



INSTRUCTION GUIDE

IC100 PRO MONITOR

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| SAFETY PRECAUTIONS

The monitor on this machine has been tested to the required standards, each of those passed regulations are shown via the following symbols:

WEEE - Waste Electrical and Electronic Equipment Recycling.

ABS - Acrylonitrile Butadiene Styrene often referred to as ABS is a type of plastic that is an opaque thermoplastic.

CE - The product conforms with relevant EU directives regarding health and safety or environmental protection.

QC Pass - A product which has fulfilled the requirements of a technical control and passed the outgoing exams.

ROHS - This is an abbreviation for "Restriction of (the use of certain) Hazardous Substances in electrical and electronic Equipment".

WEEE Symbol



EU Compliance Symbol



ABS Recycling Symbol



ROHS Symbol



Quality Control Symbol



CLEANING

Please take care when cleaning this monitor as the LCD screen can easily be scratched.

You will need a soft dry cloth



Do not spray cleaning chemicals directly onto the monitor

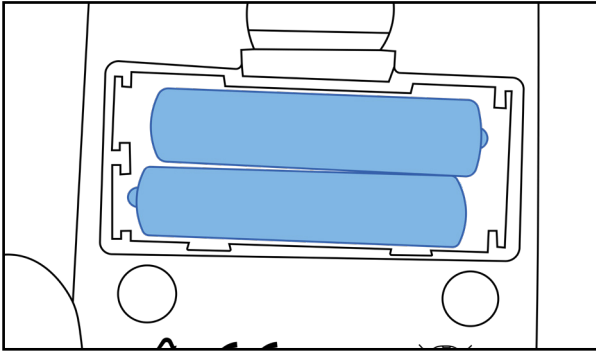


Do not apply water to the monitor as it is electrical and may damage the internal components



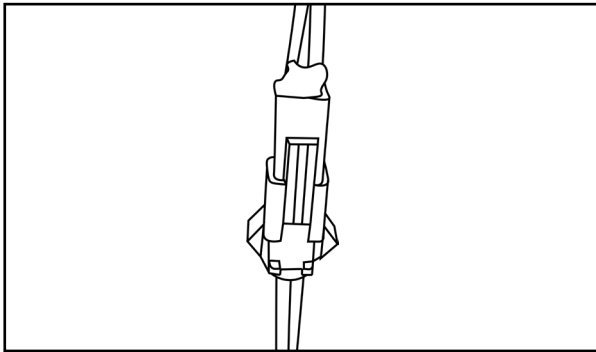
I INSTALLATION

STEP 1



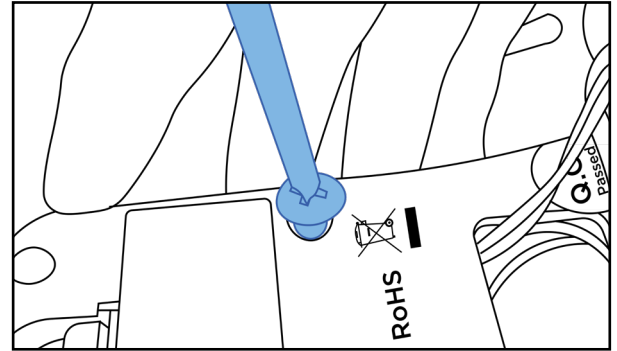
Insert the batteries, making sure they are the correct way round.

STEP 3



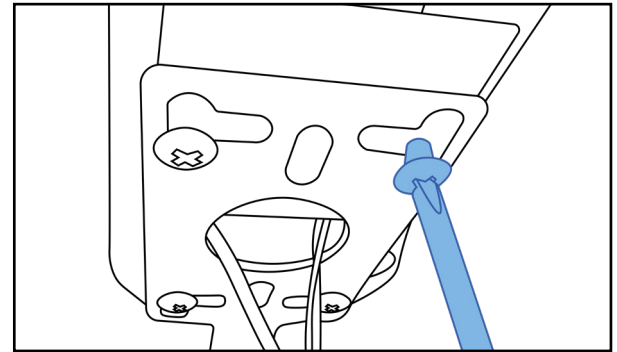
Connect the male to female wires from the base to the monitor.

STEP 2



Remove the four screws already in the back of the monitor.

STEP 4



Secure the monitor to the frame using the four screws removed previously.

I OPERATION

The IC100 Pro monitor has a total of 4 readouts, displaying:

Time Speed Distance Calories

When first powered on, the monitor will automatically be in 'Scan' mode. This means the digits on the screen will change every few seconds between time, distance, speed etc. This will allow you to have an overview while training without pressing any buttons.

EXITING SCAN MODE

On this monitor there is only one button, press this to exit scan mode and continuously press it to view each readout.

RESETTING YOUR MONITOR

To reset all of the readings to zero, press and hold the button for a few seconds. You will then see the digits flash zero's and the monitor will beep.



I DATA READOUTS

Readout	Measurement
Time	Minutes : Seconds
Speed	MPH
Distance	Miles

I TROUBLESHOOT

Issue	Resolutions
No power to the monitor	<ul style="list-style-type: none">• Make sure the batteries are fully inserted and the correct way round.• Check your connection wires from the monitor to the base. They must not be trapped, fully connected and the pins must be straight.
No pulse reading	<ul style="list-style-type: none">• Make sure the pulse plates are clean and dry.• Do not have any lotion on your hands.• Sweat can affect the reading.• Make sure both hands are fully gripping each plate.

| CONTACT DETAILS



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