



Club Indoor Cycle Instructions for mating heart rate monitor (HRM) strap to USB stick.

This step-by-step procedure explains how to mate a USB stick to a HRM strap. You may need to apply this procedure because one of the following items has occurred:

- Changed the battery in the HRM strap.
- Purchased a new HRM strap.
- Reset or cleared USB stick.
- Swaped out USB stick.

The IC console used will not learn the HRM to the console, but will set the USB stick to the same code as the HRM. This means that the stick can be used on different IC consoles and still remain mated to the same HRM. The HRM can be mated to the USB stick without the presence of an active IC hub, but the heart rate data will not be displayed on the console screen until the console can find its hub. To avoid interference from other HRM straps, this needs to be done in the absence of other active HRM straps.

- Wake up a Club IC console by pressing one of the buttons on the front.
- Plug USB stick into the USB port on the top of the Club IC console. The stick is plugged in with the CycleOps Power logo facing up. If you see the numbers 1 through 5 and the word 'Zone' in the center of the screen, the USB stick is plugged in and working properly.
- Press and hold both the 'Reset' and 'Stats' buttons down for about 2 seconds, until you see the word 'Setup' appear. Release the buttons.
- Using the arrow buttons scroll to 'Setup'. Press the 'Stats' button to select 'Setup'.
- Scroll to 'Coded Sensor ID'. Press the 'Stats' button.
- Scroll to 'HRM Stick'. Press the 'Stats' button until the words 'Learn 1' appear where the 5-digit number is displayed. This will take 6 button presses.
- Once the display reads 'Learn 1' on the 'HRM Stick' line, hold the 'Stats' button down for 3 seconds until the words 'Learn 1' begin to flash.
- While 'Learn 1' is flashing, rub your thumbs over the sensors on the HRM strap. The sensor areas are on the left and right sides of the back of the HR strap. The sensors are the ridged areas. Rubbing the sensors wakes up the HR strap and it begins to send a signal.
- When 'Learn 1' stops flashing and is replaced by a 5-digit number, the USB stick has learned the code for your HRM strap. The USB stick will remember this code.
- Scroll down to 'Return' and press the 'Stats' button.
- Press the 'Stats' button to select 'Return to Ride'.
- The Club IC hub has to be active for the HRM to register. A few pedals of the Club IC will wake up the hub. Remove the USB stick from the console. Wait until the 'Zones' disappear, then plug the USB stick back in. This will trigger the console to listen for the hub, find the hub, and then listen for the HRM. Rubbing the sensors on the HRM will send an erratic HR signal that can be seen on the console. Alternately, you can wear the HRM and your heart rate will be displayed on the console. The heart rate is only displayed as long as the IC hub is active!