Monitor User Manual

wattbike.com

Contents

Getting Started

Overview of the Wattbike Monitor

Large Display. Dot matrix screen enables graphs and data to be shown

POWER button, to power the unit on and off

ESC button, to go back or undo

MENU button, to access extra functions specific to each section

ARROW buttons, to navigate the menus

ENTER button, to enter a section or confirm selection
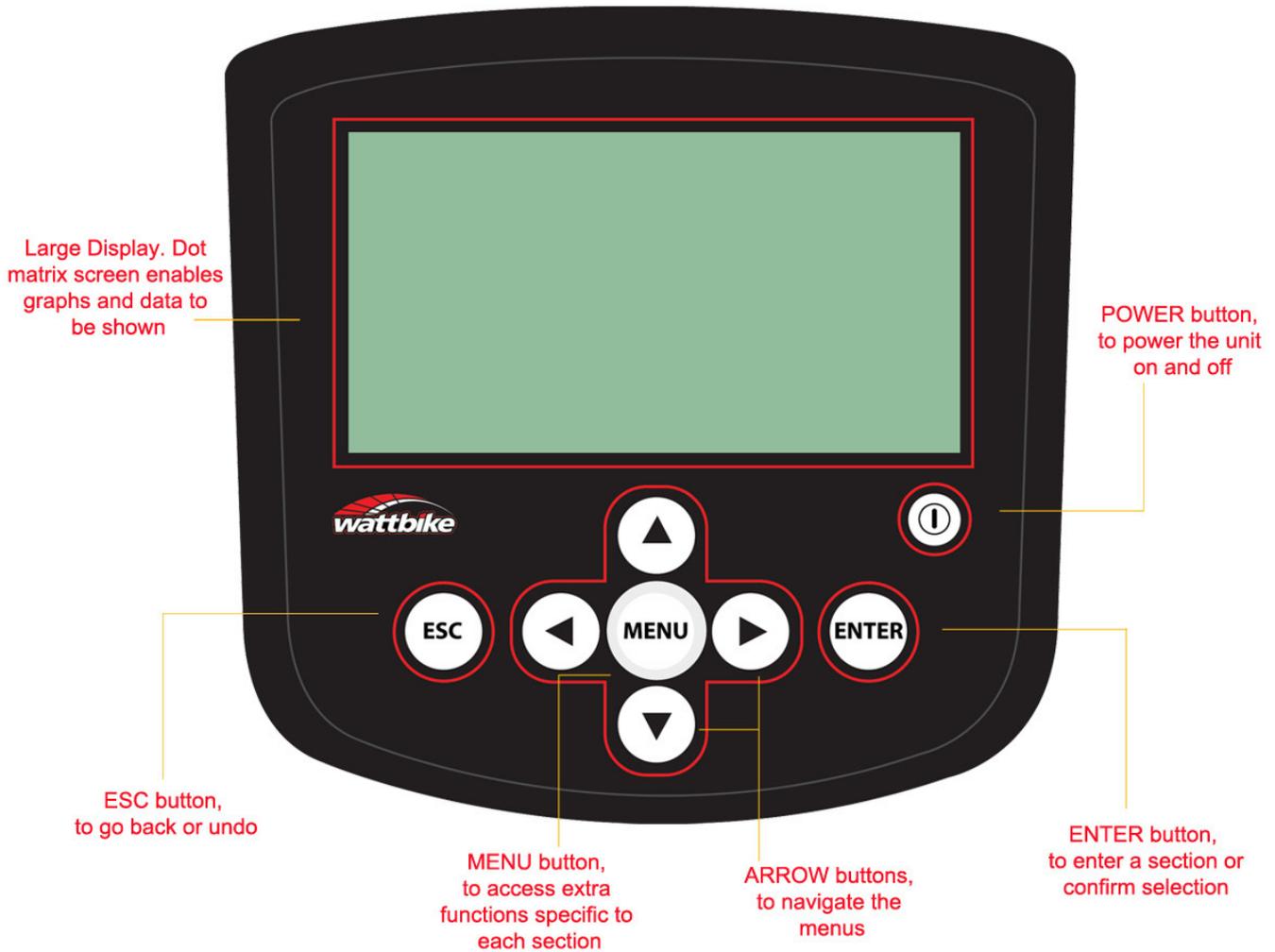
Keypad

ESC – One step backwards / Back / No

Arrow Keys – Up, Down, Left, Right menu & tab navigation

Enter – Select an item / Start / Done / Proceed / Yes / Delete / Log in / Switch

Menu – Open drop down options (if available)

WPC Model B
Serial No. 00000000
Wattbike Ltd
Vermont House Ruddington Lane
Nottingham NG11 7HQ
office@wattbike.com
www.wattbike.com

USB type 'B' socket

Data cable to wattbike socket

USB type 'A' socket

RJ45 / Ethernet connector socket

Charging adaptor socket and l.e.d.

Reset pinhole

SENSOR

RESET

Connections

USB Type B – Connect your WBM to your PC

Sensor – Connect your WBM to the bike

USB Type A – Connect a memory stick to your WBM

RJ45 / Ethernet – Connect your WBM to another WBM

Reset – Push button to reset the device restoring factory defaults

Charger – Connect your WBM to the supplied power adaptor

Main Menu

To power up the Wattbike computer either press the power button or start turning the pedals. After the boot up logo you will see the MAIN MENU (fig 0.1)

fig 0.1

Quick Start guide to Main Menu options

Just Ride – No pre-set workouts to configure just get on enter your weight and begin riding. At the end of a Just Ride session, your workout data will be stored.

Link HR Belt – Discover and pair a Polar, Garmin or Suunto chest belt.

Users – Log in to user profile here. Add and delete user profiles.

Settings – Configure the Wattbike monitor measurement, display, sound and device settings to your preferences.

Workout/Tests – Create and set up workouts for a time or distance based session, save to favourites. Re-ride last or past workouts or perform any one of eight pre-loaded bike fitness tests.

Recall – View old workout and Race data. For users who are logged, view Statistic data for that user.

Race – (This option is only available when two or more Wattbike computers are connected) Create race for either time or distance.

Properties – View factory settings for device id and firmware version. Information for memory and battery levels.

Just Ride

Before the start of each Just Ride session user is prompted to enter their weight (fig0.2) using the **UP** and **DOWN** arrow keys. This parameter can be turned off in **Main Menu** > **Settings** > **Measurement Settings** > **Use Power per kilo parameter** > **No**.
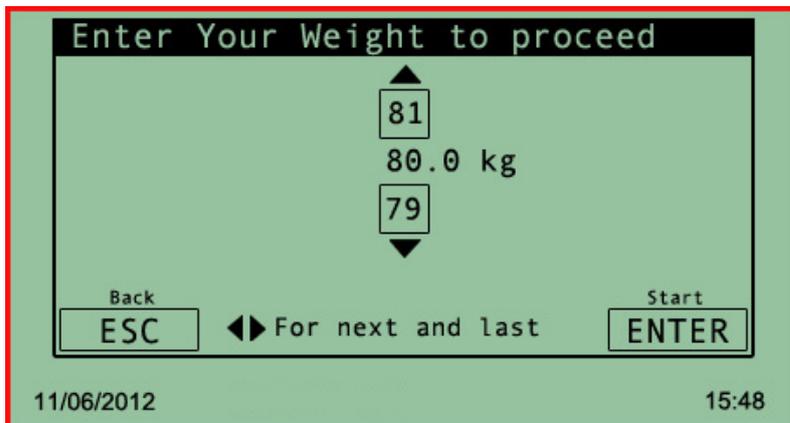
fig 0.2

Click **RIGHT** arrow for user's weight to be input in 100g increments (fig0.3).
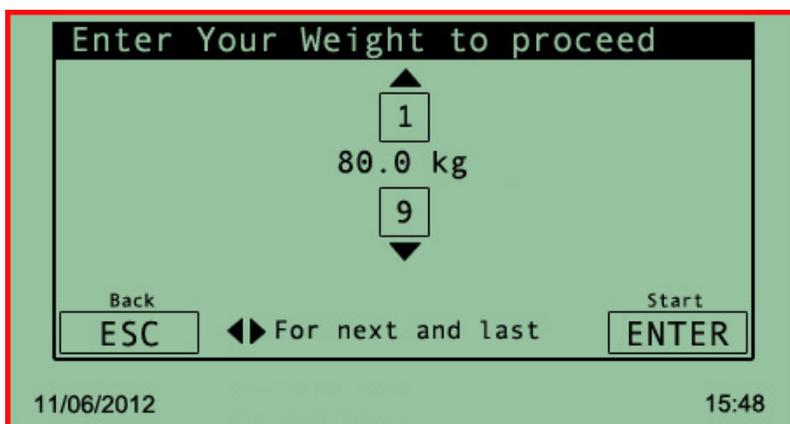
fig 0.3

Click **MENU** button for drop down menu, allowing you to change the user's weight to be defined in imperial units of measurements (fig0.4).
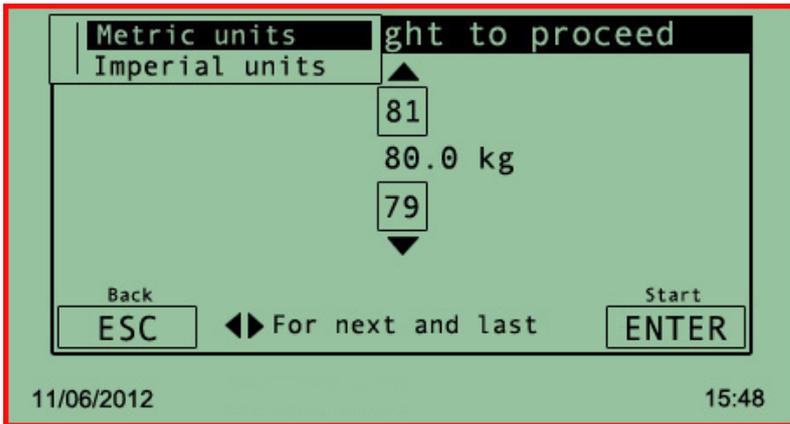
fig 0.4

Once the user has entered their weight (fig0.5) the session will initialise (fig0.6) after clicking the **ENTER** button. The session start when the user begins to pedal.
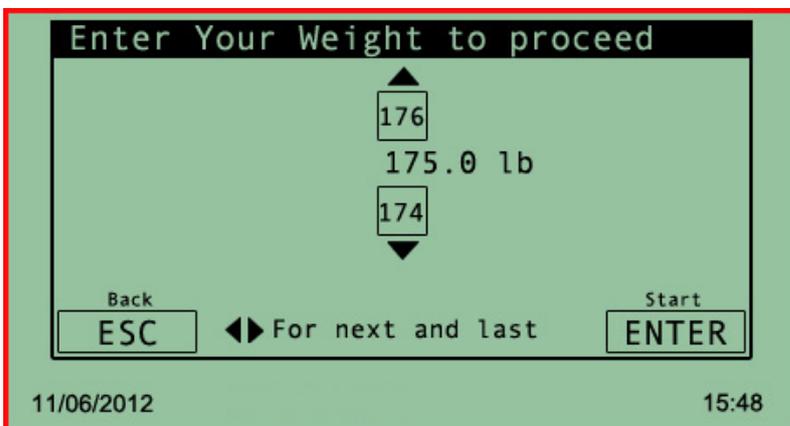
fig 0.5
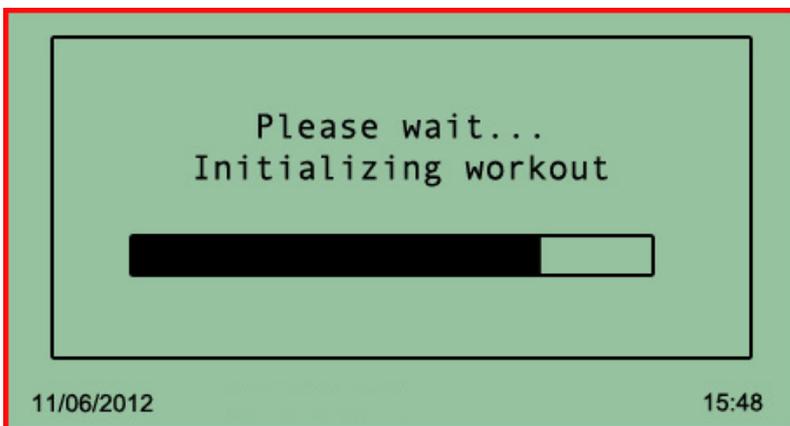
fig 0.6

Default Riding Views

Use the **LEFT** and **RIGHT** arrow keys to view alternate measuring parameters (from fig0.7) or the **UP** and **DOWN** arrow keys to cycle through the following screen views.

Polar Graph, Current Power & Average Power
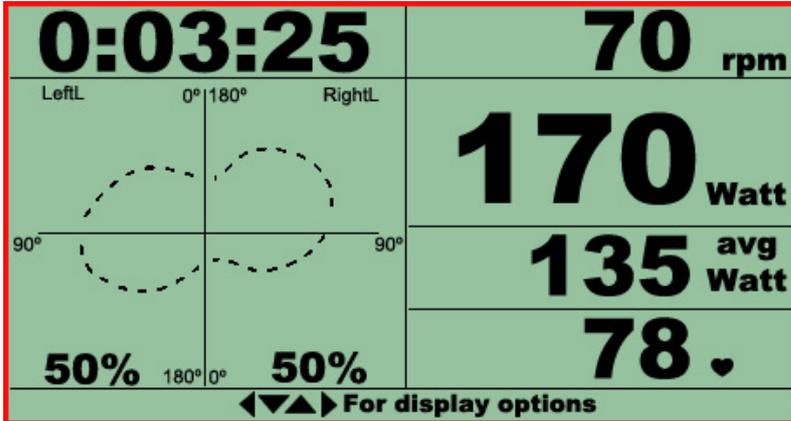
fig 0.6.1

Polar Graph, Peak Force Angle & Left/Right %
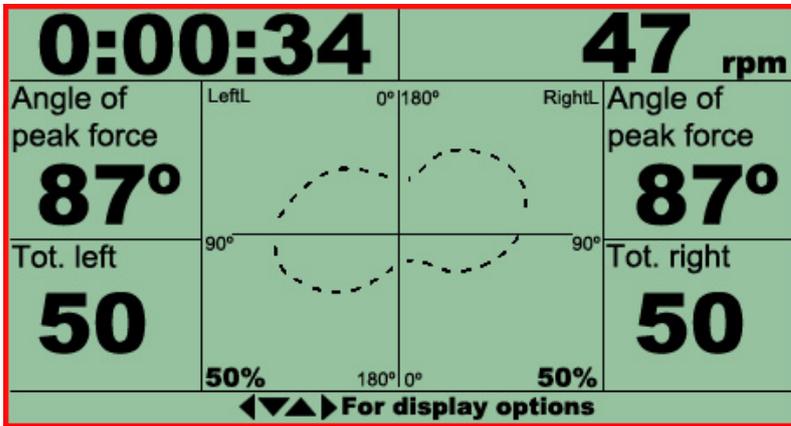
fig 0.6.2

Current Power, Average Power, Peak Power & Power per Kilo
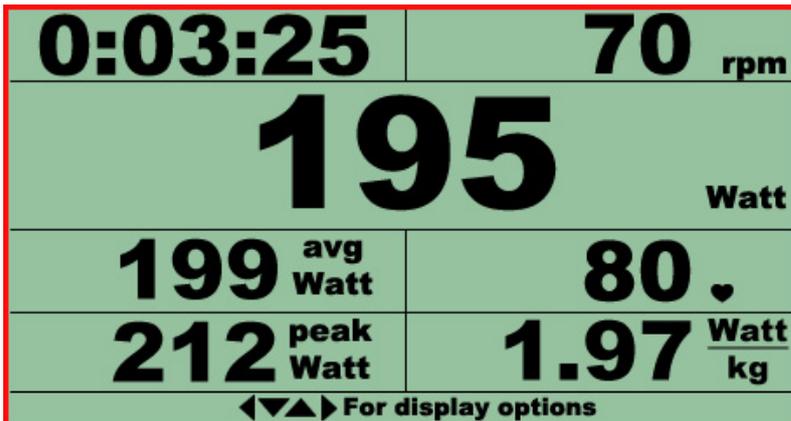
fig 0.6.3

Kcal per Hour, Total Kcal, & Kcals per Revolution

0:03:25	70 rpm
834 kcal/hour	
47 total kcal	89 ♥
278 cal/rev	77 avg ♥
◀▼▲▶ For display options	
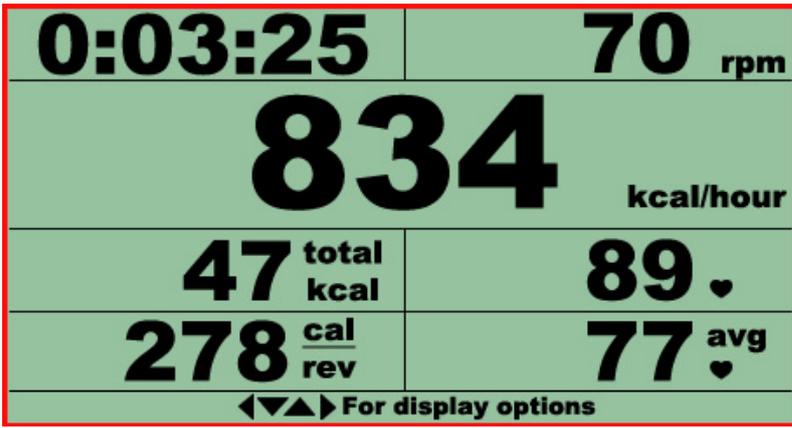
fig 0.6.4

Speed, Distance, Average Speed & Average RPM

0:02:54	70 rpm
45.3 km/h	
1758 m	80 ♥
35 avg km/h	67 avg rpm
◀▼▲▶ For display options	
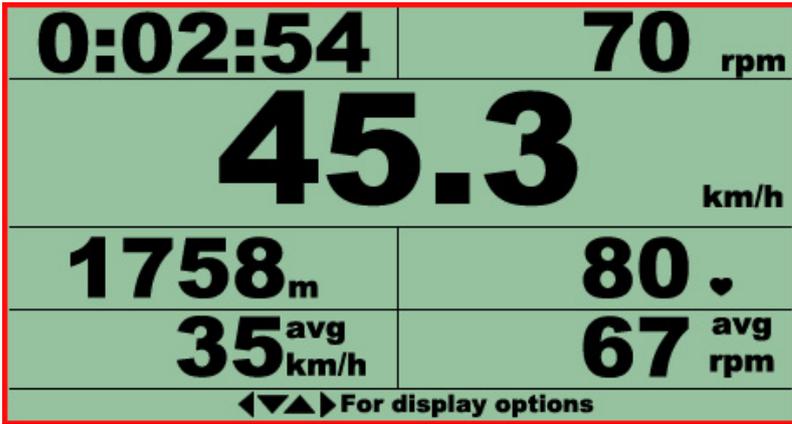
fig 0.6.5

Pace per Kilometre, Distance, & Average Pace per Kilometre

0:03:25	70 rpm
01:47 /1km	
1238 m	89 ♥
03:11 avg /1km	77 avg ♥
◀▼▲▶ For display options	
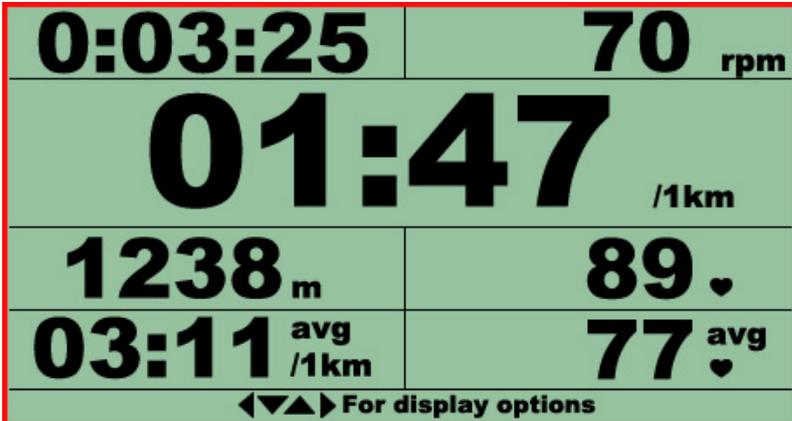
fig 0.6.6

Alternate Riding Screen Views

During a workout there are several screen views to choose from while you ride showing various parameters on multiple displays. Use the arrow keys to scroll between them.

Power
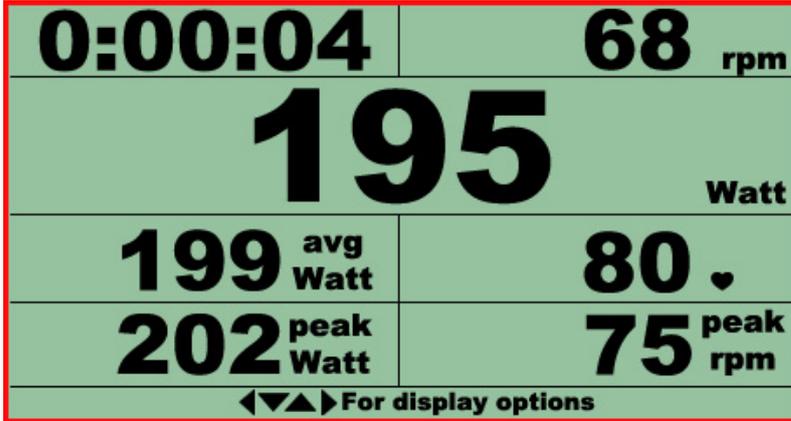
fig 0.7

Energy

fig 0.8

Pace

fig 0.9

Speed

0:00:04   47 rpm

35.3 km/h

258 m   80 ♥

202 peak Watt   75 peak rpm

◀▼▲▶ For display options

fig 1.0

Symmetry

0:00:34   47 rpm

LeftL   0° 180°   RightL

Angle of peak force   Angle of peak force

87°   87°

Tot. left   90°   90°   Tot. right

50   50

50%   180° 0°   50%

◀▼▲▶ For display options

fig 1.1

Polar

0:00:34   47 rpm

LeftL   0° 180°   RightL

90°   90°

804 kcal hour

9 total kcal

80 ♥

50%   180° 0°   50%

◀▼▲▶ For display options
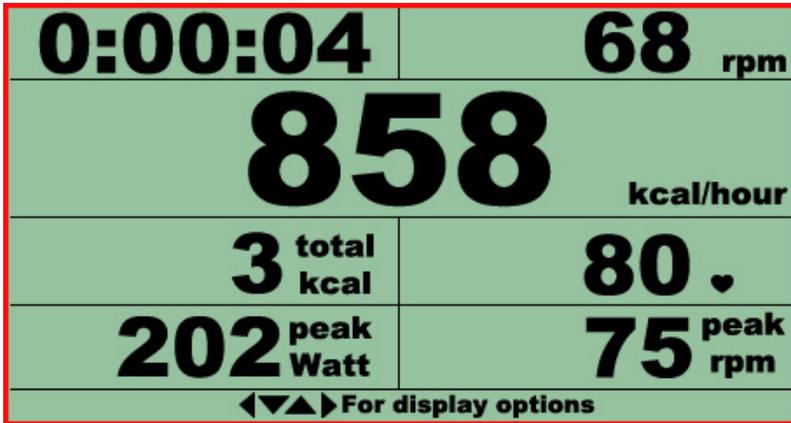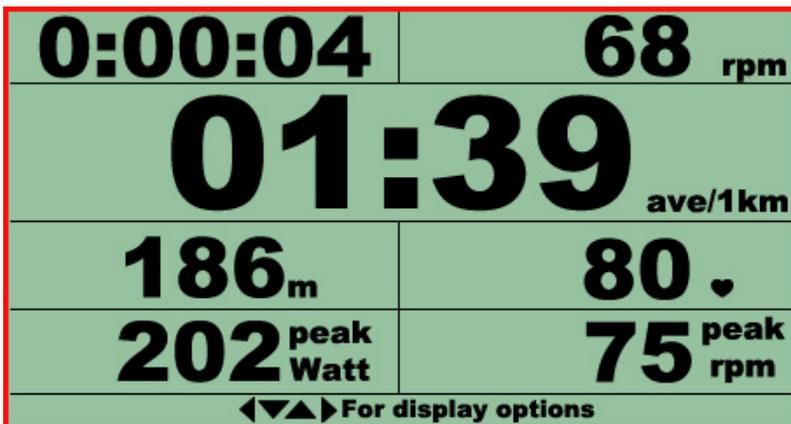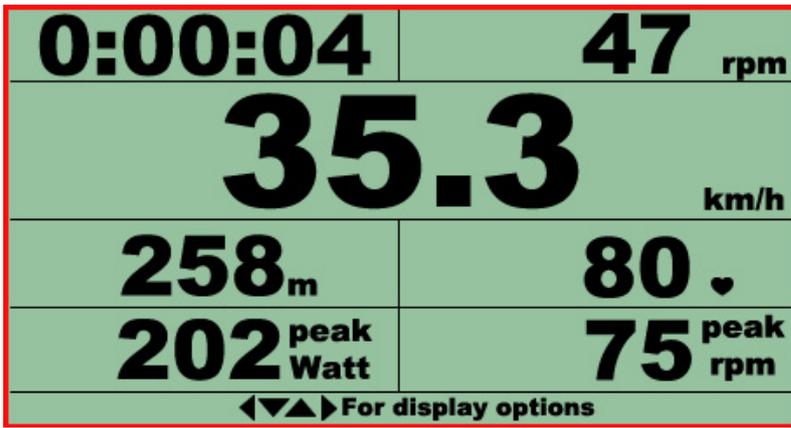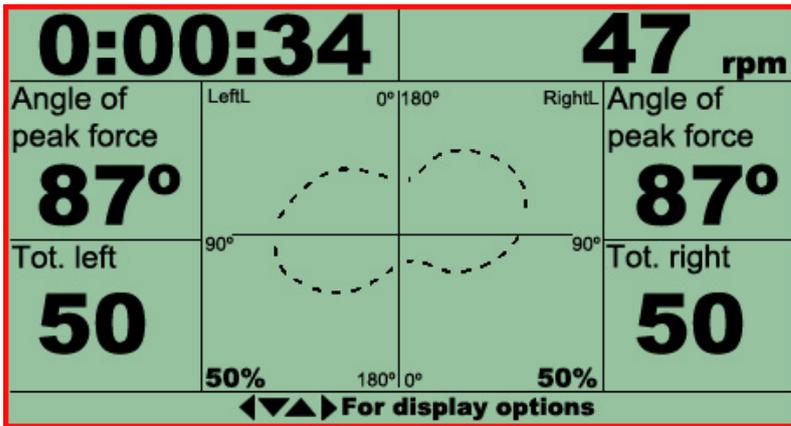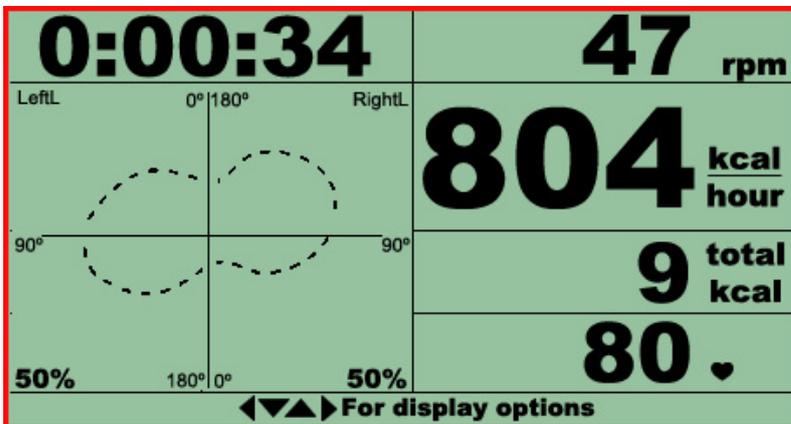
fig 1.2

Riding Screen Sub-Views

*(fig1.3) is only visible if the pace is set to a value more than 00:00.

Speed, Distance & Pace Sub View
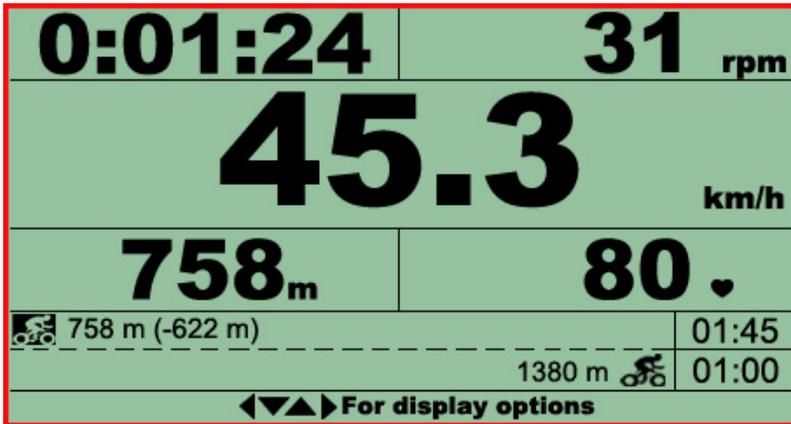
fig 1.3

*(fig1.4) is only visible if the parameter is turned on in the SETTINGS section.

Speed, Distance, Peak Power & Power per Kilo Sub View
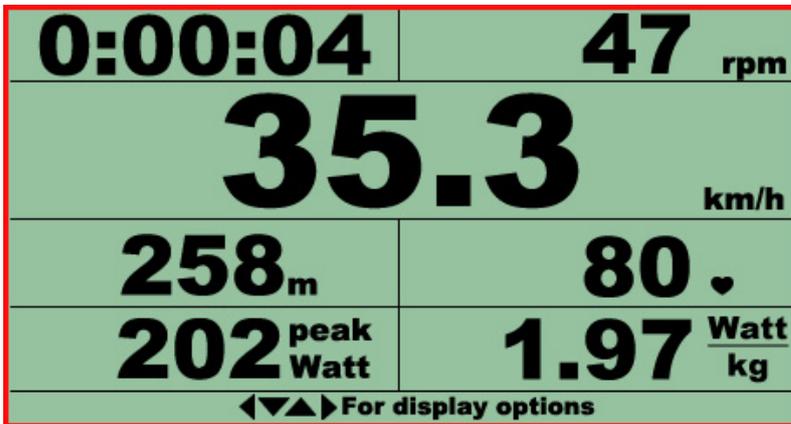
fig 1.4

Speed, Distance, Peak Power & Peak RPM
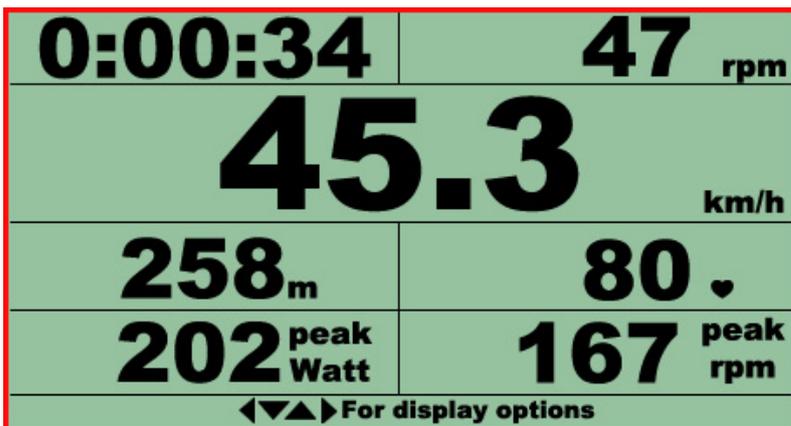
fig 1.5

Speed, Distance, Average Speed & Average RPM

0:02:54	70 rpm
45.3 km/h	
1758 m	80 ♥
35 avg km/h	67 avg rpm
◀▼▲▶ For display options	

fig 1.6

Speed, Distance & Average Pace per Kilometre

0:02:54	70 rpm
55.3 km/h	
1758 m	80 ♥
01:42 avg /1km	67 avg ♥
◀▼▲▶ For display options	
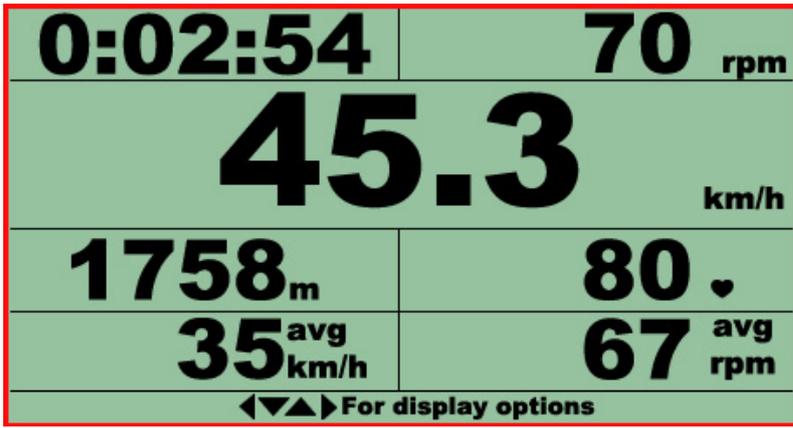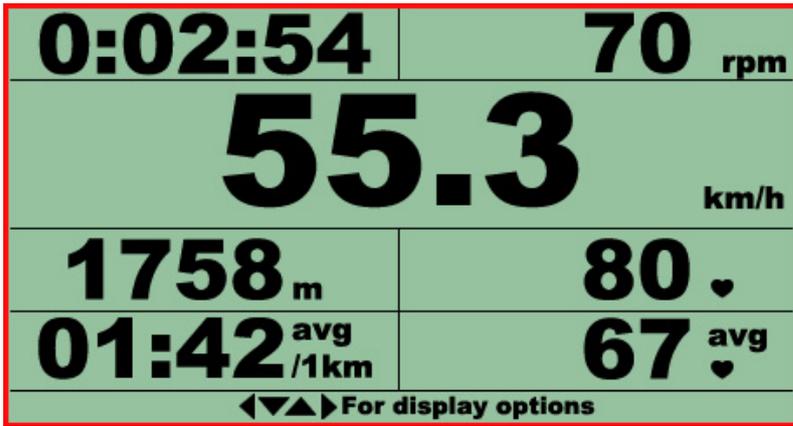
fig 1.7

Speed, Distance & Kcals per Revolution

0:03:25	70 rpm
35.6 km/h	
1838 m	78 ♥
278 cal/rev	66 avg ♥
◀▼▲▶ For display options	
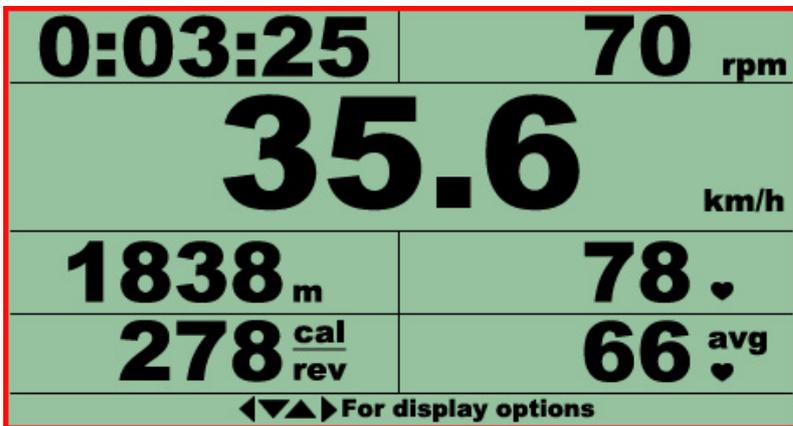
fig 1.8

Real Time Summary Screens

Click the **ENTER** button during a session to view a real time summary analysing each pedal revolution turn by turn. The summary default view will appear over two pages showing 12 parameters measured (fig 1.9 & 2.0). Use the **LEFT** and **RIGHT** arrow keys to move between the two screens.
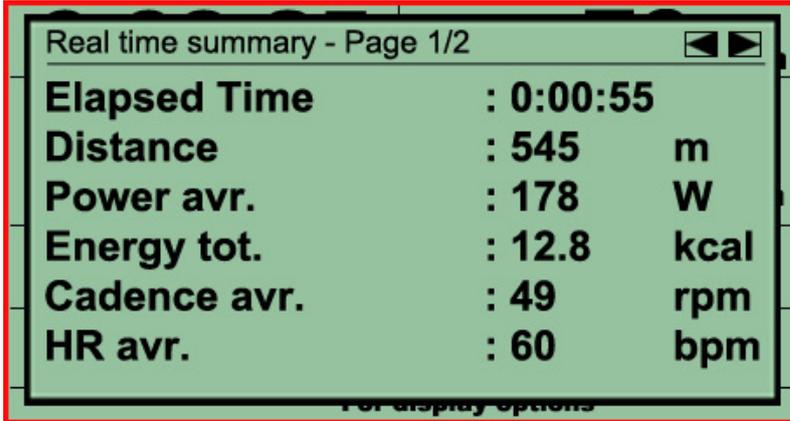
```
Real time summary - Page 1/2        ◄ ►
Elapsed Time          : 0:00:55
Distance              : 545      m
Power avr.            : 178      W
Energy tot.           : 12.8     kcal
Cadence avr.          : 49       rpm
HR avr.               : 60       bpm
```
fig 1.9
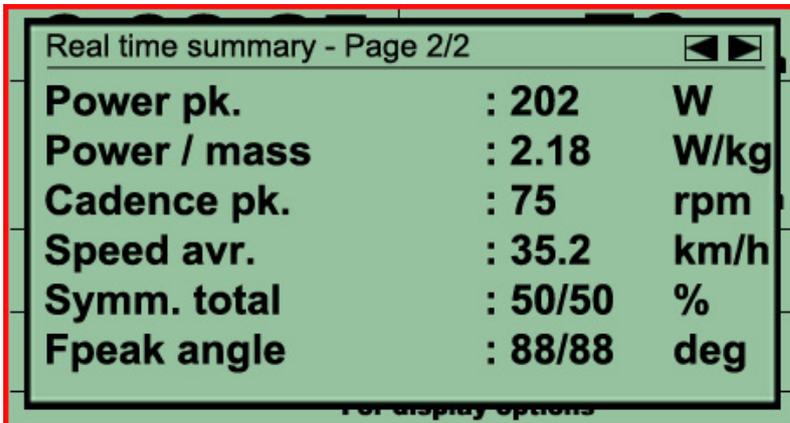
```
Real time summary - Page 2/2        ◄ ►
Power pk.             : 202      W
Power / mass          : 2.18     W/kg
Cadence pk.           : 75       rpm
Speed avr.            : 35.2     km/h
Symm. total           : 50/50    %
Fpeak angle           : 88/88    deg
```
fig 2.0

Use the **UP/DOWN** arrow keys to view the summary on one screen (fig2.1)
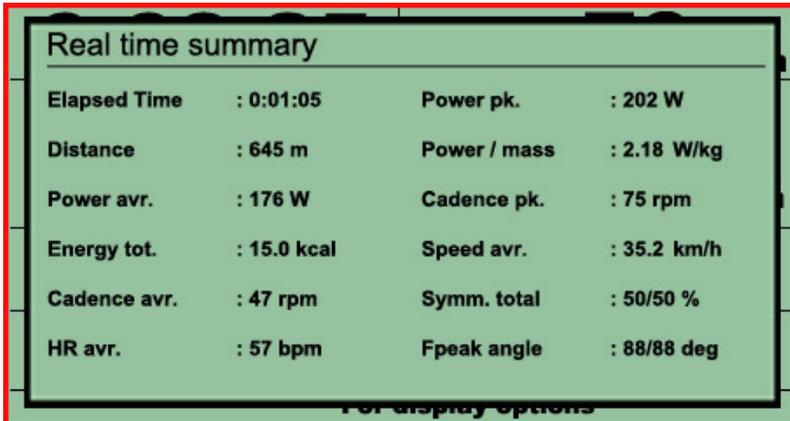
```
Real time summary
Elapsed Time    : 0:01:05      Power pk.      : 202 W
Distance        : 645 m        Power / mass   : 2.18 W/kg
Power avr.      : 176 W        Cadence pk.    : 75 rpm
Energy tot.     : 15.0 kcal    Speed avr.     : 35.2 km/h
Cadence avr.    : 47 rpm       Symm. total    : 50/50 %
HR avr.         : 57 bpm       Fpeak angle    : 88/88 deg
```
fig 2.1

Measurement Unit Options in Just Ride

Click the **Menu** button (fig2.2) during a Just Ride session enables you to set your preferences, such as changing units, setting the pace (fig2.3) value and pausing the session (fig2.4).
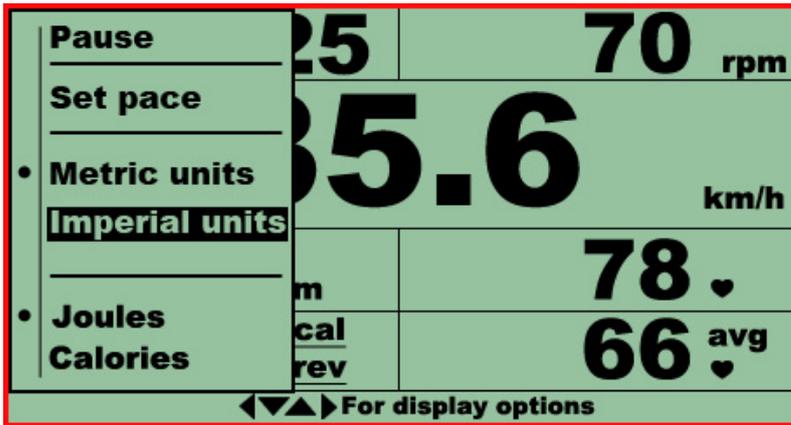
fig 2.2
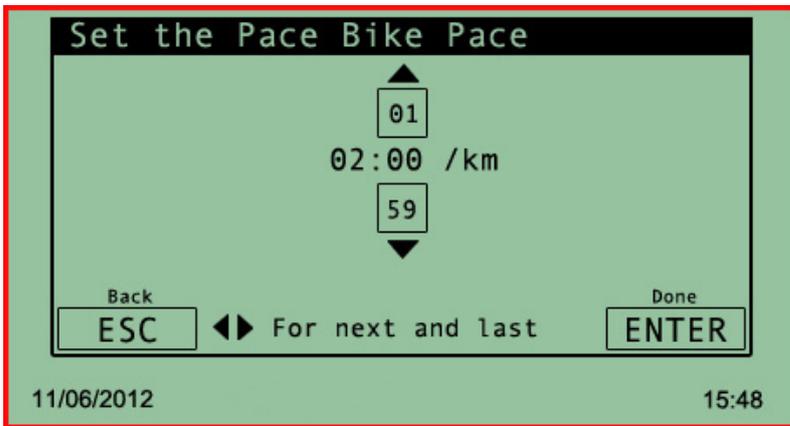
fig 2.3
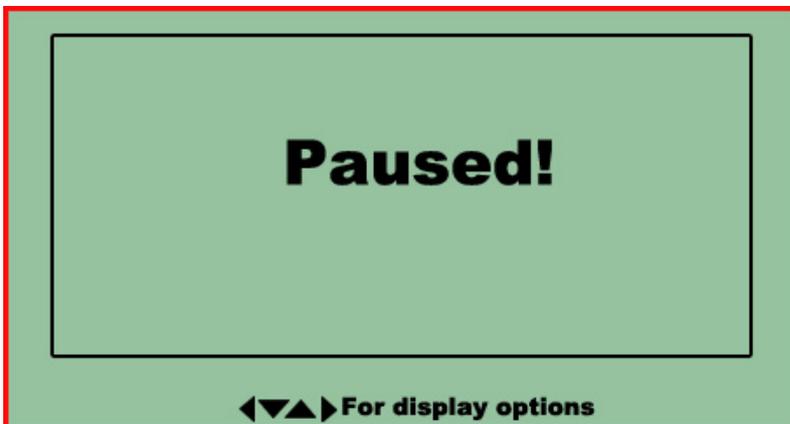
fig 2.4

Workouts/Tests Menu

To ride a pre-defined workout, select **Workout/Tests** from the **Main menu** (fig2.5) to ride a timed or distance session.
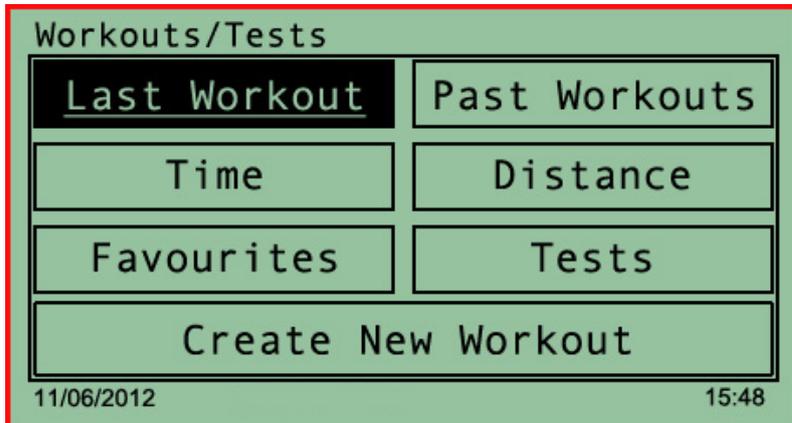
fig 2.5

Standard Timed Workouts

Select from Single Interval, Repeating Intervals, or Repeating Intervals with Rest (fig2.6).
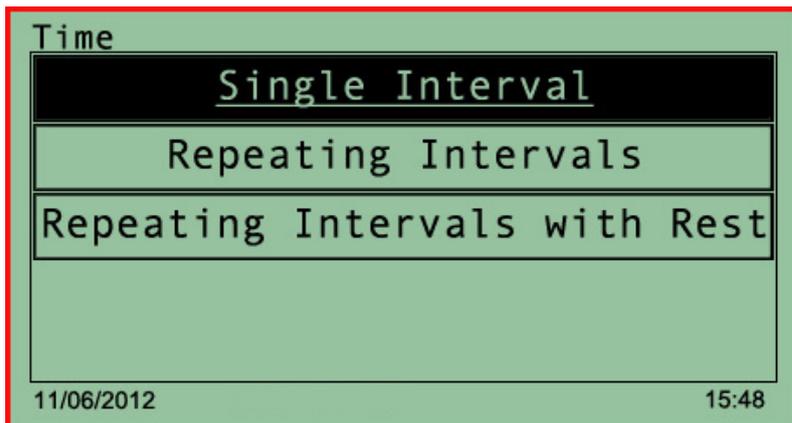
fig 2.6

Each interval type has a list of pre-defined workouts (fig2.7, 2.8, 2.9). Select an option using the Up/Down arrow keys and Enter to confirm selection.
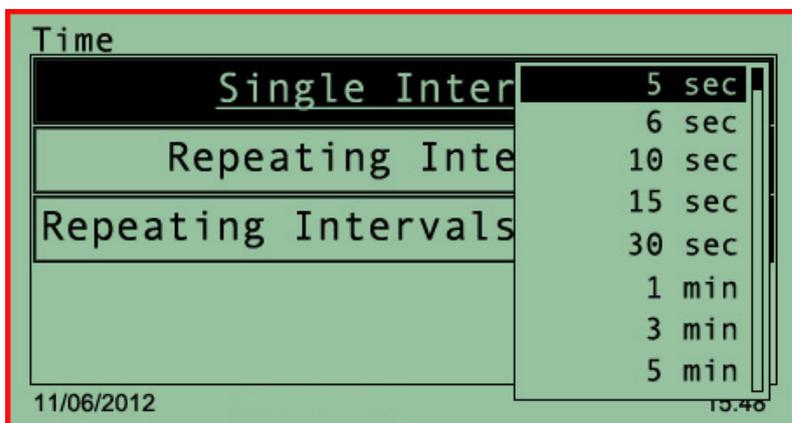
fig 2.7
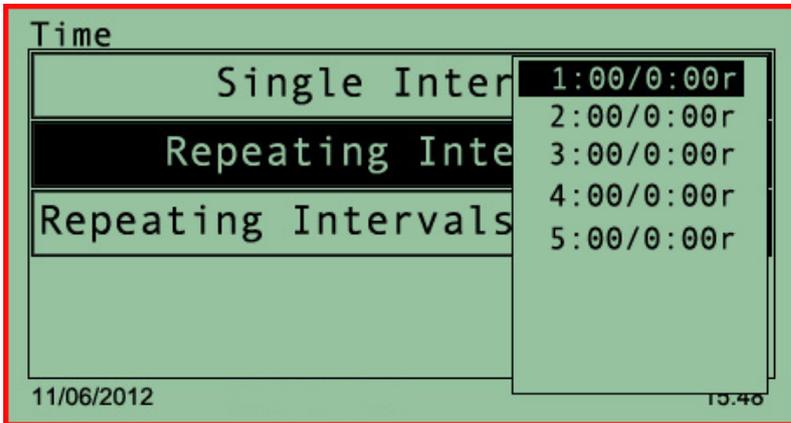
fig 2.8
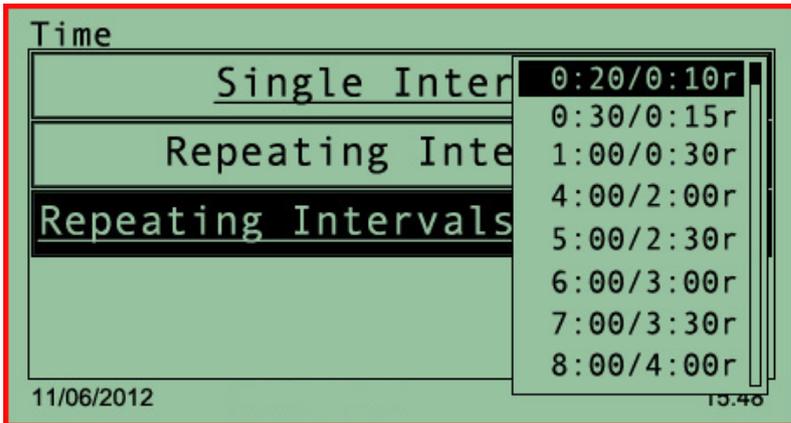
fig 2.9

Standard Distance Workouts

Select from Single Interval, Repeating Intervals, or Repeating Intervals with Rest (fig3.0)
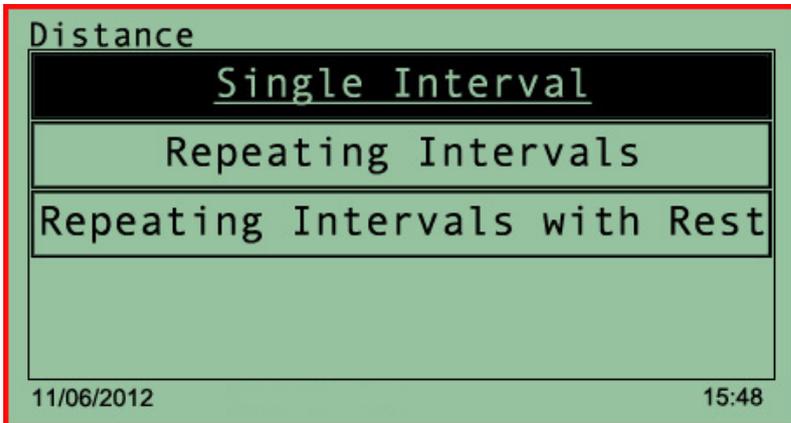
fig 3.0

Each interval type has a list of pre-defined workouts (fig3.1, 3.2, 3.3). Select an option using the **Up/Down** arrow keys and **Enter** to confirm selection.

Distance

Single Inter	100 m
	200 m
Repeating Inte	500 m
	750 m
Repeating Intervals	1 km
	3 km
	4 km
	5 km

11/06/2012   15.48

fig 3.1

Distance

Single Inter	100m/0:00r
	200m/0:00r
Repeating Inte	500m/0:00r
	1km/0:00r
Repeating Intervals	3km/0:00r
	5km/0:00r
	10km/0:00r
	20km/0:00r

11/06/2012   15.48

fig 3.2

Distance

Single Inter	100m/0:10r
	200m/0:10r
Repeating Inte	500m/0:20r
	1km/1:00r
Repeating Intervals	3km/2:00r
	5km/3:00r
	10km/5:00r
	20km/5:00r

11/06/2012   15.48
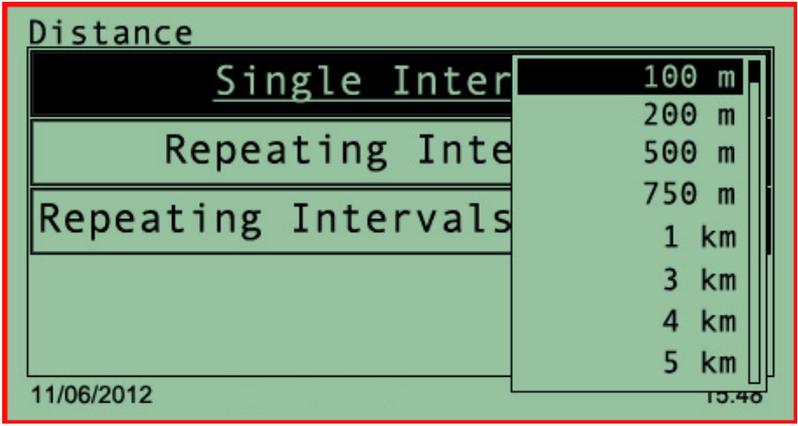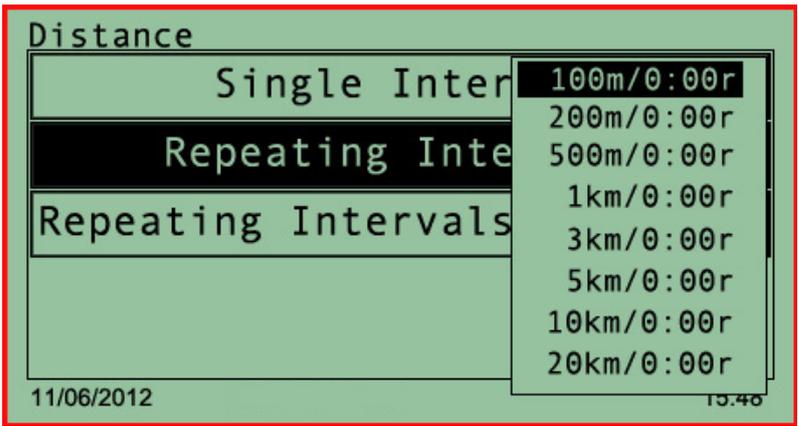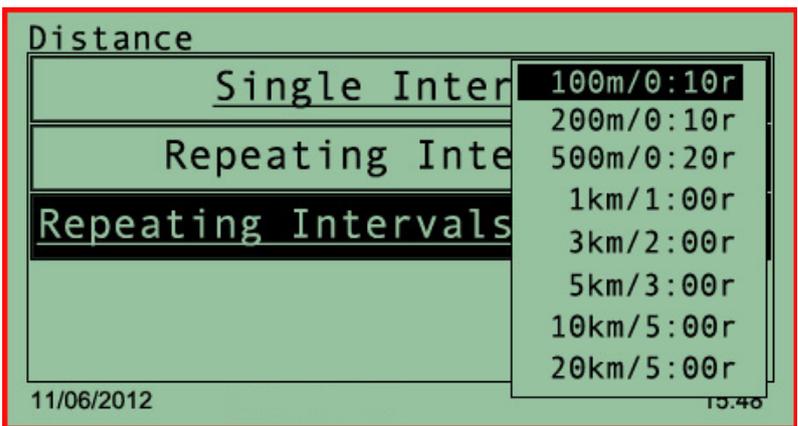
fig 3.3

Create New Workout

Create your own custom workout. Select from either a Time or Distance session:

Time or **Distance**: one single interval (fig3.4, 3.5 & 3.6).

Intervals – Time: timed session with up to 50 repeating intervals. Pace and Rest optional. Intervals repeat until the user escapes from the workout (fig3.7).

Intervals – Distance: distance session with up to 50 repeating intervals. Pace and Rest optional. Intervals repeat until the user escapes from the workout (fig3.8).

Intervals – Varied: Mixed time and distance workouts.
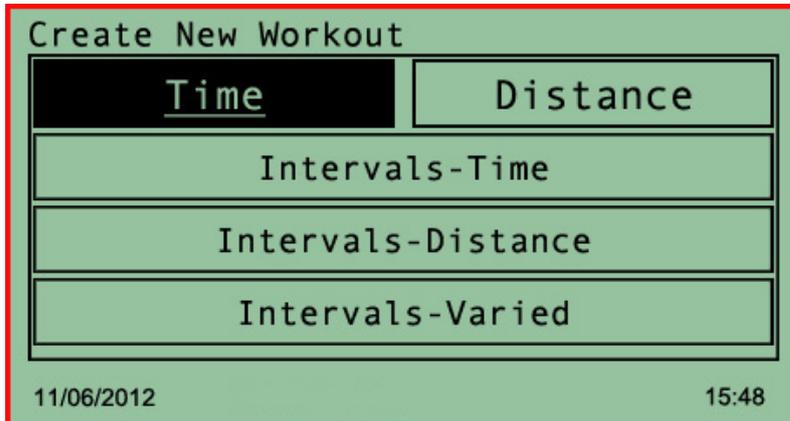
fig 3.4

Intervals – Timed
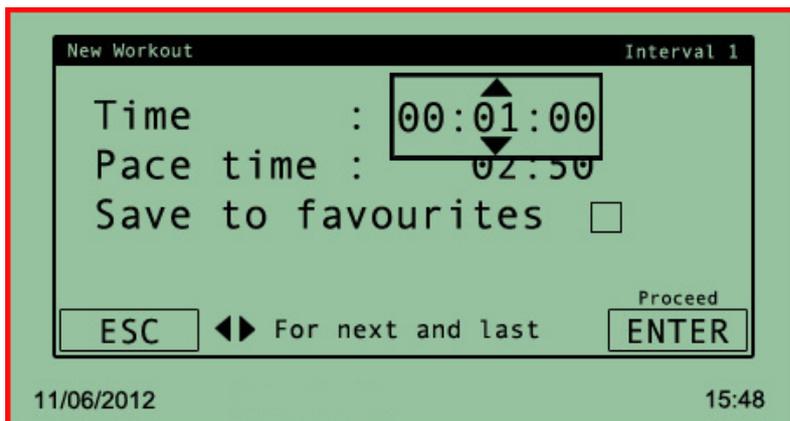
fig 3.5

Intervals – Distance
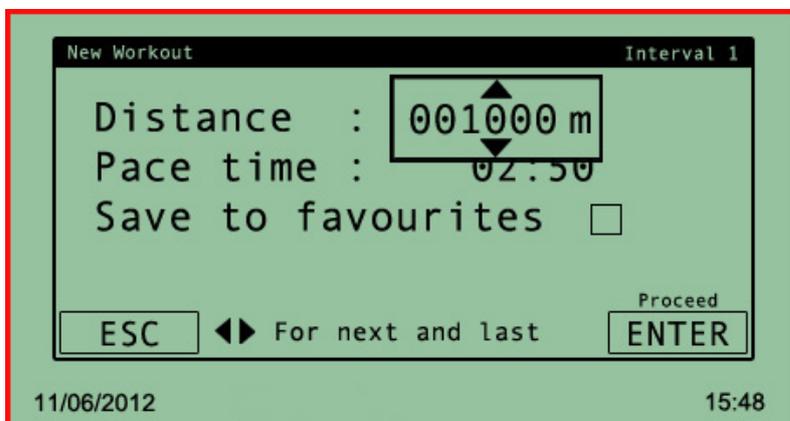
fig 3.6
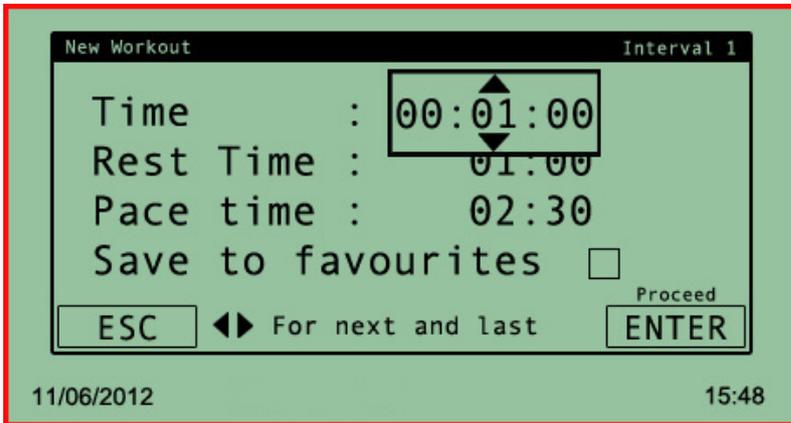
fig 3.7
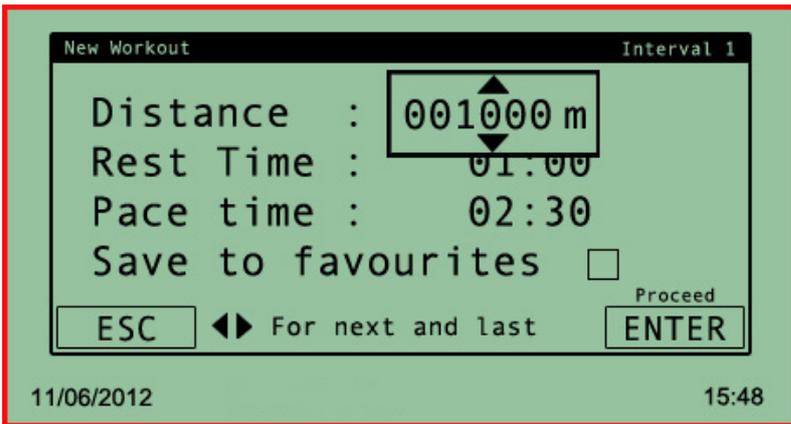
fig 3.8

Intervals – Varied

Intervals here are set up one by one, by selecting the desired interval type from the list (fig3.9). The Interval number that follows will be displayed along the bottom of the screen.

fig 3.9

Each interval will be displayed in the list as it's confirmed (fig4.0). Once all intervals have been setup, select **No More Intervals** to begin the session.
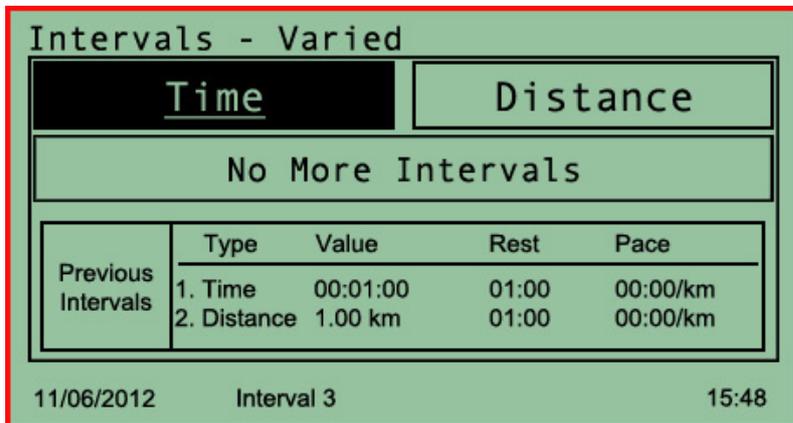
fig 4.0

Favourites

The favourites list holds up to 8 custom workouts, consisting of two separate lists – metric sessions and imperial sessions. This list works on a 'first in, first out' principle, as the most recent favourite workout saved to the list is placed at the top. Once the list is full, adding another workout will delete the oldest workout from the bottom of the list.

Any workout can be added to the favourites list. When a workout list is open click the **Menu** button, to open the drop down menu (fig4.1). Select '**Add to favourites**' and click **Enter**.
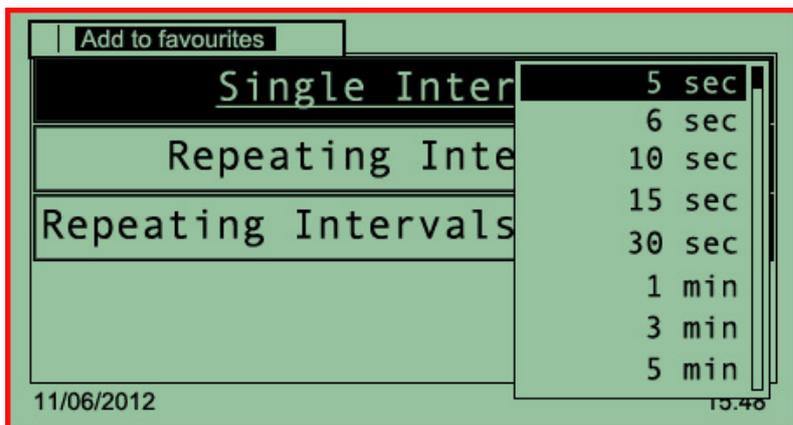
fig 4.1

Custom workouts can also be saved to your favourites list. When setting up a new workout, check the '**Save to favourites**' option (fig4.2) after all the parameters of your workout have been input.

fig 4.2

After clicking **Enter**, you are asked to name your workout, which is then added to the list (fig4.3).
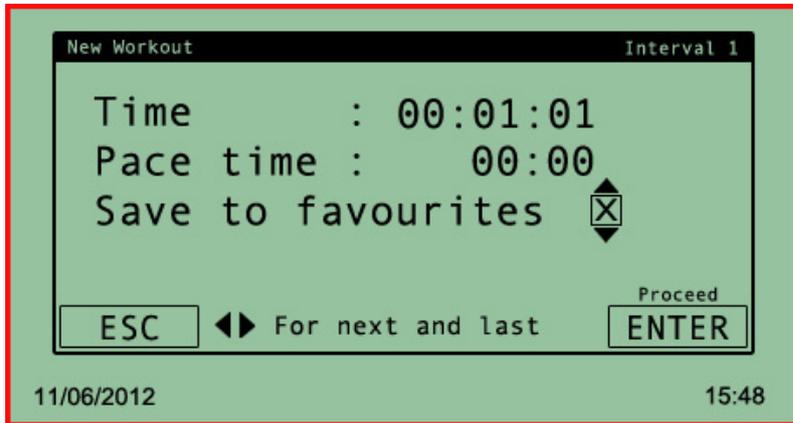
fig 4.3

Click '**Yes**' to input a workout name (fig4.4). Use the arrow keys to select each letter and move on to the next.
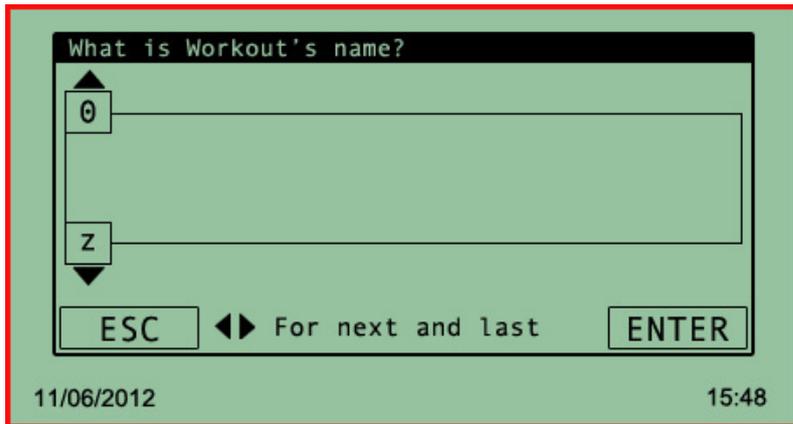
fig 4.4

To confirm the new workout session name click **Enter** to save it (fig4.5).
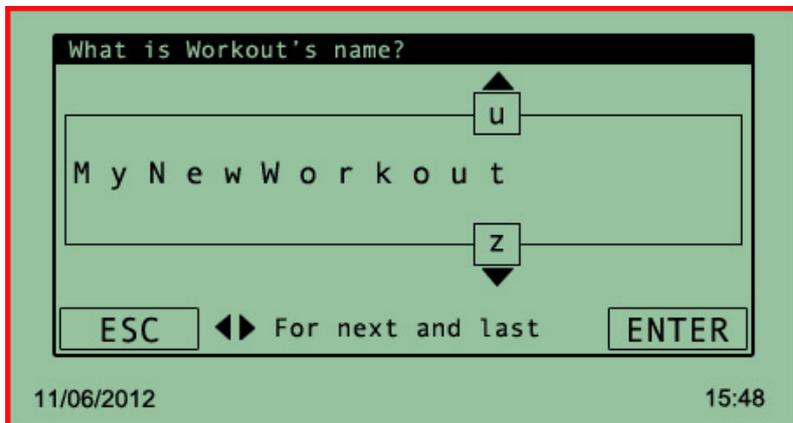
fig 4.5

If you choose not to name the workout, the new session will appear in the list as custom with the interval types appended (fig4.6).
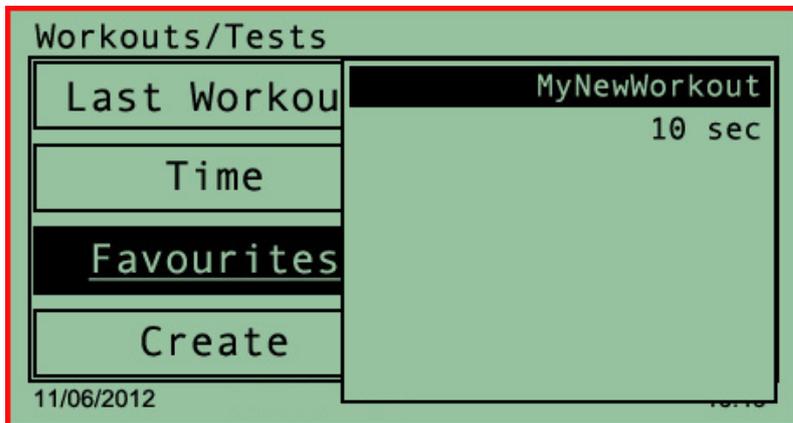
fig 4.6

To edit or delete the list, click the **Menu** button to access the drop down menu (fig4.7). If you are editing a workout with multiple intervals, you will be guided through each interval to edit the values individually.
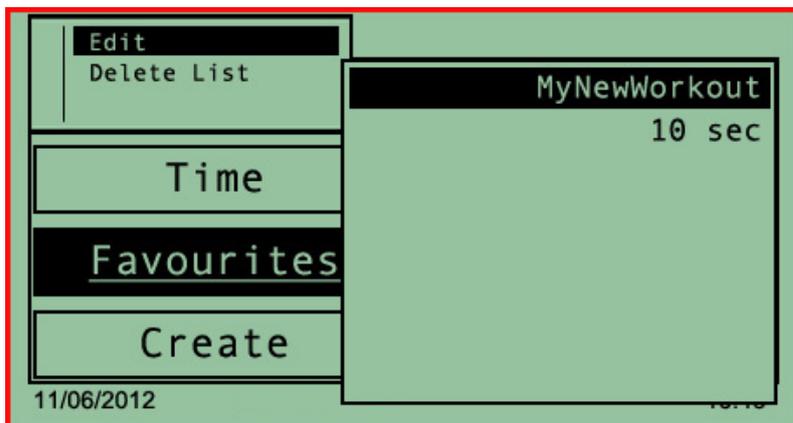
fig 4.7

Tests

There are multiple pre-loaded tests (fig4.8) built-in to the Wattbike monitor, including: Power peak 5" (sec), Power peak 6" (sec), 30' (min) test, 3' (min) aerobic test, 10' (min) progress test, Ramp test a 20' (min) test, and a pedalling (symmetry) technique test. Ramp test consist of 1-minute intervals with zero rest between each interval. The Pedal technique test duration is set to 3 minutes.
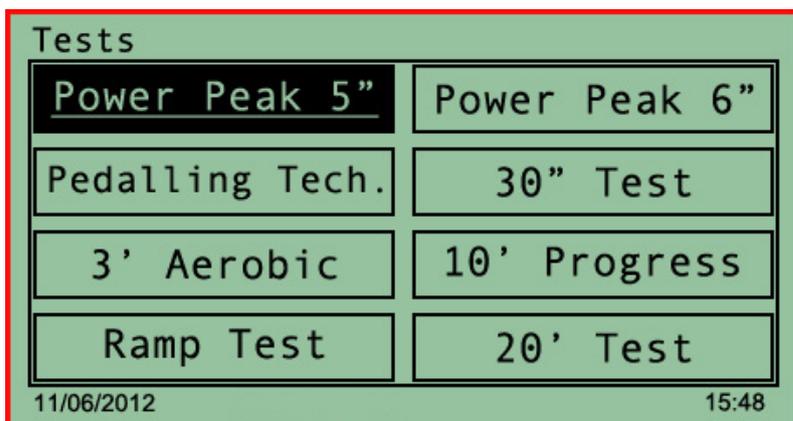
fig 4.8

Power Peak Test
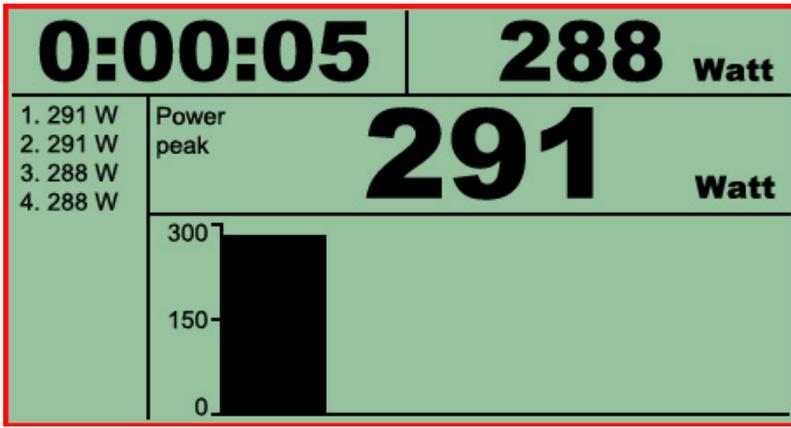
fig 4.9

Pedal Technique Test
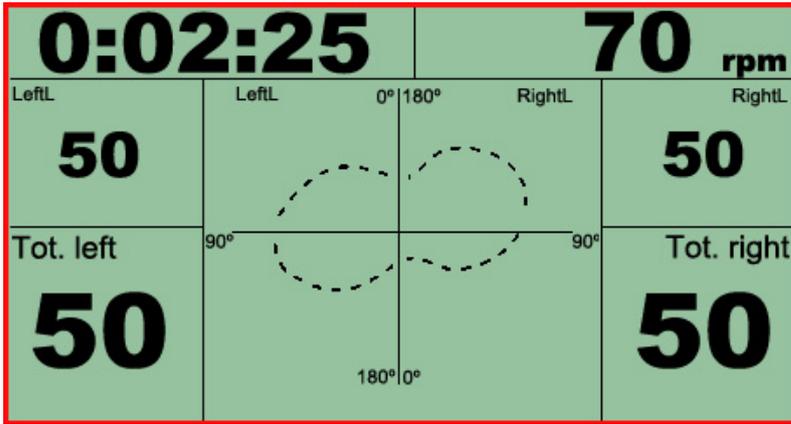
fig 5.0

Ramp Test
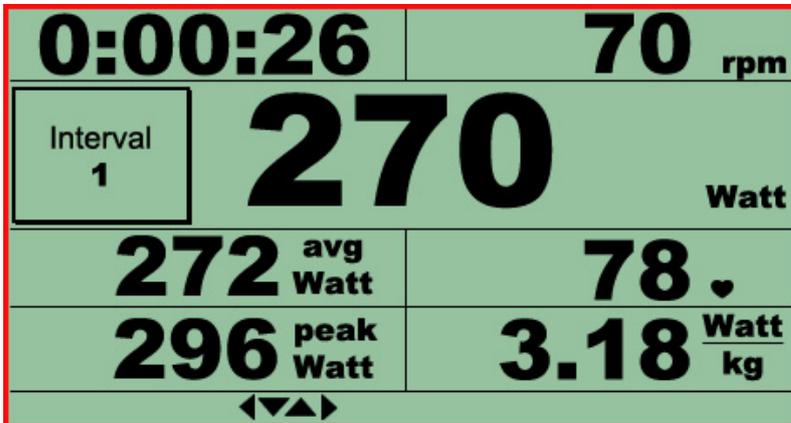
fig 5.1

All other pre-loaded tests use the standard workout display view.

Link HR Belt

The Wattbike monitor is compatible with a number of available chest belt transmitters and can be paired with the unit prior to a workout, in the Link HR belt section.

Wear the chest belt and wet the contact points as per the instructions, then select your desired belt using the arrow buttons to navigate across the tabs (fig5.2)
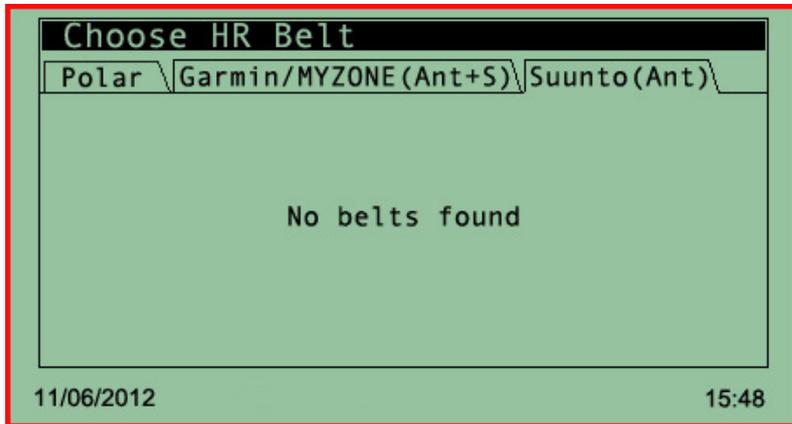
fig 5.2

The Wattbike monitor will auto detect your chest belt as it begins to transmit, and display your current heart rate and chest belt ID (fig5.3).
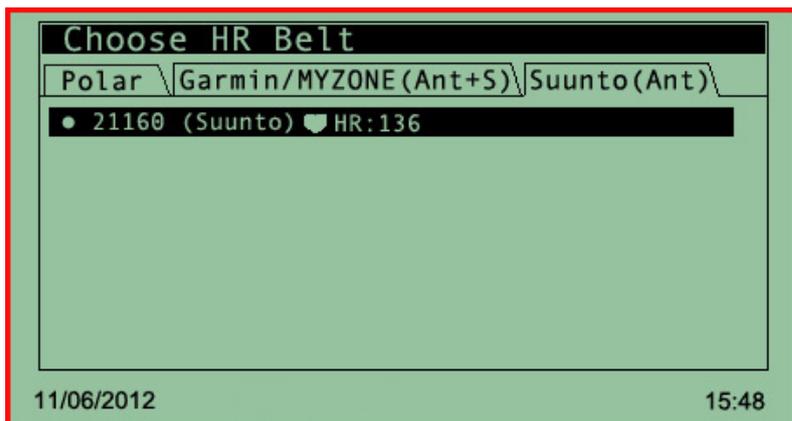
fig 5.3

Select your chest belt and click **Enter**. Confirm the pairing of your chest belt and the Wattbike monitor (fig5.4), click Enter to pair.
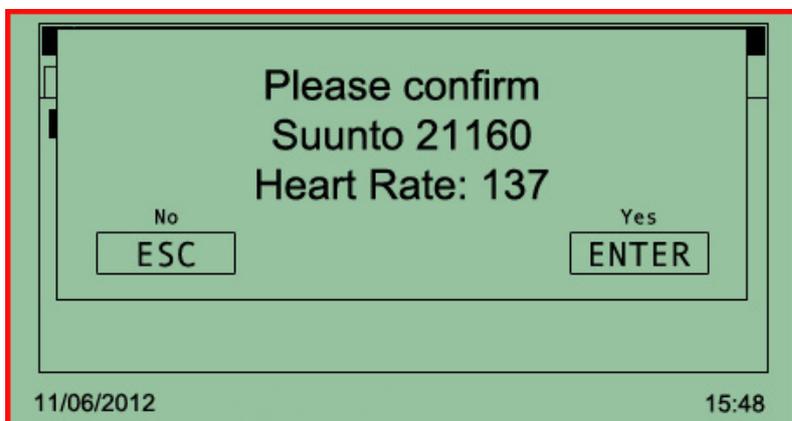
fig 5.4

Recall

All completed workouts are saved into the memory of the Wattbike and is stored in **Recall**. Saved data is collected in two sections: '**Old Workout Data**' and '**Old Race Data**' (fig5.5).
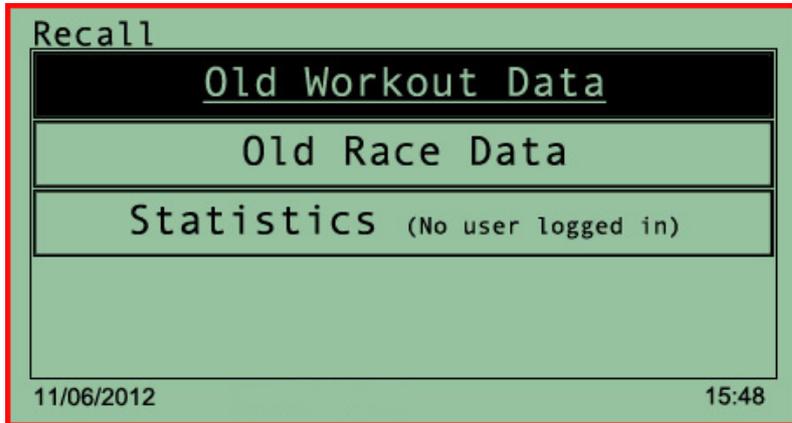
fig 5.5

Old workout data stores all sessions complete with date and timestamp, workout type and number of intervals (fig5.6). If the rider is logged in, the session also stores their username.

fig 5.6

Click **Menu** to display a drop down menu with several options for navigating across all sessions (fig5.7). **Home**, **End** – jump to the first or last session in the list. Go to **date** – jump to a specified date. **Delete workout**; Delete all workouts – delete selected or all sessions from the list.
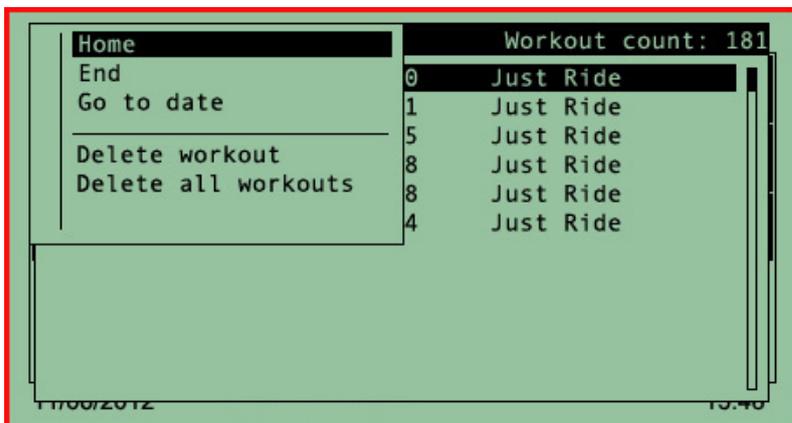
fig 5.7

The '**Go to date**' option opens a selection box to input the desired date to jump to (fig5.8).
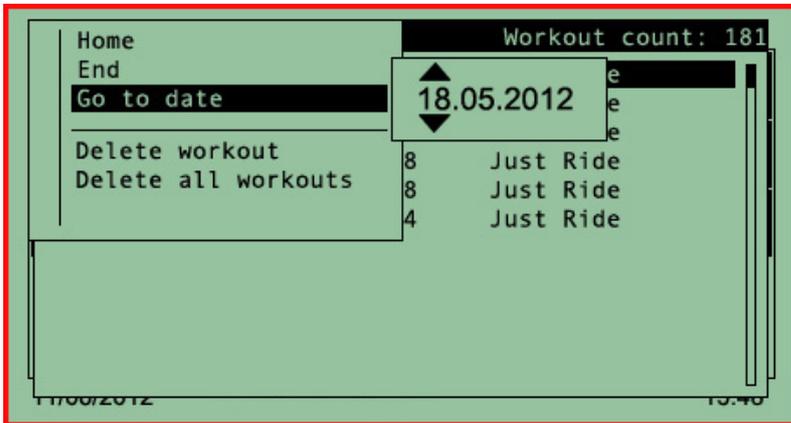
fig 5.8

Selecting a session to view an in depth analysis of the workout separated into tabs (fig5.9). Note. The intervals tab only appears for sessions with multiple intervals. Use **Up** and **Down** buttons to navigate from tabs to graphs. If the graph is selected use the Left and Right buttons to view data for each interval and the **Enter** button to change the parameters.
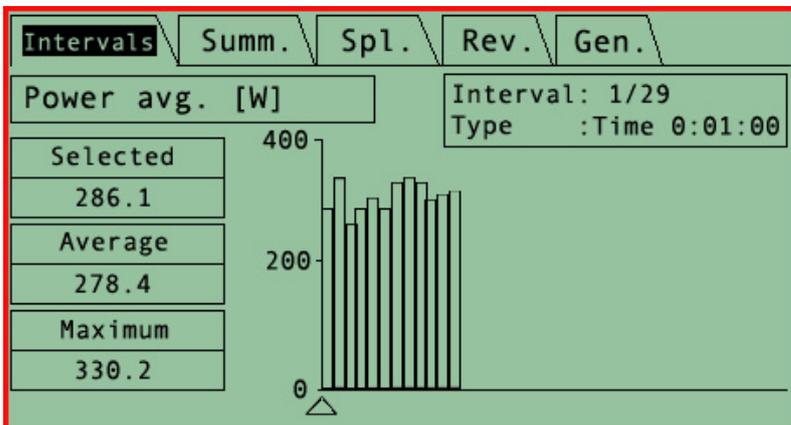
fig 5.9

Click the **Menu** button to show/hide interval info (fig6.0) or to change the measurement parameters on the graph (fig6.1).
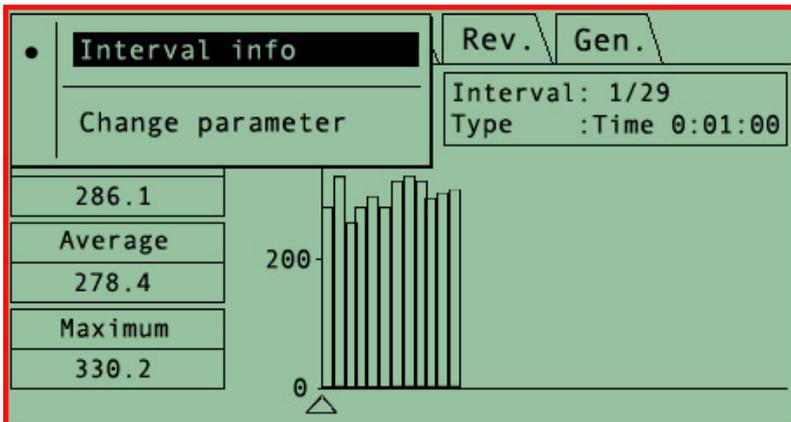
fig 6.0
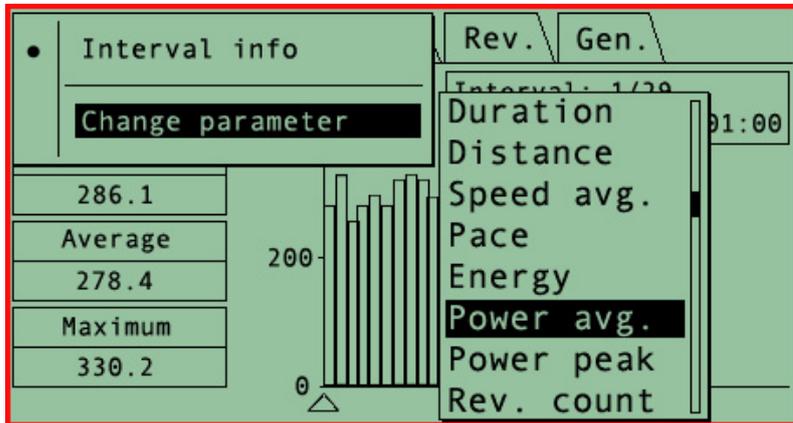
fig 6.1

In the Summary tab, use the **Up** and **Down** arrow buttons to navigate through each interval in the session (fig6.2).
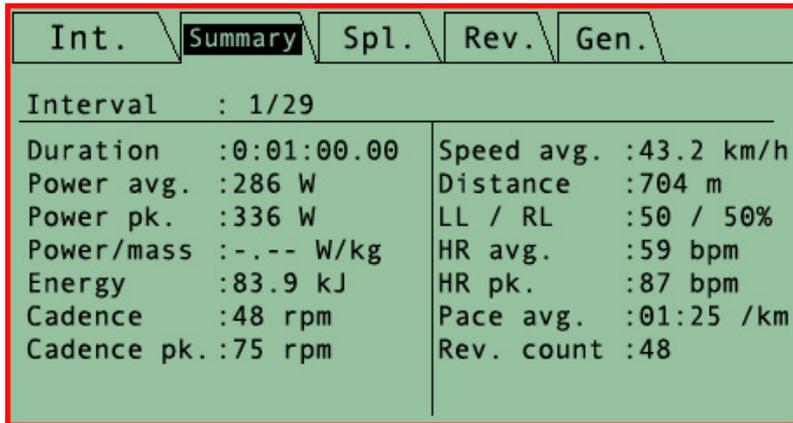
fig 6.2

In the **Splits tab** (fig6.3), use the **Menu** button to view options from the drop down menu, including set duration of split, jump to first split and jump to last split (fig6.4).

fig 6.3

```
┌─────────────────────────┐
│ Set Split               │  Rev. \ Gen. \
├─────────────────────────┤
│ First Split             │  vg by splits: Power
│ Last Split              │
└─────────────────────────┘
 Power avg.   : 286 W     Split max   : 286 W
 Energy       : 83.9 kJ   Split 1/1   : 286 W
 Cadence      : 48 rpm
 Speed avg.   : 42.2 km/h
 Distance     : 704 m
 LL / RL      : 50/50 %
 HR avg.      : 59 bpm
                          0        50        100
```
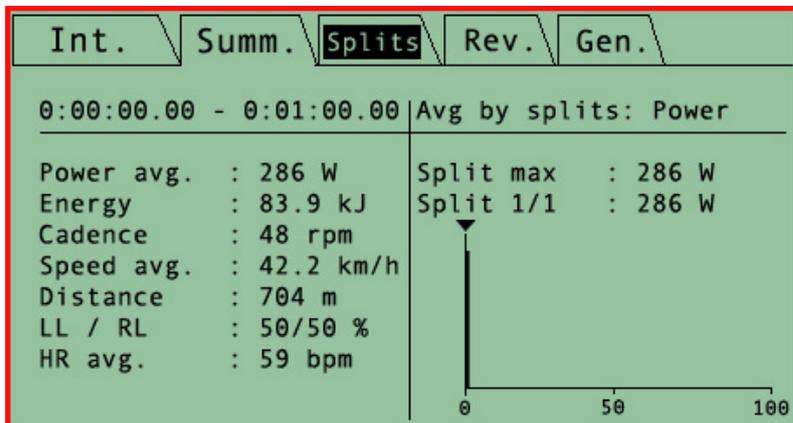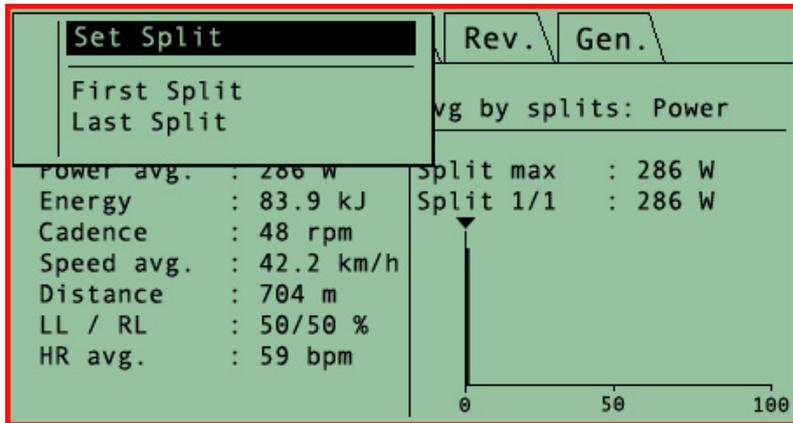
fig 6.4

Revolutions tab displays time, power, cadence and heart rate for each revolution in each interval (fig6.5).


```
 Int.  \  Summ. \  Spl. \ Revolutions \  Gen. \

 Power            400 ▼
 peak     336
 Cadence          200
 peak      75
                   0

 No.    Time         Power      Cadence   Heart Rate
 1.     00:00:00.00  336        75        87
 2.     00:00:00.80  336        75        87
 3.     00:00:01.60  330        71        83
 4.     00:00:02.44  330        71        83
 5.     00:00:03.28  324        68        80
```
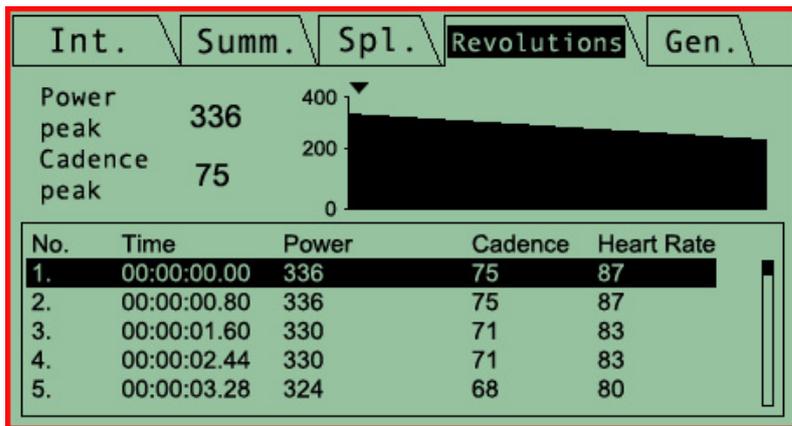
fig 6.5

Click the **Menu** button for options, including jump to first revolution, jump to last revolution or jump to a specified time (fig6.6).


```
┌─────────────────────────┐
│ First Revolution        │ Revolutions \  Gen. \
│ Last Revolution         │
│ Go to time              │   ▲
└─────────────────────────┘  01:00
 Cadence          200          ▼
 peak      75
                   0

 No.    Time         Power      Cadence   Heart Rate
 1.     00:00:00.00  336        75        87
 2.     00:00:00.80  336        75        87
 3.     00:00:01.60  330        71        83
 4.     00:00:02.44  330        71        83
 5.     00:00:03.28  324        68        80
```
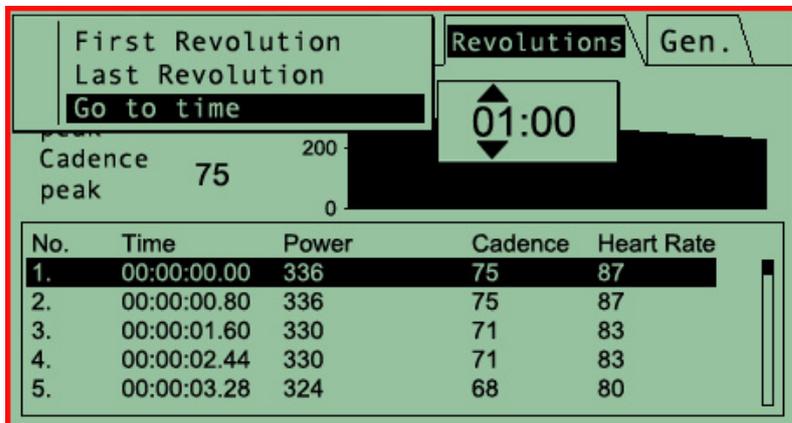
fig 6.6

The General tab displays information about the session, and the Wattbike monitor (fig6.7).
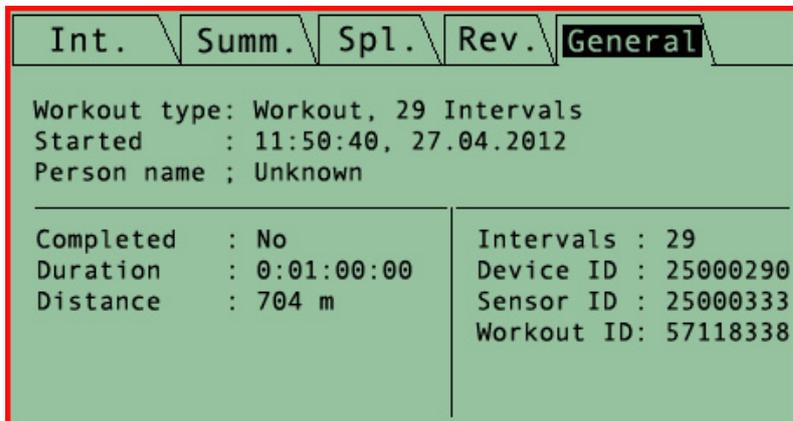
```
Int.  \ Summ. \ Spl. \ Rev. \ General \

Workout type: Workout, 29 Intervals
Started     : 11:50:40, 27.04.2012
Person name ; Unknown

Completed    : No        Intervals : 29
Duration     : 0:01:00:00 Device ID : 25000290
Distance     : 704 m     Sensor ID : 25000333
                         Workout ID: 57118338
```
fig 6.7

For logged in users, a Personal tab will also be displayed. Use the **Up** and **Down** arrow buttons and click 'View Statistics' to jump directly to the Statistics section for that user (fig6.8).
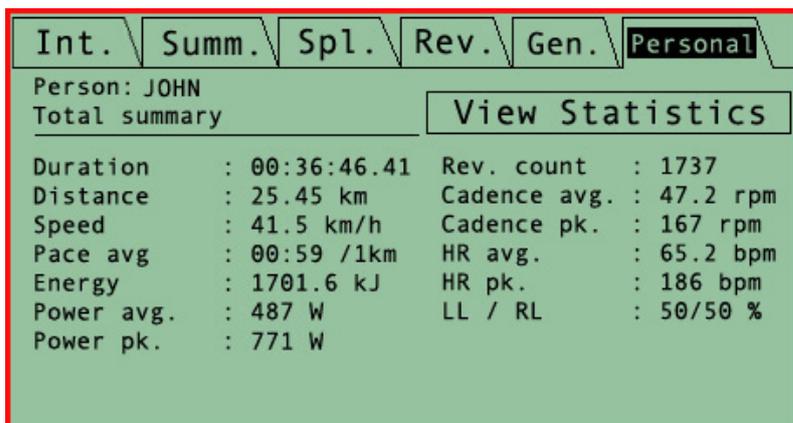

```
Int. \ Summ. \ Spl. \ Rev. \ Gen. \ Personal \
Person: JOHN
Total summary          View Statistics

Duration   : 00:36:46.41 Rev. count   : 1737
Distance   : 25.45 km    Cadence avg. : 47.2 rpm
Speed      : 41.5 km/h   Cadence pk.  : 167 rpm
Pace avg   : 00:59 /1km  HR avg.      : 65.2 bpm
Energy     : 1701.6 kJ   HR pk.       : 186 bpm
Power avg. : 487 W       LL / RL      : 50/50 %
Power pk.  : 771 W
```
fig 6.8

Old Race data stores all racing sessions complete with date and timestamp, and race type (fig6.9).
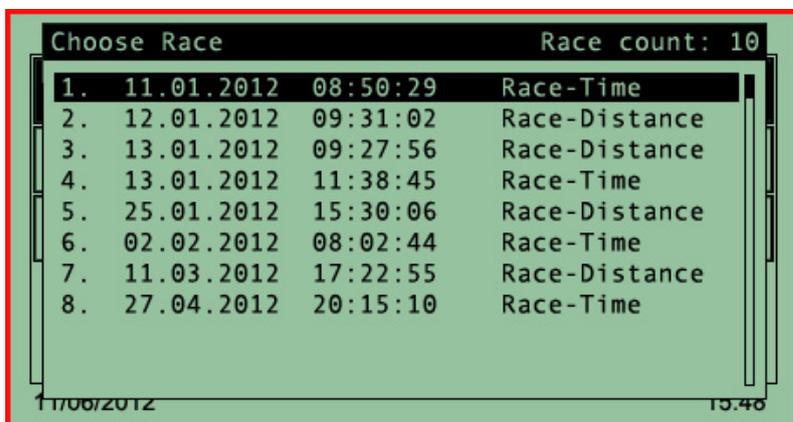

```
Choose Race                  Race count: 10
1.  11.01.2012  08:50:29    Race-Time
2.  12.01.2012  09:31:02    Race-Distance
3.  13.01.2012  09:27:56    Race-Distance
4.  13.01.2012  11:38:45    Race-Time
5.  25.01.2012  15:30:06    Race-Distance
6.  02.02.2012  08:02:44    Race-Time
7.  11.03.2012  17:22:55    Race-Distance
8.  27.04.2012  20:15:10    Race-Time
```
fig 6.9

Use the **Up** and **Down** buttons to select a race from the list to view more detailed race information (fig7.0).

fig 7.0

Click the **Menu** button, to open drop down options to see race details, or to switch between a numerical and graphical view or between a simplified and detailed view (fig7.1).

fig 7.1

Graphical View

fig 7.2

Race Detailed View

fig 7.3

Users

Multiple users can be registered and stored (fig7.4) in the Wattbike monitor to collect data and statistics to view at any time over a training period for each one.

Users
Log in for More Options
Add a New User
Delete User
11/06/2012   15:48
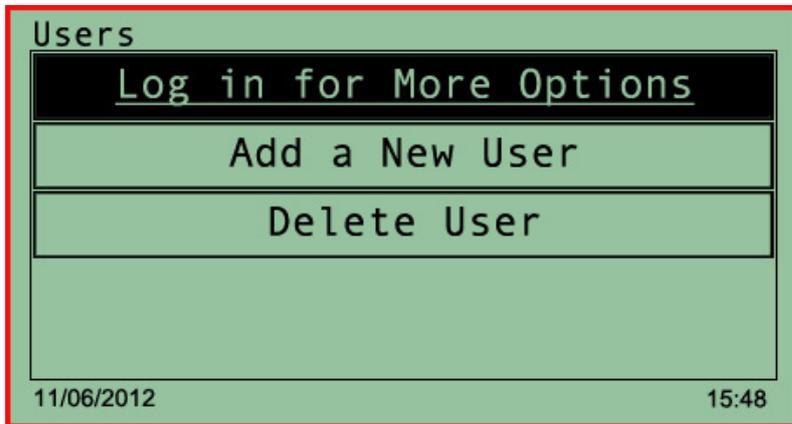
fig 7.4

Add a User

To register a new user, click '**Add a New User**'. Use the **Up** and **Down** arrow buttons to select a letter and **Left** or **Right** to select the next or previous character to input a desired username (fig7.5). To confirm click **Enter**.

What is you username?
B
A
ESC   ◄► For next and last   ENTER
11/06/2012   15:48
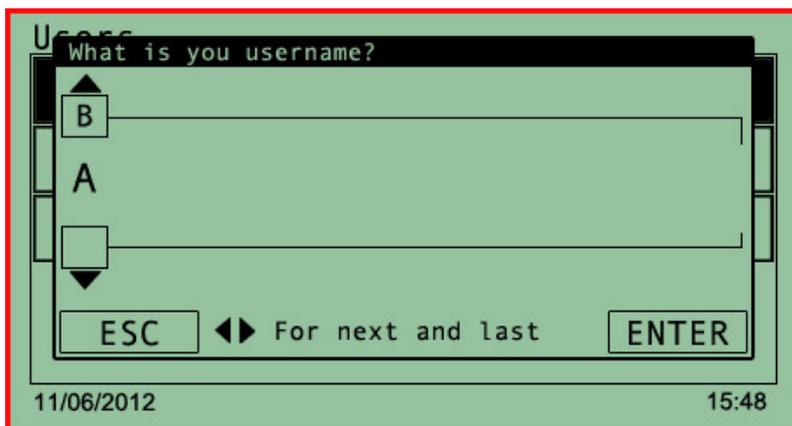
fig 7.5

Delete a User

To remove a user from the Wattbike monitor memory click '**Delete User**' (fig7.6). Select a user from the list to delete. Click **Enter** to confirm, note all data for this user will be deleted.

Choose user to delete
Usernames: JOHN
              CLAIRE
                                    Delete
ESC   ENTER
11/06/2012   15:48
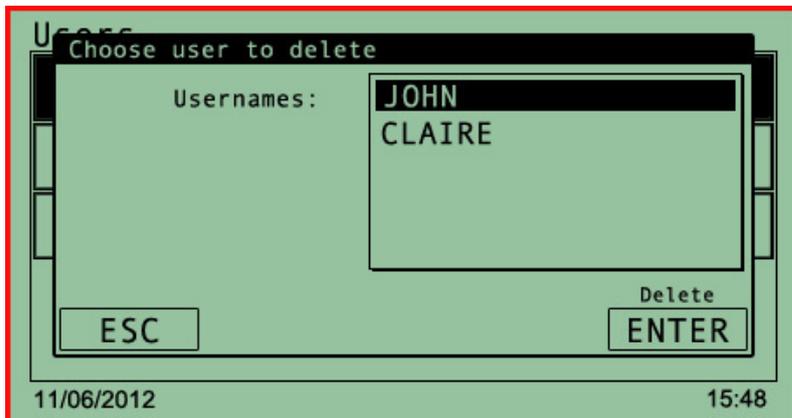
fig 7.6

User Log In

To log in, click '**Log In for More Options**', select a user from the list (fig7.7). Click the **Enter** button to confirm selection.

fig 7.7

Once a user has been logged in, there are more options available in the users menu: '**View Ride Statistics for User**', '**Manage Profile for User**', and '**Log Out**' (fig7.8).
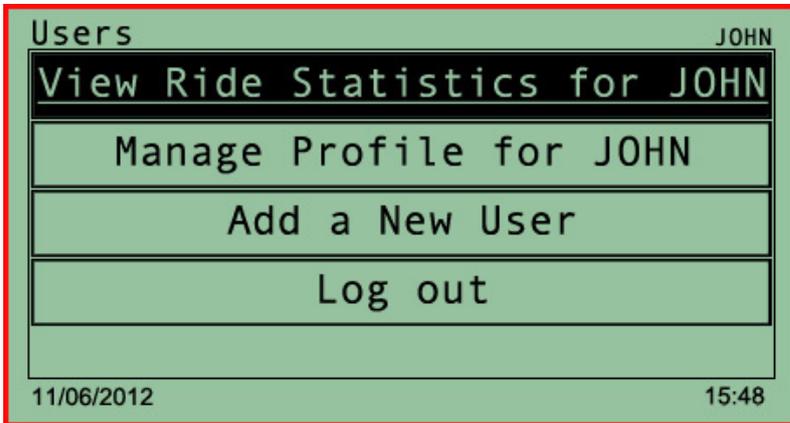
fig 7.8

User Log Out

To log out, select '**Log Out**' from the Users menu. Click the **Enter** button to confirm (fig7.9).
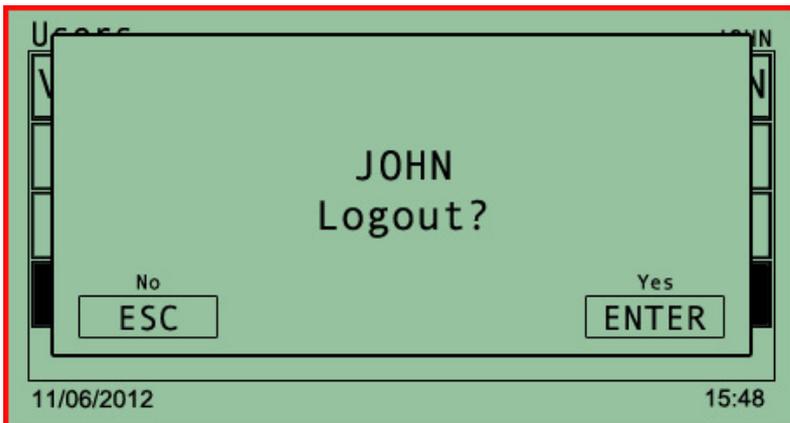
fig 7.9

Using a USB Stick

First Time Use

To store all your user and workout data on a USB stick, it must be formatted by the device before use. Plugging in a USB stick for the first time will automatically begin the set up process (fig7.9.1).

fig 7.9.1

The monitor creates a 'Wattbike Expert' folder on the USB stick, along with all the necessary files and copies current monitor settings of Language, Metric/Imperial units, W/Kg, etc.

To log in with the USB stick you need to add a user. Select USERS, then LOG IN (fig7.9.2)
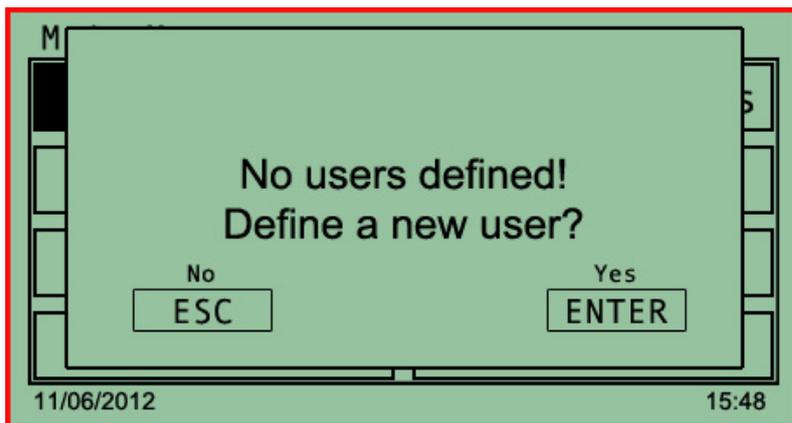
fig 7.9.2

Input the desired username (fig7.9.3)
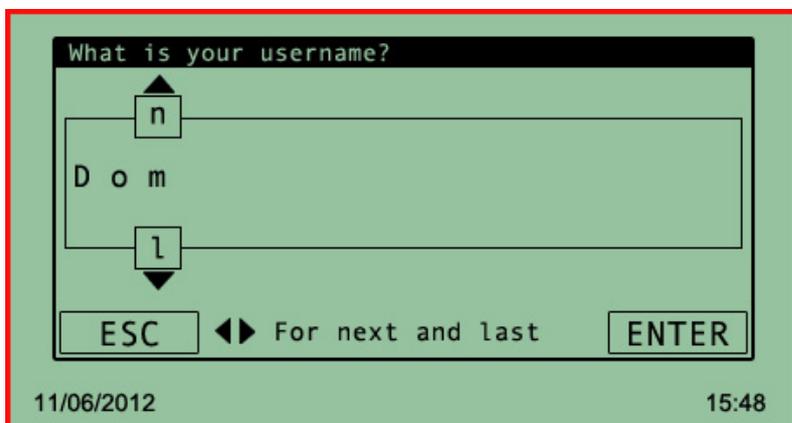
fig 7.9.3

and confirm your selection (fig7.9.4)
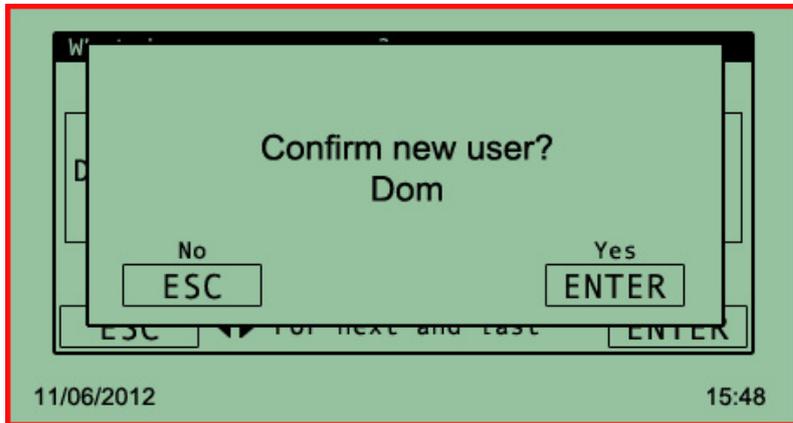
fig 7.9.4

The Wattbike monitor will now prepare a personal file on USB stick for use with a username (fig7.9.5)
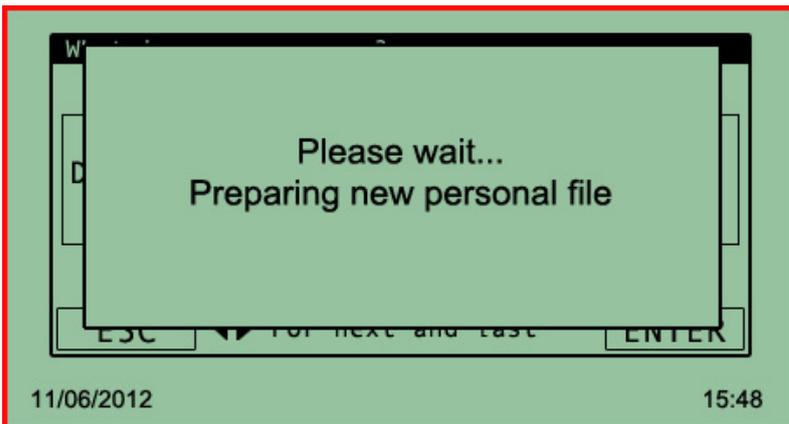
fig 7.9.5

The user on the USB stick has now been setup and ready for use. Log in using the desired username in the **User section** (fig7.9.6). If a USB stick is inserted, all new created users will be saved on USB stick.
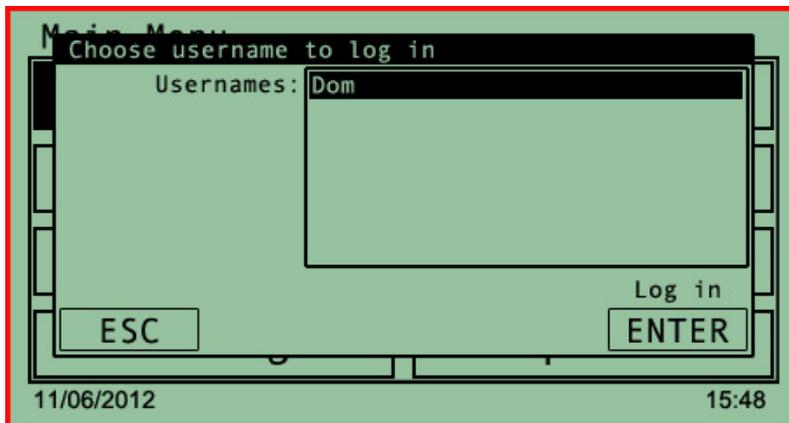
fig 7.9.6

Logging-in while a USB stick is plugged-in means that all of the data will be saved under the users profile on the USB stick and can be exported to the PC using Wattbike Expert software.

Inserting a USB stick

When a USB stick is plugged into the Wattbike monitor, it performs quick check whether or not it is able to read and write to it. If any errors are present, the monitor reports it with message box "USB stick not compatible". In this case, eject and reconnect the stick. If the problem persists, the USB stick is not compatible with our monitor and cannot be used.

Upon connecting the USB stick, the monitor will show (fig7.9.7). During this operation, the monitor reads all configuration settings from USB stick (Language, Metric/Imperial units, W/Kg, etc.).

fig 7.9.7

Settings from USB stick are used in monitor as long as the USB stick is present. Also changing of any settings on monitor are made only on the USB stick settings.

Once the USB stick is disconnected, all settings are reverted back to the original monitor settings.

Using a USB stick enables users to personalize their own settings. Once set up the USB stick contains the folder 'Wattbike Expert', where all the data (Workouts, Races) are saved.

User Statistics

Logged in users can view statistics in the Recall section (fig8.0).
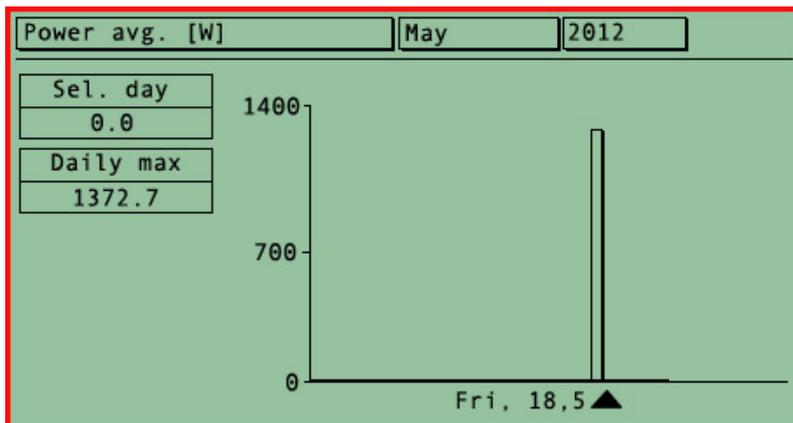
fig 8.0

To set the display preferences click the Menu button and a drop down menu will appear which enables you to select from various time frames (fig8.1).
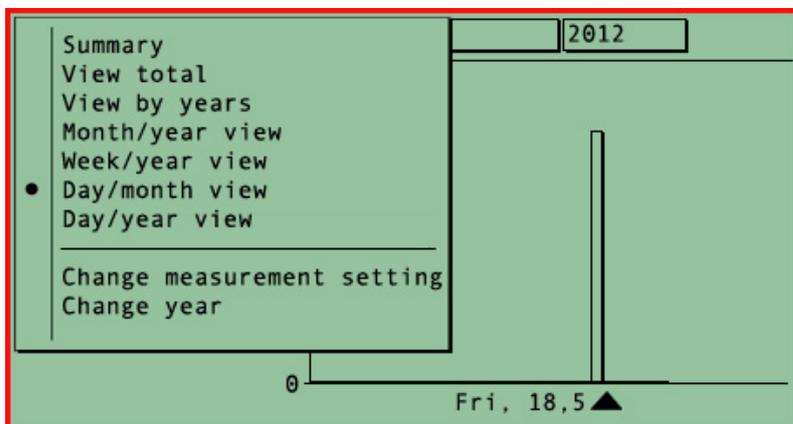
fig 8.1

Use the **Up** and **Down** arrow buttons to navigate the menu. Clicking **Enter** on 'change measurement parameters' (fig8.2) and 'change year' (fig8.3) will open second menu, use the **Up** and **Down** to make your selection and **Enter** confirm.
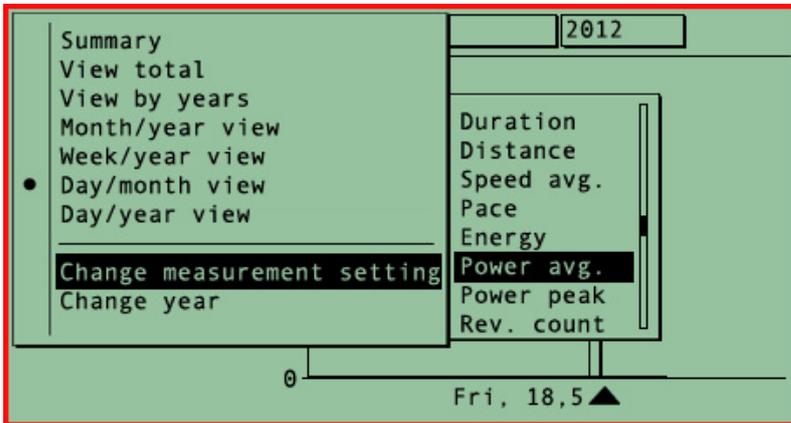
fig 8.2
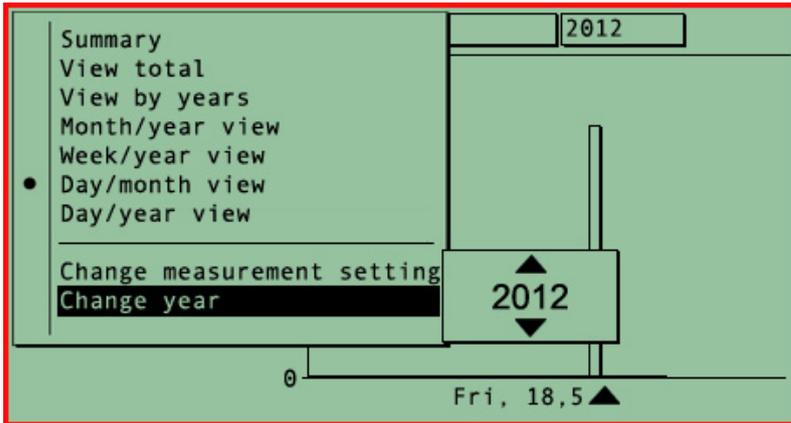
fig 8.3

User Profile

To manage the profile of a logged in user select '**Manage Profile for user**' from the Users menu. Use the arrow keys to navigate across the tabs. To edit the stored data use the **Up** and **Down** arrow keys, then click **Enter**.

Profile data

fig 8.4

Detailed data
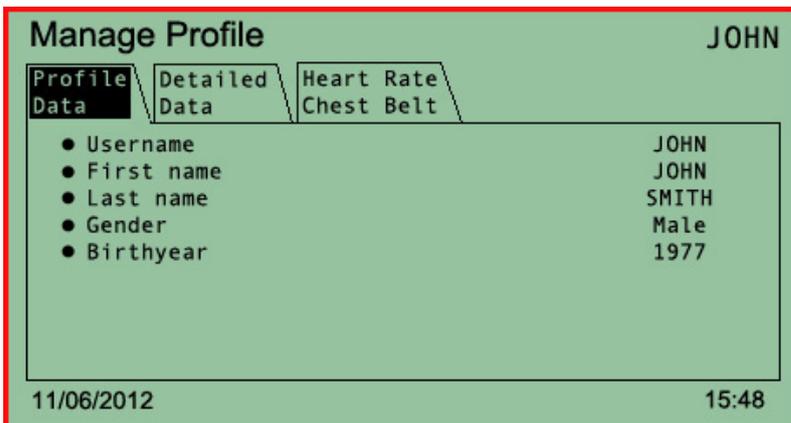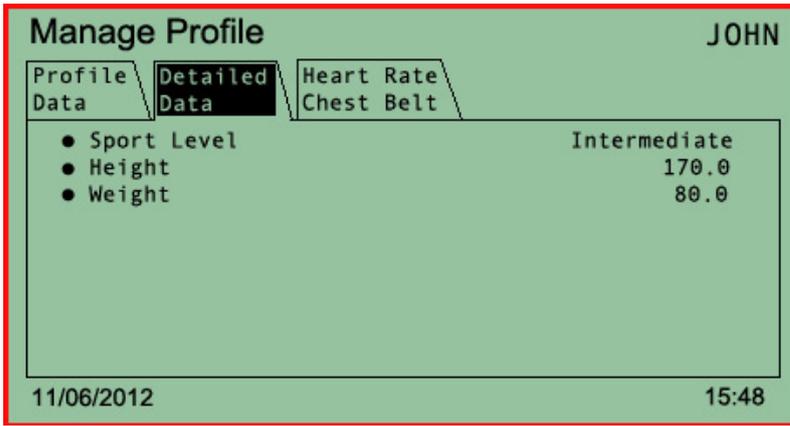

```
Manage Profile                          JOHN
 Profile \ Detailed \ Heart Rate
 Data      Data       Chest Belt
   ● Sport Level              Intermediate
   ● Height                          170.0
   ● Weight                           80.0




 11/06/2012                             15:48
```
fig 8.5

The Heart Rate & Chest belt tab (fig8.6) enables users to set a default chest belt to their user account so that every time a specified user logs in the Wattbike monitor will connect to the specified chest belt.

Stored Heart Rate & Chest Belt link data
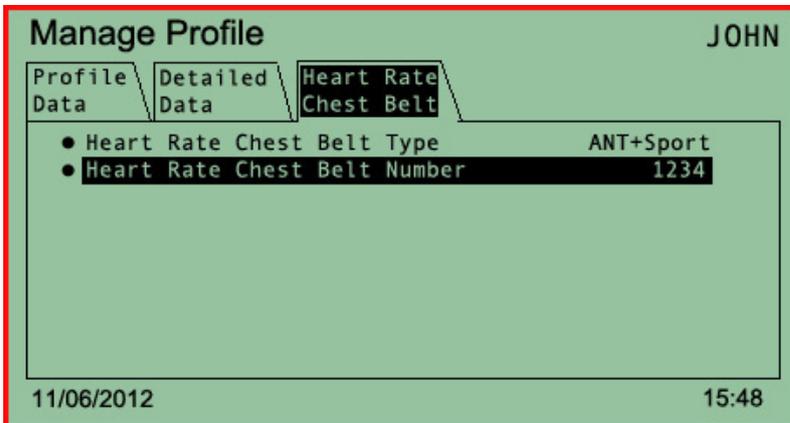

```
Manage Profile                          JOHN
 Profile \ Detailed \ Heart Rate
 Data      Data       Chest Belt
   ● Heart Rate Chest Belt Type    ANT+Sport
   ● Heart Rate Chest Belt Number       1234




 11/06/2012                             15:48
```
fig 8.6

To select another chest belt, use the **Up** and **Down** arrow buttons to highlight '**Heart Rate Chest Belt Number**' and click **Enter**. Now you can either input the chest belt number manually or select the desired belts in proximity from all listed (fig8.7).
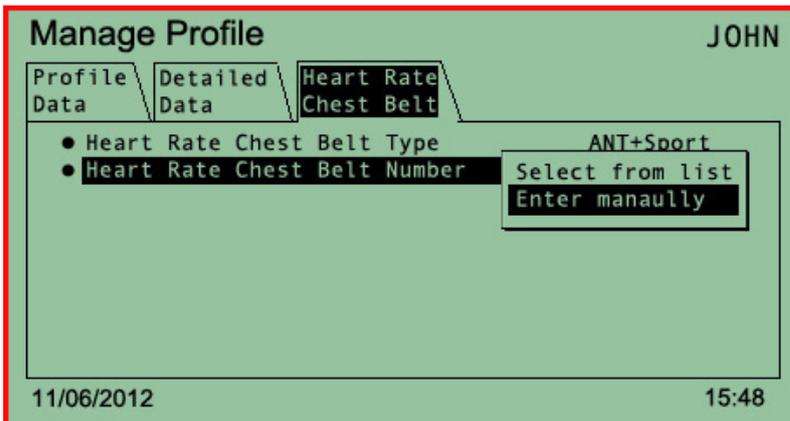

```
Manage Profile                          JOHN
 Profile \ Detailed \ Heart Rate
 Data      Data       Chest Belt
   ● Heart Rate Chest Belt Type    ANT+Sport
   ● Heart Rate Chest Belt Number Select from list
                                  Enter manaully



 11/06/2012                             15:48
```
fig 8.7

Race

Race menu (fig8.8) is only available if the Wattbike monitor is connected to another monitor via an RJ45 / Ethernet cable.

fig 8.8

Create Race

Selecting '**Create Race**' gives the user options to either '**Repeat Last race**' or create a new timed or distance race (fig8.9).
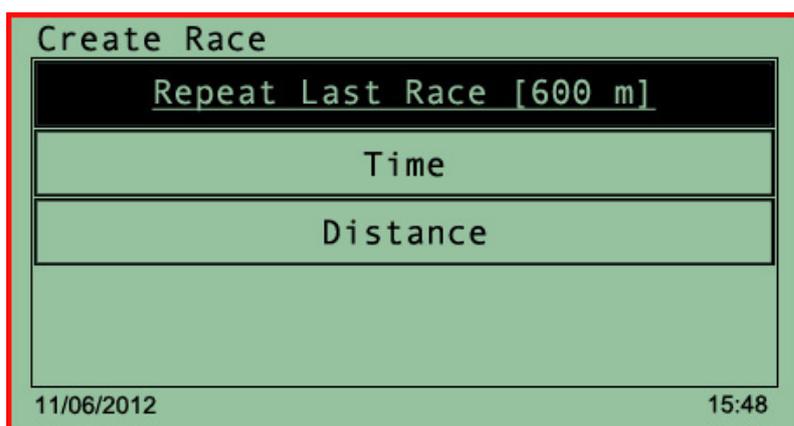
fig 8.9

Once a race has been selected or created, the current user hosts the race. In '**Set devices for race**', the host invites other users to the race by **selecting their ID** and click the **Right** button (fig9.0).
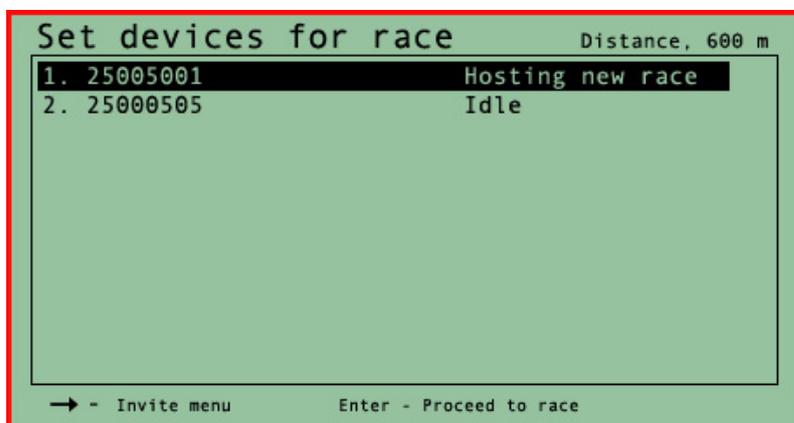
fig 9.0

For multiple race invites, click the **Menu** button to open a drop down menu (fig9.1) and select either '**Invite all**' or '**Force all**'. Selecting '**Force all**' will automatically accept all other connected users to the current race without having to accept the race invite on their monitor display.

fig 9.1

Join Race

For all invited user to join a race, click either the **Enter** button to accept or **Esc** to decline (fig9.2).

fig 9.2

When a race invite has been accepted, the host user screen displays information about the joining users status (fig9.3).
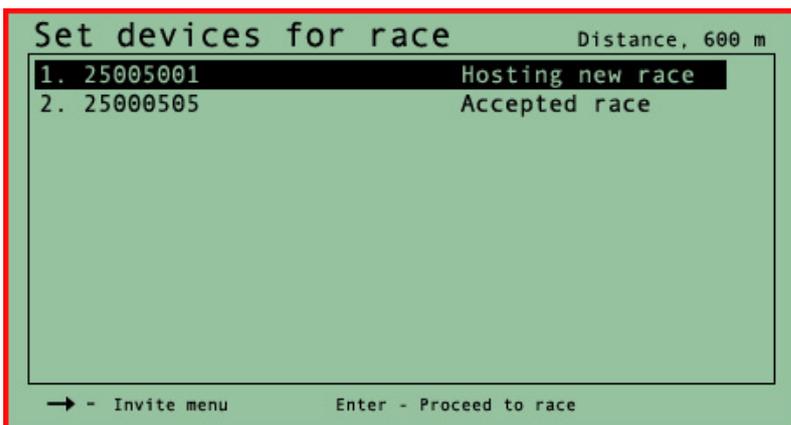
fig 9.3

Once all invites have been accepted or declined, the host user can '**Proceed to race**' by clicking the **Enter** button (fig9.4).

fig 9.4

You can select from various race view displays when a race is in progress. To access an alternative view, click the **Left** or **Right** button (fig9.5).

Default Race View
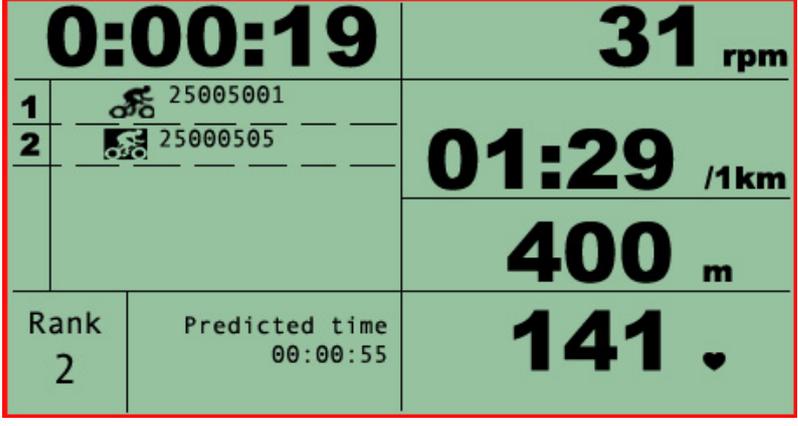
fig 9.5
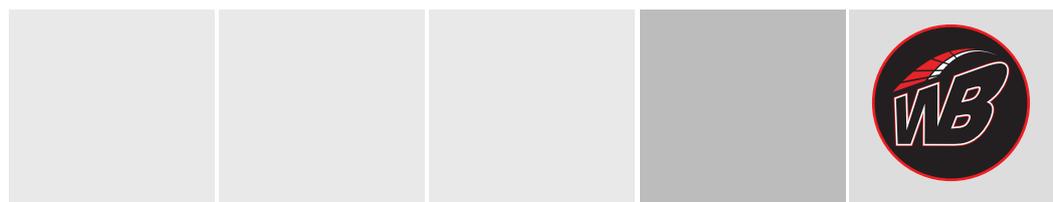
Settings

Access the settings menu from the main menu (fig9.6), to set preferences for measurement units, display, and sound. Restore factory-reset settings and set zero state.
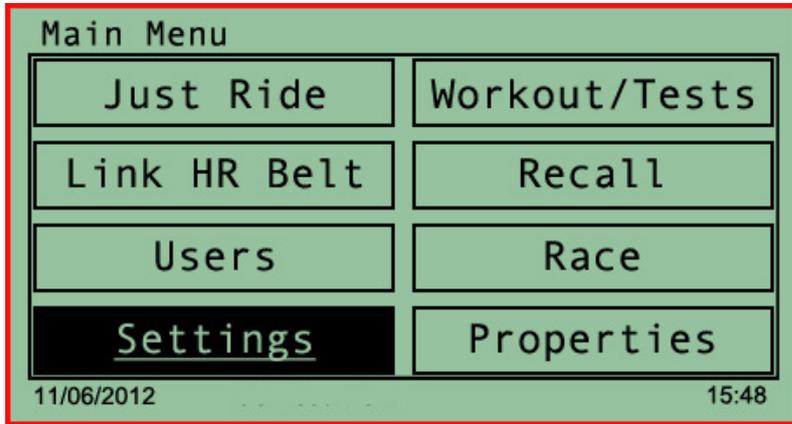
fig 9.6

Measurement Settings
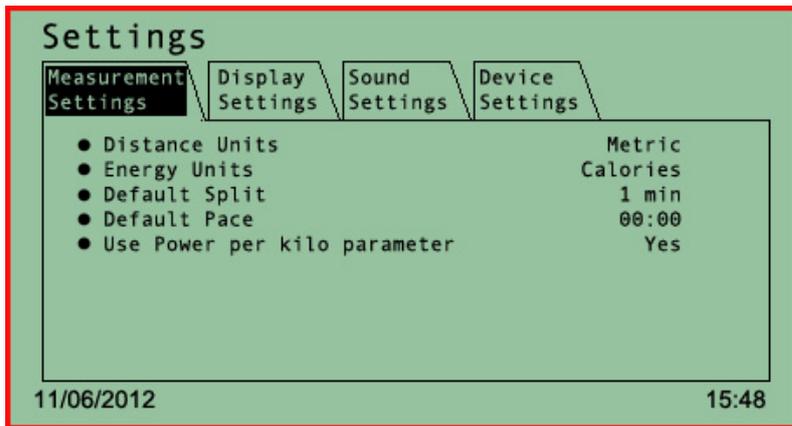
fig 9.7

Display Settings

fig 9.8

Sound Settings

```
Settings                                    JOHN
Measurement\ Display  \ Sound   \ Device  \
Settings    \Settings \Settings \Settings \
    ● Keyboard                          Off
    ● Keyboard tone volume               5%
    ● Keyboard tone duration          Medium




11/06/2012                              15:48
```
fig 9.9

Device Settings
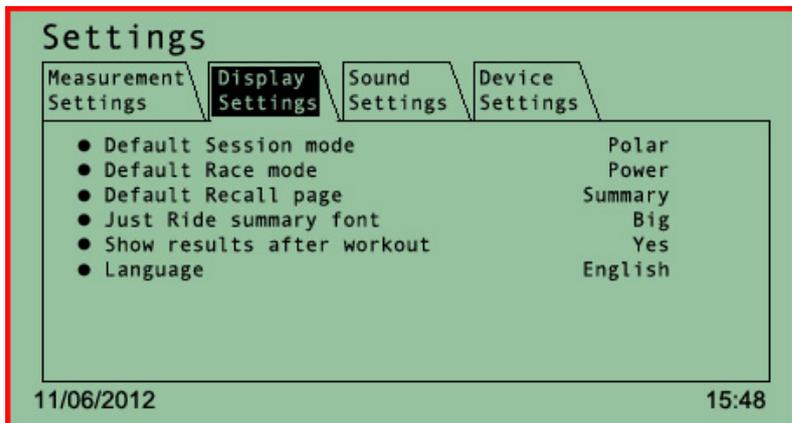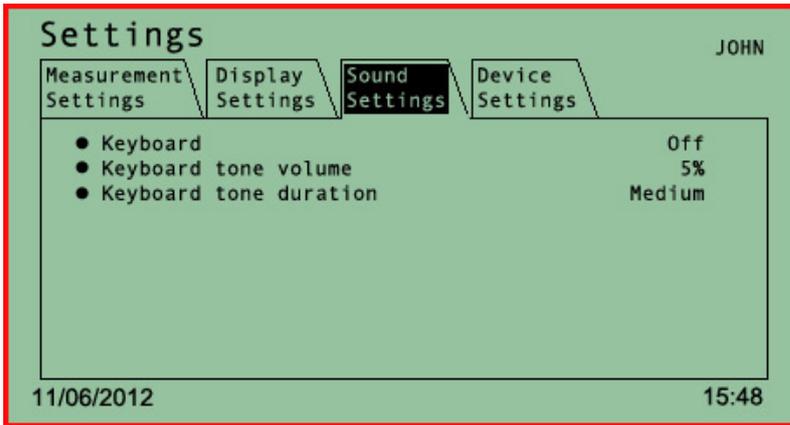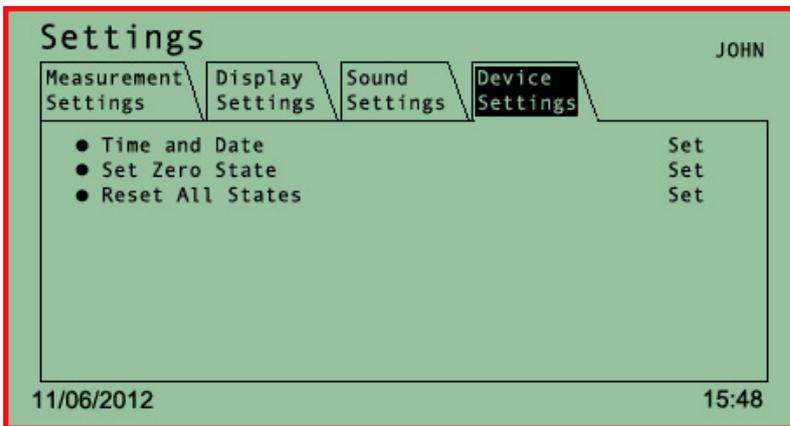
```
Settings                                    JOHN
Measurement\ Display  \ Sound   \ Device  \
Settings    \Settings \Settings \Settings \
    ● Time and Date                     Set
    ● Set Zero State                    Set
    ● Reset All States                  Set




11/06/2012                              15:48
```
fig 10.0

Setting the Zero State

To set the zero state use the **Left** and **Right** arrow buttons to navigate across the tabs to '**Device Settings**'. Use the **Up** and **Down** arrow buttons to select '**Set Zero State**' and click **Enter** (fig10.1).
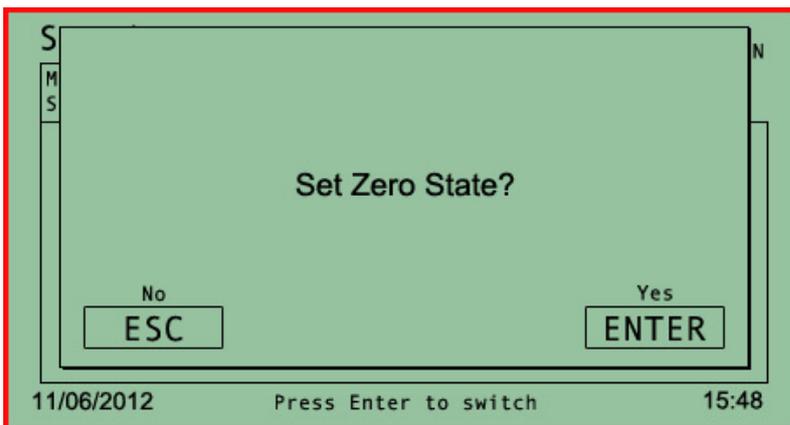
```
S                                           N
M
S

              Set Zero State?


     No                          Yes
    ESC                        ENTER

11/06/2012     Press Enter to switch   15:48
```
fig 10.1

Click the **Enter** button to confirm selection. Please wait a few seconds as the Wattbike monitor resets the zero state (fig 10.2).
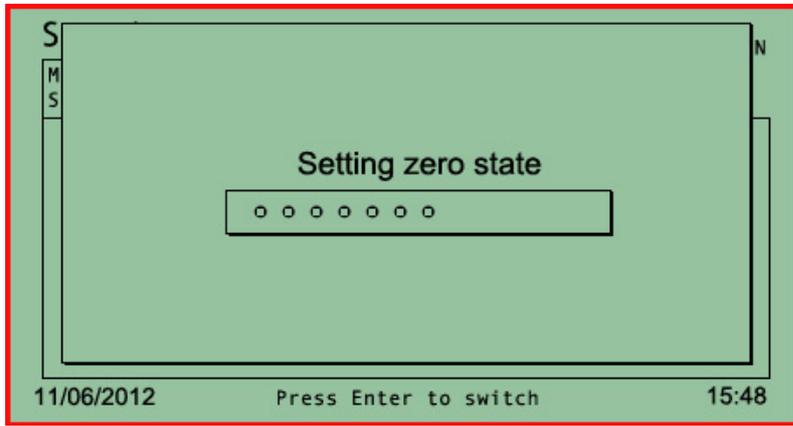
fig 10.2

Reset All States
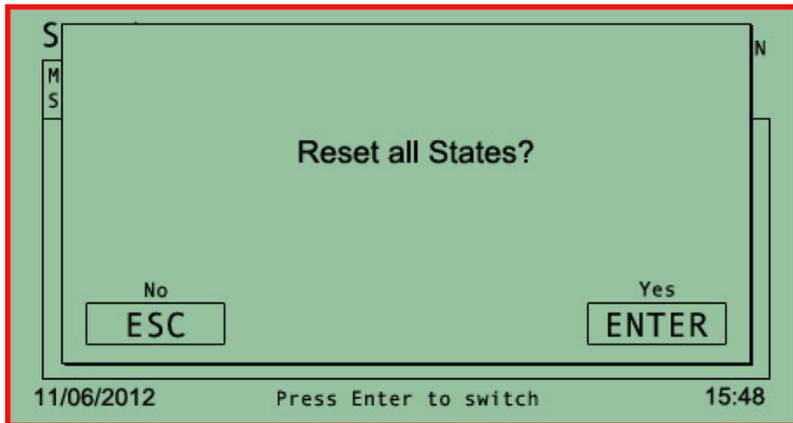
fig 10.3

Confirming reset, activates '**first run**' mode (fig10.4) and restores factory-default settings. The Wattbike monitor will power down and back up again and reset the following parameters:

Parameter	Default Value
Units	Metric
Energy units	Calories
Use power per kilo	Yes
Pace time	00:00:00
Type of HR belt	None
ANT HR belt serial number	0
Keyboard tones	Off
Keyboard tone volume	5.00%
Keyboard tone duration	Medium
Exam mode	No

fig 10.4

After powering up, the Wattbike monitor will prepare the necessary files (fig10.5) and prompt for a local time and date input (fig10.6).
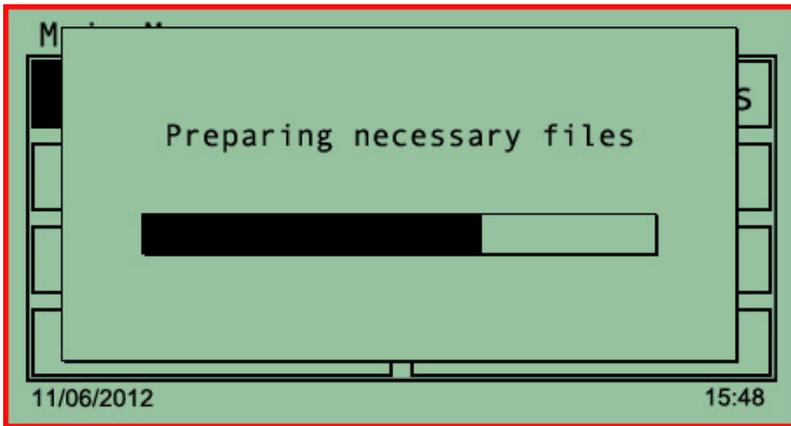
fig 10.5

Set Time & Date
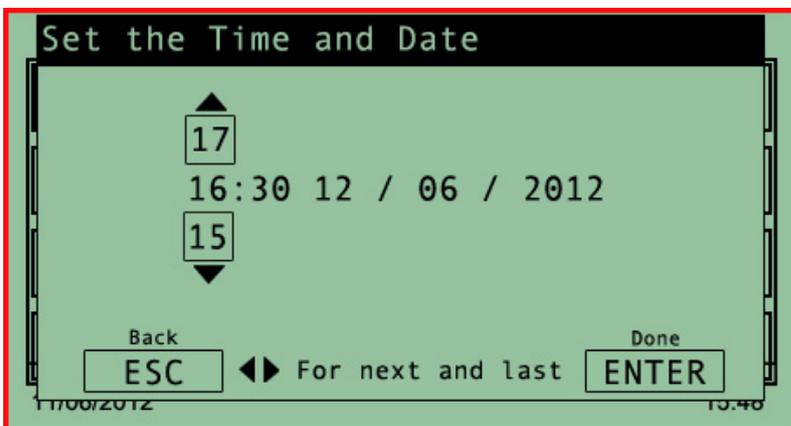
fig 10.6

Properties

Navigate across the tabs using the **Left** and **Right** arrow buttons to access Wattbike monitor technical information for device id, firmware versions and Wattbike sensor id, including battery and memory capacity level.

General
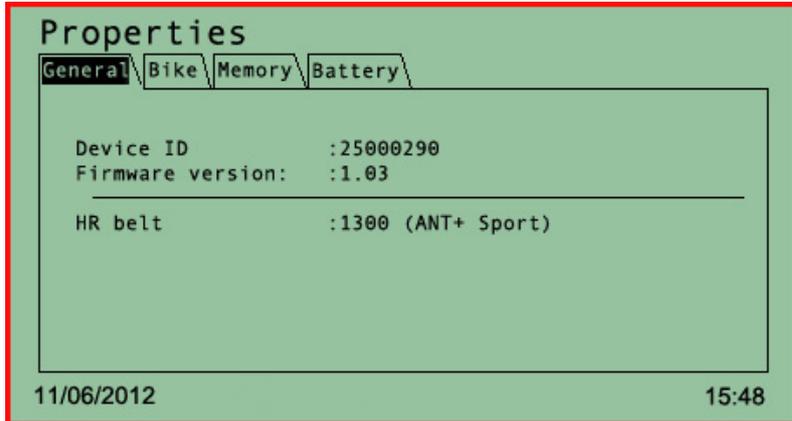
fig 10.7

Bike
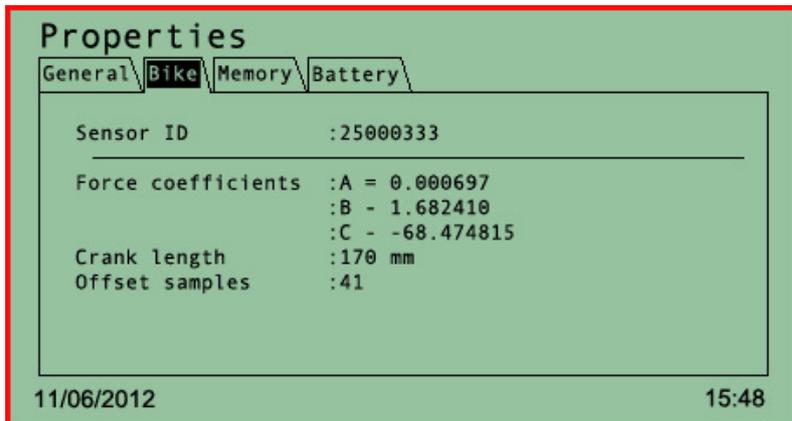
fig 10.8

Memory

fig 10.9

Battery
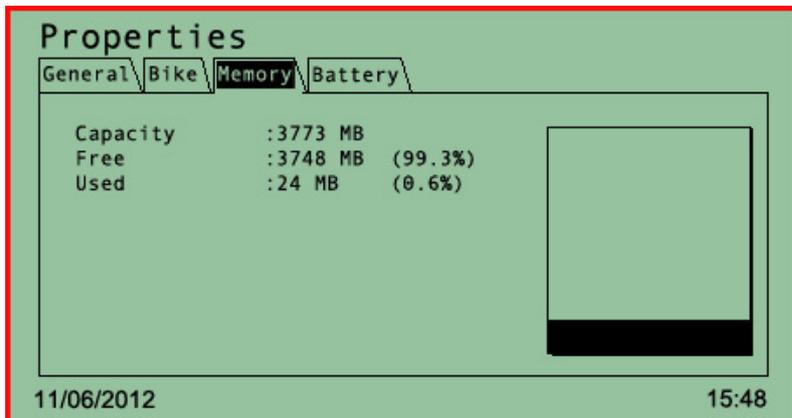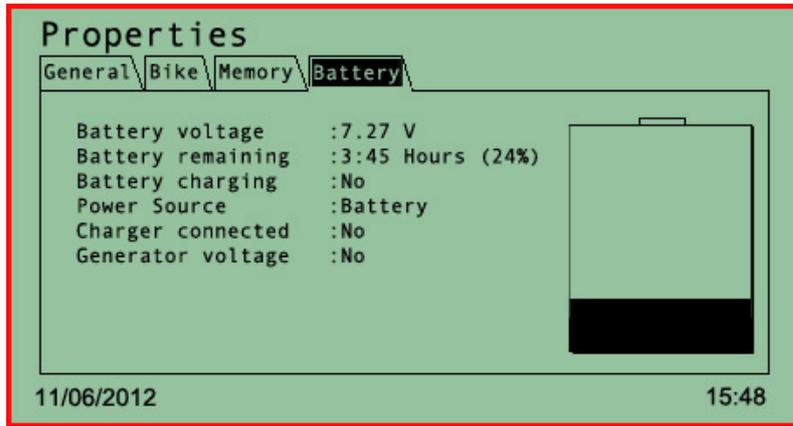

```
Properties
General\ Bike \ Memory \ Battery \

    Battery voltage      :7.27 V
    Battery remaining    :3:45 Hours (24%)
    Battery charging     :No
    Power Source         :Battery
    Charger connected    :No
    Generator voltage    :No



11/06/2012                            15:48
```
fig 11.0

Device Usage & Care

Battery Charging information

Battery: Li-ion 7.4v; 2550 mAh

Battery Charger: 12v; 1000mA; 12W Max

Charging time from flat: 8 – 10 hours

The device will auto shut down after a period of inactivity to preserve battery life.

Safety Information

Do Not	Do
Open the plastic case	keep clean and dry
Drop the unit	Use between 0° and 40°
Spray with a cleaner or expose to liquids	Recycle correctly
Submerge underwater	Use supplied mains charger only

Heart Rate Monitor compatibility

Monitor Menu Map

Just Ride

Workouts/Tests -   Last Workout

Past Workouts

Time -   Single Interval
Repeating Intervals
Repeating Intervals with Rest

Distance -   Single Interval
Repeating Intervals
Repeating Intervals with Rest

Favourites

Tests -   Power Peak 5″
Power Peak 6″
Pedalling Technique
30″ Test
3′ Aerobic
10′ Progress
Ramp Test
20′ Test

Create New Workout -   Time
Distance
Intervals Time
Intervals Distance
Intervals Varied

Link HR Belt -   Polar

Garmin (Ant+S)

Suunto (Ant)

Recall -   Old Workout Data

Old Race Data

Statistics (logged in users)

Users -   Log in for More Options

View Ride Statistics for User (logged in users)

Manage Profile for User (logged in users)

Add a New User

Delete User

Log Out (logged in users)

Race -   Create Race -   Repeat Last Race
Time
Distance

Settings -   Measurement Settings

Display Settings

Sound Settings

Device Settings

Properties -   General

Bike

Memory

Battery

wattbike.com