INSTRUCTION GUIDE

IC400 PRO MONITOR

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CONTENTS

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".

ABS Recycling Symbol

WEEE Symbol

Quality Control Symbol

EU Compliance Symbol

ROHS Symbol

| CLEANING

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

You will need a soft dry cloth

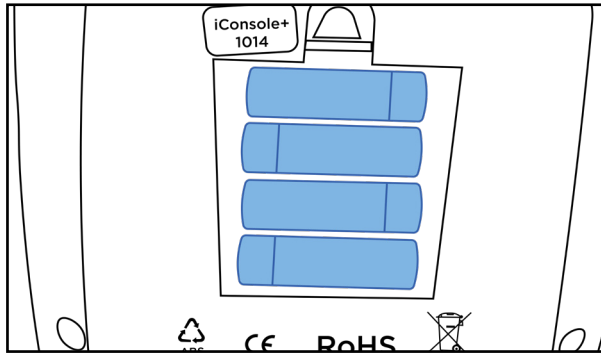Do not spray cleaning chemicals directly onto the monitor

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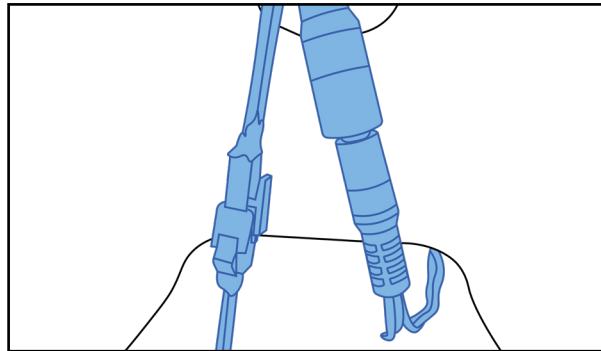
❘ INSTALLATION

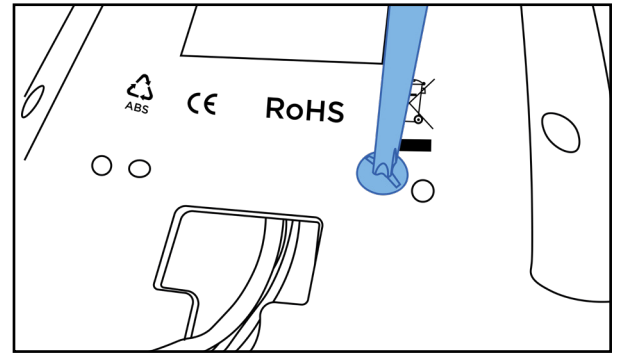## STEP 1

Insert the batteries, making sure they are the correct way round.
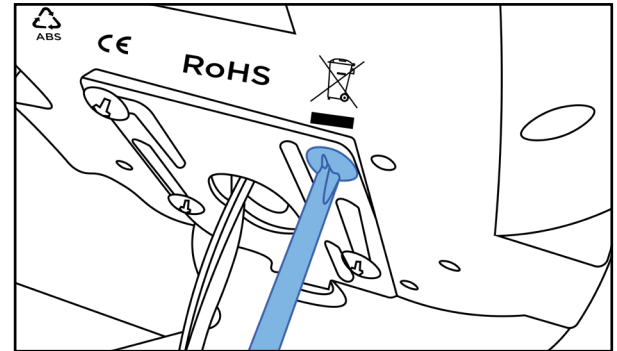
STEP 2

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

STEP 3

Connect the male to female wires from the vertical post to the monitor.

STEP 4

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

▌ OPERATION

The IC400 Pro monitor has a total of 7 readouts, displaying:

| Time | Speed | Distance | Wattage | Heart Rate | Calories | RPM |

When first powered on, the monitor will automatically be in 'Scan' mode. This means the digits in the largest segment 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. Please be aware, if there 4 minutes of no activity the monitor will power off.

CREATING USERS

The IC400 Pro monitor allows you to input up to 4 different users.

- When the monitor is powered on, you will be able to select a user from 1-4 using the silver dial. Press the dial to select a user.
- The monitor will then ask you to select whether or not you wish to edit this user, press the dial to select 'YES'.
- From then on you can set the gender, age (yrs), height (in) and weight (kg).
- Once completed you can press 'Start/Stop' to begin a workout or you can move onto setting target programs explained on the next page.
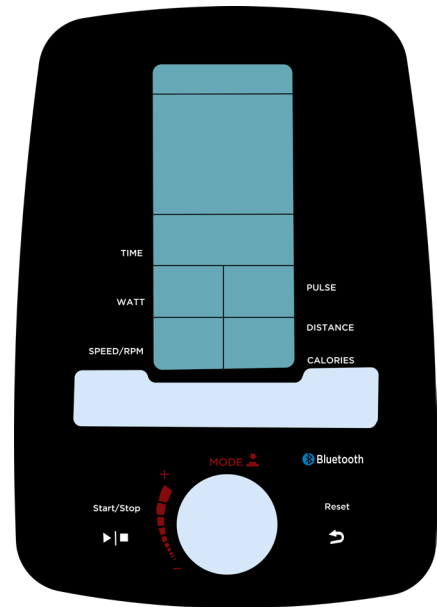
SETTING TARGET PROGRAMS

After entering the user data settings use the dial to select the workout mode. You can set a target time, distance, calories, heart rate and wattage.

- Once you have input the weight of the user or selected 'NO' when asked to edit a user the monitor will then show only the Time digits. You can change this by using the silver dial.
- Once set, either press 'Start/Stop' to begin your workout or use the dial to move onto the next setting which is Distance.
- Follow the same steps to set targets for calories, heart rate and watts.

All other functions will display as normal once the program has been started. It is invalid to press the reset or silver dial during the workout.

WATT PROGRAM

At the end of setting your target programs you will be able to select 'Watt Program'.

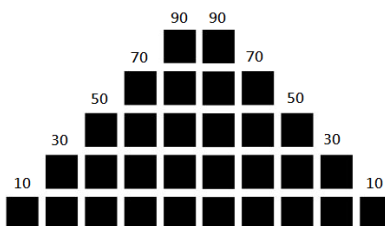Use the dial to select: Beginner, Advance or Sporty.

The diagrams below show the watts you will aim to hit at each stage.

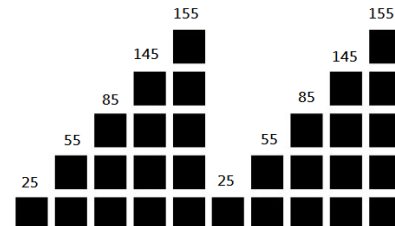Once you select which level, then set the duration of your workout.

When you begin all the other settings will display accordingly. The graphic will also show both you and a coach going head to head in a race simulation.
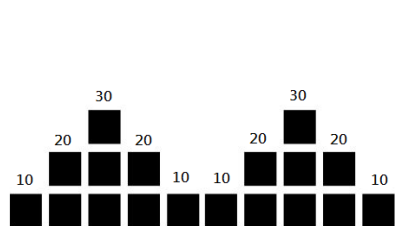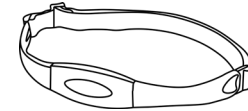

Beginner

Advance

Sporty

HEART RATE BAND

The heart rate band must be placed tightly around your chest with the sensor having skin contact consistently throughout any workout. Align the sensor approximately with your diaphram. There is no on/off switch, the band will connect automatically to the monitor once a pulse signal is read.

BLUETOOTH/iCONSOLE APP

This monitor is equipped with Bluetooth which is designed to connect to the iConsole app. The app can be downloaded from the App Store or from Google Play. Once connected the monitor will power off and all readings will be displayed within the app.
For more instructions on how to use the iConsole app click the link below or scan the QR code:

IConsole App Instructions

RESETTING YOUR MONITOR

Press and hold the 'RESET' button until all the digits come up and return to zero, the monitor will also beep.

DATA READOUTS

Readout	Measurement
Time	Minutes : Seconds
Speed	MPH
Distance	Miles
Pulse	PPM (Pulsations Per Minute)
RPM	Revolutions Per Minute

TROUBLESHOOT

Issue	Resolutions
No power to the monitor	• Make sure the batteries are fully inserted and the correct way round. • Check your connection wires from the monitor to the vertical post. They must not be trapped, fully connected and the pins must be straight.
No pulse reading	• 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.

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