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CHAPTER 1: BEFORE BEGINNING

Thank you for purchasing a CycleOps Pro Series indoor cycle. In order to help manage inventory, we’ve created #7284 as an upgrade kit for your indoor cycle.

Read this guide to learn how:
- Install speed sensor
- Install cadence sensor
- Pair Joule to sensors

Visit www.cycleops.com to learn more about Saris Cycling Group and the CycleOps Phantom indoor cycle:
- Register product for warranty
- View frequently asked questions
- View instructional videos
- View product and technical updates from CycleOps
- Sign up for CycleOps Power newsletter
- Learn more about training with power

CHAPTER 2: UNPACKING THE CONTENTS

Place the box upright and open. Remove all parts from the box. Ensure all the following parts are included:

<table>
<thead>
<tr>
<th>Name</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>A Joule 2.0</td>
<td>1</td>
</tr>
<tr>
<td>B Heart Rate Strap</td>
<td>1</td>
</tr>
<tr>
<td>C Speed Sensor</td>
<td>1</td>
</tr>
<tr>
<td>D Cadence Sensor</td>
<td>1</td>
</tr>
</tbody>
</table>

Additional tools that may be helpful:
Screw driver
4mm Allen wrench (included in Indoor Cycle IP kit)
CHAPTER 3: ASSEMBLE SPEED AND CADENCE SENSOR

Install Speed Sensor
To install speed sensor follow steps below.

1. Using a 4mm Allen wrench, remove the three chain guard bolts and remove the chain guard.

Install Cadence Sensor
To install cadence sensor follow steps below.

1. Insert the cadence sensor inside main frame.

2. Secure the cadence sensor to the main frame using the washer and bolt provided and 4mm Allen wrench. CycleOps label should be facing out. Be sure to hold the cadence sensor arm while attaching bolt.

3. Note close up. It is important to make sure a signal is being broadcast. To verify signal, find reading on Joule after pairing sensor. (see Chapter 5: Pairing Joule) If the signal is not found, try tipping sensor closer to sprocket.

4. Using a 4mm Allen wrench and three chain guard bolts, reattach the chain guard.

2. Insert speed sensor (the sensor without bracket) next to hub.

3. Note close up. CycleOps label faces towards the flywheel.
CHAPTER 4: INSTALLING MOUNT

Installing CycleOps Joule 2.0 on Indoor Cycle
Joule 2.0 should be installed with the indoor cycle mount if it is being used on an indoor cycle. The indoor cycle mount allows Joule 2.0 to be tilted for optimum viewing angles.

1. Place mount onto the handlebars as shown. Note: release lever should be closest to seat.
2. Insert two screws and two knobs through mount and handlebar. Tighten securely.
3. Slide Joule 2.0 forward into mount until it snaps into place.

CHAPTER 5: PAIRING JOULE

In order to ensure functionality of your upgraded Indoor Cycle all appropriate sensors must be paired. Follow instructions below for setting up speed, cadence and heart rate sensors. Please note, pairing is done in the factory and should not be necessary after initial installation.

Setting up Cadence Sensors
Joule 2.0 is compatible with many ANT+ cadence sensors, each having a unique code. Joule 2.0 needs to be paired to each sensor.

1. Press and release [MODE] until Menu mode is displayed.
5. Make sure the cadence sensor is awake and isolated from other active sensors by 65 feet/20 meters. Rotate the crank to wake up the cadence sensor.
6. Press the [JOYSTICK] in and release to Start Pairing. Pairing may take up to 60 seconds. Once pairing is successful, the sensor ID will be displayed.
7. Press [JOYSTICK] up/down to highlight Name. Press [JOYSTICK] in and release to select Name and change the name of the paired cadence sensor. Press [JOYSTICK] in and release to save changes.
8. Press [JOYSTICK] up/down to select Activate Sensor. Press [JOYSTICK] in and release to Activate Sensor. Note: The active sensor is designated by a hash mark next to the sensor name in the sensor list. When switching cadence sensors, be sure to activate the appropriate sensor.
9. Once a sensor has been paired and activated Joule 2.0 will automatically find the active sensor whenever it is turned on. Other cadence sensors with different IDs will be ignored. Once the sensor is paired, it can be operated within the same area as other sensors without risk of picking up that signal. Note: after a battery change, most cadence sensors will change ID’s and requiring Joule be re-paired to the sensor.
Setting Up Speed Sensors
Joule 2.0 is compatible with ANT+ speed sensors, each having a unique code. Joule 2.0 needs to be paired to each sensor to ensure proper functionality. Once set up, sensors can be managed using PowerAgent software.

1. Press and release [MODE] until Menu mode is displayed.


5. Make sure the Speed Sensor is awake and isolated from other active sensors by 65 feet/20 meters. Note: For most Speed Sensors, rotating the wheel will wake up the sensor.

6. Press the [JOYSTICK] in and release to Start Pairing. Pairing may take up to 60 seconds. Once pairing is successful, the sensor ID will be displayed.

7. Press [JOYSTICK] up/down to highlight Name. Press [JOYSTICK] in and release to select Name and change the name of the paired speed sensor. Press [JOYSTICK] in and release to save changes.

8. Press [JOYSTICK] up/down to highlight the Wheel Circumference and press [JOYSTICK] in and release to select wheel circumference. For a list of common wheel circumferences see FAQ section.

9. Press [JOYSTICK] up/down to highlight Activate Sensor. Press [JOYSTICK] in and release to Activate Sensor. Note: active sensor is designated by a hash mark next to the sensor name in the sensor list. When switching speed sensors, be sure to activate the appropriate sensor.

10. Once a sensor has been paired and activated Joule 2.0 will automatically find the active sensor whenever it is turned on. Other speed sensors with different IDs will be ignored. Once the sensor is paired, it can be operated within the same area as other sensors without risk of picking up that signal. Note: after a battery change, most cadence sensors will change ID’s and requiring Joule be re-paired to the sensor.

Setting Up Heart Rate Sensors
Joule 2.0 is compatible with ANT+ heart rate sensors, each having a unique code. Joule 2.0 needs to be paired to each sensor to ensure proper functionality. Once set up, sensors can be managed using PowerAgent software.

1. Press and release [MODE] until Menu mode is displayed.


5. Make sure the Heart Rate Sensor is being worn and isolated from other active sensors by 65 feet/20 meters.

6. Press the [JOYSTICK] in and release to Start Pairing. Pairing may take up to 60 seconds. Once pairing is successful, the sensor ID will be displayed.

7. Press [JOYSTICK] up/down to highlight Name. Press [JOYSTICK] in and release to select Name and change the name of the paired heart rate sensor. Press [JOYSTICK] in and release to save changes.

8. Press [JOYSTICK] up/down to highlight Activate Sensor. Press [JOYSTICK] in and release to Activate Sensor. Note: active sensor is designated by a hash mark next to the sensor name in the sensor list. When switching heart rate sensors, be sure to activate the appropriate sensor.

9. Once a sensor has been paired and activated Joule 2.0 will automatically find the active sensor whenever it is turned on. Other heart rate sensors with different IDs will be ignored. Once the sensor is paired, it can be operated within the same area as other sensors without risk of picking up that signal. Note: after a battery change, most cadence sensors will change ID’s and requiring Joule be re-paired to the sensor.
CHAPTER 5: SETTING UP DASHBOARD

Your upgraded Indoor Cycle does not incorporate a PowerTap power meter because of this many categories in the dashboard will display dashes (ie. watts) Set up the dashboard to display appropriate metrics; such as speed, cadence, heart rate, heart rates zones, and ride. (see the Joule user guide for more information)

Using Dashboard Mode
Dashboard mode shows current ride data. It displays six metrics, out of a choice of eighteen metrics that can be easily customized. The detailed view shows additional metrics related to the selected metric in the dashboard.

1. Press [JOYSTICK] left/right or up/down to highlight a metric. Note: when a new metric is highlighted, the detailed view changes to show related metrics.
2. Press in and release [JOYSTICK] to rotate metrics from detailed view to dashboard. (Example: watts, av watts, mx watts).
3. Press in and hold [JOYSTICK] to change the metric category displayed in the dashboard.

Dashboard Categories
Each dashboard category is made up of three metrics. There are thirteen available dashboard categories. Press and hold [JOYSTICK] to change the metric category displayed in the dashboard.

<table>
<thead>
<tr>
<th>Category</th>
<th>Metric 1</th>
<th>Metric 2</th>
<th>Metric 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Watts</td>
<td>watts</td>
<td>average watts</td>
<td>maximum watts</td>
</tr>
<tr>
<td></td>
<td>2999</td>
<td>2999</td>
<td>2999</td>
</tr>
<tr>
<td>Watts/kg</td>
<td>watts/kg</td>
<td>average watts/kg</td>
<td>maximum watts/kg</td>
</tr>
<tr>
<td></td>
<td>20.0</td>
<td>20.0</td>
<td>20.0</td>
</tr>
<tr>
<td>Zones</td>
<td>current power zone</td>
<td>average power zone</td>
<td>heart rate zone</td>
</tr>
<tr>
<td></td>
<td>6</td>
<td>4.2</td>
<td>3</td>
</tr>
<tr>
<td>Peak Power</td>
<td>Hess Peak Power</td>
<td>Hess Peak Power</td>
<td>Hess Peak Power</td>
</tr>
<tr>
<td></td>
<td>2999</td>
<td>2999</td>
<td>2999</td>
</tr>
<tr>
<td>Scores</td>
<td>training stress score</td>
<td>normalized power</td>
<td>intensity factor</td>
</tr>
<tr>
<td></td>
<td>500.1</td>
<td>2999</td>
<td>2.000</td>
</tr>
<tr>
<td>Work</td>
<td>kilowatts</td>
<td>kilowatts / hour</td>
<td>training stress score</td>
</tr>
<tr>
<td></td>
<td>9999</td>
<td>9999</td>
<td>9999</td>
</tr>
<tr>
<td>RPM</td>
<td>rpm</td>
<td>average rpm</td>
<td>maximum rpm</td>
</tr>
<tr>
<td></td>
<td>250</td>
<td>250</td>
<td>250</td>
</tr>
<tr>
<td>Heart Rate</td>
<td>heart rate</td>
<td>average heart rate</td>
<td>maximum heart rate</td>
</tr>
<tr>
<td></td>
<td>250</td>
<td>250</td>
<td>250</td>
</tr>
<tr>
<td>Speed</td>
<td>current speed</td>
<td>average speed</td>
<td>maximum speed</td>
</tr>
<tr>
<td></td>
<td>99.9</td>
<td>99.9</td>
<td>99.9</td>
</tr>
<tr>
<td>% Grade</td>
<td>current grade</td>
<td>current altitude ft or m</td>
<td>total ascent ft or m</td>
</tr>
<tr>
<td></td>
<td>45.0</td>
<td>9999</td>
<td>9999</td>
</tr>
<tr>
<td>VAM</td>
<td>vertical ascent</td>
<td>current altitude ft or m</td>
<td>total ascent ft or m</td>
</tr>
<tr>
<td></td>
<td>45.0</td>
<td>9999</td>
<td>9999</td>
</tr>
<tr>
<td>Ride</td>
<td>ride zone</td>
<td>ride distance</td>
<td>kilowatts</td>
</tr>
<tr>
<td></td>
<td>99.99</td>
<td>9999</td>
<td>9999</td>
</tr>
<tr>
<td>Pedal Balance</td>
<td>pedal balance</td>
<td>average balance</td>
<td>cadence</td>
</tr>
<tr>
<td></td>
<td>40%</td>
<td>47%</td>
<td>78</td>
</tr>
</tbody>
</table>
CHAPTER 10: WARRANTY

CycleOps Joule 2.0 is warranted to the original retail purchaser to be free from defects in materials and workmanship. Warranty coverage is valid to the original purchaser only and proof of purchase will be required.

Electronics - 1 year

This warranty does not cover:
1. Normal wear and tear.
2. Any damage, failure or loss caused by accident, misuse, neglect, abuse, improper assembly, improper maintenance, or failure to follow instructions or warnings in User Guide.
3. Use of products in a manner or environment for which they were not designed.

Limitations

The foregoing warranties are in lieu of and exclude all other warranties not expressly set forth herein, whether expressed or implied by operation of law or otherwise, including, but not limited to, warranties of merchantability or fitness for a particular purpose. Saris Cycling Group shall in no event be liable for incidental or consequential losses, damages or expenses in connection with its exercise products. Saris Cycling Group’s liability hereunder is expressly limited to the replacement of goods not complying with this warranty or, at Saris Cycling Group election, to the repayment of an amount of the purchase price of the exercise product in question. Some states do not permit the exclusion or limitation of implied warranties or incidental or consequential damages, so the preceding limitations and exclusions may not apply to.

Procedures

Warranty service will be performed by Saris Cycling Group or an authorized Saris Cycling Group Dealer. The original purchaser must provide proof of purchase. Service calls and/or transaction to and from the Authorized Saris Cycling Group Dealer are the responsibility of the purchaser.

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