

sisco

CYCLE COMPUTER INSTRUCTION MANUAL

BC335



1. INTRODUCTION

WARNING

- This bike computer is not a medical instrument. It is only an auxiliary tool designed to provide heart rate information for training. Please consult a doctor before starting any training program. We recommend body check under a doctor's supervision if possible.
- Please dispose of the used batteries according to local regulations
- Keep the batteries and accessories away from children

2. FEATURES

- 2 bike system
- Current Speed (0-99.9 KM/h or M/hr)
- Average Speed (0-99.9 KM/h or M/hr)
- Max. Speed (0-99.9 KM/h or M/hr)
- Trip Distance (Up to 999.99 KM or M)
- Auto Trip Timer (9 : 59 : 59)
- Service reminder for bike 1 & 2
- Speed Comparator
- Speed Tendency
- Odometer save function for bike 1 & 2
- Total Distance for Bike 1 + Bike 2
- Current Cadence
- Average Cadence
- Maximum Cadence
- Current Heart Rate
- Max. Heart Rate
- Min. Heart Rate
- Heart Rate Zone Alert
- Calories counter
- Fat burnt
- Digital Clock with 12 / 24 format
- Temperature with C / F selection
- Auto Wake-up
- KM / M Selection
- Auto start / stop
- Auto power off
- EL Backlight

3. GETTING PREPARED

This computer has 3 Menus, the Bike, CAD, HRM.

The main screen has 3 rows :

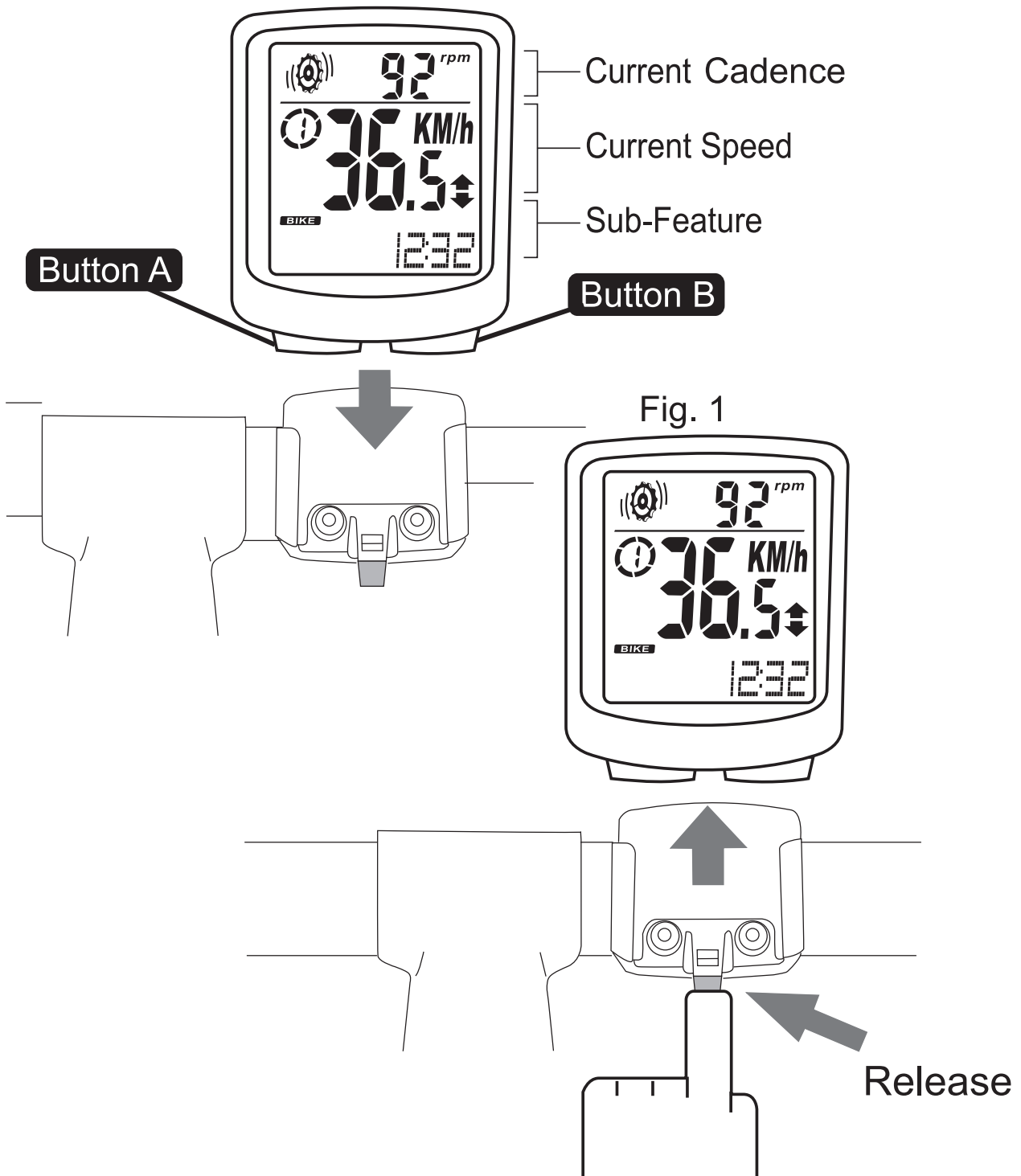
Top row shows current Cadence

2nd row shows current speed, bike number, speed tendency and speed comparator

3rd row is the sub functions

Press Button B to toggle between the four menus.

Press Button A to toggle through various sub -features of each menu.



ATTENTION !! Refer to the appendix for installation reference.

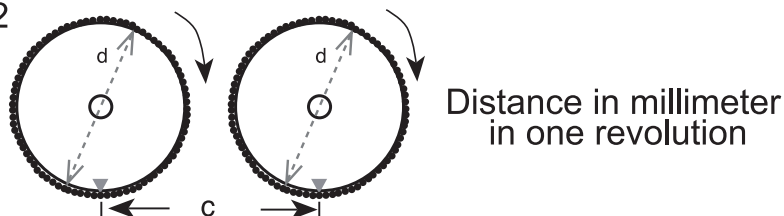
THE BIKE WHEEL SIZE FACTOR

The wheel size factor is the distance the wheel turns in one revolution in millimeter. It is determined by the following formula: Wheel diameter (mm) X3.1416

For quick reference, you may use the wheel size factor chart below.

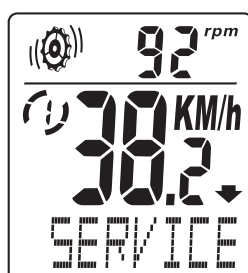
Wheel Diameter (d)	Wheel Factor (c)	Wheel Diameter (d)	Wheel Factor (c)
700B	2237	26" X 2.3"	2135
700C X 38MM	2180	26" X 2.25"	2115
700C X 35MM	2168	26" X 2.1"	2095
700C X 32MM	2155	26" X 2.0"	2074
700C X 30MM	2145	26" X 1.9"/1.95"	2055
700C X 28MM	2136	26" X 1.75"	2035
700C X 25MM	2124	26" X 1.5"	1985
700C X 23MM	2105	26" X 1.25"	1953
700C X 20MM	2074	26" X 1.0"	1913
700C Tubulari	2130	24" X 1.9"/1.95"	1916
650C X 23MM	1990	20" X 1-1/4"	1618
650C X 20MM	1945	16" X 2.0"	1253
27" X 1-1/4"	2161	16" X 1.95"	1257
27" X 1-1/8"	2155	16" X 1.5"	1206

Fig. 2



For most accurate value, please follow steps below:

1. Start by inflating the tire with proper pressure
2. Facing the tire valve to the ground and mark a spot on the ground (right below the valve)
3. With the rider's weight on the bike, roll one full rotation in a straight line (so roll until the valve face the ground again)
4. Measure the distance in millimeter. This value is your wheel size factor.



SERVICE REMINDER

It automatically tracks distance travelled and reminds you to service your bike according to the distance entered.

When the preset distance is reached, SERVICE will be displayed at the bottom field and ① or ② will be flashing.

Press button A to ignore this reminder.

THE HRM

MAXIMUM HEART RATE (MHR)

Although you are advised to consult a training specialist, MHR is usually determined by the following formula:

$$\text{MHR} = 220 - \text{age}$$

e.g. Age: 20

$$\text{MHR}: 220 - 20 = 200$$

HEART RATE ZONE

	AGE →	20	25	30	35	40	45	50	55	60	65
BURNING GLYCOGEN Sport Zone 3	Zone 3	190	185	180	175	171	166	161	156	152	147
	PERFORMANCE	†0	†0	†0	†0	†0	†0	†0	†0	†0	†0
	80-95% MHR	160	156	152	148	144	140	136	132	128	124
BURNING FAT Fitness Zone 2	Zone 2	160	156	152	148	144	140	136	132	128	124
	FITNESS	†0	†0	†0	†0	†0	†0	†0	†0	†0	†0
	65-80% MHR	130	126	123	120	117	113	110	107	104	100
BURNING FAT Leisure Zone 1	Zone 1	130	126	123	120	117	113	110	107	104	100
	HEALTH	†0	†0	†0	†0	†0	†0	†0	†0	†0	†0
	50-65% MHR	100	97	95	92	90	87	85	82	80	77

ZONE 1 – Health (50 to 65% of the MHR)

This is the minimum exercise level in which you could get cardiovascular benefits and improve health. This zone is ideal for beginners or people who are over-trained and need a break. It is also good for people who want to lose weight with long training sessions.

ZONE 2- Fitness (65 to 80% of the MHR)

Exercising in this zone can improve your cardiovascular endurance, flexibility, muscular strength, and muscular endurance. Your stored body fat is also burnt substantially that this zone is therefore also referred as weight management zone.

ZONE 3- Performance (80 to 95% of the MHR)

Training in this zone could improve your performance levels. You can increase your body's ability to tolerate and deal with lactic acid for a longer period of time. This zone is very hard and your muscles are tired, your breath is heavy and you are fatigued. You can't stay in this zone for a long time.

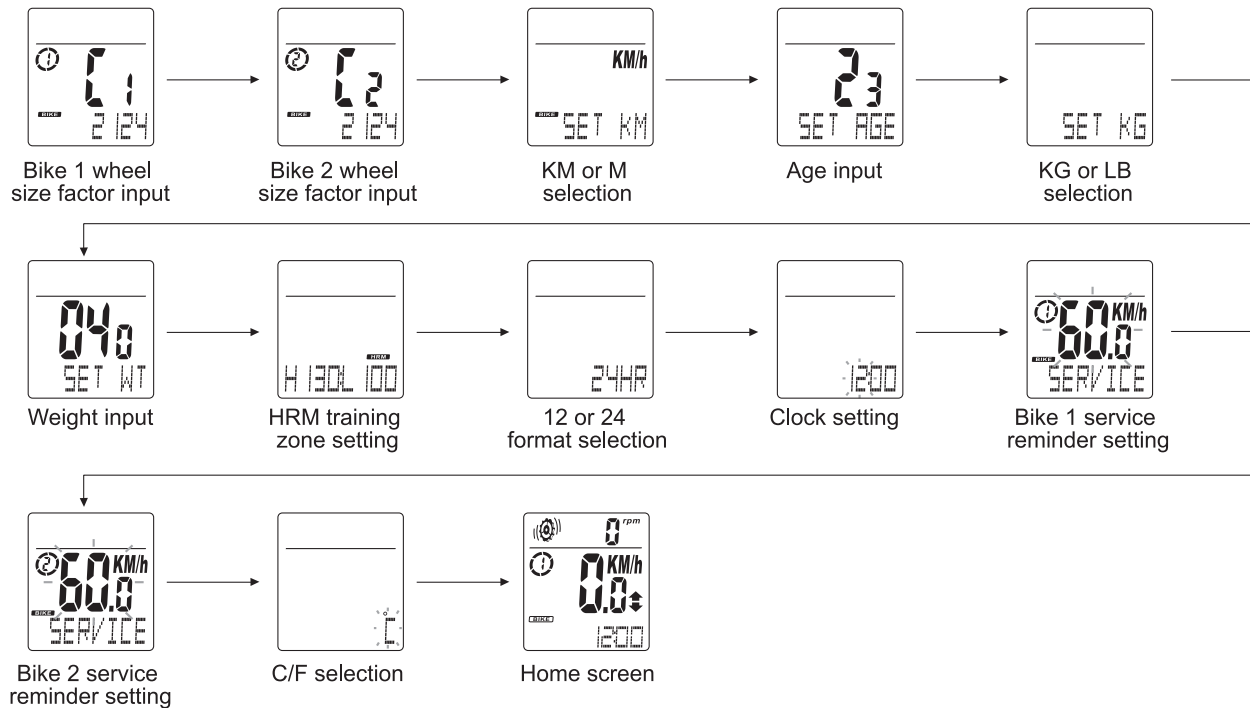
4. GETTING STARTED

SETUP MODE

You can go to the setup mode by either:

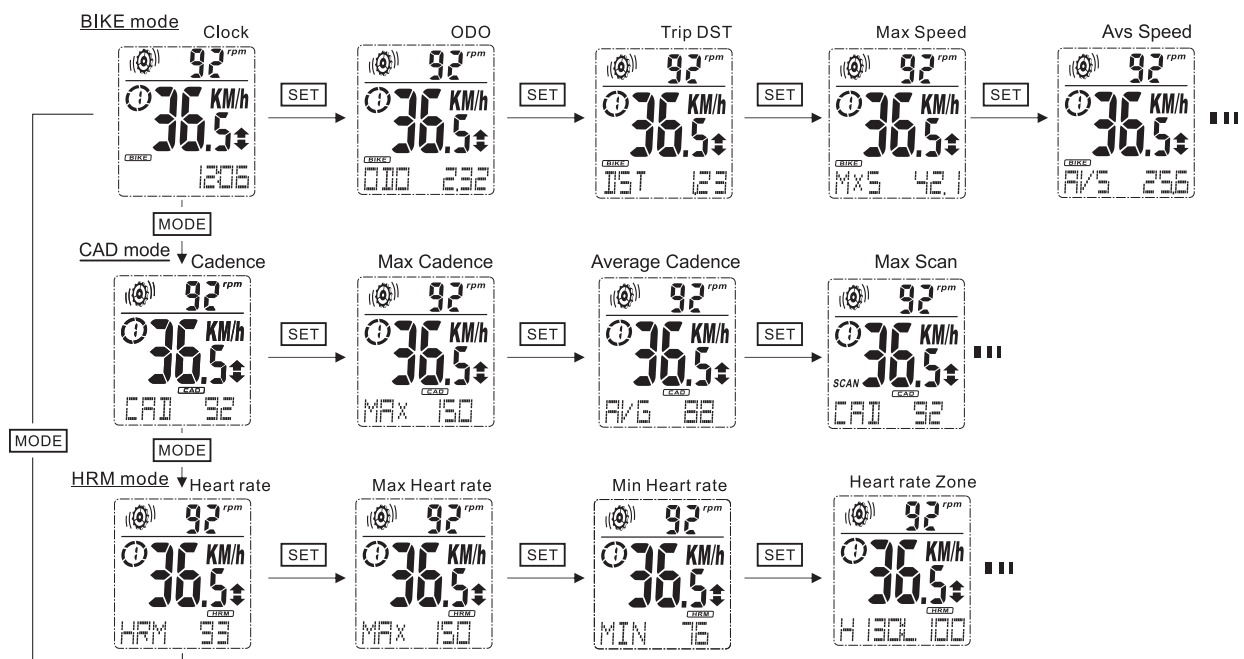
- Inserting the battery (if not installed)
- Holding both **A** and **B** buttons and press B again for reset.

Press **B** button to adjust the value and the **A** button to enter and confirm the setting.



5. OPERATING THE COMPUTER

SCROLLING THROUGH MENUS AND SUB-FEATURES

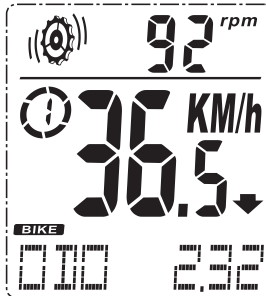


THE BIKE MODE:



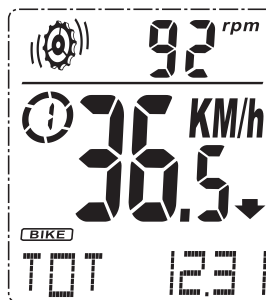
CLOCK

It shows the current time.
Hold the **A** button to reset the clock.
Press the **B** button to adjust the value and confirm with the **A** button.



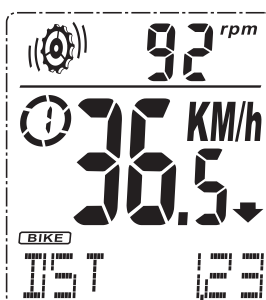
ODO (TOTALODO-1)

It measures distance accumulated for bike 1 or bike 2



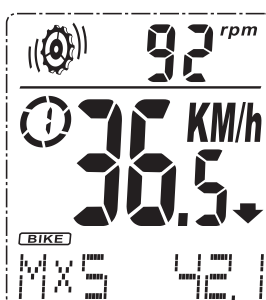
TOT (TOTALODO)

It measures distance accumulated for bike 1 plus bike 2



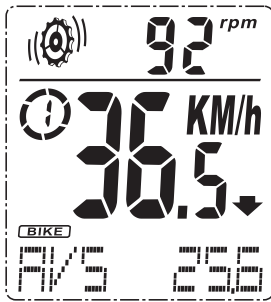
TRIP DISTANCE (DST)

It measures distance traveled on each ride



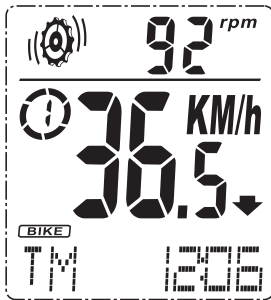
MAXIMUM SPEED (MXS)

It measures maximum speed reached.



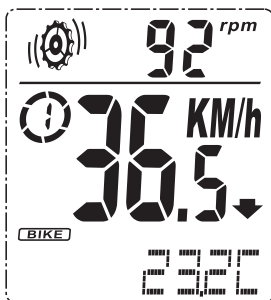
AVERAGE SPEED (AVS)

It measures average speed.



TRIP TIME (TM)

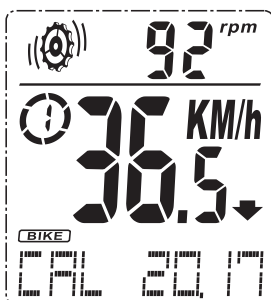
It measures the time of each ride.



TEMPERATURE (TEMP)

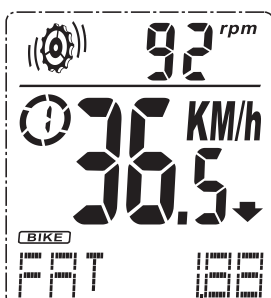
It measures current temperature.

Hold the **A** button to change the temperature unit if needed. Press the **B** button to select and confirm with the **A** button.



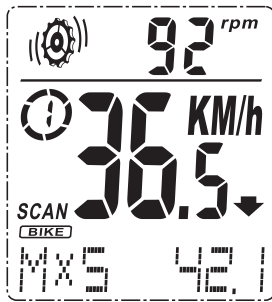
CALORIES BURNED (CAL)

It measures calories burned.



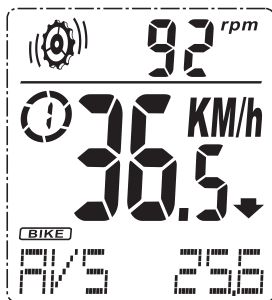
FAT BURNT (FAT)

It measures fat burned in grams.



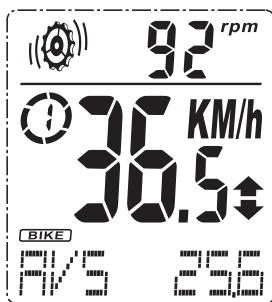
SCAN

It sets the computer to cycle through all features automatically while you ride



SPEED TENDENCY

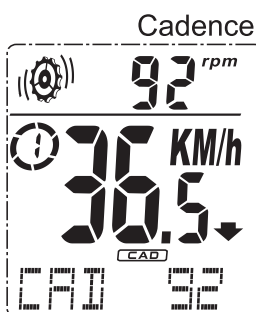
Notice the ❶ or ❷ in the upper left hand corner of the middle display field. The icon is animated to spin when the wheel sensor is properly functioning and when you start your ride. It will appear to spin fast to indicate acceleration and appear to spin slow to indicate deceleration.



SPEED COMPARATOR (▲ / ▼)

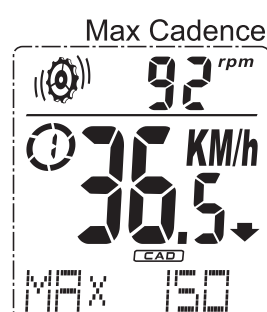
Notice the ▲ / ▼ icon located in the lower right hand corner of the middle display field. **A▲** indicates that you are riding faster than your average speed. **A▼** indicates you are riding slower than your average speed.

THE CADENCE MODE:



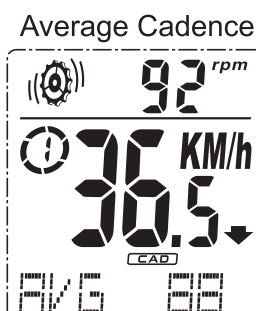
CURRENT CADENCE (CAD)

It shows the current cadence



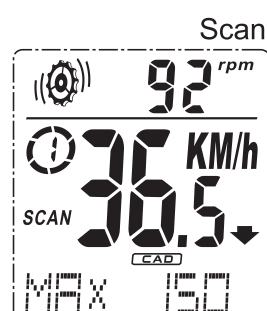
MAXIMUM CADENCE (MAX CAD)

It measures maximum cadence reached.



AVERAGE CADENCE (AVG CAD)

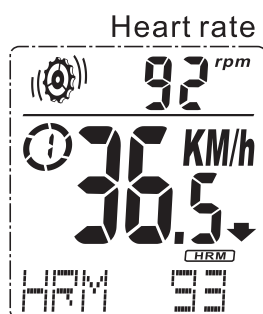
It measures minimum cadence.



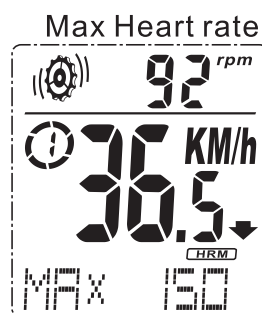
SCAN

It sets the computer to cycle through all features automatically while you ride.

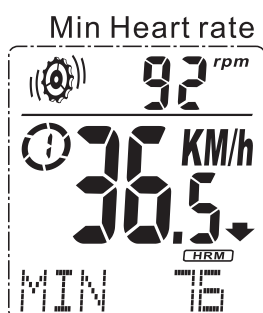
THE HEART RATE MODE:



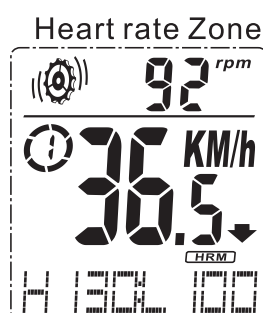
Current Heart Rate (HRM)
It shows the current heart rate



Max Heart Rate (MAX HR)
It measures the max heart rate

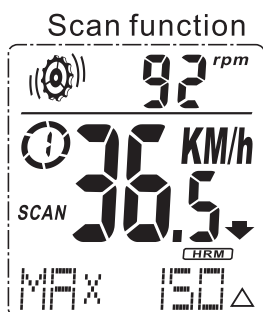


Min Heart Rate (MIN HR)
It measures the Min Heart Rate



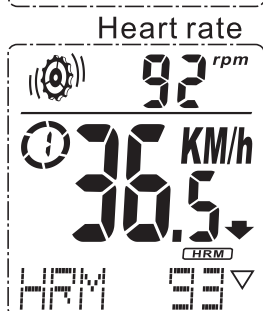
HEART RATE ZONE(ZONE)

It indicates the heart rate zone you set. Press button A to reset the heart rate zone. Press button B to adjust the value and confirm by button A.

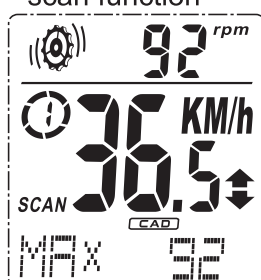


HEART RATE ZONE ALERT

Notice the  /  icon located next to the heart icon of the top display field. **A**  indicates that your current heart rate is over the heart rate zone. **A**  indicates your current heart rate is below selected heart rate zone.



scan function



Scan Function (HRM)

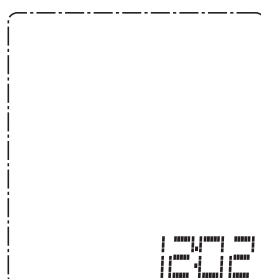
It set the cycle computer to automatically scan through the HRM Function automatically while you ride.

Reset Other function

To reset Max Heart Rate, Minimum Heart Rate, Average Heart Rate. Go to the mode that you want to reset, hold button A until the digit reset to zero

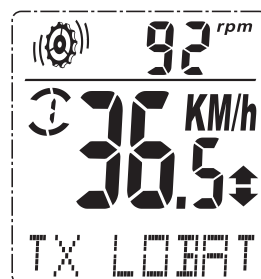
Set New Zone

Go to Zone function, Hold Button A until SET ZONE appear. Repeat the zone setting procedure in the GETTING START section to set new zone.



AUTO SLEEP AND WAKING THE COMPUTER

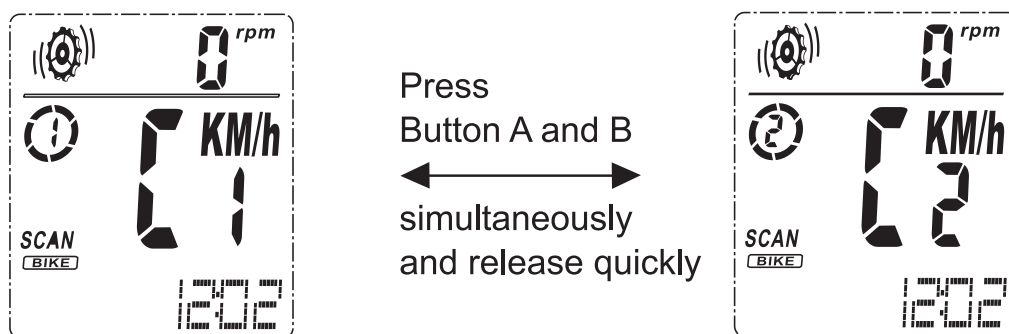
If this computer is left idle for more than 5 minutes, it will automatically go to the sleep mode (with clock) for battery saving. Press either button to wake the computer and return to the last screen.



LOW BATTERY WARNING OF THE BELT AND SENSOR

Notice TX LOBAT displayed at the bottom field. It indicates low battery of either the chest belt or the speed sensor. Press button A to ignore this warning.

SELECTING BIKE 1 OR 2



All trip data will be reset after the change.

TROUBLE SHOOTING

No speed reading	Improper magnet and sensor alignment Dead battery of sensor	Check magnet and sensor alignment Replace the battery. Reset the computer and the sensor.
No HR reading	HR sensor not attached to your body securely Dry skin Dead battery of sensor Dirty conductive pads	Adjust the chest strap to ensure good contact with your body Replace the battery Moisten the conductive pads with water or ECG-gel Clean the electrode pad with soft cloth dampening with diluted natural detergent.
Improper and abnormal reading	Interference Wrong wheel size factor	Keep the unit away from any source of interference (e.g. CRT monitor and wireless devices) Reset the computer and the sensor
Irregular reading	Ambient temperature Weak temperature Interference	Reset the computer and the sensor

Auto Power off

In order to save battery, the unit will go to sleep if no input received for 5 minutes.

Manual Wake-Up

The user can wake up the computer by pressing any button.

Auto Wake-Up

The user can wake up the computer by simply riding the bike without pressing any button within 2 hours after sleep - the unit will wake up within 10 second. More than 2 hours after sleep - the unit will wake up within 1 minute.

EL Backlight

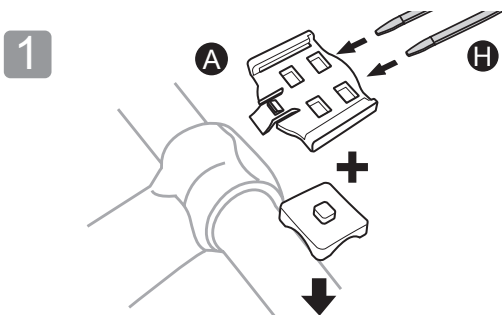
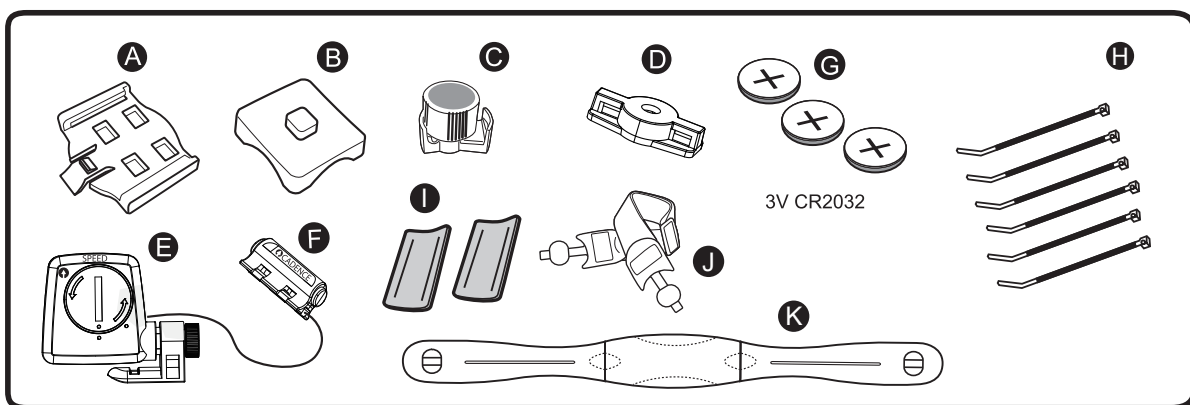
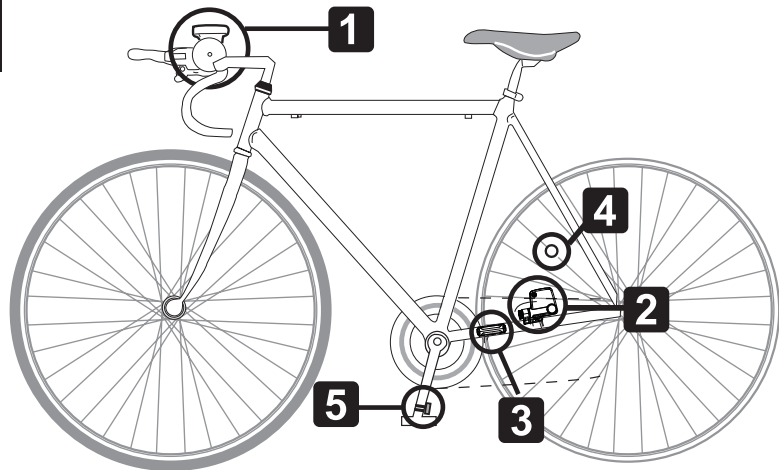
In the work mode, long press B button (right) for 2 seconds, backlight will bright 4 seconds; And then automatically shut down.

The normal function of the product may be disturbed by Strong Electro Magnetic interference. If so, simply reset the product to resume normal operation by following the instruction manual. In case the function could not resume, please use the product in other location.

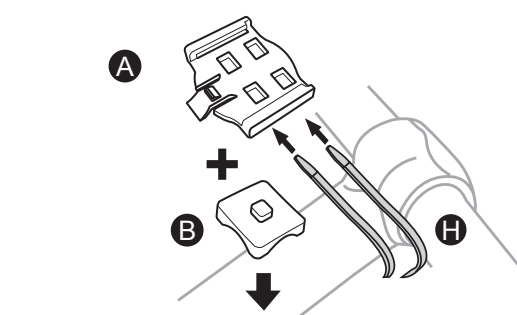
“Caution: Risk of explosion if battery is replaced by an incorrect type: Dispose of used batteries according to the instructions.”



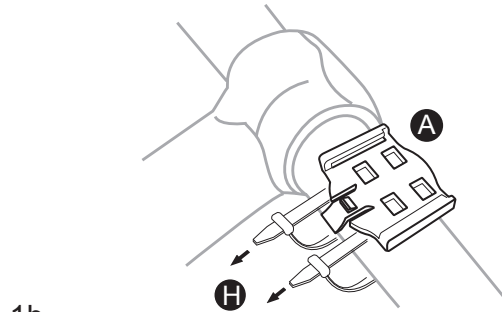
Installation



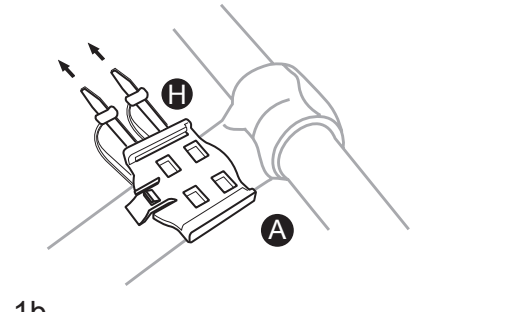
1a



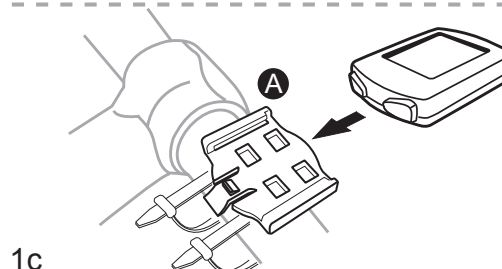
1a



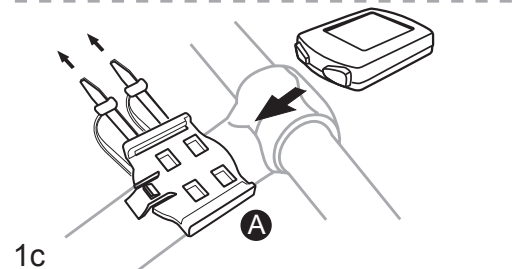
1b



1b



1c



1c

