

CS2WA CONSOLE OPERATION

Easy accessible, Easy reading. Showing TIME, SPEED, DISTANCE, RPM, LEVEL, PULSE, CALORIES, and WATT.

Button :

	START: Start or continue counting workout time.
	ENTER/RESET: Press and hold for 3 seconds to return time, distance and calories to 0, stop counting workout time, reset age.
	ADJUST +/PAIR: Adjust setting value.(Increase) Pair heart rate connection.
	ADJUST-/SET: Adjust setting value.(Decrease) When time stops counting, press and hold for 5 seconds to switch to set mode.

Simple Operation :

Pedal the bike to wake the console up.

Set age. Press  or  to adjust setting value. Then press .

Pair HR watch or chest belt with the console in 20 cm. Press  to skip and back to workout window. If pair succeeds, the console backs to workout window and shows PULSE value. If pair fails, the console backs to workout window in 20 seconds and PULSE value is 0. Level can be adjusted by turning resistance knob of the bike.

USER+ID No. is showed in TIME window. Press  to back to PAIR window or press  to start workout.

Press  and hold for 3 seconds to reset, Time, Distance and Calories value return to 0.

Set age again.

New user with HR watch or chest belt can press  to PAIR with the console.

Console turns into power saving mode if no pedaling or no console operation in 60 seconds. Press any button or pedal the bike to wake it up. If no pedaling or no console operation in 240 seconds, TIME starts final counting 60 seconds, then turns into sleep mode. Pedal the bike to wake it up.

Color Zone :

COLOR	PULSE %	WATT
PURPLE	Above 101	Above 251
RED	91 - 100	201 - 250
YELLOW	81 - 90	151 - 200
GREEN	71 - 80	101 - 150
BLUE	61 - 70	51 - 100
GRAY	Under 60	Under 50

Note : PULSE value is used to decide color first. If no Pulse value, WATT value is used.

Set Mode :

When TIME stops, press and hold for a while to enter set mode.

(This can be done even when the console enters energy saving mode.)

Software version is showed for 3 seconds, then it enters unit setting.

Press or to switch KPH or MPH. Then press .

Press or to adjust ID value(1-50). Then press .

Press or to adjust GROUP value(1-3). Then press .

When SAVE is showed, the console is saving setting value.

When it backs to workout window after 5 seconds as picture below,

press to start your workout.

