You can return batteries or accumulators acquired from us to the following address or alternatively send them by post with sufficient postage:

Indoorcycling Group GmbH
Reference: Used batteries
Happurger Strasse 86
D-90482 Nuremberg
Germany

By returning them, you are also making a significant contribution towards protecting the environment.

For Germany www.grs-batterien.de
For Austria www.batteriensammeln.at
For Switzerland www.inobat.ch

OTHER COUNTRIES OUTSIDE OF THE EUROPEAN UNION

If you would like to dispose of this product, please adhere to the relevant state laws and other regulations in your country concerning the treatment of electronic devices.

BUSINESS CUSTOMERS

If you would like to dispose of this product, please get in touch with our service.

FAQ

MY COMPUTER DOES NOT SWITCH ON AFTER ONE OR SEVERAL PEDAL REVOLUTIONS.

The charge capacity of the LiPo battery is depleted. However, this only occurs after extremely long stationary periods, i.e. if the bike has not been used for a period of several weeks or more. In this case, you must pedal with a cadence > 50 RPM, to activate the computer. You can find further information in this manual.

COACH BY COLOR® ISN'T WORKING

In this case, user settings may have not been input. Coach By Color® requires you to enter your user settings, as this is used to calculate the FTW index value. Only by entering the user settings is it possible to define training zones.

MY COMPUTER DOESN'T SWITCH ON UNTIL MY CADENCE IS > 50 RPM. ALSO, A FLASHING BATTERY SYMBOL IS DISPLAYED IN THE TOP LEFT HAND CORNER OF THE DISPLAY. IF I THEN PEDAL SLOWER, THE BACKGROUND AND FRONT LIGHTING ARE SWITCHED OFF.

This occurs if the charge capacity of the LiPo battery is depleted. The flashing battery symbol normally disappears after 2-3 minutes if you are pedaling with a cadence > 50 RPM. To continue to charge the battery, you must pedal for a longer time period.

IF I PERFORM A COACH BY COLOR® WORKOUT, THE COLORS ARE ONLY DISPLAYED ON THE BACKGROUND LIGHTING AND THE FRONT LIGHTING REMAINS OFF.

This is most probably due to the settings. Go to the settings menu and select the GENERAL item, and repeatedly press the confirm button, until you reach the FRONT LED setting. Set the option to ON. Exit the settings menu and then select either the Standard or Advanced training mode (with COLORS ON). The front LED lighting should now be active again.

If the front LED light does not light up despite setting the option under SETTINGS > FRONT LED > ON and entering your user settings, please refer to our service.

FAQ

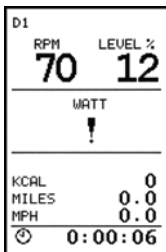
HOW LONG DOES IT TAKE TO RECHARGE A COMPLETELY DISCHARGED ACCUMULATOR?

- A fully discharged LiPo battery requires around 7 hours' pedaling at a cadence of > 60 RPM to be completely recharged.
- The LiPo battery is charged from a cadence of > 50 RPM, however with a lower charging current.
- With a completely charged accumulator, the bike can be used in battery mode for approx. 6 hours.

HOW LONG IS THE LIFESPAN OF THE BUILT-IN ACCUMULATOR?

The charging and discharging management in the IC7 Bike is designed for optimal performance and durability of the accumulator. At an ambient temperature of approx. 23 °C, the maximum number of charging cycles is approx. 800. A charging cycle means that the battery capacity is completely depleted and then refilled.

IN DISPLAY 1, AN EXCLAMATION MARK IS ALWAYS SHOWN IN THE WATT DISPLAY.

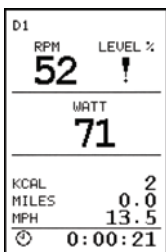


In this case, the OFFSET measurement was not performed correctly, or it is due to an error in the system.

If such an error occurs, this is displayed in the SETUP > SYSTEM CHECK menu.

In this case, contact servicing and provide them with the displayed error codes.

IN DISPLAY 1, AN EXCLAMATION MARK IS ALWAYS SHOWN IN THE LEVEL DISPLAY.



In this case, the brake calibration was either:

- Not carried out
- Carried out incorrectly, or
- There was an error in the system

If such an error occurs, this is displayed in the SETUP > SYSTEM CHECK menu.

In this case, contact servicing and provide them with the displayed error codes.

FAQ

IN DISPLAY 1, AN "E" IS ALWAYS SHOWN IN THE LEVEL DISPLAY.

W1	FTW% <55
RPM	LEVEL %
52	E
WATT	FTW %
93	52
♥BPM	69
KCAL	0
MILES	0.0
MPH	24.9
🕒	0:00:03

In this case, the computer isn't receiving any data from the brake sensor. Contact servicing if this is the case.

IN DISPLAY 1, AN "E" IS ALWAYS SHOWN IN THE WATT DISPLAY.

W1	FTW% <55
RPM	LEVEL %
---	7
WATT	FTW %
E	---
♥BPM	76
KCAL	---
MILES	---
MPH	---
🕒	0:00:00

In this case, the computer isn't receiving any data from the power sensor. Contact servicing if this is the case.

WHEN I CARRY OUT THE OFFSET MEASUREMENT, THE FOLLOWING SCREEN APPEARS.



In this case, there is an error with the electronics.

Please go to the SETUP > SYSTEM CHECK menu and note down the displayed error codes (ERROR #).

Then contact servicing and provide them with the displayed error codes (ERROR #).

FAQ

WHEN I CARRY OUT THE OFFSET MEASUREMENT, THE FOLLOWING SCREEN APPEARS.



The cause of this is not clear. Either the OFFSET measurement has not been carried out properly, or a mechanical error is at fault.

Please check the following:

- Carry out the measurement again (a minimum of 3 times). If the measurement is successful, the displayed value should not fluctuate by more than ± 3 digits.
- Please adhere carefully to the instructions on how to carry out the Offset measurement. The measurement will definitely fail if you do not let the pedals run down as soon as the STOP symbol appears.
- During the OFFSET measurement, you may not use the brake.
- At the primary drive, it is imperative that both foot pedals are attached.
- Inspect the belt tension.

Please go to the SETUP > SYSTEM CHECK menu and note down the displayed error codes (ERROR #).

Then contact servicing and provide them with the displayed error codes (ERROR #).

CAUTION.

READ ALL PRECAUTIONS AND INSTRUCTIONS IN THIS MANUAL BEFORE YOU BEGIN USING THIS EQUIPMENT. PLEASE KEEP THIS MANUAL FOR FUTURE REFERENCE. IMPROPER ASSEMBLY, SET UP, USE OR MAINTENANCE MAY VOID THE WARRANTY.



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WEBSITE: WWW.INDOORCYCLING.COM

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