Preparing the computer
Perform the formatting operation according to the following procedure when you use the unit for the first time or restore the unit to the setting at the time of factory shipment.

1. MODE
2. MODE

Set the clock
Set the display format of “12H” or “24H”, and the values for “Hour” and “Minute” in the same procedure as Step 1. Press the MENU button to proceed to “Enter the tire circumference.”
• For the display format of "12H", select “AM” (morning) or “PM” (afternoon).

3. Set the date
1. When the MODE button is pressed, “YY/MM/DD” (Year, Month, Day) will flash in different order for selection.
2. When the MODE button is pressed and held, the item to set will appear, and “11” (Year) will flash.
3. Press the MODE button to increase the flashing value, whereas press and hold it to switch the item to set. Set “Month” and “Day” in the same procedure.
4. Press the MENU button to proceed to “Set the clock”.
• When it fails to set the date, “ERROR” will appear.

4. Select the measurement unit
1. When the MODE button is pressed, “KM, CM, INCH” and “MILE, INCH, LB” will flash alternatively for selection.
2. With the desired measurement unit displayed, press the MENU button.
3. Press the MENU button for 3 seconds after you release the AC button.

5. HOW TO MEASURE THE STRIDE
The stride means the distance between adjacent tipoffs of your footprint. Mark at your tip toe in the start point and the point after you make 10 steps, and then measure the distance between them.

- The stride becomes larger as you walk faster.
- For measurement, walk at a normal speed.
- An average stride is determined by dividing the walking distance by 10 (number of steps).

Install the speed sensor and magnet

Installation conditions
- The distance from the speed sensor to the computer must be less than 70 cm.
- The magnet must pass through the sensor zone of the speed sensor.

After installing the speed sensor, check that the speed is displayed on the computer by turning the front wheel with the computer installed to the bracket. If not displayed, review the installation conditions, and check the positions of the speed sensor and magnet.


definition of “tire circumference”

Use the applicable optional parts when attaching to an aero-shaped handlebar or a large stem.

To get the most accurate calibration do a wheel roll out.
With the valve stem perpendicular to the ground, mark the pavement at the valve stem. With the rider weight on the bike, roll the wheel one tire revolution in a straight line and mark the ground when the valve stem is perpendicular to the ground again. Measure the distance in millimeters. This is the most accurate wheel calibration number.

How to install the unit on your bicycle
Package contents

Install the bracket and computer

Installation conditions
- The back of the computer must face the speed sensor.

Install the speed sensor and magnet

Installation conditions
- The distance from the speed sensor to the computer must be less than 70 cm.
- The speed sensor and magnet is 5 mm or less.

CAUTION:
The computer in the bike mode measures speed only when installed on the bracket.
Walk (walk mode measuring screen)

1. **Carry**
   - Remove the computer from the bracket, and put it in your pocket or bag.

2. **Start/Stop measurement**
   - Measurement automatically starts when you take more than 6 steps.

3. **Power-saving mode**
   - This unit switches to Sleep at the specified time. To start measurement during Sleep (initial setting: 8:00 p.m. through 8:00 a.m.), press any button to cancel Sleep.
   - The specified time can be changed according to the life rhythm. *Change the settings*.

4. **Resetting data**
   - When the computer clock passes 0:00 in the morning, the measured data is reset automatically.
   - Pressing and holding both the MODE and MENU buttons resets manually the measured data in the walk or bike mode currently displayed.

5. **View the measured result**
   - When the computer is independent, the walk icon is turned on, and the unit switches automatically to the walk mode.

6. **Calorie consumption**
   - The calorie consumption measured by this computer is as follows.
   - The total after starting measurement by this computer switches the selected data in the selected mode.

7. **Change the settings**
   - Refer to the following procedure for setting.

<table>
<thead>
<tr>
<th>Item</th>
<th>Reference</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 CLOCK</td>
<td>Preparing the computer</td>
</tr>
<tr>
<td>2 DATE</td>
<td>Preparing the computer</td>
</tr>
<tr>
<td>3 STRIDE</td>
<td>Preparing the computer</td>
</tr>
<tr>
<td>4 WEIGHT</td>
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</tr>
<tr>
<td>5 SLEEP</td>
<td>Preparing the computer</td>
</tr>
<tr>
<td>6 WHEEL</td>
<td>Preparing the computer</td>
</tr>
<tr>
<td>7 UNIT</td>
<td>Preparing the computer</td>
</tr>
</tbody>
</table>

8. **Sleep time setting**
   - Change the Sleep start time and end time. Press the MODE button to increase the value flashing, whereas press and hold it to switch the item to set.
   - The unit does not sleep when the Sleep start time is set as the same as the end time. In this case, the battery life is shortened.
**Warning / Caution**

- Pay careful attention to your surroundings when using the computer.
- Install the magnet, sensor, and bracket securely. Check these periodically.
- If a child swallows a battery, consult a doctor immediately.
- Do not leave the computer in direct sunlight for a long period of time.
- Do not disassemble the computer.
- Do not drop the computer to avoid malfunction or damage.
- Do not carry computer in back pocket of pants. Sitting down with the computer put in back pocket of pants may damage the unit.
- When using the computer installed on the bracket, change the MODE by pressing on the three dots below the screen. Pressing hard on other areas can result in malfunction or damage to the computer.
- Be sure to tighten the dial of the FlexTight™ bracket by hand. Tightening it strongly using a tool, etc. may damage the screw thread.
- Dispose of used batteries according to local regulations.

**Wireless sensor**

The sensor was designed to receive signals within a maximum range of 70 cm, to reduce chance of interference. When adjusting the wireless sensor, note the following:

- Signals cannot be received if the distance between the sensor and the computer is too large.
- The receiving distance may be shortened due to low temperature and exhausted batteries.
- Signals can be received only when the back of the computer is facing the sensor.
- Interference may occur, resulting in incorrect data, if the computer is:
  - Near a TV, PC, radio, motor, or in a car or train.
  - Close to a railroad crossing, railway tracks, TV stations and/or radar base.
  - Using with other wireless devices or some particular battery lights in close proximity.

**Walk mode**

The unit may not make measurement correctly in the following environments and actions:

- When the unit moves irregularly in a bag
- When walking irregularly in sandals or wooden clogs
- When walking or jogging as if shuffling
- When walking is disturbed on a crowded road
- When walking up and down a stairway or steep slope
- When sitting down with the computer.

**LCD screen**

- May be distorted when viewed through polarized sunglasses.

**Replacing the battery**

**Computer**

If the AC button turns on, replace the battery.

**CAUTION:**
- Reset measured data manually just before replacing the battery. Today’s measurement data is not saved when you go through the restart operation without resetting data.

**Steps 1 to 5 (Restarting operation)**

1. Remove the battery case cover, and hold the battery holder and tab to pull out the battery. The battery holder is lifted when either tab is pulled up.
2. Insert a new lithium battery (CR2032) in the battery holder, with the (+) side facing each other.
3. Press the AC button (restart operation)

The whole screen illumination is turned on.

- In the restart operation, the record data of the speed unit, date, tire circumference, weight, stride, and data view are maintained.
4. Set the date
   - For procedures, refer to “Preparing the computer”.
   - When setting the date, the latest record date in the data view is initially displayed, and any date before that cannot be set.
5. Set the clock
   - For procedures, refer to “Preparing the computer”.
   - The time when the restart operation was performed is initially displayed, and any time before that cannot be set.

**Trouble shooting**

Check the following items before contacting us.

- Check that there is no dirt between the bracket and computer.
- Wash off the bracket with water to get rid of any dirt.
- Check that the clearance between the speed sensor and magnet is not too large. (Clearance: within 5 mm)
- Check that the magnet passes through the sensor area correctly.
- Adjust the positions of the magnet and speed sensor.
- Check the distance between the computer and speed sensor.
- Back of computer must face toward the speed sensor.
- Install a new lithium battery (CR2032) in the battery holder, with the (+) side facing upward.
- Insert the battery holder with the mark toward the front side of the computer.
- Insert the battery holder with the mark toward the front side of the computer.
- After replacement, review the installation conditions, and check the positions of the sensor and magnet.

**Maintenance**

To clean the computer or accessories, use diluted neutral detergent on a soft cloth, and wipe it off with a dry cloth.

**Specifications**

- **Computer:** Lithium battery (CR2032) x 2
- **Sensor:** Lithium battery (CR2032) x 1

**Battery life**

- **Computer:**
  - Bike mode: About 1 year if it is used for 1 hour per day
  - Walk mode: About 4.5 months when using it for 1000 steps a day

- **Sensor:** About 10000 km

**Warning / Caution**

- Do not combine old and new batteries or different types of batteries.
- Do not leave the computer in direct sunlight.
- Do not carry the computer in back pocket of pants. Sitting down with the computer put in back pocket of pants may damage the unit.
- When using the computer installed on the bracket, change the MODE by pressing on the three dots below the screen. Pressing hard on other areas can result in malfunction or damage to the computer.
- Be sure to tighten the dial of the FlexTight™ bracket by hand. Tightening it strongly using a tool, etc. may damage the screw thread.
- Dispose of used batteries according to local regulations.
- LCD screen may be distorted when viewed through polarized sunglasses.